

Workplace Bullying and Stress among Office Professionals

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Abstract

Workplace bullying has been identified as one of the major contemporary challenges for occupational health and safety and linked to other emerging risks such as work-related stress. This study aimed to determine the extent of workplace bullying and stress among office professionals of selected companies and institutions in Silang, Cavite and Sta. Rosa, Laguna. The study was conducted among 102 office professionals using convenience sampling. This correlation study on workplace bullying and stress were measured using a validated questionnaire adapted from Tabang (2017) and Gumarao (2011), respectively. The results revealed that the overall workplace bullying was perceived to be very low in terms of verbal, nonverbal, psychological, and physical. The stress level of the office professional was also perceived as low. The correlation analysis revealed that verbal bullying ($p=.010$), nonverbal bullying ($p=.000$), psychological bullying ($p=.005$), and physical bullying ($p=.005$) were significantly associated with stress. Further results revealed that stress level is significant considering the demographic profile (age, gender, marital status, educational attainment, length of service, and religion). However, emotional stress significantly differs by age but not on the other types of stress. Recommendations were made to address the issues of bullying and stress in the workplace.

Keywords: *workplace bullying, stress, office professionals*