



**WORK STRESS**

**IN VISTA POINT TECHNOLOGIES SDN BHD**

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## DECLARATION OF ORIGINAL WORK



**BACHELOR BUSINESS ADMINISTRATION  
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### **“DECLARATION OF ORIGINAL WORK”**

**I, NURUL AIN BINTI HAMZAH (880710-10-5068)**

**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.**
- This project paper is the result of my independent work and investigation, except where otherwise stated.**
- All verbatim extracts have been distinguished by quotation marks and sources of my information have been specifically acknowledged.**

Signature : \_\_\_\_\_

Date: \_\_\_\_\_

## LETTER OF SUBMISSION

The Head of Program  
BBA(Hons) Human Resources  
Faculty of Business Management  
Universiti Teknologi Mara  
75300 Melaka

Dear Sir,

SUBMISSION OF REPORT PAPER

Attached is the project paper titled: " WORK STRESS IN VISTA POINT  
TECHNOLOGIES SDN BHD" to fulfill the requirement as needed by the Faculty  
of Business Management , Universiti Teknologi MARA.

Thank You

Yours Sincerely,

NURUL AIN BINTI HAMZAH

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BBA(HONS) HUMAN RESOURCES

## **ABSTRACT**

Stress is essential to our growth, change, development, and performance both at work and at home. There have been frequent complaints from Vista Point Technologies Sdn Bhd employee that they have a heavy work load. Besides that, they also have to face pressures from trying to adapt to new restructure in VPT. Some jobs are stressful by definition because they are physically dangerous (such as firefighting or criminal justice), involve matters of life and death (emergency functions), or are psychologically demanding (social work, teaching). But people who stamp metal or crunch numbers can also be subject to stress on the job. While stress is an individualized experience, there are a variety of demands which serve as stressors for groups of individuals. Four major categories of organizational stressors are identified which are role ambiguity, workload, work environment, and interpersonal relationship. A total of 265 questionnaires were distributed among the employee in various departments. The data received from the respondent was be coded and data were analyzed using SPSS (Statistical Package for Social Science) program. this study also found that work overload is one of the factors that increased stress among respondents. Work stress is an inevitable phenomenon and it is exists in all kinds of job. There is no doubt that the employee in Malaysia is stressful as is known from public opinions and the results revealed in the present study.

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