

**UNIVERSITI TEKNOLOGI MARA**

**RELATIONSHIP BETWEEN JOB  
SATISFACTION AND  
PSYCHOLOGICAL HEALTH  
AMONG FEMALE EMPLOYEES AT  
MINISTRY OF YOUTH AND  
SPORTS, PUTRAJAYA**

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Thesis submitted in fulfillment  
of the requirements for the degree of  
**Bachelor of Sport Management (Hons.)**

**Faculty of Sport Science and Recreation**

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## AUTHOR'S DECLARATION

I, Nur Syahirah Bt Rosli, hereby, declare that:

This work has not previously been accepted in substances for any degree, locally or overseas, and is not being concurrently submitted for this degree or any other degrees.

This research project was the best result of my independent work and investigation, except where otherwise stated. I absolved Universiti Teknologi Mara and its Faculty of Sports Science and Recreation from any blame as a result of my work.

All verbatim extracts have been distinguished by quotation marks and sources of my information have been specifically acknowledged.

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## **ABSTRACT**

The aim of this study is to examine the relationship between job satisfaction and psychological health among female employees at Ministry of Youth and Sports, Putrajaya. The data will be collected by using questionnaires. This sample of this study consisted of 175 female employees at Ministry of Youth and Sports, Putrajaya. Job satisfaction will be assessed by using the Job Satisfaction Survey (JSS; Spector, 1985) and psychological health will be assessed by using the General Health Questionnaire 28 (GHQ; Goldberg 1978). There are 2 statistical analyses which are descriptive statistics and inferential statistics. Descriptive statistics will be used for assessing the percentages, mean, mode and standard deviation and inferential statistics, Spearman Correlation will be used to identify whether there is any relationship job satisfaction and psychological health. The result of this study show that there is a significant relationship between job satisfaction and psychological health among female employees at Ministry of Youth and Sports, Putrajaya. Job satisfaction and psychological are important causes of employee's health. When employees are satisfied with their job, they are more productive and tend to be healthier and it could be a vice versa.

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