

**PAHUWAY: THE RELATIONSHIP BETWEEN SATISFACTION
TOWARD MENTAL HEALTH DAY AND SELF-EFFICACY OF HIGHER
EDUCATION INSTITUTION (HEI) STUDENTS**

A Thesis

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BACHELOR OF SCIENCE IN PSYCHOLOGY

By:

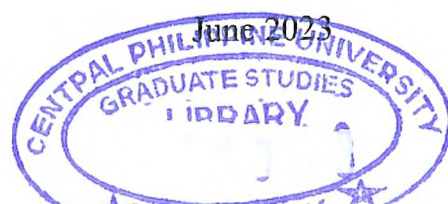
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ABSTRACT

This study sought to determine the relationship between the satisfactions towards the Higher Education Institution Mental Health Day Program correlated with the students' self-efficacy. The respondents of this study were three hundred seven (307) students enrolled in the College of Arts and Sciences at Central Philippine University, for the academic year 2021-2022. This study utilized a correlational research design. A stratified random sampling was used in obtaining the respondents. This study used a three-part questionnaire, researchers-made and adapted. The independent variables in this study were the demographic profile, the sex and type of community, and the satisfaction towards Mental Health Day and self-efficacy were the dependent variables. In the analysis of the data, frequency distribution and percentage were used to describe the independent variables, while standard deviation and mean were utilized to describe the dependent variables. Independent T-test was used to determine the significant difference in the satisfaction toward Higher Education Institution Mental health Day and students' self-efficacy when the respondents were grouped according to sex and type of community, while the Pearson Correlation Coefficient (Pearson's R) was utilized to measure the correlation between two interval variables. The major findings of this study, showed no significant difference in the level of satisfaction towards Mental Health Day, and the students' self-efficacy. There was a significant relationship between level of satisfaction towards Higher Education Institution Mental Health Day, and the students' self-efficacy, therefore rejecting the null hypothesis