

## PERCEIVED STRESS AMONG SENIOR HIGH SCHOOL LEARNERS AMIDST A PANDEMIC: INPUTS FOR STRESS MANAGEMENT

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### *Abstract*

*This study was conducted to determine the perceived stress of the senior high school learner. To achieve the purpose of the study, a quantitative cross-sectional non-probability sampling design was used. One hundred ninety-three (193) learners from six public senior high schools in District I Division of Pampanga - Philippines in the school year 2020-2021 served as the respondents of the study. Results revealed that the majority of 40.90% or (79) of the respondents were 17 years old and 58.03% or (112) of the respondents were male. The perceived stress of the respondents in the time of pandemic was often felt nervous and stress, respondents have found that they could not cope with all the things that they had to do, and have been upset because of something that happened unexpectedly. Furthermore, the study concludes that there is a significant difference between age and perceived stress. While no significant difference between sex and perceived stress. Based on the findings of the study, it is suggested that the learners must manage stress through active and passive coping strategies, the department of education may conduct a learners development program to sustain learners' positive outlook in life, and a stress management program for learners' welfare.*

**Keywords:** *Perceived, Senior High School, Amidst, Stress Management*

### **INTRODUCTION**

The recent coronavirus (COVID-19) widespread has brought uncommon challenges and has influenced the educational setting, and no one knows the ending. Each nation is by and by executing plans and strategies on how to contain the infection, and the contaminations are still persistently rising [19]. Most countries around the globe have temporarily closed learning institutions to contain the spread of the coronavirus (COVID-19) widespread and decrease contaminations [21]. The shutdown of schools, compounded by the related open wellbeing and financial emergencies, postures major challenges to our learners and their teachers. As a result, numerous of the learners who battle the hardest to memorize successfully and flourish in school beneath ordinary circumstances are presently finding it troublesome, indeed impossible in a few cases, to get compelling instruction, and they are experiencing intrusions in their learning that will get to be made up for [9]. The closure of public and private schools change the approach in the learning environment, especially among learners. This was emphasized by Office of Instruction Secretary Leonor M. Briones amid Press Briefing as she underscored that the coronavirus (COVID-19) widespread will not avoid the Office from guaranteeing that children will learn and proceed with their instruction beneath the unused ordinary through the blended learning. Blended learning implies the appropriation or utilization of a combination of learning instruments and techniques such as online and offline apparatuses, modules, and utilizes of the television, radio and the current advanced stage called the DepEd Commons to realize a specific objective [11]. With the closure of learning institutions around the country, students are facing unprecedented change such as stress. Stress could be a drive and a stressor is something that applies push to a person. Numerous studies have appeared that stressors hurt an individual's execution and wellbeing. There are three particular stressors within the field of instruction; the learning anticipated, learning environment, and the teachers [12]. Furthermore, perceived stress consolidates sentiments approximately the uncontrollability and unusualness of one's life, how

frequently one needs to bargain with aggravating hassles, how much alter is happening in one's life, and certainty in one's capacity to deal with issues or challenges. It isn't measuring the sorts or frequencies of upsetting occasions which have happened to an individual, but or maybe how a person feels approximately the common unpleasantness of their life and their capacity to handle such stress [10]. Thus, A strong significant ( $p < 0.001$ ) positive correlation between the stress score and the number of self-reported symptoms was also noted (Andreou et al., 2011). Moreover, stress may be a common issue among learners since they are anticipated to immerse up and ace a huge sum of information, attitudes, and skills for which they do have to be endeavor difficult which in turn subject them to a lot of stress [13]. In addition, Stress could be a state of a person that comes about from the interaction of the person with the environment that's seen as undermining to the well-being. It is an outside limitation that straightforwardly upsets the person both rationally and physically [14]. A person in an unpleasant circumstance is impacted by his or her mental capacity to carry out continuous tasks [5]. The effects of stress are not limited to one area of our lives. Stress at home can carry over to the workplace and alternatively, stress at work can cause strain in our personal lives. According to a survey by the American Psychological Association [2]. Coping strategy plays a significant part to diminish the stress experienced by learners. Coping strategy characterized as action-oriented and intrapsychic endeavors to oversee the requests made by unpleasant occasions is coming to be recognized both for its noteworthy effect on stress-related mental and physical wellbeing results and for its mediation potential [20]. Coping is a person's versatile reaction to troublesome circumstances. Way of life changes and issues that are related to the involvement of negative feelings (e.g., uneasiness or discouragement) require a reaction that's composed of a modern set of behaviors. This modern set of behaviors incorporates the coping methodologies a person employs to oversee the modern requests he or she faces. Investigate has recognized a few successful adapting assets to oversee push, decrease torment and make strides in wellbeing. These assets incorporate positive thinking, recognition of control, self-esteem and social bolster [20]. These Coping strategies with stress assisted learners with acting in their scholarly through scholastic adapting systems factors for example approach, evasion, and social help [18]. The way of dealing with stress was additionally configuration to help learners to adapt their life those that incorporate actual prosperity, enthusiasm, profound, and mental prosperity [6]. The literature review reveals that perceive stress consolidates sentiments approximately the uncontrollability and unusualness of one's life. It is also a state of a person that comes about from the interaction of the person with the environment that's seen as undermining to the well-being, and the effects of stress are not limited to one area of our lives. Stress at home can carry over to the workplace and alternatively, stress at work can cause strain in our personal lives. The global literature that focuses on coping strategy plays a significant part to diminish the stress experienced by learners, a person's versatile reaction to troublesome circumstances. Way of life changes and issues that are related to the involvement of negative feelings, and adapt their life those that incorporate actual prosperity, enthusiastic, profound, and mental prosperity. The overarching research question guiding this study is to identify the perceived stress and coping strategies of the six public senior high schools in cluster 1 Division of Pampanga in the Philippines during the time of the COVID19 pandemic.

### STATEMENT OF THE PROBLEM

1. How may the profile of the respondents be described in terms of:
  - 1.1 age;
  - 1.2 sex?
2. How may the perceived stress of the respondents be described?
3. Is there a significant difference between the profile and perceived stress of the respondents?
4. Based on the findings of the study, what stress management program may be proposed?

### HYPOTHESIS

There is a significant difference between the profile and perceived stress of the respondents?

## METHOD

This study made use of a quantitative cross-sectional non-probability sampling design to gather data from six senior high public schools in the cluster 1 Division of Pampanga in the Philippines. Data was gathered using a self-administered questionnaire through a google form. The questionnaire took 10 minutes to complete. This study is in complies with the Data Privacy Act (DPA) of 2012, and its Implementing Rules and Regulations (IRR) effective since September 9, 2016, authorizing the Researcher to: Use the data from this survey to assess the lifestyle changes related to the behavior of senior high school learners. Store the data for the analysis of results and accomplishment of the research study. Only respondents voluntarily participate in the research are included. Respondents were properly oriented about the objective of the study and were guaranteed confidentially. The questionnaire of the study consist of three parts. Profile of the respondents integrates into part I. Parts II consists of perceived stress was adapted from Cohen, S., Kamarck, T., and Mermelstein, R. (1983) and is used to estimate the level of perceived stress of an individual. The internal consistency reliability was good for the total sample ( $\alpha = .90$ ), respondents were requested to check the provided Likert scale that corresponds to their answer (0) Never, (1) Almost Never, (2) Sometimes, (3) Fairly Often, (4) Very Often. SPSS was used for data analysis. Independent t-test, and one-way ANOVA were used for data analysis.

## LIMITATIONS

In the field of undertakings, this research has limitations. The smaller sample, conducting the study at one cluster public senior high school in the Division of Pampanga-Philippines, and quantitative cross-sectional non-probability sampling design are the limitations of this undertaking which can affect the broad base. However, to my knowledge, this is the first research to investigate the perceived stress of the six senior high public schools in cluster 1 Division of Pampanga in the Philippines during the time of the COVID19 pandemic.

## RESULTS AND DISCUSSION

Table 1 presents the profile of the respondents as measured. The data showed that the majority of 40.90% or (79) of the respondents were 17 years old, while the lowest age level was 0.50% or (1) of the respondents were 15 years of age. In the meantime, 58.03% or (112) of the respondents were females while 41.96% or (81) were male.

**Table 1 Profile of the Respondents**

Age	N	%
15	1	0.50%
16	28	14.50%
17	79	40.90%
18	51	26.40%
19	14	7.25%
20	14	7.25%
21	6	3.04%
<b>Sex</b>		
Male	81	41.96%
Female	112	58.03%

The perceived stress of the respondents was measured using 10 items from the level of perceived stress of an individual. The highest computed mean of the perceived stress was 3.51 with a descriptive rating of Very Often where students-respondents often felt nervous and stress. Closely followed by 2.59 describe Fairly Often have you found that you could not cope with all the things that you had to do, 2.53 posted to be Fairly Often have been upset because of something that happened unexpectedly. Finding on the study of Son et al. (2020) suggest a considerable negative effect of the coronavirus disease (COVID19) widespread on a variety of wellbeing issues and way of life-related result, it is additionally found out the increase in stress and anxiety were due to

coronavirus (COVID19) lockdown.

**Table 2 Perceive Stress of the Respondents**

Perceived Stress	Mean	Descriptive Rating
In the last month, how often have you been upset because of something that happened unexpectedly?	2.53	Fairly Often
In the last month, how often have you felt that you were unable to control the important things in your life?	2.37	Almost Never
In the last month, how often have you felt nervous and “stressed”?	3.51	Very Often
In the last month, how often have you felt confident about your ability to handle your personal problems?	2.50	Almost Never
In the last month, how often have you felt that things were going your way?	2.23	Almost Never
In the last month, how often have you found that you could not cope with all the things that you had to do?	2.59	Fairly Often
In the last month, how often have you been able to control irritations in your life?	2.31	Almost Never
In the last month, how often have you felt that you were on top of things?	2.07	Almost Never
In the last month, how often have you been angered because of things that were outside of your control?	2.27	Almost Never
In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	2.34	Almost Never

### ANALYSIS OF VARIANCE

Findings from the analysis of variance point out a statistically significant between ages and perceived stress of the respondents. The P-value of 0.000 is less than the significant level of 0.05, the research rejects the null hypothesis and concludes that there is a significant difference between the age and perceived stress of the respondents in the time of coronavirus (COVID19) pandemic. In the study of Scott et al. (2013), older adults' negative affect (NA) was less affected by exposure to recent stress than younger individuals, but there were no age differences within the impacts of stressor contact three to six hours a subsequently.

Discoveries from the analysis of variance revealed a numerically no significant difference between sex and perceived stress. The P-value of 0.75 is greater than the significant level of 0.05, the research rejects the alternative hypothesis and determines that there is no significant difference between the sex and perceived stress of the respondents at the time of the pandemic. In contrast to the study of (Xu et al., 2015), higher stress in women was largely explained by sex differences in comorbidities, physical and mental health status, intra-family conflict, caregiving demand, and financial hardship.

### STRESS MANAGEMENT PROGRAM

Designed by ELYZA MAE D. BUENAVISTA, Rpm (Registered Psychometrician) license no. 0019252

Problem Identified	Objectives	Strategy/ Activity	Person Involved	Budget Allocation	Target Date	Expected Outcome
<ul style="list-style-type: none"> <li>Often felt nervous</li> <li>Could not cope with all the things that they had to do.</li> </ul>	To help the subjects know and acknowledge one's own stress symptom/reaction to each one's stressors with the aid of known methods that can help alleviate their stress. By being mindful of	<ul style="list-style-type: none"> <li>Identifying Stress and Stressors</li> <li>Box Breathing Method</li> </ul>	Guidance Counselor  School Heads	None	September 2021 to March 2022	<ul style="list-style-type: none"> <li>Subjects gain awareness of stressors, their physical reaction to stress and gain knowledge that provided them choices on different ways they can cope with stress.</li> </ul>

<ul style="list-style-type: none"> <li>Have been upset because of something that happened unexpectedly</li> </ul>	<p>their reaction to a certain stressor, managing their time and schedule and putting themselves in the present moment, the subjects can be less anxious in dealing with stressful situations thus easily aiding themselves using the strategies to be conducted within this module.</p>	<ul style="list-style-type: none"> <li>Body Scan Mini-Meditation</li> <li>Yoga Stretches</li> <li>Brisk Walking</li> <li>Time Squared</li> </ul>	<p>Classroom Advisers</p>			<ul style="list-style-type: none"> <li>The subjects are encouraged to incorporate the activities/techniques in their daily routines.</li> <li>Subjects will be more mindful of the correlation of their physical and mental health.</li> <li>They will also be more organized and responsible with their school and home schedules.</li> </ul>
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**CONCLUSION**

Based on the findings of the study, the profile of the respondents revealed that the majority of 40.90% or (79) of the respondents were 17 years old. In the meantime, 58.03% or (112) of the respondents were male. The perceived stress of the respondents in the time of pandemic with the highest computed mean of 3.51 was student-respondents often felt nervous and stress, 2.59 have found that they could not cope with all the things that they had to do, 2.53 have been upset because of something that happened unexpectedly. The findings of the study conclude that there is a significant difference between age and perceived stress. While no significant difference between sex and perceived stress

**RECOMMENDATIONS**

1. During the coronavirus disease (COVID19) pandemic, the researcher strongly commends the learners must manage stress through active and passive coping strategies and parents need to encourage learners in a supportive home environment.
2. The department of education may conduct learners’ development program to sustain learners’ positive outlook in life.

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