



A STUDY ON FACTORS THAT CAN CONTRIBUTE
STRESS AT THE WORKPLACE AMONG EMPLOYEES
AT
PELORUS INTELLIGENCE AND TECHNOLOGY
ACADEMY SDN. BHD.

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NOVEMBER 2010

DECLARATION OF ORIGINAL WORK



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“DECLARATION OF ORIGINAL WORK”

I, NURBAIZURA BINTI AMIRUDDIN, (I/C Number: 870515-29-5522)

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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LETTER OF SUBMISSION

8th November 2010

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Dear Sir,

SUBMISSION OF PROJECT PAPER

Attached is the project paper titled "THE FACTORS THAT CAN CONTRIBUTE STRESS AMONG EMPLOYEES AT PELORUS INTELLIGENCE AND TECHNOLOGY ACADEMY" to fulfill the requirement as needed by the Faculty of Business Management, Universiti Teknologi MARA

Thank you

Yours sincerely

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ABSTRACT

Work plays a central role in the lives of many people, and thus the impact of occupational stress is an important issue for both individual employees and the organizations in which they work. This report aims to investigate and identify the factors that can contribute stress among employees at Pelorus Intelligence and Technology Academy Sdn Bhd. This research will find whether stress's factors such workload, interpersonal relationships and ergonomic factors.

By using all items in Questionnaire, the findings highlight three factors that comprise Workload, interpersonal relationship and ergonomic factors. In determining the implication of stress factors towards employees at the workplace, a Likert-type scale has been developed and tested. Therefore, in this research, researcher tries to identify the implications of stress factors towards employees at the workplace.

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