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**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
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Editors-in-Chief

**AHMAD KHUDZAIRI KHALID
NUR INTAN SYAFINAZ AHMAD**



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MARA

**Cawangan Johor
Kampus Pasir Gudang**

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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.



STUDYING THE EFFECTS OF DEPRESSION AMONG UNIVERSITY STUDENTS IN MALAYSIA

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ABSTRACT

Depression is a prevalent mental health disorder that knows no boundaries when it comes to age, gender, or socioeconomic status. It affects people from all walks of life, regardless of their background or achievements. University life can be a transformative period, marked by academic pressures, social transitions, and increased responsibilities. These factors, along with the challenges of adapting to a new environment and the potential separation from family and friends, can contribute to increased vulnerability to mental health issues, including depression among universities students. Narrowing the focus of the study to Malaysian university students offers an opportunity to delve deeper into the complexities surrounding depression within this specific population. By examining the prevalence, cultural factors, and impact on academic performance, researchers can contribute to the development of targeted interventions, policies, and support services that address the unique needs and challenges faced by Malaysian university students experiencing depression. Based on the finding, it shown that many student are struggling with mental health issue which effect their daily life activities. From the survey, it also concluded that students feel anxiety a lot of time in a month. This is due to the financial problem, family problem and also bundle of assignment. Therefore university should run a program that is more relax for students to join to distract them from depression and students also must learn to take care of their mental health in order to ensure better future.

Keywords: Depression, mental health, anxiety

1.0 INTRODUCTION

Depression is a complex and debilitating mental health condition that affects millions of individuals worldwide. It is characterized by persistent feelings of sadness, hopelessness, and a loss of interest in activities that were once pleasurable. While everyone experiences periods of sadness or low mood, depression goes beyond temporary emotional fluctuations, often lasting for weeks, months, or even years. This condition can have a profound impact on a person's daily functioning, relationships, and overall quality of life. Understanding depression and its various facets is crucial in order to provide support, promote mental well-being, and reduce the stigma associated with this condition.

Depression is a prevalent mental health disorder that knows no boundaries when it comes to age, gender, or socioeconomic status. It affects people from all walks of life, regardless of their background or achievements. While the exact causes of depression are not fully understood, a combination of genetic, biological, environmental, and psychological factors are believed to contribute to its development. Traumatic life events, chronic stress, hormonal imbalances, and

certain medical conditions can increase the risk of developing depression. Moreover, individuals with a family history of depression or those who have experienced previous episodes are more vulnerable to this condition.

One of the key features of depression is the persistent feeling of sadness or emptiness. This emotional state can be accompanied by a range of other symptoms, including loss of interest or pleasure in activities, changes in appetite and sleep patterns, fatigue or lack of energy, difficulty concentrating, feelings of worthlessness or guilt, and recurrent thoughts of death or suicide. It is important to note that depression is not simply a matter of feeling down; it is a complex disorder that affects both the mind and body. Physical symptoms such as headaches, digestive problems, and chronic pain are also commonly associated with depression.

Depression not only impacts an individual's emotional and physical well-being, but it can also have far-reaching consequences in various aspects of life. Relationships may suffer as the depressed person may withdraw from social interactions or have difficulty expressing emotions. Work or school performance can be negatively affected, leading to a decline in productivity and academic achievements. Additionally, depression can increase the risk of developing other mental health disorders, such as anxiety or substance abuse, further exacerbating the overall burden on the individual. It is important to recognize the multifaceted nature of depression and the significant toll it can take on a person's life.

Seeking help for depression is crucial, as it is a treatable condition. Treatment options include psychotherapy, medication, or a combination of both, depending on the severity and individual needs. Cognitive-behavioral therapy (CBT), interpersonal therapy (IPT), and other evidence-based approaches have been shown to be effective in managing depression. Additionally, lifestyle changes such as regular exercise, a balanced diet, and engaging in activities that bring joy and fulfillment can play a significant role in alleviating symptoms. It is important for individuals experiencing depression to reach out to healthcare professionals, friends, or family members for support and guidance on the path towards recovery. Remember, no one has to face depression alone, and with the right support, treatment, and self-care, individuals can regain control over their lives and experience renewed hope and happiness.

Malaysia, a multicultural country in Southeast Asia, has a growing population of young adults pursuing higher education. University life can be a transformative period, marked by academic pressures, social transitions, and increased responsibilities. These factors, along with the challenges of adapting to a new environment and the potential separation from family and friends, can contribute to increased vulnerability to mental health issues, including depression.

Research focusing on depression among Malaysian university students is important for several reasons. Firstly, it allows for a better understanding of the prevalence and severity of depression within this specific population. This knowledge can inform policymakers, university administrators, and mental health professionals about the magnitude of the issue and the need for targeted interventions and support services.

Secondly, studying depression among Malaysian university students can shed light on the unique cultural and societal factors that may influence the manifestation and perception of depression. Malaysia's multicultural context, with diverse ethnic groups and varying cultural norms, can impact help-seeking behaviors, stigma, and coping mechanisms related to mental health issues.

Furthermore, exploring the relationship between depression and academic performance among Malaysian university students is vital. Depression can have a detrimental impact on concentration, motivation, and overall functioning, potentially compromising educational outcomes. Understanding this association can provide insights into the specific challenges faced by students and the potential need for academic support systems.

In conclusion, narrowing the focus of the study to Malaysian university students offers an opportunity to delve deeper into the complexities surrounding depression within this specific population. By examining the prevalence, cultural factors, and impact on academic performance, researchers can contribute to the development of targeted interventions, policies, and support services that address the unique needs and challenges faced by Malaysian university students experiencing depression.

2.0 OBJECTIVES

The objective of the study are

1. To determine the prevalence of depression among Malaysian university students.
2. To examine the impact of depression on academic performance among Malaysian university students.
3. To identify mental type of mental health issue by Malaysian university students
4. To identify the history of getting medical psychology
5. To determine frequency of mental health per month among Malaysian university students

3.0 DESCRIPTION OF DATA

A description of the data identifies, organizes, and summarizes the interesting features that can be found within a collection of information. Data collection will involve asking members of a community or random people pertinent questions, after which the answers will be gathered and presented using appropriate visuals. Respondents are provided with assistance in answering questions, analyzing results, and drawing conclusions regarding probabilities and patterns as a result of the collection of data.

3.1 Population and Sample

The elements that are the subject of the study and that can be used to complete a set of items that are gathered for the interest in the research are referred to as the population. In our survey, The population consists of Malaysian university students.

The sample is a subset of the population from which individuals are selected. For our survey, 32 respondents are selected as samples.

3.2 Sampling Technique

The sampling technique we use is Convenience sampling technique that is non-probability sampling that involves the sample being drawn from that part of the population that is close to hand. Convenience sampling techniques can help us save time and money because it is . This method does not require a complicated or lengthy procedure to obtain responses. Random respondents from Malaysian university student will be selected to complete the questionnaire.

3.3 Data Collection Method

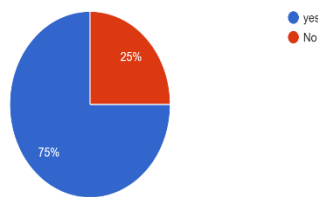
There are a few data collection methods that are commonly used to obtain the data which is face to face interview, telephone interview, mail/direct/e-questionnaire and direct observation. Every method has its own advantages and disadvantages. My group selected the e-questionnaire method as our data collection method. A questionnaire is a set of questions designed to generate the data necessary for achieving the objectives of a research project. It

must be able to provide a two-way communication between the respondent and the researcher to ensure accuracy of the data collected.

The convenience of employing this technology and the ability to cover a larger area are its benefits. Additionally, it involves a significantly cheaper cost and doesn't require making any special arrangements in advance to conduct the survey. This is because we are simply preparing the question and asking the reply to provide an answer. Additionally, by employing this technique, we were able to provide the respondents adequate time to complete the questionnaires. Lower response rates are one of this method's drawbacks. This is because it's possible that the respondent choose not to answer our query. The people who don't respond to the questionnaire might not always be the people it is intended for.

4.0 RESULTS

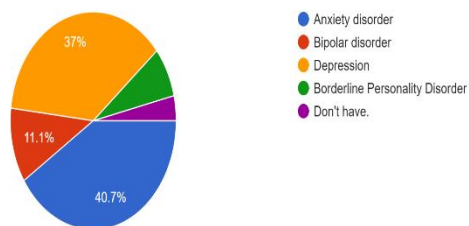
Do you have mental health issue?
32 responses



Based on the chart showing 76.7% students in UITM Pasir Gudang are not struggling with mental health issues. Meanwhile on the other hand, 23.3% are struggling with mental health issues. This shows that there students that are struggling with mental health issues right now.

Pie Chart Students Struggling With Mental Health Issues.

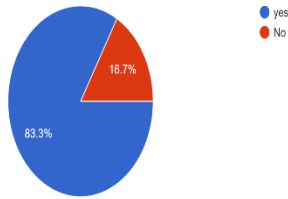
Types of mental health issues
27 responses



Charts above are asking for respondent to pick which mental health issues that they are facing through . The disease that are picked by majority are anxiety disorder with 40%. Next, Depression with 36%, followed by bipolar disorder with 12% and borderline personality disorder with 8%.

Pie Chart Type of Mental Health Students Facing

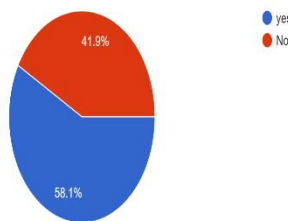
Is it caused by stress?
30 responses



Based on the pie charts above, 83.3% of respondent agree with the question which is mental health problems are caused by stress. Meanwhile 16.7% respondent disagree with the question given. This clearly shows that stress are one of the main factor for mental health issues that are faced by UITM Pasir Gudang students.

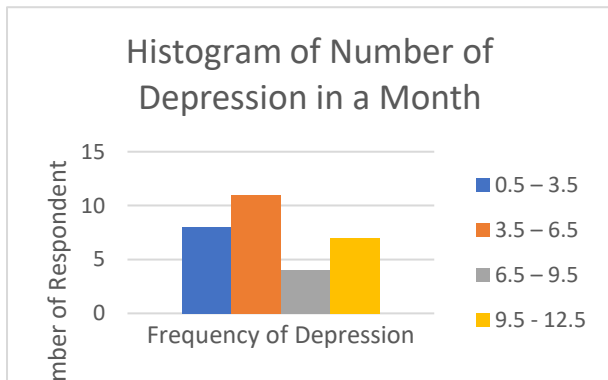
Pie Chart Causes of Mental Issue

Having a psychology medical history?
31 responses



Based on the charts above, 55.2% agree with the questions which means they do have medical history related to psychological disease. Meanwhile, 44.8% don't have any medical history related to mental illness.

Pie Chart Having Psychology Medical History



Based on the histogram, the highest rate is orange with 36.7%. Secondly, blue with 26.7% and followed up with green with 23.3%. Lastly, with lowest rate is yellow with 13.3%. With this data, we can conclude that most students feel anxiety in the frequency of 4 to 6 times in a month.

Histogram of Number of Depression In A Month

5.0 CONCLUSION

Our team had conducted the survey and research among the students in Universiti Teknologi Mara Pasir Gudang, Johor for survey of students that are struggling with mental health issues, the types of mental health issues that students are facing, the reasons why students are facing through mental health issues, the frequency of feeling anxiety in a month, the terrible of anxiety faced by UITM Pasir Gudang students, the effects of mental health in daily life among students and lastly the effect of mental health issues in relationships with people around. From the analysis, we can infer that how many students are struggling to deal with mental health issue.

First of foremost, there are lot of student who has mental health issue which 76.7% of student's UITM Pasir Gudang, Johor. Its show that it is a big number there show that a lot of student has to deal with mental health issue. That's mean mental health issue is a serious problem in this modern era cause of this survey are the evidence to prove that many student are struggling with that.

Other than that, we also survey their types of mental health issue that students are facing. The two highest types of mental health issue are the most common mental health issue which are anxiety disorder and depression. It show that 40% of student's UITM Pasir Gudang, Johor are having anxiety disorder while 36% are having depression. It means that these two things need to be focus by institution to prevent it to be worst in future.

Besides, we also make survey about their frequency of feeling anxiety in a month. Its show that students feel anxiety a lot of time in a month. It means that the student need to be help such as institution having a lot of program which is fun program, to attract them from thinking or feeling an anxiety.

Lastly, a lot of students agree that mental health issues effect their daily life. Its is 93.3% agree with that because of their mental is a main things in their life it fan effect everything such as how do you think properly while you having a mental health problem. Student need to face a lot of things in their daily life, so that they need a good mental health to facing their challenger daily life.

In conclusion, we must taking care of our mental health because of mental health is our main things in life, it is to ensure our future better and to be a successful person.