

## Comparing the Level of Stress on War Veterans and Healthy People

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Article information	Abstract
<p>Article history: Received: 7 Aug 2011 Accepted: 13 Oct 2011 Available online: 24 Oct 2012 ZJRMS 2012; 14(10): 89-91</p> <p>Keywords: Comparison Healthy people Veterans</p> <p>*Corresponding author at: Department of management of health &amp; cure services E-mail:hasanafkar@yahoo.com</p>	<p><b>Background:</b> In today's world stress has been epidemic issue. This study has been done with the aim of study and comparison of job stress rate in the employed veterans Guilan In the 2010.</p> <p><b>Materials and Methods:</b> This study is a cross-sectional comparative and case-control study.statistical society are 100 people of employed veterans in Fuman, Shaft, Soume Sara, Rasht that has been chosen as random sampling.</p> <p><b>Results:</b> Results showed no statistically significant difference between the two groups of veterans and non veterans of stress rate (<math>p= 0.14</math>).</p> <p><b>Conclusion:</b> Role conflict and high volume work, also excessive expectations is considered including stressful factors at work environment.</p>

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### Introduction

Nowadays, stress is a permanent part of life. In fact, the word stress is the slogan of all the people with any culture, race, or nationality [1]. Stress has some side effects on all organs of humans' bodies. It is an epidemic problem and certainly just a few people would be safe from the devastating effects of it or be able to avoid it [2].

As a significant level of stress in the societies caused by the working conditions and the organization's relationships and systems, it is a matter of organizational problems, rather than personal problems. In this way, the stress control and management is involved in workplace issues [3]. In today's societies, working is one of the major causes of stress [4].

It is very important in every body's life and provides financial security and meets a lot of needs, but as it exposes the staffs to stress and harmful substances, endangers their health [5]. People spend an important part of their lives at workplace and during this time they have different working conditions; so, inevitably the workplace and the type of job the individuals do may affect their health profoundly [6]. Recently, stress at workplace has become the topic of interest to most employers, because they have found that the stress has some side effects on the employees work quality [7].

The research conducted by Princeton Research Forum in 1997 showed that three-quarters of the employees exposed to workplace stress more than previous generation [8]. Stress can also have some negative impacts on important activity functions in workplace. In 1983-1993, 34 people were killed and 20 people wounded by gunfire at post offices in United States of America. All these events caused by stress [9]. In this case, coping with

job and organizational stress saves the employees time and energy, improves their performance, and also causes the immediate productivity of the organization [10].

According to what was discussed above and considering the importance of war impacts in various aspects of war veterans life, and because of the lack of a comprehensive study about this matter in Guilan, we has conducted this research and compared the level of stress in war veterans and healthy people.

### Materials and Methods

This is a case-control study has conducted in the second half of 1389, in which 100 war veterans have been compared with 100 healthy people. Both groups have been the same age and the same level of education.

The population has consisted of war veterans working in Fuman, Shaft, Somea-Sara, and Rasht and have been selected by random sampling and control group has consisted of healthy employees who are of the same age and level of education with war veterans in population and working in the cities mentioned. Data was collected using a questionnaire.

The questionnaire had two parts: the first part included the participants' personal information, education, type of employment, experience, corporate post, and finally to work or not to work on that post, the second part included Job Stress Astaynmtz Questionnaire which contained 36 phrases about stressful situations at workplace.

This questionnaire has been used with a three-grade scale; quite correct, partially correct and incorrect, respectively, with values of 0, 1 and 2. To determine the reliability of this test, two methods of classification and

re-test have been used. The Reliability coefficient in classification method was 69% and in re-test method was 0.72%. The validity was 0.77% and all these figures in 0.99 are significant [11].

The questionnaire were given to both eligible groups in person. For ethical considerations Participating in this research was optional to the participants and they could choose to quit it whenever they decide. Then, the collected data was processed by SPSS-16 software, one way ANOVA and *t*-test.

## Results

According to the research, the frequency of both war veteran group and healthy people group were 100. Table 1, shows the results of comparing frequency distribution for these two groups which conducted based on their age, type of employment, education, experience, and working in corporate post. Findings show that there are statistically significant differences between the different age groups ( $p=0.001$ ). But there are no statistically significant differences between education groups. The average of age in war veteran group is  $53.43\pm 44.6$  years the related average in healthy people group is  $84.36\pm 17.7$ . Also, there are statistically significant differences in work experience in these two groups. Findings show that both war veterans and healthy people group have the same level of stress (Table 2).

According to the findings, both war veterans and healthy people having Bachelor's degree or higher, have been exposed to more stress. The correlation coefficient between age and stress is 0.1 and there are no statistically significant differences between age and level of stress, and also between experience and level of stress in these two different groups. The correlation coefficient between experience and stress is 0.79 and there are statistically significant differences between age and experience in these two different groups ( $p= 0.001$ ).

## Discussion

The results of this research show that as far as demographic characteristics are involved, there are statistically significant differences between different age groups and also between age and experience in these two groups. But there are no statistically significant differences between education groups. In Elhami's research [3], in demographic characteristics, there was just a direct relationship between participant's not working in corporate post and their stress, but there were not significant correlations between other variables. According to participants' answers, there are statistically significant differences between the scores each group (war veterans and healthy people) acquired. according to the war veterans' answers to the questions, such as, how to react to fierce and aggressive people, negative comments about subordinates, dealing with indifferent people, judgments between disputes partners, job efficiency, conflict with subordinates, conflicts with the

organization, and Being pressured by family, their scores show that they have more stress.

Cole believes that 93% of nurses are frequently affected by environmental stressors and this is consistent with our research. Lee and Wang in their study of job stress have also showed that, the major sources of job stress are work load and responsibilities. Kaplan and French believe that conflict between colleagues is the most important job stressor which is also apparent in both war veterans and healthy people group in this study [12].

**Table 1.** Frequency distribution (percent) in war veterans and healthy people groups based on age, type of employment, education, experience, and working in corporate post

Variable		Healthy people	War veterans
Age range (yr)	30<	19	2
	30-40	52	19
	40-50	25	67
	> 50	4	12
Type of employment	Hired	49	85
	Contractual	51	15
	Lower than Diploma	7	6
Education	Diploma	31	31
	Associated of art	23	28
	Bachelor and higher	39	35
Experience (yr)	10 >	54	16
	10-15	22	19
	15-20	14	21
	>20	10	44
Working in corporate post	Yes	85	84
	no	15	16

**Table 2.** Frequency distribution (percent) in war veterans and healthy people groups based on level of stress

Group	Healthy people	War veterans	Total
Level of stress	N(%)	N(%)	N(%)
Low	62(62)	56(56)	118(59)
Medium	37(37)	38(38)	75(75.5)
high	1(1)	6(6)	7(3.5)

According to the results of this study, there is no significant correlation between age and job stress. Elhami, in his study in which he compared the level of job stress in different employees of rehabilitation department in Behzisti organization in Guilan showed that there are no significant correlation between age and job stress, which is consistent with this research results [3]. Olya also has gotten the same result in his study [13]. But Stebinski findings have shown that the older people have less stress [14]. According to Nikkhu's research there is no correlation between age and stress in midwifery teachers [15]. In our research about the relationship between job stress and experience, the correlation coefficient between stress and experience is 0.74 and there are no statistically significant differences between experience and stress [6]. According to Piramun-Moghadam research, there is no significant correlation between job stress and experience. The main hypothesis of this research deals with comparing the level of stress in war veterans and healthy employees. In this case, the results show that there are no statistically significant differences between average of stress scores in war veterans and healthy people groups.

Stress is part of every bodies working life, whether it is positive or negative. To encounter the stress, both the individual and the organization should use different appropriate strategies simultaneously. Moreover, it is necessary for the individual and the organization to be coordinated. So, the war veterans should be served with appropriate facilities and mental and intellectual peace and also appropriate jobs should be prepared for them and their organizational problems should be solved with changing the system of management and human relations and involving the staff in decision-making. As human relationship is a very important factor in causing stress in workplace, improving these relationships reduce the amount of stress in workplace. According to the result of

this research we can say that the level of stress in both war veterans and healthy people groups is low and medium.

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### Authors' Contributions

All authors had equal role in design, work, statistical analysis and manuscript writing.

### Conflict of Interest

The authors declare no conflict of interest.

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