

PROJECT PAPER
PAD 340

STRESS AMONG FINAL SEMESTER STUDENTS
IN UNIVERSITI TEKNOLOGI MARA (UTM)
KOTA KINABALU CAMPUS

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ABSTRACT

This project paper is a survey on stress among the final semester students in UiTM Kota Kinabalu Campus. It was put together to comply with the requirement for the PAD 340 subject. The objectives of this study are to analyze factors (stressors) that caused stress among students, identify the characteristics of the students suffering from stress, analyze the academic performance among the students who may be suffering from stress related problem and attain the percentage of students who may be suffering from stress.

Many definitions on stress were presented in this paper. One of them is by Quick & Quick (1984) who stated that stress is caused by a stimulus, it can be either physical or psychological, and that the individual responds to the stimulus in some way. It is a person's adaptive response to a stimulus that places excessive psychological or physical demands on that person. This stimulus, generally called a stressor, is anything that induces stress.

Students faced many problems and challenges in their daily life. These may be academic or personal in nature and this in turn is inter-related. Stress would emerge as a result and may affect the students in one way or another. What may lead to this would depend on many factors, i.e stressors, faced by the students.

The stress sources are various and the effect to each student is varied. The sources of stress are academic, social and financial. The types of stress that the students suffer are divided into three categories namely, physical, behavioural and psychological. Symptoms of stress for example

are changes in behaviour, ill health, emotional and disturbance in thinking process (M. Redzei Othman, 1998).

In this study, stressors that may lead to this problem are such as:

- academic loads (i.e. assignments, tests, examinations and etc.)
- strict rules and regulations,
- study and living environment (i.e. rooms, water and electricity supply),
- activities either academic or leisure,
- social (i.e. change in lifestyle, relationship with other students and lecturers)
- financial.

A critical step in coping with stress is first to take stock of the stressors in your life. After you have identified the sources of your stress, decide those that you can influence and control and those you cannot. The students should be made aware that the goal is not necessarily to eliminate stress completely but to learn how we are affected by life stress and how we can better manage it. Thus, it is essential stress management techniques should be made aware to the students for them to handle stress better.

From this study, we are able to determine the problems the students face. It is hoped that through this study, the gravity of stress problems among the students is known and serve as a guidance to the UiTM management in taking steps or initiatives to formulate correct steps to help overcome these problems.