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Poster Book

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20 JANUARY 2023
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**Unleashing Potentials
Shaping the Future**

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THE RELATIONSHIP BETWEEN HIGH-DENSITY RESIDENTIAL AND MENTAL HEALTH

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INTRODUCTION

High-density residential is highly associated with urbanization trends. As people move to urban areas for job opportunities and better lifestyles, it causes an increase in urban population numbers. Urbanization is vital in urban planning, especially to health challenges in the 21st century [1]. The effects of rapid urbanization and uncontrolled high-density residential can produce urban stressors or environmental stressors, and the stressors may vary for each individual. The urban stressor is the situation that represents the level of mental health of the urban inhabitants facing the daily dullness that are incompatible with their life [2]. Mental health can be affected by this stressor faced by the urban dwellers depending upon adaptation and the degree of choice people feel over the aggressor.



ISSUES/ PROBLEM STATEMENT

Mental health problems such as depression and anxiety are expected to be a significant problem among Malaysians [3]. Based on Malaysia National Health and Morbidity Survey [4], one in every five people is depressed, two in every five are anxious, and one in every ten has stress problems in Malaysia. The increasing numbers of people having depression, anxiety, and stress worldwide are alarming. The root causal and drivers of these problems need to be identified to reduce the prevalence. Numerous works of literature have investigated the relationship high density residential and mental health; however, little is known about the effects of living in high density residential on the mental health of the urban population particularly in Malaysia. Therefore, this research is important to meet the crucial aspect of planning and health challenges of the urban population, which will cause a transformative effect on the lives of the community.

OBJECTIVES

To assess the relationship between high-density residential in urban areas and mental health to create a better environment and improve urban well-being.

METHODOLOGY



The analysis of qualitative data from the interviews, including the transcription analysis, coding or indexing, and identifying the patterns and connections, were conducted using thematic analysis. Atlas ti.9 software was used to analyse the qualitative data, including transcription and coding of the answers.

References:

- [1] World Health Organization. (2010). People with mental disabilities cannot be forgotten - Google Académico. 12-13. [2] Rishi, P., & Khuntia, G. (2012). Urban Environmental Stress and Behavioral Adaptation in Bhopal City of India. *Urban Studies Research*, 2012, 1-9. [3] Lee, J., Je, H., & Byun, J. (2018). Well-Being index of super tall residential buildings in Korea. *Building and Environment*, 46(5), 1184-1194. [4] Malaysia National Health and Morbidity Survey (2017). Malaysian Mental Health Association.

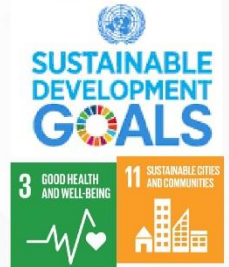
FINDINGS

High-density living needs to be looked at with other supporting factors. And these supporting factors, such as green spaces and density, are highly related and create a chain connection link. Thus, the findings show that when a person lives in a high-density living, many factors could contribute to mental health problems, and when these factors are linked, it may worsen (or not) the person's conditions. Thus, it is important to integrate mental health considerations in urban planning through incorporating planning guidelines in local plans.



NOVELTY

The Sustainable Development Goals have become the starting point for the government to emphasize mental health well-being in Malaysia. Thus, this research supports the Sustainable Development Goals (Goal 3 and Goal 11) and the New Urban Agenda, among others, to incorporate health as a central consideration in addressing emerging challenges of urbanization.



CONCLUSION

Mental health well-being is crucial as it affects the everyday life routine of a person. Living in a high-density residential environment is not the only factor for mental health well-being; it is related and interlinked with the other urban stressors within neighborhood environment. Thus, urban planning, as a form of primary prevention and contributor to health outcomes, and social and physical environments play a significant role in community health, including planning a good quality of high-density residential area.

COMMERCIALIZATION

New Planning Guidelines on Urban Planning and Mental Health

Consultancy services

Training and seminars

RECOGNITIONS

1. Bronze Award, ICE 2019, UiTM - A Theoretical Framework of Bidirectional Associations Between Urban Physical Environment and Mental Health.
2. Platinum Award, IIIDBEE 2020, UiTM - Impact of Urban Physical Environment on Mental Health

CONFERENCES & PUBLICATION

- [1] Marlyana Azyyati Marzuki, et al. (2020). A Bidirectional Associations between Urban Physical Environment and Mental Health: A Theoretical Framework Environment-Behaviour Proceedings Journal.5 (13). [2] Marlyana Azyyati Marzuki, et al. (2020). The Influence of Urban Physical Environment on Mental Health: A Theoretical Framework. *KIEAE Journal*. [3] Marlyana Azyyati Marzuki, et al. (2020). Confronting mental disorder in urban physical setting. *Environment-Behaviour Proceeding Journal* 5(14):311-316. [4] Marlyana Azyyati Marzuki, et al. (in progress). The Influence Of Urban Planning On Mental Health. Case Study: Federal Territory Of Kuala Lumpur. *Planning Malaysia Journal*. [5] Nur Masiyah Ghazali, Marlyana Azyyati Marzuki, et al. (2020). Urban High-Density Living Effects on Mental Health. *AIVCE-BS-2, Shah Alam*. [6] Nur Masiyah Ghazali, Marlyana Azyyati Marzuki, Oliver Hoon Leh Ling (2021). Urban Low-Cost Housing Effect Mental Health. *Planning Malaysia Journal* 19 (4), p.244-256. 3. [7] Nur Masiyah Ghazali, Marlyana Azyyati Marzuki, Oliver Ling Hoon Leh, Weng Yinxue (2021). Public Housing Environment and Depression: Case Study Bandar Baru Sentul. *Built Environment Journal* 18(2), p.1-10.

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