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Textile workers: Occupational stress, coping strategies and related factors

Ozlem Koseoglu Ornek¹ and M Nihal Esin²

¹Istanbul Bilgi University, Turkey

²Istanbul University, Turkey

Aim: The aim of this research study has been to examine occupational stress, coping strategies with stressors and relevant factors in textile workers.

Method: It is a descriptive and cross sectional design. The research samples were consisting of 668 textile workers. Data was collected by using worker's Assessment Form, the Brief Job Stress Questionnaire (BJSQ) and the Brief Scales for Coping Profiles (BSCP). The BJSQ and BSCP have been adapted to the Turkish.

Results: More than 53% of the workers were women. The mean age of all subjects was 33, 2±9.9 years. The mean working hours per week was 62±5.9. The score of the BJSQ was 113, 9±20.3 (median: 112), and its subscales; physical symptoms' score was 15.3±12.9 (median: 14), psychological symptoms was 24.8±7.3 (median: 24) and job stress was 54.2±9.24 (median: 53). The scores above the median indicates the job stress and its' effects on health. The scores of the BSCP was 53.8±8.3 (median: 54), and scores from its subscale which was higher than median was from "changing mood" 12.6±2.37 (median: 8). The scores above the median indicates the unsuccessful coping methods. It was found significant an association between the workers' gender and physical symptoms (p 0.05). It was found negative correlation between job stress' level and the workers' sleep quality and also general working performance.

Conclusion: The job stress's level of the workers was found high and the coping profiles were found insufficient. Ultimately, these findings can be used as guidelines for the prevention of health problems in textile workers.

Biography

Ozlem Koseoglu Ornek has completed Master's degree in Public Health at Istanbul University. His thesis was about child workers' psychological health problems. He is a PhD holder at Istanbul University. His PhD thesis is about women workers and occupational stress. He is a member of administration of Turkish Occupational Health Nursing Association. He has published 2 papers in reputed international journals.

ozlem.koseoglu@bilgi.edu.tr

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