

UNIVERSITI TEKNOLOGI MARA

FACULTY OF ADMINISTRATIVE SCIENCE
AND POLICY STUDIES

STRESS MANAGEMENT IN RELATION TO EMPLOYEE
PERSONALITY TYPES AND STRESSORS

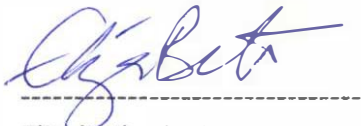
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DECLARATION

I hereby declare that the work contained in this research proposal is original and my own except those duly identified and recognized.

Signed.

A handwritten signature in blue ink, appearing to read 'Elizabeth', written over a horizontal dashed line.

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ABSTRACT

The preferred stress management approaches to different type of personality for employees in a small organization was assessed through a statistical analysis. Three test of statistical was carried out upon objectives. The findings of this research identified were weak. Since the sample size is based on small number of employees and the overall population suggested at only below 100. Most respondents implied that the main stressor among themselves caused by individual stressor. There is no strong relationship between different personality types and preferred stress management approach. Moreover, finding for third objective suggests that there is no significant different between male and female in coping with their stress. Further research is required for larger sample of population before clear recommendations for the use of stress management approach; particularly among employees in a small working organization related stress can be made.

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