

A Case Study of Stress Management Among UiTM Kedah Students

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ABSTRACT

This study had been carried out to examine the stress management among 288 respondents of student's UiTM Kedah. Among the selected program which are DPA, DIA, DIB, DIM, DBS, DCS, DQS and DIDE. The research has been conduct in UiTM Kedah. A proportionate stratified random sampling of 288 respondents mainly the UiTM's students has been selected to study the determine factor of reducing stress. There are several objectives in this research which are to identify the major factor that contributes to stress reduction among students, to analyze the different perspectives among different program on reducing stress and the last objective is to identify the effectiveness of social factor toward reducing stress. From this research, all the objectives achieve successfully. Finding indicates that physiology factor (exercise) is the best way in reducing stress. It is because through exercise, student feels more relax in term of their mind, body and help respondents to balance the attitude and emotion. This also will lead their performance and academic achievement. Lastly, the researchers have made several recommendations for this study which are encourage students exercise every week and suggest sport's as unit to enhance their function.

Keywords: Physiology, psychology, Social support, Spiritual, Stress

INTRODUCTION

In reality, stress is happen to anyone in this world regardless what gender, age, races and status. Even the children also have their own stress but of course it different than adult's situation. According to Rabin (2007), stress results when something happen to you or something that you observe exceeds the capability or your mind to deal with the events effectively.

It usually gives bad impact rather that good impact. The example bad impact is such physical and mental illness (Lazarus, 1993), meanwhile for the good impact, stress can encourage people to develop their new adaptive skills or new coping strategies (Holahan, Moos and Schaefer, 1996).

The foundation or solution of stress is how people overcome stress. There are many approaches have been introduced by motivators as well the doctors to the public about how to deal with stress. The public just choose any ways have been sited to deal with their stress and anxiety. There is several methods that can help individual to overcome stress, for example listen to music, exercise, meditation, go vacation, share with friends, laugh, see a counselor and psychotherapist.

In this research, the researchers want to study the factors that reducing stress. The researchers study from four perspectives which psychology, physiology, spiritual and social.

Under psychology factor, the researchers site that music as an indicator towards reducing stress. In physiology factor, the researchers study about the exercise as a factor of reducing stress. Meanwhile, for spiritual factor, the researchers focus on meditation as one on the way reducing stress, and lastly are for the social factor, the researchers more focusing in social support and counseling session.

METHODOLOGY

Research design in this research is the hypotheses testing. The researchers would have theorized the factors that influence in reducing stress and then test the hypotheses that four factors (psychology, physiology, spiritual and social) will significantly reducing stress through hypotheses testing.

The researchers choose the diploma students of UiTM Kedah as the scope of research. There are 1487 diploma students in UiTM Kedah. There are 1487 diploma students in UiTM Kedah. According to the (Sekaran, 2003), if the population of research is around 1000 until 1400, the sample size that can be use is between 278 until 302 respondents. The researchers decided to pick 288 respondents from 1487 diploma students.

Sampling technique that been use in this research is proportionate stratified random sampling. This sampling technique is will divide the population into sub-population or strata. There researchers divide into 8 strata because have 8 diploma courses in UiTM Kedah which DPA, DIB, DIA, DBS, DCS, DIM, DIDE, AND DQS. So, if each of the stratums will have 36 respondents.

Data Collection

The method that will use by the researchers for collecting the data is through questionnaire. To be more efficiently, the researchers choose personally administer the questionnaire. The questionnaire is closed question, whereby there will be a set of alternatives given by the researchers and the respondents can make choices for the alternatives answer.

Data Analysis

In the questionnaire, the question will be divided into 7 sections. Section A is respondents' particular (demographic question), section B is understanding of stress, section C is psychology factor (music and stress), section D is physiology factor (exercise and a stress), section E is spiritual factor (meditation and stress), section F is social factor (social support, counseling session and stress) and last section G is stress management.

RESULTS

H1: There is significant relation between psychology factor (music) and stress management. The result of the scatter dot in that significant positive relation exists between psychology factor (music) and stress management ($r=.373$, $p < .05$).

H2: There is significant relation between physiology factor (exercise) and stress management. The result of the scatter dot in that significant positive relation exists between physiology factor (exercise) and stress management ($r=.296$, $p < .05$).

H3: There is significant relation between spiritual factor (meditation) and stress management. The result of the scatter dot in that significant positive relation exists between spiritual factor (meditation) and stress management ($r=.438$, $p < .05$).

H4: There is significant relation between social factor (social support counseling session) and stress management. The result of the scatter dot in that significant positive relation exists between social factor (social support and counseling session) and stress management ($r=.414$, $p < .05$).

CONCLUSION

Stress management is the most important factors that determine the success of the students. There are four factors that could help students

reduce their stress level such as psychological (music), physiology activities (exercise), spiritual activities and social support and counseling session. So, from all the data that had been collected, the findings clearly shows that the research objectives are fulfilled. Based on the findings, it can be concluded that exercise is the best tool to reduce the stress among students in UiTM Kedah.

Therefore, the objectives and hypothesis that has been discussed discuss previously are reliable. Physiology activities (exercise) also are the best tool in reducing the stress level because only through exercise students feel more relax in term of their mind, body and help them to balance their attitude and emotions. This will lead to their performance and academic achievement. When they able to manage their stress, they can handle all their tasks effective and efficiently.

Based on all findings and results, it clearly shows that the most important factor in stress management is physiology activities (exercise). Exercise can help them to stable their emotion and create good attitude which will lead to their daily activities. This also will affect their academic performance.

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