Title: Work Stress and Influencing Factors of Train Drivers

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ABSTRACT

Background: Train drivers is the particular groups who has irregular working hours, high concentration of attention during work, working environment with strong noise, vibration. The work stress of train drivers has become an occupational risk. There has been a large number of reports on work stress lead to musculoskeletal discomfort, cardiovascular disorders and mental disorders in Europe and other countries. Some literature reported: long time working in the train will reduce work efficiency, can also lead to psychosomatic diseases, seriously affect the quality of work.

Objective: To investigate the work stress and influential factors of train drivers, and provide appropriate methods to reduce the work pressure of train drivers.

Methods: The train drivers working in the Railway Bureau were selected by overall sampling. These train drivers were investigated with a self-designed report questionnaire of the work pressure and influential factors. The questionnaire was composed of general information, Effort-Reward Imbalance Inventory and correlative healthy inventory.

Results: Work stress of train drivers was at moderate level. There were difference distribution among various age-group train drivers and various academic degree train drivers (P < 0.05). Work stress of train drivers was possibly affected by following factors: burnout, mental health status, safety/responsibility, job, the damage percentage caused by health.

Conclusion: Train drivers may feel great pressure during work. The drivers of 26 to 35 years old and higher educated may feel greater pressure. The job character of train drivers bring them a certain extent pressure, and affected by many factors.

Advice: Some measures should be taken to improve the working environment and conditions that accord with the national occupational health standards for train drivers, such as improved equipment to reduce noise and vibration, and further probe into the forming reason of pressure, to protect their physical and mental health, make occupational healthy.
wardship, to ensure receive the occupational health protection; Prevention of occupational diseases will be included in the socio-economic development plan; Implement the occupational health management training scheme, establish a occupational health management group who not only knows the business very well, but also familiar with the law; Increase the propaganda of the prophylaxis and treatment of occupational diseases, promulgate prevention and treatment knowledge.

**Key words**: Train Drivers; Work Stress; Influential Factors