

Occupational Stress and Its Associated Factors among Indonesian and Malaysian University Academic Staff

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ABSTRACT

The study aimed to determine the profile of occupational stress levels and its associated factors among Indonesian and Malaysian university academic staff. The study used a survey method with purposive sampling technique. The validated questionnaire used to collect data, namely the Occupational Stress Scale (OSS) and the Stress Source Scale (SSQ). Data collected from 263 staffs in several different faculties. The findings showed that in both Indonesia and Malaysia, the level of stress on academic staff is in the moderate category, wich are Indonesia at 43.9% and Malaysia at 35.1%. The occupational environment factors that influenced the occupational stress in Indonesia and Malaysia were experiences of violence and aggression behavior. Meanwhile, the health factors in Indonesia were psychological tensions and in Malaysia were mental well-being.

Kata Kunci: *occupational stress, associated factors of stress, academic staff*