



InTeLeC 2020
Innovation in Teaching & Learning Competition

CULTIVATING & EMBRACING TEACHING & LEARNING INNOVATION

TEACHING AND LEARNING PRACTICES

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(INTELEC2020)

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MOOCs – CORPORATE WORKPLACE STRESS MANAGEMENT

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Abstract

The rift of workplace stress requires innovative rethinking to be addressed evocatively. Stress is a physiological response triggered by an external event that causes the individual to experience emotional, physical and cognitive symptoms. In 2019, 94% of American worker's reported suffering stress at their workplace. Around 23% of them described their stress levels as high, while 6% said their levels of stress were extremely high. In Malaysia, a survey has signified that Malaysian employees are overworked, and sleep-deprived, with 51% travail from at least one dimension of work-related stress as well as 53% getting less than seven hours of sleep in 24 hours. For that reason, this project is aimed at establishing a Massive Open Online Courses (MOOCs)-Corporate Workplace Stress Management with the objective to succour individual or workers to reduce stress. This course is established in 6 modules; namely, (1) introduction to stress, (2) consequences of workplace stress, (3) introduction to stress management, (4) stress management in the workplace, (5) stress assessment tools, and (6) stress-free workplace. Upon completion of these modules, learners should be able to evaluate the workplace stress, practice personal and interpersonal stress management and suggest approaches to creating a conducive working environment as part of stress reduction effort. They will be given certification to become a certified trainer to promote a life-long-learning by conducting online or face-to-face training. In the aspect of financial sustainability, value prepositions, and business model, these modules will be commercialized with minimum charges to cover the operation cost and MOOCs facilities. Notably, the modules received positive testimonials from MOOCs experts to foster deliberation of promising MOOCs-Corporate Workplace Stress Management movement and implementation.

Keywords: MOOCs, Modules, Stress, Stress Management, Workplace

1. INTRODUCTION

Stress occurs when demand exceeds the ability to cope with emotional that interferes the process of thinking. There are many factors that can be a source of stress including stress at the workplace. The chasm of workplace stress requires innovative rethinking to be addressed evocatively. In 2019, 94% of American worker's reported suffering stress at their workplace. Around 23% of them described their stress levels as high, while 6% said their levels of stress were extremely high. In Malaysia, a survey has signified Malaysian employees are overworked, sleep-deprived, with 51% travail from at least one dimension of work-related stress as well as 53% getting less than seven hours of sleep in 24 hours. A massive open online course (MOOCs) is a web-based distance learning program that is designed for the participation of a large number of geographically dispersed learners. There are various MOOC on stress management, but none of them are focusing on corporate workplace stress management. Therefore, this project is aimed at establishing a Massive Open Online Courses (MOOCs)-Corporate Stress Management with the objective to succour individual or workers to reduce stress at their workplace.