

**ASSESSMENT OF TEACHERS' STRESS FACTORS AND ADAPTIVE
COPING STRATEGIES IN CENTRAL ELEMENTARY SCHOOLS**

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ABSTRACT

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The major goal of this research was to assess the stress factors and coping mechanisms of teachers in central elementary schools for the school year 2023-2024. The findings revealed that the level of stress among teachers in central schools in terms of the following indicator variables of pupils' behavior, teacher's workload, time resources, interpersonal relationship, recognition and well-being was moderate, this means that the level of stress was sometimes manifested by the teachers. The relationship between the level of stress and the adaptive coping strategies of teachers in central schools using Pearson Moment Product Correlation Coefficient. The statistical analysis indicates that stress level is significantly related to adaptive coping strategies of teachers. Majority of the teachers are females, aged 36 to 45 years old, married, with Teacher III designation and handle large number of pupils in the classroom. The level of stress among teachers in central schools in terms of pupils' behavior and teacher's workload is high

which moderate in terms of time resources, interpersonal relationship, recognition and well-being. Central schoolteachers highly utilized approach coping strategies in coping with stresses they encountered. It was recommended that the school heads in the Digos City Division may provide technical assistance on enhancing stress resiliency in every teaching-learning process as they relate to the manifestations of the new strategies and pedagogical techniques of teaching. The central schoolteachers may teach co-teachers how to implement the pedagogical method in the workplace while reducing stress and developing adaptive coping strategies. Individual schools may continue to prioritize the mental health of every teacher. In addition, stress information advocacy workshops may be included in the priority improvement areas as it is included in the School Improvement Plan.

Keywords: central schoolteachers, stress factors, adaptive coping strategies, Digos City Division