

RELATIONSHIP OF FRIENDSHIP SEPARATION ON SELF-ESTEEM OF FIRST YEAR BACHELOR OF SCIENCE IN PSYCHOLOGY AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

AUTHORS

Auldrey Angeles
Koleen Andrea Escalona
Irish Libetario
Zyra Quinao
Ria Love Zulueta

RESEARCH ADVISER

Adora Angeline E. Babia,
PhD

AFFILIATION

Bestlink College of the
Philippines

DISCIPLINE

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This study examines the relationship between friendship separation and self-esteem among first-year Bachelor of Science in Psychology students at Bestlink College of the Philippines. As students transition into college life, separation from close friends is a common experience that can influence their emotional well-being and academic performance. This research seeks to provide insights into how friendship separation affects students' self-esteem and aims to inform the development of support strategies that promote mental health and academic success during this critical adjustment period. This study adopted a descriptive quantitative research design and involved 100 first-year Psychology students selected through stratified random sampling. Data were collected using survey questionnaires as the main research instruments. The Rosenberg Self-Esteem Scale, a validated tool, was utilized to measure students' self-esteem levels. Additionally, a researcher-designed questionnaire was used to examine factors associated with friendship separation—such as academic priorities, personal interests, and family obligations—using a 4-point Likert scale. The findings indicated a statistically significant negative correlation between perceived friendship separation and self-esteem ($p < 0.05$). Students who reported experiencing friendship separation demonstrated lower levels of self-esteem compared to those who did not. Key factors contributing to friendship separation included increased academic workload, evolving personal interests, and family-related responsibilities. This study underscores the significant impact of friendship separation on the self-esteem of first-year college students. Addressing this issue is essential for fostering emotional well-being and academic success. Educational institutions that implement support systems and intervention strategies can help students cope more effectively with the emotional challenges brought about by friendship separation. By adopting these recommendations, Bestlink College of the Philippines may enhance student well-being, promote academic performance, and improve retention rates. Future studies are encouraged to examine the long-term effects of friendship separation on students' mental health and academic trajectories.

RECOMMENDED CITATION

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