

OCCUPATIONAL STRESS, QUALITY TIME WITH
FAMILY AND JOB EFFICACY OF REHABILITATION
CENTER STAFF IN CAVITE

THESIS

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**OCCUPATIONAL STRESS, QUALITY TIME WITH FAMILY, AND JOB
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ABSTRACT

BONCILE, MA. THERESA M., PRIETO, MARINELL R., TALLO, and PRECIOUS MAE M. Occupational Stress, Quality Time with Family, and Job Efficacy of Rehabilitation Center Staff in Cavite. Undergraduate Thesis. Bachelor of Science in Psychology. Cavite State University, Indang, Cavite. June 2018. Adviser: Alyssa R. Esequie, RPm.

The study was conducted from December 2017 to February 2018 at five DOH-accredited institutions in Cavite with 56 participants gathered in all to identify the level of the occupational stress, quality time with family, and job efficacy of rehabilitation center staff in Cavite. In addition, this study also sought to evaluate whether significant relationship exists between occupational stress and job efficacy, and quality time with family and job efficacy.

The study used descriptive correlational design which allows describing the relationship between or among variables. Purposive sampling and snowball sampling were the sampling used in the study. The participants in the study are those rehabilitation center staff that are having a stay-in job or those who are working for more than 8 hours of duty; those who have not any other job apart from being a rehabilitation center staff and their source of income only comes from the mentioned job; those who are from different rehabilitation centers that are already accredited by the Department of Health (DOH) in present time; and lastly, those rehabilitation center staff who are working in a Rehabilitation Center located around the vicinity of Cavite. A rank-order correlation coefficient, rank- difference correlation coefficient, or simply Spearman Rho was the statistical method utilized in this study.

After the conduct of the study, the researchers found out that the rehabilitation center staff has average occupational stress, high quality time with family, and high job efficacy. Meanwhile, the level of occupational stress of rehabilitation center staff showed no significant relationship with the level of their job efficacy. Lastly, the study showed a significant relationship between quality time with family and job efficacy.

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INTRODUCTION

“It is easier to do a job right than to explain that you didn’t”

- Martin Van Buren

There is an adage that people has been believing and has been living in compliance to, “in order to survive, you must strive hard.” Conceivably, this adage has proven it is true. A person must survive for himself and also, for other peoples’ sake too. To survive, technically saying, one must work in order to attend to the needs and demands of both the family and the ones’ that is being served to. As stated above, it is necessary that despite of the challenging situations that might affect ones’ job, might it be in the family or work, one must do the job right in order not to be blamed. According to a study created by Zhang and Liu (2011), they defined work and family as two main fields in which modern people live.