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TALKS 2.0

THE ACCLAIMED LANDSCAPE OF KNOWLEDGE SHARING
"Harmony in Spaces : Blending Heritage, Nature and Design"

E-PROCEEDING



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THE ACCLAIMED LANDSCAPE OF KNOWLEDGE SHARING
"Harmony in Spaces : Blending Heritage, Nature and Design"

“ Harmony in Spaces : Blending Heritage , Nature and Design ”

ORGANISED BY

*College of Built Environment
Universiti Teknologi MARA Selangor Branch
Puncak Alam Campus*

CO-ORGANISED BY

*Department of Built Environment Studies and Technology
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GOING GREEN : THE EFFICACY OF AN ECO-FRIENDLY ON EDUCATIONAL INSTITUTION

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ABSTRACT

Going green means implementing certain lifestyle changes designed to help you live in a more eco-friendly way. It means becoming more environmentally aware and changing your behavior and lifestyle to reduce the amount of pollution and waste you generate. This paper are study on the efficacy of campus green spaces toward student well-being but focusing on the mental health. Mental health concerns have become a common problem among university students. Studies have shown that university students have a higher depression rate than the general population. The objective of this paper to measure how effective campus green space to shape student well-being. This research employed a quantitative approach using a questionnaire to the respondents at the UiTM Perak Branch, Seri Iskandar campus student. The survey involved 40 students as the respondent from the student. The finding of this study will help university management to notice that campus green space is important. Also determine an action to make sure student well-being is guaranteed and take care of student welfare.

Keywords: *University Student, Mental health, Green Campus, Green Space, Well-being*

INTRODUCTION

UiTM Perak is a branch of UiTM that located in the state of Perak, Malaysia. This branch have two campus that is Seri Iskandar and Tapah campus. However, this study were conducted at Seri Iskandar campus. Seri Iskandar campus is located at Perak Tengah District, Perak. This campus offers approximately 30 different programs from Diploma, Bachelor Degrees, Master's and Phd programmes, ranging from Department of Built

Environment Studies & Technology (DBET) and College of Creative Art (CCA). In total, over 10,000 students study at this campus which needs to be paid attention in maintaining welfare and well-being (UiTM Perak, 2023). Aware of the importance of Sustainable Development Goal (SDG), UiTM Perak Branch come out with the concept of 'Greenation' to accomplishing the mission moving towards a Green Campus (UiTM Perak, 2020). With the objective to make UiTM Perak Branch campus one of the green campuses, Seri Iskandar campus are involved to apply green elements among campus residents. Campus green space is important in giving the image of a green campus.

LITERATURE REVIEW

Campus Green Space

The term greenspace is typically defined as open, undeveloped land with natural vegetation (Centres for Disease Control, 2013). Even though the definition are publicly accepted, there are also another point of view from the parties that involve in industry. There are many types of greenspace that have its own function and also various type of consumer. According to Maas et al., (2009) public greenspaces have been associated with social interaction, which can contribute towards improved well- being. Sample for public green space is urban park that is as a place for recovery for community from the concrete jungle. Different scenario with campus green space. Coincide with its function, campus green spaces can significantly improve students' mental health and reduce psychological pressure (Kelz et al., 2013). Campus green space provide student with a way to release the frustration by the green environment that create calmness. Some strategy can be applied like planting strategy can be used to give more effective effect like using therapy plant and many more to create and make sure campus green space is of good quality.

Mental Health

The World Health Organization lists depression and mental health problems as the leading causes of disability globally (World Health Organization, 2020). Many parties included with various causes that can

lead a person to take unexpected actions. University student mental health receives extensive attention from society. Referring to Eisenberg et al., (2007) university student are expected to have the best mental health and happiness. Do not have to facing a difficult life and struggle to work with the only task of studying and also financial support is given so that there is no need to think about financial matters should not lead to having mental problem. Ibrahim et al., (2013) state that studies have shown that college students have a higher depression rate than the general population. It is worrying that university student in count in the number from the cases of mental health while they are not supposed to be in the list. University life is a phase that should provide well-being to students in many aspects. Identifying the cause of mental health issue among university student need to be taken to overcome this problem.

Green Campus

Over the past decades, university rankings have become a global phenomenon. According to Alshuwaikhat & Abubakar, (2008) they mostly focus on the importance of research and academic reputation, while environmental issues received little or no attention. In 2010, Universitas Indonesia (UI) developed the UI GreenMetric World University Ranking for universities to share information about their sustainability practices. Suwartha & Sari, (2013) state that the UI GreenMetric World University Ranking also provided opportunities for each university to examine their strengths and weaknesses in promoting green university and sustainable development. This ranking system was well aligned with the basis of Sustainability for Higher Education. The scoring system can also be used as a guideline for universities to achieve sustainability in their campuses. The UI GreenMetric World University Ranking has consistently gained interests from universities around the world since its launch. Therefore, many universities around the world have attempted to transform their campuses to make them greener.

Quality of life

World Health Organization, (1997) defined the term Quality of Life (QOL) as an “individual’s perception of their position in life in the context of the culture and value systems in which they live and in relation to their

goals, expectations, standards, concerns and It is a broad ranging concept affected in a complex way by the person's physical health, psychological state, level of independence, social relationships, personal beliefs and their relationship to salient features of their environment". The definition of QOL may vary depending on the context of use. It fell among the notions of well-being, satisfaction, and happiness. In particularly, studies have demonstrated how proximity, and attribute, affect the use of parks and it improves health and overall quality of life (Carter & Horwitz, 2014). Referring to McFarland et al., (2008) a study conducted that concluded that undergraduate students deem green space as a positive impact to their QOL. The green space element contribute to the quality of life for student perspective which is resulting positive relation between it.

METHODOLOGY

A quantitative approach was conducted to achieve the research objectives. This study focused on the relationship between campus green space at UiTM Perak Branch, Seri Iskandar campus toward student well-being that is mental health. Data were collected in December 2023. A set of close ended questionnaire were used to obtain data for the study via Google Forms (GF). To ensure correct understanding and interpretation of the questions, all questions were wrote in English with Malay translation provided underneath each questions. The questionnaires were spread to the college group, course group and club group. This offered the opportunity to get various type of respondent and understand respond provided by students regarding their experiences. The responses were measured using a Likert scale question. Data will be analyse using Microsoft Excel and will be present in graph, table and text. Perposive sampling method was used and respondent criteria is student from both faculty 'DBET' and 'CCA'. Due to limitation, the samples size was small that is only 40 respondents will be counted. However, it is sufficient for preliminary studies.

RESULT & DISCUSSION

Demographic

A total of 40 respondents in the study, 55% (n=22) are males and 45% (n=18) are females. Male students were more interested in answering the survey. With the majority of age, 21 - 23 with (37.5%) n=15 followed by 35% (n=14) for 24 - 26 and (27.5%) n=11 for 18 - 20. 27.5% (n=11) respondents at the age of 18 - 20 are studying at Diploma level and 72.5% (n=29) of the respondents are studying at Bachelor Degree level. Students from two(2) faculties were involve in this study, (77.5%) n=31 from 'DBET' and (22.5%) n=9 from 'CCA'. Bachelor Degree students and students from 'DBET' contribute a lot to the findings of this survey.

Green Space Evaluation

The green space evaluation have different result. About 77.5% (n=31) of respondents know the 'Green Campus' term while other 22.5% (n=9) do not know (refer to Graph 1). Respondents that have knowledge of 'Green Campus' notice the effort of Seri Iskandar campus toward green campus (77.5%) n=31 while other 22.5% (n=9) do not notice. Even though there are different knowledge between respondents, all respondents n=40 (100%) appreciate the Seri Iskandar campus green space and satisfied with Seri Iskandar campus green space. Respondents have their own perception and expectation. However, 100% (n=40) of respondents give positive rate with the Seri Iskandar campus green space and Seri Iskandar campus environment which is 35% (n=14) rate good and 65% (n=26) rate excellent. 40% (n=16) of respondents prefer to use Seri Iskandar campus green space monthly, followed by 35% (n=14) yearly and 25% (n=10) respondents use daily. Male students more frequently use Seri Iskandar campus green space daily than female students that prefer to use monthly (refer to Table 1). 45% (n=18) respondents use Seri Iskandar campus green space to fill their free time and concern about their body health followed by mental health 10% (n=4) (refer to Table 2). Predictable that 100% (n=40) respondents give positive rate that is strongly support for the Seri Iskandar campus green space enhancement.

Perceived Well-Being

The perceived well-being have different result. About 57.5% (n=25) respondents know the ‘Quality of Life’ term while other 37.5% (n=15) do not know (refer to Graph 2). However, 100% (n=40) respondents give positive rate for their quality of life with 37.5% (n=15) rate good and 62.5% (n=25) rate excellent. All (100%) n=40 respondents are strongly agree that university student have high rate of depression. Also (100%) n=40 respondents strongly agree that mental health are important for university student. Followed by 100% (n=40) respondents strongly agree that academic is the factor that effecting university student well-being and 100% (n=40) respondents strongly agree that green space is also the factor that effecting university student well-being. End of the data collection from the questionnaire, 100% respondent give the positive rate about the efficacy of Seri Iskandar campus green space and environment toward student well-being with 27.5% (n=11) rate good and 72.5% (n=29) rate excellent.

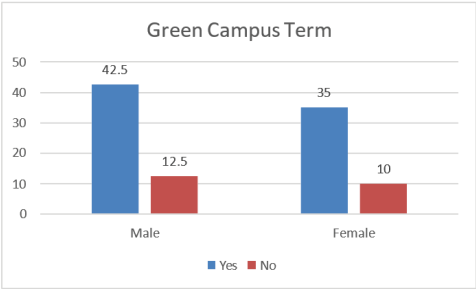


Figure 1

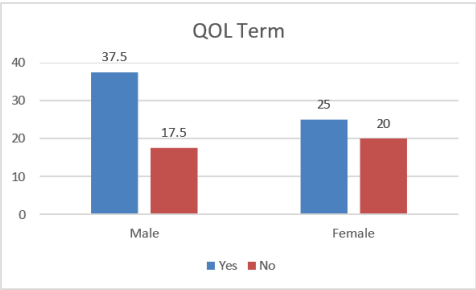


Figure 2

Table 1. Frequent use of campus green space

Parameter	Male	Female	Relative Frequency (%)
Daily	10	0	25
Weekly	0	0	0
Monthly Yearly	6	10	40
Never	6	8	35
	22	18	100

Table 2. Cause of using campus green space

Parameter	Male	Female	Relative Frequency (%)
Free Time	10	8	45
Mental Health	4	0	10
Body Health	8	10	45
	22	18	100

CONCLUSIONS

In conclusion, the research 'The efficacy of an eco-friendly on educational institution' conducted by researcher delves into result of positive relationship and coincide with Kelz et al., (2013) that campus green spaces can significantly improve students mental health and reduce psychological pressure. Respondents are helping to suit to the objective that is to know the relationship between campus green space toward student well-being that is mental health. It is evident that campus green space can create and ensure the good mental health and well-being that important to university students. Researcher personally hopes that the idea shared in this paper will further. Not only that the researcher hopes that this study can provide useful input and information to the university and can be a reference for those who conduct research on the related field. As to conclude, the researcher also hopes that this study can provide clear exposure to the reader about the Important of campus green space for resulting well-being to university students.

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Kelulusan daripada pihak tuan dalam perkara ini amat dihargai.

Sekian, terima kasih.

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Saya yang menjalankan amanah,

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Setuju.

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