

**LEVEL OF STRESS, STRESSORS, COPING STRATEGIES AND DEPRESSION
AMONG CLSU STUDENTS**

JEMARIE ANNE BAUTISTA COQUIA

GENESIE LUNA NAVALEZ

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Science City of Muñoz, Nueva Ecija, Philippines.

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This undergraduate thesis entitled **LEVEL OF STRESS, STRESSORS, COPING STRATEGIES AND DEPRESSION AMONG CLSU STUDENTS** prepared by **JEMARIE ANNE BAUTISTA COQUIA** and **GENESIE LUNA NAVALEZ** in partial fulfilment of the requirements for the degree **BACHELOR OF ARTS IN PSYCHOLOGY** is hereby approved and accepted

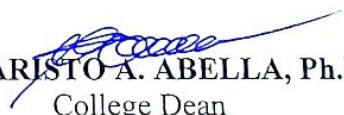

KAREN GRACE G. ALVAREZ
Adviser
01-21-2019
Date


ANGELO R. DULLAS
Critic
01-21-2019
Date

Accepted in partial fulfilment of the requirement for the degree of **BACHELOR OF ARTS IN PSYCHOLOGY**


ANGELO R. DULLAS
Department Chairperson
01-21-2019
Date


RICH MILTON R. DULAY
College Research Coordinator
01-22-2019
Date


EVARISTO A. ABELLA, Ph.D
College Dean
01-22-2019
Date

BIOGRAPHICAL SKETCH

PERSONAL INFORMATION

Name	Jemarie Anne Bautista Coquia
Date of Birth	November 4, 1997
Place of Birth	Brgy. R.A Padilla Carranglan Nueva Ecija
Home Address	#002 Brgy. R.A. Padilla Carranglan, Nueva Ecija
Religion	Roman Catholic
Father's Name	Jerico M. Coquia
Mother's Name	Marissa B. Coquia

EDUCATIONAL BACKGROUND

Tertiary Level	Bachelor of Arts in Psychology Central Luzon State University Science City of Muñoz, Nueva Ecija
Secondary Level	Carranglan National High School Brgy. F.C Otic Carranglan Nueva Ecija
Elementary Level	Carranglan Elementary School Brgy. G.S. Rosario Carranglan Nueva Ecija

EXTRACURRICULAR ACTIVITIES

Seminar/s

Orientation on the Competency-Based Recruitment, Selection, and Placement System

July 7, 2017

DSWD-CAR Training Center, Engineers Hill, Baguio City

BIOGRAPHICAL SKETCH

PERSONAL INFORMATION

Name	Genesie Luna Navalez
Date of Birth	April 19, 1995
Place of Birth	Poblacion, Balungao, Pangasinan
Home Address	#06 Saranay St. Poblacion, Balungao, Pangasinan
Religion	Pentecostal
Father's Name	Mario M. Navalez Sr
Mother's Name	Perlita L. Navalez

EDUCATIONAL BACKGROUND

Tertiary Level	Bachelor of Arts in Psychology Central Luzon State University Science City of Muñoz, Nueva Ecija
Secondary Level	Balungao National High School Pugaro, Balungao, Pangasinan
Elementary Level	Remnant International School, Inc. Pugaro, Balungao, Pangasinan

EXTRACURRICULAR ACTIVITIES

Seminar/s

Orientation on the Competency-Based Recruitment, Selection, and Placement System

July 7, 2017

DSWD-CAR Training Center, Engineers Hill, Baguio City

Internship

Student Intern, Summer Class, AY: 2017-2018

Human Resource and Development Unit

Department of Social Welfare and Development—Cordillera Administrative Region

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TABLE OF CONTENTS

	PAGE
TITLE PAGE	i
APPROVAL SHEET	ii
BIOGRAPHICAL SKETCH	iii
ACKNOWLEDGEMENT	vii
TABLE OF CONTENTS	xi
LIST OF TABLES	xiii
LIST OF FIGURES	xv
LIST OF APPENDICES	xvi
ABSTRACT	xvii
INTRODUCTION	2
Mental Health among College Students	3
Causes of Depression	6
Risk Factors of Depression	8
Stress among College Students	11
Stress as a Transdiagnostic Risk Factor of Depression	13
Coping Strategies on Stress	15
Current Study.....	18
THEORETICAL FRAMEWORK	20
CONCEPTUAL FRAMEWORK	23
METHODOLOGY	25
Research Design	25

Participants	25
Instrumentation	25
Data Gathering Procedures	29
Ethical Consideration	29
Data Analysis	30
RESULTS	31
DISCUSSION	48
CONCLUSION	63
RECOMMENDATIONS	64
SCOPE AND LIMITATIONS	65
REFERENCES	66
APPENDICES	76

LIST OF TABLES

TABLE	TITLE	PAGE
1	Stress Level of the CLSU Students	31
2	Correlation of Stress and Sex	31
3	Correlation of Stress and Age	32
4	Sex Difference on Stress	32
5	College Difference on Stress	32
6	Stress Level among the Colleges	33
7	Perceived sources of academic stress of the CLSU Students	34
8	Correlation of Stressors and SDC	35
9	Coping Strategies used by CLSU Students	37
10	Correlation of SDC and Coping Strategies	38
11	Number of CLSU Students Experiencing Depression	40
12	Depression Level of the CLSU Students	40
13	Correlation of Depression and Sex	41
14	Correlation of Depression and Age	41
15	Sex Difference on Depression	41
16	College Difference on Stress	42
17	Depression Level among the Colleges	42
18	Correlation of Stress and Depression	43
19	Correlations of Stress and Coping Strategies	43
20	Correlation of Stress and Academic Stressors	44
21	Correlation of Depression and Coping Strategies	46

TABLE	TITLE	PAGE
22	Correlations of Depression and Academic Stressors	47

LIST OF FIGURES

FIGURE	TITLE	PAGE
1	Conceptual Paradigm	23

LIST OF APPENDICES

APPENDIX	TITLE	PAGE
1	Survey Questionnaire	77
2	Compilation of Different Statistical Analysis	85

ABSTRACT

COQUIA, JEMARIE ANNE BAUTISTA and **NAVALEZ, GENESIE LUNA**,
Bachelor of Arts in Psychology, Department of Psychology, College of Arts and
Sciences, Central Luzon State University, Science City of Muñoz, Nueva Ecija,
Philippines, December 2018, **LEVEL OF STRESS, STRESSORS, COPING
STRATEGIES AND DEPRESSION AMONG CLSU STUDENTS**

Adviser: KAREN GRACE G. ALVAREZ

The present study aimed to determine the level of depression and stress of the college students and identify the coping strategies used by the students when faced with a stressful situation. Most perceived sources of academic stress were also identified. The significant relationship between the variables– level of depression, level of stress, stressors, coping strategies and the socio-demographic characteristics (age, sex and college) were also identified in this study as well as the significant differences of the socio-demographic factors (college and sex) in relation to the level of depression and stress.

According to the study, the undergraduate students are moderately suffering from depression and stress. It is also identified that the perceived sources of academic stress of the students were worrying about the future, thinking about getting a job after college, beating requirement deadlines, passing unannounced examinations, dealing with unannounced graded recitations, handling self-expectations, handling expectations of parents, completing requirements, handling expectations of relatives, and passing oral exam. The most used coping strategies among the respondents were religion, active

coping, self-distraction, acceptance and humor. The most depressed and stressed were the respondents from the College of Arts and Sciences.

It is also found that there is a significant relationship between levels of depression, stress and coping strategies. There were also significant differences among colleges on the levels of depression and stress. Significant difference was also found between the sex of the respondents in terms of stress but no significant difference in terms of depression.

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