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PROCEEDINGS OF JOHOR INTERNATIONAL INNOVATION INVENTION COMPETITION AND SYMPOSIUM 2024 (JIIICaS 2024)



*“Flourish and Nurturing Sustainable
Innovation for a Prosperous Nation”*

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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 International Innovation Invention Competition and Symposium 2024 (JIIICaS2024), where JIIICaS2024 is a virtual platform for all creative minds to share and present their invention and innovation. 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 and get some ideas to develop future innovation products.

Foreword Rector



Assalamualaikum warahmatullahi Wabarakatuh,
Salam Sejahtera, Salam Malaysia MADANI and
Salam UiTM Dihatiku.

In the name of Allah, the Most Gracious, the Most
Merciful.

It is a great honor to welcome you to the Johor
International Innovation, Invention, Competition, and
Symposium 2024 (JIIICaS 2024). This event

connects various disciplines, focusing on education and engaging educators,
students, researchers, and innovators from all walks of life.

Innovation is not just about ideas; it demands perseverance, creativity, and
determination to turn those ideas into reality. The remarkable projects
showcased today highlight the dedication and spirit of all participants.
Initiatives like this not only explore new technologies but also cultivate skills
and leadership among our youth. At Universiti Teknologi MARA (UiTM) Johor
Branch, we are fully committed to fostering a dynamic culture of innovation,
promoting the commercialization of new products, and encouraging
meaningful collaborations with industry and society.

As we celebrate this event, I would like to extend my heartfelt gratitude to all
sponsors, judges, the College of Computing, Informatics and Mathematics,
UiTM Pasir Gudang Campus as the event organizer, as well as to the
researchers and participants for their hard work in making this event a
success. Let us continue striving for innovation and excellence. May the
ideas presented today inspire us and lay the groundwork for future
achievements.

Thank you.

Associate Professor Dr. Saunah Zainon
Rector
Universiti Teknologi MARA (UiTM)
Johor Branch

**(A-PP019) PROMOTING WELL-BEING: ADDRESSING MENTAL HEALTH
AMONG UITM PASIR GUDANG STUDENTS**

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ABSTRACT

This report, titled "Balancing Mental Health Among Students at UiTM Pasir Gudang," explores the mental health challenges faced by students and evaluates the effectiveness of various coping strategies and institutional support systems. The study's primary objectives are to identify prevalent mental health issues, understand how students manage these issues, and assess the impact of a supportive campus environment on student well-being. Utilizing a structured survey, data were collected from students across different faculties and semesters. The analysis highlights key factors influencing mental health, such as academic pressure, feelings of anxiety, and the role of campus counseling services. Findings indicate that while a significant proportion of students experience stress and anxiety, there is a neutral perception of academic pressure's impact on mental health. The report concludes that enhancing mental health awareness and integrating supportive measures into the curriculum are essential. Additionally, fostering an open environment and providing accessible counseling services are recommended to help students navigate their academic and personal lives effectively.

Keywords: mental health, impact, academic pressure

1.0 INTRODUCTION

In the era of learning, mental health problems are often found among students. The topic of Balancing Mental Health among students has emerged as a focal point of learning. This assignment aims to delve into various aspects of students' mental health and the strategies needed to foster a harmonious balance between academic pursuits and personal well-being. Further, this discussion rests on a deep recognition that mental health is not just an abstract concept but a fundamental determinant of a student's ability to thrive academically and personally. The pressure of rigorous coursework, looming deadlines, and the relentless pursuit of success can take a toll on students' mental well-being, which often manifests in stress, anxiety, depression, and a host of other mental health challenges. Additionally, transitioning to college or university, away from home and family support, can exacerbate these issues, leaving students feeling isolated.

However, amid these challenges there are signs of hopeful recognition that by prioritising mental health, educational institutions can introduce students to navigate the complexities of academic life with self-awareness and purpose. Instead of fostering

an open campaign culture and more awareness about mental health can implement a proactive support system and resources. There are also various approaches that can contribute to an environment that fosters student well-being.

Students should also consult with counselling as it serves as an important resource to address the various personal, emotional, psychological and relational challenges that individuals face throughout their lives. Counselling provides a safe and confidential space for individuals to discuss their mental health issues, such as anxiety, depression, trauma and stress. Trained counsellors offer support and guidance to help individuals cope with their emotions and work towards better mental well-being. Therefore, from this study, it can be concluded that it is important to identify and pay attention to students who face mental health problems among the student population of UiTM Pasir Gudang. Steps need to be taken to provide support and assistance to them to manage and overcome mental health challenges more effectively.

2.0 OBJECTIVE

The following are the overall objectives of this study:

- To gain empathy and understanding among students.
- To identify mental health issues among students.
- To identify how students manage their mental health.
- To educate students about the importance of mental health and its impact on overall well-being.
- To gain awareness on mental health issues.

3.0 METHODOLOGY

3.1 Description of data

Population	The term population in this research refers to all UiTM Pasir Gudang students.
Sample	The sample of this survey consists of 101 students from UiTM Pasir Gudang.
Sampling Technique	We choose Convenient Sampling Technique for our research because it is more efficient and flexible since it has a smaller sample size.

3.2 Method of data analysis

Table 1 : Summary of methodology Objectives

Objectives	Variables	Methodology
1. To gain empathy and understanding among students.	Ways of students support their peers struggling with mental health issues.	Table of respondents. Pie Chart.
2. To identify how students manage their mental health.	Types of coping strategies with negative emotions	Table of respondents. Pie Chart.
3. To identify satisfaction level on academic and curriculum give negative impact on mental health	Satisfaction level on academic and curriculum give negative impact on mental health	Table of respondents. Bar Chart .
4. To identify how students maintain between their responsibilities and mental well-being	Factor contribute in maintaining between their responsibilities and mental well-being	Table of respondents. Bar Chart.

4.0 RESULTS

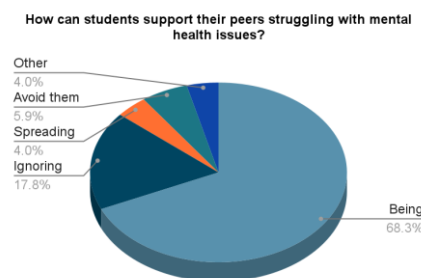


Figure 1 : Pie chart how students support their peers struggling with mental health issues.

The pie chart above shows how students support their peers who are coping with mental health difficulties. 69 students prefer to be compassionate listeners in order to assist their friends. 18 students choose to ignore them and pretend that everything is normal. 4 students decide to spread rumours about their peers' situation. 6 students want to avoid them. For the other answer, some students respond by being a good listener and distracting their attention from doing something damaging to oneself, as well as listening and understanding without judgement.

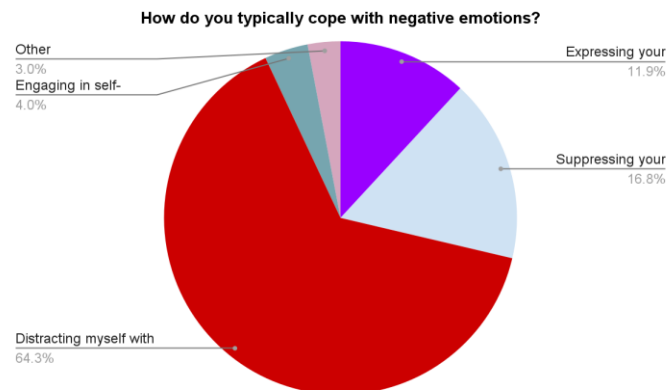


Figure 2 : Pie Chart of how students typically cope with negative emotions

The next chart shows how students commonly deal with negative emotions. 12 students decide to express their emotions through journaling. 17 students conceal their feelings to avoid dealing with them. 65 students choose to divert themselves with entertainment or social media. 4 students choose to participate in self-harming behaviours. For the alternative option, they respond neutrally; I play games and listen to music. I would disconnect as well. I would also be quiet and avoid communicating if possible, and last but not least, vent.

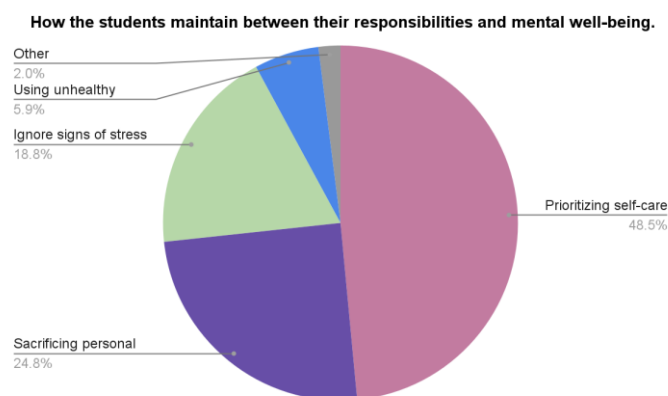


Figure 3.9 Pie Chart of how the students maintain between their responsibilities and mental well-being

The following graphic depicts how the students manage their obligations and mental health. 49 students said they prioritised self-care. 25 students responded by sacrificing personal time. 19 pupils say they disregard indicators of stress or mental health difficulties. 6 students respond with unhealthy coping mechanisms.

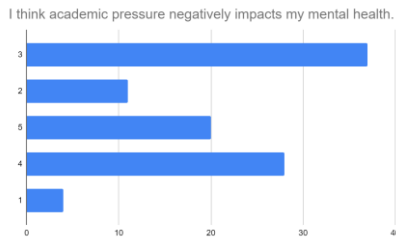


Figure 4 : Bar chart of academic pressure negatively impacts a student's mental health.

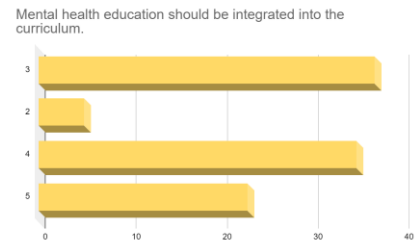


Figure 4 : Bar chart of curriculum pressure negatively impacts a student's mental health.

Both of Bar chart above shows that the majority of the respondents feel neutral. This means that most of the students in UiTM Pasir Gudang think that academics and curriculum does not have a negative impact on their mental health.

5.0 CONCLUSION

A survey on balancing challenges was conducted among students at UiTM Pasir Gudang by promoting well-being focusing on addressing mental health issue. The findings indicate that most students choose to be compassionate listeners to their peers, a common approach for relieving stress among teenagers.

In terms of coping strategies, many students reported diverting themselves with entertainment or social media. They find these activities relaxing and a helpful way to unwind. However, when balancing responsibilities with maintaining mental well-being, many students acknowledged sacrificing personal time to focus on their academic and extracurricular commitments, believing this to be in their best interest for future success.

In conclusion, the survey reveals that while students generally do not perceive academic and extracurricular activities as having a significant impact on their mental health, they still face challenges in decision-making and managing their mental well-being. These results underscore the need to address mental health issues among students and suggest the integration of mental health education into the curriculum. Promoting awareness and providing adequate support can help students better navigate their emotions and overall well-being. Creating a supportive environment that fosters empathy and understanding among students is crucial for enhancing their mental health and resilience