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ERGONOMICS FACTOR AND THEIR RELATIONSHIP TO JOB STRESS

By

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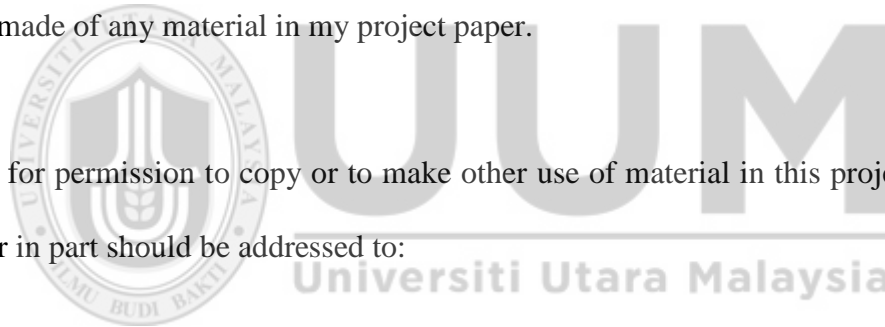
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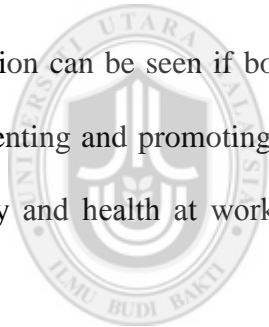
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ABSTRACT

In this study, it is more emphasis on the impact and effects of ergonomic factors related to workplace stress. It is also to check whether there is a relationship between ergonomic factors such as job design, work environment, such as indoor air, lighting and noise, as well as the factor of job rotation, work hours and workloads with work pressure. Data were collected from 122 employees at a manufacturing company located in Kampong Janda Baik, Bentong, Pahang, mainly working on the production line. They were chosen because the environment and how to work more or less the same. The results showed there was a relationship between the variables workload and humidity with job stress in this manufacturing company. Five other variables, job design, lighting, working hours, noise, and shift work have no significant relationship to the job stress. A good implication can be seen if both sides, if employees and employer can work together in implementing and promoting the concept and work practices of ergonomic. Awareness of safety and health at work is important for employers and employee's a like good benefit.



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ABSTRAK

Dalam kajian ini, ia lebih menekankan tentang kesan- kesan faktor ergonomik dan kaitannya dengan tekanan tempat kerja. Ia juga untuk memeriksa sama ada terdapat hubungan antara faktor-faktor ergonomik seperti rekabentuk kerja, persekitaran kerja seperti udara dalaman, pencahayaan dan bunyi bising, begitu juga dengan faktor pusingan kerja, waktu bekerja, dan bebanan kerja dengan tekanan kerja. Data kajian ini diperolehi dan dikumpulkan daripada 122 orang pekerja di satu syarikat pembuatan yang terletak di Kampung Janda Baik, Bentong, Pahang. Mereka dipilih kerana persekitaran serta cara kerja yang lebih kurang sama. Hasil kajian menunjukkan terdapat hubungan antara pemboleh ubah beban kerja serta kelembapan persekitaran tempat kerja dengan tekanan kerja di syarikat pembuatan ini. Lima pemboleh ubah lainnya, rekabentuk kerja, pencahayaan, waktu bekerja, bunyi bising, serta kerja syif tidak mempunyai hubungan yang signifikan terhadap tekanan kerja. Implikasi yang baik boleh dilihat jika kedua- dua belah pihak jika dapat bekerjasama dalam melaksanakan dan mengamalkan konsep ergonomik dan amalan-amalan kerja secara ergonomik. Kesedaran tentang keselamatan dan kesihatan di tempat kerja adalah penting agar majikan dan pekerja sama-sama mendapat manfaat dan faedah yang baik.

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CHAPTER ONE

INTRODUCTION

This chapter will brief introduction of the study. This chapter also discusses the background of the study, problem statement, research question, objective of the study, scope of the study, significant of the study and brief operation of the keywords.

1.1 Background of the study

Continuous or repetitive stress to our body or emotion which our body or feels cannot cope up will give bad or negative impact to our body, especially in today's modern lifestyle, very complex and challenging compared to last decade. These also give impact to our action or response to certain situation which may wrongly, or without reasonable and practicable way. From the earlier study, has been identified generally in the world that stress having big impact and concern from both employees and employers. An individual could experience stress if he/she perceives negatively towards his/her work environment.

An ergonomic factor includes many aspects like humidity, lighting, work design, noise and etc. Research shows that ergonomics factor that characterized by extreme heat, dim lighting, and congested works area can be associated to stress at the workplace (Sutton and Rafaeli, 1987). Cited by Zafir and Durraishah (2009), statement by Yeow and Nath Sen,(2003): Mohamad Khan et al., (2005), mentioned, in the

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