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Research Problem: Stress

This study aims to know how students manage stress, especially for the STEM students. This study will discuss the reason/s that make STEM students stressed, the effect of stress in STEM students' academic performance, and the effective ways for STEM students to cope up with the stress in their academic studies.

Stress is a psychological sickness that most understudies experience and fundamentally the STEM students, in the view of the mind communicating science and extremely profound logical terms. Based on the study of Maze (2015) entitled. "Causes, effects of stress, and the coping mechanism of the Bachelor of Science in Information Technology Students in a Philippine University" this study looked to decide the reasons for the pressure, the impacts of pressure, and the pressure methods for dealing with stress of the said University. The postulation that writing research and doing school requirements or projects were the most well-known reason for stress. And it is said that the common impact of stress is having sleepless nights and being short-tempered. There was disparity on the causes and effects of stress between male and female respondents. The utilization of computers and praying to God were the common stress coping mechanisms.

This study can be a benefit because people will have an idea on managing their stress and some challenges coming through. They will have clues on how to cope up with stress based on the study we did that could help the community have an idea to manage and cope up with it.

According to Akhlaq, Amjad and Mehmood (2010), stress is seen as a physiological process, which results from the interaction of the individual with the environment and results in disturbances caused to the physiological, psychological and social systems, depending upon individual characteristics and psychological processes. According to him psychological processes refer to such factors as attitudes, values and various personality dimensions.

For teachers, Stress within the teaching profession has a negative impact on the health and well-being of individual teachers and on retention and recruitment for the profession. There is increasing literature to suggest that Mindfulness is a useful intervention to address a variety of psychological problems, and that Mindfulness-Based Stress Reduction (MBSR) is a particularly helpful intervention for stress. The MBSR course was taught to a group of school teachers and evaluated to establish its effects on levels of anxiety, depression, and stress, as well as movement towards a stated goal and changes in awareness. The results showed improvement for most participants for anxiety, depression, and stress, some of which were statistically significant. There were also significant improvements on two of the four dimensions of a mindfulness skills inventory. These results suggest that this approach could be a potentially cost-effective method to combat teacher stress and burnout.

This study can help the university to promote a good learning environment for everyone. Students and teachers will have a better learning relationship if we are able to maintain a stress-free environment which will eventually result in building a better citizen of the community.

The main focus of this study is to identify the stress of the students at their academic studies of how this affects them and makes them stressed. To learn the effective ways of dealing with stress of the students. To know how the studies get affected due to stress faced by the students.

According to Nayereh Shah Mohammadi, the top ten rank of stressor among students were afraid of not getting a place in tertiary education, examinations, too much content to be learnt, difficulty in understanding subjects that have been learnt, too much homework, and the school timetable was too packed. All of the stressors were related to academic matters. While the rest of the top ten stressors were rated as causing moderate to high stress.

In this study, I will choose the Grade 11 Senior High School Students of Rizal Technological University as respondents. Since the study is for Grade 11 Senior High School Students, I want to know their opinions or thoughts about them experiencing stress.

Source :

281761813_Causes_Effects_of_Stress_and_the_Coping_Mechanism_of_the_Bachelor_of_Science_in_Information_Technology_Students_in_a_Philippine_University

<https://www.sciencedirect.com/science/article/pii/S1877042811019033>