

# Academic Stress of Public Secondary Learners in the Philippines

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**Abstract:** *The study determined the levels of academic stress of secondary learners at Don Casimero Andrada National High School (DCANHS) in Carles, Iloilo, Philippines. Using a descriptive quantitative research design, 415 students were surveyed through validated Likert-scale instruments. The participants were classified according to age, sex, grade level, and socio-economic status. Stratified random sampling ensured a representative sample. Key findings revealed that learners generally experienced moderate academic stress, with the highest stress reported in Grade 11 students. The areas with the highest levels of stress were workload and grade-related concerns. Learners at transition grade levels and those in the upper years of high school exhibited higher levels of stress due to the increased academic responsibilities and future-oriented concerns. The study highlights the need for schools to implement structured mental health programs, peer support systems, and academic counselling to foster a healthier learning environment. The present study is based on the hypothesis*

H<sub>01</sub>: There is no significant difference in the level of academic stress among public secondary learners when classified according to age, sex, grade level, and socio-economic status

**Keywords:** Academic Stress, Public Secondary Learners, Academic Performance

