

The purpose of the study was to examine stress level and coping behavior of Thammapakorn Aging Home Officers, Chiang Mai Province. The population covered 60 personnel with 3 classes of work status, namely, civil servant, tenured personnel and non-tenured personnel being in charge in the year 2002. The instrument was the stress measuring scale and stress coping behavior questionnaire whose reliability was 0.93 and 0.65 basing on Cronbach's Alpha Coefficient. The statistics used were frequency, percentage, means and standard deviation.

It was found that the personnel had moderate level of stress in general. The top level of stress factor was residents' behavior. The personnel emotion-focused stress coping behavior was at moderate level. The personnel used most of the stress coping behaviors included talking with the colleagues or trustful persons to release stress, trying to be at ease and being optimistic. Personnel had problem-focused stress coping behavior at moderate level. The three mostly used coping behaviors were discovering the source of stress, learning to adjust themselves to the stress and trying to forget all of the problems.