UNIVERSITI TEKNOLOGI MARA, CAWANGAN KEDAH

FACULTY OF ADMINISTRATIVE SCIENCE AND POLICY STUDIES

BACHELOR OF ADMINISTRATIVE SCIENCE (HONOURS)

DEPRESSION: A STUDY ON PERCEIVED FACTORS OF DEPRESSION AMONG UNIVERSITY STUDENTS IN NORTHERN AREA

NURUL HIDAYAH BINTI KAMARUZAMAN
(2017747421)

NURDIANA BINTI ZAINAL ABIDIN
(2017185787)

SUPERVISED BY:

NOORAYUNI BINTI RUSLI

DECEMBER 2019

**CLEARANCE FOR SUBMISSION OF THE RESEARCH PROPOSAL BY
THE SUPERVISOR**

Name of Supervisor   : Madam Noorayuni Binti Rusli

Title of Research Report   : Depression: A Study on Perceived Factors of Depression
                                 Among University Students in Northern Area

Name of Student 1   : Nurul Hidayah Binti Kamaruzaman
                                 (2017747421)

Name of Student 2   : Nurdiana Binti Zainal Abidin
                                 (2017185787)

I have reviewed the final and complete research proposal and approve the submission of this report for evaluation.

………………………………...
(Madam Noorayuni Binti Rusli)

ABSTRACT

The study is mainly focus on the perceived factors of depression among university students in northern area. This research aims to identify the perceived factors of depression among university students. The research proposal consists of five chapter which are introduction, literature review and conceptual framework, research method, finding and analysis, and the last chapter is discussion and conclusion. Depression is a serious medical illness that effected the feelings such as sadness and loss of interest in activities also develop negative thinking in the person who suffered from depression. The study is conducted at Universiti Utara Malaysia (UUM) in Sintok, Kedah. The population number in UUM is about 30,670 and the sample size for this study is 380 as proposed by Krejcie & Morgan (1970). The simple random sampling has been used in this study where all the university students in UUM have the same chance of being selected as a respondent for this study. This study used the components in Beck's cognitive theory of depression which are negative cognitive triad, negative self-schemas and dysfunctional belief as the variables to determine the perceived level of depression among university students. The data analysis has been conduct using Descriptive statistics, Pearson's correlation and Multiple regression. From the data analysis, it shows that negative cognitive triad is the most influential perceived factors of depression among university students. The components in Beck cognitive theory of depression has been further discuss by referring to others previous study on the area of depression.

LIST OF ABBREVIATION

UUM	Universiti Utara Malaysia
SPSS	Statistical Package for Social Science
H_o	Null Hypothesis
H_a	Alternative Hypothesis

LIST OF TABLES