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MIDLIFE TRANSITION OF WOMEN RELIGIOUS:
COMMON STRESS SYMPTOMS AND STRESS
REDUCTION THROUGH AN NLP PACKAGE

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A Dissertation Presented to
The Graduate School of Education
De La Salle University
Manila

In Partial Fulfillment
of the Requirements for the Degree
DOCTOR OF PHILOSOPHY IN COUNSELLING PSYCHOLOGY

96 252

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Abstract

The study attempted to identify the common stress symptoms of Filipino women religious at midlife transition. With the symptoms established, the study investigated the effectiveness of an NLP package consisting of three techniques namely: Well-Being Maximizer (WBM), Personal Power Radiator (PPR), and Future Planner (FP), independently and as a package in reducing the stress in the physical, psychological and spiritual dimensions of selected women religious in midlife transition.

Specifically, the study answered the following questions:

1. What are the common manifestations of stress in midlife transition among selected women religious in the

- a. physical,
- b. psychological and
- c. spiritual

dimensions?

2. What changes are reported by/observed in the treatment clients as indicated by process measures immediately after implementation of each technique and outcome (subjective) measures for all the clients



- a. a week after each technique?
 - b. a week and a month after the treatment package?
3. What were the results of the objective measures on the
- a. Stress level of the clients as indicated by Stress Level Inventory (SLI)
 - b. Anxiety level of the clients as indicated by State Trait Anxiety Inventory-State (STAI-S) and State Trait Anxiety Inventory-Trait (STAI-T)
 - c. Spiritual well-being level of the clients as indicated by Spiritual Well-Being (SWB) scale,
a week after the last technique?
a month after the NLP package?
4. Would the differences between control client and experimental client(s) in stress reduction as assessed in all the measures such as Self-Evaluation Report (SER), SLI, STAI-S, STAI-T and SWB be indicative of the effectiveness of the treatment package?

The identification of common occurring symptoms was done through the focused interview of 30 women religious within the age range of 35-45 in the descriptive narrative design of part one. In part two, the case study (N=1)



effectivity of the treatment (SER - from a range of "moderate" to a "very great extent" to "minimal" or "not noticeable"; SLI - "High" to "Average" or "low"; STAI-S & T - "High" or "Average" to "Low"; SWB "Low" or "Average" to "High"). Furthermore the difference in the scores between the experimental client(s) and the control client in the post and delayed post test a week and a month after the NLP package indicated that the WBM, PPR and FP can as a package reduce the stress of selected women religious in midlife transition.

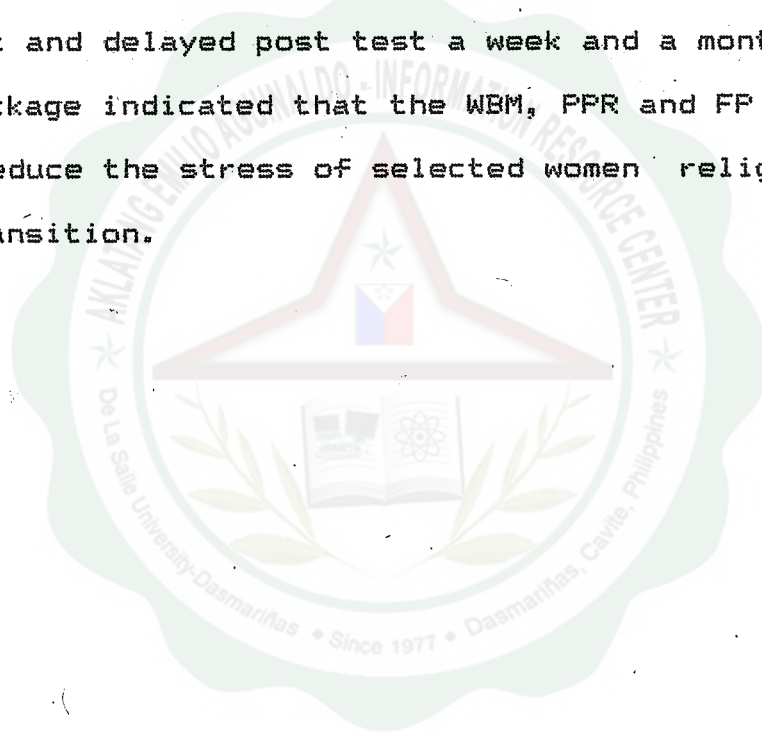


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