

THE PREVALENCE OF OCCUPATIONAL STRESS AMONG DOCTORS IN KUALA LUMPUR HOSPITAL IN 1995-1996

KAJIAN PREVALENS TEKANAN KERJA DIKALANGAN DOKTOR DI HOSPITAL KUALA LUMPUR PADA TAHUN 1995-1996

Ruhaini Ismail, Noor Hassim Ismail

ABSTRACT

A cross-sectional study was conducted on 203 doctors serving in Kuala Lumpur Hospital under the Ministry of Health to determine the prevalence of occupational stress and the factors influencing it. Questionnaires were distributed to all doctors who are working at the said hospital. The questionnaires include personal data, 'The Medical Personnel Stress Scale' and 'Personal Stress Inventory' which were used to measure the factors as well as the occupational stress symptoms. The present study shows that the prevalence of occupational stress among doctors to be 40.4%. Significant associations were found between occupational stress and job categories, age-groups, sex, length of service and monthly income ($p < 0.05$). The prevalence of occupational stress is highest among the Housemen (65.2%), followed by the Medical Officers (41.9%). The specialists formed the group least affected by occupational stress (30.7%). Those who were 30 years and younger experienced the highest level of occupational stress (53.8%) as compared to those who are above 30 years of age (31.7%). Other characteristics such as marital status, number of children and race have no effect on the prevalence of occupational stress and the associations were found not to be significant ($p > 0.05$). Apart from that, the prevalence of occupational stress between the different units is also not significant ($p > 0.05$). Therefore, it can be shown in this study that for every 3 doctors, 1 will be under stress. This situation is worse among the Housemen, whereby for every 3 doctors, 2 will be under stress. Hence, it can be concluded that doctors are actually at high risk of getting occupational stress and as such, the relevant authorities should identify and take proper actions to overcome this problem.

ABSTRAK

Satu kajian irisan lintang telah dijalankan ke atas 203 orang doktor yang bertugas di Hospital Kuala Lumpur di bawah Kementerian Kesihatan untuk mengkaji prevalens tekanan kerja dan faktor-faktor yang mempengaruhinya. Borang soalselidik telah diedarkan kepada semua doktor di hospital berkenaan. Borang soalselidik tersebut mengandungi data peribadi serta 'The Medical Personnel Stress Scale' dan 'Personal Stress Inventory' yang digunakan untuk mengukur faktor-faktor serta gejala-gejala tekanan kerja. Kajian ini mendapati prevalens tekanan kerja di kalangan doctor adalah 40.4%. Terdapat hubungan yang bererti di antara tekanan kerja dengan kategori jawatan, kumpulan umur, jantina, jangkamasa perkhidmatan dan pendapatan bulanan ($p < 0.05$). Prevalens tekanan kerja adalah paling tinggi di kalangan Doktor Siswazah (65.2%) diikuti oleh Pegawai Perubatan (41.9%). Golongan Doktor Pakar mengalami tekanan kerja paling rendah (30.7%). Kajian juga mendapati mereka yang berumur 30 tahun dan kurang, mengalami tekanan kerja paling tinggi (53.8%) berbanding mereka yang berumur lebih dari 30 tahun (31.7%). Ciri-ciri lain seperti taraf perkahwinan bilangan anak dan bangsa pula tidak mempengaruhi prevalens tekanan kerja dan hubungan yang didapati adalah tidak signifikan ($p > 0.05$). Selain daripada itu prevalens tekanan kerja juga tidak menunjukkan hubungan yang bermakna di antara unit-unit tempat bekerja ($p > 0.05$). Oleh yang demikian di dalam kajian ini boleh ditunjukkan bahawa bagi setiap 3 orang doktor, seorang akan mengalami tekanan. Keadaan ini lebih teruk di kalangan Doktor Siswazah di mana bagi setiap 3 orang doktor, dua orang akan mengalami tekanan. Dengan itu kesimpulan boleh dibuat bahawa golongan doktor sememangnya mempunyai risiko yang tinggi untuk mendapat tekanan kerja. Pihak pengurusan, dari itu, perlulah mengenalpasti dan seterusnya mengambil langkah-langkah yang sewajarnya bagi menangani masalah ini.