



**Faculty of Administrative Science
& Policy Studies
Universiti Teknologi MARA**

Bachelor of Administrative Science

Title of Proposal

WORK STRESS AMONG TEACHERS IN KULIM, KEDAH

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Declaration

I hereby declare that the work contained in this research proposal is my own except those which have been duly identified and acknowledged. If I am later found to have plagiarized or to have committed other forms of academic dishonesty, action can be taken against me under the Academic Regulations of UiTM's.

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CHAPTER ONE

INTRODUCTION

1.1 Introduction

This chapter focuses on the background of the study which is the work stress among the teachers in Kulim, Kedah. The presentation of this chapter begins with the research background, followed by the problem statement, research questions, research objectives, scope of the study, significant of the study, definition of terms and concepts used in this study and lastly the conclusion.

1.2 Research background

In recent situation, the personality of a person is known to be important in determining work stress towards an individual as it can lead to several problems in a job performance. According to Scott (2006), stressors at work place include unclear requirement, role overload, high stress times with no down times, big consequences for small failures, lack of personal control, lack of recognition and poor leadership. Work stresses can occur when the requirements of the job do not match the capabilities, resources, or needs of the workers.

One of the most important and sensitive careers in the society and has a special effect in the current and future status of the society is teaching. Teaching has its own stress factors like almost all other jobs. Work stress in teachers is as a global problem and allocated many studies to itself in various countries (Dehshiri, 2004). Stress is a common phenomenon in the teaching profession and teachers have all reported a degree of stress from mild to severe in various bases and different time periods. According to the conducted researches in different countries, teaching is one of the ten stressful professions in the world and teachers believe that teaching is a stressful