

## EFFECTS OF MENTAL HEALTH WORKPLACE PROMOTION PROGRAM ON WORK-RELATED STRESS AND COPING SKILLS OF WORKING WOMEN

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**T**his study proposes to determine effect of Workplace Mental Health Promotion Program on work-related stress and coping skills of women worker. The research was designed as pre-post-test control group research. The sample consisted of 35 women workers in each group. Reminder mesaj, video, whatsapp text, check-list sheets, camera recording methods were used at fallow up stage of the program Workplace Mental Health Promotion Program was applied to intervention group on the base of Work-related stress model. General occupational nursing services were applied to control group members. The research measurements are Sociodemographic characteristics form, mental symptoms scale, physical symptom scale, social support scale, Brief coping profile scale, IgA enzyme and cortisol hormone analysis. Data were collected before and after the intervention, at 1<sup>st</sup>, 3<sup>rd</sup> months following the program. The mean age of the workers was 32,3±9,01. After the program intervention, there was found statistically significant differences between the intervention and control group with regards to work-related stress, physical symptoms, social support, work performance, and coping skills which were seeking help for solution, changing mood, changing point

of view, avoidance and suppression and emotional expression involving others. Also, there was significant differences with regards to IgA enzyme and cortisol hormone score before the program intervention and just after the program intervention in the intervention group. (p 0.000). Workplace Mental Health Promotion Program was found to be effective on work-related job stress management and promoting effective coping skills of women workers.

### Biography

Dr. Ozlem Koseoglu Ornek received my master degree and PhD in department of Public Health Nursing from University of Istanbul (Turkey). I have managed many different public health projects (*occupational health, assessment, health promotion, prevention, treatment, epidemiological research...*) in variety village, schools, community health centres and at workplaces. My current focus is on women and child workers' health, occupational stress and management, health promotion and HIV/AIDS. Also, I give consultancy to textile workers and work voluntarily as a consultant about occupational health and safety, healthy life behaviours, risk assessment and hygiene in elementary, high schools and vocational training schools.

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