

# **Perceptions of Involvement in Pétanque Sports on Students' Social Intelligence at Kolej Komuniti Lahad Datu**

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## **Abstract**

This study to identify perceptions of involvement in pétanque sports on students' social intelligence at Kolej Komuniti Lahad Datu (KKLD). The study has two objectives: (i) to identify students' perceptions of involvement in pétanque sports, and (ii) to determine the correlation between students' involvement in pétanque sports and its impact on social intelligence. This study uses a quantitative approach, using a Likert scale questionnaire as the research instrument. A total of 75 students were chosen as respondents in this study. Data was collected through an online survey which has two main sections: perceptions of involvement in pétanque sports and the impact on students' social intelligence. Data analysis was conducted using SPSS software, which uses descriptive analysis for students' perceptions and correlation analysis to determine the relationship between students' involvement in pétanque sports and their social intelligence. The study results show that students have a positive perception of their involvement in pétanque sports and a significant positive relationship between students' involvement and the development of their social intelligence. Furthermore, the study shows that students' involvement in pétanque sports contributes positively to their social intelligence. Pétanque sports can be an effective way in enhancing students' social intelligence, aligning with previous research that supporting sports activities can improve students' interpersonal skills. The limitation of this study is the sample being limited to KKLD students only. The researcher suggesting future research should be conducted and include respondents from various educational institutions across different age groups.

**Keywords:** Perception; Pétanque Sports; Social Intelligence; Students

## **1.0 Introduction**

Sports are a crucial daily life aspect to warrant good health and fit physique for every individual. Sports not only give positive impact towards physical health, but it also plays a big part on social and emotional conditioning especially for students. This statement is supported by a study by Quah et al (2018) that states that involvement in sports activities can improve on multiple aspects of intelligence, including social intelligence.

According to Boyatzis (2020), social intelligence is the ability of an individual to live, love and work with other individuals that can be used to predict effectiveness in leadership and professional jobs and life satisfaction. In context of students, social intelligence is vital to enable them to adapt to their academic and social environment and to be able to help them build positive

interpersonal relationship. All these aspects are crucially needed for them when they are in the process of learning and when they are starting into their career where good rapport and interacting, communicating and collaborating skills are vital. In the process of supporting and elevating students' social intelligence, their involvement in sports activities had been proven to be a very effective medium as was stated in the research of Quah et al (2018) and Li & Shao (2022).

Pétanque which originated in France is one of a field of sports as lawn bowls and is increasingly getting interests in Malaysia. According to Nurhasan et al (2024), pétanque is a target sport and played with metal balls. Pétanque uses two kinds of balls, which are boules and jack. Players are required to throw the boules as near as possible to the jack to score the winning point. Pétanque requires the players to interact, cooperate and communicate amongst their teammates and opponents, which can encourage social and cooperating skills within the player. Pétanque, as one of the sports that is heavy on strategizing, cooperation and communication amongst the players, offers the sweetness of glory and heighten social intelligence. Although this sport may present as a laid-back sport, studies have shown that active participation in pétanque can manifest positive impact towards the students' social development (Quah et al, 2018).

Kolej Komuniti Lahad Datu (KKLD) is a tertiary education institution that is equipped with pétanque sport terrains and facility for students and the community. The active participation of KKLD students in pétanque had seen them to bag gold and bronze medals in pétanque tournament during Sabah Games 2023 (SAGA 2023) representing Lahad Datu had encouraged the researchers to take the initiative to conduct a study to evaluate the perception of the students at KKLD towards their involvement in pétanque and its impacts on their social intelligence. By understanding the relationship between their participation in pétanque and social intelligence, this study can give an important contribution towards the development of education curriculum and cocurricular activities in Community Colleges, Polytechnics and other tertiary education institutions.

This study has two main objectives: first, to identify students' perceptions towards their participation in pétanque and second, to identify the correlation between students' participation in pétanque with the impact on their social intelligence.

## **2.0 Methodology**

This study uses quantitative descriptive design to evaluate the perception of KKLD students towards their participation in pétanque sport and the effect in their social intelligence. This design is chosen because it enables researchers to obtain tangible data about the opinion and perception of the respondents through structured data acquisition. The study instrument is through questionnaire which uses Likert scale that was developed and then distributed to the respondents via online platforms.

The developed questionnaire consists of three (3) parts which are Section A for the respondents' demography, Section B to evaluate the students' perception about pétanque and Section C to evaluate the impact of pétanque towards students' social intelligence. The questionnaire uses 5 point Likert scale, and the classification is as in Table 1 based on Azmat & Ahmad (2022).

Table 1: Number Classification in Likert Scale

Scale	Class
1	Strongly Disagree
2	Disagree
3	Neutral
4	Agree
5	Strongly Agree

The research population involved 90 active Session II: 2023/2024 students at KKLD. The sample size was determined using the method used by Krejcie and Morgan (1970), which is the respondents must be at least 73 individuals. In this research, the data was collected through questionnaire and 75 individuals had participated in responding the questionnaire.

The collected data will be analyzed using the *Statistic Packages for the Social Sciences* (SPSS) version 26.0 software. Frequency analysis and mean was used to evaluate the student's perception towards pétanque while correlation test will be used to evaluate and identify the relation between students' participation in pétanque towards the impact on their social intelligence.

### 3.0 Result and Discussion

The findings of the research of evaluating the perception of KKLD students towards their participation in pétanque and the impact on their social intelligence are as follows.

To evaluate statistical reliability and validity of the questionnaire, 30 copies of the questionnaire was distributed to represent the respondent's population consisting of students who participated in pétanque sport in Kota Kinabalu Polytechnic. The statistical reliability and validity method for 30 respondents was done based on Bujang et al (2024) which justified the minimum requirement of a sample size is 30 respondents.

The data findings were analyzed using *Statistic Packages for the Social Sciences* (SPSS) version 26.0 software by using Cronbach's Alpha test to test the instrument validation. If the Cronbach's Alpha value was nearing 1, the questionnaire's items reliability is high and good meanwhile is the Cronbach's Alpha's value was below 0.6, the questionnaire's item reliability is low. The Cronbach's Alpha reliability analysis value is 0.968 which is very good and the shows that the questionnaire was relevant to be used. The statistical reliability is as shown in Table 2 below.

Table 2: Statistical Reliability

<i>Cronbach's Alpha</i>	<i>N of items</i>
0.968	20

According to Table 3, out of 75 respondents, 53 respondents (70.7%) are female, and 22 respondents (29.3%) are male. There are more female respondents than male respondents. This is in accordance with the fact that there are more female students population in KKLD compared to male students.

Table 3: Respondents Distribution by Gender

Gender	Frequency	Percentage
Male	22	29.3
Female	53	70.7
Total	75	100.0

There are 20 questions which were divided to two perspectives which are 10 questions on Perception toward Participation in Pétanque and 10 questions on Impact of Pétanque towards Social Intelligence. The mean score value interpretation for the questionnaire items is as Table 4 based on Ibrahim (2021).

Table 4: Mean Score Value Interpretation

Mean Score	Interpretation
1.00 – 2.00	Very Low
2.01 – 3.00	Low
3.01 – 4.00	Medium
4.01 – 5.00	High

Based on the frequency and mean score analysis, which was shown in Table 5, students' perception towards their participation in pétanque is generally positive. The items in Likert scale shows that most of the respondents agreed or strongly agreed with the statements related to fun, benefit and the need for focus in pétanque.

**Focus in Sport:** The item "Playing pétanque needs focus" obtained the highest mean score (4.11), which indicates that students perceive that this sport need high level of focus. This might be caused by the nature of the sport which prioritize planning and precision in every throw.

**Stress Alleviation and Fun:** The item "Playing pétanque can alleviate stress" dan "Playing pétanque is fun" also obtained high mean scores, which are 3.69 and 3.18 respectively. This indicates that students perceive this sport as a pleasant and beneficial activity for their mental well-being.

**Technique and Difficulty:** Interestingly, the item "Playing Pétanque do not need special technique" obtained a low mean score (3.20), which indicated that there is mixed perception towards technique requirement in this sport. This shows that even though this sport is seen as easy to learn, there are still challenging technical element, which was probably why students feel more confident after the mastered this sport.

Table 5: Overall Frequency and Mean (Perception) Analysis

Item	Question	Likert Scale Frequency					Mean Score
		1 (SD)	2 (D)	3 (N)	4 (A)	5 (SA)	
1	I like to play pétanque	0	4	6	28	13	3.67
2	Playing pétanque can alleviate stress	0	3	29	31	12	3.69
3	Playing pétanque is very fun	1	2	24	31	17	3.18
4	Playing pétanque is not tiring	1	8	35	21	10	3.41
5	Playing pétanque needs focus	0	1	20	24	30	4.11
6	Playing pétanque does not need specific technique	7	7	32	22	7	3.20
7	Playing pétanque has made me more confident	0	6	36	23	10	3.49
8	Playing pétanque is suitable for all age and physical condition	1	4	27	26	17	3.72
9	It is easy to become good in playing pétanque	1	4	30	30	10	3.59
10	I agree that pétanque should be a requirement in every education institution	1	2	19	30	23	3.96

Table 6 shows that Pétanque have positive impact towards students' social intelligence, with most items shown high mean score.

**Cooperation and Social Relation:** The items such as “Pétanque made me easier to cooperate with” (3.84) and “Pétanque made me create good relations with other friends” (3.87) indicated that this sport helped improve cooperation skills and creating strong social relations amongst students. Team sports encourage cooperation and social skills through continuous interactions amongst teammates, which also contributes towards social intelligence improvement.

**Communication and Empathy:** The items such as “Pétanque made me more confident to communicate” (3.59) and “Pétanque made me more empathic towards other friends” (3.72) indicates that this sport increase their communication skills and empathy. This is important as both these skills are main components of social intelligence.

Table 6: Overall Frequency and Mean (Impact) Analysis

Item	Question	Likert Scale Frequency					Mean Score
		1 (SD)	2 (D)	3 (N)	4 (A)	5 (SA)	
1	Pétanque sport made me confident to communicate	1	4	31	28	11	3.59
2	Pétanque sport made me easier to cooperate with	0	2	23	35	15	3.84
3	Pétanque sport made me more empathic with other friends	0	4	27	30	14	3.72
4	Pétanque sport made me more understanding of others' feelings	0	6	37	22	10	3.48
5	Pétanque sport made it easier for me to blend with other friends	0	2	23	35	15	3.84
6	Pétanque sport made me create good relations with other friends	0	2	23	33	17	3.87
7	Pétanque sport can improve my social skills	0	5	25	31	14	3.72
8	Pétanque sport made me more confident in sport	1	4	25	31	14	3.71
9	Pétanque sport made me more understanding towards my groupmate's roles	0	4	27	27	17	3.76
10	Pétanque sport made understand the importance of effective communication in a team	0	2	23	30	20	3.91

Based on Ismail et al (2024) adapted from the Davies Scale (1971) as shown in Table 7 was used to identify the correlation between two (2) variables.



Table 7: Davies Scale Correlation Coefficient (1971)

Coefficient, r	Interpretation
0.70 – 1.00	Very Strong
0.50 – 0.69	Strong
0.30 – 0.49	Moderate
0.10 – 0.29	Weak
0.01 – 0.09	Very Weak

Table 8: Students' Participation in Pétanque and Pétanque Impact on Social Intelligence Correlation

		Students' Participation in Pétanque	Impact on Social Intelligence
Students' Participation in Pétanque	Pearson Correlation	1	.830**
	Sig. (2-tailed)		.000
	N	75	75
Impact on Social Intelligence	Pearson Correlation	.830**	1
	Sig. (2-tailed)	.000	
	N	75	75

\*\* Significant Correlation at level 0.01 (2-tailed)

Pearson correlation value between students' participation in pétanque and Impact of Social Intelligence was  $r = 0.830$ . This value indicates very strong correlation between both variables. This positive correlation signifies that the better students' perception towards their participation in pétanque, the better the impact of pétanque on their social intelligence.

The analysis result show that the significant value  $p = 0.000$ , which is less than 0.05. This shows that the correlation found is significant at level 0.01, which signifies that there exists a very strong proof that this correlation does not happen by chance. In other words, there is a significant correlation between students' participation in pétanque and their improvement in social intelligence.

This finding affirmed that participation in pétanque sport have the potential to give significant positive impact towards the students' social intelligence. This is parallel with earlier studies which had proven that sports, especially team sport like pétanque, can improve social skills such as communication, cooperation, empathy and adaptability amongst the students (Kausar et al, 2021).

With this correlation relationship that indicates very strong and significant correlation, both objectives had been clearly satisfied. This study had succeeded in detecting that there a significant and positive correlation between perception towards participation in pétanque with the impact on KKLD students' social intelligence.

#### 4.0 Conclusion

This discussion shows that participation in pétanque gives a positive impact towards students' perception towards the sport itself and their social intelligence. By combining the elements of focus, cooperation, communication and empathy, pétanque can be perceived as an effective tool to fortify social skills amongst students. This study finding is also in parallel with past studies which emphasizes on students social and emotional development, hence supports the suggestion to widen the participation in this sport in education institutions (Razali et al, 2024 & Quah et al, 2018). In conclusion, pétanque can be elevated and promoted as an effective initiative in expanding students' social intelligence. The findings of this study support Quang (2023), who stated that sports contribute positively to development and encourage increased participation among school students. Future research should be focused on a larger study sample, especially for students from higher level education institution to gain a better picture of the impact on social intelligence by involving in pétanque sport.

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#### Author Contributions

**N.A Hammad:** Conceptualization, Abstract, Introduction, Methodology, Discussion, Conclusion and Writing-Original Draft Preparation; **Z. Sahrul:** Data Analysis, Result, Validation, Discussion and writing-reviewing.

#### Conflicts Of Interest

The manuscript has not been published elsewhere and is not under consideration by other journals. All authors have approved the review, agree with its Submission and declare no conflict of interest in the manuscript.

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