

论文

不同职业人群工作紧张及影响因素分析

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摘要:

目的 了解中小学教师中、监狱狱警、视屏显示终端(VDT)3种不同职业作业人员的职业紧张程度。**方法** 采用工作紧张测量量表(JSS)对中小学教师、狱警、VDT作业人员的职业紧张程度进行测量。**结果** 851名中小学教师中,男性工作紧张反应、工作压力强度得分分别为(2.34±0.51)、(1.96±0.51)分,女性分别为(2.19±0.59)、(1.85±0.55)分,男性高于女性($P<0.05$);组织支持缺乏得分>40岁年龄段的(1.78±0.54)分,高于其他年龄段,男性的(1.83±0.56)分高于女性得分(1.62±0.58)分,高级职称得分高于中级和初级职称;影响中小学教师工作紧张主要因素是年龄、性别和学历;875名监狱狱警工作紧张反应得分男性的(2.13±0.13)分高于女性的(2.10±0.15)分($P<0.05$),本科以上学历的(2.14±0.11)分高于大专以下学历($P<0.05$);工作压力强度男性的(1.66±0.15)分高于女性的(1.63±0.18)分($P<0.05$),年龄段>40岁的(1.67±0.17)分高于其他年龄段;组织支持缺乏得分男性高于女性,本科学历以上高于其他学历;主要影响狱警工作紧张的因素为性别和学历;842名VDT作业人员工作紧张强度得分男性的(2.24±0.15)分高于女性的(2.10±0.13)分;影响VDT作业人员工作紧张的主要因素为年龄。**结论** 3种不同职业人群劳动者工作压力男性普遍高于女性,中小学教师和狱警工作紧张的影响因素为性别和学历,而年龄是VDT作业人员的工作紧张影响因素。

关键词: 教师 狱警 视屏显示终端(VDT)作业人员 职业紧张

Occupational stress among primary and middle school teachers, wardens and video display terminal operators

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Abstract:

Objective To examine the occupational stress among primary and middle school teachers, wardens, and video display terminal(VDT) operators and to compare the stress levels among the occupational groups. **Methods** The participants were randomly sampled and surveyed with Job Stress Survey(JSS) questionnaire. **Results** For the 851 primary and middle school teachers, the intensity of occupational stress of the males(2.34±0.51) was higher than that of the females(2.19±0.59, $P < 0.05$) and the intensity of occupational pressure of the males(1.96±0.51) was higher than that of the females(1.85±0.55, $P < 0.05$). The insufficient organizational support was observed in the participants aged more than 40 years(1.78±0.54), which was higher than that of the others. Participants with senior job title had higher occupational stress than those with lower job titles. The influence factors of job stress were age, sex, and education. For the 875 wardens, the intensity of occupational stress of the males(2.13±0.13) was higher than that of the females(2.10±0.15, $P < 0.05$). Participants with bachelor or higher education(2.14±0.55) had higher occupational stress than those with college or lower education($P < 0.05$). The intensity of occupational pressure of the males(1.66±0.15) was higher than that of the females(1.63±0.18, $P < 0.05$). Insufficient organizational support was observed in the participants aged more than 40 years(1.67±0.17), which was lower than that of the other participants. The participants with senior job title had lower organizational support. The influence factors of job stress were sex and education. For the 842 video terminal operators, the intensity of occupational stress of the males(2.24±0.15) was higher than that of the females(2.10±0.13). The influencing factor of job stress was age. **Conclusion** For the occupational populations surveyed, the intensity of occupational stress of the male is higher than that of the females and the influence factors of job stress are gender and education for primary and middle school teachers and age is the influence factor among video display terminal operators.

Keywords: teacher warden VDT operator occupational stress survey

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