



UNIVERSITI TEKNOLOGI MARA

**“PILOT STUDY: COMPARISON OF KNOWLEDGE, ATTITUDE AND
PERCEPTION ABOUT DEPRESSION AND ANXIETY AMONG UNIVERSITY
STUDENTS IN UNIVERSITI TEKNOLOGI MARA (UiTM) PULAU PINANG”**

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ABSTARCT

The knowledgeable, attitude, and perception about depression and anxiety among students at UiTM Pulau Pinang have been explored. This study focus on how much students take a note which to compare between depression and anxiety on their lifestyle during studying at university that is actually resulting give a feedback. From the observation this research seems to be important to obtain a statistics from the survey done to the population. By the study subject, the questionnaire was be contributed to students by randomly. This project is focus to relate their demographics factors which are gender, ages, race, religion, current position and faculty to make students awareness about comparison between of depression and anxiety. From the 30 filled questionnaires we manage to collect, we go through all of it and key in the data into SPSS version 16.0 software to get the result in table form and also graph form. Expectedly, most of students (93.7%) are **NOT** to understand clearly and to control their depression and anxiety but from that they were curious to know about it better. Indeed, this result will be fully used soon on how to manage and control their depression and anxiety for future in better ways. Thus, this may be to assess the depression and anxiety and the objective will be achieve.

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CHAPTER 1

INTRODUCTION

WHAT IS AN ANXIETY?

Anxiety is a general term for several disorders that cause nervousness, fear, apprehension, and worrying.

These disorders affect how we feel and behave, and they can manifest real physical symptoms. Mild anxiety is unclear and unsettling, while severe anxiety can be extremely unbearable, having a serious impact on daily life.

People often experience a general state of worry or fear before confronting something challenging such as a test, examination, recital, or interview. These feelings are easily justified and considered normal. Anxiety is considered a problem when symptoms interfere with a person's ability to sleep or otherwise function. Generally speaking, anxiety occurs when a reaction is out of proportion with what might be normally expected in a situation.

WHAT IS A DEPRESSION?

Depression is a state of low mood and dislike to activity that can affect a person's thoughts, behavior, feelings and sense of well-being.

People with a depressed mood can feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable, angry, ashamed or restless. They may lose interest in activities that were once pleasurable, experience loss of appetite or overeating, have problems concentrating, remembering details or making decisions, experience relationship difficulties and may contemplate, attempt or commit suicide. Insomnia, excessive sleeping, fatigue, aches, pains, digestive problems or reduced energy may also be present.

Depressed mood is a feature of some psychiatric syndromes such as major depressive disorder, but it may also be a normal reaction, as long as it does not persist long term, to life events such as bereavement, a symptom of some bodily ailments or a side effect of some drugs and medical treatments.