

外国人船員のためのストレスチェック 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、【StressCheck】のシートを選んでください。

設問に対するあなたの答えを右の選択肢から 1 つ選択してください。

[Stress check sheet]

Confirm Entry 【!!】 Please do not overwrite this file.
Save the results using 'Output data for submission (CSV)' or 'PDFOutput'. Output data for submission(csv)

1. Basic Information

① Please provide your nationality of origin from the right
Philippines
India
Indonesia
Bangladesh
Others

② Please select your gender from the options on the right Male Female

③ Please select your age group from the options on the right Under 20 years old

④ What type of vessel are you currently aboard? ① General cargo ship

⑤ Please select your most recent position onboard from the right ① Captain

2. Stress Check Applicable to All Occupations (57 items)

Please answer the following questions concerning your job while on board by selecting the most applicable option from the right.

< Question about the nature and condition of your work >

1 I have an extremely large amount of work to do Very much so

2 I can't complete work in the required time Very much so

3 I have to work as hard as I can Very much so

4 I have to pay very careful attention Very much so

5 My job is difficult in that it requires a high level of knowledge and technical skill Very much so

6 I need to be constantly thinking about work throughout the working day Very much so

[StressCheck] [Results] [Data] list +

設問は、1. Basic Information が 5 問、2. Stress Check Applicable to All Occupations が 57 問、3. Stress Check Specific to Seafaring Work が 52 問の計 114 問です。

- 2 全ての設問に回答が終わったら、「Confirm Entry」を押して回答を確定させ、
【Result】のシートへ進んでください。

【Stress check sheet】

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Output data for submission(csv)

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6 I need to be constantly thinking about work throughout the working day	Very much so

[StressCheck]
[Results]
[Data]
list
+

- 3 「Display Individual 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。

Display Individual Results

【Stress Check Individual Results Report】

PDF Output

Your stress check results are as follows:

< Stress Check Results Applicable to All Occupations >

Overall Evaluation

Level

The results are displayed in five levels.
The higher the stress and load, the higher the level.

Results by Area

Work-Related Stress Factor	Level
Psychological and Physical Stress Responses	Level
Support from Others	Level

【Stress Check Individual Results Report】

SAMPLE

Your stress check results are as follows:

< Stress Check Results Applicable to All Occupations >

Overall Evaluation

Level 4 Slight Caution

The results are displayed in five levels.
The higher the stress and load, the higher the level.

Results by Area		
Work-Related Stress Factor	Level 4	High Workload
Psychological and Physical Stress Responses	Level 3	Moderate Stress
Support from Others	Level 4	Low Support

Your overall evaluation indicates a slight concern.
Your workload is high.
Your stress level is moderate.
You are receiving insufficient support from others.
Review your job responsibilities and consult with those around you as needed, and make sure to refresh yourself outside of working hours.

< 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.

	You	Pretest
Workload and Safety Responsibilities	1.8	2.6
Job Evaluation and Growth Opportunities	2.9	3.4
Workplace Atmosphere and Environment	2.3	3.9
Sense of Achievement and Satisfaction	3.2	3.4
Onboard Living Conditions	2.2	3





このストレスチェックの結果を会社へ提供することもできます。

その場合は、【StressCheck】シートの「Output data for submission(csv)」を押し、出力された CSV ファイルを担当者へ送付して下さい。

【Stress check sheet】

Confirm Entry Output data for submission(csv)

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