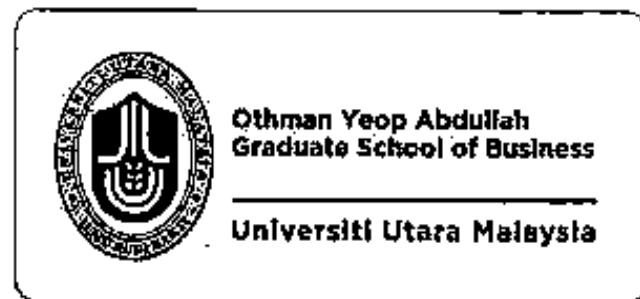


**STRESS FACTORS OF TEACHERS FROM SECONDARY SCHOOL IN
IPOH**

BY

NICHOLAS VINODH A/L ANTHONYSAMY

**Thesis to be submitted to
Othman Yeop Abdullah Graduate School of Business,
University Utara Malaysia,
In Fulfilment of the Requirement for the
Degree of Master of Science (Management)**



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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. Dapatkan 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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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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