



ABSTRACT

Name of Institution: De La Salle University – Dasmariñas

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Title: "Causes and Level of Stress Among Grade Six Public School Children in Salawag, Cavite: Basis for A Short-Term Management Program"

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Objective of the Study

A. General:

To determine the Causes & Level of Stress among Public School Children in Salawag, Cavite

B. Specific:

1. To determine the profile of children from public school in terms of:
 - b. age
 - c. sex
 - d. socio-economic status



2. To determine the Level of Stress in the following sources of Stress of the respondents:
 - a. family
 - b. school
 - c. peers
 - d. financial
 - e. physical
3. To determine the appropriate Short-Term Stress Management Program for specific school children to the result of the test.

Scope and Limitation

This study focused on the Causes and Level of Stress among Public School Children in Salawag Elementary School in Dasmariñas, Cavite. A total of 420 grade six pupils got involved in the study. The study limits its respondents into 100 using stratified random sampling. Respondents are both boys and girls regardless of their age.

The researchers used descriptive-survey research method in the study. The descriptive research method was for an investigator who wishes to gather information about present condition.

The intention of the study is to describe methodically a situation or area of interest precisely. The descriptive-survey research method involves the



gathering of data in order to answer the question concerning the current status of the subject of the study.

Research Respondents

The respondents of the study are the Grade Six pupils in Salawag Elementary School Dasmariñas, Cavite regardless of their age. Total number is 100 using stratified random sampling. Respondents are both boys and girls.

Research Instruments

The researchers formulated a set of questions comparable to the structured test. The structured test is composed of ten (10) item questions for each factor that measured the level of stress among public school children. A professional in the field of Psychology was consulted to face validate the questions.

Each test was rated using the following scales:

Stress Level

33-40 = strongly affected

25-32 = very affected

17-24 = moderately affected

9-16 = mildly affected

1-8 = not affected

Mean Scores of each factor were rated using the following scales:

5 – strongly affected

4 – very affected



3 – moderately affected

2 – mildly affected

1 – not affected

Major Findings:

1. The demographic profile of the respondents.

420 grade six pupils are enrolled at Salawag Elementary School in Dasmariñas, Cavite. The researchers used the stratified random sampling for respondents to complete the 100 respondents. Their ages ranged from 10-15, 57 aged 12-13, 37 aged 10-11 and 6 aged 14-15. 63 of the respondents are females and 37 are male. In terms of socio-economic status, majority of the grade six pupils or 67 percent belonged to a middle lower family, 20 percent from lower lower socio-economic status, and 13 percent are from upper lower status.

2. The mean score of each factor of Sources of Stress

The mean score in terms of family is 3.135. This result means that the respondents fall under the moderately affected level of stress. For the physical factor, the respondents attained the 2.482 mean score that fall under mildly affected. For the financial, the respondents' mean score is 2.486 that fall under mildly affected level of stress. And for Peers, the respondents acquired a mean score of 2.75 that falls under mildly affected level of stress.



3. The Multiple Family Group Therapy program is the appropriate short-term stress management program. The family factor which obtained the highest mean score of 3.928 served as the basis for the said program.

Conclusions

Based on the findings of the study, it could be concluded that:

1. Majority of the grade six pupils is female. In terms of socio-economic status, majority of grade pupils or 67% belong to a poor family.
2. The family factor garnered the highest mean score of 3.928 with a verbal description of moderately affected level of stress. For the lowest score, physical factor attained the 2.482 mean score that falls under mildly affected.
3. The proposed program was based on the family factor since this factor obtained the highest mean score of 3.928.

Recommendations

Based on the findings of the study, following are recommendations:

1. Administrators of such institution should have a guidance counselor and plan and formulate an appropriate guidance program.
2. Parents should have a monthly discussion group regarding their children's concern and to evaluate the progress in terms of academic performance, emotional stability, and social adjustments of their children.



3. School should have a student assistant program for student's experiencing school difficulties, family conflicts, peer relationships, and other concerns.
4. Future researchers should conduct a more extensively related study for more generalized results.

