

UNIVERSITI TEKNOLOGI MARA

**STRESS DETECTION THROUGH
ART ACTIVITY: A COMPARISON
MEASUREMENT THROUGH FACE
STIMULUS ASSESSMENT (FSA) AND
PERCEIVED STRESS SCALE (PSS)**

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ABSTRACT

The quality of life is often impaired by stress and was closely associated with the rising number of mental illness cases. Stress can be brought on by a variety of issues, including pressure from work, financial obligations, the environment, or connections with friends and family. If stress issues are not addressed, they may result in physical or mental health issues. Thus, this paper examine the level of stress by using Face Stimulus Assessment (FSA) and Perceived Stress Scale (PSS). The researcher also compared the application of Face Stimulus Assessment (FSA) and Perceived Stress Scale (PSS) in identifying stress. Numerous studies on various stress scales have been conducted, and they are frequently used to assess the amount of stress experienced by different individuals. The Face Stimulus Assessment (FSA) and Perceived Stress Scale (PSS) which were employed as a medium to detect stress by comparing the results, are two stress tools included in this study. Modified Formal Elements Art Therapy Scale (FEATS) was utilised in this study as a formal rating guide for Face Stimulus Assessment (FSA). Test was performed on 20 participants aged 19 to 30 years, divided into three groups: students, working adults, and unemployed adults. The data were derived from Face Stimulus Assessment (FSA) and Perceived Stress Scale (PSS) assessment, completed by the participants. Findings indicated that both evaluations are comparable. Therefore, Face Stimulus Assessment (FSA) and Perceived Stress Scale (PSS) graded with Modified Formal Elements Art Therapy Scale (FEATS) is a compatible way to calculate stress. Further analysis, however, had to be done as the Face Stimulus Assessment (FSA) is still a work in progress to be established as a credible and well-founded evaluation. This study will be useful and important to future studies focused on the interpretation of psychological content.

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TABLE OF CONTENTS

	Page
CONFIRMATION BY PANEL OF EXAMINERS	ii
AUTHOR'S DECLARATION	iii
ABSTRACT	iv
ACKNOWLEDGEMENT	v
TABLE OF CONTENTS	vi
LIST OF TABLES	x
LIST OF FIGURES	xiv
LIST OF PLATES	xix
CHAPTER ONE: INTRODUCTION	1
1.1 Research Background	1
1.2 Motivation	2
1.3 Problem Statement	2
1.4 Objectives	9
1.5 Research Questions	9
1.6 Significant of Study	9
1.7 Limitation of Research	10
CHAPTER TWO: LITERATURE REVIEW	11
2.1 Introduction	11
2.2 Stress	11
2.3 General Adaptation Syndrome	14
2.3.1 Response - Based Concept of Stress	16
2.3.1.1 Stage 1: Alarm Reaction	16
2.3.1.2 Stage 2: Resistance	17
2.3.1.3 Stage 3: Exhaustion	17
2.3.2 Stressors	17
2.3.3 Types of Stress	19

2.3.3.1	Acute Stress	19
2.3.3.2	Chronic Stress	19
2.3.4	Signs of Stress	19
2.4	Effects of Stress to Health	21
2.4.1	Common Effects	21
2.5	Mental Health Problems	22
2.5.1	Types of Mental Illness	25
2.6	Art Therapy	27
2.6.1	History	30
2.6.2	Uses of Art Therapy	31
2.7	Drawing	32
2.8	Types of Drawing	33
2.9	Characteristic of Drawing	35
2.9.1	Line	35
2.9.2	Shape	36
2.9.3	Colour	36
2.9.3.1	Colour Psychology	37
 CHAPTER THREE: RESEARCH METHODOLOGY		 41
3.1	Introduction	41
3.2	Research Methodology	41
3.2.1	In-depth Interview	42
3.2.2	Survey Research	42
3.3	Research Model	42
3.3.1	The Robertson's Research Model (1987)	42
3.4	Research Design	43
3.5	Instrumentation	43
3.5.1	Measuring Scale	43
3.5.1.1	Face Stimulus Assessment (FSA)	43
3.5.1.2	Perceived Stress Scale (PSS)	47
3.5.1.3	Modified Formal Elements Art Therapy Scale (FEATS)	49
3.5.2	Instrument	55