

## “The Study and Innovation of the Mental Awareness Practices for First Year of Bachelor of Science in Criminology at Tanauan Institute”

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**Abstract:** Mental health awareness is the ongoing effort to reduce the stigma around mental illness and mental health conditions by sharing our personal experiences. This research focuses on studying and innovating the mental awareness practice effectiveness, discovering new practice that can help individual students in the field of Criminology. The findings show that the student could improve themselves and protect them from mental disorder by using a different mental practice. The mental practice can get them to understand the importance of self-care and mental wellbeing can help to reduce the stigma associated with having mental health difficulties.

This study explores knowledge of 1st year students of Bachelor Of Science in Criminology from Tanauan Institute about mental awareness practice and its impact for them to innovate mental awareness practice. As the researchers specifically aim to innovate the mental practices, a descriptive design was utilized and the research instruments used were surveys and interviews. The sample size of the study is composed of 100 individuals gathered from the subgroups of the population. In this study, the researchers will use a stratified sampling method and the researcher will use a python programming language. This involves dividing the population into groups based on level of year, Program and the School. The researchers will use percentages to measure the knowledge of respondents about mental awareness practice and the different kinds of innovation of mental awareness practice. Means and standard deviations are descriptive statistics that will be used to summarize the effectiveness of mental awareness practice. This research focuses on the crucial role of mental awareness practice to encourage and increase protective factors and healthy behaviors that can help prevent the onset of a diagnosable mental disorder and reduce risk factors that can lead to the development of a mental disorder. By evaluating the efficacy and knowledge of newly discovered mental awareness practice of students, the study suggests that providing more research studies and sharing different stories that can support the effectiveness of new mental awareness practice can inspire the students.

**Key Words:** Mental Health Awareness, Innovate, Self-Care, Mental disorder, Mental Well-being, Stigma,

### 1. INTRODUCTION

According to the World Health Organization. (2022, June 17). Mental Health. World Health Organization Mental

health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and

fruitfully, and is able to make a contribution to her or his community. Mental health refers to our cognitive, behavioral, and emotional well-being - it is all about a healthy mental condition is an individual free condition from all forms of mental disorders .In addition, Furr, S. R., Westefeld, J. S., McConnell, G. N., & Jenkins, J. M. (2001) reported that 53% of 1,455 college students labeled themselves as being depressed since starting college and are attributed to academic issues, loneliness, financial difficulties and social relationship problems. Additionally, 9% of them reported having suicidal ideation. The stability of mental and physical health affect each other. Performing mental awareness practice is important for criminology students as they will have to work with offenders and victims, and assessing and understanding their behavior will be a key part of their .Daniel Goleman Emotional Intelligence Courses. (n.d) "People who have a bright outlook, of course, are better able to survive facing difficult circumstances, including medical difficulties." (Goleman, 1996). By carefully examining these mental awareness practices, the researchers hope to offer insightful analysis and useful suggestions for effectiveness of innovation of mental awareness practice for 1st year Bachelor of Science Criminology from Tanauan Institute.

The statement of the problem tackled the Demographic of Respondents in terms of:

1.1 Gender

1.2 Year and Section

1.3 Age

The specific factors that influence the relationship between mental health and academic performance among college students. How does Mental Health positively and negatively affect daily life as a college student. The coping strategies and support systems are currently available to address mental health issues in the college setting, and how effectively are they promoting academic success

The main objectives of the study are to analyze the respondent demographics, such as age, gender, program, year, and section. Examine the specific factors that influence the relationship between mental health and academic performance among college students. Evaluate the positive and negative effect of Mental Health in academic success in students attending school lastly Discover the innovative coping strategies and support systems that are currently available to address mental health issues in the college setting

## 2. METHODOLOGY

### A. Research Design

Researchers in quantitative research use a structured approach to collect numerical data for statistical analysis. In this context, descriptive research involves precisely characterizing participants and events. The focus of the research is on gathering quantifiable data, which is often accomplished through methods such as surveys, experiments, or structured observations. It is precise to have a clear and measurable research question or problem to guide the quantitative descriptive research process. In quantitative descriptive research, the three primary methods are observational studies, case studies, and surveys, all of which aim to provide detailed numerical summaries of study participants.

### B. Research Instrument

Likert-Scale Description	Likert-Scale	interval
Strongly Agree	4	3.28-4.00
Slightly Agree	3	2.52-3.27
Slightly Disagree	2	1.76-2.51
Strongly Disagree	1	1.00-1.75

Figure 1: Likert Scale

The questionnaire scale was used with a rating 4-Strongly Agree, 3-Slightly Agree, 2-Strongly Disagree, 1-Slightly Disagree and for the data analysis the interval was

interpreted as the follows: Strongly Disagree is in the pin point range of 1.00-1.75, Slightly Disagree is 1.76-2.51, Strongly Agree is 2.52-3.27 and Slightly Disagree is 3.28-4.00.

### C. Block Diagram

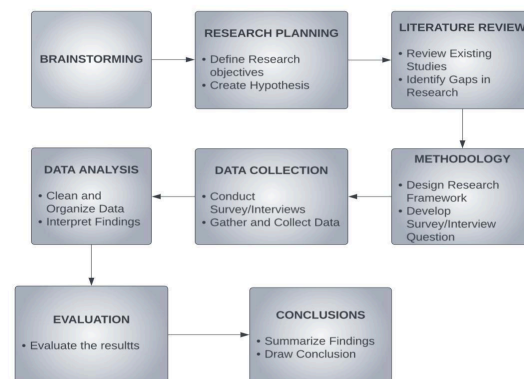
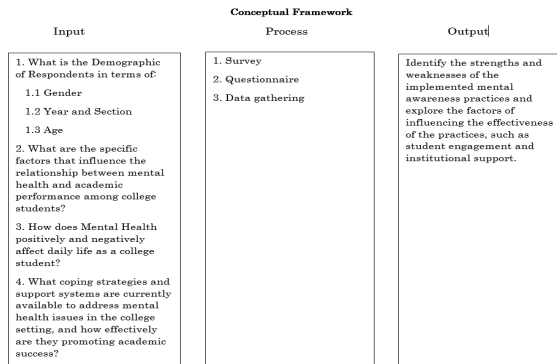


Figure 2: Block Diagram

The figure above shows the block diagram. In the process part, the researchers brainstorm, during which ideas for the research topic are produced, which is where the research thesis begins. The next step is a thorough research planning stage that describes the goals, methods, and scope of the study. The next step is a detailed review of the literature, which forms the conceptual framework for the study. After that, the study moves on to data analysis, using statistical techniques to gather useful data. The process of data collection is carried out accurately, following the approved procedures. In this process, methodology details play an important part in pointing out the entire research study. In addition, evaluation of the data that has been

gathered is done frequently with the use of programs like Python for in-depth analysis. The research thesis, which summarizes the study's contributions and insights, is the conclusion of the synthesis of findings that results in a strong conclusion.

#### D. Conceptual Framework

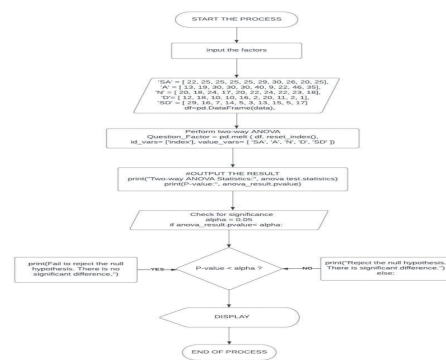


*Figure 3 : Conceptual Framework*

In this figure the Input Process Output (IPO) model includes all of the problems that this study tackled and how the researcher answers the problem. Figure 1. It shows the demographic data of the respondent . Secondly the specific factors that influence the relationship between mental health and academic performance among criminology college students also How does Mental Health positively and negatively affect daily life as a college student . Lastly coping strategies and support systems are currently available to address mental health issues in the college setting, and how effectively they promote academic success .Figure 2. The process of this study is the way of conducting surveys , questionnaires and lastly Data

gathering . For figure 3. Identifying the weakness and strength of the study .

#### E. Flowchart



Formula:

$$n_h = \left( \frac{N_h}{N} \right) * n$$

where:

**n<sub>h</sub>** - Sample size for hth stratum

**N<sub>h</sub>** - Population size for hth stratum

**N** - Entire population size

**n** = Entire sample size

### 3. RESULTS AND DISCUSSION

Gender  
100 responses

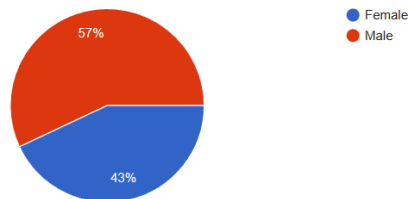


Figure 5: Gender

This figure shows that 57% of respondents were male while 43% were Female.

Section  
100 responses

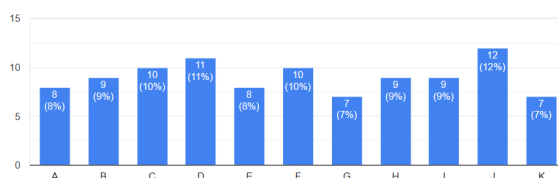


Figure 6: Section

The respondents in the study are 100 students who were randomly selected as respondents from Tanauan Institute. The respondents are the BS Criminology first year with the section of A to K for the effectiveness and precision of this study for next researcher on the same topics.

Anova: Single Factor				
SUMMARY				
Groups	Count	Sum	Average	Variance
Column 1	10	397	39.7	160.456
Column 2	10	446	44.6	45.6
Column 3	10	67	6.7	36.2333
Column 4	10	90	9	57.5556
Column 5	10	31.5	3.15	0.10453

ANOVA						
Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	15730.8	4	3932.7	65.5561	3.4275E-18	3.76743
Within Groups	2699.54	45	59.9898			
Total	18430.3	49				

Figure 7: Anova Test

The figure above shows the ANOVA test of the research. The researchers use summary, count, sum, average, and variance to determine statistical significance.

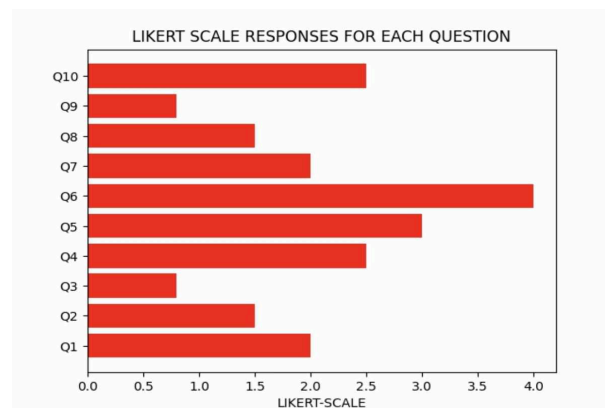


Figure 8: Anova Graph



This figure shows the researchers graph of Likert scale responses for each question. The frequency that reaches the minimum requirements is significant, while the frequency that does not reach or below is not significant.

#### 4. CONCLUSION

The findings show that Section and Gender had a significant factor for this study however age had no significant factor for this study. The relationship between mental health and academic performance among criminology students had many-sided, with various factors. The nature of criminology studies involve exposure to sensitive and distressing content that may affect the student's mental health and also their academic performance as student. The stress may come from the pressure, financial stress, family responsibilities, and personal relationships that can affect mental well-being. The coping strategies can help to relieve the stress of the student. In this study the researchers discovered the Positive and Negative effects of mental health awareness for 1st year criminology students from tanauan institute are Good mental health enhances academic success by improving concentration, cognitive function, resilience, time management, and communication, while poor mental

health leads to difficulties in concentration, motivation, and increased likelihood of missing classes or assignments. Poor mental health negatively impacts academic success, leading to difficulties in concentration, decreased motivation, increased missed classes, and strained relationships with peers. As recommendation Tanauan Institute can offer wellness program that can promote healthy living that can positively affect the mental health of every students and can introduce the on-campus counseling services which can give the student safe space where they can discuss their concerns and receive professional help and understanding from the fellow student who may share experiences. Institutions may offer accommodations, such as extended deadlines or reduced course loads, to students struggling with mental health issues. These strategies aim to create a supportive environment that acknowledges the importance of mental health in academic success and overall well-being.

#### 5. ACKNOWLEDGEMENT

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