# Method of stress check examination

あなたは現在ゲストアクセスを利用しています (岡大IDログイン)

### 2024(令和6)年度 ストレスチェック

Home / コース / その他 / 2023 (令和5) 年度ストレスチェック / 登録オプション

#### 登録オプション

#### は2024(令和6)年度 ストレスチェック

教師: 黒木 清美 教師: 大西 勝 教師: 岡部 伸幸 教師: 宮道 力

このコースにゲストはアクセスできません。ログインしてください。



## Please click 「続ける」 and login with Okadai ID.

回山大学 OKAYAMA UNIVERSITY 統合認証システムログイン
心口診証シスノムロノイン
岡大ID
パスワード
Login
※共用パソコンの利用後はログアウトのためブラウザを完全に終了させてください。 <u>※パスワードが不明の場合はこちらをご覧ください。</u>

Enter the Okadai ID and Passward.

If you forget your Okadai ID password,

Click「パスワードが不明の場合はこちらをご覧ください」.

岡山大学 <sup>ログイン先:</sup> moodle.el.okayama-u.ac.jp
サービスの利用に必要な個人情報
email commonName
jaDisplayName 氏名確認
Jasunname
jagivenName
同意の有效期間の設定:
● 次回ログイン時に再度確認する
<ul> <li>今回は情報を送信することに同意します。</li> </ul>
○ 必要な情報が変更された場合に再度確認する
<ul> <li>今回と同じ情報を今後も自動的にこのサービスに送信することに同意します。</li> </ul>
○ 今後は確認しない
<ul> <li>今後アクセスするすべてのサービスにおいて、必要とされるすべての情報を送信することに同意します。</li> </ul>
この設定は、ログインページのチェックボックスにていつでも取り消すことができます。
同意しない同意する

Login to Moodle ,you may get the left message .

Access moodle systems with your personal information.

○「次回ログイン時に再度確認する (need to confirm every time) 」

○「必要な情報が変更された場合再度確認する (Don't need confirm it every time about Moodle)」

○「今後は確認しない(Don't need confirm it every time about besides Moodle )」

You choose one of the following,

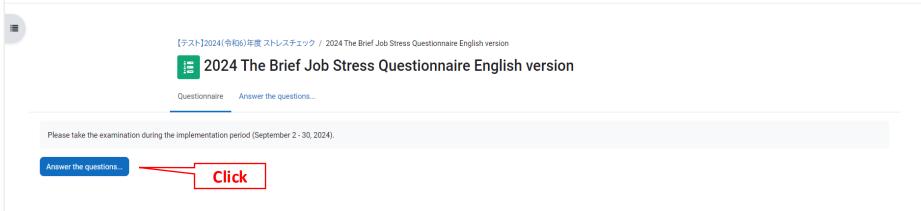
click「同意する(lagree)」

lf you choose「同意しない(Disagree)」,

You can't use the Moodle .

【テスト】2024(令和6)年度 ストレスチェック Course Grades	
✓ General	Collapse all
アナウンスメント	
日本語版が英語版のどちらかでお答えください。 2024年9月2日~30日での実施となります。	
◇ ストレスチェック評価票	
2024(令和6)年度ストレスチェック	
2024 The Brief Job Stress Questionnaire English version  Click	

## The answer is one time.



$\Diamond$	2	•

【テスト】2024(令和6)年度 ストレスチェック / 2024 The Brief Job Stress Questionnaire English version / Answer the questions...

#### 2024 The Brief Job Stress Questionnaire English version

Questionnaire Answer the questions...

Please take the examination during the implementation period (September 2 - 30, 2024).

#### 2024 The Brief Job Stress Questionnaire English version

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A Please answer the following questions concerning your job.					
1.Very much so 2. Moderately so 3. somewhat 4. not at all					
		1	2	3	4
1. I have an extremely large amount of work to do	۲	0	0	0	0
2. I can't complete work in the required time	۲	0	0	0	0
3. I have to work as hard as I can	۲	0	0	0	0
4. I have to pay very careful attention	۲	0	0	0	0
5. My job is difficult in that it requires a high level of knowledge and technical skill	۲	0	0	0	0
6. I need to be constantly thinking about work throughout the working day	۲	0	0	0	0
7. My job requires a lot of physical work	۲	0	0	0	0
8. I can work at my own pace	۲	0	0	0	0
9. I can choose how and in what order to do my work	۲	0	0	0	0
10. I can reflect my opinions on workplace policy	۲	0	0	0	0
11. My knowledge and skills are rarely used at work	۲	0	0	0	0
12. There are differences of opinion within my department	۲	0	0	0	0
13. My department does not get along well with other departments	۲	0	0	0	0
14. The atmosphere in my workplace is friendly	۲	0	0	0	0
15. My working environment is poor (e.g. noise, lighting, temperature, ventilation)	۲	0	0	0	0
16. This job suits me well	۲	0	0	0	0
17.My job is worth doing	۲	0	0	0	0

デフクトッ

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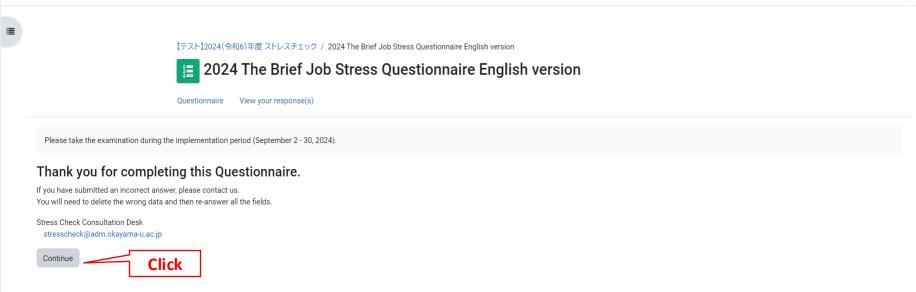
# Please choose the items that applies your answers to each questions.

#### Okayama University Moodle Home Dashboard My courses Site administration Help -

		1	2	3	4
1. Superiors	۲	0	0	0	0
2. Co-workers	۲	0	0	0	0
3. Spouse, family, friends, etc.	۲	0	0	0	0
* How reliable are the following people when you are troubled?					
1. Extremely 2. Very much 3. Somewhat 4. not at all					
		1	2	3	4
1. Superiors	۲	0	0	0	0
2. Co-workers	۲	0	0	0	0
3. Spouse, family, friends, etc.	۲	0	0	0	0
* How well will the following people listen to you when you ask for advice on personal matters?					
1. Extremely 2. Very much 3. Somewhat 4. not at all					
		1	2	3	4
1. Superiors	۲	0	0	0	0
2. Co-workers	۲	0	0	0	0
3. Spouse, family, friends, etc.	۲	0	0	0	0
* D Please answer the following questions concerning satisfaction.					
1. Satisfied 2. Somewhat satisfied 3. Somewhat dissatisfied 4. Dissatisfied					
1. Satisfied 2. Somewhat satisfied 3. Somewhat dissatisfied 4. Dissatisfied					
		1	2	3	4
1. I am satisfied with my job	۲	0	0	0	0
2. I am satisfied with my family life	۲	0	0	0	0
Have you checked all of the items?					
Please send if can correctly answer.					
	Save and exit			Click 🚬	Submit questionna

Please confirm that you are properly answering. You are not mistaken, click 「Submit questionnaire」<u>.</u> <u>Once you send it , you can't change it.</u> If you are not answer all question, you can't send it. You choose <u>save and exit</u>, you can save answer temporerily. You can resume within the period. (September2- 30, 2024) 40 .

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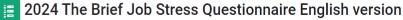


This is the end of the answer.

Click [Continue], you can read your answers.

But you can't change the answer.

【テスト】2024(令和6)年度 ストレスチェック / 2024 The Brief Job Stress Questionnaire English version



Questionnaire View your response(s)

Please take the examination during the implementation period (September 2 - 30, 2024)

#### View your response(s)

1

🖨 Respondent: Submitted on: Monday, 5 August 2024, 10:18 AM

#### 2024 The Brief Job Stress Questionnaire English version

#### A Please answer the following questions concerning your job.

1.Very much so 2. Moderately so 3. somewhat 4. not at all

	1	2	3	4
1. I have an extremely large amount of work to do	۲	0		
2. I can't complete work in the required time	۲	0		
3. I have to work as hard as I can	۲	0		
4. I have to pay very careful attention	۲	0		
5. My job is difficult in that it requires a high level of knowledge and technical skill	۲	0		
6. I need to be constantly thinking about work throughout the working day	۲	0		
7. My job requires a lot of physical work	۲	0		
8. I can work at my own pace	۲	0		
9. I can choose how and in what order to do my work	۲	0		
10. I can reflect my opinions on workplace policy	۲	0		
11. My knowledge and skills are rarely used at work	۲	0		
12. There are differences of opinion within my department	۲	0		
13. My department does not get along well with other departments	۲	0		
14. The atmosphere in my workplace is friendly	۲	0		
15. My working environment is poor (e.g. noise, lighting, temperature, ventilation)	۲	0		
performance in the second se				

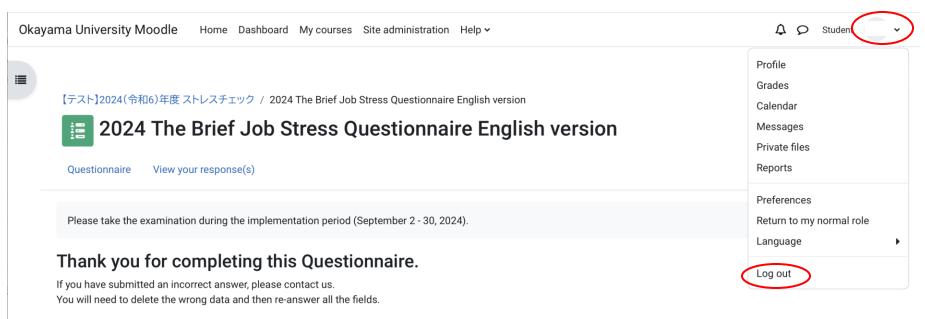
### Confirm again.

If you want to change your answer, Please contact the information desk belew for any question.

You need to answer all question again after delete your data.

[Contact address]

Contact address : stresscheck@adm.okayama-u.ac.jp



Stress Check Consultation Desk stresscheck@adm.okayama-u.ac.jp

Continue

