



JOB STRESS, WHAT ARE THE DIMENSION INVOLVED CASE STUDY: MASKARGO

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**“JOB STRESS, WHAT ARE THE DIMENSION INVOLVED
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Submitted in Partial Fulfillment
of the Requirement for the
Bachelor of Business Administration (Hons) Human Resource Management

**FACULTY OF BUSINESS MANAGEMENT
UITM, KAMPUS BANDARAYA MELAKA**

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LETTER OF SUBMISSION

11st Nov 2010

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Nov, 2010

The Project Advisor,
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Dear Sir/Madam,

SUBMISSION OF PROJECT PAPER

Attached is the project paper titled "JOB STRESS, WHAT ARE THE DIMENSION INVOLVED, CASE STUDY MASKARGO" to fulfill the requirement as needed by the Faculty of Business Management, Universiti Teknologi MARA

Thank you

Yours sincerely

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LETTER OF DECLARATION



**BACHELOR OF BUSINESS ADMINISTRATION (HONS)
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“DECLARATION OF ORIGINAL WORK”

I, FAIZURA BT ZAHARI, (I/C Number: 870311-56-5690)

Hereby, declare that,

- This work has not previously been accepted in substance for any degree, locally or overseas and it 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: _____

JOB STRESS, WHAT ARE THE DIMENSION INVOLVED CASE STUDY: MASKARGO

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Abstract

Job life is one of the important parts of our daily lives which cause a great deal of stress. Due to the competitive nature of the job environment most of the people in the world are spending their time for job related work purposes resulting ignore the stressor those are influencing their work and life. Stress as an occupational illness can have organizational effects with workers showing higher propensity to leave their jobs, higher rates of absenteeism, and increased tensions in the workplace. However, the most important negative effects may well be those that affect productivity and employee health

Present research study on five factors or dimension involved that could be the tools that can stress among the employees which are role conflict, relationship with others, home-work interface, role ambiguity and performance pressure. This study has been conducted within MASkargo and it involved 48 respondents in two departments which are Operation and Finance department. Results of the present study showed that the significant correlation relationship between factors of job stress and job stress. It's also shows that the differences between demographic and job stress. Recommendations for future research are also having been discussed.

Keyword – Job Stress, Role Conflict, Relationship with others, Home-work interface, Role Ambiguity, Performance Pressure

Paper Type – Research Paper