

**THE RELATIONSHIP BETWEEN STRESS AND THE ACADEMIC  
PERFORMANCE OF OM221 STUDENTS, UITM PAHANG**

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## ABSTRACT

In the globalization era, the world had rapidly changed and technologically evolved another step further. However, the problem and issues regarding the aspect of stress still continued to play its part along with the rapidly changing world. This particular research studied the relationship between stress and the academic performance of the OSM221 students of UiTM Pahang. In this regards, in what instances and in what circumstance did the stress factors played a part in influencing the student's academic performance? Those were among the questioned that were answered in this study. Besides that, in the context of the independent variables, each and one of the stress factors such as the health factor, the social factor and the academic factor were closely examined and assessed in order to find out whether those factors had the potential and possessed the supreme capability in influencing the student's academic performance. Meanwhile, in the scope and aspect of the dependent variable, this research furthered examine whether the academic performance of the students can be really affected by the three stress factors or not. If yes, in what approach or in what ways did the factors affected the student's academic performance? And if not, in what kind of situation or circumstances it was affected? All of those aspects mentioned above were important and vital components that reflected and projected the overall purpose of this particular study.

Keywords: Stress, Academic Performance, University Students.

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After all the hard work, challenges and undivided commitment during the past 5 semester, this research at hand is a true form of test for us in applying all the knowledge and skills that we had learned in the class. This is where we need to show our abilities to the outside world and open their minds that Uitm students like us have something to offer to their organization and at the same time this is the best opportunity to boost a good image of uitm itself.

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