

**JOB STRAIN AMONG PHYSICIANS IN BANGKOK, THAILAND**

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SUKUMALCHART, Ph.D.**ABSTRACT**

This study is survey research designed to study job strain among physicians in Bangkok, Thailand. The sample consisted of 283 physicians working in 15 hospitals that had over 200 beds in Bangkok. The 12-item version of the General Health Questionnaire (GHQ) was used to measure the psychiatric morbidity and the effort-reward imbalance (ERI) questionnaire was used to assess job stress among physicians. The effort, reward, effort/reward ratio, and overcommitment scale were used to study job strain, job stress being represented by effort/reward ratio in this study. The results of this study revealed that physical demand at work was the most stressful effort for physicians and poor job promotion was the most stressful reward. Age, part-time job, income, daily work-hours, sector, living status, leisure time had significant relationships with job stress. The physicians who were satisfied with their job had lower job stress. High-risk of overcommitment and psychiatric cases showed higher risk of job stress. Multivariate logistic regression analysis showed that working in the public sector (OR=2.17), with a part-time job (OR=2.38), and with a high-risk of overcommitment (OR=3.43) were the risk factors of job stress and having leisure time (OR=0.47) was a protective factor of job stress. No other factors such as age, income, daily work-hours, and living status had any significant associations with job stress. Multivariate logistic regression analysis revealed that only job stress had a significant association with psychiatric cases, hence, job stress might be a risk factor of psychiatric disorder (OR=4.77). In comparison between public and private sector, total efforts score were higher in public, and total rewards score were higher in private. Total effort/reward ratio was higher in public. High-risk of overcommitment and psychiatric cases had a higher proportion in public.

**KEY WORDS: JOB STRESS/ JOB STRAIN/ EFFORT-REWARD IMBALANCE/  
PHYSICIAN**

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