

RELIGIOUS INVOLVEMENT AND PSYCHOLOGICAL WELL-
BEING OF ADOLESCENT STUDENTS FROM SELECTED
SCHOOLS IN DASMARIÑAS CITY, CAVITE

THESIS

MA. EDJULYN S. BUENAFLORES
SHEIKA JANE D. FABRICANTE
VANETTE D. RADAM

College of Arts and Sciences

CAVITE STATE UNIVERSITY

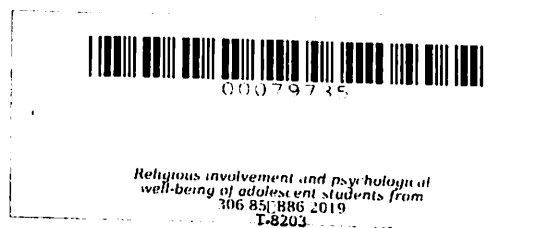
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**RELIGIOUS INVOLVEMENT AND PSYCHOLOGICAL WELL-BEING
OF ADOLESCENT STUDENTS FROM SELECTED SCHOOLS IN
DASMARIÑAS CITY, CAVITE**

An Undergraduate Thesis
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**MA. EDJULYN S. BUENAFLORES
SHEIKA JANE D. FABRICANTE
VANETTE D. RADAM**
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ABSTRACT

BUENAFLO, MA. EDJULYN S., FABRICANTE, SHEIKA JANE D., and RADAM, VANETTE D. Religious Involvement and Psychological Well-Being of Adolescent Students from Selected Schools in Dasmariñas City, Cavite. Undergraduate Thesis, Bachelor of Science in Psychology. Cavite State University, Indang, Cavite. Adviser: Ms. Jezreel C. Del Espiritu Santo.

This study was conducted from November 2018 to March 2019 in selected schools in Dasmariñas City to determine the relationship between the religious involvement and the psychological well-being of adolescent students. Specifically, this study aimed to: 1. determine the level of religious involvement of adolescent students from selected schools of Dasmariñas City, Cavite; 2. determine the level of psychological well-being of adolescent students from selected schools of Dasmariñas City, Cavite; and 3. determine if there is a significant relationship between religious involvement and psychological well-being.

This study used descriptive correlational research design. The measurement scales used in this study included: Ryff's Psychological Well-Being Scale and Religious Involvement Scale. The study group involved 400 participants; all of which were adolescents attending high school in Dasmariñas City, Cavite, their ages varying from 13 to 18.

Though weak in correlation, findings of the study revealed that religious involvement and psychological well-being of adolescent students relate significantly: positive relationship with others, purpose in life and self-acceptance have been found to be related with participation in religious activities. However, no such significant relation could be found for autonomy, personal growth, environmental mastery and religious

involvement. These findings show adolescent students have a better psychological well-being when involved in religious activities, ranging from spending time with people in prayer to going to mosque on holy days, which helps them perform religious duties, meets the need for building intimacy with others, gives them sense of security for the self, instills hope in them, makes them feel important, and helps them cope with stress.

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**Ma. Edjuly S. Buenaflor
Sheika Jane D. Fabricante
Vanette D. Radam**

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INTRODUCTION

People believe almost everything they are told. Words and facts are virtually interchangeable to the child. Parents or primary care givers setting their children's mind with their perspective morality are sometimes too monitoring that causes the child's independence to be jeopardized.

Most way to determine morality is with religious belief that accompanies conscience depending on how it is taught. Though according to Elkind (1964; 1970), religious beliefs and practices are not present in young children, but rather develop across childhood. On today's society, religion plays a major part on different changes. People may observe that regardless of the rapid the evolution of the economy today, religion preserves the tradition, the culture, the ways they are accustomed every day and especially the people. Religion may be associated as practice, places of worship or