

# Evaluation relationship occupational stress with shift work in the agency drivers in Yazd

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## Abstract

**Background:** nowadays, the role of occupational stressors in the creation of problems, diseases, physical and mental disabilities, and its costs especially in high standard and safety- sensitive jobs is obvious. Shift work is a factor which may increase job stress. Therefore, this study was conducted to identify the relationship between shift work and occupational stress among urban taxi drivers.

**Methods:** This was a historical cohort study. 267 urban taxi drivers were selected by cluster sampling. Drivers were divided into two groups: shift worker (142 subjects) and non-shift worker (125 subjects). Two groups were matched regarding age and gender. Data was collected using Osipow questionnaire. Data was analyzed using T- test.

**Results:** In 76.8% of non- shift workers and 90.1% of shift workers, stress score was more than 140. Mean stress score was significantly higher among shift workers, and there was a significant relationship between mean stress score and shift work ( $P=0.021$ ).

**Conclusion:** Results showed that shift work significantly affects job stress of drivers which may have to such outcomes as accidents and occupational diseases. So stress management may reduce these adverse effects.

**Key words:** Job stress, Shift work, Drivers

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