FACTORS THAT INFLUENCE MENTAL HEALTH AMONG

INTERNATIONAL STUDENTS AT UNIVERSITI UTARA MALAYSIA

By

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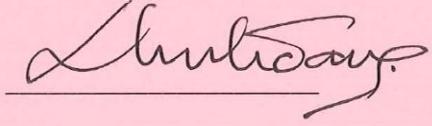
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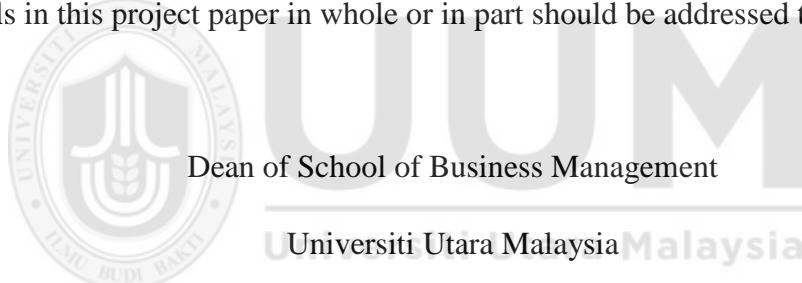
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ABSTRACT

Due to globalization, the basic strategic element for universities in Malaysia is internalization. Malaysia higher education has become progressively globalized with a higher number of students enthusiastic to pursue their studies outside of their home countries. While adjusting in a new environment bring many challenges to international students which will influence their mental health. The purpose of this study is to examine factors of self-efficacy, social support, and religion that influence mental health among international students in Universiti Utara Malaysia (UUM). The quantitative method was chosen to examine the relationship among the variables. Survey was distributed to international students at UUM, and a total of 204 responses were received. The data was analysed using the SPSS version 26, the results found that self-efficacy and social support have significant influence on mental health, while, religion does not have a significant influence on mental health of UUM international students. Thus, suggestion are made to the stakeholders, implication are discussed and future research are also indicated.

Keywords: mental health, self-efficacy, social support, religion.

ABSTRAK

Disebabkan globalisasi, elemen strategik asas untuk universiti-universiti di Malaysia adalah pengantarabangsaan. Pendidikan tinggi Malaysia telah menjadi semakin global dengan bilangan pelajar yang lebih ramai bersemangat untuk mengikuti pengajian mereka di luar negara. Untuk menyesuakan diri dalam persekitaran baru terdapat banyak cabaran yang dihadapi oleh pelajar antarabangsa yang mana akan mempengaruhi kesihatan mental mereka. Tujuan kajian in dijalankan adalah untuk mengenal pasti faktor keberkesanan diri, sokongan sosial dan agama yang mempengaruhi kesihatan mental dalam kalangan pelajar antarabangsa di Universiti Utara Malaysia (UUM). Keadah kuantitatif dipilih untuk mengkaji hubungan diantara pembolehubah. Soalselidik di edarkan kepada pelajar antarabanysa di UUM dan sebanyah 204 maklumbalas diterima. Hasil kajian dianalisis menggunakan perisian SPSS versi 26, mendapati faktor keberkesanan diri dan sokongan sosial mempunyai pengaruh yang signifikan terhadap kesihatan menta, sementara, faktor agama tidak mempunyai pengaruh signifikan terhadap kesihatan mental pelajar antarabangsa di UUM. Cadangan diberikan kepada pemegang taruh, implikasi dibincangkan, dan cadangan kajian juga dinyatakan.

Kata kunci: kesihatan mental, keberkesanan diri, sokongan sosial, agama.

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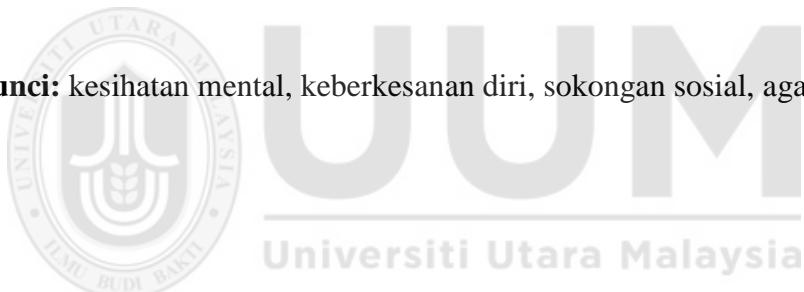
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CHAPTER ONE

INTRODUCTION

1.0 Introduction

Imagine leaving every single thing that you always know and going to an uninhabitable environment where everything there appears diverse. You are striving to realize how all is going. Everything's you are convenient with and certain later becomes uncertain. For instance, you are in the ocean and the swells continue washing on you. You are swimming but the whirlwind are so strong. All appears fearful and you sense like you are hesitant of what you going to do. You are uncertain of what to foresee and it appears as you have challenges to face. This was how majority of international students feel when they decide to pursue their studies abroad, living their home country and going to a different country which are totally different in term of culture and environment. This chapter reflect the outline of the study. The chapter will begins with giving the reader a background of the study, problem statement, followed by the research questions, research objective, and significance of the study. It also has an overview of the development of the remnant of the study.

1.1 Background of the study

International education has become a prominent phenomenon recently specially for higher education. Higher education has become progressively globalized with a higher number of students enthusiastic to pursue their undergraduate and postgraduate studies

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APPENDICES

Appendix 1 – Online Questionnaire

Online Survey

Dear Sir/Madam,

STUDY ON FACTORS THAT INFLUENCES MENTAL HEALTH AMONG INTERNATIONAL STUDENTS IN UNIVERSITY UTARA MALAYSIA

I would like to thank you in advance for agreeing to participate in my research project.

My name is Katifa Rajaa, a UUM post-graduate student. I am carrying out a research project on factors that influences mental health among international students in University Utara Malaysia. This research project is supervised by Prof. Dr. Khulida Kirana Yahya (UUM). The questionnaire contains 52 questions and can be completed in 10 to 15 minutes. Your participation is on a voluntary basis. Your individual responses will be kept confidential and will be used for academic purpose only.

Thank you for the assistance given and the time taken to answer the questionnaire.

Yours sincerely,

Katifa Rajaa

MSc. Human Resource Management

School of Business Management (COB)

University Utara Malaysia

Section A: Demographic Information

Please answer/ tick (√) only the box applicable.

1. Gender:

☐ Male

☐ Female

2. Age:

☐ Under 20 years
☐ 21 – 25 years
☐ 26 – 30 years
☐ 30 years and above

3. Marital Status

☐ Single

☐ Married

☐ Divorced

4. Country of Origin

☐ China

☐ Indonesia

☐ India

☐ Others. Please indicate ……….

5. Religion

☐ Islam

☐ Christian

☐ Hindu

☐ Buddah

☐ Others. Please indicate ……….

6. School/ College

☐ COB

☐ CAS

☐ COLGIS

7. Highest Academic Qualification

☐ Diploma

☐ Degree

☐ Master

☐ PhD

8. Program

☐ Undergraduate

☐ Postgraduate Masters

☐ Postgraduate PhD

9. Duration of being in UUM

☐ 1-2 Semester

☐ 3-4 Semester

☐ 5-6 Semester

☐ 6-7 Semester

10. Financial Arrangement

☐ Government

☐ Sponsored

☐ Family Sponsored

☐ Self-Sponsored

Section B

Mental Health

Please read each statement carefully and for each statement, circle the number which fits your best according to the following scales:

1	2	3	4	5
Strongly Disagree	Disagree	Not sure	Agree	Strongly agree

No.	Statement	Scale				
		1	2	3	4	5
1	I have been able to concentrate on whatever I' am doing	1	2	3	4	5
2	I lost much of sleep over worries	1	2	3	4	5
3	I felt that I' am playing a useful part on whatever I' am doing	1	2	3	4	5
4	I felt capable of making decision	1	2	3	4	5
5	I felt constantly under pressure	1	2	3	4	5
6	I felt that I couldn't overcome my difficulties	1	2	3	4	5
7	I have been able to enjoy my normal day-to-day activities	1	2	3	4	5
8	I have been able to confront my problems	1	2	3	4	5
9	I have been feeling unhappy and depressed	1	2	3	4	5
10	I have been losing confidence in myself	1	2	3	4	5
11	I have been thinking of myself as a worthless person	1	2	3	4	5
12	I have been feeling reasonably happy	1	2	3	4	5

Section C

Part 1: Self-Efficacy

Please read each statement carefully and for each statement, circle the number which fits your best according to the following scales:

1	2	3	4	5
Strongly Disagree	disagree	Not sure	Agree	Strongly agree

No.	Statement	Scale				
		1	2	3	4	5
1	I will be able to achieve most of the goals that I have set for myself.	1	2	3	4	5
2	When facing difficult tasks, I am certain that I will accomplish them.	1	2	3	4	5
3	In general, I think that I can obtain outcomes that are important to me.	1	2	3	4	5
4	I believe I can succeed at most any endeavour to which I set my mind.	1	2	3	4	5
5	I will be able to successfully overcome many challenges.	1	2	3	4	5
6	I am confident that I can perform effectively on many different tasks.	1	2	3	4	5
7	Compared to other people, I can do most tasks very well.	1	2	3	4	5
8	Even when things are tough, I can perform quite well.	1	2	3	4	5

Part 2: Social Support

Please read each statement carefully and for each statement, circle the number which fits your best according to the following scales:

1	2	3	4	5
Strongly Disagree	disagree	Not sure	Agree	Strongly agree

No.	Statement	Scale				
		1	2	3	4	5
1	There is a special person who is around when I am in need.	1	2	3	4	5
2	There is a special person with whom I can share my joys and sorrows.	1	2	3	4	5
3	My family really tries to help me.	1	2	3	4	5
4	I get the emotional help and support I need from my family.	1	2	3	4	5
5	I have a special person who is a real source of comfort to me.	1	2	3	4	5
6	My friends really try to help me.	1	2	3	4	5
7	I can count on my friends when things go wrong.	1	2	3	4	5
8	I can talk about my problems with my family.	1	2	3	4	5
9	I have friends with whom I can share my joys and sorrows.	1	2	3	4	5
10	There is a special person in my life who cares about my feelings.	1	2	3	4	5
11	My family is willing to help me make decisions.	1	2	3	4	5
12	I can talk about my problems with my friends.	1	2	3	4	5

Part 3: Religion

Please read each statement carefully and for each statement, circle the number which fits your best according to the following scales:

1	2	3	4	5
Strongly Disagree	disagree	Not sure	Agree	Strongly agree

No.	Statement	Scale				
		1	2	3	4	5
1	My religious faith is extremely important to me.	1	2	3	4	5
2	I pray daily.	1	2	3	4	5
3	I look to my faith as a source of inspiration.	1	2	3	4	5
4	I look to my faith as providing meaning and purpose in my life.	1	2	3	4	5
5	I consider myself active in my faith or church.	1	2	3	4	5
6	My faith is an important part of who I am as a person.	1	2	3	4	5
7	My relationship with God is extremely important to me.	1	2	3	4	5
8	I enjoy being around others who share my faith.	1	2	3	4	5
9	I look to my faith as a source of comfort.	1	2	3	4	5
10	My faith impacts many of my decisions.	1	2	3	4	5

Thank you very much for your precious time spent answering the questionnaire.

Appendix 2: Pearson Correlation Result

		Mental_Health	Self_Efficacy	social_Support	Religion
Mental_Health	Pearson Correlation	1	.291**	.336**	.087
	Sig. (2-tailed)		.000	.000	.216
	N	204	204	204	204
Self_Efficacy	Pearson Correlation	.291**	1	.596**	.582**
	Sig. (2-tailed)	.000		.000	.000
	N	204	204	204	204
social_Support	Pearson Correlation	.336**	.596**	1	.387**
	Sig. (2-tailed)	.000	.000		.000
	N	204	204	204	204
Religion	Pearson Correlation	.087	.582**	.387**	1
	Sig. (2-tailed)	.216	.000	.000	
	N	204	204	204	204

**. Correlation is significant at the 0.01 level (2-tailed).

Appendix 3: Multiple Regression Result

Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.372^a	.138	.125	.44630	1.862

a. Predictors: (Constant), Religion, social Support, Self-Efficacy

b. Dependent Variable: Mental Health

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	6.398	3	2.133	10.707	.000^b
	Residual	39.836	200	.199		
	Total	46.234	203			

a. Dependent Variable: Mental Health

b. Predictors: (Constant), Religion, social Support, Self-Efficacy