



**CHALLENGES AND WAYS OF COPING OF FILIPINO SOCIAL WORKERS  
PROVIDING AFTERCARE SERVICE**

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An Undergraduate Thesis submitted to the Faculty of the Department of  
Psychology, College of Arts and Sciences, Central Luzon State  
University, Science City of Muñoz, Nueva Ecija,  
Philippines in the Partial Fulfillment of the  
requirements for the Degree of


**BACHELOR OF ARTS IN PSYCHOLOGY**

**JUNE 2018**

ACCEPTANCE SHEET

This undergraduate thesis entitled "CHALLENGES AND WAYS OF COPING OF FILIPINO SOCIAL WORKERS IN AFTERCARE SERVICE" prepared and submitted by **JENICA MAE B. CAYANAN** and **CATHERINE C. MERCADO**, in partial fulfillment of the requirements for the degree of **BACHELOR OF ARTS IN PSYCHOLOGY**, is hereby accepted.

  
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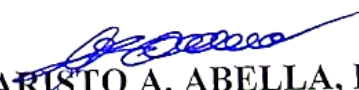
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## ACKNOWLEDGEMENT

The accomplishment of this paper would not be possible without the help those people who provided prayers, love, and support to the researchers during their hardships and struggles throughout the course of finishing the paper.

To our Almighty Father, who has given us the knowledge and wisdom in doing these study. For His unfailing and unending love and guidance granted to us. For His guidance and provision in our way to the institutions. For the unfailing blessings given to us, that helped us to accomplish the things that we need to finish. And to the strength that He had given us to conquer every struggles for His Glory. Words are not enough to describe His goodness in our lives. All praises and honor belongs to Him alone!

To our thesis adviser, Mr. Angelo R. Dullas, we thank you sir for your time, effort, and knowledge from the start until the end of doing our research. Thank you sir for your patience for those times that we cannot do what you wanted for our paper. You still help us to figure things out and for encouraging us to finish this paper. Thank you very much sir!

To our thesis critic, Dr. Elizabeth S. Suba, who served not only as our critic but also our motivator to do our best in this study. Thank you ma'am, for all your time and effort you offered to us, for listening, for helping and for sharing your knowledge. Thank you for accepting our request to become our critic. Thank you ma'am for your consideration and patience at times that we cannot pass our drafts on time. May God bless you more ma'am!

To our Parents, who have been with us through good and bad times. We are thanking you for your unwavering support and love for us. We have been finally reach our goals. We cannot come this far without your help. Thank you for believing in us! We love you all!

To our Friends and Roommates, thank you for all your support and for being there at times that we need your help. Thank you for the time you shared with us.

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## ABSTRACT

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**CHALLENGES AND WAYS OF COPING OF FILIPINO SOCIAL WORKERS PROVIDING AFTERCARE SERVICE**

**Adviser:** Angelo R. Dullas

Filipino social workers experience unique challenges on a daily basis. Aftercare service is one of the programs in social work that they provide and at the same time challenge them. The study aims to explore the challenges and coping mechanisms of social workers providing aftercare service. It also aims to identify the factors that affect the social workers in their work. Five interviews were conducted. Thematic analysis was used to analyze the data to identify the themes. And Transaction Model of Stress and Coping Theory of Lazarus and Folkman, 1984 was used to analyzed ways of coping of Filipino social workers and how they perceived challenges in Aftercare service.

The findings suggest Filipino social workers do have different challenges in Aftercare service and problem-focused coping was the dominant coping used by them. A common challenge to Filipino social workers is the lack of staffs or workers in their workplace which also a factor on why they are unable to monitor and focus to their clients in Aftercare program. Challenges leads them to have stress and stress is one of their biggest challenge in social work. Stress leads to both physical and mental impacts on personal well-being, although they have coping skills, participants suggested that social workers must be flexible in their work and personal matter in order to avoid conflict within selves.

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