UNIVERSITI TEKNOLOGI MARA
FACULTY OF ADMINISTRATIVE SCIENCE & POLICY STUDIES

FACTORS AFFECTING FACULTY OF ADMINISTRATIVE SCIENCE AND POLICY STUDIES (FSPPP) SARAWAK CAMPUS 2 STUDENTS' MENTAL HEALTH

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ABSTRACT

The prevalence of student-related issues in news and social media prompted this investigation, aiming to analyze the factors contributing to Mental Health issues among Faculty of Administrative Science and Policy Studies (FSPPP) students at UiTM Sarawak Campus 2 Samarahan. Due to limited resources and scope, this study focused on identifying the correlation between various factors—social, psychological, academic, lifestyle, and physiobiological—and their impact on mental health and academic performance among Faculty of Administrative Science and Policy Studies (FSPPP) students at UiTM Campus 2 Samarahan. The study specifically chose the Faculty of Administrative Science and Policy Studies (FSPPP). Employing a quantitative method, data were collected via questionnaires distributed through diverse online platforms like Whatsapp, Google Form, E-mail, and Telegram, resulting in _ usable samples for analysis. To ensure efficient and successful research studies, the sampling approach used in this study is non-profitability sampling. The findings, assessed through Pearson Correlation Analysis and Multiple Regression Analysis highlighted Academic as a factors for the most significant that trigger for mental health issues among FSPPP students, confirmed by Multiple Regression, which Academic factors, with a beta of 0.360, significantly impact FSPPP students' mental health at UiTM Campus Samarahan 2 Sarawak. Nonetheless, this research solely concentrated on FSPPP students at UiTM Sarawak Campus 2 Samarahan, suggesting that future studies may broaden the scope by utilizing both qualitative and quantitative methods to encompass a wider range of students across Malaysia.

ABSTRAK

Penyelidikan ini dipicu oleh prevalen isu-isu berkaitan pelajar dalam berita dan media sosial, dengan tujuan menganalisis faktor-faktor yang menyumbang kepada masalah Kesihatan Mental di kalangan pelajar Fakulti Sains Pentadbiran dan Pengajian Polisi (FSPPP) di Kampus UiTM Sarawak 2 Samarahan. Disebabkan oleh sumber yang terhad, kajian ini memberi tumpuan kepada mengenal pasti korelasi antara pelbagai faktor—sosial, psikologi, akademik, gaya hidup, dan fisiobiologi—dan impak mereka terhadap kesihatan mental serta prestasi akademik pelajar Fakulti Sains Pentadbiran dan Pengajian Polisi (FSPPP) di UiTM Kampus 2 Samarahan. Kajian ini secara khusus memilih Fakulti Sains Pentadbiran dan Pengajian Polisi (FSPPP). Dengan menggunakan kaedah kuantitatif, data dikumpulkan melalui soal selidik yang diedarkan melalui pelbagai platform atas talian seperti Whatsapp, Google Form, E-mel, dan Telegram, menghasilkan _ sampel yang boleh digunakan untuk analisis. Bagi memastikan penyelidikan berkesan dan berjaya, pendekatan pensampelan yang digunakan dalam kajian ini adalah pensampelan bukan keuntungan. Penemuan, dinilai melalui Analisis Korelasi Pearson dan Analisis Regresi Berganda, menonjolkan faktor Akademik sebagai pemicu yang paling signifikan bagi masalah kesihatan mental di kalangan pelajar FSPPP, disahkan oleh Regresi Berganda, di mana faktor Akademik, dengan beta 0.360, memberi impak signifikan terhadap kesihatan mental pelajar FSPPP di UiTM Campus Samarahan 2 Sarawak. Walau bagaimanapun, penyelidikan ini hanya terfokus kepada pelajar FSPPP di UiTM Sarawak Campus 2 Samarahan, mencadangkan bahawa kajian akan datang mungkin memperluaskan lingkup

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CHAPTER 1

INTRODUCTION

1.1. Introduction

This chapter focuses on the background of study which is on the factors influencing mental health of the FSPPP students in UiTM Sarawak and its effect towards their academic performance. The main subject of the study is focusing on their mental health issues among FSPPP which could affect their academic performance in UiTM located in Campus 2, Samarahan. Section 1.1 discusses on the Chapter Review, Section 1.2 the background of study, Section 1.3 explains the research objectives, Section 1.4 is the Research Problem and Section 1.5 states the research issue and gaps, Section 1.6 is on the significance of study. Section 1.7 additionally is about the scope of research and Section 1.8 explains about the research questions. In addition to that, Section 1.9 states the research hypotheses, Section 1.10 is about the definition of terms and concepts and finally Section 1.11 is on chapter summary.

1.2 Background of Study

Mental health problems have become a significant concern among university students, with reports indicating that the prevalence of mental health issues such as anxiety, depression, and stress is increasing. The state of Malaysian students' mental health is getting worse. (The Star, 2021 cited in Kumaran, Ismail, Thinagar, Munawwarah Roslan, 2022). Such mental health problems can negatively impact academic performance and students' overall quality of life. The phrase "mental wellness" has long been used as a euphemism for psychological problem (Manwell et al., 2015) as stated in the article. In recent years, several studies have been conducted to explore the factors influencing mental health problems among university students, with a focus on how these factors affect academic performance. The behavioural sciences' investigation of mental health emphasizes the many different psychological systems and processes that underlie thoughts, feelings, and behaviours (Peterson, 2010). Mental health plays a crucial role in determining an individual's academic success.

Studies have revealed that students with good mental health typically outperform their peers in terms of academic performance, attendance, and graduation rates. The academic performance of a student can be severely impacted by poor mental health. For example, academic stress can reduce motivation, hinder academic achievement, and lead to increased college dropout rates (Pascoe et al., 2020 cited in Barbayannis G, 2022). Among the most

CHAPTER 2

LITERATURE REVIEW & CONCEPTUAL FRAMEWORK

2.1 Introduction

The factors affecting the mental health of FSPPP students at UiTM Sarawak and their consequences on academic performance are reviewed in this chapter. The Samarahan Campus 2 of UiTM Sarawak is going to accommodate the execution of this case study. The literature review on the identified independent variables, which is based on a study by Limone P. and Toto GA, (2022), is included at the beginning of this chapter. These independent variables are the social factors, psychological risk factors, academic risk factors, lifestyle factors, and physiobiological factors. This is then to be followed by the dependent variable which is the student's mental health. Next, there is also the conceptual framework breakdown and hypotheses development.

2.2 Independent Variables

Independent variables are characterized as the variable that is changed or controlled in a logical test. It speaks to the cause or reason for an outcome. Independent factors are the factors that the experimenter changes to test their subordinate variable. An alter within the independent variable specifically causes changes within the subordinate variable. Its impact on the dependent variables is measured and recorded. In this case study, the factors or independent variables are acquired from the research made by Limone P. and Toto GA, (2022).

2.2.1 Social Factors

The social factor can have a significant impact on the academic performance of students in relation to mental health. Naturally, society shapes how people define and identify themselves, and when someone lives with others in a situation that is generally fair or on level with the most fortunate people, their mental health is likely to improve Limone P. and Toto GA, (2022). This is because, society can create supportive communities that foster a sense of belonging and social connection, such as support groups, community organizations, and online platforms can provide spaces for individuals to share experiences, find peer support, and access valuable resources.

For this reason, society dramatically influences a person's state of mental health. In a study conducted by Limone P. and Toto GA, (2022), lack of friends is linked to self-isolation and loneliness, which increases the chance of developing mental diseases while in university.