



**FACTORS THAT INFLUENCED WORK STRESS  
AMONG MiCoST MELAKA CITY CAMPUS EMPLOYEES**

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## **ABSTRACT**

Nowadays, the issue that is most vital and crucial in the working environment is work stress. This affect workers in all level of employment such as employees, supervisors, managers and others. This is because most of the job or task involve some degree of stress. Some work stress are good to the employees. However, if the employees cannot manage the stress accurately. It will give bad impact toward the employee's productivity. Basically in this research, the aim is to identify the determinants that can contribute toward work related stress of the employees in MiCoST Melaka City Campus. Next, this research will be conducted among the employees in MiCoST Melaka City Campus. On the other hand, there are several research objectives in this research study. Firstly, to investigate the relationship between workload towards work stress among MiCoST employees. Secondly, to identify whether the interpersonal relationship affect work stress among MiCoST employees. Next, to clarify whether the role conflict influences the work stress among MiCoST employees. At the end of this study, it will be some recommendation on reducing work stress to ensure all of the employees get more relax and not being pressured with the excessive work related stress and can work in good working environment. This research had made based on only primary data. The researcher was distributed the questionnaire to the respondents and all the data was collected and analysed after the respondents finish answered it. In addition, the finding for this research basically only two variables were accepted that are interpersonal relationship and role conflict except workload that was not accepted. Therefore, there are a connection between the independent variables that are role conflict and interpersonal relationship with the dependent variable that is work stress among MiCoST Melaka City Campus employees.

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