



**POSITIVE PSYCHOLOGICAL TRAIT
AND
CAREER ADAPTABILITY AMONG MILLENNIALS**

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**BACHELOR OF BUSINESS ADMINISTRATION
WITH HONOURS (HUMAN RESOURCES MANAGEMENT)
FACULTY OF BUSINESS MANAGEMENT
UNIVERSITI TEKNOLOGI MARA CAWANGAN MELAKA
KAMPUS BANDARAYA**

JANUARY 2018

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**Submitted in Partial Fulfillment of the
Requirement for the
Bachelor of Business Administration with Honours
(Human Resources Management)**

**FACULTY OF BUSINESS MANAGEMENT
UNIVERSITI TEKNOLOGI MARA CAWANGAN MELAKA
KAMPUS BANDARAYA**

JANUARY 2018

DECLARATION OF ORIGINAL WORK



**BACHELOR OF BUSINESS ADMINISTRATION
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“DECLARATION OF ORIGINAL WORK”

I, Norsyazwani Binti Muhammad Kamal, (I/C Number: 931119-05-5056)

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 degrees.
- This project paper is result of my independent work and investigation, except where otherwise stated
- All verbatim extract have been distinguished by quotation marks and source of my information have been specifically acknowledge

Signatures: _____ Date: _____

LETTER OF SUBMISSION

January 2018

The Head of Program
Bachelor of Business Administration (Hons) Human Resources Management
Faculty of Business Management
Universiti Teknologi MARA (UiTM)
Kampus Bandaraya Melaka
Off Jalan Hang Tuah
75300 Melaka

Dear Sir/Madam,

SUBMISSION OF PROJECT PAPER

Attached is the project paper title “Positive Psychological Trait and Career Adaptability among Millennials” to fulfill the requirement as needed by the Faculty of Business Management, Universiti Teknologi MARA (UiTM).

Thank you,

Sincerely,

(Norsyazwani Binti Muhammad Kamal)

ABSTRACT

Millennial Generation are born along with technologies improvement, consequently, it has create rapid changes in working structure as well as working environment that requires how they could continuously learn and adapt with new situation on their work future. Thus, in time with increasingly diverse, the ability to navigate and adapt with changes and challenging work are most important components. Career adaptability is a critical variable, which convey meaning the ability to adjust oneself thus, fit with change in their career. Positive psychological traits are major predictors that been recognized as vital capacities on how this students are able to cope with turbulent changes in future work. Therefore, the purpose of this research is to investigate Positive Psychological Traits and Career Adaptability among Millennials as well as to identify the most influential factor in psychological traits that influence career adaptability among students at UiTM Bandaraya Melaka. This study used convenience sampling techniques and online questionnaire as an instrument to collect data. The data from 70% out of 329 students are collected then evaluated by using Statistical Package for the Social Science (SPSS) Version 22 Software. The result from Multiple Regression analysis indicates that all the elements in positive psychological traits which is resilience, optimism and hope have positive significant relationship with career adaptability. Moreover, Regression analysis revealed that, resilience found to be the most influential variables towards career adaptability among millennials at UiTM Cawangan Melaka Kampus Bandaraya.