

MANAGING OCCUPATIONAL STRESS AMONG HEAVY VEHICLE DRIVERS IN THE SRI LANKA NAVY

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(219283 C)

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Declaration:

I declare that this is my own work and this thesis/ dissertation does not incorporate without acknowledgement any material previously submitted for a Degree or Diploma in any other University or Institute of higher learning and to the best of my knowledge and belief it does not contain any material previously published or written by another person except where the acknowledgement is made in the text. I retain the right to use this content in whole or part in future works (such as articles or books).

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Abstract

Occupational stress is a significant factor influencing the health, well-being, and performance of heavy vehicle drivers, particularly those serving in military organizations such as the Sri Lanka Navy (SLN). This study investigates the causes and consequences of workplace stress among heavy vehicle Transport Assistants (TAs) in the SLN, identifying key stressors and proposing mitigation strategies. Using a mixed-method approach, data was collected from a sample of 221 drivers through structured questionnaires and analyzed using descriptive statistics, correlation, and regression models. The findings revealed that fatigue, long working hours, irregular schedules, inadequate ergonomics, lack of job support, and inappropriate physical conditions were significant predictors of stress. Notably, stress was linked to reduced job satisfaction, increased turnover intention, and compromised performance. The study recommends interventions, including ergonomic improvements, stress management training, job rotation, and enhanced work-life balance initiatives, to mitigate stress and enhance the operational efficiency and well-being of SLN drivers. These findings contribute to the broader understanding of occupational stress management in military contexts and provide actionable strategies for improving driver welfare and safety.

Keywords: Occupational stress, Heavy vehicle drivers, Sri Lanka Navy, Mitigation strategies, Military contexts.

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List of abbreviation

Abbreviation	Description
DNT	Driving during Night Time
ERG	Ergonomics
ERW	Even and Repetitive Work
FSC	Familial and Social Constraints
FTG	Fatigue
IPC	Inappropriate Physical Conditions
IMN	Irregular Mealtimes and poor Nutrition
IWS	Irregular Working Schedules
LJS	Lack of Job Support
LWH	Long Working Hours
OSI	Occupational Stress Index
SLN	Sri Lanka Navy
TCG	Traffic Congestion
TAs	Transport Assistants

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