



**Social Adjustment of Selected Freshman Students
of De La Salle University-Dasmariñas.**

School Year 1998-1999

An Undergraduate Thesis

Presented to

the Faculty of the College of Arts and Sciences

De La Salle University-Dasmariñas

Dasmariñas, Cavite

In Partial Fulfillment

**of the Requirements for the Degree of
Bachelor of Arts in Psychology**

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ABSTRACT

NAME OF INSTITUTION: De La Salle University-Dasmariñas

ADDRESS: Dasmariñas, Cavite

TITLE: Social Adjustment of Selected Freshman Students of De La Salle-
University Dasmariñas School Year 1998-1999

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OBJECTIVES OF THE STUDY

A. GENERAL:

To know the social adjustment of selected freshman students of De La Salle University-Dasmariñas of the school year 1998-1999.

B. SPECIFIC:

To know the freshmen's social adjustment in their transition from high school to college with regard to the areas of Shyness, Assertiveness and Peer Influence.



SCOPE AND COVERAGE:

This research study was confined to selected freshman students with a sample size of 268 participants. Only 30% of the total population of freshmen was selected due to time constraint.

Both sexes were used as participants. The researchers had equal number of participants in both male and female.

METHODOLOGY:

This study applied the descriptive methods of research in a form of survey questionnaire consisting of thirty items for each area. It serves as a tool for gathering information and determining the social adjustment of selected freshman students.

MAJOR FINDINGS:

The following findings were revealed:

1. The mean scores of female respondents in the areas of shyness, assertiveness and peer influence were all in the moderate level.
2. The mean scores of all the respondents in the areas of shyness, assertiveness and peer influence were all moderate.



3. The mean social adjustment of all the respondents belonged to the moderate social adjustment.
4. The computed t-value for shyness, assertiveness and peer influence was lower than the critical t-value of 1.98 which meant that there was no significant difference between the three areas.
5. The computed t-value for the social adjustment between male and female was less than the critical t-value of 1.98 which meant that there was no significant difference.

CONCLUSIONS:

Generally, it appears that both male and female respondents had moderate level of adjustment in the areas of shyness, assertiveness and peer influence. All the respondents had moderate social adjustment. Therefore, male and female respondents had no significant difference of social adjustment in the areas of shyness, assertiveness and peer influence and they had no significant difference in their general level of social adjustment.

RECOMMENDATIONS:

There are a number of recommendations proposed by the researchers that may benefit not only freshman students but also other researchers and these are the



following. First, the students to pursue related studies on the same topic. Second, the office of Guidance and Counseling to enable them to help the participants if the need arises. Third, the future researchers of related studies should derive sample of at least 50% of the total population so that the whole population will generally benefit from the study.

