



FACULTY OF MUSIC
UNIVERSITI TEKNOLOGI MARA

MUF655
ACADEMIC PROJECT

STRESS MANAGEMENT AMONG UiTM MUSIC
STUDENTS

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Praise to Allah because with His willingness, finally I am able to finish my final year project. Finishing this project has been the most stressful and challenging, yet rewarding experience that I have ever gone through. Through this experience I have learned about my limitations, but also what I am capable of and I could not be prouder of this accomplishment. Yet, I could not have made it this far without the love and support of my family, friends, and thesis advisor. I would like to dedicate the completion of this project to my parents, Abdul Aziz and Sarbiah, who have been my pillars of support through good times and bad times and to my sister, Nor Azura, for being my number one cheerleader. I would like to thank my fiancé Wafiuddin Islam for all his love and support through this process. In addition, I want to thank my friends for always supporting, motivating and believing that I would finish even when I did not, along with my little sister Nur Syasya who spent so many hours helping me with the format. Finally, I have been very fortunate to have the greatest experience in my life through this project and could not have asked for more. I am grateful for all the new memories that I made in the process. I am overwhelmed with gratitude to you all, and I love you more than you will ever know.

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ABSTRACT

The purpose of this study is to determine the stress level among UiTM music students based on gender. Measuring the level of stress among music students is quite new in Malaysia. Besides the stress level, this study is also conducted to determine the factor(s) that cause the most stress among UiTM music students. This study is also carried out to determine the possible stress management strategies suggested by the current UiTM Diploma in Music students to help UiTM music students to manage their stress. The method used in this study is quantitative. The unit analysis of the study comprised of 100 respondents who are UiTM Diploma in Music students who are randomly selected. In general, the study showed that music students only experienced mildly stress. The findings of the study also indicate that there are no significance between the stress levels and the gender. The possible stress management strategies rated most effective for alleviating stress are supportive environment, followed by healthy lifestyle, and lastly, sleep. A general conclusion is that there are many factors that influence UiTM Diploma in Music students to experience stress such as academic, time management, personal concern and environmental issues which can give impact to their lives. Many express that they have no time for things such as getting ready for course examination, completing the assignments or paper work, perhaps getting ready for course presentation, social life with friends and family and other activities that they enjoy doing. Finally, I have also learnt better time management.

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