

ABSTRACT

Background

Psychological wellbeing is a very important factor in garment factory worker because it affect their health and productivity of the factory and country as well. This study was done to determine the prevalence of psychological distress and its associated factors among garment factory workers in Monaragala.

Methods

A descriptive cross sectional study was conducted among 306 workers in 11 garment factories. Self-administered questionnaire used to collect data of socio demographic, physical and psychological factors and GHQ 30 questionnaire was used to determine psychological distress. Probability proportionate to size sampling technique was used as the sampling technique. Simple random sampling was applied to select study participants from each subgroup. Statistical significance of the observed relationship was tested using Chi square test and p value of < 0.05 was considered as level of significance.

Results

The prevalence of psychological distress in the study population was 32.6% (95% CI: 27.4 – 38.0). The gap since marriage to first child, gap between first child to second child, working experience, having adequate sleep, satisfaction with their leisure time and self-satisfaction, supervisor support, family support, management appreciation, opportunity to upgrade their knowledge and skills were statistically significantly associated with psychological distress ($P < 0.05$).

Conclusions and Recommendations

Some socio demographic, physical and psychological factors significantly influenced on psychological distress among garment factory workers. Significant proportion of garment factory workers were suffering from psychological distress. Identifying the early signs of stress and giving attention to them can make a significant difference in the quality of life and it may lead to long life span of the individuals. Both workers as well as factory management have the responsibility to manage stress because it will help workers, management of the factory and finally productivity of the country as well. Occupational health services should be strengthened and required to plan health care services for workers who were having psychological distress.

Key words: Prevalence, Psychological distress, Garment factory workers