De La Salle University – Dasmariñas

The Association of Personality Trait Profile With The Help-Seeking Strategy of

Selected Senior Students in Ternate National High School

S.Y. 2004-2005

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 of Bachelor of Arts

Major in Psychology

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Psychology 41

February 21, 2005

ABSTRACT

Name of Institution   : Ternate National High School

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Title of Thesis   : The Association of Personality Trait Profile With

The Help-Seeking Strategy of Senior Students in Ternate National High School

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Funding source / cost   : Family / P 13,000

Date Started   : September 2004

Date Completed   : February 2005

Objectives:

This study determined the association of personality traits of high school students in Ternate National High School and the help-seeking strategy.

Specifically, the research sought answer to the following particular questions significant to the general problem such as:

1. What is the demographic profile of the respondents according to?

    a. Gender

    b. Socio-economic status

2. What is the personality trait profile of the respondents?

3. What are the help – seeking strategies of the respondents associated with?

    a.   nature of the Problem

    b.   interim and timing

    c.   agents or help-giver

    d.   action/behavior taken

4. Is there an association between the personality trait profile and the respondents' help-seeking strategy?

Scope and Delimitation

The study covers the demographic profiles of profiles, personality trait (based on personality self-portrait) and help-seeking strategy of the senior students of Ternate National High School. The profiles included were gender and socio-economic. The help seeking strategy encompasses the respondent's agent/help giver, nature of the problem, interim or timing in seeking help, and action / behavior taken in seeking help.

A checklist was used to determine the demographic profiles and help seeking strategy of the respondents. The first part of the test is for general information of the respondents; meanwhile the second part of the test is the help-seeking strategy test proper. This test is a researcher made checklist. The Personality Self-Portrait Questionnaire was used in order to seek the personality trait of the students. The researchers randomly obtained 30% of the total population per section among the senior students. They were selected in

simplified random sampling. The students were studying in Ternate National High School.

The constraint of the study is the insufficient and outdated literatures. The researchers faced a problem in the collection of related studies because only few investigations have been done and established and most of them were outdated.

Methodology

The study utilized a descriptive design following a survey method of research. This type of design and method of research was used to seek "what is rather than predicts relation to be found (Catane, 2002). It is also a study type where the major emphasis is on discovery of ideas and insights (Catane, 2002). This design will benefit the study in obtaining meaningful information about personality and what kind of help-seeking strategy used. The determination of help-seeking strategy through personality was governed by factors such as the (a) nature of the problem, (b) period or time, (c) agent or help-giver, and (d) action /behavior taken.

Research Respondents

The respondents were chosen through simplified random sampling; 30% of total population on the four sections of fourth year was obtained, which served as the sample population from the 30% total population per section was then selected using of a fish bowl method in order to give each student equal chance of being selected.

Table A. The number of respondents per section.

	Total population	30% of Total Population
Section A	60	18
Section B	69	21
Section C	60	18
Section D	58	17
Total	247	74

Ternate National High School had a total population of 247 senior students for school year 2004-2005. All in all, there were 74 senior high school students of Ternate National High School that served as the respondents of this study.

Research Instrument

The researchers had two sets of test that measured personality and assessed help-seeking strategy of fourth year Ternate National High School students. Personality Self-Portrait Questionnaires (PSPQ) was the test administered to determine the personality profile test. This test is composed of 104 items with choices as Y, M and N. The test reveals 13 Personality Traits. The highest score obtained in a particular personality trait test is the personality trait of the person.

Meanwhile, in the assessment of the help-seeking strategy, the respondents formulated a researcher-made-test. It is the Help Seeking Strategy Checklist (HSSC).

It was content and face validated by four experts such as the psychometrician, a guidance counselor, a statistician and the thesis adviser herself, where suggestions and recommendations were considered. The survey test included and governed the four factors in determining help-seeking strategy. The test was divided into four title groups, which represented the four factors determining help-seeking strategy. The four title groups were Nature of the Problem, Agent, Interim and Timing, and Behavior/Action taken.

Research Procedure

The following procedures were the operations, which drew the researchers closer in attaining information and data needed in answering the problems offered by the study.

The researchers gathered first the total number of senior students in their respective sections and obtained 30% of the total population in every section. The 30% total populations in every section were the respondents who took the two sets of test, the (PSPQ) Personality Self-Portrait Questionnaires and the (HSSC) Help-Seeking Strategy Checklist.

Researchers tabulated and analyzed the data gathered from the field. Frequency count was used together with the percentage and the ranking.

Analysis of Data

The following procedures were used in the analysis of data: Frequency count, Percentage, and Ranking.

Findings

The results of the study are as follows:

1. Demographic profiles of the respondents

    Based on the result of this study, it can be noted that most of the respondents were females (54.05%). It was also noted that the most of the respondents came from the low class family with accounts as to (74.3%).

2. Personality Profile Trait of the Respondents

    Based on the result of the study, the four traits with high percentage was noted in the Self-confident Trait (20.27%), Conscientious Trait (18.92%), Devoted Trait (17.57%) and Adventurous Trait (16.22%) while the least percentage was noted in the vigilant trait (0%).

3. Help Seeking Strategy of the respondents

    Based on the result of the study, it was found out that friends and relatives were the most accessible agent (94.6%). The most frequent concern of the respondents was the need to be understood (44.6%). Furthermore, students tended to seek help as problem became complicated (48.6%) and they got help from others through making and sending letters (46%).

4. Association of Personality Trait Profile and Help-Seeking Strategy

  The result of the study shows that a particular kind of personality trait of an individual has a specific pattern of preferences in help-seeking strategy. There is an association between the two variables yet the association does not generalize the entire capacity of a personality.

Conclusion:

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

1. Most of the respondents were female senior students belonging to a low socio-economic class.

2. The four traits with high percentage were Self-confident Trait, Conscientious Trait, Devoted Trait and Adventurous Trait while the least number was noted in the Vigilant trait.

3. The Help-seeking strategy of respondents as determined by the four determinants/components was made through friends and relatives the most accessible agents of help. The most frequent concern of the respondents was the need to be understood. Students tended to seek help as problem became complicated and they got help from others through making and sending letters.

4. The personality trait profile shows pattern of preferences when it comes to help-seeking strategy. The patterns were found consistent and reliable based on frequency. The personality trait profile and the pattern of

preferences in help-seeking strategy are associated with each other through different factors. Thus, a particular kind of personality can be associated with a respective help-seeking strategy, vice versa.

Recommendations:

Based on the conclusions, the following recommendations are made:

1. This study is recommended for counselors especially in the public-rural schools to serve as tool for intervention as well as to the helping profession. The association and connection of personality trait and help-seeking strategy will be a guide regarding understanding people and for proper intervention.

2. This study is recommended for parents and teachers, because it will help in the proper teaching and disciplining of children/students. The information this study contains gives awareness on a specific kind of personality of youth that may help in the proper approach to helping, teaching, disciplining and treating individuals.

3. Proponents recommend further studies on help-seeking strategies and other related factors. The topic this study has begun which concentrated on the nature of the problem, interim/timing, behavior taken and agent of change can be a reference point for studies that will describe a more comprehensive help-seeking strategy

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