

WEB-BASED STRESS MANAGEMENT SYSTEM (SMS) USING STUDENT ACADEMIC STRESS SCALE

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ABSTRACT

The transition of students from high school level to university level is inherently stressful for students. There are several types of stress such as academic, financial, family and relationship stress. But, academic stress are very popular among university students. Academic stress is mental pain regarding some dissatisfaction related with academic disappointment. Hence, as a university students, they should know how to deal with academic stress. Therefore, the aim of this project is to develop a prototype of Web-based Stress Management System using Student Academic Stress Scale. The Stress Management System (SMS) will able to assist the university students to identify their current academic stress level by answering forty questions available in the system. SMS also will provide a suggestion based on the level of stress. There are three phases involve in developing SMS. The first phase of the project started with a requirement identification where database and requirements are the output. Next, application development phase that create interface design, database and coding for developing process. Third phase was evaluation that involved Test Script and Technology Acceptance Model (TAM). Functionalities of the prototype was tested using a Test Script technique. TAM was used to evaluate the system based on Perceived Usefulness, Perceived Ease of Use and User Satisfaction. There are fifty respondents of UiTM Perlis involved in the evaluation process. Result from TAM test, most of the respondents agreed that all functionalities that are available in SMS work well.

Keywords: Academic Stress, University Students, Stress Management System (SMS).