

UNIVERSITI TEKNOLOGI MARA

**THE RELATIONSHIP BETWEEN BODY MASS INDEX (BMI) AND
STRESS SCORE AMONG PHARMACY STUDENTS IN UITM
PUNCAK ALAM CAMPUS**

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ABSTRACT

Purpose: Stress is unavoidable and it is not possible to be eliminated from our lives entirely. However, stress is not caused by the same factor for everybody, nor does everyone experience stress in the same way. Therefore different individual will react differently towards the stressor that they may experience. In order to overcome the stress, people may tend to do actions that can results in change of sleep pattern, eating style, social life and also financial. As students, there are many factors that cause the stress to occur, thus this study tries to investigate what are the main stressors to the stress. Besides, the purpose of this study is to know whether there is relationship between BMI and stress score among Pharmacy students. **Methods:** A cross-sectional study was conducted to 300 undergraduate Pharmacy students of UiTM Puncak Alam Campus and they were selected using the random stratified sampling method. Data about the stress score were collected using a specific questionnaire for students while data about BMI were calculated using the height and weight of the respondents. **Results:** A total of 256 (85.33%) valid questionnaires were collected. There was a high prevalence of stress among the Pharmacy students and the main factors were due to academic workload and tests/exams. Apart from that, the results stated that there were no significant difference between dependent and independent variables as p-values are more than 0.05 except for stress score with year of study. **Conclusion:** This study showed that most of the students have a normal body weight while the stress score is highest in third year. There was no significant relationship between BMI and stress score.

Keywords: Body Mass Index (BMI), Stress, Stressors, Pharmacy Students

CHAPTER 1

INTRODUCTION

1.1 Background

Stress can be defined as a mentally or emotionally distracting condition that occurs due to many different factors (“Stress,” 2006). There are millions and perhaps even billions of people suffer every single day from stress and its effects. The stress experienced normally can be observed via different symptoms either physically or mentally shown by the person. The examples of physical stress symptoms are rise in blood pressure, increased in heart rate and also changes in individual weight over time while the mental stress symptoms can be clearly seen through are depression, panic and low self-esteem (Nordvrist, 2009). On the other hand, from other source stated that the symptoms of stress can be divided to four categories which are cognitive symptoms, emotional symptoms, physical symptoms and behavioral symptoms but different people will not show the same symptoms and responds towards the stress. Thus the psychologist divided the responds into three analogies which are foot on the gas, foot on the brake and foot on both. The meaning of the analogy are an angry stress respond, a withdrawn stress response and frozen stress respond, respectively (Smith, Segal, & Segal, 2012).