



**St. Bridget College, College Department**

**LEVEL OF STRESS AMONG THE THIRD YEAR COLLEGE STUDENTS IN  
ST. BRIDGET COLLEGE**

**An Undergraduate Thesis  
Presented to  
the Faculty of St. Bridget College, College Department  
Batangas City**

**In Partial Fulfillment  
of the Requirements for the Degree  
Bachelor of Secondary Education  
Major in Biological Science**

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**CERTIFICATION**

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to ensure its conformity to grammatical/structural rules in the English language.

Issued this 2<sup>nd</sup> day of May, 2017 at St. Bridget College,

College Department, Batangas City.

Signed:

  
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**ABSTRACT**

**Title:** Level of Stress Among the Third Year College students of St. Bridget College

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The research aimed to find out the level of stress among the third year college students in St. Bridget College, Academic Year 2016-2017 in terms of physical, mental, social, and emotional stressors. Also, the students' response on the level of stress of the learning environment was identified by the researchers.

The mean frequency ranking and verbal interpretation were used as statistical instruments to determine the stressors of respondents and its level.

The study revealed that third year college students experienced high level of stress physically rather than social, emotional and mental stressors. Based on the findings action plan was proposed by the researchers to relieve the stress of the students for better implementation of the approach in St. Bridget College.





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And above all to the Almighty God, for His divine and spiritual assistance to make this study possible.

JRGC

JAAAL

MJPM



DEDICATION

This masterpiece is genuinely devoted to the administrators of St. Bridget College, College Department.

This is also dedicated to the parents of the researchers for their fathomless support and contribution for the accomplishment of this study.

Above all, to the Almighty Father for giving the researchers enough knowledge, enthusiasm and strength in pursuing this humble work of art.

J.R.G.C

J.A.A.L.

M.J.P.M



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## CHAPTER 1

### THE RESEARCH PROBLEM

#### Introduction

Stress is simply a reaction to a stimulus that disturbs the physical, mental, social, and emotional equilibrium. In other words, it is an omnipresent part of life. Stress may bother people and it can affect their everyday living.

The 21st century has been characterized as an “ego-deflating” state in a fast-paced world - a world being contoured and recontoured at a pace no one seems to catch up with nor fully grasp comprehend.

Countless persons seem to feel that happiness and peace of mind seem so elusive. As a result, gripping anxiety and fear, and finally, depression and mental breakdown occur.

Economic depression in many countries has thrown a large number of people jobless. The concomitant anxiety and stress, fears and insecurities inflict more and more people and are disorders that upset the equilibrium and peace of mind not only of those concerned but also of the families and the people around them.

Young people are also being afflicted with stress, anxiety and depression. Problems with schoolwork, with the home and even in the workplace often lead to depression, drug abuse and sometimes, suicide. Statistics bear out the fact that this state of the mind are true in many people in the world as in Australia,





New Zealand, Canada, Japan and more so in developing countries like the Philippines.

Various changes in one's life are "bedrocks of stress" more especially if these changes are "unexpected, sudden and inescapable." A bank suddenly folds, an airline company crew strikes and those inevitably caught in the ensuing trouble are stunned, immobilized, and crippled to act.

Stressors are the events that cause stress. It is important that people learn to control stress and live with it. The first step in learning to control stress is to find out what stressors are, that is, what stresses personally. It can be divided into physical, mental, social, and emotional.

The examples of physical stressors are heat, traffic, cold, violence, noise, fire, own illness, and poor working conditions and equipment.

In social stressors, there are four main causes of social stress. These are the social, economic and political situations, family, Job and career; and interpersonal and environmental stressors.

Another kind of stressor is the mental stressor. This includes frustration which occurs when one's strivings are thwarted by obstacles that block progress toward a desired goal. Another is conflicts that are the simultaneous occurrence of two or more important but incompatible needs or motives. And lastly, pressures which mean stress may not only stem from frustrations and conflicts but also from pressures such as to achieve goals or to behave in particular ways.





In general, pressure forces a person to change the direction of a goal-oriented behavior.

According to National Health Service Choices, (2013) "stress" is a natural feeling, designed to help people to cope in challenging situations. In small amounts, it is good because it pushes people to work hard and do their best. That is why being in college is the most challenging stage for students. Being a college student is one of the stressful days that they can encounter in their lives. Having lots of problem like family, personal and school works problems are most common. Some misunderstanding issues among the family member, having a breakups with boyfriend/girlfriend and many reports project that need to do in a very short time. During college, the frustration, deadlines and hassles are always present. Extracurricular activities are also a source of stress for example: being an athlete, member of student council, working student which required maintaining a good grades create a high level of stress that can affect their academic performances. Sometimes, they don't know what they will do first. Doing all the home works or tasks can cause sleepless nights that can result headache. And because of that, they don't have energy to do anything.

Family problem can also cause stress. For example, parents are always arguing. They won't forget that situation and they will always think that even when they're in school. They can't do what they have to do. There are times that their friends can't talk to them.



Love life can cause stress too. When college students have problems with their boyfriend/girlfriends, they will be distracted on what you are doing. They don't have energy and feels laziness. They don't want to do what they're supposed to do and they can't even eat. Sometimes, experiencing crying all night can cause headache. Also, their outside looks will be affected like they don't want to fix themselves.

As a Canadian stress research pioneer Hans Selye observed, "To be totally without stress is to be dead." That is because stress is the mental and physical condition that occurs when people adjust or adapt to the environment. On the other hand, stress can bring a positive impact in lives, it is because through the different experiences, it can able to train their selves to fight into the different problems and to become more motivated in achieving goals as a student even though it is hard in the start especially if they are not experiencing stressful days and nights before.

If it is very hard to cope with things happening in life and experiencing lots of signs of stress, there are treatments available that could help. Talking with a trained professional can help to learn, deal with stress and become more aware of own thoughts and feelings. But it can also possible to consult to close friends even to their own family regarding to the problems.

Bonding with family and friends can also help people to deal with stress. Eating foods, making self relax, staying at home and take some rest or





break can help to reduce stress. And lastly, talking to God is one of the best treatments on stress. Always ask Him for help. Believe and trust him. Have faith as always.

In this study, the researchers determined the levels of stress among the college students of St. Bridget College, specifically the Juniors during the academic year 2016-2017. Furthermore, the researchers shared their knowledge about stress on how to cope with mind-boggling and stressful situation through making an action plan.

### Conceptual Framework

This study dealt on the levels of stress among the third year college students in St. Bridget College. The main reason of this study was to help students to be aware on the level of their stress, to know the different stressors that can cause stress and the coping styles that can help them to reduce their stress. The data were gathered through survey using questionnaire to attain the target output of the study.

Correspondingly, it is anchored on the Storm and Stress Theory have been emphasized by Granville Stanley Hall. According to him, adolescent period is marked by rapid change that causes biological stress. Girls 12-14 years of age and boys at 13-15 years are characterized by becoming extremely self-conscious; preoccupied by many activities that may lead to sleep deprivation which becomes a source of stress.



On the other hand, the Bio-psychosocial Theory, as emphasized by Bernard and Krupant, states that environmental events cause stress that originate from poor living condition that result to irrational thinking, personality disorder, and hormonal imbalance. The external or environmental events are sources of psychosocial stimuli; while the internal sources include the neurological and psychological combinations that determine the individual's reaction to stress psychologically and emotionally that disrupt the body's homeostasis.

Also it is relevant to the Life-Events Theory that was developed by Holmes and Rahe, they explained that stress occurs when a situation requires more resources than are available. For example, if you are taking a test for which you are unprepared, you might experience stress. To measure this type of stress, some researchers have compiled lists of major stressful life events such as the death of a loved one. The rationale is that the more of these events a person experiences, the greater is his or her stress.

In Social Support Theory, Overholser envisioned stress occurring when there is not enough social support available to respond to the event effectively. Social support may take many forms. For example, it could be emotional support to help you feel better about yourself or about the event as you cope with it, or it could take the form of financial assistance. In any case, social support helps you cope with the event and therefore decreases your level of stress.





All third year college students serve as the respondents to determine the level of their stress. Being a third year college student is one of the stressful year they encounter. Despite the facts that the college is the most challenging stage for students.

The researchers of the study focused on those theories illustrated and presented. They found out that there is a correlation on how the students in Third year college level view, experience and manage stress. There is a possibility that those who are more stressed than the others physically, mentally, socially and emotionally lessen the level of their tension if suggested with accurate and proven coping strategies.

Figure 1 illustrates the Research Paradigm. Input box includes the common stressors and level of stress in terms of physical, mental, social and emotional stressors. It is also contains the Coping Styles of Third Year College students. Process box comprises survey questionnaire, interview and data analysis. Output box denotes plan of action to reduce the level of stress among the third year college students of St. Bridget College.

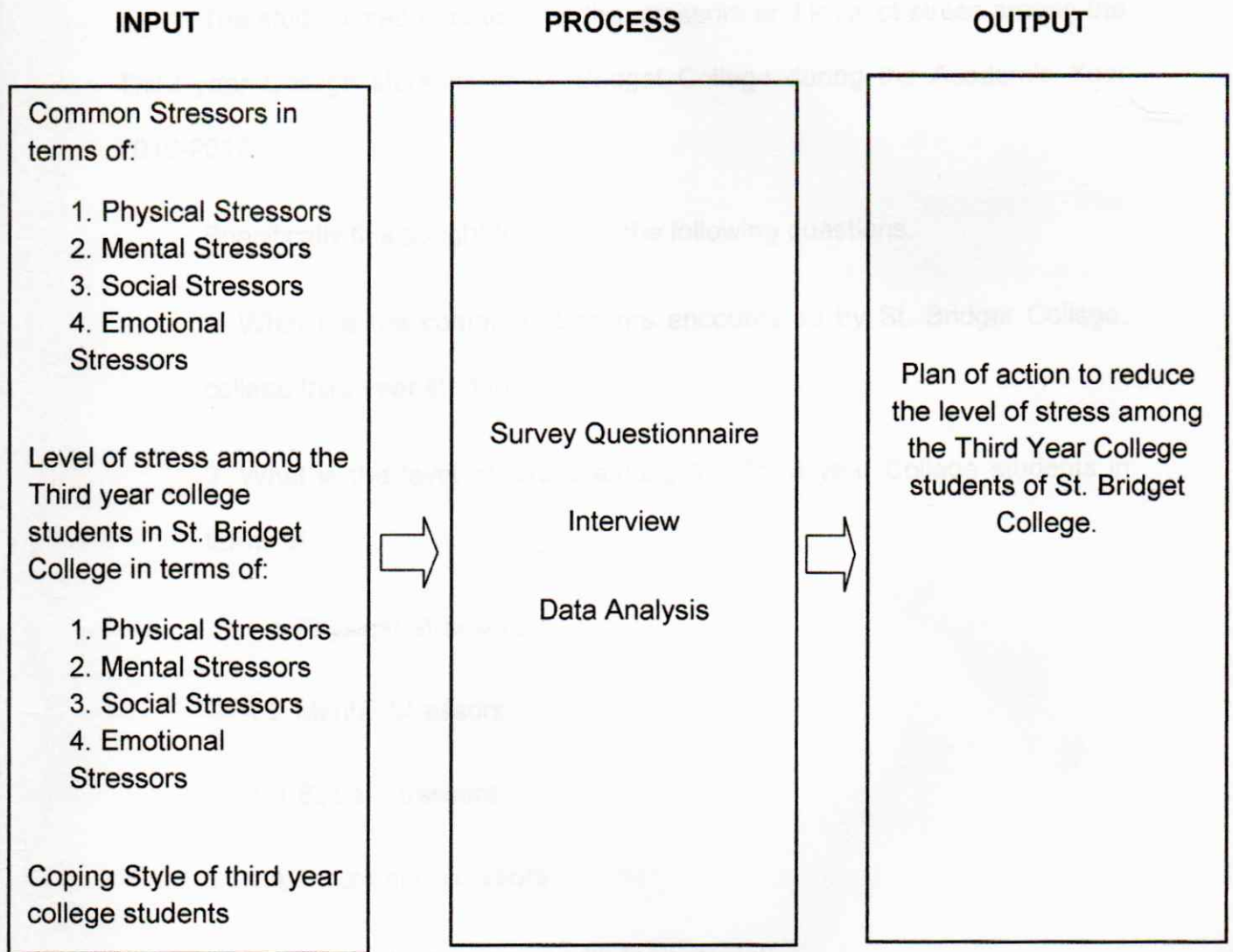


Figure1. Research Paradigm



Statement of the Problem:

The study aimed to determine the stressors and level of stress among the Third year College students in St. Bridget College during the Academic Year 2016-2017.

Specifically this sought to answer the following questions.

1. What are the common stressors encountered by St. Bridget College, college third year students?
2. What is the level of stress among the Third year College students in terms of:
  - 1.1 Physical Stressors
  - 1.2 Mental Stressors
  - 1.3 Social Stressors
  - 1.4 Emotional Stressors
3. How do students cope up with their stress?
4. Based on the findings, what plan of action may be proposed to reduce the level of stress among the college students?





### Scope and Delimitation of the Study

This study focused on the level of stress of Third year College Students of St. Bridget College. The researchers used all the third year college students as their respondents because these select students usually encounter several difficulties, disappointments with big responsibilities. The researchers determined their stress in terms of the four stressors such as physical, mental, social and emotional.

Likewise, the researchers used the descriptive research and design. The number of respondents of the study was chosen using stratified proportional sampling.

### Significance of the Study

This study gives valuable contribution to following people:

College students. The results of the study may broaden their acquired knowledge about the different causes of stress. For regular students who are committed to have good grades in all courses, they may use the study as reference on how they can deal with stress without affecting their academic performance.

Teachers. Data of the study may be used as a tool to come up with a group dynamics activity to relieve the stress of the third year college students.





Parents. It gives them facts about the level of stress encountered by their children while studying so they can help their children to cope up with the situation.

Future Researchers. Results of the study shall serve as a rich source of data of relevant studies and can be used as a basis of comparison, to create a more accurate overall view about stress. A research may be continued on the relationship of the stressors and level of stress among the third year college students that would give an even better understanding and wider perspective on students' personal stress.

#### Definition of Terms

The following terms were defined operationally and conceptually to achieve clearer understanding of the study and to avoid uncertainty.

Cope- It deals effectively with something difficult. (<http://en.oxforddictionary.com>) It pertains to the way of an individual on how they can manage things in difficult situations.

Emotional stressors- Often felt as guilt or that double bind situation when people feel "darned if they do, and darned if they don't" that no matter what they do, it isn't enough. ([www.stress-less-boise.com/main-causesof-stress.html](http://www.stress-less-boise.com/main-causesof-stress.html)) It pertains to the emotions and feelings of a person about something that he or she experienced.



Mental stressors- A mental arousal and it can be evoked by a number of mental tasks.(medical-dictionary.thefreedictionary.com). It pertains to the mental problems that a person may experience when he or she has stress.

Stress- Mental and physical conditions that occur when a person must adjust or adapt to the environment. (Mitterer,2014) In this study, it pertains to the condition wherein the researchers observe the level of stress of college students.

Stressors- This term pertains to any factor which triggers a stress response in an individual. (Hadad,2013). In this study, it pertains to the source of stress wherein the researchers identified the factors that highly affected stress respondents.

Physical stressors- This includes all those things that cause stress on the body. ([www.stress-less-boise.com/main-causesof-stress.html](http://www.stress-less-boise.com/main-causesof-stress.html)).In this study it pertains to the common stressors that every person may experience and put strain in their body.

Social stressors- This refers to the things that have something to do with connectedness with other people and communities. ([www.stress-less-boise.com/main-causesof-stress.html](http://www.stress-less-boise.com/main-causesof-stress.html)).It pertains to the social problems and issues with regards to their responsibilities and on how they can interact with other people.