



**A STUDY ON WORKPLACE STRESS AMONG OFFICE-BASED
EMPLOYEE IN MALACCA**

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ABSTRACT

Workplace stress can causes negative and positive effects to individual. However, there are many negative effects rather than positive effects. By conducting this research, it can help an organization to prevent or reduce the problem of the workplace stress. For that reason, knowing the factors that can influence workplace stress is important for organization to reduce the problem of workplace stress by providing a good environment and employee relationship at the workplace. Therefore, the objective of this research is to identify the relationship between factors that affects workplace stress. The method that be used in this research is using non-probability which is convenience sampling. Questionnaire collected from randomly respondents that are working as an office-based employee and will be analysed by using SPSS. Regression result shows that only three (3) factors which is working environment, working relationship and role ambiguity influence the workplace stress.