

“AKO AT SI ACADS”: STUDENTS’ MENTAL HEALTH AND ITS IMPACT ON THEIR ACADEMIC PERFORMANCE

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ABSTRACT

Mental health is a significant determinant of individuals' growth and wellbeing in the whole life span – as this is responsible for how a person thinks, feels, and acts. Subsequently, as this affects the thinking and decisions, we assume that students' academic performance - which assesses a student's capability to do various works, might've been affected by factors that influence individuals' mental aspects. The psychological and psychosocial stress, distress and fear, and avoidance anxiety as mental health's components, academic self-efficacy, and students' academic performance were determined, described, and correlated. Researchers implemented a proportionate stratified random sampling on Tanauan City Integrated High School students to address the relationship between mental health and academic performance using a correlational research design via an adopted and modified 5-point Likert scale questionnaire. A Cronbach's Alpha value of .901 validates the instruments as reliable. Weighted mean was applied to determine the general mental health status and self-efficacy of students, which was then correlated to their academic performance to see if a significant relationship exists between the two variables. Results showed that stress does not affect self-efficacy, on the other hand, a very weak but significant relationship between students' anxiety and academic self-efficacy exists. It was also revealed and indicated that mental health has a significant, but very weak, relationship to academic performance. The findings of this study can be used to make recommendations for the implementation of potential activities or programs to improve students' mental health and academic performance.

Keywords: Impact of Mental Health in Adolescents, Academic Performance, Anxiety, Stress, Self-efficacy