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CAWANGAN SARAWAK**

**EFFECTS OF COVID-19 ON THE HAPPINESS INDEX AMONG  
CONSTRUCTION RELATED STUDENT IN UITM CAWANGAN  
SARAWAK**

This report is submitted as a partial requirement for the degree of  
Bachelor of Quantity Surveying (Honours)

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## ABSTRACT

Higher Education benefits the nation as it drives innovation and aimed to find solutions to global challenges in areas that matter to society such as healthcare, environmental protection, resource security, international development and population trends. However, the COVID-19 pandemic has negatively affected many individuals and the entire educational system where many countries have decided to close schools, colleges, and universities. This measure was intended to contain the spread of the virus and as a result, the traditional teaching and learning in physical classroom has shifted to Online Distance Learning (ODL) either synchronously or asynchronously by UiTM Cawangan Sarawak's academicians and students on an unprecedented scale. Therefore, this research aims to assess the effects of COVID-19 on the happiness index among construction related student in UiTM Cawangan Sarawak in view of ODL. 288 number of students from Fakulti Senibina, Perancangan dan Ukur (FSPU) UiTM Cawangan Sarawak have volunteered to participate to online questionnaires and interviews that were conducted for the purpose of this study. The questionnaires and interview questions were constructed of demographic questions, Lifestyle Questionnaire (LSQ) and Oxford Happiness Questions (OHQ); to assess the lifestyle, happiness index and making comparison of the lifestyle and happiness index of the respondents before and in the time of COVID-19 pandemic. The result of this research shows that construction related students are mentally drained and most of their lifestyle and habits are influenced by their emotion and readiness. Numerous aspects in students' lifestyle are also changes due to COVID-19 pandemic. Thus, this research opts to create awareness among construction related students on how to manage their happiness index and lifestyle. Youth mental health prevention and early intervention programmes can be implemented since personal and environmental coping resources are important for students' wellbeing.

**Keywords:** Construction students; COVID-19 pandemic; Happiness; Online Distance Learning

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# TABLE OF CONTENTS

DECLARATION	
ABSTRACT .....	i
ABSTRAK.....	ii
ACKNOWLEDGEMENT .....	iii
LIST OF FIGURES.....	ix
LIST OF TABLES.....	x
LIST OF ABBREVIATIONS .....	xiv
CHAPTER 1 : INTRODUCTION.....	1
1.1 RESEARCH BACKGROUND .....	1
1.2 RESEARCH PROBLEM.....	3
1.3 RESEARCH AIM.....	4
1.4 RESEARCH OBJECTIVES.....	4
1.5 RESEARCH QUESTIONS .....	5
1.6 RESEARCH SCOPE.....	6
1.7 RESEARCH METHODOLOGY.....	7
1.8 RESEARCH STRUCTURE.....	8
1.8.1 CHAPTER 1: INTRODUCTION.....	8
1.8.2 CHAPTER 2: LITERATURE REVIEW .....	8
1.8.3 CHAPTER 3: METHODOLOGY.....	8
1.8.4 CHAPTER 4: RESULTS AND ANALYSIS.....	8

# **CHAPTER 1 : INTRODUCTION**

## **1.1 RESEARCH BACKGROUND**

The Covid-19 brought lockdown, and as a consequence of lockdown or separation policies, freedom of travelling has been substantially reduced. The several institutions have shut down and required e-learning from home. The students and instructors are reacting contrarily as a result of this sudden shift. Specifically, in the context of education sectors, various coping strategies have been used, for example, employed socialization techniques in the classroom that caused a drastic decrease in physical interaction. In the same time, advance techniques have emerged in an online format to replicate specific socializing patterns. Inventive thought has indicated that it is feasible to utilize the same style of instructional methods digitally but in a new medium. In a technical environment, when the quality of a university depends on society, universities strive to interact more with the community (Bao, 2020). The online learning is vital because it can be done anytime, and it increases community interaction. A successful system of higher education has been characterized as generating awareness and providing support to the community through education and training at complementary levels.

Though technology has made it non-physically possible for student to access to tertiary education facilities and knowledge, this pandemic has greatly impacted the students' well-being mentally and psychologically namely level of happiness. Happiness is described as the experience of joy, contentment or positive well-being combined with a sense that one's life is good, meaningful and worthwhile (Sonja Lyubomirsky, 2007).