



De La Salle University – Dasmariñas

“Should I ask help?...”

Help – Seeking Attitudes Of High School Achievers

In Tagaytay City Science National High School:

It's Implication on Their Self – Esteem

SY 2003-2004

An Undergraduate Thesis

Presented to

The Faculty of 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 Major in Psychology

REMARZOLYN C. DELIGERO

MA. ELNA P. JAGAPE

February 2004

16 JUL 2004

AKLATANG EMILIO AGUINALDO ARCHIVES



ABSTRACT

Name of the Institution : De La Salle University - Dasmariñas

Address : Dasmariñas, Cavite

Title : “Should I Seek help?”; Help-Seeking Attitudes of High School Achievers in Tagaytay City Science National High School: Its Implication on Their Self-Esteem.

Authors : Maria Elna Jagape
Remarzolyn Deligero

Funding Source : Parents **Cost** : 10,000 pesos

Date Started : August 2003 **Date Completed** : March 2004

Objective:

A. General

To determine the help-seeking attitudes of high school achievers of Tagaytay City Science National High School and its implication on their self-esteem

B. Specific

1. To know the demographic profile of the high school achievers in Tagaytay City Science National High School
2. To determine the help – seeking attitude of high school achievers in Tagaytay City Science National High School in relation to their emotional problem



3. To detect the level of self – esteem of high school achievers in Tagaytay City Science National High School
4. To note if there is a significant relationship between help – seeking behavior and self – worth of high school achievers in Tagaytay City Science National High School

Scope and Delimitation

The ultimate focus of this study circulates along the help-seeking attitude of high school achievers in Tagaytay City Science National High School and its implication on their self- esteem.

The help-seeking attitude that this study implies would only be those attitudes that are directed towards the high school achiever's emotional problems. This includes emotional problems that they have on family, friends, self and special relationships.

The definition and basis of the term *high school achievers* refer to the highest section of the graduating class of Tagaytay City Science National High School SY 2003 - 2004. The age range of the respondents is 16 to 17 years old. These High School Achievers have maintained their post in the star section since first year. The respondents of this study have been selected through a purposive sampling for several criteria have been set.



The help seeking attitude and self-esteem has been detected through administering a series of test that include a standardized test about self-esteem (CFSEI-2) and a self – constructed help – seeking attitude scale test.

The main goal of the researchers is to know the help seeking attitude and self-esteem of high school achievers in Tagaytay Science City National High School. This would be the determinant in knowing the relationship that exist between the high school achiever’s help seeking attitude and self-esteem. This is the composition of the entire study.

Methodology

This study used the descriptive correlational method of research that aims to determine and report how the help – seeking attitude affects the self –esteem of high school achievers in that institution of learning.

The researchers used the purposive method in choosing the respondents of the study. The said respondents belong to the highest section of the graduating class in -Tagaytay City Science National High School SY 2003-2004.

The instruments used within this study are the following: A self-constructed help-seeking attitude scale test that measures help-seeking and a standardized test about self-esteem CFSEI-2 that measures the self-esteem of the respondents. Both of these tests measured the variables that circulated within this study as well as the implication that exist between them.



Major Findings

The results of the study are as follows:

1. Demographic Profiles of High School Achievers

Base on the results of this study it can be noted that most of the respondents are female (65.85%). It was also noted that the dominant age of the respondents is 16 years old (90.24%) and most of them come from a middle class family which accounts to 92.68%.

2. Help-seeking attitude of high school achievers in Tagaytay City Science National High School

3. Base on the results, the help-seeking attitude of high school achievers in Tagaytay City Science National High School is “high” in frequency. Most of the respondents have shown such occurrence, which was 65.85% of the total help-seeking attitude of the respondents.

4. Level of self-esteem of selected high school achievers in Tagaytay City Science National High School

Base on the results, the level of self-esteem of selected high school achievers in Tagaytay City Science National High School is “very high” which is 31.71% of the total self-esteem of the respondents.

- a. Significant relationship of the help seeking attitude and self-esteem of high school achievers in Tagaytay City Science National High School



The results of the study stated that there is a positive correlation existing between two variables. There is a relationship between the two variables yet the relationship is weak. Help - seeking attitude may be one of the factors that could influence self – esteem but just for only 0.285714397 percent.

Conclusions

From the findings of the study, the following conclusions are drawn:

1. Most of the High School Achievers are female (65.85%) aged 16 (90.24%) and belonging to a middle class family (92.68%).
2. The help-seeking attitude of high school achievers in terms of emotional problems is high in frequency (65.85%).
3. The results of the study stated that the level of self-esteem of high school achievers is very high in frequency (31.71%).
4. The result stated that help-seeking and self-esteem offer a very low positive correlation which is equated as something negligible, therefore the relationship existing between the two variables, help seeking and self-esteem, offer less influence into each other.



Recommendations

Base on the conclusions, the following recommendations have been derived:

1. The literature of this study is helpful and recommended for students who would like to pursue studies about help – seeking and its implication to self – esteem.
2. This study, which was conducted for a short period of time, did not cover everything about help – seeking attitude. It only covers the emotional aspect of help – seeking. It is for this reason that the researchers recommend this for further study, touching on aspects that cover people from other age range or those who belong to the elite, or focusing on issues like the help seeking attitude of women vs. men and its relation to their self-esteem.
3. Results show that high school achievers have positive impression about help –seeking having a high level of help – seeking attitude. Therefore, it is recommended that they maintain their attitude towards help – seeking by being open with their feelings as well as passing this attitude to other people.
4. The way this high school achievers view themselves will truly help them as they battle the obstacles they will encounter. It is for this reason that the researchers recommend the respondents to maintain positive outlook they



have towards themselves wherever they maybe by being optimistic with there plans in life.

5. This study would benefit the parents, teachers, counselors and future researchers for it has information that would help students maintain their high level of self – esteem and their positive connotation about help – seeking.
6. There exist a relationship between the help – seeking attitude and self – esteem among high school achievers but only for 0.285714397 percent. Thus, help –seeking can be considered a factor that could influence self – esteem of high school achievers. Other factors could be for further studies by future researchers.



TABLE OF CONTENTS

Title Page	i
Abstract	viii
Approval Sheet	ix
Acknowledgement	
	PAGE
CHAPTER 1. The Problem and It’s Background	
Introduction	1
Conceptual Framework	3
Statement of the Problem	5
Scope and Delimitations	7
Definition of Terms	8
CHAPTER 2. Review of Related Literature	
Conceptual Literature	10
Research Literature	22
Synthesis	28
CHAPTER 3. Methodology	
Research Method	30
Research Respondents	31
Research Procedure	32
Statistical Treatment	1
CHAPTER 4. Presentation and Analysis of Data	37
CHAPTER 5. Summary, Conclusions and Recommendation	46
REFERENCES	51
APPENDIX	
A – Letter of Permission to Conduct a Study	53
B – Instrument Measuring Help – Seeking Behavior.....	55
C – Instrument Measuring Self – Esteem	60
D – Table of Raw Score of Help – Seeking and Self - Esteem.....	61
E – Certifications	64
F – Curriculum Vitae	70



LIST OF TABLES

TABLE	PAGE
Table 1. Demographic Profile of High School Achievers in Tagaytay City Science National High School	37
Table 2. Level of Help – Seeking Attitude of High School Achievers in Tagaytay City Science National High School	40
Table 3. Level of Self – Esteem of Selected High School Achievers	42
Chart 1. Relationship of Help – Seeking Attitude and Self – Esteem of High School Achievers	45