

# Perceived Stress, Anxiety, and Memory Performance as a Mental Health Indicator among Board Exam Takers in Metro Manila, Philippines

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## Abstract

Board exam takers are fond of struggling with mental health problems since preparing for examinations can be stressful and creates anxiety. The researchers found that perceived stress and anxiety affects the memory performance of board exam takers which can result in poor learning outcomes. This study aims to determine the relationship of perceived stress and anxiety on memory performance to degree holders of Civil Engineering, Accounting and Nursing who plan to take board examinations located in Metro Manila Philippines. The 273 respondents were then assessed through a deployed ergonomic tool including Perceived Stress Scale (PSS) which measures the stress level of degree holders, the Hamilton Anxiety Rating Scale (HAM-A) which accurately determines the severity of anxiety symptoms and the Everyday Memory Questionnaire (EMQ) assess memory loss in everyday experience. The findings says that the perceived stress has a p-value = 0.003 and anxiety has a p-value = 0.000 which means that it is statistically significant to memory performance. Furthermore, there is a low positive correlation coefficient of  $r = 0.401$  between perceived stress and memory performance while there is a very high positive correlation coefficient showing result of  $r = 0.903$  between anxiety and memory performance of board exam takers.

## Biographies

**Janis C. Cabangon** is currently a fourth-year student taking up Bachelor of Science in Industrial Engineering at Technological Institute of the Philippines - Quezon City. She was the Industrial Engineering Department Student Council Auditor from S.Y. 2019-2020 and became the Supreme Student Council Logistics Committee in the Technological Institute of the Philippines Quezon City from S.Y. 2020-2021. Currently, she is the president of the Industrial Engineering Department Student Council and the treasurer of the Inhinyera registered student organization in the Technological Institute of the Philippines – Quezon City also a member of the Organization of Industrial Engineering Students from 2018 up to present.

**Mikki Rose C. Corpuz** is currently a third-year student taking up Bachelor of Science in Industrial Engineering at Technological Institute of the Philippines - Quezon City. She is currently an active member of the Organization of Industrial Engineering Students (ORIENTS) from 2018 up to the present.

**Alfred Herson C. Francisco** is currently a fourth-year Industrial Engineering student at the Technological Institute of the Philippines – Quezon City, where he is pursuing a Bachelor of Science in Industrial Engineering. Since 2018, he has been an active member of the Organization of Industrial Engineering Students (ORIENTS), and he has also been a member of the Industrial Engineering Department Pep squad in 2019 and 2020.

**Joyce C Hernaez** a fourth year Industrial Engineering student in a prestigious school Technological Institute of the Philippines – Quezon City, where she is taking a Bachelor of Science in Industrial Engineering. She is currently an active member of the Organization of Industrial Engineering Students (ORIENTS) from 2018 up to the present.

**Clark Kenth P. Lagamia** is currently a fourth-year student taking up Bachelor of Science in Industrial Engineering at Technological Institute of the Philippines - Quezon City. He is currently an active member of the Organization of Industrial Engineering Students (ORIENTS) from 2018 up to the present. He is also a Multimedia Guild Head in (ORIENTS) in 2020 and currently a Public Relations Officer in (ORIENTS) this 2021.

**Angelo N. Pontillas** is currently a third-year student taking up Bachelor of Science in Industrial Engineering at Technological Institute of the Philippines - Quezon City. He is currently an active member of the Organization of Industrial Engineering Students (ORIENTS) from 2018 up to the present.