

SEEK, CALL O HIYA: MENTAL WELL-BEING, HELP-SEEKING  
BEHAVIOR AND INTERPERSONAL RELATIONSHIP  
OF BS PSYCHOLOGY STUDENTS IN CAVITE  
STATE UNIVERSITY - INDANG, CAVITE

THESIS

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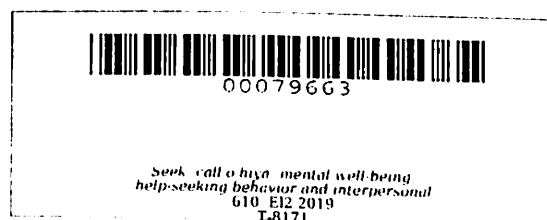
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**SEEK, CALL O HIYA: MENTAL WELL-BEING, HELP-SEEKING BEHAVIOR  
AND INTERPERSONAL RELATIONSHIP OF BS PSYCHOLOGY STUDENTS  
IN CAVITE STATE UNIVERSITY- INDANG, CAVITE**

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## **ABSTRACT**

**ELERA, APRIL ROSE A., ORALLO, ANGELICA JOY M., VARGAS, ARLEE E. Seek, Call, o Hiya: Mental Well- Being, Help- Seeking Behavior and Interpersonal Relationship of BS Psychology Students in Cavite State University- Indang, Cavite.** Undergraduate Thesis. Bachelor of Science in Psychology. Cavite State University, Indang, Cavite. May 2019. Adviser: Paulito V. Hilario, Ph.D, RPsy, RPm, RGC.

The study was conducted in January 2019 at CvSU- Indang, Cavite to determine the mental well-being, help-seeking behavior and interpersonal relationship of BS Psychology students. This study specifically aimed to find the level of mental well-being, help-seeking behavior, and interpersonal relationship of BS Psychology students of Cavite State University- Indang, Cavite, and find out the relationship among these variables. Descriptive- correlational design was used to determine the level of different variables, and Pearson-r was used to find the relationship between mental well-being and help-seeking behavior, mental well-being and interpersonal relationship, and help-seeking behavior and interpersonal relationship. BS Psychology students who were enrolled for second semester, academic year 2018-2019 were the chosen participants. The instrument used to find the level of mental well-being was Warwick-Edinburgh Mental Well-Being Scale; to find the level of help-seeking behavior, General Help-Seeking Questionnaire was used; and to find the level of interpersonal relationship of the participants, Interpersonal Relationship Scale was used. The results showed that BS Psychology students had high level of mental well-being, high interpersonal relationship, and low help-seeking behavior. Moreover, result also showed that there was a significant relationship among variables.

It was concluded that BS Psychology students were still be able to function, behave, and think accordingly despite all the difficulties they experienced or will experience in the future. Also, they were able to maintain a positive and healthy interpersonal relationship with their parents and peers. However, participants had difficulties in seeking help from different help sources.

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## **INTRODUCTION**

*“There’s a troubling increase in the incidence of suicide among our young people. And these incidents may be only being the tip of a giant iceberg.”* -(Butuyan, 2016)

The sudden and seemingly increasing number of suicide incidents in the country is an alarming truth. Seeing how it is evident among this generation questions the Filipino’s behavior towards issues regarding mental health. The Republic Act No. 11036 or the Philippine Mental Health Law which was recently passed by the senate after being pending for 20 years serves as a clear indication of the Filipino’s low appreciation of a positive mental well-being giving less importance to it as compared to their physical well-being. As cited from the Report of the Assessment of the Mental Health System in the Philippines Using the World Health Organization-Assessment Instrument for Mental