

**UNIVERSITI TEKNOLOGI MARA
FACULTY OF ADMINISTRATIVE SCIENCE
AND POLICY STUDIES**



**STRESS AMONG UITM SABAH STAFF IN UITM
KOTA KINABALU, SABAH.**

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ABSTRACT

Stress is a situation in which someone feeling emotional or physical tension from any event or thought that makes them feel angry, nervous, and frustrated. If stress still not being handle, the individual may give a bad impact on their health. There are several types of stress that also contributed to harm individual health especially if the individual was facing with severe Distress at workplace. The purpose of this study is to investigate the factors and relationship of stress between selected socio-demographic among UiTM Sabah Staff in Kota Kinabalu. The questionnaire consists of three parts which are Socio-demographic, Stress Level, and Factors of Stress such as Workloads, Career Development, Social Support, and Time Pressure were measured using Likert's 5 scales. There are 150 respondents were selected using Snowball sample techniques which participate by UiTM Sabah Staff from academic and non-academic staff. By using the Spearman Rho and Kruskal Wills which indicate as non-parametric methods to show the comparison and association between the variables. The finding shows that factors that may lead the Staff of UiTM Sabah facing stress at the workplace are Workloads, Social Support, and Time pressure. Meanwhile, Career development also one of the factors but do not have any correlation between the level of stress among UiTM Sabah Staff. Thus, the significant difference between stress and selected socio-demographic (Age, Income, Occupation, and Level of Education) has been determined.