

EFFECTS OF PSYCHOLOGICAL POVERTY ON MENTAL HEALTH AMONG YOUNG ADULTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

AUTHORS

Chesca Baldomaro
Jay Ann Coper
Aidan Patrick Delos Santos
Kristine Fontanilla
Jenzel Mae Mabalatan

RESEARCH ADVISER

Jolly A. Miguel, EdD

AFFILIATION

Bestlink College of the
Philippines

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This study aims to determine the perceived impact of psychological poverty on the mental health of young adult beneficiaries of the Pantawid Pamilyang Pilipino Program (4Ps) at Bestlink College of the Philippines. Psychological poverty is defined as a multidimensional condition that goes beyond material deprivation and includes feelings of insecurity, helplessness, and low self-worth, despite any actual economic status. As members of the 4Ps, these students receive cash assistance to help meet basic needs, healthcare, and education. This study investigates the psychological constraints that arise from poverty-related experiences and how these constraints contribute to mental health challenges. The research specifically explores the association between perceived financial insecurity and psychological well-being among young adults. The study utilized a correlational research design within a quantitative framework to examine the relationship between psychological poverty and mental health. A structured survey was administered to selected 4Ps beneficiaries using purposive sampling. The instrument aimed to assess the participants' financial stress, psychological resilience, self-efficacy, and mental health status. Data analysis involved statistical tools to identify correlations between variables, without manipulation by the researchers. Ethical considerations were observed to ensure the reliability and integrity of the responses and to protect the confidentiality of participants. Findings revealed a significant correlation between heightened psychological poverty and deteriorating mental health among the participants. The data indicated that students experiencing persistent financial difficulties, academic pressure, and personal health concerns were more vulnerable to mental health issues, including stress, anxiety, and low self-esteem. These factors often reinforced one another, creating a cycle where financial stress intensified academic demands, which in turn diminished emotional resilience. Students with lower self-efficacy were especially prone to experiencing psychological distress. The results emphasize that both financial and academic pressures contribute to reduced mental well-being, particularly among economically disadvantaged students. The study concludes that psychological poverty serves as both a direct and indirect stressor on mental health. The findings highlight the need for institutions to provide adequate financial and psychological support for students, especially those facing economic hardship. Educational assistance, mental health services, and targeted interventions for 4Ps beneficiaries are recommended to help break the cycle of financial stress and poor mental health. The study underscores the importance of institutional involvement in promoting well-being and academic success among vulnerable student populations.

RECOMMENDED CITATION

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