

**CENTRE OF STUDIES FOR QUANTITY SURVEYING
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**STRESS MANAGEMENT : THE STUDY TOWARDS QUANTITY
SURVEYOR STUDENTS IN RELATION TO OPEN AND
DISTANCE LEARNING**

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ABSTRACT

Academic stress is not a new issue for students in higher learning. But in the early 2020, due to the outbreak of coronavirus disease (COVID-19) has totally changed all educational facilities around the world. The sudden changes from face-to-face learning to online learning has brought students a lot of shocks and stress. The current situation simply brings the benefits of stress management which can help students to overcome their stress and challenges during the pandemics. Thus, the aim of this research is to study the stress management among Quantity Surveyor students related to Open and Distance Learning (ODL) at Universiti Teknologi MARA Sarawak. This research adopted a survey using the questionnaire that were focusing on Diploma and Bachelor in Quantity Surveying students with 97 respondents are willing to participated for this research. The result of the research is highlighting the stress management techniques that used by students to overcome the stress issues during the pandemics. The stress management techniques are including relaxation, meditation, deep breathing, emotional support, physical activity, and positive thinking. The outcome of this research will help to explore the stress encountered by students during the pandemics, the effects of online learning towards the students and how they overcome the stress issues due to online learning using stress management techniques.

Keywords : Stress management, academic stress, Corona Virus Disease 2019 (COVID-19), Open and Distance Learning (ODL)

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CHAPTER 1 : INTRODUCTION

1.1 BACKGROUND OF STUDY

The coronavirus disease (COVID-19) is a health epidemic that has totally changed all people's lives and viewpoints. In Wuhan, the capital of China's Hubei Province, COVID-19 was first detected in December 2019. Since then, the new 2019-20 coronavirus pandemic has spread globally (Hui et al., 2020). In order to monitor the spread of disease, the government has closed all educational facilities around the world, taking into account the protection of students, educators and all associated individuals. There is a serious short-term disruption that families around the globe have felt. Home education has brought not only students a lot of shocks, but also the productivity of their parents (Burges and Sievertsen, 2020).

This current situation simply brings the benefits of stress management, first of all stress is simply the way human beings react to changes, events and circumstances in their lives, both physically and mentally. In different ways and for different reasons, people feel stress. The answer is based on the interpretation of an incident or scenario. Stress management can be learnt to control stress. For instance, the first step is to better understand the situation, how to react in various circumstances, what causes stress, and how to behave when feel stressed (Ayala, 2002).

Next, stress management means, "Building a life of healthy balance," according to Ansari (2015). It causes a variety of symptoms that differ from individual to individual. In addition, it is a notable fact that the total absence of stress is unrealistic, so it is very important for those who experience it to handle stress. The idea of "Stress Management" has given room to this philosophy of absolute non-removal of stress from people's lives.