

**THE RELATIONSHIP BETWEEN WORK STRESSORS AND WORK
STRESS AMONG STAFF OF PRIVATE INSTITUTIONS IN MELAKA**

BY:

**KHALILAH IBRAHIM
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LETTER OF REPORT SUBMISSION

3rd September 2011
Prof. Dr. Abu Bakar Abdul Majid
Penolong Naib Canselor (Penyelidikan)
Institut Pengurusan Penyelidikan
Universiti Teknologi MARA
40450 Shah Alam


Dear Prof:

SUBMISSION OF FINAL REPORT


Attached is the final report titled "THE RELATIONSHIP BETWEEN WORK STRESSORS AND WORK STRESS AMONG STAFF OF PRIVATE INSTITUTIONS IN MELAKA" to fulfill the requirement as needed by UiTM for confirmation purposes.

Thank you.

Your sincerely,



KHALILAH IBRAHIM
Project Leader
Faculty of Business Management
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Surat Kami : 600-RMI/SSP/DANA 5/3/Dsp (277 /2011)
Tarikh : 6 Jun 2011



Pn Khalilah Ibrahim
Fakulti Pengurusan Perniagaan
Universiti Teknologi MARA Cawangan Melaka
KM. 26, Jalan Lendu
78000 Alor Gajah, Melaka

Y. Brs. Profesor./Tuan/Puan

KELULUSAN PERMOHONAN DANA KECEMERLANGAN 06/2011

Tajuk Projek : The Relationship Between Work Stressors and Employees' Commitment
Among Staff of Private Institutions in Malacca
Kod Projek : 600-RMI/SSP/DANA 5/3/Dsp (277 /2011)
Kategori Projek : Kategori F (2011)
Tempoh : 15 Jun 2011 – 14 Jun 2012 (12 bulan)
Jumlah Peruntukan : RM 5,000.00
Ketua Projek : Pn Khalilah Ibrahim

Dengan hormatnya perkara di atas adalah dirujuk.

2. Sukacita dimaklumkan pihak Universiti telah meluluskan cadangan penyelidikan Y. Brs Profesor/tuan/puan untuk membiayai projek penyelidikan di bawah Dana Kecemerlangan UiTM.

3. Bagi pihak Universiti kami mengucapkan tahniah kepada Y. Brs. Profesor/tuan/puan kerana kejayaan ini dan seterusnya diharapkan berjaya menyiapkan projek ini dengan cemerlang.

4. Peruntukan kewangan akan disalurkan melalui tiga (3) peringkat berdasarkan kepada laporan kemajuan serta kewangan yang mencapai perbealajaan lebih kurang 50% dari peruntukan yang diterima.

Peringkat Pertama	20%
Peringkat Kedua	40%
Peringkat Ketiga	40%

5. Untuk tujuan mengemaskini, pihak Y. Brs. Profesor/tuan/puan adalah diminta untuk melengkapkan semula kertas cadangan penyelidikan sekiranya perlu, mengisi borang setuju terima projek penyelidikan dan menyusun perancangan semula bajet yang baru seperti yang diluluskan. Sila lihat lampiran bagi tatacara tambahan untuk pengurusan projek.

Sekian, harap maklum.

“SELAMAT MENJALANKAN PENYELIDIKAN DENGAN JAYANYA”

Yang benar

DR OSKAR HASDINOR HASSAN
Ketua Penyelidikan (Sains Sosial dan Pengurusan)

RS

Enhanced Research Title and Objectives

Original Title as Proposed:

The Relationship Between Work Stressors and Employees' Commitment Among Staff of Private Institution in Melaka.

Improved/Enhanced Title:

The Relationship Between Work Stressors and Work Stress Among Staff of Private Institution in Melaka

Original Objectives as Proposed:

- i) To examine the relationship between certain of the factors work stressors (office politics, relationship at work, workload, role conflict, unfavorable environment, personal financial burden and family problem) will have a significantly related with employees' commitment.
- ii) To expend the demographic factors (gender, age, working experience, and education level) act as moderators between non-work related stressors and employees' commitment.

Improved/Enhanced Objectives:

- i) To identify the perception of staff in private institution towards factors of stress.
- ii) To identify the relationship between work stressors and work stress among staff of private institution in Melaka.

ABSTRACT

The purpose of this study is to get in deep about the current issue held in private institution. Work stress becomes a common problem faced by employees in many organizations today. In almost all cases, the responsibilities of employees will be larger than they are used to overseeing. It affects employees mental and physical health in the long run affects organization performance.

The main objectives of study are to to identify the perception of staff in private institution towards factors of stress, to identify the relationship between work stressors and work stress among staff in private institution in Melaka and to determine the most factors influencing the level of stress among staff in private institution in Melaka.

Data is collected through a questionnaire distributed to 50 employees in the private institution using convenience sampling. Result of the present study showed that the significant relationship between factors of work stressors and work stress. This study also used regression analysis in order to identify which factor is most significant to work stress among staff in private institution.

This study is said to be beneficial to the company especially as they are currently facing high level of job stress. It will help them gain awareness on the main factor of their work stress and in turn help them to manage the condition from getting worse. Recommendations for future research are also having been discussed. This can be one of the guides for any organizations and may it could help.