

ABSTRACT

This study was conducted to assess the level of understanding and stress management of Barangay Health Workers (BHW). Specifically, the study aimed to determine the socio-demographic profile of the respondents and their level of understanding about stress and stress management strategies. The study involved thirty (30) BHWs from selected Barangays in President Roxas, Capiz, who were selected as respondent using survey-type questionnaire. The questionnaire include a cover letter explaining the purpose of the study. The instrument consisted of three parts: the first part gathered information about the respondent` profiles, including age, sex, average monthly income, address, and year of service. The second assessed the level of understanding about stress among Barangays health workers in the selected Barangays of President Roxas Capiz. The third focused on the stress management strategies employed by BHWs in the selected Barangay of President Roxas, Capiz. The results revealed that the BHWs in the selected Barangays of President Roxas, Capiz, are familiar with stress management and are aware of its importance. It is crucial for each individual to make an effort to educate themselves about stress and stress management strategies.