

Occupational Stressors and Coping Mechanisms Towards Efficacy and Effectiveness in Teaching T.L.E

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Abstract

The study sought to determine the significant relationship of occupational stressors to coping mechanisms, teaching efficacy and effectiveness of teachers in selected school of Tanauan City, Batangas. Specifically, it sought to answer the questions like what is the perception of the respondents' on the occupational stressors; how may the respondents' coping mechanism be described; how do the respondents' teaching efficacy be described in terms of psychological well-being and technical skills; is there significant relationship between occupational stressors, teaching efficacy and effectiveness; and is there significant relationship between coping mechanisms, teaching efficacy and effectiveness as to psychological well-being and technical skills. It was conducted using descriptive survey method using questionnaires, administered to 52 THE teachers at President P. Laurel National High School, Tanauan School of Fisheries, Tanauan City Integrated High School, Malaking Pulo National High School and Luyos National High School, schools in Division of Tanauan City during the school year 2021-2022. Data were collected and analyzed. It was found out that occupational stressors have significant relationships in the psychological well-being of the respondents as well as to technical skills of teachers. Also coping mechanisms have significant relationships in the psychological well-being and technical skills of respondents except to escape avoidance. The following conclusions were made in light of the aforementioned findings: occupational stressors and coping mechanisms were significantly related to teaching efficacy and effectiveness. Therefore, the null hypothesis is not sustained. The recommendation for this research was Department of Education (DepEd) may provide stress management in the workplace trainings and program directors must require career development programs to assist in identifying specific sources of stress and the most effective coping mechanisms for them with regard to occupational stress.

Keywords: occupational stressors, coping mechanism, teaching efficacy and teaching effectiveness