



اَوَيْتُ سَيِّدِي تَيْكُونُ لَوْ كُنَّ مَارَا
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MARA

**UNIVERSITI TEKNOLOGI MARA SARAWAK
CAMPUS SAMARAHAN**

**FACULTY OF ADMINISTRATIVE SCIENCE & POLICY STUDIES
BACHELOR OF ADMINISTRATIVE SCIENCE (HONOURS)**

**THE CAUSES OF STRESS AMONG UiTM CAMPUS
SAMARAHAN STUDENTS**

**NAZARA BINTI JUNIDIN
2009813118**

**KEMALA BINTI MUSTAPA
2009875192**

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CHAPTER 1: INTRODUCTION

1.0 INTRODUCTION

Stress is a term psychology and biology by endocrinologist lang systems first coined in the biological context in 1930 which has in more recent decades become a common places of popular palace¹. It refer to the consequence of the failure of an organism of human or animal to respond appropriately to emotional or physical threats actual or imagines.

Stress symptoms commonly include a state of adrendine production or shorter resistance as coping mechanism and exhaustion as well as irritability, muscular tension, inability to concentrate and a variety of physiological reactions such as headache and elevated heat rate.

According to human resource management, stress is a dynamic condition in which an individual is confronted with an opportunity, constraint, or demand related to what he or she desires and for which the outcome is perceived to be both uncertain and important².

Stress can be occurred because of something that is out of the ordinary from everyday life, such as tests, family problems and so forth. Stress is a normal physical response of events that make you feel threatened or upset your balance in same way. The stress response is the body's way of protecting your mind.

Today students have a lot of stress because of different reasons. There are many things that cause stress for UiTMcs students on school related issues such as internal, physical, life style, environment and micro stressors.³ According to Mikinski,

¹ Hans Selye, *The Stress of Life*, New York: McGraw-Hill, 1956.

² Carolyn Wiley, *Journal of Instructional Psychology: A Synthesis of Research On The Causes, Effect, and Reduction Strategies of Teacher Stress*, June, 2000.

³ Connie, *Stress Relief Tools, "Do You Know These Causes of Stress"*

CHAPTER 2: LITERATURE REVIEW & CONCEPTUAL FRAMEWORK

2.1 LITERATURE REVIEW

Literature review is a briefly survey of related and relevant studies in that is provide a content within which these study and its objective can be position ate. The reviews provide a picture or sample of what has been studied and what the findings are.

This section is focused on the study of previous research or any other related secondary sources with regard to stress problems which is done by other researchers or writers.

The general review is about a study on the causes of stress among University Technology Mara Samarahan Campus students.

This literature review are adopted from whether Malaysian researchers/writers or foreign researchers/writers.

CHAPTER 3: RESEARCH METHOD

3.1 RESEARCH DESIGN

For the purpose of this study, the research design will be cross- Sectional survey. The research demands for information from the targets or focus groups within the scope of study. A type of approaches is questionnaire survey. A set of questionnaire will be use for collecting data. It considered relevant and appropriate based on the objective of the study.

3.2 UNIT OF ANALYSIS

This study will address the issue of the causes of stress problem among UiTMcs students. Therefore, the unit of analysis will be all students in UiTM Sarawak campus.

3.3 SAMPLE SIZE

The sample size for the purpose of this study is 100 which is almost a few of student from various courses in UiTMcs.

3.4 SAMPLING TECHNIQUE

100 students in UiTMcs will be selected for closer analysis of stress problems. The type of sampling is random sampling which means we will randomly select students in UiTM Samarahan Sarawak as respondent.