

**FACTORS ASSOCIATED WITH THE LEVEL OF STRESS EXPERIENCED BY  
THE CLINICAL INSTRUCTORS OF SAINT GABRIEL COLLEGE**

**A Special Paper**

**Presented to  
the Faculty of the School of Graduate Studies  
CENTRAL PHILIPPINE UNIVERSITY**

**In Partial Fulfillment  
of the Requirements for the Degree  
MASTER IN NURSING**



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October 2006**

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by

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## **ABSTRACT**

This study was conducted to determine the factors associated with the level of stress experienced by the clinical instructors of Saint Gabriel College, Kalibo, Aklan. Specifically, the study sought to determine the personal characteristics of the respondents such as age, sex, civil status, educational attainment, length of service, status of employment and income; types of stress; and level of stress experienced by them.

The descriptive relational research method was used utilizing the one-shot survey design. A questionnaire was employed as data gathering instrument. The data from the 50 clinical instructors were gathered through a self-administered questionnaire. The data were processed and analyzed using the Statistical Package for Social Science (SPSS) statistics software.

### **Major Findings**

Based on the research problem and the objectives of this study, the major findings were the following:

The biggest numbers of respondents were young adults, females and married. Most of them were BSN graduate, had been in the service for eight years and below, with an average monthly income of ₱11,400.00.

Majority of the clinical instructors experienced “mild level” of behavioral stress which cause them a feeling of not having enough time in one week to get everything done, difficulty of involving social or religious activities, decreased their usual level of physical activities, seldom find time to do some fun things each week, and under much pressure., emotional stress and physical stress.

Further, clinical nurses evaluated their emotional stress as “mild level”. Most of them missed their old friends, concerned about the health of someone closed to them, easily get nervous when ask to speak in front of people and worried about things at home.

The physical stress of the clinical instructors was found at “mild level”. They find out themselves to be losing or gaining weights, feeling worn out at the end of the day, with tension headaches and getting colds and other minor illness frequently.

Overall, the clinical instructors of Saint Gabriel College were found to be experiencing a “mild level” of stress.

Personal characteristic such as age, sex, civil status, highest educational attainment, years of experience, employment status, and monthly income were not significantly related with the level of stress of the clinical instructors.