

INDUSTRIAL TRAINING REPORT

AT

DEPARTMENT OF STATISTICS MALAYSIA

KOTA BHARU KELANTAN

BY

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RESEARCH TITLE:

**“ASSOCIATED FACTORS OF JOB STRESS AMONG
EMPLOYEES: A CASE STUDY AT WISMA ILMU, TABUNG HAJI,
KOTA BHARU, KELANTAN”**

REPORT

SUBMITTED TO

FACULTY OF COMPUTER AND MATHEMATICAL SCIENCES

UNIVERSITI TEKNOLOGI MARA

AS PART OF REQUIREMENT

FOR

BACHELOR OF SCIENCE (HONS) (STATISTICS)

JUNE 2015

ACKNOWLEDGEMENTS

All praises to Allah s.w.t for His blessings which has giving me wisdom, patience, strength and ability to complete this final year project. First and foremost, I would like to express my highest gratitude to my family especially to my beloved parents, Bukhori bin Mohd Daud and Habisah bt Ismail for being supportive and understanding. To my respective supervisor Madam Shamsunarnie bt. Mohamed Zukri for his tolerance, support and guidance in completing this paper research. Besides that, I also would like to thank for my organization supervisor, Mr Azrulnizam bin Zul, Assistant Director of the Department of Statistics Malaysia, Kelantan. I am appreciate for him because all guidance that can give me information about project that can be conducted and support me to do the best for this project. Last but not least, I would like to thank to all my friends for supporting me to do better in this project and I believe it will be the beautiful memories in my life. May Allah bless them with good life and happiness in this world and hereafter.

ABSTRACT

According to the current World Health Organization's (WHO) definition, occupational or work-related stress "is the response people may have when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope. Job stress is one of the most important workplace health risks for employees in developed and developing countries (Paul, 2002; Danna and Griffin, 2002). The aim of this study was investigate the association factors of Job stress among employees. The independent variables were obstacle from home, organizational structure, management role, career and achievements, relationship with colleagues and workload The research instrument was a structured questionnaire. A proportionate stratified random sampling technique was used to select the respondent for this study. A total of 138 employees at Wisma Ilmu, Tabung Haji, Kota Bharu constituted the sample. The results shown that among the factors, the obstacle from home, management role, career and achievements, relationship with colleagues and workload were found to be significant predictors of Job stress contributing 84.2 per cent of Job stress. The balance 15.8 per cent was explained by the other factors. In addition, it was found that, management role the most significant factors among other variables.

Keywords : Job Stress, obstacle from home, organizational structure, management role, career and achievements, relationship with colleagues and workload.

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