

عنوان مقاله:

Investigating Stress and Anxiety in employees of Melli Bank branches in Abadan and Khorramshahr, in the first ۶ months of the Covid-۱۹ pandemic

محل انتشار:

اولین کنفرانس بین المللی سلامت، بهداشت و آموزش (سال: 1403)

تعداد صفحات اصل مقاله: 7

نویسندگان:

Raha Tabahfar - Abadan University of Medical Sciences

Hakimeh Eskandari Sabzi - Abadan University of Medical Sciences

Farshid Mohammad mousaie - Abadan University of Medical Sciences

Mona Ebrahimzadeh - Abadan University of Medical Sciences

خلاصه مقاله:

Background and purpose: During the pandemic of the Covid-۱۹ virus, fear and worry reigned in the societies, and negative news and rumors about this disease have brought psychological consequences for all sections of the society. Bank employees are among the groups that have been exposed to psychological pressure due to their continuous presence at work even during quarantine. This research was carried out under the supervision of Abadan University of Medical Sciences with the aim of investigating the level of stress and anxiety in the employees of Melli Bank branches in Abadan and Khorramshahr during the corona epidemic. **Materials and methods:** In this descriptive-cross-sectional study, ۱۱۰ employees of Melli Bank branches in Abadan and Khorramshahr, who were eligible, were included in the study by systematic random sampling. The data collection tool consisted of two questionnaires, including a demographic information questionnaire and a depression, anxiety and stress questionnaire (DASS-۲۱). Data were analyzed with SPSS ۲۱ software using frequency distribution tables, graphs, central and dispersion indices, one-way ANOVA, T-TEST and paired T-tests. **results:** According to the findings, ۹۶ of the participants were male, ۹۷ were over ۳۰ years old, ۹۳ were remarried, ۸۹ had children, ۶۶ had a bachelor's degree, and ۸۷ had more than ۵ years of work experience. The results indicate that ۷۰ of the participants experienced a severe and very severe level of stress and ۱۰۸ of the participants experienced the same level of anxiety during the Corona epidemic. This is despite the fact that there was no significant relationship between stress and anxiety and demographic factors. **Discussion:** Based on the findings, most of the participants have experienced severe and very severe levels of stress and anxiety during the Covid-۱۹ pandemic. Due to the fact that bank employees are required to be at their workplace in special situations such as pandemics, they will always be under stress and anxiety caused by crises, and this issue puts their mental health at risk. Therefore, it seems necessary for health authorities to pay attention to the mental health of this group and trainings and measures related to it

کلمات کلیدی:

Covid-۱۹, stress, anxiety, bank employees, coronavirus

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