



THE EFFECT OF JOB STRESS ON EMPLOYEES PERFORMANCE IN
JABATAN BELIA DAN SUKAN NEGERI SEMBILAN

NUR KHAIRUN NISAH BINTI MUSA

2016675734

BACHELOR OF BUSINESS ADMINISTRATION WITH HONOURS
(HUMAN RESOURCE)

FACULTY OF BUSINESS MANAGEMENT

UNIVERSITI TEKNOLOGI MARA

KAMPUS BANDARAYA MELAKA

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NUR KHAIRUN NISAH BINTI MUSA

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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 TECHNOLOGY MARA
KAMPUS BANDARAYA MELAKA

JULY 2018

DECLARATION OF ORIGINAL WORK



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CAMPUS BANDARAYA MELAKA

“DECLARATION OF ORIGINAL WORK”

I, Nur Khairun nisah binti Musa (I/C Number: 941109-01-6212)

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

JULY 2018

The head Program
Bachelor of Business Administration (Hons) Human Resource
Faculty of Business Management
Universiti Teknologi MARA
75300 Melaka

Dear Sir/Madam

SUBMISSION OF PROJECT PAPER

Attached is the project paper titled “The Effect of Job Stress on Employees’ Performance” to fulfil the requirement as needed by the Faculty of Business Management, Universiti Teknologi MARA.

Thank you.

Your sincerely,

NUR KHAIRUN NISAH BINTI MUSA
2016675734
BBA (HONS) HUMAN RESOURCE MANAGEMENT

ABSTRACT

The purpose of this research was to analyse the effects of four factor including work overload, role ambiguity & role conflict working relationship and career development on job stress and employee job performance in Jabatan Belia dan Sukan Negeri Sembilan (JBSNS). To collect the primary data based on questionnaire that was directly sent to 75 respondents. The purpose of this research to investigate the effect of job stress on employees' performance. This research is a quantitative research which had used the questionnaires as the instrument for the collection of data. The data was collected and the possible 75 respondents which was derived from the total population of 81 elements. Sample selection was based on simple random sampling method. The data collected was then evaluated by using Statistical Package for the Social Science (SPSS) Version 20 software. Using SPSS, numerous tests were converged such as reliability analysis, frequency distribution, descriptive analysis, Pearson's correlation analysis and multiple regression. The results indicated that job stress which include work overload, role ambiguity, working relationship and career development are related to the employees' performance.