

FACTORS ASSOCIATED WITH OCCUPATIONAL STRESS AMONG WORKERS IN THE PRODUCTION DEPARTMENT

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ABSTRACT

Background: Occupational stress is one of the major health hazards of the modern workplace. Occupational stress and stressful working conditions have been linked to low productivity, absenteeism, and increased rates of accidents on and off the job. This study aimed to determine the factors associated with occupational stress among workers in the production department of a plant in Jakarta.

Subjects and Method: This was a cross sectional study conducted at the production department of a plant, Jakarta. A sample of 72 workers was selected for this study. The dependent variable was occupational stress. The independent variables were noise, self-esteem, interpersonal conflict, uncertainty, job opportunity, physical burden, mental workload, and supervisor support. Occupational stress was measured by NIOSH generic job stress questionnaire. Noise was measured by sound level meter (Noise Pro Quest Model DLX). The other data was collected by questionnaire. The data were analyzed by a multiple logistic regression.

Results: Occupational stress increased with low self-esteem (OR=6.43; 95% CI= 1.30 to 31.83), strong interpersonal conflict (OR= 2.03; 95% CI= 0.49 to 8.45), job uncertainty (OR= 1.30; 95% CI= 0.27 to 6.20), lack of job opportunity (OR= 6.65; 95% CI= 1.40 to 31.59), strong physical burden (OR= 9.64; 95% CI=1.96 to 47.46), high mental workload (OR= 12.82; 95% CI=2.21 to 74.32), and weak supervisor support (OR= 8.89; 95% CI= 1.7 to 42.22). Occupational stress decreased with low noise (OR=0.17; 95% CI= 0.04 to 0.77).

Conclusion: Occupational stress increases with low self-esteem, strong interpersonal conflict, uncertainty, lack of job opportunity, strong physical burden, high mental workload, and weak supervisor support. It decreases with low noise.

Keywords: occupational stress, risk factor, worker

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