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THE RELATIONSHIP OF SEX AND PLACE OF WORK TO THE PERCEIVED
STRESSFUL SITUATIONS OF WORKING DLSU STUDENTS IN
SELECT FASTFOOD ESTABLISHMENTS AND
THEIR COPING MECHANISMS

A Thesis

Presented to

the Faculty of the College of Liberal Arts
De La Salle University

In Partial Fulfillment
of the Requirements for the Degree
Bachelor of Arts in Psychology

by

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August 1988

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ABSTRACT

The purpose of this study is to determine what situations are perceived as stressful by student workers as related to sex and type of establishment of the student worker and what coping mechanisms do these student workers commonly use. Thirty working DLSU undergraduate students were chosen as subjects. A questionnaire/checklist was devised to get the data needed for this study. The situations in the questionnaire was generated from an opinion survey of working students and from the researchers' own thoughts. The coping mechanisms were garnered from studies made by Costley & Todd (1987) and Newman & Beehr (1979) about the coping strategies most commonly adopted by working people who are affected by stress. The questionnaire was then presented to another set of 10 working students for a pre-test before it was finally given for the respondents to answer. The respondents were asked to rank how stressful they perceive the situations in the questionnaire and were asked to check the corresponding coping mechanisms they use to counteract these stressful situations. The means of the ranks given to each situation and their overall rank considering all the other situations were computed. The Kruskal-Wallis non-parametric test was used to determine the relationship of sex and type of establishment to the perceived stressful situations. Frequencies and percentages were used to determine what coping mechanisms were most commonly used by the working students. There was a significant difference found between the sex and place of work of the working student to the perceived stressful situation. The most commonly used coping mechanisms were plan/organize each day's activities and get enough sleep. It was concluded that male and female working students irregardless of what fastfood establishment they work in has an effect on how the working student perceive one situation as stressful. The researchers recommend that further studies of this kind with additions in the sample size and the variables should be made. Recommendations to educational program planners and the management of the establishments were also added.



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