THE BENEFITS OF STUDYING MAPEH

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Music, Arts, Physical Education and Health are the four learning areas that composed the subject MAPEH. This group of subjects plays major role in the lives of the students, MAPEH enhances the students in terms of cultural education and it aids students to learn new things while they enjoy their crafts. Students learn differently, some are inclined to music and arts while others excel in sports. Therefore, the said subject offers a good avenue for the students to learn. The whole body of the students are included in this subject, cognitive and motor skills are being enhanced.

Music, which corresponds to the letter M of MAPEH, is beneficial to the lives of people. It offers relaxation and peace of mind. Studying music can be a good outlet of stress and anxiety among students. Arts offers the same benefits. Moreover, Arts improves creativity and cognitive development among learners. Students who are inclined to sports usually make Arts and Music their area of expertise. Those who are good in singing, express their selves through songs of their choice and those who are good in drawing and making things out of other things express their selves through drawing and created caricatures.

Physical education, which corresponds to PE of MAPEH, is also significant to the students. Different activities may enhance the motor skills of the students. It is also an avenue for the learners to show their talents in different fields in sports. Activities in PE are also forms of exercise that will enhance the brain activities and health of the students. Physical Education may aid in the prevention of obesity and promotes healthy lifestyle.
H which stands for Health is responsible in educating the students about healthy lifestyles and proper hygiene. Having proper hygiene is very essential to the lives of students because it may help them to prevent diseases and other illnesses. Sometimes, poor hygiene may lead to bullying. Smelly students or students who are untidy, are always prone to bullying because they feel inferior. Students tend to gossip and avoid students who have poor hygiene, usually they are the laughing stock of their classmates because of their smelly underarms and feet. Therefore, the feeling of being inferior is developed. To avoid the occurrence of this problem, teachers must inculcate the importance of having proper hygiene to become healthy and free from societal bullying.

Teachers may utilize different lessons and activities that may help students to realize the importance of MAPEH in their lives. Encourage them to apply what they have learned from school to the real life situations.

References:
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