



De La Salle University – Dasmariñas

**THE RELATIONSHIP BETWEEN EGO – RESILIENCY AND EMOTIONAL
REACTION TO STRESS**

**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**

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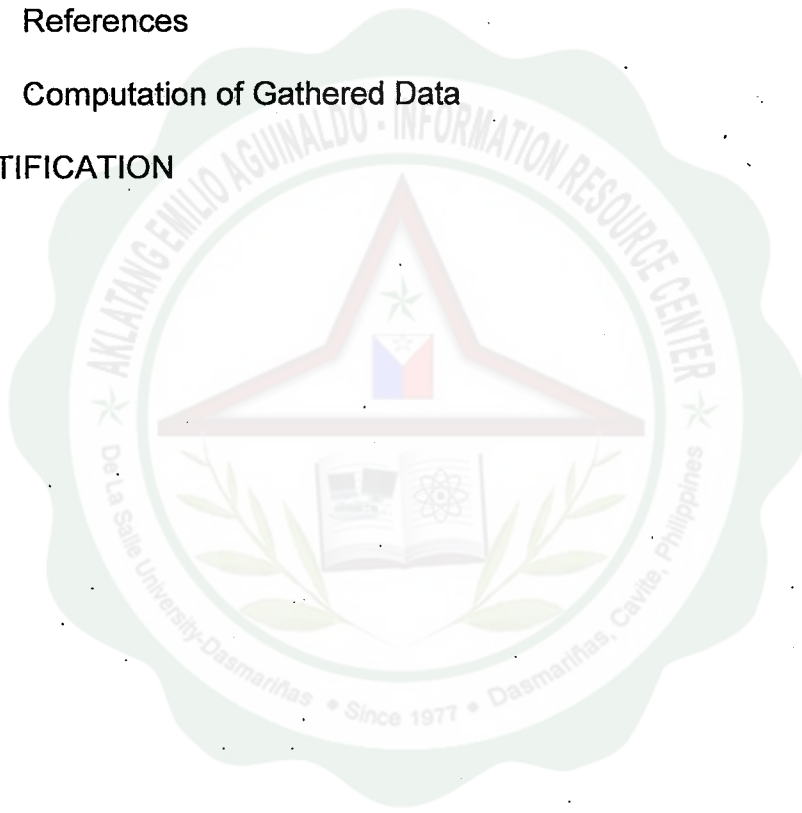
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CERTIFICATION





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ABSTRACT

NAME OF INSTITUTION : De La Salle University –
Dasmariñas

ADDRESS : Dasmariñas, Cavite

TITLE : The Relationship Between Ego -
Resiliency and Emotional Reaction to
Stress

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OBJECTIVE OF THE STUDY

A. General

To determine the relationship between ego – resiliency and emotional reaction to stress

B. Specific

1. To know the ego – resiliency level of the respondents.
2. To know the emotion reactive level manifested during the stressful event of the respondents.



3. To know if there is a relationship between ego – resiliency level and emotion reaction (positive or negative) manifested of the respondents.

SCOPE AND COVERAGE

This study focuses only on the Relationship Between Ego – Resiliency and Emotional Reaction to Stress. This study is limited to the 123 participants from second year AB Psychology students of De La Salle University – Dasmariñas.

METHODOLOGY

Correlational Design was used to allow the researchers to determine simultaneously the degree and direction of relationship with a single statistics. The design provided the researcher to correlate the Ego – Resiliency and emotion reactive level by the respondents. The research instrument that was used is standardized questionnaires, Ego-Resiliency Scale and Emotion Report. Pearson's r , frequency distribution, and percentage were the statistical tools used in this study.

MAJOR FINDINGS

1. Most of the respondents had high level of ego – resiliency by having 54.47%, 43.90 had moderate level and 1.62% got a low level of ego – resiliency.



2. Majority of the respondents reacted negatively in the stressful event presented, by having 67.48%, 4.07% reacted positively and 28.46% reacted moderately.
3. The computed r is -0.03 , which shows that there is a very small negative correlation. The null hypothesis of no relationship between the ego –resiliency level and emotion reaction manifested of the respondents is accepted.

CONCLUSION

1. Most of the respondents had high level of resiliency. The researchers, therefore, conclude that the respondent could easily modify their behavior to new situation and for that reason it will improve through the years.
2. The result of the emotion report showed that the majority of the respondents negatively reacted to the presented stressful situation. It indicates that high resilient individuals do not ignore negativity. They may still feel negative emotions even if they are high resilient individuals.
3. From the results obtained, the null hypothesis was accepted. This implies that there is no relationship between ego – resiliency level and emotional reaction to stress, which indicates that individual with high level of resiliency, also experiences negative emotions.



RECOMMENDATION

1. For future researchers who wish to conduct a study about resiliency and emotions, it would be useful to study the coping skills of the resilient or non- resilient individuals.
2. The researcher recommends future researcher the use of a neutral event in the research procedure for a more valid and reliable data.
3. For future researchers who wish to conduct a study on resiliency, they should have a broad understanding of ego – resiliency and emotion report. They must allot longer period of time in studying resiliency.

