

**STRESS LEVEL, SELF-ESTEEM AND ACADEMIC PERFORMANCE  
OF SECONDARY STUDENTS OF ACADEMIA DE SAN VICENTE  
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## ABSTRACT

**ADRIANO, PATRICIA ABIGAIL D., GALIGA, ABBY GAIL C., MOJICA ,DENEAH GRACE.** Stress Level, Self-Esteem and Academic Performance of Secondary Students of Academia De San Vicente Ferrer Lumampong Halayhay Indang, Cavite. Undergraduate Thesis, Bachelor of Science in Psychology, Cavite State University Indang, Cavite, Adviser Ms. Allysa Kae S. Allegre.

Academic stress is an emotional tension of a student which is expressed or felt by him during his failure to cope with the academic demands and its consequences may be exhibited in the form of major health hazards and problems, both physical and mental. Academic self-esteem is a better predictor of academic success than measured intelligence. Academic performance is mainly a function of students' study habits referring to the student's way of study whether systematic, efficient or inefficient.

This study was conducted to determine the Stress, Self-esteem and Academic performance of secondary students of Academia de San Vicente Ferrer Lumampong Halayhay Indang, Cavite. Specifically, this study aimed to know the relationship between the: 1) Academic Stress level and Academic Self-esteem, 2) a relationship between Academic Self-esteem and Academic performance, (3) relationship between Academic Stress level and Academic performance.

Based on the results, the study find out that academic stress level has a strong linear relationship to Academic Self-esteem of secondary students. And it was also found out that academic self-esteem and academic performance does not have relationship and also academic stress level and academic performance and has no significant relationship to the secondary students of Academia de San Vicente Ferrer.



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