

**UNIVERSITI TEKNOLOGI MARA**

**CORRELATION BETWEEN STRESS LEVEL AND  
BODY COMPOSITION AMONG STAFF IN UITM  
JENGA PAHANG**

**By**

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# TABLE OF CONTENTS

<b>Title</b>	<b>Pages</b>
<b>Acknowledgements</b>	<b>i</b>
<b>Table of Contents</b>	<b>ii</b>
<b>List of Tables</b>	<b>v</b>
<b>List of Figures</b>	<b>vi</b>
<b>List of Abbreviations</b>	<b>vii</b>
<b>List of Appendices</b>	<b>viii</b>
<b>Declaration</b>	<b>ix</b>
<b>Letter of Transmittal</b>	<b>x</b>
<b>Affirmation</b>	<b>xi</b>
<b>Abstract</b>	<b>xii</b>

## **CHAPTER 1**

### **Introduction**

1.1	Background of the study	1
1.2	Statement of the problems	8
1.3	Research questions	9
1.4	Research objectives	9
1.5	Research hypotheses	9
1.6	Significance of the study	10
1.7	Delimitations of the study	10
1.8	Limitations of study	11
1.9	Definitions of terms	12

<b>CHAPTER 2</b>	<b>Literature Review</b>	
2.1	Perceived Stress Scale	14
2.2	Body Composition: Fat Percentage (%)	18
2.3	Workers	19
<b>CHAPTER 3</b>	<b>Methodology</b>	
3.1	Introduction	20
3.2	Research design	20
3.3	Sampling technique	21
3.4	Ethical approvals and considerations	21
3.5	Instrumentation	22
	3.5.1 Demographic Questionnaire	22
	3.5.2 Perceived Stress Scale (PSS-10)	22
	3.5.3 Bioelectrical Impedance Analysis	23
3.6	Data collection procedures	24
3.7	Data Analysis	26
	3.7.1 Statistical model	26
	3.7.2 Analysis procedure	26
<b>CHAPTER 4</b>	<b>Data Analysis and Findings</b>	
4.1	Introduction	27
4.2	Demographic Profiles of Respondents	28

## ABSTRACT

The purpose of this study was to investigate the correlation between stress level and body composition among UITM Jengka Pahang Staff. This study used random sampling where all the respondents were both academician and administration. One hundred and forty (N=140) with the mean and standard deviation for age is  $2.46 \pm 0.61$ , height is  $157.56 \pm 8.20$  and, for weight is  $66.13 \pm 13.17$  where both groups participated in this study were from UITM Jengka Pahang. Seventy (N=70) respondent from administrator and seventy (N=70) academician were randomly selected. The data were collected during working hours where all the staff was available using a demographic questionnaire, Perceived Stress Scale (PSS-10 items) and Bioelectrical Impedance Analysis. The results showed the factor which influences the body fat percentage the most was gender, marital status, and educational level. The results showed that there was no significant difference in fat percentage ( $p = 0.23$ ) for administrator and academician while there was a significant difference ( $p = 0.01$ ) for the stress level between administrator and academician. The results for the relationship between stress level and body composition of staff in UITM Jengka Pahang shows a weak positive correlation ( $r = 0.24$ ).

**KEYWORDS: Stress level, body composition, fat percentage, UITM Jengka Pahang staff**