

**JOHN B. LACSON FOUNDATION MARITIME UNIVERSITY - MOLO**  
**Business Department**  
**Iloilo City**

THE LEVEL OF STRESS AND COMMON COPING MECHANISMS AMONG  
WORK STUDENTS AT JOHN B. LACSON FOUNDATION  
MARITIME UNIVERSITY-MOLO INC.

A Research Paper Presented to The Faculty Members  
of the Business Department John B. Lacson Foundation  
Maritime University (Molo), Inc. Iloilo City

In Partial Fulfillment  
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(Methods of Research)

By

Eric Berden  
Eleneth B. Bulquerin  
Ma. Victoria Leigh S. Cataluña  
Jovelie A. Maderable  
Rene A. Mendoza  
Rica P. Sobrevega  
Kathryn Rose F. Solis  
Genesis Joy D. Vidal

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**Iloilo City**

Cataluña, M. V. L.; Maderable, J. B.; Burquerin, E. B.;  
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*Abstract*

This descriptive research aimed at determining the level of stress and the common coping mechanisms to stress of work students of JBLEFMU-Molo, Inc. This study involved 90 randomly selected work students. The researchers made use of a questionnaire - checklist as instrument to gather data. Means, standard deviation, t-test, and One-way ANOVA were the statistical tools employed in the analysis of the obtained data. The results showed that the level of stress among work students was "low". The participants, regardless of age, sex, degree program, and year level, had a "low" level of stress. Those who belonged to BS Tourism and in the third-year had a "moderate" level of stress.