

**HOLISTIC WELLNESS AND SELF-EFFICACY OF SELECTED
BS PSYCHOLOGY STUDENTS OF CAVITE STATE
UNIVERSITY CAMPUSES**

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FRANCENE O. SAMANIEGO
HAZEL S. VILLARIN
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ABSTRACT

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This research had the purpose of studying the holistic wellness and self-efficacy of selected BS Psychology Students of Cavite State University Campuses. Generally, this research focused to determine if there was an existing relationship between holistic wellness and self-efficacy. Specifically, the study determined the level of holistic wellness and as well as the self-efficacy of the participants. It was conducted among 286 participants who were randomly selected from the total population of 1,000 students from Cavite State University campuses that offers psychology course such as Imus city campus, Silang campus, General Trias campus and Indang- main campus through stratified random sampling.

The following research instruments were modified and used in gathering data: Holistic Wellness Assessment lifted from Robins (2005) and and College Self-Efficacy Inventory lifted from Solberg, O'Brien, Villareal, Kennel, & Davis (1993).

The statistical treatment used in the study to determine the holistic wellness and their self-efficacy were mean, frequency, percentage and standard deviation. Pearson-R was used to identify the relationship between holistic wellness and self-efficacy.

Based on the result, the researchers found out that the physical, social, intellectual, environmental and spiritual wellness of most of the participants were above

average while the level of the participants' emotional wellness is high. On the other hand, the participants' overall wellness was average.

Furthermore, the researchers also found out that the self-efficacy of the participants were also high. Lastly, results showed that the null hypothesis of no significant relationship between holistic wellness and self-efficacy was rejected.

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