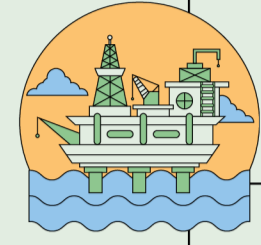


OCCUPATIONAL STRESS AMONG OFFSHORE EMPLOYEES

A STATISTICAL RESEARCH IN BRUNEI'S OIL AND GAS INDUSTRIAL SECTIONS



“ OCCUPATIONAL STRESS IS A GROWING CONCERN AMONG OFFSHORE EMPLOYEES DUE TO DEMANDING WORK ENVIRONMENTS, LONG WORKING HOURS AND HIGH-RISK OPERATIONS. IF LEFT UNMANAGED, IT MAY NEGATIVELY AFFECT EMPLOYEES’ WELLBEING, WORK PERFORMANCE AND WORKPLACE SAFETY. THEREFORE, THIS STUDY INVESTIGATES THE FACTORS AND IMPACTS OF OCCUPATIONAL STRESS AMONG OFFSHORE WORKERS IN BRUNEI’S OIL AND GAS INDUSTRY. ”

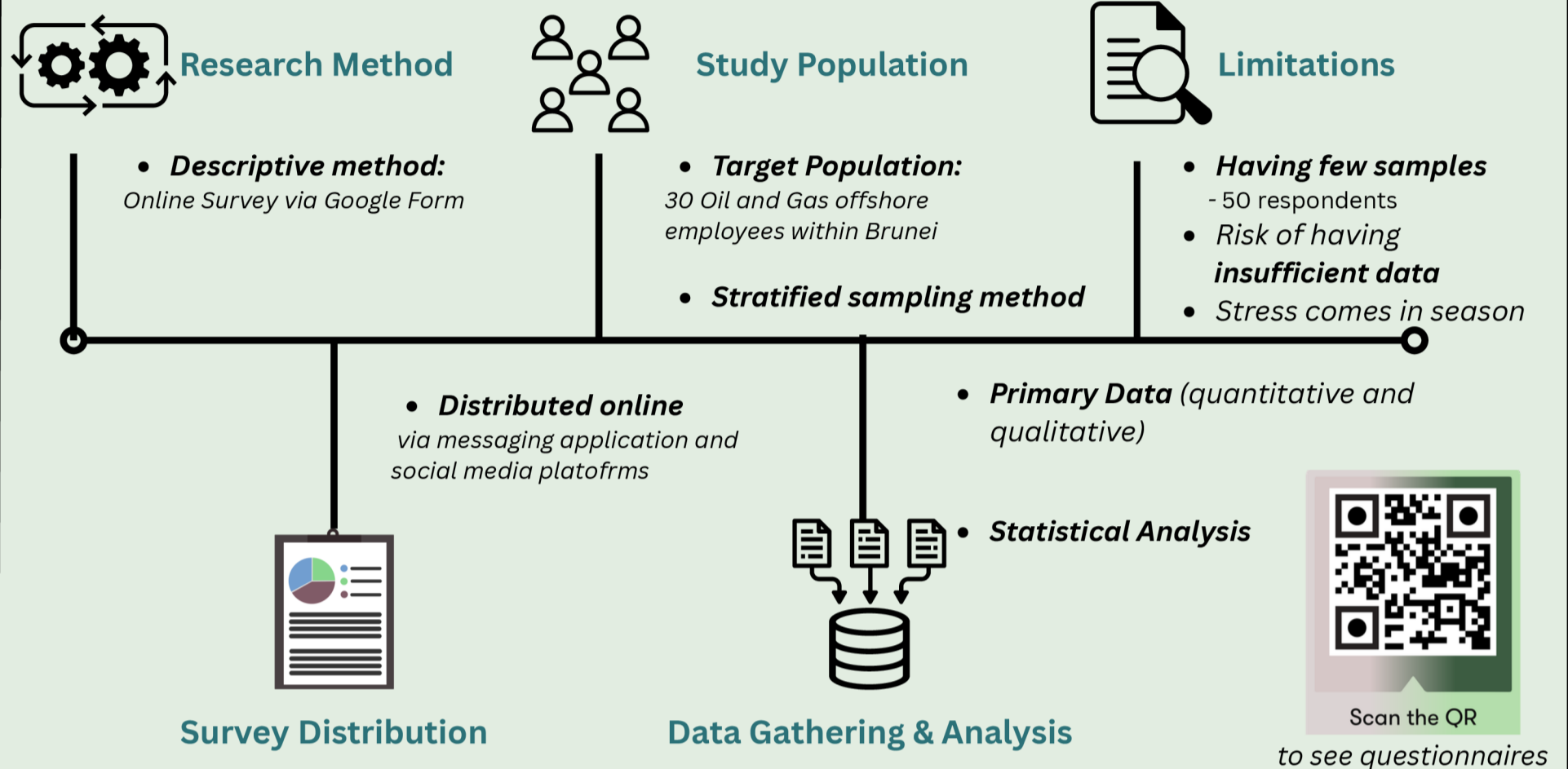
AUTHORS

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AIMS & OBJECTIVES

- TO IDENTIFY WORK-RELATED AND ENVIRONMENTAL FACTORS CAUSING OCCUPATIONAL STRESS AMONG OFFSHORE EMPLOYEES.
- TO IDENTIFY WHETHER THE ACCIDENTS OCCURRENCE AT WORK ARE RELATED TO OCCUPATIONAL STRESS THAT EMPLOYEES EXPERIENCED.
- TO ASSESS THE SOCIAL IMPACTS OF OCCUPATIONAL STRESS ON EMPLOYEES.
- TO IDENTIFY COMPANY INITIATIVES IN MANAGING OCCUPATIONAL STRESS.

METHODOLOGY



RESULTS & FINDINGS

1

Identified Stress Factors



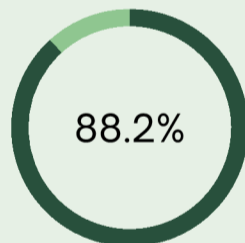
Work-related factors

- Stockpile of tasks to do within a short time.
- Irregular working schedule.
- Pressured by the higher-ups and demands of constant good performance.
- Having to work during seasonal holidays.



Environmental Factors

- Knowing there are constant risk factors when working offshore.
- Inability to constant family due to slow internet connections.



45 out of 51 respondents (88.2%) agreed that their occupation are **Stress-induced**.

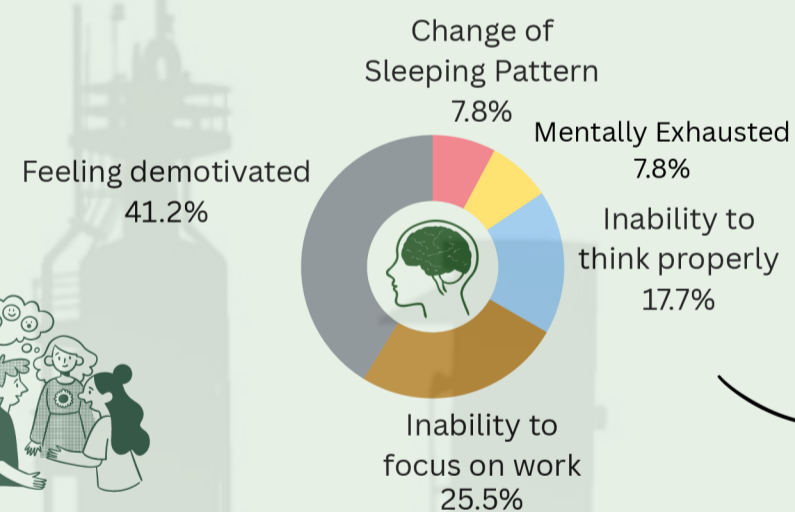
2

Accidents Occurrence at Work



23.5% Employees had experienced accidents while working offshore

98% Employees agreed that lack of focus caused by stress can lead to accident occurrences



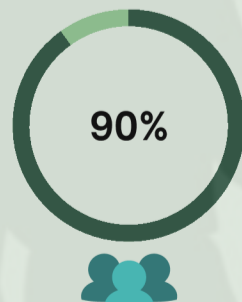
How Stress Affect Work Performance

3

Social Impact of Stress

Social Interactions

- Lack of quality time with their family and friends
- Inadequate sleeping schedule



90% employees are dealing with social-related problems due to stress

Self-esteem

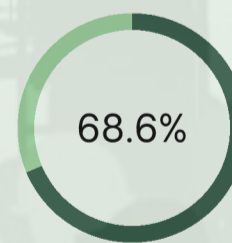
- Lack of confidence
- Apathy
- Difficulty in decision making
- Less social interactions

Colleagues relation

- Lack of coordination
- Miscommunication
- Feeling emotional

4

Stress Management by Company



35 out of 51 respondents (68.6%) responded that their company has **taken ways to manage stress** at work.

Companies' initiatives

- Mental health awareness programs.
- Stress risk assessments
- Crew shift management
- Job hour management plans

Employees' suggestions

- Better internet access
- Recreational facilities
- Recovery days offshore
- Stable schedule and manageable workload
- Salary increment and improved food quality

CONCLUSIONS

Occupational stress among offshore workers should not be underestimated as it may affect companies and the Oil & Gas economy. Awareness and industrial actions are needed to prevent risks. However, this study had limitations such as limited sample size and lack of specific questions. Future studies should include a larger sample and interviews for more reliable results.

