

**John B. Lacson Foundation Maritime University – Molo, Inc.
College of Business
Iloilo City**

**STRESS COPING MECHANISMS OF BACHELOR OF SCIENCE IN CRUISE SHIP
MANAGEMENT STUDENTS**

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Abstract

Stress is a fact in life. According to the World Health Organization, stress is a significant problem of our times and affects both physical as well as the mental health of people (Varvogli&Darviri, 2011). This study aimed to determine the stress coping mechanisms of the Bachelor of Science in Cruise Ship Management (BSCSM) students when taken as an entire group and when grouped according to sex, year level, and monthly family income. This study involved 100 BSCSM students of John B. Lacson Foundation Maritime University-Molo, Inc., who were officially enrolled during the first semester, academic year 2017-2018. The respondents were chosen through quota sampling method. The instrument used to determine the stress coping mechanisms was adopted from the study of Carver (1997). Statistical tools employed were mean, standard deviation, t-test for two independent samples, and One-way ANOVA. The stress coping mechanisms of the BSCSM students in terms of various aspects ranged from very low to very high. Significant differences existed in some aspects when respondents were grouped according to year level and monthly family income.