



**THE FACTORS OF WORK STRESS AMONG EMPLOYEE IN  
TM TRAINING CENTRE, KUALA LUMPUR**

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**HUMAN RESOURCES MANAGEMENT**

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# **DECLARATION OF ORIGINAL WORK**



**BACHELOR OF BUSINESS ADMINISTRATION**

**(HONS.) HUMAN RESOURCE**

**FACULTY OF BUSINESS MANAGEMENT**

**UNIVERSITI TEKNOLOGI MARA**

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## **“DECLARATION OF ORIGINAL WORK”**

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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 others degrees.
- This project paper is the result of any 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:

Dated: 1 July 2013

NUR AMIRAH BINTI UMAR

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## LETTER OF SUBMISSION

1 July 2013

The Head of Program  
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Dear Sir/Madam,

### SUBMISSION OF PROJECT PAPER

Attached is the project title “THE FACTORS OF WORK STRESS AMONG EMPLOYEES IN TM TRAINING CENTRE, KUALA LUMPUR” to fulfil the requirement as needed by the Faculty of Business Management, Universiti Teknologi MARA.

Thank you.

Yours sincerely,

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## **ABSTRACT**

Work stress becomes a common problem faced by employees in many organizations regardless any industry that they involves today. In this study, the researchers choose to identify the factor that influence work stress that occur in TM Training Centre, Kuala Lumpur. Workload, role conflict and interpersonal relationship at work are the factors that the researchers emphasized in this study. The researchers need to find out what are the relationships these factors with work stress and which one of these factor that most significant to work stress among employees in TM Training Centre. Thus, this study has conducted in TM Training Centre on 80 of respondents to be our sample. The findings of this study indicates workload is the factor that most significant to work stress in the organization. This study is beneficial to the organizations especially they are increase stress in their work. It will help them more aware on the main factor of their work stress and in turn help them manage the condition from getting worse. Future study should focus on the similar study but different factors to any organization in any industry. By doing this, we can get a clearer picture on the work stress matter occurred in many organizations in era of globalization.

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