

UNIVERSITI TEKNOLOGI MARA

**DETERMINANTS OF STUDENTS' STRESS:
A CASE STUDY OF PRIVATE UNIVERSITIES IN
SELANGOR**

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ABSTRACT

Stress among universities' students became an issue in today's world. Stress is undeniable could produce negative implications towards students' physical and mental health. At worst incident, stress could lead suicidal among students. Therefore, there is an urgent need for the solutions of stress among students. However, the most important part in addressing that issue is to identify the factors that contribute towards students' stress. Hence, the aims of this research to identify the determinants of stress among private universities students in Selangor specifically from MSU, UniKL and UNISEL. This is because there are not many studies have been done in the private universities' scope. Secondly, is to examine the moderating effect of gender towards the relationship of independent variables which are academic performance, interpersonal relationships, and financial burdens and dependent variable, namely students' stress that involved in this study. Lastly is to identify the most influential factor that contributes to students' stress. In this study, the data obtained from a survey questionnaire that polled students' information on their stress sources. The data was analyzed and evaluated accordingly to research hypotheses and research objectives. The resulted of this study showed two independent variables in this study which are academic performance and financial burdens are the stressors for students' stress. Besides, that this research findings also indicates that the most influence factors that contributes towards students' stress is financial burdens. On the other hand, gender that act as moderating factor moderate the relationship between academic performance and students' stress only. This study hope that it can contribute towards the understanding in students' stress factors among private universities' students in Selangor specifically from MSU, UniKL and UNISEL.

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CHAPTER 1

INTRODUCTION

1.0 INTRODUCTION

This chapter discussed on the study background, which are the stressors that contribute to academic stress of private university's students from Management and Science University (MSU), University of Kuala Lumpur (UniKL), and University of Selangor (UNISEL) in Malaysia. Other than that, it also covers the problem statement coupled with research questions. Besides that, it states the objectives of this study and the details of the study scope being explained. Furthermore, this chapter also clarifies the vital of the study and explains about the term of concept and definition.

1.1 BACKGROUND OF THE STUDY

Feeling of pressure or well-known as stress is not a peculiar in today's world. Together with the advances of scientific era and technology, people are getting intense and busier which stress is a common result (Ying, Shu, Ming & Farn, 2009). According to Kumar and Bhukar (2013), they claimed that stress is a part of life in recent days. Competitiveness and rapid development becomes a forte in today's world where this intense and busy situation will create stress towards people (Nandamuri & Ch, 2011). Stress can be defined as the negative reaction of individual to extreme pressures or demands that they are facing, where it happens due to individual perception that they are incapable to cope with the situations (Campbell, 2006; Kumar & Bhukar, 2013). On the other hand, stress also can be considered as a psychological response towards threats (Pinel, 2003). When a person acknowledged the situation as challenging, it will create positive outcomes such as increasing individual motivation, but if an individual perceive the situation as a threat, it will create stress and anxiety (Nandamuri & Ch, 2011).