

**GENDER DIFFERENCES THAT INFLUENCE EMPLOYEES
TO WORK RELATED STRESS AT PETRONAS
TECHNICAL TRAINING SDN. BHD.
(PTTSB)**

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ABSTRACT

Stress is a natural part of human life and it can happen in different ways. “Gender Differences that influence employees to work-related stress” is a study that focuses on stress that influences male and female employees at the private sector. The scope of this study is all the staff at PETRONAS Technical Training Sdn. Bhd (PTTSB). The descriptive study used a random sampling technique and stratified sampling. The methodology used in this study was questionnaires and the data collected was analyzed using the Statistical Package for Social Science (SPSS version 2.0). Random sampling has been used to conduct this research where a sample random is applied to choose the respondents while stratified sampling was used to choose the subgroup of respondents, male and female employees. The major findings for this research are male or female employees is most affected by work-related stress, the main elements that influence work-related stress between genders, and whether religious background can help lessen stress among employees. Thus, the finding found that male and female employees at PETRONAS Technical Training Sdn. Bhd (PTTSB) had no difference to work-related stress and career development is the main element that influence to work-related stress for employees. This study highlighted several recommendations in order to continuously improve their productivity. PETRONAS Technical Training Sdn. Bhd (PTTSB) could improve career development among employees through Career Development Program. Indirectly, it will increase the employees’ productivity and satisfaction.

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