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Abstract
This study discusses workplace stress assessment and stress symptoms of faculty in the private college of technology (PCOT) in Tainan and analyzes the variations by the faculty backgrounds. Meanwhile it examines the correlation of workplace stress and stress symptoms. The study is based on the questionnaire survey guided by the theoretical framework developped from archive research. 885 full-time teachers from 3 PIOTs' all faculty in Tainan and the valid return rate was 61.36%. The statistical techniques applied are descriptive statistic method, t-test, one-way ANOVA, correlation analysis and multiple regression analysis.
The major findings of this study are as follows:
1.The factors of workplace stress assessment of PCOT's faculty include the demand, control, support, relationship, role, change.
2.The factors of workplace stress assessment of PCOT's faculty perceived significantly higher than medium level.
3.The tress symptoms of PCOT's faculty consist of psychological effects,perceptive effects,physiological effects,behavioural effects.
4.The easy tiredness, easily nervous, feel distress anxiety easily, spirit consuming of stress symptoms level of PCOT's faculty perceived is significantly higher than frequency happens of every month once or twice.
5.The factors of workplace stress assessment of PCOT's faculty with different backgrounds vary significantly .
6.The stress symptoms of PCOT's faculty with different backgrounds vary significantly.
7.The workplace stress and stress symptoms of PCOT's faculty show correlative.
8.The factors of workplace stress assessment of PCOT's faculty help predict stress symptoms.
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