



**FACULTY OF MUSIC
UNIVERSITI TEKNOLOGI MARA**

**MUF655
RESEARCH PROJECT**

**DEPRESSION AND ANXIETY AMONG DEGREE STUDENTS IN THE
FACULTY OF MUSIC OF UNIVERSITI TEKNOLOGI MARA (UITM)
SHAH ALAM**

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DECLARATION OF WORK

Bachelor of Music with Honors (Performance)

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I, **Muhammad Fairiezul Fahmie Bin Azhari** , (Matric No: **2013524341** / I.C No: **930407-14-6855**) hereby declared that the work in my project paper is my own except for quotations and summaries which have been accordingly acknowledged. The contents of this project paper are result from my independent work and investigations.

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ABSTRACT

This research was accomplished in September 2015 – January 2016 in the Faculty of Music, Universiti Teknologi Mara (UiTM) Shah Alam. The study focused on the music students from the Degree program, the Education (MU220), Composition (MU221), Performance (MU222) and Business (MU223) department. This research was proposed to give benefit for the music students regarding their anxiety and depressions. There are three main objectives of this study, 1) to identify the main causes why music students in UiTM Shah Alam are experiencing mental health (depression and anxiety) problems., 2) to determine the effects of depression and anxiety on the music students in terms of personal and academics life and 3) to suggest the ways on how to overcome depression and anxiety among music students in the Faculty of Music, UiTM Shah Alam. The survey questionnaires were distributed fifteen (15) to each of the department randomly. Although, only ten (10) questionnaires were distributed in the Business department due to small number of students. The data collected were analyzed using Microsoft Excel 2003 to calculate the numerical data obtained from the distribution of questionnaires. In the findings, it is shown that majority of the students do experience depression and anxiety during their study. The other findings that was discovered during this research is that the main factor on why the students are experiencing depression and anxiety is burden with assignment and datelines. Thus the effect of depression and anxiety is that the students getting bad grades in their exams and loss focus in class. Plus, the solution to overcome both depression and anxiety such as talk to families and peers or exercise as it is proven to be stress relief. The whole study concluded that it is able to detect the main reason that contribute to depression and anxiety and show the effect of it and also the solution to overcome the problems faced by the students. Additionally

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