INTRODUCTION

• In the last decade, stress was considered one of the main illnesses affecting humanity, besides representing a high cost for public health and companies. The woman as object of study is recent, fact which has instigated investigation.

• The research is grounded on two theoretical models:
  o Karasek (Job Stress Scale): which considers the environmental factors as determinants in the process of stress.
  o Lipp (Inventory Stress Symptoms Adults): who defends that stress is composed by four stages, and reinforces the idea that what characterizes stress is the presence of a symptomatological profile composed by several items which last certain period of time.

OBJECTIVES

Establish the work factors predisposing of stress, asserting their impact on worker´s psychological and physical health.

METHOD

• The research is an observational and cross-sectional.
• The sample was composed by 296 workers, divided into two groups (Professors and Others Professionals) and genders.
• The research instrument used was a self-applicable questionnaire composed by 3 stages:
  o 1st: was elaborated by its own researcher.
  o 2nd: was composed by questions from the Job Stress Scale (Karasek) - “Psychological Demand”, “Control Over Work” and “Social Support”.
  o 3rd: was composed by the Lipp’s Inventory of Stress Symptoms for Adults- ISSL (Lipp) - “Alert”, “Resistance”, “Almost-Exhaustion” and “Exhaustion”.
• For the results’ analysis, the Chi-square test (Siegel) or Fischer’s exact test were applied (< 0,05 or 5%).
• Project approved by research ethics committee of UNISA, CAAE – 0104.0.386.000-10.

RESULTS

• It became evident in both groups and genders:
  o Job Stress Scale (Karasek):
    • HIGH (bad result) “Psychological Demand”.
    • HIGH (good result) “Control Over Work”.
    • HIGH (good result) “Social Support”.
  o ISSL (Lipp):
    • Stress Phase 2 - “Resistance” at Last Week.
• In relation to the gender:
  o Teachers group: Female-58,6% and Male-41,1%.
  o Other Professionals group: Female-52,2% and Male-47,8%.

CONCLUSIONS

• Job Stress Scale (Karasek): It was confirmed in both groups and genders HIGH "Control Over Work" WITH Statistical Significance.
• ISSL (Lipp): Prevalence Stress Phase 2 - "Resistance" at Last Week WITHOUT Statistical Significance.
• It was identified prevalence of the female gender.
• It is recommended to the institution the implantation of a health and quality of life at work policy.

REFERENCES

1. Karasek RA. Job demands, job decision, and mental strain: implications for job redesign. ASQ 1979 June;24:285-308

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