

GENDER DIFFERENCES IN COPING STRATEGIES FOR ACADEMIC STRESS AMONG ACAEX SCHOLAR STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*academic stress; gender
differences; coping strategies;
stress management programs;
academic performance;
coping skills workshops*

ARTICLE ID

AASGBCPJMRA-B97729

Academic stress remains a prevalent issue among college students, significantly affecting their mental health and academic performance. This study examines the gender-based differences in coping strategies employed by ACAEX scholar students at Bestlink College of the Philippines in managing academic stress. Understanding these differences is crucial for developing evidence-based, gender-sensitive support programs that strengthen student resilience, promote well-being, and enhance academic success. A quantitative research design was employed to examine academic stress levels and coping strategies among male and female students. Data were collected through a structured survey questionnaire, specifically designed to capture the frequency and type of coping mechanisms used. To identify any statistically significant gender-based differences in coping strategies, the data were analyzed using independent samples t-tests. The results indicated that female students reported higher levels of academic stress than male students. Furthermore, females predominantly relied on emotion-focused coping strategies, including seeking social support and emotional regulation, whereas males tended to favor problem-focused coping methods and avoidant behaviors. Statistical analysis confirmed a significant gender difference in coping strategies, underscoring the distinct ways in which male and female students manage academic stress. The results underscore that male and female students utilize distinct coping mechanisms when confronting academic stress, emphasizing the critical need for customized stress management programs that reflect these gender-specific differences. It is recommended that educational institutions implement gender-responsive interventions such as structured peer support systems, targeted academic counseling, and skills-based workshops focused on effective coping strategies. These tailored approaches are essential for promoting healthier stress management, improving psychological resilience, and ultimately enhancing students' overall well-being and academic achievement.

RECOMMENDED CITATION

Campillo, A., Capal, A. M., Mallari, J. M., Ortiz, D., & Villanueva, A. (2025). Gender Differences in Coping Strategies for Academic Stress Among ACAEX Scholar Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 102.