

UNIVERSITI TEKNOLOGI MARA
FAKULTI SAINS PENYAMBIHAN DAN PENGAJIAN
POLISI



A STUDY ON STRESS LEVEL AMONG ACADEMIC
CAREER WOMEN: A CASE STUDY AT UTM MELAKA

MURDINA ZAKARIA
2005752357

ROSALIANA MOHD SALEH
2005367716

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CLEARANCE FOR SUBMISSION OF THE RESEARCH PROPOSAL BY THE
SUPERVISOR

Name of Supervisor : Miss Harder Kaur

Title of Research Report : A Study on Stress Level among Academic Career
Women: A Case Study at UiTM Malacca

Name of Students : Nurdina Zakaria
: Rosaziana Mohd Salleh

I have reviewed the final and complete research proposal and approve the
submission of this report for evaluation.

(Miss Harder Kaur)

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Nurdina Zakaria
Rosaziana Mohd Salleh
Bachelor of Administrative Science (Honours)
Faculty of Administrative Science and Policy Studies
Universiti Teknologi MARA, Malacca City Campus

Abstract

This research is regarding the stress level among academic career women whereby we examine the stress level and factors lead to stress faced by the lecturer at UiTM Campus Melacca. Stress defines as an adaptive response to a situation that is perceived as challenging and or threatening to the persons' well being. There are several sources of stress and it exists in several types. According to Bohlander, there is several factors lead to stress. Among the factors are high workloads, lack of job satisfaction, job pressures and others. Due to the stress, it can affect the career woman performance, productivity and work satisfaction. In October 1999, the European Trade Union Committee on Education (ETUCE) and Education International in collaboration with World Health Organization (WHO) held training on health and education. One particularly important topic conveyed during the seminar was that the teaching profession is not free of risk and occupational illnesses. In fact, it was noted that increasing workload on academic career women have tendency to raise in stress related illness. The factor such as family status, work overload, changing global economic and social environment can contribute to stress among career academic women. Thus, by knowing the factors lead to stress, it can help the career woman to adapt several strategies to overcome it. Besides, through a social support from family, peer, co-workers, and friends can help the career academic woman to adapt several strategies to cope with stress. The most important things, they must be able to handle their stress therefore; it was not affect their performance.

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