

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF WORK OVERTIME
AND WORK RELATED STRESS
AMONG WORKERS AT KLANG
DISTRICT HEALTH OFFICE**

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Project submitted in fulfillment of the requirements for
the degree of

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(Hons.)**

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DECLARATION BY STUDENT

Project entitled “The Effect of Work Overtime and Work Related Stress Among Workers at Klang District Health Office” is a presentation of my original research work. Whenever contribution of others are involved, every effort is made to indicate this clearly, with due reference to literature, and acknowledgement of collaborative research and discussion. This project was done under the guidance of Project Supervisor, Dr. Abdul Mujid bin Abdullah. It has been submitted to the Faculty of Health Sciences in partial fulfillment of the requirement of the Degree of Bachelor in Environmental Health and Safety (Hons).

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ABSTRACT

Work-related stress is a stress caused by workplace, it distinct from stress in general because it is in the nature of the organization. Work-related stress may be a result of an employee's being faced with conflicting job requirements and demands. One of the reason that cause work related stress is work overtime. Klang District Health Office, is chosen to investigate the effect of work overtime and work related stress among the employees who work overtime and without overtime. This study was also to investigate the relationship between work overtime and work related stress by using a DASS21 (Depression, Anxiety and Stress Scales) questionnaire. Based on the result obtained, the cumulative score of depression, anxiety and stress proved to be higher among workers that works overtime with total mean difference of 19.83 higher in score compared to those work without overtime, with p-value <0.0001. Therefore, it was clearly indicated that, the depression, anxiety and stress is actually frequently happen and experienced by the workers who work overtime. In this study, strong correlation was observed between the depressions, anxiety and stress score towards period of overtime, thus it can be concluded there were a relationship between work overtime and work related stress and it affected the workers in Klang District Health Office.

Keywords: *Work Related Stress, Work Overtime, Depression Anxiety and Stress Scales*