

**A HAND FOR THE HELPING HAND: SOCIAL SUPPORT AS MODERATOR
BETWEEN RESILIENCE AND STRESS AMONG SOCIAL WORKERS
OF SELECTED DISTRICTS OF CAVITE**

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ABSTRACT

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This study aimed to determine if social support acts as moderator between resilience and stress among social workers in selected districts of Cavite. Level of stress, resilience and social support from family, friends, and co-workers has been determined in this study as well as the relationship of stress and resilience.

In this study, descriptive correlational design was used. Through purposive sampling, forty-three (43) social workers of selected districts of Cavite were the participants of the study. Data were gathered using Multidimensional Scale for Social Workers developed by the researchers which comprises of four parts: profile, perceived stress scale, resilience scale and perceived social support scale.

The participants have low stress level, slightly high resilience level, and moderately high social support level. Also, the result revealed that there is a moderate correlation between resilience and stress. Statistical Analysis showed that social support acts as moderator between resilience and stress.

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