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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