

**The Effects of Using Basil Scent In Relation To Test Performance  
Among The Fourth Year High-School Students Of Saint Gabriel  
Archangel Academy In Biñan, Laguna**

**An Undergraduate Thesis  
Presented to  
The Faculty of the Behavioral Sciences Department  
College of Liberal Arts  
De La Salle University- Dasmariñas  
Dasmariñas, Cavite**

**In partial fulfillment of the Requirements for the  
degree Bachelor of Arts in Psychology**

**by**

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## ABSTRACT

**Name of Institution:** De La Salle University-Dasmariñas

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### OBJECTIVES

**General** The study aims to find out if the basil scent has an effect on test performance

### Specific

- 1.) To compare the scores of the students who had acquired the treatment - which is the experimental group from those students who did not receive any treatment coming from the researcher, namely the placebo group while taking the Verbal Ability Test;
- 2.) To find-out if there is a significant difference between the scores of the experimental and the placebo group in the verbal ability test.

## Scope and Coverage

The study covers the fourth year high school students of Saint Gabriel Archangel Academy in Biñan, Laguna. The study was conducted during the second semester of the academic year, 2007-2008.

## Methodology

To test for the effectiveness of the basil scent, the researcher prepared an examination to the students. This is the Verbal Ability Test which was taken from the National Career Assessment Examination (Mock test). The students were divided into two groups, through Random Sampling. Both groups took the exam at the same day and at a same time. The researcher supervised the experimental group, and for the placebo group, the students' subject teacher administered the test. The research design that was used in the study was **Between-Subject Designs**, particularly, **Posttest-Only Two Group Randomized Experimental Design**.

## Conclusion

- 1.) The researcher rejected the null hypothesis due to the relationship of what has been computed in the  $t$  (observed) when referred to the critical value for  $t$ . Thus, basil has an effect on test performance.

2.) Some factors that contributed to the test performance of the students were the theory called: *Social Facilitation* – wherein there were some effects on performance stemming from the presence of others.

Evaluation-Apprehension was the other contributory factor to the test performance of the students. This theory explains that people are too concerned on being judged by others.

3.) Students worked hard in their studies, covering all of the components for their grades. The one who evaluated their performance is their subject teacher.

### **Recommendations**

1.) This study suggests ways, on how to boost the individuals' thought process. Aside from the effects of basil scent on the mental capacity of an individual, it can also be used as an alternative for some medicines.

2.) The students can experiment on their study habits by adding-up the basil scent in their way of studying for their lessons.

3.) To the future researchers, they can further investigate the unrevealed wonders of this plant and can always try to prove the other physiological effects of the said plant to the body.

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