

**DEPARTMENT OF BUILT ENVIRONMENT STUDIES AND
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UNIVERSITI TEKNOLOGI MARA
PERAK BRANCH**

**ACADEMIC STRESS AMONG QUANTITY SURVEYING
STUDENTS DURING TEACHING & LEARNING SESSIONS
IN POST ENDEMIC PHASE**

Final Project submitted in partial fulfillment of the
requirement for the award of Bachelor of Quantity
Surveying (Honours)

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ABSTRACT

Stress is a normal reaction the body has when changes occur, resulting in physical, emotional, and intellectual responses. This study is aimed to provide detailed understanding on stress among Quantity Surveying students at Universiti Teknologi MARA, Perak Branch, Seri Iskandar Campus. In addition, the research objectives include on the causes, effects of stress and recommendations of methods relieves in adapting teaching and learning among quantity surveying students in endemic phase has also been conducted. A total of 297 students participated in the study. The quantitative research design was being adopted to collect data by using a questionnaire survey that consists of Likert Scale questions. All the data collected were analyzed using Statistical Package for the Social Science (SPSS). The method used is descriptive statistics of frequency, percentages, and standard deviation. Then, rank cases are also being implemented to transform the data into data ranking. The study recommends that further study be carried out with students and employers from another Universiti Teknologi Mara (UiTM) and any institution or company regarding the causes, effects, recommendations method of stress relieves after pandemic phase.

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CHAPTER 1

INTRODUCTION

1.1 INTRODUCTION / BACKGROUND OF RESEARCH

Early in 2020, Malaysians were frightened by the Coronavirus Disease (COVID-19) outbreak, which prompted the government to seek a movement control order. This order is based on the Prevention and Control of Infectious Diseases Act 1988 and the Police Act 1967, which mandates a 14-day home quarantine for most Malaysians. The government's sudden instruction causes fear and panic situation which directly affects the educational system. All educational institutions, including schools, colleges, and universities have been instructed to cease operations immediately. In terms of higher education, students are allowed to return home under the education system, but all teaching and learning activities are suspended until they return (Allam et al., 2020).

During the pandemic phase, students need to do Online Distance Learning (ODL) as one of the methods to attend class. This is due to the instructions from the prime minister during the Movement Control Order (MCO), which caused student movement to be limited at that time. Students attend the class by ODL for two years as COVID-19 is dangerous for them. Online Distance Learning, or ODL, is one of the educational processes. The ODL method consists of students getting taught via the Internet, video recordings, video conferencing, or any other audio and visual technology medium. There were a few applications used for ODL teaching and learning, such as Google Meet, Google Classroom, Microsoft Teams, Cisco Webex Meetings, Telegram, WhatsApp, and Zoom app when attending the class.