



**FACTORS THAT CONTRIBUTE TO JOB STRESS AMONG WORKERS IN WORKPLACE:  
A STUDY OF SELIA SELENGGARA SELATAN SDN BHD (SSSSB) AND UNITED  
PRECISION ENGINEERING, COMPONENTS AND AUTOMATION (UPECA)**

**MUHAMMAD FAZLI BIN IDRIS**

**2011493726**

**NURUL HUDA BINTI ABDUL RASID**

**2011249274**

**BACHELOR OF HUMAN RESOURCES MANAGEMENT  
FACULTY OF BUSINESS MANAGEMENT  
UNIVERSITI TEKNOLOGI MARA  
KAMPUS BANDARAYA MELAKA**

**JUNE 2014**

## LETTER OF SUBMISSION

Date: 26 June 2014

Program Coordinator  
Bachelor of Business Administration (Hons.) HRM  
Faculty of Business Management  
Universiti Teknologi Mara  
Kampus Bandaraya Melaka

Dear Sir/Madam,

### SUBMISSION OF PROJECT PAPER (HRM 663)

Enclosed here is the research entitled “**FACTORS THAT CONTRIBUTE TO JOB STRESS AMONG WORKERS IN WORKPLACE: A STUDY OF SELIA SELENGGARA SELATAN SDN BHD (SSSSB) AND UNITED PRECISION ENGINEERING, COMPONENTS AND AUTOMATION (UPECA)**” to fulfill the requirement as needed by the Faculty of Business Management, Universiti Teknologi Mara. I hope this report will fulfill the requirement of Bachelor of Business Administration with Honours and also achieved the objectives of this study.

Thank you.

Sincerely,

MUHAMMAD FAZLI BIN IDRIS  
2011493726  
BBA (HONS.) HUMAN RESOURCE  
MANAGEMENT

NURUL HUDA BINTI ABDUL RASID  
2011249274  
BBA (HONS.) HUMAN RESOURCE  
MANAGEMENT

**DECLARATION OF ORIGINAL WORK**



**BACHELOR OF BUSINESS ADMINISTRATION  
WITH HONOURS HUMAN RESOURCES MANAGEMENT  
FACULTY OF BUSINESS MANAGEMENT  
UNIVERSITI TEKNOLOGI MARA  
“DECLARATION OF ORIGINAL WORK”**

We, **MUHAMMAD FAZLI BIN IDRIS**, (I/C Number: **920219-08-6577**)

and **NURUL HUDA BINTI ABDUL RASID** (I/C Number: **920126-04-5020**)

Hereby, declare that,

- This work has not previously been accepted in substance for any degree, locally or overseas and is not being concurrently submitted for this degree or any other degrees
- This project paper is the result of my independent work and investigation, except where otherwise stated
- All verbatim extract have been distinguished by quotation marks and sources of my information have been specifically acknowledged.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **ABSTRACT**

This study conducted to identify the factors that contribute to job stress among workers in workplace. The researchers have chosen Selia Selenggara Selatan Sdn Bhd (SSSSB) And United Precision Engineering, Components and Automation (UPECA) to represent this study. Researchers have listed four variables which are work life balance, work overload, job match and job insecurity as the independent variables and job stress as the dependent variable. The researchers distributed 108 set of questionnaires to respondents which are Selia Selenggara Selatan Sdn Bhd (SSSSB) And United Precision Engineering, Components and Automation (UPECA). This study discussed the factors that contribute to job stress among workers in Selia Selenggara Selatan Sdn Bhd (SSSSB) And United Precision Engineering, Components and Automation (UPECA) and those factors will be the outcome of this study. The finding and analysis were made based on Statistical Package for Social Science (SPSS) version 20.0 to analyze the data. The finding of this study proves that work life balance, work overload and job match can positively contribute to job stress. Work life balance appears to be the most influenced factor towards job stress in Selia Selenggara Selatan Sdn Bhd (SSSSB) And United Precision Engineering, Components and Automation (UPECA).

## TABLE OF CONTENTS

	<b>Page</b>
TITLE PAGE	i
LETTER OF SUBMISSION	ii
DECLARATION OF ORIGINAL WORK	iii
TABLE OF CONTENTS	iv
LIST OF FIGURES	vii
LIST OF TABLES	vii
ACKNOWLEDGMENT	viii
ABSTRACT	ix
<b>CHAPTER 1</b>	
<b>INTRODUCTION</b>	
1.1 Introduction	1
1.2 Background of the study	2
1.3 Background of the company	3
1.4 Problem statement	6
1.5 Research objectives	8
1.6 Research questions	9
1.7 Hypothesis statement	10
1.8 Significant of study	11
1.8.1 Company	
1.8.2 Researcher	
1.8.3 University	
1.9 Scope and coverage of the study	12
1.10 Limitation	13
1.10.1 Difficult to get feedback	
1.10.2 Collecting Data or Reliable Data	
1.10.3 Availability of the data	
1.10.4 Different independent variable	
1.11 Definition of terms	14
1.11.1 Job Stress	
1.11.2 Work life balance	
1.11.3 Job match	
1.11.4 Work overload	
1.11.5 Job insecurity	