

**STRESS MANAGEMENT PRACTICES AMONG TRIAGE NURSES  
IN SELECTED HOSPITALS IN CAVITE**

**THESIS**

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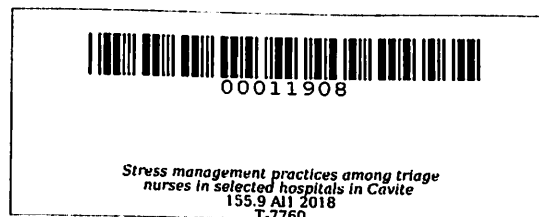
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Undergraduate Thesis  
Submitted to the Faculty of the  
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Bachelor of Science in Business Management

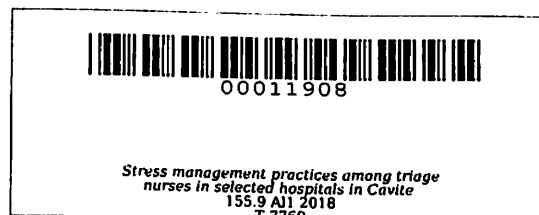


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## ABSTRACT

**ALCAZAR, MA. KRISTINA MICHAELA P., ATIENZA, MYLYN Y., PEREY, GEEDEL L. Stress management practices among triage nurses in selected hospitals in Cavite.** Undergraduate Thesis. Bachelor of Science in Business Management major in Human Resource Development Management. Cavite State University, Indang, Cavite, January 2019. Adviser: Ms. Tita C. Lopez.

The study examined the stress management practices among triage nurses in selected hospitals in Cavite. Fifty-nine triage nurses of selected hospitals in Cavite participated in the study.

It was conducted to determine the stress management practices among triage nurses in selected hospitals in Cavite. It aimed to determine the socio-demographic profile of the participants, the level of stress of triage nurses, the stress management practices of triage nurses, the relationship between the participants' level of stress, and stress management practices, the difference between the level of stress of the participants when they are grouped according to socio-demographic profile and the difference between the stress management practices of the participants when they are grouped according to socio-demographic profile in selected hospitals in Cavite.

For the analysis and interpretation of data, descriptive statistics such as frequency count, percentage, mean score, T-test and Chi-square, were utilized.

Results showed that majority of the triage nurses belonged to 26-30 years of age, female, single, permanent employees, working for more than 2 to 5 years, employed in private hospitals and employed in Level 3 Hospitals.

On the overall, there was no relationship between the level of stress and stress management practices among triage nurses in selected hospitals in Cavite. On the other

hand, level of behavioral stress has significant relationship with the participants' stress management practices.

Physical and behavioral stress was the highest level of stress that triage nurses experienced. Overall, the level of stress was average which was interpreted as triage nurses experience being very tired and disinterested at work. Highly significant difference was noted among the factor that influence stress which is the physical and behavioral stress across different sex which leads to the rejection of the null hypothesis. However, slightly significant difference was noted in one of the factor of level of stress which is the physical stress across different employment status which leads to the rejection of the null hypothesis.

Stress management practices resulted to be moderately practice as perceived by the nurses. Slightly practiced was noted in discussing with colleagues problems as they arise from work. Highly significant difference was noted in stress management practices on different types of hospital which leads to the rejection of the null hypothesis.

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An undergraduate thesis submitted to the faculty of the Department of Management, College of Economics, Management and Development Studies, Cavite State University, Indang, Cavite in partial fulfillment of the requirements for the degree of Bachelor of Science in Business Management Major in Human Resource Development Management. Prepared under the supervision of Ms. Tita C. Lopez. *Contribution No. CEMDS 2019-377*

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## INTRODUCTION

Stress is everywhere. Stress is different to everyone. Stress is one of the most commonly referred to but least understood of all health problems.

The word stress is derived from the Latin word "stringi", which means, "to be drawn tight". Stress can be defined as any factor that threatens the health of the body or has an adverse effect on its functioning, such as injury, disease, or worry. According to Randy and David (2008), "Stress is the subjective feeling produced by events that are uncontrollable or threatening". Constant stress brings about changes in the balance of hormones in the body which may lead to the situation or thought that makes us feel frustrated, angry, nervous, or anxious.

Many businesses today have begun to use stress management programs for employees who are having trouble adapting to stress at the workplace or at home. Some companies provide special equipment's adapting to stress at the workplace to their