

**A STUDY TO DETERMINE FACTORS THAT CONTRIBUTES
TO ACADEMIC STRESS AMONG STUDENTS AND THEIR
REACTIONS TOWARDS THE STRESSORS.**



**INSTITUTE OF RESEARCH, DEVELOPMENT AND COMMERCIALISATION
(IRDC)
UNIVERSITI TEKNOLOGI MARA
40450 SHAH ALAM
MALAYSIA**

**SARIPAH BT ABDUL LATIF
RAZANA JUHAIDA BT JOHARI
ZAIHAN BIN USMAN @ OTHMAN**

2004

Tarikh : 28 Februari 2005
No. Fail Projek : 600-CK (HEA 5/3)

Penolong Naib Canselor (Penyelidikan)
Institut Penyelidikan, Pembangunan dan Pengkomersilan (IRDC)
Universiti Teknologi MARA
40450 Shah Alam

Puan,

LAPORAN AKHIR PENYELIDIKAN “A STUDY TO DETERMINE FACTORS THAT CONTRIBUTES TO ACADEMIC STRESS AMONG STUDENTS AND THEIR REACTIONS TOWARDS THE STRESSORS”.

Merujuk kepada perkara di atas, bersama-sama ini disertakan 3 (tiga) naskhah Laporan Akhir Penyelidikan bertajuk “A Study To Determine Factors That Contributes To Academic Stress Among Students And Their Reactions Towards The Stressors” oleh kumpulan Penyelidik Universiti Teknologi MARA Kelantan untuk makluman puan.

Sekian. Terima kasih.


SARIPAH BT ABDUL LATIF
Ketua
Projek Penyelidikan

ACKNOWLEDGEMENTS

Our deepest appreciations and thanks, to all those who have contributed to the completion of this research. Among others, they are;

Dato' Professor Dr Hussin @ Mohamed Ab Rahman

(UiTM Kelantan Director)

Associate Professor Napisah Haji Safii

Dr Jusoh Yaacob

(UiTM Kelantan URDC Coordinators)

Puan Ruhani Sulaiman

(UiTM Kelantan Assistant Treasurer)

and her staff

Staff of UiTM Kelantan Library

Puan Mimi Alina Ayub

Cik Zaliana Zainuddin

(Research assistants)

Students of UiTM Kelantan, who have given their commitments.

ABSTRACT

This study is extensively carried out to identify factors that contribute to academic stress among students and to ascertain the relationship between the levels of academic stress to academic performance of students. The findings identified eight significant factors that cause academic stress (stressors) out of forty possible stressors. The identification of students' reactions towards the stressors in this study perhaps, could facilitate the university in their effort to rectify the problem. From the analysis, it shows that 39.4% of Universiti Teknologi MARA Cawangan Kelantan (UiTMCK) students are having academic stress. Where as, the hypothesis testing shows that the levels of academic stress significantly influences the academic performance of students. Probing further it is ascertained that level of academic stress is negatively correlated to academic performance of students, though the association is rather weak. Such a study is significant to help the education planners and the management of Universiti Teknologi MARA (UiTM) in identifying strategies that could be adopted in an effort to create better learning conditions for students.

CHAPTER 1 INTRODUCTION

1.1 Introduction

The paramount objective of this study is to identify factors (stressors) that may contribute to academic stress among students of Universiti Teknologi MARA (UiTM). At the same time, it also aims to determine the students' reactions towards the stressors. Finally, the study tests the hypothesis of whether there is a significant relationship between academic stress and academic performance; and also the association between the two variables.

Such a study is significant, as it will help the lecturers and the management of UiTM to understand the phenomena of stress among students and its relation to academic performance. This will in turn help the related parties in identifying strategies that could be adopted in an effort to create better learning conditions for the students.

Becoming an ongoing issue affecting nearly every part of human's life, stress, remains as a complicated and controversial phenomenon. Fiona and Jim (2001), consider stress as a 'problematic term, which has been used indiscriminately to describe a range of very different symptoms and problem'. In other words, stress is not easy to be defined. However, the study practically portrays stress as a perceived substantial imbalance and relationship between demand and respond of human capability under conditions where failure to meet the demand has significant consequences. The paper adopts so much of the popular explanation by McGrath (1976) and Lazarus' and Folkman (1984). Their believes are easily understood in three (3) important criterion of stress: