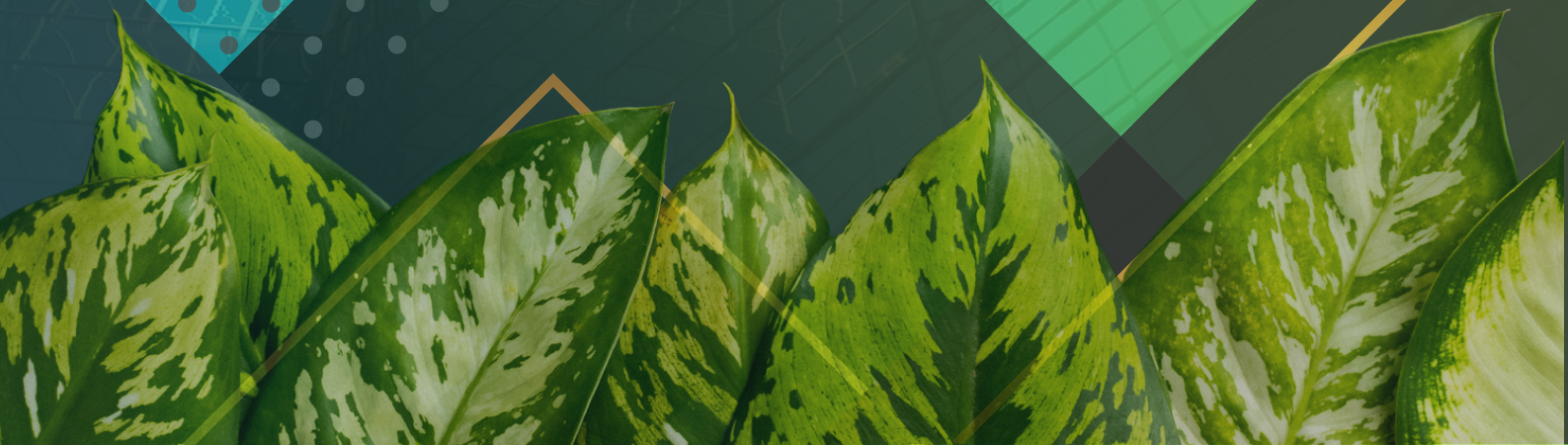




E-PROCEEDING HOTWEC 7.0

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





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PREFACE

In the dynamic landscape of today's global economy, the fields of tourism, hospitality, and wellness are experiencing unprecedented growth and evolution. This compendium represents a convergence of innovation and academic rigor, providing a platform for students to showcase their scholarly contributions. E-proceedings encapsulate a collection of research projects, and insights that underscore the diverse dimensions of tourism, hospitality, and wellness. It is a testament to the curiosity, dedication, and intellectual prowess of our undergraduate scholars. In the pages that follow, readers will find a rich tapestry of research articles that reflect the tourism, hospitality, and wellness disciplines.

Students, lecturers, and industry partners collaborative efforts signify a commitment to advancing knowledge and fostering a community of learners who are well-equipped to navigate the complexities of the modern tourism, hospitality, and wellness sectors. May this collection inspire further exploration, dialogue, and innovation among the next generation of leaders in these dynamic fields.

Therefore, this book summarizes the selected papers of student conference focused on the current issues in tourism, hospitality and wellness field. Presented papers deal with investigation of issues and challenges of tourism, hospitality and wellness to make the industries more sustainable and adapt with the changes in the environment. Presented paper bring a wide database of issues and challenges in the field which could be used in the future researcher and industries players in the future.

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Muhamad Nasyat Muhamad Nasir, PhD

Nurul Aziah Binti Ahmad

Mohd Firdaus Bin Mohd Nasir

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It is our pleasure to present this volume consisting of selected papers based on presentations from the Hospitality, Tourism and Wellness Colloquium 7.0, held on May 28 and 29, 2023 at the Universiti Malaysia Kelantan. The main colloquium objective is to explore, within the generative framework, different acquisition contexts, across a variety and between different components of the Hospitality, Tourism and Wellness fields. The colloquium was organized and supported by the Faculty of Hospitality, Tourism and Wellness (FHPK), Universiti Malaysia Kelantan (UMK). We would also like to extend our gratitude to the excellent work of our colloquium organizing committee which comprised of the following:

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THE ASSOCIATION BETWEEN FAMILY VALUES AND COPING SKILLS TOWARD DEPRESSION AMONG 3U1I STUDENTS

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ABSTRACT

Depression is one of the most common mental health problems among university students. However, the prevalence of depression among 3u1i university and its factors were remaining unknown. Therefore, a cross-sectional study was carried out among 73 respondents to investigate the relationship between family value and coping skills to the depression level among 3u1i university students. A set of questionnaires including the Depression, Anxiety and Stress Scale (DASS21), Asian Family Characteristic Scale (AFCS) and Brief-COPE were used to measure depression, family values and coping skills, respectively. Data were analysed using descriptive analysis, reliability test and logistic regression. Based on Logistic Regression analysis, family values were found to be a significant protective factor of depression in 3u1i students, whereas, avoidant-based and emotion-based coping skills were significant risk factors of depression in 3u1i students. Future study should develop the depression intervention program among this target group.

Keywords: Family values, Depression, 3u1i Students, Coping skills

INTRODUCTION

Depression is a persistently depressed mood that interferes with daily functioning. According to research, stressful life experiences such as poverty, the loss of a loved one, physical disease, or abuse may raise the probability of depression. The typical causes of it are a mix of biological, psychological, and environmental factors. University students face not only challenges related to independent living, but also academic challenges. Next, family values are the fundamental beliefs and principles that direct and govern how members of a household behave and engage with the rest of the community. It is the guiding principle upon which a family is built, and it is frequently passed down from generation to generation. Family values include all conceptions of what constitutes and governs a family, and they are frequently passed down from one generation to the next. University students participating in the 3u1i industrial mode study program are also at risk for depression. A program of study with an industrial focus is the 3u1i

Apprentice Program. Students will spend three (3) years in college concentrating on theory and one (1) year in the workplace gaining practical experience. The prevalence of depression changes every year among university students at the global level, developed countries, developing countries and Malaysia. Then followed by 3 factors related to depression among university students which is biological, psychological and social.

SIGNIFICANCE OF THE STUDY

Body of knowledge – added more reading material and can be used by users who want to do more research to understanding upon that element of a correlation with depression about 3UII students.

Future study – Students will take into coping skills to measures that can be practiced by themselves against the problem of depression among these students.

3u1i university students – Contribution to future studies for university students for self-prevention because there are a lot of studies about the problem of depression among students but no one related to 3UII students.

University counsellor – Contribution for university counsellor to convey all information for university students through a motivational programme, a seminar, talks and more to help students from any possibility of depression with prevention from initial stages.

LITERATURE REVIEW

Family Value

The term “family value” in this study refers to the family value scales obtained using the 30 item Asian Family Characteristic Scale (AFCS). (Ramli Musa et al., 2015) Asian families are known for doing activities and exercising together, grinning because everything is peaceful in the family, helping one another. However, my parents don’t understand me (Ramli Musa et.,al 2015)

Coping Skill

Coping may be described as the mobilisation of mind and conduct to handle an internal and external stressful circumstance. It is the term used to distinguish between conscious and

voluntary mobilisation of activities and defensive mechanisms, which are subconscious or unconscious adaptive reactions that both seek to reduce or endure stress. The most often used coping scales are COPE. Coping is divided into three categories: problem-based coping, emotion-based coping, and avoidant coping.

The Depression

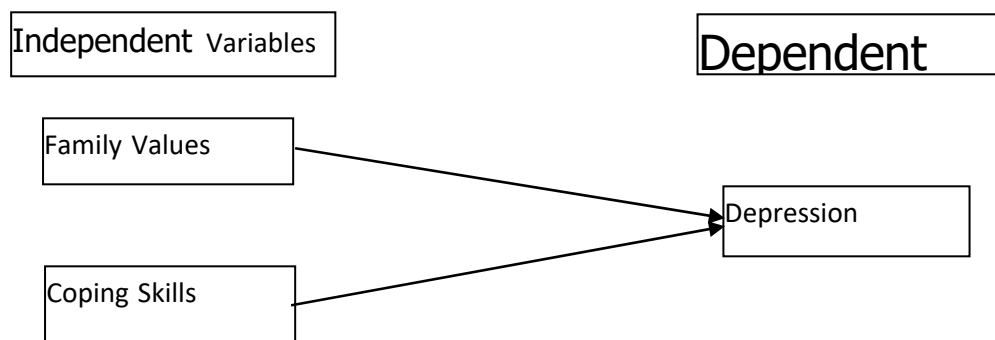
Depression is a prevalent mental illness. It is estimated that 5% of people globally are afflicted. A continuous sensation of discontent and a loss of interest or pleasure in once-satisfying or enjoyable activities are its defining traits. It may also interfere with appetite and sleep. Common symptoms include exhaustion and a loss of concentration. The world's most common disability, the depression, is responsible for a sizeable share of the global illness burden. The effects of depression can be chronic or recurrent, and they can significantly affect a person's capacity to function and lead a happy life.

Research Hypothesis

H1: There is significant association between family values and depression among 3u1i university students.

H2: There is significant association between coping skill and depression among 3u1i university students.

Research Hypothesis



METHODOLOGY

Research Design

This study makes use of a questionnaire in to three sections, including part ‘A’ on demographics, part B on family values & coping skill, and part C on depression among 3u1i students. The question in part A contains 4 questions regarding gender and courses taken, whilepart B contains 30 questions for family values and 16 questions for coping skill. There are 21 questions in Part C, a cross sectional study was used, which is a sort of observational researchthat examines data on variables that were gathered at one particular point in time across a sample population or subgroup.

Data Collection

A questionnaire was given to the respondent using Google Form via WhatsApp or email because it’s simpler to the respondents. The rapid proliferation of social media, the researcher used Google Form and received responses from 3U1i university students.

Sampling

Given that the researcher was aware of the sample size, a probability sampling method was used in the investigation. Three students from various departments make up the sample size. From that list, the researcher may select 73 of the 90 3U1I university students for the study. Convenient sampling, a non-probability sampling strategy, is one that is frequently employed in clinical and qualitative research. Convenient sampling is popular because it is less

expensive, time-consuming, and simplistic than other sample procedures. Convenience sampling is helpful when used to develop a prospective hypothesis or study objective.

Data Analysis

The method to evaluate and understand the information collected from the respondents is through data analysis.

Statistical Package for the Social Sciences (SPSS)

The SPSS (Statistical Package for the Social Sciences) software bundle is offered as a single package. The main purpose of this programme is to analyse research data from the social sciences. This information can be used for market research, surveys, and data mining. Using the statistical information they have collected, researchers may quickly assess the market demand for a product and modify their plan as necessary.

Frequency Analysis

Another name for frequency analysis is descriptive statistics. Frequency in statistics refers to how frequently an event takes place. An important area of statistics called frequency analysis studies measures of central tendency, dispersion, percentiles, and other occurrences.

Descriptive Statistic

As a result, descriptive statistics for each dependent and independent variable in this study were generated. Users can select pie charts or graphs to display or clarify processed data (SPSS). It uses metrics such as mean, median, and others to make the data simpler for users to comprehend.

Reliability Analysis (Cronbach's Alpha)

Internal consistency, or how closely connected a set of things are to one another, is measured by Cronbach's alpha. It is recognised as a scale reliability indicator. The metric mightnot be one-dimensional even if alpha has a "high" value.

INFERENTIAL ANALYSIS (LOGISTIC REGRESSION)

The data obtained is evaluated using logistic regression. A straightforward research used to assess the impact of a direct link between the independent variable (IV) and the dependent variable (DV). Logistic regression is used to examine if the two variables (IV) and (DV) have a connection. If there is a relationship, the researcher must understand how closely the independent variable (IV) and the dependent variable (DV) are associated. The logistic regression coefficient assesses the strength of a two-variable linear connection. It has a value between 0.5 and 0.5, with 0.5 indicating that it is not significant.

FINDINGS

The conclusions from the previous chapter, "Result and Discussion," which are based on the study's goals, issues, and hypotheses, will be a condensed version of those findings in this study.

The relationship encompasses family values and depression among 3uli university students.

Research question 1 of this study asked about relationship encompasses family values and depression among 3uli university students?

This is also to answer the first objectives and hypothesis.

RESEARCH OBJECTIVES (RO)	RESEARCH QUESTION (RQ)
To investigate the correlations between family value and depression encompasses 3uli college students.	Relationship encompasses family values and depression among 3uli university students.
H1: There is significant association between family value and depression among 3uli university students.	

Table 1: Research Objective 1 and Research Question 1,

The results of hypothesis 1 in the previous chapter were reviewed to answer research question 1. In addition, H1 states that there is a significant association between family value and depression among 3u1i university students, it shows a negative relationship which is highly related to depression among 3u1i university students. The p value for family value is 0.000 which is less than the highly significant level of 0.03. Apart from that, there is a relationship between family values and depression among 3u1i university students. Therefore, H1 is accepted.

The relationship between coping skill and depression among 3u1i university students.

Research question 2 of this study ask an about significant relationship between copingskill and depression among 3u1i university students.

This is also to answer the first objectives and hypothesis.

RESEARCH OBJECTIVE (RO)	RESEARCH QUESTION (RQ)
To investigate the correlations between coping skill and depression encompasses 3u1i college students.	Significant relationship between coping skill and depression among 3u1i university students.
H2: There is significant association between coping strategies and depression among 3u1i university students.	

Table 2: Research Objective 2 and Research Question 2,

The results of hypothesis H2 in the previous chapter have been reviewed to answer research question 2. In addition, H2 states that there is a significant association between coping strategies and depression among 3u1i university students. From the findings, it shows that emotion based coping and avoidant based coping are positive related to depression among 3u1i university students compared to problem based coping showing that it is not related to depression among 3u1i university students. The p value for emotion based coping and avoidant based coping is 0.000 which is very significant 0.03 and 0.01. Meanwhile, the problem based coping shows not significant among depression 3U1i, students, similar to the previous study (Ramli Musa et., al 2007). Therefore H2 is accepted.

DISCUSSION AND RECOMMENDATION

Descriptive Analysis

This research shows the results of our study for the percentage of gender is 84.4% for women and 15.6% for men. This is due to the fact that the majority of FHPK faculty is women, with fewer men available to complete the questionnaire. The second reason is that the majority of 3U11 students are many female students, especially those who work in the spa field and we also know that nowadays there are more female students than male students who are in the university. While the percentage of age is 20-21(2.2%), 22-23 (11.1%) and 24-25 (86.7%) among students 3u1i. Based on previous studies, it shows equality in terms of gender (Nuran et al.,2008). Age also demonstrates similarities because many students have finished their education and have entered the workforce by the time they are 24 to 25 years old. The second reason is that STPM graduates who are between the ages of 24 and 25.

In this research, we have carried out our results for the percentage of ethnicity. The majority of 3u1i university students were Malay 73.3% because the students at University Malaysia Kelantan have many Malay students and the distribution of the population in Malaysia also has Malays. In our study, majority our respondent was malay. However, the previous study shows the majority of respondent was indian among university students 45% (Keong et., al 2018). The reason of involvement ethnicity Malays in the 3U1i university student program was more than that of Indians, and Chinese who choose to study at the university instead of being in industry for a long time. In addition, the majority of FHPK students are Malay compared to other races.

In this research, we have carried out our results for the percentage of course. The majority of students 3u1i university students were SAS 35.6%. Compared to previous studies showing the prevalence of course, tourism and hospitality which is 50.5% and 25.7% among tourism and hospitality management internship students (Armah et., al 2021). The reason why not the same with previous study because 3u1i program not the same with internship and it's different study mode. The majority of students in this study from the SAS course they give response because they work less. Compared with students SAP and SAH has a lot of work. Another reason SAS students decided to take the time to answer the questionnaire was that the title of the final-year project was relevant and done by SAS students themselves.

The prevalence of depression in this study was 64.4% among 3u1i students compared to the previous study with 53.9% among bachelor students (Wong et al., 2023). This could be because the population in prior studies was bachelor's students at the university, but the target population in the study was industrial placement students. According to (Naidu et al., 2019) student in industry maybe poor social support from their friends to express feelings because of pressure in the industry and limited time for personal pursuits compare to bachelor students that only stays in the university. According to (M Zehr & Korte, 2020) different workloads also can affect depression rates, for example, students in industry got more job to do in a short period compared to students in the university.

Inferential Analysis

Based on the logistic regression, findings show that there is significant association between depression and family values. It is comparable to the previous study conducted by (Musa R et al., 2019). One probable explanation is that both studies used the same scale to measure Asian Family Characteristics (AFCS) and the Depression, Anxiety, and Stress Scale (DASS21). This could be because one of the domains we measured in the AFCS was family harmony, which can boost people's emotions, whether they are children, teenagers, or students. Other than that, we also measure domains of family conflict where low family conflict can cause less problems in the family. So, this has proven that family values are protective factors which mean the higher family values the lower depression rate.

Based on the results, there was significance association between depression and emotion-based coping among 3U1i university students. This result was similar to the previous study conducted by Cummings et., al 2001. The possible reason is that both of these studies use the same scale to measure the level of depression, which through the DASS-21. In addition, emotion based-coping with 3U1i university students reported that students got support from friends and they also used many strategies to deal with emotions such as seeking professional help and talking to someone to find out something. So, this has proven that emotion-based coping is a risk factor which means that there is a parallel direction because the lower the emotion causes the lower level of depression. There will be parallel directions for the independent variable and the dependent variable.

Based on the result, there is a significant between depression and avoidant based coping which is 0.01. This finding is also consistent with the previous study of Nazila Sayyed. This is probably because of people who exposed to stressor an event also who had depression and anxiety are more likely use more avoidance coping style actively. This issue is related to avoidance coping strategy, which is difficult in the setting and position that could be mentioned for people with depression because of frustration feelings that can lead to their difficulties and also a negative attitude towards the future that leads them to believe that they have limited access. Although the potential role avoidance coping in causing stress has not done yet been investigated, relying in avoidance is especially likely to cause a wide variety of stresses.

The results show that the p-value is not significant between depression and problem-based coping with 0.62 among 3u1i university students. It is comparable to previous studies conducted by (Rathakrishnan et al., 2022). In this case, the same results for p-values were above

0.05. The reason is because the university does not provide exposure from the beginning to reduce depression among students which causes the problem of depression among university students to increase. The study shows that it is not significant because where the findings indicated problem-based coping with being negatively correlated with depression among 3U1I students of FHPK faculty.

The recommendation is to change the data collection method from quantitative to qualitative. This is to make the future researcher not only use the questionnaire but they also can use the face-to face interview to make the data collection more easy. Secondly, enlarge the target population. The researcher can enlarge it from 3u1i students to all the internship students at University Malaysia Kelantan. This will make it easier to collect data and increased the number of sample data. The researcher can perform a simple random sampling which this method has advantages to represent study population. The third recommendation is, for future study, the researcher will consider using other independent variable to investigate the relationship between coping mechanisms and familial relationships in relation to the problem of depression among 3u1i university students.

CONCLUSION

The main purpose of this research is to examine the association between family values and coping skills towards depression among 3U1I students of FHPK faculty in University Malaysia Kelantan. Overall, the relationship between family values, avoidant-based coping and emotion-

based coping was positive and significant but problem-based coping shows not significant. It is the term used to distinguish between conscious and voluntary activity mobilisation and defence mechanisms, which are subconscious or unconscious adaptive reactions that both seek to reduce or tolerate stress.

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