

UNIVERSITI TEKNOLOGI MARA
FACULTY OF ADMINISTRATIVE SCIENCE & POLICY STUDIES



**UNDERSTANDING THE DOMINANT FACTORS OF STRESS
INFLUENCE STRESS AWARENESS AMONG UNDERGRADUATE
STUDENTS**

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Chapter 1

Introduction

1.0 Background of study

Stress can come in different ways for a particular person. Stress is also viewed as the body's reaction, both neurologically and physiologically, to adapt to a new condition (Franken, 1994). Students often get stress due to failure in academics, financial problems, health problems, loss of a family member and social problems around them. The three most dominant factor of stress are time management, financial and academic performance. However, stress also can be defined as a real or perceived imbalance between environmental demands required for survival and an individual's capacity to adapt to these requirements (Lazarus and Folkman, 1984; Chrousos and Gold, 1992; Lovallo, 1997; Pearlin, Lieberman, Menaghan, and Mullen, 1981; Weiner, 1992). For students having a bad time management and not well organized tend to get stressed. According to Idris (2009), he said that Malaysian public academics are also faced with stress due to rapid development in the Malaysian tertiary education sector. At this point, most students are really focused on their education until they forget about themselves. As a result, this pressures that hit them lead to high level of stress.

As for financial factor, most students are stressed because they did not practice good financial planning. They literally just spent their money without thinking the consequences in the future. The researchers want to study that if this financial can lead to stress? Financial stress may be defined as the inability to meet one's financial obligations, but can also include psychological or emotional effects (Northern et al., 2010). Academic performance also will lead to stress. This is

Chapter 2

LITERATURE REVIEW & CONCEPTUAL FRAMEWORK

2.0 Introduction

This chapter provides a review of the literature of dominant factors of stress and the stress of UiTM Sarawak undergraduate students. Section 2.1.0 is defining financial stress in details. Section 2.1.2 discuss about the time management. Section 2.1.3 will discuss about the academic stressor involved in this research study. Section 2.1.4 will discuss about gender and comparison on which gender is more stress. Section 2.2 is whereby the conceptual framework are established.

2.1.0 Financial stress

Financial stress may be defined as the inability to meet one's financial obligations, but can also include psychological or emotional effects (Northern et al., 2010). This stress occurs as the students failed to follow their financial plan. Financial stress will contribute to stress for those students that having a bad financial plan. According to (Hayhoe, Leach, Turner, Bruin, and Lawrence, 2000) they examined that spending habit differences among college students and included financial stress as a variable in their study. Other than that, (Hayhoe et al., 2000) found that the number of good financial behaviours was negatively associated with number of financial stressors. At this point of view, they are many students that did not have a good financial plan as there are having limited of money. They tend to spend their money without thinking wisely. Unaware that spending wisely is important, they will tend to spend as long as they are enjoyed with what they are doing. Most of them will suffer financial stress during the final week of their semester because, at this stage, they are fully utilizing their money. This is show the need on the important for student to aware the important of financial spending. (Morra, Regehr, & Ginsburg, 2008) argues that anticipated debt has also been shown to be a strong predictor of financial stress among medical students. This is because medical