

Psychological Pressure on Forecasters working on shifts

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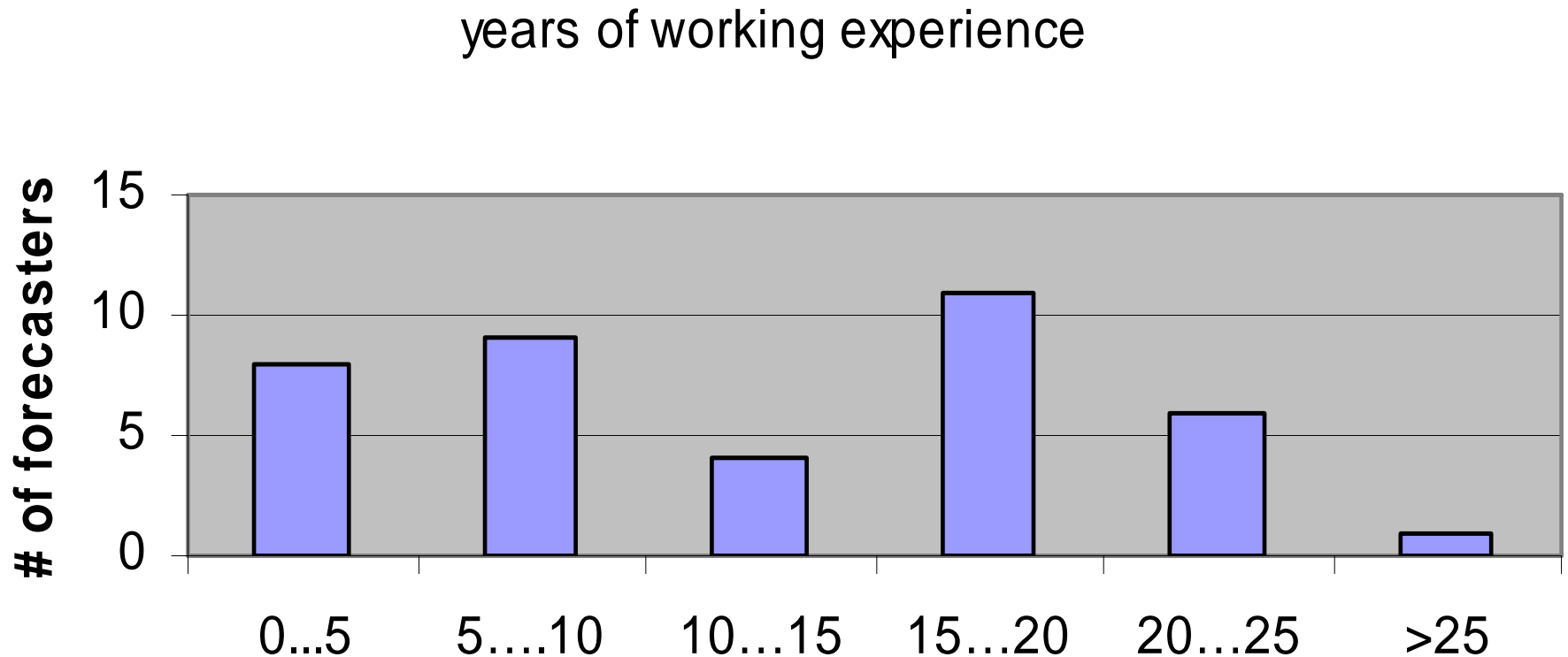
- In order to elaborate the query set in our meeting in El Escorial, HNMS / NMC prepared a questionnaire that was distributed to the forecasters working on shifts.
- The questionnaire had the following characteristics:
 - Anonymous
 - Personal data included e.g. type & years of occupation, part / full time

Psychological Pressure on Forecasters working on shifts

- 8 main questions posed:
 - Rate your stress while working in NMC
 - Where is this stress due to
 - evaluate the forecasts issued as stress factors
 - Rate your stress according to the years of occupation / working experience
 - Rate the shifts according to the stress burden
 - Rate your stress according to the fact that forecasts have certain impacts on human activities
 - Rate your stress according to the weather conditions
 - What is your opinion on the issue / ideas and proposals on how to limit the working stress

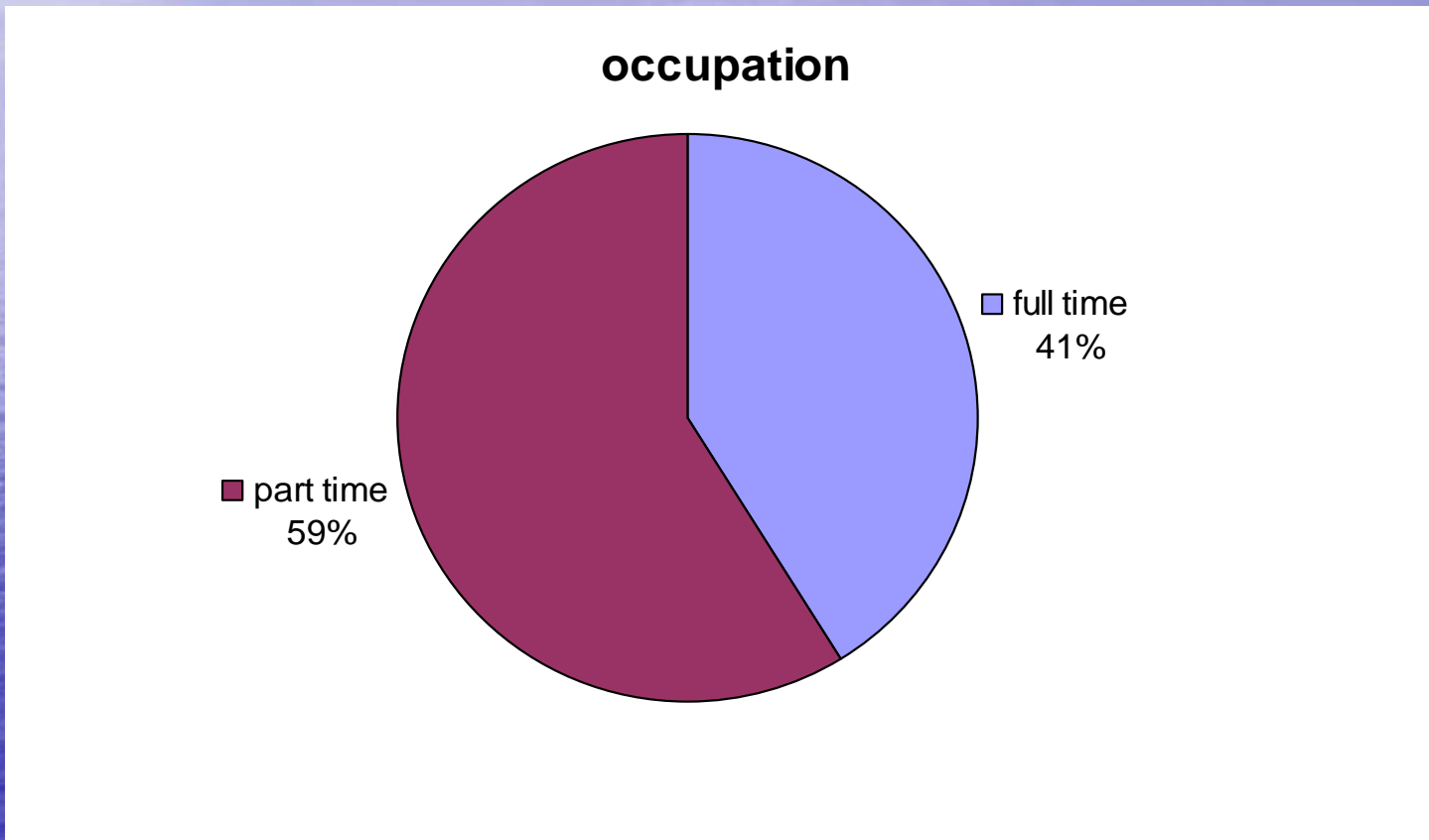
Results (personal data) 1

All 39 questionnaires were collected and elaborated



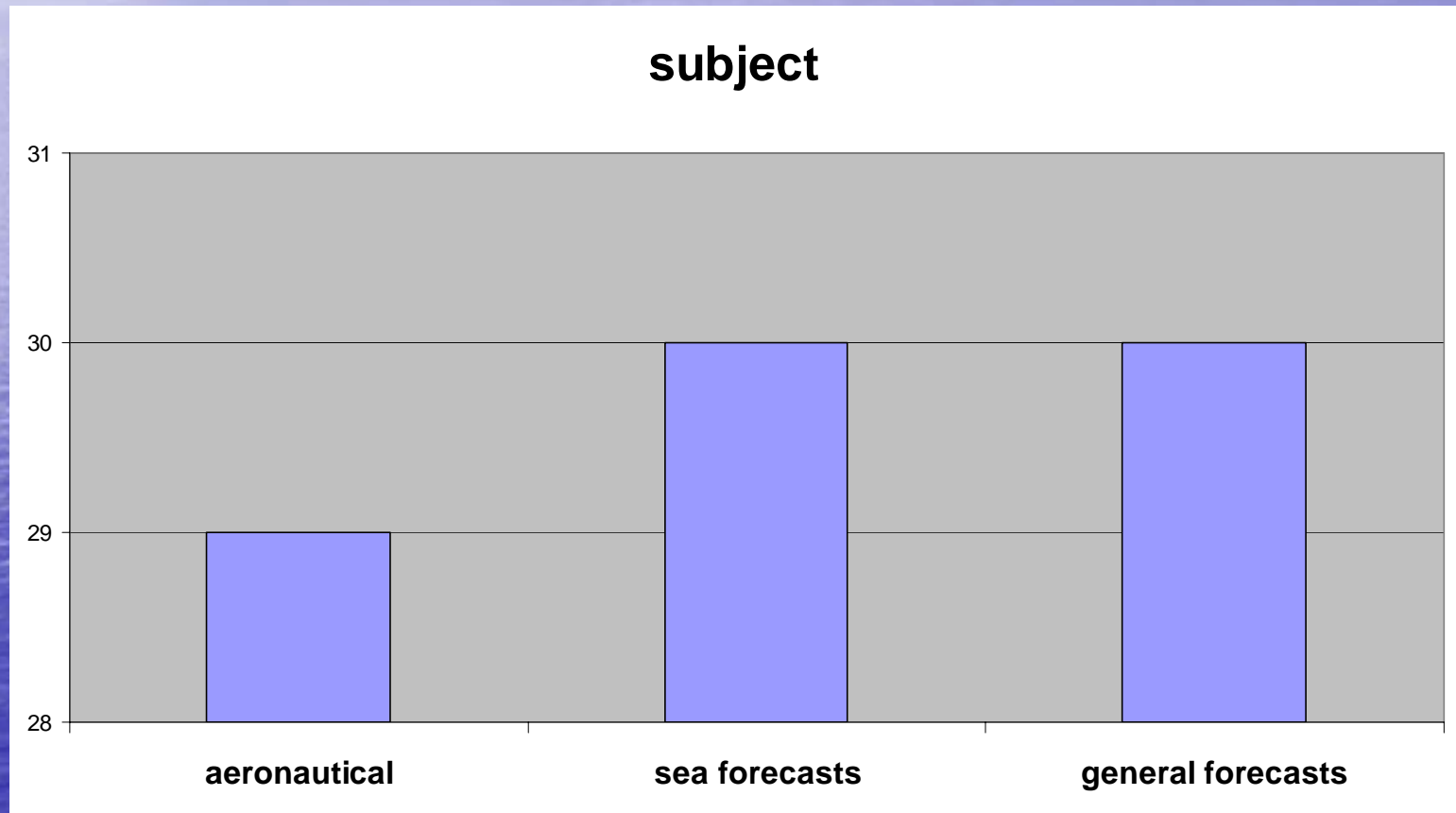
Results (personal data) 2

Part/full time occupation



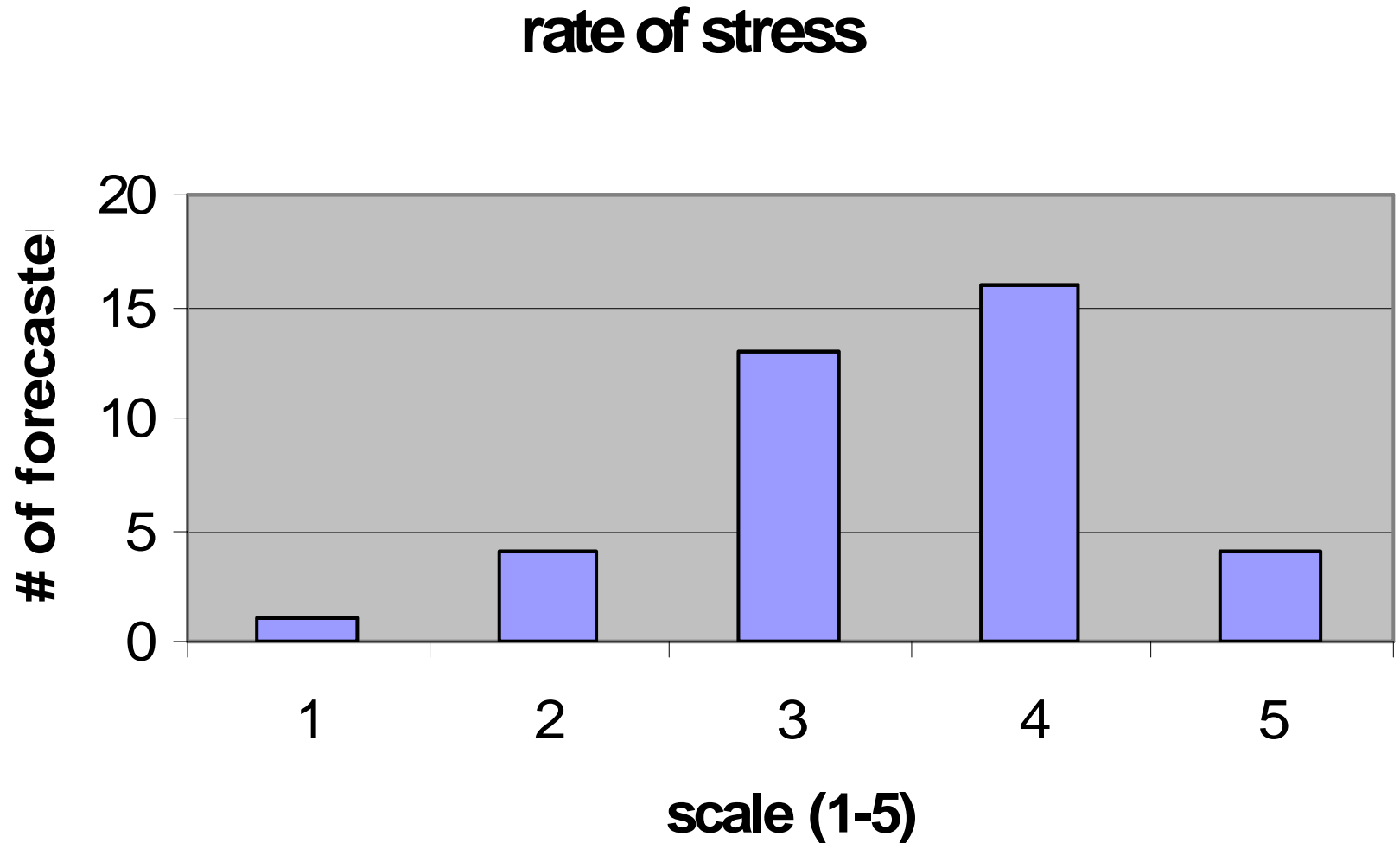
Results (personal data) 3

Type of occupation



Results (questionnaire) 1

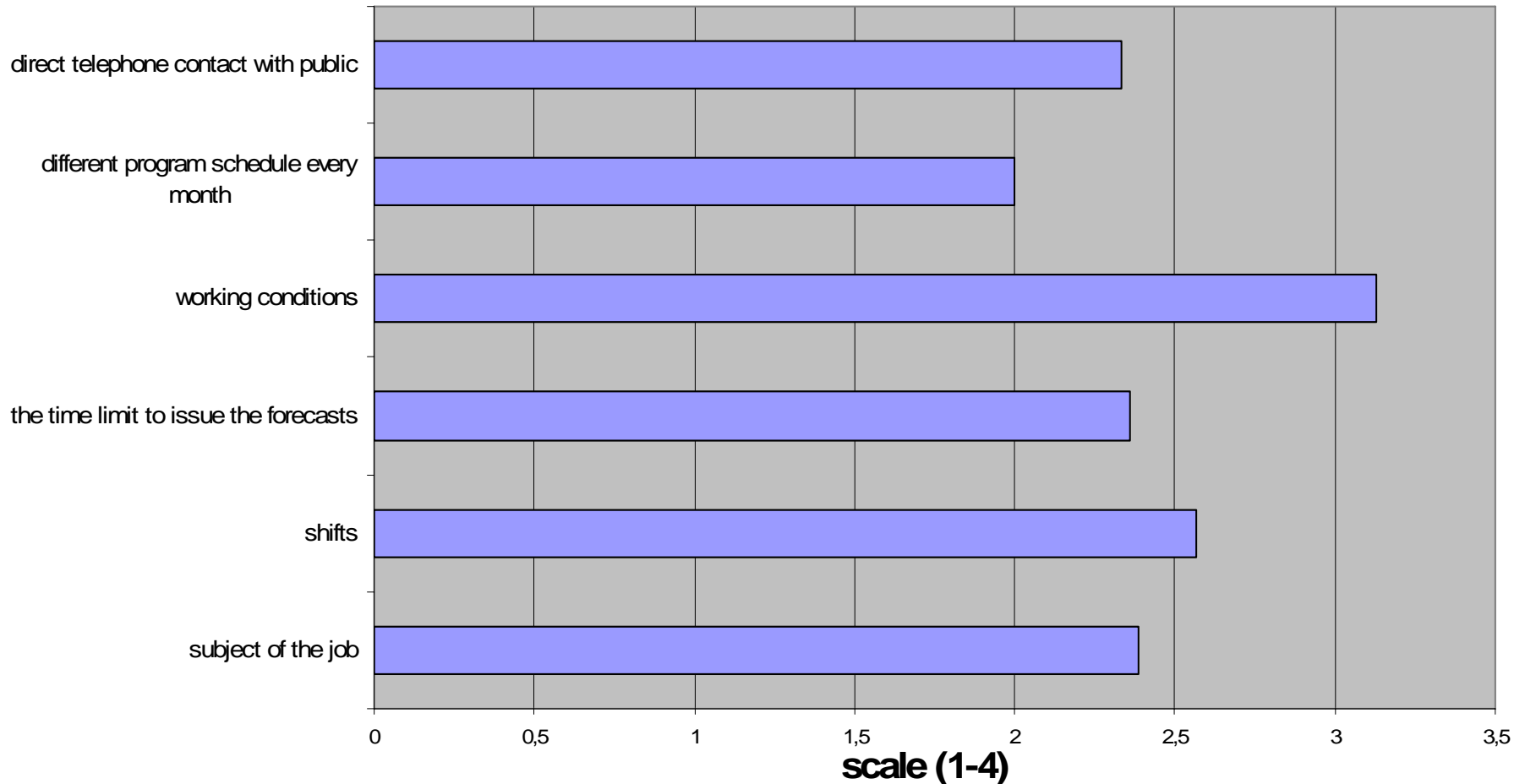
Rate your stress while working in NMC



Results (questionnaire) 2

Where is the stress due to:

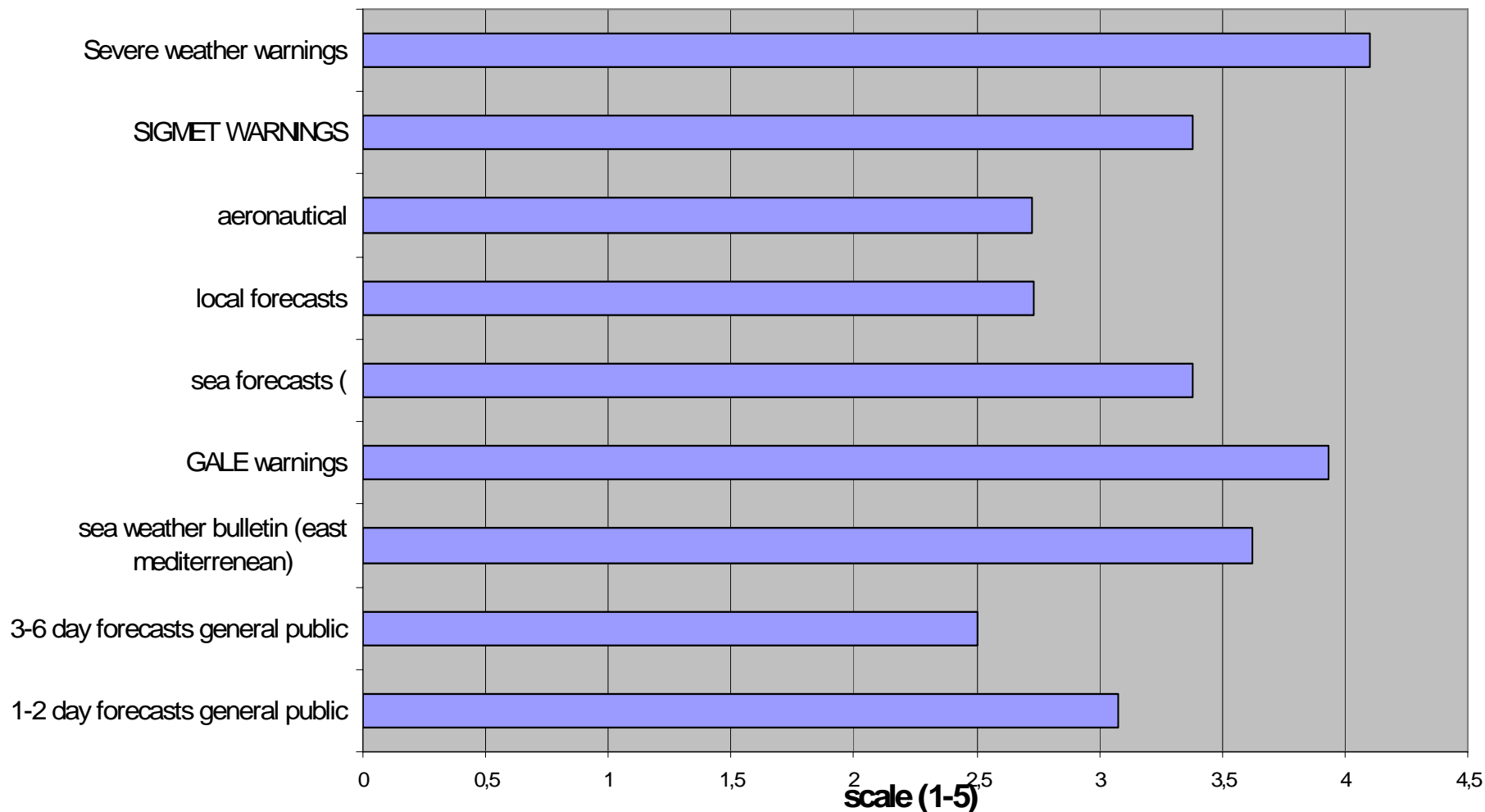
rate proposed causes for this stress



Results (questionnaire) 3

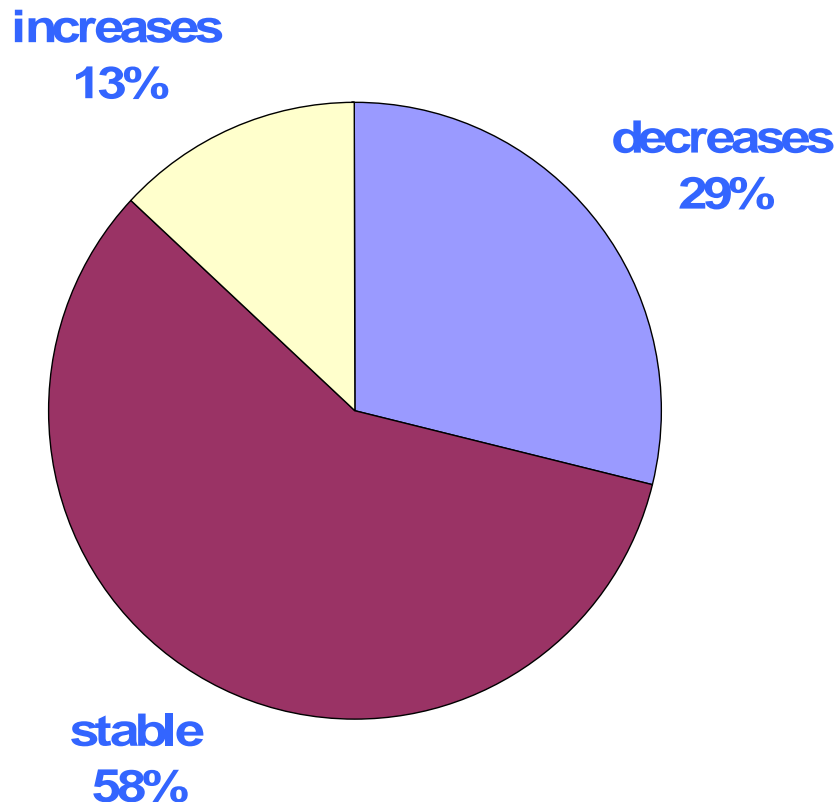
Evaluate the forecasts issued as stress factors

rate the stress you feel when you issue forecasts



Results (questionnaire) 4

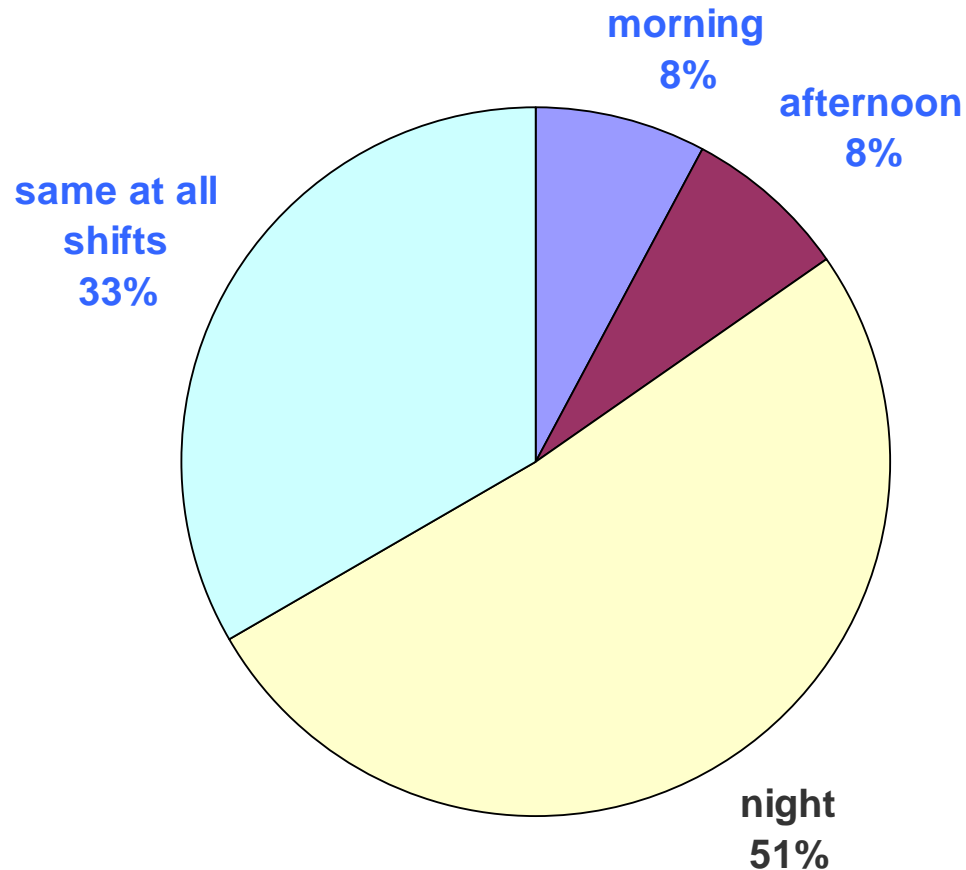
Rate your stress according to the working experience



Results (questionnaire) 5

Rate the shifts according to the stress burden

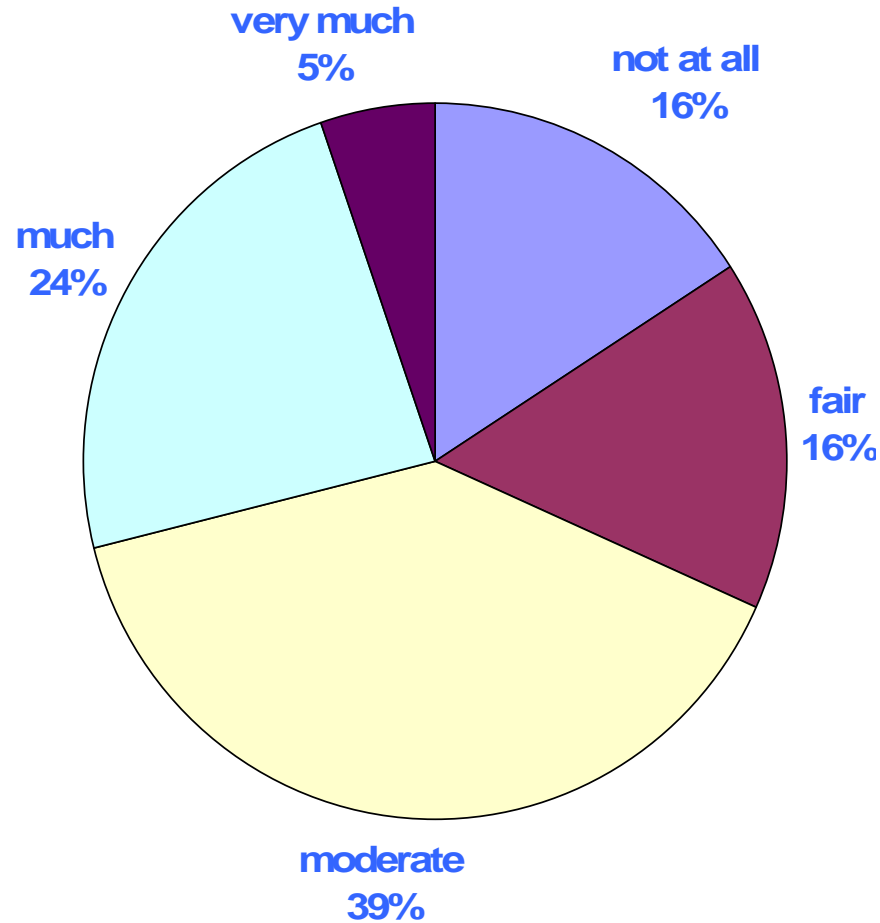
in which shifts you feel more stress



Results (questionnaire) 6

Rate your stress according to the fact that forecasts have certain impacts

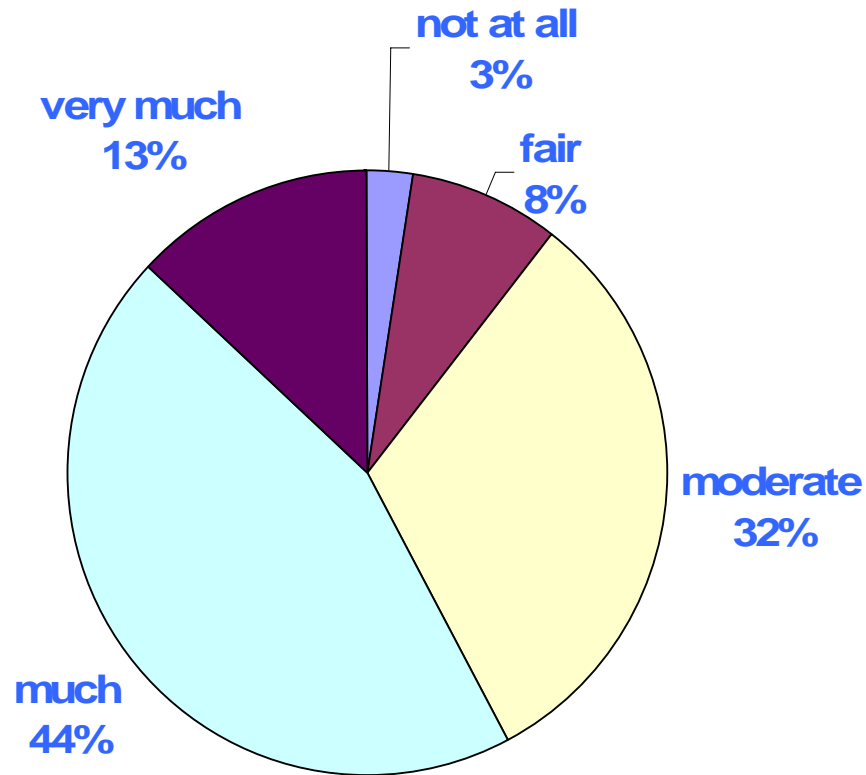
a) and affect your decisions



Results (questionnaire) 6

Rate your stress according to the fact that forecasts have certain impacts

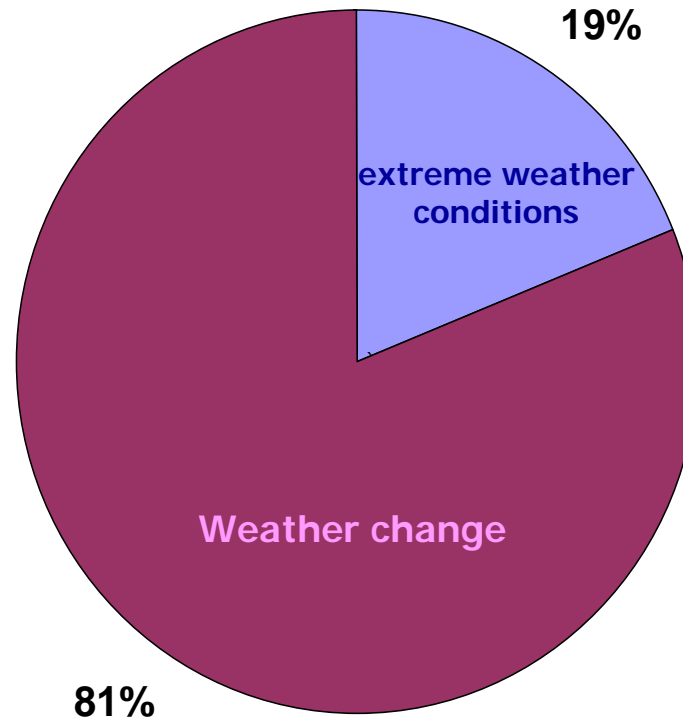
b) and causes you stress



Results (questionnaire) 7

Rate your stress according to the weather conditions

what causes you more stress



Results (questionnaire) 8 / 1

Ideas and proposals

- Further on the job training (17)
- Improvement of working conditions (16)
- More real time data collected in stations mainly during night hours (15)
- No direct telephone communication with the public (14)
- Optimization of the dept's operation and task allocation (13)

Results (questionnaire) 8 / 2

Ideas and proposals

- Improvement of forecast aids (e.g. models, equipment) (11)
- Increase the number of personnel mainly in cases with extreme weather conditions (11)
- Cooperation among the forecasters – working relations (5)
- Cooperation with experienced forecasters (3)
- Noisy working environment (3)
- Other (<3)

Conclusions

Stress will always be there !!!

- due to the nature of the job and the character of each one of the forecasters
- regardless the working experience, the working conditions, the means, etc.

The end

- Thank you for your attention!
- Any questions?