## TABLE OF CONTENTS

		Page	
ACKNOWLEDGEMENT			
ABS	TRACT	ii	
ABSTRAK			
LIST	OF TABLES	vi	
CHAF	PTER ONE: INTRODUCTION		
1.0	Background of the Study	1	
1.1	Statement of the Problem	6	
1.2	Purpose of the Study	8	
1.3	Rationale of the Study	8	
1.4	Research Questions	10	
1.5	Significance of the Study	11	
1.6	Limitation of the Study	12	
1.7	Operational Definitions	13	
CHAP	TER TWO: REVIEW OF RELATED LITERATURE		
2.0	Introduction	16	
2.1	The Effects of Stress on Work Performance	16	
2.2	Work Stress and the School Administrator	18	
2.3	Stressors of School Administrators	20	
2.4	Dimensions of Work Stress among School	22	
	Administrators		
2.5	Variability of Work Stress Levels among School	24	
	Administrators		
CHAP	TER THREE: RESEARCH METHODOLOGY		
3.0	Introduction		28
3.1	The Subjects of the Study		28
3.2	The Instrument of the Study		31
3.3	Data Collection		34
3.4	Data Analysis		35

CHA	PTER 4: RESEARCH FINDINGS	
4.0	Introduction	36
4.1	The Levels of Work Stress	36
4.2	The Major Work Stressors	49
4.3	Dimensions of Stress	51
4.4	Stress Levels of the Principals and Assistant	55
	Administrators	
4.5	Stress Levels of Administrators with Different	56
	Staff Size	
4.6	Stress Levels of Administrators with Different	57
	Enrolment	
4.6	Stress Levels of Administrators with Different	58
	Length of Administrative Experience	
CHAP	TER FIVE: SUMMARY AND SUGGESTIONS	
5.0	Introduction	60
5.1	Summary of Findings	60
5.2	Implications of the Findings	62
5.3	Suggestions from the Findings	63
5.4	Suggestions for Further Study	64
5.5	Conclusion	65
DIDL I	OCDADIN	
	OGRAPHY	67
APPE	NDIX – The Instrument of the Study	

Page

LIS	ST (	DF.	TΑ	BL	ES

Table 1 : Frequency and Percentage of Respondents by Age	29
Table 2 : Frequency and Percentage of Respondents by Gender	29
Table 3 : Frequency and Percentage of Respondents by Years	29
of Administrative Experience	
Table 4 : Frequency and Percentage of Respondents by their	30
Student Enrolment	
Table 5 : Frequency and Percentage of respondents by Staff	30
Size Under Their Control	
Table 6 : Stressor (ASI items) and Stress Dimensions	31
Table 7: Frequency and Percentage for Levels of Self-Reported	36
Stress	
Table 8 : Level of Stress Reported for Each Stressor	38
Table 9 : The Mean Stress Value of the Ten Major Work	49
Stresses	
Table 10: Ranking of the Four Dimensions of Stress	51
Table 11: Mean Stress Value of Task-Based Stress	52
Table 12: Mean Stress Value of Conflict-Mediating Stress	53
Table 13: Mean Stress Value of Boundary-Spanning Stress	53
Table 14: Mean Stress Value of Role-Based Stress	54
Table 15: Comparison of Stress Levels Between Principals	55
and Assistant Administrators	
Table 16: Comparison of Stress Levels Between Administrators	56
with Different Staff Size	
Table 17: Comparison of Stress Levels Among Administrators	57
with Different School Enrolments	
Table 18: Comparison of Stress Levels Among Administrators	58
with Different Years of Experience	