

集団レポート

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。

The screenshot shows the 'Data Entry' sheet of an Excel workbook. At the top, there are two informational messages: 'Please conduct the process survey after collecting data from more than 10 people.' and 'Please paste the data starting from the 9th row.' Below these, there are two rows of question numbers. The first row is labeled '1. Basic Information' and the second row is labeled '2. Stress Check Applicable to All Occupations (57 items)'. The 'Enter response [Confirmed]' button is located in the first row, and the 'responses' input field is located in the second row. The status bar at the bottom of the screen displays the file name 'Data Entry.xlsx'.

「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。

2 「Display Results」を押すと結果が表示されます。

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.

Items to focus on *	Average score	Corresponding question No.
.....		
.....		
.....		
.....		
.....		
.....		

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

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< 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

「Individual Detailed Results」には各項目の結果があり、
【Group Stress Check Analysis Report】により詳細なデータを見ることができます。
また、詳細なデータは、「csv Output」で出力し保存できます。

結果の一例

SAMPLE

[Group Stress Check Analysis Report]

< Stress Check Results Applicable to All Occupations >

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.

< 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
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] .