

ABSTRACT

The study was conducted at David Moises Memorial High School, Mambusao East National High School, and Mambusao National High School during the second semester of school year 2018-2019 to determine the academic stress and performance in English of Grade 12 students.

A questionnaire was used to gather data from 201 sampled respondents, which were analyzed using frequency count, percentage, mean, T-test, ANOVA and Pearson r product moment of correlation.

Results of the study revealed that majority of the respondents were female; majority was residing in barangays; and more of them pursued TVL track.

Further, results showed that respondents cope with stress by: sharing their problems, making friends and making decision wisely. The major cause of stress was “deadlines or special project to work on”; and the major stress symptom was “headache, neck ache, and tense muscles”.

Results likewise revealed that the respondents’ level of academic stress was moderate and their level of performance in English was very satisfactory.

Moreover, results revealed that there was a significant difference in the stress level of the respondents when grouped according to place of residence. Also, there was a significant difference in the respondents’ level of performance when grouped according to track pursued.

Lastly, result revealed that there was a significant correlation between academic stress and performance in English of the respondents.