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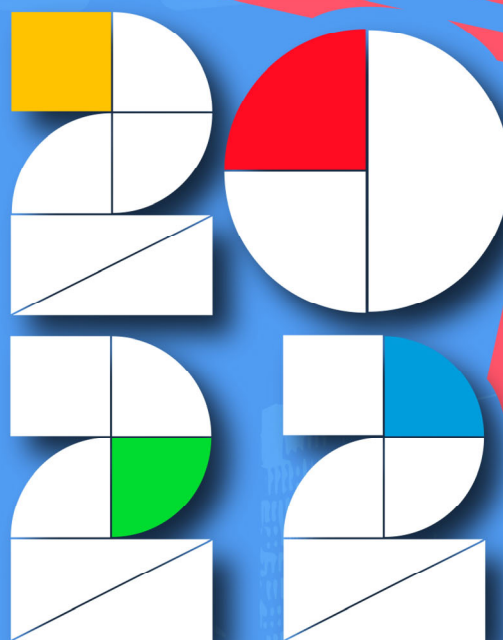
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Reengineering
Knowledge &
Creativity for
Global Excellence

30
June



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TECHNOLOGY, SCIENCE, SOCIAL SCIENCES AND
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TeSSH 2022***

**Reengineering Knowledge and Creativity
for Global Excellence**

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Foreword

The papers compiled in these e-proceedings are papers presented online at Technology, Science, Social Sciences and Humanities International Conference 2022 (TeSSH I 2022) held on 30 June 2022 at Universiti Teknologi MARA (UiTM) Cawangan Kedah, Kedah, Malaysia. With the theme, ***Reengineering Knowledge and Creativity for Global Excellence***, the conference has brought together presenters of diverse background who shared their conceptual and empirical papers in broad areas that are subsumed under the fields of Technology, Science, Social Sciences and Humanities. These e-proceedings comprise current researches that were undertaken with the rigorous endeavour of knowledge enhancement to ensure that the world of academia will continue to flourish. It is thus hoped that readers will significantly benefit from knowledge contained in these proceedings.

TeSSH I 2022 and these e-proceedings would not have been possible without the great efforts from the presenters, and the generous support from the TeSSH I 2022 committee members and the Rector of UiTM Cawangan Kedah, Prof. Dr. Mohamad Abdullah Hemdi. A heartfelt gratitude is extended to all involved. It is hoped that these e-proceedings will be an impetus to stimulate further studies and research that benefit the society at large.

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Measurements Of Depression Level Among Students in UiTM Kedah

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ABSTRACT

Depression is a prevalent illness that affects 3.8% of the world's population, with 5.0% of adults and 5.7% of persons over 60 years suffering from depression. Around 280 million individuals worldwide suffer from depression (World Health Organization , 2017). It is marked by a chronic sadness and a lack of interest or pleasure in formerly rewarding or pleasurable activities. This paper aims to identify the factors such as psychological factors, the use of social media and academic stress that affect depression among students in UiTM Kedah. It is critical to raise awareness about depression and other mental health illnesses to eliminate the stigma that surrounds them. Depression awareness also helps people realize that they are not alone and that there are numerous resources available to assist them in overcoming this illness.

Keywords: Psychological factors, the use of social media, academic stress, depression

INTRODUCTION

Depression and anxiety are among the most psychiatric illness that is highly connected into each other and people with these diseases are always around us whether they are our own family members or friend or people we work with. People with depression can be very happy today and next day they can be a very sad and gloomy person without any clear signs (Snider & Smith, 2021). Depression is a very serious issue that have been talked about for so many years and it is affecting so many people whether they are young, adult or even older people. The purpose of this research to dig deeper on the causes and the ongoing significant life changes of a student that transition into higher education level from high school to university level. The common issue in Malaysia regarding depression is many patient are not able to seek for treatment at the hospital because of the financial issue which is the fear of not able to pay for the medical bills, fear of meeting a mental health counsellor and other reason is because of ignorance (Nanthakumar, 2020).

From the author research, it shows that number of people in Malaysia community that is suffering from anxiety and depression is on the rise (Nanthakumar, 2020). In this research, the researcher wanted to dig deeper on the causes and to investigate more about depression among students. This is because many students suffer from depression during their university studies and have no one to talk to about their mental health. This is because people with depression generally do not realise, they have depression because those suffering from depression frequently display symptoms of anxiety disorders, whereas those suffering from anxiety disorders exhibit indicators of depression. An increasing number of cases also found out that the number of depression among

university students was in severity and need to be done something regarding this issue (Yates et al., 1988).

According to the findings of this study, the problem statement in the research are as follows, which is amongst mental health issues, depression, anxiety and stress related problems are identified as most common due to the prevalence rates worldwide (Gamage & Herath, 2021). The modern world's concerns range from geopolitical to socioeconomic, and technology-induced developments have overwhelmed human beings, putting an additional pressure on individuals' mental health (Gamage & Herath, 2021). Psychological influences include the sort of important childhood and adult relationships, the perception of ease or tension in social circumstances such as school and work, and the experience of trauma.

DEPRESSION AMONG STUDENTS

Depression is a mental health issue that affects people worldwide (Ritkumrop et al., 2022). a report shows that it was common among university student and its prevalence was progressively increasing. The frequent symptoms of depression include feelings of sadness, strong anger, difficulties sleeping, and bodily problems that affect the individual such as backpain, muscular strain, and others (Nanthakumar, 2020). People with depression are usually have problems with released of mood-regulating chemical such as serotonin and dopamine which helps to regulate a person mood (Nanthakumar, 2020).

FACTORS OF DEPRESSION AMONG STUDENTS

Psychological factor

The sophomores usually undergo higher psychological turmoil in a quest to excel in academic and extra-curricular activities, and placement drives happening in the final year (Nimmi et al., 2022). Greater demands, family problems, difficulty establishing identity and tough competition in the job market are a few of the external demands that graduate students need to cope with (Kumaraswamy, 2013). These external problems in society lead to intense internal issues like how low self-esteem, fear of failure, anxiety, depression being few among many (Kumaraswamy, 2013). graduates' students are often confronted with issues within the academic environment as well as the external environment (Kumaraswamy, 2013).

1. The Use of social media

Social media platforms create a virtual network where consumers can share, co-create or exchange various forms of digital content, including information, messages, photos, or videos. However, understanding the potential double-edged sword of social media is important as one claimed outcome of the use of social media is an increase in depression (Griffith, 2022). Globally, it is estimated that 4.4% of the world population suffers from depression, a major contributor to the overall global burden of disease. While depression has many causes, some scholars, non-profit organizations, and medical professionals argue that the use of social media is a significant influencer (Griffith, 2022). In the article, the author conducts studies examining the relationship between social media use and depression have resulted in mixed findings, with some finding social media use to increase depression and others finding no effect. The author also did examine whether increased time spent on social media magnifies or mitigates the deleterious relationship between the use of social media and the prevalence of depression.

2. Academic stress

University students are especially vulnerable to the issues associated with academic stress and life dissatisfaction. Depression and stress have been a part of a student's life for several reasons, whether it is an internal or external issue. Some of the reasons for student depression include students being concerned about their performance in class, keeping their grade, and having hard tasks and assignments that make them feel burdened, leading to major depression and suicide thinking (Anju, 2021). According to the author's writing, depression can be a very dangerous type of mental disease for students. This is because according to the research, 20% of university students in India suffer from some form of mental illness and given that India is a very large country with a large population, the number of students is something to be concerned about (Anju, 2021).

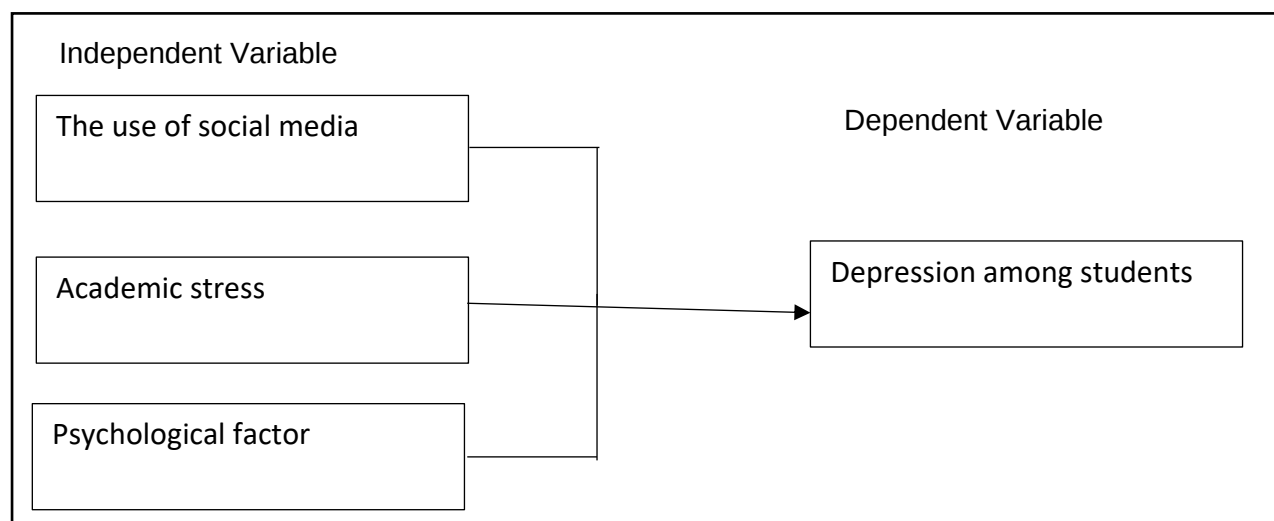


Figure 1: Theoretical Framework

METHODOLOGY

The researcher conducted a survey of UiTM Kedah students for this study. Every member of the UiTM faculty will take part. The quantitative research sampling method, which is a procedure of picking representable units from a big population, will be used by the researcher. Approximately 100 students will be interviewed by the researcher. In UiTM Kedah, there are around 8000 students. The researcher will next employ a basic random sampling approach to ensure that each student in the sample has an equal probability of being chosen. The data will next be analysed using the descriptive approach.

Every study effort requires the gathering of information. Any mistakes in data collection must be avoided since they can distort the outcomes of a study and lead to inaccurate results. For our study, the researcher chooses the questionnaire strategy since it is the most suited for our issue and makes the research easy to complete. A questionnaire is a series of questions used to collect quantitative and qualitative data from respondents about their attitudes, experiences, and views (Bhandari, 2021).

First, the researcher created a questionnaire containing Independent Variables like "Psychology Factor," "Academic Stress," and "Social Use," all of which contribute to Dependent Variables like student sadness. The respondents will be asked to fill out a Google form questionnaire, as well as the findings will be analysed to produce the result for our research topic.

Multiple regression is the data analysis approach that the researcher has been applying. It is a statistical technique for examining the relationship between a single dependent variable and several independent factors. The goal of multiple regression analysis is to predict the value of a single dependent variable using the values of the independent variables that are known. Multiple regression is a technique that was created for experimental data rather than psychometric or survey

data, and it includes assumptions that are commonly violated in nonexperimental contexts, particularly when psychological assessments are used.

FINDINGS

This study had 85 responses out of a possible 100, with women accounting for 65.9% of the total. The age sample was dominated by the age 23 with 38.8%, and most of the students (35.3%) are from Human Resources.

Variable	Total Items	Items Deleted	Cronbach's Alpha
The use of social media	5	None	0.690
Academic stress	5	None	0.733
Psychological factor	5	None	0.781
Depression among students	5	None	0.841

Figure 2: Reliability Table

The Cronbach Alpha was used in the reliability analysis to measure the internal consistency of the items within the factors created. Cronbach Alpha readings are all more than 0.6. If the Cronbach Alpha number is between 0.60 and 0.80, it indicates that the Cronbach Alpha value is moderate and acceptable.

Model	Standardized Coefficients Beta	Sig.
The use of social media	0.052	0.518
Academic stress	0.052	0.620
Psychological factor	0.706	<0.001

R² value: 56.5%
Significant value: <0.001^b

Figure 3: Multiple Regression Analysis Table

A multiple regression analysis was performed to see if there is a significant link between depression and each of the independent factors among students. The R² score is 56.5%, showing that independent factors for depression are available among students.

Hypothesis	Results
H ₁ : There is no significant relationship between the use of social media and depression among students	Rejected
H ₂ : There is no significant relationship between academic stress and depression among students	Rejected
H ₃ : There is a significant relationship between psychological factor and depression among students	Accepted

Figure 4: Hypothesis Table

There is just one independent variable that has a substantial link with depression among students, and H_3 is accepted with this variable. This is due to the highest standardized beta value of 0.706 and this suggested psychological component has the most influence on depression among UiTM Kedah students. The stronger the association, the closer the value is to 1. However, two independent variables, H_1 and H_2 , show no significant link with depression and are not accepted. This is because it has the same standardized beta value of 0.052.

CONCLUSION

According to studies, UiTM Kedah students' depression is largely affected by psychological variables. According to the survey, a lot of students admitted that they have traumatic memories from their pasts that contribute to their depression. Many UiTM Kedah students concurred, supporting the research findings, that experiencing sadness without understanding why will also make them depressed. According to studies, many students were able to lessen their levels of depression by utilising social media, hence its use did not have a substantial impact on students' depression in UiTM Kedah. Lastly, is academic stress that causes depression among students in UiTM Kedah are also not highly causes an impact towards the students. This is a result of the widespread misunderstanding of the real meanings of high stress levels and depression, as well as the fact that many students today self-identify as depressed when they cannot manage their busy schedules and responsibilities as university students. Many students at UiTM Kedah who encountered difficulties in class did not experience depression based on the research study.

The results of the current study have applications in management and theoretical fields. The study's findings on the factors influencing depression among students at UiTM Kedah led to some relevant theories, which is included in the theoretical implication. The management implications of the current study provide sufficient understanding of the variables that need to be changed and the strategy that decision makers must apply in order to lessen the level of depression among students at UiTM Kedah.

There are some suggestions for the next research on the same subject. More in-depth research should be conducted to disclose more concrete empirical evidence on the effect of depression among students at UiTM Kedah because the current study was developed from prior literature and was constructed on a conceptual framework without prior statistical support. It is hoped that the findings of the current study would serve as a solid foundation for further investigation. Additionally, a more thorough instrument must be created to properly elicit the right replies and deliver more thorough outcomes. To better understand the mysteries surrounding the association between depression among students at UiTM Kedah, researchers will be able to test a larger range of theories. By having additional target respondents as options and not concentrating just on a sample of respondents in a single location, the future study's reach might be expanded. A broader scope might provide better sight of the outcome, which would therefore produce more meaningful results for improved conclusions. In the nutshell, individuals can help in preventing depression by getting enough sleep, eating a healthy diet and practicing regular self-care activities such as exercise, meditation and yoga.

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