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THE EFFECTIVENESS OF A HOLISTIC
THERAPEUTIC TREATMENT PROGRAM IN REDUCING
THE STRESS LEVEL OF PASTORAL WORKERS

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ABSTRACT

This experimental study has sought to find out whether the Holistic Therapeutic Treatment Program (HTTP) is effective in reducing the stress level of pastoral workers.

Thirty-two pastoral workers particularly the Catechists in the diocese of Antique participated in the experiment. They were purposively chosen from a population of sixty-two subjects, who obtained the sten score of 7 upwards on the pretest with the IPAT: Anxiety Scale. Twenty-eight were randomly assigned to experimental and control groups except for four who opted to choose for their convenience.

Subjects in the experimental group underwent the live-in training for three consecutive days during which they acquired some techniques and skills to deal with stress. Their stress level was measured twice, before and after the training, using the Hiligaynon translation of IPAT: Anxiety Scale of Cattell, Krung and Scheier (1976).

The means of the total raw score on both the pretest and posttest were computed. The results were



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analyzed to determine the significant difference using the T-test for Correlated Samples.

There was a significant difference between the stress level of the pastoral workers before and after the training. The stress level of the pastoral workers who received the training was significantly reduced from their stress level after the training, $T(14) = 7.925, P < .000$.

There was no significant difference between the stress level of the pastoral workers who did not receive the training before and after a certain period of time, $T(16) = -2.425, P < .026$.

There was a significant difference between the stress level of the pastoral workers who received the training and with those who did not receive the training.

The Holistic Therapeutic Treatment Program (HTTP) has been shown to be effective in reducing the stress level of the pastoral workers.

Since the Holistic Therapeutic Treatment Program (HTTP) is effective in reducing the stress level of the pastoral workers particularly the Catechists, there



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should be more programs like this to help them cope with stress so that they can function effectively and become more effective evangelizers.

