

Paper 24 - Allied Health

EFFECTS OF STRESS MANAGEMENT PROGRAM ON THE WELL-BEING OF WORKING STUDENTS

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ABSTRACT

The study determined the effects of a stress management program on the well-being (physical, mental, social, and spiritual) of working students. The study utilized the quasi-experimental design using two-group pretest-posttest designs. Forty-nine working students in the experimental group were exposed to the four-week Stress Management Program while 50 working students in the control group did not undergo any intervention. At baseline, the experimental group had fair physical, mental, social and spiritual well-being. The control group also had fair physical, and mental well-being while social, and spiritual well-being was good. At endline, the experimental group exhibited good physical, mental, social, and spiritual well-being while the control group had fair physical, mental, and social well-being and remained good in their spiritual well-being. After the intervention, the experimental group showed a significant difference in all aspects of well-being while the control group had no significant difference in baseline and endline scores. When the gain scores of both groups were compared, a significant difference was found in all aspects of well-being, with the experimental group having higher gain scores in physical, mental, and social well-being and the control group having a higher gain score in spiritual well-being. There was no significant interaction in gain scores when age, gender, and unit load were considered. The results of this study suggest that the stress management program was effective in enhancing the well-being of working students.

Keywords: working students, well-being, stress management program

