

Factors Affecting the Post-traumatic Stress Disorder of Metro Workers

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Abstract. This study aims to identify affected factors in PTSD of metro workers. The subjects of this study were the 209 workers who experienced traumatic accident on the job. The collected data was analyzed by using frequency, percentage, mean and standard deviation, t-test, ANOVA and multiple regression analysis. As a result of this study, PTSD of metro workers was depended on their hobby, job position, job satisfaction, support of Colleagues, psychological characteristics. And factors of anxiety, phobic anxiety and hobby accounted for 56.9% of variance in PTSD. It is recommended to develop and evaluate of preventing of PTSD among metro workers who experienced traumatic accident on the job.

Keywords: post-traumatic stress disorder, metro workers, psychological characteristics

1 Introduction

Accidents are being reported as one of the serious life events among metro workers [1], which may cause post traumatic stress disorder (PTSD) among the metro workers. The PTSD is one of the important mental health issues that can have an impact on addiction as well as suicidal inclinations and attempts [2]. The significant factors that have significant impact on the PTSD include frequency and type of traumatic accidents, job-related traits [3] as well as other psychological conditions [4]. And, the level of perceived social support after the experience of a traumatic accident was proven to be the important factor that prevents occurrence of PTSD [5]. Accordingly, this study aims to identify affected factors in PTSD of metro workers who experienced traumatic accident on the job.

2 Method

The subjects of this study were the 209 workers who experienced traumatic accident on the job in City S, South Korea from June to July 2012. Independent variables were job-related characteristics and psychological characteristics. For psychological

characteristics of this study, subcategories suggested in 'SCL-90-R, Symptom Checklist 90 Revision' were utilized. The survey questionnaire selected for this study was PSS-I (PTSD Symptom Interview Version) with proven track record in reliability and feasibility in overseas studies. The collected data was analyzed by using frequency, percentage, mean and standard deviation, t-test, ANOVA and multiple regression analysis.

3 Results

First, general characteristics have shown no statistically significant level of differences in terms of PTSD, except that PTSD score was lower among those hobbies than those without them. The subjects enjoyed a significant level of support from colleagues with those enjoying higher level of colleague support scoring low in PTSD scale.

Second, PTSD score was low among those groups who suffered low level of obsessive-compulsive, interpersonal sensitivity, depression, anxiety, hostility, phobic anxiety, paranoid ideation and psychoticism that were statistically significant.

Third, the factors influencing the PTSD of those metro workers who experienced accidental deaths or injuries include: anxiety, phobic anxiety and enjoyment of hobby.

4 Discussions

It was found in this study that PTSD of the metro workers was differed depending on their enjoyment of hobby. This discovery implies that support for workers' extra-work activities and company-wide encouragement of hobbies would be critical when it develops PTSD prevention program for the metro workers in the future.

The seriousness of PTSD varied in the workers' occupational characteristics depending on support of colleagues. The social support to those suffering from PTSD is one of the key strategies.

In this study, the group with a higher level of psychological symptoms showed a higher level of PTSD that is statistically significant. The social support to those suffering from PTSD is one of the key strategies to promote sound development of their mental health. Additionally, more comprehensive examination of the psychological soundness of metro workers in the physical examination before employment and job assignment would be required.

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