



IDENTIFYING THE EFFECTS OF ACADEMIC DISTRACTIONS AMONG ABM 12 STUDENTS AT BALAYAN SENIOR HIGH SCHOOL

**JONALYN L. BALUNAN, REJAINE D. DELA PEÑA, PAULINE RED P. EROMA,
JEREMY Q. ESPINELI, JOYCE RHIAN L. ESPIRITU,
MHAWIE DANIEL P. MARCO**

DepEd Batangas Province - Balayan Senior High School

ABSTRACT

This research was conducted to thoroughly investigate the prevalence, nature, and detrimental impact of academic distractions on the academic performance of Grade 12 Accountancy, Business, and Management (ABM) students at Balayan Senior High School. The study also examined the various coping strategies students currently employ. Key demographic findings highlighted a significant gender imbalance in the class, with females constituting 80% of the population, a factor that could influence classroom dynamics and participation.

The analysis revealed that the most disruptive factors to academic focus were family problems, environmental noise, and personal stress. These distractions were found to have a strong negative correlation with students' academic outcomes, specifically impairing their ability to achieve lesson retention, comprehension, and timely completion of academic tasks. Encouragingly, students are aware of these challenges and actively implement personal strategies to manage them effectively, including creating a calm study environment, setting realistic academic goals, practicing time management, and taking scheduled breaks.

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Based on these findings, we strongly recommend a multi-faceted approach. Students should develop stronger self-discipline by limiting mobile phone use and adopting productivity methods like the Pomodoro technique. Parents must provide supportive, distraction-free home environments and help their children prioritize academics. Teachers should foster peer collaboration and maintain open communication to reduce student stress, promoting a supportive learning atmosphere. Finally, the school should implement comprehensive programs promoting effective study habits and time management. This study provides a vital reference for future; more intensive research aimed at bolstering self-discipline and improving academic focus to enhance overall student performance.

Keywords: *Academic Distractions, Academic Performance, Coping Strategies, Time Management, ABM Students, Self-Discipline, Study Habits*

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