



**THE RELATIONSHIP BETWEEN STRESS AND JOB PERFORMANCE AT
JABATAN KERJA RAYA NEGERI SEMBILAN**

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ABSTRACT

Stress happens in workplaces and it arises at different levels. Job stress is becoming an alarming situation in the workplace. This study is to identify the relationship between stress and job performance. The purposes of conducted study at Jabatan Kerja Raya Negeri Sembilan is to identify the most factor that impact their job performance. The study used the descriptive research design using the survey questionnaire as its instruments and utilized simple random sampling to collect data from respondent that consist 59 employees that interact directly with the employer. The finding in this research shows the Work-Family Conflict have a significant, positive and moderate relationship with job performance with $r = 0.479$. The cronbach alpha for all variables is 0.869 which is good in the strength of association. However, it also recommended that further studies can be conducted to consider seeking other determinants or factor, provide facilities for working mother and task planning and flexible working hours.

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