

Title of Thesis	A study of factors that causes stress among nurses in dialysis centre Miri
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## **ABSTRACT**

Job stress is increasingly becoming an epidemic in the work environment. Nursing staff is constantly encountering trouble, crisis and conflict in the work environment that require them to cope with the stress. As a nurse, by tradition and training, you are good at spending a great deal of mental, emotional and physical energy on caring for others.

This research main objective is to identify how vulnerable the nurses in the dialysis centre to stress and to find out the solutions and action should be taken to overcome this problem. Besides that, this research is also conducted to know what are the major factor that causes stress at work for the nurses in the dialysis center are facing.

The research methodology used in this project is quantitative method where the researcher used likert-scale to analyzed the data.

There are five major findings that the researcher have found in the research which are the researcher found that Nurses have Type A Behaviour, method to cope with stress, the major factor that causes stress in the nurses, older nurses suffer more stress than the younger nurses and younger nurses are more vulnerable to stress than the older nurses.

The researcher has suggested recommendations where the nurses and the organizations can used to help to avoid and cope with stress and the researcher also has suggested some area of study for future research such as personality traits.

Some evidence of the stress-moderating role of social support was also found. The nurses agreed that they should have supportive events to help them cope with stress.