



JOHN B. LACSON FOUNDATION MARITIME UNIVERSITY-MOLO INC
(Formerly Iloilo Maritime Academy)
M.H. Del Pilar Street, Molo, Iloilo City, 5000 Philippines



**MENTAL STRESS RELIEVER AMONG GRADE 12 ABM STUDENTS OF
JOHN B. LACSON FOUNDATION MARITIME
UNIVERSITY-MOLO**

RESEARCH PROJECT PRESENTED

TO THE FACULTY OF

JOHN B. LACSON FOUNDATION MARITIME UNIVERSITY-MOLO

DR. ELVIRA DELGADO

IN PARTIAL FULFILLMENT

OF THE REQUIREMENTS FOR SUBJECT IN

PRACTICAL RESEARCH 2

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APPROVAL SHEET

This research paper entitled Mental Stress Reliever Among Grade 12 Abm Students Of John B. Lacson Foundation Maritime University-Molo. Prepared and submitted by Georgine Cerbana and Rhelyn Rose of Grade 12- Miami. In partial Fulfilment of the requirements in Practical Research 2, has been examined and recommended for the approval.


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DEDICATION

This study is wholeheartedly dedicated to our beloved parents who have been our source of inspiration and gave us strength, who continually provide their moral, emotional and financial support.

To our brothers, sisters, relatives, friends and mentor who shared their words of advice and encouragement to finish this study.

Lastly, we dedicate this project to God Almighty our creator, our strong pillar, our source of wisdom, knowledge and understanding. He has been the source of our strength throughout this program and on His wings only have we soared.



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Abstract

This Quantitative study entitled, Mental Stress Reliever Among Grade 12- ABM students at John B. Lacson Foundation Maritime University-Molo Inc., Academic Year 2029-2020. Respondents of this study are the 4 sections of the ABM strand, such as Miami, Nashville, Oakland and Portland. The total number of respondents is 116, each section 29 students were randomly choose. Questionnaire is the research instrument used to gather the data. The Researchers used descriptive statistics such as means, standard deviation, ANOVA and t -test.

The result of the study proves that there is a significant relationship on the mental stress reliever of Grade 12 ABM students of JBLFMU Molo.



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