

PERSONALITY TYPE, STRESSORS AND STRESS COPING
STRATEGY OF FARMERS IN SELECTED BARANGAYS
OF INDANG, CAVITE

Thesis

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**PERSONALITY TYPE, STRESSORS AND STRESS COPING STRATEGY
OF FARMERS IN SELECTED BARANGAYS OF
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ABSTRACT

SILAN, MADELENE PEARL N. Personality Type, Stressors and Stress Coping Strategy of Farmers in Selected Barangays of Indang, Cavite. Undergraduate Thesis. Bachelor of Science in Psychology. Cavite State University. April 2012. Adviser: Ms. Joy N. Babaan.

The study aimed to study personality type, stressors and stress coping strategy of farmers in selected barangays of Indang, Cavite.

Specifically, the study aimed to: 1) determine the type of personality the farmers have in terms of artistic, conventional, enterprising, investigative, realistic and social personality; 2) determine the stressors of the respondents in terms of internal and external stressors; 3) determine the level of stress coping strategy in terms of problem-focused and emotion-focused coping; and 4) determine the significant relationship between personality type and stressors, personality type and stress coping strategy and stressors and stress coping strategy.

Descriptive-correlational design was used in the study. It was conducted and administered among 275 coffee farmers in the barangays of Buna Lejos I, Buna Lejos II, Mahabang Kahoy Cerca, and Mahabang Kahoy Lejos, Indang, Cavite. Personality Mosaic Test, Holmes and Rahe Stress Test, and Coping Strategy Inventory were used to measure the personality type, stressors and stress coping strategy of farmers. Mean, frequency, percentages and chi-square correlation coefficient were used as statistical treatments of the study.

The results revealed that most of the respondents possess not just one type of personality but a combination of two or more personality type, it also showed that internal stressors, having the item with the highest total sum of scores, are the factors that cause much stress to the respondents than the external factors which are mostly daily hassles, also it showed that the respondents have a low level of stress coping strategy. The researcher found out a significant relationship between personality type and stressors. Moreover, it also found a significant relationship between personality type and stress coping strategy. It was found out also that there is no significant relationship between stressors and stress coping strategy.

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INTRODUCTION

Coffee is very much a simple yet organic part of the breakfast table. Behind every cup of coffee however lies a very tedious job of farming, harvesting, post-harvesting processes, farm-to-market transporting, cleaning, blending, roasting, grinding for roast, and ground coffee, processing into instant coffee, packing and distribution to wholesalers and retailers, and then finally to your breakfast table, coffee shop, or coffee conference room (retrieved from www.agriculture-ph.com).

Having an agricultural land, Cavite is one of the top provinces when it comes to farming, most especially in coffee production. Coffee in Cavite is produced in the upland areas, starting somewhere in Silang to Tagaytay, Amadeo, Alfonso, Mendez, Indang---