



UNIVERSITY TECHNOLOGY MARA

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DIPLOMA IN PUBLIC ADMINISTRATION

PAD 340 PROJECT PAPER

**“A STUDY ON HOW UiTM BACHELOR STUDENTS
MANAGE STRESS”**

A STUDY OF UiTM SARAWAK

PREPARED BY:

**VYVIANA JULAN LIHAN
2002354656**

**HASHIMI BT MD SAAD
2002135635**

**SALIANA BT SAZALI
2002354583**

**BIBU BT GHAFAR
2002354201**

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ABSTRACT

A study on how UiTMCS Bachelor student manage stress is in order to know their own recommendations and suggestions towards it. Furthermore is where we want to know and to identify what are their perception about stress, the sources and effects of stress, and their strategies on how to reduce their stress. And within the study, we also hope that it can help most of the students on how to reduce and overcome their stress.

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1. INTRODUCTION

As we all know, stress can affect anyone in personal whether in a politician, lecturer, career person, students and other personality. But in order to our research, we are more towards the students which is where we will do research on the topic of the “Students of Stress Level among Bachelors Students of UITM and How They Manage Their Stress.

Here, as define by **Hans Selye (1956)**, we can define stress is not necessarily something bad. It all depends on how you take it. While other word defined by **Richard S. Lazarus**, stress is condition or feeling experienced when a person perceives that “demands exceed the personal and social resources the individual is able to mobilize. Within the **Oxford Dictionary of Current English for Malaysian Student**, stress means the condition causing depression, mental illness, worry etc: times of stress; be under enormous stress at work, the stress of poverty or fear.

There are three types of stress. First the acute stress. Acute stress is the most common form of stress which comes from the demands and pressure of the recent past and anticipated demand and pressure of the near future. Fortunately, acute stress symptoms are recognized by most people.

Second type of stress is the episodic acute stress. It means that there are those, however, who suffer acute stress which frequently, whose lives are within so disordered that they are studies in chaos and crisis. They are those who always in a rush, but always

7. LITERATURE REVIEW

A) INTRODUCTION: WHAT IS STRESS

Stress is something that makes you worry; you have the wrong idea of stress. Stress is many different kinds of things. There are happy things, sad things, allergic things, physical things. Stress is when you are worried about getting laid off your job, or worried about having enough money to pay your bills, or worried about your mother when the doctor says she may need an operation. Anything that causes a change in your life causes stress. It doesn't matter if it is a "good" change or a "bad" change, they are both stress. When you find your dream apartment and get ready to move that is stress. For example, if you break your leg, that is stress. If you fear that you will not have enough money to pay your rent that is stress. If you worry that you may get fired, that is stress. If you think that you may receive a promotion at work that is also stress (even though this would be a good change). In fact, to most of us, stress is synonymous with worry, and then it is stress. Stress is a normal response that we experience to some extent everyday. Too much stress however can be a health hazard.

Stress is the "wear and tear" our bodies experience as we adjust to our continually changing environment; it has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress can help compel us to action; it can result in a new awareness and an exciting new perspective. As a negative influence, it can result in feelings of distrust, rejection, anger, and depression, which in turn can lead to