



**EXTROVERSION AND STRESS' LEVEL AMONG SELECTED STUDENTS  
OF DE LA SALLE UNIVERSITY- DASMARIÑAS**

An Undergraduate Thesis  
Presented to the Faculty of Psychology Department  
College of Liberal Arts and Communications  
De La Salle University-Dasmariñas  
City of Dasmariñas, Cavite

In Partial Fulfillment  
Of the Requirements for the Degree of  
Bachelor of Arts in Psychology

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**ABSTRACT**

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

**Address:** 4115 BagumbayanDasmariñas City, Cavite,  
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**Title:** EXTROVERSION AND STRESS' LEVEL AMONG  
SELECTED STUDENTS OF DE LA SALLE  
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DASMARINAS

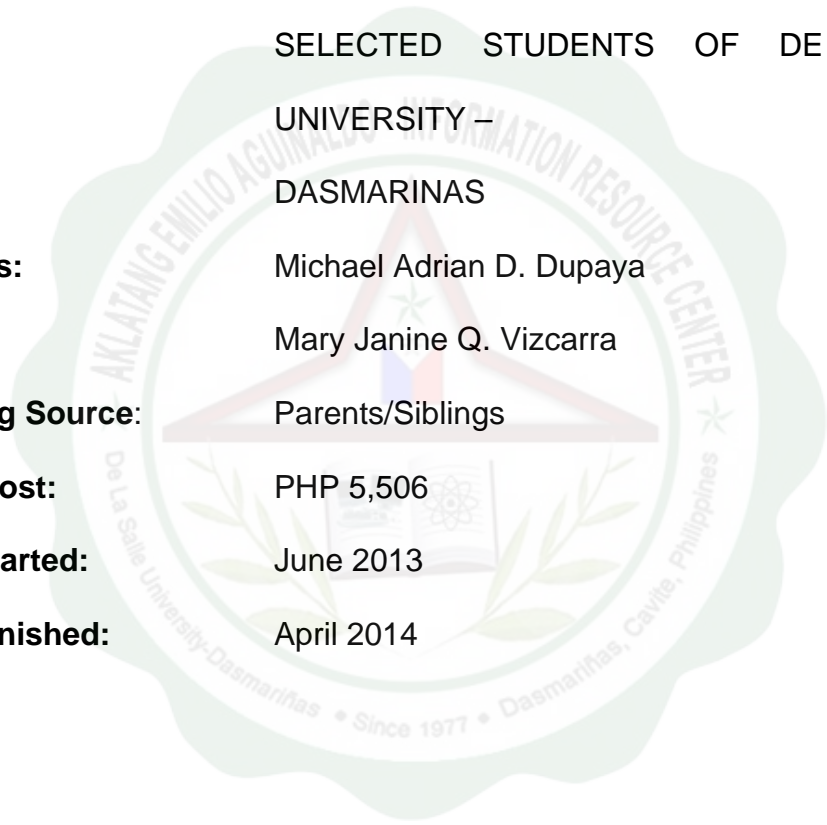
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**Objectives:** A. General

1. To provide knowledge and understanding about the extroversion and Stress level of students of De La Salle University- Dasmariñas

B. Specific

1. What is the demographic profile of the extrovert participants in terms of (1) sex, (2) age and (3) year level?
2. What is the level of Extroversion of the participants?
3. What is the level of Stress of the participants?

**Scope and Limitation**

The scope of this study involves the geographical area of Cavite (Region IV-A). Most of the respondents are in the stage of teens, both girls and boys have the character or attitude of being an extrovert individual. Most of these respondents have this other sociable experience that they encounter in their everyday life.

The limitation of this study indicates that most respondents are only an extrovert individual because in that way, we can measure their socialization in the environment and how they identify distress in their particular lives.



## Research Methodology

In this study, the researchers used descriptive research design. Researchers used the random sampling of the university of De La Salle-Dasmariñas, Cavite in the College of Liberal Arts and Communication, gathering and selecting (30) respondents from the students ranges from 16 to 21 years of age, which it possesses the characteristics of being an extrovert and share their experiences that they encountered. In gathering the primary information of the participants, the researchers provided a “fill-out form” for a participant, which answers each of the respondent’s demographic profile in terms of their name, sex, age, college level and their contact details. In measuring the level of extroversion of the students, the researchers prepared a standardized questionnaire entitled “*The Manchester Personality Questionnaire*”. The questionnaire determined the interpersonal relationship with peers, interact with authority and trust of other people. In measuring the feeling of stress participants, the researchers will also conduct a test questionnaire to measure the levels of stress entitled “*Stress Questionnaire for Students*” in quantitative data on their experiences towards distress scenarios. In gathering data of this research, the researchers submitted a letter to the college dean and researchers proposed to the participants to answer the fill-out forms about their demographic profile and answered also the Manchester Personality Questionnaire (MPQ) about the level of their extroversion. Researchers only selected thirty (30) respondents from the first conduct of the research and these participants determined that they are extrovert individual. Lastly, researchers conducted another test which was the





Stress Questionnaire to the extrovert participants and measured quantitatively on how they respond to the things that can distress them and will act in times of pressure.

## Conclusions

From the garnered results, the researchers have established the following:

1. In the statement I, researchers therefore conclude that all of the respondents that been gathered and selected were from the College of Liberal Arts and Communication of De La Salle University- Dasmariñas. Majority of them are females, age 20 years old and currently enrolled in this school year of 2013-2014 with the course of AB Psychology and currently in the level of 4<sup>th</sup> year. These respondents are randomly selected from the said college, and presenting the total population of extrovert individual.
2. In statement II, the same group of respondents was being assessed according to the Level of their Extroversion and researchers conclude that majority of the total population of extroverts are in the level of Average. As early in their young adulthood and according to the researchers, extroversion in youth had direct, positive effects on wellbeing and life satisfaction in their later life, and much more their extroversion was assessed about their sociability, energy and their activity orientation.
3. In statement III, researchers conclude that the level of Stress of the respondents was in the Low Level of Stress from the largest total sample,





it was found out that those Extroverts may be stressed in different situations but can handle and control at the same way. This can be the situations of having a decision making, pressure moments of life, and unexpected changes in their life situation, socialization pressures and academic performance. These factors may come throughout with an extrovert, but not really deepening down the pressures of life or stress and according to the study about it. Type A may refer also of being Extrovert and this personality refers to the individuals who are ambitious, achievement oriented and highly competitive to the point of being aggressive. They are impatient, speak rapidly, do things quickly and always in a rush. And also according to the study, extroverts have different vulnerability factors to stress them tends to react with impulsive and angry behavior when stresses or are more likely resort to smoking and drinking alcohol.