

**WORK STRESS LEVEL AND COPING STRATEGIES OF SPECIAL
EDUCATION TEACHERIN SELECTED AREAS IN CAVITE**

An undergraduate Thesis
Submitted to the faculty of the
College of Arts and Sciences
Cavite State University
Indang, Cavite

In partial fulfillment
of the Requirements for the degree
Bachelor of Science in Psychology

GLYZEL B. SIBAL
April 2013

ABSTRACT

SIBAL, GLYZEL B. Work Stress Level and Coping Strategies of Special Education Teachers in Selected Areas in Cavite. Bachelor of Science in Psychology. Cavite State University, Indang, Cavite. April 2013. Adviser: Prof. Alma Fatima R. Pagkalinawan

The study attempted to determine the work stress level and coping strategies of special education teachers in selected areas in Cavite. The aim of this study is to identify the work stress level, to determine the coping strategies of the respondents, to assess the relationship between work stress level and coping strategies of special education teachers.

The study was conducted at selected areas in Cavite. A descriptive method was used in the study. With the use of a purposive sampling, 49 respondents were selected. This study was conducted from December 2012 - January 2013. The lifted questionnaire which was validated and used to determined the respondent's work stress level and coping strategies of selected special education teachers.

A pilot study was conducted to ten special education teachers to determine the clarity of questions, effectiveness of instruction, completeness of response sets, and success of data collection. Statistical analysis of the quantitative data was conducted using Statistical Package for the demographic profile of the participants, the frequency of the adopted coping strategies and the mean scores (and standard deviation) of sources of stress. Analytical statistics was used to compare relationship among variables. These included independent T-test, and Pearson Correlations. The findings of the study revealed that special education teachers are not too stressed. Special education teachers seem to be resorting more to Self-Controlling coping strategy.