CORRELATES OF THE SOURCES OF STRESS AMONG THE OP-SIENA SISTERS IN THE PHILIPPINES

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Abstract

This study attempted to establish the degree of relationship between level of sources of stress and age, educational attainment, number of years in religious life, number of years in the apostolate, type of apostolate and personality among the OP-Siena Sisters in the Philippines.

This is a descriptive correlational study. The subjects were 130 Junior and Perpetual Professed Sisters. They were randomly selected from a total population of 200 Sisters with ages ranging from 21 and above.

The sources of data were the results from the administration of the questionnaire. The questionnaire consists of the Profile of the respondents, the Sources of Stress Inventory and the Cooney Personality Scale.

The survey questionnaire was utilized to generate the needed information and data for the personal characteristics of the respondents and their sources of stress. The Cooney Personality Scale determined the personality trait, e.g., extraversion vs. introversion of the respondents.
Descriptive statistics were used to get the profile of the respondents and Pearson r to determine the relationship between the sources of stress and the different variables. Lastly, to test the difference of the different groupings by type of apostolate and personality, One-Way Analysis of Variance was used.

The profile of the respondents shows that the mean age was 48.90, educational attainment was between "Bachelor Degree" and with "MA/MS" units, number of years in religious life was 25.39, years in the present apostolate, 3.40. The number of Sisters who were engaged in the school apostolate is 65 (71%) and 61% of the respondents were extrovert. Among the mean scores in the different sources of stress, social has the highest value followed by physical, community, environmental and occupation. It was found out that there is a significant relationship between physical sources of stress and age, \( r = .241 \) (p<.01), environmental sources of stress and age, \( r = .164 \) (p<.05), and physical sources of stress and the number of years in religious life, \( r = .231 \) (p<.01).

With regard to the different groupings by type of apostolate, Sisters from different apostolates significantly differed in the occupational sources of
stress, \( F(2, 117) = 3.217, p < .05 \).

School apostolate has the highest occupational stress, followed by health care and other related ministries. Sisters of different personality types did not significantly differ on any of the sources of stress.

This study concluded that there is a need to consider the apostolate that is to be assigned to the Sisters, since as they advance in age, they are likely to suffer the pressure of physical stress. The impact of sociological movement does affect the Sisters. If there is substantial imbalance between environmental demands and the capability of the Sisters, the likelihood of stress becoming a negative is to be experienced. It further concluded that sources of stress necessarily vary from person to person and there are situations that are almost universally considered stressful; there are also many others that produce stress which is to a great extent, individually determined.

Since the generalizability of the findings is limited to the Siena Sisters only, it is recommended that for future studies, a larger sample or many congregations be chosen and further study be made on stress and coping.