

Methods of coping psychological vocational stress and their Relations with some variables

"A field study of a sample of workers at Al-Kadam glass factory in Damascus"

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Abstract

- This study aims to find out the methods which workers have to cope psychological pressure to which they expose and know whether there were statistically differences in coping pressure which due to the variables of the study:

Qualification, years of experience, workers ages at Al-Kadam glass factory.

- This study applied on /200/ workers who were selected randomly.

- The researcher applied a measurement of methods of psychological pressure.

- The results of this study are the following:

1. Members of the sample use positive methods more than negative ones.

2. There is an interaction between the educational qualification and the age in coping pressure which the members of the sample have.
3. There are statistically differences in using methods of pressure coping (confrontation and challenging, use of religion. Positive re evaluation of the problem).

And in the total degree of the positive methods which are due to educational qualification (basic – secondary) in favour of workers who have secondary certifications.

There were no differences in using negative methods which are due to the variable of educational qualification.

4. There were differences in using all positive methods and also the total degree which due to the variable of experience. This is in favour of category of experience (more than 10 years). And using emotional venting and the total degree of negative methods this for the benefit of the two categories of fewer experience categories.
5. There were statistically differences in using all positive methods and in the total degree of these methods.

Due to the variable of age. This is in favour of older age category (more than 50 years) and using the emotional venting and the total degree of negative methods this for the benefit of younger ages categories (20-35 year) (36-50 years).