

**THE RELATIONSHIP BETWEEN ERGONOMIC FACTORS AND WORK
STRESS OUTCOMES AMONG NON-EXECUTIVE EMPLOYEES IN SERIAN
OIL PALM MILL SDN BHD.**

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**DEGREE IN OFFICE SYSTEMS MANAGEMENT (Hons.)
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“DECLARATION OF ORIGINAL WORK”

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- 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 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.

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ABSTRACT

In very challenging working environment nowadays, it is very important to employee taking care of themselves and for the employer to provide their employee the comfortable workplace environment. In workplace, sometimes there are large number of tasks that exceed the capabilities of most of the work force. The workstation conditions also contributes to work stress. It is very important apply ergonomics principles in workplace so that people can perform their work without any injury. By applying ergonomics principles can reduces cost for injury, improves productivity, quality, employee engagement, an others good benefits.

This study will be examine the relationship between ergonomics factors and the work stress outcomes at the Serian Palm Oil Mill Sn Bhd (SEPOM). The total number of population in SEPOM is 187. The respondents from all departments will give their respond on health, working chair, humidity, lighting, and working hours as the independent variables towards stress outcome.

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CHAPTER 1

INTRODUCTION

The purpose of the study is to identify the relationship between the ergonomic workstation factors and work stress outcomes in the Serian Palm Oil Mill Sdn Bhd (SEPOM). This chapter describes the background of the study, limitations of the study and definitions of terms.

Background of the study

Ergonomics investigates the relationship between humans, artifacts and the design of systems. It attempts to evaluate the relationship between people, technology, and organizations at work. The purpose is to match systems, jobs and, products and environments to the abilities and limitations of people. (Liem, 2017) In other words, ergonomics is the relationship of employees with their physical environment, which helps in designing a suitable environment for employees. Ergonomics helps to ensure that the task, the tools, and equipment used in task performance, and the environment in which the employees work match his or her needs. (Quible, 2014)

Stress experienced as an outcome of the job that one does is known as “occupational stress”. It is a common and become a problem that affecting millions of people in every country in the world. This is because of increasing pressure on workplace organizations to