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THE RELATIONSHIP BETWEEN STRESS, WORKLOAD, AND TIME  
MANAGEMENT TOWARDS STUDENTS PERFORMANCE

By

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Management

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## ABSTRAK

Keseimbangan kerja adalah sangat penting kepada individu bagi memastikan keseimbangan terhadap pencapaian dan kepuasan dalam hidup mereka. Dalam konteks bekerja sambil belajar, terdapat aspek-aspek tertentu yang penting yang perlu diberi perhatian serius agar kedua-duanya boleh dilaksanakan dengan baik. Kajian ini dijalankan untuk menentukan hubungan keseimbangan kerja (i.e tekanan, bebanan kerja, dan pengurusan masa) terhadap prestasi pelajar pasca siswazah di Universiti Utara Malaysia (UUM). Data kajian daripada 155 pelajar pasca siswazah separuh masa di Othman Yeop Abdullah (OYA) Siswazah Sekolah Perniagaan telah digunakan untuk mencapai objektif kajian ini. Keputusan regresi menunjukkan bahawa tekanan dan pengurusan masa adalah jelas dan positif berhubung kait dengan prestasi pelajar. Ia juga menunjukkan bahawa bebanan kerja mempunyai hubungan yang negatif terhadap prestasi pelajar. Implikasi teori, praktikal, akademik dan peraturan tentang dapatan kajian ini telah dibincangkan secara terperinci. Oleh itu, kajian ini membuat kesimpulan bahawa keseimbangan kerja menjadi penghubung utama kepada prestasi pelajar separuh masa yang bekerja.

Kata Kunci: Keseimbangan kerja, tekanan, bebanan kerja, pengurusan masa, prestasi pelajar, efikasi sendiri.



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## ABSTRACT

Worklife balance is very important for individuals to ensure a sense of balance of achievement and pleasure in their life. In the context of working while studying, there are certain important aspects that need to be taken seriously so that both can be done well. This study was conducted to determine the relationship of worklife balance (i.e stress, workload, and time management) among part time postgraduate student performance in Universiti Utara Malaysia (UUM). A survey data from 155 postgraduate part time students of Othman Yeop Abdullah (OYA) Graduate School of Business were used in order to achieve the objective of this study. The regression results showed that the stress and time management is significantly and positively related to the student performance. It also showed that workload have negative relationships on student performance. The implications of the theory, practical, academic and regulations of the findings in this study were discussed in detail. Therefore, this study concluded that the worklife balance has become a vital link to the performance of part-time working students.

Keywords: Worklife balance, stress, workload, time management, student performance, self-efficacy.



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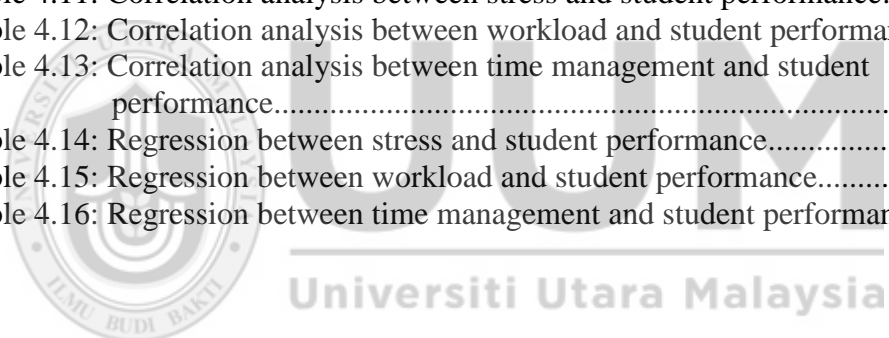
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## LIST OF ABBREVIATIONS

**HEIs** - Higher Education Institution

**IPTA** - Institut Pengajian Tinggi Awam

**IPTS** - Institut Pengajian Tinggi Swasta

**OYA** - Othman Yeop Abdullah

**PhD** - Doctor of Philosophy

**UUM** - Universiti Utara Malaysia



# CHAPTER 1

## INTRODUCTION

### 1.1 Background of the study

Education becomes one of major contribution to capital development in Malaysia. Education plays a great role in the life of everyone all through the life. Getting proper education is exceptionally important to get achievement and have a prevalent life. Education develops personality of the people, provides physical and mental standard and transforms people's living status. It promotes the feeling of physical, mental and social well-being by providing better life (Cheng, Chan and Mahamood, 2009). Good education is constructive in nature which constructs the future. It helps a person to improve status of mind, body and spirit.

Malaysia Higher Education Institution (HEIs) is responsible for providing learning opportunities to everyone either as a part timer or full time student (Sua and Raman, 2009). HEIs were preserving the ecosystem of high-quality education to develop individual potential to meet the aspirations of the country. The enrolment of students from year to year is increasing based on the Malaysia Higher Education Institution (HEIs) statistic (Sulaiman, 2013).

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