

UNIVERSITI TEKNOLOGI MARA

**KNOW THE SIGN: SUICIDE AMONG ADOLESCENT IN
MALAYSIA**

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Thesis submitted in fulfillment of the requirements for
Bachelor Degree (Hons) in Graphic Design

Faculty of Art & Design

February 2022

CONFIRMATION BY EXAMINER

I certify that an examiner has met on 6th February 2022 to conduct the final examination of Syed Irfan Rabbani B Syed Amdat on his Bachelor Degree (Hons) in Graphic Design thesis entitled Know The Sign: Suicide Among Adolescent in Malaysia in accordance with Universiti Teknologi MARA Act 1976 (Akta 173). The examiner undersigned recommends that the student be awarded the relevant degree.



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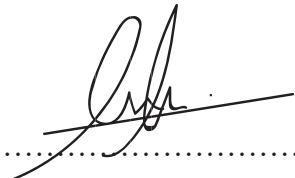
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AUTHOR'S DECLARATION

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 acknowledged 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 Undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

The issue of suicide among adolescents is very alarming nowadays. Suicide has become an unobtrusive treatment because almost every day there must be a suicide issue in major mediums and abroad. Among the main causes of a person's suicide are caused by mental health disorders that happen to adolescents. Mental health disorders can occur to anyone when the individual cannot control his emotions. The occurrence of mental health disorders will result in individuals will not be able to think rationally and can act out of control. Statistics for mental health also show high levels and worry in Malaysia arising from various factors. Among them are overwhelming depression, anxiety, and stress. Teenagers who have one of these factors or are all likely to get mental health disorders. Hence, individuals who experience mental disorders in the early stages should strive to deal with it so that it is not worse. Individuals who can help the mental disorder problems faced by adolescents are parents so that their child's life is better and prosperous. Each individual is responsible for ensuring that self-esteem is well maintained and strives to avoid falling into mental health. Generally, this study examines the role of mental health as a moderator of suicide tendencies faced by adolescents. This study also has an impact on families, communities, and organizations in order to further reduce the desire for suicide by adolescents now. Parents play a big role in addressing the issue of adolescent suicide and it is always concerned about the mental health of their children.

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