

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



**FACTORS THAT CONTRIBUTE TO MALAYSIAN  
UNIVERSITY STUDENT'S STRESS**

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## **ABSTRACT**

The purpose of this study was to examine the factors that can lead to Malaysia university's student's stress. There are a lot of factors that can lead to student's stress but, due to the Covid-19 that has affected worldwide in the early 2020, the numbers of student's stress have been increased where it becomes more severe where it leads to increasing the number of mental health issue as well. So, researchers are trying to identify and examine whether those factors really contributed to students' stress. This study was carried out between October to December 2021. This study has implemented stratified sampling techniques in collecting the survey data. The result of the study has revealed three important findings, where all of the students has agreed and there is significant relationship where social environment, availability of infrastructure and academic workloads has affected stress on Malaysia university students. As a result, the study is uniquely positioned to provide both theoretical and empirical contributions to multi-domain literature, which includes management and psychology research.

Keywords: Stress, Social environment, Availability of infrastructure, Academic workloads, Students

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