

**THE RELATIONSHIP BETWEEN STRESS
MANAGEMENT AND JOB PERFORMANCE AMONG
EMPLOYEES AT PEJABAT KEMENTERIAN
PELANCONGAN DAN KEBUDAYAAN MALAYSIA
WILAYAH PERSEKUTUAN KUALA LUMPUR /
PUTRAJAYA AND MALAYSIA TOURISM CENTRE**

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ABSTRACT

The purpose of this study is to identify the level of stress management and job performance among employees at Pejabat Kementerian Pelancongan dan Kebudayaan Malaysia Wilayah Persekutuan Kuala Lumpur / Putrajaya (PKPKM WP KL / Putrajaya) and Malaysia Tourism Centre (MaTiC). This study is conducted by using a set questionnaire form towards 54 employees at PKPKM WP KL / Putrajaya and MaTiC. The data are collected by using this set of questionnaire which consists of three parts namely part A (Demographic), part B (Stress Management) and part C (Job Performance). Then, the collected data have been analyzed by using descriptive statistics (frequency, percentage and mean) and inferential statistics (Pearson Correlation). The findings found that the level of stress management among employees at PKPKM WP KL / Putrajaya and MaTiC is at the high level as well as the level of job performance among employees is also at the high level. Besides, the results also show that there is a significant relationship between stress management and job performance among employees at PKPKM WP KL / Putrajaya and MaTiC. In this study, some suggestions have been given to the future researchers, the organizations as well as employees at PKPKM WP KL / Putrajaya and MaTiC.

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