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POLICY STUDIES**



**FACTORS CONTRIBUTING TO STRESS AND ANXIETY
AMONG STUDENTS IN UiTM SARAWAK CAMPUS
SAMARAHAN & SAMARAHAN 2**

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ABSTRACT

The purpose of the study is to examine the factors contributing to stress and anxiety among students in UiTM Campus Samarahan and Samarahan 2. The study was conducted from March 2023 to January 2024. This study utilized simple random sampling techniques to gather the survey data. The results of the study revealed three important findings. Firstly, the majority of respondents agreed that the factors of stress and anxiety such as academic pressure, financial burden, unhealthy lifestyles and lack of social support, do affect stress and anxiety. Furthermore, the primary factor of stress and anxiety is the academic pressure and there is no significant difference between the mean level of stress and anxiety between male and female.

Keywords: Stress and Anxiety, Students

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CHAPTER 1

INTRODUCTION

1.1 INTRODUCTION

Regarding this subject, a variety of topics would be covered. The background of the study is presented first, then the problem statement, the research questions, the research objective, the scope of the study, significance of the study and finally the definition and concepts in the study. Researchers studied the factors contributing to stress and anxiety among university students in UiTM Sarawak Campus Samarahan and Samarahan 2.

1.2 RESEARCH BACKGROUND

According to the World Health Organization (WHO), mental disorders are one of the factors that contribute to disability among people between the ages of 14 to 44. Various reasons can be one of the causes of mental disorders. Stress is one of the conditions that can threaten our state of mind and well-being. Stress itself is a complex and complicated subject. By taking an approach that looks at stressful life events and perceived stress, this study identified different components of stress in a way that other studies do not. This is important because it enables a more individual-level personalized prevention (Fishbein and Dariotis, 2019). It can affect everyone regardless of their age, gender, educational status, or socioeconomic status. For some people, stress may refer to an uncomfortable emotion, while for some, it is a situation that affects someone's manner of thinking. Stress can be defined as "any situation that evokes negative thoughts and feelings in a person". The same situation is not evocative or stressful for all people, and all people do not experience the same negative thoughts and feelings when stressed. Thus, it can be concluded that stress can happen when a specific situation triggers someone's emotions and negative thinking. However, this does not apply to everyone since everyone has their own types of pressures that can be the reason for the stress itself.

CHAPTER 2

LITERATURE REVIEW & CONCEPTUAL FRAMEWORK

2.1 INTRODUCTION

This chapter focuses on a review of the literature on the factors contributing to the stress and anxiety among students in UiTM Sarawak Campus Samarahan and Samarahan 2. Essentially, this section began with the factors of stress and anxiety which are academic pressure, financial burdens, unhealthy lifestyle, lack of social support and speaking anxiety. The next section is the conceptual framework, which was thoroughly discussed in relation to the conceptual definitions. The final section of this chapter concentrated on the research hypotheses that supported the research questions and objectives of this study.

2.2 LITERATURE REVIEW

2.2.1 Stress and anxiety

It is natural to feel stressed in challenging situations such as job interviews, school exams, unrealistic workloads, an insecure job, or conflict with family, friends, or colleagues. For many people stress reduces over time as the situation improves or as they learn to cope emotionally with the situation. Stress tends to be widespread during events such as major economic crises, disease outbreaks, natural disasters, and community violence.

Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being. Stress makes it hard for us to relax and can come with a range of emotions, including anxiety and irritability. When stressed, we may find it difficult to concentrate. We may experience headaches or other body pains, an upset stomach or trouble sleeping. We may find we lose our appetite or eat