



**IMPACT OF WORK STRESS TOWARDS WORK LIFE BALANCE
IN PUBLIC SECTORS**

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ABSTRACT

The purpose of this research is to find out impact of work stress towards work life balance of employees in the public sector. There are four objectives had been set in this study. First, to examine the relationship between workload and work life balance. Second, to examine the relationship between role conflict and work life balance. Third, to examine the relationship between interpersonal relationship and work life balance. In order to complete this study, the data was obtained questionnaires. Therefore, 80 employees in Lembaga Pertubuhan Peladang Negeri Melaka and Pejabat Mara Negeri Melaka were chosen as respondent for this study. All the responses were returned back to the researcher. Then, all the collected data were analysed by using Statistical Package for Social Science (SPSS). Based on the analysis, the result shows one independent variable which is interpersonal relationship have a significant relationship with work life balance. Besides that, hypothesis testing display only one accepted and the other two are rejected. Overall the results shows that interpersonal relationship could give impact towards work life balance of employees in public sector.

TABLE OF CONTENT

	Page
TITTLE PAGE	i
DECLARATION OF ORIGINAL WORK	ii
LETTER OF SUBMISSION	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENTS	v
LIST OF FIGURES	vi
LIST OF TABLES	vii
ABSTRACT	ix
CHAPTER 1: INTRODUCTION	
1.0 Background of the Study	1
1.1 Problem statement	4
1.2 Research Question	4
1.3 Research Objectives	4
1.4 Scope of Study	5
1.5 Significance of Study	5
1.5.1 Researcher	5
1.5.2 Employer	6
1.5.3 Employee	6
1.6 Definition of Terms	6
1.6.1 Workload	6
1.6.2 Role Conflict	6
1.6.3 Interpersonal Relationship	6
1.6.4 Work Life Balance	7
1.7 Conclusion	7
CHAPTER 2: LITERATURE REVIEW	
2.0 Introduction	8
2.1 Work Life Balance	8
2.2 Workload	12
2.3 Role Conflict	14
2.4 Interpersonal Relationship	16
2.5 Research Framework	20
2.6 Research Hypothesis	21

2.7	Conclusion	21
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CHAPTER 3: METHODOLOGY

3.1	Introduction	22
3.2	Research Design	22
3.3	Purpose of Study	22
3.4	Population and Sampling	23
3.5	Sample Size	23
3.6	Sampling Design	24
3.7	Data Collection Method	24
3.8	Data Analysis Technique	26
3.9	Pilot Test	26
3.10	Conclusion	28

CHAPTER 4: FINDINGS

4.1	Introduction	29
4.2	Frequency Analysis	29
4.3	Reliability Test	32
4.4	Correlation Analysis	34
4.5	Multiple Regression Analysis	37
4.5.1	Regression Analysis	37
4.5.2	Coefficient Regression Analysis	38
4.5.3	Hypothesis Testing	39
4.5.4	Summary of Hypothesis	40
4.6	Conclusion	41

CHAPTER 5: DISCUSSIONS AND RECOMMENDATIONS

5.0	Introduction	42
5.1	Discussion of Findings	42
5.1.1	Research Objective 1	42
5.1.2	Research Objective 2	44
5.1.3	Research Objective 3	45
5.1.14	Research Objective 4	46
5.2	Recommendation	47
5.3	Conclusion	48