

**ABSTRACT**

Name of Institution: .De La Salle University-Dasmariñas  
Address : Bagong Bayan, Dasmariñas, Cavite  
Title : The Relationship Between  
Adjustment and Academic  
Performance of the Balikbayan and  
Foreign Students at De La Salle  
University-Dasmariñas, Cavite,  
SY 1997-1998  
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Funding Source : Personal Cost: ₱20,000  
Date Started : May, 1997  
Date Completed : October, 1997

**Objectives of the Study**

**A. General:**

1. Find the relationship between adjustment and academic performance of balikbayan and foreign students at De La Salle University-Dasmariñas, during the first semester of SY 1997-1998 and to find out if the demographic variables such as sex, age, year level, residential status, number of months/years of stay in the Philippines and where they stay significantly affect their level of adjustment to Filipino life and culture.

**B. Specific:**

1. Find out the level of the respondents in terms of school, social and cultural and personal adjustment.

2. Determine the level of academic performance of respondents.

3. Find out if there are significant differences in the levels of adjustment when the respondents are grouped according to sex, age, residential status, number of months/years of stay in the Philippines and where they stay.

**Scope and Coverage**

This study includes 62 or 95.4 percent of the 65 total population of balikbayan and foreign students at DLSU-D, SY 1997-1998 in terms of adjustment. Fifty-three or 81.5 percent of the total population were utilized in terms of academic performance.

**Methodology**

The descriptive-survey type of research was used in this study. The Modified Adjustment Inventory which was subjected to content validity and test-retest for reliability at Philippine Christian University was used to gather data regarding adjustment.

For data analyzes, mean, t-test of uncorrelated means, and F-test (ANOVA) and Duncan Multiple Range Test

(DMRT) were the statistical tests used in this study.

**Major Findings**

1. From the 62 total number of balikbayan and foreign students, 35 or 56.6 percent were male and 27 or 43.5 percent were female.

2. There were 36 students or 58.1 percent who were 19 years old and below, 20 or 32.3 percent who were 20-24 years old, and 6 or 9.7 percent who were 25 years old and above.

3. There were 29 or 46.8 percent first year college students, 18 or 29 percent second year college students, 8 or 12.9 percent third year college students and 7 or 11.3 percent fourth year college students.

4. There were 43 or 69.4 percent balikbayan students and 19 or 30.6 percent foreign students.

5. There were 24 or 38.7 percent of these students who had stayed in the Philippines for 1 1/2 years to 3 years. Twenty-three or 37.1 percent had been staying in the country for less than 1 and 1/2 years, while 15 or 24.2 percent had been staying for more than three years.

6. There were 42 or 67.7 percent of these students who stayed with parents/relatives, 10 or 16.1 percent stayed with friends and another 10 or 16.1

percent stayed alone.

7. The mean school adjustment of the 62 balikbayan and foreign students was 68.45. Their mean social and cultural adjustment was 62.97. Their mean personal adjustment was 65.92. The mean total adjustment was 197.34. These 3 aspects of adjustment differ significantly.

8. The mean academic performance of the combined 53 balikbayan and foreign students was 1.96. The 43 balikbayan students alone had a mean academic performance of 2.13. The foreign students alone had a mean academic performance of 1.63.

9. Sex is related to social and cultural adjustment, personal adjustment, and total adjustment. It has no relation to school adjustment.

10. Age is not related to school adjustment, social and cultural adjustment, personal adjustment and total adjustment.

11. Residential status (being balikbayan student and being foreign student) is not related to school adjustment, social and cultural adjustment, personal adjustment and total adjustment.

12. Number of years/months of stay in the Philippines is not related to school adjustment, social

and cultural adjustment, personal adjustment and total adjustment.

13. Where these balikbayan and foreign students stay (with parents/relatives, with friends, alone) is related to school adjustment, personal adjustment and total adjustment. But it has no relation to social and cultural adjustment.

14. Academic performance is not related to school adjustment, social and cultural adjustment, personal adjustment and total adjustment.

### Conclusions

1. More of these students in DLSU-D were male, young (teenager) and freshmen. Most of them were balikbayan students who stayed in the Philippines for three years and below and stayed with their parent/relatives.

2. They had higher level of school adjustment than personal adjustment or social and cultural adjustment. The lowest level was on social and cultural adjustment.

3. The balikbayan and foreign students combined as a group balikbayan students alone, or foreign students alone had low academic performance.

4. The male balikbayan and foreign students could

socially and culturally, personally, and totally adjust better than their female counterparts. The male students are less involved in social and cultural activities, less gregarious and picky in terms of companions, than the female students.

5. Young or old students were of the same level in all the four aspects of adjustment.

6. The balikbayan students and foreign students were just the same in school adjustment, social and cultural adjustment, personal adjustment and even in total adjustment.

7. Regardless of having stayed long or short in the country, the balikbayan and foreign students had the same level of school, social and cultural, personal or total adjustments. This is perhaps because adjustment depends upon the willingness to accept other practices and culture.

8. Those who stayed with parents/relatives adjusted better in school and personally. Whether they lived with parents, friends or alone they had the same level of social and cultural adjustment. Parents perhaps placed emphasis on guiding these students in school and personal activities.

9. The balikbayan and foreign students in DLSU-D



had the same level of academic performance regardless of whether they had high or low adjustment level in school, in social and cultural activities in and out of the school, in personal and also in total adjustment. No significant relationship exists between adjustment and academic performance.

**Recommendations**

1. The school administration through the guidance personnel should plan and implement programs in guiding the balikbayan and foreign students to do better academically.

2. For foreign students it is recommended that the following be required:

2.1. Residence at De La Salle-D for the first two years, in order to raise their level of socio-cultural adjustment.

2.2. English communication courses should be required also for the first two years. Residence requirement will also help increase skill in English communication.

3. Since female balikbayan students also report a low level of socio-cultural adjustment it is recommended that they be required to have one year of residence at De La Salle-D.

4. The study of Philippine geography, culture and language could be a requirement for incoming balikbayan and foreign students. This would help in their social and cultural adjustment.

5. Further study on adjustment of foreign students should be focussed on the relationship of willingness to accept the culture and social practices of the host country and other variables. The language barrier and other perceived hindrances should also be included as variables.

