

TO STUDY THE EFFECT OF STRESS AWARENESS  
AMONG DEGREE STUDENT IN UITM SABAH BRANCH

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## ABSTRACT

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Stress is experience by everyone, not only student but all human must face stress, the stress can give positive or negative effect to someone. College students experience high stress at predictable times each semester due to academic commitments, financial pressures, and lack of time management skills. When stress is perceived negatively or becomes excessive, it can affect both health and academic performance. The main objective of this study is to know whether the student aware about the effect of stress, the factors causes stress and suggested appropriate solution of stress to degree students in UITM Sabah Branch. The method of this research was conducted in descriptive study design. A descriptive study is undertaken in order to ascertain and be able to describe the characteristics of the variables of interest in a situation. The samples of this study are using degree student of Bachelor Administrative Science (BASc) and Bachelor Business Administration (BBA) at UITM Sabah branch. The findings based on objective where cause mostly experienced by respondents for factors lead to stress are both internal and external, where internal factor is money and external factor is situation, while the effect of stress for body changes is emotional, for mental changes is loss of concentration, for behavioral changes is insomnia and for physical changes is a headache. Using the literature, findings were compared to relevant previous research, which has found there is a significant relationship between student and stress because stress is the part of student life and it normal.

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