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ABSTRACT :

The study determined the contributory factors to occupational health conditions among primary school teachers in Bacnotan, La Union as a basis to propose health measures to address the more serious contributory factors to the occupational health conditions. The descriptive research method was utilized in the study with a questionnaire as the primary tool used to gather data. Frequency and percentages and weighted mean were used to treat the data.

The salient findings of the study are as follows: (1) The contributory factors to occupational health conditions among primary school teachers are related to job strains, stress, environment, social, physical activity and food preferences; (2) The degree of seriousness of the contributory factors to the occupational health conditions among primary school teachers is moderate on all body systems; and (3) The more serious contributory factors to the occupational health condition among primary school teachers are repetitive works (e.g. writing), job strains related to school requirements, stress related to work, lack of physical exercise, working overtime, raising of voice to compensate poor acoustic setting, dust, prolonged speaking, inadequate fluid intake due to work demands while the less serious contributory factors to the occupational health conditions among primary teachers are high intake of fatty food (foods served in canteen), non- vegetarian diet in school, no proper ventilation in each classroom, indoor concentrations of pollutants.

The study concluded that: (1) Generally, the primary school teachers in Bacnotan, La Union are vulnerable group exposed with different type of health determinants on occupational health conditions related to all body systems; (2) most of the contributory factors are potential health risk to primary school teachers; (3) most of the determining factors are associated with stress, unfavorable environmental factors, unhealthy lifestyle practices, and social practices which are preventable and mostly modifiable.

Based on the findings of the study, proposed health measures were developed to address the more serious contributory factors to the occupational health conditions among the primary school teachers in Bacnotan, La Union.