

Method of stress check examination

2024(令和6)年度 ストレスチェック

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登録オプション

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.



岡山大学
OKAYAMA UNIVERSITY

統合認証システムログイン

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。

※パスワードが不明の場合は[こちらをご覧ください](#)。

Enter the Okadai ID and Password.

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
OKAYAMA UNIVERSITY

ログイン先:
moodle.el.okayama-u.ac.jp

サービスの利用に必要な個人情報

email	<input type="text"/>
commonName	<input type="text"/>
jaDisplayName	<input type="text"/>
jaSurName	<input type="text"/>
jaGivenName	<input type="text"/>
staffNO	<input type="text"/>

氏名確認

このサービスにアクセスするには上記の個人情報が必要です。アクセスごとにこれらの情報を送信することに同意しますか？

同意の有効期間の設定:

- 次回ログイン時に再度確認する
 - 今回は情報を送信することに同意します。
- 必要な情報が変更された場合に再度確認する
 - 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。
- 今後は確認しない
 - 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。

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(I agree)」

If 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

日本語版か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.

【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



2024 The Brief Job Stress Questionnaire English version

Questionnaire

[Answer the questions...](#)

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

[Answer the questions...](#)

Click

[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

Print Blank

1* A Please answer the following questions concerning your job.
1. Very much so 2. Moderately so 3. somewhat 4. not at all

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

	1	2	3	4
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

モックアップ

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



- 1. Superiors
- 2. Co-workers
- 3. Spouse, family, friends, etc.

	1	2	3	4
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4 *

How reliable are the following people when you are troubled?

1. Extremely 2. Very much 3. Somewhat 4. not at all

- 1. Superiors
- 2. Co-workers
- 3. Spouse, family, friends, etc.

	1	2	3	4
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5 *

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. Superiors
- 2. Co-workers
- 3. Spouse, family, friends, etc.

	1	2	3	4
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6 *

D Please answer the following questions concerning satisfaction.

1. Satisfied 2. Somewhat satisfied 3. Somewhat dissatisfied 4. Dissatisfied

- 1. I am satisfied with my job
- 2. I am satisfied with my family life

	1	2	3	4
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Have you checked all of the items?

Please send if can correctly answer.

Save and exit

Click

Submit questionnaire



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

【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

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).

Thank you for completing this Questionnaire.

If you have submitted an incorrect answer, please contact us.
You will need to delete the wrong data and then re-answer all the fields.

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

Continue

Click

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



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)

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

2024 The Brief Job Stress Questionnaire English version

1* 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	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I can't complete work in the required time	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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4. I have to pay very careful attention	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. My job is difficult in that it requires a high level of knowledge and technical skill	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I need to be constantly thinking about work throughout the working day	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. My job requires a lot of physical work	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I can work at my own pace	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I can choose how and in what order to do my work	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I can reflect my opinions on workplace policy	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. My knowledge and skills are rarely used at work	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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14. The atmosphere in my workplace is friendly	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. My working environment is poor (e.g. noise, lighting, temperature, ventilation)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Confirm again.

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

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

【Contact address】

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

- Profile
- Grades
- Calendar
- Messages
- Private files
- Reports
- Preferences
- Return to my normal role
- Language ▶
- Log out**



[【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](#)

2024 The Brief Job Stress Questionnaire English version

[Questionnaire](#) [View your response\(s\)](#)

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You will need to delete the wrong data and then re-answer all the fields.

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

Continue

Please log out of the moodle.