

Abstract

The purpose of this study is to examine the relationship between work stress and resilience. A sample of 65 participants was recruited through convenience sampling and snowball sampling. A quantitative and correlational research design was used. Perceived work stress was measured by the Occupational Stress Index (OSI); resilience was measured by the Brief Resilience Scale (BRS); self-efficacy was measured by the New General Self-Efficacy Scale. Correlation analyses showed that lower perceived work stress was associated with higher resilience and higher self-efficacy. While resilience and self-efficacy were positively correlated, multiple linear regression analyses showed that resilience provided incremental predictive validity of work stress beyond self-efficacy, but not vice versa.

Keywords: *work stress, resilience, self-efficacy, appraisal, transactional model of stress*