

# **Entrepreneurial Stress, Burnout and Intention to Quit: An Examination on MARA Entrepreneurs**

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**Abstract:** The study on stress, burnout and intention to quit among Malaysian entrepreneurs is next-to-nothing. Therefore, there is a need to contribute more in this area of study. The demands of the work of an entrepreneur can lead to burnout. From the literature survey conducted earlier, job burnout led to intention to quit. The objectives of the study are to review the relevant literatures on entrepreneurial source of stress, burnout and intention to quit and to develop hypothesis and a conceptual framework depicting these relationships for the majlis amanah rakyat (MARA) entrepreneurs in Malaysian Small and Medium Enterprises (SME). In this study, stress will be measured through ASSET, a shortened stress screening tool. The source of stress measured are: Work relationships, work-life balance, overload, job security, control, resources and communication, aspects of the job and pay and benefits. Meanwhile, burnout is measured through maslach burnout inventory and lastly intention to quit is measured with intention to quit scale. The sample of the study is the MARA entrepreneurs in Malaysian SMEs. Implication of this study is that by improving on these source of stress, burnout and finally, their intention to quit, entrepreneurial success will be ensured.

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