



**JOHN B. LACSON FOUNDATION MARITIME UNIVERSITY**  
**(Molo), Inc.**  
(formerly Iloilo Maritime Academy)  
M.H Del Pilar St. Molo, Iloilo City  
**COLLEGE OF BUSINESS**



**ACADEMIC STRESS AND EMOTIONAL INTELLIGENCE**  
**AMONG BSCSM STUDENTS AT JBLFMU-MOLO**

A Research Paper Presented to the  
Faculty Members of the College of Business  
John B. Lacson Foundation Maritime University-Molo, Inc.  
Iloilo City

In Partial Fulfillment  
of the Requirements in Research  
(Methods of Research)

by

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BSCSM 3

December 2020



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Orola, M. B., Causing, A.F. C., Mayuga, A. E., Narciso, M.G. D., Panganiban, P.G. ., Pasaporte III, J. G., Pedroso, M. F., Quanico, F.M.D., Roberto, K.M. F., Valdellon G. S. "Academic Stress and Emotional Intelligence among BSCSM students at JBLFMU-Molo" Unpublished Research Paper. John B. Lacson Foundation Maritime University-Molo, Inc., December 2020.

*Abstract*

Academic stress is the most common emotional or mental state that students experience during their studies, and stress is a result of a wide range of issues, including test and exam burden, a demanding course, a different educational system, and thinking about plans upon graduation (Ahmadi, 2018). This study would ascertain academic stress and emotional intelligence among the 88 3<sup>rd</sup>-year BSCSM students at JBLFMU-Molo, Inc. Specifically, this study sought answers to the following questions: 1. What is the level of academic stress of 3<sup>rd</sup>-year BSCSM students of JBLFMU-Molo when taken as an entire group and classified as gender and academic performance? 2. What is the level of emotional intelligence of 3<sup>rd</sup>-year BSCSM students of JBLFMU-Molo when taken as a whole group and when classified as to gender and academic performance? 3. Is there a significant difference in the academic stress level among the students when classified as to gender and academic performance? 4. Is there a significant difference in the students' emotional intelligence level when classified as gender and academic performance? 5. Is there a significant relationship between stress level and emotional intelligence? Means, standard deviations, and t-test were used as statistical