

A STUDY ON THE RELATIONSHIP BETWEEN ERGONOMIC FACTORS AND  
WORK STRESS OUTCOMES AMONG EMPLOYEES IN SARAWAK STATE  
FEDERAL PRISON

Prepared for:

MR. MUHAMMAD BIN OMAR  
DR. JOHN FRANCIS ANAK NOYAN

Prepared by:

JEREMY ALPANZ ANAK WEBLEY JANUNG (2015165125)  
BACHELOR DEGREE IN OFFICE SYSTEMS MANAGERMENTS (HONS.)

UNIVERSITI TEKNOLOGI MARA (UITM)  
FACULTY OF BUSINESS AND MANAGEMENT

November 2018

## **ACKNOWLEDGEMENT**

First of all, I would like to thank our Almighty God because I finally managed to complete this course. I'm very grateful that this proposal had accomplished after lots of perspiration and hard work.

We would like to thank my lecturer, Dr. Norlina Mohamed Noor and my supervisor, Mr. Muhammad Bin Omar for always directing me with advice, information and useful knowledge at the time of completing this proposal. Not to forget Dr. John Francis Noyan, our co-supervisor (English Language) and proofreader.

Lastly, I would like to thank my family and friends for their love and support. Without their continuous support and care, all of my effort would have been impossible. Thanks to everyone. I really appreciate it.

Jeremy Alpanz Anak Webley Janung

Faculty of Business Management

Universiti Teknologi MARA

## **ABSTRACT**

It is very important for the employee to take care of their health and work life in the workplace environment. Ergonomic has shown to be really effective as it helps the employee to be more efficient and reduce the risk of injury while performing their task in the workplace. Stress is the most common problem in the office. It affects the employee and the job performance because the situation in the office can be more unpleasant sometimes. The aim of this study is to discover the relationship between ergonomics factors and the work stress outcomes at Sarawak State Federal Prison at Jalan Puncak Borneo located at Kota Padawan, Sarawak, Malaysia. The respondents from all departments will give their respond on the variables such as health, working chair, humidity, lighting, and working hours as to see how it response and react to stress outcome.

## TABLE OF CONTENT

AUTHOR’S DECLARATION.....	i
ABSTRACT.....	ii
ACKNOWLEDGEMENT.....	iii
TABLE OF CONTENT.....	iv
LIST OF TABLES.....	vi
LIST OF FIGURES.....	vii
LIST OF APPENDICES.....	viii
CHAPTER 1.....	1
INTRODUCTION.....	1
Background of the Study.....	1
Statement of the Problem.....	3
Research Objectives.....	4
Research Question.....	4
Significance of the Study.....	5
Limitations of the Study.....	6
Definition of Terms.....	7
CHAPTER 2.....	9
INTRODUCTION.....	9
Health.....	9
Working Chair.....	10
Humidity.....	11
Lighting.....	12
Working Hours.....	12
Stress Outcome.....	13
Conceptual Framework.....	15
CHAPTER 3.....	16
METHODOLOGY.....	16
Research Design.....	16
Sampling Frame.....	16

## **CHAPTER 1**

### **INTRODUCTION**

The purpose of the study is to identify the relationship between the ergonomic workstation factors and work stress outcomes in Sarawak State Federal Prison, Jalan Puncak Borneo. This chapter describes the background of the study, limitations of the study and definitions of terms.

#### **Background of the study**

Ergonomics investigates the relationship between humans, artefacts and the design of systems. It attempts to evaluate the relationship between people, technology, and organizations at work. The purpose is to match systems, jobs and, products and environments to the abilities and limitation of people (Liem, 2017). In other words, ergonomics is the relationship of employees with their physical environment which helps in designing a suitable environment for employees. Ergonomics helps to ensure that the task, the tools, and equipment used in task performance, and the environment in which the employees work match his or her needs (Quible, 2014).