

Empowering Criminology Students: The Impact of Resiliency on their Criminology Internship Program

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Abstract

Resiliency in criminology students refers to their ability to effectively adapt and thrive amidst the academic and personal challenges inherent in their field of study, including coping with the emotional and psychological demands of understanding crime, trauma, and the criminal justice system. Conducted with 8 Criminology Intern Students selected through purposive sampling, using semi-structured interview schedule to collect the data of the lived experiences of the participants. The study identified 5 themes namely: (1) Managing Responsibilities Amidst Physical and Mental Strain ; (2) Goal Setting, Self-Awareness, and Maintaining a Positive Attitude ; (3) Support Systems, Personal Attributes, Goals, and Experiences ; (4) Building Resilience Through Adaptability, Coping, and Confidence ; and (5) Prioritization and Setting Boundaries. The findings emphasized that Criminology students struggled to balance their academic work, internship duties, and personal responsibilities, leading to physical and mental stress. To cope, they used strategies like setting clear goals, planning their time, staying positive, and seeking support from family, friends, and mentors, which helped them build resilience, adapt to challenges, and gain confidence.

Keywords: Challenges Encountered, Influential Factors, Internship, Resilience, and Support System.

I. INTRODUCTION

Resiliency in criminology students refers to their ability to effectively adapt and thrive amidst the academic and personal challenges inherent in their field of study, including coping with the emotional and psychological demands of understanding crime, trauma, and the criminal justice system (Barkan, 2024). This resilience is crucial as it enhances academic performance and persistence, preparing students for the rigors of professional roles in criminology (Colanggo et al., 2024). It fosters critical thinking, emotional intelligence, and a robust support system, essential for managing the complexities of criminal behavior and the stressors of careers in law enforcement, corrections, or social work (Howard et al., 2019). Building resilience ensures that criminology students are not only knowledgeable but also emotionally and mentally equipped to contribute positively to society and the criminal justice system. Understanding resiliency involves recognizing traits such as emotional strength, perseverance, adaptability, and a proactive attitude towards problem-solving. For criminology students, it means maintaining mental and emotional stability while grappling with distressing content and fostering a supportive peer network (Libradilla et al., 2023).

Further, in view of Criminology internship program, Rutter's (1987) resilience theory is particularly relevant, which emphasizes the interplay between risk factors and protective factors in fostering resilience. Rutter's theory suggests that resilience is not a static trait but a dynamic process that involves positive adaptation despite adversity. In the context of criminology internships, students often encounter high-stress environments, exposure to traumatic events, and the pressure of applying theoretical knowledge to real-world situations. According to Rutter's theory, protective factors such as strong social support, effective coping strategies, and positive relationships with mentors can significantly mitigate the impact of these stressors, enhancing interns' ability to adapt and thrive. The resilience developed through these protective factors enables students to manage the emotional and psychological challenges of their roles, maintain their well-being, and achieve professional competence.

Moreover, the relationship between resiliency and academic success is well-documented, with numerous studies highlighting how resilient students tend to achieve higher academic performance. Resiliency equips students with the ability to overcome setbacks, manage stress, and maintain a

positive outlook, all of which are crucial for academic success. For instance, a study by (Thorsen et al., 2021) found that resilient students were more likely to persist in their studies and attain higher grades compared to their less resilient peers. Additionally, resilient students demonstrate better time management, problem-solving skills, and adaptability, which contribute to their academic achievements. Recent research by (Salmela-Aro et al., 2021) further supports these findings, indicating that resiliency not only enhances academic performance but also fosters a greater sense of well-being and life satisfaction among students.

Promoting a culture of resilience and a growth mindset in criminology education is essential for preparing students to effectively tackle the demands of the criminal justice field. Integrating resilience-building activities and fostering a growth mindset within the curriculum can empower students to view challenges as opportunities for learning and development. Encouraging this perspective helps students develop a positive approach to setbacks, enhancing their ability to persevere through difficulties and adapt to new situations (Libradilla et al., 2023). Supportive faculty-student relationships further cultivate a resilient academic environment. Additionally, providing resources such as counseling services, peer support groups, and workshops on stress management and self-care practices reinforces the importance of resilience in both academic and professional contexts (Rosetto & Martin, 2022). Embedding these elements into criminology education, the institutions can ensure that students not only excel academically but are also mentally and emotionally prepared for the complexities of their future careers in the criminal justice system.

The purpose of this study is to explore and evaluate the development of resiliency among criminology students, understanding its critical in their internship program. Resiliency enables students to adapt and thrive amidst the emotional and psychological demands of their studies, including exposure to crime, trauma, and the criminal justice system. This study aims to identify the specific traits and coping mechanisms that foster resilience, such as emotional strength, perseverance, and a proactive attitude toward problem-solving. By examining the impact of resiliency on hurdling internship program this research will highlight how resilient students demonstrate better time management, problem-solving skills, and overall well-being, which contribute to higher academic achievement and life satisfaction. Additionally, the study will assess the effectiveness of various coping mechanisms and self-care practices student employed. It will also evaluate the role of mentorship and structured support within criminology internship programs in enhancing student resilience.

Lastly, despite the significant recognition of resiliency's importance in criminology education, there remains a considerable research gap in understanding how specific internship program structures directly to contribute to building resilience among criminology students. Current literature largely focuses on general coping mechanisms and broad outcomes of resilience, yet lacks detailed analysis of which internship structures, and mentorship practices most effectively foster resilience. This study seeks to fill this gap by systematically evaluating the student's internship program that most significantly enhance resilience, providing

actionable insights for educators and program designers to better support their students.

II. METHODS

The current study utilized the phenomenological research design. According to Creswell (2012; 2013), phenomenological research is an inquiry strategy in which the researcher identifies the essence of human experiences about a phenomenon as described by participants. This design focuses on the lived experiences of a limited number of participants and attempts to draw patterns and inferences from detailed and exhaustive correspondence with them on a specific subject matter. Phenomenological research draws the theoretical framework of Edmond Husserl, a German philosopher who successfully established phenomenology as an approach to study lived experiences of human beings at the conscious level of understanding (Creswell, 2013). Recognizing that phenomenological research method can go deeply into the complexity of human experiences, it will be well-suited to determine the impact of resilience on students undergoing internship programs. By using this design, researchers can collect rich, detailed data directly from participants, which facilitates a more in-depth understanding of the study's focus. Phenomenological research allows the flexibility to capture the contextual details that influence the experiences of students, such as juggling employment and academic duties and managing budgetary constraints. The research design ensures that the study remains grounded in the actual reality of students by prioritizing the viewpoints of participants, thereby enhancing the relevance and validity of the findings. The study was conducted in one of the higher institutions in Misamis Occidental. The university has a long-standing reputation for providing quality education across various disciplines which provides a vast array of undergraduate and graduate programs, is dedicated to community involvement, research, and academic success. The participants of the study were purposively chosen Criminology Intern students. Purposive sampling chooses research participants on the basis of set criteria that make them qualified as research participants. The criteria in the selection of the research participants were the following: (a) a students must be an enrolled Criminology student during the academic year 2023-2024, and (b) he/she must be a student in his/her study, (c) he/she must be an intern student., (d) he/she must be willing to participate in the conduct of the study. The number of participants will be determined upon saturation of data will be observed during the data collection. The research instrument of the study was the semi-structured interview schedule. It consists of questions that can determine the impact of resilience on academic performance of students. The researcher used open-ended questions to encourage detailed responses from participants during the interviews. Digital recorders were used to capture the information shared during these interviews. The interview guide consists of an engaging, exploratory and exit questions.

III. RESULTS AND DISCUSSIONS

A. Managing Responsibilities Amidst Physical and Mental Strain

Balancing schoolwork and internship tasks was a big challenge for students. They often had to meet deadlines for both, which caused stress and made them feel overwhelmed. Many students found it hard to keep up with their studies while also focusing on their internship duties. This led to

difficulties in performing well in both areas (Eastgate et al., 2019). As a result, students sometimes felt exhausted and couldn't fully engage in either their academics or their internship. Good time management and the ability to prioritize were important for handling these challenges.

The results of the interview clearly show this.

"As far as my college life goes, the significant challenges I have faced in my academic life is mostly being pressured, especially if there are deadlines nga magdungan². During the peak of our internship, it was challenging jud kay you only not need to be mentally stable; dapat physically fit sad jud ka." (P1)

"One major challenge I faced was balancing multiple assignments and internship duties during my final semester." (P3)

"The significant challenges I've encountered is the constant pressure of maintaining good grades at the same time, balancing my career as an intern student." (P4)

"Finding a balance between my internship and academic responsibilities was one of the most difficult challenges I had during my academic career." (P6)

"Personally, I am obliged to passionately be driven in my goals, but sometimes difficulties arise when I felt drained during my duty hours and subsequently affecting my class hours." (P4)

"You only not need to be mentally stable, but you should also be physically fit." (P1)

Many students find it extremely difficult to balance the demands of internships with classes, particularly those who are nearing the end of their academic careers. The accounts of a number of participants reveal a common trend, highlighting the challenge of efficiently managing time when two obligations overlap. One participant talked about how difficult it is to maintain focus when under pressure, particularly when there are several deadlines at once (P1). Another talked about how their final semester was stressful due to balancing internship responsibilities and homework, which made their already rigorous academic schedule much more taxing (P3). For many students, managing internship responsibilities with the pressure to maintain decent grades was a constant struggle (P4). It was especially difficult to strike a balance between internship duties and academic obligations, which left several feeling overwhelmed (P6). Feeling physically exhausted during lengthy internship hours made this struggle worse and occasionally interfered with their ability to concentrate on their studies (P4). When managing both academic and internship duties, one participant stated that while mental stability is crucial, physical health is as necessary (P1).

These responses illustrate how the demanding nature of their dual roles often led to stress and required significant effort to manage effectively. The consistent mention of balancing responsibilities across participants underscores its

critical role in shaping their overall internship experience. Additionally, this finding conforms to Galbraith and Mondal (2020), they also underscore the challenges of balancing academic and internship responsibilities. This aligns with the results, where participants reported difficulties in managing deadlines, energy levels, and academic performance.

Furthermore, the physical and mental strain was a significant challenge for students during their internships. The demanding nature of balancing academic requirements with internship responsibilities often led to exhaustion, which affected both their mental and physical well-being.

These responses highlight the toll that constant pressure and long hours can take on students, not only affecting their academic performance but also their overall well-being. Moreover, internships, while providing invaluable career experience, can also be physically and mentally demanding, as they require students to balance academic duties with professional responsibilities. A study by Briet and Runnerstrom (2019) revealed that while internships can promote positive emotional well-being, they also correlate with negative feelings, particularly when students spend more days in their internships. This can be exacerbated by the physical strain of long hours, commuting, and the stress of meeting deadlines, which can lead to feelings of exhaustion and burnout, as being emphasized as by the participants.

B. Self-Awareness, Goal Setting and Strategic Planning

Self-reflection, the establishment of clear objectives, and the ability to devise practical plans represents the foundation of resilience strategies employed by criminology students during their internship program (Arcemont, S. L. 2024). These students recognize that success in both academic and professional spheres requires more than just motivation.

Understanding capabilities and limitations self-awareness plays a crucial role in helping students understand their strengths and weaknesses, which in turn allows them to set realistic goals.

The results of the interview clearly show this.

"When to have fun and understanding your capabilities" (P1)

"I set goals and plan. Making sure that I won't miss any of it" (P2)

"Time management and self-discipline are essential because they enable me to prioritize activities and remain focused." (P6)

"I rely on taking a step back to evaluate the problem, asking for advice from mentors, family, or friends, and breaking big tasks into smaller tasks." (P5)

"Resilience has helped me maintain a positive attitude, leading to better performance," (P3)

"Keeping optimism and remaining dedicated to my goals." (P6)

'Relying on seeking advice from mentors, family, or friends to handle problems and break down tasks into manageable steps.' (P5)

Balancing work, studies, and personal life presents a significant challenge for many students, and effective time management is essential in navigating these demands. Several participants shared strategies for managing these competing responsibilities. One participant highlighted the importance of knowing when to take breaks and understanding personal limits (P1), emphasizing the need to balance work and relaxation. Another participant stressed the significance of setting clear goals and planning ahead, ensuring nothing is overlooked in their busy schedule (P2). Time management and self-discipline were also seen as crucial, with one participant noting that these skills allow them to prioritize activities and stay focused (P6). Some participants relied on breaking down large tasks into smaller, more manageable steps and seeking advice from mentors, family, or friends when feeling overwhelmed (P5). Resilience was also a key strategy, with one participant sharing that it helped them maintain a positive attitude and improve their performance under pressure, while another emphasized the importance of staying optimistic and dedicated to their goals (P3, P6). These approaches goal-setting, time management, seeking support, and maintaining resilience are essential for managing the competing demands of work, studies, and personal life.

Balancing work, school, and personal obligations can be challenging, but many individuals use effective strategies like time management, self-discipline, and goal-setting to cope. These strategies help students stay organized, particularly during demanding periods like internships. Breaking larger tasks into smaller, manageable goals prevents procrastination and boosts accomplishment. Strategic planning is also essential, enabling students to prioritize tasks, allocate resources, and stay focused. It involves evaluating challenges and seeking advice from mentors or family, helping students remain adaptable in the face of obstacles.

Recent research highlights the importance of self-awareness, goal-setting, and strategic planning for academic success, particularly in challenging environments like internships (Pedabo, 2023). Maintaining a positive attitude is another key strategy, as it helps students stay focused and motivated despite academic or personal pressures. Resilience and optimism also play a crucial role in perseverance, with research showing that students with a positive mindset are more likely to persist through challenges, improving their motivation and performance (Edutopia, 2019).

Seeking advice and support is vital for managing academic stress. Research indicates that students who seek guidance from mentors, family, or peers tend to perform better and handle stress more effectively (Baker & Patrick, 2019). Additionally, students who feel supported by their families or social networks are better equipped to manage stress and stay motivated in their studies (Rosenfeld et al., 2020). This support enhances resilience, providing both practical solutions and emotional validation, which helps students stay focused and motivated.

C. Support Systems, Personal Attributes, Goals, and Experiences

Resilience is a key attribute for criminology intern students, enabling them to persevere through academic,

personal, and sometimes financial challenges. The responses from participants reveal multiple interconnected factors that shape resilience to the students, including support systems, personal attributes, goals and purpose, and experiential factors (Baird, B. N., & Mollen, D. 2023).. These reflect the complex and multifaceted nature of resilience.

The results of the interview clearly show this.

"Family and friends help me be motivated and better in every challenge." (P1)

"Support from family and mentors" (P2)

"... strong support systems, ...mentorship from professors." (P3)

"Support from family, friends, teachers..." (P5)

Personal determination, handling pressure, adapting to situations, and internships." (P3)

"Self-confidence, adaptability, and problem-solving skills." (P6)

"hands-on internships, and strong coping skills." (P2)

"relevant life experiences, handling pressure, adapting to situations and internships." (P3)

Balancing academic work and internships is tough for criminology students, but many have developed strategies to stay resilient. A key factor in their resilience is strong support from family, friends, and mentors. Many students shared that the encouragement and advice from their families and mentors help them stay motivated and overcome challenges (P1, P2, P5). Mentorship from professors also provides valuable academic guidance and helps students grow in their field (P3). This support is especially important during the demanding internship period, helping students stay focused and on track. In addition to support from others, personal qualities like self-confidence, adaptability, and problem-solving skills are crucial for resilience. Some students noted that their ability to stay determined, handle pressure, and adjust to new situations helps them succeed in both their studies and internships (P3). Hands-on experiences, like internships, help students build these skills, allowing them to cope with stress and become more resilient (P2). Overall, strong support from others, along with personal qualities and real-world experiences, plays a big role in helping criminology interns stay resilient and succeed.

Resilience, or the ability to bounce back from challenges, is essential for criminology internship students. Several factors contribute to building this resilience, including support systems, personal traits, career goals, and hands-on experiences.

One of the most important factors is having strong support systems. Support from family, friends, mentors, and teachers helps students manage stress and stay motivated. Family and friends provide emotional encouragement, while mentors and professors offer practical advice. This support system helps students feel grounded and focused, allowing them to keep going even during tough times. Research shows

that support from family, teachers, and peers can improve students' mental well-being and resilience, making it easier to overcome challenges.

Personal traits also play a key role in resilience. Traits like self-confidence, adaptability, and problem-solving skills help students stay strong when faced with difficulties. Self-confidence allows students to face challenges with a positive attitude, while adaptability helps them adjust to new situations. Strong problem-solving skills give students the tools to tackle problems efficiently. These personal qualities allow students to remain calm and focused when dealing with pressure, making them more resilient in the long run. Studies show that having these traits helps students manage stress and adapt to challenges, both in academics and in life.

Having clear career goals and a sense of purpose also strengthens resilience. When students set specific academic and career goals, they stay motivated and focused, even when things get tough. A clear purpose helps students prioritize their tasks and push through setbacks. Research shows that students who have well-defined goals are better able to manage stress and stay on track, which helps them remain resilient in their studies.

Hands-on experiences, such as internships, also build resilience. Internships allow students to apply what they've learned in the classroom to real-world situations. These experiences help students develop important skills, like managing time, handling pressure, and problem-solving. They also gain confidence and learn to adapt to different environments. Studies show that hands-on experiences help students grow personally and professionally, making them more resilient when facing future challenges.

D. Building Resilience through Adaptability, Coping, and Confidence

The criminology internship environment helps shape students' resilience by giving them opportunity to acquire important skills including adaptation, coping strategies, and the ability to overcome hardship. Students learn to negotiate professional situations, apply theoretical knowledge, and gain the confidence needed to deal with pressure and setbacks by being exposed to real-world problems. Internships provide valuable experiences for students' personal and professional development, preparing them for the challenges they will face in their careers.

The results of the interview clearly show this.

"Criminology internship helps in shaping my resiliency by teaching us how to cope or adopt kay since when you are an intern you learn to adjust into the environment you are working since you are dealing with professional people who encounter also major setbacks in their life that build their resiliency." (P1)

"The internship environment challenges students to apply theory to practice, pushing them to think critically and adapt quickly." (P3)

"The criminology internship environment plays a vital role in shaping the resiliency of me as a criminology student through hands-on experiences, I learned to manage stress, handle

difficult situations, and build confidence in my abilities." (P6)

"Real-life cases and interactions with professionals help build confidence and resilience." (P3)

"We faced different situations in different bureaus or agencies. We have taught to be understanding, attentive, and competent. As of these things, it molds our self as a person who looks up for success and builds our resiliency that no one can break our wall even if it's against the odd." (P4)

For criminology students, internships play a critical role in building resilience. The importance of real-world experience and how it influences students' capacity to handle stress, adjust to new situations, and cope with obstacles is a repeated subject in all of the comments. One participant highlights that internships help students build resilience by teaching them how to adjust to professional environments. These settings involve working with individuals who have encountered their own setbacks, and seeing how they overcome these challenges reinforces the importance of adaptability and coping skills (P1). Another student emphasizes that the internship challenges them to apply theoretical knowledge to practice, encouraging critical thinking and quick adaptation. This practical learning helps develop problem-solving skills and the confidence to face complex, real-world scenarios (P3). Through internships, students also gain experience in handling stress and managing difficult situations. One participant explains how this hands-on experience builds resilience by enabling them to manage stress effectively and strengthen their confidence in their abilities (P6). Real-life cases and professional interactions during internships also help students build confidence and resilience. Working alongside professionals in the field offers valuable insights and experiences that contribute to personal and professional growth (P3). Finally, participants note how the varied situations faced in different bureaus or agencies teach essential qualities like understanding, attentiveness, and competence. These experiences help shape students into resilient individuals who remain focused on success, even when facing adversity (P4).

The criminology internship environment plays a vital role in enhancing students' adaptability and coping skills by exposing them to a variety of challenging, real-world situations. Internships provide students with the opportunity to interact with experienced professionals who have faced and overcome significant setbacks. This exposure helps students learn how to cope and adjust to new and demanding environments, fostering resilience through example and experience. The ability to adapt quickly and navigate new challenges is an essential skill developed in this environment, reinforcing the importance of resilience in professional settings (Luminkit et al., 2024).

Internships also serve as platforms for students to apply theoretical knowledge to practical scenarios. By engaging in real-life cases, students are encouraged to think critically and adapt their skills to meet professional demands. These experiences push students to develop the necessary coping mechanisms to handle uncertainties, stress, and pressure,

which are essential for future success in their careers (Anjum, 2020).

Furthermore, internships help students grow in confidence by providing hands-on experiences that teach them how to manage stress and deal with difficult situations. Through consistent exposure to professional challenges, students develop a stronger sense of self-efficacy and gain the confidence to tackle complex issues. As they learn to navigate these situations, they build resilience and a sense of competence, which are vital for both their professional and personal growth (Anjum, 2020).

Internships foster determination and teach students to pursue success despite obstacles. By facing various challenges in different professional environments, students learn the importance of perseverance and develop a resilient mindset. These experiences cultivate a sense of purpose and the drive to succeed, even when faced with adversity (Anjum, 2020).

Research supports the view that internship programs significantly contribute to students' resilience and confidence. The hands-on experience gained in these environments enhances students' ability to apply theoretical concepts, overcome challenges, and grow both professionally and personally. This exposure not only boosts self-esteem but also equips students with the resilience necessary to face future challenges (Lumingkit et al., 2024).

E. Prioritization and Setting Boundaries

The theme of prioritization and setting boundaries is central to the ability of criminology students to balance their academic responsibilities, internship duties, and personal lives, while fostering resilience. The participants' responses consistently highlight that the key to managing these multiple demands is an intentional approach to recognizing what tasks require immediate attention and setting limits on one's time and energy to prevent burnout.

The results of the interview clearly show this.

"To balance all of that, you must be self-aware of your priorities... when a major setback comes your way, you know how to manage... because you know your capabilities." (P1)

"This balance builds resilience, helps me prevent burnout, and strengthens my ability to handle future challenges." (P2)

"Criminology students balance their responsibilities by managing their time effectively, setting clear boundaries, and staying organized." (P3)

"Managing academics, internships, and personal life is really difficult, but setting priorities and staying organized helps." (P5)

"Managing my school assignments, fieldwork, and personal time helped me to balance and develop resilience, learning how to cope with stress and stay focused." (P6)

Balancing academics, fieldwork, internships, and personal responsibilities can be a daunting challenge, especially for students navigating multiple priorities. Each of the participants reflects on the strategies they use to manage their workloads and build resilience in the face of these pressures. Participant 1 emphasizes the importance of self-awareness and understanding personal capabilities. They note that when faced with setbacks, it's essential to know how to manage these challenges by recognizing one's own strengths. This self-awareness ensures that even when obstacles arise, the balance between responsibilities remains intact.

Similarly, Participant 2 highlights how this balance can lead to resilience, preventing burnout while fostering the ability to handle future challenges. The participant underscores that developing this balance is key not only for surviving academic pressures but for thriving in the face of adversity. Participant 3, from a criminology background, offers a more structured approach, focusing on time management, setting boundaries, and staying organized. These techniques help them stay on top of their responsibilities, ensuring that they are effectively managing both academic and personal tasks. For Participant 5, balancing academics, internships, and personal life presents significant difficulty. However, they find that prioritization and organization play a crucial role in managing this complexity. By setting clear priorities and maintaining an organized schedule, they can keep their various responsibilities in check. Finally, Participant 6 reflects on how managing school assignments, fieldwork, and personal time has not only helped them balance their responsibilities but also develop resilience. Through this process, they have learned to cope with stress and stay focused, which has been vital for maintaining their performance in both academic and personal domains.

The importance of prioritization and setting boundaries emerges as a central theme in the experiences of students balancing academic, professional, and personal responsibilities. Students recognize the necessity of distinguishing between tasks that require immediate attention and those that can be deferred, which is crucial in maintaining their well-being and academic performance.

Prioritization, as discussed by participants, is not just about managing time but also about being realistic about one's capabilities. By being self-aware and understanding personal limitations, students are better equipped to avoid overwhelming themselves with tasks they cannot handle at the moment. This approach helps them maintain focus and prevent burnout. For instance, effective prioritization allows students to focus on what truly matters in the present, ensuring that they do not stretch themselves too thin. This strategy not only improves short-term academic outcomes but also helps build long-term resilience by teaching students how to manage competing responsibilities without compromising their mental and emotional well-being (Conley, Durlak, and Dickson 2023).

Setting boundaries is another critical strategy that students rely on to maintain balance. Boundaries allow students to protect their time and energy, preventing over commitment and ensuring that they have space for rest and personal reflection. This is particularly important for students managing multiple roles, such as academics, internships, and personal life. By setting clear boundaries, students can stay organized and focus on the most important tasks without

neglecting their personal needs. Setting boundaries is also key to stress management, as it helps students avoid situations where one aspect of their life overwhelms the others.

The combination of prioritization and boundary-setting helps students develop resilience. Managing time effectively and establishing boundaries not only helps students cope with immediate stressors but also contributes to long-term emotional and academic success. When students set aside time for rest and manage their responsibilities effectively, they build the skills necessary to handle future challenges, whether academic or personal.

Research supports the effectiveness of these strategies. According to Conley, Durlak, and Dickson (2023), students who can manage their time effectively and set boundaries between academic work and personal life are better able to cope with stress, which enhances both their academic success and emotional resilience. This aligns with the experiences shared by participants in this study, who see prioritization and boundary-setting as crucial strategies for managing their competing responsibilities.

IV. CONCLUSION

➤ *Based on the Findings of the Study, the Following Were the Formulated Conclusions:*

- Criminology students face significant challenges in balancing their academic, internship, and personal responsibilities, often leading to physical and mental strain. The overwhelming combination of demanding workloads, tight deadlines, and personal commitments creates high stress levels, making it difficult for students to maintain their well-being.
- Successful strategies for building resilience during internships include self-awareness, goal setting, strategic planning, and maintaining a positive attitude. Students who assess their capabilities, set clear goals, and plan their time effectively are better equipped to manage challenges and avoid burnout. Seeking guidance from mentors and peers also provides valuable support in navigating difficulties.
- Key factors influencing resilience include strong support systems, personal attributes such as determination and adaptability, clear goals, and previous experiences. Students who have a strong network of support and a clear sense of purpose are more likely to overcome setbacks and maintain focus during their internships.
- Criminology internships are essential for building resilience by providing students with real-world experience in handling stress, adapting to new situations, and solving problems. These experiences help students develop confidence, critical thinking, and problem-solving skills, making them more resilient and better prepared for future challenges in their careers.
- To manage the pressures of academics, fieldwork, internships, and personal life, students rely on effective strategies such as prioritization, self-awareness, and time management. Setting clear boundaries and recognizing personal strengths allow students to stay organized, reduce stress, and maintain performance across all aspects of their lives. These strategies play a crucial role in building resilience and ensuring success.

RECOMMENDATIONS

Based on the study's findings, the following recommendations were presented to improve the experience of criminology students during their internship programs:

- Universities and internship programs may provide more structured support for students facing high levels of stress. This could include offering stress management workshops, mental health resources, and flexible academic deadlines when necessary. Creating spaces for students to discuss their challenges with faculty or counselors can help them better cope with the physical and mental demands of their responsibilities.
- Criminology programs may integrate self-awareness and goal-setting activities into the curriculum, encouraging students to assess their capabilities, set academic and personal goals, and create strategic plans for managing their time. Faculty can provide guidance on how to set achievable goals and create personalized plans that help students stay focused, motivated, and resilient during their internships.
- It is possible to strengthen the support systems for criminology students by offering mentorship programs and creating a network of academic advisors, family, and peers. Students should be encouraged to build resilience through personal attributes like adaptability and self-discipline by participating in workshops or group discussions that focus on perseverance, time management, and overcoming setbacks.
- Internship programs may incorporate reflective practices, where students can discuss and evaluate their real-world experiences. This can help students learn from their challenges, build problem-solving skills, and gain confidence. Including stress management and adaptability workshops as part of the internship experience will also prepare students to handle future professional challenges effectively.
- Criminology students may receive training on prioritization techniques and setting boundaries, focusing on time management and organizing academic and personal commitments. Providing resources or workshops on how to effectively set boundaries between work, school, and personal life will help students maintain a balanced workload, reduce stress, and improve overall performance.

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