

**SELF-EFFICACY AND ADJUSTMENT TO COLLEGE LIFE
OF CENTRAL LUZON STATE UNIVERSITY STUDENTS**

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BACHELOR OF ARTS IN PSYCHOLOGY


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The undergraduate thesis entitled **SELF-EFFICACY AND ADJUSTMENT TO COLLEGE LIFE OF CENTRAL LUZON STATE UNIVERSITY STUDENTS** prepared and submitted by **LIAN CARY Z. FULGUERAS** and **MAY ANN M. LOZANO** in partial fulfillment of the requirements for the degree of **BACHELOR OF ARTS IN PSYCHOLOGY** is hereby approved and accepted,



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BIOGRAPHICAL SKETCH

A.

May Ann Lozano was born on May 15, 1995 and currently living at Purok 5, Brgy. Matingkis, Science City of Munoz, Nueva Ecija. Her mother, Myrna Lozano is a housewife while her father, Danilo Lozano is a farmer and a tricycle driver. She only has on brother his name is Daniel Lozano, 19 years of age, and also a college student currently taking up Bachelor of Science in Agricultural and Biosystems Engineering in Central Luzon State University---he is now on fourth year.

May Ann also went to the following schools: (1) Muñoz Central School (2001-2007) in elementary where she an industrious award; (2) Muñoz National High School (2007-2011) in her secondary education, and; (3) Central Luzon State University where she took up Bachelor of Arts in Psychology. She also became a member of SAVE-NE or Society for the Advancement of Volunteerism and Excellence (2012-2014).

Added to this, are the seminars where she attended to: (a) Participant--16th Psychological Students' Research Congress, University Auditorium, CLSU, Muñoz, N.E(March 9, 2012); (b) Student Proctor--CLSU College Admission Test, CLSU, Science City of Muñoz, Nueva Ecija (February 01, 2014), and (c) On-The-Trainee—KKPLI (Kasapi-Kaagapay sa Pangkabuhayan Lending Inc.), Talavera, Nueva Ecija (April-May, 2015).

B.

Lian Cary Z. Fulgueras, 23 years of age, was born on January 7, 1995 at Dr. Paulino j. Garcia memorial research and medical city in Cabanatuan City Nueva Ecija. Her parents name is Joseph L. Fulgueras and Leonora Z. Fulgueras they were currently working abroad as OFWs for 13 years from now. Lian has a younger brother. His name is Aldrin Z. Fulgueras and currently taking up Bachelor of Science in Marine Transportation at Midway, Cabanatuan City, Nueva Ecija.

Lian finished her elementary at Granary Co- educational institution year of 2001-2006 at Rizal, Nueva Ecija. Her secondary level is at Gracious Shepherd Christian Academy year of 2007-2011 at San Jose City, Nueva Ecija and has got an award for being the most obedient and most helpful.

She is currently taking up Bachelor of Arts in Psychology at Central Luzon State University, Science City of Muñoz, Nueva Ecija. Lian participated at some of the extracurricular activities here are the following: (a) Jesus revival Church organizational year of 2016-2017; (b) She also participated at symposium on mental health last April 12, 2018.

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ABSTRACT

FULGUERAS, LIAN CARY Z. and **LOZANO, MAY ANN M.**, Bachelor of Arts in Psychology, Department of Psychology, College of Arts and Science, Central Luzon State University, Science City of Munoz, Philippines, June 2018, **SELF-EFFICACY AND ADJUSTMENT TO COLLEGE LIFE OF CENTRAL LUZON STATE UNIVERSITY STUDENTS.**

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The study primarily is a quantitative type of descriptive - correlational research where the researchers compared the variables used in the study. Where it aims to find out the relationship between self-efficacy and categories of student adjustment in terms of academic, social, and personal-emotional adjustment that influence Central Luzon State University (CLSU) students. The participants of the study composed of the Central Luzon State University students. The researchers using stratified sampling method, which consists of 600 college students which contains 258 male students and 342 female students wherein 199 are Senior High School Students and 401 college students. In which the researchers used two standardized test to assess the problems of the study. The data were analyzed using mean, standard deviation, independent sample t-test and Pearson-r correlation. This study generated the following results: (1) Self-efficacy of students are on the high level. (2) In terms of the self-efficacy, male and female students have no significant difference based on the results shown (3) in terms of Self-efficacy, significant relationship was found with year level and age. However, in terms of sex of students, it was found to have no significant difference with self-efficacy. (4) CLSU students' adjustment is in the moderate level. (5), There is no significant difference between male and female students in terms of student adjustment, (6) Moreover, in terms of student

adjustment, it was found to have no significant relationship with sex and year level. (7) There is also no significant difference between Senior High School Students and College Students in terms of student adjustment, and; (8) Self-efficacy and total adjustment of students was found that the two have a significant negative correlation as well as student adjustments' domains.

Keywords: *Student Adjustment, Self-efficacy*

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