

**PSYCHOLOGICAL DISTRESS AMONGSHIFT WORKERS IN MYANMAR  
RAILWAYWORKSHOP AT MA HLWA GONE**

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**ABSTRACT**

Psychological distress among workers including shift workers has been emphasized by the whole world nowadays as it can attract several adverse health outcomes for workers. Therefore, a cross sectional descriptive study was done to explore the psychological distress among 149 shift workers in Myanmar Railway

Workshop at Ma Hlwa Gone in relation to their socio-demographic characteristics,

major illness within three months, work-related factors and working environment by using structured questionnaire and General Health Questionnaire 28. In this study, shift workers who had high school education level and below suffered more somatic symptoms, anxiety/insomnia, social dysfunction and psychological distress than the workers with above high school level education. Shift workers whose income did not meet with their household expenditure had more anxiety/insomnia than other workers. Shift workers who were free from any major illness within three months were less likely to suffer from psychological distress, anxiety/insomnia and somatic symptoms.

Grade-1 level shift workers had more psychological distress than other shift workers.

Shift workers who had shift work service less than 16 years suffered more depression than shift workers with service more than 16 years. It was also noticed that the better the relation between these workers, the lesser the psychological distress. Shift workers who wanted to continue their present job had less psychological distress and less somatic symptoms. Shift workers who suffered heat in their working environment and did not get good ventilation were found to have more psychological distress, more somatic symptoms and more anxiety and insomnia. To be concluded, only few shift workers in Myanmar Railway Workshop at Ma Hlwa Gone had psychological distress. It would be better to conduct further more comprehensive study to detect the reasons for psychological distress among these shift workers to protect the adverse health outcomes resulting from it.