SELF-EFFICACY, PERCEIVED SOCIAL SUPPORT AND PSYCHOLOGICAL ADJUSTMENT IN INTERNATIONAL STUDENTS OF UNIVERSITI UTARA MALAYSIA

BY

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ABSTRACT

Due to the globalization of the economy, political and society give an impact on Malaysian higher education institutions, especially public universities. The Ministry of Higher Education Malaysia had a strategy on globalizing local education through increasing the number of international students in Malaysia. While adjusting to a new culture, many of international students struggle to do so. The role of self-efficacy, perceived social support and psychological adjustment is crucial because of the differences in academic and cultural challenges when they are in Malaysia. Furthermore, the current study analysed the relationship between self-efficacy, perceived social support and psychological adjustment. A total of 150 international students from various country and nation in Universiti Utara Malaysia (UUM) completed the questionnaire survey. As hypothesized, independent variables of the study; self-efficacy and perceived social support significantly related with psychological adjustment. Implication on the findings and future research on international students are discussed.

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LIST OF ABBREVIATION

UUM: UNIVERSITI UTARA MALAYSIA

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CHAPTER ONE

INTRODUCTION

1.0 Introduction

This chapter forms an introduction part of the research and it provides general viewing of the study, including the explanation about this research all about. This research is mainly focused on self-efficacy and perceived social support towards psychological adjustment. This chapter mainly discussed about the background of the study, problem statement, research objectives, research questions, significant of the study, scope of the study, and summary of this chapter. This research goes in-depth into self-efficacy, perceived social support and psychological adjustment aspect of international students.

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1.1 Background of the study

As of today, with an ease of travelling and the business globalization, there are lot of opportunities for people to move, study, work, and doing business across countries around the world. As the advantage, it creates a cross cultural contact and opportunity among people with different background of culture. Eruption of technology, which leads to the advancement and development of the technology, caused many people involved in trading, travelling and studying across borders.

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