

378.2

D36

2005

ANXIETY LEVEL AND ACADEMIC PERFORMANCE OF
FRESHMAN COLLEGE STUDENTS OF THE NATIONAL
COLLEGE OF SCIENCE AND TECHNOLOGY,
DASMARIÑAS, CAVITE

RAMIL V. DE GUZMAN

APRIL 2005

**ANXIETY LEVEL AND ACADEMIC PERFORMANCE OF FRESHMAN
COLLEGE STUDENTS OF THE NATIONAL COLLEGE OF SCIENCE
AND TECHNOLOGY, DASMARIÑAS, CAVITE**

RAMIL VARGAS DE GUZMAN

**SUBMITTED TO THE FACULTY OF THE GRADUATE SCHOOL,
CAVITE STATE UNIVERSITY, INDANG, CAVITE
IN PARTIAL FULFILLMENT OF THE
REQUIREMENTS FOR THE DEGREE OF**



00003255

*Anxiety level and academic performance of
freshman college students of the National
378.2 D36 2005
T-3190*

**MASTER OF ARTS IN EDUCATION
(Secondary Education)**

April 2005

TABLE OF CONTENTS

	Page
BIOGRAPHICAL DATA	iii
ACKNOWLEDGMENT	iv
DEDICATION	vi
TABLE OF CONTENTS.....	vii
LIST OF TABLES	x
LIST OF FIGURES	xi
ABSTRACT.....	xii
INTRODUCTION	1
Statement of the Problem	14
Objectives of the Study	15
Significance of the Study	15
Scope and Limitation of the Study.....	16
Conceptual Framework	17
Research Hypotheses	17
Definition of Terms.....	19
REVIEW OF RELATED LITERATURE	20
Understanding Anxiety	20
Relationship between Demo-Socio-Economic Characteristics and Anxiety Level	35

Relationship between Anxiety Level and Academic Performance.....	44
METHODOLOGY	45
Research Design	45
Locale of the Study	45
Population and Sample of the Study	47
Data Gathering Procedure	49
Research Instrument	44
Operationalization of Variables	50
Validation of the Instrument	52
Statistical Analysis	53
RESULTS AND DISCUSSION.....	54
Demo-Socio-Economic Characteristics.....	54
Anxiety Level of the Freshman College Students.....	58
Academic Performance of the Freshman College Students	67
Relationship Between Demo-Socio Economic Characteristics and Anxiety Level	68
Relationship Between Anxiety Level and Academic Performance....	74
SUMMARY, CONCLUSION, IMPLICATION AND RECOMMENDATION	75
Summary.....	75
Demo-Socio-Economic Characteristics.....	76
Anxiety Level.....	76
Academic Performance.....	77
Relationship Between Demo-Socio-Economic Characteristics and Anxiety Level	77

Relationship Between Anxiety Level and Academic Performance	78
Conclusion, Implication and Recommendation.....	78
BIBLIOGRAPHY.....	81
APPENDICES.....	85
Appendix A Sample of Letter of Request to the President of NCST ...	86
Appendix B Sample of Letter to the Authors of the Questionnaire.....	87
Appendix C Letter of Request to the Respondents	88
Appendix D The Instruments (Adapted and Modified by the Researcher)	89
Appendix E. Curriculum Vitae	100

LIST OF TABLES

Table		Page
1	Distribution of respondents by course	48
2	Demo-socio-economic characteristics of the freshman college students	55
3	Summary of the responses to statements about anxiety	58
4	Summary of anxiety level of the freshman college students	67
5	Academic performance of the freshman college students.....	68
6	Relationship between demo-socio-economic characteristics and anxiety level of the freshman college students	70
7	Relationship between anxiety level and academic performance of the freshman college students	74

LIST OF FIGURES

Figure		Page
1	Conceptual model showing the relationship among the variables under study	18
2	Map of National College of Science and Technology Dasmariñas, Caviteshowing the locale of the study	46

INTRODUCTION

People go through the ups and downs of life. The feeling of loneliness is a part of everyday life and as such, people need to adjust to this feeling, in order to return to a healthier and optimistic state. A number of people try to solve their problems by engaging in something pleasurable, like binge eating, a drinking spree or going to places that would deviate their attention from their problems. In case these coping mechanisms fail, anxiety sets in (Balbin, 2001).

Anxiety is a fear that lingers long after the stress has been lifted and the threat has passed (Gorman, 2002). Anxiety is frequently undiagnosed in the Philippines. It was also found out that if it is properly diagnosed, a general practitioner or a psychologist could easily correct it. However, as revealed by researches, young people now are facing problems far more varied and more complex than those which have confronted previous generations (Balbin, 2001).

For instance, conditions in the country have produced many problems for the young. Most of these problems originated early in life and became more deep-rooted and more difficult to treat as time passed. With this, every adolescent needs to learn about his/her own interests, limitations and to make a variety of adjustments, based upon one's knowledge of himself/herself (Pelias, 2001).

The adolescents in the Philippines today face demands and expectations, as well as risks and temptations, that appear to be more numerous and complex than those faced by adolescents before. Nonetheless, contrary to the popular stereotype of adolescents being highly stressed and incompetent, the vast majority of adolescents successfully