

33a survey of mental health level among students in Bayan Baru community college

Noor Sarena binti Mohd Zahid

Bayan Baru Community College, Pulau Pinang, Malaysia
noorsarena@kkbba.edu.my

Aziana binti Che Aziz

Paya Besar Community College, Pahang, Malaysia
Adz_yan1011@yahoo.com

Rohani M.M Yusoff

Seberang Perai Polytechnic Pulau Pinang, Malaysia
rohanimy@psp.edu.my

Abstract

This descriptive analysis survey purposely to measure the level of mental health among students in Bayan Baru Community College in aspect of Anxiety, Stress and Depression. The Depression, Anxiety and Stress Scale 21 (DASS-21) has been distributed to the students from the field of Pastry Certificate Program and Beauty and SPA Certificate Program. The objectives of the study are to identify the level of stress, anxiety and depression among students and find the correlation between gender and field of study to mental illness. T-test shows that there is no significant correlation between gender and mental health among students ($p\text{-value} > \alpha$, where $\alpha=0.05$). There is no significant correlation between field of study and mental health among students ($p\text{-value} > \alpha$, where $\alpha=0.05$). The findings of this study suggest that there is a need to communicate the issue of mental health among the students through communication campaigns so as to empower them with knowledge in reducing this health related problem due to a few of female students having severe and extremely severe state and there was no significant difference between mental health problems suffered by the student of Pastry and Beauty and SPA Certificate. The study should discuss about the other type of mental illness, the research of the field of study should be categorize to the years of study and widened respondents' sociodemographic such as social background as the recommendations for the future studies.

Keywords: *Mental Health, Anxiety, Depression, Stress, psychology*

1. Introduction

Mental health is not a new issue in Malaysia. Starting in 1992, the World Federation of Mental Health (WFMH) has declared October 10 every year is a worldwide mental health day. This mental health day has different theme for each year, such in 2019, the theme applied was "Love the Life of Hope". The objective of the theme is to foster awareness of the importance of mental health to society while preventing suicidal behavior. According to the Malaysian Mental Health Policy, - Mental Health refers to the ability of individuals, groups and environments to interact with each other to generate optimal feelings and functions and the use of cognitive / intellectual, affective / emotional and relationship abilities in achieving individual goals and a group consistent with justice. Mentally healthy individuals are able to maintain harmonious relationships with others, participate in community activities and can contribute to society (World Health Organization - WHO). People generally have positive mental health if they can comfort themselves, comfortable with others, comfortable with the environment and able to meet the demands of life. Mentally healthy individuals can maintain good biological, psychological, social and spiritual functions. People with mental illness are more likely to not function normally. It's a situation in which a person can no longer control his emotions, thoughts and behaviors, making many aspects of his life chaotic. The study of stress, anxiety and depression has been selected because nearly half a million people in the country are found to be experiencing symptoms of stress or depression, according to the 2019 National Health and Morbidity Survey (NHMS).

Bayan Baru Community College (KKBU) is situated in Bayan Lepas, Pulau Pinang. KKBU starts operating on July 2002. There are three fields of studies that is Certificate of Pastry and Certificate of Beauty Therapy and SPA. The overall students per session is about 150 students. There are three intakes every year that is on Mac, July and December. There are four semesters for each program, the last semester purposely for the practical training at industries. Normally, the students are from various background and not really achieving in academics.

STRESS

Through the leaflet contained in the Ministry of Health's MyHEALTH Portal, stress is part of mental health problems. (Chris, 2018) stated in his book of Stress at Work that Hans Salye, a western stress researcher who

founded Theory and Model of Stress defined stress as any change that occurs to individuals either mentally or physically due to stress or coercion. Admittedly stress is a major cause of mental health problems, however not all stress affects the individual. A little stress can help someone show their true potential. Failure to cope with the pressure received will affect the health and well-being of the individual in whatever work he or she does (Abdul Rahman, Ros Aini, Majdi @ Abdul Hadi & Rashdan 2011). Adolescents who deal with excessive stress will respond negatively to the problem they are facing and will thus affect themselves (Nurashikin 2011). For example, community college students who fail to control stress can lead to declining academic achievement. High mental strength is required to control stress as each person has a different perception of the problem or stress he or she is experiencing (Sapora et al. 2013). The Hans Selve Stress Graphs indicate that when stress is low, productivity are also low due to lack of motivation and focus on work. When stress is at a high level, a person will experience stress and show signs of stress. Stress at a moderate level is the best because it will increase one's motivation and life development.

ANXIETY

Anxiety disorders (English: anxiety neurosis, anxiety disorder) is a condition in which a person is constantly in fear and anxiety. Even without stimulation, individuals with anesthesia often feel anxious, anxious, and fearful. Anxious or constantly anxious will produce negative emotions which will create physical tension when an individual constantly expects danger or misfortune (Barlow and Durand, 2012). Anesthetists will often think of an event that is too deep and will cause harm to them such as dying, going crazy, disliking and so on, causing them to become emotionally unstable, easily offended and angry or at times anxious. Moreno (2018) states in his study that anxiety is a combination of fear and worry that bad thing will happen without having a strong reason for that fear and anxiety. Each one of us has an enzyme in its own right, which distinguishes whether it is normal for normal humans or very high levels of stress to be attacked. Šalkevicius (2019) has classified anxiety into four stages;

- i. Low - Normal anxiety is a normal human being. Anxiety in this level helps the individual to stay awake in positive situations.
- ii. Mild - Anxiety at this point causes the individual to focus on what they feel is important and ignore the other.
- iii. Moderate - Individuals at this stage tend to focus on something specific and not think about other things. One must give accurate and detailed instructions to the individual at this level.
- iv. High - Individuals at this stage have anxiety, fear and anxiety until they lose control over themselves. This combination of anxiety, fear and anxiety can increase heart rate and can affect an individual's ability to socialize. Panic attacks can occur that can dispel rational thoughts.

DEPRESSION

Depression is a mental illness that causes an individual's mood to decrease. This will affect the individual's daily life, including his thoughts, feelings, behavior and well-being (Ministry of Health Malaysia, 2020). Fatigue, restlessness, prolonged sadness, irritability, hopelessness or lack of interest in daily activities are among the symptoms of depression caused by depression (Mental Health Handbooks, Ministry of Health Malaysia, 2015). Anxiety disorders experienced by someone suffering from depression occur over a period of more than 2 weeks. There are many factors that can cause a person to experience depression such as chemical changes in the brain, heredity, medication, stress and even loss of loved ones. The National Health and Morbidity Survey (NHMS) shows that in Malaysia, there has been an increase number of the idea of suicide among adolescents, from 7.9% in 2012 to 10% in 2017. The NHMS survey also stated that 1 in 5 teenagers suffered from depressive symptoms, 2 out of 5 diagnosed with anxiety and 1 in 10 are stressed. Symptoms of depression, anxiety and stress are also symptoms of having mental illness. Adolescents with suicidal tendencies have psychiatric disorders and data obtained from psychological autopsy methods show that 60% of suicides tend to have depression (Shaffer et al., 1996; Karaman & Durban, 2013). Stress, Anxiety and Depression are early symptoms of mental illness that affect the future of a person, especially children and adolescents.

1.2. Statement of problems problem statement

Mental health is a person's condition with regards to their psychological and emotional well-being. Nowadays mental health becomes the global issue besides other physical illness such as all type of cancers, diabetes and etc. According to World Health Organization, people being affected with depression is 300 million and by 2030, combating depression will become the largest medical burden to the world. World Health Organization is also estimated that three-quarters of the people will have depression before the age of 24 and around 40 percent will have the disease as early as age 14. Reports also indicate that one in three Malaysian adults struggle with mental health issues. The 2019 National Health and Morbidity Survey (NHMS) stated that 2.3% of Malaysian adults have depression while the 2017 NMHS stated that 29% of Malaysian have depression and anxiety disorder compared to 12% in 2011. The survey reports that teenagers aged 13 to 17 in 2012 has suicidal thoughts and the percent has increased from 7.9 to 10 in 2017. Meanwhile, stress was reduced to 13.7% in 2017 compared to 14.2% in 2012. The

research is about to measure the mental health well-being of the students to adapt with the current changing technology (Industrial Revolution 4.0).

1.3. Research Objectives

- To identify the level of stress among male and female students
- To identify the level of anxiety among male and female students
- To identify the level of depression among male and female students
- To identify the level of stress of the students with field of study
- To identify the level of anxiety of the students with field of study
- To identify the level of depression of the students with field of study
- To identify correlation between gender and mental health (Stress, Anxiety and Depression).
- To identify correlation between field of study with mental health (Stress, Anxiety and Depression).

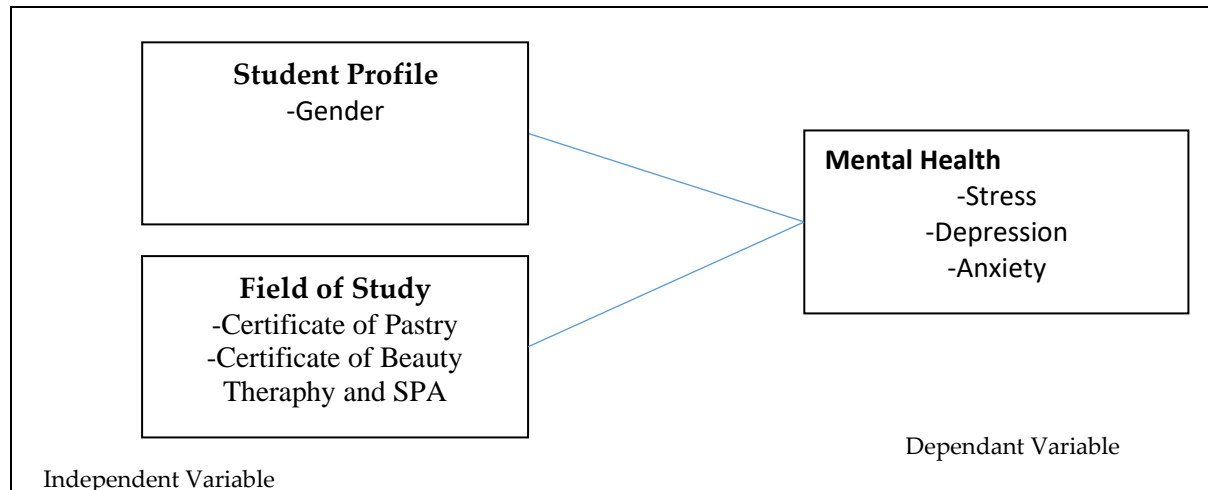
1.4. Questions

- What is the level of stress among male and female students at Bayan Baru Community College?
- What is the level of anxiety among male and female students at Bayan Baru Community College?
- What is the level of depression among male and female students at Bayan Baru Community College?
- What is the level of stress of the students with the field of study at Bayan Baru Community College?
- What is the level of anxiety of the students with the field of study at Bayan Baru Community College?
- What is the level of depression of the students with the field of study at Bayan Baru Community College?
- Is there a correlation between gender and mental health?
- Is there a correlation between field of study and mental health?

1.5. Research hypotheses

- 1.H0: The gender of the students is not significant to the stress of the students
- 2.H0: The gender of the students is not significant to the anxiety of the students
- 3.H0: The gender of the students is not significant to the depression of the students
- 4.H0: The field of study is not significant to the stress of the students
- 5.H0: The field of study is not significant to the anxiety of the students
- 6. H0: The field of study is not significant to the depression of the students

1.6. Framework Review



1.7. Research Interests

The interest of this study is to measure the level of mental health among Community College students' such as stress, anxiety and depression and mental health correlation between gender and field of study.

1.8. Research Limitation

The research of mental health is referring to stress, anxiety and depression only. The research of the field of study do not categorize students to the years of study but as a whole. The study of respondents' sociodemographic includes the gender only.

2. Literature Review

Nowadays, mental issues involving teenagers are often become newspapers' headlines. The World Health Organization (WHO) reports that almost half of all types of mental illness begin at the age of 14. A healthy mentality means that an individual is able to recognize their potential, manage stress well, work productively, and contribute to society. Based on the statistics released by the WHO, it can be concluded that most students who pursue higher education are also exposed to the risk of developing mental illness. SPM postgraduate students who are studying in community colleges are mostly in their late teens and are in the early stages of transitioning to social responsibility. They need to be wise in their decision making for a brighter future (Sigelman & Rider, 2019). Mental disabilities that have previously shown no signs of early adolescence are spreading along with the increasing burden of responsibility that needs to be borne in higher education. Mental instability among students can negatively affect cognitive and interpersonal emotions that may cause their academic performance to decline (Auerbach et al., 2016; Bruffaerts et al., 2018). There is no clear evidence to indicate the cause of mental disorders among students (Hunt & Einsenberg, 2010). However, there have been some recent studies that support that gender influences mental health and there are also studies that show that mental health has nothing to do with gender. Female students are more likely to be exposed to symptoms of mental disorders such as depression, anxiety and even suicide (Albert 2015; Ristic et al.2012). Gao (2020) from her study concluded that Anxiety is the most prevalent and serious issue for female students; while a rising occurrence of depression was found among male students. Mental disorders in men and women are often at the same level, (Marhani, 2013; National Institute for Clinical Excellence, 2013).

According to Farnsworth (1957) living as a college student in the adolescent age but demanding a great deal of sacrifice to meet the demands of life as an adult would have an impact on both the male and female students. Undergraduate students are 65% healthy from mental illness according to Nor Adilah, Siti Nor dan Mohd Satar (2010) while medical students were 34% affected with anxiety. Thus this research points out that there was a significant difference in mental health among undergraduate in the different fields of study. Undergraduates from social science were better able to cope with stress compared to technical and science undergraduates. This study was supported by Halimatus Sakdiah and Tasneem (2019) that medical students were highly effected with depression, anxiety and stress which is 31.1% of the respondents were found to be depressed, 53.9% had anxiety and 26% were having stress.

The findings from Lee, M. F.* and Syaid, S (2017) showed no significant difference between engineering and non-engineering student in the three states of mental health. These findings were also supported by Lee and Ahmad (2016), who reported that the level of mental health among engineering students and non-engineering students in universities were normal. Early detection of any symptoms of illness and the support of community and family members may help prevent mental illness from worsening. Knowledge of mental illness symptoms among Malaysians is still low and it is important for us to have some knowledge of mental health, however most people think that mental illness or family members of the mentally ill are embarrassing and should be avoided (Mohd Faizul, 2018). In community colleges, psychologists are usually given a set of Depression, Anxiety and Stress Scale 21 (DASS-21) questions for the initial test of mental health status among students. Students will answer the questions given to identify their level of depression, anxiety and stress. The DASS-21 test divides the levels of depression, anxiety and stress into 5 levels namely normal, mild, moderate, severe and very severe. Students may not expect that the common symptoms they experience are early signs of mental health symptoms. This study will measure the level of mental health among students and its correlation with gender and field of studies.

3. Methodology

Sampling

The present research is conducted using a survey method. The participants of 80 students are those who are in Bayan Baru Community College which are at aged between 19 to 22 years old and selected through purposive sampling.

data collections

The questionnaires distributed consist of 2 parts. Part A consist of respondents demographic. Part B consist of 21 questions for three categories: stress (7 questions), anxiety (7 questions), and depression (7 questions). The questionnaire was administered to students manually. Students are given 15 Minutes to answer the questionnaire. 100 questionnaires were distributed and 80 was collected back.

Findings

Depression Anxiety Stress Scale (DASS-21)

The Malay version DASS inventory was used to measure mental health by investigating the presence of three mental health states namely, depression, anxiety and stress. The DASS inventory consisted of 21 items that were translated and tested to fit the characteristics of Malaysian students (Psychology Foundation of Australia, PSY,

2013). The DASS inventory has been widely used to measure psychological parameters in many studies among clinical and non-clinical populations. Also, it has been broadly used as a research tool in measuring psychological aspects similar to those of this study (PSY, 2013).

Table 1: Meaning of DASS-21

Meaning (makna)	Depression (Kemurungan)	Anxiety (Keresahan)	Stress (Stres)
Normal (normal)	0-9	0-7	0-14
Mild (ringan)	10-13	8-9	15-18
Moderate (sederhana)	14-20	10-14	19-25
Severe (teruk)	21-27	15-19	26-33
Extremely severe (sangat teruk)	28+	20+	34+

Table 2: Respondent profiles by gender and field of study.

	Item	Frequency (f)	Total Frequency (f)	Percent (%)	Total Percent (%)
Gender	Male	11	80	13.8	100
	Female	69		86.3	
Field of study	Pastry Certificate	18	80	22.5	100
	Beauty and Spa Certificate	62		76.3	

Table 2 shows the frequencies of two independent variables that is gender and field of study. Female and field of study of Beauty and SPA are the largest sample.

Table 3: Mental health level by gender

Category		Male		Female	
		Frequency (f)	Percent (%)	Frequency (f)	Percent (%)
Stress	Normal	7	63.6	36	52.2
	Mild	1	9.1	7	10.1
	Moderate	3	27.3	18	26.1
	Severe	0	0.0	5	7.2
	Extremely Severe	0	0.0	3	4.3
	Total	11	100	69	100
Anxiety	Normal	5	45.5	11	15.9
	Mild	1	9.1	20	29.0
	Moderate	2	18.2	12	17.4
	Severe	1	9.1	11	15.9
	Extremely Severe	2	18.2	15	21.7
	Total	11	100	69	100
Depression	Normal	7	63.6	35	50.7
	Mild	1	9.1	10	14.5
	Moderate	2	18.2	12	17.4
	Severe	1	9.1	5	7.2
	Extremely Severe	0	0.0	7	10.1

	Total	11	100	69	100
--	-------	----	-----	----	-----

The table shows that male students are healthier than the female students which the normal percentage of stress is 63.6%, anxiety is 45.5% and depression is 63.6%. The female students show that a few of them are having an extremely severe case in stress, anxiety and depression.

Table 4 : Mental health level by field of study

Category		Beauty and Spa Certificate		Pastry Certificate	
		Frequency (f)	Percent (%)	Frequency (f)	Percent (%)
Stress	Normal	11	61.1	32	51.6
	Mild	3	16.7	5	8.1
	Moderate	2	11.1	19	30.6
	Severe	2	11.1	3	4.8
	Extremely Severe	0	0.0	3	4.8
	Total	18	100	62	100
Anxiety	Normal	3	16.7	13	21.0
	Mild	7	38.9	14	22.6
	Moderate	3	16.7	11	17.7
	Severe	2	11.1	10	16.1
	Extremely Severe	3	16.7	14	22.6
	Total	18	100	62	100
Depression	Normal	9	50.0	33	53.2
	Mild	3	16.7	8	12.9
	Moderate	2	11.1	12	19.3
	Severe	3	16.7	3	4.8
	Extremely Severe	1	5.6	6	9.7
	Total	18	100	62	100

The frequency of stress among students of Beauty and SPA Certificate are normal, the anxiety level is mild and the level of depression are normal. The frequency of stress among students of Pastry Certificate are normal and a few of them indicates mild symptoms, the anxiety level shows mild moderate symptoms and the level of depression are normal.

Table 5: Analysis of t-tests comparing stress level with gender.

Gender	Bil	Mean	Standard Deviation	Df	T	Significant
Male	11	6.091	4.784	78	-1.793	0.498
Female	69	8.609	4.254			

The p-value is 0.498 > α , where $\alpha=0.05$ thus H_0 is accepted. T-test shows that the gender of the students does not significant to the stress level of the students.

Table 6: Analysis of t-test comparing anxiety level with gender.

Gender	Bil	Mean	Standard Deviation	Df	T	Significant
Male	11	6.364	4.319	78	-1.234	0.976
Female	69	8.145	4.466			

The p-value is 0.976 > α , where $\alpha=0.05$ thus H_0 is accepted. T-test shows that the gender of the students does not significant to the anxiety level of the students.

Table 7: Analysis of t-test comparing depression level with gender.

Gender	Bil	Mean	Standard Deviation	Df	T	Significant
Male	11	5.182	3.868	78	-1.151	0.631
Female	69	6.855	4.561			

The p-value is $0.631 > \alpha$, where $\alpha=0.05$ thus H_0 is accepted. T-test shows that the gender of the students does not significant to the depression level of the students.

Table 8: Analysis of t-tests comparing depression level with field of study.

Field Of Study	Bil	Mean	Standard Deviation	Df	T	Significant
Pastry Certificate	62	6.629	4.589	78	-0.015	0.789
Beauty and Spa Certificate	18	6.611	4.245			

The p-value is $0.789 > \alpha$, where $\alpha=0.05$ thus H_0 is accepted. T-test shows that the field of study does not significant to the depression level of the students.

Table 9: Analysis of t-tests comparing stress level with field of study.

Field Of Study	Bil	Mean	Standard Deviation	Df	T	Significant
Pastry Certificate	62	8.307	4.551	78	-0.165	0.236
Beauty and Spa Certificate	18	8.111	3.879			

The p-value is $0.236 > \alpha$, where $\alpha=0.05$ thus H_0 is accepted. T-test shows that the field of study does not significant to the stress level of the students.

Table 10: Analysis of t-tests comparing anxiety level with field of study

Field Of Study	Bil	Mean	Standard Deviation	Df	T	Significant
Pastry Certificate	62	7.952	4.625	78	-0.191	0.368
Beauty and Spa Certificate	18	7.722	3.967			

The p-value is $0.236 > \alpha$, where $\alpha=0.05$ thus H_0 is accepted. T-test shows that the field of study does not significant to the anxiety level of the students.

4. Results And Discussion

The level of stress among female students are normal which is 52.2%, 7% are severe and 4.3% are extremely severe while male students are 63.6% normal, 27.3% are moderate and no sign of severe and extremely severe. The results demonstrated that male students are mentally healthier than the female students. A few of the female students showing extremely severe stress symptoms.

The level of anxiety among female students are mild which is 29%, 15.9% are severe and 21.7% are extremely severe while male students are 45.5% normal, 9.1% are severe and 18.2% are extremely severe. The results demonstrated that basically male students are mentally healthier than the female students but both gender showing severe and extremely severe anxiety symptoms

The level of depression among female students are normal which is 50.7%, 7.2% are severe and 10.1% are extremely severe while male students are 63.6% normal, 9.1% are severe and no sign of extremely severe. The results demonstrated that male students are mentally healthier than the female students. A few of the female students showing severe and extremely severe depression symptoms.

The level of stress among Beauty and Spa Certificate students are 61.1% normal and showing 11.1% severe with no sign of extremely severe symptoms while Pastry Certificate students are 51.6% normal and 30.6% moderate but showing 4.8% of severe and extremely severe symptoms. The results demonstrated that Beauty and Spa Certificate students are mentally healthier than the other field.

The level of anxiety among Beauty and Spa Certificate students are 38.9% mild and showing 11.1% severe and 16.7% sign of extremely severe symptoms while Pastry Certificate students are 22.6% mild, 16.1% severe and 22.6% showing extremely severe symptoms. The results demonstrated that both field of study showing the sign of anxiety among students.

The level of depression among Beauty and Spa Certificate students are 50.0% normal and showing 16.7% severe and 5.6% sign of extremely severe symptoms while Pastry Certificate students are 53.2% normal, 4.8% severe and 9.7% showing extremely severe symptoms. The results demonstrated that both field of study showing less sign of depression among students.

The Hypothesis shows that the gender of the students does not significant to the stress, anxiety and depression level of the students ($p\text{-value} > \alpha$).

The Hypothesis also shows that the field of study does not significant to the stress, anxiety and depression level of the students ($p\text{-value} > \alpha$).

Overall these findings are in accordance with findings reported from Lee, M. F.* and Syaied, S (2017) showed no significant difference between engineering and non-engineering student in the three states of mental health. These findings were also supported by Lee and Ahmad (2016), who reported that the level of mental health among engineering students and non-engineering students in universities were normal. The limitations of the present studies naturally include that field of study does not categorize students to the years of study but as a whole. The sociodemographic of the students includes the gender only not whole aspect of social and background details of the students. It is important to highlight the fact that most the students of Bayan Baru Community College are mentally healthy regardless of gender and field of study. Therefore, it remains unclear whether the female students are more likely to be exposed to symptoms of mental disorders such as depression, anxiety and even suicide (Albert 2015; Ristic et al.2012). According to the book of Farnsworth, living as a college student in the adolescent age but demanding a great deal of sacrifice to meet the demands of life as an adult would have an impact on both the male and female students. Nonetheless, we believe that it is well justified to having that results.

5. Conclusion

Mental health is a person's condition with regards to their psychological and emotional well-being. People generally have positive mental health if they can comfort themselves, comfortable with others, comfortable with the environment and able to meet the demands of life. Mentally healthy individuals can maintain good biological, psychological, social and spiritual functions. Admittedly stress is a major cause of mental health problems, however not all stress affects the individual. A little stress can help someone show their true potential. Failure to cope with the pressure received will affect the health and well-being. Anxiety disorders is a condition in which a person is constantly in fear and anxiety. Even without stimulation, individuals with anxiety often feel anxious and fearful. Depression is a mental illness that causes an individual's mood to decrease. This will affect the individual's daily life, including his thoughts, feelings, behavior and well-being (Ministry of Health Malaysia, 2020). Nowadays, mental issues involving teenagers are often become newspapers' headlines. The World Health Organization (WHO) reports that almost half of all types of mental illness begin at the age of 14. Based on the statistics released by the WHO, it can be concluded that most students who pursue higher education are also exposed to the risk of developing mental illness.

Our results conclude that male students are mentally healthier than the female students. A few of the female students showing extremely severe stress symptoms but both gender showing severe and extremely severe anxiety symptoms. A few of the female students showing severe and extremely severe depression symptoms. The level of stress among Beauty and Spa Certificate students are healthier than the other field. The results also show that both fields of study showing the sign of anxiety among students. The results also indicate that both field of study showing less sign of depression among students. The Hypothesis shows that the gender of the students does not significant to the stress, anxiety and depression level of the students ($p\text{-value} > \alpha$). The Hypothesis also shows that the field of study does not significant to the stress, anxiety and depression level of the students ($p\text{-value} > \alpha$). The limitations of the present studies are it does not categorize students to the years of study but as a whole. The socio-demographic of the students such as social, race and cultural factors of the students are not included. In conclusion, the level of mental health among students from Bayan Baru Community College are normal.

However, there were also students who shows severe and extremely severe mental states. This occurrence must be prevented by all parties by addressing mental health issues among students in institutions of higher learning. In addition, each student must also address the factors that affect mental health to ensure his or her well-being condition. Parents, Counsellors and lecturers may refer to the regression equation for depression, anxiety and stress in order to manage mental health problems among the students. It should be noted that all students regardless of discipline can suffer from different levels of mental illness as the results showed that there was no significant difference between mental health problems suffered by the student of Pastry and Beauty and SPA Certificate. future researchers, could widened the socio-demographic factors to obtain a good result of the mental illness state among students.

6. References

Abd.Rahman Yaacob, Ros Aini Ibrahim Majdi & Abd Hadi Ishak Rashdan Rashid. Punca stress di kalangan pelajar Politeknik Tuanku Syed Sirajuddin

- Albert P. R. (2015). Why is depression more prevalent in women?. *Journal of psychiatry & neuroscience: JPN*, 40(4), 219–221. <https://doi.org/10.1503/jpn.150205>
- Barlow, David, Durand, Vincent and Stewart, Sherry (2012). *Abnormal Psychology: An Integrative Approach*, Third Canadian Edition, Book
- Bruffaerts, R., et.al (2017). - Mental health problems in college freshmen: Prevalence and academic functioning. *Journal of Affective Disorders*, 225
- Carol, S., Elizabeth, R., & De-George, L (2013). *Lifespan Human Development. Psyccritiques*,
- Chris L.Peterson (2018). *Stress at Work: A Sociological Perspective*. Second Edition, Book:ISBN 13:978-0-41578390-3.
- Gao, W., Ping, S., Liu, X. Gender differences in depression, anxiety, and stress among college students: A longitudinal study from China *Journal of Affective Disorders, Volume 263, 15 February 2020*
- Halimatus Sakdiah and Tasneem (2019). Risks of Mental Problems Among Medical Students in a Public University in Malaysia. *Malaysian Journal of Medicine and Health Sciences* (eISSN 2636-9346) Mal J Med Health Sci 15(SP3): 65-69, Nov 2019
- Hassan, M. F. bin, Hassan, N. M., Kassim, E. S., & Hamzah, M. I. (2018). Issues and Challenges of Mental Health in Malaysia. *International Journal of Academic Research in Business and Social Sciences*, 8(12), 1685–1696.
- Hunt, J., & Eisenberg, D. 2010. Mental health problems and help-seeking behavior among college students. *The Journal of Adolescent Health*, 46(1): 3-10.
- Institute for Public Health (IPH) 2017. National Health and Morbidity Survey 2017 (NHMS 2017): *Adolescent Mental Health (DASS-21)*.
- Institute for Public Health (IPH) 2019. National Health and Morbidity Survey 2019 (NHMS 2019): *Non-communicable Diseases, Healthcare Demand and Health Literacy*
- Lee, M. F.* and Syaaid, S. (2017). Factors Contributing towards Malaysian Technical University (MTU) Students' Mental Health. Department of Professional Education, Faculty of Technical and Vocational Education, Universiti Tun Hussein Onn Malaysia, *Pertanika J. Soc. Sci. & Hum.* 25 (5): 93 - 100 (2017)
- Moreno-Rius, J. (2018) The cerebellum in fear and anxiety-related disorders: *Progress in Neuro-Psychopharmacology and Biological Psychiatry Volume 85*, 13 July 2018, Pages 23-32
- Noor Izzati, Fariza& A'dawiyah (2019)Stres Menurut Sarjana Barat dan Islam Stress, e-ISSN 2289-6023 *International Journal of Islamic Thought ISSN 2232-1314 Vol. 16: (Dec.) 2019*
- Noradilah et al (2010). A Study on Selected Demographic Characteristics and Mental Health of Young Adults in Public Higher Learning Institutions in Malaysia. www.ccsenet.org/gjhs *Global Journal of Health Science* Vol. 2, No. 2; October 2010
- Ristić, D.I., Hinić, D., & Jović, J. (2012). Evaluation of the beck depression inventory in a nonclinical student sample. *West Indian med j.*, 61(5): 489- 493.
- Šalkevičius, Justas; Damaševičius, Robertas; Maskeliunas, Rytis; Laukienė, Ilona. 2019. "Anxiety Level Recognition for Virtual Reality Therapy System Using Physiological Signals" *Electronics* 8, no. 9: 1039. <https://doi.org/10.3390/electronics8091039>
- Samsul Aripin (2015). Kesepaduan Personaliti Dalam Kalangan Pelajar Sarjana Muda Pendidikan Uitm Di Malaysia. *Fakulti Pendidikan Universiti Malaya, JuKu: Jurnal Kurikulum & Pengajaran Asia Pasifik* - Januari 2015, Bil. 3 Isu 1
- Shyangwa, Pramod, Singh, S & - Khandelwal, S (2003). Knowledge And Attitude About Mental Illness Among Nursing Staff. *Journal of Nepal Medical Association* Vol:42 DO:10.31729/jnma.713
- Sigelman, C. K., & Rider, E. (2019). *Life-Span, Human Development*.
- Sipon, Sabora et.al (2014). Stress and Religious Coping among Flood Victims, *Procedia - Social and Behavioral Sciences*.140, 10.1016/j.sbspro.2014.04.478
- Stuart, Gail W., 2006, *Buku Saku Keperawatan Jiwa* (Cetakan 1), Jakarta
- Warwick, I., et al (2006). *Mental Health and Emotional Well-being of Students in Further Education – A Scoping Study. Thomas Coram Research Unit Report*. Institute of Education, University of London
- Yeap, Reiko & Low, Wah Yun (2009). Mental health knowledge, attitude and help-seeking tendency: A Malaysian context. *Singapore medical journal* Vol:50



Copyright © 2021 Authors. This is an open access article distributed under the [Creative Commons Attribution License](https://creativecommons.org/licenses/by/4.0/), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.