



**THE IMPLICATIONS OF ERGONOMICS FACTORS TOWARD
WORK STRESS AMONG NEW STAFF
AT
MALAYSIA MARINE AND HEAVY ENGINEERING
(MMHE) SDN BHD**

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MAY 2010

LETTER OF DECLARATION



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“DECLARATION OF ORIGINAL WORK”

I, **MOHD TAUFIK BIN ABD SAMAD**, (I/C Number: **870703-01-5591**)

Hereby, declare that,

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

Signature: _____

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ABSTRACT

Ergonomics literally means the laws of work. Ergonomics refers to the complex relationship between workers and their work that permeates in every aspect of the workplace. Most of the researchers agree that work stress is caused by the workstation design or workplace environment, which is related to the ergonomics factor. This report aims to investigate and identify the Ergonomics elements that can contribute to the work stress outcome among new staff at Malaysia Marine and Heavy Engineering (MMHE) Sdn Bhd. This research will find whether Ergonomics factors such Workstation Design, Office Equipment, Office Lighting, Working Hours and Workload can lead to employee work stress at MMHE.

By using all 37 items in Questionnaire, the findings highlight five Ergonomics factors that comprise Workstation Design, Office Equipment, Office Lighting, Working Hours and Workload. In determining the implication of ergonomics factors towards work stress, a Likert-type scale has been developed and tested. Therefore in this research, researcher tries to identify the implications of ergonomics factors towards work stress.

LETTER OF SUBMISSION

MAY 2010

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The Head of Program
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Dear Sir,

SUBMISSION OF PROJECT PAPER

Attached is the project paper titled "THE IMPLICATIONS OF ERGONOMICS FACTORS TOWARDS WORK STRESS AMONG NEW STAFF AT MALAYSIA MARINE AND HEAVY ENGINEERING (MMHE) SDN BHD" to fulfill the requirement as needed by the Faculty of Business Management, Universiti Teknologi MARA

Thank you

Yours sincerely

MOHD TAUFIK BIN ABD SAMAD
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