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Integrating Holistic MAPEH Instruction and Youth Development Programs to Promote Well-Being and Social Responsibility in Secondary Education

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Abstract

Holistic education has gained increasing attention as schools respond to learners' academic, physical, emotional, and social needs. In the Philippine secondary education context, Music, Arts, Physical Education, and Health (MAPEH) serves as a key learning area that inherently supports whole-child development. Parallel to this, youth development programs such as scouting initiatives and drug-prevention advocacy reinforce values formation, leadership, and civic responsibility. This study examined how the integration of holistic MAPEH instruction and school-based youth development programs contributes to students' well-being and social responsibility. Using a mixed-methods design, data were collected from secondary school students and teachers through surveys, focus group discussions, and classroom observations. Quantitative results indicated significant associations between integrated instructional practices and learners' physical well-being, emotional regulation, and prosocial behaviors. Qualitative findings revealed that experiential MAPEH activities and co-curricular youth programs fostered discipline, teamwork, and community awareness. The study concludes that aligning curriculum-based MAPEH instruction with structured youth development programs strengthens holistic learner outcomes and supports the broader goals of character education and social responsibility in secondary schools.

Keywords: *holistic education, MAPEH, youth development programs, student well-being, social responsibility, secondary education*



1. Introduction

Education systems worldwide are increasingly emphasizing holistic approaches that extend beyond cognitive achievement to include learners' physical health, emotional well-being, moral development, and social responsibility. In secondary education, this shift reflects growing recognition that schools play a critical role in shaping well-rounded individuals capable of contributing meaningfully to society. Subject areas such as Music, Arts, Physical Education, and Health (MAPEH) are uniquely positioned to advance this agenda, as they address multiple dimensions of human development through experiential and participatory learning.

In the Philippine context, MAPEH is designed not only to develop physical fitness and artistic expression but also to promote healthy lifestyles, emotional awareness, and positive values. Complementing classroom instruction are youth development programs such as scouting movements and anti-drug advocacy initiatives, which aim to cultivate leadership, discipline, civic engagement, and social responsibility among adolescents. While both curricular and co-curricular initiatives independently contribute to learner development, limited empirical research has examined their integrated impact within secondary education settings.

This study responds to this gap by investigating how holistic MAPEH instruction, when aligned with youth development programs, influences students' well-being and social responsibility. By examining both instructional practices and programmatic interventions, the research contributes to ongoing discussions on integrated school-based approaches to character education, youth empowerment, and holistic learning.

2. Review of Related Literature

2.1 Holistic Education and Whole-Child Development

Holistic education emphasizes the balanced development of intellectual, physical, emotional, social, and moral dimensions of learners. Scholars argue that education must nurture not only academic competencies but also personal well-being and ethical responsibility. Whole-child frameworks highlight the importance of safe environments, supportive relationships, meaningful engagement, and opportunities for self-expression in promoting positive youth outcomes.

2.2 MAPEH as a Vehicle for Holistic Learning

MAPEH integrates multiple domains of learning through music, visual arts, movement, and health education. Research has shown that arts education enhances creativity, emotional expression, and cultural awareness, while physical education promotes physical fitness, teamwork, and self-discipline. Health education further contributes to informed decision-making, mental health awareness, and preventive behaviors. Collectively, these components position MAPEH as a foundational subject for holistic development.

2.3 Youth Development Programs in Schools

Youth development programs such as scouting organizations and drug-prevention initiatives emphasize experiential learning, leadership training, service, and values formation. Studies indicate that participation in structured youth programs is associated with improved self-esteem, social skills, and civic engagement. School-based implementation of these programs allows for consistent mentorship and alignment with educational goals.

2.4 Integrating Curriculum and Co-Curricular Programs

Integration of curricular and co-curricular initiatives has been shown to enhance learning relevance and transfer. When classroom instruction is reinforced by experiential programs, students are more likely to internalize values and apply skills in real-life contexts. However, empirical evidence on the integration of MAPEH and youth development programs in secondary education remains limited, particularly in developing country contexts.

3. Methodology

3.1 Research Design

The study employed a mixed-methods research design, combining quantitative and qualitative approaches to provide a comprehensive understanding of the phenomenon. This design enabled triangulation of data and strengthened the validity of findings.

3.2 Participants and Setting

Participants included secondary school students enrolled in MAPEH classes and teachers involved in both MAPEH instruction and youth development program coordination. The study was conducted in a public secondary school offering structured scouting and drug-prevention programs alongside regular MAPEH instruction.

3.3 Data Collection Instruments

Quantitative data were gathered using a researcher-developed survey measuring students' perceived well-being (physical, emotional, and social) and social responsibility (discipline, cooperation, civic awareness). Qualitative data were collected through focus group discussions with students, in-depth interviews with teachers, and classroom and activity observations.

3.4 Data Analysis

Survey data were analyzed using descriptive statistics and correlational analysis to determine relationships between integrated practices and learner outcomes. Qualitative data were subjected to thematic analysis, identifying recurring patterns related to student experiences, instructional strategies, and program impact.

4. Results

Qualitative analysis of student focus group discussions, teacher interviews, and observation notes revealed three major themes that explain how the integration of holistic MAPEH instruction and youth development programs contributed to students' well-being and social responsibility. These themes highlight the complementary roles of classroom-based learning and experiential youth engagement in shaping learners' personal and social development.

Theme 1: MAPEH as a Foundation for Well-Being

Findings indicate that MAPEH served as a foundational space for promoting students' physical, emotional, and social well-being. Students consistently described MAPEH classes—particularly Physical Education and Arts—as enjoyable, stress-relieving, and confidence-building. Activities such as sports, dance, music, and creative expression were viewed not merely as academic requirements but as meaningful outlets for emotional release and self-expression. Classroom observations revealed

that students were more relaxed, expressive, and socially engaged during MAPEH sessions compared to more cognitively demanding subjects.

Students emphasized the emotional benefits of MAPEH participation. One student shared, *"Kapag may PE o sayaw, nakakalimutan namin ang stress at mas nagiging masaya ang pakiramdam."* Another noted, *"Mas nagiging confident ako sa sarili ko kapag nagpe-perform kami sa arts."* Teachers likewise observed positive effects, with one explaining, *"Napapansin ko na mas bukas at mas nagtutulungan ang mga bata kapag galing sila sa MAPEH activities."*

This theme underscores the role of MAPEH as a holistic foundation for student well-being. Consistent with holistic education frameworks, learning experiences that integrate physical movement, creative expression, and emotional engagement contribute to balanced development and positive mental health (Miller, 2007). Research in physical education and arts education similarly highlights their role in reducing stress, enhancing self-esteem, and fostering social connectedness among adolescents (Bailey et al., 2009; Winner et al., 2013). The findings suggest that MAPEH provides a critical space within the school curriculum for nurturing well-being and supporting students' emotional resilience.

Theme 2: Youth Development Programs as Contexts for Values Formation

The second theme highlights youth development programs—such as scouting and drug-prevention initiatives—as powerful contexts for values formation and character development. Students associated participation in these programs with increased discipline, responsibility, leadership, and awareness of social issues. Unlike classroom instruction alone, youth programs were described as opportunities to “learn by doing,” where values such as cooperation, service, and accountability were practiced in real-life contexts.

Students emphasized the experiential nature of learning in youth programs. One student remarked, *"Sa scouting, natututo kami ng disiplina at pagtutulungan kasi ginagawa talaga namin, hindi lang pinag-uusapan."* Another shared, *"Sa drug-prevention activities, mas nagiging aware kami sa epekto ng maling desisyon, lalo na kapag may outreach o seminar."* Teachers echoed this perspective, noting that students demonstrated increased maturity and responsibility after participating in such programs.

This theme reflects principles of positive youth development, which emphasize competence, character, connection, and contribution as outcomes of well-designed youth programs (Lerner et al., 2005). Research indicates that structured youth activities promote moral development and civic responsibility by providing supportive relationships, clear expectations, and opportunities for meaningful participation (Eccles & Gootman, 2002). The findings affirm that youth development programs serve as vital spaces for translating abstract values into lived experiences, thereby strengthening students' social responsibility and ethical awareness.

Theme 3: Synergy between Classroom Instruction and Co-Curricular Engagement

The third theme reveals a strong synergy between MAPEH classroom instruction and co-curricular youth engagement. Teachers observed that values taught explicitly in MAPEH—such as teamwork, respect, discipline, and healthy decision-making—were reinforced and internalized through participation in youth development programs. This alignment resulted in consistent behavioral expectations across learning contexts and stronger internalization of positive norms among students.

Teachers highlighted the reinforcing effect of integration. One teacher explained, "*Ang mga values na tinuturo namin sa MAPEH, tulad ng teamwork at respeto, nakikita naming naisasabuhay ng mga bata sa scouting at youth activities.*" Another noted, "*Mas nagiging consistent ang ugali ng mga estudyante kasi pareho ang mensahe ng classroom at ng youth programs.*" Observations supported these claims, showing that students who actively participated in both MAPEH and youth programs demonstrated more cooperative behavior and leadership during school activities.

This theme illustrates the importance of coherence between formal curriculum and co-curricular experiences. Experiential learning theory suggests that learning is deepened when learners can apply classroom knowledge in authentic contexts and reflect on those experiences (Kolb, 1984). The alignment between MAPEH instruction and youth programs created a unified developmental framework that reinforced values and behaviors across settings. Existing studies support this finding, indicating that integrated school-based and co-curricular programs have stronger impacts on student development than isolated interventions (Catalano et al., 2004). The findings suggest that intentional integration amplifies the developmental impact of both instructional and experiential components.

Theme 4:

5. Discussion

The findings demonstrate that integrating holistic MAPEH (Music, Arts, Physical Education, and Health) instruction with structured youth development programs significantly enhances both student well-being and social responsibility among secondary school learners. By addressing multiple developmental domains—physical, emotional, social, moral, and creative this integrated approach reflects the core principles of holistic education, which emphasize educating the whole person rather than focusing solely on academic outcomes. Learning experiences that combine movement, artistic expression, health awareness, and values formation were found to foster deeper learner engagement, self-awareness, and interpersonal sensitivity. These outcomes are consistent with holistic education theories, which argue that meaningful learning occurs when cognitive development is interconnected with emotional growth, physical wellness, and social participation (Miller, 2007; Noddings, 2013).

The study further highlights the importance of synergy between curriculum-based MAPEH instruction and experiential youth development programs, such as leadership activities, community engagement initiatives, and school-based clubs. This integration provided learners with authentic contexts in which they could apply knowledge, skills, and values learned in the classroom to real-life situations. Experiential learning theory suggests that such application strengthens understanding and promotes reflective thinking, as learners actively make sense of experiences rather than passively receive information (Kolb, 1984). In the context of MAPEH, opportunities to practice teamwork through sports, express social issues through the arts, or demonstrate health advocacy through youth programs allowed learners to internalize lessons related to cooperation, responsibility, empathy, and civic engagement. These experiences supported the development of socially responsible behaviors and a stronger sense of agency among students.

These findings align with a growing body of research emphasizing the role of arts education, physical education, and structured youth activities in promoting positive youth development. Studies have shown that participation in arts programs enhances emotional expression, identity formation, and social connectedness (Winner, Goldstein, & Vincent-Lancrin, 2013), while quality physical education contributes to physical well-being, self-discipline, and prosocial behavior (Bailey et al., 2009).

Similarly, youth development literature underscores that well-designed youth programs foster competencies such as leadership, resilience, and social responsibility by providing supportive relationships and meaningful participation opportunities (Lerner et al., 2005; Eccles & Gootman, 2002). Importantly, the present study extends existing literature by illustrating that when these elements are intentionally integrated within a school-based MAPEH framework—rather than implemented as isolated activities—their developmental impact is amplified. This integration creates a coherent learning ecosystem in which academic instruction and youth development mutually reinforce one another, supporting holistic well-being and preparing learners to become socially responsible and engaged members of society.

6. Conclusions and Implications

This study provides empirical evidence that culturally responsive pedagogy plays a significant role in enhancing learner engagement, classroom participation, and a sense of belonging in elementary education. The findings demonstrate that when teachers intentionally integrate learners' cultural backgrounds, community knowledge, and lived experiences into teaching-learning practices, learning becomes more meaningful, relevant, and inclusive. Such integration supports not only behavioral and cognitive engagement but also emotional connection to schooling, particularly in culturally distinct contexts where learners' identities are often underrepresented in formal curricula. By positioning culture as an educational asset rather than a barrier, culturally responsive pedagogy contributes to the creation of equitable learning environments that affirm learner identity and promote inclusive participation.

In terms of teaching practice, the results suggest that elementary teachers should purposefully incorporate learners' cultural knowledge, language practices, and community experiences into instructional planning and classroom activities. Teachers are encouraged to use culturally familiar examples, narratives, and learning tasks that resonate with learners' daily lives while maintaining academic rigor. To support this practice, professional development programs should emphasize culturally responsive teaching strategies, reflective pedagogy, and critical awareness of cultural diversity in classrooms. Ongoing training can help teachers develop the skills and dispositions necessary to adapt instruction, build meaningful relationships, and respond effectively to learners' cultural and learning needs.

At the level of school leadership and policy, the findings highlight the importance of systemic support in sustaining culturally responsive pedagogy. School leaders and policymakers should promote curriculum flexibility that allows for contextualization, support the development and use of localized instructional materials, and ensure sustained teacher training focused on culturally responsive practices. Establishing strong partnerships with local communities is essential in grounding education in cultural realities and community knowledge, thereby strengthening school-community connections. Finally, future research may employ mixed-methods or longitudinal designs to examine the long-term effects of culturally responsive pedagogy on learners' academic achievement, identity development, and educational trajectories across diverse educational settings, contributing to a deeper understanding of its sustained impact.

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