



Intensity and stress adaptation among essential workers during COVID-19 pandemic

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Background

The COVID-19 pandemic, global public health crisis, has been lasting longer than expected and, as a consequence, social and mental health complications were incident depending on individual's stress resilience. Many professionals were working from home under movement control order, although essentials workers like food delivery, courier service workers and bank staffs are required to work on site, in the midst of fear and uncertainty.

Objective of the study

This study was conducted to determine the stress level of the essential workers of daily life in Malaysia during COVID-19 pandemic.

Methods

This cross-sectional study was conducted for four weeks which included consented 90 food delivery or courier service workers and 60 bank staffs by convenient sampling. A set of questionnaires with standardized Perceived Stress Scale -10 (PSS) and stress adaptation methods was distributed via Google form and PSS score was calculated for recalled stress level during first wave and current stress level during third wave of COVID-19 pandemic.

Results and discussion

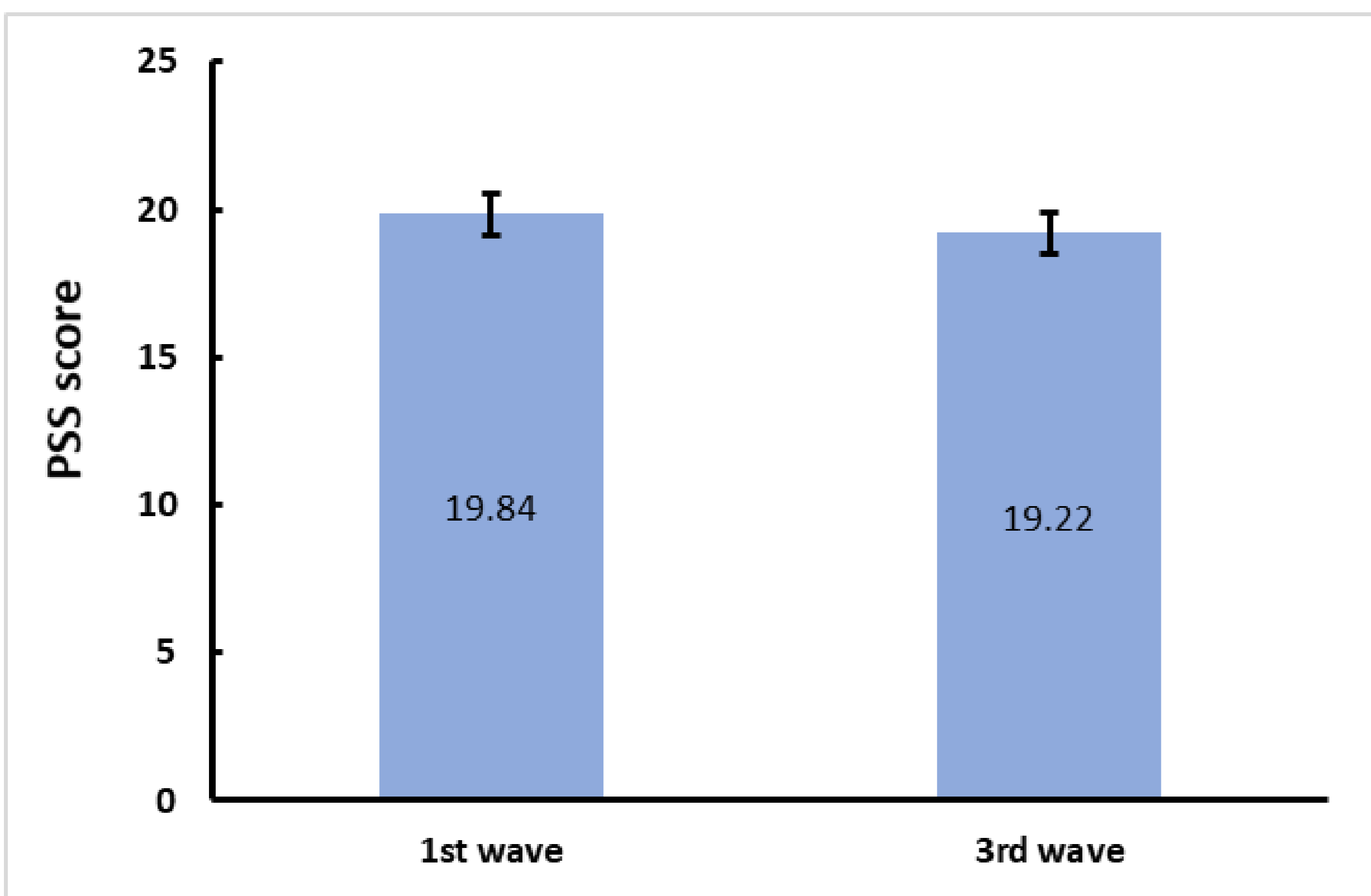


Figure 1. Average PSS score during 1st and 3rd wave of Covid 19 infection

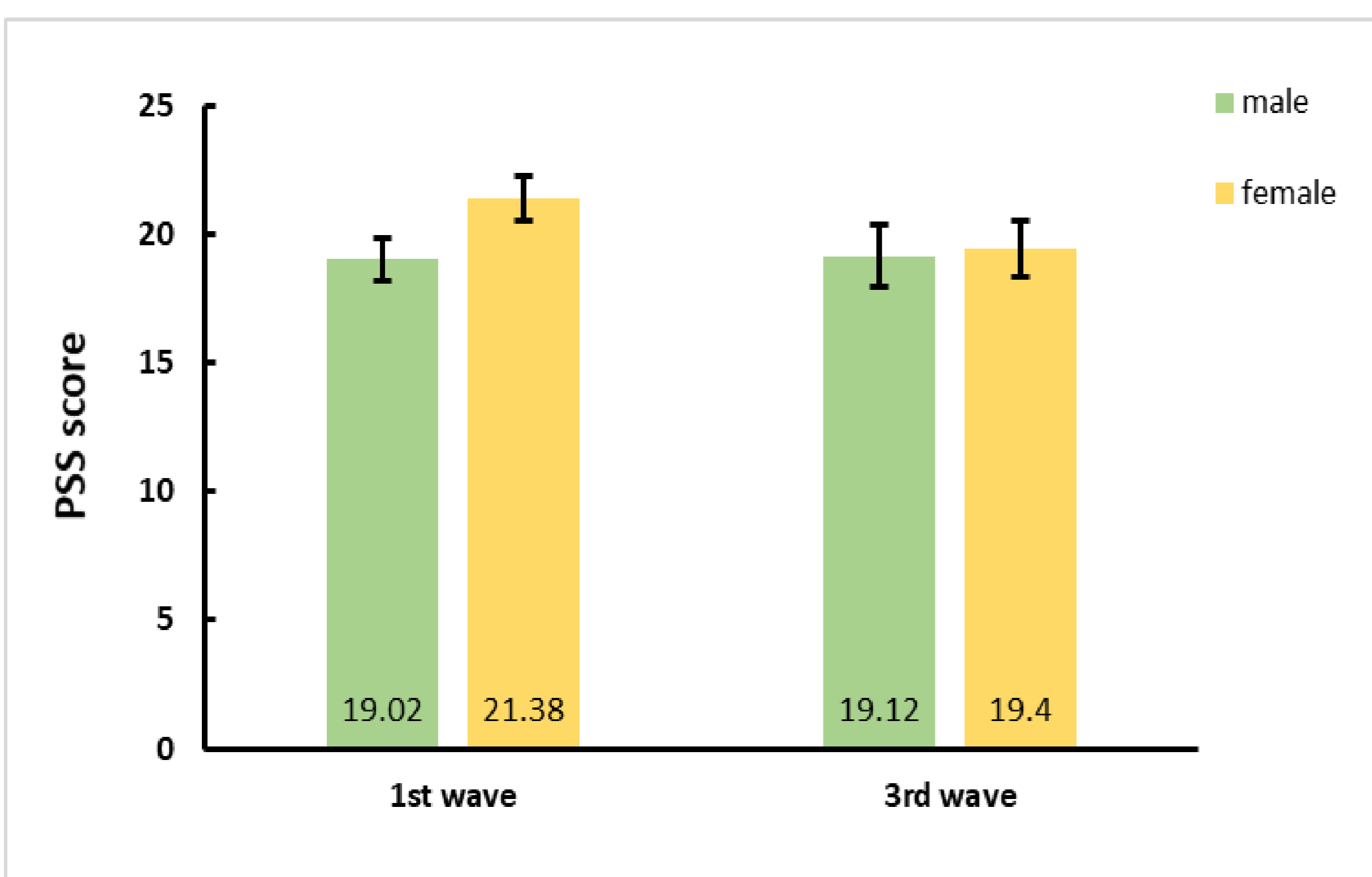


Figure 2. Average PSS score between male and female during 1st and 3rd wave of Covid 19 infection

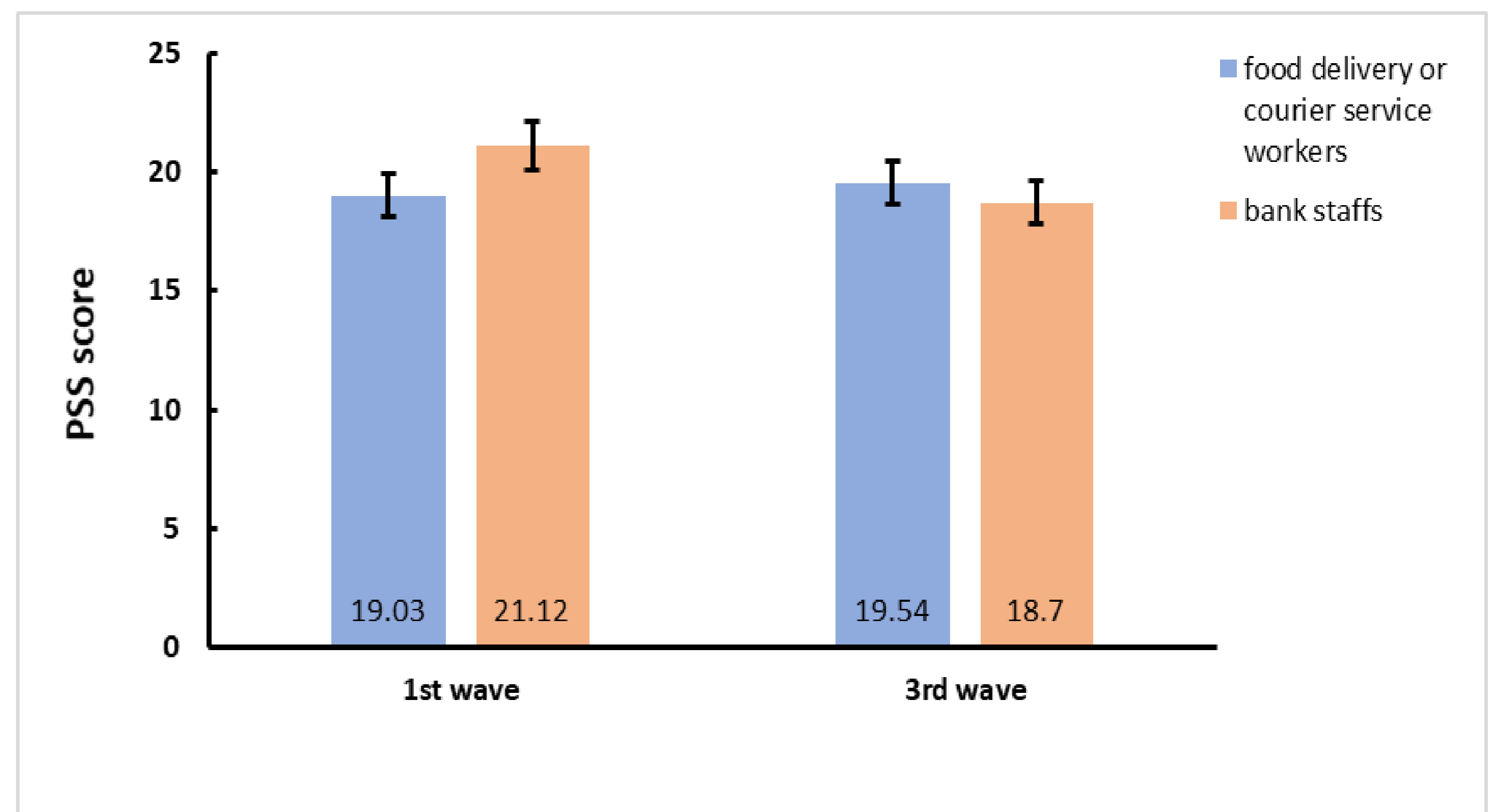


Figure 3. Average PSS score among food delivery or courier service workers and bank staff during 1st and 3rd wave of Covid 19 infection

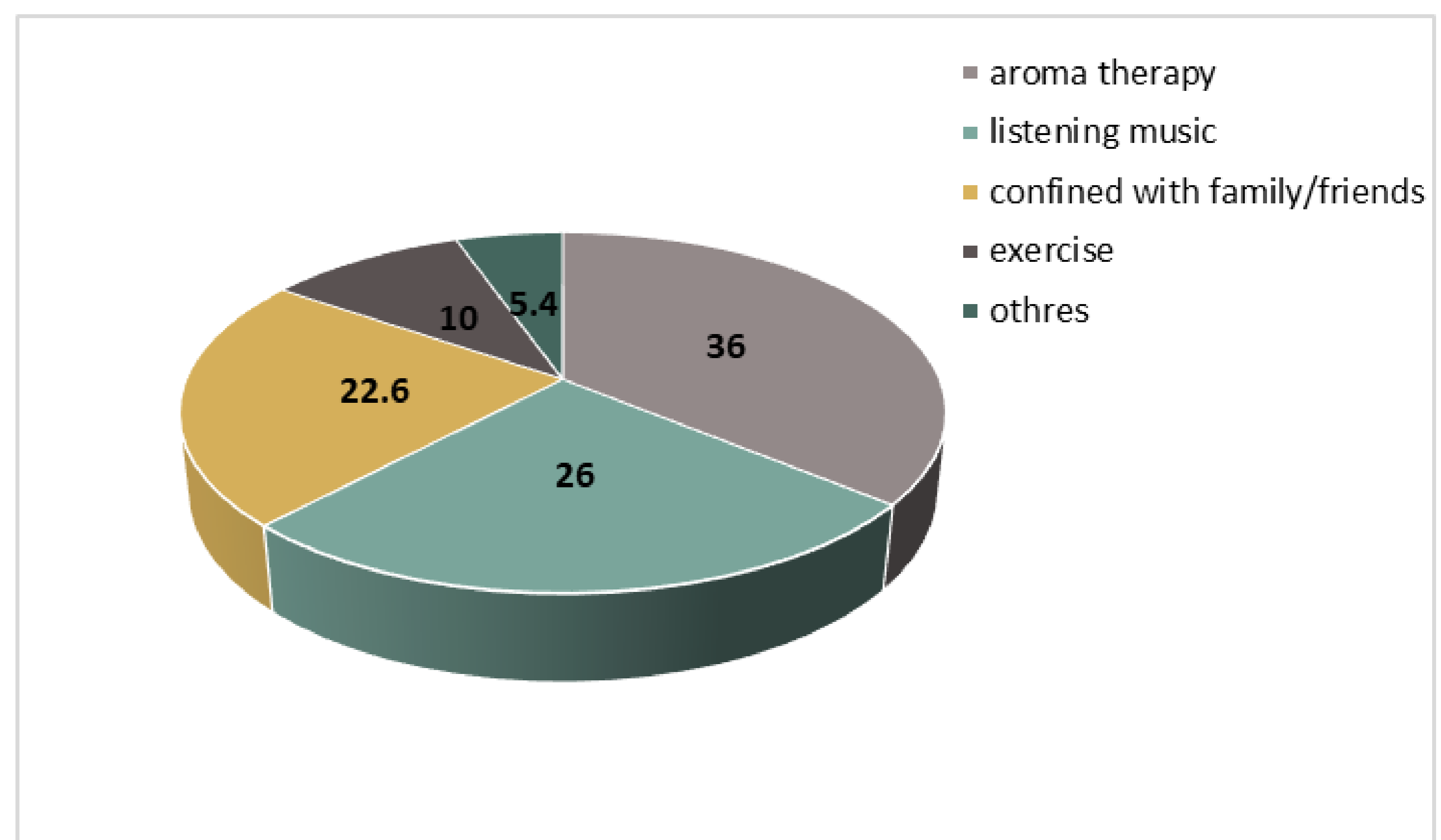


Figure 4. Methods of stress adaptation during Covid 19 infection. Most of the workers adapted the stress either by aroma therapy or listening music.

Perceived Stress Scale Score	Stress level
0 - 13	Low
14 - 26	Moderate
27 - 40	Severe

Conclusion

Essential workers expressed moderate level of stress during first and third waves of COVID-19 pandemic regardless of their types of job. Aroma therapy is the most chosen method for stress adaptation.

There is no conflict of interest for this study.