



UNIVERSITI TEKNOLOGI MARA

**DEPRESSION, ANXIETY AND STRESS BETWEEN ATHLETES
AND NON-ATHLETES UiTM KAMPUS SAMARAHAN DURING
MOVEMENT CONTROL ORDER**

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Abstract

Mental health problems has been very alarming in Malaysia. Identifying depression, anxiety and stress level are considered as important indicators of mental health. The purpose of this study was to determine the differences of depression, anxiety and stress between athletes and non-athletes university students during movement control order (MCO). A total of four hundred and forty ($N=440$) university students were selected in this study comprised of athlete-students ($n=176$) and non-athlete students ($n=264$). The Depression, Anxiety and Stress Scale 21 items (DASS-21) inventory was employed to measure the level of depression, anxiety and stress between athletes and non-athletes university students. The current study found that there were no differences of depression, anxiety and stress between athletes and non-athletes university students during MCO ($p > .05$). However, the results showed that some of the students in both groups experienced moderate to extremely severe level of depression, anxiety and stress during MCO. Hence, this finding is very alarming as regard in increased risk for psychiatric morbidity. In a nutshell, proper treatment need to be conducted to the affected individual and prevention strategies need to be applied to control university students from any unwanted behaviour.

Keywords: Depression, Anxiety, Stress, Athletes, Non-athletes, Movement Control Order

CHAPTER 1

INTRODUCTION

1.1 Background of Study

Mental health can be considered as fundamental aspect as physical health in every person's life. An individual with a healthy mental health can overcome and handled hard situations and can recognise his/her own ability, able to control his/her emotions, willing to accept failures, and appreciate himself/herself (Madlan, 2004). Identifying depression, anxiety and stress levels are considered as important indicators for mental well-being (Manap, Ghani & Hamid, 2019).

According to The Star Online (2016), mental health problems are expected to score the second highest appearance of health problem that affect Malaysian in the year of 2020 after heart disease. Mental health issues frequently occur among university students and it creates a negative impact on students itself (Lee & Ahmad, 2014). These are due to the educational system by which the institutions/university expect higher grades from students in academic by giving too much assignments (Bahari & Ismail, 2009). As the consequences, university students start to feel pressured by the pack of the workloads, including student-athletes.

Based on (WHO) (2012), depression is a common mental problem that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. At its worst, depression can lead to suicide (WHO, 2012). Furthermore, the patron of Malaysian Psychiatric Association (2012), reported that 1,526 from general population suicide

CHAPTER 2

LITERATURE REVIEW

2.1 Introduction

The purpose for this chapter was to review the literature that was selected for this study. The objectives of this study was to examine the differences of depression, anxiety, and stress between athletes and non-athletes UiTM Kampus Samarahan during Movement Control Order.

2.2 Theory of Depression

2.2.1 Psychodynamic Approaches of Depression

In 1960's, psychodynamic theory has ruled out some great deal that has been debated among researchers in psychology and psychiatry fields of studies. Some stated that prevalence of depressive disorder was because of oral and/or anal personality need and excessive narcissistic (Chodoff, 1972), loss of self-esteem (Bibring, 1953; Fenichel, 1968) and lack of mother child relationship during first year (Kleine, 1934). Psychodynamic theory was created by Sigmund Freud (1856 – 1939) that study of human behaviour. This approach has included all psychology theories that observe human functioning along with interaction of drives and forces inside a person, especially unconscious mind, and among various kind of personality.

According to Freud (1917), many cases of individual experiencing depression because of biological factor. He also mentioned that depression could also be linked due to loss or rejection by parents towards their children. As described, depression is