

**PERCEIVED STRESS, SOCIAL SUPPORT AND COPING STRATEGIES  
ON RETIRED TEACHERS' PSYCHOLOGICAL WELL-BEING**

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**A Research Project  
Presented to  
The faculty of the Division of Social Sciences  
College of Arts and Sciences  
University of the Philippines Visayas  
Miagao, Iloilo**

**In Partial Fulfillment  
Of the Course Requirement for the  
Degree of Bachelor of Arts (Psychology)**

**May 2015**

## **ABSTRACT**

Barcelona, Mary Racelyn T. (May 2015), **Perceived Stress, Social Support and Coping Strategies on Retired Teachers' Psychological Well-being**. A Research Project, Division of Social Sciences, College of Arts and Sciences, University of the Philippines Visayas, Miagao, Iloilo.

Retirement poses significant changes in the lives of the old age population. Along with this are changes in social networks, activities and life outcomes. To examine perceived stress, social support, coping strategies and psychological well-being among retired teachers in Tigbauan, Iloilo, qualitative and quantitative measures were conducted to 41 retired teachers. In general, retired teachers perceive low levels of stress. Factors that contribute to perceived stress are health conditions, financial concerns, family problems and current activities. Social support, which is provided primarily by family and friends, is experienced in high levels. In terms of coping, emotion-focused coping is engaged in by the majority. The leading specific coping strategy they employ is praying or going to church. The majority experience positive levels of psychological well-being, which can be predicted using the variable of social support, as revealed by regression analysis.