UNIVERSITI TEKNOLOGI MARA
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FACTORS CONTRIBUTE TO MENTAL DISTRESS AMONG YOUNG PEOPLE DUE TO COVID-19

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ABSTRACT

The purpose of this study is to discover the effect of factors such as financial constraints, feeling lonely and low social support and social media addiction towards mental distress among young people due to COVID-19. This research used sampling technique involving 205 respondents from area Seremban 3, Negeri Sembilan. This research aimed to establish the vital relationship between the variables. This research indicates that all the three factors have a significant relationship with mental distress among young people due to COVID-19. In this study, the researchers approach the respondents with the questionnaire through the social media postings. As results, the findings of this study shows that social media addiction as the most significant factor that contributes to the mental distress among young people during the pandemic.

Keywords: financial constraints, feeling lonely and low social support, social media addiction, mental distress, young people, COVID-19

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