

**STRESS COPING MECHANISMS AMONG FIRST YEAR BACHELOR OF SCIENCE IN  
BUSINESS ADMINISTRATION STUDENTS**

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*Abstract*

This study aimed to determine the stress coping mechanisms of the First Year BSBA students of JBLFMU-Molo, enrolled during the academic year 2015-2016. The instrument used in this study contained a stress coping style inventory with ten (10) items, taken from the 15 COPE scales developed by Carver, Scheier, and Weintraub (1989). This study employed quota of at least thirty students and eventually involved 35 students. It was found in this study that the stress coping mechanism of the First Year BSBA students when taken as a whole range from very low to moderate. Their coping mechanisms on the different aspects vary. It is noteworthy that students do not resolve into alcohol or drug use. When grouped into certain personal-related factors, differences in their coping mechanisms were observed. However, most of the differences were not significant, hence may be attributed to sampling error only.