FACTOR THAT ASSOCIATED WITH JOB STRESS AND THEIR EFFECT ON ORGANIZATIONAL PERFORMANCE AT PETRONAS CARIGALI SDN BHD.

Prepared for; SHAMSUL ANNUAR BIN HJ. SULAIMIN

Prepared by:
NUR FATIHAH BINTI SUHAIMI
BACHELOR IN OFFICE SYSTEM MANAGEMENT (HONS.)
UNIVERSITI TEKNOLOGI MARA (UITM)
FACULTY OF BUSINESS MANAGEMENT

DECEMBER 2014

ABSTRACT

This study was undertaken to identify factors that are associated with job stress and their effects on organizational performance in PETRONAS Carigali Sdn Bhd. There are four chapters that have been discussed in this research report. In chapter one, brief information regarding background study, problem statement, research objectives and research questions has been formed as to guide and support the progress of the research conducted. PETRONAS is the national oil and gas company of Malaysia and is whollyowned by the Government of Malaysia. Together with its subsidiaries and associated companies, PETRONAS, a FORTUNE Global 500 company, has fully integrated oil and gas operation in a broad spectrum of the oil and gas value-chain. Its business activities include exploration, development and production of crude oil and natural gas in Malaysia and overseas, the liquefaction, sale and transportation of LNG, the processing and transmission of natural gas and the sale of natural gas products, the refining and marketing of petroleum products, the trading of crude oil, petroleum products and petrochemical products. Committed to ensuring business sustainability, PETRONAS also strive to responsibly manage natural resources in a way that contributes holistically to the well-being of the people and nation where operates. Thus, it is very important to maintain their performance. Besides that, this study was focused on factors that associated with job stress and their effect towards organizational performance of employees in PETRONAS Carigali Sdn Bhd. The factors of stress that has been measured based on three elements which are role ambiguity and role conflict, workload and work condition and their effect is physical health and job performance and satisfaction. The sampling technique used in getting the sample size is simple random sampling.

TABLE OF CONTENT

CHAPTER 1 INTRODUCTION
1.1 Background of the study1
1.2 Statement of problem3
1.3 Research objective4
1.4 Research question4
1.5 Significant of the Study5
1.6 Limitation of study6
1.7 Definition of term8
CHAPTER 2 LITERATURE REVIEW
2.1 Definition of stress and job stress9
2.2 Types of stress1
2.2.1 Distress
2.2.2 Eustress
2.2.3 Acute stress
2.2.4 Chronic stress
2.3 Factors that contribute stress
2.4 Effects of stress
2.5 Organizational performance
2.6 Theoretical framework
CHAPTER 3 RESEARCH METHODOLOGY
3.1 Introduction
3.2 Research design
3.3 Sampling frame19
3.4 Population19
3.5 Sampling Technique
3.6 Sampling Size20
3.7 Unit of analysis20

3.8 Data colle	ection procedures	21
3.9 Instrumen	nt	22
3.9.1	Validity of Instrument	22
3.10 Data of	analysis	23
CHAPTER 4 FIND	DINGS	
4.1 Introduct	ion	26
4.2 Reliabilit	y test	26
4.3 Normality	y test	28
4.4 Description	ve statistic	29
4.4.1	Respondents demographic profile by frequency and percentage	29
4.5 Correlation	on	37
4.6 Multiple	regression.	45
4.6.1	Multiple regressions for Factors of Stress	45
4.6.2	Multiple regressions for Effects of Stress	48
CHAPTER 5 CON	CLUSION AND RECOMMENDATION	
5.1 Conclusion	on	50
5.2 Summary	of Statistical Analysis	51
5.2.1	Descriptive statistic	51
5.2.2	Pearson correlation analysis	51
5.2.3	Multiple regression analysis	52
5.3 Recomme	endation	53
REFERENCES		55
APPENDICES		50

LIST OF FIGURES

Figure 2.1: General Adaption Syndrome (GAS)	10
Figure 2.2: Framework of Stress	17
Figure 4.1: Percentage of respondent by gender	29
Figure 4.2: Respondent marital status.	32