



**FACULTY OF ADMINISTRATIVE SCIENCE & POLICY STUDIES  
UNIVERSITI TEKNOLOGI MARA**

**STUDY ON THE FACTORS OF STRESS AMONG NURSES  
A CASE STUDY IN:  
NURSES AT HOSPITAL SULTAN ABDUL HALIM,  
KEDAH DARUL AMAN**

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**DECEMBER 2012**

## LETTER OF TRANSMITTAL

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Dear Madam,

### **Submission of Research Report**

Regarding to the above subject matter, we hereby submit our research report entitled “A study on the factors of stress among women: A case study in nurses at Hospital Sultan Abdul Halim, Kedah” as requirement for the completion of Applied Research Project (ADS 554) subject for your kind perusal and retention.

Thank you,

Yours sincerely,

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## THE ACKNOWLEDGEMENT

Assalamualaikum w.b.t.

First of all, thank to Allah because for His Blessing that gives us strength and spirit to accomplish this research proposal on time, and also gives us health and prosperous life. Secondly we would like to thank all the people who have supported us during the management and also in settling the assignment.

We especially would like to express our appreciation to our beloved and respected academic supervisor, Madam Nasyrabinti Ahmad and our fabulous ADS501 subject lecturer, Associate Professor Madya Muhammad Nur who give us given a very detailed and helpful guidance and motivation to us in completing this research proposal. Without their cooperation and support, we would not be able to finish the task given before the date line.

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Overall we would like to thank all the people who have supported us in doing research proposal, we feel very blessed with the good environment and surrounding during the completion of this research proposal. Without all this helps and supports we definitely would have a hard time to complete the task. Thank you from the bottom of our heart.

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## CHAPTER 1

### INTRODUCTION

#### 1.1 Introduction

Stress has a relatively high prevalence and recurrence rate compared to other mental illnesses. The incidence of stress in women is twice that of men. Stress can be defined as the body's reaction to a change that requires a physical, mental or emotional adjustment or response. It has been agreed that, in the caring profession, nurses form the largest group of which the principal mission is the nurturing of and caring for people in the human health experience. They provide around-the-clock services to patients in hospitals, nursing homes, long-term care facilities, as well as to clients using supportive and preventative programs and related community services (Kipping, 2000:207).

The nursing profession follows a holistic approach, taking account the person in totality in his or her environment. Nurses provide presence, comfort, help and support for people confronted with loneliness, pain, incapacity, disease and even death. The fact that nursing has been extensively and unfailingly recognized worldwide as a stressful job is therefore not surprising. The case will be study and specified among nurses at Hospital Sultan Abdul Halim, Kedah DarulAman. With the challenging profession that deals with various types of people, stress might occur to all level of the nurses. Therefore, the data and information will be collected from this organization and being a sample to study the factor of stress among nurses.

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