UNIVERSITI TEKNOLOGI MARA

THE SUITABILITY OF DEPRESSION, ANXIETY AND STRESS SCALE (DASS21-M) AMONG SMOKERS

NUR AMIRAH FIKRIYAH BINTI MOHD SUHAIDI

Research project submitted in partial fulfilment of the requirements for the degree of

Bachelor of Sport Science (Hons.)

Faculty of Sports Science and Recreation

2020

AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledge as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student	:	Nur Amirah Fikriyah Binti Mohd Suhaidi
Student I.D. No	:	2017726687
Programme	:	Bachelor of Sport Science (Hons.)- SR243
Faculty	:	Sports Science and Recreation
Thesis Title	:	The Suitability of Depression, Anxiety and Stress Scale (DASS21-M) Among Smokers
Signature of Student	:	.....
Signature of Supervisor	:	.....
Date	:	2020

TABLE OF CONTENTS

	Page
AUTHOR'S DECLARATION	i
ABSTRACT	ii
ACKNOWLEDGEMENT	iii
TABLE OF CONTENT	iv
LIST OF TABLES	iv
LIST OF FIGURES	iv
LIST OF SYMBOLS	vii
LIST OF ABBREVIATIONS	viii
LIST OF APPENDICES	ix
CHAPTER ONE: INTRODUCTION	
1.1 Background of Study	1
1.2 Problem Statement	1
1.3 Purpose of Study	2
1.4 Objective of The Study	2
1.5 Research Hypothesis	2
1.6 Significance of Study	3
1.7 Delimitation of the study	3
1.7.1 Participants	3
1.8 Definition of Term	4
1.8.1 Depression	4
1.8.2 Anxiety	4
1.8.3 Stress	4

CHAPTER TWO: LITERATURE REVIEW

2.1 Introduction 5

2.2 Depression, Anxiety and Stress Scale (DASS21) 5

2.3 Stress 6

2.4 Depression 7

2.5 Anxiety 8

CHAPTER THREE: METHODOLOGY

3.1 Introduction 9

3.2 Research Flowchart 9

3.3 Research Design 10

3.4 Participant 10

3.5 Instrumentation 10

3.5.1 Demographic Data 10

3.5.2 Profile of Mood States (POMs) 11

3.5.3 Beck Depression Inventory (BDI) 11

3.5.4 Beck Anxiety Inventory (BAI) 11

3.5.5 Depression, Anxiety and Stress Scale (DASS21) 12

3.6 Data Collection Procedure 13

3.7 Data Analysis 13

CHAPTER FOUR: DATA ANALYSIS

4.1 Introduction 14

4.2 Demographic Data 14

4.3 Descriptive Statistics 16

4.4 Spearman's rho Correlation Test 17

ABSTRACT

It is about 54% of adult males in Malaysia is a smoker. Thus, this population represent half of the Malaysian population. Having a validated questionnaire for this specific population is necessary to nurture a research path in that particular area. The Malay version of Depression, Anxiety and Stress Scale (DASS21-M) was widely used screening instruments in clinical setting. Perhaps, this instruments have been validated by others clinical population such as diabetics and Parkinson's disease. Thus, it is very important to identify the suitability of this instrument to the smoker's population. Objective: The aim of this study is to identify the suitability of depression, anxiety and stress scale (DASS21-M) among smoker's population. To determine the concurrent validity of DASS-M Method: This is cross sectional study administered among 120 smokers. The study instruments include Depression, Anxiety and Stress Scale (DASS21-M), Beck Depression Inventory (BDI-M), Beck Anxiety Inventory (BAI-M) and Profile of Mood States (POMs-M). A set of the questionnaire was administered by 120 daily smokers. The convenient sampling (26.92 ± 12.001) has been used for this study. The data has been analysed using IBM SPSS Statistics 23.0 and Spearman's' rho Correlation Test. Results: This Study shows present study shown significant correlation of Depression, Anxiety and Stress Scale (DASS21-M) with between Beck Depression Inventory (BDI-M), Beck Anxiety Inventory (BAI-M) and Profile of Mood States (POMs). Conclusion: There is significant correlations between Profile of Mood States (POMs), Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), and Depression, Anxiety, and Stress Scale (BM DASS21) among smoker's population.

Keywords: depression, anxiety, stress and smokers.