

UNIVERSITI TEKNOLOGI MARA

**A QUANTITATIVE STUDY ON DETERMINANTS OF STRESS
AMONG SPECIAL EDUCATORS**

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ABSTRACT

Stress is a normal reaction the body has when changes occur regards of physically, mentally, or emotionally. The main goal of this study was to identify perceived factors of stress among special educators in the state of Selangor and Negeri Sembilan. There are three major factors that considered in this study which is interpersonal, workload and student behaviour as well as demographics factors. The instrument was adapted from DASS-21 and Teacher Stress Inventory, disseminated to the selected 100 teachers from elementary and secondary schools. The main statistical analysis, Multiple Linear Regression was used with the combination of basic statistics. The result indicated that overall stress level of respondent was at normal. The finding deliberated, Interpersonal ($\beta=15.067$) and Students' Behavior ($\beta=1.609$) emerged as reliable predictors of stress among the special educators ($p\text{-value}<0.05$).

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