

**ERGONOMICS:
A STUDY ON PHYSICAL ERGONOMICS RELATED
TO JOB PERFORMANCE AT PAHANG STATE
FOUNDATION**

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ABSTRACT

The research entitled “Ergonomics: A Study on Physical Ergonomics Related to Job Performance of Employees at Pahang State Foundation”. The study has two objectives highlighted which are to investigate the relationship between physical ergonomics and employees’ job performance and to identify the most crucial dimension of physical ergonomics that gives high impact to employees’ job performance at Pahang State Foundation. The scope of the study was to concentrate on the employees’ job performance at Pahang State Foundation. The study consists of Chapter 1: Introduction, Chapter 2: Literature Review, Chapter 3: Methodology, Chapter 4: Results/Findings of Study and Chapter 5: Conclusion and Recommendation. Each of the sub-topics will be discussed extensively in each of chapter. The researcher used correlation research as the research design and the sampling technique used was the probability sampling. This study focused on employees at Pahang State Foundation who spent most of their time in the workstation and 40 respondents were randomly selected for the data collection process.

The researcher has analyzed the independent (physical ergonomics) and dependent (job performance). The data analysis techniques are frequency distribution and correlations testing. Reliability test also was conducted due to measure the validity and reliability of the questionnaire. This study aims to identify about their daily usage of physical ergonomics in order to know the relationship with the level of job performance. From the findings several recommendations have been made to the organization and also for future research purpose.

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