

Administrative Workload and Work-Related Stress Among Teachers

Rodelyn D. Cabanday¹

1 – Divine Word College of Bangued

Publication Date: June 13, 2026

DOI: [10.5281/zenodo.20680146](https://doi.org/10.5281/zenodo.20680146)

Abstract

This study assessed the extent of administrative workload and work-related stress among teachers in the Luba District, focusing on the level of stress experienced in terms of administrative demands, working environment, and professional distress. A quantitative method, particularly a descriptive-correlational research design, was utilized, involving a total of 72 respondents. The needed data were gathered through survey questionnaire. The instrument was adopted from Pamunag and Mosquera (2025) and Señal and Abellana (2025). The data on the extent of teachers' administrative workload and work-related stress were analyzed using weighted means, while Pearson's r was used to test the relationship between the variables.

The study found that in Luba District teachers have a very high extent administrative workload. This has become an integral yet demanding component of their professional responsibilities. They are heavily engaged in administrative loads, which contribute to their professional growth and involvement; however, these also significantly increase the volume and complexity of teachers' workload.

Teachers experience a low level of stress in terms of their work environment. Their school provides a supportive, organized, and collegial atmosphere. However, they are highly stressed in terms of administrative demands and professional distress since they are engaged in paperwork and compliance requirements, with insufficient administrative support. Also, teachers experienced emotional and physical exhaustion, as administrative tasks affect a positive work environment. Results also show a low positive relationship between administrative workload and stress, indicating a weak but direct influence of workload on teachers' stress levels. To help teachers manage their administrative workload and stress, a Workload Balance and Stress Management Strategies for Teachers in Luba District was conceptualized.

Keywords: *Stress levels, Administrative demands, Work Environment, Professional Distress*