

# Personal Problems and Coping Mechanisms of NIMASA Scholars in Lyceum International Maritime Academy

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**Abstract** - This study aimed to determine the personal problems encountered by NIMASA scholars in Lyceum International Maritime Academy. Descriptive type of research method was used in the study. Results showed that Most of the respondents were often affected by the cultural differences of the Philippines and Nigeria. In terms of the effects of the problems in their studies, all the indicators obtained, the inadequate student - professor relationship is typical. Most of the respondents make use of social networks as a coping mechanism, these networks engage students; they bring a very large world together in a simple and easy way which helps them connect with friends, family and long lost college friends.

**Keywords:** Personal Problems, coping mechanisms, NIMASA, Cultural differences

## INTRODUCTION

Coping mechanisms can be defined as 'survival skills', strategies that people use to deal with stresses, pain, and natural changes that we experience in life. (www.qualicare.com/coping-mechanisms 2015) Coping mechanisms are also remedial actions taken by people whose survival and livelihood are compromised or threatened. When the coping skills are not adequate the stress may lead to illness (Cruzat, 2014).

Each year, numerous students embark on the adventure of studying abroad. Many universities are now encouraging students to take a semester or two abroad. This encouragement is shown in such ways as providing information about exchange programs, sending out emails about the possibilities for foreign studies and by hosting lectures on the topic of specific foreign universities/colleges or courses. Most universities also welcome international students, some because they believe it fosters -global understanding, others because of the financial boost international students provide. This is especially the case in universities where there is a high tuition fee (Gunn, 2009). Increasingly more students, including those in

the field of Education, seize opportunities to improve their qualifications and expertise at tertiary institutions in countries other than their own. Studying and living in another country for a period enable international students to explore new cultures and to broaden their life experiences through exposure to these cultures and foreign places. At the same time, international learners have the opportunity to improve their qualifications and expertise in empowering themselves to cope with the increasingly high demand for excellence and specialization in all sectors of life. In addition, studying at tertiary institutions and living in a country other than their own might contribute to international learners obtaining different perspectives and deeper understanding of contemporary societal conditions of their countries. In fact, it might even contribute to a deeper understanding and acceptance of themselves.

There is an influx of foreign students from different parts of the world to the Philippines. Since 2005, Lyceum of the Philippines University – Batangas has been accepting foreign students from different parts of the world such as Africa, South America and Asia. Presently, LIMA has about 325