



LEVEL OF STRESS EXPERIENCED BY NWU EMPLOYEES: TOWARDS DEVELOPING A STRESS MANAGEMENT PROGRAM

Eric Parilla

The research determined the levels of stress experienced by NWU employees. Respondents came from the three level of position; namely, the top management (President and Vice- President), middle management (Deans and Directors), and Rank and File (faculty and Staff). The Rahe and Holmes stress questionnaire was used to gather data. It tried to establish the relationship of level of stress experienced with personal characteristics (age, gender, number of family members, and income) and job position.

It was found out that the middle level employees experienced the highest degree and level of stress compared with the other job positions. As to the relationship, personal characteristics are not correlated to job stress while job position is correlated o job stress.

The research provided a stress management program for the employees of the University because it was determined that productivity and stress are negatively correlated. Stress should be minimized and controlled to make employees more productive.

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