

**A STUDY ON RELATIONSHIP BETWEEN TYPES OF WORKLOAD
AND STRESS LEVEL AMONG SECONDARY SCHOOL TEACHERS IN
MAKTAB RENDAH SAINS MARA KUANTAN**

NURUL SALWANI BINTI MOHAMED

**BACHELOR IN OFFICE SYSTEMS MANAGEMENT (HONS)
UNIVERSITI TEKNOLOGI MARA**

JULY 2013

ABSTRACT

The purpose of this study was to study the relationship between types of workload and stress level among secondary school teachers in 'Maktab Rendah Sains MARA Kuantan'. The study focused on secondary school in 'Maktab Rendah Sains MARA Kuantan'. The questionnaire was used to investigate the correlation of types of workload and stress level among secondary school teacher. The questionnaire was distributed randomly in the secondary schools. The school was selected to provide a correlation to types of workload and stress level due to the workload. The study also wanted to identify whether extreme workload of secondary school teachers contributed to stress level. In this study, the workload was identified into three aspects which were academic, co-curriculum, and special task. There were three aspects of workload that experienced by secondary school teachers caused exhaustion, tension and headache. A stress was the implication that happened due to the extreme workloads. Teachers who faced extreme workloads caused too little time to rest and quality time with family will less and insufficient time to complete their work very well. Apart from that, the study also wanted to identify whether the workloads bring to the percentage of positive and negative stress level among secondary school teachers. On the other hand, the study wanted to analyse the independent variable and dependent variable which were involved workload and stress level.

ACKNOWLEDGEMENT

Assalamualaikum w.b.t.

First of all, Alhamdulillah and thank to Allah s.w.t for His mercy who gave me opportunity to complete this academic project. I would like to express my very great appreciation to Madam Noor Affeeda Binti Ramli, my research supervisor, for her valuable and constructive suggestion during the planning and development of this research. Her willingness to give her time so generously had been very much appreciated. Besides that, I would like to offer my special thanks to Mr. Haji Abdul Razak Bin Said for his patient guidance, enthusiastic encouragement and useful advice of this research.

Apart from that, I wish to acknowledge the help provided by my friends who always give their support and assistance in completing the research. Finally, I wish to thank my parents for their advice and encouragement during this project.

Nurul Salwani Binti Mohamed

June 26th, 2013

Faculty of Business Management
Universiti Teknologi MARA

TABLE OF CONTENTS

CHAPTER ONE.....	1
1.0 INTRODUCTION.....	1
1.1 Background of the Study.....	1
1.2 Statement of the Problem.....	2
1.3 Research Objectives.....	4
1.4 Research Questions.....	4
1.5 Significance of the Study.....	4
1.6 Limitations of the Study.....	5
1.7 Definition of Terms.....	6
CHAPTER TWO.....	7
2.0 LITERATURE REVIEW.....	7
2.1 Introduction.....	7
2.1.1 Teacher’s Workload.....	7
2.1.2 Stress Level.....	9
2.2 Conceptual Framework.....	12
CHAPTER THREE.....	13
3.0 RESEARCH METHODOLOGY.....	13
3.1 Research Design.....	13
3.2 Sampling Frame.....	13
3.3 Population.....	13
3.4 Sampling Technique.....	14
3.5 Sample Size.....	14
3.6 Unit of Analysis.....	14
3.7 Data Collection Procedures.....	14
3.8 Instrument.....	14

3.9	Validity of Instrument.....	15
3.10	Plan for Data Analysis.....	15
CHAPTER FOUR.....		17
4.0	RESULTS/FINDINGS OF STUDY.....	17
4.1	Survey Return Rate.....	17
4.2	Demographic Profile of Respondents.....	17
4.3	Analysis of Findings.....	21
CHAPTER FIVE.....		30
5.0	CONCLUSION AND RECOMMENDATIONS.....	30
5.1	Conclusion.....	30
5.1.1	Research Question 1: Is there any relationship between types of workload and stress level?.....	30
5.1.2	Research Question 2: Is the academic workload contributed to the stress level?.....	30
5.1.3	Research Question 3: Is the co-curriculum workload contributed to the stress level?	31
5.1.4	Research Question 4: Is the special task workload contributed to the stress level?.....	31
5.1.5	Research Question 5: What is the effect of extreme workload to the teachers?.....	32
5.2	Recommendations.....	33
REFERENCES.....		35
APPENDICES.....		36
	Appendix A: Questionnaire	36
	Appendix B: Cover Letter.....	41