

LEVEL OF STRESS MANAGEMENT AS PERCEIVED BY THE MARINE  
ENGINEERING STUDENTS AT JOHN B. LACSON FOUNDATION  
MARITIME UNIVERSITY-MOLO

A Research Study

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John B. Lacson Foundation Maritime University-Molo, Inc.

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## ABSTRACT

The purpose of this study is to ascertain the level of stress management among marine engineering students at John B. Lacson Foundation Maritime University-Molo Inc. this second semester of school year 2011-2012. The variables considered were classification, type of residence, and family income. The researchers assumed that the coping with stress is measured by the frequency count, percentage analysis, and mean to determine the level of stress management. Marine engineering students from the first year to the fourth year were considered in the study. This study was conducted last second semester of school year 2011-2012.

This study made use of descriptive research design. The researchers adopted the instrument used by Chavez (2009) in determining the coping with stress of the respondents and the stress questionnaire given to the respondents by the researchers.

The results revealed that when taken as an entire group, the level of stress management among the marine engineering students was perceived to be "moderately high" ( $M = 2.94$ ).

The level of stress management as perceived by the marine engineering students when grouped according to classification, type of residence, and family income was "moderately high."