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EXTENDED ABSTRACT

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THE RELATIONSHIP BETWEEN MENTAL HEALTH AND ACADEMIC FACTOR PERFORMANCES FACULTY OF SPORTS SCIENCE AND RECREATION STUDENTS IN UITM SEREMBAN

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I. INTRODUCTION

Mental health issues have surged in Malaysia, impacting youth, particularly university students. This study explores the relationship between mental health and academic performance among Faculty of Sports Science and Recreation (FSR) students at UiTM Seremban. By assessing mental health levels, academic performance, and their interplay, this research aims to bridge existing gaps, addressing how sports students manage stress and achieve academic balance [1].

II. METHODS

A survey was conducted to assess mental health levels, while academic performance was evaluated through quantitative analysis. A sample size of 333 students was determined using Krejcie and Morgan's (1970) table with a 20% buffer. Participants were selected using probability sampling via a simple random sampling technique to ensure representativeness.

III. RESULTS AND DISCUSSION

A. Mental health

The majority of students reported high mental health levels, while a small percentage exhibited moderate or low levels. Differences were noted based on age and gender. Findings indicated that 319 students (100%) had high mental health, 10 (4.2%) were at a moderate level, and 4 (1.2%) reported low mental health.

B. Academic performance

Although many students were struggling, 328 (98.5%) maintained high academic performance, while 5 (1.5%) fell within the moderate range. Differences were observed between degree and diploma students, with academic performance influenced by sleep quality and mental health.

C. Relationship Between Mental Health and Academic Performance

A weak negative correlation (Pearson's r = -0.07, p = 0.231) was found, indicating no statistically significant relationship between mental health and academic performance. This suggests that worsening mental health had little impact on grades, with other factors, such as sleep quality, playing a more significant role.

TABLE I
RELATIONSHIP BETWEEN VOLUNTEERING MOTIVES AND OCCUPATIONAL STATUS

	Academic performance	
Mental Health	Pearson r	-0.066
	Sig (2-tailed)	0.231
	N	331

IV. CONCLUSIONS

This study found that most students had high mental health levels, with minor variations based on age and gender. While many students struggled academically, most maintained high performance. A weak, non-significant negative correlation was observed between mental health and academic performance, suggesting other factors, such as sleep quality, played a greater role. Future research should explore additional influences on academic success..

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