

**MULTIPLE ROLES AND STRESS AMONG UPV ADMINISTRATION
MARRIED FEMALE EMPLOYEES**

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ABSTRACT

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This study explored whether working family women experience stress brought about by their performance of multiple roles as wife, mother, homemaker, and wage-earner. Their 24-hour activity profile was also examined to provide information on how they spend and allocate their time on these various roles. Twenty-three (23) married female employees from the UPV Administration offices were purposively chosen as respondents for this study. The data were obtained by the use of a questionnaire (work and family stress scale) and interview schedule. Results showed that 82.6% of the respondents experience moderate level of stress while 17.4% of the respondents experience low level of stress. Respondents also revealed that the most stressful factor among work and family roles is the conflict on whether to prioritize family over career. While the least stressful variable is the disapproval encountered from people (e.g. family, friends, and neighbors) because they work full-time and do not stay at home. Lastly, the 24-hour activity profile of the respondents showed that aside from their office jobs, they regularly perform a number of homemaking activities.