

UNIVERSITI TEKNOLOGI MARA

**THE FACTORS LEADING TO STRESS AMONG
FINAL YEAR STUDENTS IN RANACO
EDUCATION TRAINING INSTITUTE**

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July 2019

ABSTRACT

This study aimed at identifying the causes of stress related to academic, learning environment and interpersonal relationships among students in a private university namely Ranaco Education Training and Institute. There were many factors that caused students experiencing stress, 50% students drop out from the institution due to underperforming in study and fail in the subject also bad maintenance of facilities lead to student absenteeism and class cancel thus, this study was to identify them. This study was conducted by assessing the relationships between poor academic factor, poor interpersonal relations and poor learning environment, and stress among students in Ranaco Education Training and Institute. In this quantitative study, cross-sectional method was used by distributing questionnaires to 94 respondents. The statistical analyses for this study were descriptive, correlation and linear regression. The findings were analysed using Statistical Packages for Social Science (SPSS) version 22.0. The results showed that the levels of academic factor, interpersonal relation level, learning environment, and stress were high. This confirmed that the entire variables were at a high level. The findings also found that there was a moderate, positive and significant relationship between academic factor and stress ($r = 0.699$, $p < 0.05$), interpersonal relation and stress showed very low, positive and significant relationship ($r = 0.265$, $p < 0.05$), whereas there was a strong, positive and significant relationship between learning environment and stress ($r = 0.766$, $p < 0.05$). Besides, the most significant factors contributing to stress were academic factor and learning environment. Overall, this research has contributed to academic study especially in terms of stress management. This research also impacted the policy maker related to the academic organization to explore the current key factors of stress among university students and consequently improve students' life in a better way.

ACKNOWLEDGEMENT

Alhamdulillah, syukran to Allah the Almighty who has given me the strength, good health and determination to go through this enlightening journey of self-discovery and knowledge seeking in my life time. My utmost appreciation is for Dr. Zuriyati binti Ahmad who has given me encouragement, guidance and knowledge to cope with the challenges during this current reign of study period. Foremost, I would like to thank my beloved family who has been my strength for their undivided support.

Our heartfelt gratitude also goes to Professors and academic staff at Universiti Teknologi MARA for their kind assistance. Our special gratitude is tribute to students and lecturers of Ranaco Education Training and Institute who have given us the green light to proceed with this study and those who have been participating as respondents for this study as well as other parties involved directly or indirectly in the success of this thesis. Your cooperation is greatly appreciated.

Last but not least, a million thanks to fellow fighters who have provided constructive criticism, encouragement and advice. Only God can repay you.

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