

PSYCHOLOGICAL IMPACT OF TYPHOONS: AN ANALYSIS OF ANXIETY LEVELS AMONG SELECTED COLLEGE STUDENT

ABSTRACT

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Natural disasters such as typhoons present significant challenges for college students, affecting their social, academic, and personal well-being. The aftermath often involves family hardships, property damage, and academic pressures, which can lead to elevated levels of anxiety, trauma, and depression. This study examines the anxiety experienced by students at Bestlink College of the Philippines in relation to their exposure to typhoons. It focuses on identifying the psychological impacts and the various factors that contribute to mental distress during and after these events. The primary aim is to assess students' anxiety levels post-disaster, understand their coping strategies, and emphasize the critical need for accessible mental health support tailored to their experiences. This study utilized the Depression, Anxiety, and Stress Scale (DASS) to evaluate psychological distress among 100 psychology students. Through purposive sampling, the research investigated the connection between exposure to typhoons and anxiety levels. Statistical tools such as Pearson correlation and descriptive analysis were employed to determine significant relationships between the variables. The study found a strong positive correlation between the psychological effects of typhoon exposure and heightened anxiety levels among female students aged 19 to 23. The Pearson correlation coefficient was 0.80, with a statistically significant p-value of 0.00. Furthermore, socioeconomic status played a significant role in the degree of psychological distress, as students from lower-income families exhibited higher anxiety levels. Exposure to typhoons significantly affects the mental health of psychology students at Bestlink College of the Philippines, emphasizing the necessity for appropriate psychological support measures. Future research should focus on exploring sustainable coping strategies and evaluating the effectiveness of interventions, while promoting mental health programs such as stress management and disaster preparedness workshops.

RECOMMENDED CITATION

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