

RELATIONSHIP BETWEEN THE ELEMENTS OF WORKING ENVIRONMENT
AND STRESS AMONG THE UNIVERSITI MALAYSIA PAHANG (UMP) NON-
ACADEMIC STAFF

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ABSTRACT

Each worker has the possibility to face with stress problem at their workplace. Therefore, this correlation research design had focused on the relationship between the elements of working environment and stress among UMP non-academic staff. The elements of working environment that included are equipment, noise, job safety, lighting and office layout. The total of 60 questionnaires was received from a total of 100 sent out and this is equivalent to 60% of the response rate. From the findings, the respondents agreed that they are suffering from stress at their workplace. The study showed that lighting was the most elements that had contributed to stress among UMP non-academic staff. It means, there was a relationship between lighting and stress, but there was a weak relationship. However, gender did not give any differences on the level of stress and therefore, male and female have no significant differences towards the level of stress. From this finding, there were some recommendations to the organization such as the use of accurate job description, provide sufficiency of physical environment and the role of supervisor.

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