

WORK-RELATED STRESS AND COPING MECHANISM AMONG MEDICAL OFFICERS IN PENANG STATE

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INTRODUCTION

Work-related stress is common among healthcare workers. Stress can be a factor in causing mental and physical ailments such as obesity and cardiovascular disease. It can cause dissatisfaction with one's job and even take someone out of work. Psychosocial stressors are, arguably, the most predominant stress factors. These include high job demands, inflexible working hours, poor job control, poor work design and structure, bullying, harassment, and job insecurity. Workplace stress not only affects the worker; it also has adverse effects on company performance. The aims of this study were to investigate factors associated with work stress among medical officers working in district health offices and government primary health clinics in Penang State and to evaluate their coping mechanisms.

METHODOLOGY

Study population	All medical officers working in District Health Offices and government Primary Health Clinics in Penang state.
Study design	A descriptive cross-sectional study
Inventory	<ul style="list-style-type: none"> • <i>Ujian Gaya Daya Tindak (UGDT)</i> adapted from <i>Minda Sihat</i> Module, Ministry of Health Malaysia 2005 • Coping Scale Questionnaire
Data collection	Self-administered structured questionnaire were described in mean and percentage

CONCLUSION

This study found that coping skills among medical officers in government primary healthcare in Penang State towards work-related stressors are still under control and allow them to maintain a good working environment. Our report may contribute to the development of educational programmes designed to encourage medical officers to increase their health-promoting behaviours.

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RESULTS

Table 1: Sociodemographic of Medical Officers in District Health Offices and Government Primary Health Clinics in Penang State

Variable	Frequency (%)	Mean(SD)
Gender		
Male	24(29)	
Female	58(71)	
Age		36.6(6.47)
Ethnic		
Malay	47(57)	
Chinese	21(26)	
Indian	14(17)	
Duration service as medical officer (month)		114.2 ±79.2

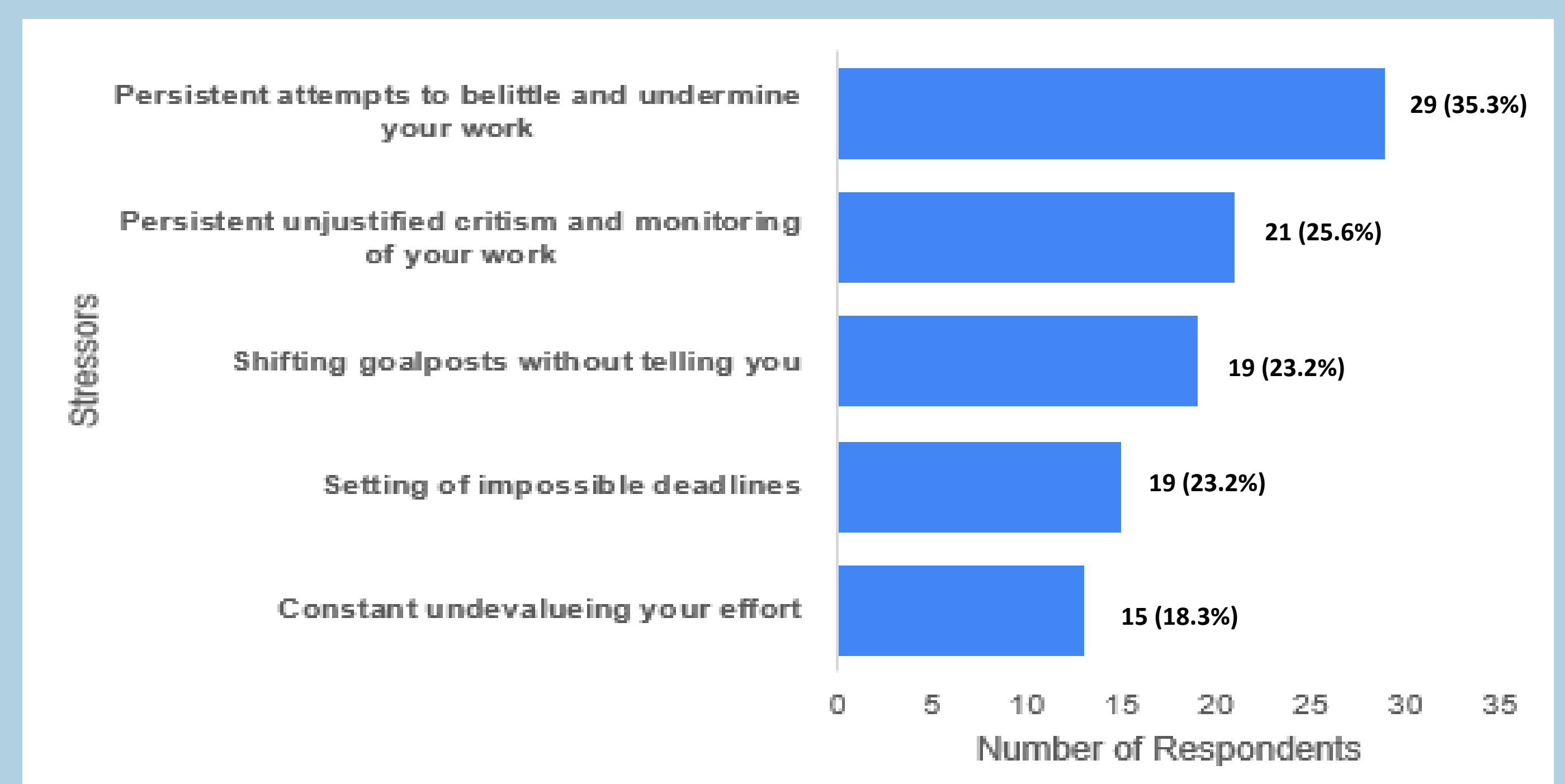


Figure 1: Highest stressors faced by Medical Officers in District Health Offices Government Primary Health Clinics

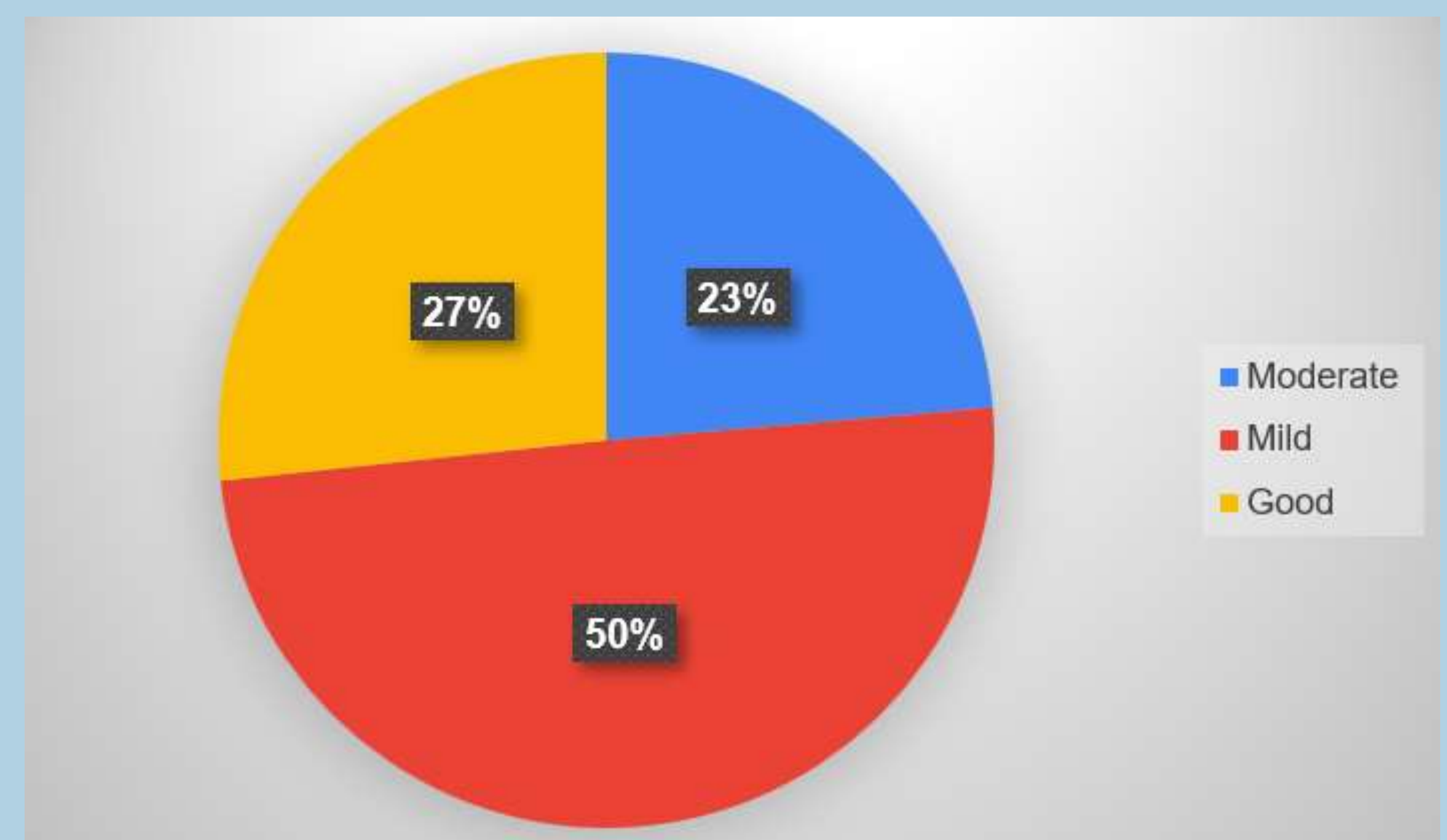


Figure 2: Coping scale result Medical Officers in District Health Offices Government Primary Health Clinics