

STRESSORS AMONG STUDENTS' IN HIGHER EDUCATION INSTITUTION IN MALAYSIA



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Assalamualaikum wrt. wbh...

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5. Report

5.1 Proposed Executive Summary

Stress is a common element in the lives of every individual, regardless of race or cultural background. It is the persistent consequence triggered by various constant and strain routine tasks of every part of our life. The switch from teens to adulthood is a complex journey in academic life of university students. In this stage, students in higher education experience fast physical, social and mental changes along with they may feel unsuitability and adaptability. University students continuously have more complicated inconvenience due to academic burden, change to new environment, fear of failure, fight to create uniqueness, reaching social acquaintance and others. Unsuccessful managing stress among students can lead to anxiety, depression, and a multitude of other mental health problems. Moreover, high stress levels among university students can consequence decline in the academic activities and affect both the physical, social, and mental health of students.

This study aims to examine the relationship between stress factor namely academic stress, financial stress, social support, environmental stress, and psychological well-being of students in higher education institution. The quantitative approach study used to access the relationship between variables. The sample of 350 undergraduate students in UiTM Cawangan Terengganu Kampus Dungun was selected using simple random sampling method. IBM Statistical Packages for Social Science (SPSS) version 23 was used to analyze descriptive statistics, correlation, and multiple regressions.

5.2 Enhanced Executive Summary

Considerable stress can lead to range of issues that adversely influence a student's well-being. Mental illness among youth is apparently a major problem worldwide nowadays. This study tried to examine the relationship between stressors and individual well-being among undergraduate students. A sample of 350 self-administered questionnaire were distributed to undergraduate students in a public university in East Coast of Peninsular Malaysia. The study adopted simple random sampling method. Pearson correlation has been used to analyze the relationship between independent variables and dependent variable. Finding shows that all stressors elements have positive relationship with the psychological well-being with very low correlation. Only social support stress indicates moderate, positive correlation with the psychological well-being. Multiple regression analysis displays, only social support stress significantly influence psychological well-being while other three variables have been found not significantly influence psychological well-being. Hence, only hypothesis three was accepted while others was rejected.

Keywords: Stressors, Students', Psychological, Well-being, Higher education