

Problems of College Freshmen in Selected Colleges in the University of Eastern Philippines: Basis for Enriching the Guidance and Counseling Programs

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ABSTRACT

This study focused on the problems of college freshmen in selected colleges namely, College of Education, College of Business Administration, and College of Arts and Communication in the University of Eastern Philippines. Specifically, it aimed to draw the profile of the respondents in terms of age, gender, religion, residence, birth order, occupation and educational attainment of parents, financial support and hobbies; determine the problems encountered by the freshman students in selected colleges in the University of Eastern Philippines; find out if there is a significant difference on the level of problems encountered between male and female college freshmen; find out if there are significant relationships between the socio-demographic characteristics and the degree of problems encountered; find out if there are significant differences of problems encountered by the college freshmen in the selected colleges in the University of Eastern Philippines; and to determine what guidance programs may be evolved out of the results of this study.

This utilized the descriptive-correlational method. Since the students involved came from different colleges, stratified random sampling was used to select the representations/respondents of every college.

Data were gathered through questionnaire and were analyzed through frequency counts, percentages, means, ranking, ANOVA, and multiple regressions analysis.

The following particulars were derived:

The respondents were in their adolescent period and were predominantly female. Majority of the respondents were Roman Catholics and majority of the parents of the respondents were farmers. Family

income of the respondents were P 2,000.00-P 5,000.00 a month. Most of the respondents were living in the boarding houses while studying, supported financially but the parents and receiving P 200.00-P400.00 allowance per week. Most of the respondents spent their free time reading books, magazines, and journals.

As regards to the problems encountered by the college freshmen, majority identified the following statements as the problems they encountered almost often to wit: "teachers are giving so many requirements"; "I am afraid of making mistakes."; "the school does not have better ventilation"; "the school does not have a good garbage disposal system"; "comfort rooms are not properly maintained"; "I am bothered by the changes of weather"; "I need to learn how to spend my money wisely"; "my parents worry about money during enrollment"; "I have less money than my friends"; and "I miss my family during special occasions".

The following statements were considered also by the majority of the respondents as problems they encountered sometimes, to wit: "I am worried during examination period"; "I am always afraid about what people would say." "I have too many personal problems";

"I long for love and affection from my parents"; "I am concerned about my weight".

With regards to the significant differences between the problems encountered by male and female freshman, no significant differences were found. However, with respect to the significant difference on the problem =s encountered by freshmen respondents belonging to one college from that of the other colleges included in this study namely: College of

Education, College of Business Administration, College of Arts and Communication, significant differences were found in the area of personal, environment and family problems.

As regards to the relationship between the problems encountered and the profile of respondents, mother's income, occupation, financial support and allowance were found to be significantly related, while other variables included turned out to be not significant.

Keywords: *College freshmen, guidance and counseling programs*

1. INTRODUCTION

College freshmen are believed to be in a transition period from high school to college. Some of them have to leave their parents and the home comforts for the first time to stay in dormitories or boarding houses. They are faced with challenges of making new friends, making new teachers and adjusting to the new environment.

Their academic performance is also challenged since they have to compete with others from different schools with high academic performance. Many of these students are faced with financial problems because they come from families with low income, which in turn affect their studies and social life.

College days comprise the most important stage of student's life. Most live away from home and live in dormitories. They meet new acquaintances and form new bonds. And aside from hurt and other personal and emotional challenges in their particular crucial stage, a college student is expected to make the smooth transition from the days of dolls and lollipops to ladylike ways of maturity.

Transit period affects the growth from late childhood to adolescence where they are faced with challenges in the behavior, attitudes towards peer, parent and society. This usually have an impact on their personal and social interaction.

2. Objectives of the Study

The main concern of this study is to find out the problems encountered by the freshmen students in selected colleges in the University of Eastern Philippines.

Specifically, this study is directed by the following objectives.

1. Find out the profile of the college freshmen in selected colleges namely, College of Education,

College of Business Administration, and College of Arts and Communication in the terms of gender, religion, residence, birth order, parents' educational attainment and occupation, financial support, and their hobbies.

2. Determine the problems encountered by the freshmen students in selected colleges in the University of Eastern Philippines.
3. Find out if there is a significant difference on the level of problems encountered between male and female college freshmen.
4. Find out if there are significant relationships between the socio-demographic characteristics of freshmen students and the degree of problems encountered.
5. Find out if there are significant differences of problems encountered by the college freshmen in selected colleges in the University of Eastern Philippines.
6. To determine what guidance program may be evolved out of the result of the study.

3. Methodology

Research Design

A descriptive survey was used to ascertain the problems encountered by the freshmen students in selected colleges in the University of Eastern Philippines using questionnaire.

Descriptive method of research as well as correlation which accepts or rejects the given null hypothesis was utilized in the study. These tools were used in finding out and proving the significant relationship between the profile of the freshmen students in terms of age, gender, religion, and any type of residence, birth place, parents' educational attainment and occupation. Financial support, their hobbies and the problems they encountered.

4. Findings

Profile of the Respondents

Age. Out of the 170 respondents, 68 or 40 percent were 17 years old, 41 or 24 percent were 16 years old, 34 or 20 percent were 18 years old.

Gender. Most of the respondents were 127 or 74.7 percent were females college freshmen outnumber the male students.

Religion. The data show that the University of Eastern Philippines is a Roman Catholic dominated University.

Residence. 95 or 55.9 percent were staying in the boarding houses, 60 or 35.3 percent lived with their parents, and only 15 or 8.8 percent lived with the guardian. This shows that majority of the students in the University of Eastern Philippines are staying in the boarding house while studying.

Birth Order. 57 or 33.5 percent of the respondents were eldest son/daughter or first born, 36 or 21.2 percent were second child and 22 or 12.9 percent were third or middle child.

Financial Support. 104 or 61.2 percent of the respondents were supported by the parents financially. The data show that most of the students are dependent on their parents in terms of educational finances.

Allowance. 66 or 36.8 percent of the respondents were receiving P200.0-P400.00 allowance per week, 53 or 31.2 were receiving P401-P600.00, while 7 or 4.1 percent were receiving P800.00 above. The data shows that the financial support received by the respondents were insufficient to meet the requirements of student life such as food allowance. School supplies and other requirements.

Parents' Educational attainment. The data shows the fathers of the respondents, wherein 42 or 24.7 percent were college graduates and 35 or 20.6 percent were high school graduates.

This has also shown the mother's educational attainment where 53 or 31.2 percent were college graduates, 42 or 24.7 were high school graduates. It can be said that majority of the respondent's parent were college graduates. This is quiet devious that the University being near and accessible caters the educational demand of the residents of Northern Samar.

Parent's Occupation. It cab ne noted that 58 or 34.1 percent of the respondents had fathers who were engaged in farming wile 1 or .6 percent had father working as a lawyer. It further reflected that 104 or 61.2 percent of the respondents had mothers who were housewives. It can be said that agriculture is the number one source of income in Northern Samar.

Income. As shown that 95 or 55.9 percent of the respondents had father with an income ranging from P2,001 – P5,000.00 a month, 31 or 18.2 percent were P5,001-P10,000.00, while 1 or .6 percent had fathers with an income below P2,000.00.

It can be noted that 90 or 52.9 percent of the respondents had mothers who had no income, 37 or

21.8 percent had an income of P2,001.00-P5,000.00 and 1 or .6 percent had an income of P15,000 – P20,000 per month.

Hobbies, 134 or 79 percent of the respondents spent their free time reading books, 124 or 73 percent were watching TV while 7 or .04 percent were swimming.

Problems Encountered by the College freshmen

The problem areas were categorized into academic, social. Personal, environment, financial, family and health. In the academic area, the first three problems encountered by the respondents were: "Some of my teachers are giving so many requirements", "I am worried during examination period", and I am afraid to recite in class". These statements got a mean of 2.76, 2.49 and 2.19 and interpreted as to the frequency of occurrence as often, sometimes, and sometimes respectively.

Test of Difference

To test the null hypothesis that there is no significant difference on the level of problems encountered by male and female college freedom, the t-test was used.

The results revealed that out of seven categories of the problems (academic, social, personal, environment, financial, family and health) none were found to be significantly different between the level of problems encountered by male and female respondents as regards to their problems encountered was confirmed, which can be inferred that male and female college freshmen shared the same problems.

To test the null hypothesis that there is no significant difference on the problems encountered by the freshmen in the different colleges, the one-way ANOVA was utilized.

The study showed that the significant difference on the problems encountered by the respondents belonging to one particular college and those of the other colleges included in the study were; out of the seven problems categorized, there were found to have significant difference. These are personal, environment and family problems. While academic, social, financial, and health problems were found to be no significant difference as encountered by the respondents belonging to one particular college and those of the other colleges included in this study.

It was also reflected that there is a significant difference between the personal problems encountered by the freshmen of the College of Education from that of the College of Business

Administration. There was also a significant difference on the problems encountered by the freshmen of the College of Education from that of the College of Arts and Communication in terms of environment problems.

There was also significant difference on the family problems encountered by the freshmen in the College of Education from the College of Arts and Communication.

These results indicate that the null hypothesis that there is no significant difference on the problems encountered by the freshmen students of the three different colleges included in this study is rejected. It can be deduced that the student-respondents enrolled in the three colleges had varied problems concerning personal, environment and family. This finding contradict Cinco's study which revealed that there were no significant difference between the problems encountered by the student belonging one college from that of the other colleges included in the study.

Test of Relationship

To test the relationships between the socio-demographic profile of college freshmen and the problems encountered, the multiple regression analysis was used.

The degree of problems encountered by the students was regressed with the profile of the students. Studies shown multiple regression analysis was significant with an F value of 1.277 ($p < .05$). An overall variance of 21% in the dependent variable is explained by the independent variables with an R square mothers' occupation, of .211. Specifically, financial support and mothers' allowance significant predictors with the following beta weights: B = -.283, $a = .044$; B = -.140, $a = .019$; B = .240, $a = .029$; B = -.185, $a = .033$; and B = -.107, $a = .021$, respectively. Other variables included in the model turned to be non-significant predictors (i.e. sex, religion, age, residence, birth order, siblings, fathers' education and Occupation and hobbies). income, were mothers' income is a factor which influence the problems encountered by the college freshmen, this leads to the rejection of the null hypothesis of no relationships between the two variables. This implies that if the mother is earning, the Family expenses and educational finances of the family is stained. The family needs could no longer be sacrificed in favor of college education because the mothers' assist in sustaining the needs of the family. This findings income could confirms the study of Lozano which revealed that students who belong to

low income family suffer from lack of nutrition which renders the performance. financially mind In the incapable same comfortable concentrating on their Of satisfactory study it was students studies financial adjustment problems as have intellectual also found out better chances that of they are not bothered by this.

Mothers' Occupation was also found to be significantly related to the problems encountered by the college freshmen such that the null hypothesis is disconfirmed in favor of the research hypothesis. It can be inferred that working mothers may have deprived their children of their care and attention, thus resulting to look for love and attention outside the family, as such, problem occurs. This finding confirms the study conducted by Miller which revealed that children born to parents who were working as professionals had an IQ twelve points higher than children born to parents occupying lower occupations and worked as farmers or laborers.

Financial support was also found to be significantly related to the problems encountered by the college freshmen resulting to the rejection of the null hypothesis. It can be inferred that college freshmen are solely dependent on their parents' financial support. College freshmen who received minimal or received no financial support at all from the parents are most likely to encounter problems. This confirms Ballados finding that the financial among finding chances the college students. That support was This financially comfortable of concentrating on their a potential problems further confirm Lozano's students studies bothered by financial adjustment problems.

The age of the respondents was found be not significantly related the problems encountered leading to the acceptance of the null hypothesis of no relationship between the two variables. It implies that the college freshmen encountered the same problems regardless of concerned about their future their age. They were all and they want to improve their economic status which is why they are in college. This finding confirms Cinco's study which revealed that age had significant relationship with the problems encountered by the college students.

The gender of the respondents was found to be significantly related to the problems encountered leading to the Acceptance of the null hypothesis. It implies that male and female college freshmen shared and encountered same problems. This finding confirms Cinco's finding that gender significantly

related to their problems encountered. The religion of the respondents was found significantly related to the problems encountered leading to the acceptance of the freshmen shared null hypothesis. It implies that college and encountered problems regardless of their religious beliefs or principles. This finding confirms the study of Shantrock which revealed that religion plays little or role at all in others' lives. Further, the religion in people's lives may change as influence of they develop.

Residence of the respondents was found to be not significantly related to the problems encountered leading to the acceptance of freshmen shared the null hypothesis. It and encountered same implies that college problems regardless their living conditions. It could be further inferred that of

Residing in the boarding house, with parents or guardian didn't affect or influence the problems encountered by the college freshmen. This finding contradicts the study of Clemena which revealed that every college student who leaves home experiences problems in adjusting to new living conditions. It was revealed that inability to adjust to new living conditions compels the college students to quit school, go home to find a job.

Conclusions

Based on the findings of the conclusions and implications were drawn.

The profile of the respondents signified respondents are predominantly female. This implies that female college freshmen outnumbered the male in this university.

Most of the respondents' parents are farmers and earned P2000.00-5,000.00 a month which implies that the student respondents are receiving allowance school requirements.

Most of the respondents are first born or eldest. This implies that parents eldest son/daughter college siblings. Education prioritized the college education of their as they perceived that eldest would help after finishing his/her younger siblings' studies.

The gender of the respondents is not significant to the problems encountered, but there are significant differences on the problems encountered by the freshmen in as much as colleges are concerned. This implies that freshmen of the College of Education are encountering different College of problems from that of the Business Administration and College of Arts

and Communication with respect to personal, environment and family problems.

Recommendations

Based on the findings and conclusions of this study the following recommendations are proposed:

1. It is recommended that the Guidance Counselor should to initiate or conduct seminars regarding time management, how cope with family yearning as well as seminars on how to keep healthy, lecture on budgeting and assertiveness training so that the college freshmen would be able to cope with the problems they encountered.
2. It is also recommended that Guidance Counselor should initiate peer counselors training involving a group of students to equip them with skills counseling with their peers.
3. It is further recommended that the guidance counselors should not wait for referrals or voluntary counseling but should schedule a particular time to talk to the students regarding their concerns.
4. It establish also recommended linkages organizations, with that the Guidance Office government and philanthropist to and should non-government draw/solicit support to finance the schooling of the poor and deserving students.
5. More researches on student problems should be made especially on the seriousness of the problems they encountered.
6. As a whole it is recommended that every college should have a full time Guidance Counselor who is equipped with the educational qualifications and trainings relevant to guidance and counseling.
7. The adoption of the proposed guidance program in this study is also recommended to the College of Education, College of Business Communication, Administration and College of Arts and Communication.

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