

# グループレポート 簡易マニュアル 日本語版

## チェックを行う前に！



- ✓ このストレスチェックは、Excel のマクロを用いて作られています。
- ✓ Excel マクロが動作するように、Excel の設定を確認してください。
- ✓ デスクトップにファイルを置いて実施してください。
- ✓ 複数人で繰り返し使用するため、ファイルを上書き保存しないでください。(自動保存も OFF してください。)
- ✓ 結果は PDF・CSV で出力し保存するようにしてください。

## 手順

**1**

Excel ファイルを開いたら、【Data Entry】のシートを選んでください。

収集した CSV ファイルから 1 行ずつ 9 行目からデータを貼り付け、

「Enter response【Confirmed】」を押してください。

[!] Please conduct the process survey after collecting data from more than 10 people.  
 [!] Please paste the data starting from the 9th row.

Enter response  
[Confirmed]

**The number of data entries is**   **responses**

If the number of entries matches the number of people entered, please proceed to [Results].

If it is different, please enter the correct number in the box and proceed to [Results].

1. Basic Information					2. Stress Check Applicable to All Occupations (57 items)									
Question No.					Question No.									
①	②	③	④	⑤	1	2	3	4	5	6	7	8	9	10
Please provide					Please select									
Please select					What type of									
Please select					I have an extr									
					I can't compl									
					I have to wor									
					I have to pay									
					My job is diffic									
					I need to be c									
					My job require									
					I can work at									
					I can choose									
					I can ref									

[\[Data Entry\]](#)
[\[Results\]](#)
[\[Individual Detailed Results\]](#)

+

⋮

「Enter response【Confirmed】」を押すと、入力したデータ数が    に表示されます。  
自分の入力したデータ数と同じであることを確認し、【Result】のシートへ進んでください。

- 結果は、「PDF Output」で出力し保存できます。

DisplayResults

## 【Group Stress Check Analysis Report】

PDF  
Output

### <Stress Check Results Applicable to All Occupations>

Male		Female		Total (people)	High-stress individuals	
People	Percentage (%)	People	Percentage (%)		People	Percentage (%)
0	#DIV/0!	0	#DIV/0!	0	0	#DIV/0!

Scores for each field are given on a 5-point scale, with higher scores indicating higher levels of concern. Items marked with a ★ require prompt attention.

[illegible]

\*These results provide a more detailed breakdown of the domain-specific results in the individual result report.

### < Stress Check Results Specific to Seafaring Work >

Scores for each field are given on a 4-point scale, where a higher score reflects a better result.

## Results

### Pretest

- 

csv Output

[illegible]

【Data Entry】

【Results】

【Individual Detailed Results】

**SAMPLE****[Group Stress Check Analysis Report]**

## &lt;Stress Check Results Applicable to All Occupations&gt;

Male		Female		Total (people)	High-stress individuals	
People	Percentage (%)	People	Percentage (%)		People	Percentage (%)
19	95.0 %	1	5.0 %	20	1	5.0 %

Scores for each field are given on a 5-point scale, with higher scores indicating higher levels of concern.  
Items marked with a ★ require prompt attention.

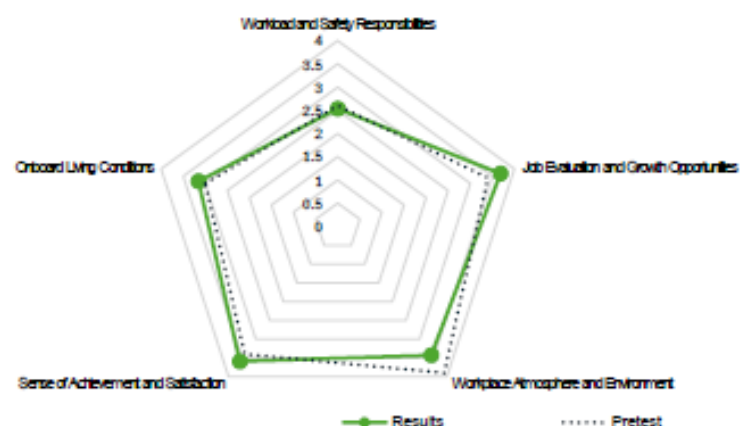
Items to focus on ★	Average score	Corresponding question No.
Perceived physical burden	4.0	7
Psychological workload (quality)	3.9	4,5,6
Degree of skill utilization	3.7	11
Stress due to workplace environment	3.1	15
★ Fatigue	2.7	24,25,26
Interpersonal stress at work	2.6	12,13,14
Degree of job control	2.6	8,9,10

\*These results provide a more detailed breakdown of the domain-specific results in the individual result report.

## &lt;Stress Check Results Specific to Seafaring Work&gt;

Scores for each field are given on a 4-point scale, where a higher score reflects a better result.

	Results	Pretest
Workload and Safety Responsibilities	2.5	2.6
Job Evaluation and Growth Opportunities	3.7	3.4
Workplace Atmosphere and Environment	3.4	3.9
Sense of Achievement and Satisfaction	3.6	3.4
Onboard Living Conditions	3.2	3.0



\* For detailed data, please refer to the group report [Individual detailed results] .