

**PSYCHOLOGICAL STRESS, COPING MECHANISM AND SELF-EFFICACY
OF PUBLIC HIGH SCHOOL GUIDANCE COUNSELORS IN CAVITE**

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ABSTRACT

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This study aimed to: (1) determine the level of psychological stress of public high school guidance counselors in Cavite; (2) determine the coping mechanism of public high school guidance counselors in Cavite in terms of: confrontive coping; distancing; self-controlling; seeking social support; accepting responsibility; escape-avoidance; planful problem solving; and positive reappraisal; (3) determine the level of self-efficacy of public high school guidance counselors in Cavite; (4) determine the significant relationship between the level of psychological stress and the coping mechanism of public high school guidance counselors in Cavite; (5) determine the significant relationship between the coping mechanism and the level of self-efficacy of public high school guidance counselors in Cavite; and (6) determine the significant relationship between the level of psychological stress and the level of self-efficacy of public high school guidance counselors in Cavite.

This study used descriptive-correlational method to describe and relate the variables with each other. The participants of this study were public high school guidance counselors in Cavite.

This study revealed that majority of the guidance counselors has very high level; of psychological stress. It also revealed that majority of the participants frequently used seeking social support and positive reappraisal. The study also revealed that the participants have high level of self-efficacy.

This study also revealed that confrontive coping, distancing, self-ontrolling, seeking social support, accepting responsibility and escape-avoidance were significantly related to psychological stress. However, planful problem solving and positive reappraisal have no significant relationship to psychological stress. It also revealed that confrontive coping, distancing, self-controlling, seeking social support, accepting responsibility, escape avoidance and problem solving have no significant relationship to self-efficacy. The study also revealed that psychological stress has no significant relationship to the self-efficacy of public high school guidance counselors in Cavite.

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