**The Daily Struggles of Lorma Senior High School Student Commuters**

Jazz Andrei Arciaga

Christian Nissi Oyando

Kristhan Vierre Anaas

Althea Aquino

Jabe Anne Corpuz

Gwyneth Angela Lopez

Nazima Heidi Natura

Lorma Colleges Basic Education Schools

Urbiztondo, San Juan, La Union

12 STEM-HAS ORION

Practical Research 2

Julius C. Gamalog

June 2023

**Abstract**

This research paper explores the struggles faced by student commuters attending Lorma Senior High School and identifies the coping mechanisms employed by these students to overcome the challenges. The study employed a qualitative approach, collecting data through interviews with ten student participants. Findings revealed common themes regarding the experiences, transportation modes, time management strategies, and effects on academic performance. The challenges reported included overcrowded public transportation, long travel times, fatigue, and difficulties in time management. Coping mechanisms identified included early wake-up times, distraction through entertainment (music, games, social media), and practicing effective time management. The study highlights the importance of improving public transportation options, expanding transportation alternatives, enhancing infrastructure, promoting sustainable transportation, and providing student support services. These recommendations aim to enhance the commuting experience for Lorma Senior High School students, reducing stress, improving academic performance, and contributing to an overall positive student environment.

**Keywords:** *Students, commuting, public transportation, challenges, coping mechanisms, time management*