

## HEALTH-RELATED PREDICTORS OF SCHOOL EMPLOYEES' PERCEIVED PRODUCTIVITY

Joane Grace E. Pacres<sup>1\*</sup>, Lorel S. Dee<sup>1</sup>, Nelia S. Ereno<sup>1</sup>

<sup>1</sup>University of the Philippines Cebu (Cebu City, Philippines)

\*Corresponding Author: [joanpacres@gmail.com](mailto:joanpacres@gmail.com)

**ABSTRACT** – This correlational study determined whether school employees' annual physical exam (APE) results, physical fitness, and stress level predicted their self-perceived work productivity level. Ninety (90) randomly selected teaching and non-teaching employees of a Philippine state university provided for use in the study the results of their APE, the standard fitness test, and self-administered questionnaires on work-related stress and work productivity. Majority of the participants failed the APE, were physically unfit, and reported low work stress. Parameter estimates of the analysis of cumulative odds ordinal regression with proportional odds indicated that employees with normal APE results had greater odds of being more productive. The analysis suggested that the APE offered some predictive value to employees' work productivity level. Physically unfit employees were likely to report negative decline of their work productivity. Lastly, low stress levels had a positive bearing on the employees' self-perceived work productivity.

**Keywords:** physical fitness, productivity, health, work stress, school employees

To cite this paper: Pacres, J. G. V., Dee, L. S. & Ereno, N. S. (2018). Health-Related Predictors of School Employees' Perceived Productivity. *Journal of Management and Development Studies* Volume Number 7, 01-12.