

**SELF-IMAGE AND COPING MECHANISM ON WORK STRESS OF
PUBLIC HIGH SCHOOL TEACHERS IN CAVITE**

Undergraduate Thesis
Submitted to the Faculty of
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

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June 2018

ABSTRACT

BOBAY, LYMAN A., DEL MUNDO, KHRISTINE MAY O., and LOTO, RONALYN M. Self-image and Coping Mechanism on Work Stress of Public High School Teachers in Cavite. Undergraduate Thesis. Bachelor of Science in Business Management major in Human Resource Development Management. Cavite State University, Indang, Cavite. June 2018. Adviser: Ms. Mary Grace A. Ilagan.

This study was conducted from November 2017 to April 2018 to determine the self-image and coping mechanism on work stress of public high school teachers in Cavite. Specifically, it aimed to determine the socio-demographic profile of the public high school teachers, the self-image of the public high school teachers, the work stress of public high school teachers, the coping mechanisms as well as compare work stress level and the how the public high school teachers see themselves across demographic characteristics.

Using an adapted questionnaire, data were gathered from 261 participants. Frequency count, percentage, means, standard deviation, Chi-square, Mann-Whitney and Kruskal-Wallis were used to analyze the data.

Results showed that majority of the teachers were at most 28 years of age, female, and married. A greater percentage of the teachers had 1 to 10 years length of service and a monthly income of P10,001 to P20,000.

Fair self-image was the perception of the public high school teachers about their selves. Teachers are feel stressed at their work and they commonly used escape avoidance as their coping mechanisms to their work stress. The study found that there was no significant difference on self-image of the participants when they are grouped

according to socio-demographic. There is no significant difference on level of work stress and socio-demographic profile of the participants.

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