Abstract

Background: Occupational stress is a kind of stress that a person undergoes doing certain jobs, and it is caused by the interaction between working conditions and demographic characteristics of the employee. Given the role of the health professionals in preventive care services in our health system, decision was made to determine the occupational stress among the staffs of the health centers in Yazd.

Methods: In the present cross-sectional descriptive study, staffs of the health centers in Yazd were studied following census method and making use of standard Occupational Stress Questionnaire of Health and Safety Executive (HSE). A total of 237 questionnaires were collected and the obtained data was analyzed using SPSS software 16 (SPSS Inc., Chicago, IL, USA).

Results: The mean score of occupational stress in individuals was calculated as 91.5±13.51. Findings of the study indicated that 54.1% of the participants were very undesirable and undesirable in terms of occupational stress. There was no statistically significant relationship between the occupational stress and age (P=0.7), gender (P=0.24), marital status (P=0.08), and educational level (P=0.19). On the other hand, the rate of occupational stress was significantly associated with work experience (P=0.04). A greater percentage was observed in unfavourable category regarding communication and change sub-scale.

Conclusion: According to the results of the current study, it seems that health care workers have a high level of occupational stress. Therefore, the reformation ideas such as stress reduction techniques, supervisor support, staff training on working conditions, and how to manage tasks and participate in decision-making are among the necessities of making an environment enabling so that managers can use the potential capabilities of the staffs in providing services to the community.

Keywords: Decision Making; Health Personnel; Family Characteristics; Occupational Stress