

**ASSESSMENT OF OCCUPATIONAL STRESS AMONG WORKERS IN TATMADAW
TEXTILE FACTORY AT HLAING TOWNSHIP, YANGON REGION**

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ABSTRACT

A healthy workforce is vital for sustainable social and economic development on a global, national and local level. Stress in the workplace is growing concern in the current state of the economy, where employees increasingly facing condition of overwork, job insecurity, low level job satisfaction and lack of autonomy. The present study examined whether, to what degree, organizational stress are associated with age, rank, education, gender in the analysis. It was a cross-sectional descriptive study with 246 respondents at Tatmadaw Textile Factory, Yangon, comprising 131 workers, 77 supervisors and 38 officers completed the study. The assessment of work related stress was collected with face to face interview through the Occupational Stress Index Questionnaire consisting of 46 items of 12 sub-scales. Mean age of the respondents was 41.5 years with SD 11.458 and 31% of the respondents were in age group of 50-59 years. Female population represented four fifth of the population and 42.3% of the respondents had graduate level. About two third of the workers had working experience in this factory for more than 10 years. Majority of them said to have job satisfaction. In about half of the respondents, high stress level was found in unprofitability, strenuous working condition and role ambiguity subscales. Two-third of the workers (178, 72.4%) had moderate level of stress and (15, 6.1%) of the respondents had high level of stress. There was an association between educational level and occupational stress ($p < 0.05$). From the findings, it is recommended to modify workplace management and to provide welfare facilities to reduce stress among workers.