

ABSTRACT

This descriptive study examined the level of occupational stress and coping mechanisms among 40 hospitality industry employees. Data analysis revealed a moderately stressful work environment, with employees facing various stressors related to their work responsibilities. Despite the presence of stress, employees utilized coping mechanisms to navigate these challenges to a moderate extent. However, the study found out that no significant relationship between occupational stress and coping mechanisms among hospitality industry employees. This suggested a complex interplay of factors influencing stress levels within the work environment, highlighting the need for a multifaceted approach to stress management. Further research was recommended to explore specific factors contributing to occupational stress in the hospitality industry and identify targeted interventions to promote employee well-being and productivity.

Keywords: Occupational stress, coping mechanisms, hospitality industry, stress management, Capiz