

A Correlation Study of Perceived Stress and Performance of Internship of Graduating Students

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Abstract

Most Industrial, Mechanical, and Civil Engineering students suffer from mental breakdowns, information overload, and unhealthy lifestyles due to high stress levels, resulting in poor internship performance. Mental breakdown affects everyone. The feelings of being depressed, anxious, or worried are valid. Information overload occurs when the brain becomes overburdened with information. It's not uncommon for people to experience burnout, internet weariness, and student tiredness all at the same time. Students who lead unhealthy lives suffer from despair and weakness as a result of their lack of proper diet and physical activity. Previous studies have indicated that unhealthy children are more prone to learning challenges, affecting their achievement, attendance, and academic performance. However, the world is in a pandemic, including the Philippines. Since the outbreak, numerous schools and universities have had to close temporarily due to the pandemic. The purpose of this study was to examine the relationship between perceived stress and performance of internship of graduating students at the Technological Institute of the Philippines in Cubao, Quezon City. A convenience sample of 90 respondents completed self-structured questions. The Perceived Stress Scale, Pearson R, and One-way ANOVA were used to evaluate the data. The results of the study show that there is a significant relationship between perceived stress and performance and it conveys that Engineering students that took internships got high performance ratings despite the virtual set-up, pandemic restrictions and any hindrance that those students faced. The implications of the study and suggestions for future research were addressed.

Keywords:

Engineering Students, Perceived Stress, Performance, Internship

Biographies

Wendell Gil L. Atencia is now a 5th year student at Technological Institute of the Philippines Cubao, Quezon City and currently taking Bachelor of Science in Industrial Engineering. He can coordinate with different kinds of people and also excels when it comes to collaborations with other teams. He also can use a variety of software that can showcase his skills as a future Industrial Engineer such as Minitab, Autocad, MS Office and presentation skills. He often edited, created, and drew during his past time. He is willing to learn new skills and apply it for his future job. Either of these professions is what he wants to be in the future such as a warehouse specialist, quality assurance inspector, supply chain analyst or a safety officer.

Rinzel Janelle M. Co is currently a student in the Technological Institute of the Philippines taking Industrial Engineering. She is also a supervisor in the service industry. She wants to be production manager

Lara Camille V. Gicale is a 23-year-old student studying in technological Institute of the Philippines QC branch currently 5th year in Industrial Engineering program while working In a business company entrusted to be the second hand of the ceo of the company located in Delmonte ave QC. She is striving to finish her degree to be more equipped and entitled and also wants to have her own business in the near future. She continues learning more skills outside the campus and inspires other people to motivate and to become a better person.

Richard D. Lumokso is currently a 5th-year student taking a Bachelor of Science in Industrial Engineering in the Technological Institute of the Philippines. When he was in high school they joined one of the local research contests and won 3rd place, the research title is designing a Gas and Smoke Sensing Module via Integrated Customized Cell Phone as a Pre-emptive Communication Relay to Reduce Fire Breakout. He first took a course in Civil Engineering at Far Eastern University Institute of Technology because of what his parents told him and wanted for him. Then when things got rough, he decided to pursue what he wanted and go for Industrial Engineering and continue to strive for continued excellence. When he was on a break he tried to stream and create content, editing videos and photos as a hobby. Now he wants to be a project manager as his future career.

Jessica I. Regondola is a 4th year BS Industrial Engineering student at Technological Institute of the Philippines Quezon City. She can adapt to any circumstance and does not become quickly frustrated when dealing with unexpected problems. She is flexible, hardworking, independent, and a consistent academic scholar.

Coleen Charlotte O. Simon is currently a 5th year student in Technological Institute of the Philippines Quezon City, taking Bachelor of Science in Industrial Engineering. She is now focusing on finishing her studies so she can utilize the skills she has acquired in the institute for the field she would take. In line with this, she wants to be a production manager or quality assurance manager in the future.

Lemuel Edwin L. Tan is currently a 4th year student taking up BS Industrial Engineering in the Technological Institute of the Philippines. He took a break from school to pursue networking business, however, it did not pan out the way he expected it to be. With this dedication to progress, he went back to school and continued his studies to chase his dream to be a professional engineer. The drive to broaden his knowledge and skills in engineering leads him to be committed to finish college with flying colors. Outside studies, his interest in recreational activities led him to join different sports such as Discuss Throw, Javelin Throw, and Jiu-Jitsu which earned him awards and medals from different competitions.