computer anxieties when task related to computer is done. Likewise, in their computer self-efficacy results, they have a very positive outlook to always accomplish a work using computer machines.

Applications such as word processing, spreadsheet, internet browsing and presentation were among the most used by the respondents in their teaching profession. However, not majority of them uses these applications. As revealed from the data, the frequency of usage for the computer applications for instructions is quite not enough. The overall mean for the computer application usage is "sometimes" or just below average.

Based from the results, neither gender nor age of respondents have the effect on the computer anxiety, computer self- efficacy and computer usage of the Angadanan high school teachers. Not even the academic rank, educational attainment and years in teaching have direct relations with the three previously enumerated variables. However, when they are compared with one another, there exist inverse relationships. The self-efficacy serves as an important factor in determining the levels of computer anxiety and computer usage either for personal, office or instruction purposes. This finding supports the study of [16] who concluded that persons with high level of computer self-efficacy has high confidence and are less anxious as compared to a person with low computer self-efficacy.

While computers are visible among the public high schools of Angadanan, Isabela, there is a clear gap about the computer application usage status of individual respondents. The data revealed that there are number of teachers whose response are "not available" and only few hands are utilizing the benefit of using computer applications in their profession. Therefore it is recommended that schools should be more open to their teachers in using computers and to provide comprehensive training to enhance their literacy and skills in computer application. For this effort, educators could be able to use higher technology and the possibility to develop new instructional methods and materials in their teaching profession

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