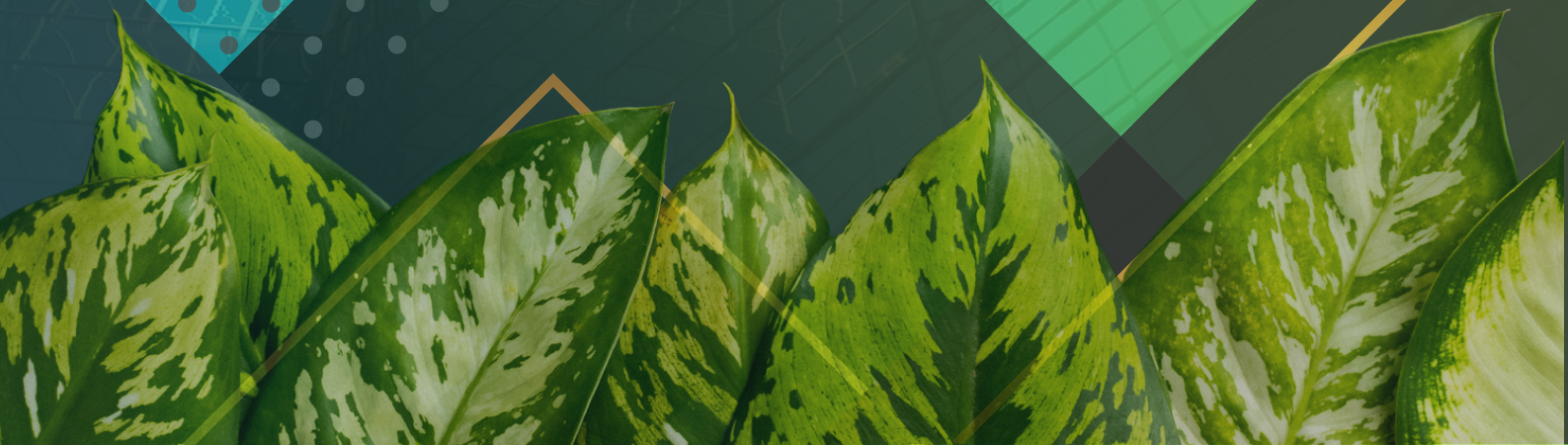




E-PROCEEDING HOTWEC 7.0

**SUSTAINABLY NURTURING
TOURISM,
HOSPITALITY AND WELLNESS INDUSTRY
FOR A BRIGHTER TOMORROW**





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MENTAL HEALTH AMONG STUDENTS OF THE UNIVERSITI MALAYSIA KELANTAN, KAMPUS KOTA

Mastura Binti Mohd Razali , Nur Fatin Afini Binti Md Fua'ad , Nur Sharmimi Eliya Binti Anuar,
Nur Syuhaila Binti Mohd Salleh & Dr. Maizatul Akma Binti Saidi
Faculty Of Hospitality, Tourism And Wellness, University Malaysia Kelantan
Corresponding Email: akma.s@umk.edu.my

ABSTRACT

Learning may be hampered by students' mental health. It is critical that we understand how to effectively serve this demographic given the rising number of complaints of mental health issues among university students so that they can learn and achieve. Given the plethora of evidence demonstrating how mental illness can impede academic achievement and degree persistence, this is very significant. There are numerous types of help that can be offered in the classroom, incorporated into current practises and learning opportunities for all children worldwide, to better serve this rising group. This article discusses the connection between learning and mental health, along with practical implications and future research objectives.

Keywords: Mental health, psychosocial, moral support, academic performance

INTRODUCTION

When someone can work well, contribute to society, manage stress well, and has confidence in their own abilities, they are in a state of good mental health. The World Health Organisation (WHO) defines health as a condition that includes one's physical, mental, and social well-being and extends beyond simply being free from disease. To function normally, people must all have adequate mental health. There are numerous categories for dividing up mental health problems like anxiety, depression, and eating disorders.

University students are a group that is more susceptible to mental disease, claims Nsereko ND. (2018). Although the prevalence of mental health issues among students is not a recent development, students may suffer if the matter is ignored (Abdul Rahid, 2021). In terms of academic, environmental, social, and psychological adjustment in a new environment, continuing studies is challenging for students, according to Yikealo (2018), and this will impair psychosocial wellbeing and student learning results.

According to the Royal Malaysian Police, there were 1708 suicide cases in Malaysia between January 2019 and May 2021. 872 of those incidents involved minors between the ages of 15 and 18. This demonstrates that children and teenagers made up up to 51% of all suicide cases in Malaysia at the time

The Mental Health research from 2019 shows that among the 5.5 million youth in this country, at least one in ten (or 10 percent) have had suicidal thoughts. In addition, 1 in 5 adolescents experience depression, and 1 in 10 teenagers experience stress. This situation is quite concerning because it demonstrates the seriousness of the mental health issues that young people and teenagers are experiencing.

SIGNIFICANCE OF THE STUDY

The University of Malaysia Kelantan (UMK) Kota Campus's FHPK students' mental health factors are addressed in this study. By illuminating the connection between moral support, psychosocial behaviour, academic performance, and mental health among students, this study contributes to the body of knowledge. This research will act as a manual for policy makers in Malaysia's health and wellness sector on how to manage issues relating efficiently and effectively to mental health.

LITERATURE REVIEW

Mental health

A dynamic internal balance that enables people to use their skills in keeping with society's broader goals is the concept of mental health. Basic cognitive and social skills, the ability to recognise, express, and control one's own emotions as well as empathise with others, flexibility and the ability to deal with unfavourable life events and fulfil social roles, as well as a harmonious connection between body and mind, are all significant aspects of mental health that, to varying degrees, contribute to the state of internal equilibrium.

Moral support

A person's life depends on moral support, particularly from family, friends, and even intimate acquaintances. This is since for us to continue to be excited about pursuing or attaining what we desire in life, as human beings, we need the support and encouragement of others. They require moral support as a student to maintain motivation and get good achievements in their studies. All parties must take student mental health concerns seriously since strong social support can shield pupils from mental health challenges.

Psychosocial

According to Foubert and Grainger (2006), this psychosocial development has encompassed components of behaviour and individual attitudes from a person's personal, interpersonal, physical, and psychological dimensions. A person's attitude and mindset can also be impacted by the changes in our environment. A learner will be negatively impacted by this. Extreme pressure that results from this emotional disturbance's impacts can also lead to psychological issues in a person. University students typically experience an upsurge in mental health problems, which affects their stage of life.

Academic performance

Since academic issues now divert students' attention from performance, academic performance among university students at UMK Campus Kota happens. Because it is challenging to find the drive to study and because of these issues, academic performance is primarily a problem for pupils. However, poor academic achievement can impact a person's physiological health, impairing their personality, abilities, and social skills. These papers talk about the relationship between academic success and mental health.

Research Hypothesis

The research's concept is based on study variables such moral support, psychosocial functioning, and academic performance that influence the mental health of students at UMK.

H1: There is a relationship between moral support with mental health among students UMK Kampus Kota.

H2: There is a relationship between psychosocial with mental health among students UMK Kampus Kota.

H3: There is a relationship between academic performance with mental health among students UMK Kampus Kota.

Research Framework

For the purpose of examining the relationships between academic success, psychological well-being and moral support and mental health among UMK campus Kota students, a research framework has been illustrated. Academic performance, psychological support, and moral support are the independent factors. The dependent variables are the students at the UMK campus in Kota's mental health.

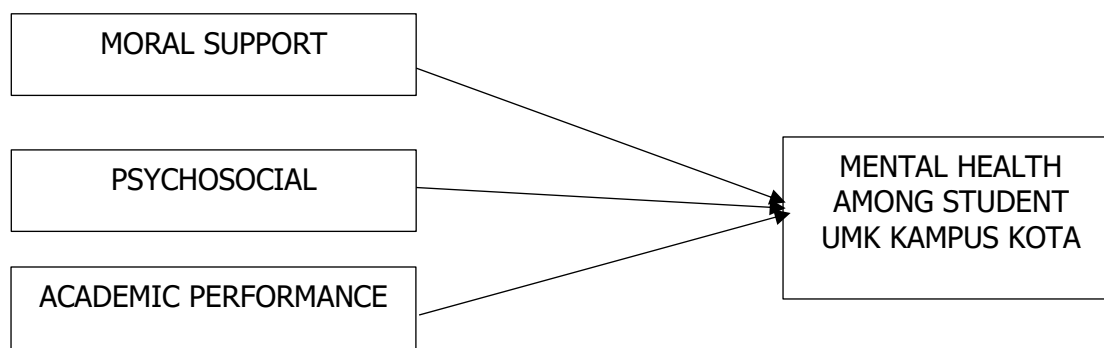


Figure 1: research framework of Mental Health Among UMK Campus Kota Student

METHODOLOGY

Research Design

This study employed a cross-sectional study design and a quantitative methodology.

Data Collection

The process of gathering information for the specified variables in a systematic fashion is known as the data collection method. Primary data will be used in this study, and data will be gathered using an online survey that will be given to University Malaysia Kelantan students who have been chosen at random. Six components, including a socio-demographic portion, section A, section B, section C, section D, and finally open questions, make up the questionnaire.

Sampling

The sample method used for this investigation was simple random sampling, a type of probability sampling. Using simple random selection, the researcher chooses participants from a population at random. Everyone in the population has the same chance of being chosen. Then, data is collected from as many members of this subset that was randomly selected as is practical. The researchers computed the sampling in order to obtain a valid and trustworthy sample for this experiment using the Krejcie & Morgan Table.

Data Analysis

Reliability analysis, descriptive analysis, Pearson Correlation analysis, hypothesis testing, and summary are all covered in this chapter. At FHPK students in UMK Kampus Kota, 179 respondents received a total of 22 questionnaires. Prior to administering the actual test questionnaire, a pilot test was carried out using SPSS to analyse the results.

FINDINGS

Socio-demographic characteristic	Frequency (n)	Percentage(%)
Gender:		
Male	53	29.6%
Female	126	70.4%
Age:		
5.21 years old	55	30.7%
22- 24 years old	114	63.7%
25-27 years old	7	3.9%
29-30 years old	3	1.7%
Race:		
Chinese	9	5%
Indian	10	5.6%
Malay	158	88.3%
Others	2	1.1%
Course:		

SAH	29	16.2%
SAP	72	40.2%
SAS/SAW	78	43.6%

TOTAL (respondents)	179	100%
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The reliability test for accuracy and repeatability was conducted with 179 random participants. The coefficient is good and excellent, with Moral support having 0.685, Psychosocial 0.785, Academic Performance 0.646 and Mental Health 0.635. When the score is more than or equal to 0.5, the survey may be administered according to the rule of thumb.

An essential analysis used to gauge the strength of the linear relationship between the independent variables (IV) and the dependent variable (DV) is the Pearson correlation coefficient analysis. With $r = 0.347$, $p 0.01$, the findings revealed a substantial correlation between moral support and mental health. Mental and psychosocial well-being, with $r = 0.290$, $p 0.01$. Additionally, there is a strong association ($r = 0.296$, $p 0.01$ strongly positives) between academic ability and mental health.

DISCUSSION AND RECOMMENDATION

The research had shown that the variables which are mental health (dependent variable) and moral support, psychosocial and academic performance (independent variable) were correlated with the dependent variable and have low negative correlation relationship. For the future research regarding this topic is highly recommended to adopt a mix method approach which is the combination of quantitative and qualitative methods rather than the qualitative method alone to collect data from respondents. This combination method will enhance the depth and width of the research information.

The future research also suggested increasing the number of the sample size to a wider population across Malaysia to ensure the generalisation of the research findings. This is because the chosen population was among Universiti Malaysia Kelantan's students in City Campus with a total of 328 students from every course. In addition, the future research can be conducted using the students from other Malaysian Universities too. It would be great research if the target student is someone who has been diagnosed with a mental health issue and does an interview face to face that can provide more truthful information in this research.

CONCLUSION

The results of the survey responses in the questionnaire were analysed using a variety of methods, such as descriptive and inferential analysis. The results from the preceding chapter and the information from the questionnaire were next assessed using the statistical programme SPSS. For this investigation, H1, H2, and H3 are all viable possibilities. We also provided limitations and suggestions for this study that we believe will be beneficial for future research. It is therefore believed that the information supplied in this study will be valuable for future research.

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