

**PERSONALITY TYPES, STRESSORS, AND STRESS COPING STRATEGIES  
OF COFFEE FARMERS IN SELECTED BARANGAYS  
OF AMADEO, CAVITE**

Undergraduate Thesis  
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## ABSTRACT

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This study was conducted to determine the personality types, stressors, and stress coping strategies of coffee farmers in selected barangays of Amadeo, Cavite. Specifically this study aimed to determine the following (1) type of personality do the respondents have in terms of artistic personality, conventional personality, enterprising personality, investigative personality, realistic personality, and social personality; (2) stressors of the respondents in terms of internal stressor and external stressor; (3) stress coping strategy that the respondents used between problem- focused coping and emotion- focused coping; and (4) significant relationship between personality types and stressors, personality types and stress coping strategies, and stressors and stress coping strategies.

The researcher used the descriptive- correlational research design, with questionnaire like personality mosaic test, stress test, and coping strategy inventory questionnaire. The respondents involved were 365 farmers in Amadeo, Cavite. Mean, frequency distribution, percentage, spearman rank, correlation coefficient were the statistical tools used to analyze the data.

Findings show that almost all of the respondents possess not just one type of personality but a combination of two or more personality type. However, none among the respondents falls on “not their personality level.”



Most of the respondents encountered the death of a close family member as the internal stressor that is greatly affecting or causing the respondents to experience stress. However the change in financial status is the external stressor that greatly affects the respondents to experience stress. They have a moderate level of problem-focused coping strategy and a low level of emotion-focused coping strategy. Hence, personality types were not significantly related to stressors. However, personality types were found significantly related to stress coping strategies. Moreover, stressors and stress coping strategies were also significantly related.



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