

Abstract

The purpose of this research is to explore the work-related stressors of female full-time professors and how they cope with these stressors. However, in this study the researchers focused on the female full-time psychology professors of De La Salle University- Dasmariñas, Cavite. Since no study has been conducted about the stressors and coping strategies specially on the female full-time professors, the researchers decided to conduct a study that focused on the female full-time professors and their work-related stressors as well as their coping strategies. Results show that the experience of the female full-time professors outside the school, teaching related experiences and their personal life cause them stress and affect their performance at work. And lastly, results of the study also show the coping strategies that were used by the respondents relative to their work-related stressors.