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 'PDI	Output data for submission(csv)
1. Ba	ste Information Please provide your nationality of origin from the right	Philippines ^ India Indonesia Bangladesh Others Y
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?	⊕ General cargo ship ▼
5	Please select your most recent position onboard from the right	①Captain 💽
2. St	ess 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="" and="" condition="" nature="" of="" the="" work="" your=""></question>	
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
[Stre	sCheck] [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 shee	t]
onfirm Entry	【 ! 】 Please do not overwrite this file. Save the results using 'Output data for submission	n (CSV)' or 'PDFOutput'. Output data for submission(csv)
1. Basic Informa	ation	
 Please pro 	ovide your nationality of origin from the right	Philippines India Indonesia Bangladesh Others
2 Please sel	lect your gender from the options on the right	Male
③ Please sel	lect your age group from the options on the right	Under 20 years old
What type	e of vessel are you currently aboard?	① General cargo ship
Please sel	lect your most recent position onboard from the right	①Captain
2. Stress Check	Applicable to All Occupations (57 items)	
Please and by selectin	swer the following questions concerning your job while on board ing the most applicable option from the right.	
< Questio	on about the nature and condition of your work \geq	
1 I have an e	extremely large amount of work to do	Very much so
2 I can't con	nplete work in the required time	Very much so
3 I have to v	work as hard as I can	Very much so
4 I have to pa	ay very careful attention	Very much so
5 My job is d	lifficult in that it requires a high level of knowledge and technical skill	Very much so
6 I need to b	e constantly thinking about work throughout the working day	Very much so
[StressCheck]	[Results] [Data] list +	. 1

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。

D Inc R	isplay dividual esults	dual Results Report]	Output
You	ir stress check results are as follows:		
	< Stress Check Results Applica	ble to All Occupations >	
	Overall Eva Level	luation	
	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	
2			

	Stress Ch	eck Indiv	idua	I R	esults	Repo	rt]
						SA	MPLE
Your stress c	heck results are as foll	ows:					
<\$	Stress Check Res	ults Applica	able to	AI	Occupa	tions>	
		Overall Eva	aluatio	on			
	Level 4	Slight C	Cauti	on			
	The results are displaye The higher the stress a	ed in five levels. nd load, the highe	r the leve	el.			
		Results by	y Area				
Work-Re	elated Stress Factor		Level	4	High Work	load	
Psychole	ogical and Physical Stre	ess Responses	Level	3	Moderate	Stress	
Support	from Others		Level	4	Low Suppo	ort	
Your ove	erall evaluation indicate	s a slight concer	m.				
Your wo	rkload is high.						
Your stre	ess level is moderate.						
You are	receiving insufficient s	upport from other	rs.				
Review	vour job responsibilities	and consult with	h those a	arou	nd vou as n	eeded.	
and mak	e sure to refresh vours	and make sure to refresh yourself outside of working hours					
<	Stress Check R	esults Speci	fic to :	Sea	afaring W	/ork>	
< Scores	Stress Check R	esults Speci on a 4-point scale,	fic to a	Sea high	afaring W	/ork > ects a bette	r result.
< Scores	Stress Check Re	esults Speci on a 4-point scale, Responsibilities	fic to a	Sea high	afaring W er score refle You 1.8	/ork > ects a bette Pretest 2.6	r result.
< Scores	Stress Check Re for each field are given o Workload and Safety Job Evaluation and G	esults Speci on a 4-point scale, Responsibilities rowth Opportunit	fic to a where a	Sea high	er score refie You 1.8 2.9	/ork > ects a bette Pretest 2.6 3.4	r result.
< Scores	Stress Check Re for each field are given of Workload and Safety Job Evaluation and G Workplace Atmoshpe	esults Speci on a 4-point scale, Responsibilities rowth Opportunit re and Environm	fic to a where a ties	Sea high	er score refie You 1.8 2.9 2.3	/ork > ects a bette Pretest 2.6 3.4 3.9	r result.
< Scores	Stress Check Re for each field are given of Workload and Safety Job Evaluation and G Workplace Atmoshpe Sense of Achievemen	esults Speci on a 4-point scale, Responsibilities rowth Opportunit re and Environm nt and Satisfactio	fic to a where a ties ties	Sea high	afaring W er score refle You 1.8 2.9 2.3 3.2	/ork > ects a bette Pretest 2.6 3.4 3.9 3.4	r result.
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Scores	Sense of Achievement	esults Speci on a 4-point scale, Responsibilities rowth Opportunit re and Environm nt and Satisfactio itions Workload and Responsibil 4.0 3.5 3.0 2.5 1.0 0.5 0.0	fic to swhere a ties ties ties to show the show	Sea	Afaring W er score refle You 1.8 2.9 2.3 3.2 2.2 Job Evaluation Opport	/ork > ects a bette Pretest 2.6 3.4 3.9 3.4 3	h

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。

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onfirm Entry	【 ! 】 Please do not overwrite this file. Save the results using 'Output data for submission	n (CSV)' or 'PDFOutput'.
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⑤ Please s	elect your most recent position onboard from the right	
2. Stress Chee	ck Applicable to All Occupations (57 items)	
Please a by select	nswer the following questions concerning your job while on board ing the most applicable option from the right.	
<quest< td=""><td>ion about the nature and condition of your work></td><td></td></quest<>	ion about the nature and condition of your work>	
1 I have an	extremely large amount of work to do	Very much so
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