

Occupational Stressors and Stress Levels of Faculty Members at a Camarines Sur State College

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ABSTRACT Stress is a fact of everyday life, felt with the family, business, academe, workplaces, political organisations, and in any other social or economic groups and activities. Thus, this study determined the stressors and the stress level of the Camarines Sur Polytechnic College's (CSPC) faculty and formulated an action plan to help the faculty cope with stress. The descriptive survey method was used with a survey questionnaire, the main gathering tool for data supplemented by an unstructured interview. Purposive sampling determined the respondents. Percentage technique, weighted mean, and rank order were used to determine the percentage of the professional profile, sequence standing of data gathered, and the perceived stressors and level of stress. On professional profile along with educational attainment, the majority of the respondents were with Doctoral units. Stressors found to highly affect the stress level of the CSPC faculty were class size and workload. The study concluded that different academic activities, workloads, and time constraints contribute largely to the stress levels of the CSPC faculty.