

Workplace Stress and Job Effectiveness: An Investigation in Malaysian Universities

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Abstract:

Stress can negatively impact one's health and productivity in any line of work. Stress at work leads to employee turnover and absenteeism, affecting individuals and organisations. Academics in Malaysia's public and private universities are subject to the same standards. The rapid developments in higher education have resulted in increasingly demanding work and stress for academics at both public and private colleges in Malaysia. This study examines the relationship between academicians' job performance and occupational stress at Malaysian universities. The study looks at the various effects that occupational stress has on job performance, including the working environment, workload, and job insecurity. This study examines the relationship between workplace stressors and an individual's capacity to perform well through a thorough analysis of existing literature and a theoretical framework. The study focuses on the unique challenges academicians at Malaysian universities face. In order to gain a deeper understanding of the elements that lead to academic performance and well-being, this study will employ a quantitative methodology and data from academics at public and private universities in Malaysia. The findings of this study will guide programs meant to lessen the stress associated with college and enhance academic performance and student outcomes. This study enhances professional performance and fosters intellectual self-awareness. In light of this, the goal of this study is to pinpoint the factors that affect academicians' performance in order to help academicians at public and private universities alike produce satisfactory outcomes.

Keywords:

Occupational stress; Job performance; Working environment; Workload; Job insecurity; Academicians.