

**THE INFLUENCE ON OFFICE AND HOME  
WORKLOAD AMONG CAREER WOMEN: A  
STUDY AMONG FEMALE ACADEMICIANS  
OF UiTM SERI ISKANDAR, PERAK**

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I certify that the substance of this thesis has not been already been submitted for any degree and is not currently being submitted for and other degree or qualification.

I certify that any help received in preparing this thesis and all sources used have been acknowledged in this thesis.

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## ABSTRAK

Seorang wanita kebiasaannya akan terkesaan sama ada dari segi fizikal mahupun emosi dalam setiap pekerjaan yang dilakukan. Lebih-lebih lagi dalam situasi di mana seorang wanita itu mempunyai dua tanggungjawab iaitu tanggungjawab di pejabat mahupun tanggungjawab di rumah. Karier dan keluarga adalah dua aspek penting dalam kehidupan seseorang manusia terutamanya kepada wanita kerana ianya turut menyumbang kearah tekanan kerja di kalangan mereka. Kajian ini akan mengkaji asas tekanan kerja di kalangan wanita bekerjaya di Malaysia. Tujuan kajian ini dijalankan adalah untuk membina kefahaman tentang tekanan kerja dan untuk mengenal pasti sama ada terdapat hubungan di antara bebanan kerja di pejabat dan bebanan kerja di rumah dengan tekanan kerja yang dialami staff akademik wanita. Data yang diperolehi dan dikumpul adalah sebanyak 90 daripada pensyarah wanita di Universiti Teknologi Mara, Cawangan Seri Iskandar, Perak yang dipilih secara rawak di antara Institusi Pengajian Tinggi Negeri Perak.

Hasil dari kajian ini menunjukkan bahawa terdapat signifikansi hubungan di antara bebanan kerja di pejabat serta bebanan kerja di rumah dengan tekanan kerja. Oleh sebab itu, jelas sekali bahawa faktor bebanan kerja di pejabat serta bebanan kerja di rumah adalah antara faktor terpenting yang turut menyumbang kearah tekanan kerja yang dialami oleh staff akademik. Oleh yang demikian, keseimbangan di antara kedua-dua faktor ini amat penting kerana ianya dapat membantu dalam mengurangkan tahap tekanan kerja yang dialami di kalangan staf akademik universiti pada masa kini.

## **ABSTRACT**

A woman is affected physically as well as emotionally in every type of job. For, mostly it is the case of dual responsibility of office job and household responsibilities for her as Work and family are the two most important aspects of people's lives especially for women and they often create job stress among them. This paper examines the nature of that job stress and its effect on the female academicians at higher university. The purpose of the present study is to develop an understanding on the job stress and to examine whether there is a relationship between office workload and also home workload with the job stress. The data for this study were collected from 90 female lecturers of Universiti Teknologi Mara (UiTM), Seri Iskandar Perak and was selected randomly as one of the Higher Learning Institution in Perak.

The findings from the study were indicated that there were a significant relationship between office workload and home workload with the job stress. Due to that, it is now clear that the office workload and home workload are two importance factors that contribute to job stress. Therefore, the alignment between these two factors is important as it will help to reduce the level of job stress among the female academicians of the university.

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# CHAPTER ONE

## INTRODUCTION

### 1.1 Introduction to the Study

A woman is an adult female human being. In more recent history, the gender roles of women have changed greatly. Traditionally, middle-class women were typically involved in domestic tasks emphasizing child care, and did not enter paid employment. For poorer women, especially working class women, this often remained an ideal, as economic necessity compelled them to seek employment outside the home. The occupations that were available to them were, however, lower in prestige and pay than those available to men. As changes in the labor market for women came about, availability of employment changed from only "dirty", long hour of factory jobs to "cleaner", more respectable office jobs where more education was demanded, women's participation in the labor force rose from 6% in 1900 to 23% in 1923. These shifts in the labor force led to changes in the attitudes of women at work, allowing for the "quiet" revolution which resulted in women becoming more career and education oriented.

Dube (1980) studied the status of women in South East Asian countries like Indonesia, Malaysia, Philippines, Singapore and Thailand and found that women with higher levels of education and training choose to enter the labor force and earn income independently (Dube:1980).

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