

**OCCUPATIONAL STRESS AND ASSOCIATED
FACTORS AMONG THE STAFF OF
YANGON CITY DEVELOPMENT COMMITTEE**

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M.B.,B.S

For the Degree of Master of Public Health (MPH)

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ABSTRACT

Occupational stress becomes an important problem among the employees in both private and public sector due to strict competition in work place. The aims of this study were to assess the levels of stress of the participants and to determine the associated factors of occupational stress of the participants. A cross-sectional descriptive study was conducted among 258 government staff of Yangon City Development Committee from September to December 2019. Data were collected by using structured Occupational Stress Index questionnaires with face to face interview method. According to OSI, it indicated that more than half of the staff (55.4%) experienced the moderate level of occupational stress. Compared to staff who took less than 30 minutes from their residence to their work, those who took 30 minutes to 1 hour from their residence to their work were expected to be 5.49 OSI score lower, on average ($\beta=-5.49$, 95%CI: -8.94, -2.04). Compared to officers, branch clerks were expected to be 9.91 OSI score higher, on average ($\beta=9.91$, 95%CI: 3.81, 16.02) and upper and lower division clerks were expected to be 6.05 OSI score higher, on average ($\beta=6.05$, 95%CI:0.17,11.92). Compared to staff who had occasionally conflict with co-workers, those who had sometimes conflict were expected to be 5.53 OSI score higher, on average ($\beta=5.53$, 95%CI:2.04,9.02). Compared to the staff who perceived working condition as good, those who perceived as fair were expected to be 3.59 OSI score higher, on average($\beta=3.59$,95%CI:0.54,6.66). Compared to the staff who got poor social support, those who got good social support were expected to be 6.21 OSI score lower, on average ($\beta=-6.21$,95%CI: -9.25, -3.17). It could be concluded that half of the staff had moderate level of occupational stress and transportation time, employment pattern, conflicts with co-workers, working condition and social support significantly effect on occupational stress. The YCDC staff coped stress with ‘Meditation’ as emotional focused coping and ‘Problem solving’ as problem focused coping. Therefore, this study strongly recommends that administrators of YCDC should offer good working condition to persuade the job satisfaction of the staff, solve the conflicts among the staff and strengthen the social support.