**CHAPTER 3**

**RESULTS**

This chapter discuss the results of the research in relation to research problem. Specifically, the demographic profile of the low-income workers, coping styles, quality of life and the relationship between these variables of the scores of the respondents in the study is reported below.

The table shows the summary of the demographic profile to answer the first research question. For the gender, it can be seen that the population of male and female respondents were equal and that the age of the participants is mostly concentrated on the 26-35 age bracket. The table shows that many of the participants are relatively adults and able with only a few ranging from 40s and above. Lastly, for the monthly income of the low-income workers, 10% of the respondents earn at least PHP 3001-5000, 32% earn 5001-7000, 38% earn 7001-9000, and 20% earn PHP 0-3000. This data show that majority of the sample earn below (38% earns PHP 7001-9000 a month) the expected low-income working earning bracket of around 10,000 pesos more or less (see Table 1).

Table 1

*Summary of Demographic Profile*

*f %*

**Gender**

Male 25 50

Female 25 50

Total 50 100

**Age**

16-25 14 28

26-35 22 44

36-45 12 24

46-55 2 4

Total 50 100

**Monthly Income**

PHP 3001-5000 5 10

PHP 5001-7000 16 32

PHP 7001-9000 19 38

PHP 9001-11000 10 20

Total 50 100

*N =* 50

For the coping styles, religiosity is the mostly used coping style among the respondents (28.85). This entails that most of the respondents often seek God’s help and leave everything up to Him. It is also noticeable that the percentage of respondents (23.08) who use substance use is close as the percentage of religiosity. This pertains that the substance use coping style is also mostly used by the respondents. Respondents mostly engage in this coping style by drinking, smoking, or using drugs to reduce the effects of stress (see Table 2).

Table 2

*Coping Styles of Low-income Workers*

*f %*

Religiosity 15 28.85

Substance Use 12 23.08

Problem Solving 8 15.38

Emotional Release 6 11.53

Tolerance 5 9.62

Social Support 2 3.85

Cognitive Reappraisal 2 3.85

Overactivity 1 1.92

Relaxation 1 1.92

Total 52 100

*N =* 50

*Note: There were tied coping styles scores which may lead to the total frequency not equal to the same size.*

The table shows the frequency and percentage for the quality of life of the respondents. Half of the respondents (50.85%) scored the highest in social relationships domain of quality of life. It means that mostly of the respondents are satisfied with their personal relationships with their loved once, social support and their sexual activities. Lastly, least of the respondents (10.17) scored the highest in the physical health domain quality of life. This concludes that least of the respondents are when it comes to their rest, and sleep. (see Table 3).

Table 3

*Quality of Life of Low-income Workers*

*f %*

Social Relationships 30 50.85

Psychological 14 23.73

Environment 9 15.25

Physical Health 6 10.17

Total 59 100

*N =* 50

*Note: There were tied quality of life scores which may lead to the total frequency not equal to the same size.*