ERGONOMIC PROBLEMS AND JOB STRESS: A STUDY AMONG WORKERS
AT NICHICON (M) SDN. BHD.

By

NURUL HAYATI HANISAH BINTI MOHD SARIF

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Nurul Hayati Hanisah binti Mohd Sarif
College of Business
Universiti Utara Malaysia
ABSTRACT

This research examines the ergonomic issues such as job design, process design work, working time and workload that affect the stress in the workplace. The aim of this study was to develop an understanding of the ergonomic factors that affect stress and to examine the relationship between ergonomic factors and work stress. Data for this study was collected from 100 employees Nichicon (M) Sdn. Bhd., Bandar Baru Bangi, Selangor. The study was carried out by conducting analyses to figure out the relationship that exists between the work design, work process design, working hour and workload with work stress. The results showed a relationship between workload and job stress. The other three variables; work design, work process design and working hour are not significant factors that contribute job stress among the employees. It is essential to promote ergonomics concepts and practice by disseminating the applications to various industries so that both employers and employees benefit and become aware of design concepts and work methods that can help to improve workplace conditions as well as enhancing workers’ OSH.
ABSTRAK

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CHAPTER 1
INTRODUCTION

1.0 Introduction

This chapter gives a brief introduction regarding the study. This chapter also discusses the research problem, research question, research objective, scope of the study, significant of the study and a brief operation of the keywords.

1.1 Background of the Study

Ergonomics in the workplace is one of the most important elements that might influence the employee’s productivity. Nowadays, organizations are highly seeking the ways for effective working environment as a means to improve employee’s performance and health condition (Huang and Robertson, 2006). Besides, Cohen (1993) and Jones et al., (1993) in Huang and Robertson (2006) mentioned that group performance becomes as one of the important issue for organization’s business which rely on the collaboration efforts in meeting organizational goals itself. Jobs in ergonomically designed may lead to raise the employee’s performance and reduced the stress level.

In deep, workplace with ergonomic design may reduce hazards and illness that are related to ergonomics such as cumulative trauma disorders (CTD), repetitive strain injuries (RSI), back pain, shoulder pain, leg fatigue and other illness (Garg and Rastogi,
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REFERENCE


