

**Factor Affecting Mental Health Among 3rd Year Student at
University Malaysia Kelantan, City Campus.**

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ABSTRACT

6. Mental health is important for every stage of life including childhood, teenagers, adults, and others. There are many effects that can lead to mental health issues among university students. Mental health among students is increasingly concerned and very important for students because it is related to emotional, psychological also social well-being. The study is focusing on the factors that cause mental health among 3rd year FHPK student at University Malaysia Kelantan, City Campus which is to identify the effect of time management on mental health among 3rd year students at University Malaysia Kelantan, City Campus, to determine the effect of environment on mental health among 3rd year students at University Malaysia Kelantan, City Campus and to examine the effect of lifestyle factor on mental health among 3rd year students at University Malaysia Kelantan, City Campus. The study was conducted using a quantitative research approach which is through online questionnaire to collect the data. There were 250 respondents participated in the study which had been conducted through social media such as WhatsApp group and it focused on the third years FHPK students in Universiti Malaysia Kelantan, City Campus.
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Keywords: Mental Health, Time Management, Lifestyle, Environment

INTRODUCTION

The chapter gives an outline of introduction about the research of mental health among 3rd year students at University Malaysia Kelantan, City Campus. This section collaborates on the background of the study and the problem statement of study. This research question and research objective for this research are also stated in this chapter to give an initial overview of the purpose of this study. This chapter also discusses the scope and the significance of the study along with the definition of term for each information contained in this study. There were three objective of this research which are:

1. To identify the effect of time management on mental health among 3rd year students at University Malaysia Kelantan, City Campus.
2. To determine the effect of environment on mental health among 3rd year students at University Malaysia Kelantan, City Campus.
3. To examine the effect of lifestyle factor on mental health among 3rd year students at University Malaysia Kelantan, City Campus.

SIGNIFICANCE OF THE STUDY

Ministry of Health (MOH), Malaysia.

Based on Ministry of Health (MOH Malaysia point of view, this research can gain an information about mental health among university students and show the importance of it. According to MOH, statistic has been revealing that the worst state on mental health among Malaysian students, from one to ten individuals in 2011 to one in five in 2016. From this study, it can trigger the sensitivity of the ministry to come out the best services mental health centre that will help to decreasing the number of mental health disease among the university students. As a result, not only student will get the benefits but also the ministry. By doing that, it will help to minimize the mental health and stress level so they can perform very well in the academic and co-curriculum. Moreover, the number of mental health disease among university students will reduce by time under the government's control. This finding could help in changing the perception of mental health among university students.

University students.

The one that related on this research is university student and the study will help them to understand the factor of mental health among university students. University students

can refer to this research to know more about factor that cause the mental health and also will gain them some knowledge so that they can practice in their daily life in order to have a better life as a students. This study offers information on mental health and ways that universities, particularly students at University Malaysia Kelantan, might address these problems. Because of the importance of the study, it is anticipated that participants will comprehend how factors such as environment, lifestyle, and time management have an impact on their mental health. Armed with this knowledge, participants will be better equipped to manage this issue and succeed as university students.

LITERATURE REVIEW

MENTAL HEALTH

Basically, the World Health Organization (WHO), has defined mental health as:

"...a state or aspect of physical, mental, and spiritual as well as social well-being. These three aspects need to be fulfilled by everyone to achieve an optimal level of health. When a person is in good mental health, he or she may function efficiently at work and at home and can make a positive contribution to society. (World Health Organization, 2018). But the most famous definition of mental health and used by WHO as: "... a state of complete physical, mental, and social well-being and not mere absence or infirmity." (WHO, 2012).

This shows that mental health is not only a problem of stress but emphasizes how an individual overcomes the problem of mental stress. Therefore, aspects of adolescent mental health development are important to pay attention to and discuss. They need elements of positive development, especially aspects of cognitive development and social skills for the well-being of their lives (Hezzrin & Norsuhaily, 2020; Pauzi, 2019).

TIME MANAGEMENT FACTORS

According to Claessens et al, (2007) this definition of time management has been summarized as a behavior that aims to achieve effective use of time while performing specific purposeful activities. In this way, the definition of time does not focus on time itself emphasizing goal-directed behavior, to be achieved within a time frame or

through efficient use of time. He also noted that time management skills can have an impact on anxiety and distress.

Meanwhile W. Rossler (2012) discovered that those who have trouble managing their time are more likely to battle with stress, sleep disorders, anxiety, depression, and other mental health issues. Philip G. Levendusky (2021) found that time management is not only important to get things done on time for your work. Mental health care and timely mental health care training should be developed and implemented as part of professional development activities.

ENVIRONMENT FACTORS

The psychosocial environment, which is characterised as having standards, expectations, and beliefs, is what is referred to as the school climate and it determines how safe people feel physically, emotionally, and socially. (2009) Cohen et al. Another element that influences kids' mental health issues is their environment. The purpose of this study was to determine the role that environmental factors have in the mental health issues that third-year students at Universiti Malaysia Kelantan experience. There have been requests for more diverse research designs (Thapa et al., 2013), more rigorous and complicated research designs (Wang & Degol, 2016), as well as deeper research into how various aspects of the institutional environment can influence student, individual, or group learning outcomes. (Wang & Degol, 2016) group.

Family Environment

According to McIntyre JC et al. (2018), topics pertaining to student experiences in childhood and before to attending university were investigated. Murray E, et al. (2019) also investigated the impact of ACE (Adverse Childhood Experiences), which Feletti VJ (2009) measured using the same scale. This study was conducted to find out different mental health outcomes including positive and negative effects, prevention methods, despair, anxiety, and suicide risk, as well as existing mental health issues, use of mental health services, and psychological adjustment. University students' bad mental health is significantly and favourably related to ACE, according to research that has been done in this area.

Research Hypothesis

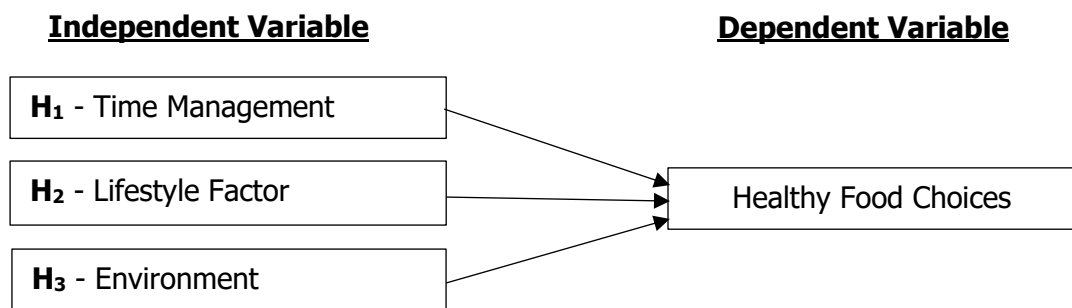
According to the literature study mentioned above, time management, lifestyle factors, and environment are the problems that affect the mental health of third-year students at University Malaysia Kelantan. All the aforementioned factors are known as

independent variables, whereas university students' mental health is a dependent variable. The study's hypothesis basically asks whether the independent variables and dependent variable have any discernible effects on one another.

H1: There is a relationship of time management on mental health among 3rd year FHPK student in University Malaysia Kelantan, City Campus.

H2: There is a relationship of environment on mental health among 3rd year FHPK student in University Malaysia Kelantan, City Campus.

Research Framework



METHODOLOGY

Research Design

Research design is a technique and framework that will be chosen by the researcher to find out specific design of the study. A research design is a collection of procedures and methods used to gather and analyse data on the variables listed in the research topic. (Andrew B, 2018). This framework of research design will help the research to find out the method for this research design to successfully accomplish this study. The design of this research was done comprehensively, involving studies being conducted. This is due to the research method conducted covers all the data taken in this study. Research design is a technique and framework that will be conducted by the researcher to execute the answer to research question of the study. The researcher uses quantitative method to approach of this study. A quantitative research approach has been used for the study of factor mental health among 3rd year students at University Malaysia Kelantan, City Campus.

Data Collection

The process of gathering, measuring, and analysing accurate insights for research purposes using established, accepted procedures is referred to as data collection, according to Emily McLaughlin (2018; supported by the evidence acquired, a researcher can evaluate their hypothesis). The first and most important step in most research projects, regardless of the subject, is data collection. The primary data gathering is divided into two parts. Data main refers to the type of information that was gathered for the study through interviews, questionnaires, experiments, and other means. The information is primarily used in the study to support their chosen topic and objective, which is supported by data.

Researchers collect primary data directly from primary sources such as survey like used a questionnaire through the Google form. The questionnaire is applied to collect the information regarding that lead to the factors that affecting mental health among third year FHPK students in Universiti Malaysia Kelantan, City Campus. The questionnaire was distributed using an online platform to all third years FHPK students at Universiti Malaysia Kelantan, City Campus. The questionnaire was distributed through online and social media like WhatsApp and collected data among the third years wellness student. The students answered the questionnaire according to the condition and related to their current situation as well.

Sampling

In this research, the researchers use a probability sampling technique which is simple random sampling. Respondents consist of third years FHPK student at Universiti Malaysia Kelantan, City Campus. The number of respondents is around 250 students. Researchers use the random numbers generator, and it is using physical measures of temperature, phase noise, clock signals, and other non-deterministic inputs, random number generators are hardware or software programmers that produce random numbers as an output. Respondents from the questionnaire were university students from third years wellness students. University students from third years FHPK students were selected for this survey because most students from third years FHPK students were probably experienced in mental health. Respondents were selected to answer this questionnaire and all data were collected based on their answers.

Data Analysis

The data was evaluated by the researcher using SPSS 28 (Statistical Package for the Social Sciences). In this study, four different forms of data analysis—frequency analysis, descriptive analysis, reliability analysis, and correlation analysis—were used. While descriptive analysis was used to describe the level of agreement of the variable, frequency analysis was employed to assess the demographic profile of respondents. To make sure the survey data was accurate and served its goal, reliability analysis was used. A valuable method for assessing any correlation and the strength of a linear relationship between an independent variable (IV) and a dependent variable (DV) is the correlation analysis, often known as the Pearson Correlation Test.

FINDINGS

Results of Frequency Analysis

Table 1: Socio-demographic Characteristics

No	Socio-demographic characteristic	Frequency (n)	Percentage (%)
1	Gender	250	100
	Male	67	26.8
	Female	183	73.2

2	Race	250	100
	Malay	231	92.4
	Chinese	7	2.8
	India	7	2.8
	Others	5	2.0
3	Age	250	100
	19-21 years	20	8.0
	22-24 years	211	84.4
	25-27 years	19	7.6
4	Programme	250	100
	SAH	79	31.6
	SAP	77	30.8
	SAS	94	37.6
5	City	250	100
	Pengkalan Chepa, Kota	250	250
	Bharu		

Data of descriptive analysis obtained from Part A in questionnaire where on demographic variables includes of gender, race, age, study program involved, as well as city. This questionnaire study focuses on 3rd year FHPK students of Universiti Malaysia Kelantan.

Table 4.2 shows the results of descriptive analysis of respondents. The researcher focused on 3rd year FHPK students of Universiti Malaysia Kelantan to answer this questionnaire. Based on the evaluation in the table, the female gender gets the highest frequency compared to the male which is a total of 183 respondents with a percentage (73.2%). While there were 67 male respondents with a percentage (26.8%). Most of the Malay respondents who answered this questionnaire were 231 people (92.4%). Chinese and Indian only got 7 respondents (2.8%) and others got 5 respondents (2.0%).

Following the respondent's age, the highest age frequency of respondents is from 22-24 years old with 211 respondents (84.4%). While the age frequency for the 19-21-year-old stage got 20 respondents (8.0%) and the 25-27-year-old stage got 19 respondents (7.6%). The program offered in this survey has only 3 programs namely Sah, Sap and Sas. In these three programs Sas got the most respondents which is 94 respondents (37.6%). The Sah program had a total of 79 respondents (31.6) and the Sap program

had a total of 77 respondents (30.8%). All of the respondents involved are from Pengkalan Chepa, Kota Bharu because it only involves university students in Kelantan.

Result of Descriptive Analysis

Table 2 shows the result of descriptive analysis of variable.

Table 4: Descriptive Analysis

Variable	Items	Mean Score	Standard Deviation
Time	Lack of rest on weekend.	3.7250	1.02699
Management Factor	Often feel stressed because of not being able to complete academic tasks or other responsibilities on time.	3.7560	1.04154
	Often feel anxious or worried when thinking about schedules and tasks that must be completed.	3.9360	0.95475
	Finding it difficult to sleep because of many tasks or responsibilities that must be completed.	3.7640	1.00015
	Often feel out of control or feel exhausted by academic tasks or other responsibilities.	3.6840	0.98592
Lifestyle Factors	I often neglect a healthy lifestyle and do not practice exercise activity.	3.2280	1.11579
	I lacked awareness about the importance of a balance lifestyle to mental health.	3.0440	1.20993
	I do not take care well about my sleep schedule.	3.6960	1.15278
	I was not practiced healthy eating habits on a regular basics.	3.4280	1.13577
	I was often exposed to unhealthy environments such as noisy and toxic environments.	3.2640	1.23629
	I do not get support from family or friends.	2.6000	1.23210

Environment	I feel isolated from friends.	2.7800	1.23682
Factors	I have difficulty or lack of sleep.	3.5040	1.22638
	I feel lack of enthusiasm.	3.3760	1.15236
	I like to think negative things.	3.2480	1.23312

Table 2 presents the mean and standard deviation of the first independent variable which is the time management factor. Based on the table, the lowest mean score is in time management factor 5 which is (m=3.6840, SD=0.98592) followed by time management factor 1 (m=3.7520, SD=1.02699) and time management factor 2 which has a mean (m=3.7560, SD=1.04154). With the evaluation based on the table, the second highest mean score is in time management factor 4 with (m=3.7640, SD=1.00015) while the highest score is time management factor 3 (m=3.9360, SD=0.95475). It has been shown about the mean and standard deviation of the second independent variable which is the lifestyle factor. In the table, lifestyle factor 3 has the highest mean score among the others which is (m=3.6960, SD=1.15278). Followed by lifestyle factor 4 in the highest mean (m=3.4280, SD=1.13577). While lifestyle factor 5 got a mean score of (m=3.2640, SD=1.23629) and lifestyle factor 1 got a mean score of (m=3.2280, SD=1.11579). Lifestyle factor 2 got the lowest mean score among the others (m=3.0440, SD=1.20993). Table 4.7 presents the mean and standard deviation of the third independent variable, which is the environmental factor. Based on the evaluation in the table, environmental factor 3 mean (m=3.5040, SD=1.22638) has got the meanest score compared to others. Environmental factor 4 became the second highest mean which is (m=3.3760, SD=1.15236) followed by environmental factor 5 which is (m=3.2480, SD=1.23312). While for environment factor 2 got the second lowest mean score as much as (m=2.7800, SD=1.23682). The lowest mean score is environment factor 1 which is as much as (m=2.6000, SD=1.23210).

Result of Reliability Analysis

Table 3 shows the result of reliability analysis based on dependent variable and independent variable.

Table 5: Reliability Analysis

Variable	Number of Items	Cronbach's Alpha
Time Management Factors	5	0.885
Lifestyle Factors	5	0.796

Environment Factors	5	0.847
Physical Activity Factors	8	0.873

The reliability coefficient alpha based on the dependent variable and each independent variable is displayed in Table 4.6. All variables have a Cronbach's Alpha value of 0.851. The five-question dependent variable on mental health has a good and acceptable Cronbach's Alpha score of 0.843. The result of 0.885 for Cronbach's Alpha for the first independent variable, time management factors with 5 questions, is good, trustworthy, and acceptable. The Cronbach's Alpha score for the second independent variable, lifestyle factors, which consists of 5 questions, is 0.796, which is good, reliable, and acceptable. The third independent variable, environment factors, has a good Cronbach's Alpha value of 0.847 and 5 items in the given questionnaire. Results from all factors are highly correlated.

DISCUSSION AND RECOMMENDATION

Based on this research, there are a few factors affecting mental health among third year FHPK students at University Malaysia Kelantan have been determined. This study was conducted to ensure that students can take care of their mental health well and to know how many students are involved or not in mental health, so that this problem can be prevented before it is too late. First and foremost, the recommendation is to enlarge the target demographic or respondents which include all FHPK students at University Malaysia Kelantan, City Campus in future study. The next recommendation for future research is that the researchers should use a variety of survey techniques to get the respondents through the questionnaire. The researchers can use telephonic surveys or another survey technique which is in-person personal interviews. Finally, the researchers can expand the rental house area among all years of FHPK students around the University Malaysia Kelantan, City Campus for the respondents is the recommendation to improve the future studies.

CONCLUSION

This study examines the variables influencing the mental health of University Malaysia Kelantan's City Campus third year FHPK students. The three independent variables (IV) and the dependent variable (DV) in this study were related to one another. Overall, the study's limitations stem from the third year FHPK students at University Malaysia Kelantan's City Campus's lack of interest in the questionnaire, their lack of

comprehension, and their difficulties in gaining access to them. Expanding the target group, utilising more survey techniques, and using several languages are suggested as important in future research.

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