The Second International Anxiety Congress
Shefa Neuroscience Research Center, Tehran, Iran, 1-3 October, 2014
The Neuroscience Journal of Shefaye Khatam
Volume 2, No.3, Suppl 1

Poster Presentation Research

Occupational Stress: its Affected Factors in One Factory

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Published: *1 Oct 2014*

Abstract

In recent decades, the issue of stress and its negative consequences such as violence in the workplace, increased accidents at work, absenteeism and burnout, have deleterious effects on the efficiency and economy. The aim of this study was to determine the occupational stress of pelletizing industry workers and its determinants. This study was descriptive-analytical and cross sectional. Among workers 120 subjects were selected (randomly) and according to the shift, they are divided into two groups of Shift and non-shift work and for the estimation of stress, 120 occupational questionnaires with 92% reliability was completed and statistical data was analyzed by the SPSS software.%88 of employees had severe stress. Severe stress was observed in shift work (90%), low age (96.2%) and experience (94.7%) (in both shift and non-shift). 92.6% of smokers also had severe stress. Between job stress and levels of education and marital status and sleep problems there were not significantly association (P>0.05). According to the result of present study, shift work, smoking, low age and experience were the causes and triggers of stress. Therefore it is suggested, to take into account the selection and periodic examinations of workers with these characteristics for stressful jobs and so identify sources of stress to reduce causing factors as systematically.

Keywords: Occupational Stress, Shift Work, Affected Factors, Industry.

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