

NEEDS, DIFFICULTIES AND COPING MECHANISMS OF WOMEN AS PROFESSIONALS AND FAMILY MANAGERS

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ABSTRACT

The study examined the needs, difficulties and coping mechanisms of women professionals. A researcher-made questionnaire was utilized and administered to women professionals in selected private schools in the Philippines. Five hundred thirty-four usable questionnaires were retrieved and analyzed using frequency, percentage, mean, simple ranking and analysis of variance (ANOVA). Findings indicate that respondents consider spiritual and aesthetic needs, intellectual or cognitive needs and social needs to be their primary concerns. Difficulties that they encounter as they juggle the demands of career and home responsibilities included managing relationships, time and personal rest and recreation. Coping mechanisms most often employed by women to mitigate the impact of pressures of maintaining work-life balance included praying, eating and watching movies which are adaptive, emotion-focused coping behaviours. Recommendations are put forward to help women cope with expectations required of their dual role of career and motherhood.

Key words: *needs, difficulties, coping mechanisms, women*