

**UNIVERSITI TEKNOLOGI MARA**

**THE EFFECT OF OCCUPATIONAL NOISE ON  
STRESS SCORE AMONG PALM OIL MILL  
WORKERS IN SELANCAR, PAHANG**

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Project submitted in fulfillment of the requirements for the degree of  
**Bachelor in Environmental Health and Safety (Hons.)**

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## DECLARATION BY STUDENT

Project entitled “The Effect of Occupational Noise on Stress Score among Palm Oil Mill Workers in Selancar, Pahang” is a presentation of my original work. Wherever contributions of others are involved, every effort is made to indicate this clearly, with due reference to the literature, and acknowledgement of collaborative project and discussions. This project was done under the guidance and supervision of Mr. Abdul Mujid bin Abdullah as supervisor and Miss Farah Ayuni binti Sahafea@Shafie as coordinator. This project has been submitted to the Faculty of Health Sciences in partial fulfillment of the requirements for the awarding of Bachelor in Environmental Health and Safety (Hons).

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# **THE EFFECT OF OCCUPATIONAL NOISE ON STRESS SCORE AMONG PALM OIL MILL WORKERS IN SELANCAR, PAHANG**

## **ABSTRACT**

**Objective:** Occupational noise can pose various effects that may put workers at high risk for occupational injuries and detrimental organisational consequences. This study aims to identify the relationship between occupational noise exposure and stress among palm oil mill workers in Felda Selancar 2B, Pahang. **Methodology:** A cross-sectional study was carried out involving 52 participants who expose to noise at their workplace. Dosimeter was used to measure personal noise level and the O'Donnell Personal Stress Inventory was used to measure stress level. Pearson coefficient correlation was used to identify the relationship between occupational noise exposure and stress score among participants. **Results:** Eight participants (15.4%) were classified to be stressful due to occupational noise exposure. Three workstations were emitted noise level above action level [85dB(A)]. **Conclusion:** Finding indicated that workers were protected from noise exposure by wearing earplug. Besides, some of the workers only exposed to noise at certain amount of time only. However, control measures need to be implemented to reduce the noise level emit from machine as well as conducting an effective stress management training program to avoid consequences arising from this problem at the workplace.

**Keywords:** *Occupational Noise*, Stress, Dosimeter, Palm Oil Mill