

THE RELATIONSHIP BETWEEN ERGONOMICS FACTORS AND WORK STRESS
OUTCOMES AMONG NON-EXECUTIVE EMPLOYEES IN THE SARAWAK
ECONOMIC DEVELOPMENT CORPORATION, KUCHING.

Prepared for:

MR MUHAMMAD BIN OMAR (Supervisor)
MR. JOHN FRANCIS ANAK NOYAN (Co-Supervisor)

Prepared by:

ZETI AMIZA BINTI HAMDAN
(2015305449)

DEGREE OF OFFICE MANAGEMENT SYSTEM
FACULTY OF BUSINESS MANAGEMENT
UNIVERSITI TEKNOLOGI MARA (UiTM)

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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. 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 examine the relationship between ergonomics factors and the work stress outcomes at the The Sarawak Economic Development Corporation (SEDC). The total number of population in SEDC is 102. The respondents from all departments that will give their respond on health, working chair, humidity, lighting, and working hours as the independent variables towards stress outcome.

From the finding shows that the health, working chair, humidity, lighting, and working hours has relationship towards stress outcome. Details from the finding was being explained in Chapter 5. Problems while doing the research was to get back result in time when most of respondents were working.

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Faculty of Business and Management
Universiti Teknologi MARA Cawangan Sarawak

TABLE OF CONTENT

	PAGE
CHAPTER 1.....	1
Background of the study	1
Statement of the Problem.....	3
Research Objective	3
Research Questions.....	4
Significance of the Study	4
Limitations of the Study.....	5
Definition of Terms.....	5
CHAPTER 2.....	7
Health.....	7
Working Chair	8
Humidity	9
Lighting.....	10
Working Hours	10
Stress Outcome	12
Conceptual Framework.....	12
CHAPTER 3.....	14
Research Design	14
Sampling Frame	14
Population	15
Sampling Technique	15
Sample Size.....	15
Unit of Analysis	15

CHAPTER 1

INTRODUCTION

The purpose of the study is to identify the relationship between the ergonomics workstation factors and the work stress outcomes at the Sarawak Economic Development Corporation (SEDC). 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 is to evaluate the relationships between people, technology, and organizations at work. The purpose is to match systems, jobs, products and environments to people's abilities and limitations. (Liem, 2017). In other words, ergonomics defines the relationship of employees to their physical environment inasmuch as it helps in designing a suitable environment for employees. Ergonomics help 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 one's job, is known as "occupational stress". It is a common problem that affects millions of people in every country in the world. This is because of the increased pressure in the workplace as organizations are required to adapt and change in order to become more efficient in the highly competitive global