



**EXPLORING THE RELATIONSHIP OF EMPLOYEE WELLNESS AND JOB  
PERFORMANCE AMONG LECTURERS IN UITM MALACCA CITY CAMPUS**

**NUR ADILLA BINTI ABDUL AZIZ  
2012266382  
NUR SORAYA BINTI ABDULLAH  
2012279284**

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

**JULY 2015**

## DECLARATION OF ORIGINAL WORK



**BACHELOR OF BUSINESS ADMINISTRATION  
WITH HONOURS (HUMAN RESOURCES)  
FACULTY OF BUSINESS MANAGEMENT  
UNIVERSITI TEKNOLOGI MARA  
“DECLARATION OF ORIGINAL WORK”**

We,  
Nur Adilla Binti Abdul Aziz, (I/C Number: 920501-08-5180) and  
Nur Soraya Binti Abdullah, (I/C Number: 920113-11-5034)

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 our independent work and investigation except where otherwise stated.
- ❖ All verbatim extracts have been distinguished by quotation marks and sources of our information have been specifically acknowledged.

Signature,

\_\_\_\_\_  
NUR ADILLA BINTI ABDUL AZIZ

\_\_\_\_\_  
NUR SORAYA BINTI ABDULLAH

Date:  
\_\_\_\_\_

## LETTER OF TRANSMITTAL

30 June 2015

### **MISS NURUL EZAILI BINTI ALIAS**

Project Paper Advisor  
Faculty of Business Management  
Universiti Teknologi MARA  
No. 110, Off Jalan Hang Tuah  
75300, Melaka

Dear Miss,

### **SUBMISSION OF FINAL REPORT**

Enclosed herewith is a thesis entitled “**EXPLORING THE RELATIONSHIP OF EMPLOYEE WELLNESS AND JOB PERFORMANCE AMONG LECTURERS IN UiTM MALACCA CITY CAMPUS**”. We hope this thesis will meet the requirement and expectation from you and the faculty. Thank you very much for all guidance and supports you have generously rendered upon the completion of this thesis.

Yours sincerely

.....  
**NUR ADILLA BINTI ABDUL AZIZ**

**2012266382**

**Bachelor of Business Administration  
(Hons) Human Resources**

.....  
**NUR SORAYA BINTI ABDULLAH**

**2012279284**

**Bachelor of Business Administration  
(Hons) Human Resources**

## TABLE OF CONTENTS

TITLE PAGE	i
DECLARATION OF ORIGINAL WORK	ii
LETTER OF TRANSMITAL	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENTS	v-iv
LIST OF FIGURES	x
LIST OF TABLES	xi
ABSTRACT	xii

### CHAPTER 1: INTRODUCTION

1.1 Introduction	1
1.2 Background of Study	1
1.3 Background of company	4
1.3.1 The rationale of UniversitiTeknologi MARA (UiTM) Logo	5
1.3.2 Motto	6
1.3.3 Vision	6
1.3.4 Mission Statement	6
1.3.5 Philosophy	6
1.4 Problem Statement	7
1.5 Research Question	9
1.6 Research Objective	9
1.7 Scope of Study	9
1.7.1 Field of study	9
1.7.2 Territory	10
1.7.3 Time	10
1.8 Significant of Study	10
1.8.1 Researcher	10
1.8.2 Lecturers	10
1.8.3 University	10
1.8.4 Future researchers	11

## **ABSTRACT**

The purpose of this research is to find out the role of wellness aspect towards job performance among lecturers in UiTM Malacca City Campus. There are four objectives had been set in this study. First, to examine the relationship between weight status and job performance. Second, to examine the relationship between exercise and job performance. Third, to examine the relationship between stress and job performance and forth, to identify the most significant factor that contributes towards job performance. In order to complete this study, the data was obtained from primary data through the distribution of questionnaires. Pertaining to that, 148 lecturers in UiTM Malacca City Campus were chosen as respondent for this study. Only 108 responses were returned back to the researchers. Then, all the collected data were analyzed by using Statistical Package for Social Science (SPSS). From the correlation testing, the result shows two independent variables which are weight status and stress have no significant relationship with job performance while exercise has a significant relationship towards job performance. Moreover, the result also revealed that exercise is the only one factor that influence job performance. Besides that, the hypotheses testing displays that only exercise factor is accepted, while the other two hypotheses concerning weight status and stress are rejected. In conclusions, it shows that individuals who adopt exercise practice as their part of wellness lifestyle will ultimately increase the job performance.