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## PREVALENCE AND FACTORS ASSOCIATED WITH JOB STRESS AMONG EMPLOYEES OF A STATE HEALTH DEPARTMENT

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### Background:

Several sources of job stress exist. Some of these stressors are intrinsic to the job, while some are related to psychosocial and other factors. A cross sectional study was conducted to determine the prevalence and factors associated with job stress among employees of a state health department.

### Materials and Methods:

A Malay version of the validated Karasek's Job Content Questionnaire was distributed among staffs of a state health department and the response rate was 97.2 percent. There were five scales in the questionnaire. Two scales were used to define job strain, namely: decision latitude and psychological demands.

### Results:

The prevalence of high job stress in was 24.0 percent. There is significant association between supervisor's support and level of stress among staff in State Health Department ( $p=0.04$ ). There were no associations between job insecurity, co-worker support, social support and physical exertion with stress level.

### Conclusion:

The prevalence of stress among the health staff in State Health Department is high. Low supervisor support and female gender showed significant differences in the level of stress between "high strain" group and "non-high strain" group.

### Keywords:

Job Content Questionnaire, job stress, risk factors, State Health Department staff, psychosocial factors