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FACULTIES OF ADMINISTRATIVE SCIENCE AND POLICY STUDIES

“HOW DIPLOMA STUDENTS MANAGE STRESS IN THEIR STUDY ”

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A STUDY ABOUT HOW TO MANAGE STRESS AMONG THE STUDENTS IN UiTM SAMARAHAN CAMPUS.

1.0 INTRODUCTION

Over the years, a large body of research has accumulated on the topic of stress for example Cooper and Smith 1985, Quick&Quick1984; Sethi&Schuler on 1984 to date the typical research strategy has been to develop taxonomies of coping strategy applicable to all situations. However, this approach has produced ambiguous results. For instance, Burke&Belcourt (1974) found that certain coping technique was reported as both effective and in effective for dealing with stress.

Most of the people realize that stress could be their best friend or their worst enemy. Too little stress and there is reduce enthusiasm energy for the task, too much and mistakes abound and things a person knew very well are forgotten. Excellent requires finding that right balance and been able to create it when needed.

Stress is not necessarily bad in and itself. Much stress emphasizes a mismatch between the individual his and her environment. Both too little and too much stress inhibits learning. Stress is difficult to define because individuals react to it vary differently and a situation that is stressful fir one person may not be for another. Further stressed vary widely ineffectiveness of their coping. Some of the universities students, when stress by academic demands this effective mechanism for coping. They may use defensive avoidance for example avoiding studying and putting off for coping through “stress inoculation”, managing their courses so that students has information about what to expect, giving feedback on their progress and providing a degree of control over courses activity.

In this research, there is impact that related with the physical and mental. The impacts are panic attacks, depression, sleep disorders, poor performance and decrease problems solving ability, relationship problems and emotional reactivity.

Besides that there are some ways for handling and reduce stress. It might be reduce the pace of change in life, reduce the social obligation, say “no” more often to

2.0 LITERATURE REVIEW

DEFINITIONS OF STRESS.

Stress affects our lives in ways that are just becoming clear. While it has been understood that there was a link between stress and disease, the science of psycho neuron immunology (PNI) is beginning to unravel the secrets of just how greatly stress affects our immune system and therefore, difference disease process. Stress can help to examine ways that stress management can alter your life towards greater health and happiness.

Stress is the mental and physical response of our bodies to the changes and challenges in our life. A stressor is any physical, social or psychological event or condition that causes the body to adjust to a specific situation. Adjustment is our attempt to cope with a given situation. Attempt to adjust may cause strain. Strain is the wear and tear our bodies and minds sustain during the process of adjusting to or resisting a stressor. Two major types of stress are Eustress that is stress that present the opportunity for growth and satisfaction. Distress is negative stress that can result in debilitate strain.

Stress is neither negative nor positive. It is our body's normal response to challenge, treat or excitement. The stress response is only a problem if it occurs too often, exists for too long a time before dissipating, or occurs with a force that is too strong. The consequences of stress depend on your interpretation of the physical symptoms. Whether you experience these feeling as help or a barrier determine, whether you label your stress as positive or negative, motivating or paralyzing. Consider how differently these two people label their feeling. One is a student just prior to a major exam; the other is a sportsperson before a critical event. Both are aware that the palms of their hands are sweating; they can feel their heart racing and have strange feelings in the pit of their stomachs. The student might typically fell distressed about their aroused state and view his feelings negatively as almost a sign of impending doom and failure. They may lie awake worrying about their physical condition as well as about the exam. The sportsman

3.0 RESEARCH METHODOLOGY

Research methodology is very important as requirement for doing any project paper or research study. It is a method and guideline of data and information collection, analyzing data into related subject, give description of recommendation and get the opportunities for the study purpose. Research methodology is to determine the research design used and what the best collection methods are. The appropriate sampling techniques used and what are the method being used to analyze data that has been collected.

3.1 TYPE OF RESEARCH

In our study, we decide to use the Applied Research. It is regarding to the student toward their perception about how to manage stress especially among diploma students in which we only would like to know and to find the research findings that will be closely to our topic. In our study, we used Applied Research because lack of resources to find usable information for decision making as well as time consuming is very limited.

The other reason is not necessarily for us to look in the matter into the depth of the study with using theories or any specific investigations.