This research examines the causes of long-term work and office syndrome in office workers. Which most people with office syndrome will not feel comfortable. Difficult to move. Suffering in everyday life in the long term affecting economic losses and the efficiency of work. Currently, various organizations still do not pay attention to this issue as they should. By lacking understanding of the cause. Strategy Guidelines for the prevention of office syndrome within the organization.

Therefore, it is a challenge to study the trend, the cause, to be the information, create the organization to understand and be aware of and bring about the accumulated illness from work to be a part of the operation and management of human resources within the organization effectively.

Research on factors that result in office workers working continuously for a long time and being office syndrome is a quantitative research. By using data collection methods from questionnaires through random sampling method. Which is an office worker working in a total of 60 international colleges from the research found that Office staff with illness from office syndrome. Most of them have a moderate level of severity. Feeling pain while working and rest time from work with illness in the area shoulder-shoulders are the most and have not been taken care of. Good from the organization about illness from office syndrome most samples chose to refrain from the work that caused pain.

Which is based on the research of the ability factor. In their own work (Self-efficacy) Power factor and control ability (Control) and Penalties from work errors different effects on the disease of office syndrome.

Keywords: office syndrome syndrome, interoperability, difficult to move

Introduction

This study studies the "office syndrome", which most people know as the collective name of work-related illnesses, is a cumulative trauma caused by behavior. Working posture in the same manner of the operator for a long time. And inappropriate working environments in which the office syndrome shows 2 symptoms as follows
1. Repetitive strain injury is the accumulation of muscles. A tight, tense feeling that becomes chronic, as well as stress from work, will cause more inflammation of the muscles.

2. Computer Vision Syndrome Fatigue is a working symptom that occurs when using a computer for a long time. Illnesses often cause burning sensation, eye pain, eye fatigue, unclear images.

However, most people with office syndrome symptoms will feel uncomfortable and difficult to move. Suffering in daily life in the long run can be chronic to other diseases that follow. Currently, patients who have such symptoms are more often seen in the staff working in the office.

**Objective**

1. To study the factors that affect office workers at work consecutively for a long time that affects the occurrence of office syndrome
2. To study guidelines of self-care of office workers when having office syndrome

**Method**

1. This research factors that affect office workers who work for a long time that affects the occurrence of office syndrome International college Suan Sunan Rajabhat University Total number of respondents 60 people
2. Population and samples are professors and office staff.
3. Location of data storage International college Suan Sunandha Rajabhat University Study duration The researcher was conducted between October - July 2019.

**How to create widgets**

The tool used in this study was a questionnaire about factors affecting office workers at work. Consecutively for a long time that affects the occurrence of office syndrome International college Suan Sunandha Rajabhat University Which developed from the study of documents and related research

Steps for creating a research tool The researcher proceeded with the following steps: Studying and researching concepts and related research theories. Articles from books Defining Jargon buster Elements of variables related to research

Part 1 set of questions about personal information.
Part 2 The second part is a questionnaire about the factors that affect office workers at work. Consecutively for a long time that affects the occurrence of office syndrome
Part 3 Question about how to take care of oneself when symptoms of office syndrome.

**Statistics used in the analysis.**

By using the Regression Analysis method which is a statistical analysis to understand the relationship and direction of the relationship between the two variables.
**Research hypothesis**

This research was prepared to study the factors that cause office workers to work continuously for a long time and have an office syndrome from the research framework can be used to set the hypothesis of the following research.

H1: Performance claims Affect the occurrence of office syndrome
H2: Penalty due to work errors Affect the occurrence of office syndrome
H3: Power and ability to control work Affect the occurrence of office syndrome

From the results of the survey, it was found that The sample group, most of the professionals who work in office are in the work group. Who tend to work with computers for a long time, most of the time using computers for a maximum of 7-9 hours per day, with illness from office syndrome 67.7 %

<table>
<thead>
<tr>
<th>NO</th>
<th>Research hypothesis</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>H:1</td>
<td>Performance claims Affect the occurrence of office syndrome</td>
<td>✓</td>
</tr>
<tr>
<td>H:2</td>
<td>Penalty due to work errors Affect the occurrence of office syndrome</td>
<td>✓</td>
</tr>
<tr>
<td>H:3</td>
<td>Power and ability to control work Affect the occurrence of office syndrome</td>
<td>✓</td>
</tr>
</tbody>
</table>

Hypothesis 1, Performance Claims Affect the occurrence of office syndrome: From the above research results Can conclude that Performance claims have a positive effect on the occurrence of office syndrome. At statistical significance P <0.01 (Sig = 0.001) Can explain the said relationship that The higher the level of performance claims The more the impact on the trend of office syndrome, the higher

Hypothesis 2, penalties from work errors result in the occurrence of office syndrome: From the above findings, it can be concluded that Penalties for mistakes in work Have a positive effect on the occurrence of office syndrome At statistical significance P <0.01 (Sig = 0.002) The organization has laid down rules, regulations, penalties or excessive oversight of supervisors. Resulting in employees' stress Which affects the state of mind Stress and job satisfaction

Hypothesis 3: Power and ability to control work Affect the occurrence of office syndrome: From the above findings, it can be concluded that Power and ability to control work Have a positive effect on the occurrence of office syndrome At statistical significance P <0.01 (Sig = 0.001) The ability to control work that will affect the trend of office syndrome that is reduced. Cause due to If employees have a lot of power and ability to control work, there is a tendency of planning ability. And control the operation to be in the direction that he wants

**References:**


INVESTIGATION OF SPECIAL EDUCATION EDUCATORS’ VIEWS ON THE NECESSITY TO APPLY THE INSTITUTION OF MENTOR IN SPECIAL EDUCATION AND TRAINING SCHOOLS

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This paper explores the views of special education teachers on the necessity of introducing the institution of the mentor into the educational act. In particular, the knowledge, skills, and qualifications required by the mentor candidate for the more efficient functioning of the mentoring process are explored. The sample of the survey consisted of 143 special education teachers from the Region of Western Greece, while the data were collected through a questionnaire. The statistical analysis of the questionnaire data was performed using the statistical software SPSS Procedure 24. The survey results show that teachers recognize the importance of mentoring for their educational work and highly express their demand to imports the institution in schools. They find it particularly important that the mentor should have knowledge of pedagogy, psychology and teaching methodology, in order to effectively exercise his role. Finally, factors such as the teaching experience and possession of relevant expertise the development of a cooperative framework and the modification of the curriculum, on behalf of the mentor guarantee a proper guidance process in the school unit.

Keywords: guidance, counselling, mentoring, mentor, special education teacher