



UNIVERSITI TEKNOLOGI MARA

**PERCEIVED STRESS AMONG UiTM KOTA SAMARAHAN  
STUDENT-ATHLETES**

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## ABSTRACT

The aim of this study is to identify the level of stress among Universiti Teknologi Mara (UiTM), Kota Samarahan student-athletes. Total of subject was  $N=72$  and using convenience sampling technique. Questionnaire used were Perceived Stress Scale (PSS) made by Cohen (1983). The level of stress among UiTM Kota Samarahan was in moderate level. There was slightly different on level of stress between genders among UiTM Kota Samarahan student-athletes. There was slightly different also on level of stress toward years of involvement in sports among UiTM Kota Samarahan student-athletes. In conclusion, student-athletes that have moderate or high level of stress should learn how to manage themselves in order to decrease the level of stress.

*Keywords: Perceived stress, coping strategies*

## **CHAPTER 1**

### **INTRODUCTION**

#### **1.1 BACKGROUND OF STUDY**

Being a student is constantly about contemplating. Be that as it may, for student who likewise a competitors, it is tied in with adjusting the ideal opportunity for focusing in academic and their sport activity. Along these lines, stress can happen all through this issue. Individuals can get worry from work and life. The stressor can come in distinctive way. Stress is originate from assortment method for challenges which trigger the weight of human's system physiologically or socially, or mentally as per Lazarus (1984). Lazarus (1996) likewise has expressed that pressure are the negative inclination that come to person when they incapable getting the needs set towards them by the natural.

In the mean time being a student athletes offers numerous valuable and rewarding encounters, yet it can prompt time limitations, stigma, shame, social separation and different stressors that put student athletes in danger for emotional well-being issues (Etzel, 2009). Student athlete will have to considering and focus between sport and academic because they also need to do better on academic too (Parnabas, 2014). So, the student athletes will experienced stress and then the pressure will occur as they have to manage well in both of it. In other word, the expectation on them are high and they are force to do well.

## **CHAPTER 2**

### **LITERATURE REVIEW**

#### **2.0 INTRODUCTION.**

This study is across the research which allied to the perceived stress among UiTM Kota Samarahan student-athletes. This chapter come out with the reviews about the previous study that have conducted based on stress.

#### **2.1 STRESS.**

Stress is a reaction of the body out of control which defined by Selye (1983). Stress referring to the connection between someone with their surroundings which stated by Lazarus and Folkman (1984). Their research suggested that an individual experiences stress when they involved their surroundings as one that will tax their existing resources (Donovan, Doody, Lyons, 2013).

#### **2.2 STRESS ON DIFFERENT GENDER OF STUDENT-ATHLETES.**

Male and female athletes will in general organize academics and athletics distinctively and therefore encounter academic pressure in an unexpected way. Past studies have demonstrated that females are fundamentally bound to report general school pressure contrasted with their male partners (Bedewy, Gabriel, 2015; Lin, Huang, 2014).

Females have likewise shown a probability to oppose athletic pressure and have a past filled with taking the fundamental measures to be successful academically , while