

MOVES AND GROOVES: STUDENTS' ENGAGEMENT IN USING TIKTOK AS A PLATFORM IN ENHANCING STUDENTS' DANCE SKILLS

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ABSTRACT

The researcher identified the respondents' demographic profile such as age, sex and gender. Meanwhile, it also determined the respondent's engagement with TikTok platform in terms of entertainment, inspiration, self-expression, trend updates and social benefit. Also, this study investigated the level of students' dance skills in terms of performance and grades. The performance includes the physical and technical skills of the students. Lastly, it analyzed if there is a significant relationship between students' demographic profile and dance skills; and between students' engagement in TikTok platform and dance skills.

Furthermore, the researcher utilized a validated self-made questionnaire. The respondents were the Grade 12 senior high school students of Atimonan 1 District (4th Congressional District) of DepEd – Division of Quezon who are officially enrolled in the School Year 2022-2023. There are 234 students who serves as the respondents of the study as a result of the Slovin's formula. Specifically, there are 217 students from Atimonan National Comprehensive High School and 17 students from Malusak National High School who were selected through simple random sampling. The data gathering procedure was implemented on 2nd Quarter of the School Year 2022-2023.

In this study, it was found out that majority of the respondents are 17 years old and female. Most of the gender preference of the respondents is feminine. The level of engagement in Tiktok App as a social media platform in terms of entertainment, inspiration and trend updates is highly engaged. On the other hand, the respondents' level of engagement in Tiktok platform in terms of self-expression and social benefit is engaged. The level of students' skills as to dance performance in physical skill is "fully meets expectations" as to posture and coordination. They got "meets expectations" on flexibility. For technical skills, the level of students' competencies as to dance performance in technical skill is "meets expectations" on dynamics, and "fully meets expectations" on spatial and timing.

There is no significant relationship exist between the level of dance skills of the students and their profile. Physical skills of the respondents were significantly correlated with their engagement in Tiktok platform in terms of entertainment, inspiration and social benefit. However, no correlations exist between the students' engagement in Tiktok platform as to self-expression and trend update and the development of their physical skills.

Keywords:

Engagement, Tiktok

INTRODUCTION

A software for social networking called TikTok focuses on quick videos. With videos that are between five and 120 seconds long, many people think of it as a bite-sized version of YouTube. With a

goal to encourage creativity and spread pleasure, TikTok bills itself as the top platform for mobile short-form videos (McLachlan, 2022).

TikTok is being used by teachers to give students digital work. An excellent classroom tool, but much more so for online courses and homework tasks that must be completed at home. These films may be made either individually or in groups. The goal is to encourage students to utilize the app to complete assignments since it engages them on a platform they can connect to, motivates them to comprehend topics in group settings, and supports peer-to-peer teaching. The inventive methods to utilize this platform range from making movies to replace a presenter's stance, projection, emphasis, and timing. The most important thing is for instructors to monitor pupils to make sure they are using their gadgets while paying attention to the work at hand. TikTok is a lingua franca for young people, and by speaking it or even simply conversing with them about the site, instructors demonstrate that they are receptive to learning about the worlds of pupils (Tutt, 2021).

The quality of physical education instruction and student attention may both be significantly increased by incorporating TikTok short video software into the classroom. Sports and physical education are becoming more popular among students. Physical education may be substantially improved by using Tik Tok short video software, and it has also given teachers a valuable resource for how to utilize it in class.

This also sought to determine the students' engagement in using tiktok as platform in enhancing students' dance skills the Following:

1. What is the demographic profiles of the respondents using Tiktok as platform in terms of:
 - 1.1 Age;
 - 1.2 Sex; and
 - 1.3 Gender?
2. What is the level of engagement in Tiktok platform in terms of:
 - 2.1 Entertainment;
 - 2.2 Inspiration;
 - 2.3 Self-Expression
 - 2.4 Trend Updates; and
 - 2.5 Social Benefit?
3. What is the level of students' dance skills terms of:
 - 3.1 Performance, in terms of:
 - 3.1.1 Physical Skills; and
 - 3.1.2 Technical Skills; and
 - 3.2. Grade?
4. Is there a significant relationship between students' demographic profiles and dance skills?
5. Is there a significant relationship between students' engagement in TikTok platform and dance skills?

REVIEW OF RELATED LITERATURE

The app with the fastest growth is called TikTok. The social networking app TikTok, formerly known as Musical.ly, lets users create and share 15-second movies. These videos often include choreography and may be put to music. On the app, you may also often find funny videos as well as challenges, memes, and skits similar to those on YouTube.

When TikTok was first released in 2016, Musical.ly, a music-focused app, had 100 million unique users at the time, and TikTok had 150 million users. The TikTok rebrand expanded the app's scope to more, including dancing, viral challenges, lip dubbing, comedy, parkour, and magic tricks. Whereas Musical.ly was primarily a place for youngsters to lip-sync, dance, and propagate famous choreography. What TikTok has developed into is something akin to the offspring of Vine and YouTube—funny, shareable videos with a viral potential, but only in brief, manageable time frames of 15 seconds or fewer (Osmanski, 2021). TikTok's main feature is the ability for users to record videos of themselves dancing, lip-syncing, or acting out skits. Videos and TikTok may join numerous clips for a total recording time of up to 60 seconds, but they can also be as short as 15 seconds. The time restriction for the majority of users on TikTok was recently increased to three minutes. Longer videos that were shot somewhere outside of the app may also be uploaded by users.

TikTok also offers tools for customizing and modifying videos. Users may add music, effects, filters, and sound bites to their videos from a library of available content. Additionally, they may duet with someone by commenting to a video, splitting the screen, and posting many replies. To another user's video, they may even add their own noises and lip-synch (Tillman, 2021).

Many instructors have started to shorten up their school sessions using TikTok. This enables students to review courses they may have missed in class or if they need a refresher, whether they are being taught in science, English, arithmetic, or even physical education. For the benefit of their pupils, some instructors decide to rewrite shortened versions of their teachings. Others encourage students to continue studying outside of the classroom by using the platform as an extension to the curriculum for the day.

Even better, you may make a TikTok to give productivity or course-related advice, or to remind students of deadlines or significant events. Given that it is being supplied via one of their preferred forms of mobile entertainment, pupils are more likely to interact with the information, regardless of the style in which a teacher selects to produce their lessons (Jaeger, 2021).

With regard to the younger age, TikTok has truly struck the mark. These statistics are, however, rapidly shifting as the elder age learns the specifics of the software. In 2021, 43% of the TikTok audience worldwide was between the ages of 18 and 24, compared to 3.4% of the audience who are above the age of 55.

METHODOLOGY

The researcher utilized a descriptive design. It involved a descriptive-survey. A survey questionnaire used to identify the demographic profiles of the respondents using Tiktok platform in terms of age, sex and

gender. It also determined how the respondents engage with Tiktok as social media platform in terms of entertainment, inspiration, self-expression, trend updates and social benefit. Moreover, it measured the level of students' dance skills in terms of performance and grades. Afterwards, descriptive correlational used to analyze if there is a significant relationship between students' demographic profiles and dance skills; and between students' engagement in TikTok platform and dance skills.

RESULT AND DISCUSSION

Table 6. Demographic Profiles of the Respondents

Age	Frequency	Percentage
17	51	51.00%
18	49	49.00%
Sex	Frequency	Percentage
Male	47	47.00%
Female	53	53.00%
Gender Preference	Frequency	Percentage
Masculine	38	38.00%
Feminine	45	45.00%
Bisexual	7	7.00%
Gay	4	4.00%
Lesbian	5	5.00%
Transgender	1	1.00%

As shown in table 6, the 100 respondents, 51 of them are 17 years old (51.0%) while 49 of them are 18 years old (49.0%). This indicates that the respondents are in the proper school grade placement based on their age, since they are Grade 12 students. With regard to the sex of the respondents, more than half of them are female (53.0%) while the rest are male (47.0%). As to the gender preference of the respondents, there are 45 with feminine orientation and 38 with masculine orientation.

There are 17 respondents with distinctive gender preference as being bisexual, gay, lesbian or transgender. The respondents are vocal about their gender preference, without fear of being discriminated.

Table 7. Level of Students' Engagement In Tiktok as a Social Media Platform In terms of Entertainment

TikTok, as a form of entertainment:	Mean	S.D.	Verbal Interpretation
1. find funny or entertaining videos	3.59	0.552	Highly Engaged
2. spare time listening to music	3.46	0.626	Highly Engaged
3. find joy in watching different places	3.48	0.731	Highly Engaged
4. watch shows on cooking	3.22	0.848	Engaged
5. find creative ways to share true to life experiences	3.43	0.728	Highly Engaged
Overall Mean	3.44	Highly Engaged	

Legend:

3.25 – 4.00 *Highly Engaged*
 2.50 – 3.24 *Engaged*
 1.75 – 2.49 *Less Engaged*
 1.00 – 1.74 *Not Engaged*

As shown in table 7, the respondents engage in Tiktok platform for entertainment purposes. They disclosed that they were *highly engaged* in the app because of entertaining videos ($M=3.59$, $SD=0.552$) and they find joy in watching different places ($M=3.48$, $SD=0.731$). With the use of the app, they can listen to music ($M=3.46$, $SD=0.626$) and find ways to share their experiences ($M=3.43$, $SD=0.728$). The item with the lowest rating is on watching cooking shows ($M=3.22$, $SD=0.848$).

The overall mean of 3.44 indicates that the respondents were *highly engaged* with the Tiktok platform for entertainment purposes. They find it entertaining to listen to music, watch videos of different places, and use the app to share their life experiences. That is why, the Grade 12 students are highly engaged in this app because they learn, laugh, or discover something new.

Table 8. Level of Students' Engagement In Tiktok as a Social Media Platform In terms of Inspiration

TikTok, as a source of inspiration:	Mean	S.D.	Verbal Interpretation
1. help create new ideas	3.49	0.595	Highly Engaged
2. learn how to do new things like new food recipes and others	3.34	0.844	Highly Engaged
3. educate the audience	3.41	0.740	Highly Engaged
4. promote some products and usage	3.11	0.909	Engaged
5. encourage to participate in different TikTok challenges	3.20	0.910	Engaged
Overall Mean	3.31	Highly Engaged	

Legend:

3.25 – 4.00 *Highly Engaged*
 2.50 – 3.24 *Engaged*
 1.75 – 2.49 *Less Engaged*
 1.00 – 1.74 *Not Engaged*

Table 8 above shows, the respondents engage in Tiktok platform for inspiration purposes. They disclosed that they were *highly engaged* in the app because it creates new ideas ($M=3.49$, $SD=0.595$), can educate the audience ($M=3.41$, $SD=0.740$) and they can learn how to do new things like new food recipes and others ($M=3.34$, $SD=0.844$). With the use of the app, they can encourage to participate in different TikTok challenges ($M=3.20$, $SD=0.910$). The item with the lowest rating is on promoting some products and usage ($M=3.11$, $SD=0.909$).

The overall mean of 3.31 indicates that the respondents were *highly engaged* with the Tiktok platform for inspiration purposes. That is why, the Grade 12 students are highly engaged in this app because TikTok's mission is to inspire creativity and bring joy.

Table 9. Level of Students' Engagement in tiktok as a Social Media Platform in terms of Self-expression

TikTok, as used for self-expression:	Mean	S.D.	Verbal Interpretation
1. become famous	2.80	1.005	Engaged
2. expressing feelings like happiness and enjoyment	3.54	0.673	Highly Engaged
3. showing emotions	3.22	0.719	Engaged
4. interpret one's feeling	3.10	0.745	Engaged

5. developing be more creative and artistic	3.38	0.708	Highly Engaged
Overall Mean	3.21	Engaged	

Legend:

3.25 – 4.00 *Highly Engaged*
 2.50 – 3.24 *Engaged*
 1.75 – 2.49 *Less Engaged*
 1.00 – 1.74 *Not Engaged*

Table 9 above shows, the respondents engage in Tiktok platform for self-expression. They disclosed that they were *highly engaged* in the app because they are able to express feelings like happiness and enjoyment ($M=3.54$, $SD=0.673$) and they are able to develop their creativity and artistic skills ($M=3.38$, $SD=0.708$). With the use of the app, they can show their emotions ($M=3.22$, $SD=0.719$) and able to interpret one's feeling ($M=3.10$, $SD=0.745$). The item with the lowest rating is by becoming famous ($M=2.80$, $SD=1.005$).

The overall mean of 3.21 indicates that the respondents were *engaged* with the Tiktok platform for self-expression.

Table 10. Level of Students' Engagement in TikTok as a Social Media Platform in terms of Trend Updates

TikTok, as a source of information:	Mean	S.D.	Verbal Interpretation
1. keep up-to-date with the latest trends in technology	3.43	0.671	Highly Engaged
2. follow the life of celebrities and artists	3.21	0.902	Engaged
3. discover industries or businesses which goes well	3.19	0.873	Engaged
4. search on latest news or current events	3.32	0.803	Highly Engaged
5. determine current trends in fashion	3.31	0.800	Highly Engaged
Overall Mean	3.29	Highly Engaged	

Legend:

3.25 – 4.00 *Highly Engaged*
 2.50 – 3.24 *Engaged*
 1.75 – 2.49 *Less Engaged*
 1.00 – 1.74 *Not Engaged*

Table 10 above shows, the respondents engage in Tiktok platform for trend updates. They disclosed that they were *highly engaged* in the app because it keeps them up-to-date with the latest trends in technology ($M=3.43$, $SD=0.671$), they can search on the latest news or current events ($M=3.32$, $SD=0.803$) and they can determine current trends in fashion ($M=3.31$, $SD=0.800$). With the use of the app, they can follow the life of celebrities and artists ($M=3.21$, $SD=0.902$). The item with the lowest rating is on discovering industries or businesses which goes well ($M=3.19$, $SD=0.873$).

The overall mean of 3.29 indicates that the respondents were *highly engaged* with the Tiktok platform for trend updates.

Table 11. Level of Students' Engagement In Tiktok as a Social Media Platform in terms of Social Benefit

TikTok, as it provides and inspire social life:	Mean	S.D.	Verbal Interpretation
1. reach out to families and friends	3.31	0.787	Highly Engaged
2. share videos or details of your activities	3.09	0.830	Engaged
3. collaborate or work with other TikTok influencers and content creators	2.48	1.202	Engaged
4. support a cause through videos	3.08	0.939	Engaged
5. communicate with others and meet new friends	3.07	0.913	Engaged
Overall Mean	3.01	Engaged	

Legend:3.25 – 4.00 *Highly Engaged*2.50 – 3.24 *Engaged*1.75 – 2.49 *Less Engaged*1.00 – 1.74 *Not Engaged*

Table 11 above shows, the respondents engage in Tiktok platform for social benefit. They disclosed that they were *highly engaged* in the app because it reach out to families and friends ($M=3.31$, $SD=0.787$). With the use of the app, they can share videos or details of their activities ($M=3.09$, $SD=0.830$), they can support a cause through videos ($M=3.08$, $SD=0.939$) and they can communicate with others and meet new friends ($M=3.07$, $SD=0.913$). The item with the lowest rating is on collaborating or working with other TikTok influencers and content creators ($M=2.48$, $SD=1.202$).

The overall mean of 3.01 indicates that the respondents were *engaged* with the Tiktok platform for social benefit.

Table 12. Level of Students' Dance Skills as to Dance Performance

Criteria	Lowest Score	Highest Score	Mean	Std. Dev.	Analysis
Physical Skill					
Posture	1	4	2.70	0.937	FME
Coordination	1	4	2.55	1.019	FME
Flexibility	1	4	2.39	0.863	ME
Technical Skill					
Dynamics	1	4	2.42	0.890	ME
Spatial	1	4	2.65	0.903	FMA
Timing	1	4	2.75	0.957	FME

Legend:3.25 – 4.00 *Exceeds Expectations (EE)*2.50 – 3.24 *Fully Meets Expectations (FME)*1.75 – 2.49 *Meets Expectations (ME)*1.00 – 1.74 *Not Within Expectations (NWE)*

Table 12 above shows, the physical skills of the respondents were indicated by posture, coordination, and flexibility. The respondents showed physical skills that *fully meets expectations* in terms of posture ($M=2.70$, $SD=0.937$) and coordination ($M=2.55$, $SD=1.019$), and *meets expectations* with regard to flexibility ($M=2.39$, $SD=0.863$).

Based on the computed standard deviation, the students possess almost consistent physical skills. This means that the respondents demonstrated proper posture while performing the dance and were aware of the different body movements. The respondents still have to do their best to exhibit flexibility while dancing because it is essential for all dancers.

Table 13. Level of Students' Dance Skills as to their Grade

Lowest Grade	Highest Grade	Mean Grade	Standard Deviation	Analysis
74	96	85.29	6.48	Proficient

Legend:

90.00 – 99.99 *Advanced*

85.00 – 89.99 *Proficient*

80.00 – 84.99 *Approaching Proficiency*

75.00 – 79.99 *Developing*

74.99 & below *Beginning*

Table 13 above shows, the level of students' dance skills as to their grade were indicated by lowest grade of 74 and highest grade of 96. The respondents showed that they are *proficient* ($M=85.29$, $SD=6.48$).

Based on the computed standard deviation, the students possess almost consistent grades. This means that the respondents demonstrated the appropriate dance skills while performing the dance.

Table 14. Relationship Between the Students' Demographic Profiles and their level of Dance Skills

Demographic Profiles	Physical Skills				Technical Skills			
	r-value	p-value	Degree	Analysis	r-value	p-value	Degree	Analysis
Age	-0.098	0.333	Very weak	NS	-0.179	0.075	Very weak	NS
Sex	-0.047	0.642	Very weak	NS	-0.063	0.532	Very weak	NS
Gender Preference	-0.015	0.879	Very weak	NS	-0.075	0.456	Very weak	NS

Degree of Correlation:

$\pm 0.80 - \pm 1.00$ *Very strong*

$\pm 0.60 - \pm 0.79$ *Strong*

$\pm 0.40 - \pm 0.59$ *Moderate*

$\pm 0.20 - \pm 0.39$ *Weak*

$\pm 0.00 - \pm 0.19$ *Very weak*

Table 14 above shows, results suggest that no significant relationships exist between the level of dance skills of the students and their profiles. The correlations coefficients are negative and are very weak. The p-values, as shown in the table, did not exceed the threshold value of 0.05. This means that a unit increase in the students' age, sex, or gender preference do not necessarily mean an increase in their physical and technical dance skills.

Students' age, sex, and gender preference are not correlated with their physical and technical skills. The dance performance does not depends on age, sex and gender. It is because the Tiktok platform is accessible and user friendly regardless of age, sex and gender preference.

Table 15. Relationship Between The Students' Engagement In Tiktok Platform and their level of Dance Skills

Students' Engagement	Physical Skills				Technical Skills			
	r-value	p-value	Degree	Analysis	r-value	p-value	Degree	Analysis
Entertainment	0.235	0.029	Weak	S	0.138	0.050	Very weak	S
Inspiration	0.138	0.050	Very weak	S	0.148	0.047	Very weak	S
Self-Expression	0.078	0.089	Very weak	NS	0.198	0.035	Very weak	S
Trend Update	0.018	0.384	Very weak	NS	0.194	0.034	Very weak	S
Social Benefit	0.223	0.031	Weak	S	0.276	0.025	Weak	S

Degree of Correlation:±0.80 – ±1.00 *Very strong*±0.60 – ±0.79 *Strong*±0.40 – ±0.59 *Moderate*±0.20 – ±0.39 *Weak*±0.00 – ±0.19 *Very weak*

Table 15 above shows, it is interesting to note that the physical skills of the respondents were significantly correlated with their engagement in Tiktok platform in terms of entertainment ($r=0.235$, $p=0.029$), inspiration ($r=0.138$, $p=0.050$), and social benefit ($r=0.223$, $p=0.031$). However, no correlations exist between the students' engagement in Tiktok platform as to self-expression and trend-update and the development of their physical skills.

This means that there is a relationship exist in physical skill with entertainment, inspiration, and social benefit. The level of engagement of the respondents which is *highly engaged* in entertainment, inspiration and social benefit contributed to the findings of this study revealed in Table 7, 8 and 10.

CONCLUSION

The hypothesis stating that “there is no significant relationship between students' demographic profiles and dance skills” is not significant. Thus, the hypothesis is accepted. It means that students' age, sex, and gender preference are not correlated with their performance such as physical and technical skills, and grades. The dance performance does not depends on age, sex and gender. It is because the Tiktok platform is accessible and user friendly regardless of age, sex and gender. Regardless of age, sex and gender, users can shoot, edit, and share 15-second videos jazzed up with their preferred filters, music, animation, special effects, and more.

On the other hand, the hypothesis stating that “there is no significant relationship between students' engagement in TikTok platform and dance skills” is significant. Thus, the hypothesis is rejected. Physical skills of the respondents were significantly correlated with their engagement in Tiktok platform in terms of entertainment, inspiration and social benefit. However, no correlations exist between the students' engagement in Tiktok platform as to self-expression and trend update and the development of their physical skills.

The results of this study serve as a basis to maximize the use of Tiktok platform as platform in enhancing students' dance skills. It is vital to analyze the level of engagement in Tiktok as a social media platform in terms of entertainment, inspiration, self-expression, trend updates, and social benefit in achieving the goal for the students to increase their dance skills. Also, it is to make them highly engaged on these aspects most especially in terms of self-expression and social benefit which is found to be "engaged" in this study.

Furthermore, it is important for the teachers to continuously investigate the level of students' dance skills as to dance performance in terms of physical and technical skill. The physical skill such as posture, coordination and flexibility; and technical skill such as dynamics, spatial and timing is found to be in the "meets expectations" to "fully meets expectations" level in this study. The teacher may find ways to develop it further and achieve the level of "exceeds expectations." This will contribute to the increase in their academic performance in Health Optimizing Physical Education (HOPE) and other related subject areas.

RECOMMENDATIONS

1. For the school administrators, to use the findings of the study in increasing the level of engagement of the students in using Tiktok as platform in enhancing students' dance skills; and to continuously support the teachers handling HOPE in senior high school students of Atimonan 1 District (4th Congressional District) of DepEd – Division of Quezon by utilizing different software application that may aid the teaching and learning process.
2. For the teachers, to utilize the findings of this study by investigating the other factors affecting the level of engagement such as self-expression and social benefit which got the lowest level of engagement in Tiktok as a social media platform; and to consider the significant relationship between students' engagement in Tiktok platform and dance skills found in this study. The teachers may help the students to maximize the utilization of Tiktok platform to further improve their academic performance in HOPE and other related subjects.
3. For future researchers, that another research be conducted involving a much bigger population such as the students in junior high school. They may also consider other demographic variables that may affect the findings of the study. Also, they may utilize different research design such as qualitative or mixed method to investigate further on the verdicts of the study.

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