

**UNIVERSITI TEKNOLOGI MARA**

**THE FACTORS THAT CONTRIBUTE TO INSOMNIA  
AMONG UiTM KELANTAN STUDENTS USING  
LOGISTIC REGRESSION**

**AFIQAH NADIA BINTI DAUD  
NURSYAFIQA BINTI CHE AHMAD  
NURUL SYAZA ATHIRAH BINTI AZIZI**

Dissertation submitted in fulfilment  
of the requirements for the degree of  
**Bachelor of Science (Hons) Statistics**

**Faculty of Computer and Mathematical Sciences**

July 2019

**APPROVED BY:**

A handwritten signature in black ink, appearing to read 'Nor Azima', is written over a horizontal dotted line.

**(MADAM NOR AZIMA BINTI ISMAIL)**

**Supervisor**

**Faculty of Computer and Mathematical Sciences**

## **ABSTRACT**

This study is about the factors that contribute to insomnia among UiTM students in Kelantan. The purposes of this study are to find out the occurrence of insomnia among students, to identify the association of Insomnia and Gender and to determine which factors significantly contribute to insomnia among UiTM Kelantan students. The variables that involve in this study are Insomnia as the dependent variable and independent variables are Depression, Anxiety, Stress and Life Habit. Factors that contribute to Insomnia among students are important. Mostly the students are not aware about insomnia. The appropriate sample size for this study is 255 out of 752 of UiTM Kelantan students determined by using sample size calculator Raosoft. Inc. However, only 228 respondents give cooperation for this study by answering the questionnaire. This means the response rate is 89.41 percent which is acceptable and considering good. For analysis purpose, SPSS software was used. The methodologies that involve in this study were Logistic Regression and Chi-Squared Test. As overall result, it was found that only Depression that contribute to Insomnia. For the other three which are Anxiety, Stress and Life Habit did not contribute significantly to Insomnia among students in UiTM Kelantan.

**Keywords:** Anxiety, Depression, Gender, Insomnia, Stress

## **ACKNOWLEDGEMENT**

In the Name of Allah, the All-Compassionate, All-Merciful

Alhamdulillah, our utmost gratitude to Allah SWT for His guidance and in giving us strength, courage and persistence throughout our life, especially during difficult times in our life and with His consent we have the opportunity to complete this study.

Sincere gratitude to our supervisor Madam Nor Azima binti Ismail for her continuous support, patience and ideas which enabled us to successfully complete our study journey at Faculty of Computer and Mathematical Sciences, Universiti Teknologi MARA (UiTM) Kota Bharu, Kelantan. Your guidance to us in order to complete our study is appreciated. Your correction and suggestions are useful to improve the quality of our study.

Note to ourselves, we grateful to our self for not for giving up in completing this study. This achievement is not to boast ourselves but this knowledge is to be shared to others. To our parents and siblings, thank you for supports, advices, guidance and help us in our life. Your love is beyond our words.

We would like to express our gratitude to the students in Kota Bharu and Machang, for their responds to our questionnaire that is very helpful for us to complete this study.

Thanks also to our group members for always give full commitments, cooperation, supports and guidance in completing our final year project.

Lastly, thank you to all that have supported us in order to complete our study. We really appreciate your guidance and cooperation

## TABLE OF CONTENTS

	<b>Page</b>
ABSTRACT	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENTS	v
LIST OF TABLES	viii
LIST OF FIGURES	ix
CHAPTER ONE: INTRODUCTION	1
1.1 Background of Study	1
1.2 Problem Statement	3
1.3 Research Objectives	5
1.4 Research Questions	5
1.5 Research Hypotheses	5
1.6 Scope of Study and Limitation	6
1.7 Significance of Study	6
CHAPTER TWO: LITERATURE REVIEW	8
2.1 Introduction	8
2.2 Demographic Profile	8
2.3 Depression	9
2.4 Anxiety	9
2.5 Stress	10
2.6 Life Habit	10