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**FACTORS CONTRIBUTING TO STRESS AMONG  
UNIVERSITY STUDENTS: A CASE STUDY IN UITM KOTA  
SAMARAHAN**

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## CHAPTER 1

### INTRODUCTION

#### 1.1 Chapter Review

This chapter will be divided into into several sections. Section 1.2 will explain the background of study. Under Section 1.3 will be focusing on the problem statement. Next, Section 1.4 will discuss on research objectives follow by research questions in 1.5. Section 1.6 states about the list of research hypothesis, section 1.7 discussing about the scope of the study, Section 1.8 discussing on the definition of terms and lastly 1.9 covers on the chapter summary. The research is about the factors contributing to stress among university students.

#### 1.2 Background of Study

Stress is perceived as a person attempt to adjust to or deal with stressors that occurs due to a negative emotional, behavioral, cognitive, and physiological process (Bernstein, 2008). Auerbach & Grambling (1998) defined stressors as a situation whereas people feel distracted of their daily routine which cause them to make changes. It was found that stress usually exists and be a part of student's life. It occurred due to demands of academic life and how the students deal with it. University students experience stress related to interpersonal, intrapersonal, academics and environment. Higher level of stress can hinder students from performing well in their studies, reduced quality of life and academic performance. Each students having different factors contribute to stress in terms of academic, financial, family, relationship, social and a lot of other things.

## **CHAPTER 2**

### **LITERATURE REVIEW**

#### **2.0 INTRODUCTION**

Under this subtopic, we will discuss about the review and findings from the previous researchers based on fact. Based on facts and any other research conducted, it enable us to identify the objectives that we want to achieve from our research.

#### **2.1 STRESS**

Stress is one of the topic that is often discussed in student's life. In Hussien & Hussien (2006), stress is defined as a condition experienced by an individual who suffers physically and psychological hyper tension due to some of the factors that they couldn't handle and unable them to cope with it. Stress is a serious issues that will have an impact towards student's life. Linn and Zeppa (1984) stated that through their study, stress can lead to bad academic performance, bad relationships with family, peers and feeling of dissatisfaction with life. University students' facing a high degree of challenges in their daily life. Therefore, as a students, the life as a students with these challenges will lead to stress. However, if stress cannot be controlled by students, it affects their academic performance and socialization actions.

Among the factors of stress are mainly comes from interpersonal, intrapersonal, academic, and environmental problems. Sometimes the same individual suffers from different types of stress in one time (Hussien & Hussien, 2006). It is because students

## CHAPTER 3

### RESEARCH METHOD

#### 3.0 Introduction

In this chapter, the research methodology explains on how the research will be carried out. 3.1 discusses on research design, Section 3.2 explains how many sample size needed in this study and Section 3.3 discuss a sampling technique that we are going to apply in this research. Section 3.4 discusses on unit of analysis. Meanwhile section 3.5 discussing on measurement of the data, 3.6 explaining about data collection lastly, 3.7 data analysis which relates to this research.

#### 3.1 Research Design

Under this subtopic, the plan and structure the investigation for this research will be discussed. By creating a research design, it helps to answer the research questions. Thus, it will describe a blueprint of outline and procedures needed to complete research. Referring to Sekaran (2003), research design is a series of rational decision-making choices that helps to answer the purpose for research study including (exploratory, descriptive, hypothesis testing), location that have been chosen, the level of researcher's interference as well as time horizon. Correlational study is type of investigation that we are going to use. The purpose of correlational study is to identify important factors associated with the problem. By referring to our research questions in this study, we want to identify whether stress and four other factors are related; interpersonal, intrapersonal,