

UNIVERSITI TEKNOLOGI MARA

**THE LEVEL OF MENTAL HEALTH AMONG UNIVERSITY
STUDENTS: A CASE STUDY ON UNIVERSITI TEKNOLOGI
MARA (UiTM) NEGERI SEMBILAN BRANCH,
REMBAU CAMPUS**

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ABSTRACT

The level of mental health among university students has been a topic of interest in research. The focus of this research is to explore the level of mental health among university students in Universiti Teknologi MARA (UiTM) Negeri Sembilan branch, Rembau campus. The objective of this research is to describe the level of mental health among university students, to determine the association between the factors and level of mental health and also to identify the significant factors influencing the level of mental health. There are four factors involved in this research, which are gender, academic performance, financial and also family background. The population consists of 1666 students from diploma and degree students who are currently in second and third year and the sample size was 315 university students that were taken by using simple random sampling. The data were collected through questionnaire and were analysed using IBM SPSS. There are four methods of analysis used, which are descriptive analysis, chi square test of independence, Spearman's correlation coefficient and ordinal regression. Finding shows that 77% of the respondents are tend to have depressed, 90% of the respondents tend to have anxiety and 65% of the respondents tend to have stress. It can be concluded that the level of mental health among university students in UiTM Negeri Sembilan branch, Rembau campus is in a worse state since the tendency to have mental health problem is greater than 50%. As for the association, academic performance, financial situation and family background are associated to depression, anxiety and stress level. Meanwhile, gender is only associated to anxiety level, but not with depression and stress level. Lastly, among the four factors, it can be concluded that the most significant factors that influence the depression, anxiety and stress level are academic performance and financial situation. Hence, further research needs to be carried out to find other factors influencing the level of mental health by using other methods such as binary logistic regression.

Keywords: Level of mental health, Ordinal regression, University students

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