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제 목	직무 스트레스와 건강관련행위의 관련성 Occupational Stress as a Predictor of Health-related Behaviors			
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<p>Background & Objectives: Research has shown that people who experience high levels of occupational stress tend to perform behaviors like cigarette smoking, alcohol consumption, and drug abuse that increase their chances of becoming ill or injured. This study was conducted to examine the relationship between occupational stress and health-related behaviors in a nation-wide sample of Korean employees.</p> <p>Subjects and Methods: Data were from the National Study for Development and Standardization of Occupational Stress (NSDSOS Project, 2002-2004). A total of 30,146 employees proportional to the Korean Standard Industrial Classification and the Korean Standard Occupational Classification were recruited. A structured-questionnaire was used to assess the participants' sociodemographics, job-related factors, health-related behaviors, and 43 items of Korean Occupational Stress Scale (KOSS). Logistic regression analysis were used to elucidate the relationship of 8 subscales of occupational stress to five health-related behaviors. Cigarette smoking was analyzed in male employees because the prevalences of smoking were different between male and female. Eight subscales of occupational stress were categorized into 4 groups using quartile.</p> <p>Results: In logistic regression analyses, most of subscales of occupational stress were associated with practice of health-related behaviors. For workers scoring in the highest quartile compared to workers scoring in the lowest quartile, poor physical environment (OR: 1.36, 95% CI: 1.12-1.66) and high job demand (OR: 1.36, 95% CI: 1.22-1.53) were associated with smoking, and poor physical environment (OR: 1.50, 95% CI: 1.17-1.92), high job demand (OR: 1.43, 95% CI: 1.24-1.65), organizational system (OR: 1.29, 95% CI: 1.12-1.49) and lack of reward (OR: 1.26, 95% CI: 1.09-1.45) were related to ≥ 3 times/week alcohol drinking. In other health-related behaviors, adjusted odds ratios of negative health behaviors (eg: no exercise, no leisure activity and insufficient sleep) for workers scoring in the highest quartile were more higher compared to workers scoring in the lowest quartile.</p> <p>Conclusion: These results suggest that occupational stress plays a significant role in practice of health-related behaviors, and leads to an increased risk of chronic diseases like cardiovascular diseases.</p>				