

3rd Euro Nursing & Medicare Summit

July 27-29, 2015 Valencia, Spain

Evaluation of Stress Level of Railway Workers

Aslıhan ÖZTÜRK and Ayfer TEZEL

Ankara University, Faculty of Health Sciences, Nursing Department, Turkey

Evaluation of Stress Level of Railway Worker: The work stress is a psychological issue that restrain person from normal functions, changes psychological and physical attitudes, comprises of consequences of factors related to work. The business climate is convenient to stress. People spend most of their time in workplace so it is needed to evaluate employees' stress related to work. This study was conducted to evaluate work stress of Turkish State Railways employees. The study type is descriptive and sample of the study consists of 322 workers who work State Railways of the Turkish Republic in Ankara. Data was collected by using Personal Information Form that prepared by researchers. Data is analysed by using descriptive statistics and chi-square (X²) test. All of employees are male and 93.2% of them are married. Approximately half of workers (61.5%) are high school graduates and 56.8% of them have intermediate income and their income is equal to their expenses. It was found that relation between age educational level work year industrial accident opinions about working conditions work satisfaction the idea of job change feeling in the workplace with work stress is statistically significant ($p < 0.001$). Statistically significant relation was not found between staff status, working hours with work stress ($p > 0.001$). At the end of the study, between stress level of the workers with work conditions and personal characteristics was found relationship. It was determined that workers were unable to cope efficiently with stress. Training about interpersonal relationships, communication skills, coping with stress etc. should be given to employees.

Biography

Aslıhan ÖZTÜRK, working as a Research Assistant and master student in public health nursing at Ankara University. She graduated from Nursing Department of Istanbul University in 2012. Work Experience: 2012-2013 Research Assistant Erzincan University School of Health, 2013-.. Research Assistant Nursing Department of Ankara University Ayfer TEZEL has completed her bachelor, master and Ph.D. from Atatürk University and Postdoctoral studies from Ohio State University. She is the chairman of Public Health Nursing Society and head of Nursing Department of Ankara University. She has published more than 70 papers in reputed journals. Work Experience: 2003 Dr. Lecturer Atatürk University, 2003-2006 Asst. Prof. Atatürk University, 2006 Fellowship Prof. Ohio State University, Nursing School, 2006-2010 Asst. Prof. Atatürk University, 2010-2013 Asst. Prof. Ankara University, 2012 Asst. Prof. Keele University, School of Nursing and Midwifery, 2013-.. Prof. Dr. Ankara University, Faculty of Health Sciences

as_ztrk@hotmail.com

Notes: