



JOHNB. LACSON FOUNDATION MARITIME UNIVERSITY
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M. H. del Pilar Street, Molo, Iloilo City 5000 Philippines



**"PHYSICAL ATTRIBUTES INSECURITIES AND ACADEMIC
PERFORMANCE AMONG SENIOR HIGHSCHOOL**

STUDENTS OF JBLFMU"

A Research Project Presented

To the Faculty of

John B. Lacson Foundation Maritime University-Molo

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Practical Research 2

(Quantitative)

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APPROVAL SHEET

This research paper entitled Physical Attributes Insecurities and Academic Performance among Senior High School Students of JBLFMU Molo. Prepared and submitted by Johna Marie Dilasa and Ana Marie Hormillosa of Grade 12 Portland. In partial Fulfilment of requirements in Practical Research, has been examined and recommended for approval.

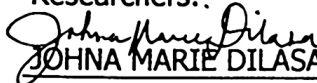

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DEDICATION

We the researchers dedicate this research paper most especially first to our loving God who gives so much effort to give us the knowledge to conduct this research. Second to our loving family who support us not by physically and mentally but financially. We know that working with blood and sweat is not easy so we dedicate this research to our parents who are their always ready to support us for what we are complying here in school, even though sometimes we go home late at night to finish our research. Most importantly to the person who I am with every single day to my friends who helps us to finish our research. We can't do this without the help of them to (BaGhakK's) We owe you big time guys. Lastly to the faculty and staff of this institution and to our loving adviser who understands us and helps us to cope up with our study.

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ABSTRACT

In order to understand how to overcome insecurity, one must begin with a working understanding of what causes self-doubt. Psychology Today determined the three most common causes of insecurity: Recent failure, social anxiety and perfectionism. Research suggests that as much as 40% of our happiness in life derives from our interpretation of recent life events or circumstances. As a result, when we fail at achieving a goal, the resultant blow to our self-esteem is often substantial.

Furthermore, if feelings of failure remain unresolved, they begin to taint our perception of other life problems, creating a cycle of feeling defeated. Such feelings are easily exacerbated by social difficulties we may experience due to shyness, rejection or other factors. Then, if perfectionism is an issue, the effect is like throwing gasoline on a fire.

Our perfectionism drives our self-criticism, which further deflates our self-esteem, alienates us from others and creates a no-win cycle of insecurity. When insecurity-inducing factors cascade at the workplace, the result can be catastrophic for our lived experience on the job as well as our team's morale. Therefore, it is critical that we take massive action for overcoming insecurity.

Confidence helps us feel ready for life's experiences. When we're confident, we're more likely to move forward with people and opportunities — not back away from them. And if things don't work out at first, confidence helps us try again. It's the



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opposite when confidence is low. People who are low on confidence might be less likely to try new things or reach out to new people. If they fail at something the first time, they might be less likely to try again. A lack of confidence can hold people back from reaching their full potential.



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