

A Study on the Methods that Daily Economy Newspaper Journalists Use to Cope with Occupational Stress-Centered Around 'S Economy Newspaper' as well as 5 Other Companies Located in Seoul -

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Abstract

This study was attempted in the hopes of establishing an inner foundation for the reasonable job performance of journalists by understanding the coping methods for occupational stress of daily economy newspaper journalists. 92 reporters that work in the editorial offices of 5 different daily economy newspapers in Seoul, as well as 'S Economy Newspaper,' were the subjects of a survey conducted between July 1 to December 31 of 2014. The data was collected from the T-test, frequency analysis, and explanatory factor analysis conducted using the SPSS Win 18.0 program, and in the case of positive analysis, the data was verified at the significance level of 5%. The study results firstly revealed that the qualitative pressure of occupational stress has an impact on the method of pursuing mental relief. Secondly, it revealed that factors such as role conflicts and career management have a significant influence on active methods of problem solving. The implications of this study are hoped to be used as foundational data in the effective control and management of occupational stress and the arrangement of health promotion programs for journalists of daily economy newspapers.

Keywords: *career management, daily economy newspaper, health promotion program, journalist, occupational stress*

1. Introduction

1.1. The Need for Research

Journalism, also expressed as public media, being a medium that passes on new information can be divided into the forms of newspapers, TV broadcasting, the internet, and so on. Offline newspapers are categorized depending on how often they are published, such as daily, weekly, biweekly, and so on, and can be categorized into general daily newspapers, daily economy newspapers, *etc.*, depending on the focus of the information that is published. The type that reports on all aspects of society such as politics, economics, society, and culture *etc.*, in a form like that of a department store is called a general daily newspaper, while daily economy newspapers are a medium that focus on analyzing and forecasting economy news more than other fields. This is not to say that daily economy newspapers do not deal with news and information concerning the political, economic, social, and cultural areas. Merely that, unlike the general daily newspaper, it concentrates on the information and news in the area of economy.

The reporters that work in the editorial office of daily economy newspapers play the role, as with the journalists of general daily newspapers, of constantly passing on new economic information and finance-real estate news *etc.* promptly to the media consumers.

Economy newspapers must be fast and accurate regardless of individuals or companies or can otherwise lead to a large investment loss. Reporting news that differs from the truth thereby negatively affects not only the individual journalist but also results in a devastating effect on the credibility of the press company with which they are associated. Another indispensable role as well as function of economy newspaper journalists is to report without bias and to give active criticism in order for the growth and development of the economy. In this regard, the journalists for daily economic newspapers are not only the pivot of economic development but also play the role of a rudder in the guidance of the readers concerning economic flow and their own individual sense of economy. This sort of social demand concerning the medium function of economy newspapers becomes the grounds for journalists in the editorial office having to work in a constant state of tension. According to <table 1> of the 'media industry statistic analysis' done by Korean Press Promotion Organization in December 2013, it was revealed that the number of daily economy papers registered in Korea was a total of 10, and the number of journalists working in the line of news coverage was 1,683. In 2012, the number of daily economy newspapers was 9, but as it increased to 10 in 2013, the number of journalists also increased by 14.4% from 1,471 to 1,683[1].

Table 1. Statistics on the Current Number of Journalists

Category	2012		2013		Percentage (%)	Percentage of change compared to the previous year (%)	2012	2013	2012	2013
	Number of press offices	Number of journalists	Number of press offices	Number of journalists			Percentage of journalists (%)		Average number of journalists per press office	
National General Daily I	11	2,519	11	2,431	8.9	-3.5	54.3	54.3	229	221
National General Daily II	13	676	16	548	2.0	-18.9	62.5	72.7	52	34
Local General Daily	102	3,998	109	4,418	16.1	10.5	62.9	72.9	39	41
Daily Economy Newspaper	9	1,471	10	1,683	6.1	14.4	53.4	57.3	163	168
Sports Daily	5	209	6	207	0.8	-1.0	49.3	64.1	42	35
Foreign Language Daily	2	82	2	84	0.3	2.4	71.9	73.0	41	42
Other Special Daily	20	475	19	420	1.5	-11.6	50.2	53.2	24	22
Free Daily	6	121	4	74	0.3	-38.8	43.2	57.8	20	19
Subtotal of Daily	168	9,550	177	9,865	36.0	3.3	57.6	63.3	57	56
National General Weekly	22	253	25	301	1.1	19.0	50.4	66.4	12	12
Local General Weekly	469	1,806	470	1,774	6.5	-1.8	71.6	77.1	4	4
Special Weekly	665	3,431	641	3,115	11.4	-9.2	53.8	77.5	5	5
Subtotal of Weekly	1,156	5,491	1,136	5,190	18.9	-5.5	58.4	76.7	5	5
Subtotal of Printed Newspaper	1,324	15,041	1,313	15,055	54.9	0.1	57.9	67.3	11	11
Public broadcast	22	1,460	22	1,442	5.3	-1.2	15.9	15.4	66	66
private broadcast	13	554	13	548	2.0	-1.1	20.6	19.8	43	42
Religious/special broadcast	9	242	9	243	0.9	0.4	11.8	12.3	27	27

Total/reporting channel	6	840	6	863	3.1	2.7	33.6	34.2	140	144
Cable DMB	3	0	3	0	0.0		0.0	0.0	0	0
Subtotal of broadcast	53	3,096	53	3,096	11.3	0.0	18.7	18.5	58	58
Online General News	411	1,842	529	2,954	10.8	60.4	56.0	72.4	4	6
Online Local News	486	1,711	476	1,664	6.1	-2.7	82.6	90.2	4	3
Online special news	772	3,864	771	3,383	12.3	-12.4	63.3	64.8	5	4
Subtotal of internet news	1,669	7,417	1,776	8,001	29.2	7.9	64.7	71.8	4	5
Telecommunication			14	1,246	4.5			76.3		89
Total	3,046	25,554	3,156	27,398	100.0	7.2	47.3	52.8	8	9

Because the journalists who cover the rapidly changing economy news concerning finance or exchange rates etc. they are constantly having to race with time, they have no choice but to experience not only physical exhaustion, but also severe work-related mental stress. By having a damaging effect on the journalists' physical health, occupational stress causes a negative effect not only on their individual happiness, but also work efficiency in the area of organizational management as well. Therefore, the increase of occupational stress can be explained as conflicting with the journalists' quality of life. But above anything, there is severity in that occupational stress that is not temporary or short-term but long-term and continuous causes a absolute impact on the journalists individual's life span. In this regard, we can conclude that the results of the study which analyzed the average life span of different occupations such as politicians, religious figures, journalists and so on, is a study that awakens us to the seriousness of the occupational stress of journalists. According to the results of the study that analyzed the life spans depending on occupation over 48 years from 1963 to 2010, the average life span of the 10 research subject occupations was 80 years for religious figures(priests, monks), 75 for politicians(congressmen, mayors), 73 for businessmen(CEOs, executives), 72 for judicial officers(judges, lawyers, prosecutors), 71 for high government officials(ministers, vice-ministers, bureaucrats), 70 for celebrities(actors, singers, entertainers), and 67 for journalists[2]. The average life span of journalists was 8 years shorter compared to politicians and a staggering 13 years shorter than religious figures.

The pressure of occupational stress is a fate that any member of an organization has to experience. However, from the position of economy newspaper journalists who can't not think of the social ramifications of the valuation and providing of information of the ever-changing news, they can't help but to be concerned of the various negative effects that occupational stress can have. Occupational stress, by nature, not only adversely affects mental health but also has a bad impact on regular physical activities [3], and in severe cases can bring about conditions such as depression. Long-term, continuous, and a great amount of exposure can also heighten the possibility of the manifestation of physical symptoms [4]. Because mental equilibrium is broken and develops into an abnormal state, the accumulation of continuous occupational stress can become a cause of making physical activity impossible [5]. The juridical ruling that if an economy newspaper journalist received occupational stress while working and their existing Hepatitis B grew worse in an abnormal rate that resulted in their death is to be considered a workplace disaster, it is a representative case in understanding the direct correlation between occupational stress and physical health. The main point is that overworking and stress can reduce the recovery opportunity of liver health, and considering that it can be presumed to

have a damaging impact, occupational stress can be said to be the main cause of the Hepatitis B patient's death. In this regard, significance can be found in the fact that this case acknowledged the considerable cause-and-effect relationship between the direct cause of death and the abnormal rate at which the Hepatitis B patient's condition deteriorated as a result of long-term occupational stress [6].

However, because most studies are conducted, not only on the subject of daily economy newspapers but also of reporters, are center around the newspaper's inside contents, the freedom of speech, or media control, the area of occupational stress is in an inadequate state. In a study about the correlation between a reporter's occupation stress and their health, the study result showed that regular exercise assists in them overcoming stress, and positively affects their mental health [7]. Also, because mental exhaustion is more severe in reporters, the 6 Seoul media offices proposed the providing of realistic physical examination programs as well as prevention of deterioration with active preparation plans [8, 9]. The limitation of the existing studies is that either the analysis was focused on the effect of exercise on the group that exercised for a given period of time and the group that hadn't, or they were overly objective and had a general standard of approach in view of the reality of the concerning lifestyle of journalists. In particular, there are no studies on the occupational stress of daily economy newspaper journalists and strategies with which they can cope. Therefore, this study requires basic data on the occupational stress that appears in the job performance and reporting process of daily economy newspaper journalists and also on coping strategies. The hope of the contents of this study is to understand the correlation between their occupational stress and coping methods and the sub factors of the coping methods.

1.2. Research Question

The research questions of this study are as follows.

First, what is the correlation between daily economy newspaper journalists' occupational stress and their coping methods?

Second, what influence does the occupational stress have on the sub factors of their coping methods?

2. Study Methods

2.1. Study Subject and Method

92 daily economy newspaper journalists in Seoul were the subjects of this study conducted from July 1 to December 31 of 2014. The newspapers followed the classification standards of Korea Press Promotion Foundation[10] and the sample scale of the 96 subjects was appointed as 5% significance level and 80% statistical power, and the mean index 0.15 for effect size by applying the sample extraction formula (Cohen) to the G*Power 3.1 program. The survey was conducted in a self-reported style after sufficient explanation of this study's purpose and objective, method of filling out the survey etc., to the survey subjects. The Likert Scale(3 or 5 points) was used as the method of assigning points.

2.2. Study Contents and Variables

The survey is made up of questions of sociodemographic characteristics that inquire upon the work environment, excessive qualitative roles in order to analyze occupational stress, career management, interdepartmental work cooperation, etc. The survey on coping methods for work stress was made up of questions centered around the pursuit of emotional relief, hopeful thinking, *etc.*

2.2.1. Sociodemographic Characteristic Factors

The analyzing tool for the sociodemographic characteristic factors was the Community Health Survey[11] and categories through which their regular environment and lifestyle can be grasped such as 'gender', 'age', 'years of work as journalist', 'religion', 'Sunday work cycle' etc., were selected as variables. Age was classified into '20s', '30s', '40s' and so on, and religion into 'Christian', 'Buddhist', 'Catholic', 'Other', and so on. Ranks were categorized into 5 groups including journalists, deputy head, and head of department. The years of work was categorized into 5 groups including 'over 20 years', and the departments in which they were a part of were separated into 'the department of industry', 'the department of living economy', 'the department of stocks', 'the department of real estate', and 'the department of finance'. To grasp the frequency of having to work on rest days, the categories were separated into 'every week', 'every other week', 'once in three weeks', 'once a month', 'once in more than a month'. For frequency of drinking, there were choices of 'almost every day' and 'rarely ever' and so on. To understand their smoking status, they were separated into 4 categories including 'one pack a day,' 'do not smoke,' and so on. And for exercise the groups were separated into 'more than 1 hour a day,' 'more than 2 hours,' 'at least 3 times a week,' 'never,' and so on.

2.2.2. Occupational Stress Standard and Coping Methods

The analyzing tool for analyzing occupational stress and coping methods was a category selected from Kim Jeong-In's Scale Test Survey[12] that would be needed to measure the occupational stress of the journalists. In the case of the sub factors, and analysis was made by separating them into 5 groups including 'excessive qualitative roles', etc. And the survey concerning coping methods for occupation stress was analyzed by selecting categories such as 'active method of problem solving', 'pursuit of emotional relief', 'hopeful thinking', 'problem avoidance', etc.

2.3. Data Processing and Analysis Method

By implementing the data that was collected after giving individual explanations as to the purpose of this survey into the SPSSWIN 18.0 program in order for T-test, frequency analysis, factorial analysis, and One-way ANOVA (One-way Analysis of Variance) etc., the validity and objectivity of the survey was verified, and the significant difference made from $p < .05$ through Scheffe's Multiple Range Test was verified.

3. Study Results

3.1. Occupational Stress Factors Analysis

The KMO value for this study was sufficient at 0.729 so the suitability of the variable pairs can be understood as being explained without any force from other variables. Bartlett's Test of Sphericity, which signifies the suitability of the factorial analysis, shows that the chi-squared value 989.037 is suitable in using the significance level .000. In the factorial analysis results Factor 1 revealed a characteristic value of 3.890 and an explanation ratio of 17.68% and explains the factor of excessive qualitative roles, Factor 2 revealed a characteristic value of 2.534 and an explanation ratio of 11.51% and explains the factor of role conflict, Factor 3 revealed a characteristic value of 2.528 and an explanation ratio of 11.49% and explains the factor career management. And Factor 4 revealed a characteristic value of 2.192 and an explanation ratio of 9.96% and explains the factor of qualitative role oppression, Factor 5 revealed a characteristic value of 1.766 and an explanation ratio of 8.02% and explains the factor of interdepartmental work cooperation.

3.2. Factorial Analysis and Hypothesis Test Result of Coping Methods for Occupational Stress

In the factorial analysis results Factor 1 revealed a characteristic value of 3.273 and an explanation ratio of 16.36% and explains the factor of the pursuit of mental relief, Factor 2 revealed a characteristic value of 3.158 and an explanation ratio of 15.78% and explains the factor of the active method of problem solving. Factor 3 revealed a characteristic value of 2.501 and explanation ratio of 12.50% and explains the factor of hopeful thinking. Factor 4 revealed a characteristic value of 1.915 and explanation ratio of 9.57% and explains the factor of problem avoidance.

3.3. Credibility Verification

The verification of credibility of this study is shown in Table 2. In This study the coefficient reliability was used and the analysis was applied to Cronbach's α . As a result, the credibility of occupational stress, mental exhaustion, physical symptoms, and coping methods revealed to be over 0.6. This means that this survey can be used for this study's data without any problems.

Table 2. Credibility Verification of each Category

Category	Sub factors	Number of questions	Cronbach's α
Occupational stress	Excessive qualitative roles	9	.832
	Role conflicts	5	.644
	Career management	3	.794
	Pressure of qualitative roles	3	.736
	Interdepartmental work cooperation	2	.692
Occupational stress		22	.753
Mental exhaustion	Lacking sense of personal accomplishment	10	.879
	Mental exhaustion	9	.827
	Lacking sense of value	3	.620
Mental exhaustion		22	.877
Physical symptoms	Insomnia	6	.874
	Cardiovascular disability	5	.819
	Aches	5	.839
	Digestive problems	3	.802
	Hearing disability	1	-
Physical symptoms		20	.929
Coping methods	Pursuit of mental relief	5	.838
	Active method of problem solving	7	.771
	Hopeful thinking	5	.687
	Problem avoidance	3	.600
Coping methods		20	.766

3.4. Correlation between Occupations Stress and Coping Methods

The Coping method of pursuing mental relief has a defined correlation with career management($r=.248$, $p<.01$), hopeful thinking has a defined correlation with career management($r=.207$, $p<.05$), and problem circumvention has a defined correlation with role conflicts($r=.181$, $p<.05$).

3.5. The Effect of Occupational Stress on Coping Methods

The effect that occupational stress has on the coping methods is shown in Table 3. To find out the degree to which occupational stress has an affect on coping methods, with a

confirmation of the results of a multiple regression analysis being $R^2=0.050$, the overall 5.0% change explains the regression model.

Table 3. The Effect of Occupational Stress on Coping Methods

Category	Dependent variable: coping methods						
	B	Standard error	β	t	p	VIF	
(invariable)	3.082	.267		11.541***	.000		
Occupational stress	Excessive qualitative roles	-.029	.063	-.045	-.464	.644	1.161
	Role conflicts	-.144	.072	-.186	-2.008*	.047	1.062
	Career management	.056	.044	.119	1.255	.212	1.112
	Pressure of qualitative roles	.035	.051	.065	.684	.495	1.113
	Interdepartmental work cooperation	.062	.046	.124	1.340	.183	1.062

$R^2= .050$, $adj R^2= .010$, $F = 1.240$

* $p<.05$, *** $p<.001$

3.6. The Effect of Occupational Stress on the Sub Factors of Coping Methods

To find out the degree to which occupational stress affects the pursuit of mental relief, a multiple regression analysis was used to explain $R^2=0.131$ with a regression model of 13.1% overall change. The variance analysis can be used with issue ($F=3.551$, $p<.01$), and Pressure of qualitative roles has a significant influence on the pursuit of mental relief. Therefore, when stress over the Pressure of qualitative roles is high, there is a higher possibility of choosing the method of pursuing mental relief. With the result of figuring out how much of an effect occupational stress has on the active method of problem solving using multiple regression analysis, it could be understood that $R^2=0.169$ does well in supporting the regression model. The variance analysis of the model showed that the estimated model is notable and has a significant influence on the active problem solving method for role conflicts ($\beta=-.322$, $p<.001$), and career management ($\beta=.270$, $p<.01$) respectively. Therefore if there is lower level of stress regarding role conflicts, and a higher level of stress regarding career management, the possibility of the coping method of active problem solving is high. To understand how much influence occupational stress has on hopeful thinking, a multiple regression analysis was attempted and showed that $R^2=0.061$ explains the 6.1% overall change to the regression model.

4. Discussion and Conclusion

This study analyzed the occupational stress and coping method of daily economy newspaper journalists. The survey results through analysis are as follows.

Firstly, after analyzing the journalists' occupational stress and its correlation to their coping methods. The coping method of pursuing mental relief showed a defined correlation with career management, hopeful thinking had a defined correlation with career management. In addition, problem avoidance had a defined correlation with role conflicts. These results show that career management and role conflicts are significantly related to occupational stress. In particular, this is not much different from the stance of Sung-Kyu Baek [13] that suggest when general satisfaction of life is not low, it not only has an expansion effect on the range of job satisfaction but also that it is easier for the individual to be drawn to a stronger involvement in the organization. In particular, there were a high number of journalists that relieve their stress through drinking. As pointed out in the study results [14] that showed that a higher frequency of drinking leads to a higher

possibility of experiencing negative health conditions, it directly shows us how occupational stress should be more efficiently dealt with. Furthermore, a change is needed in the understanding that proper rest is not a waste but necessity in the recharging of energy of the individual and their families. A study [15] shows that people who cannot release their sense of tension or cannot rest well show a higher frequency drinking, which suggests that getting enough proper is an important guideline in the way or journalists to relieve their stress.

Secondly, after analyzing the effect of occupational stress on the sub factors of the coping methods, the qualitative role pressure of occupational stress showed to have an effect on the method of pursuing mental relief. This means that when there is higher level of stress surrounding the pressures of qualitative roles, there is a higher possibility to choose the method of pursuing mental relief. In addition, role conflicts and career management respectively have an influence on the active method of active problem solving. This means that a lower the stress level towards role conflicts and a higher stress level towards career management leads to a higher probability of the active method of problem solving. This is no different to the analysis [16] that a higher rank and number of years working leads to more severe mental exhaustion. Furthermore, there is need for interest in developing a ubiquitous work environment integrating IT technology, and in establishing and providing manuals or medical information systems in order for the offices to be active in systematically managing journalists who are showing physical symptoms [17, 18]. As emphasized in the study result [19] that showed that regular exercise is effective in changing the physiological condition of the body and gives journalists a definite confidence, there is a need to arrange an exercise and healthcare system within the company.

The implication of this study it that because journalists are under severe occupational stress due to the nature of their work, there is a need for the implementation of an efficient and appropriate countermeasure not only for the company but also for the individuals. There are some suggestions based on the result of this study. I wish to make a number of propositions based on the results of this study. First, this study verified the coping methods for occupational stress of daily economy newspaper journalists in Seoul through analyzing the survey results. Consequently, this calls for further study of other media (broadcasting, internet, *etc.*) concerning overall condition analysis and the interrelationship status of different media. Secondly, it calls for policy development appropriate in lessening the occupational stress of journalists as analyzed in this study. Thirdly, the development of a culture participation program is needed in order for a more humane lifestyle for journalists, and also further study to find a countermeasure in order to effectively lessen and get rid of occupational stress. Further continuous study is required in order for the healthy life and sustenance of daily economy journalists.

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