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

BY
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Theses Submitted to the Centre for Graduate Studies,
Universiti Utara Malaysia In Fulfillment of the Requirement for the Master of
Science (International Business)
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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.
ACKNOWLEDGEMENT

Bismillahirrahmanirrahim.
Alhamdullilah. Thanks to Allah SWT, with His willing, give me an opportunity to complete this master research paper.

First and most important, I would like to express my deep gratitude to my supervisor, Dr. Marlin Marissa Malek Abdul Malek. Not forgotten, Dr. Mohd Haniff Jedin, Dr. Basir Saud, Dr. Nik Ab Halim and all lecturers, doctors and professors at Ghazali Shafie Gradate School of Government. Thanks to Dr. Marlin for the continuous strong support and guidance. Besides, she has always been available when I needed help, and giving useful feedback as well as valuable suggestions. The lecturers; their guidance, insight and encouragement made writing this study an incredibly enriching learning experience.

Hence, I would like to thanks Associate Professor Dr. Samiah Khalil @ Halim, the Dean because she also contributes helps for me whenever I needed it as well as Madam Yus Asma Yusuff, Senior Assistant Registrar and all staffs at GSGSG.

Next, my gratitude goes to Associate Professor Dr. Hazry Desa, Dean, School of Business Innovation and Technopreneurship, Universiti Malaysia Perlis, for trust that he gives to me until I completed my master degree studies.

For my beloved family; my mom Puan Timah Seman and my sister Aini Suhaila Abdullah; thanks again for the support!

Besides, I also want to thank my classmates and friends which contributing their ideas, necessary information and sharing their experience and times along the process of doing this research. I’ll miss you guys!

Muhammad Fazlee Sham Abdullah
January 2013
TABLE OF CONTENT

PERMISSION TO USE..............................................................................................i
ABSTRACT..................................................................................................................ii
ACKNOWLEDGEMENT............................................................................................iii
LIST OF TABLES........................................................................................................x
LIST OF FIGURES.....................................................................................................xii
LIST OF ABBREVIATION..........................................................................................xiii
CHAPTER ONE
INTRODUCTION

1.0 INTRODUCTION........................................................................................................1
1.1 BACKGROUND OF STUDY......................................................................................1
1.2 PROBLEM STATEMENT............................................................................................10
1.3 RESEARCH QUESTION............................................................................................11
1.4 RESEARCH OBJECTIVES.........................................................................................12
1.5 MOTIVATION OF THE STUDY................................................................................12
1.6 SIGNIFICANCE OF THE STUDY..............................................................................13
1.7 SCOPE OF THE STUDY............................................................................................13
1.8 ORGANIZATION OF THE STUDY..........................................................................14
1.9 CONCLUSION...........................................................................................................15
CHAPTER TWO
LITERATURE REVIEW

2.0 INTRODUCTION.........................................................................................16
2.1 THEORIES..............................................................................................17
  2.1.1 SELF-EFFICACY THEORY.................................................................17
  2.1.2 MODEL OF INTERNATIONAL ADJUSTMENT......................................20
2.2 PRIOR STUDY OF EACH VARIABLE......................................................22
  2.2.1 SELF-EFFICACY..............................................................................22
  2.2.2 PERCEIVED SOCIAL SUPPORT.......................................................28
  2.2.3 PSYCHOLOGICAL ADJUSTMENT....................................................33
2.3 RESEARCH FRAMEWORK....................................................................36
2.4 CONCLUSION.......................................................................................37
CHAPTER THREE
RESEARCH METHODOLOGY

3.0 INTRODUCTION..............................................................................................................38
3.1 RESEARCH DESIGN........................................................................................................38
3.2 QUESTIONNAIRE DESIGN..............................................................................................39
3.3 SAMPLING DESIGN.........................................................................................................42
3.3.1 SAMPLE SIZE................................................................................................................43
3.4 DATA COLLECTION METHOD..........................................................................................44
3.5 HYPOTHESIS TESTING.....................................................................................................45
3.6 DATA ANALYSIS TECHNIQUE..........................................................................................46
3.6.1 RELIABILITY TEST ANALYSIS.....................................................................................46
3.6.2 PEARSON CORRELATION............................................................................................48
3.6.3 t-TEST..........................................................................................................................49
3.6.4 MULTIPLE REGRESSION ANALYSIS............................................................................50
3.6.5 CROSS-TABULATION...................................................................................................51
3.6.6 DESCRIPTIVE STUDIES...............................................................................................51
3.7 CONCLUSION....................................................................................................................52
CHAPTER FOUR
DATA ANALYSIS & FINDINGS

4.0 INTRODUCTION .................................................................53
4.1 DEMOGRAPHIC DATA .......................................................53
  4.1.1 MAJOR STUDY & COLLEGE .....................................56
  4.1.2 GENDER & MARITAL STATUS ....................................57
  4.1.3 AGE ..................................................................59
  4.1.4 COUNTRY OF ORIGIN & NATIONALITY .....................59
  4.1.5 NATIVE LANGUAGE & LENGTH OF TIME IN MALAYSIA ....61
4.2 DESCRIPTIVE STATISTICS .....................................................62
  4.2.1 SELF-EFFICACY ......................................................63
  4.2.2 PERCEIVED SOCIAL SUPPORT .................................65
  4.2.3 PSYCHOLOGICAL ADJUSTMENT ...............................67
4.3 TEST OF HYPOTHESIS & DATA ...........................................68
  4.3.1 CROSS-TABULATION ..............................................68
    4.3.1.1 SELF-EFFICACY ...............................................69
    4.3.1.2 PERCEIVED SOCIAL SUPPORT ............................70
    4.3.1.3 PSYCHOLOGICAL ADJUSTMENT ...........................72
4.4 INDEPENDENT SAMPLE t-TEST ............................................73
  4.4.1 t-TEST BETWEEN SELF-EFFICACY & MAJOR STUDY ........74
  4.4.2 t-TEST BETWEEN PERCEIVED SOCIAL SUPPORT & GENDER ....76
  4.4.3 t-TEST BETWEEN PSYCHOLOGICAL ADJUSTMENT & MAJOR STUDY .................................................................77
4.5 CORRELATION RESULT .....................................................79
4.6 CONCLUSION ..................................................................84
CHAPTER FIVE
DISCUSSION

5.0 INTRODUCTION

5.1 OVERVIEW OF FINDINGS

5.1.1 RELATIONSHIP BETWEEN SELF-EFFICACY &
PSYCHOLOGICAL ADJUSTMENT

5.1.2 RELATIONSHIP BETWEEN PERCEIVED SOCIAL SUPPORT
& PSYCHOLOGICAL ADJUSTMENT

5.2 LIMITATION OF THE STUDY

5.3 RECOMMENDATIONS

5.4 FUTURE RESEARCH

5.5 CONCLUSION

REFERENCES

APPENDICES

APPENDIX 1-PERMISSION LETTER

APPENDIX 2- QUESTIONNAIRE

APPENDIX 3-FREQUENCY ANALYSIS

APPENDIX 4-DESCRIPTIVE STATISTICS

APPENDIX 5-CROSS TAB ANALYSIS

APPENDIX 6-t-TEST ANALYSIS

APPENDIX 7-CORRELATION ANALYSIS
LIST OF TABLES

Table 1.1: The Source Country of International Student ................................. 4
Table 12: Enrolment of International Students in Malaysia ............................. 5
Table 3.1: Summary of questionnaire design .................................................. 42
Table 3.2: Rules of Thumb (George & Mallery, 2006) ..................................... 47
Table 3.3: Strength of Relationship for Coefficient & Correlation ..................... 48
Table 4.1: Response Rate .............................................................................. 54
Table 4.2: Proportion on Frequency Analysis ................................................. 54
Table 4.3: Major Study ................................................................................. 56
Table 4.4: College ....................................................................................... 57
Table 4.5: Gender ......................................................................................... 58
Table 4.6: Marital Status .............................................................................. 58
Table 4.7: Age ............................................................................................. 59
Table 4.8 Country of Origin / Nationality ...................................................... 60
Table 4.9: Native Language .......................................................................... 61
Table 4.10: Length of Stay in Malaysia .......................................................... 62
Table 4.11: Mean & Standard Deviation of Self Efficacy ................................. 63
Table 4.12: Mean & Standard Deviation of Perceived Social Support .......... 64
Table 4.13: Mean & Standard Deviation of Psychological Adjustment ............ 67
Table 4.14: Cross-Tabulation Analysis .......................................................... 69
Table 4.15: Cross-Tab between Self-Efficacy & Marital Status ....................... 70
Table 4.16: Cross-Tab between Perceived Social Support & Gender ..........71

Table 4.17: Cross-Tab between Psychological Adjustment & Gender ..........73

Table 4.18: t-Test between Self-Efficacy & Major Study ..........................74

Table 4.19: t-Test between Perceived Social Support & Gender ..............76

Table 4.20: t-Test between Psychological Adjustment & Major Study ..........77

Table 4.21: Significant of Hypothesis .......................................................79

Table 4.22: Hypothesis Measurement .........................................................79

Table 4.23: Respondents Opinion on Psychological Adjustment ...............81

Table 4.24: Summary of Null Hypothesis ..................................................82

Table 4.25: Mean Deviation for Independent Variables ............................83
LIST OF FIGURES

Figure 1: *International Students in Malaysian Public Universities*……………………3

Figure 2: *International Undergraduate Students in UUM*………………………………8

Figure 3: *International Postgraduate Students in UUM*………………………………9

Figure 4: *Self-Efficacy Theory*..................................................................................19

Figure 5: *Model of International Adjustment*.............................................................21

Figure 6: *Research Framework*..................................................................................37
LIST OF ABBREVIATION

UUM: UNIVERSITI UTARA MALAYSIA
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.

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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