

Socio-Emotional Skills of Grade 10 Students and their Academic Achievement Toward A Sel Support Program

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Abstract

Many students face various socio-emotional challenges that can hinder their academic performance and overall well-being. Addressing these challenges is critical to developing effective social-emotional learning (SEL) support programs aimed at enhancing students' socio-emotional skills and improving their academic achievement. This study aims to investigate the relationship between socio-emotional skills and the academic achievement of Grade 10 students in two different schools. A mixed-method research design was employed, integrating both qualitative and quantitative approaches through triangulation, to gain a comprehensive understanding of the issue. Both schools demonstrated good academic achievement based on the data collected. In terms of their socio-emotional skills, self-management was identified as the weakest area among Grade 10 students. In contrast, relationship management emerged as their strongest SEL skills. The findings indicate that higher level of socio-emotional learning skills is associated with better academic performance. This suggests that having good socio-emotional skills will enhance students' academic achievement. The study emphasized the importance of implementing SEL support programs to foster both personal and academic growth in students. The research was conducted among Grade 10 students from two schools in Manila, Philippines for comprehensive data gathering. Surveys were employed to collect quantitative insights from participants, while academic records were analyzed to establish correlations between socio-emotional skills and academic achievement. In addition, interviews were conducted to explore personal experiences and perspectives in depth. Focus group discussions were held to further enrich the data. This research proposed a SEL support program that addresses the students' weaknesses.

Keywords: Education and psychology, socio-emotional skills, academic achievement, mixed-method, Philippine/Asia