



Republic of the Philippines
Department of Education
National Capital Region
SCHOOLS DIVISION OFFICE
City of Mandaluyong

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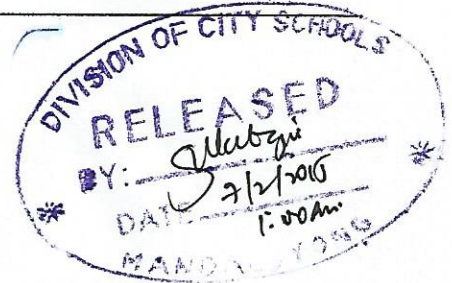
Official Website: depedmandaluyong.wordpress.com



MEMORANDUM:

TO : Chief Education Supervisors, SGOD/CID
Education Program Supervisors,
SGOD and CID Staff,
Dr. Corazon Regino., Principal, Isaac Lopez IS
Dr. Efren Consemينو, Principal, Eulogio Rodriguez IS

DATE : June 26, 2015



1. Attached is a letter-request of 3rd year Psychology students from Our Lady of Fatima University, asking permission to gather research data from ILIS and ERIS, which is self-explanatory and for information of all concerned.
2. This office interposes no objection to this request, provided that no teachers or school personnel and no school resources will be used in the said data gathering.
3. The concerned school principals are advised to accommodate the said researchers and make the necessary adjustments/preparations to avoid disruption of classes.
4. Immediate and wide dissemination of this Memorandum is desired.


NERISSA L. LOSARIA, CESO VI.
Officer In-Charge

Office of the Schools Division Superintendent



OUR LADY OF FATIMA UNIVERSITY

June 18, 2015

Dr. Nerissa L. Losaria

Schools Division Superintendent
Division of Mandaluyong City
Mandaluyong City, Metro Manila

Dear Dr. Losaria:

Warmest Greetings!

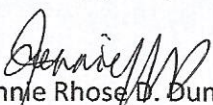
We are 3rd year psychology students from Our Lady of Fatima University and currently enrolled in our Psychological Research class. In partial fulfillment of the said course, we are required to have our data gathering procedure as part of the research entitled "The Role of Perceived Stress and Emotional Intelligence in the Humor Styles of Deaf and Mute Students". The objective of the research is to understand how the different humor style can be influenced by the apprehension of stress and the ability to regulate emotions of the students and be able to familiarize themselves on how to better deal interpersonally with students through the use of humor.

In line with this, we would like to seek for your permission and assistance to allow us to conduct our data gathering procedure in some selected schools. In collecting the data, we will need deaf and mute students, ages 18-25 years old that are currently enrolled in the following schools:

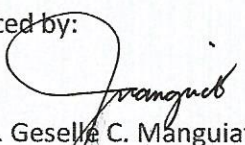
1. Eulogio Rodriguez Elementary School
2. Isaac Lopez Elementary School

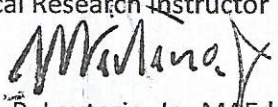
Your approval will be of great assistance to the success of this research paper. We will rest assure that all information gathered shall be treated with strict confidentiality and for academic purpose only.

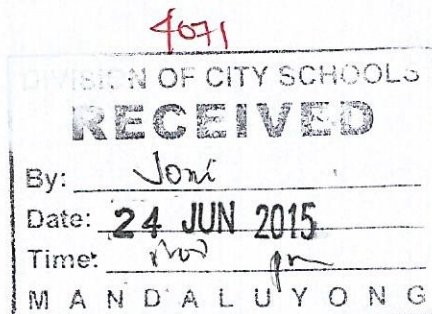
Respectfully yours,


Quennie Rhose D. Dumlao
Group Leader

Noted by:


Ms. Geselle C. Manguiat, MA, RP
Psychological Research Instructor


Mr. Ernesto R. Leuterio, Jr., MAEd
Dean, College of Arts and Sciences



Perceived Stress Scale

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling *how often* you felt or thought a certain way.

Name _____ Date _____

Age _____ Gender (Circle): M F Other _____

0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very Often

- | | | | | | |
|--|---|---|---|---|---|
| 1. In the last month, how often have you been upset because of something that happened unexpectedly? | 0 | 1 | 2 | 3 | 4 |
| 2. In the last month, how often have you felt that you were unable to control the important things in your life? | 0 | 1 | 2 | 3 | 4 |
| 3. In the last month, how often have you felt nervous and "stressed"? | 0 | 1 | 2 | 3 | 4 |
| 4. In the last month, how often have you felt confident about your ability to handle your personal problems? | 0 | 1 | 2 | 3 | 4 |
| 5. In the last month, how often have you felt that things were going your way? | 0 | 1 | 2 | 3 | 4 |
| 6. In the last month, how often have you found that you could not cope with all the things that you had to do? | 0 | 1 | 2 | 3 | 4 |
| 7. In the last month, how often have you been able to control irritations in your life? | 0 | 1 | 2 | 3 | 4 |
| 8. In the last month, how often have you felt that you were on top of things? .. | 0 | 1 | 2 | 3 | 4 |
| 9. In the last month, how often have you been angered because of things that were outside of your control? | 0 | 1 | 2 | 3 | 4 |
| 10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? | 0 | 1 | 2 | 3 | 4 |

Please feel free to use the *Perceived Stress Scale* for your research.

Mind Garden, Inc.

info@mindgarden.com

www.mindgarden.com

References

The PSS Scale is reprinted with permission of the American Sociological Association, from Cohen, S., Kamarck, T., and Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24, 386-396.
Cohen, S. and Williamson, G. Perceived Stress in a Probability Sample of the United States. Spacapan, S. and Oskamp, S. (Eds.) *The Social Psychology of Health*. Newbury Park, CA: Sage, 1988.

The Schutte Self Report Emotional Intelligence Test (SSEIT)

Instructions: Indicate the extent to which each item applies to you using the following scale:

- 1 = strongly disagree
- 2 = disagree
- 3 = neither disagree nor agree
- 4 = agree
- 5 = strongly agree

1. I know when to speak about my personal problems to others
2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them
3. I expect that I will do well on most things I try
4. Other people find it easy to confide in me
5. I find it hard to understand the non-verbal messages of other people*
6. Some of the major events of my life have led me to re-evaluate what is important and not important
7. When my mood changes, I see new possibilities
8. Emotions are one of the things that make my life worth living
9. I am aware of my emotions as I experience them
10. I expect good things to happen
11. I like to share my emotions with others
12. When I experience a positive emotion, I know how to make it last
13. I arrange events others enjoy
14. I seek out activities that make me happy
15. I am aware of the non-verbal messages I send to others
16. I present myself in a way that makes a good impression on others
17. When I am in a positive mood, solving problems is easy for me
18. By looking at their facial expressions, I recognize the emotions people are experiencing
19. I know why my emotions change
20. When I am in a positive mood, I am able to come up with new ideas
21. I have control over my emotions
22. I easily recognize my emotions as I experience them
23. I motivate myself by imagining a good outcome to tasks I take on
24. I compliment others when they have done something well
25. I am aware of the non-verbal messages other people send
26. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself
27. When I feel a change in emotions, I tend to come up with new ideas
28. When I am faced with a challenge, I give up because I believe I will fail*
29. I know what other people are feeling just by looking at them
30. I help other people feel better when they are down
31. I use good moods to help myself keep trying in the face of obstacles
32. I can tell how people are feeling by listening to the tone of their voice

33. It is difficult for me to understand why people feel the way they do*

Humor Styles Questionnaire

People experience and express humor in many different ways. Below is a list of statements describing different ways in which humor might be experienced. Please read each statement carefully, and indicate the degree to which you agree or disagree with it. Please respond as honestly and objectively as you can. Use the following scale:

	Totally Disagree	Moderately Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Moderately Agree	Totally Agree
	1	2	3	4	5	6	7
1. I usually don't laugh or joke around much with other people.							
2. If I am feeling depressed, I can usually cheer myself up with humor.							
3. If someone makes a mistake, I will often tease them about it.							
4. I let people laugh at me or make fun at my expense more than I should.							
5. I don't have to work very hard at making other people laugh -- I seem to be a naturally humorous person.							
6. Even when I'm by myself, I'm often amused by the absurdities of life.							
7. People are never offended or hurt by my sense of humor.							
8. I will often get carried away in putting myself down if it makes my family or friends laugh.							
9. I rarely make other people laugh by telling funny stories about myself.							
10. If I am feeling upset or unhappy I usually try to think of something funny about the situation to make myself feel better.							
11. When telling jokes or saying funny things, I am usually not very concerned about how other people are taking it.							
12. I often try to make people like or accept me more by saying something funny about my own weaknesses, blunders, or faults.							
13. I laugh and joke a lot with my friends.							
14. My humorous outlook on life keeps me from getting overly upset or depressed about things.							
15. I do not like it when people use humor as a way of criticizing or putting someone down.							
16. I don't often say funny things to put myself down.							
17. I usually don't like to tell jokes or amuse people.							

Totally Disagree	Moderately Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Moderately Agree	Totally Agree
1	2	3	4	5	6	7
18.	If I'm by myself and I'm feeling unhappy, I make an effort to think of something funny to cheer myself up.					1 2 3 4 5 6 7
19.	Sometimes I think of something that is so funny that I can't stop myself from saying it, even if it is not appropriate for the situation.					1 2 3 4 5 6 7
20.	I often go overboard in putting myself down when I am making jokes or trying to be funny.					1 2 3 4 5 6 7
21.	I enjoy making people laugh.					1 2 3 4 5 6 7
22.	If I am feeling sad or upset, I usually lose my sense of humor.					1 2 3 4 5 6 7
23.	I never participate in laughing at others even if all my friends are doing it.					1 2 3 4 5 6 7
24.	When I am with friends or family, I often seem to be the one that other people make fun of or joke about.					1 2 3 4 5 6 7
25.	I don't often joke around with my friends.					1 2 3 4 5 6 7
26.	It is my experience that thinking about some amusing aspect of a situation is often a very effective way of coping with problems.					1 2 3 4 5 6 7
27.	If I don't like someone, I often use humor or teasing to put them down.					1 2 3 4 5 6 7
28.	If I am having problems or feeling unhappy, I often cover it up by joking around, so that even my closest friends don't know how I really feel.					1 2 3 4 5 6 7
29.	I usually can't think of witty things to say when I'm with other people.					1 2 3 4 5 6 7
30.	I don't need to be with other people to feel amused -- I can usually find things to laugh about even when I'm by myself.					1 2 3 4 5 6 7
31.	Even if something is really funny to me, I will not laugh or joke about it if someone will be offended.					1 2 3 4 5 6 7
32.	Letting others laugh at me is my way of keeping my friends and family in good spirits.					1 2 3 4 5 6 7