UNIVERSITI TEKNOLOGI MARA

MUF 655
RESEARCH PROJECT

PERCEIVED STRESS AMONG STUDENTS FROM THE

DEPARTMENT OF MUSIC EDUCATION FACULTY OF MUSIC

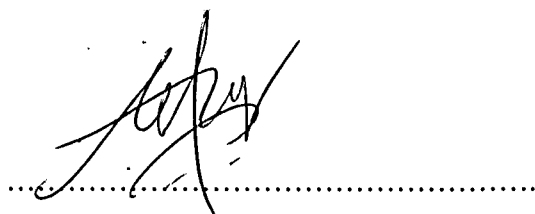UNIVERSITI TEKNOLOGI MARA

BACHELOR OF MUSIC EDUCATION (HONOURS)

MU220

JANUARY 2020

Declaration Of Authorship

I hereby declare that the work presented in this dissertation was carried in accordance with the regulations of Universiti Teknologi MARA. The work presented is of my own except for the quotation and summaries which have been duly acknowledge.

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Abstract

Stress has always been a part of human life and how it affects an individual may varies from an individual to individual depending on how they perceived the stress is. Overload of work, being in a new surroundings, financial and social difficulties are among the common factors that is usually found in an higher learning education setting. If the stress is left unattended, it can lead to multitude of health problems and will affect the individual in long term. Therefore the need to monitor the condition of stress within the educational setting is needed as one of the measure to take care of the mental health and general wellbeing of the students.

The research is executed in order to analyse the levels of perceived stress and the perceived stress factors among the students from the Department of Music Education Faculty of Music, Universiti Teknologi Mara using an instrument which is available to be used for free. The instrument was the Perceived Stress Scale (PSS) by Cohen (1985), and the Inventory of College Students' Recent Life Experience (ICSRLE) by Lafniere & Gurevich (1990). The survey was implemented on week 11-12 (17-30 November 2019) using google forms which was spread among the students through their whatsapps groups. Out of 72 sample, only 51 responded.

It was found out that the students from the Department of Music Education, Faculty of Music UiTM, perceived moderate to high stress level. Meanwhile the main perceived factors that contributed to their stress level is the developmental challenge factor, followed by time pressure factor.

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