

Prevalence of Stress and Resilience in workers of the garment sector in the municipality of Bello, Antioquia, Colombia in 2024

Diana Milena Caicedo Romero

Corporación Universitaria Minuto de Dios, Emerging Hazards and Risks Research Group, master's in management of occupational health and safety, fourth semester, Bogotá, Colombia

Gloria Amparo Cardona

Corporación Universitaria Minuto de Dios, Emerging Hazards and Risks Research Group, master's in management of occupational health and safety, fourth semester, Bogotá, Colombia

Jorge Orlando Caro Dávila

Corporación Universitaria Minuto de Dios, Emerging Hazards and Risks Research Group, master's in management of occupational health and safety, fourth semester, Bogotá, Colombia

Mery González Delgado

Corporación Universitaria Minuto de Dios, Emerging Hazards and Risks Research Group, master's in management of occupational health and safety, fourth semester, Bogotá, Colombia

Abstract:

Objective: To analyze the factors associated with stress and resilience in workers from the textile sector in Bello, Antioquia, Colombia in 2024.

Methodology: A quantitative research approach with a positivist paradigm, correlational, and cross-sectional design. The data collection tools were the Perceived Stress Scale and the Brief Resilience Scale, using descriptive and inferential statistics techniques, including Chi-square and Pearson's t-tests with Jamovi software for data analysis.

Results: Fifty-three workers participated in the study, with a global stress prevalence of 88.7% (n: 47), a considerably high value. Among the variables, the administrative work area showed a prevalence of 25.5% (n: 12), while the plant area had 38.3% (n: 18), and this difference was statistically significant (P-value = 0.00). These two areas exhibit higher stress levels compared to others. Additionally, the type of contract showed significant prevalence rates, with project-based contracts at 36.2% (n: 17) and fixed contracts at 27.7% (n: 13) with a P-value = 0.05, indicating that the type of contract affects work stress. On the other hand, the overall prevalence of resilience in the studied population was 96.2%. Although no statistically significant associations were found in most variables, the occupation analysis revealed relevant differences. Operators showed a resilience prevalence of 60.8%, while salaried workers had 58.8%, with no significant differences (P-value = 0.80). Regarding gender, resilience was higher in