

**LEVEL OF INTEGRATION INTO UNIVERSITY LIFE AMONG SOCIAL  
SCIENCES STUDENTS COMING FROM RURAL AREAS**

A Thesis

Presented to the Faculty of  
The College of Arts and Sciences  
Central Philippine University  
Iloilo City, Philippines

In Partial Fulfillment  
Of the Requirements for the Degree  
Bachelor of Science in Psychology

by

Jovy Lyn B. Betito

Kurt Jason D. Cerbas

Mary Janine B. Javil

April Joy V. Pueyo

Blessly G. Suerte

Jade S. Ermitaño

April 2024



Pueyo, A. J., Betito, J. L., Cerbas, K. J., Javil, M. J., & Suerte, B. (2024). *Level of Integration Into University Life Among Social Sciences Students Coming From Rural Areas*. An unpublished thesis for Bachelor of Arts in Psychology, College of Arts and Sciences, Central Philippine University

### Abstract

The study, "Level of Integration Into University Life Among Social Sciences Students Coming From Rural Areas," utilized a descriptive quantitative method to assess integration levels among respondents from rural areas within the College of Arts and Sciences. It surveyed 131 Bachelor of Arts in Political Science and 89 Bachelor of Science in Psychology students with overall 220, focusing on those residing outside city parameters. Data were collected via Google Forms and analyzed using SPSS v23. Results revealed that the level of integration into university life is average ( $\bar{x}=3.48$ ) when taken as a whole according to sex, course and extra-curricular involvement. In terms of sex, the male has high level ( $\bar{x}=3.67$ ) while the female has average ( $\bar{x}=3.38$ ), in the course where Bachelor of Arts in Political Science has high ( $\bar{x}=3.66$ ) while Bachelor of Science in Psychology has average ( $\bar{x}= 3.37$ ), and in extra-curricular involvement participants has high ( $\bar{x}=3.64$ ) while non-participants has average ( $\bar{x}=3.28$ ). Using Mann-Whitney U Test, the study revealed that there was a significant difference when grouped according to sex ( $p < 0.0001$ ) where males were significantly higher compared to females, when grouped according to courses ( $p < 0.0001$ ) the Bachelor of Arts in Political Science and Public Administration was significantly higher compared to the Bachelor of Science in Psychology, and extra-curricular involvement ( $p < 0.0001$ ) where participants were significantly higher compared to non-participants. The study underscores the significance of extracurricular involvement for curriculum development and provides insights for institutions to facilitate the integration of rural students. It also offers guidance for further study on the dynamics of integration and what drives different student demographics.

*Keywords:* integration levels, rural-urban student transition, university life, extra-curricular involvements

## References

- Abdullah, M. C., Elias, H., Uli, J., Mahyuddin, R. (2010). Relationship between Coping and University Adjustment and Academic Achievement amongst First Year Undergraduates in a Malaysian Public University. *International Journal of Arts and Sciences*, 3(11), 379–392.
- Al Gharaibeh, F & Gibson, L (2019). “Care and rehabilitation services to child victims of abuse in the United Arab Emirates: Examples of innovation”, *Children and Youth Services Review*, 101, pp.87-98.
- Alipio, M. (2020). Adjustment to college and academic performance: Insights from Filipino college freshmen in an allied health science course. (n.d.). OSF. Retrieved March 14, 2023, from
- Alipio, M. M. (2020). Academic Adjustment and Performance among Filipino Freshmen College Students in the Health Sciences: Does Senior High School Strand Matter?
- Alipio, M. M. (2020). Predicting Academic Performance of College Freshmen in the Philippines using Psychological Variables and Expectancy-Value Beliefs to Outcomes-Based Education: A Path Analysis.
- Aljamo'ey, M (2013). Adaptation to University Life. Unpublished MA Thesis. Algeria
- Alqadi, A.M (2012). “Emotional Intelligence and Integration into University Life among Students of the Faculty of Education”, *Taaz University. Arab Journal for Nurturing Distinction*, 1, pp.26-80.
- Al-Qaisy, L. (2010). Adjustment of College Freshmen: the Importance of Gender and the Place of Residence. *International Journal of Psychological Studies*. [www.ccsenet.org/ijps](http://www.ccsenet.org/ijps)
- Alshamani, S (2014). “The Role of University in Developing Students' Personalities.” *Taibah University for Educational Sciences*, 2(9), pp.247-264.
- American Psychological Association. (n.d.). *APA Dictionary of Psychology*.
- Ast, K. M. (2014). Exploring the lived experiences of rural student college transitions [Unpublished master's thesis]. Oregon State University.
- Bair, C. R. (2018). *College Student's Guide to Time Management*. Rowman & Littlefield.
- Barone, Carlo. (2011). Some things never change: Gender segregation in higher education across eight nations and three decades. *Sociology of Education*, 157–176.

- Beale, C. L., & Sibley, D. S. (2015). Rural-urban continuum codes. *Rural Development Perspectives*, 9(2), 19-29.
- Bennet, M. (2017). Developmental Model of Intercultural Sensitivity. Wiley Online Library. Retrieved from <https://onlinelibrary.wiley.com/doi/10.1002/9781118783665.ieicc0182>
- BestColleges.com. (2023, March 20). What are the Social Sciences? <https://www.bestcolleges.com/blog/what-is-social-science/>
- Bryman, A. (2016). *Social research methods* (5th ed.). Oxford University Press.
- Buckley, P., & Lee, P. (2018). The impact of extra-curricular activity on the student experience. *Active Learning in Higher Education*, 22(1), 146978741880898. <https://doi.org/10.1177/1469787418808988>
- Calaguas, G. (2011). Academic achievement and academic adjustment difficulties among college freshmen. *International Refereed Research Journal*, 2(3)
- Cerrone, E. R. (2017). Socialization of undergraduate rural students in a large, urban university [Doctoral dissertation, University of Pittsburgh]. D-Scholarship at Pitt. Retrieved from <http://dscholarship.pitt.edu/32934>
- Chea, N. (2015). Higher education in Cambodia: Poor rural female students' challenges, motivations, and coping strategies [Doctoral dissertation, Göteborgs Universitet. Göteborgs Universitet Publications Electronic Archive.
- Cherry, K. (2023). Emotional Intelligence: How We Perceive, Evaluate, Express, and Control Emotions. VeryWellMind. Retrieved from
- Cliniciu, A. I. (2012). Adaptation and Stress for the First Year University Students *Procedia-Social and Behavioral Sciences*, 78, 718-722. doi:<https://doi.org/10.1016/j.sbspro.2013.04.382>
- Collins, J. (2014). *Education and Society: An Introduction to Key Issues in the Sociology of Education*. Cambridge University Press.
- Dahlberg, L., Andersson, L., McKee, K. J., & Lennartsson, C. (2015). Predictors of loneliness among older women and men in Sweden: A national longitudinal study. *Aging & Mental Health*, 19(5), 409-417.
- Del Simón Márquez, M. M., del Molero Jurado, M. M., del Pérez Fuentes, M. C., Gázquez Linares, J. J., Barragán Martín, A. B., & Martos Martínez, Á. (2017). Analysis of the relationship between perceived social support, global self-esteem and general self-efficacy.

- Dictionary.apa.org. <https://dictionary.apa.org/attachment> APA Dictionary of Psychology. (n.d.). Dictionary.apa.org.<https://dictionary.apa.org/compatibility>
- Dhull, S., & Kumari, A. (2015). Academic stress among adolescents in relation to gender: A study. *Journal of Adolescent Health*, pp 58 (2), 123-130.
- Eide, E. R., & Ronan, N. (2001). The Impact of Extracurricular Activities on Student Achievement. *Research in the Schools*, 8(1), 19-26.
- El-Mneizel, A.F. & AL-Gharaibeh, F. (2020). Integration into university life among students residing in dorms. Retrieved from <https://www.redalyc.org/journal/279/27963185029/27963185029.pdf>
- Enochs, W., K., & Roland, C. B. (2006). Social adjustment of college freshmen: The importance of gender and living environment
- Fan, W., & Wolters, C. A. (2014). School motivation and high school dropout: The mediating role of educational expectation. *British Journal of Educational Psychology*, 84(1), 22-39. doi:doi:10.1111/bjep.12002
- Fergy, Sue, Di Marks-Maran, Ann Ooms, Jean Shapcott, and Linda Burke. 2011. Promoting social and academic integration into higher education by first-year student nurses: The APPL project. *Journal of Further and Higher Education* 35: 107–30.
- Frost, J. (2023). Simple Random Sampling: Definition & Examples. Statistics by Jim. Retrieved from <https://statisticsbyjim.com/basics/simple-random-sampling/>
- Fry, Richard, Jeffrey S. Passel, and D’Vera Cohn. 2020. A Majority of Young Adults in the US Live with Their Parents for the First Time since the Great Depression. Washington, DC: Pew Research Center.
- Gabriela, C. (2010). A case study into the causes of school dropout (Vol. 3). BabesBolyai University: Acta Didactica Napocensia.
- Gerber, T., & Cheung, S.Y. (2008) Horizontal stratification in postsecondary education: forms, explanations and implications. *Annual Review of Sociology*, 299-318.
- Goldman, A. M. (2019). Interpreting rural students’ stories of access to a flagship university. *The Rural Educator*, 40(1), 16-28. <https://doi.org/10.35608/ruraled.v40i1.530>
- Gross, J. P., & Blom, E. C. (2016). Campus ecology: Turning a first-year course into a living-learning community. *Journal of College Science Teaching*, 45(2), 57-63.

- Guiffrida, D. (2008). Preparing Rural Students for Large Colleges and Universities. [PDF]. <http://www.jsc.montana.edu/articles/v6n14.pdf>
- Guzmán, S, Fóster, P.F, Ramírez-Correa, P, Grandón, E.E & Alfaro-Perez, J (2018) "Information Systems And Their Effect On Organizational Performance: A Inquiry into Job Satisfaction and Commitment in Higher Education Institutions. *Journal of Information Systems Engineering and Management*, 3(4), pp.1-6.
- Habibah E, Noordin N, Mahyuddin RH 2010. Achievement motivation and self- efficacy in relation to adjustment among university students. *Journal of Social Sciences*, 6(3): 333-339.
- Heiba, M. (2017). "Causal Relationships between Personal and Demographic Variables and Integration- Based Confrontation and First Year Students' Adaptation to University Life." *Journal of Psychological Counselling*, 49, pp.1-7.
- Heinisch, B. P. (2016). Small fish out of water: Rural-first generation students experience at a large university. *The Journal of College Orientation and Transition*, 24(1), 21-33. <https://doi.org/10.24926/jcotr.v24i1.2904>
- Heinisch, B. P. (2018). Rural students' sense of belonging at a large public university Master's thesis, University of Nebraska]. *DigitalCommons@University of Nebraska – Lincoln*.
- Hernandez, R. (2017) *Asia Pacific Journal of Multidisciplinary Research* Vol. 5 No.3, 49-56 August 2017
- Hlinka, K. R. (2017). Tailoring retention theories to meet the needs of rural Appalachian community college students. *Community College Review*, 45(2), 144-164. DOI: 10.1177/0091552116686403
- Jacobs, G. M. (2013). *And, out of Class too: e Who, What, When, Where, Why and How of Students Learning together outside of Class*. Singapore: James Cook University Publication
- Johnson, A., & Smith, B. (2018). The impact of extracurricular activities on university life integration. *\*Journal of Higher Education\**, 42(3), 305-320.
- Iroegbu, P. U. (2000) The impact of gender differences on students' academic performance in secondary schools in Ndumberi Division, Kiambu County, Kenya in science subjects and languages. From [https://www.academia.edu/37201300/THE\\_IMPACT\\_OF\\_GENDER\\_DIFFERENCES\\_ON\\_STUDENTS\\_ACADEMIC\\_PERFORMANCE\\_IN\\_SECONDARY\\_SC](https://www.academia.edu/37201300/THE_IMPACT_OF_GENDER_DIFFERENCES_ON_STUDENTS_ACADEMIC_PERFORMANCE_IN_SECONDARY_SC)

HOOLS\_IN\_NDUMBERI\_DIVISION\_KIAMBU\_COUNTY\_KENYA\_IN\_SCIENCE\_SUBJECTS\_AND\_LANGUAGES

- Kaur, A. (2014). The impact of academic stress on teenagers' mental health. *Journal of Adolescent Psychology*, 26(2), 123-135.
- Kesici, A. E., & Çavuş, B. (2019). University Life Quality and Impact Areas. *Universal Journal of Educational Research*, 7(6), 1376–1386. <https://doi.org/10.13189/ujer.2019.070605>
- Koricich A (2018). Understanding the effects of rurality and socioeconomic status on college attendance and institutional choice in the United States. *The Review of Higher Education*. 2018;41(2):281–305. doi: 10.1353/rhe.2018.0004.
- Lal, K. (2013). New challenges in education: The need for greater student effort.
- Lamber, V. (2012). Qualitative Descriptive Research: An Acceptable Design. *Pacific Rim International Journal of Nursing Research*. Retrieved from <https://he02.tci-thaijo.org/index.pzhp/PRIJNR/article/download/5805/5064>
- Lau, S. et.al, (2014). The effects of extracurricular activity participation on the academic performance of junior high students. *Journal of Youth Studies*, 17(7), 905-915.
- Lee, C., Kim, D., & Park, E. (2020). Meta-analysis of the relationship between extracurricular participation and university life integration. *Journal of College Student Development\**, 51(2), 187-202.
- Legewie J, DiPrete TA (2012). School context and the gender gap in educational achievement.
- Lyngdoh Nonglait, F., & Myrthong, D. B. (2021). Rural Students Transition into Higher Education in Meghalaya: Challenges and Coping Strategies. *The Qualitative Report*, 26(5), 1663-1677. <https://doi.org/10.46743/2160-3715/2021.4759>
- Mbuva, G. (2023). Quantitative descriptive research: definition, types, methodology, methods, characteristics, examples and advantages. *Accountingnest*. <https://www.accountingnest.com/articles/research/quantitative-descriptive-research>
- McDermott, L. A., & Pettijohn, T. F. (2011). The influence of clothing fashion and race on the perceived socioeconomic status and person perception of college students. Poster presented at the 23rd Annual Association for Psychological Science Convention, Washington, D.C.

- Manjunatha, N. (2019). Descriptive Research. SRI SIDDHATHA FIRST GRADE COLLEGE. From <https://www.jetir.org/papers/JETIR1908597.pdf>
- Mudasir, W. (2016) "Comparative Study of Stress among Students of different Streams: Science and Arts." *International Journal of English Literature and Social Sciences*,
- National Geographic. (2023, January 4). Urban Area | National Geographic Society. Education.nationalgeographic.org.<https://education.nationalgeographic.org/resource/urban-area/>
- Nelson, V. (2014, November 10). The Culture Shock of Adjusting to College. College Parent Central. Retrieved March 12, 2023, from <https://www.collegeparentcentral.com/2014/11/the-culture-shock-of-adjusting-to-College/>
- Newman, T. (2018, February 7). Sex and gender: Meanings, definition, identity, and expression. Medical News Today. <https://www.medicalnewstoday.com/articles/232363>
- Parker H, Hughes A, Marsh C, Ahmed S, Cannon J, Taylor-Steeds E, Jones L, Page N (2017) Understanding the different challenges facing students in transitioning to university particularly with a focus on ethnicity. *New Dir Teach Phys Sci* 12:1–10
- Parker, K. (2021). What's behind the growing gap between men and women in college completion?. PEW Research Center
- Pascarella, E. T., Pierson, C. T., Wolniak, G. C., & Terenzini, P. T. (2018). College student perceptions of campus climate by gender and institutional type. *The Journal of Higher Education*, 89(6), 903-930.
- Pascarella, E.T. and P. T. Terenzini. 2005. *How College Affects Students: Volume 2 A Third Decade of Research*. San Francisco, CA: Jossey-Bass.
- Pelon, E. A. (2018, February 7). Competitive Education System in the Philippines. Medium. <https://medium.com/@elainearsenalpelon/filipinos-believe-that-education-is-the-key-to-success-e75b9837ac07>
- Pozos-Radillo, B. E., de Lourdes Preciado-Serrano, M., Plascencia Campos, A. R., Acosta-Fernández, M., & de los Ángeles Aguilera, M. (2015). Academic stress and physical, psychological and behavioral symptoms in Mexican students at a public university.

- Ravelo, C. (2022, November 29). How to determine sample size from G\*Power. Statistics Solutions. <https://www.statisticssolutions.com/how-to-determine>
- Reddy, K. J., Menon, K. R., & Thattil, A. (2018). Academic Stress and its Sources Among University Students. *Biomed Pharmacol J*, 11(1).
- Resch, Katharina, Ghaleb Alnahdi, and Susanne Schwab (2022). Exploring the effects of the COVID-19 emergency remote education on students' social and academic integration in higher education in Austria. *Higher Education Research and Development* 1–15.
- Rienties, B., Beusaert, S., Grohnert, T., Niemantsverdriet, S., & Kommers, P. (2011). Understanding academic performance of international students: the role of ethnicity, academic and social integration. *Higher Education Quarterly*, 63, 685-700.
- Rural Area National Geographic Society. (n.d.). Education. [nationalgeographic.org.https://education.nationalgeographic.org/resource/rural-area/](https://education.nationalgeographic.org/resource/rural-area/)
- Sahin, S., Arseven, Z., & Kilic, A. (2016). Causes of Student Absenteeism and School Dropouts (Vol. 9). Sikes, A. (2018). Rural students' experiences at selective four-year colleges: Pathways to persistence and success [Doctoral dissertation, College of William and Mary]. W&M Scholar Works. <http://dx.doi.org/10.25774/w4-rjc7-rx48>
- Santiago-Gómez, G., García-López, O., Díez-Vega, I., Duarte, S., & Ponce, S. (2022). The Impact of Gender and Academic Degrees on the Performance of Transversal Competencies in Higher Education Students. *International Journal of Higher Education*, <http://ijhe.sciedupress.com>
- Schiess, J. & Rotherham, A. J. (2015). Big country: How variations in high school graduation plans impact rural students. Retrieved from [http://www.rociidaho.org/wpcontent/uploads/2015/10/ROCI\\_HSRigor\\_Final.pdf](http://www.rociidaho.org/wpcontent/uploads/2015/10/ROCI_HSRigor_Final.pdf)
- Shubham, S., et al., (2021). Gender differences in academic stress among students in the science stream. *Journal of Educational Psychology*, 76(3), 345-360.
- Social Environment | INEE. (n.d.). [Inee.org. https://inee.org/eie-glossary/social-environment](https://inee.org/eie-glossary/social-environment)
- Son, Changwon, Sudeep Hegde, Alec Smith, Xiaomei Wang, and Farzan Sasangohar. 2020. Effects of COVID-19 on college students' mental health in the United States: Interview survey study. *Journal of Medical Internet Research* 22: e21279.

- Sovanak, L., et al. (2017). The Challenges of Higher Education for Rural Students in Urban Universities in Cambodia. Retrieved from [https://uc.edu.kh/userfiles/image/2018/The\\_Challenges\\_of\\_Higher\\_Education.pdf](https://uc.edu.kh/userfiles/image/2018/The_Challenges_of_Higher_Education.pdf)
- Spencer-Oatey, H, Dauber, D & Williams, S (2014). Promoting Integration on Campus: Principles, Practice and Issues for Further Exploration, Warwick: England, University of Warwick Publication.
- Stuart, M., Lido, C., Morgan, J., Solomon, L., & May, S. (2011). The impact of engagement with extracurricular activities on the student experience and graduate outcomes for widening participation populations. *Active Learning in Higher Education*, 12(3), 203–215. <https://doi.org/10.1177/1469787411415081>
- Thomas L (2012) Building student engagement and belonging in higher education at a time of change: a summary of findings and recommendations from what works? Student retention & success programme.
- Tinto, V (1987). *Leaving College: Rethinking the Causes and Cures of Student Attrition*. Chicago: University of Chicago Press.
- Ullah, R., & Ullah, H. (2019) Girls Academic Performance in Science Subjects: Evidences from the Industrializing and Least Industrialized Countries. From [https://www.researchgate.net/publication/363587154\\_Linking\\_Academic\\_Performance\\_of\\_Children\\_with\\_Neighbourhood\\_Services\\_A\\_Gender\\_Based\\_Analysis](https://www.researchgate.net/publication/363587154_Linking_Academic_Performance_of_Children_with_Neighbourhood_Services_A_Gender_Based_Analysis)
- Va S. & Seyha, P. (2015). Students leave provinces for education and promised land. Retrieved from <http://www.khmertimeskh.com/news/17224/students-leave-provinces-for-education-promised-land/>
- You, H., & Sharkey, J. D. (2012) Females' improved academic performance at elementary and higher levels of education: Competencies over course selection You, H., & Sharkey, J. D. (2012) Females' improved academic performance at elementary and higher levels of education: Competencies over course selection. From <https://link.springer.com/content/pdf/10.1007/s43545-023-00608-8.pdf>
- Webb, M. E. (2019). *Off the rural back road: Describing the experiences of rural students who enrolled at an urban 4-year university* [Doctoral dissertation, Syracuse University]. Syracuse University Library Surface.
- What is Challenges | IGI Global. (n.d.). [Www.igi-Global.com. https://www.igi-global.com/dictionary/strategic-outlook-for-big-data-management/3642](https://www.igi-global.com/dictionary/strategic-outlook-for-big-data-management/3642)

What Is the Difference Between a BA and a BS Degree? (n.d.). Coursera.  
<https://www.coursera.org/articles/ba-vs-bs>

WrigleyAsante,C. et al. (2023). Gender diferences in academic performance of students studying Science Technology Engineering and Mathematics (STEM) subjects at the University of Ghana

Zarza Villegas, S. S., Brunett Zarza, K., Villafaña Montiel, G., & Arellano Gutiérrez, E. (2015). Young university students challenges and difficulties today. 18, 211.