

授与機関名 順天堂大学

学位記番号 甲第 76 号

スポーツ施設従業員における職業性ストレスとメンタルヘルスに関する研究  
:事務職と指導職の比較から

(Job stress and mental health among sports facility workers in Japan  
:Through comparison of office staff and instructor staff)

朴明姫 (ぱくみよんひ)

博士 (スポーツ健康科学)

### Abstract

Sports facility workers in Japan are exposed to mental health risks due to the demand of job characteristics and job insecurity due to many irregular workers. The purpose of this study was to clarify the characteristics of mental health of Japanese sports facility workers, using the New Brief Job Stress Checklist. The survey was conducted on 488 workers in the capital area sports facilities in Japan, among which 378 valid respondents (183 office staffs and 195 instructor staffs) were grouped and data were analyzed. The survey included Job stress measured by the New Brief Job Stress Questionnaire, and Mental health measured by General Health Questionnaire. To examine associations between job stress and mental health,  $\chi^2$  test, t-test and linear regression analyses models were conducted. As a result, the two groups showed different job stress factors. (1) Office staffs showed better status qualitative and physical demand than instructor staffs, and the instructor staffs showed better status in terms of application of skill, job insecurity, and meaning of job.

(2) Instructor staffs showed a better mental health status. For office staffs, the quantitative demand, job control, meaning of job, and job insecurity had a significant relationship with mental health. For instructor staffs, the physical demand, inter- personal relationships, job insecurity had a significant relationship with mental health.