

UNIVERSITI TEKNOLOGI MARA

**THE RELATIONSHIP BETWEEN
TECHNOSTRESS AND JOB SATISFACTION
AMONGST SECONDARY SCHOOL TEACHERS
IN KLANG, SELANGOR.**

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Dissertation submitted in fulfilment
of the requirements for the degree of

**Master of Education
(Educational Management and Leadership)**

Faculty of Education

2024

ABSTRACT

The inclusion of technology in secondary school education has revolutionized teaching methods in the past few years. This has opened up new possibilities but has also presented notable difficulties. These challenges stem from increased administrative duties, limited time because of technology integration, and reduced job fulfilment due to the quick implementation of new technologies without sufficient assistance. This research aims to investigate the correlation between technostress and job satisfaction in secondary school teachers in Klang, Selangor. Utilizing a mixed-method approach and multistage cluster sampling, data were gathered to investigate the relationship across 6 secondary schools involving 85 respondents in this study. The results reveal that there is no significant overall correlation between technostress and job satisfaction, although there are weak links between specific aspects of technostress and job satisfaction. The implications of this study are valuable for educational institution management and leadership practices, especially in the areas of technostress management and improving teacher job satisfaction. Managing technostress is identified as crucial for enhancing teacher well-being and satisfaction. Potential strategies include providing training in technology management, establishing clear work-life boundaries, and fostering a supportive school environment. In summary, focusing on technostress management is key to improving teacher satisfaction and well-being. Future research could further explore other variables or factors for technostress and job satisfaction, taking into consideration variations in teacher demographics and school environments.

Keywords: Technostress, Job satisfaction, Secondary School Teachers

ACKNOWLEDGEMENT

In the name of Allah, the Most Gracious, the Most Merciful. Alhamdulillah, all praise is due to Allah for giving me the strength, patience, and perseverance to complete this journey.

I owe a great debt of gratitude to my incredible supervisor, Dr. Norazah Binti Abdul Aziz. Her wisdom, guidance, and unwavering support have been indispensable. She has been more than a mentor, she has been a source of inspiration and a beacon of knowledge.

This thesis is dedicated to the loving memory of my late father, Saiful Azman Bin Endot. I embarked on my master's journey because of a promise I made to him before he passed away in 2021. His belief in me and his dream for my future have been my driving force. Abah, your spirit has been with me every step of the way.

To my dearest mother, words cannot express how grateful I am for your love and sacrifices. Your prayers, encouragement, and unwavering faith in me have been my greatest comfort. Thank you for always being there.

A special thank you to all my friends who have stood by me through thick and thin. Your encouragement, support, and camaraderie have been invaluable. You have been my cheerleaders and my support system, making this journey all the more meaningful.

Thank you all from the bottom of my heart.

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CHAPTER ONE INTRODUCTION

1.1 Introduction

Technology combines human goals and creativity to make life better. It helps humans connect, invent, and learn, paving the way for a future focused on sustainability, access, and innovation. This will benefit individuals and address global challenges.

Technology plays a big role in many parts of human lives, affecting society, the economy, and even how humans feel. In terms of the economy, it helps create new things, like products, services, and ways of doing things. This improves the quality of life for everyone. Technology has also changed how we learn by providing new tools and approaches for teachers and students. From apps to online platforms, these resources make information more accessible and encourage people to learn together.

The creation of Smart Schools is one of the effective and established ICT in education initiatives in Malaysia. The Malaysian Smart School is a project launched by the Malaysian government and the primary goal is to prepare students to face the challenges of the twenty-first century by developing their skills and abilities as digitally literate productive workers (Zainal et al. 2020).

While technology brings about numerous benefits, it is essential to address potential impacts to ensure its responsible and equitable use. The advancement of technology will lead to technological dependence and excessive reliance on technology to give information or solve problems can sometimes prevent students from developing the critical thinking and problem-solving abilities for success in a real-world situation. This problem can be compounded by teachers who are hesitant to integrate technology into their teaching practices. This reluctance may stem from various reasons, including a lack of training, concerns about job security, or personal preferences.

Researchers are already talking about the impact of technology, especially on technology dependence and excessive reliance on technology. There is one question that crossed the researcher's mind, which is how about the impact of technology on stress and job satisfaction? The constant presence of technology in everyday life can be especially detrimental for teachers. The allure of staying connected can easily lead to late-night grading, or lesson planning, cutting into precious sleep time. This sleep