



**THE STUDY OF EMPLOYEES' STRESS  
AT KOTA ISKANDAR BUILDING, NUSAJAYA, JOHOR**

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## **ABSTRACT**

Stress is a common problem faced by most of people especially in the workplace. If it not managed well, stress can be very costly not only to the workers but to organization as well. Stress is one of the challenging issues where it can give a bad impact to country in future. The purpose of this study is to investigate what is significant factors that influenced employee stress at Kota Iskandar Building, Nusajaya, Johor. This study is a part of researcher's intention to provide information and knowledge about how work overload, leader behavior and work-life balance influenced employee stress. The information not only to can be a reference to employee but also to organization. So that, the management team can manage well when stress environment occur at workplace. The primary and secondary data would support the data and information that needed in this research paper. As for the primary data, the researcher used questionnaire as a medium to collect information from employee at Kota Iskandar Building. Besides that, reliable sources have been used by the researcher as secondary data which the main is gained from the journals and articles. The researcher used Statistical Package for Social Science (SPSS) as a platform to analyzed data gained from the respondent. This research will provide the proof of whether all the independent variables (work overload, leader behavior, and work-life balance) have significant relationship with dependent variable (stress) or not.

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