

UNIVERSITI TEKNOLOGI MARA



**COVID-19 PANDEMIC: FACTORS AFFECTING STRESS ON
LECTURERS AT UNIVERSITI TEKNOLOGI MARA (UiTM)
KAMPUS SEREMBAN**

**AIDA FARZANA BINTI ARIFIN
NORFASHIAH IZZATI BINTI ROHAIZAD
SOFEA AYUNI BINTI ABD RAHIM**

**BACHELOR OF SCIENCE (HONS.) STATISTICS
FACULTY OF COMPUTER AND MATHEMATICAL SCIENCES**

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ABSTRACT

The change in mental and physical condition of the body that are caused by several factors such as physical, mental and emotional tension are known as stress. Acute stress and chronic stress are the two main categories of stress. It may lead to health problems if the person does not find a way to manage the stress. Therefore, this study was conducted to identify factors affecting stress on the lecturer's mental health during the Coronavirus Disease 2019 (Covid-19) outbreak among lecturers in Universiti Teknologi MARA (UiTM), Kampus Seremban. The research population was all lecturers and the sample was 103 lecturers that were obtained through simple random sampling technique. This study used two data analysis methods which are descriptive analysis and ordinal logistic regression analysis. The result of this study shows that unhealthy lifestyles are significant ($p\text{-value}<0.05$), while workload, working environment, and life events are not significant ($p\text{-value}>0.05$). It indicates that an unhealthy lifestyle is 0.5455 times more likely to decrease the level of mental health.

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