



**STUDYING THE RELATION OF JOB STRESS
WITH JOB PERFORMANCE AMONG EMPLOYEES
IN UPM HOLDINGS SDN. BHD.**

EZZUL SYAFIQ BIN ZAHABA

2012208732

NURSYAZWANI BINTI MOHD NOOR

2012206226

NAME OF SUPERVISOR

MISS NORLINDA TENDOT ABU BAKAR

NAME OF CO-SUPERVISOR

MADAM IRWANI HAZLINA

BACHELOR OF BUSINESS ADMINISTRATION

WITH HONOUR (INTERNATIONAL BUSINESS)

FACULTY OF BUSINESS MANAGEMENT

UNIVERSITI TECHNOLOGY MARA

MALACCA CITY CAMPUS

JUNE 2014

**STUDYING THE RELATION OF JOB STRESS
WITH JOB PERFORMANCE AMONG EMPLOYEES
IN UPM HOLDINGS SDN. BHD.**

EZZUL SYAFIQ BIN ZAHABA

2012208732

NURSYAZWANI BINTI MOHD NOOR

2012206226

**Submitted in Partial Fulfillment of the
Requirement for the
Bachelor of Business Administration with Honours
(International Business)**

**FACULTY OF BUSINESS MANAGEMENT
UNIVERSITI TECHNOLOGY MARA
MALACCA CITY CAMPUS**

JUNE 2014

DECLARATION OF ORIGINAL WORK



**BACHELOR OF BUSINESS ADMINISTRATION
WITH HONOUR (INTERNATIONAL BUSINESS)
FACULTY OF BUSINESS MANAGEMENT
UNIVERSITI TEKNOLOGI MARA
MALACCA CITY CAMPUS**

“DECLARATION OF ORIGINAL WORK”

We,

EZZUL SYAFIQ BIN ZAHABA

911022-06-5735

NURSYAZWANI BINTI MOHD NOOR

900420-04-5138

Hereby, declare that:

- This work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrently submitted for this degree or any other degrees.
- The project-paper is the result of our independent work and investigation, except where otherwise stated.
- All verbatim extracts have been distinguished by quotation marks and sources of our information have been specifically acknowledged.

Signature:

.....

(Ezzul Syafiq bin Zahaba)

Date:

.....

(Nursyazwani binti Mohd Noor)

Date:

LETTER OF SUBMISSION

MAY 2014

The Coordinator Industrial Training
Bachelor of Business Administration (Hons) International Business
Faculty of Business Management
UNIVERSITI TEKNOLOGI MARA
75200, Malacca.

Dear Miss,

SUBMISSION OF PROJECT PAPER

Attached is the project paper titled **STUDYING THE RELATION OF JOB STRESS WITH JOB PERFORMANCE AMONG EMPLOYEES IN UPM HOLDINGS SDN. BHD.** to fulfil the requirement as needed by the Faculty of Business Administration, UNIVERSITI TEKNOLOGI MARA.

Thank you.

Yours sincerely,

.....

EZZUL SYAFIQ BIN ZAHABA

2012208732

Bachelor of Business Administration
(Hons) International Business

.....

NURSYAZWANI BINTI MOHD NOOR

2012206226

Bachelor of Business Administration
(Hons) International Business

ABSTRACT

Project paper titled “**STUDYING THE RELATION OF JOB STRESS WITH JOB PERFORMANCE AMONG EMPLOYEES IN UPM HOLDINGS SDN. BHD.**” is conducted as partial requirement to fulfil the requirement as needed by the faculty of Business Management, MARA University of Technology (UITM). The intention of this study is to determine the relationship between job stress and job performance as well as to identify the most influential factor that contributes to the job performance among employees in the UPM Holdings Sdn. Bhd. The researchers chose to use descriptive research design as a method to conduct this study and survey in order to gain the data. Data used in this research are primary and secondary data such as journal and books. Researcher also use questionnaire to attain the data in order to get the feedback from the employees of UPM Holdings Sdn. Bhd.

The sample size in this research is 50 respondents of employees from UPM Holdings Sdn. Bhd. itself. Based on reliability test, respondent demographic, frequency, Pearson correlation and multiple regressions, a clear findings and result is observed. The finding showed that job performance has positive correlation with nature of work, social support at workplace, organizational structure and atmosphere at workplace as well as non-work factors. Organizational structure and atmosphere at workplace’s factor has the highest correlation with job performance. The researchers also provide some recommendations and suggestion on how to improve job performance of the employee as well as how to reduce job stress at workplace after analysis, findings and interpretation is done. The conclusion of this study was the outcome from the survey analysis and findings.