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The editorial board would like to express their heartfelt appreciation for the contributions made by the authors, co-authors and all who were involved in the publication of this bulletin.

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RECTOR'S MESSAGE



I would like to extend my gratitude for your visit to FBM Insights Volume 8, a publication brought forth by the esteemed Faculty of Business and Management, UiTM Kedah Branch. This bulletin endeavours to present a concise and beneficial collection of important insights and research findings derived from the domain of social sciences.

FBM Insights aims to simplify complex social science concepts into easily digestible bullet points, making valuable knowledge more accessible to a wider audience. In this bulletin, each article provides a glimpse into the diverse and dynamic world of social sciences, including psychology, sociology, economics, finance, and other pertinent fields. Through concise and informative summaries, the intention is to promote a deeper understanding of human behaviour, societal trends and the multifarious factors that shape our world.

My heartfelt appreciation is proffered to the dedicated researchers and scholars whose works form the foundation of this bulletin, contributing significantly to the ever-changing landscape of knowledge in social sciences. In navigating the modern era's challenges and opportunities, the intrinsic value of social science research in guiding policy decisions and fostering social cohesion cannot be overstated.

I sincerely hope that this bulletin will spark readers' curiosity and inspire them to delve deeper into the myriad facets of human society and behaviour. Irrespective of whether you are a student, educator, or policymaker, I firmly believe that this publication will serve as an invaluable resource in your quest for knowledge.

Once again, thank you for embarking on this journey of discovery with us. Together, let us explore the captivating world of social sciences and its profound impact on our lives.

Thank you.

Prof. Dr. Roshima Haji Said

Rector
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STUDENT DEPRESSION: SHEDDING LIGHT ON A SIGNIFICANT ISSUE

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Mental health and emotional stress are public health issues that are becoming increasingly important, especially after the COVID-19 pandemic. Data from the Ministry of Health Malaysia (MOH) indicates a rise in mental health problems among adults and children. In 2019, 2.3% of adults and 9.5% of children aged 10 to 15 years reportedly had a mental illness and these numbers are anticipated to continue rising. Additionally, mental health issues are associated with increased suicidal behavior by 1,142 cases in 2021 and 631 cases in 2020. In 2021, an 81 percent increase in cases compared to 2020 was expected. The number of individuals receiving treatment through Mental Health and Psychosocial Support (MHPSS), an initiative by KKM, is projected to increase fivefold between 2022 and 2020 (Mohammed Basyir, 2022). This emphasizes the growing concerns and the need to address mental health issues in Malaysia.

Mental health issues encompass many conditions that affect a person's thinking, emotions, and behavior. This includes depression, anxiety disorders, and post-traumatic stress disorder (PTSD). Depression is a disorder of feelings that causes someone to feel sad, exhausted, and absent. It also causes anxiety and a lack of interest in daily activities, lasting for at least two weeks (MOH, 2012). Depression can affect people of any age, gender, or ethnicity. One of the components of MHPSS is the prevention and treatment of psychiatric disorders such as depression, anxiety, and post-traumatic stress disorder (PTSD). The prevalence of depression in Malaysia may vary, but research has shown that it affects many individuals of various ages.

The increasing number of students with depressive symptoms should attract academic institutions' attention for various reasons. To escape problems, students jumped off buildings, hung themselves or harmed themselves. What are the factors motivating this action? Is there any other alternative to committing suicide? Mental depression among students is a significant concern affecting their well-being, academic performance, and overall quality of life. By definition, student depression refers to the presence of depressive symptoms or a diagnosis of major depressive disorder in individuals pursuing education. In this regard, students are exposed to various difficulties and pressures that might contribute to the development or worsening of depression among them. As reported by The Star, Malaysian students' mental health issues are worsening. Additionally, the causes of mental health issues in children and teenagers include biological and socio-environmental factors, child abuse, neglect, low self-esteem, poor peer relationships, social discrimination, authoritarian parenting style, lack of love, loss of parents, family violence, and poor socioeconomic background (Kaur, 2022).

Numerous studies have been conducted to identify student populations that are at risk of depression and to provide them with the appropriate support. Studies have revealed that university students are not a homogeneous group and depression levels vary by field of study (Rotenstein et al., 2016; Dendle et al., 2018), place of residence (Mojs et al., 2012), regions and countries (Ibrahim et al., 2013), and gender groups (McIntyre et al., 2018; Cahuas et al., 2020). As such, according to Md. Ashraful Islam et al. (2018), higher institutions need to pay special attention to students in their second year, those living off campus, those from lower socioeconomic backgrounds, those with sleeping problems and those with PTSD.

In recent years, Malaysia has taken steps to address mental health issues, including depression, by increasing public awareness, improving access to mental health services, and promoting mental health support in various settings. As a matter of fact, efforts are also being made to integrate mental health services into the primary healthcare system and enhance community-based support networks. Recognizing and addressing student depression is, therefore, crucial for their well-being and academic success. Consequently, educational

institutions and mental health professionals have increasingly focused on promoting mental health awareness, establishing support systems, and providing access to counseling services.

In conclusion, depression among students is a serious issue that requires attention and preventative measures. Early identification and intervention are crucial for managing student depression effectively. By fostering an environment that encourages open dialogue, reducing stigma, and providing accessible mental health services, students can receive the necessary support to navigate mental health challenges. Collaboration among educators, mental health professionals, families, and students is essential for a holistic approach. Promoting mental well-being, implementing preventive measures, and offering comprehensive support systems can help students overcome depression and thrive in many aspects. Hence, policymakers and society must prioritize student mental health in order to foster resilience and academic success.

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