



UNIVERSITI TEKNOLOGI MARA

**FACTORS THAT CONTRIBUTE TO OCCUPATIONAL
STRESS AT BEDECO SDN BHD**

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APRIL 2011



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DECLARATION OF ORIGINAL WORK”

I, Nik Ida Aziatul Akmal Bt Che Nassir, i

Hereby, declare that,

- This work has not previously been accepted in substance for any degree, locally or overseas and is not being concurrently submitted for this degree or any other degree
- This project paper is the result of my independent work and investigation, except where otherwise stated.
- All verbatim extras have been distinguished by quotation marks and sources of my information have been specifically acknowledged.

Signature: _____

Date: April 2011

ACKNOWLEDGEMENT

In the name of Allah most Merciful and most Compassionate.

Assalamualaikum warahmatullah hiwabarakatuh.

We express our thanks to God, our constant help and provider and without whose help, I will not be able to accomplish writing this research study.

Firstly, a lot of gratitude to Madam Dr. Rachel Samuel for her assistance and advice, brilliant ideas and suggestions towards the end of the study. Without her guidance, it is hard for me to complete this research alone.

Secondly, thanks to my supervisor, Madam Hazlini Bt Daud for her support, generous co-operation and supply of relevant documents and materials needed in this study. Special thanks go to the entire person at Bedeco Sdn Bhd who directly or indirectly involved in completing this study.

Last but not least, I wish to convey my deepest appreciation to my family, friends and colleagues for their ideas, suggestions and co-operation in completing this research study.

ABSTRACT

People react to Occupational stress in different ways. Some coping much better than others and suffering fewer of the harmful effects of Occupational stress. All of the stress-strain-health relationships have an obvious impact on the organization and industry. In this research study, there are three independent variables which also the factors that may lead to occupational stress in Bedeco Sdn Bhd. The three factor included role ambiguity, workload and co-worker. From all three factors mentioned will then determined the most factors that contribute to occupational stress. This research study also conducted with the objective to know the level of occupational stress among Bedeco Sdn Bhd employees. Correlation analysis is used to determine the relationship between the independent and dependent variables. The result of this research finding indicated that role ambiguity and workload are most factors that contribute to occupational stress among the employees in Bedeco Sdn Bhd. Besides, the level of occupational stress in this company is at moderate level. Next, after done with correlation analysis, all three independent variable are having a significant relationship towards occupational stress. As the recommendations to this company in order to reduce the level of their occupational stress they need to restructure the work design and provide social support system.

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