

A STUDY ON RELATED STRESSORS AMONG UITM PAHANG STUDENTS

**Prepared for:
ENCIK MOHD AMLI BIN BAHARUM@ABDULLAH**

Prepared by:
NATASHA DIANA BINTI NORDIN 2008405172
RAUDHAH NAJWA BINTI IDRIS 2008407204
SITI AISHAH BINTI HALIM 2008407206
BACHELOR IN OFFICE SYSTEM MANAGEMENT (HONS.)

**UNIVERSITI TEKNOLOGI MARA (UiTM)
FACULTY OF OFFICE MANAGEMENT AND TECHNOLOGY**

April 2011

TABLE OF CONTENT

LIST OF CHART.....	i
LIST OF TABLE.....	ii
ABSTRACT.....	iii
ACKNOWLEDGEMENT.....	iv
CHAPTER 1	
INTRODUCTION	
Background of the study.....	1-2
Statement of the problem.....	3
Research Objective.....	3
Research Question.....	3
Significance of the study.....	4
Definition of terms.....	5
CHAPTER 2	
LITERATURE REVIEW	
Stress.....	6-7
Stress among student.....	8-9
Stressors among student.....	10-13
Conceptual framework.....	14
CHAPTER 3	
METHODOLOGY	
Research design.....	15
Population.....	15
Sampling frame.....	16
Sampling technique.....	16
Sample size.....	16
Unit of analysis.....	16
Research instrument.....	17
Data collection procedure.....	17
Plan for data analysis.....	17-18
CHAPTER 4	
FINDINGS AND DISCUSSIONS	
Response rate.....	19
Statistics.....	20
Gender.....	21
Program.....	22
Current GPA.....	23
Examination.....	24-26
Assignment.....	27-29
Time.....	30-31

LIST OF TABLE

Table	Page
4.0	Statistics of respondents.....20
4.1	Gender of respondents.....21
4.2	Program of respondents.....22
4.3	Current GPA of respondents.....23
4.4	Descriptive statistics about examination.....24
4.5	Descriptive statistics for students who agree with the statements about examination.....25
4.6	Descriptive statistics for students who not agree with the statements about examination.....26
4.7	Descriptive statistics about assignment.....27
4.8	Descriptive statistics for students who agree with the statements about assignment.....28
4.9	Descriptive statistics for students who not agree with the statements about assignment.....29
5.0	Descriptive statistics about time.....30
5.1	Descriptive statistics for students who agree with the statements about time.....30
5.2	Descriptive statistics for students who not agree with the statements about time.....31

ABSTRACT

The purpose of this study is to identify the different type of stressors and to identify the degree level of the stress among students at UiTM Jengka, Pahang which the respondents are students from Social Science Program. They are students from Diploma in Accountancy, Diploma in Business Management and Diploma in Banking. The aspects that to be identified were academic stressors which include examination, assignment and time that causes stress to students at UiTM Jengka, Pahang. The instrument of this study is questionnaire form. The sampling technique that has been used for this study done by stratified sampling. The data was analyzed using Statistical Package for Social Science (SPSS) for Windows. Descriptive statistics in terms of mean was used to analyzed the stressors that causes stress among students at UiTM Jengka, Pahang. Results was showed that examinations is the most common causes stress and time give the lowest impacts to causes of stress among students at UiTM Jengka, Pahang.

ACKNOWLEDGEMENT

First of all, we would like to thank Allah SWT for the blessing until we can complete this research on time. With our courage and spirit, we can encounter the obstacles that happen during the completion of this research. We also would like to thank Tuan Haji Abd Razak, our beloved lecturer, and Encik Amli bin Baharum, our supervisor for their guidance and effort to us. Without them, we would not be able to complete this research. Other than that, we would like to thank OMB60A students for guiding us and give some advices regarding this research. Lastly, we hope that our research can satisfy our beloved lecturer and supervisor. Thank you.

Natasha Diana Binti Nordin
Raudhah Najwa Binti Idris
Siti Aishah Binti Halim

Faculty of Office Management and Technology
Universiti Teknologi Mara Pahang