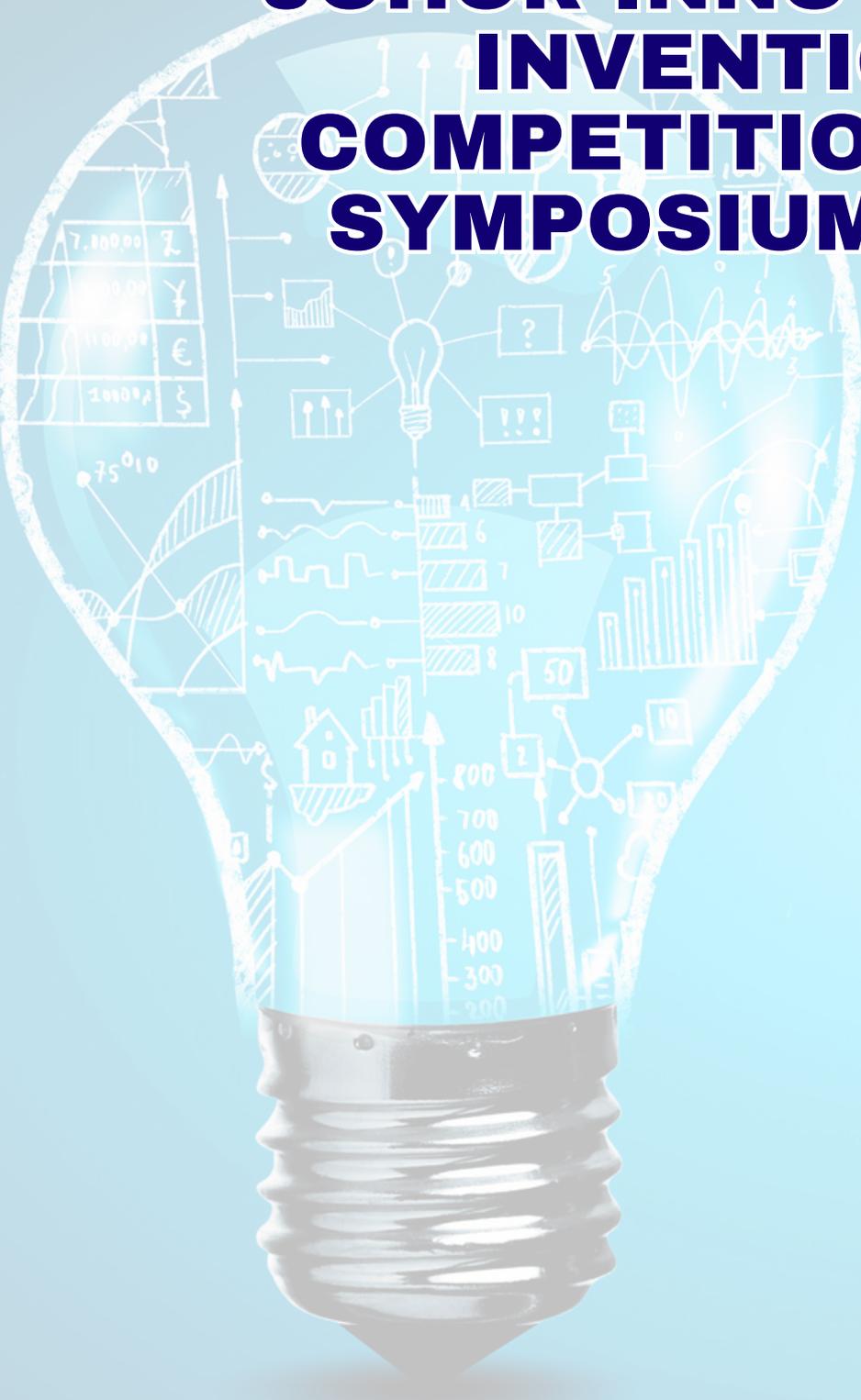UNIVERSITI
TEKNOLOGI
MARA

JIICaS 2023

JOHOR INNOVATION INVENTION COMPETITION AND SYMPOSIUM 2023

" Innovation Inspires a Society to be Critical and Creative"

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" Innovation Inspires a Society to be Critical and Creative"

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Preface

In the name of Allah, the Almighty who gives us the enlightenment, the truth, the knowledge and with regards to Prophet Muhammad (peace be upon him) for guiding us to the straight path. We thank to Allah for giving us guidance and strength to write this e-book.

This e-book compiles the extended abstracts that submitted to Johor Innovation Invention Competition and Symposium 2023 (JIICaS2023), where JIICaS2023 is a virtual platform for all creative minds to share and present their invention and innovation. The extended abstracts are divided into two categories, which are Category A (Higher Educational Student/ Any Recognized Institutional Students in Malaysia) and Category B (Primary/ Secondary School Students / Special Education School Students in Johor). Each abstract gives a brief background on the innovation or project.

We hope that this e-book will help the readers to get to know the innovation done by the students from both categories and get some ideas to develop future innovation products.

A012

MENTAL HEALTH AMONG UITM STUDENTS

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ABSTRACT

The level of mental health among university students has been a topic of interest in research. Mental health refers to a person's emotional, psychological, and social well-being. It includes people's thoughts, feelings, and behaviours as well as their coping mechanisms, social interactions, and decision-making processes. For whole well-being and a high quality of life, good mental health is crucial. The focus of this research is to explore the level of mental health among university students in the Universiti Teknologi MARA (UiTM) Johor branch, Pasir Gudang campus. The objective of this research is to find out how students manage their mental health, to determine the causes of mental health among UiTM students, to investigate the signs and symptoms of mental health problems, to investigate the effect of mental health on education and life and to analyse the number of students who are affected by mental health issues using descriptive analysis. There are four factors involved in this research, which are gender, age, status, and faculty. The sample size was 80 university students that were taken by using convenience random sampling. The data were collected through a questionnaire. There are two methods of analysis used, which are qualitative and quantitative methods. The finding shows that 50% of the respondents tend to have depression, and 50% of the respondents tend to have anxiety. It can be concluded that the level of mental health among university students in the UiTM Johor branch, Pasir Gudang campus is in a worse state since the tendency to have mental health problems is greater than 50%.

Keywords: Level of mental health, University students, Depression.

1.0 INTRODUCTION

This study particularly highlighted the independent variable, the Preference for a Mental Health of Students in improving the environment and achievements of student life, it is essential to understand the factors that contributed to it. Therefore, this aims to look at the preferences for a Mental Health of students. Rather than universities and schools, parents and themselves should seek constant updates for the students and explore the effectiveness of a Mental Health for the students. Keeping in touch with the students and exploring their effective Mental Health while studying so that the students can improve their way of achievements and motivating them more than pressuring them. Also, so that universities can help students by acquiring their needs, support, and services. This study explores why students should take care of their mental health among students particularly.

Between having a problem with family and having a problem with academics, it is argued that being a factor of having mental health issues increases mental health issues. With making sleep a priority and trying a relaxing activity, the individual not just can manage their mental health but also social, health, and psychological benefits. In regards to student context, a similar perspective can also be derived. As students, they are required to focus on their learning activities so that they can graduate without any problems. Get regular exercise, make

sleep a priority, try a relaxing activity, eat healthy, regular meals, and stay hydrated to name a few are the basic requirements for active students. By having such competencies and capabilities they are expected to engage actively and healthy in their daily learning activities. It is indicated that in order to have such energy to devote the focus to their very demanding learning activities, the students require maintaining their physical, mental, and psychological skills in check.

One of the ways to manage their mental health is to make sleep a priority. Studies have shown that students who make sleep a priority can manage their mental health and avoid mental health problems and have the potential to perform and engage actively in their learning. So how many hours should they sleep in a day? We argued that between 4-5 hours or 6-8 hours would be the best for hours of sleep in a day. Most of the respondents sleep 6-8 hours in a day to avoid a mental health problem and to get a productive day. In another word, we concluded that making sleep a priority and sleeping 6-8 hours can manage mental health and give positive impacts on academic-related outcomes.

2.0 OBJECTIVES

1. To find out how students manage their mental health.
2. To determine the causes of mental health among uitm students.
3. To investigate the signs and symptoms of mental health problems.
4. To investigate the effect of mental health on education and life.
5. To analyze the number of students who are affected by mental health issues using descriptive analysis.

3.0 METHODOLOGY

Population : All students of UITM Cawangan Johor Campus Pasir Gudang

Sample : 80 students of UITM Cawangan Johor Campus Pasir Gudang

Sampling technique : We use Convenience Sampling because every student at UITM does not have framing sampling and has a non-probability technique. Non-probability sampling techniques are used when the generalization of the population is not important, and at the same time the sampling frame from which the sample will be selected is not available or difficult to obtain. Convenience sampling, as the name suggests, is a procedure where the selection of respondents is at the convenience of the researcher. Often, respondents are chosen because they are in the right place at the right time where the researcher conducts the survey. Then, we select one by one using an online questionnaire.

Data Collection Method: We use questionnaires which are Google Forms and distribute it through online platforms including social media.
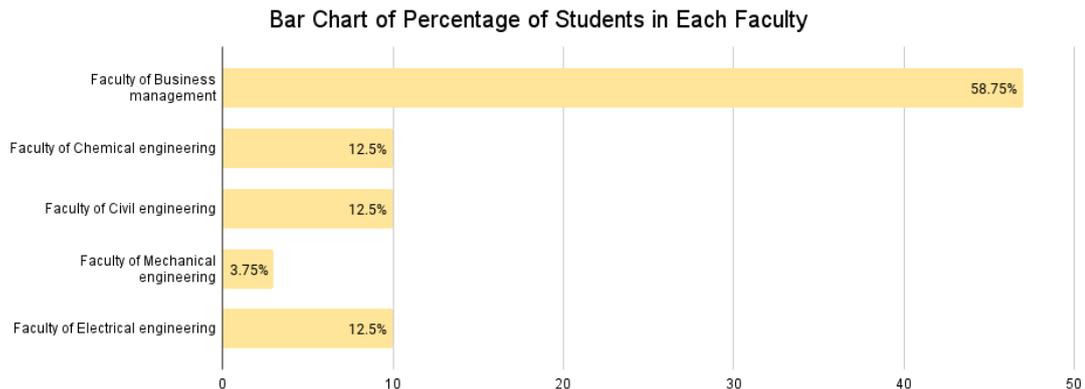
4.0 RESULTS

Figure 1: Bar chart of Percentage of Students in Each Faculty

Based on the Bar chart above, the Faculty of Business Management has the most respondents which has 58.75% which is equal to 47 students. The second respondent who has the most respondents is from the Faculty of Chemical Engineering, Faculty of Civil Engineering and Faculty of Electrical Engineering who have the same number of students which is 12.5% representing 10 students. Lastly, the fewest respondents are from the Faculty of Mechanical Engineering which is 3.75% which is only 3 students.
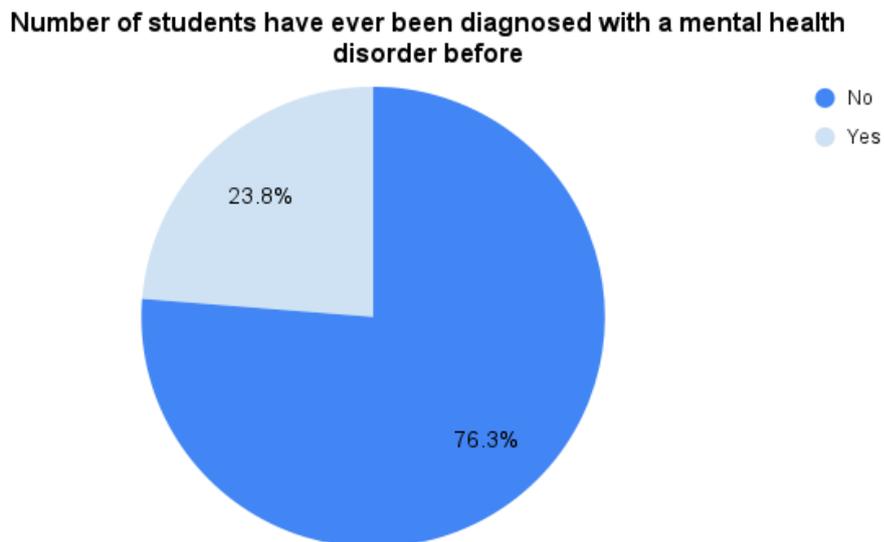

Figure 2 : Pie Chart

Based on the pie chart above, we can conclude that most of the students who have been diagnosed with mental disorders before are 76.3% (61 students). For students who have never been diagnosed with a mental health disorder before, that is 23.8% (19 students).

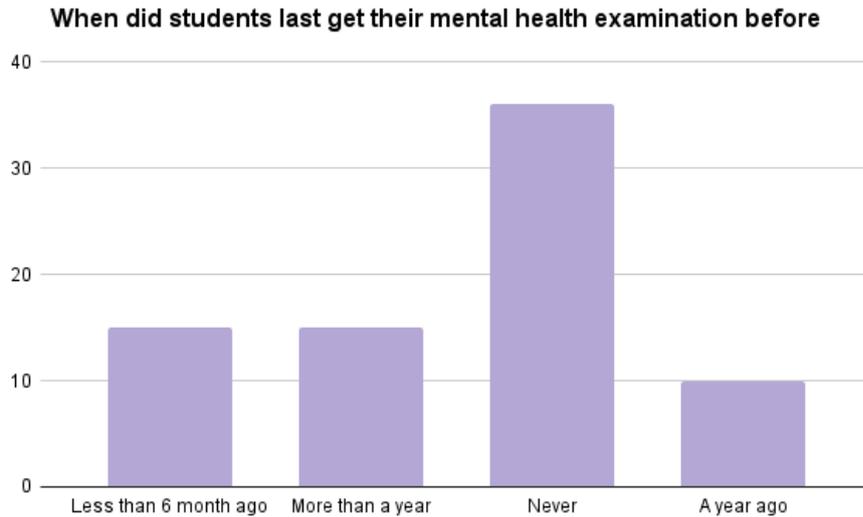**When did students last get their mental health examination before**

Figure 3 : Bar Chart

Based on the bar chart above, students who have never had their mental health checked before are the highest, which is 36 students. Next, students who had less than 6 months ago and students who had more than a year to undergo their mental health examination before are both the same number, which is 15 students. Finally, for students who underwent their previous mental health examination in the past year, there are only 10 students.

Table 1 : Frequency Table

Symptoms	No. of Students
Suicidal thinking	3
Feeling sad	4
Sleeping problem	1
All above	11
Major change in eating habits	1
Total	20

The mental health symptoms commonly experienced by students are all of the above which are thoughts of suicide, sadness, sleep problems and major changes in their eating habits which is a total of 11 students. Second highest is sadness by 4 students. Next, suicidal thoughts by 3 students. Finally, sleep problems and major changes in eating habits were the same, namely 1 student.
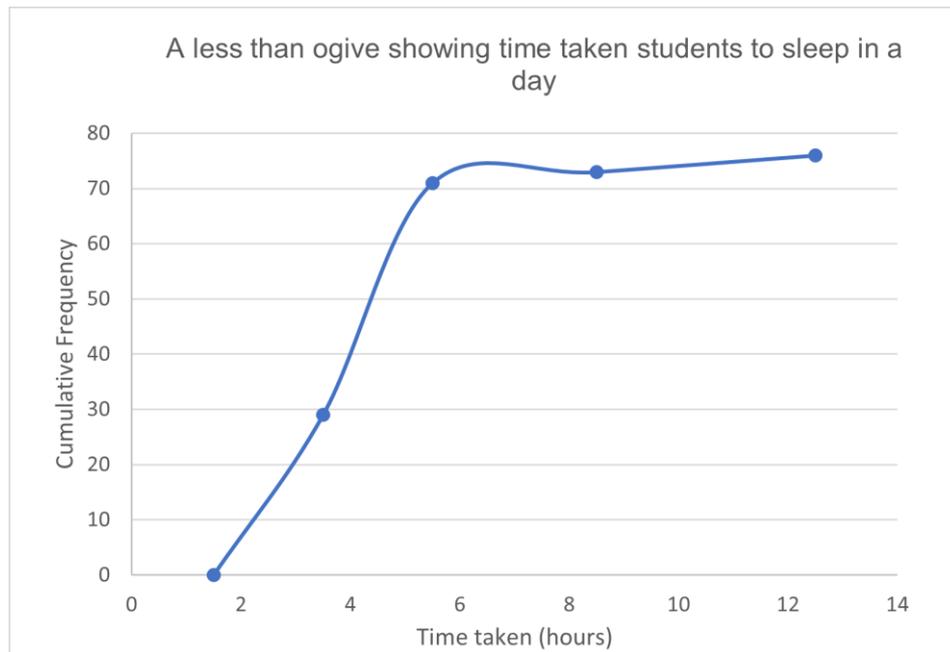
Figure 4 : Ogive

The minimum value in the data set is 1.5 hours since this is where the ogive starts on the horizontal axis. The maximum value in the data is 12.5 hours since this is where the ogive stops on the horizontal axis.

5.0 CONCLUSION

The study shows that most of the participants agree that they should care for their mental health, however they only care about the physical aspect of it. The only way they see in order to be healthy is by not being sad. They failed to recognize that another aspect they needed to take into consideration was to get regular exercise and eat healthy, regular meals, and stay hydrated. Students need to take care of both their mental health and physical health in order to avoid mental health issues and achieve a healthy lifestyle. When they have a balanced life, students can be more productive and be more motivated to study.