



**THE FACTORS THAT INFLUENCE JOB STRESS
AMONG SCHOOL TEACHERS
IN SERI MANJUNG PERAK**

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**BACHELOR OF BUSINESS ADMINISTRATION WITH HONOURS
(HUMAN RESOURCE MANAGEMENT)
FACULTY OF BUSINESS MANAGEMENT
UNIVERSITI TEKNOLOGI MARA
BANDARAYA MELAKA**

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**Submitted in Partial Fulfilment of the
Requirement for the
Bachelor of Business Administration with Honours (Human Resource Management)**

**FACULTY OF BUSINESS MANAGEMENT
UNIVERSITI TEKNOLOGI MARA
BANDARAYA MELAKA**

DECLARATION OF ORIGINAL WORK



**BACHELOR OF BUSINESS ADMINISTRATION
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UNIVERSITI TEKNOLOGI MARA
“DECLARATION OF ORIGINAL WORK”**

I, Ellya Nabila Bt. IllyaKuryakin

(I/C Number : 980630085284)

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 TRANSMITTAL

July 2018

The Head of Program

Bachelor of Business Administration with Honours

(Human Resource Management)

Faculty of Business Management

Universiti Teknologi MARA

Kampus Bandaraya Melaka

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Dear Sir/Madam,

SUBMISSION OF PROJECT PAPER

Attached is the project paper titles “THE FACTORS THAT INFLUENCE JOB STRESS AMONG SCHOOL TEACHERS IN SERI MANJUNG, PERAK” to fulfil the requirement as needed by the Faculty of Business Management, Universiti Teknologi Mara.

Thank You

Yours Sincerely,

ELLYA NABILA BT ILLYA KURYAKIN (2015803472)

Bachelor of Business Administration (Hons) Human Resource Management

ABSTRACT

Nowadays, teachers experience job stress like they never did before. Job stress is a very important issue as it involves people's emotion about their work and it will affect their performance. When their stress is getting worst, it will affect the effectiveness of the organization. The main purpose of this study is to explore the factors that influence job stress among school teachers in Seri Manjung, Perak. Moreover, the research aims to discover which factors, i.e. workload, student misbehaviour, interpersonal relationship and classroom resources have the most detrimental effect on job stress. The methodology is to achieve the above aim, four sets of hypothesis were proposed: the first looked into the effect of the factors, which consists of workload, student misbehaviour, interpersonal relationship and classroom resources on job stress. A questionnaire was used and participants were drawn from 110 school teachers in Seri Manjung, Perak. The finding of this study for independent variables which is workload, student misbehaviour, interpersonal relationship and classroom resources has supported the hypothesis and significantly related to the dependent variables which is job stress. For future study, it is suggested to use other variables that can increase the value of the R-Square.