

Method

Research Design

This qualitative study employed a phenomenological research design to explore the lived experiences of individuals coping with workplace stress. Phenomenology allowed for an in-depth understanding of participants' perceptions, emotions, and coping strategies within the context of their daily work life.

Participants

A purposive sampling method was utilized to recruit 15 participants from various professional backgrounds and organizations. The inclusion criteria focused on individuals with a minimum of five years of work experience and a self-reported history of coping with workplace stress.

Data Collection

Interviews

Semi-structured interviews served as the primary data collection method. Participants engaged in one-on-one interviews lasting approximately 60 minutes. Open-ended questions were used to encourage participants to share their experiences, perceptions, and coping mechanisms related to workplace stress.

Field Notes

Field notes were taken during and after each interview, capturing non-verbal cues, contextual observations, and the researcher's reflections to enhance the depth of understanding.

Audio Recording

With participants' consent, interviews were audio-recorded to ensure accurate representation of responses during data analysis. Recordings were transcribed verbatim to facilitate the identification of themes.

Data Analysis

Thematic Analysis

Thematic analysis was employed to identify recurring patterns and themes within the qualitative data. An iterative process involving coding, categorization, and constant comparison was utilized to derive meaningful insights from the participants' narratives.

Reflexivity

The researcher maintained a reflexive journal to document personal biases, assumptions, and reflections throughout the study. Reflexivity was considered an integral aspect to enhance the rigor and transparency of the qualitative inquiry.

Ethical Considerations

This study received approval from the Institutional Review Board (IRB) of [Institution]. Informed consent was obtained from all participants, emphasizing confidentiality, anonymity, and the voluntary nature of their participation.