

Original Article

Most Pressing Problems and Coping Mechanisms of Students of Gamay National High School: Basis for Enhancement of the Guidance Program

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Abstract - This study determined the most pressing problems encountered by the students of the UEP Laboratory High School and their coping mechanisms as the basis for enhancement of the guidance program. Specifically, it tried to draw the profile of the students of UEP Laboratory High School, with respect to biological factors in terms of age and sex, the psychological factors in terms of student's personality type, attitude towards problem and self-esteem; the problems mostly encountered by the high school students, in terms of academics, relationships, financial, physical/health, personal/self, family, and cultural-environment; the coping mechanisms the high school students use to handle these problems, in terms of seeking advice from and seeking professional help, doing something to manage the pressure or tension, spending time with others, and avoiding the problem/not doing anything about the problem; if there is a significant relationship between the profile of the students and The age, out of 200 student-respondents, only fifteen (15) or 7.5% were age ranged from 16 years old and above, thirty-five (35) or 17.5% were 15 years old, forty-three (43) or 21.5% were 14 years old, sixty (60) or 30.0% were 13 years old, and forty-seven (47) or 23.5% were 12 years of age. The findings revealed that the sex, ninety (90) or 45.0%, were male. However, out of 60 respondents, one hundred ten (110) or 55.0% were females.

Keywords - Coping mechanism, Present problem, Guidance program, Guidance services, Counseling

I. INTRODUCTION

There is now a growing recognition that today's students are confronted with more demands and pressures. Aside from dealing with a lot of goals,

relationships, and sexuality, this group of students is also faced with significant challenges brought about by the changes in today's modern society. Moreover, school life is usually considered a time when young adults struggle with newly found freedom and deal with developmental tasks of interpersonal relationships and academic concerns.

The role of the school now is to provide and promote a kind of education that will bring about the best in every learner. The school provides varied opportunities for a person to develop desirable values and attitudes, habits and skills, knowledge, and understanding that will assist every student to become a well-adjusted and self-directed individual. Nowadays, students are bothered by a number of social, personal, and academic problems. It creates great confusion on their part as to where to begin and what to do during these critical times. Hence, these situations occur in which the right decisions must be made.

Every student is exposed to various experiences in an educational environment within which s/he will derive the maximum wholesome development. But, while the school provides its students the opportunities for development, this development is hampered by the frustrations and failures that they experienced because of unresolved problems. Various studies yielded that many students fail in school not because of low intelligence but because of problems, which they failed to cope with.

Sometimes, stress is too overwhelming, even with some of the coping mechanisms available to students. For these teens, any change in responsibilities, whether they are academic, financial, familial, or interpersonal, can be enormously stressful. Fluid



friendships, family pressures, and a full day at school

II. OBJECTIVES OF THE STUDY

This study centers on the most pressing problems encountered by the students of the Gamay National High School and their coping mechanisms as the basis for enhancement of the guidance program.

Specifically, this study aims to:

1. determine the profile of the students of UEP Laboratory High School, with respect to:
 - 1.1 biological factors
 - 1.1.1 age
 - 1.1.2 sex
 - 1.2 psychological factors
 - 1.2.1 student's personality type
 - 1.2.2 attitude towards problem
 - 1.2.3 self-esteem
2. identify the problems mostly encountered by the high school students in terms of
 - 2.1 academics
 - 2.2 relationships
 - 2.3 financial
 - 2.4 physical/health
 - 2.5 personal/self
 - 2.6 family
 - 2.7 cultural–environment
3. determine the coping mechanisms the high school students use to handle these problems, in terms of:
 - 3.1 seeking advice from and seeking professional help
 - 3.2 doing something to manage the pressure or tension
 - 3.3 spending time with others
 - 3.4 avoiding the problem/not doing anything about the problem

III. METHODOLOGY

With the unwavering commitment to provide quality education and to be responsible to the needs of the service are, the then Secondary Education Curriculum was expanded to having two streams: the College Preparatory High School (CPHS) and the Vocational Agricultural High School (VOAG). With the series of transitions both in name and in function, the Gamay National High School was born

and work can build stress up to a dangerous level. in 1983. Dedicated to providing quality education with an emphasis on science and technology and reflecting the High School's Vision.

To determine the most pressing problems and coping mechanisms of students of the Gamay National High School, the descriptive-correlational method of research will be utilized in this study.

The descriptive method of research will be employed in this. Two hundred (200) students of the Gamay National High School are chosen as the respondents of this study.

The proportionate sampling technique will be used in this study.

Twenty-five (25) students per section and per curriculum will be chosen as the subject of the study.

The sample composes of one hundred (100) students from the Science Curriculum and from the K+12 Curriculum study because it specifically aims to determine the profile of the students of Gamay National High School, with respect to biological factors and psychological factors; the problems they mostly encountered; and the coping mechanisms they use to handle these problems.

A survey questionnaire will be used to gather the needed data or information in this study.

The questionnaire consists of three (3) parts:

The first part draws out the students' profile with respect to biological factors, which include age, sex, and place of origin, and the psychological factors, which include personality type, attitude towards teaching, and self-esteem.

The second part covers the pressing problems encountered by the students of the Gamay National High School as to their academics, relationships, financial, physical/health, personal/self, family, and cultural environments. This part of the questionnaire was patterned from the study of Delos Reyes.

And the third part, which was patterned from Pabiton's study, elicits information on the coping mechanism of the students of the Gamay National High School in terms of seeking advice from and seeking professional help, doing something to

manage the pressure or tension, spending time with others, and avoiding the problem/not doing anything

IV. FINDINGS

Based on the results of the study, the following findings were derived:

This study was conducted at the UEP Laboratory High School. The Descriptive-correlational method of research was utilized in this study.

The respondents of this study were the students of the UEP Laboratory High School, School Year 2014-2015.

The age, out of 200 student-respondents, only fifteen (15) or 7.5% were age ranged from 16 years old and above, thirty-five (35) or 17.5% were 15 years old, forty-three (43) or 21.5% were 14 years old, sixty (60) or 30.0% were 13 years old, and forty-seven (47) or 23.5% were 12 years of age.

The findings revealed that the sex, ninety (90) or 45.0%, were male. However, out of 60 respondents, one hundred ten (110) or 55.0% were females.

Meanwhile, the "avoids social contacts" was the highest rank with a mean of 3.2; followed by tends to be assertive, sometimes shy and inhibited, and prefers to be alone; is reserved or restrained, loses tempers easily, and is out-going or sociable with a mean of 3.0; is full of energy and is talkative with a mean of 2.9, and the last was the see themselves someone who gives comfort or feel comfortable.

Data revealed that among to highest rank statement of the respondents are: when problems confront them, the first thing they do as they engage themselves in alcoholic drinks, they sulk and cry, it makes them afraid and do nothing, they easily get annoyed, they consider ideas and possibilities, they get easily frustrated, they engaged and do something good, they also find answers to their questions, they engage their self in some activities, and they try to experience new things.

With regards to their self-esteem, the highest rank was on "feel that they are a person of worth, at least on an equal plane with others," with a mean of 3.8. Likewise, to their academics, most of the student-respondents indicated "Much Pressing" on the

about the problem.

psychological factor in terms of their self-esteem with a grand mean of 3.8.

Meanwhile, the majority of the student-respondents rated "Much Pressing" in terms of their relationships with a grand mean of 3.5.

On the other hand, the majority of the students indicated "Much Pressing" in terms of financial with a grand mean of 3.7. This means that "Have less money than friends" is the most pressing problem encountered by the student's respondents. This indicates that money/financial matter affects the academic performance of the students.

Likewise, the majority of the students indicated "Much Pressing" in terms of Physical/Health with a grand mean of 3.8.

The data revealed that the majority of them indicated "Much Pressing" in terms of personal/self with a grand mean of 3.6.

The majority of the student-respondents indicated "Much Pressing" on problems mostly encountered by the students in terms of the family with a grand mean of 3.3.

The majority of the students indicated "Much Pressing" on the problems mostly encountered by the High school students in terms of Cultural environment with a grand mean of 3.6. This generally indicates that the environment plays an important part in students' academic life.

Data revealed that the majority of the students rated "Much Needed" on seeking advice from friends/Peers, parents, professionals or teachers and etcetera with a grand mean of 3.6.

Likewise, based on the majority of the findings of the students rated "Much Needed" on doing something to manage the pressure tension with a grand mean of 3.6.

On the coping mechanisms of the students, the majority of them rated "Much Needed" in terms of spending time with others with a grand mean of 3.7.

The majority of the students rated "Much Needed" on coping mechanisms in terms of avoiding the

problem or not doing anything about the problem with a grand mean of 3.6.

The study also found out that there was a significant relationship in the student respondents' age, sex, personality type, and attitude towards problem to the pressing problems of the respondents. However, the student respondents' self-esteem was found out not significant.

The data revealed that there was a significant relationship between the student respondents' age, sex, and attitude towards the problem to the coping mechanism. The personality type and self-esteem were found out not significant to the coping mechanism of the students.

V. CONCLUSION

This implies that the respondents' age was distributed among the age brackets into most of them belonged to 12 years old. These figures show that high school students in the Gamay National High School are represented by young students.

In terms of sex, the majority of the respondents were females. It can be gleaned from Table 1.1 that most of the respondents were female. It shows that the high school students in different year levels were dominated by a female.

The Psychological Factors of the students in terms of their personality type, the "avoids social contacts" was the highest rank with a mean of 3.2. This means that most of the respondents avoid social contact.

The Psychological factors, in terms of their attitude towards the problem, indicate that there is a negative attitude in facing their problem.

With regards to their self-esteem, the highest rank was on "feel that they are a person of worth, at least on an equal plane with others," with a mean of 3.8. This generally indicates that the respondents feel they are a person of great value different from the rest.

VI. RECOMMENDATIONS

Based on the findings and conclusions made, the following recommendations means derived.

1. To solve the most pressing problems encountered by the student, the school should provide better opportunities for students to be exposed to many activities that will enhance their ability and develop their personality, attitudes, and self-esteem through team building, training, and seminars.

2. parents-teachers association should be organized in all year levels and sections. Parents should strictly monitor their children while they are in school. The finding of this study will serve as a basis in helping children cope with the problems they encountered, which would help their psychological needs.

3. Established collaborations efforts among the school faculty and their local government units to better improve school facilities

4. High school teachers, especially the guidance office, should provide opportunities for students in order for them to be mature in facing problems.

5. It is recommended that a follow-up study be conducted covering not just the university laboratory schools to confirm or disconfirmed the needs of the most pressing problem of the student.

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