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THE GAME ON 2022:

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THE FUTURE IS BRIGHT**

**FACUTLY OF HOSPIATLITY, TOURISM AND WELLNESS,
UNIVERSITI MALAYSIA KELANTAN**

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Editors

Aifa Rozaini Mohd Radzol, PhD

Ataul Karim Patwary, PhD

Nurul Aziah Binti Ahmad

Nik Alif Amri Bin Nik Hashim, PhD

The Determinant of Prevalence Factors of Mental Health Associated with Adolescents

Hasmidah binti Matusin, Miroshaa A/P Moorthy Siti Maisarah binti Sayuri, Tuan Nurul Izzah binti Tuan Ali &* Naziatul Aziah binti Mohd Radzi

Faculty of Hospitality, Tourism and Wellness, Universiti Malaysia Kelantan

Corresponding email: aziah.mr@umk.edu.my

ABSTRACT

The increase of mental disorders has been a severe issue concerning mental health among adolescents. Four out of ten adolescents aged 17 and above often experience extreme emotional stress. Such problems will contribute to the increase in depression, anxiety, stress, and many more that are related to mental health. This study aims to identify the factors of mental health among adolescents and the relationship between mental health among adolescents. This study was conducted using a quantitative research approach among adolescents in Kota Bahru, aged 17 years old until 25 years old. A total of 401 respondents among adolescents in Kota Bharu, Kelantan, have participated in this study. Based on the data and findings, the result is related to adolescent relationships and mental health factors.

Keyword: *Social Factors, Economy Factors, Environmental Factors, Mental Health*

INTRODUCTION

Stress and depression issues affecting mental health are caused by several factors, namely environmental, social and economic factors. Some symptoms related to such illness are insomnia, which is the difficulty in having good sleep. In addition, victims will have the problem of losing focus when performing tasks. This is due to the poor level of mental health, especially involving adolescents. This can be influenced by the way they think and changes in mood and behaviours among adolescents (Mojtabai. et al., 2015). This can cause negative acts like taking alcohol, drugs and so on to reduce their stress and depression. Not all adolescents know the factors that can cause health problems before seeking treatment. Therefore, this study is important in order to reduce mental disorders among adolescents in Malaysia.

This study aims to investigate the factor of mental health among adolescents in Kota Bharu, Kelantan. Nowadays, adolescents are affected by mental disorders because they have many challenges in life during their age. The poor level of mental health among adolescents has a huge impact on their physical well-being and can cause emotional and health problems. For example, taking alcohol and drugs can cause abnormal heart rate and heart attack. Furthermore, drug injections can also cause damage to nerves and infections at your heart pump. Hence, adolescents must know the impact of mental health or disorders that are very related to their life. In addition, they also need to know the factors that can cause mental health in their daily activities. In fact, many cases are related to mental health among adolescents.

Significance of the Study

Based on this study, the researcher aims to identify adolescent mental health factors. Other than that, the study also aims to give awareness and knowledge about the behaviour related to mental health. This allows them to know more about mental health and its factors. With such information, people can spread awareness and share information with their relatives or friends to avoid mental health issues. It indirectly helps adolescents and society to prepare themselves

against mental health problems and factors associated with adolescents' awareness and knowledge of mental health.

Besides that, this study can be used as a valuable reference for future researchers. This may become the second tool for future researchers by using other types of methodologies for mental health studies among adolescents. The researcher needs to learn and understand more about mental health and its disadvantages. A future investigator can use this study to compare with future studies. It allows the future investigator to know whether the human perception of mental health has changed and if the problem of mental health is reduced.

LITERATURE REVIEW

Mental Health

Adolescents' mental health can happen at the age of 19 and above. Mental health can be the cause of anxiety, depression and stress affected by daily activities and emotional activity, according to Westrupp (2021). Adolescents can experience stress when they have so many things that they need to focus on. For example, adolescents who are studying also need to focus on working because they need to cover the expenses due to financial problems in the family. Because of that, adolescents can experience stress because they need to focus more than usual and while having many issues in academics. They can feel less motivated and have less concentration because of work and academic pressure. Mental health among adolescents can be related to three factors: environment, social, and economical.

Environment Factors

Environmental factors can influence mental health among adolescents because they are easily influenced by their social surroundings like parents, friends, neighbourhood and so on. The relationships that can impact mental health among adolescents are closely related to relationships with friends because friends are important in their life to share problems and to socialise. Parents can also influence adolescents' mental health because parents are very important in their lives. Broken homes or divorced parents can cause mental health issues among adolescents.

Social Factors

Social factors are very related to mental health among adolescents because nowadays, technology has become more popular. Social factors can be related to social media that can influence mental health because it can lead to the rise of suicidal behaviours, depression and loneliness (Rosenstein & Sheehan,2018: Twenge, Joiner, Roger & Martin,2018). Technology and media have many benefits, but sometimes they can negatively impact society by causing depression, anxiety and stress.

Economic Factors

The economic factor is important in supporting daily expenses and necessities in life. Nowadays, many adolescents that are working and experiencing severe financial hardship are more likely to develop mental health problems such as depression and substance abuse, particularly alcohol abuse and many more. These issues happen when they have difficulty covering their daily expenses because of their low income.

Research Hypothesis

In this study, the following four hypotheses are formulated based on the research objectives

- H1: There is a significant relationship between economic state and mental health among adolescents.
- H2: There is a significant relationship between social factors and mental health among adolescents
- H3: There is a significant relationship between environmental factors and mental health among adolescents.

Research Framework

Figure 1 shows the research framework used for this study.

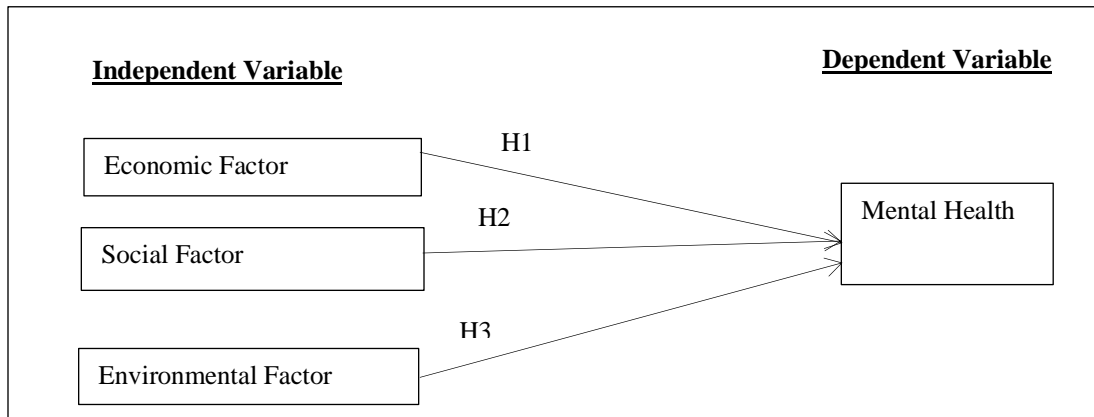


Figure 1: Research Framework

METHODOLOGY

Research Design

This study has utilised a quantitative method via statistics through the use of large-scale survey research to collect information by distributing a set of questionnaires through Google Forms. The research design guarantees that the data obtained enables the researcher to solve the research challenge successfully. The research design is an interpretative approach that may be deemed appropriate for the investigation. The examination structure of this research is quantitative. The data collected from respondents will be used as the primary data in this study. The data acquired will assist in establishing a link between independent and dependent variables via this examination framework, which also involves the arrangement and organisation of a research strategy

Data Collection

In the first stage, this study involved primary data collection using questionnaires collected via Google Forms, which were distributed to 401 respondents who participated in this study. The respondents were also selected among adolescents in Kota Bharu, with an average age of 17 to 25.

Sampling

The probability sampling technique was the sampling method used in this study, particularly simple random sampling, which is a straightforward probability sampling strategy. The researchers have used Krejcie & Morgan's (1970) equation to determine the sample size to obtain a reliable and valid sample for this study. The formula of this equation is as follows:

$$S = \frac{x^2 N_p (1 - p)}{e^2 (N - 1) + x^2 P (1 - p)}$$

n = sample size

N = population size

e = the degree of accuracy expressed as a proportion (0.05)

χ^2 = chi-square of the degree of freedom 1 and confidence 95% (3.841)

p = proportion of population (if unknown, 0.5)

Data Analysis

Based on this study, the data were obtained through the questionnaires that were distributed among the respondents. With the data, the researcher can identify the factors of mental health among adolescents in Kota Bharu, Kelantan. The data from this study were analysed by conducting frequency analysis, descriptive analysis, correlation analysis, and reliability analysis. The collected data were analysed using Statistical Package for the Social Sciences (SPSS) to show the relationships between the dependent and independent variables as a set of statistical processes approximated by regression analysis.

FINDINGS

Result of Frequency Analysis

Table 1 shows the result of the frequency analysis

Table 1: Frequency Analysis

Characteristics	Number of Respondent (N)	Percentage (%)
Gender		
Male	141	35.2
Female	260	64.8
Age		
17 - 19 years old	43	10.7
20 - 22 years old	140	34.9
23 - 25 years old	218	54.4
Ethnic Group		
Malay	302	75.3
Chinse	55	13.7
Indian	42	10.5
Others	2	5
Religion		
Islam	303	75.6
Buddhism	51	12.7
Hinduism	44	11.0
Others	3	7
Marital Status		
Married	53	13.20
Single	344	85.8
Divorced	4	1.0
Level of Education		
SPM	72	18.0
Diploma	94	23.4
Degree	206	51.4
Master	17	4.2
PhD	12	3.0

Table 2 indicates the demographic factors of the respondents. Based on the gender of the respondents, this study involved 400 respondents among adolescents in Kota Bahru, Kelantan. 401 respondents consist of 35.2% males and 64.8% females. It shows that the total number of female respondents is more than male respondents. Based on age, 10.7% of them are between

17 - 19 years, 34.9% are between 20 - 22 years, and 54.4% are between 23 - 25 years. Based on race, 61.5% are Malay compared to Chinese and Indians, which are 10.7% and 14.8%. While the respondents for other are 5.0%. Based on religion, 75.6% are Islam compared to Buddhism and Hinduism, which are 12.7% and 11.0%. Other religions are recorded at 7.0%. Based on the level of education, the highest number collected in this section is 51.4% who are degree students. Followed by diploma with 23.4%, SPM 18%, Masters 4.2% and 3.0% are PhD students. Based on marital status, 85.8% are single, 13.2% are married, and the divorce rate is 1.0%.

Result of Descriptive Analysis

Table 2 shows the result of the descriptive analysis of this research.

Table 2: Descriptive Analysis

Variables	Items	Mean Score.	Mean	Standard Deviation
Economic Factor	I believe that youth with strong financial resources are often considered popular.		3.39	0.933
	I am having financial problems buying internet quota for my online classes.		3.30	1.222
	I feel stressed thinking about my family's financial problem		3.44	1.190
	I am having difficulties in choosing my career path.		3.63	1.048
	I used to work to cover my expenses		3.39	1.214
	I used to work to strengthen my financial condition		3.86	1.093
	I am being dependent on help from others to manage my daily life		3.30	1.225
Social Factor	I feel difficult to manage my financial state		3.41	1.122
	I always feel alone		2.98	1.263
	I don't have a positive feeling at all		2.79	1.257
	I found it difficult to work on the initiative of doing things		3.06	1.279
	I don't have friends to share my problem		2.83	1.290
	Friends often say negative things about me		2.74	1.270
	My parents often scold me for no reason		2.53	1.351
Environment Factor	I always have quality time with my family		3.57	1.179
	I think my parents do not understand me		2.65	1.316
	The current exposure of cases such as bullying, crimes and murders can affect my mental health		3.60	1.180
	An uncomfortable living can cause deterioration of my mental health		3.97	1.011
	Relationship problems with family and friends can affect my mental health		3.99	0.954
Mental Health	The unmotivated people around me can make me feel depressed		3.80	1.083
	Have you ever been diagnosed with a mental disorder before?		2.18	1.084
	How would you rate your mental health		4.03	1.274

How frequently do you feel upbeat or positive about your life	3.19	1.227
3.20 I often have experienced an "attack" of fear, anxiety, panic or any extreme emotions or mood swings		1.190
I am having trouble focusing at work or studying	3.47	1.144
3.41		1.218
Lately, I always face trouble falling asleep, staying asleep or sleeping too much		
I recently felt disappointment or sadness without reason	3.05	1.265
I often experience loss of appetite and eating habits changes in any way recently	2.97	1.290

Table 2 shows the mean and standard deviation for five statements under three independent variables and dependent variables based on the survey involving 401 respondents. The statement with the highest mean value of 3.39 is indicated with the statement 'I believe that youth with strong financial resources are often considered popular. 3.44 with "I feel stressed thinking about my family financial problem," and "I am having financial problems buying internet quota for my online classes" indicates the lowest mean score of 3.30. For the social factor, the highest mean score of 3.57 is indicated by the statement 'I always have quality time with my family.' "I don't have friends to share my problem" has the lowest mean score of 2.53. Next is environmental factors with the highest mean score of 3.99 with the statement "relationship problems with family and friends can affect my mental health", and standard deviation value is 3.94 in the statement "unhealthy learning environment can affect my mental health." The statement with the lowest mean score is 3.60 with the statement "The current exposure of cases such as bullying, crimes and murders can affect my mental health." The highest mean is 4.03 with the statement "how would you rate your mental health and .20 mean on the statement "how frequently do you feel upbeat or positive about your life." The lowest statement is "I often experience loss of appetite and eating habits changes in any ways recently." The lowest mean is recorded at 2.18.

Result of Reliability Analysis

Table 3 below shows the result of the reliability analysis of this research.

Table3: Reliability Analysis

Variable	Number of Items	Cronbach Alpha
Economy Factors	8	0.837
Social Factors	8	0.903
Environmental Factors	8	0.894
Mental Health	8	0.480

Table 3 shows that the Cronbach alpha coefficient of the economic factor is 0.837, the social factor is 0.903, and the environmental factor is 0.894. While for the mental health associated with adolescents' reliability test, Cronbach's alpha has obtained a value of 0.480. This Cronbach's Alpha value indicates the result from 0.480 to 0.903. Thus, the coefficient obtained for the questions of the independent and dependent variables is valid and can be used for analysis.

Result of Pearson Correlation Analysis

Table 4 shows the result of the Pearson correlation analysis.

Table4: Pearson Correlation Analysis

H	Relationship	p-Value	Result (Supported/ Not Supported)
H1:	There is a significant relationship between the economic factor and mental health among adolescents	0.541	H1 is supported
H2:	There is a significant relationship between social factors and mental health among adolescents	0.373	H2 is supported
H3:	There is a significant relationship between environmental factors and mental health among	0.460	H3 is supported

The result in Table 4 indicates the economic factor and mental health among adolescents to be at 0.460, which indicates positive and weakly related to mental health among adolescents. Following social factors and mental health among adolescents, the value of 0.541 indicates a positive and weakly related influence on mental health among adolescents. Meanwhile, environmental factors on mental health among adolescents show that 0.373 is positive and weakly related to the influence on mental health among adolescents.

DISCUSSION AND RECOMMENDATION

Discussion is aimed at solving questions and addressing hypotheses, as mentioned in the first chapter of this study. In general, this study has extremely researched the determinant of prevalence factors of mental health associated with adolescents. Based on the findings of the study, the current study would provide several recommendations about how to overcome problems that contribute to mental health among adolescents.

The study's prescription for overcoming mental health problems among adolescents is to live a healthy lifestyle that includes eating a balanced diet, drinking eight glasses of water per day, avoiding smoking or using drugs, and exercising three times per week. Adopting a healthy lifestyle improves both mental and physical health. Furthermore, going out with pals may deliver advantages as well as emotional support. We may communicate long-hidden feelings and receive emotional support from friends with trusted friends, allowing negative emotions to be expelled from our bodies. Next, de-stress by engaging in activities you like, such as playing video games, listening to music, dancing, or surfing the internet. Set the goals, so don't leave the valley of life. We are more focused on life planning and committed to reaching the intended goals when we have goals if you are unable to manage mental health concerns and can seek professional assistance, such as therapy.

The study findings are also necessary for the continuation of future research. As a result, it is suggested that future research examines the knowledge about the determinants of prevalence factors of mental health among adolescents by including more demographic characteristics of the respondents such as ethnicity, religion, monthly income, marital status, occupation, and many more to generate different results or findings from various perspectives.

Furthermore, future researchers could improve the data collection for this study, particularly in terms of questionnaire dissemination. Instead of distributing surveys over the internet, future

researchers can do face-to-face questionnaire distribution. Therefore, while delivering questionnaires to potential responders, the researchers may describe the research goal in detail. Furthermore, some interaction between the researchers and the respondents might be beneficial in informing the respondents about what would be asked in the surveys.

CONCLUSION

In conclusion, this study has accomplished to discover the determinant of prevalence factors of mental health associated with adolescents. There are three independent variables, which are environmental, social, and economic, that have been chosen to examine their relationships with the dependent variable, which is the relationship of mental health among adolescents. A total of 401 respondents from the age of 17 until 25 years old were selected among adolescents in Kota Bharu, Kelantan, to examine their factors of mental health. Correlation coefficients have proved the result – Economy Factor (0.460), Social Factor (0.541), Environment Factor (0.373) and p-value equal to 0.000, which is less than alpha value 0.01, ($p < 0.01$). The results of the data indicate that all the independent variables (Economy Factor, Social Factor, and Environment Factor) significantly influence the mental health among adolescents.

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