

**STRESS FACTORS OF TEACHERS FROM SECONDARY SCHOOL IN
IPOH**

BY

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Abstract

The purpose of this study is to identify the relationship of the independent variables such as work hour, work load, financial problems, and family conflicts and work location on the stress that the teachers of secondary school in Ipoh experienced. The sampling size that was employed for this study was 120 teachers' from schools namely SMK Anderson, SMK S.T Michael, SMK Buntong and SMK Methodist ACS in the district of Ipoh. The data was collected through the distribution of questionnaires to the teachers. A pilot test was done to 30 teachers around Ipoh. The findings of the research were derived with the use of statistical tool SPSS version 22. The findings of the research showed that there were significant relationship between financial problem, family conflicts and the stress level experienced by teachers of the secondary school in Ipoh. The research also indicates that the variables have significant impact on the teachers stress. The regression analysis showed that there is no significant impact between job stressors and stress.

Key words: Stress, Work load, Work hour, Financial problem, Family conflicts and work location.

Abstrak

Tujuan kajian ini adalah untuk mengenalpasti hubungan di antara pemboleh ubah seperti waktu kerja, beban tugas, masalah keluarga, masalah kewangan dan lokasi tempat kerja dengan tahap stress yang di alami di kalangan Guru-guru Sekolah Menengah Ipoh. Saiz sample yang telah di pilih untuk kajian ini adalah 120 orang Guru-guru dari SMK Anderson, SMK S.T Michael, SMK Buntong, SMK Methodist dari kawasan Ipoh. Data telah dikumpul melalui pengedaran borang soal selidik kepada Guru-guru Sekolah. Satu ujian pilot telah di jalankan dengan seramai 30 orang guru dari kawasan Ipoh yang dipilih secara rawak. Penganalisaan maklumat mentah telah di lakukan dengan penggunaan system perisian statistical Spss versi 22. Dapatan daripada kajian ini menunjukkan bahawa terdapat hubungan diantara masalah keluarga, masalah kewangan dan tahap stress yang dilalui oleh Guru-guru sekolah Menengah di Ipoh. Kajian juga dapati bahawa pemboleh ubah-pemboleh ubah dalam kajian ini mempunyai implikasi ke atas stress Guru.

Kata Kunci : Stress, Beban Kerja, Masa Kerja, Masalah Kewangan, Masalah Keluarga dan Lokasi Kerja.

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TABLE OF CONTENTS

CERTIFICATION OF THESIS WORK	ii
PERMISSION TO USE	iii
ABSTRACT	iv
ABSTRAK	v
ACKNOWLEDGEMENT	vi
TABLE OF CONTENTS	vii
LIST OF TABLES	x
LIST OF FIGURES	xi
LIST OF ABBREVIATION/NOTATIONS/ GLOSSARY OF TERMS	xii
1.0 CHAPTER 1: INTRODUCTION	
1.1 Background of the Study	1
1.2 Problem Statement	2
1.3 Research Questions	7
1.4 Research Objectives	8
1.5 Significance of Research	9
1.6 Scope and Limitations of Study	9
1.7 Organization of Thesis	10

2.0 CHAPTER 2: LITERATURE

2.1 Introduction	11
2.2 Stress	11
2.3 Workload	20
2.4 Work Hours	21
2.5 Location Factor	22
2.6 Family Conflict	22
2.7 Financial Factors	23
2.8 Summary of Chapter 2	29

3.0 CHAPTER 3: RESEARCH METHODOLOGY

3.1 Introduction	30
3.2 Research Framework	31
3.3 Hypothesis	32
3.4 Research Design	32
3.5 Operational Definition and Instrumentation	33
3.6 Measurement of Variables	36
3.7 Data Collection	41
3.8 Sampling	42
3.9 Data Collection Procedure	42

3.10 Techniques of Data Analysis	43
3.11 Summary of chapter 3	47
4.0 CHAPTER 4: RESULTS AND DISCUSSION	
4.1 Introduction	48
4.2 Descriptive Analysis	49
4.3 Correlation Analysis	60
4.4 Linear Regression Analysis	62
4.5 Summary on the Result of Hypothesis Testing	64
4.6 Summary	66
5.0 CHAPTER 5: CONCLUSIONS AND RECOMMENDATIONS	
5.1 Introduction	67
5.2 Assessment of the Research Objectives	67
5.3 Theoretical and Practical Implication	71
5.4 Suggestion for future research	71
5.5 Summary	72
6.0 REFERENCES	75
7.0 APPENDIX	80

LIST OF TABLES

1. Table : 3.1 Scales and value for perceive stress questionnaire	37
2. Table : 3.2 Show the type of positions that the items on the Likert scale represents.	38
3. Tables: 3.3 Classifying items to the type of feeling for stress items and the items that were constructed to measure the causes of stress according to the five factors that was identified.	39
4. Table: 3.4 Pilot test result	45
5. Table 3.5: Guildford's Rule of Thumb, Guilford (1973)'s Correlation Pearson table	46
6. Table 3.6: Result of Skewness and Kurtosis for each variable.	48
7. Table 4.1: Background of Respondents	50
8. Table 4.2: Frequency Cross-Tabulation of Grade and Respondents' Background	52
9. Table 4.3: Descriptive Analysis on Perceived Stress Elements	54
10. Table 4.4: Descriptive Analysis on Task Time Elements	55
11. Table 4.5: Descriptive Analysis on Job Load Elements	56
12. Table 4.6: Descriptive Analysis on Family Elements	57
13. Table 4.7: Descriptive Analysis on Financial Elements	59
14. Table 4.8: Descriptive Analysis on Location Elements	59
15. Table 4.9: Correlations Analysis On Individual Stressors	60
16. Table 4.10 : Linear Regressions	62
17. Table 4.11 : Coefficient Analysis	63
18. Table 4.12: Correlations Analysis On Total Stressors	65

List of Figures

Figure 1: Model of Work Stress	25
Figure 2: Research Framework	31

LIST OF ABBREVIATIONS/NOTATIONS/GLOSSARY OF TERMS

1. **MOE** : Ministry of Education
2. **SMK** : Sekolah Menengah Kebangsaan
3. **NUTP** : National Union of The Teaching Profession
4. **CUEPACS** : Congress of Unions of Employees in the Public and Civil Services
5. **SPSS** : Statistical package for social science

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

It is evident that there is a great necessity for education in today's world. In a challenging and in a dominating world today, education has become the key to open up the "door of economic and technologic development", it is because knowledge plays a major role for the development of a country. The Minister of welfare, women and Family development Datuk Fatimah Abdullah says various efforts is done to ensure that countries education state continues to develop so that it can compete at the global stage. (Nov 2, 2012).

Teachers are the providers of knowledge, who educate, foster and nurture students to become someone in their life and also to create a knowledgeable person. The learning process takes place in a school that will help to facilitate the learning process and school is the workplace of the teachers.

According to Malaysian Educational statistic (2014).Ministry of Education Malaysia there are 2394 secondary schools in Malaysia and from the 246 secondary schools are from the state of Perak in the year 2014. A number of 40 secondary schools are from the district of Ipoh. The Education Ministry also reports the number of Secondary students in Malaysia in the year 2014 is 2,220,679 and 181,747 Secondary school teachers. In general the statistic shows that the number of students

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