

## **Marginalised Medical Officers; Do We Care?**

Ahmad Zulfahmi Mohd Kamaruzaman<sup>1</sup>, Mohd Ismail Ibrahim<sup>1</sup>, Anees Abdul Hamid<sup>2</sup>.

<sup>1</sup>*Department of Community Medicine, School of Medical Sciences, Universiti Sains Malaysia, Kelantan, Malaysia;*

<sup>2</sup>*Kelantan State Health Department, 15200 Kota Bharu, Kelantan, Malaysia*

### **ABSTRACT**

**Introduction:** Medical officers are responsible to give health services to population. Ironically, they also suffer from unhealthy consequences in the mould of job strain.

**Objective:** Thus, the main aim of this study is to determine the job strain among medical officers in health clinics (HCs), Kelantan and its associated factors.

**Methods:** This was a cross-sectional study of the prevalence and risk factors of job strain among medical officers in HCs. The study was conducted between January and April 2019 using simple random sampling involving a total number of 232 medical officers. The selected medical officers were given the Malay version of validated Job Content Questionnaire (JCQ) in order to investigate job strain. There were three components investigated and two of them; decision latitude and psychological demands were applied to define job strain. The median score was utilized as the cut-off point to separate high and low result of the data. High psychological demand with concurrent low decision latitude resulted in high job strain. The last component investigated was social support (co-worker and supervisor support). The data were presented descriptively and logistic regression was used to find the association for the job strain.

**Results:** The prevalence of high job strain among medical officers serving in HCs, Kelantan was 22.4 percent. Supervisor support was significantly associated with job strain.

**Conclusion:** A high proportion of medical officers in HCs suffered high job strain. Supervisor support proved to be substantial in relieving job strain.

**Keywords:** Job strain, Job Content Questionnaire, health clinics