

UNIVERSITI TEKNOLOGI MARA

**ASSESSING THE EFFECTIVENESS OF WEBSITE (MINDPRO)
TO IMPROVE HIGHER EDUCATION INSTITUTION
STUDENTS MENTAL WELLNESS**

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ABSTRACT

The purpose of this study was to assess the effectiveness of the Mindpro website, a digital intervention designed to improve mental health among students at Higher Education Institutions (HEI). The problem addressed is the significant mental health challenges faced by HEI students, including depression, anxiety, and stress, which can adversely affect their academic performance and quality of life.

The methods used in this study included pre and post assessment tools to gauge users' mental health status and measure progress. The website was designed and published using Canva, creating a captivating platform. The study involved 37 participants who engaged with the website over a one-month period. Instruments employed were the Depression, Anxiety, and Stress Scale (DASS-21) for assessing mental health outcomes, the Eating Behaviour Pattern Questionnaire (EBPQ) for evaluating dietary habits, the International Physical Activity Questionnaire (IPAQ) for measuring physical activity levels, and the Pittsburgh Sleep Quality Index (PSQI) for measuring sleep quality.

The results indicate that the Mindpro website can significantly improve the HEI students' mental health. In conclusion, the Mindpro website shows promise as a valuable digital intervention for improving student mental health and well-being. However, future research should incorporate larger, more diverse samples, objective measures, extended follow-up periods to assess long-term effects, boost user engagement to further enhance the efficacy of digital mental health interventions within HEI settings.

Keywords: Higher Education Institution (HEI), mental health, Mindpro website, Depression Anxiety and Stress Scale (DASS-21), Eating Behaviour Pattern Questionnaire (EBPQ), International Physical Activity Questionnaire (IPAQ), Pittsburgh Sleep Quality Index (PSQI).

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CHAPTER 1: INTRODUCTION

1.1 Research Background

The World Health Organization (WHO) reported in 2021 that between 10% to 20% of young adults worldwide, comprising individuals aged 18 to 35, grapple with at least one mental health condition. This age group, representing one in seven individuals, contributes significantly, accounting for 13% of the world's overall disease burden. The United States National Health Interview Survey in 2019 revealed a staggering 21% prevalence of depressive symptoms among individuals aged 18 to 29, signifying the highest prevalence of young adult depression in this demographic (World Mental Health Report: Transforming Mental Health for All, 2022). In the Malaysian context, recent research conducted by Singh Sarbhan et al. (2023) indicated a concerning rise in the prevalence of depressive symptoms among young adults aged 18 to 35, escalating from 17.7% to 33.1% between 2014 and 2019. This alarming increase underscores the urgency of implementing effective interventions to address mental health challenges in this age group.

Within the context of Higher Education Institutions (HEIs), students with an age range spanning from 18 to 35 (Hofmann et al., 2017). The demands of academic rigor, coupled with transitional phases and evolving societal expectations, render them particularly susceptible to heightened stress and mental health issues during this formative period (Choudhury et al., 2023). The academic environment serves as a crucible for both personal and intellectual growth, but it also presents challenges that can impact mental well-being. Smartphones, pervasive in the lives of this demographic, offer a promising avenue for addressing mental health concerns. Existing research, such as that conducted by Oliviera et al. (2021), highlights the efficacy of mental health apps and websites, especially in university settings.