UTM
UNIVERSITI TEKNOLOGI MALAYSIA

STRESS PROFILING
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DESCRIPTION

Useful Stress Profiling help to detect existence of stress amongst teachers and working population. Besides that, able assist in identify stress level and recommend strategies to overcome stress at work. Moreover, help to motivate staff better at work by analysis their level and source of stress at work that affect their work performance.

Needs

a) Increase motivation in workplace.
b) Reduce health impact on working population.
c) Detect existence of stress at workplace.
d) Identify suitable treatments for your stress.
e) Identify and measure your stress level.
f) Create more motivated worker.
g) Helping those in high stress profession.

Application

The product was specifically designed for teaching professionals in Malaysia, which include kindergarten teachers, primary school teachers, secondary school teachers, university and college lecturers and other similar teaching professionals. This product can also be used by people who are not from the teaching profession. However, the accuracy of the results may be debatable.

Benefits

a) Acknowledgement of the stress with spiritual and physical exercises.
b) Tackles irrational thinking.
c) Stress reduction skills (communication and time management).
d) Relaxation strategies.
e) Life structure and knowing one's identity.

Targeted Market

a) Global market
b) Organisations
c) Individual
d) Teachers

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