

## **EFFECTS OF FACTORY WORKERS 'STRESS LEVELS ON THEIR SATISFACTION WITH LIFE AND HOPELESSNESS**

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### **ABSTRACT**

This research aims to put forth the relationship between workers 'levels of stress, hopelessness, and satisfaction with life. The population of the research was the factory workers working in Bursa province and the sample was composed of 283 workers chosen with random sampling method among those workers. It is understood from the research findings that the female workers feel more perceived stress than the male workers while exhibiting the same amount of spirits with the male workers in terms of coping with stress. No significant difference was found between female and male workers 'levels of satisfaction with life and hopelessness. By the participants 'marital status, no significant difference was found in their levels of perceived stress and satisfaction with life. As for the hopelessness levels, the single workers were found to have higher hopelessness levels than the married workers.

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