

**UNIVERSITI TEKNOLOGI MARA
FACULTY OF ADMINISTRATIVE SCIENCE AND POLICY
STUDIES**



**FACTORS AFFECTING TENDENCY TO MENTAL HEALTH
AMONG STUDENTS IN UNIVERSITY UTARA MALAYSIA
(UUM), SINTOK, KEDAH**

**MIMI SURIATI BINTI MAT DAUD
2017991935**

**NURTIHANI IZZATI BINTI MOHAMAD BISTAMAM
2017196525**

DECEMBER 2019

CLEARANCE FOR SUBMISSION OF RESEARCH REPORT BY SUPERVISOR

Name of Supervisor Dr Nor Zaini Binti Haji Zainal Abidin

Title of Research Factors Affecting Tendency to Mental Health among Students in University Utara Malaysia (UUM), Sintok, Kedah

Name of Student 1: Mimi Suriati Binti Mat Daud
2: NurTihani Izzati Binti Mohamad Bistamam

I have reviewed the final and complete research report and approved the submission of this report for evaluation.

.....
(Dr Nor Zaini Binti Haji Zainal Abidin)

DECLARATION

We hereby declare that the work contained in this research proposal is original and our own except those duly identified and recognised. If we are later found to have committed plagiarism or acts of academic dishonesty, action can be taken in accordance with UiTM's rules and academic regulations.

Signed,

.....

Name: Mimi Suriati Binti Mat Daud

Matric No: 2017991935

Signed,

.....

Name: NurTihani Izzati Binti Mohamad Bistamam

Matric No: 2017196525

ABSTRACT

Mental health is an important aspect for all the people especially students. This problem also can happen to the students in UUM. The purpose of this study is to examine the relationship between financial constraints, supernatural phenomenon and family problems towards the factor affecting tendency to mental health among students in Universiti Utara Malaysia (UUM).

A survey was conducted at UUM. The data were collected using a self-administered questionnaire from 380 respondents using simple random sampling technique (SRS). The result of this study indicates that there is moderate level of understanding on mental health in UUM and the financial constraints is the most influential factors that contribute to the factors affecting tendency to mental health among students in UUM. This study reveals that all hypotheses on the financial constraints, supernatural phenomenon and family problems listed were accepted.

*Keywords: Financial Constraints, Supernatural Phenomenon and Family Problems.
Universiti Utara Malaysia (UUM.)*

TABLE OF CONTENTS

DECLARATION	i
ACKNOWLEDGEMENT	ii
ABSTRACT	iii
LIST OF TABLE	iv
LIST OF FIGURE	v
LIST OF ABBREVIATION	vi

CHAPTER 1: INTRODUCTION

1.1 Introduction.....	1
1.2 Background of study	1
1.3 Problem statement.....	2
1.4 Research questions.....	4
1.5 Research objectives.....	4
1.6 Scope of the study.....	5
1.6.1 Level	5
1.6.2 Territory	5
1.6.3 Time.....	5
1.7 Significance of the study.....	6
1.7.1 Contribution to a body of knowledge	6
1.7.2 For own understanding or other researcher understanding.....	6
1.7.3 To assist understanding among students.....	6
1.8 Definition of terms, terminologies and concepts	6
1.8.1 Mental health	7
1.8.2 Financial constraints	7
1.8.3 Supernatural phenomenon	7
1.8.4 Family problems	8
1.9 Conclusion	8