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**THE RELATIONSHIP BETWEEN STRESS, WORKLOAD, AND TIME
MANAGEMENT TOWARDS ACADEMIC PERFORMANCE AMONG WORKING
POSTGRADUATE STUDENT IN UUM**



Thesis Submitted to the School of Business Management,
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In Fulfilment of the Requirements for Master in Science (Management)



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Perniagaan**

SCHOOL OF BUSINESS MANAGEMENT

Universiti Utara Malaysia

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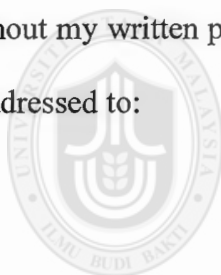
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ABSTRAK

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 tekanan, bebanan kerja, dan pengurusan masa terhadap prestasi pelajar pasca siswazah di Universiti Utara Malaysia (UUM). Data kajian daripada 103 pelajar pasca siswazah yang bekerja di Othman Yeop Abdullah (OYA) Siswazah Sekolah Perniagaan telah digunakan untuk mencapai objektif kajian ini. Keputusan regresi menunjukkan bahawa tekanan, bebanan kerja dan pengurusan masa adalah jelas dan positif berhubung kait dengan 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: *Tekanan, bebanan kerja, pengurusan masa, prestasi pelajar, efikasi sendiri.*

ABSTRACT

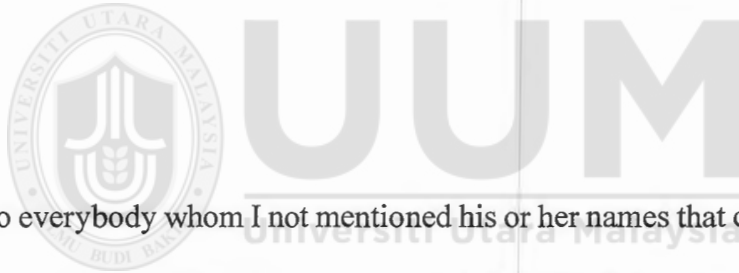
Work-life balance is very important for individuals to ensure a sense of balance of achievement and pleasure in their life. In the context of working while studying, there are certain important aspects that need to be taken seriously so that both can be done well. This study was conducted to determine the relationship of stress, workload, and time management towards academic performance among part time postgraduate student in Universiti Utara Malaysia (UUM). A survey data from 103 working postgraduate 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, workload and time management are significantly and positively related to the 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 stress, workload and time management have become a vital link to the performance of part-time working students.

Keywords: *Stress, workload, time management, academic performance, student performance, self-efficacy*

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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




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CHAPTER 1

INTRODUCTION

In the 20th century, education plays a great role in everyone's life and it is also becomes one of major contribution to Malaysia. In order to get high achievement and prevalent life, it is crucial that people need to have a proper education. Besides, education not only create world class mentality but it also develops personality of the people, provides physical and mental standard, and transforms people's living status. Other than that, education promotes the feeling of physical, mental and social well-being by providing better life. Thus, good education is constructive in nature which constructs the future and it helps a person to improve status of mind, body and spirit.



According to Education Act 1996 in Malaysia, Malaysian Higher Education (HEIs) is responsible for providing learning opportunities to everyone either as part timer or full time student. HEIs plays crucial role in preserving the ecosystem on high quality education to develop individual potential to meet the mission of Malaysia which is according to Ministry of Higher Education (2018), "to sustain the higher education ecosystem in order to develop and enhance individual potential and fulfill the nation's aspiration". Therefore, it is become HEIs responsibility to increase the level of education standard in Malaysia by providing quality contents of subject and added value in each students.

In generating human capital that is high in knowledge and have the expertise in all fields, governments has planned and drafting National Education Policy to increase the quality of human capital through national empowerment at higher education (Pisupati, B., 2018). On the other hand, higher education at national level play a very important role as the effort to

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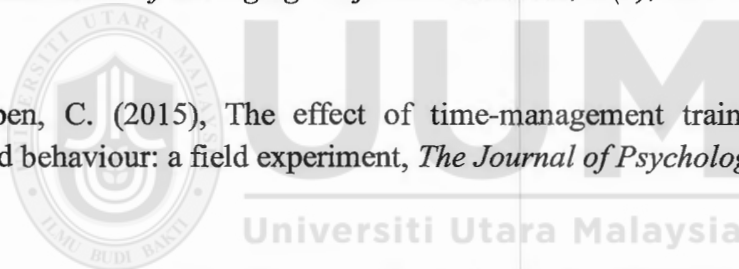
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