

**STRATEGIES IN OVERCOMING STRESS AMONG EMERGENCY ROOM
NURSES AT THE DR. RAFAEL S. TUMBOKON
MEMORIAL HOSPITAL**

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by

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ABSTRACT

This study was conducted to determine the strategies in overcoming stress among nurses assigned at the Emergency room of Dr. Rafael S. Tumbokon Memorial Hospital (DRSTMH).

The respondents of the study were the thirty nurses with permanent and casual positions assigned at the Emergency room of DRSTMH.

The descriptive correlational research method was used in this study. Questionnaires that were given out to the respondents served as the source of data.

The Statistical Package for Social Sciences (SPSS) software was used in processing the data. Descriptive statistics such as range, frequency counts, percentage and mean were utilized. Gamma test was used in determining the significance of relationship.

The results revealed that the mean age of the respondents was 31.43 years old, mostly females, married, finished Bachelor of Science in Nursing and had been in the service for an average of 2.56 years.

Majority of the respondents seldom experienced behavioral, emotional and physical stress.

Most of the respondents often used problem solving, emotion focusing and active coping strategies as coping mechanisms against stress.

No significant relationship was found to exist between personal profile and coping strategy.