THE RELATIONSHIP OF ADJUSTMENT AND ACADEMIC
PERFORMANCE OF FRESHMEN INTERNATIONAL STUDENTS OF
DE LA SALLE UNIVERSITY-DASMARIÑAS SY 2004-2005

An Undergraduate Thesis
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In Partial Fulfillment
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Bachelor of Arts Major in Psychology

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ABSTRACT

Name of Institution : De La Salle University – Dasmariñas

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Respondents : International Freshmen Students of

De La Salle University – Dasmariñas SY 2004-2005

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Objectives of the Study:

General

> To know the relationship between the international freshmen students' adjustment level and their academic performance.

Specific

> To determine the relationship between the adjustment level and academic performance of selected international freshmen students of De La Salle University- Dasmariñas, first semester, school year 2004-2005

according to their social, personal, academic and cultural adjustment level.

Scope and Coverage

The respondents were international students from other countries (naturalized or natural born) who moved in to the Philippines to study college, and are staying here in the country for not more than three years. This paper limited its study with the social, personal, academic and cultural adjustments experienced by the selected population. Academic performance was correlated by evaluating their adjustment profile on which aspect do they score high and low.

Methodology

The researchers utilized the descriptive correlational method in gathering information that they needed for the study. This method described the nature of the situation, as it exists at the time of the study and to explored the causes of particular phenomena. They also used the survey study that measured the existing phenomena from a relatively large number of cases. This method was used to answer the questions on the level of adjustment of international freshmen students of De La Salle University-Dasmariñas and its the relationship to their academic performance.

Major Findings

1. a. The demographic profile of the respondents in terms of gender shows that there were 57% female respondents and 43% are male.

   b. The profile of respondents in terms of their age shows that 53% of the respondents are aged 16 to 18 years old, 33% belongs to the age range of 17-21 yrs. old, 10% belongs to the age range of 25 years old and above, and the remaining 3% belongs to the age range of 22-24 years old.

   c. The profile of respondents in terms of their courses shows that 17% or 5 of the respondents are from HUB. 13% or 4 of the respondents are from BSN and HRM, 10% or 3 of the respondents are from MGT and BCS, 7% or 2 of the respondents are from MKA, EEE and BSE, and 3% or 1 of the respondents are from BEE, JOU, BTM and ARC.

   d. The profile of respondents in terms of their nationality shows that 60% or 18 of the respondents are Koreans; 13% or 4 of the respondents are Indonesians; 10% or 3 are Americans; 7% or 2 are Chinese; Taiwanese, Swiss and African respondents obtained 3% of the population.

   e. The profile of respondents in terms of duration of months/ years stayed in the Philippines shows that 50% or 9 of the respondents has stayed in the country for 2-3 years, 30% or 9 of the respondents has stayed in the country for 10 months or less, and 20% or 6 of the respondents has stayed in the country for 1year-11 months.

f. The profile of respondents in terms of the people they are living with shows that 43% or 13 of the respondents are living with their friends/dorm mates/boarding house; 27% or 8 of the respondents are living with their parents; while 3% or 1 of the respondents are living with their Filipino family/Foster family, maid and relatives.

2. The adjustment profile of the respondents according to each level shows that their personal adjustment has a mean score of 35.97 which means highly adjusted; their cultural adjustment obtained a mean score of 33.90; social adjustment with a mean score of 33.83; while their academic adjustment has a mean score of 33.03, which all suggests that they have averagely adjusted.

3. Results show that seven (7) of the respondents obtained a grade point average of 2.00-2.49 which means that they have satisfactorily performed in school; Six (6) of the respondents obtained a grade point average of 1.50-1.99 which means that they have fairly performed in school; Five (5) of the respondents obtained a grade point average of 3.00-3.49 which means that they did a very good performance in school; Five (5) of the respondents obtained a grade point average of 2.50-2.99 which means that they did a good performance in school; Four (4) of the respondents obtained a grade point average of below 1.00 which means that they have failed to perform their best in school; Three (3) of the respondents obtained a grade point average of 1.00-1.49 which means that they have passed their subjects in school. All grades were obtained during their first semester of school year 2004-2005.

4. The researchers found that there is no significant relationship between the adjustment profile of international freshmen students and their academic performance. Hence, if the adjustment profile would be categorized, respondents are more personally adjusted, while the rest of the adjustment level has no significance on how they would perform in school.

Conclusions

1. The demographic profile of the International Freshmen respondents' in terms of nationality, duration of staying the Philippines, and the people they are living with affects their adjustment level. In terms of nationality, the greater number of population, the better they can adjust. Most especially with Korean respondents, their population here in Dasmariñas, Cavite is growing. So they don't have a hard time adjusting with the environment since they feel at home in the community. In duration of stay in the Philippines, the longer the stay, the more one can familiarize and adjust to the environment. Adjustment level of those international students who have been here in the country for almost a year is different with the adjustment level of those who have been here for 7-11 months. Those who have been staying here for quite a long time of course are more familiar with the Filipino culture. In terms of the people they are living with, students who live with friends/dorm mates gain confidence in terms of independence and in formation of social peers. International students

who are living with Filipino friends have the advantage of getting adjusted with the Filipino culture since they're living with the local people. They somehow adopt Filipino ways and culture compared to those who live with dorm mates of the same race.

2. The adjustment profile of the respondents in terms of their personal adjustment is relatively high. Probable implications to this study suggests that majority of the respondents know how to manage their time, organize their tasks and daily schedules, budget their finances and adapt to home and environmental aspects. Also, the study implies that the respondents are well adjusted because of the fact that foreign population particularly Koreans are getting larger therefore it isn't difficult in the coping / transition process.

3. The respondents satisfactorily performed in their academic subjects most likely because the main problem that came about was that of communication skills, particularly in English competency. Some of them are not conversant in English; others can't understand it as well. Plus the fact that we use Filipino language, which they only consider as their third language. They find it difficult to communicate, thus giving them low self-esteem in doing oral reports, recitations or class presentations. As was confirmed in the study of Reyes (February 2004; Philippine Journal of Counseling Psychology Vol.6, Iss.1), the major source of stress is in the academic domain and this is mainly due to problems with language competency and adjusting to a new system of education.

5. In the research-made test, which is the Adjustment Inventory Test, it appeared that test results of the respondents obtained an overall score that falls on the average level of adjustment. If categorized by each level of adjustment, it will appear that they are highly adjusted in the personal adjustment level. This means that they are adapted to the host environment, which can be concluded that they are also culturally adjusted, therefore making this level second to the highest. As what Murray et al (1991 p.340) asserts, "If an individual is in a foreign land, he is responsible for himself to adapt in the environment where he is in regardless of the pros and cons he counters." And as was stated by Segall (1989), "A foreigner should always take notice of events and happenings on their surrounding" and adjust themselves if they want to live a normal life in a land absolutely not theirs.

Recommendations

1. To Academic Administrators/ Coordinator for International Students, that they should implement programs and provide curriculum exclusively for international students to help aid their needs and for the success/ fulfillment of their study at the university. That they should provide more efficient and effective professors that can handle them professionally.

2. To subject professors especially Filipino professors, that they should be considerate in applying teaching techniques in handling international students. This includes the language/ communication skills, also they should

be sensitive and be patient enough on how students grasp knowledge and learn from them.

3. To Guidance Counselors/ International Students Coordinator, that they would fully extend and offer support and help students explore ways of establishing and expanding available social support. Counselors should also help students gain appreciation of insights that they could gather as they go through the difficulties brought about by the acculturation process. They should establish good rapport, be flexible and practice professional approaches in dealing with grievances and the needs of such students. Also, they should help in giving assistance in setting up an international student organizations.

4. To local students, that they should avoid prejudice and instead let them feel welcome, show much hospitality and willingness to give assistance to them.

5. To international students, that they should abundantly inform themselves about the services available in the university as well as all the important guidelines that need to be observed as they pursue their studies in the university. Also, encouragement on learning Filipino culture so as to lessen anxiety and culture shock, as well as in figuring out norms that may impact interactions with members of the host culture.

6. To the future researchers who wish to continue the study, they should give much effort in reaching out to international students to be able to get deeper opinions and let them open up their feelings and as to avoid difficulties in gathering needed data.

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