
Abstract

Factors associated with high occupational stress judgments among uniformed Japan Self-Defense Force personnel

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The work environment of the Japan Self-Defense Force (JSDF) personnel is harsher than that of civilian workers due to training and exercises in the field, including encampments and night operations, and the execution of missions. This study aimed to clarify the risk factors associated with high occupational stress among uniformed JSDF personnel by conducting a questionnaire survey on factors and reactions to occupational stress among them in several camps. The Brief Job Stress Questionnaire (BJSQ) was used to assess stress, and logistic regression analysis was used to analyze factors associated with high stress. The results revealed the following: first, the percentage of high-stress individuals in the JSDF was 4.3%, which was lower than that of civilian workers; second, the stress factors that affected the judgment of high-stress individuals were qualitative job overload and poor physical environment; third, having an officer rank was one of the factors associated with being judged as a high-stress individual. Further research is warranted to better understand occupational stress among JSDF personnel and to plan and implement systematic measures to reduce stress.

Keywords: occupational stress, risk factors, stress factors, the Brief Job Stress Questionnaire (BJSQ), uniformed Japan Self-Defense Force personnel
