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E-BOOK OF EXTENDED ABSTRACTS

UiTMS-MHAE: AN ASSESSMENT TOOL FOR ESTIMATING MENTAL HEALTH AWARENESS AMONG UiTM SEREMBAN STUDENTS

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ABSTRACT

Mental health issues among undergraduate students in Malaysia have become increasingly common in recent years, and most of the students have experienced conditions such as anxiety, depression, and stress. It is due to the increase in academic burden, students' lifestyle, family institution, and media exposure. This article aims to develop a regression model for mental health awareness among students at the Universiti Teknologi MARA (UiTM) Seremban Campus. An online questionnaire was utilised to conduct a cross-sectional study, and respondents were selected through non-probability purposive sampling. Based on multiple linear regression analysis, all examined independent variables have a significant impact on mental health awareness. Thus, more programs and activities should be developed to help students understand and manage their mental health. Furthermore, an assessment tool was also created to estimate students' mental health awareness levels based on the regression model obtained. Students who have a greater understanding of stress can manage it more effectively and perform better in their studies and everyday lives.

Keywords: *Assessment Tool, Academic Burden, Student's Lifestyle, Family Institution, Media Exposure.*

INTRODUCTION

It has been recognised that mental health issues are widespread among university students globally, representing a major public health concern (Montagni et al., 2019). There are tons of stressors at university, including academic pressure, financial challenges, and social adjustments, which can increase the risk of stress, anxiety, and depression. In a previous study, university students in Malaysia reported suffering from significant depression, anxiety, and stress, with 46% reporting depression, 61% reporting anxiety, and 40% reporting stress. (Azlan et al., 2024). Furthermore, according to Mohamad et al. (2021), 29% of the university students were at risk of anxiety. Therefore, these statistics highlight the significance of mental health issues faced by students in Malaysia, with increasing levels of stress, anxiety, and depression. Besides, a recent study shows a rise in mental health problems among students at various educational levels, with anxiety, depression, and stress being common disorders (Asif et al., 2020). The rise in mental health complications in students has highlighted the critical necessity for measuring mental health awareness.

It is essential to use effective assessment tools to identify students at risk and to provide them with timely interventions. Digital technologies and innovative tools have proven useful in assessing and supporting the mental health of students (Stallman & King, 2016). However, existing assessment tools may not meet the needs of today's students, are not tailored to specific student populations, and lack sufficient accessibility for practical use. Consequently, it is essential to develop a tool that reflects recent data, especially following the COVID-19 pandemic, and is accessible and easy to use for accurately assessing students' mental health. Thus, this study bridges the research-practice gap in mental health management by developing a specialized assessment tool for UiTM Seremban students.

OBJECTIVES

This study aims to construct a regression model that examines mental health awareness among UiTM Seremban students. Its primary objective is to develop an assessment tool based on the regression model that can be used to estimate the level of mental health awareness among these students.

DESCRIPTION OF THE PRODUCT

Description of the Data Used

375 undergraduates from all faculties at UiTM Seremban were selected using a purposive sampling technique involved in this study. An online questionnaire created using Google Forms was utilised to gather the data. The questionnaire employed a 6-point Likert scale to measure all questions related to the dependent variable (mental health awareness) and the independent variables (academic burden, student lifestyle, family institution, and media exposure). All the questions in this study were adapted from previous studies (Lee et al., 2023 & Ghazali et al., 2024). An analysis of multiple linear regression was performed to model mental health awareness and identify the most significant contributing factors. Statistical significance of the variables was determined using the significance level of 0.05.

Assessment Tool (Product of the Study): UiTM Seremban Mental Health Awareness Estimator (UiTMS-MHAE)

The 'UiTM Seremban Mental Health Awareness Estimator (UiTMS-MHAE)' is an assessment tool using an Excel spreadsheet developed from a multiple linear regression model. It is designed to estimate and measure the level of mental health awareness among UiTM Seremban students based on identified significant factors. The cutoff points used to categorize the level of awareness were based on Pimentel (2019). It helps to connect academic research (the regression model) with real-world usability (the tool) to make it more effective.

NOVELTY

This study offers novelty in both methodological and practical aspects. Methodologically, it employs multiple linear regression to model mental health awareness among UiTM Seremban undergraduates by examining diverse predictors, including academic burden, student lifestyle, family institution, and media exposure. Unlike previous studies, this study provides localized evidence using purposive sampling from all faculties at UiTM Seremban, with data collected through a structured 6-point Likert scale.

Practically, the study advances beyond statistical findings by developing the UiTM Seremban Mental Health Awareness Estimator (UiTMS-MHAE), an Excel-based assessment tool derived from the regression model. This product enables students and stakeholders to estimate levels of mental health awareness based on significant contributing factors and classify them using cutoff points adapted from Pimentel (2019). By bridging research outcomes with real-world application, the tool provides a novel contribution that supports self-assessment, promotes awareness, and guides institutional strategies for student well-being.

RESULTS

Based on Table 1, the results of the regression analysis indicated that all four independent variables significantly and positively influenced students' mental health awareness at UiTM Seremban. Among these factors, the family institution played the most significant role in shaping students' mental health awareness, outweighing other factors.

Table 1: Statistical Significance Table.

	Unstandardized Coefficients Beta	Standardized Coefficients Beta	Standard Error	t-value	p-value
Constant	1.562		0.190	8.200	<0.001
Academic Burden	0.194	0.229	0.036	5.317	<0.001
Students' Lifestyle	0.113	0.124	0.045	2.494	0.013
Family Institution	0.265	0.341	0.038	6.993	<0.001
Media Exposure	0.194	0.243	0.038	5.054	<0.001

The regression equation developed from the significant factors in this study is shown below.

$$\hat{Y} = 1.562 + 0.194X_1 + 0.113X_2 + 0.265X_3 + 0.194X_4 \quad (1)$$

where:

$\hat{Y}$: Mental Health Awareness

X_1 : Academic Burden

X_2 : Students' Lifestyle

X_3 : Family Institution

X_4 : Media Exposure

The following is an assessment tool that can be used by students at UiTM Seremban Campus to determine how well they are aware of their mental health.

ACADEMIC BURDEN	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE
1 I have many assignments to complete. <i>Saya mempunyai banyak tugasan untuk diselesaikan.</i>	1				
2 I feel burdened with my academic activities. <i>Saya berasa terbeban dengan aktiviti akademik.</i>	1				
3 My course has an overloaded academic activity. <i>Kursus saya mempunyai aktiviti akademik yang berlebihan.</i>		1			
4 My class schedule is pressuring me. <i>Jadual kelas saya memberikan saya tekanan.</i>			1		
5 Managing time effectively will reduce my stress. <i>Menyara saya berada di dalam kelas, saya berfikir dengan rasional secara dalam talian.</i>			1		

Figure 1: UiTM Seremban Mental Health Awareness Estimator (UiTMS-MHAE)

CONCLUSION

Multiple linear regression analysis confirmed that all selected variables, which are academic burden, student's lifestyle, family institution, and media exposure, were significant contributors to mental health awareness, with family institution being the most influential factor, followed by media exposure, academic burden, and student's lifestyle. The developed regression model was statistically significant, making it a valid tool for understanding the relationship between these factors and mental health awareness. For future research, it is recommended to adopt a longitudinal design, as a cross-sectional study only provides data at a single point in time.

The 'UiTMS-MHAE' tool offers many benefits to students and the institution. It helps identify early indicators of low awareness levels, encourages self-reflection, and enables students to make informed decisions about their mental health. Meanwhile, educators and stakeholders can use it to monitor awareness

levels, develop targeted support programs, and guide interventions. Ultimately, it helps foster a culture of openness, reduces stigma, and supports both student well-being and academic success. It would be beneficial to include participants from both private and public universities in future research, allowing the tool to be tested, refined, and implemented in different university settings.

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