2ND INTERNATIONAL YOUTH CONFERENCE 2022

PYDC

BETTER MENTAL HEALTH AND WELL-BEING FOR YOUTH



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PAPER & POSTER

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PENANG YOUTH DEVELOPMENT CORPORATION

Better Mental Health and well-being for youth

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PENANG YOUTH DEVELOPMENT CORPORATION

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Penang Youth Development Corporation

PYDC is a state agency established on 14th March 2012, to realise the official collective vision of transforming Penang into an advanced and progressive society through youth developments. PYDC aims to develop youth holistically, encouraging universal collaboration to strengthen youth development in terms of well-being, prosperity, sustainability, unity, competitiveness in order to lead towards Malaysia MADANI. In addition, PYDC committed in providing a platform for youth which enable them to play their influence, find their voice and place in society, hone their talents and reach their full potential.

VISION

Towards integrity, marketability and competent youth

MISSION

To educate, cultivate and empower youth towards holistic development

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Youth For Future is an initiative that has been launched by the Penang State Government under the MMK Youth and Sports Committee to develop our youth to face their future challenges and contribute to the development of the country. Under this initiative, there are three aspects that are focused on Economic Development, Social Development, and Self-Development.

2nd International Youth Conference 2022

The 2nd International Youth Conference 2022 (IYC2022) is initiated by Penang Youth Development Corporation to enhance interaction among the Youth in Malaysia and Youth from abroad. This conference is jointly organized with Universiti Sains Malaysia, INTI International College Penang, Han Chiang University College of Communication, SENTRAL College Penang, Batu Lanchang Vocational College, Association of International Business & Professional Management (Indonesia), and Star Scholars Network (United States). The conference theme is "Better mental health and well-being for youth."

IYC2022 is held on 17th December 2022 in Universiti Sains Malaysia, Penang, Malaysia. The conference's objective is to gather youth, academicians, scholars, and researchers to share their knowledge and new ideas and discuss current development related to youth issues. In addition, the conference also offers opportunities for youths and industry experts to meet and interact with local and international participants.

The topics of interests for the paperwork includes Mental Health and Well-being among Youth, Youth Talent and Digital Talent, Youth Leadership, Bullying and Cyberbullying Among Youth, Youth Health, Youth Volunteerism, Career path for Youth tomorrow, Youth Learning and Education, and TVET Education.

However the topics are not limited, thus participants are encouraged to search more for interesting topics It's the time for them to be re-skilled or up-skilled and prepare themselves for the new challenges. This not only helps them to get through the employment but also helps employers to look for young talents.

The main objective of this platform is to provide a platform for youth, young researchers, professionals, scholars, and academicians to exchange and share their knowledge, information, and new ideas as well as to meet and interact with local and international participants. Besides that, to promote Penang as a hub for higher education and establish networking or engagement among the youth, young academicians, and community.

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1. A Study of Increasing Number of Youth Cybercrime in Malaysia

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ABSTRACT

This research aims to investigate how behaviour, technology inclination, law and enforcement affect cybercrime awareness in Malaysia. The quantitative research distributed an online questionnaire to collect data from 178 respondents who are aware of cybercrime. The finding concluded that behaviour, law and enforcement have significant positive effect with cybercrime awareness, whereas technology inclination has a significant negative relationship with cybercrime awareness. The findings contribute to the continuously increasing number of cybercrime cases in Malaysia through improving behaviour, law and enforcement on cybercrime awareness, and decreasing the use of technology inclination.

Keywords: cybercrime awareness, behaviour, technology inclination, law and enforcement.

INTRODUCTION

The Internet, computers, cell phones, and other forms of technology have transformed every area of human existence, including how we interact, bank, shop, get news, and enjoy ourselves. These technological improvements have also provided various options for criminals to engage in all sorts of criminal activities. As a result, cybercrime has become even more serious over the last several decades.

Cybercrime can be divided into several categories, one of them being cyber-trespass, such as unauthorized system access. For example, a pair of Russian agents, Dmitry Dokuchaev, and Igor Suschin, hire a hacker to break into the Yahoo Network to get names, phone numbers, and access passwords. The hacker, Aleksey Belan, acquired access to a Yahoo server by installing a backdoor, then grabbed a backup copy of Yahoo's database and moved it to his own computer. In the largest data breach in history, 3 billion accounts of Yahoo customers were affected. In the end, Belan's cost of hacking is equivalent to $350 million in value.

Cybercrime awareness is a concise term that defines the rules and offences that are observed in the cyber-realm, or the internet. According to the royal Malaysian police, cybercrime statistics on offences showed 5,956 cases of telecommunication fraud in 2018, and in 2019, the number of scams was 419. Other than that, pornographic materials, E-commerce fraud, and other types of cybercrime also increase in number. Why cybercrime awareness is important? It is because most people do not know what is cybercrime awareness, and they are also ignorant of the seriousness of cybercrime. Because of this, many people do not know how to protect their passwords and their personal information. If they are aware of the cybercrime awareness, they will know more about ways to protected their own personal information and ways of formulating passwords, in order to prevent their personal information from being stolen.

In this era of the internet, various things can be solved by relying on the internet, and online shopping is one such happening. In the past five years, the online shopping industry has become popular in Malaysia. Online shopping is convenient and fast, and it provides customers with a wide selection of

products. Therefore, it has become a popular shopping channel for Malaysian consumers (Tsang, 2017). In April 2015, the Malaysian government levied a 6% Goods and Services Tax. As a result, some Malaysian consumers have turned to online shopping platforms for more value and affordable luxury (Tsang, 2017). With the rise of online shopping, many merchants have used social media to sell their products. This form of marketing makes it difficult for consumers to differentiate between the genuine and the fake merchants. To reduce the chances of consumers being deceived, the Malaysian government established the Malaysian Communications and Multimedia Commission (MCMC) statutory body to allow consumers to report online frauds actively.

Since the outbreak of the Covid-19 epidemic in 2019 and the implementation of the Movement Control Order (MCO) in Malaysia, Malaysians have been using the internet for longer than ever, which has led to a rapid rise in the number of people who are subjected to online frauds. Data indicates that cybercrime cases in the year 2019 increased by 10%, compared to the year 2018. The onset of the Covid-19 epidemic in 2020 causes cybercrime cases to increase by 20% of the 2019 figure (Joseph, 2021). If cybercrime cases in Malaysia continue to rise, this will lead to a decrease in internet usage among Malaysians, which will also cause them to cease trusting the internet. This situation will lead to the gradual decline of online businesses. Another impact of increased cybercrime on Malaysia is reputation damage, that is, other countries will not trust Malaysia anymore.

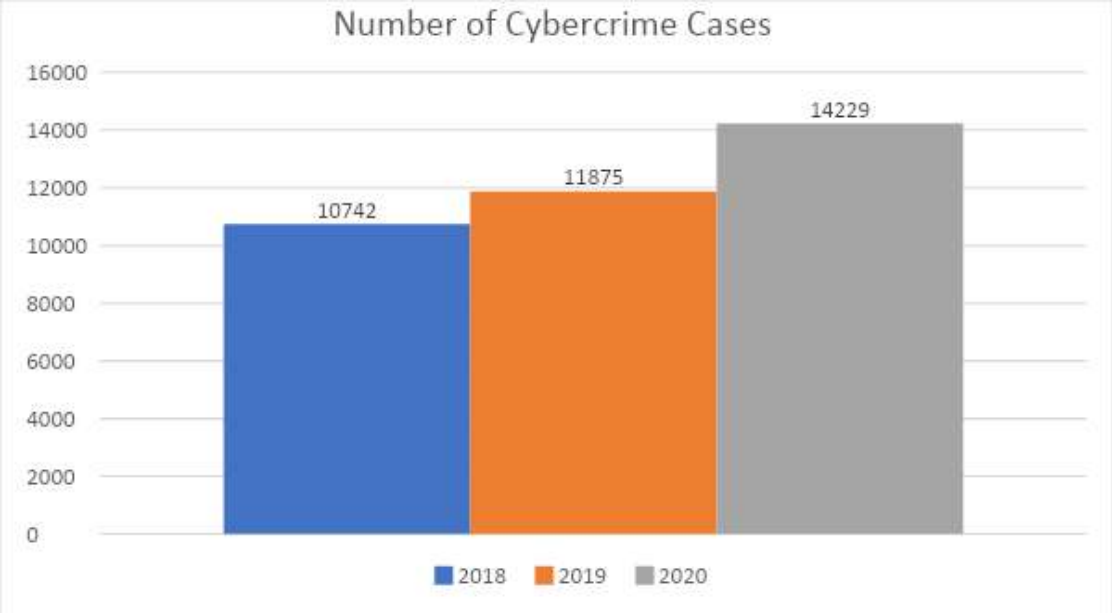


Figure 1 Number of cybercrime cases in 2018, 2019, and 2020

According to the Royal Malaysian Police, Malaysia reported 10,742 cybercrime cases in the year 2018. By 2019, cybercrime cases increased 1,133 cases, reaching 11,875 cases. This is equivalent to 32 people becoming the victims of cybercrime in a day. By 2020, cybercrime cases increased again by 2,354 cases, compared with the year 2019, reaching 14,229 cases. This is equivalent to 38 people becoming the victims of cybercrime in a day. The data above only recorded the cases that have been reported. There are more people who have been deceived but have not reported, or are being deceived. Therefore, Malaysian must solve this problem by raising cyber security awareness, in order to protect themselves and the country.

LITERATURE REVIEW

Cybercrime Awareness

Knowing and protecting private information asset is known as cyber security awareness. When an internet user is aware of cyber security, it implies they understand what cyber dangers are, and the impact a cyber-attack will have on them, and the procedures necessary to reduce risk, and prevent cybercrime from penetrating their online information. Creating a culture of cyber security awareness does not guarantee that the user will be fully safe from data theft or cybercrime. Malware has proliferated, getting more complex with each new strand generated, and it is expected that cyber threats and malware will continue to evolve and spread. In 2005, it was stated that 123 new malware strains were discovered every day. 10,000 of those threats were new malware strains that emerged throughout that year. According to research, four new strains of harmful malware were detected every second. As new malware strains emerge, internet users must ensure that they are installing adequate security measures and eradicating any vulnerabilities that could make them vulnerable to an attack. Internet users must know their involvement in bolstering the country's cyber security. In most circumstances, it is necessary to go back to the beginning. Cybercrime is on the rise, and a cyber-attack has the power to bring an organization to its knees. It is critical for the user to implement the most fundamental cyber security procedures, one of which is user cyber security knowledge.

Behaviour

As we know, cybercrime affects people and society through the internet. Most people lack awareness about cybercrime, and they do not know how to solve the problem when faced with cybercrime. Behaviour is how one acts or conducts oneself, especially towards others. Also, behaviour is an attitude of the person who is aware of the cybercrime happening and tries to avoid the cybercrime incident to maintain cyber security behaviour (Lalitha Muniandy, Balakrishnan Muniandy, and Zarina Samsudin, 2017). According to this research, we should protect ourselves from cybercrime and guard the cyber world against us. Besides, we should be aware of cybercrime right from the beginning, through education, enforcement policies, and awareness training (Sukhai and Nataliya, 2004).

Law and Enforcement

Law and enforcement refer to the division of law enforcement officers who investigate crimes and make arrests. Nowadays, Malaysia is also active in technological advancement. Everyone use the Internet to communicate and interact with other people. Even though the Internet is a beneficial tool for us, some irresponsible individuals abuse it by engaging in virus attacks, account hacking, and online fraud. As a result, the Malaysian government took actions to resolve these issues, such as enacting several cybercrime-related laws. For example, Prime Minister’s Department Head Datuk Seri Mohd Redzuan Md Yusof said existing laws would be changed to handle the growing problem of cybercrime. (Carvalho, Sivanandam, and Tan, 2020). Cyber law is important because cyber law can safeguard the right of internet users and punish those who have committed cybercrime. Cyber law helps to create cybercrime awareness among people who have not been affected by cybercrime. If the government does not act against cybercriminals, people will not be aware of cybercrime. As a result, the Malaysian government has implemented various cyber laws to manage, minimize, and raise the success rate of cybercrime prosecutions (Ibrahim, 2014).

Technology Inclination

Human knowledge comes in the form of technical expertise, user awareness of security policies, and organizational regulations (Dunkerly and Tejay, 2011). So, technology inclination is a factor that affects

cybercrime (Omale and Mogom, 2016). Also, technology support is making committing cybercrime easy (Omale and Mogom, 2016). Technology inclination will improve the technology of the future. However, the technological inclination may lead to cybercrime if people misuse the technology (Michel and Wannes, 2011). Improving technology can reduce the vulnerabilities of the internet, but no technology can provide the perfect protection needed to prevent cybercrime.

Relationship between behaviour and cybercrime awareness

Behaviour is the one thing that could help people be aware of cybercrime and avoid cybercrime incidents. Good behaviour can prevent cybercrime through acting in simple manners, and many folks could benefit from some technical guidance and common sense (Amit Wadhwa 2007). Apart from that, behaviour has a significant positive relationship with cybercrime awareness. If people behave cautiously, it indicates that they are aware of cybercrime. Some of the behaviour include setting a strong password, that is, containing eight characters or more and use a combination of letters, numbers, and symbols. They are also aware that they cannot use any personal information to set as passwords, such as surname and word that can be found in the dictionary (Wadhwa, Amit, and Neerja Arora 2007). Hence, Hypothesis 1 states:

H1: Behaviour has a significant positive relationship with cybercrime awareness.

Relationship between law and enforcement and cybercrime awareness

Lack of law and enforcement will affect cybercrime awareness. The lack of law and enforcement will cause people not to know what happens in cybercrime. If the government still does not focus on cybercrime cases, it will make cybercriminals let down their guard, and use other ways to hack into peoples' devices. For example, Prime Minister Datuk Seri Dr. Ahmad Zahid Hamidi highlighted the importance of strengthening the enforcement of the law in the fight against cybercrime, which includes terrorist recruitment and funding, money laundering, and online gambling (Malay Mail Online, 2017). As a result, if the government strengthens law and enforcement, people become more aware of cybercrime. They have the opportunity to know what cybercrime is, and avoid being the next target of cybercriminals. Thus, Hypothesis 2 reads:

H2: Law and enforcement have a significant positive relationship with cybercrime awareness.

Relationship between technology inclination and cybercrime awareness

Technology inclination means the experience and knowledge gained from existing studies and the technology background explained in the analyses (Michel and Wannes, 2011). The availability of people and the experience of people exposed to technology will increase the incidence of cybercrime (Omale and Mogom, 2016). If people misuse technology, it may lead to more cases of cybercrime. Besides, technology inclination possesses a significant negative relationship with cybercrime awareness in Malaysia. It indicates the higher the technology inclination, the lower the cybercrime awareness in Malaysia. In this way, people will lower their awareness of cybercrime, which will eventually result in an increase of cybercrime cases. Through technological improvement, people should be more alert to cybercrime, which reduces cybercrime. Hence, Hypothesis 3 is postulated as:

H3: Technology inclination has a significant negative relationship with cybercrime awareness.

RESEARCH FRAMEWORK

The research framework for this study is depicted in Figure 1. The independent variables are behaviour,

law and enforcement, and technology inclination. The dependent variable is cybercrime awareness.

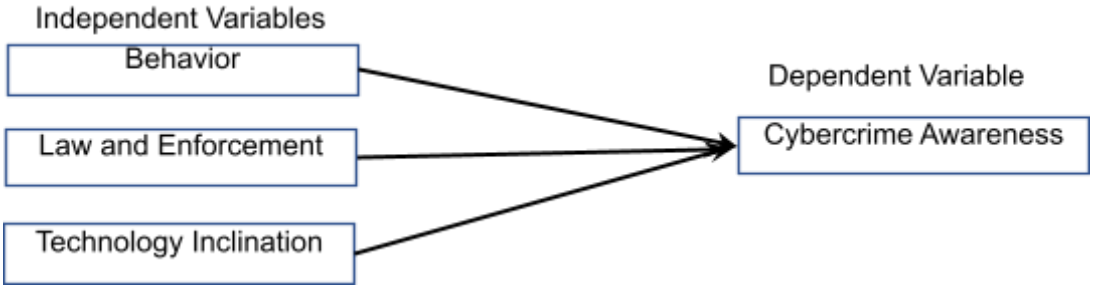


Figure 1 Research framework

METHODOLOGY

Research methodology is a method for methodically solving a research topic. It can be thought of as a science that it studies how scientific research is carried out (Patel, 2019). Quantitative research is defined as comprehensive measures taken by the researchers before beginning a research project, in order to ensure that the findings are valid. As a result, a quantitative research approach is concerned with quantifying and analysing variables to arrive at conclusions (Leedy & Ormrod, 2001; Williams, 2011). As stated by Williams (2007), the steps to conduct quantitative research are as follows:

a. identifying a problem statement;
b. investigating research hypotheses;
c. conducting a critical and detailed literature review; and
d. carrying out quantitative data analysis.

This research investigates how behaviour, technology inclination, and law and enforcement affect cybercrime awareness among Malaysians. Using convenience sampling method, a questionnaire was given to 197 respondents who are aware of cybercrime incidents in Malaysia. As stated by Dörnyei and Griffee (2010), a convenience sampling is a sort of non-probability sampling, in which the respondents must meet certain practical requirements, such as easy accessibility, geographic closeness, availability at a specific time, or desire to participate. The samples of convenience sampling were chosen based on their accessibility and availability (Sulaiman, 2019). For the quantitative study, it is acceptable and sufficient to have a sample size of between 30 to 500 respondents (Delice, 2010). Hence, in this research, a sample size of 197 respondents were chosen.

Primary data was collected online by distributing 231 questionnaires to the targeted respondents in Malaysia. However, out of the 231 individuals, only 197 were aware of cybercrime incidents. A Google Form was created and distributed using links to target respondents through social media, such as Instagram, WhatsApp, Messenger, and Facebook. The time frame allocated for data collection was 1 month.

The questionnaire was divided into five sections, which are: Section A, demographic data; Section B, cybercrime awareness in Malaysia; Section C, behaviour; Section D, law and enforcement; and Section E, technology inclination. For Section A, the demographic data and demographic information collected include gender, age, ethnicity, occupation, education level, and cybercrime incident. Cybercrime awareness was adopted from Mamade and Dabala's (2021) study. It has a total of 14 items, which were measured with a 5-point Likert scale, with 1 indicating "Strongly Disagree", and 5 demonstrating

"Strongly Agree". The three independent variables were measured on a 5-point Likert scale, ranging from 1 "Strongly Disagree", to 5 "Strongly Agree". The instrument for measuring behaviour was taken from Majumder, Gangopadhyay, and Biswas's (2020) study. It consisted of eighteen items. The measurement for law and enforcement, as well as technology inclination were developed by Egbeleke (2019). The former had five items, while the latter had four items. Table 1 summarizes the number of items for each scale, the Cronbach's alpha, and the source of the instruments.

Table 1 Research Instruments

Variables	Items	Crobach's Alpha	Sources
Cybercrime Awareness	14	0.704	Mamade & Dabala (2021)
Behaviour	18	0.710	Majumder, Hangopadhyay & Biswas (2020)
Law and Enforcement	5	0.970	Egbeleke (2019)
Technology Inclination	4	0.971	Egbeleke (2019)

RESULTS

Respondents' Profiles

The respondents in this research comprised of Malaysians who were aware of cybercrime incidents. A total of 178 questionnaires were distributed, but only 178 Malaysians responded, resulting in a response rate of 85.28%. Table 2 shows the profiles of the respondents.

Table 2 Respondents' Profiles

Demographic Variable	Category	Frequency	Percentage
Gender	Male	64	35.96
	Female	114	64.04
Age	20 years old and below	63	35.29
	21 – 30 years old	109	61.24
	31 – 40 years old	6	3.37
Ethnicity	Malay	32	17.9
	Chinese	133	74.7
	Indian	11	6.1
	Other	2	1.1
Occupation	Student	134	75.2
	Self-employed	3	1.6
	Employed full-time	35	19.6

	Employed part-time	4	2.2
	Unemployed	2	1.1
	Retire	0	0
Monthly Income Level	RM1,000 and below	125	70.2
	RM1,001 – RM3,000	37	20.7
	RM3,001 – RM5,000	10	5.6
	RM5,001 – RM7,000	4	2.2
	RM7,001 and above	2	1.1
Education Level	Malaysia Certificate of Education (SPM)	35	19.6
	Malaysia Higher School Certificate (STPM) / Diploma / Foundation /A-level / Malaysia Matriculation Program (Matriculation)	55	30.8
	Bachelor's Degree	78	43.8
	Master's Degree	8	4.4
	Doctoral Degree	2	1.1
Cybercrime incident you are aware of	Virus	22	12.3
	Phishing	34	19.1
	Cyberstalking	28	15.7
	Account Hacking	94	52.8

Data Analysis

SmartPLS version 4.0 of Partial Least Square (PLS) modelling was used (Ringle, Wende, and Becker, 2015) to examine the measurement and structural models because it does not require a normality assumption (Chin, Marcolin, and Newsted, 2003).

Measurement model

A two-step approach was utilized to test the developed model, as recommended by Anderson and Gerbing (1998). In the first step, the validity and reliability of the instruments were evaluated (Hair, Risher, Sarstedt, and Ringle, 2019; Ramayah et al., 2018). The structural model was then utilized to test the hypotheses.

The measurement model was assessed by evaluating the loadings, average variance extracted (AVE), and composite reliability (CR). The value of the loadings must be more than or equal to 0.5, the AVE must be greater than or equal to 0.5, and the CR must be greater than or equal to 0.7. As shown in Table 3, the AVE of all the variables were greater than 0.5, and the CR of all the variables were greater than 0.7. The loadings were also acceptable, with most of the items have loadings higher than 0.708 (Hair et al., 2019).

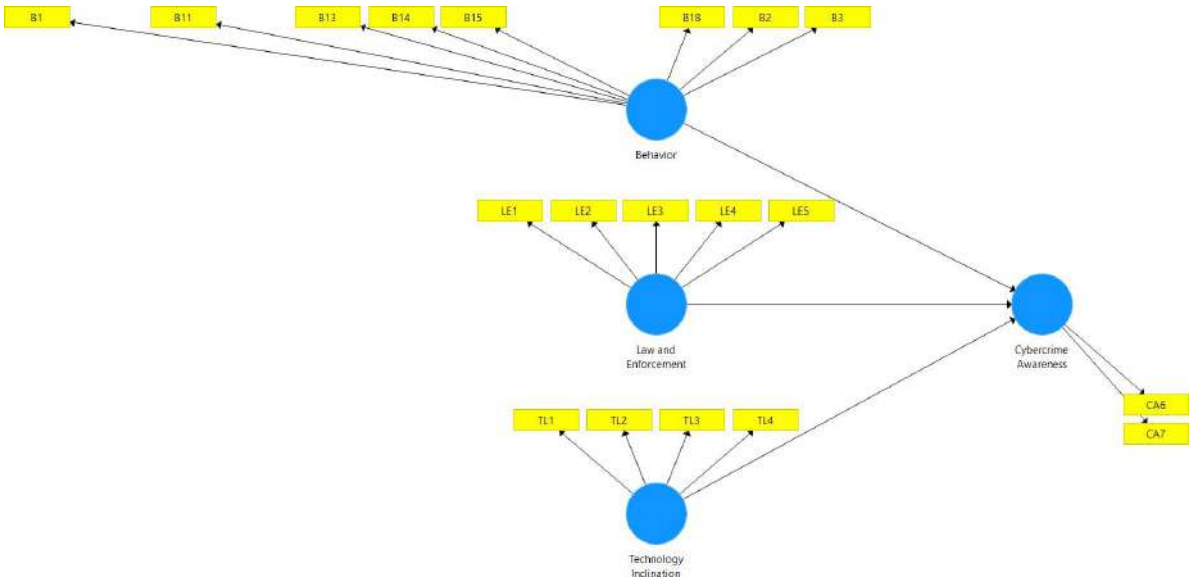
Table 3 Measurement Model

Constructs	Items	Loadings	AVE	CR
Cybercrime Awareness	CA6	0.914	0.779	0.876
	CA7	0.849		
Behaviour	B1	0.781	0.601	0.923
	B2	0.795		

	B3	0.821		
	B11	0.710		
	B13	0.810		
	B14	0.848		
	B15	0.711		
	B18	0.711		
Law and Enforcement	LE1	0.862	0.685	0.916
	LE2	0.806		
	LE3	0.842		
	LE4	0.805		
	LE5	0.823		
Technology Inclination	TL1	0.885	0.754	0.925
	TL2	0.878		
	TL3	0.868		
	TL4	0.841		

Note: CA1, CA2, CA3, CA4, CA5, CA8, CA9, CA10, CA11, CA12, CA13, CA14, B4, B5, B6, B7, B8, B9, B10, B12, B16, B17 were deleted because of low loadings

Structural model



A 5000-re-sample bootstrap procedure was performed to obtain the path coefficients, t-values, standard errors, and p-values of the structural model (Hair et al., 2019; Ramayah et al., 2018). Hahn and Ang (2017) commented that the use of p-value alone was insufficient to determine the significance of the paths. Hence, a combination of criteria, that is, p-values, effect sizes, and confidence intervals were utilized. The evaluation criteria used to test the hypotheses are summarized in Table 5.

First, we evaluated the effect of the three independent variables on cybercrime awareness. The R^2 was 0.291, indicating that the three independent variables explained 29.1% of the variance in cybercrime awareness. Behaviour ($\beta = 0.466$, $p < 0.05$) was found to have a significantly positive relationship with cybercrime awareness, which means H1 was supported. Law and enforcement ($\beta = 0.097$, $p > 0.05$), and technology inclination ($\beta = 0.045$, $p > 0.05$) were found to have no significant relationship, resulted in H2 and H3 were rejected.

Table 5 Hypothesis Testing of Direct Effects

Hypothesis	Relationship	Std Beta	T-Values	P-Values
H1	B → CA	0.466	7.082	0.000
H2	LE → CA	0.097	1.052	0.290
H3	TL → CA	0.045	0.452	0.651

Note: A 95% confidence interval with a bootstrapping of 5000 re-samples.

CONCLUSION

This study investigates how behaviour, law and enforcement, and technological inclination affect cybercrime awareness in Malaysia. The result indicated that behaviour has a significant positive relationship with cybercrime awareness. Besides, the significant positive relationship between behaviour and cybercrime awareness showed that if individuals have good behavioural awareness, they will be more aware of cybercrime. This finding is consistent with those of the previous studies Lalitha Muniandy, et al, (2017) have explained that good behaviour could assist people who are more cautious when using the internet to avoid cybercrime and increase their cyber security. This is because when a person is having good behaviour, they will create safe passwords, that is, using the eight-character method and include a symbol. For this reason, we should take responsibility to protect ourselves and avoid cybercrime incidents to happen, so we should have good behaviour, always protect our passwords to reduce the risk, and make sure we are using strong passwords to avoid becoming a victim of cybercrime (Carson, 2021).

The findings found that the relationship between law and enforcement and cybercrime awareness in Malaysia was insignificant, which meant that H2 was not supported. Hence, it revealed that law and enforcement do not significantly relate to cybercrime awareness in Malaysia. Existing laws will be modified to deal with the growing problem of cybercrime, according to Datuk Seri Mohd Redzuan Md Yusof of the Prime Minister's Department. (Carvalho, Sivanandam, & Tan, 2020)

The study found that the relationship between technology inclination and cybercrime awareness in Malaysia was insignificant, which means that H3 was not supported. Hence, it indicated that technology inclination does not significantly relate to cybercrime awareness in Malaysia. Suleman Ibrahim (2014) said that individuals' offending capacities are based on their moral standard levels, mostly developed in childhood. In other words, emotional stress will also be the motivating force behind crime. Crime can be processed in different ways. Technology is just one of the tools (Reckless, 1940).

LIMITATION AND FUTURE RESEARCH

Although actual findings of this research contributed to the published studies, the findings of this research cannot be applied to other contexts. The limitation of this research is that the samples are selected purposively. In the future research, we will continue to dig deeper to find out the factors that affect the cybercrime awareness. Also, because a cross-sectional design may cause concerns like common method variance, a longitudinal study should be used to study cybercrime awareness in Malaysia.

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2. A Study Of The Drivers Influencing Customer Satisfaction Towards Public Transport Services Among Youth Users In Malaysia.

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Abstract

Public transport services are one of the most important services industries in the world. The majority of users choose to ride public transport due to the convenience and cheap price instead of private transport services. Public transport has been chosen as one of the convenience transportations, and customer satisfaction as one of the significant elements cannot be ignored in the public transport services industry. The purpose of this study is to investigate the drivers that can influence the customer satisfaction towards public transport services among youth users in Malaysia. To conduct this research, a questionnaire was distributed to 108 respondents through online platforms by using Google Form during early May 2022 until early June 2022. The research found that service quality, safety and comfort have a positive and significant impact on customer satisfaction toward public transport services among youth users in Malaysia. This study suggested that the public transport company could develop some training programs, implement surveillance systems and enhance the equipment services and facilities on public transportation to improve the customer satisfaction towards public transport services among youth users in Malaysia.

Keywords: customer satisfaction; public transport services; Malaysia

Introduction

Public transportation has long been seen as an essential necessity in many parts of the world due to a variety of circumstances. Traffic bottlenecks on the highway are a common occurrence in large cities including Kuala Lumpur in Malaysia because most Malaysians own a vehicle along them and this indirectly causes lateness and delays, as well as the environmental issues. As the population grows, more vehicles will use the roadways, necessitating the addition of extra lanes to alleviate congestion (Tan, 2022). However, creating extra lanes is not as easy as imagined. Therefore, the government does encourage people to fully utilize public transportation by giving full support of subsidies to establish a better public transport. Besides, Malaysians rely heavily on rapid buses as one of their primary modes of public transportation to their destination as it is cheaper and it is convenient for elderly and people who are not owning a driving license and vehicle. Beside Rapid bus, ferry is also the common public transportation in Penang. Nevertheless, the Penang Port Old Ferries has been stopped and taken over by the Penang Port Sdn Bhd as the old ferries are no longer functional and safe (Dermawan, 2020).

Customer satisfaction towards public transport is important to let them sustain in the public transportation industry. The purpose of this study is to uncover the factors that cause the satisfaction level of the passengers especially among youth users in Malaysia. The youth users will stop using public transport services and switch their interest to other industries like e-hailing services if they are not satisfied (Fu & Juan, 2017; Yi et al., 2018). As a result, the public transport services might soon become unsustainable within the transportation industry, affect the economy and impact the employment rate indirectly. Malaysia is the second most congested country in Asia, despite having the best public transportation development of any Asia country. When customers are dissatisfied with public transport, they will switch to e-hailing services or private vehicles instead of public transport, which might lead to the increasing number of vehicles on the road, and traffic congestion causing time and money wasted, fuel costs increased and worker productivity reduced (Yi et al., 2018). Environmental issues are also one of the negative impacts when passengers stop using public transportation services. The increasing

number of vehicles will lead to the increasing of the vehicles gas emissions. Vehicles will emit some toxic gasses and cause air pollution. Sound pollution may also occur when drivers press their vehicles' horns during traffic congestion and this will bring negative effects to human lives (Wang et al., 2020).

Review of literature

Customer Satisfaction Theory

Customer satisfaction is also one of the commonly used key performance indicators that tracks how satisfied users are with public transport services (Chuo et al., 2014). Public transport users usually have high demand and expectations such as service quality (Fu & Juan, 2017), safety (Wang et al., 2020) and comfortableness (Ingvardson & Nielsen, 2019) when choosing their transport mode. As per Ojo et al. (2014), satisfaction is an emotional evaluation. Agarwal (2008) stated that customer satisfaction is a crucial element of performance of the company. Thus, understanding consumer satisfaction is becoming increasingly important in public transport services. Public transportation serves many functions for passengers, including improving the quality of life in societies. Societies gain from the provision of public transportation because it reduces traffic congestion on our highways, saves money, and develops and supports jobs within communities. Customer satisfaction may support businesses in understanding the effectiveness and acceptability of daily journeys of passengers, and it also provides a beneficial influence in encouraging passengers to repurchase (Wang et al., 2020). However, customers are dissatisfied for a variety of reasons, including extended wait times, failure to convey information about infrequent delays, and a poor waiting environment. To attract people to use public transport service as a substitute for personal vehicles, the service providers must improve quality to increase customer satisfaction (Islam et al., 2014).

Service Quality

According to Islam et al (2014) discovered that service is referred to as the core of the industries ensuring the growth and development of the economies. The service orientation is the way that adds value to the customer and leads to satisfaction. Evaluating the quality of service is critical to ensuring that customers could continue to ride the public transportation repeatedly. Customers are more willing to repeat to a service provider again and again if the quality of service that is provided is positive (Fu & Juan, 2017). The authors Chou et al. (2014) also suggested that service quality could increase the desire of customers to repurchase and reappreciate from the same business service, and they will inform others about the experience positively.

Chuo et al. (2014) stated that the elements of service quality have influence on total consumer satisfaction when using public transportation. The high-quality public transportation not only encourages customers to continue enjoying using and satisfying their transportation requirements, it also attracts and gains new customers (Kuo & Tang, 2013). The authors also mentioned improving service quality and customer satisfaction which includes increased public transportation services and access to a bigger wide range of destinations. Furthermore, Islam et al. (2014) address the service quality elements for evaluating customer satisfaction that affect High Bay Racking (HBR)'s bus services in Malaysia. It analyses and investigates the service quality elements that influence customer satisfaction, resulting in increased efficiency and effectiveness in this industry. More specifically, the findings revealed that users have a relatively high level of customer satisfaction throughout all service aspects. Waiting time is the most important element influencing consumer satisfaction within other categories through an analysis of literature. As a result, hypothesis 1 is proposed as follows.

H1: Service quality positively affects customer satisfaction towards public transportation services in Malaysia.

Safety

Safety, according to Okoth (2017) is the condition of being safe. It is the ability to avoid or minimize loss, hazard, or injury. As per Friman et al. (2020), safety can also apply to personal experiences and expectations of safety and security while traveling. The authors further mention that being free of potential threats is equivalent to excellent personal security. Some people will change their travel habits to avoid potentially dangerous occurrences. From Okoth (2017), one of the aspects that can affect customer satisfaction while boarding public transportation is safety. Based on Wang et al. (2020), the two most important parameters of public transportation safety are road accidents and criminality. Majority of road accidents were tracked using safety indicators such as collision risk, crash injuries and fatality rates per trip. Furthermore, many complaints and critical incidents are aimed at the driver, despite the fact that the driver is not always at fault for the incident (Friman et al., 2020). Careless driving and excessive speeding almost invariably result in accidents that could have been avoided. In addition, the vehicle is likewise in bad condition with unsecured seats and belts and it is being driven dangerously.

All commuters as per Okoth (2017), want to feel secure on board and at bus stops. Pickpocketing on the bus or while on bus, mugging at bus terminals and road carnages were all highlighted as regular security issues that need to be eliminated if commuters are to be satisfied with public transportation. Researchers Yi et al. (2018) investigated commuter's passengers' satisfaction in Klang Valley, Malaysia using commuter safety measures. There is a strong link between safety and passenger satisfaction with the rail services. All indirect effects are substantial for safety, according to the bootstrapping analysis (Yi et al., 2018). As per Ingvardson & Neilsen (2019), the evidence has proved that public transportation safety will influence customer satisfaction. The authors pointed out that the elderly, students and men in public transport had a higher positive perception of safety. Therefore, this discussion led to the formulation of the following hypothesis:

H2: Safety and security have a positive and significant relationship with customer satisfaction towards public transportation.

Comfort

According to Ingvardson & Nielsen (2019), the comfort of journeys has been highlighted as being one of the main variables influencing consumer satisfaction in public transportation, and has been demonstrated that comfort is a significant concern to passengers who utilise public transit. The author of the article stated that the usability of facilities, riding comfort, ambient circumstances, complementing amenities, and ergonomics are all components of ride comfort (Imre & Celebi, 2017). Based on the article of Seerden (2019), one of the comfort issues in public transport is crowding. The author Seerden (2019) stated these comfort losses are also iterative in transportation models: greater passengers on a route implies more crowding, which makes the route less appealing, which results in fewer passengers, which means less crowding, which makes the route more appealing.

From Ingvardson & Neilsen (2019), customer satisfaction can be influenced by the comfortability in vehicles. Ni et al., (2020) can see that the most important factor influencing customer satisfaction is comfort. This proves that by implementing applicable steps to improve satisfaction level, particularly in terms of comfort, convenience, and efficiency, the level of customer satisfaction may be increased. One of the responses received from the research said that certain coaches are overcrowded in the train, so as to address this, the operator may try increasing the route to lessen the crowd or increasing the number of coaches throughout rush hours to alleviate the crowd. Commuters report that the train is shaking while riding, and they express their greatest concern about discomfort when commuting on the rocking coach (Yi et al., 2018). The author conducted a study on flight passengers and discovered that they appreciate not just comfort but also cleanliness, which has an influence on their level of happiness (Okoth, 2017).

The authors investigated the influence of road infrastructure on standing passenger comfort in public transit. Their research provides a simple way to compare the comfort of vehicles with the ability to track vehicles and road maintenance. The author evaluated the vehicle accelerates impact the standing passengers' discomfort (Imre & Celebi, 2017). Thus, it can be postulated that:

H3: Comfort positively influences customer satisfaction towards using public transportations services.

Research Model

In this study, a theoretical framework was built to describe the interrelationships between the variables that lead to the occurrence of a problem at hand. This framework was established to define the connection between the variables based on the customer satisfaction with Malaysia public transportation services. Customer satisfaction is the dependent variable while the independent variables are service quality, safety and comfort. The theoretical framework can be projected in figure 1.

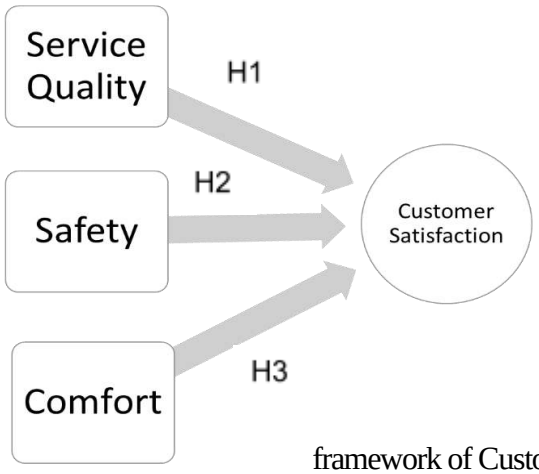


Figure 1: Theoretical framework of Customer Satisfaction

Methodology

This research was conducted using quantitative research to obtain numerical data from respondents to assess their satisfaction with public transportation. The intended respondents in this study must be youth Malaysians and between 18 to 35 years old, and have used public transportation in Malaysia. Next, an online questionnaire survey was used for this investigation since it is more efficient and convenient. A Google Form was created and sent via social media like Meta, Whatsapp, Instagram, Wechat and others to the target respondents and it is an online self-administered survey. The data was collected during early May 2022 until early June 2022 and it took about a month to collect sufficient data. However, there is no target registered list that is able to represent the whole population in Malaysia. Hence, this research acquires a non-probability sampling method, which is the judgmental sampling as the respondents must meet two requirements namely age between 18 to 35 years old and they have experienced of using public transportation before.

Result

Descriptive Statistics

Respondents who had used public transportation previously were chosen for this study. The summary of the respondents' demographic profile is presented in Table 1. The respondents' information such as age,

nationality, experience in using public transport, gender, and educational level were recorded using Google Form. This study at the end collected 108 responses from people who had experience in using public transport services. In Table 1, 96.3% of respondents were between the ages of 18 and 25 and the remaining were between the ages of 26 and 35. All of the respondents are Malaysians who have used public transportation before. Furthermore, 70.4% of respondents were female, while males are 29.6% of total respondents. Among 108 respondents, 57.4% of respondents have acquired at either a Diploma or College level, while 28.7% have obtained at least a Bachelor Degree.

Table 1. Demographic attributes of the respondents

Demographic Variables		**Frequency**	**Percentage (%)**
Age	18 – 25	104	96.3
	26 – 35	4	1.9
	Total	**108**	**100**
Nationality	Malaysian	108	100.0
	Non–Malaysian	0	0
	Total	**108**	**100**
Have you used public transport before?	Yes	108	100.00
	No	0	0
	Total	**108**	**100**
Gender	Male	32	29.6
	Female	76	70.4
	Total	**108**	**100**
Education Level	High school or lower	12	11.1
	Diploma / College level	62	57.4
	Bachelor Degree	31	28.7
	Master Degree	1	0.9
	Doctoral Degree	2	1.9
	Total	**108**	**100**

Reliability and validity testing

The Cronbach's Alpha value is used to determine the reliability of the study instruments. All variables' Cronbach's Alpha values must satisfy the baseline acceptable level of 0.7, mentioned by Kline (1999). All relevant variables have Cronbach's Alpha above the cut-off value of 0.7, thus, the reliability test is

fulfilled and the result is shown in Table 2. As a result, the items that were kept for each of the variables are used in the multiple regression analysis.

Table 2. Summary of the Reliability Analysis for the Major Variables

Variable	Number of Items	Number of Items Dropped	Number of Items Shifted	Cronbach's Alpha
Service Quality (SQ)	4	0	0	0.704
Safety (S)	3	0	0	0.749
Comfort (C)	4	0	0	0.763
Customer Satisfaction (CS)	4	0	0	0.905

Factor Analysis

Factor analysis is a method of determining which factors are the most important by expressing the values of observable and associated variables as functions of numerous causes (Sekaran & Bougie, 2019). Confirmatory factor analysis (CFA) and exploratory factor analysis (EFA) are the two forms of factor analysis (EFA). CFA implies using observable and associated variables based on theory or previous investigations, which according to Sekaran and Bougie (2019). EFA, on the other hand, uses a prefix number of factors to combine the factor of a collection of underlying observable variables. All of the measuring items in this study have been modified from earlier investigations. As a result, CFA is performed. The measuring items for the independent variables were adopted from previous research in which those characteristics were grouped into several components, such as service quality (SQ), safety (S), and comfort (C). Whereas, the dependent variable, customer satisfaction (CS), has already grouped into one component based on past research.

To perform the factor analysis, the researcher must first perform a principal component extraction (PCA) analysis, which is a statistical process that employs an orthogonal transformation to generate a set of feasibly correlated variables into a set of values for sequentially uncorrelated variables known as principal elements. After that, Varimax rotation is used (Sekaran & Bougie, 2019). The factor analysis for all independent variables is shown in Tables 3.

The number of elements in the principal component extraction and Varimax rotation processes has been set to five, in accordance with the proposed study approach. Barlett's Test of Sphericity and the Kaiser-Meyer-Olkin measure of sample adequacy (KMO) were used to ensure that the measuring items did definitely measure the variables. The researcher is seeking a KMO score of 0.6 and a Bartlett's Test score of less than 0.05 (Barlett, 1954; Kaiser, 1974). The validity test was conducted on all of the independent variables at the same time in this study, while the dependent variable was examined separately.

According to Table 3, the factor loading scores for all measurement items are more than 0.4, which meets Hair et al.'s cut-off point (2014). As long as the average variance explained (AVE) is more than 0.4, Hair et al. (2014) recommends utilizing a cut-off of 0.4. The component analysis of independent factors gave KMO scores of 0.827, well above cut-off 0.6 in the KMO and Barlett's Test of Sphericity analyses (Kaiser, 1974). Instead, Bartlett's Test score for factor analysis of independent variables is less than 0.05, indicating that the conditions have been met (Bartlett, 1954).

Table 3. Factor Analysis for All Independent Variables

Item	Component		
	1	**2**	**3**
Service Quality 1 (SQ1)			0.622
Service Quality 2 (SQ2)			0.757
Service Quality 3 (SQ3)			0.672
Service Quality 4 (SQ4)			0.587
Safety 1 (S1)		0.872	
Safety 2 (S2)		0.853	
Safety 3 (S3)		0.596	
Comfort 1 (C1)	0.630		
Comfort 2 (C2)	0.686		
Comfort 3 (C3)	0.701		
Comfort 4 (C4)	0.759		
KMO			0.827
Barlett's Test of Sphericity			0.000
Average Variance Explained			40.5%

Hypothesis Testing

The suggested hypotheses are tested using multiple regression analysis. The researcher uses a regression analysis model to assess the association between dependent and independent variables. In the previous part, three hypotheses have been proposed in this study to see if independent variables such as service quality (SQ), safety (S), and comfort (C) had a positive impact on a dependent variable such as customer satisfaction (CS).

According to Table 4, three independent variables, namely service quality (SQ), safety (S), and comfort (C), account for 0.436 (43.6%) of the variation in Customer Satisfaction (CS). The R square result indicated that this study is having a moderate model fit. The Durbin-Watson test looks for autocorrelation in statistical regression analysis residuals (Hair et al., 2014). The Durbin-Watson statistic has always been in the range of 0 to 4. A score of 2 indicates that the sample has no autocorrelation. Positive autocorrelation is indicated by values around 0; negative autocorrelation is indicated by values near 4. The Durbin-Watson value in this research is 1.775, which is between 0 and 2, showing positive autocorrelation.

Service Quality (SQ) has a beta value of 0.640, and the t-value of 3.533 shows that it is significant with Customer Satisfaction (CS) at the 1% significance level. As a result, hypothesis 1 is accepted. Then, with a beta value of 0.280 and a t-value of 1.809, Safety (S) exhibits a positive and significant

relationship with Customer Satisfaction (CS) at a 10% level of significance. Hence, hypothesis 2 is also accepted. Comfort (C) has a beta value of 0.622 and a t-value of 3.456, meaning that C has a positive and significant connection with Customer Satisfaction (CS) at the 1% significance level. Therefore, hypothesis 3 is also supported.

In this research, all three hypotheses were accepted. As a result, in Malaysia, Customer Satisfaction (CS) with public transportation services is most likely to be influenced by Service Quality (SQ). It is followed by Safety (S), which might potentially have an impact on how satisfied Malaysians are with their public transport services. Comfort (C), the third most powerful variable, has the potential to have a big impact on how satisfied Malaysians are with their public transportations system. The conclusion of the hypothesis is summarized in Table 4.

Table 4. Results of multiple regression analyses.

Independent Variables	**Dependent Variable – Customer Satisfaction (CS)**	
	Beta	**t-value / p-value**
Service Quality (SQ)	0.640	3.553***
Safety (S)	0.280	1.809*
Comfort (C)	0.622	3.456***
R square	0.436	
R square change	0.420	
Durbin–Watson	1.775	
Significance of model, p	26.810***	

*p<0.1, **p<0.05, ***p<0.01

Discussion

Service quality has a significant and positive impact on the customer satisfaction towards public transport services among the youth users. The result is aligned with Chuenyindee et al. (2022) & Nguyen (2019). Due to the fact that service quality is one of the important aspects, improvement in service quality of public transportation could enhance the customer satisfaction. The public transport company should establish a public transportation application which updates every route and the time of public transports arriving in every station accurately and regularly that allows users to convenience to track it without rushing with the public transport and implement the purchase of tickets of the public transport system in the application to prevent the issues of system down. In addition, the companies also could increase the development of public transportation in urban areas to prevent overcrowded issues during the journey. Moreover, those companies should provide employees training such as smiling at every customer or proactively provide the additional services to those customers who are unable to move freely or elder customers politely to increase their customer satisfaction during the enjoyment of riding public transport.

Safety has a significant and positive influence on the customer satisfaction towards public transport services among the younger generation. The result is aligned with the previous studies that were conducted by the researchers Idlan & Jaafar (2021), Yi et al. (2018) and Ingvardson & Neilsen (2019).

The public transport company can install the top-notch surveillance cameras, CCTV and alarms in the public transport to ensure the safety of the passengers. The company additionally can unify their security system by merging the disjointed technologies into a unified security platform in order to speed up the response. All the alarms are synched on real time to the video so that the operators can make decisions within a short time in response to the criminal cases that are happening on the public transport. With the implementation of surveillance systems, the occurrence of criminal cases will be reduced and passengers are willing to use public transport if their safety can be assured.

Comfort has a significant and positive influence on the customer satisfaction towards public transport services among generation Y and Z. The result is aligned with Invardson & Neilson (2019) and Okoth (2017). As usual the users complain that the facilities in the public transport are not comfortable enough, which makes them unsatisfied during the whole travel time. Comfort is one of the important aspects during travel time. Therefore, instead of maintaining the current situation, making improvement in the comfort area is important, and can change the satisfaction level of the customers. Being crowded is one of the issues faced by public transport. Hence, controlling passenger numbers or increasing space of the public transport is necessary. It can also arrange the schedule based on the day such as the peak hour at morning to work, lunch time, and after office hour. For example, public transport can depend on the demand of the user to modify the schedule by reducing the waiting time for the next trip. Besides, improving the comfort by repairing the seat, as most of the seats of the public transport were old and damaged, consumers will feel uncomfortable during the entire trip by sitting on the seat, thus reparation is necessary to be carried out.

Limitations

There are several constraints limitations that have occurred during conducting this research. The first limitation is the respondents are based on the northern region of Malaysia even though this study is open for every Malaysian. Aside from that, one of the limitations is no funding provided when conducting this study. Researchers could only use the SPSS software to analyse the entire test. Other than this, due to the fact that no funding provided, researchers are unable to undertake the qualitative research such as conduct the interview sections and search for the potential respondents for this study. Moreover, small sample size is also one of the limitations when conducting this research. The responses collected in this study are 108. The smaller sample size is unable to represent the whole population of Malaysia.

Suggestions

Based on the study, there are some recommendations for researchers to make further improvement in conducting the research in the future. First and foremost, future researchers are recommended to conduct the research across Malaysia instead of just focusing on the northern region of Malaysia to obtain detailed information and data. Secondly, the further researchers are recommended to search for sponsorship when undertaking the further research. The future researchers could search for some public transportation companies or government agencies as a sponsorship to support the research. In addition, the researchers are suggested to utilize the qualitative research to conduct interview sections to obtain additional and more detailed responses from the respondent. Respondents can speak out their own opinion and their thoughts instead of predefined factors. Finally, future research is recommended to increase the sample size to 300-400 data who wish to conduct a similar study.

Conclusion

To conclude, the aim of this research is to study the drivers that influence the customer satisfaction towards the public transport services in Malaysia. Recently, the reviews of public transport are getting negative year by year. Users are often complaining about the facilities, service quality or other factors

that caused them dissatisfaction during their trip with the public transport. In order to study the reason that customers are unsatisfied, this study is conducted to understand the perceptions of the customer and also the review of public transport. The quantitative method is used by researchers to collect the data from the respondents. The survey is created using a Google Form and it is distributed to the respondents online via various social media channels, such as Meta, Instagram, WhatsApp, WeChat and so on. This research indicates that service quality, safety and comfort have a significant positive relationship towards the customer satisfaction of public transport. All of the variables mentioned above would directly impact the satisfaction of the customer during the travel with the public transport. In order to improve the customer satisfaction towards public transport, several implications and advice are provided by the researchers. For example, in order to improve the service quality towards the public transport, providing training to the staff is necessary to ensure the customers are satisfied with the services within the public transport. Therefore, customers are willing to travel by public transport. Safety and security systems such as top-notch surveillance systems should be implemented in public transport. This can let the passengers to have a sense of safety when they are on board the public transport by reducing their worries on the occurring of criminal cases such as theft, vandalism and sexual harassment. In terms of comfort, the public transport company should regularly check and repair the facilities on the public transport if there is any damage to the facilities. Due to the old facilities is one of the biggest factors that lead customers to feel uncomfortable during the entire trip towards public transport. Hence, improvement in comfort level is important to be carried out.

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3. A Study In Unemployment Rate of Youth Graduates Student in Malaysia

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ABSRACT

This research aims to investigate how English proficiency, employability skills and job mismatch affect unemployment rate among youth graduate students. This quantitative research distributed an online questionnaire to collect data from 300 unemployed youth graduate students. The findings concluded that English proficiency and job mismatch have significant positive relationship with unemployment rate, whereas employability skills are significantly and negatively related to unemployment rate. The findings confirmed the importance of English proficiency and employability skills on employment rate among Malaysian youth graduate students. Hence, to reduce the unemployment rate, there is a need to focus on increasing the English proficiency of graduates, and inculcate more employability skills among youth graduate students. Simultaneously, more attention should be given to the national level policy planning on training and development.

Keywords: Unemployment Rate, English Proficiency, Employability Skills, and Job Mismatch.

Chapter 1

INTRODUCTION

1.0 Introduction

This research aims to study the causes of the high unemployment rate among youth graduates in Malaysia. In Chapter 1, we reveal the background of the study and the problem statement for youth graduate unemployment. We will discuss the objectives of the study and the hypotheses developed from literature review.

1.1 Research Background

The meaning of unemployment is a state of having the ability to work but not getting employment opportunities. The Department of Statistics Malaysia (DOSM) revealed that just before the pandemic, the unemployment rate has remained between 3.3% to 3.4% from 2017 to 2019. However, the pandemic caused it to soar to 5% in 2020. Many factories and companies were facing bankruptcy or unable to afford the salary of their employees. The chief statistician of DOSM commented that the pandemic has resulted in fewer jobs in the labour market. Therefore, the unemployment rate in Malaysia changes from a stable situation to a bad one. Since the easing of the pandemic, DOSM annual report indicated that the unemployment rate had dropped from 4.2% in June 2021 to? % in January 2022. However, data from the Free Malaysia Today (FMT) Report showed that the unemployment rate is rising rapidly, that is, there are still 6,105,000 unemployed in March 2020, compared to 5,082,000 in January 2020, an increase of 1,023,000 in two months' period. In recent years, the proportion of youth

graduates who are unemployed has gradually increased. The Straits Times reported that more than 200,000 graduates are still unemployed in 2020 (News Straits Times, 2021).

1.2 Problem Statement

Unemployment is an important element in the economy, which is directly related to people's capability and contribution to the global economy (Chappelow, 2020). According to DOSM, 3.2% of Malaysia's total 5.29 million graduates were unemployed in 2019. This is an alarming figure because youth graduate is one of the biggest groups of the population. DOSM Report 2018 indicated that Malaysia produces 4.96 million graduates in 2021, which is 20.3% of the country's working-age population. The number of unemployed graduates stood at

162,000 in 2021. Based on a study conducted by Carroll (2016), the level of English language proficiency is one of the critical factors affecting unemployment. Individuals who were born in non-English speaking nations have a higher possibility of facing unemployment than those born in English speaking countries like Australia. Besides, research discovered that English language proficiency impacts greatly on the unemployment rate (Lim and Normizan, 2004).

Besides, Hanapi and Nordin (2013) commented that compared to international students, youth graduates in Malaysia lack employability skills. These skills are the fundamental abilities required to obtain, maintain, and excel in a profession (Robinson, 2000), and these skills are generic rather than job-specific, which is applicable to all industries, enterprises, and employment levels, from entry-level to senior management. Khir (2006) claimed that today's graduates are weak in both technical and generic skills. Because competence is the merger of specialized knowledge and general skills, attempts to improve graduates' competence must address both. As a result, it is critical for educational institutions to collaborate with industry in order to meet the demands and needs of the employers.

Furthermore, job mismatch affects Malaysian young graduates. The graduates found themselves overqualified or underqualified for a job, which results in unemployment. There are instances where graduates appear unprepared for the jobs or lack the skills and knowledge required for the position (Affleap, 2010). According to the Star (2018), Malaysia had 1.4 million job opportunities in 2017, yet 86.9% of those vacancies were for low-skilled professions that only require primary education and were not fit for recent graduates.

1.3 Research Questions

The research questions of the present research are as follows:
Does English proficiency have a positive relationship with unemployment?
Do employability skills have a positive relationship with unemployment?
Does job mismatch have a negative relationship with unemployment?

1.4 Research Objectives

The research objectives of the present study are follows:

1. To examine the relationship between English proficiency and unemployment rate.
2. To examine the relationship between employability skills and unemployment rate.
3. To examine the relationship between job mismatch and unemployment rate.

1.5 Hypotheses

The hypotheses are formulated based on the discussions of the literature review:

H1: There is a negative relationship between English proficiency and unemployment. H2: There is a negative relationship between employability skills and unemployment. H3: There is a positive relationship between job mismatch and unemployment.

Chapter 2

LITERATURE REVIEW

2.0 Introduction

In Chapter 2, we will discuss the dependent variable, that is, the unemployment rate and also the three independent variables, namely, English proficiency, employability skills, and job mismatch. We will evaluate and clarify the relationship between unemployment and the three independent variables, and come up with the proposed research framework.

2.1 Unemployment of Youth Graduate

The Thirteenth International Conference of Labour Statisticians (13th ICLS, 1982)) defined unemployment as when a worker is not employed during the re-reference period and the individual who is looking for work is currently available, but no business wants to hire him/her. However, youth unemployment is an important issue in many countries because it affects significantly the national economies, regardless of their stage of development. Generally, unemployed youth graduates refer to those who are within the ages of 15 and 24 (ILMIA, 2017).

The causes of the rise in unemployment is not confined to the epidemic. In fact, the three main reasons are English proficiency, employment skills, and job mismatch. English proficiency determines the ability of young graduates to communicate. While looking for a job, young graduates need to attend interviews involving the use of the English language. Young graduates who failed to show fluency in the English language will not be able to get a job.

On the other hand, employable skills refer to communication, teamwork, critical thinking, and computer skills. These skills are very important in today's workplace. Most businesses will not hire those who do not have these skills.

Skills mismatch is a result of shifting labour market needs. When the field of study does not correlate to the field of profession, a person might be both overqualified and under skilled (CEO of Rehda Institute, 2022).

2.2 English Proficiency

English proficiency refers to the ability of the students to use the English language to make and transmit meaning in both spoken and written contexts. There are different views on English proficiency. The RELC journal contends that English proficiency encompasses proficiency and performance. Many young graduates' English competency falls short of the standards set by their employers. English proficiency is required to communicate with customers, and to perform other necessary works.

2.3 Employability Skills

Zuriani Yaacob (2022) stressed that employability skills are important for fresh graduates. The Bumiputera Agenda Steering Unit (2020) stated that the number of unemployed graduates increased by

22.5% to 202,400 in 2020, up from 165,200 the previous year. Most of the graduates in Malaysia have a hard time finding a job after graduation (Department of Statistics Malaysia, 2020). Nur Athirah Muhamad Asri (2021) commented that graduates must always try to improve themselves, especially the soft skills. In this way, graduates can prevent unemployment due to the employability skills, and prepare themselves for the future.

2.4 Job Mismatch

The internationalization of higher education in Malaysia encourages the young Malaysians to pursue higher education. However, most graduates borrow education loans to pursue their studies (The International Labour Organization, 2021). Due to this, the graduates expect that they can have a highly paid job when they graduate, which can help them to repay the loan. Most graduates failed to find a suitable job because most of the jobs in the market do not need higher education certificate. In other words, majority of the young graduates are overqualified. Thus, unemployment and underemployment remain high, especially among highly educated young people, due to a mismatch between graduates' qualifications and industry requirements (Manokaran Mottain, 2022). For example, in 2017, 175,900 (4.2%) of 4,231,100 people with higher education qualification were unemployed.

2.5 Relationship between English Proficiency and Unemployment

One of the reasons for the rise in unemployment is English proficiency. English proficiency affects a student's capacity to articulate and transmit meaning in oral and written situations in English. According to Sarah Deverall, director of British Council Malaysia, in the digital era, the ability to master English is vital for the young graduates when finding a job. Many individuals nowadays can use and comprehend English, but they lack the ability to use sophisticated grammatical structures, and knowledge of appropriacy, which affect their capability to communicate effectively in English. In Malaysia, many companies see language aptitude and communication skills as distinct qualities. Employers are prepared to consider individuals with ordinary English abilities provided they can communicate effectively. Nowadays, most people are afraid to communicate due to poor English proficiency, which makes it difficult for people to understand and communicate with them when performing jobs.

2.6 Relationship Between Employability Skills and Unemployment

Job ready skills are another name for employability skills. Students require employability skills to equip themselves for a variety of careers after graduation (Shafie & Nayan, 2010). Employability abilities, according to Salbiah (2006), can be characterized as "essential skills for getting jobs", which include fundamental reading, writing, arithmetic, and problem-solving skills. Employability skills indicate the quality and personal understanding that a graduate should have (Hanapi & Nordin, 2014). This is to aid the graduate's employability and to help the graduate become a competent and competitive worker. Technical skills are hard skills, while generic skills are soft skills. Hard skills are more particular, teachable talents that are usually tied to professional knowledge, tools, technical, or administrative procedures that are relevant to an organization's core business (Aida, Norailis, & Rozaini, 2015). Graduates are reported to be well-equipped with technical skills, but lacking in soft skills, which are critical in the workplace. Writing skills, programming, system development, entrepreneurship, and others are examples of technical talents (Masura, Kamsuriah, Sufian, & Noor Faridatul Ainun, 2011). Communication, critical thinking, teamwork, continuous learning, information technology, professional ethics and morals, entrepreneurship, and problem solving are examples of employability skills (Ministry of Education, 2006). Erdina (2006) investigated the level of employability skills possessed by young graduates, and found that the respondents' levels of preparedness for all types of these generic abilities were poor among final year students of the Faculty of Education in UTM. In a nutshell, generic skills are the fundamental abilities that graduates must possess in order to perform the jobs effectively, which

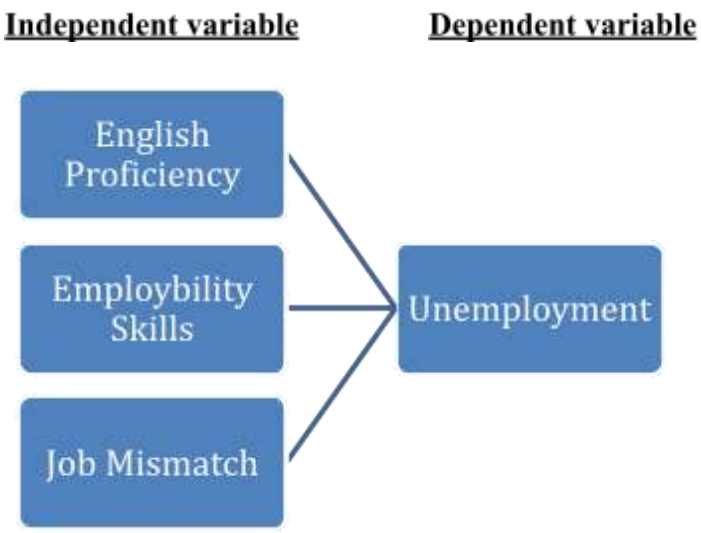
includes communication, problem solving, managerial ability, information analysis, ability to adapt to a changing work environment, technology savvy, and collaborative skills.

2.7 Relationship Between Job Mismatch and Unemployment

Young graduates lose out due to skill mismatch. Every year, an estimated 290,000 university students graduate from higher learning institutions. They remain unemployed for about six months after graduation. The unemployed ones come mainly from social science, business, and law backgrounds. Even those with a degree in electrical engineering also are in the same shoes. In addition, employers are looking for graduates who have problem-solving and decision-making skills, communication skills, ability to work independently, willingness to learn and grow, and are capable of working under stress. These are what prospective employers are looking for in a graduate. Hence, job mismatch and unemployment have a positive relationship.

2.8 Research Framework

The relationship between the dependent and independent variable is depicted in the conceptual framework of Figure 2.2



Chapter 3

METHODOLOGY

3.0 Introduction

In this chapter, we will focus on the target population and the sample, which covers the elements, technique, and size. In addition, the data collection method and research instruments are also revealed.

3.1 Target Population

Our topic is a study on the unemployment rate of youth graduates, so the range of this research's target population is very small. This research is looking for unemployed youth graduates in Malaysia.

3.2 Sampling Elements

The specific criteria set for the respondents in the Google form are English proficiency, employability skills, and job mismatch, that is, the major factors that affect the unemployment rate of young graduates.

3.3 Sampling Technique

This research used quantitative method to collect and analyse the data. A structured questionnaire was developed to collect primary data from unemployed young graduates selected through purposive sampling. The questionnaire was in Google form, which enabled the respondents to fill out or answer online. It was sent to the respondents in the form of a link provided in social media.

3.4 Sampling Size

The target sample size is a minimum of 100 responses as suggested by Piroska Bisits Bullen (2022). Most statisticians suggested a sample size of 100 to obtain any form of significant conclusion (Piroska Bisits Bullen, 2022). Hence, the researchers made the decision to send out 100 questionnaires.

3.5 Data Collection Method

After this questionnaire had been designed in Google form, the questionnaire was published in the Facebook of some universities and some recruitment groups. Besides, we also published the questionnaire on Instagram and WeChat. The questionnaire was posted for two weeks, and 108 responses were received.

3.6 Research Instruments

This questionnaire included five sections, that is, Section A, demographic; Section B, English proficiency; Section C, employability skills; Section D, job mismatch; and Section E, unemployment. Section A collects information on the demographic characteristics of the unemployed youth graduates. Youth graduates' unemployment is defined as those between the ages of 15 and 24 (ILMIA, 2017). Section B is about English proficiency, which is adopted from a research about teaching English through English (Lim and Normizan, 2004). Section C is on employability skills, and the items are adopted from Knight (2015). Section D is on job mismatch and the scale is adapted from the Star (2018). The instrument on unemployment is taken from ILMIA (2017). All the scales demonstrated good Cronbach's alpha, that is, 0.844, 0.932, 0.871, and 0.803 for English proficiency, employability skills, job mismatch, and unemployment respectively.

Table 3.6 Research Instruments

Variables	Item	Cronbach's Alpha	Sources
English Proficiency	5	0.844	Lim and Normizan, 2004
Employability Skills	5	0.932	Knight, 2015
Job Mismatch	5	0.871	The Star, 2018
Unemployment	5	0.803	ILMIA, 2017

Chapter 4

RESULTS

4.1 Respondent Profiles

This questionnaire had 170 responses, but only 108 responses were usable, indicating a response rate of 63.5%. Respondents in this research are unemployed individuals who had graduated within the last two years. Table 1 presents the demographic details of the respondents.

Table 4.1 Profile of Respondents

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	54	50
	Female	54	50
Ethnicity	Malay	40	37.0
	Chinese	53	49.1
	Indian	12	11.1
	Others	3	2.8
Age	19 - 23 years old	75	69.4
	24 - 28 years old	24	22.2
	29 - 33 years old	6	5.6
	34 - 38 years old	3	2.8
	39 years old and above	0	0
Higher Qualification	A-level/ Matriculation/ Foundation/ Certificate/ Diploma/ Sijil Tinggi Persekolahan Malaysia (STPM)	74	68.5
	Bachelor's Degree	25	23.1
	Master's Degree	7	6.5
	Doctoral Degree	2	1.9
Duration of unemployment	6 months and below	69	63.9
	7 months - 12 months	22	20.4
	13 months - 18 months	9	8.3
	19 months - 24 months	3	2.8
	25 months and above	5	4.6
Type of institution	Public institutions	47	43.5
	Private institutions	60	55.6
	Others	1	0.9

Filed of Studies	Science	22	20.4
	Art & Social Science	45	41.7
	Engineering and Technology	33	30.6
	Health and Medical	8	7.4

4.2 Data Analyses

Partial Least Square (PLS) is employed to analyse the data, and it involves the use of the SmartPLS version 3.2.8 (Ringle, Wende, & Becker, 2015) software as the statistical tools to examine the measurement and structural models. Chin, Marcholin, and Newsted (2003) contended that this statistical tool does not require normality assumption.

4.3 Measurement Model

Based on Anderson and Gerbing (1988), a two-step approach was used to investigate the models. The first step was to validate the measurement model, that is, to determine the validity and reliability of the instruments according to the rubric of Hair, Risher, Sarstedt, and Ringle, (2019), and the guidelines provided by Ramayah et al. (2018). While the second step is related to the testing of the hypotheses of the structural model.

Three significant elements are required in the measurement model, which include loading, average variance extracted (AVE), and composite reliability (CR). The value of the loadings should be > 0.5, the AVE should be > 0.5, and the CR should be > 0.7. Table 4.2 revealed that the AVEs are all greater than 0.5, the CRs are all greater than 0.7, and at the same time, the loadings are also acceptable, with only one loading of English Proficiency lower than 0.708 (Hair et al., 2019).

Next, Henseler, Ringle, and Sarstedt (2015), as well as Franke and Sarstedt (2019) suggested examining the discrimination validity using the HTMT criterion. The HTMT values should be < 0.85 for the stricter criterion, or it should be < 0.90 for the more lenient criterion. As shown in Table 4.3, HTMT value are all less than the stricter criterion of < 0.85. Hence, we can conclude that the respondents understood that the four constructs are different. Considering both of these validity tests, it is proven that the measurement model is valid and reliable.

Table 4.2 Measurement Model

Constructs	Items	Loadings	AVE	CR
English Proficiency	EP1	0.904	0.689	0.897
	EP3	0.792		
	EP4	0.931		
	EP5	0.668		
Employability Skill	ES1	0.863	0.786	0.948
	ES2	0.898		
	ES3	0.897		
	ES4	0.905		
	ES5	0.870		

Job Mismatch	JM1	0.867	0.663	0.907
	JM2	0.855		
	JM3	0.845		
	JM4	0.775		
	JM5	0.720		
Unemployment	U1	0.800	0.565	0.864
	U2	0.707		
	U3	0.852		
	U4	0.822		
	U5	0.531		

* *Note*: EP2 was deleted due to low loadings.

Table 4.3 Discriminant Validity (HTMT)

		1	2	3	4
1.	English Proficiency				
2.	Employability Skill	0.443			
3.	Job Mismatch	0.737	0.577		
4.	Unemployment	0.711	0.708	0.748	

4.4 Structural Model

Using a 5,000-re-sample bootstrapping procedure, the path coefficients, standard errors, t-values, and p-values for the structural model were obtained. It was reported that p-value is not the most accurate standard for determining the significance of the hypotheses, hence, an integration of criterions, such as p-values, confidence intervals, and effect sizes were used to determine the significance of the relationships (Halm and Ang, 2017). Table 4.4 shows the summary of the criteria used to test the hypotheses.

First, we assessed the effect of the three predictors on unemployment. The R2 was 0.585, which showed that all the three predictors explained 58.5% of the variance in unemployment. English Proficiency ($\beta = 0.329$, $p < 0.05$), and Job Mismatch ($\beta = 0.219$, $p < 0.05$) were both positively and significantly related to unemployment. Thus, H1 and H3 were supported. However, Employability Skills ($\beta = - 0.386$, $p > 0.05$) and unemployment are negatively related, but the relationship was not significant. Hence, HI and H3 were significantly and positively related.

Table 4.4 Hypothesis Testing of the Direct Effects

Hypothesis	Relationship	Std Beta	Std Error	t-values	p-values	BCI LL	BCI UL	f^2	VIF
H1	EP → U	0.329	0.081	4.081	0.000	0.161	0.478	0.155	1.689
H2	ES → U	-0.386	0.091	4.260	0.000	-0.545	-0.195	0.259	1.384
H3	JM → U	0.219	0.103	2.118	0.034	0.042	0.042	0.059	1.957

Note: We use 95% confidence interval with a bootstrapping of 5,000 re-samples

CHAPTER 5

CONCLUSION

5.0 Conclusion and Managerial Implications

The objective of this study is to examine the effect of English proficiency, employability skills, and job mismatch on unemployment. The result of this study revealed that English proficiency has a significant positive relationship with unemployment rate. The significant positive relationship between English proficiency and unemployment indicates that if youth graduate has a higher English proficiency level, they can lower the unemployment rate in Malaysia. The finding is consistent with those of the prior studies that English proficiency was found to impact positively on the unemployment rate (Lim and Normizan, 2004). However, the relationship between employability skills and unemployment was insignificant in this study, implying that employability skills among youth graduate do not have a significant relationship with the unemployment issue. This finding is consistent with those of the previous research (Knight, 2015). Meanwhile, job mismatch was found to have a positive relationship with unemployment This result supported the findings of prior studies that job mismatch affects unemployment in a positive and significant manner.

5.1 Limitation and Suggestions for Future Research

Although the empirical findings of this study could contribute to the existing social literature, but the result of the present study may not be able to be generalized to the whole of Malaysia or other states. This is because the samples are purposive in nature. Some suggestions for future research include obtaining the data from a wider audience.

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4. A Study To Uncover The Factors That Influence The Intention To Use E-Hailing Services Among Youth Users In Malaysia

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Abstract

In this digital era, the Internet of Things (IoT) is widely used across the globe. It helps to create a lot of business opportunities and this includes e-hailing. The rise of e-hailing started when there was a lot of disagreement in using taxis as youth users were claiming that taxi drivers were charging their passengers excessive fees for short journeys, refusing the use of taxi metres, and turning down their passengers. Therefore, the innovation of e-hailing services has provided passengers with alternative public transportation. The purpose of this paper is to investigate the factors namely, relative advantages, ease of use, and safety and security that influence the intention to use e-hailing. In order to conduct this research, quantitative data was collected by using a convenience sampling technique and a computer-administered survey. The surveys were distributed to 82 respondents between the ages of 18-35 that have experienced e-hailing services among youth users in Malaysia. The data were collected using Google Form via social media, email and embedded websites and were analysed by using the SPSS software. The relationships between variables were investigated using Diffusion of Innovation Theory. Based on the results, study found that ease of use and safety and security have a positive influence on the intention to use e-hailing. Whereas relative advantages were found to be insignificant. In a nutshell, this study suggests that e-hailing services should focus more on providing safety and simplicity of e-hailing towards the passengers.

Keywords: Grab; e-hailing; intention to use e-hailing; Grab Malaysia

Introduction

Most taxi companies, whether they are licensed individual drivers or taxi fleets, are now using e-hailing apps (Kamarul, 2016). Malaysian cities have increasingly embraced shared mobility. However, despite the rapid expansion of e-hailing transportation and its good influence in Malaysia, several issues have developed as a result of its development (Anggriawan, 2019). This is enabled by technology and driven by opportunities, while taking into account human factors such as trust, safety, and security, as well as cost, time, and availability (Juma, 2016). The online car-hailing platform has grown in popularity as the market has grown in size and industry standards have improved.

Prices for e-hailing services have continued to decrease, but they are still less expensive than local taxis because of Malaysia's poor public transportation system and users' desire for personal vehicles for a better tourism experience (Jais & Marzuki, 2020). The popular e-hailing service Uber has clearly changed the taxi business by offering lower costs, faster and better service, and greater transparency in selecting drivers and deciding tariffs (Pepi, 2018). Frey, Uber CEO, said: “The impact is complex; while some people are seeing revenue losses, Uber is creating more jobs than it destroys, as evidenced by the phenomenal expansion of self-employment since the launch (Forbes ,2017). This is an issue of comparative advantage.

Another concern is e-hailing service safety. In 2018, a former Grab driver in Singapore was acquitted of a sex crime against a female passenger after a High Court judge ruled that prosecutors had failed to show her inability to consent "beyond a reasonable doubt." Mr. Chen Yaoxin, 48, claims to have been tried in 2022 on one count of attempted rape, sexual assault, and insulting modesty (Tang, 2022). Besides that, The Straits Times (2017) reported that a Grab driver assaulted a 17-year-old girl due to

some misunderstanding and her nose was broken. It all happened in Puchong, Malaysia. Therefore, the people in Malaysia are becoming increasingly wary of e-hailing services as a result of these safety concerns. As a result, this organisation needs to do research about the public's impression of the safety of e-hailing services in the nation.

Last but not least, the e-hailing app's ease of use. Grab's services will be intermittently unavailable to users and their drivers/delivery partners in various countries, including Malaysia, Singapore, the Philippines, and Indonesia, until 2021. The Malaysian Grab Drivers Association's chairman, Arif Asyraf, claims to have received hundreds of complaints from drivers regarding service concerns (The Star, 2021). Almost all respondents (97 percent) think that human error is to blame for network disruptions (Bednarz, 2016). When individuals use e-hailing services in Malaysia, they may not be able to utilise the app correctly in areas with inadequate internet connections. Its benefits are heavily influenced by its ease of usage. As a result, this group must investigate the issue of Malaysians' ease of use impacting the usage of other people.

This chapter will outline the survey's research objectives and perform a more in-depth market analysis on them. The first is to test if relative advantage has a positive and significant influence on intention to use E-hailing. The second is to investigate if safety and security has a positive and significant influence on intention to use E-hailing. The third is to check if ease of use has a positive and significant influence on intention to use E-hailing. Lastly is to test if the difference of gender has a positive and significant influence on intention to use E-hailing.

Review of literature

Diffusion of Innovation Theory

One of the earliest social science ideas is E.M. Rogers' Diffusion of Innovation (DOI) Theory, (Wayne, 1962). It was first used in communication to describe how an idea or product develops traction and diffuses through a population or social system over time. The eventual effect of this dissemination is that individuals embrace a new concept, habit, or product as part of a social system. Adoption entails a person doing something different from what they previously did (i.e., purchase or use a new product, acquire, and perform a new behaviour, etc.). Adoption depends on the person's perception of the concept, behaviour, or product as novel or unique. Diffusion is conceivable as a result of this. While the majority of the general population falls into the intermediate group, it is still vital to understand the characteristics of the target market (Wayne, 1962).

A behavioural research and analysis of people's perceptions of e-hailing services may be investigated and evaluated utilising the Diffusion of Innovation (DOI) theory in this study. Innovators, early adopters, early majority, late majority, and laggards are the five types of innovators identified by Rogers. Non-adopters are sometimes added as a sixth group. The bell-shaped curve graphic below depicts the initial five categories. As may be seen. Rogers calculated the percentages in each group, which are quite close to those seen in a standard bell curve (Kaminski, 2011)

According to Rogers, the five adopter categories are distributed as follows: The first 2.5 percent of people to adopt an innovation are innovators, followed by 13.5 percent early adopters, 34 percent early majorities, 34 percent late majorities, and 16 percent laggards. It's worth noting that the Laggard’s group is far larger than the innovators category at the other end of the range (CFI Education Inc., 2020). The five types of adopters may be explained in terms of their impact on the inventive and adoption processes in the context of technological innovation adoption.

Intention to use E-hailing

Business has changed dramatically in the age of digitalization and technology. The traditional taxi service has evolved into a cutting-edge technology-based e-hailing business (Arora et al., 2021). According to Jais and Marzuki (2020), in Malaysia, e-hailing is known as the use of technology and apps to help facilitate the paying passengers to book for a private vehicle to transport them to their destination. Whereas in North America and Europe, it is called either "Ride-Hailing" or "Ride Sourcing" (Shaheen et al., 2015). Other than that, in terms of intention to use, it is known to be defined as a thing intended, a plan or an aim (Ubaidillah et al., 2019). Due to the fact that the advancement of technology is bringing lots of business opportunities to penetrate the market, e-hailing is one of them. According to Ubaidillah et al. (2019), the factors that may influence the customer's intention to use e-hailing are perceived safety and security, perceived price and advantage, perceived convenience and perceived accessibility. Besides that, other studies of Ubaidillah et al. (2019) did research on the generation Z's intention to use e-hailing and the factors that they pointed out were the effect of social marketing, price, reliability, and customer satisfaction.

According to Ubaidillah et al. (2019)'s study has collected 330 numbers of respondents from the undergraduate students in Malaysia. The study came to a conclusion that all the factors except perceived safety and security have significant relationship with the intention to use e-hailing. Other than that, in foreign studies stated by Joia and Altieri (2018) have used user satisfaction as a moderating variable to link perceived utility, compatibility, relative advantage and trust with the intention to continue use of e-hailing. Moreover, the study also found out that subjective norms directly influence the customer's intention to continue the use of e-hailing.

Relative Advantage

According to Rogers (2003), relative advantage refers to relative advantage as the degree to which an innovation is considered better than the existing idea. In other words, innovation – e-hailing is considered better than the existing idea – taxi services. An e-hailing company called Grab was introduced in Malaysia in 2012 and Uber, the previous e-hailing company in Malaysia started in late 2013. The fall of taxi services started due to the poor public transport infrastructure in Malaysia and also consumers preferring to experience better private vehicles at lower fares over local taxis (Jais & Marzuki, 2020).

From the previous research from foreign countries stated in Ruangkanjanases and Techapoolphol, (2018) and Juma (2016) that relative advantage could affect the passengers' adoption of e-hailing. Moreover, the study by Min et al. (2019) stated that adding unique features into e-hailing applications could help to enhance customer's intention to use e-hailing services. Therefore, in this study, investigation is going to be made regarding whether relative advantage affects the passengers to have the intention to use e-hailing or not.

Consumer repurchase intention is influenced by the relative advantages of the e-hailing service, according to marketing literature (Arumugam, et al 2020). In contrast with conventional taxi, drivers that uses e-hailing applications receive benefits in both immediate and roundabout ways, including expanded pay from additional clients, less holding up time at the taxi stand, lower fuel costs, and further developed client support, further developed traveller relations, and expanded traveller fulfilment (Juma, 2016). On the other hand, their own research regarding Malaysia's market proves that relative advantage has a positive influence on the intention to use e-hailing (Arumugam et al., 2020; Salim et al., 2021; Min, et al., 2019). Thus, hypothesis 1 can be proposed as follows:

H1: Relative advantages have a positive influence on the intention to use E-hailing

Ease of Use

Ease of use is referred to as the degree where users feel effortless in using a particular system, Davis (1989). Followed by the study of Rogers (2003), ease of use is known to be as an extent to which personal perception efforts claimed to use the application. According to Khor et al. (2019), the context of ease of use in e-hailing indicates that consumers can easily understand the procedures of booking a ride using the e-hailing mobile app without any error. In this study, further research will be conducted to investigate the relationship between the intention to use e-hailing and ease of use.

Khor et al. (2019) holds the view that clients will profit from the e-hailing application's clear and available site route as well as its quick burden time. Other than that, payments can be made in a variety of ways, including cash and non-cash (e-wallets, plastic money, payment through e-hail app, credit card, Internet banking, etc) (Ubaidillah et al., 2019). Furthermore, Joia and Altieri (2018) categorised user-friendly, simple navigation, straightforward steps and effortless learning on how to use the e-hailing app under the factor ease of use. According to Salim et al. (2021) also have given a few contexts of ease of use in e-hailing services which includes user-friendly, few steps required to access, an easy navigation of menu, need not to learn a lot of things, and no manual or explanation is required to use the e-hailing application. All in all, ease of use greatly affects the intention of Near Field Communication (NFC) empowered versatile charge cards (Ruangkanjanases & Techapoolphol, 2018). The discussion led to the following hypothesis formation.

H2: Ease of use has a positive influence on the intention to use E-hailing.

Safety and Security

Safety and security is a straightforward topic. According to Ruangkanjanases and Techapoolphol (2018), taxi consumers tend to feel uncertain about their safety when they are travelling with unknown taxi drivers. Therefore, e-hailing services insist their drivers provide evidence of liability insurance and are free from criminal record

(Ubaidillah et al., 2019). Customers have long had worries about wellbeing while involving ridesharing administrations with regards to ridesharing (Boon et al., 2018).

The e-hailing platform's supervision of the driver's service attitude is also constantly improving, and the punishment is also quite heavy. Minor violations basically result in a month's earnings, takeaway deductions (Ubaidillah et al., 2019). According to Teo et al. (2018) mentioned that consumers' safety concerns include drivers and passengers' privacy, the conditions of the vehicle, and insurance coverage. Furthermore, Ceder et al. (2013) also mentioned that personal safety, reliability of connection and information related to the transfers are one of the few aspects that may influence the travellers' decision on whether or not to use public transport. In addition, in vitro studies from Boon et al. (2018) have shown that trip characteristics, for example, individual security, venture time, association dependability, move time, and data connected with moves have been viewed as basic elements for voyagers' impression of move courses and individual wellbeing at stations for administration quality. It has been distinguished as the main component in explorers' choices to utilise public transportation. Thus, hypothesis 3 and research model of this study are shown as follows:

H3: Safety and Security has a positive influence on the intention to use E-hailing.

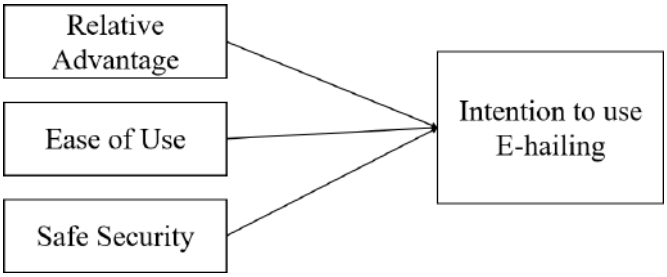


Figure 1. Illustration of intention to Use E-hailing

Methodology

This research was conducted through quantitative research. A questionnaire was utilized to collect data via sending out computer-administered surveys. Consumers of e-hailing services in Malaysia who between ages of 18-35 were chosen as the study's target group. This is because e-hailing is a relatively new business and it is generally being easily accepted by the younger generation even this e-hailing service is available to people of various ages. In this research, a non-probability sampling technique is used to find the sample for this business research. According to Sekaran and Bougie (2019), non-probability sampling is when there is no known predetermined chance that these elements exist as the subject. The type of non-probability sampling is judgemental sampling because the potential respondents need to fulfil two criteria such as (1) ages requirement between 18-35 and (2) their experiences using e-hailing services. A five-point Likert scale, ranging from 1 for strongly disagree to 5, was used to ask respondents to score each question item which is adapted from previous studies. Data collected were analysed using Statistical Package for the Social Sciences (SPSS) software, version 26.0.

Result

Descriptive Statistics

Descriptive statistical approaches are used to examine the demographics of respondents which shown in Tables 1. Respondents' demographic information was collected via a Google Form survey. This demographic data includes gender, age, marital status, state born and education level and only 82 responses were collected.

Table 1. Demographic attributes of the respondents

Demographic Variables		Frequency	Percentage (%)
Marital Status	Single	68	82.9
	Married	11	13.4
	Divorced	1	1.2
	Widowed	2	2.4
State Born	Penang	45	54.9
	Johor	14	17.1
	Kedah	12	14.6
	Selangor	6	7.3
	Other	5	6.1
Gender	Female	42	51.2
	Male	40	48.8
Age	18-25	70	85.4
	26-35	12	14.7
Highest Education	High school or lower	10	12.2
	Diploma / College level	31	37.8
	Bachelor Degree	36	43.9
	Master Degree	5	6.1

According to Table 1, men dominated the respondents, accounting for 51.2 percent of all respondents, while women accounted for just 48.8 percent of all respondents. Respondents aged 18-25 contributed 85.4 percent and the remaining 14.7 percent were aged 26-35. The information gathered is all related to the e-hailing service. Penang accounted for 54.9 percent of respondents' floating cities, followed by Johor, Kedah, and Selangor (39 percent), and other areas (6.1 percent). The majority of the respondents have at least a bachelor's degree in their educational background. Students dominated the current work level of the respondents in this research, accounting for 62.2 percent of all respondents.

Reliability and validity testing

Reliability and validity of the measurement instrument are also known as the goodness of measure (Hair, et al., 2018). Factor analysis is one of the methods that normally applied to validate the reliability and validity of measurement scales (Sekaran & Bougie, 2016). Factor analysis can only be performed if there is univariate and multivariate normality within the data (Child, 2006). Confirmatory Factor Analysis (CFA) was applied in this study as the factor structure of a set of observed variables were based on theory or past studies or both (Hair et al., 2018). The reliability of the survey instrument was tested by Cronbach's alpha coefficient to measure internal consistency. A validity test needs to be carried out for every item that constructs the study to ensure the data used for measurement instruments will be able to carry out factor analysis (Hair, et al., 2018). The Cronbach's Alpha value is used in reliability analysis. All variables' Cronbach's Alpha values must satisfy the minimum acceptable level of 0.7, according to Kline (1999). All relevant variables have Cronbach's Alpha above the cut-off value of 0.7, according to the reliability test results in Table 2. As a result, the items that were kept for each of the variables are used in the next section's multiple regression analysis.

The number of factors in the main component extraction and Varimax rotation processes has been adjusted to five to coincide with the suggested research approach. Barlett's Test of Sphericity and Kaiser-

Meyer-Olkin measure of sample adequacy (KMO) were used to ensure that the measuring items accurately measured the constructs. The researcher is aiming for a KMO score of 0.6 and a Bartlett's Test score of less than 0.05 as a cut-off number (Barlett, 1954; Kaiser, 1974). The validity test was satisfied as all of the independent variables were respectively belong to same component. The result of factor analysis is shown in Table 3.

Table 2. Mean, standard deviation and Cronbach's alpha result.

	Intention to Use (ITU)	Relative Advantages (RA)	Ease of Use (EOU)	Safety and Security (SS)
Mean	3.65	3.89	3.95	3.65
Standard deviation	0.791	0.962	0.791	0.821
Cronbach's alpha	0.854	0.932	0.882	0.854

Table 3. Factor analysis for independent variables.

Item	Component		
	1	2	3
Relative Advantage (RA) 1	0.842		
Relative Advantage (RA) 2	0.882		
Relative Advantage (RA) 3	0.740		
Relative Advantage (RA) 4	0.825		
Relative Advantage (RA) 5	0.769		
Relative Advantage (RA) 6	0.768		
Ease of Use (EOU) 1		0.680	
Ease of Use (EOU) 2		0.839	
Ease of Use (EOU) 3		0.779	
Ease of Use (EOU) 4		0.755	
Ease of Use (EOU) 5		0.776	
Safety and Security (SAS) 1			0.648
Safety and Security (SAS) 2			0.845
Safety and Security (SAS) 3			0.730
Safety and Security (SAS) 4			0.816
Safety and Security (SAS) 5			0.759

Hypothesis Testing

The researcher used a regression analysis model to assess the association between the dependent and independent variables. This study put forward three hypotheses in the preceding part, namely, if the independent factors, relative advantage (RA), ease of use (EOU), and safety and security (SS), have a beneficial impact on the link between the dependent variable, intention to use (IOU).

Table 4 shows that there was a 1.619 (16.19 percent) shift in intention to use (IOU), which was explained by three independent variables: relative advantage (RA), ease of use (EOU), and safety and

security (SS). This research is regarded as having a good moderate model fit. In statistical regression analysis, the Durbin-Watson test investigates the autocorrelation of residuals (Hair et al., 2014). The Durbin-Watson statistic is always in the range of zero to four. A score of 2 indicates that the sample has no autocorrelation. Positive autocorrelation is indicated by values near to 0, whereas negative autocorrelation is shown by values close to 4. The Durbin-Watson value in this study is 1.690, which is between 0 and 2, suggesting that there is a positive autocorrelation

The beta value of Relative Advantage is 0.060, and the t value is 0.555, which is not statistically different from Intention to Use, according to the regression results. As a result, assumption 1 is invalid. However, with a significance level of 1%, a beta value of 0.315, and a t value of 2.759, the second independent variable, ease of use, was positively linked with the intention to use the e-hailing mobile app. Furthermore, the third independent variable "Safety and Security" had a beta value of 0.358 and a t-value of 3.160, suggesting that Safety and Security (SS) was positively and substantially linked with the intention to use the E-Hailing mobile app. (ITU) at a significance level of 1%. This suggests that a 1% mistake is acceptable. Hypotheses 2 and 3 are so supported.

Table 4. Results of multiple regression analyses.

Independent Variables	**Dependent Variable – Intention to Use (ITU)**	
	Beta	**t-value/p-value**
Relative Advantage (RA)	0.490	0.555
Ease of Use (EOU)	0.315	2.759***
Safety and Security (SAS)	0.358	3.160***
R square	0.435	
R square change	0.413	
Durbin-Watson	1.690	
Significance of model, p	19.982***	

p<0.1, **p<0.05, ***p<0.01

Discussion

The first set of findings indicate that there is no evidence to support the idea that relative advantage (RA) has a favourable impact on a person's desire to utilise an e-hailing mobile app. Although previous studies by Arumugam et al. (2020) and Salim et al. (2021) stated that Relative Advantages positively influenced the customer's intention to use e-hailing, yet this research has insignificant relationship between the 2 variables. Due to the respondents' similar rates in this poll and only 82 instances totalled responders in the study. This makes it impossible to conduct an accurate test, hence the study's findings do not support this idea. Assuming H1, there is no evidence to support a positive link between user ease of use and relative advantage.

As predicted by the diffusion of innovation theory, the results collected demonstrate that user ease of use (EOU) has a beneficial impact on users' happiness with the system. Similar to the previous study by Min et al. (2019), perceived ease of use may affect customer's attitude towards the intention to use e-hailing. In order for attitudes and intents to utilise information systems, user usability structures are well-known and often used in academic literature and frequently found in DOI-supported studies. Hypothesis H2,

linking usage intent to user ease of use, is also supported through a metamodel. Therefore, e-hailing companies are advised to reduce the complexity of e-hailing applications, which make it more user friendly and convenient for the users to access it. This is because Min et al. (2019) of study stated that the complexity of the e-hailing apps brings negative influence towards the perceived ease of use. This means that e-hailing apps could make it less complex by adding ride history features and tutorials for new users who intend to use e-hailing.

According to the third set of data, using the E-Hailing mobile app is positively impacted by safety and security (SS) in line with the outcomes anticipated at the start of this investigation. Previously mentioned in Teo et al. (2018); Yunoh and Ibrahim (2020)'s studies stated that safety and security positively influence the intention to use e-hailing. Hence, this research has perfectly aligned with previous studies' results. Safety and security structures are well recognised and regularly employed in academic literature in order to shape attitudes and intentions about using information systems. Hypothesis 3 is significant. Hence, e-hailing companies should not only focus more on passengers' safety but also driver's safety in order to reduce any problem that may occur. E-hailing companies should protect passengers' privacy, and disclose drivers' basic information. Moreover, e-hailing companies may also suggest safety features such as letting the passengers have the ability to rate and review their drivers' driving behaviour and attitude. This could help the future passengers to be aware if their rides are safe or not.

In addition, different test analysis was conducted by using independent t-test to analyse the intention to use e-hailing between male and female. Result shows that there are no significant differences between male and female users. This may be due to the fact that the research's sample size is too small. Therefore, results may not be as accurate as expected.

Limitation and Suggestions

There are several limitations that occurred while conducting the research. First of all, there were limitations of funds. Limitations of funds lead to difficulty in collecting resources or data as some of the resources require subscription fees. For example, statista, journal studies like Springer, Elsevier etc. Other than that, there was a limitation of time. The time allocated to conduct this business research was limited to a period of approximately 3 months which is from April, 2022 to July, 2022. The research requires a lot of time and strength to collect the data from other resources and survey the respondent, and in order to improve the accuracy of the studies, more time is required. Last but not least, there were a limited number of respondents. The ideal number of respondents for this research was 100 number of respondents, but eventually it had only achieved 82 number of respondents.

Therefore, there are a few recommendations suggested in order to improve the limitations mentioned above. Firstly, to solve the problem of fund limitations, researchers can try to look for sponsorship from the college or the company of the e-hailing apps to support the studies. Secondly, in terms of time limitation, the period of business research should be further extended into 6 months which is from April, 2022 until October, 2022 in order to make the studies more accurate and reliable by receiving more information and having more time to survey more respondents. Lastly, other than the use of Google Form, the research should increase the variety of methods in surveying the respondents. For example, printing questionnaires on paper and sending them to the household letter box.

Conclusion

In this study, the associations between relative advantage (RA), ease of use (EOU), safety & security (SS), and intention to use e-hailing are being investigated. The outcome shows a substantial positive significant relationship between the independent variable (Ease of use, Safety & Security) and the dependent variable (intention to use). However, there is no significant relationship for Relative advantage and intention to use. Therefore, e-hailing companies should focus more on customer's safety

and being user friendly in order to gain customer's intention to use e-hailing services. The goal of the study is accomplished.

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5. Academic Stress On The Youths' Mental And Physical Hygiene

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Abstract
This study looked at how youngsters perceived academic stress, which had a big impact on their mental and physical well-being. The paper also looks into how academic stress can affect the youth in 3 different categories which are behavioural, psychological, and physical effect. We found that more than half of the respondents think that academic stress can be a good stress as it can benefit us later on. The idea of academic stress dates back to the early 1900s, yet it has strongly influenced today's youngsters. Data were gathered through a Google Form survey that was managed to be completed by 108 respondents online. Respondents between 18 and 29 contribute to the responses, considering them as the youth by their age. The outcomes of this study may be beneficial for future research on how these causes of stress affect students' performance and health.

Keywords: Academic Stress on Youth, Behavioural, Psychological, Physical effect, Causes of Stress, Beneficial stress.

Introduction

Stress among undergraduate students is very common as many college or university students report dealing with varying levels of stress throughout the university for a number of different reasons. Early in infancy and/or during adolescence, prolonged physical and/or psychosocial stress raises the chance of developing psychiatric disorders such as major depressive disorder and anxiety disorders (Rika Tabaka, Daisuke Ibi, Koki Watanabe, Kota Hayakawa, Genki Nakasai and Masayuki Hiramatsu, 2022). However, stress is part of our everyday lives and not all stress is bad. Studies show that good stress can have positive effects on the mind and body. Eustress (good stress) keeps you focused and motivated, increases your excitement, and improves your performance. Stress is key to survival, but it can take a toll on your body if it goes on too long. Chronic stress (bad stress) can last for weeks or months,

physically or emotionally. Increased stress can have many harmful effects on the body (Mollie Worden, 2022). In addition, Academic progress can be reversed by stress, which can affect coping, cause poor academic performance, and reduce cognitive functioning. (Kadene Leslie, Kimarie Brown, and Joyette Aiken, 2021). According to the World Health Organization, stress can be defined as any kind of change that causes physical, emotional, or psychological distress. Stress is the body's reaction to something that requires attention or action. Everyone is stressed to a greater or lesser extent. However, the way you respond to stress has a big impact on your overall health (2021).

Purpose of the study

In this study, research has been done to measure stress experienced by university students that have been reported in a survey. The majority of studies on this topic have focused on students' academic stress related to their life. Among these studies, various combinations of quantitative and qualitative methodologies were used to find the reason and effect of how stress has affected a student's life. This survey instrument contains 21 questions to determine potential sources of stress for undergraduate students. The questions are classified into categories: experienced academic stress, causes of stress, ways students cope with stress, the effect of academic stress on behavioural, psychological, and physical conditions, and the COVID-19 pandemic's influence. For instructors and staff at all campuses, this study may offer helpful insight on how to better assist students who are experiencing stress-related symptoms.

Academic stress

Academic stress is defined as a student's psychological state resulting from persistent social and self-imposed pressures in the school environment that deplete the student's psychological reserves (Zhang, X., Gao, F., Kang, Z., Zhou, H., Zhang, J., Li, J., Yan, J., Wang, J., Liu, H., Wu, Q., & Liu, B, 2022). Academic demands that go beyond a student's capacity for learning can also lead a person to experience academic stress (Eri Riana Pertiwi, Syarifah Rauzatul Jannah, and Teuku Tahlil, 2020). Furthermore, according to (36.5%) of US college students, stress was the main factor in their poor academic performance in the past year. (The American Institute of Stress, 2022). Almost all college students admitted that their school life was stressful. The fields that experienced the highest levels of stress were medical, education, and arts (Sarah Hardey, Scot Thomas, Sophie Stein, Ryan Kelly, Kristina Ackermann, 2022). Common stressors in college include the overwhelming task, the deadline of each assignment, the teaching method on a major subject, and a lot more. As we all know, this problem was also caused by COVID-19, which has been raging nationwide since December 2019. The extreme problem with Covid-19 has interfered with daily activities, especially academic pursuits. The COVID-19 epidemic has forced governments around the world to close all educational institutions in an effort to stem the spread of the disease, which directly affects students, teachers, and institutions (Yamini Chandra, 2020).

Sources of academic stress

According to the American Psychological Association, the largest number (87%) of college students in the United States cite education as the number one cause of stress. This is due to rigorous classes, studies, time management, classroom competition, financial worries, family pressures, and difficulty adjusting. A new environment – but few studies have looked at how this stress directly affects mental health (Patti Verbanas, 2022). Moreover, Students also face a variety of new problems when attending university, including those related to academic demands, autonomy for personal needs and activities, and greater freedom in learning that differs from the educational standards at levels prior (Nirwana Permatasari and Dewi Retno Suminar, 2021). Based on our questionnaire sample, undergraduate students that participated in this question have chosen that the greatest common cause of their stress is because of the overwhelming task. The second place that causes students stress is the deadline of each assignment. Although the stress response may be the same, the causes of stress reported by individuals

differ. These differences are found in the causes, sources, and consequences of stressors. Some of the most common stressors reported in academic settings are over-allocation, poor time management and social skills, and peer competition.

Effect of academic stress

There are many negative effects that academic pressure can have on a young person's development. Considering information from the Household Health Survey (SKRT) of the Ministry of Health Research and Development Agency, the prevalence of mental disorders among adults and adolescents was found to be 140 per 1000 household members (Wulan P. Saroinsong, Muhammad Reza, Nurul Khotimah and Brwa Aziz Sidiq, 2020). Based on the survey that has been done, the students have chosen a different type of effect that they have been noticing about themselves. The effects of stress are divided into 3 different categories which are behavioural, psychological, and physical. Academic stress may cause high anxiety as well as the students worrying about failing the course. Academic stress can exacerbate symptoms for people who already have depression or anxiety disease, which is nothing new. A study by the Anxiety and Depression Association of America (ADAA) showed that (30%) of students had a negative effect of stress on their academic performance (Bay Atlantic University, 2022). The educational environment of a university usually creates a competitive environment, which often causes stress and anxiety among students. From the point of view of the students, sometimes we definitely need to be in a situation which is forcing us to do something seriously. However, universities need to take student stress seriously in academic settings, because the negative effect may get worse if it is not being well-handled soon.

Ways of coping with academic stress

The way the students deal with stress is known as cope. The term coping is referred to behavioural and cognitive efforts in accomplishing the appraisal situation that is important for stress regulation. Coping, the process of trying to self-manage stress to improve functioning and well-being, is thought to play an important role in balancing stress (Panagiota Manti, Dimos Mastrogiannis, Marianna Mantzorou, Theodoula Adamakidou, Alexandra Mantoudi, Spyridoula Stefanidou and Fiona Timmins, 2022). It needs to be highlighted that stress may not affect all people exactly the same and the differences among the individual takes a crucial role in coping with stress. From the observation of the result of the questionnaire, undergraduate students have different responses in dealing with stress. Thus, the students need to know how to cope with stress. By knowing the terms of coping with stress, they will know whether they need it and how they can find medical care, social support, and advice from professionals.

Methods Sample Data

Since the major objective of this is to identify and examine the main sources of academic stress, which can possibly have important effects on the performance and the health of undergraduate students, it was necessary to formulate a questionnaire that would adequately take in account undergraduate students social, economic, environmental, and studies related sources of stress. Our sample consisted of 108 Malaysian university students and the questionnaire consisted of 21 items that were divided into three categories of potential sources of "stress" including the sources related to university students.

Measures

Data were collected according to 3-point Likert scales (1 = yes, 2 = no, 3 = maybe) and the rest were multiple choice pie charts and multiple-choice bar graphs. We developed the frequency of academic stress, the causes of academic stress, the effects of academic stress, and the COVID-19 pandemic's influence.

The frequency of experiencing academic stress. The sample item is "Do you frequently experience academic stress?" These items were measured using three-point Likert Scales (1 = yes, 2 = no, 3 =

maybe).

Common causes. The sample item is "What do you truly think are the greatest common causes of academic stress?" These items were measured using multiple-choice bar graphs.

The effects of academic stress. It was measured by using multiple-choice bar graphs. The items consisted of behavioural, emotional, and physical.

COVID-19 pandemic's influence (Dr. G. Ponselvakumar, Mr. S. Alaguraja, 2022). It was also measured by using three-point Likert Scales (1 = yes, 2 = no, 3 = maybe). For example, the item is "Has the covid-19 outbreak, where you must fully implement all of your classwork, assignments, and examinations from home, worsened your stress levels?"

Respondent profiles

Based on our hypothesis using a sample of 108 Malaysian student participants, most of the respondents (81.5%) were female and the rest (18.5%) were male. A total of 96.3% of the respondents were between 19 to 24 years old. The respondents' demographic profile is depicted in Table 1.

Table 1
Profiles of Respondents (N=108)

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	20	18.5
	Female	88	81.5
Age	Under 18	1	0.9
	19 - 24	104	96.3
	25 - 28	2	1.9
	29 and above	1	0.9

Results

4.0 Data Analysis

To analyse the data, the research was conducted using an online survey via a google form. In the survey, there were 18.5% of males and 81.5% of females were older than 18. 96.3% of Malaysian respondents to this study were between the ages of 19 and 24, making up the majority of respondents. 0.9% were under 18, 1.9% were between the ages of 25 and 28 and 0.9% were 29 and above. More than half of the respondents were female (81.5%). The majority of the respondents (96.3%) were of the age group ranging from 19 and 24 years. Our poll specifically sought participants whose ages were within the Generation Z range because our research is primarily focused on Malaysian youth.

4.1 The proportion of academic stress influence

Based on the basic question, respondents were asked how often they have experienced academic stress. About 36.1% of the respondents answered once a week, 32.4% answered every day, 16.7% chose only a few times in a month, 10.2% answered once a month while the remaining 4.6% chose never. As we

can see the highest voting the respondents chose was once a week. It shows that they experienced academic stress at least once a week. The respondents were also asked how frequently they experience academic stress where the answer is yes, no, or maybe. We found that 50.9% of 55 respondents chose yes, while 32.4% of 35 respondents answered no and the rest 16.7% of 18 respondents chose no. One question was asked to understand the knowledge of respondents concerning the phenomenon of the causes of academic stress.

Table 2
Summary common causes of academic stress

Cause	Frequency	Percentage (%)
Overwhelming tasks	83	76.9
Deadline of each assignment	80	74.1
Teaching method on a major subject	39	36.1
Participation in clubs and organisations	22	20.4
Groupmates unfavourable behaviour	62	57.4
Grading in test	2	1.8

The results in this table below show that most of the respondents 76.9% chose overwhelming tasks that cause academic stress while 74.1% of the respondents chose the deadline of each assignment. Also, about 57.4% of the respondents chose a teaching method for a major. Approximately 36.1%, 20.4%, and 1.8% of respondents answered participation in clubs and organisations, groupmates' unfavourable behaviour, and grading on the test that cause them to have academic stress.

Table 3
Summary effects of academic stress on youths' mental being

Effect	Frequency	Percentage (%)
Behavioural		
Mood changes, anger outbursts and frequent conflict	81	75
Decrease efficiency and effectiveness on your work	59	56.4
Change in sleep patterns	55	50.9
Periods of crying	41	38

Psychological		
Anxiety or fear	63	58.3
Feeling helpless and hopeless	65	60.2
Sadness, moodiness, grief or depression	66	61.1
Feeling isolated, lost, lonely or abandoned	55	50.9
Physical		
Headache	80	74.1
Lower back pain	43	39.8
Menstrual cycle change	36	33.3
Sore or aching muscles	33	30.6

Respondents were then asked yes, no or maybe questions about whether the COVID-19 outbreak, where they must fully implement all of their classwork, assignments, and examinations from home, worsened their stress levels. About 49.1% of the respondents answered yes, 32.4% answered maybe, and the remaining 18.5% answered no.

Discussion

Our primary findings showed a positive correlation between perceived academic stress and physical hygiene in Malaysian scholars, suggesting that academic stressors, including academic prospects, workload and grading, and scholars' academic tone- comprehensions, are inversely important as cerebral well-being. Overall, irrespective of gender, or time of the study, scholars who reported advanced academic stress situations endured lowered internal well-being. This study's strengths are the utilisation of well-established scales and large sample size. Our results extend and contribute to the literature on stress by attesting to findings from once studies that reported advanced academic stress and lower cerebral well-being in council scholars utilising the same two scales (Green et., 2021; Syed, 2021). To our knowledge, the maturity of other previous explorations with similar findings looked at different aspects of stress, delved into suggestions of poor internal health, used colourful scales or methodologies, had lower sample figures, or was carried out in colourful nations (Clabaugh et., 2021; Lee et al., 2021; Lopes and Nihei, 2021).

In addition, we set up that scholar, especially council scholars reported the most academic-affiliated torture and the smallest cerebral well-being. We suspect this may be due to this group taking advanced courses, managing heavier academic workloads, and exploring different majors. Other studies support our findings and suggest advanced stress situations could be attributed to increased studying and difficulties with time operation, as well as having less well-established social support networks and managing mechanisms (Karma et., 2021; Yang et., 2021). Our findings suggest that sodalities or

seminaries should consider offering acclimatized internal health coffers, similar to time operation and study skill shops, grounded on the time of study to ameliorate scholars' stress situations and cerebral well-being.

While all of the scholars in our study endured an increase in stress due to the COVID- 19 epidemic, ladies, males, and upperclassmen were disproportionately affected. The vast bulk of data points to the epidemic as the cause of increased stress and deteriorating internal health in scholars (Clabaugh et., 2021; Lee et., 2021; Yang et., 2021). Our findings are harmonious with earlier exploration that discovered some pupil groups suffer disproportionately from epidemic-related torture (Hunt et., 2021; Chen and Lucock, 2022). Particularly, the differences between womanish scholars and their manly peers can be brought on by colourful cerebral and physiological responses to stress reactivity, which in turn might affect colourful managing ways with stress and the advanced frequency of stress-related conditions in ladies (Graves et., 2021).

The counteraccusations of this study are that youth, especially council scholars facing increased stress and floundering with internal health issues should admit personalised and specific internal health services, coffers, and support. This is particularly true for groups that have been disproportionately impacted by academic stress and stress due to the epidemic. Numerous scholars witness internal health struggles underutilizing council services due to cost, smirch, or lack of information (Lee et., 2021). To raise mindfulness and destigmatize internal health, a council or academy can give them guidance on how to seek out the help they need and help the scholars learn to pace themselves sluggishly. In addition, tutoring scholars' healthy stress operation ways have been shown to ameliorate cerebral well-being. also, adaptive managing strategies, including social and emotional support, have been set up to ameliorate the internal well-being of scholars, and stress-reduction peer support groups and shops on the lot could be salutary in reducing stress and perfecting the tone- efficacity of scholars (Suresh et al., 2021). Adaptability has also been shown to help reduce stress and ameliorate cerebral well-being during the COVID- 19 epidemic, so interventions concentrated on perfecting adaptability should be considered (Surzykiewicz et., 2021; Skalski et., 2022).

Conclusion

In sum, it’s undeniable that academic stress absolutely happens to every undergraduate student and affects their life pattern and physical hygiene. The study indicates that academic stress is a common matter in students’ lives, as the majority have experienced it once a week and found it fully controllable. So, academic stress has two types, of which good stress is chosen by most students instead of bad stress. Good stress was a temporary period and could help in the self-improvement of students in their studies, yet bad stress is the opposite of that. In fact, nearly all the students agreed that good achievement of academic goals as planned and the COVID-19 pandemic were factors contributing to higher levels of academic stress.

However, the research obviously shows the main causes of stress during the study week are a lot of revision and the overwhelming tasks needed to do them as well as possible. At the same time, the majority of students also have time constraints and sleep difficulties. Furthermore, the study found that the major behavioural effects of stress that always occur in all students are such as mood changes, anger outbursts, and frequent conflict. Apart from that, the psychological or emotional effects of stress that truly happen are sadness, moodiness, grief, or depression. Students have also encountered headaches as physical effects of that stress. Last but not least, in order to cope with academic stress, people should be given serious consideration by choosing effective steps for having a healthy life and well-being in the future to form a better generation.

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6. Can Physical Activity Affect Youth Mental Health and Well-Being?

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Abstract

In recent years, an increasing amount of attention has been paid to the link between physical exercise and mental health. When it comes to physical health, physiological research has praised the general benefits of exercise, but psychological research has shown that the relationship is more complicated. This study seeks to comprehend how youth participation in physical exercise impacts their mental health and well-being. Using a sample of 111 college students, we evaluated our hypothesis. The results indicated that there is a substantial correlation between physical activity and improved mental health. Unfortunately, while the somatic advantages of physical exercise are widely known, there is less concrete data to show a similar relationship between exercise and psychological well-being. Our findings contribute to the body of information about the significance of physical activity to the mental health of adolescents.

1.0 Introduction

In the past few years, physical activity has gained popularity among the youth. Whether it was traditional sports like football, tennis, and badminton or some modern physical fitness program like Zumba. There are a variety of studies showing that the psychological advantages of fitness gains have surfaced in a wide range of settings. The general belief among physical educators is that maintaining physical fitness is crucial for maintaining a healthy state of mental health. Their presumptions are anchored in an organismic perspective of the mind-body connection (Caputo, E. L., & Reichert, F. F., 2020). A healthy mind is a healthy body. However, the absence of conceptual ties between the body and the mind has been a barrier to the advancement of research on the psychological impacts of engaging in physical fitness training. Psychologists have always held the concept that the mind is an independent entity (Laasik, K. ,2022). Backer (1972) has suggested that "the mind-body problem is relevant to

contemporary psychology only to the extent that the dualistic nature of man remains unchallenged" (p. 563).

Researchers have recently advocated more precise ideas that suggest an indirect physical basis for the psychological benefits of fitness training. The often-cited well-being phenomenon following fitness training has also been linked to the release of morphine-like chemicals known as endorphins are synthesized in the brain and pituitary gland after one's had been involved in a physical activity (Sharifi, M., Hamedinia, M. R., & Hosseini-Kakhak, S. A., 2018). It has been suggested that the reduction in resting muscle action potential that occurs as a result of exercise training is responsible for tension relief (van Praag, H., 2009). This can be further observed when the pandemic of Covid-19 is wreaking havoc across the globe and everyone was being forced to be under a period of lockdown. Being under lockdown can limit one's physical activity and hence might affect one's state of mental health. Even if this pandemic's effect on mental health is not recorded or assessed, similar information may be inferred from earlier coronavirus outbreaks. During the 2015 epidemic of MERS-CoV in Korea, patients were treated with haemodialysis in an isolated setting. After two weeks of isolation, patients reported decreases in their haematocrit, calcium, and phosphorus levels (C.-H., Yoo, K. D., & Wong, A. K., 2020). This suggests that medical seclusion during the Korean MERS outbreak led haemodialyzed individuals to experience a significant degree of stress. The main purpose of this study is to find out the impact of physical activity on youth mental health and well-being among the youth studying at Universiti Sains Malaysia.

2.0 Literature Review

Numerous studies show that engaging in physical activity can improve mental health conditions like cognition (Beier et al., 2014), depression (Kratz et al. 2014; Mura et al. 2014), anxiety (Schoenfeld et al. 2013), neurodegenerative disorders such as Alzheimer's and Parkinson's disease (Peterson et al. 2014). In 1999, van Praag et al. (1999) demonstrated that voluntary wheel running increases the survival of newborn cells in the adult mouse dentate gyrus, a hippocampus area crucial for spatial awareness. Similar to this, after 10 weeks of voluntary wheel running, 3-month-old mice showed a strong correlation between spatial pattern separation and neurogenesis in the dentate gyrus (Creer et al. 2010), and the growth of new blood vessels coincides with the development of new neurons in the dentate gyrus (Pereira et al. 2007). Numerous growth factors, most notably brain-derived neurotrophic factor (BDNF), have been linked to local and systemic expression in the hippocampus, improving cognitive performance in relation to exercise (Berchtold et al., 2010). BDNF encourages a variety of developmental processes in the brain, including synaptic plasticity, migration, differentiation, and survival of neuronal cells. Regular exercise encourages a gradual rise in BDNF protein in the rat hippocampus for up to at least three months (Park & Poo 2013). In contrast, stopping wheel running causes a sharp drop in BDNF mRNA in the hippocampus, indicating that BDNF expression is closely linked to exercise volume (Widenfalk et al. 1999).

Recent studies have also shown the relevance of physical activity for those with mental illness (Dauwan et al., 2016; Ranjbar et al., 2015). However, the majority of research done among individuals with community members struggling with mental problems is treated at mental health clinics. In addition, mental health facilities lack expertise regarding the positive effects of exercise. The period of physical activity being regularly conducted also plays a major role in determining whether it was enough to affect one's mental health condition. Another study demonstrates that exercise for at least 3 months seems to improve the overall patient mental state, while improvement in negative symptoms and patient's empathy may occur only after a long-term physical exercise activity (over 3 months–6 months). Improved symptoms were observed in a group of patients with schizophrenia who participated in a 6-min walk program for 16 weeks in patients who were not hospitalized (Mazyarkin et al., 2019). In addition, a meta-analysis suggested that short and long-term physical activity reduced both positive and

negative symptoms (Dauwan et al., 2016). Furthermore, it's widely known that people with metabolic and cardiovascular disorders, as well as those with diabetes, obesity, and stroke, might benefit from regular exercise as part of their treatment plan. Combining aerobic and strength training, for instance, has been shown to enhance the lipid profile, lower haemoglobin A1C, and lower triglyceride levels in persons with type 2 diabetes (Colberg et al., 2016).

3.0 Research Methods

Data from an online survey were examined in a cross-sectional manner for the study. A total of 111 students from Universiti Sains Malaysia participated in our sample. The survey's questions were created to evaluate how physical activity can affect young people's mental health. The audience's responses were gathered using an online survey. Given that the COVID-19 outbreak makes it impossible to conduct in-person surveys, online data questionnaires are also the most practical approach to obtain data for our study.

A 5-point Likert scale was used to gather the data (5 = strongly agree, 4 = agree, 3 = neutral, 2= disagree, and 1 = strongly disagree). There is a total of 111 surveys collected. The content validity of the items in the question was carefully considered when the instrument was being designed. In order to gather information about how physical activity can affect mental health, a combination of quantitative, qualitative, and literary research methods had been asked of the respondents.

In order to design the instrument, the content validity of the survey questions was carefully evaluated. Accordingly, content checking was conducted on expert judgment. We thoroughly examined each question to see whether it was necessary for our research.

4.0 Results and Discussions

In order to determine which gender is more involved in sports, the first question we asked was regarding the gender of our respondents' gender. Our studies are relevant to younger generations; hence our survey was designed to reach respondents within the Generation Z age group.

TABLE 1: Demographic profile of respondents (N=111)

Gender	Frequency	Percentage (%)
Female	44	39.6%
Male	66	59.5%
Prefer not to say	1	0.9%
Age		
15-17	6	5.4%
18-21	87	78.4%
22-25	12	10.8%
26-30	1	0.9%
30+	5	4.5%

According to the data, 39.6% of respondents are women and 59.5% of respondents are men. The respondents' age was the subject of the following inquiries. There are five age groups: 15 to 17 years old, 18 to 21 years old, 22 to 25 years old, 26 to 30 years old, and 30 years of age and above. The majority of respondents to this poll were between the ages of 18 and 21, accounting for 78.4% of the total sample. There are 5.4% for those aged 15 to 17, 10.8% for those aged 22 to 25 years, 0.9% for those aged 26 to 20 years, and 4.5% for those aged 30 and above.

4.1 Involvement in Physical Activity

Respondents were asked a single "yes or no" question to establish if they routinely engage in physical activity, whether for professional or recreational purposes. Approximately 80% of respondents answered "yes" when asked if they are involved with physical activity regularly, whereas 20% said "no". Diving deeper into the statistic, the percentage of males that engage in physical exercise is 50% higher than the percentage of females. There are many factors contributing as to why males have higher percentage of involvement in physical activity, few being lower levels of barriers for body image/physical–social anxiety, fatigue/laziness, influence from media which mainly focuses on men's sports, influence from a father figure etc (Portela-Pino, et al., 2019).

4.2 Physical Activity Helps Youth to Relax

The next part of the survey inquired respondents whether or not they found that engaging in physical activity allowed them to temporarily unwind and clear their thoughts. The response was able to be assessed with as much accuracy as was practicable by utilizing the Likert scale. The majority of respondents (36%) believe that engaging in physical activity helps them relax, with 34.2% of them strongly agreeing with this statement. While this is going on, 26.1% of people choose the choice neutral. This might be because they only participate in physical exercise on a very irregular basis, which leads them to question whether or not it has a significant enough impact to assist them in calming their minds. The remaining respondents choose the options to disagree and strongly disagree, which brought the total percentage down to 2.7% and 0.9% respectively. 3.6% of respondents believed that engaging in physical exercise did not assist them in relaxing and having a peaceful state of mind, which is in contrast to the majority of respondents who felt that engaging in physical activity did help them relax.

4.3 Physical Activity Helps Youth to Improve Social Life

Next, the study sought to determine whether physical exercise is associated with a more fulfilling social life. Participation in physical exercise includes team sports such as football, rugby, and basketball, as well as sports requiring fewer participants such as tennis and badminton. Based on a previous study, even a minor interaction with others during physical activity can change the way we communicate and connect with people outside of our contacts (K. B., Su, Y., & D'Arcy, C., 2019). According to the responses, 37.8% of respondents strongly agree with this statement, while 43.2% agree with it. In the meantime, 16 respondents, or 14.4%, held a neutral opinion towards this remark. We may presume that these respondents favour solo physical activities such as swimming or running; hence, they do not believe that physical exercise has a significant influence on their social life. However, they do interact with others, although in a minimum capacity. A minority of responders, 1.8% and 2.7%, strongly disagree and disagree with the statement, respectively.

4.4 Physical Activity Helps Youth to Improve Their Mood

In the final part of the study, the participants were asked whether or not they believed that engaging in physical exercise helps enhance their mood. A surprising number of respondents (36%) agree with this statement, while another 48.6% of respondents strongly agree with it. This indicates that more than eighty percent of respondents are of the opinion that engaging in physical activity may bring about a significant improvement in their mood. One possible explanation for this finding is that a previous study has suggested that engaging in physical exercise might result in the production of neurotransmitters like dopamine and serotonin, which are capable of influencing a person's state of mind (Z., Kamran et al., 2016). In the meantime, 12.6% of them felt indifferent towards this, while a tiny minority of them (1.8% highly disagree and 0.8% disagree with the statement) expressed their disagreement with the remark.

5.0 Conclusion

This research has a few important implications regarding how physical activity can affect youth mental health and well-being. Firstly, based on an online survey that has been conducted, we found that on average 80% of respondents still do physical activities regularly every day. This shows that they are always in a fit and active state. However, this is agreed mostly by men. Furthermore, this research can make other people accept this kind of issue because we can show the importance of taking care of our physical health which can affect our mental health. Next, we found that physical activities or sports are able to change the mood of each individual. From feeling angry, sports can make us feel happier, calm, and patient in facing problems and solving them in the most effective way at that time. Then, the level of stress, anxiety, and depression can be reduced and controlled easily. Hence, we can say that emotions can have a serious impact on mental health and well-being.

Therefore, we can conclude that our findings show that physical activities like football, hiking, and bowling or some modern physical fitness program like aero-dance can overcome the negative effects of the environment and the problems faced on the mental health and well-being of teenagers. This can give us a positive aura and energy at the same time. Apart from individuals, this issue can also help the country in solving these kinds of problems such as depression, anxiety, and other mental health condition among the youth nowadays that can lead to suicide. Thus, physical activity is highly encouraged nowadays to support good mental health and well-being so that they will be fit as a fiddle.

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7. Challenging Issues on Mental Health Among Youth and Public Health Role in Mental Healthcare

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Abstract:

Nowadays, youth are facing many challenging issues that can affect their mental health and well-being, and public health professionals play an important role in promoting human healthy life including youth mental health. Some mental health issues, impacts on health, and public health roles in mental healthcare are explained based on the previous research findings and articles, and survey results among youth in Thailand and Myanmar. According to the survey results, most youths are being affected by one or more of these issues, such as social relationships, bullying, discrimination, drugs, alcohol, smoking, lack of education and employment, social media, body image anxiety, political situation, etc. We expressed how the public health role is important for mental health and well-being among youth and how we can improve public health settings to be effective in public health promoting and prevention of mental health issues and mental healthcare.

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2. Youth population and their role in the modern world
3. Issues that youth are facing nowadays
4. Impacts of mental health on youth physical health, and how to prevent by yourself
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Introduction

Currently, youth are facing many challenging issues in their daily life and these issues have impacts on their mental health and well-being. Due to the survey results among youth in Thailand and Myanmar, we could see that there are many types of issues that cause poor mental health and well-being among youth in Thailand and Myanmar. In this paper, we explain the issues and their impacts on youth mental health and well-being; how to prevent these issues, and the public health role in mental health and well-being among youth.

Youth population and their role in the modern world

Currently, the youth population is 1.2 billion (young people aged between 15-24 living in the world) while the world's population is over 7.9 billion. (Population facts, May 2015 & Population update, 2022) In ASEAN, the youth population constitutes 34% of the total population and the youth are the future of Southeast Asia. (Dio, 2022)

The role of the youth is simply to renew, refresh and maintain the current status of our society including leadership, innovations, skills, current technology, education, and politics. Youths also have to maintain the culture of our culture, and all good values in societies.

Therefore, youth are the backbone of society and they can determine the future of any given society. (Ahmed Shoaib, 5 June,2020)

Issues that youth are facing nowadays

Social issues are problems that affect large groups of people and can affect how well a society functions. Youth can also face social problems just like adults can, and they may even be more susceptible to these challenges. (Amy Morin, 20 Sept, 2022)

Toxic Relationship with their family, friends, girlfriend, or boyfriend

Relationships can have impacts on people's emotional and mental health. The overall quality of social relationships is often a strong indicator of mental health. People in toxic relationships often have a weak sense of what healthy boundaries look like. Relational toxicity can gradually build up to physical health problems as they keep all their emotions and hurt inside festering. Unhealthy relationships may contribute to a toxic social environment that can lead to stress, depression, anxiety, and even suicide. (Laguna Shores, 28 March, 2022)

Bullying and discrimination

Due to rapid survey results among youth in Thailand and Myanmar, many youth people experienced bullying and discrimination from others, mostly in sexual orientation, race, religion or belief, disability, physical image, financial situation, maternity, skin colour, obesity, and so on. (Anna Freud National Centre, 2022) Youth who experience discrimination may feel different from other children or young people; have lower self-belief or self-worth; feel powerless and frustrated, and may lead to depression and mental health disorders.

Education and employment

Over 12 million children and young people in Myanmar have not had access to organized learning for more than a year. The consequences for their education, personal development, psychological well-being, and future opportunities are already profound and will continue to grow. (UNESCO Myanmar, 2021) According to a 2020 report from the International Labour Organization, the global youth unemployment rate stands at 13.6%, with approximately 1.3 billion young people between the ages of 15 and 24. (Mercy Corps, 4 Sept, 2020)

Education inequality and lack of employment opportunities may cause stress, which ultimately has long-term physiological health effects and can have negative consequences for people's mental health, including depression, anxiety, and lower self-esteem.

Peer pressure

Negative peer pressure can encourage teenagers to participate in negative behaviours and habits, such as skipping class, stealing, cheating, bullying, and using drugs or alcohol. Negative peer pressure can also affect mental health. It can decrease self-confidence and lead to poor academic performance, distancing from family members and friends, or an increase in depression and anxiety. Left untreated, this could eventually lead teens to engage in self-harm or have suicidal thoughts. (Health & Wellness Library, 2020)

Lack of physical activities

Participation in regular physical activity can increase self-esteem and can reduce stress and anxiety. It also plays a role in preventing the development of mental health problems and in improving the quality of life of people experiencing mental health problems. (The Mental Health Foundation UK, 2021) The absence or reduction of physical exercise has been associated with an increased risk of mental disorders such as anxiety and depression. (Lucas, Camila Simoes, Camila Grasiele, Paulo

Otavio, Jordana, Luiz, Celio, Paulo Gentil, Ana Cristina, 17 Nov, 2020)

Drugs, alcohol and smoking

Nowadays, most youths are enjoying the use of drugs, alcohol, and smoking. Long-term use of drugs, alcohol, and smoking can cause serious issues for mental well-being. (Rethink Mental Illness Organization, 2021) Substance abuse can trigger or intensify feelings of loneliness, sadness, and hopelessness often associated with depression. (Jeffrey, 24 March, 2017) Drug-related changes to the limbic system in the brain can contribute to depressed mood, mood swings, emotional outbursts, and persistent irritability. (Destination for teens, 6 August, 2015)

Obesity

In 1990 there were 12.4 million children in Asia who were obese, which increased to 18 million obese children in 2010. By 2020, there will be 24 million children in Asia who will be obese. For Southeast Asia, the number of obese children increased from 1.2 million to 2.5 million over 20 years. (Melinda, 2014) Adults with excess weight had a 55% higher risk of developing depression over their lifetime compared to people that did not struggle with obesity. Other research has linked being overweight with significant increases in major depression, bipolar disorder, and panic disorder or agoraphobia. (Dorothea, 21 April, 2021)

Excessive screen time and social media

With the advancement of digital technology, excessive screen time has become a grave concern among youth. (Apurva & Pragya, 2021) Excessive screen time has negative mental health effects in youth, such as depression, anxiety, and brain fog. (Nicola, 29 June, 2022) Multiple studies have found a strong link between heavy social media use and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts. Social media may also promote negative experiences such as inadequacy in your life or appearance, fear of missing out, cyberbullying, self-absorption, and so on. (Lawrance & Melinda, 2 Nov, 2022)

Body image anxieties

Body image anxieties impact the lives of many young people. With the rise of social media apps such as Instagram and Snapchat, images of bodies are shared constantly with the filtered and edited versions of bodies that social media audiences are accustomed to expecting. This can send mixed and confusing messages to young people about how they should look and the relationship they should build with their bodies. More than half of young people (52%) regularly worry about the way they look. (RM-Admin, 19 Jan, 2021)

Political situation

Everyone should take part in the decisions that affect their community. However, a significant number of people are letting stress over politics get so far under their skin that it’s making them sick. (Elisa 3 March, 2022)

According to a survey among youth in Myanmar, almost 85 percent of youth in Myanmar said that politics such as the military coup was a source of significant anxiety, insomnia, and even suicidal thoughts. The negative impact was more prominent in those who were young, politically engaged, or opposed to the government.

The constant exposure to political stress has been associated with an increased risk of anxiety,

depression, and poor lifestyle choices such as education, and employment, as well as deterioration in general medical health. (Elisa, 3 March, 2022)

Impacts of mental health on youth physical health, and how to prevent by yourself

Although the mind and body are often viewed as being separate, mental and physical health are actually closely related. Youths' physical health and well-being depend on their mental health, and vice versa.

Good mental health can positively affect your physical health. In return, poor mental health can negatively affect your physical health. (WebMD Editorial Contributors, 29 March, 2021)

Poor mental health conditions can cause social relationship problems, substance abuse, poor academic and work performance, etc, and can also lead to psychological issues and chronic physical health problems. People with depression are at higher risk for other medical conditions. (Canadian Mental Health Association, Dec 2008) People with serious mental illnesses often experience high blood pressure and elevated levels of stress hormones and adrenaline which increase the heart rate. (National Institutes of Health, 2021)

Public health role in mental healthcare among youth

Poor mental health not only affects a person's ability to live a fulfilling life and carry on with their school, work, or familial responsibilities; it also can lead to physical and social problems with serious impacts. Mental health has a huge impact on how people relate to others, make decisions, and handle stress. People's ability to live fulfilling lives often depends on their mental health. This makes protecting and restoring mental health of immediate concern to public health professionals.

Public health aims to promote healthy lifestyles, as well as to detect, prevent, and respond to diseases. The prevalence of mental health issues that affect individuals' physical and social well-being makes dealing with mental health integral to achieving public health goals. (Tulane University Blog, 13 Jan, 2021)

The challenges for public health are to identify risk factors, increase awareness about mental disorders and the effectiveness of treatment, remove the stigma associated with receiving treatment, eliminate health disparities, and improve access to mental health services for all persons, particularly among populations that are disproportionately affected. (S Marshall Williams, PhD, D Chapman, PhD, J Lando, MD, 31 August, 2005)

Prevention and mental health promotion intervention

Public health professionals need to develop more programs that address the factors that contribute to poor mental health or focus on intervention methods known to foster good mental health. Identifying risk factors for mental illness, such as trauma and chronic health conditions, plays an important role in implementing prevention programs, and this can also allow for early intervention. Examples of prevention and intervention strategies that can promote mental health include early childhood programs, programs for older adults, and violence prevention initiatives.

Mental health promotion interventions are to improve overall well-being and to be delivered in the settings where people live, work, learn, and thrive. These include school and workplace mental health programs, early childhood interventions, social support and community engagement; women empowerment, anti-discrimination programs, and other interventions that address the social

determinants of mental health. Mental health promotion activities must be linked closely with mental health services, and engage a variety of health and non-health (e.g. education, labour, social welfare, environment, etc.) sectors. (WHO,2021 & Tulane University Blog, 13 Jan, 2021)

Policy Advocacy

Public health professionals can fight for policies that foster mental health and allow people living with mental illness to thrive. Public health advocates need to work to change systems that perpetuate mental health problems and the undignified treatment of people with mental illnesses, such as allocating more funds for mental health and addictive care. (Tulane University Blog, 13 Jan, 2021) The concept of mental health advocacy has been developed to promote the human rights of persons with mental disorders and to reduce stigma and discrimination. It consists of various actions aimed at changing the major structural and attitudinal barriers to achieving positive mental health outcomes in populations. (Gautam, 3 Dec, 2021)

The raising of awareness, the dissemination of information, education, training, mutual help, counselling, mediating, defending, and denouncing are the different kinds of advocacy.
These actions can reduce barriers such as the lack of mental health services, the stigma associated with mental disorders, the violation of patients' rights, the absence of promotion, and the lack of housing and employment. Reducing these barriers can help by improving policy, laws, and services; promoting the rights of persons with mental disorders; promoting mental health; and preventing disorders. (Gautam, 3 Dec, 2021)

Mental Health Research

Mental health research is important in both driving innovation in current mental health care and in bringing hope for the future. We need research that improves the mental health of children and young people; furthers our understanding of the links between physical and mental health; develops and improves the support and interventions we can offer, and ensures we can provide access and choice to good mental health care in a range of appropriate and accessible settings. Mental health isn’t just a healthcare issue: understanding the wider social and economic context is critical to reducing how mental health is viewed and inequalities are tackled. (Chris, 11 Oct, 2020)

Public health professionals need evidence to identify comprehensive prevention strategies and intervention methods. When professionals conduct research through a public health lens, they uncover the evidence they need to develop the most effective approaches to prevention and treatment. (Tulane University Blog, 13 Jan, 2021) Research can improve our understanding of the causes and risk factors for mental health problems, supports promotion and prevention initiatives helping people to stay well, underpin the development and evaluation of new forms of support, and provides evidence on how innovative approaches can be put into practice in the healthcare system and in wider settings. (Chris, 11 Oct, 2020)

Therefore, public health is one of the most important criteria in the prevention and promotion of mental health among youth because no mental health means no good health, and improving public health measures can bring good health and well-being to people.

Summary

Youth plays an important part in human society because they are the future of every society and the backbone of society. Nowadays, youth are facing many challenging issues and these issues have impacts on their mental health and well-being. Youth should avoid issues that can have risks for poor

mental health, such as the use of alcohol and drugs, bullying, discrimination, etc, and everyone should also support each other to be good mental health and well-being. Furthermore, everyone should be involved to prevent mental health issues in youth, and public health professionals should also provide more programs and awareness campaigns to promote and prevent the risks of mental health in youth.

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8. Determinants Of Intention To Purchase Pet Insurance Among Cat And Dog Owners In Malaysia

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Abstract

Pet adoption has risen as the growing trends of today all around the world due to the increasing number of singles, cohabiting, and elderly people – thus resulting in the adoption of pets as a means of fulfilment and life satisfaction. Pet-related business, namely the pet insurance industry, has been growing all around the world with the new wave of pet lovers.

Nevertheless, the same cannot be said for the Malaysian market as Malaysians in general are not made aware of the full benefits of pet insurance, let alone are aware of the existence of pet insurance in Malaysia. Due to the fact that the majority of Malaysians either own a cat or a dog, and the fact that the pet insurance providers in the Malaysian market only provide insurance plans for cats and dogs at the moment, the focus of this study will be on the cat and dog owners only. In order to conduct this research, the Theory of Planned Behaviour will be utilised as the base framework of this research, with other relevant variables coined from the respective researchers.

Among the key findings of this research is that there are three determinants of intention to purchase pet insurance among cat and dog owners in Malaysia, which are the Responsibility towards Pets, Risk Perception towards Pet Ownership, and Financial Risk of Owners.

Additionally, it was noted that the Relationship between Owner and Pet does have a positively strong relationship to the Responsibilities towards Pets. From the findings of this research, future researchers can develop a longitudinal research design to further understand the deeper attitudes, perceived behaviour, and social norms towards pet insurance in Malaysia.

Keywords
Pet Insurance, Theory of Planned Behaviour, Collabourative Consumption, Responsibilities Towards Pets

Introduction

Pet adoption has risen as the growing trends of today all around the world due to the increasing number of singles, cohabiting, and elderly people – thus resulting in the adoption of pets as a means of fulfilment and life satisfaction (Rakuten Insight, 2021). Additionally, the increase in pet adopters is caused by the everchanging cultures of different generations – more specifically, the millennials and the Gen-Zs – as the current young adult generation believes that owning a "fur child" is less costly than owning a "human child", and that they would have more physical interaction in comparison to having a "plant child" (Beetz, et al., 2012; Boehringer Ingelheim International GmbH, 2021). Another factor that could lead to the rise in the pet owning or pet adoption is the COVID-19 pandemic that began in 2020. Initially, when the pandemic was in its early stages, the number of strays increased by 70% in Malaysia and 52% globally, due to the fact that people were losing their source of incomes and could not afford to sustain themselves and their family members, let alone their pets that require specific foods to maintain

their health (Hakimie, 2020; Rakuten Insight, 2021). However, as the global economy began to emerge from the sudden depression, the number of adopters increased as people needed to feel companionship amidst the isolation periods, and studies shows that pets provide mood elevation, eases loneliness and most importantly, provide friendship between human and animal (Beetz, et al., 2012; Morgan, et al., 2020; Rakuten Insight, 2021).

The growing number of pet lovers thus leads to the rapid growth of the pet industry due to the rise of more knowledgeable consumers, which in turn impacts the cost of pet goods and services (Beetz, et al., 2012; Animal Protection Index, 2021). Just as how the presence of a furry companion brightens up the lives of their "human housemate", the loss of these pets would lead to devastation and a dampen mood to the owners, which is the main reason why the younger generation of pet owners (driven by emotional attachment and the compassion towards animals) strive to minimise the health risks and of their pets spend the most of their leisure with their furry companions, either by sourcing for more organic pet foods, to searching for means to travel the world with them (Walsh, 2009; Beetz, et al., 2012; Morgan, et al., 2020; Boehringer Ingelheim International GmbH, 2021). With that, the Southeast Asian pet industry alone is forecasted to reach the $1.4 billion (€1.2 billion) mark by the end of 2022, with a CAGR of approximately 7% (Rakuten Insight, 2021; Research and Markets, 2022). Animal lovers, both high-income and middle-income, are progressively seeking more natural, nutritious, and quality food, as well as other animal services. A thriving e-commerce system, rising urbanisation, and an aging population will continue to be relevant to the pet industry's growth in the coming years (Statista, 2021; Research and Markets, 2022).

Another tool that would aid this generation of pet owners is pet insurance, which is a type of insurance that a pet owner buys to assist offset the cost of pricey veterinarian care – thus comparable to human health insurance policies (Twin, 2022). The typically costly veterinarian treatments will be covered in full or in part by pet insurance (Wallick, 2021; Twin, 2022). This new generation of pet owners, that treat their furry companions as an immediate family member, would be willing to spend more to insure the health and longevity of their pets as a result (Beetz, et al., 2012; Boehringer Ingelheim International GmbH, 2021). Therefore, pet insurance would be one of the pet-related businesses that will potentially rise due to the increasing trend of pet ownership.

Problem Statement

The pet insurance industry is generally booming with new entrants as the new era of consumers are proactively searching for ways to get their furry companions insured and to offset the increasing costs of veterinary expenses due to unforeseeable illnesses. For instance, Japan's pet insurance industry has expanded roughly 20% annually, attaining ¥49 billion (US$450 million) in March 2017 (Olano, 2018; Rakuten Insight, 2021). CT scans, blood transfusions, and magnetic resonance imaging are among the sophisticated (and expensive) medical treatments increasingly used on dogs, thus resulting in pet owners in Japan having to have taken out insurance coverage as medical expenditures mount (Olano, 2018; Rakuten Insight, 2021). Nevertheless, the same cannot be said for the Malaysian market as Malaysians in general are not made aware of the full benefits of pet insurance, let alone are aware of the existence of pet insurance in Malaysia (Skazar, 2021; Wong, 2021). Back in 2010, insurance companies such as Kurnia and PolicyStreet introduced pet insurance in the Malaysian market as the firms predicted a demand for pet insurance as means for Malaysians to offset the costs of veterinary visits (Yeoh, 2010; Skazar, 2021). However, these policies were discontinued by early 2014 as the reception of these insurance policies were "lukewarm", where people were either uninvested or uninterested (Skazar, 2021; Statista, 2021).

Nevertheless, there is still the potential for pet insurance firms to strive in Malaysia due to the new

generation of pet adopters and the sudden rise of pet ownership (Research and Markets, 2022). Therefore, these pet insurance firms would need to understand the motivation behind pet owners that drives them to purchase pet insurance, which will lead to the companies being profitable and pet ownership being made seamless for Malaysian pet owners. Therefore, this research aims to investigate the characteristics of pet owners who have the intention to purchase pet insurance in Malaysia. This study will be significant for future usage as pet insurance providers could use the results from this study to better understand their ideal target markets and build a more-appropriate marketing strategy. Additionally, the research could work as a self-reflection for pet owners as they would be able to study more about pet insurance and how they could benefit from it. Lastly, this study would be able to contribute to the existing bodies of knowledge in the academic and business industries as there are only a handful of resources that sheds light on the existence of pet insurance in Malaysia, as mentioned in various articles (Oyen MY, 2021; Skazar, 2021).

Research Objective

To investigate the characteristics of pet owners who have the intention to purchase pet insurance in Malaysia in order for local pet industries to develop better marketing strategies and communications.

Research Questions

1. What are the characteristics of pet owners who could be the potential target group in the pet insurance industry?

2. Will human-pet relationships affect the intention to purchase pet insurance?

3. What are the main determinants that influence the intention to purchase pet insurance among pet owners?

Literature Review

Pet Insurance

Insurance plans are policies based on the principle of lowering an individual's chances of unforeseen fees as they fall ill, get involved in major accidents, or require large sum of funds at once by incurring a fee as a small premium (Zainuddin, et al., 2016; Nursiana, et al., 2021). This assists consumers in avoiding potential losses by countering excessive healthcare or repair costs, allowing insurers and their families to secure a healthy future (Ilaw, 2014; Nursiana, et al., 2021). The common insurance plans known by the general public are healthcare insurance and motor vehicle insurance policies, whereby these policies vary on cost imposed, sum insured, benefits received by the insurer, and so on – based on the needs of the client and whether they could afford said plans (Zainuddin, et al., 2016). Pet health insurance policies, on another note, are policies made available for pet owners who need support in offsetting healthcare expenses, or any other costs related to the wellbeing of their pets (Skazar, 2021). Similar to human healthcare policies, pet owners must pay a certain amount stipulated by the insurance provider either monthly or annually. The cost of these policies is dependent on many criteria, such as the type of pets, age of pets, term of policy, current health of pet and whether the pets have been microchipped or not (Yeoh, 2010; Wong, 2021). Normally, pet insurance will offset a certain percentage of costs – stipulated in the agreement between the insured and insurer – that are unforeseen by the pet owners, such as medical expenses, third party liability caused by pets (whether bodily injury or damage of property), funeral expenses and advertising cost as reward for the return of loss pets. However, medical costs on pre-existing conditions, such as spaying, deworming, or loss of limb prior to being

insured, will not be bore by the insurance provider – similar to stipulations set by human healthcare insurance providers (Oyen MY, 2021; Skazar, 2021).

While insurance plans have always been considered a necessity by the public, the rates of those who bought or repaid their insurance premium dropped by a landslide due to the economic depression caused by the COVID-19 pandemic, where the consumer purchasing power has decreased dramatically in a short period as a result of COVID-19's major influence on economic activity and employment levels at the local, regional, and global levels (Deloitte, 2020; Nursiana, et al., 2021). Insurers are reacting with payment pauses in an attempt to prevent a big number of defaults. However, a market study conducted recently shows that the insurance industry, specifically Southeast Asia's, is likely to recover as the economy begins to recover post-isolation stages of the pandemic, with Southeast Asia's insurance industry being forecasted to grow at a 30% CAGR, or roughly more than US$15 billion by 2025, and the general insurance market expected to grow at a 14% CAGR to almost US$20 billion by 2024 (Nursiana, et al., 2021). Regarding the growth of pet insurance in Southeast Asia, several insurance companies predict that the demand for pet insurance will increase by 66% within the next five years, due to the changing consumer trend of pet owners (Animal Protection Index, 2021; Rakuten Insight, 2021).

While there any many types of pets, ranging from in-house domesticated pets to exotic pets, this study will only focus on dog and cat owners in Malaysia. This is due to the fact that pet insurance providers only cover for dogs and cats as of the writing of this study, and because the majority of the pet owners in Malaysia own cats and dogs, with the ownership rate of 34% and 20% respectively (Yeoh, 2010; Animal Protection Index, 2021; Rakuten Insight, 2021).

Relationship between Owner and Pet

The affinity between an animal companion and their owners has never been as comparable to human-to-human interactions (Michigan State University, 2018). The human-animal connection has been evolving for more than 15,000 years, according to a life science firm, and it began as a working partnership (Michigan State University, 2018; Morgan, et al., 2020). Animals offered protection and aid to humans; this might have occurred when hunting, farming, or doing other day-to-day duties. To illustrate this bond, dogs would often guard the herds of farmers and track lost humans during snowstorms; cats would hunt and kill pests that could potentially cause destruction on home properties – such as rats and roaches; and birds would often deliver messages written in scrolls before the invention of the telegram (Michigan State University, 2018; Morgan, et al., 2020). To express gratitude towards their 'companions', the owners would often purchase goods or reward them with animal-friendly services, such as grooming and basic healthcare needs, thus leading to the collabourative consumption between human and animals (Boehringer Ingelheim International GmbH, 2021; Chen, 2021). The concept of collabourative consumption, or aptly known as co-consumption, refers to the joint use of a service or product by a specific group (Chen, 2021).This concept applies to the purchase of pet insurance and other pet-related products because even though the pet caretaker is the one forking out the finances to buy these products or services with the expected performance in mind, only the pets will be the ones who benefit from the actual outcome of the goods or services provided (Boehringer Ingelheim International GmbH, 2021; Chen, 2021).

A study done on consumerism and dog products show that consumers who have strong and positive relationships with their dogs often are willing to spend more on dog products to ensure that their furry companion is well-fed and well-kept (Allen, 2001; Chen, et al., 2012). These relations often lead to a change in behaviour and outlooks on life of the owners in comparison to respondents who did not own any pet at the time of the study (Chen, et al., 2012). From this, it was deduced that the relationship

between the owner and pet plays a major role on the owner's intention to purchase pet products (Jarvis, 2018). Another study done as an expansion of said theory shows that pet owners who view their pets as a "human-substitute", like another family member or relative, tends to distinguish the level of commitment towards their pets – whereby owners who see their pets as a family member would have a higher intention to purchase luxury goods for their pets, whereas owners who are not that attached to their pets may just purchase the basic necessities of their pets without concern of quality (Muhammad Adnan, et al., 2018; Nursiana, et al., 2021).

Another factor that could impact the consumption of higher quality pet products is the interactions between owners and the pets, and pets tend to fulfil the social and psychological needs of their owners just by having proper and frequent interactions – such as talking pets out for walks or teaching them new tricks (Maslow, 1954; Kipperman, et al., 2017). A study done by Chen *et al* (2012) shows that there are three types of relationships between the owners and their pets which determines the consumption patterns of the owners; firstly, the relationship whereby the owners see their pets as a human-substitute, such as a family member or a loyal friend; secondly, the degree of affection towards their pets; and lastly, the interactions between owner and pet, whereby owners would spend their leisure time on activities involving their pets. As the study proves that the relationship between owner and pet plays a role in the consumption behaviour, this research will adopt the concept theorised by Chen *et al* (2012) to evaluate the intentions to purchase pet insurance based on the relationship between owner and pets, thus leading to the first hypothesis.

H1: The relationship between owner and pet has a strong influence on the intention to purchase pet insurance.

In this dimension, the first analysis will be based on the level of *Attachment* of owners towards their pets, reflected by their views on their pets as companions and sources of happiness; followed by *Human-Substitutes,* whereby the owners equate their pets as loyal creatures that could substitute as their family members; lastly *Interaction* between owners and pets, such as pet involvement in leisure activities with the owner.

Responsibilities towards Pets

The responsibility of owning a pet covers not only the basic welfare of the animals – such as supplying a suitable environment, a suitable diet for the respective animal and prevention of suffering, injuries and diseases; but also includes sterilization, vaccinations, microchipping and other pet healthcare (Beetz, et al., 2012; Jarvis, 2018; Boehringer Ingelheim International GmbH, 2021). According to a study done by Jenkins *et al* (2016), an owner's responsibility to the pet is strong influenced by the relationship between owner and pet, whereby those who have a strong relationship with their pets tend to assume more responsibilities beyond the basic welfare to care for their pets. Hence, the concept will be utilised in this research as a hypothesis as below:

H2: Relationship between Owner and Pet positively influences the Responsibilities towards Pets.

One of the core findings in the study conducted by Jenkins *et al* (2016) illustrates how the theory of consumer behaviour, which is to purchase goods or services after buyers have been given awareness, goals and perceived value, is similar to the process of collabourative consumption between owners and their pets (Solomon, 2009; Jenkins, et al., 2016). In relations to pet insurance, the scholars illustrated that pet owners who purchase pet insurance for their pets have the tendency to focus on the long-term wellbeing of their pets instead of just the current well-being and overlooking potential risks that could occur in their pets, such as respiratory issues have these pets grow older (Jenkins, et al., 2016). The study

conducted by Jenkins is the more detailed overview of an earlier study's theory, whereby owners who are willing to pay for pet insurance tend to focus on the quality of life of their pets and expect that their pets will live a long, simple, illness-free life (Srilertchaipanich, 2015; Jenkins, et al., 2016). Highlighting more on these findings, a study on the views of veterinarians and pet owners in relations to the cost of animal healthcare proved that pet owners who tend to nit-pick the side effects of each health treatment are more concerned towards the well-being of their pets and would tend to purchase pet insurance as s means to offset any potential large sums (Srilertchaipanich, 2015; Kipperman, et al., 2017).

Therefore, it can be hypothetical that responsibilities towards pets may influence the intention to purchase pet insurance among pet owners as a means to fulfil their responsibilities of being loving and foresighted pet owners. This research will utilise the concept from the study done by Jenkins *et al* (2016), whereby responsibilities of owners towards their pets is defined as the duty to fulfil the basic welfare and provide a long-term quality life, hence becoming the third hypothesis of this research as below:

H3: Responsibilities towards Pets has a positive correlation to the intention to purchase pet insurance.

These responsibilities will be studied based on seven aspects, which include keeping pets healthy and the willingness to spend more on quality pet products and services.

Risk Perceptions from Pet Ownership

Pet adoption brings numerous benefits towards the owners has there could be many reasons why one would want to adopt a pet, such as pets bringing companionship to the owner, pets response towards care and attention which contribute to oxytocin production in the human brain, pets being non-judgmental and providing unconditional love, as well as pets being possible service animals which in turn provides physical, psychological and social support to their owners (Walsh, 2009; Beetz, et al., 2012; Jarvis, 2018).

Nevertheless, there are downfalls to pet ownership that could deter the public from owning pets. For instance, should the pet fall sick with a chronic illness, such as cardiomyopathy or cancer, the owner would have to fork out large amounts of money, which could lead to financial risks (Fallow, 2017). After having a pet or a few pets for a long duration, such as owning a cat for a decade (given their average time span of eight to 16 years depending on the breed and health condition), the loss of pets – regardless it being a loss from an accident, runaway cases, illness or natural death – will negatively dampen the emotions of the owners and those close to the pets in question (Williams, et al., 2016; Fallow, 2017). A study done by Williams *et al* (2016), which is an extension of the study done by Walsh (2009), proves how risk perception of pet owners on the longevity of their furry companions impact the consumption patterns of pet owners when it comes to purchasing products or services which could in turn improve the quality of life of the pets in question. Additionally, it is also stated that owners would be highly motivated to purchase a product that is deemed luxurious as long as it fulfils a need of a pet and provides the owners a sense of security, such as purchasing insurance with the assumption that it will minimise the risks of pets not getting adequate healthcare in the foreseeable future (Maslow, 1954; Williams, et al., 2016). Therefore, this research will utilise the concept from the study done by Williams *et al* (2016), about how risk perception influences the intention to purchase pet-related products, thus attributing to the hypothesis below:

H4: Risk Perceptions from pet ownership positively influences the intention to purchase pet insurance.

These risk perceptions will be assessed from four aspects based on the finding of Walsh (2009) and

Williams *et al* (2016); which are "afraid that pet(s) will fall sick in the future", "fearing that pet(s) will die in the future", "expect that pet(s) might need medical attention in the future" and "fear loss of pet(s)".

Financial Risks of Owner

While numerous parties claim to be "pet lovers", statistics have shown that almost 35% of the pets adopted in Asia either are given back to the adoption centres, wind up in shelters for strays, or worst – left to starve on the streets (Hakimie, 2020; Rakuten Insight, 2021). One of the factors that contribute to this figure is the costly pet healthcare, such as vaccination costs, sterilisation costs, food, and toys (Fallow, 2017; Animal Protection Index, 2021). Pets with special needs, such as an underlying health condition or genetical defects, may require expensive food and treats, as well as constant monitoring to be healthy.

Regarding insurance in general, researches that focus on the views towards health insurance in general shows that those who purchase insurance plans are focused on financial risk prevention and prioritize the accessibility of healthcare as they believe that they would not be able to bear the costs of unexpected major health issues and possible loss of income channel without a backup plan such as healthcare insurance (Morwitz, 2012; Nursiana, et al., 2021). The need of having a contingency plan when it comes to financial risks and health matters drives people to be better prepared and to make do with whatever they have at the moment, thus becoming a motivating factor for people to buy health insurance (Muhammad Adnan, et al., 2018). A study done based on the intention to purchase insurance in Indonesia highlighted the distinction between people who have purchased insurance plans and those have yet to purchase. Results show that people with existing health insurance tend to be more confident in spending on their health in both public and private healthcare facilities, whilst people who do not own any insurance policies would be more wary when it comes to their health and would rather rely on over-the-counter medications purchasable from pharmacies (Nursiana, et al., 2021). In relation to this research, pet owners would request on quotations for each healthcare service to ensure that they are well-prepared in dealing with the financial costs (Chen, et al., 2012; Jenkins, et al., 2016). Financial risk prevention is the primary purpose of pet insurance, according to studies, because pet insurance can aid pet owners forecast exact expenditure, reduce unforeseen bills, and contribute to financial risk reduction (Jenkins, et al., 2016). Therefore, this research will delve on the findings of Jenkins *et al* (2016) – which is to study the correlation between financial risks of owner and the intention to purchase pet insurance, thus leading to the hypothesis below:

H5: The prevention of financial risks of owner influences the intention to purchase pet insurance.

Following Jenkins *et al* (2016), the determinants of financial risk prevention will be expressed in three items: worrying about financial costs generated by pets, concerned about financial burden when pets become sick, and concerned about financial burden if pets get involved in an accident.

Intention to Purchase Pet Insurance

The willingness of a consumer to purchase a specific product or service is referred to as purchase intention, and it is a dependent variable that is influenced by a number of external and internal variables (Solomon, 2009). Following the Theory of Planned Behaviour, people with intentions to purchase goods or services have a higher possibility of making the actual purchase in comparison to those without said intentions (Ajzen, 1991). Several research stated that among the indicators used to measure intention to purchase would be "possibility of purchasing in the near future", having intended to purchase when ready, and to have considerations to purchase (van Meerhaeghe, 1986; Sniehotta, 2009).

Regarding pet insurance, pet owners would need to consider a few aspects before committing to an insurance plan for their animal companions. The first consideration is the financial stability of the pet owner, as pet owners would be forced to fork out funds for their pets, regardless of them purchasing pet insurance or not – as pet owners would need to prepare for unexpected veterinary visits and anticipate their financial situation after paying large sums to deal with the bills (Yuan, et al., 2019; Boehringer Ingelheim International GmbH, 2021). Secondly, pet owners would need to evaluate the bond they have with the animal companions they have in the earlier stages before making the commitment; should they only be fosterers and not adopters, they would most likely forgo expenses on pet insurance in comparison to those who are committed to their pets for the long run (Allen, 2001; Olano, 2018). Lastly, pet owners would need to evaluate on their perseverance when dealing with risks relating to the health conditions and the life of their pets, especially on whether they can commit to caring for the pets should there be any medical issue that impacts the pets' cosmetics and general body functions (Beetz, et al., 2012; Williams, et al., 2016). These three conditions have been reiterated in other studies which argue that those who have the intention to purchase pet insurance are pet owners who have a strong sense of responsibility towards their pets – which in turn shows that they have a strong human-to-pet relationship (Beetz, et al., 2012; Jenkins, et al., 2016; Michigan State University, 2018).

Consequently, this research will evaluate the factors that influences the intention to purchase pet insurance of the pet owners by utilizing four independent variables: Relationship between Owner and Pet, Responsibilities towards Pets, Risk Perceptions from Pet Ownership and Financial Risks of Owner. Following these independent variables, the dependent variable that will be analysed is the Intention to Purchase Pet Insurance with the adoption of the Theory of Planned Behaviour as the underlying framework, thus measuring the level of intention based on the owners' willingness to purchase pet insurance in the foreseeable future (Ajzen & Fishbein, 1977; Sniehotta, 2009). Additionally, another item on recommendations to purchase will be added as conceptually, those who have intentions to purchase would most likely encourage others to make the purchases to mutually benefit from the product and serving offerings (Ilaw, 2014; Jenkins, et al., 2016).

Gaps in the Literature

According to the literature review done and the scope of the project, it was noted that there could be a lack of studies conducted on the intentions to purchase pet insurance among pet owners, specifically cat and dog owners, in Malaysia. This claim is supported by several articles published that state that due to the lack of product awareness of pet insurance, there may not be any studies to understand future intentions to purchase pet insurance in Malaysia (Yeoh, 2010; Skazar, 2021; Wong, 2021). Therefore, the significance of this research is to contribute to the branch of knowledge on the existence of pet insurance in Malaysia and the studies of intention to purchase pet insurance among cat and dog owners in Malaysia.

Conceptual Framework

This research will primarily utilise the Theory of Planned Behaviour as the guided framework (shown below), whereby the intention to purchase will stem from independent variables, such as the attitude towards the product, the subjective norms that follow and the perceived behavioural control that could influence how a person views the product or service (Ajzen & Fishbein, 1977; Sussman & Gifford, 2019).

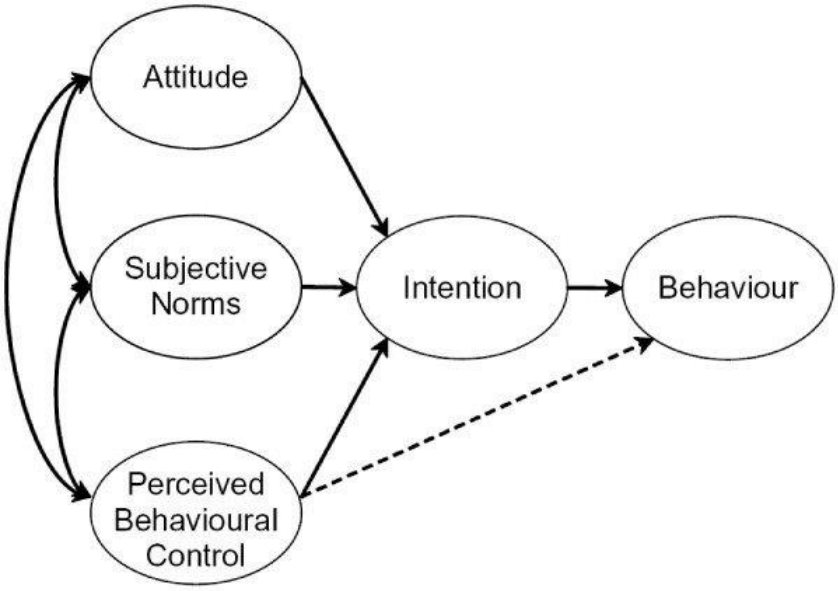


Figure 1: Theory of Planned Behaviour model

However, to better understand the research, another conceptual framework has been coined to better fit the variables that will be studied in this research, which is as follows:

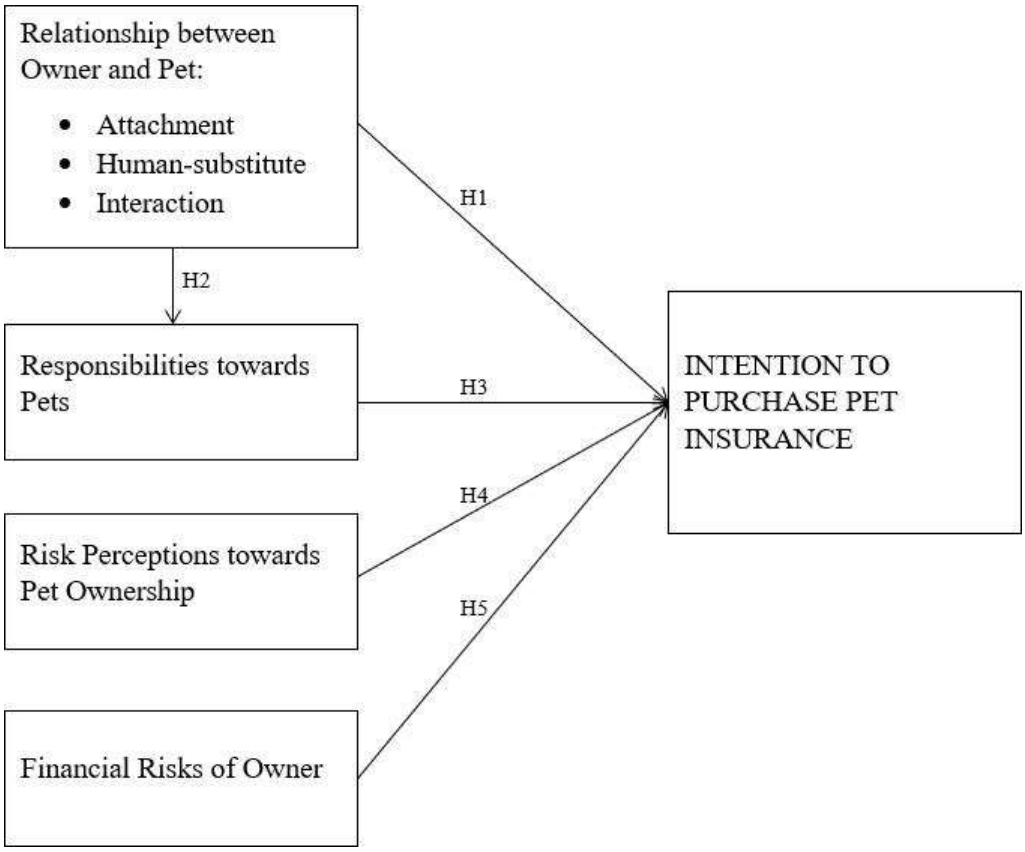


Figure 2 Factors leading to intentions to purchase pet insurance

The research model is based on earlier pet insurance and pet consumerism study findings. The Intention to Purchase Pet Insurance part is set to be the dependent variable and will be measured from three levels

of intention to purchase: willing to purchase in the near future, willing to purchase in the distant future, and willing to purchase in the future but need more information to predict actual purchase behaviour (Ajzen & Fishbein, 1977; Sniehotta, 2009).

Regarding the independent variables that are investigated in this study, they are "Relationship between Owner and Pet", "Responsibilities towards Pet", "Risk Perceptions from Pet Ownership" and "Financial Risks of Owner". The first variable follows the concept of Chen *et al* (2012) and will be measured under three subdimensions, which are level of Attachment between Owner and Pet, perceiving pets as Human-substitutes, and level of Interaction. From there, the first hypothesis on the correlation between the Relationship between Owner and Pet and Intention to Purchase Pet Insurance is coined.

The second variable, which is derived from the study done by Jenkins *et al* (2016), contributes to the hypothesis that the first and second independent variables are interrelated, thus contributing to the development of the second hypothesis. Additionally, the variable on Responsibilities towards Pet is assumed to have a positive relationship to the Intention to Purchase Pet Insurance, thus leading to the development of the third hypothesis. The third independent variable, which focuses on the Risk Perceptions from Pet Ownership, follows the theory developed by Walsh (2009) and the extension done by Williams *et al* (2016), whereby those who perceive the risks of pet ownership will tend to buy pet insurance, which contributes to the development of the fourth hypothesis. Lastly, the variable on the Financial Risks of Owner mirrors the study done by Jenkins *et al* (2016), whereby owners who are well-versed on the possible financial risks of owning a pet tend to purchase pet products to minimize the future impacts on costs. Thus, leading to the development of the fifth hypothesis.

Research Methodology

Sample

To conduct this research, the main target population would be cats and dogs owners who are either Malaysian or are permanent Malaysian residents, which would be about half of the Malaysian population statistically (Animal Protection Index, 2021; Rakuten Insight, 2021). While approximately 70% of the Malaysian population owns at least one pet, only cat and dog owners will be needed for this study as pet insurance companies in Malaysia mostly provide for cats and dogs at the time of the study (Animal Protection Index, 2021; Wong, 2021). The sampling techniques that will be deployed for this project is the purposive sampling technique as not everyone is eligible to participate in this project (Allison, et al., 2016). Those who do not own any cat or dog will be ineligible to take part in the research as they do not meet the criteria of being a cat or dog owner, a critical factor to ensure the reliability of the data collected. Additionally, the study deployed will be cross-sectional as it allows the prevalence of all investigated factors to be examined at one time point (Indeed, 2020).

The responses were collected within a month, whereby a total of 108 responses were received, but eventually 21 of them had to be removed as they did not meet the requirement of the screening criteria. Thus, leaving a total of 87 responses to be analysed. Following the a-priori power analysis derived from the G*Power 3.1.9.7 analysis program, about 85 respondents (effect size = 0.15 [medium], $\alpha = 0.05$), is the minimum sample size required to conduct this study with a statistical power of 80% (Faul, et al., 2007). With a confidence level of 80%, the outcome of this project could be used for generalisation purposes and to also ensure the validity of the data distribution based on the inputs of the respondents (Mundfrom, et al., 2005). Gim *et al* (2021) and Kipperman (2017) were among the research studies that utilised the statistical power of 80% to conduct the analysis. (Gim, et al., 2021) (Kipperman, et al., 2017)

Data Collection

The data that was collected for measurements was conducted via online survey in the form of statements and the 5-point Likert-scale as the research is based on quantitative data. For the source of data, the research practices positivism as hypotheses from previous studies is tested with a theoratical framework as a guildeline (Allison, et al., 2016). Hence, a quantitative method in the form of surveys had been deployed and the responses from respondents became the source of data for this research. The online survey was more convenient due to cost- constraints and the COVID-19 pandemic still being prevalent (SmartSurvey, 2019).

In order to reach the target population, the link to the survey and a brief description of the research project was shared out on many social media platforms that have forums on pet ownership, especially Facebook groups such as "Pencinta Kucing Malaysia", "Dogs for Adoption Malaysia", "Cats for Adoption Malaysia", "Penang Cat Lover", and other relevant Malaysian-based animal fan pages.

Research Instrument

All scales in the questionnaire were adapted from published, validated research to meet the validity of content. The questionnaire prepared was first reviewed by an experienced academic and was then pre-tested on four willing participants to ensure the cohesiveness of the questions.

The first part had the preliminary questions to assess the eligibility of the respondent and to study the demographics of the successful respondents (such as whether they consent to answering the questionnaire and if they own any cats or dogs). The questions utilised a nominal approach, with either "Yes or No" questions or questions with prepared categorical answers, such as income and relationship status.

The second part, which was divided into four sections, had questions related to the factors that affect the intention to purchase pet insurance – which are the Relationship between Owner and Pet, Responsibilities toward Pet, Risk Perceptions towards Pet Ownership and Financial Risks of Owner. These questions, that was done following the rule of ordinal data, was measured with a 5-point Likert scale, from a range of 1= Strongly Disagree to 5=Strongly Agree.

The third part of the survey assessed their willingness to purchase pet insurance by utilising the rule of ordinal data, whereby questions will include a 5-point Likert scale, from a range of 1= Strongly Disagree to 5=Strongly Agree.

VARIABLES	**ADAPTED FROM**	**ITEMS**	**FIVE-POINT LIKERT SCALE**
Relationship between Owner and Pet • Attachment • Human-Substitute • Interaction	Chen, *et al.* (2012)	9 items	Strongly Disagree (1) to Strongly Agree (5)
Responsibilities toward Pets	Jenkins, *et al.* (2016)	7 items	Strongly Disagree (1) to Strongly Agree (5)

Risk Perceptions from Pet Ownership	Walsh (2009) Williams, *et al.* (2016)	4 items	Strongly Disagree (1) to Strongly Agree (5)
Financial Risks of Owner	Jenkins, *et al.* (2016)	3 items	Strongly Disagree (1) to Strongly Agree (5)
Intention to Purchase Pet Insurance	Sniehotta (2009)	4 items	Strongly Disagree (1) to Strongly Agree (5)

Table 1 Variables studied in this research

Results And Discussion

Respondents' Profile

Based on the 87 respondents, the mean age of the respondents was in the 21-30 range, with the youngest respondent being 17 years old and the oldest being 60 years old, as shown in Table 2. The majority of the respondents were women (64.4%), single (63.2%), are either currently pursuing or were qualified with an undergraduate degree (48.3%), are private sector employees (51.7%), are currently not earning any income (26.4%), are from or are currently residing in Penang (46%) and own more than one cat (32.2%). Table 2:

Respondents' Profile	Category	Frequencies	Percentage (%)
Gender	Male	31	35.6
	Female	56	64.4
Age	20 below	6	6.8
	21-30	41	47.4
	31-40	25	28.7
	41-50	10	11.5
	51-60	5	5.6
Current/ Highest Education Level	High School	3	3.4
	Certificate	6	6.9
	Foundation	2	2.3
	Diploma	18	20.7
	Undergraduate	42	48.3
	Masters	16	18.4

Employment Status	Student	20	23.0
	Public Servant	4	4.6
	Public Servant	4	4.6
	Private Sector Employee	45	51.7
	Self Employed	9	10.3
	Unemployed	7	8.0
	Retired	2	2.3
Income Status	I am currently not earning any income	23	26.4
	Less than RM 2,500	12	13.8
	RM 2,501 – RM 4,000	19	21.8
	RM 4,001 – RM 5,500	12	13.8
	RM 5,501 – RM 7,000	6	6.9
	RM 7,001 – RM 8,500	4	4.6
	RM 8,501 – RM 10,000	2	2.3
	RM 10,001 above	9	10.3
Marital Status	Single	55	63.2
	Married (no children)	12	13.8
	Married (with children)	15	17.2
	Divorced	5	5.7
State	Federal Territory of Kuala Lumpur	10	11.5\
	Johor	5	5.7
	Kedah	2	2.3
	Kelantan	2	2.3
	Malacca	2	2.3
	Negeri Sembilan	1	1.1
	Perak	3	3.4
	Penang	40	46.0
	Sabah	1	1.1
	Sarawak	2	2.3

	Selangor	20	23.0
Type of pet(s) owned	Dog	22	25.3
	Dogs (more than one)	12	13.8
	Cat	15	17.2
	Cats (more than one)	28	32.2
	Both cat(s) and dog(s)	10	11.5

Table 2 Respondents' Profile

Analysis

Results were obtained via thorough analysis conducted via SmartPLS 3, whereby the partial least squares structural equation modelling (PLS-SEM) was used to analyse the samples collected. The PLS-SEM was favoured as it had been used in numerous recent research due to the system's ability to analyse non-parametric data, thus overcoming first-generation tool constraints (Hair, et al., 2017; Gim, et al., 2021). PLS-SEM was used in this research project because of it is able to manage large complex models with many constructs and indicators. Furthermore, this variance-based SEM was chosen because it requires less data than covariance-based SEM (Ringle, et al., 2015; Hair, et al., 2017). Likewise, the measurement model was evaluated first, and the structural model later on.

- *Measurement model evaluation*

The reliability, convergent validity, and discriminant validity of the measurement model were all examined. As shown in Table 3, all of the constructs had composite reliabilities greater than the base limit of 0.70, thus establishing the inner consistencies of the constructs (Hair, et al., 2017). The outer loading and average variance extracted (AVE) were examined to study the convergent validity. Following the algorithm, most of the outer loadings exceeded the recommended threshold value of 0.707, yet the ones between 0.4 to 0.7 are kept as these indicators are still within an acceptable range (Hair, et al., 2017; Mah, et al., 2018). To add on, the AVEs for all given constructs are higher than the proposed value of 0.50, which meant that each construct accounted for at least 50% of the assigned variance (Hair, et al., 2017; Gaskin, et al., 2018). Hence, the convergent validity of the samples is considered satisfactory.

Regarding discriminant validity, the heterotrait–monotrait (HTMT) ratio of correlations was evaluated to decide the reliability. The HTMT ratios of all the indicators, as shown in Table 4, were below the limit of 0.90, thus stating that each indicator varies significantly from one another (Ab Hamid, et al., 2017). Therefore, both Tables 3 and 4 signify the reliability and validity of the indicators in this research.

Constructs	Indicators	Loadings	CR	AVE
Intention to Purchase Pet Insurance (INT)	I am willing to purchase pet insurance for pet(s) within the next three (3) to six (6) months.	0.846	0.903	0.700
	I am willing to purchase pet insurance for my pet(s) in the future.	0.909		
	I am willing to purchase pet insurance for my pet(s) in the future but I need to explore for	0.729		

	more information.			
	I strongly recommend my family and friends to consider getting pet insurance for their pet(s).	0.852		
Relationship between Owner and Pet [REL]	I consider my pet(s) as my greatest companion(s).	0.818	0.895	0.494
	Owning pets has increased the quality of my life.	0.762		
	The pet(s) that I own understands me.	0.694		
	I have a close relationship with my pet(s)	0.829		
	I always to confide in my pet(s) whenever I am happy or sad.	0.738		
	I believe that pets are loyal creatures.	0.720		
	I see my pet(s) as my family member(s).	0.714		
	I tend to bring my pet(s) wherever I go during my leisure times.	0.481		
	I always bring my pet(s) to meet my friends and relatives.	0.473		
Responsibilities towards Pets [RTP]	It is my responsibility to keep my pet(s) healthy all the time.	0.683	0.899	0.560
	It is my responsibility to keep my pet(s) happy and entertained.	0.807		
	I always take my pets to the veterinary whenever they are sick.	0.754		
	I am willing to pay more for good quality pet foods that are full of nutrition.	0.751		
	I am willing to pay for good quality pet services, such as grooming and pet hotels.	0.724		
	I am willing to provide for my pet(s) to ensure a good quality of life.	0.677		
Risk Perceptions towards Pet Ownership [RP]	I am afraid that my pet(s) will fall sick in the future.	0.879	0.889	0.670

	I am afraid that my pet(s) will die in the future.	0.864		
	I expect that my pet(s) might need medical attention in the future.	0.655		
	I fear losing my pet(s)	0.857		
Financial Risks of Owner [FR]	I tend to worry about the financial burdens caused by my pet(s).	0.931	0.966	0.904
	I am worried about the financial costs that I might bear if my pet(s) fall sick.	0.974		
	I am worried about the financial costs that I might bear if my pet(s) gets into an accident.	0.947		

Note(s): CR = composite reliability; AVE = average variance extracted

Table 3 Convergent validity and reliability of all construct

	FR	INT	REL	RP	RTP
FR					
INT	0.340				
REL	0.088	0.546			
RP	0.324	0.649	0.642		
RTP	0.096	0.537	0.799	0.526	

Note(s): FR= Financial Risks Towards Owners; INT= Intention to Purchase Pet Insurance; REL = Relationship between Owner and Pet; RP = Risk Perception towards Adoption; RTP = Responsibilities Towards Pets

Table 4 Heterotrait–monotrait (HT-MT) ratio of correlations

Hypothesis	Beta (β)	Standard Error	*t*-value	95% CI	f^2	Decision
H1 REL → INT	0.107	0.124	0.862	[-0.089, 0.311]	0.008	Not Supported
H2 REL → RTP	0.719	0.057	12.515***	[0.610, 0.798]	1.069	Supported
H3 RTP → INT	0.262	0.122	2.151*	[0.081, 0.479]	0.056	Supported
H4 RP → INT	0.317	0.129	2.467**	[0.101, 0.522]	0.110	Supported
H5 FR → INT	0.203	0.090	2.250*	[0.060, 0.353]	0.063	Supported

Note(s): *p <0.05; **p <0.01; ***p <0.001 (one-tailed); CI= confidence interval; FR= Financial Risks Towards Owners; INT= Intention to Purchase Pet Insurance; REL = Relationship between Owner and Pet; RP = Risk Perception towards Adoption; RTP = Responsibilities Towards Pets

Table 5 Results for Direct Effects

- *Structural model evaluation*

The evaluation of the structural model was done after confirming the measurement model's quality. This involved the assessment of multicollinearity, path coefficient (β), coefficient of determination (R^2), effect size and predictive relevance. Firstly, ensuring the absence of multicollinearity. The testing of multicollinearity showed that the inner VIFs of all the variables (REL to INT, REL to RTP, RTP to INT, RP to INT, FR to INT), ranged from 1.000 to 2.338, which were well below the threshold of 3.3 (Boyd, et al., 2019). Therefore, multicollinearity was not an issue in this research. In this research, five direct hypotheses were developed. These significances were studied with the bootstrapping procedure with 5,000 resampling runs as recommended by other researchers (Hair, et al., 2017; Boyd, et al., 2019). Based on Table 5, RTP (β 0.262, $p < 0.05$), RP (β 0.317, $p < 0.01$), and FR (β 0.203, $p < 0.05$) positively and significantly influenced the intention to purchase pet insurance. These findings show that Hypotheses 3, 4 and 5 are supported. Additionally, REL (β 0.719, $p < 0.001$) positively and significantly influences the responsibilities towards pets (RTP), thus supporting Hypothesis 2. However, REL (β 0.107, $p > 0.05$) does not have any significant effects on the intentions to purchase pet insurance, therefore not supporting Hypothesis 1.

From the significant relationships and based on statistical guidelines, RP (f^2 0.110, small), RTP (f^2 0.056, small) and FR (f^2 0.063, small) have a small impact on the intentions to purchase pet insurance (Analysis INN, 2020). On another note, REL (f^2 1.069, large) has a strong impact on the responsibilities towards pets (Analysis INN, 2020). As a result, these data indicated that the study model was predictive.

Discussion

This research has shown that the Theory of Planned Behaviour does apply when studying the determinants of intentions to purchasing pet insurance. Referring to the second determinant, the result of this study shows that those who tend to bear more responsibilities when it comes to caring for their animal companions tend are more likely to purchase quality products and services for their pets, which in turn means that these group of consumers are more like to purchase pet insurance. This is proven from the structural model evaluation which shows that there is a small, but positive relationship between Responsibility Towards Pets and Intention to Purchase Pet Insurance, thus further proving the findings of Jenkins *et al.* (2016) and supporting Hypothesis 3. Additionally, the structural model evaluation shows that there is a positively strong relationship between Relationship between Owner and Pet and the Responsibilities towards Pets, which supports the findings of Jenkins *et al.* (2016) and therefore supports Hypothesis 2.

Another determinant of intentions to purchase pet insurance among Malaysians is the Risk Perception towards Pet Ownership. Based on the statistical findings, it can be concluded that those who tend to worry about the well-being and the longevity of their cats and dogs would more likely purchase pet insurance – thus supporting the findings of Walsh (2009) and William *et al.* (2016). As mentioned, Walsh (2009) and William *et al.* (2016) believe that these group of owners would more likely purchase pet services, which includes pet insurance, as a conscience to protect their emotional state should they suffer the loss of their pets. These findings also support Hypothesis 4.

The last determinant that influences the intention to purchase pet insurance among Malaysians is the Financial Risks of Owner. The findings from the structural model evaluation is aligned with the study conducted by Jenkins *et al.* (2016), whereby the group of owners who are more likely to purchase pet insurance are owners who want to prevent costly financial risks that comes with owning a cat or a dog. This is due to the fact that owners will not need to worry about forking out large sums of money to pay as rewards should their beloved animal companions go missing, as compensation should their pets misbehave and damage public property, or even as expenses should the pet suffer physical illnesses or

pass away (Jenkins, et al., 2016). This finding therefore supports Hypothesis 5.

However, based on the analysis of data, the Relationship between Owner and Pet does not influence the Intention to Purchase Pet Insurance among cat and dog owners in Malaysia, which does not support the findings of Chen *et al.* (2012). Chen *et al.* (2012) stated that those who tend to have strong relationships with their animal companions tend to spend money on pet consumption to ensure the betterment of the pets' lives. However, one possible reason as to why this factor does not influence the purchase intention of pet owners is due to the fact that some respondents may only be co- habituating with the pets in question and may not be their primary caretaker (Athira, 2021). Should they be co-habitants or are just fostering the pets in question, they may already have a strong relationship with said pet in general but may not be too concerned with other aspects of the pets – thus not directly influencing the intention to purchase pet insurance (Asmida, et al., 2021). Therefore, Hypothesis 1 is not supported based on these findings.

Conclusion And Recommendations

Conclusion

There are a few crucial implications retrieved from this research. First and foremost, this research has added further knowledge to understanding the determinants that influence the intentions to purchase pet insurance among cat and dog owners in Malaysia. As shown in the analysis, following the first and third research questions posed, the characteristics of the potential target group in the pet insurance industry would be pet owners who have a strong sense of responsibility towards their animal companions, those who are wary of the future well-being of their pets and those who are frugal and tend to prepare contingency plans to overcome possibly financial burdens caused by their pets. Therefore, pet insurance providers who plan to increase their customer base should create a dynamic marketing plan that includes these three characteristics to attract pet owners to purchase pet insurance for their loved ones – especially when taking into consideration the consumption pattern of Malaysian pet owners in general (Abercrombie, et al., 1994; Sethna & Blythe, 2019).

Regarding the second research question, as reflected in the analysis done, the relationship between owners and their pets does not significantly influence the intention to purchase pet insurance. This could be attributed to numerous reasons; one of it being the type of caretaker relationship of the owner. Some researchers claim that those who are not the primary caretaker of the pet will most likely not be influenced to purchase quality pet products and services as they only see the pets as their companions and not their long-term responsibility (Beetz, et al., 2012). Another plausible reason is due to the fact that these pet owners may not be long-term adopters, but instead only fosterers – thus making them have strong relationships with pets in general but are not committed to the future well-being of the pet once it gets a new owner (Kipperman, et al., 2017).

Limitations and Suggestions for Future Research

Similar to past research, there are limitations in this study that could provide a direction for any future research.

One of the limitations of this study is the lack of understanding the reason why Malaysian pet owners purchase pet insurance, as most of the literature that is utilised in this study either stemmed from other Asian regions, or Western regions – and because this study is done in a quantitative manner. Hence, a deeper study on the intentions to purchase pet insurance among Malaysian cat and dog owners utilising the qualitative approach should be conducted in order to properly understand the attitudes, perceived behaviour and social norms of pet owners towards purchasing pet insurance.

The second limitation of this research would be the cross-sectional design of this research. This is because this design restricts the interpretation of the results because the variables will be analysed based on their correlational relationships. While this study had adopted the Theory of Planned Behaviour as the reference framework, it could further be improved by adopting a longitudinal research design that repeatedly examines the same respondents to note down probable changes in their intention to purchase pet insurance.

Another crucial limitation to consider is the non-significance of the Relationship between Owner and Pet towards the intentions to purchase pet insurance among cat and dog owners in Malaysia, which contradicts the findings of Chen *et al*. (2012). This signals the need for a moderating variable to re-evaluate the relationship between these two variables, such as the number of pets owned, or the duration of owning said pet(s).

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Appendices

Questionnaire Indicators

Constructs	Indicators
Intention to Purchase Pet Insurance (INT)	I am willing to purchase pet insurance for pet(s) within the next three (3) to six (6) months.
	I am willing to purchase pet insurance for my pet(s) in the future.
	I am willing to purchase pet insurance for my pet(s) in the future but I need to explore for more information.
	I strongly recommend my family and friends to consider getting pet insurance for their pet(s).

Relationship between Owner and Pet [REL]	I consider my pet(s) as my greatest companion(s).
	Owning pets has increased the quality of my life.
	The pet(s) that I own understands me.
	I have a close relationship with my pet(s)
	I always to confide in my pet(s) whenever I am happy or sad.
	I believe that pets are loyal creatures.
	I see my pet(s) as my family member(s).
	I tend to bring my pet(s) wherever I go during my leisure times.
	I always bring my pet(s) to meet my friends and relatives.
Responsibilities towards Pets [RTP]	It is my responsibility to keep my pet(s) healthy all the time.
	It is my responsibility to keep my pet(s) happy and entertained.
	I always take my pets to the veterinary whenever they are sick.
	I am willing to pay more for good quality pet foods that are full of nutrition.
	I am willing to pay for good quality pet services, such as grooming and pet hotels.
	I am willing to provide for my pet(s) to ensure a good quality of life.
Risk Perceptions towards Pet Ownership [RP]	I am afraid that my pet(s) will fall sick in the future.
	I am afraid that my pet(s) will die in the future.
	I expect that my pet(s) might need medical attention in the future.
	I fear losing my pet(s)
Financial Risks of Owner [FR]	I tend to worry about the financial burdens caused by my pet(s).
	I am worried about the financial costs that I might bear if my pet(s) fall sick.
	I am worried about the financial costs that I might bear if my pet(s) gets into an accident.

9. Does Anxiety Affect Mental Health and Well-being Among Youth?

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1. Abstract

The prevalence and incidence of mental illness are both rising, especially among adolescents. One in seven teenagers (10 to 19 years old) is thought to experience physical or mental health issues globally. Given this trend, adolescent physical and mental health has become an issue of growing importance. This study's primary goal is to better understand what are the causes of anxiety and how it impacts adolescents' physical and mental health. Anxiety is a feeling of fear, worry, and tension that can be classified into several types, such as generalized anxiety disorder (GAD), panic disorder, social anxiety disorder, post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), and phobia. To acquire correct data for this study, we used a quantitative method via online questionnaires and obtain secondary data from journal articles to complete the research. Our research revealed that academic pressure is the primary source of adolescent anxiety. Correspondingly, this insightful research demonstrates how anxiety has an impact on adolescents' self-esteem and confidence levels. The best strategies for enhancing mental health, according to our study, are to lead a healthy lifestyle, have an optimistic outlook and keep ourselves busy and physically active. In summary, this study clarifies that anxiety is a substantial health issue for teenagers.

Keywords: Anxiety, Mental Health, Adolescent, Factor, Impact, Strategies

2. Introduction

The development of the internet and the popularity of social media have triggered an explosion in the growth of information. A large amount of information has caused people to develop anxiety. Also, under the pressure of life and studying, many people suffer from anxiety disorders. Approximately 280 million

people worldwide suffer from anxiety disorders (WHO, 2022). As a result, anxiety has been described as the 'common cold' of mental health, which shows its prevalence. For adolescents, anxiety is one of the most common mental illnesses. According to the International Health Organization, 3.6% of children aged 10-14 and 4.6% of adolescents aged 15-19 suffer from anxiety disorders. (WHO, 2021) Anxiety can have a degree of negative impact on all aspects of a teenager's life, both physical and psychological. When anxiety is severe, it can interfere with a teenager's studies and life. Long-term anxiety can be very stressful for adolescents and lead to other psychological problems such as depression. In addition, anxiety can be difficult to treat on its own, and without the help of parents and mental health professionals, anxiety can persist, leading to reduced well-being and anxiety in adolescents. According to the US Preventive Services Task Force draft recommendations, the lifetime prevalence of anxiety disorders is 26% for males and 40% for females. (USPSTF, 2022)

The global population has faced numerous stresses since COVID-19. The virus not only attacks our bodies but also adds to the suffering of the mind, severely affecting the mental health of society as a whole. This makes the health situation of adolescents, one of the most vulnerable groups in society, even more vulnerable. Adolescents' anxiety and depression have significantly increased since COVID-19. According to the World Health Organization, the incidence of common disorders such as depression and anxiety increased by more than 25% in the first year of the COVID-19 pandemic. (UN NEWS, 2022) This study utilized a questionnaire to understand the anxiety status of adolescents. The aim of this paper is twofold: first, to analyse and study the factors and effects of anxiety on adolescents' mental health; Second, to analyse and understand the methods used by adolescents to relieve anxiety.

3. Literature review

Through a literature review, this paper will discuss the impact of anxiety on the mental health and well-being of young people. Our research will reveal the causes of anxiety and explore the impact of anxiety on the mental health of young people through the investigation of their mental state, so as to promote the research of anxiety and find solutions to youth anxiety, so as to help young people maintain mental health and happiness. Under the environment of attaching importance to youth mental health, many institutions and scholars have conducted research on youth anxiety and obtained the results. In 2019, it was estimated that one in seven adolescents had a mental disorder. This equates to an estimated 166 million adolescents (89 million boys and 77 million girls) worldwide.

1.1 In her research, Iliana argues that anxiety is not an accidental occurrence and is more than a simple psychological problem, as a previous study showed that anxiety, although a psychological disorder, is determined by the interaction between biological, psychological and social factors (Iliana et al., 2020). In terms of biological factors, it has been found that anxiety is hereditary and can occur in families, and it is estimated that children born to parents with anxiety have a 44% chance of having anxiety, while children born to parents without anxiety have only a 1 in 7 chance of having anxiety (Iliana et al., 2020). Therefore, in today's environment where youth anxiety seriously affects the mental health and well-being of youth, current research suggests that a large part of the cause is genetically linked.

In addition, the COVID-19 pandemic has also become a cause of anxiety among adolescents in recent years. Sifan believes that the tremendous social changes triggered by the New COVID-19 outbreak have created anxiety in the public, especially among young people, and have had an impact on mental health. For example, in one study, Kang et al. found that after the COVID-19 outbreak, people were prone to mental health problems such as negative mood, anxiety, depression, and post-traumatic stress disorder (Sifan et al., 2022). According to a data set released by Statistics Canada, during April and May 2020, many people had fair or poor mental health, a threefold increase compared to the previous year, and 41% suffered from moderate or severe depression, with 2020 being the peak of the global COVID-

19 pandemic (Sifan et al.,2022). A study from Ecuador explains how isolation of societies around the world coping with the COVID-19 pandemic significantly increases anxiety. During the COVID - 19 pandemic control, social isolation and social stress resulted from home isolation and other pandemic prevention policies around the world, as well as fear of pandemic factors such as people, and dramatic changes in lifestyle. Therefore, a series of social changes and social factors triggered by the new crown pneumonia pandemic in recent years are also important causes of anxiety in adolescents.

3.1 Based on the current research on the impact of anxiety, William believes that anxiety can have a significant impact on young people's mental health and well-being and even impair their physical health, not only in the short term, but also in adulthood. In studies where anxiety goes far beyond the mood or health of young people, it is a highly co-morbid mental illness, as studies have found that anxiety and depression increase the risk of many physical illnesses. For example, they further increase the risk of chronic disease and damage to the young body (William et al., 2022). Anxiety has been linked to suicidal behaviour in one study, including the possibility of developing depression and even suicidal ideation (SI) in adolescents after prolonged high levels of anxiety. Anxiety is ranked as a top risk factor for suicide by major national organizations (e.g. AFSP, National Suicide Prevention Lifeline) (Kate et al.,2015).

Research on the effects of anxiety on adolescent mental health is more complex and serious, such as suicide and causing chronic illnesses that are usually not perceived or empathized with by the general population, especially youths. We tried to find out, among other things, how anxiety intuitively affects the daily life of adolescents, and in addition to these effects, does anxiety affect adolescents' learning, self-confidence, and physical development? As our hypothesis. H1: Anxiety affects young people's learning, self-confidence and physical development, in addition to increasing the risk of suicide and chronic diseases.

3.2 In the current research on adolescent anxiety, research has focused more on how to alleviate and treat adolescent anxiety, and in Iliana's study it was found that unlike other acute illnesses where the body can produce a short-term cure through treatment, anxiety as a mental illness has biological and psychological effects that require lifelong treatment (Iliana et al, 2020). In their research on treatment approaches for anxiety disorders, Iliana concluded that the long-term effects of treatment and the rate of successful remission are very important, and that the use of pharmacotherapy in the course of psychotherapy varies from person to person, and it was found that in today's diverse and high-stress society, anxiety disorders are prevalent, the causes of anxiety disorders vary, and one treatment may not be appropriate for all anxiety disorders; therefore, when dealing with different anxiety disorder patients, it is important to differentiate treatment approaches, which need to be individualized according to the degree of dysfunction (Iliana et al., 2020). There are also many studies on alleviating anxiety in young people through non-drug means, and certain results have been achieved. In the studies, it has been shown that it is also a good way for anxious people to relieve anxiety through reading, exercising or relaxation such as deep breathing to distract their attention. Research on the effects of music on anxiety has also shown that music can be a great way to relieve anxiety, and different types of music cater to different tastes.

Cognitive Behavioural Therapy of anxiety in today's study is the main therapy in the treatment of anxiety, but facing the different anxiety patients, a combination with other therapies will produce better results. For instance, psychodynamic therapy combined with CBT will produce good effect, which has raised hopes for the treatment of anxiety. In addition to cognitive-behavioural therapy, Rulin believes that guided imagery relaxation therapy is also a very good treatment for anxiety, which is explained as a relaxation technique based on the interaction between the brain, mind, body, and behaviour to relieve physical and mental tension by relaxing the body in multiple ways. The relaxation

technique is based on the interaction between the brain, mind, body, and behaviour to relieve physical and psychological tension and anxiety through multifaceted relaxation of the body, whereas general relaxation techniques such as massage and listening to music can usually only relax either the mind or the body, but not both (Rulin et al.)

In addition to this, the care of people around the youth anxious person is also a good way to alleviate youth anxiety. According to Xin's research, teacher support and peer support directly contribute to youth psychological development, and these can increase resistance to youth anxiety (Xin et al., 2021). The combination of positive maternal responses to adolescents and teacher support had the greatest impact on reducing adolescent anxiety. In the studies on the treatment of anxiety, drugs and a series of professional psychotherapy are mainly used, but there are also some non-drugs and relatively simple therapies, such as music therapy. Since our study subjects are young people, who often do not have much time or money for medication and professional psychotherapy, young people prefer simple self-relief methods to relieve anxiety in their daily lives and maintain their mental health and well-being. We are trying to determine the relaxation technique which can be implemented and easily accepted by young people in their daily life. In other words, apart from professional psychotherapy and the relaxation techniques, are a series of methods such as "Engage in social interaction", "Keep optimistic", "Live a healthy lifestyle" effective and easily accepted by young people? This will be our second hypothesis. H2: Apart from professional psychotherapy and relaxation technique, engaging in social interaction, keep optimistic, a series of methods such as "Live a healthy lifestyle" are effective and easily accepted by young people.

4. Methodology

To achieve the goal of the survey, a quantitative method is used by conducting an online survey to collect data from the young society. The purpose of the quantitative method is to collect information from a large sample and generalize the feedback to study the opinion of the public. A total of 103 responses were collected anonymously from the 15 to 26 age group. The first part of the survey asked for respondents' basic demographic information, including gender and occupation. The remainder of the survey asked respondents about their experiences with anxiety, addressing the types of anxiety disorders they have suffered from and the symptoms they have experienced. To explore the topic of anxiety in-depth, some checkbox questions were asked about the factors and effects of anxiety on adolescents' mental health and how they choose to cope with it. The collected data were presented in bar graphs, using the nominal scale as the unit of measurement.

In order to study anxiety comprehensively, we used secondary data as a source for the research. Secondary data is data that has already been collected by others who have invested time, money, and energy to compile statistics from all sorts of sources and make them readily available to the public. These include sources from journal articles, newspapers, websites, and government documents and publications. In our research, we have referred to World Health Organization (WHO), U.S. Preventive Services TASK FORCE, and the documents from the National Library of Medicine. The previous data helps to illustrate the evolution of anxiety and the frequency of its occurrence among youth based on various perceptions and observations. With the high-quality database provided, we are able to draw new insights with different dimensions from the hypothesis testing results.

5. Results and discussion

5.1 Factors

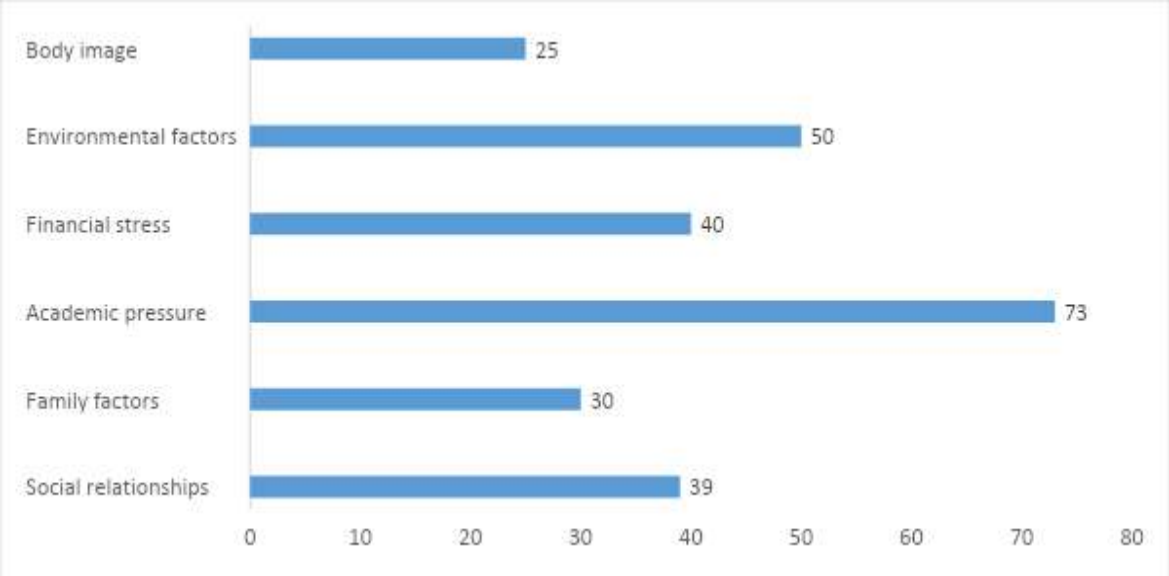


Figure 1: The Factors That Cause Anxiety Among Youth

Based on the survey, it is found that 83.5% of the respondents have been experiencing and suffering from anxiety. Anxiety can be triggered by various factors that society might have once realized or might not. To explore the potential factors that cause anxiety from the perspective of young society, we intentionally designed our survey using checkbox questions. In general, 70.9% of respondents agree that academic pressure is the main factor causing anxiety and worry among young people. Exams, heavy workloads, and parents' expectations cause anxiety for students and lead to poor mental health. Low-performing students who repeatedly fall behind struggle even more and are frustrated when they are unable to manage their learning progress. It turns out to be overwhelming for the students to find balance within their academic studies, extracurricular activities, and their lives. In our survey, the second major element that affects youth's physical and mental health is environmental factors. The survey's findings indicated that 50(49.5%) out of 103 respondents experienced anxiety due to stress and uncertainty in their environment. It is clear that young people feel less in control as a result of the changing environment. Young people adjusting to society, for instance, deal with a range of difficulties, whether at their job or in relationships. Hence, they must swiftly assimilate this social pressure and urge themselves to fast acclimate to a new setting outside of school. Owing to their discomfort in this situation, the majority of young people end up living with a condition of chronic anxiety as a result.

Apart from environmental factors, financial stress also causes anxiety among young people. According to our recent survey, 40 (38.8) of 103 respondents concur that financial distress can affect adolescents' mental health and well-being. The Financial Health Institute defines financial stress as a condition that is the result of financial or economic events that cause anxiety, worry, or a sense of scarcity and is accompanied by a physiological stress response. Indeed, most adolescents experience high levels of stress, and money is high on their list of concerns. In addition, well-paying job options for young people without college degrees are scarce, especially during the Covid-19 pandemic, and on this occasion most young people become unemployed, unable to afford the high cost of living, leading them to mental illness. As demonstrated above, young people's financial health tends to worsen when financial stress increases, which in turn negatively affects their physical health. Following this, there are about 39(37.9%) out of 103 respondents acknowledge that interpersonal relationships can deeply affect mental health among youth. A process of psychological and behavioural communication between people and

others around them is called an interpersonal relationship. Nowadays, interpersonal connections become a spiritual necessity for young people as their engagement with society increases as they get older and more independent. Extroverted and self-assured adolescents definitely can get a good grasp of interpersonal interactions; on the other hand, for certain introverted young people, interpersonal relationships are an invisible strain that frequently makes them feel like a fish out of water. For instance, contemporary university students are innately motivated by a desire to fit in, but they are also used to a natural, self-contained behavioural pattern that makes it challenging for them to adjust to being around their peers. To put it briefly, the accumulation of social pressure over the years can lead to anxiety among young people.

Undeniably, there are also 30 respondents, of whom 29.1% think that family factors are the cause of anxiety in adolescents. The influence of the family is strongly linked to the development of an individual. Long-term exposure to family conflict, abuse, neglect, and misunderstanding worsens adolescent mental health and well-being. Insecurity tends to occur in children where the parents are not mature enough to handle emotions and responsibly raise a family. Panic disorders can be triggered in the environment of yelling, blame, and fear of being abused can negatively affect their later life and in the worst case be diagnosed with Post-Traumatic Stress Disorder (PTSD). Last but not least, 24.3% of respondents believe that body image contributes to anxiety in adolescents. Body image refers to how people think and feel about their appearance, body shape, and weight. Having body image concerns is a relatively common experience and is not a mental health problem in and of itself; however, it can be a risk factor for mental health problems among youth. To illustrate, dissatisfaction and negative thoughts about their body image because they have not achieved the ideal, perfect body lead to negative psychosocial outcomes, such as depression and anxiety disorders. It is common knowledge that in modern times beauty especially among the youth is defined partly by body structure. Once the individual perceives either through remarks from people or by self-evaluation that his/her body appearance is incomparable to that of others, it tends to affect their general feeling and well-being. People who have been ridiculed, bullied, or isolated because of their body image become anxious when it comes to social interaction because they lack confidence. As demonstrated above, body image dissatisfaction plays a role in the aetiology of anxiety disorder symptoms in adolescents.

5.2 Impacts

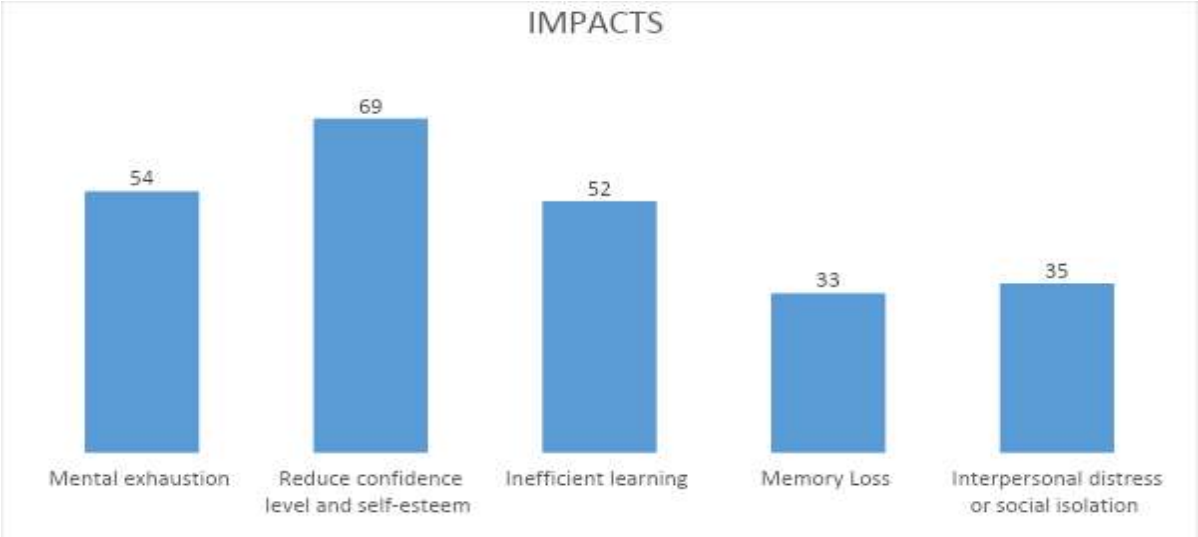


Figure 2: The Impacts of Anxiety

WHO has carried out a survey on the mental health of adolescents. In the survey, researchers found that emotional disorders caused by anxiety disorders are very common in adolescents. In the article, they first

pointed out that anxiety would lead to mental exhaustion, and memory decline, and ultimately seriously affect school and academic performance. This can be proved in our investigation. About 52.4% of the respondents and 50.5% of the respondents said they were in a state of mental exhaustion and inefficient learning respectively. People who are anxious have long-lasting, intense emotions that leave them feeling hopeless, empty, and overwhelmed. This causes them to be distracted from their studies, have low productivity, and have difficulty concentrating. Besides, 32% of respondents experienced memory loss when confronted with anxiety which disrupts their daily life when comes to completing tasks.

Secondly, anxiety also has a significant impact on social interaction between people. Our survey shows that about 67% of the respondents said they had symptoms of reduced self-confidence. They are afraid to communicate with others because they show extreme irritability and are difficult to communicate with others. With low self-esteem and self-confidence, they tend to retract their steps to participate in a conversation with people who have even shielded them from society. Even more serious is the fact that 34 percent of respondents said that they are beginning to experience social difficulties. These phenomena can be called social withdrawal. Social withdrawal exacerbates feelings of isolation and loneliness and, if serious, can even lead to depression, which can eventually result in suicide.

In addition, anxiety can even cause endocrine disorders that affect the physical development of adolescents. Students with anxiety problems are always in a state of high pressure. The pressure not only comes from the outside but also from their own psychological hints, thus causing pressure on themselves. It will eventually lead to an endocrine disorder, which has an important impact on the health and physical development of young people. Finally, anxiety has become a big problem that cannot be ignored. It affects our life and health in many ways. And these results have an extremely strong correlation. In most people's opinion, anxiety is only a minor psychological problem, but these results can add up and not be borne by people in the end. We must take action to improve the impact of anxiety among young people.

5.3 Solutions

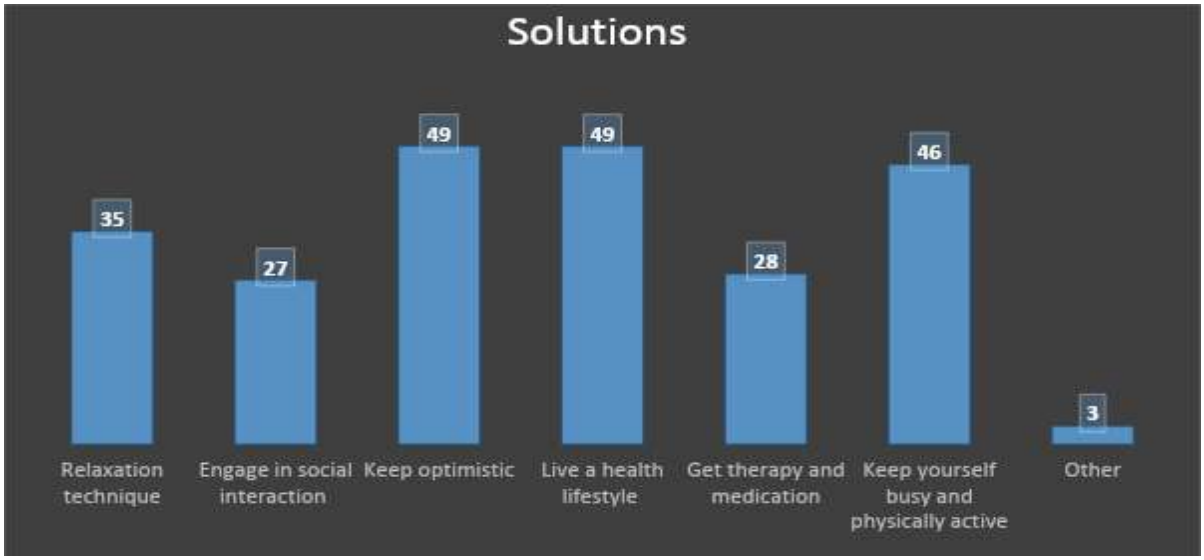


Figure 3: The Solutions of Anxiety

Over the past few years, there has been a massive breakthrough in the treatment of anxiety disorders, and there are now numerous psychological and medicinal approaches that are thought to be successful. In order to acquire and synthesis the viewpoints of adolescents for this study, we used the data and information from our inquiry. It enables us to discuss and draw conclusions regarding the best strategies

for assisting youth in releasing go of their anxieties.

First and foremost, we assume that being an independent individual in a highly dynamic environment will undoubtedly lead to many times of loneliness and helplessness. Different people will cope in different ways; some may actively seek out a listener while others would choose to remain mute. Your mind is freed while you converse, and you feel comfortable and at ease. According to studies, many anxious persons communicate their stress and worry inclinations in an effort to prevent anxiety by learning more or confiding in others.

According to the results of our survey, 67% of young people who experience anxiety will choose to confide in friends, 42.7% of YMCA youth will confide in parents, 15.5% of YMCA youth will confide in teachers, 16.5% of YMCA youth will seek a psychiatrist's help, and minority youth will choose silence or not to talk to anyone. Since their parents and friends are the individuals, they are closest to in life, most young people are more likely to talk to them about their anxiety, making them the ideal audience.

The second finding from our examination of methods for reducing anxiety is that 34% of respondents preferred relaxation techniques. When it comes to the prevention and treatment of teenage mental illness, "relaxation technique (RTs)" is "a series of measures to modify the physiological response to stress." The literature has reported on it. When it comes to preventing and treating adolescent anxiety, relaxation techniques outperform other psychological intervention strategies. Reduced anxiety symptoms can be achieved by relaxation treatment and progressive muscle relaxation (Syed et al.,2022).

In order to express their discomfort and find inner relief, about 26.2% of respondents said they choose to interact socially, talk to more people while doing so, and interact socially. Additionally, if people are aware of their anxiety, they can offer numerous anxiety-relieving strategies as well as psychiatric treatment. Additionally, social connection can assist them in focusing their attention away from their worry and toward social activities. About 47.6% of respondents say they prefer to be optimistic. The protective effect of OFC GMV on anxiety in healthy participants, the mediating role of optimism, and the relationship between optimism and changes in OFC volume and anxiety (Sanda et al.,2016). Besides, 47.6% of respondents choose to live a healthy lifestyle. Studies have shown that a healthy lifestyle can bring good mental health and well-being, so that the public's daily life to a healthy lifestyle development is conducive to public mental health and well-being, and can eliminate the anxiety caused by environmental pressure and affect mental health (Pauline et al., 2022).

Apart from that, 27.2% of respondents indicated that they would rather receive therapy and medicines. A scientific and efficient method of reducing anxiety is the use of medications to affect emotions from a biological standpoint. The choice of 44.7% of respondents to keep themselves occupied and physically active is comparable to engaging in social engagement. Their busy lives provide them with a sense of fulfilment by diverting their focus to other things. Many of the tasks you complete at the end of a busy day will also make you feel accomplished, which can lower your anxiety and broaden your perspective. However, 2.9% of people have alternative coping mechanisms for anxiety. This leads us to the conclusion that the majority of people are willing to accept and try the most popular and successful self-help techniques for anxiety: “keep yourself busy and physically active”, “stay optimistic”, and “live a healthy lifestyle”.

Researchers from all around the world are still working to find a treatment for anxiety and its effects on young people's mental health and wellbeing. After analysing the study's findings and discussing them, we came to the conclusion that, in addition to medication and expert psychotherapy, hypothesis 2's "relaxation technique," "engage in social interaction," "keep optimistic," and "live a healthy lifestyle" are

practical solutions that young people are willing to adopt. To sum up, interaction, being upbeat, and leading a healthy lifestyle are advantageous and well-liked by young people.

6. Conclusion

This dissertation discusses how anxiety affects adolescents' mental health and what strategies adolescents use to alleviate anxiety. Based on this, we conclude that most of the adolescents interviewed experienced or suffered from anxiety. In addition, anxiety became common among adolescents, and that anxiety seriously affected their lives and mental health. Secondly, the study also found that most of the adolescents who experienced anxiety would talk to their friends or parents and seek help. However, few would actively seek help from a psychologist.
The findings of this study suggest that adolescent anxiety needs a lot of attention. Because adolescents rarely reach out to mental health professionals for help, persistent anxiety without professional intervention can lead to other psychological disorders, such as depression. Therefore, schools and society can consider providing more professional psychological counselling services and assistance to adolescents to minimize the potential threat of anxiety to adolescents. This measure would have a positive impact on adolescent mental health by identifying adolescent anxiety as early as possible.

This study empirically investigated the anxiety status of Malaysian adolescents. This study contributes to some extent to understanding the anxiety status of adolescents and increases awareness of anxiety disorders. The literature on adolescent anxiety has been expanded through this study. The limitations of this study are mainly due to the limited sample size. Only 103 youth respondents participated in the questionnaire and most of the respondents were students at Universiti Sains Malaysia. Therefore, future studies can further explore this issue by increasing the sample size to include different nationalities, occupations, and age groups.

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10. Does Family Factors Matter In Mental Health And Well-being For Youth?

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ABSTRACT

"Does family factors matter in mental health and well-being for youth?". Youth is a person between the ages of 15 and 24 years. We observe this topic because family issues are a common problem almost faced by everyone, especially youth who are in the adolescence phase being sensitive. They will be influenced by their surroundings, including physical factors (Bonnie, R.J., Backes, E.P., 2019). In this paper, we attempt to understand the family factors faced by youth until they affect their mental health and well-being. We gather and evaluate data from 104 youth using a survey form regarding the types of family factors that affect youth mental health and well-being, the consequences of these factors, and methods to overcome the impact of family factors on youth mental health. We hope that our findings will help the International Youth Centre to raise awareness about youth mental health and well-being.

Keywords: youth, family factors, mental health, well-being

INTRODUCTION

McGorry present a call to action to redesign youth mental health care and conceptualize youth psychiatry as a distinct discipline (McGorry PD, et al. World Psychiatry 2022). There is an urgent need to learn more about the elements that affect youth's health and well-being in Malaysia due to the country's aging population and the accompanying age-related diseases. The impact of family factors matter in the mental health and well-being of youth is examined in this review.

Parental divorce may have a variety of effects on youth's mental health. These effects might be transient for some youths, but they might be long-lasting for others. They might severely affect a youth's ability to complete their schooling and/or mental health. According to studies, teenagers up to the age of 19 can be sensitive to issues in their parent's marriage. According to researchers, the youth of high-conflict couples suffer mentally. Chinese family education instructor Lin Gaolong points out that in the process of youth's mental growth, they will have an internal psychological balancing mechanism. Parental vices including drinking, smoking, and lying can seriously harm a youth's physical and emotional well-being. A youngster is more likely to adopt and practice a disciplined lifestyle if he or she observes his or her parents engaging in it.

Stress is a serious health concern for young Malaysians Teenagers experience stress frequently, and it can be brought on by a variety of different factors. Some youth may act out by showing increased aggression, defiance, and behavioural problems. Youths may have depression symptoms including feeling sad or lonely or spending a lot of time alone in their bedrooms. One of the most critical periods of the life of a youth is adolescence. During this period, youth face many problems such as low self-esteem. Many things, including school, friends can have an impact on one's self-esteem, but it appears that family plays a significant role in this process. Family dysfunction and depression have been connected in several theoretical and empirical investigations. The family system theory can be used to

explain how family functioning affects teen depression. Previous research has shown that depressed people can have dysfunctional families (Cheng et al., 2022).

Counselling provides youths with direction, knowledge, and advice, typically from young life through the teenage years. Any issue that causes questions or conflicts connected to family relationships may be the focus of youth counselling. It can be used to combat negative self-concepts and feelings of inadequacy that youth regularly experience. In the United Kingdom, CAMHS (Specialist Child and Adolescent Mental Health Services) are statutory services financed by the NHS that diagnose and treat children and adolescents with behavioural, emotional, and mental health issues (Young Minds, 2017). Teenagers also frequently seek support from peers. Simply listening and expressing something like, "That sounds incredibly hard," can be helpful. In addition to incorporating physical activity, organized sports activities can help children and teenagers' mental health (Biddle and Asare, 2011). Physical activity is sometimes included in organized non-sport events, but not Participation in organized sports and non-sport activities, as well as its determinants, can be influenced and encouraged by local laws.

LITERATURE REVIEW

This section will explore several types of family issues through a study of research. According to numerous experts, these factors primarily affect young people's mental health and family dynamics. By examining young people's mental health and attitudes on the importance of family factors in their well-being, our study will advance the field of family factors research. Hulda S.B. and Sigridur H., 2021 assert that unpleasant childhood experiences, such as unfavourable living circumstances and ineffective parenting, are common. Life after the trauma was very different. They believed their physical and mental health was on the verge of failing due to the terrible aftereffects of the events. This will highlight the negative effects that family problems have on young people's mental health and help researchers find solutions. Young people's mental health continues to improve in this day and age. Studies that advance our understanding of how to promote juvenile mental health must be conducted.

DIVORCE

A study of the available data indicates that being a single parent is unquestionably a risk factor for mental health problems in children, which heightens psychological unease and sadness. The causes of single-parent households' worse outcomes may be more complex than they initially appear to be. Being a single parent brings with it additional financial difficulties, which increases stress “levels” and may have a negative impact on youth's mental health and general well-being (Kellam S.G., Ensminger M.E., Turner R.J., 1977). According to the Department of Statistics Malaysia, ongoing financial hardship combined with other elements like poor communication, an inability to settle disputes, stress from family responsibilities, and a high-pressure environment of confinement led to a 12% increase in divorce cases, from 50,862 cases in 2018 to 56,975 “cases” in 2019. (DOSM, 2021). Avison W.R., 2002 showed that the prevalence of poverty in single-parent family has been estimated to be as high as 50% compared to around 5% in two-parent intact families. When one parent is not there since there is less oversight and observation. Without the monitoring of another parent, residential single parents are required to fulfil a variety of responsibilities, which can result in emotional and task overload. Children who had some experience living in a single-parent household reported greater behavioural issues than children who had always lived in a two-parent household (Marcia J.C., Mary E.C., 2022).

FINANCIAL PROBLEM

Financial difficulties have become a major concern for young people's mental health and well-being. According to Duncan G.J. and Brooks-Gunn G., 1977, family structure and economic position are

connected, and economic status is a crucial factor in the connection between family structure and juvenile outcomes. Due to the correlation between family structure and economic position and the detrimental effects of poverty on children's well-being, Carlson M.J. and Corcoran M.E., 2001 also said that economic status is a significant moderator of the association between family structure and child outcomes. McLanahan S.S. and Sandefur G., 1994, however, point out that poverty is also directly connected to children's well-being and frequently acts as a mechanism through which family structure affects children's well-being. Well-being and poverty are mutually exclusive. Parental psychological health suffers as a result of economic hardship, which may compromise successful parenting. Additionally, parental psychological health suffers as a result of economic hardship, which may compromise successful parenting. Some scholars also noted that even if parents do not voice these worries to their children directly, kids may be more aware of their parent's worries about meeting fundamental requirements such as late payments on bills than about not being able to afford wants such as taking vacations. Youth may become more concerned about themselves as a result of understanding that their family struggles to meet their fundamental necessities (Rashmita S.M., Laura E., 2021).

LACK OF LOVE OR ACCOMPANY

For a family to satisfy a child's needs, love and connection are crucial. This is because all kids require enough company and knowledge to develop into healthy adults. It also highlights the stability of the family when there is enough love and camaraderie in the home for youths. Years of both experimental and observational studies have demonstrated that children's developmental health is maximized when they feel linked to their careers. Strengthening family ties may have a trickle-down effect on children's mental health when considering preventative and intervention options to recover from COVID-19 (Brae A.M.A., Nicole R., Sheila M.D., Suzanne T., Sheri M., 2021). According to Bradley R.H and Rock S.L., 1988, the kid's home offers a framework for learning and socializing, and independent of other factors, the nature, and qualities of the home environment have a significant impact on the outcomes of the child. Children will develop and grow healthily in an engaging home setting, that offers chances for learning and discovery, and is warm and supportive. In addition, some studies note that conduct in children and young adults is positively correlated with family stability (Hao L., Xie G., 2001). More often than not, family stability has a greater impact on a child's results than family structure. The family environment is at the core of young people's development (Cory L.C., 2022). In terms of their children's mental health, parents play a vital role since they are frequently the first line of defence for young people who are struggling with mental health issues and are in charge of getting them the care they require.

An examination of this research raises the following question: What additional elements, besides those mentioned above, have been important recently? Examine the reasons for it and the effects it will have on kids. Scholars deem it crucial for developing more practical answers.

RESEARCH METHODOLOGY

RESPONDENT PROFILES

The google form that we used to collect data and information regarding to the topic "Does Family Factors Matter In Mental Health And Well-Being For Youth" consists of 104 respondent in total. Majority of respondent are female which is 63.5% while male recorded as many as 36.5%. Most of the respondents are in the age between 18-20 years old which is 77.9% from the total of 104 respondents. Also, we found out that most of the respondents were facing family problems that affect their mental health are Chinese which is 69.2% follow by Malay which is recorded as many as 22.1%.

Demographic Variable	Category	Percentage (%)
Gender	Male	36.5
	Female	63.5
Age	18-20	77.9
	21-23	7.7
	24-26	5.8
	Others	8.6
Race	Chinese	69.2
	Malay	22.1
	India	6.7
	Others	2.0

Table 1: Respondent Profiles

METHODS OF OBTAINING DATA

In this study, various methods are used to collect data and information in the form of primary data and literature studies. Questionnaire method as the primary data was used to collect data from 104 youth respondents in the age between 18 years old to 26 years old. The questionnaire that had been made consisted of several questions regarding types of family factors matter in mental health and well-being for youth, the impact of family factors that affect mental health for youth as well as the solution to help youth come out from the impact. Questionnaires that have been used are in the form of multiple choice where respondents can choose multiple answers at the same time. Survey research is the best method to collect original data from a large number of respondents through sampling techniques (Barbie, 2001).

Meanwhile, literature studies are used to refer studies such as dictionaries, journals, and citations. This method is used to help researchers by gathering information related to mental health and well-being for youth due to family factors found in existing journals and research materials. Literature Studies is a study conducted by researchers by collecting several books, magazines related to problems and research purposes (Danial and Wasriah, 2009).

PROCESSING AND PRESENTING DATA

At the final stage of this study, descriptive data analysis is used in data processing from the questionnaire to produce a research report. Graphic media such as graph bars and pie charts are used to present data. Through this study, the data presented is easier to understand and interesting.

RESULT AND DISCUSSION

TYPES OF FAMILY FACTORS THAT AFFECTING YOUTH MENTAL HEALTH

Types of Family Problems	Frequency (n)	Percentage (%)
Divorce	14	13.50
Sexual Harassment	6	5.80
Family Arguing	62	59.60
Domestic Violence	6	5.80
Critical Education	20	19.20
Negative Behaviour	20	19.20
Financial Problem	40	38.50
Lack of love or accompany	28	26.90
Others	8	8.00
Total	204	100.00

Table 2: Types of Family Factors That Affecting Youth Mental Health

Based on table 2, the three main factors that affect the mental health of youth are family arguments, which 59.6% of respondents have experienced, financial stress, which 38.5 percent of the 104 respondents have experienced; and a lack of love or companionship from their family, which 26.9% of respondents have experienced. Family arguments may happen when family members have different opinions or views about something. The issues that often lead to conflict between young people and their parents are sibling fights and the desire for more personal freedom. When parents disagree with their decisions or criticise them, it has the potential to have a significant impact on their mental health and well-being. The 2019 Household Income and Basic Facilities Survey (HIES & BA) found that 1.46 million households were in the T20 group, while 2.91 million households were in the B40 and M40 groups. Research has shown that financial problems can significantly increase tension in any household. When a family doesn't have enough money, assets, or debt to get through tough economic times, it can cause emotional stress or anguish. So, youth from low-income families have to work hard to help support their families. Some of them have been forced to work long hours to increase their family incomes, which may affect their mental health and well-being. Further, Thoits (2010) says that social support can be a way to deal with stress that lessens its negative effects on well-being and improves well-being by boosting self-esteem. The report says that tens of thousands of children are neglected by their parents in different ways because they do not check up on them or encourage them enough. The lack of parental warmth and love makes youth feel depressed and stressed.

We discovered that 13.50% of youth face divorce, 19.20% experience critical education, and 19.20% witness the behaviour of their family members. A youth who witnesses their parents' divorce may be affected well into adulthood. Youth may try to distance himself from his parents by engaging in risky or self-destructive behaviours such as binge drinking, drug use, and sexual promiscuity. Critical education may improve youth's academic performance as well as produce excellent kids. Youth raised with critical education, on the other hand, are more likely to be unhappy and depressed. Next, parents play an important role in the lives of their children. Youth who do not have positive parental influence are more likely to have relationship problems, depression, anxiety, and aggression, among other negative outcomes. Harsh parenting, which includes verbal or physical aggression, spanking, and yelling, can cause emotional and behavioural problems in children.

We also found that the family factors that had less impact on youth's mental health were sexual harassment and domestic violence, which around 5.80% of 104 respondents experienced, while 8.00%

of 104 respondents did not face any family problems. Community studies show that one out of every ten Malaysian children, or about 750 000, is sexually abused. Sexual abusers are typically their fathers or stepfathers in 95 percent of cases. As a result, long-term sexual abuse of an adult typically results in low self-esteem, a sense of worthlessness, and an abnormal or skewed attitude toward sex. Domestic violence affects an estimated 3.3 million to 10 million children every year (Herrenkohl et al., 2010, p. 1). Youth can be exposed to domestic violence in a number of ways, such as by living in a home where there is a lot of tension and fear, seeing their mother get hit or threatened, or dealing with the effects of financial abuse.

IMPACTS OF MENTAL HEALTH ON YOUTH DUE TO FAMILY FACTORS

Impacts	Frequency (respondents)	Percentage (%)
Stress	68	65.38
Depression	36	34.62
Suicide attempts	9	8.65
Antisocial	24	23.08
Criminal activities	4	3.85
Trauma	16	15.38
Negative behaviour	9	8.65
Lost confidence	47	45.19

Table 3: Impacts of mental health on youth due to family factors

According to the result, 65.38% of respondents, the greatest number, reported feeling stressed because of family-related factors. Extremely high levels of stress can cause the body to experience unpleasant symptoms such as headaches, tense muscles, back discomfort, and others. As a result, many people struggle to focus, frequently become agitated, and experience insomnia. The second-highest percentage of responses, 45.19%, state that they lost confidence as a result of family issues. A person who has lost confidence may come across as untrustworthy, feel neglected, and avoid taking risks and doing new things.

On the other hand, 34.62% of respondents reported having a depressive disorder. Major depressive disorder, often known as depression, is a common and significant medical condition that has an adverse impact on your feelings, assumptions, and thoughts. It can cause several mental and physical issues and impair your capacity to work (Felix Torres, 2020). In case, the youth will have low energy, low self-esteem, and melancholy. In addition, 104 respondents, or 23.08%, had an antisocial personality disorder (ASPD). An individual with antisocial personality disorder exhibited symptoms of impulsivity, perversity, and remorselessness in addition to a lifelong record of overt antisocial behaviour (Stéphane A De Brito et al., 2007).

Furthermore, trauma affects 15.38% of the responders. Fatigue, disorientation, melancholy, worry, agitation, impassivity, dissociation, bodily arousal, and dampened effects are some of the common initial reactions to trauma. Persistent exhaustion, sleep disorders, agony, worry of recurrence, anxiety focused on flashbacks, despair, and avoiding emotions, sensations, or behaviours connected to the trauma are indications of delayed reactions to trauma (SAMHSA, 2014).

Additionally, the proportion of respondents who started acting negatively and killed themselves was 8.65%. Negative behaviour is behaviour that is against social norms and can harm society's reputation. For illustration, using drugs, drinking alcohol, gambling, and smoking are all viewed negatively. Inefficiency, a high crime rate, and social instability are examples of negative behaviours that influence

society. In contrast, self-murder is defined as a death brought on by self-directed, harmful behaviour with the intention of also dying as a result of the behaviour (Stone, 2017). Friends, family, co-workers, and the community as a whole are affected by suicide and self-murder attempts. When someone commits suicide, their surviving family and friends may feel prostration, fury, remorse, sorrow, or anxiety symptoms, and they may even have self-murdering ideas (Chapman A et al., 2007).
Not least of all, 3.85% of respondents engaged in criminal activity. Criminal acts include threats, harassment, sexual assault, and gang violence. Crime may have physical, emotional, and psychological implications, as well as financial loss or societal effects similar to family conflict (United Nations Office on medicines and Crime, 2019). In summary, family problems and issues can have serious negative effects on young people's mental health and well-being.

SOLUTION TO THE IMPACT OF FAMILY FACTORS ON MENTAL HEALTH OF YOUTH

Solution to the Impact of Family Factors on Mental Health of Youth	**Frequency (respondents)**	**Percentage (%)**
Seeking Counselling	37	35.58
Participating in Social Activities	45	43.27
Talking to Friends	71	68.27
Trusting Religion	23	22.12
Being Alone	36	34.62
Communicate with Family Members	2	1.92
Move Out	1	0.96

Table 4: Solution to the Impact of Family Factors on Mental Health of Youth

According to the data, family factors affect mental health and well-being for 100 of 104 respondents (96.00%). Some will profoundly affect youth till adulthood, while others will have little impact. The solutions suggested by us include seeking counselling, participating in social activities, talking to friends, trusting religion, and being alone.

After a survey, we found that talking to friends, participating in social activities and seeking counselling were the top three solution. 71 respondents (68.27%), the greatest percentage, will talk to friends about family-related mental health issues. This show that when youth are encountering difficulty, they prefer their buddies as a reference group (Rutter, M., 2006). This is because after family members, they get along best with friends. Moreover, most youth will be concerned that family members would blame them. In this scenario, friends will be the most understanding may be able to help or at least listen.

45 respondents (43.27%) suggest that participating in social activities will be a good solution for youth with mental health issues caused by family factors. Social activities involve interaction with adolescents, school-age parents and their children, and the elderly (Middleman, R., 2014). Youth can involve themselves in co-curricular activities, become a volunteer, or gather with friends. Perhaps youth can learn about the solution from someone who has had a similar experience and serve as a “compass” for youth.

Next, youth are sensitive and will only reveal their “secret” with someone they trust. 37 respondents (35.58%) will seek counselling for family-related mental health issues. It is a small group. Youth should seek the services of a professional counsellor so that counsellor will not expose client’s personal information to anyone, even if family members. They believe that every client is unique and require a

customized approach (Connor, M.,2006). A trained counsellor can lead and encourage client to talk about their problem so that useful suggestions can make.

Table 4 shows that 36 respondents (34.62%) are more willing to be alone when family factors affect their mental health and well-being. What is "being alone"? Being alone not imply that youth do nothing, but rather that youth will give themselves a space to relax. Our respondents recommend that after class, youth can treat themselves to something sweet, such as ice cream. This is since sweetness can make someone joyful by create a dopamine spike (Loretta Graziano Breuning, 2012). One of the respondents also says music or hobbies help youth unwind and calms the mind. Sharp mind assists the brain shift from an emotional state to a calmer state (Leviton.R, 1995).

Furthermore, 23 respondents (22.12%) will trust their religion for mental health issues. Religion involves organised beliefs, rituals, and systems that worship a controlling force. Religious adherents will rely on their faith and trust it will inspire them. As an example, most religions forbid suicide. Religions consider it guilt (Caldarola, C., 1982).

After brainstorming, we discovered that some respondents have various views about how to counteract family issues' mental health effects. Two respondents (1.92%) suggest youth can communicate with family members because their problems start there. "Whoever started the trouble should end it". On the other hand, one respondent (0.96%) believes the contrary. The respondent suggest that youth should move out due to the problems starting from family factors. Youth should give themselves ample room to heal.

CONCLUSION

According to our research, family disputes are a reliable indicator of issues that may negatively impact a youth's mental health. As a result, university administration might use this study as a guide to properly consider whether family factors contribute. For youth's mental health and well-being? The current study's findings indicated that family issues were the main source of stress for most youth. However, since talking to friends is the best way to deal with the effects of mental health, young people can do so. The foundation of social support and the key to assisting youths in coping with the stress of university is friendships. A buddy can serve as an example, critic, counsellor, listener, and companion. He or she can make you feel like you belong, giving you acceptance and reassurance, a helpful hand or a sympathetic ear, wise counsel, and direction. You will feel liked and cared for and be less inclined to crash if you fall if you have a close friend. Last but not least, having fun with friends serves as a distraction from the burden of academic work and aids in stress management.

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11. "Does Social Environment Factors On The Youth's Mental Health?"

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Abstract

Today, a person's mental health may be affected by various factors. Genetics, past experiences, lifestyle, and other variables contribute in some way. For example, low-income family relationships, a lack of emotional support and self-care, and even daily struggles can result from a person's social environment detrimental to their mental health. However, many of us overlook one of the essential variables when attempting to identify the root causes of our mental health issues: the social environment in which we go about our daily lives. This is due to the surroundings having a significant influence on our moods and emotions. Therefore, this research aims to investigate how social environment factors can affect our mental health. The research method is quantitative. The data from 102 respondents have been recorded for this research.

Keywords: Social environment, family relationship, emotional support, self-care, daily struggles

1.0 INTRODUCTION

In recent years, the social environment has become more important than you might think. Mental health is an essential part of overall health. It can be defined in at least three ways: the absence of disease, a state in which the organism is allowed to function to its full potential, or a state of balance within itself and its relationship with its physical and social environment (Sartorius, 2002). Human thought and behaviour develop within one or more unique settings, and social factors, in particular, can significantly impact mental health. The social environment, including the lack or difficulty of social relationships, social adversity, and socioeconomic factors, has a two-way link to mental health (Johnson S, 2017) and is both an influential determinant and a consequence of mental health problems.

The Society of Health Education and Promotion Professionals (SHEPS, 1997） states that mental health includes positive attitudes, happiness, and love for oneself and others. As with mental illness, mental health is influenced by biological, social, psychological, and environmental factors. The individual at the centre of functioning is surrounded by the social world - in the immediate world-family, relatives, employers, colleagues, and friends. On the more distant planet, this is society and culture. Interaction between the individual and society is essential to building healthy communities, which can enhance mental health. According to the Mental Health Foundation (MHF, 2008）， mental

health is defined by how individuals see and feel about themselves and their lives. It affects how a person copes and manages themselves in adversity. Mental health involves a person's ability to function, make the most of opportunities, and participate fully with family, workplace, community, and peers.

Numerous mental state surveys have shown that COVID-19 is involved in common mental health problems such as stress and anxiety (Peng et al., 2022). The outbreak of COVID-19 has swept through many countries and even the world, with devastating effects on public mental health (Peng et al., 2022). Students' anxiety may be caused by isolation and the gradual increase in distance between people due to isolation measures (Wenjun et al., 2020). And for university students, the concomitant outcomes of pandemics, such as blocking out of university and taking online courses, have led to negative consequences and additional stresses (Wenjun et al., 2020). Stressors associated with COVID-19, including financial stress, impact on daily life, and academic delays, were positively related to levels of anxiety symptoms among Chinese university students during the pandemic (Wenjun et al., 2020). Although retrospective studies have consistently shown that poor social environments predict poor health, the mechanisms and processes linking social domains to mental health and well-being require further research (House JS et al., 1998).

This study used a report designed by analysing an online survey, trying to identify how environmental factors affect human mental health. The main aims of this paper are 1. to examine how the social environment affects our mental health and which elements we should focus on to improve mental health. 2. To explore what should be done to address the social environment better when it is already affecting mental health to improve mental health and well-being.

2.0 METHOD

2.1 Sample and Data

This study used a report design by analysing online surveys. Our sample consisted of 102 respondents from students of education institutes all over Malaysia, including the University of Science Malaysia (USM), which covers the majority of the respondents. The survey consisted of 2 multiple-choice, 5 checkboxes questions, 3 questions with a 5-point Likert scale response, and 4 unique questions. The questions in this survey are designed to identify how environmental factors can affect human mental health and support our concept that it is our responsibility to take care of ourselves and those around us to ensure a safe and healthy environment. It makes sense to follow up closely at how social environment affects mental health. Nevertheless, with so many factors playing an important role, we may wonder which one to focus on to improve mental health. Here, we look at the role of the social environment in overall mental health, how to know if a change is needed and what can be done to start feeling better. An online survey was used to gather responses from the required audience. The online survey is also the most suitable data collection method for our study to get more accurate information.

2.2 Measures

Data were collected using a 5-point Likert scale from 1 (strongly disagree) to 5 (strongly agree). For example, items include “How do you feel about your current Social environment”, “How often you face this issue” and “How much did the pandemic affected your mental health.”

Social environment. It was measured using 2 multiple-choice questions. For example, items include “Have you experienced the Social Environment affects towards your mental health.”

Environment issue. It was measured by using 4 checkboxes questions. For example, items include

"Type of Social Environment issues that affected your mental health"

2.3 Respondent Profile

The respondents are students from Malaysia and China. They study at various educational institutions, especially the University of Science Malaysia. Most respondents were Muslim (60.8%), and most participants (65.54%) were female. A total of (89.2%) of respondents were between 15 and 20 years old. As for ethnicity, 60.8% of respondents were Malay, followed by Chinese (28.4%), Buddhist (5.9%), and others (4.9%). As for marital status, 92.2% of respondents are single and, in a relationship, (6.9%). Most of the respondents are from the undergraduate level (80.4%), pre-university (11.8%), and diploma (7.8%). The demographic profile of respondents is shown in Table.

In this survey, we received a total of 102 responses, of which girls accounted for 60.8% and boys accounted for 39.2% of the survey, among the 102 respondents aged 15-20 years old accounted for 89.2%, while those aged 21-30 years old accounted for only 10.8%. 92.2% of the respondents are from Malaysia, and 97.1% of the respondents are from Malaysia; of course, the Malay race is also one of the heavier races in the survey, accounting for 58.8%, followed by the Chinese race, accounting for 33.3%, ranking second. each person in the survey has a different perspective on the issue, with 9.8% of respondents being very introverted, 23.5% being more introverted, 47.1% being more active, and very few being very active, accounting for only 2% of the survey.

Respondent Profile:

Variable	Category	Frequency	Percentage (%)
Gender	Female Male	62 40	60.8 39.2
Age	15 - 20 21 - 30 30 & Above	91 11 -	89.2 10.8 -
Status	Single In Relationship Married	94 7 1	92.2 6.9 0.9
Nationality	Malaysian China	99 3	97.1 2.9
Race	Malay Chinese Indian	60 34 5	58.8 33.3 7.9
Education Level	Pre-University Diploma Degree	12 8 82	11.8 7.8 80.4

3.0 RESULTS

In this survey, we received a total of 102 responses, of which girls accounted for 60.8% and boys accounted for 39.2% of the survey, among the 102 respondents aged 15-20 years old accounted for 89.2%, while those aged 21-30 years old accounted for only 10.8%. 92.2% of the respondents are from Malaysia, and 97.1% of the respondents are from Malaysia; of course, the Malay race is also one of the heavier races in the survey, accounting for 58.8%, followed by the Chinese race, accounting for 33.3%, ranking second. Of the 102 survey participants, 60.8% were Muslim, and 28.4% were Buddhist, which comprises the majority of the chart. 80.4% had a bachelor's degree in education, which shows that most of the survey participants had a bachelor's degree in education. Of course, each person in the survey has a different perspective on the issue, with 9.8% of respondents being very introverted, 23.5% being more introverted, 47.1% being more active, and very few being very active, accounting for only 2% of the survey.

When we talk or think about our mental health, one of the first important factors we consider is the environment we live in, which varies to a greater or lesser extent from a loving environment to a stressful one. It is also because of these environmental factors that we are influenced by the environment we live in. Because of these environmental factors, our mental health is affected in one way or another. In this survey, we will discuss and examine together the impact of environmental factors on mental health and well-being. When we talk or think about our mental health, one of the first important factors we consider is the environment we live in, which varies to a greater or lesser extent from a loving environment to a stressful one. It is also because of these environmental factors that we are influenced by the environment we live in. Because of these environmental factors, our mental health is affected in one way or another. In this survey, we will discuss and examine together the impact of environmental factors on mental health and well-being.

Firstly, we surveyed each person's perception of their social environment. 43.1% of them thought the social environment they live in is normal, which the highest percentage of responses we collected, and 36.3% thought the social environment they live in is good. Here we can see that the vast majority of participants are still satisfied with the social environment they live in, which can be considered A good phenomenon, but there will still be a small percentage of people who live in a bad social environment; therefore, 86.3% have experienced the impact of the social environment on their mental health and will find out which event affects them psychologically. We provided a checkboxes question with a selection of effects that made these students aware of their mental disorders and found that, tension and excessive anxiety are the factors that affect the mental health of most people, this figure reaches 56.4% in the questionnaire, another high percentage of reasons is sleep disorders, which is a whopping 44.6%, of which only 1% answered that they were fine, so almost everyone in the survey had factors that affected their mental health, such as some participants losing motivation at certain times, others suffering from significant and erratic changes in mood, some also having a reduced appetite, self-harm, being highly sensitive etc... These are the areas in which respondents feel the impact on their own hearts and minds, and these are the areas in which they feel the impact from their own perspective.

These effects also include the social dimension, a type of social environment problem. The research revealed that 56.9% of people face social aspects such as lack of self-care or self-relaxation, 46.1% of people feel a lack of meaningful work or hobbies in social aspects, and that many people are experiencing different social environment effects on their mental health, some of which are influenced by their family's financial situation. Some of these social factors are unavoidable, so we need to be in a better position to meet their challenges.

These challenges we are subjected to in our life, family, and society can have many effects on us. These

challenges can make our good mood disappear, it will exaggerate our bad mood and make our day feel terrible, and if there are psychological problems, life will become a mess. Most of the time, we will seek help from parents and friends, which is undoubtedly the best way to solve our anxiety or bad emotions. Some people will choose to distract themselves from this matter through music or games, let themselves relax, and not deny that this is also a good way to solve it.

If you are struggling in an environment that hurts your mental state, do not be afraid, calm down, enjoy your life, find your hobbies, and distract yourself from negativity. If there is someone you can trust, you can confide your troubles to this person and say that everything will be solved. If there is no one to talk to, you can pray to God, remembering that God will help everyone in need. Remember not to care what others say or think of you, stay optimistic about everything, always find a solution, stay strong, do your best to carry out personal struggles, and so on. After this time, we will find that we have had an unforgettable, brave journey. When you look back, you will feel that you are a warrior. Nothing can defeat you; the storm of self-struggle will eventually end; bravely facing the difficult self is undoubtedly the coolest, and we will eventually see a rainbow. Time will heal all pain, we will not give up on bad days, and we must enjoy a happy life. Learning to be positive, courageous, and problem-solving is the right path, and remember to always love yourself.

4.0 DISCUSSION

We study that people are in a suitable environment to ensure a healthy mental state. However, in the era of rapid development, people will face pressure from society, family, money, and other contributing factors. Our role is to help more people who feel pressure and abnormal mental state, so the highlight lies in how to solve it after the environmental impact.

4.1 Theoretical Meaning

Our research results show that 86.3% of people have experienced the impact of the social environment on mental health. However, when more people are affected, the most common reaction is insomnia, nervousness and anxiety, poor appetite, and lack of motivation. More seriously, they will do self-harm and become withdrawn. The subtle influence of this kind of influence is already severe. The survey found that the lack of self-care ability or relaxation and toxic relationships accounted for the highest proportion, reaching 56.9% and 39.2%, respectively. According to the investigation, how to solve mental health problems: Young people may seek help by talking to their family and friends. Family is more important for younger adolescents, and friends and partners become even more influential. “The professionals most likely to act as gatekeepers to mental health services for young people are school counsellors, general practitioners, and youth workers.” 01 October 2007［Debra J Rickwood PhD, MAPS］[Google Scholar]. Compared with our survey, we found that more people seek help from their parents and friends, usually seeking advice from family and friends. Carrying out leisure and entertainment activities and ignoring the negative and toxic effects. Their advice is to relax and have fun with friends, enjoy life with an optimistic attitude, have proper and beneficial socialising, and tell others what is on your mind.

4.2 Actual Influence

Based on our survey, we can provide better help and suggestions for more patients whose mental health is affected by the environment. Moreover, as a decisive factor, the definition of environment is also extensive, such as family conflicts, epidemics, and wars. Our investigation can effectively promote the research on adolescent mental health. Other than that, the seriousness of this problem has also been confirmed: “Since prevalence rates of mental health problems in children and adolescents are high and

of considerable relevance to public health, determinants of mental health, such as risk and protective factors, are of special interest." 08 January 2009[Nora Wille MPH] [Susanne Bettge MPH] [Google Scholar]. Furthermore, our paper is consistent with this research's direction, providing valuable research results and forming a complementary relationship with it.

Due to the limitations of objective conditions, theoretical knowledge, research horizon, and practical research level, there are still many things that could be improved in this research. For example, most people surveyed are teenagers, which has limitations. We could investigate more research objects of different ages and positions, and they will have different attitudes and ways of facing and solving the mental health problems caused by the environment. Finally, in this era full of pressure and development, we should all pay attention to our physical and mental health. When we are aware of physical and mental abnormalities, we should take appropriate and correct measures to treat them actively.

5.0 CONCLUSION

In conclusion, the social environment comprises our relationships with others and how we think and feel about ourselves. The findings show that social surroundings can impact a person's mental stability and physical health. The social environment can buffer against stressful events, such as health problems, marital problems, job loss, or divorce. Stressful events in the social environment also tend to be less stressful than stressful events in other environments. How we deal with our social environment affects our capacity to manage stress. Last but not least, this study can guide everyone to solve their mental health problems.

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12. Domestic Violence Among Youths

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Abstract

This research was conducted to have a better understanding of domestic violence among youths. Through this research, the researchers intend to identify the causes, effects and ways to prevent and overcome domestic violence among youths. The researchers also intend to examine if there is an increase of domestic violence cases among youths during the Movement Control Order (MCO). A total of 120 respondents who were students from Universiti Sains Malaysia were involved in this study. The researcher used questionnaires to gather information from the respondents. The findings of this research show that domestic violence among youths is caused by various factors and will bring negative effects to youths' mental health and well-being in the long run. The researchers hope that this paper will bring awareness to the public on the impact of domestic violence towards the younger generation.

Keywords: Domestic Violence, Youths, Family, Covid-19, Movement Control Order (MCO)

Introduction

Domestic violence has become an issue that is widely discussed globally nowadays. The phrase 'domestic violence' was already mentioned back in 1973 and it has become a persistent global concern (World Health Organization, 2017). Domestic abuse can be defined as a pattern of behaviour in any relationship that is used to gain or maintain power and control over an intimate partner (United Nations, n.d.). Domestic violence can be in various forms such as physical, psychological, verbal and other invasive controlling behaviours in a domestic or family setting. Abusers often use more than one form of

abuse to invoke fear or coerce a victim into behaving in ways they do not want to (Women's Aid Organisation, 2022).

About 4 to 9 million people in the world have experienced domestic violence and nearly 1.7 billion people, which is 60% of the global population are at risk of being threatened by domestic violence (Chen Z. , 2017). Domestic violence often takes place in the same family and is linked in important ways that have serious consequences for the safety of the family as well as the community. Victims tend to stay silent and not report to the authorities when they experience domestic violence. Therefore, cases of domestic violence keep on increasing every year.

Apart from that, domestic violence among youths has raised much concern around the world. It has not only caused serious injuries on the victims, but also has impacted negatively on the children who are also exposed to domestic violence. Living with domestic violence could potentially cause physical and emotional harm to children and young adults. Adolescents who experience domestic violence are more likely to suffer from mental disorders (Communities & Justice, 2019). The impact of domestic violence on these youths may continue through their adolescence and adulthood. These children who have grown up in violent homes are more likely to recreate the abusive relationships they have seen. This is because youths who experience domestic violence have the tendency to learn these negative behaviours by observing and imitating their violent family members (Office on Women's Health, 2021). Thus, forming an intergenerational transmission of domestic violence where domestic violence will be passed down from generation to generation (Chen Z., 2017).

In recent years, more and more cases of domestic violence around the world have been reported especially during the Covid-19 pandemic. According to the United Nations report, calls to women's helplines in Lebanon and Malaysia have doubled from the same month last year since the pandemic began. In China, domestic violence cases have tripled during the pandemic. In Australia, search engines such as Google have seen the most searches for help for domestic violence in five years (United Nations, 2020).

Literature Review

Domestic violence as intimate partner violence (IPV) is one of the most hideous crimes that ever exist in society. The abuser can be called a silent abuser since it happens within a closed door and usually has no witnesses. In general, domestic violence in society and many researchers tend to think in terms of physical violence that results in bodily injuries to the victim as the primary definition (Doorways, 2000). However, emotional violence also can be worse than physical violence since a bruise can be healed but the damage to a person's self-esteem can last forever and will affect their entire life. One way of classifying domestic violence is by the form of violence. Physical violence, sexual violence and emotional violence are frequently used and reported in many studies.

Physical Violence

Once people hear the words 'domestic violence', physical violence is one of the forms they will think of first and physical violence is easier to recognise among the community since it is harder to disguise. It refers to the use of physically aggressive behaviour to inflict intentional harm or injury to the victim. WHO had stated that physical violence also occurs in all settings and among all socioeconomic, religious and cultural groups (Garcia-moreno, Guedes, & Knerr, 2012). Biting, scratching, slapping, punching, threatening a partner with a weapon, spitting at or near their partner, withholding of physical needs including meals and sleep are some examples of physical violence form. Form of physical violence could happen both direct & indirect (The United States Department of Justice, 2022). Many victims eventually didn't want to leave or step out from a violent partner and there is evidence of various reasons why they still stay with a violent partner such as lack of support from family and friends, love

and still hoping that their partner will change and fear of retaliation (Garcia-moreno, Guedes, & Knerr, 2012).

Sexual Violence

Sexual violence is referred to the category of action in which a person exerts their power and control over another person through any unwanted or harmful sexual act. WHO also defines sexual violence as any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic or otherwise directed against a person's sexuality using coercion, by any person regardless of their relationship to the victim, in any setting, not limited to home and work (World Health Organization, 2012). It is difficult to discuss and identify among the youths about sexual violence such as abuse or violence. Only a small proportion of sexual violence cases are reported around the world. Based on WHO, there are many logical reasons on why certain victim refuse to report sexual violence. Some of them are because of fear or risk of retaliation, being blamed, not being believed, being mistreated or socially ostracised (World Health Organization, 2012). Forms of sexual violence may involve both verbal and physical behaviour. This can include withholding sex from the victim as a control mechanism, attacks on sexual parts of the body, subjecting the partner to unwanted touching, biting, pinching or hurting a partner with objects during sex, birth control sabotage and laughing or making fun of another's sexuality or body (Arizona Coalition To End Sexual And Domestic Violence, 2013).

Emotional Violence

Emotion violence is also known as chronic verbal aggression or as psychological abuse by most researchers (Tracy, 2021). It also refers to any behaviour that involves causing fear by continuous manipulation, brainwashing, intimidation, control or humiliation in any way (Arizona Coalition To End Sexual And Domestic Violence, 2013). Even though emotional violence did not leave any physical mark, still it does not mean the violence is not real and is not a problem or a crime in certain countries. Majority of people who faced emotional violence will suffer anxiety, personality changes that may lead to depression or suicide and low self-esteem. The form of emotional violence is varied but still can affect any part of a victim's life (Tracy, 2021). Using any form of coercion or manipulation which is disempowering to the victim, not allowing the victim to practise their religious beliefs, isolating them from the religious community or using religion as an excuse for violence, does not trust and act in a jealous or possessive manner, telling an individual that they are too much trouble are some forms of emotional violence (Doorways, 2000).

Methods

The researchers have used both qualitative and quantitative methods to carry out this research on domestic violence among youths.

Qualitative research involves collecting and analysing non-numerical data such as texts, videos, or audios to understand concepts, opinions or experiences. It can be used to gather in-depth insights into a problem or generate new ideas for research (Bhandari, 2022). Researchers have gathered resources and references from various sources such as journals, articles and websites from the internet.

Apart from that, quantitative research encompasses a range of methods concerned with the systematic investigation of social phenomena, using statistical or numerical data. Therefore, quantitative research involves measurement and assumes that the phenomena under study can be measured. It sets out to analyse data for trends and relationships and to verify the measurements made (Watson, 2014).

The researchers have obtained 120 respondents who are students from Universiti Sains Malaysia. This

method is used to facilitate the implementation of this study and gather information from respondents to obtain quantitative data. When this study was conducted, questionnaires were given to the respondents via a 'Google Form'. There are five sections in the questionnaire. The first section is about the demographic data of the respondents. In section two, the researchers identify the effects of domestic violence among youths, section three is about identifying the causes of domestic violence among youths and section four is about identifying the ways to prevent and overcome domestic violence among youths. Questions in section two, three and four are in the form of 'Checkbox' where respondents are allowed to give more than one answer. For the last section, the question asked was in the form of "polar interrogative" where respondents can choose the answer 'yes', 'no' or 'maybe'. In this section, researchers would like to examine if the respondents agree on the increase of domestic violence cases among youths during the Movement Control Order (MCO). The researchers gave the 'Google Form' questionnaire link to the respondents through social media applications such as WhatsApp and Telegram. This is done to obtain clearer and more accurate data and information.

Results and Discussion

Table 1: Profiles of Respondents

Demographic Variable	Category	Frequency	Percentage (%)
Age	17 – 20 years old	104	86.70
	21 – 24 years old	14	11.70
	25 – 30 years old	2	1.70
Gender	Male	36	30.00
	Female	84	70.00
Race	Malay	49	40.80
	Chinese	37	30.80
	Indian	6	5.00
	Bumiputera Sabah	14	11.70
	Bumiputera Sarawak	11	9.20
	Others	3	2.40
Family Status	Nuclear Family	95	79.20
	Single-parent Family	13	10.80
	Reconstituted Family	12	10.00

Researchers have collected 120 respondents who were students from Universiti Sains Malaysia. Most of the respondents (86.50%) are aged between 17 to 20 years old, 11.70% of the respondents are aged between 21 to 24 years old and 1.70% of our respondents are aged between 25 to 30 years old. Most of the respondents (70.00%) are female. For race, 40.80% of the respondents are Malay, followed by Chinese (30.80%), Indians (5.00%), Bumiputera Sabah (11.70%), Bumiputera Sarawak (9.20%) and others (2.40%). As for family status, most of the respondents (79.20%) are from nuclear families, (10.80%) are from single-parent families, (10.00%) are from reconstituted families. The respondents' demographic profile is depicted in Table 1.

Table 2:

Measures	Category	Frequency	Percentage (%)
Causes of Domestic Violence among Youths	Alcohol/Drug influence	81	67.50
	Stress	95	79.20
	Generational domestic violence history	57	47.59
	Parents' obsession towards their child	40	33.30
	Wrong way to discipline the child	61	50.80
	Complicated family relationship	73	60.80
	Family financial problems	68	56.70
Effects of Domestic Violence among Youths	Increase of family conflict	73	60.80
	Post-Traumatic Stress Disorder (PTSD)	84	70.00
	Depression	90	75.00
	Loss of trust in people	65	54.20
	Self-isolation	72	60.00
	Insomnia	30	25.00
	Low self-esteem	80	66.70
	Suicidal	81	67.50
Ways to Prevent and Overcome Domestic Violence among Youths	Awareness campaign	68	56.70
	Law enforcement	84	70.00
	Report to the authorities if you encounter domestic violence	73	60.80
	Seek professional help/counselling	78	65.00
	Speaking out in social media to create awareness	67	55.80
	Communicating with family members	76	63.30
The Increase of Domestic Violence Cases among Youths during the Movement Control Order (MCO)	Yes	99	82.50
	No	0	0.00
	Maybe	21	17.50

The Causes of Domestic Violence among Youths

There are many different causes of domestic violence among youths. In the questionnaire, several options were created in the form of 'Checkbox' to identify the causes of domestic violence among youths. The answer options are alcohol/drug influence, stress, generational domestic violence history, parents' obsession towards their child, wrong way to discipline the child, complicated family relationships and family financial problems.

Details of the results of this research are shown below:

- Alcohol/Drug influence : 67.50%
- Stress : 79.20%
- Generational domestic violence history : 47.50%

- Parents' obsession towards their child : 33.30%
- Wrong way to discipline the child : 50.80%
- Complicated family relationships : 60.80%
- Family financial problems : 56.70%

The results of the survey show that the largest proportion of domestic violence among youths is caused by stress (79.20%). Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances. There are various types of stress such as career stress, financial stress, social stress, environmental stress and many more. Everyone experiences stress daily, but it only matters on how that individual could handle the stress properly. Stress is the number one cause of domestic violence mostly because of poor stress management. For example, if one is unable to cope with the pressure from work, then he or she might unleash his or her frustrations on his or her family members. During the pandemic, it was compulsory to stay at home and people cannot do much or work to keep their financial and economic life stable. The pressure caused by the lockdown also made people's mental health to suffer, causing them to become stressful when they cannot solve their problems. Family members will be the place for these stressors to blast out their pressure and emotion. Thus, the stressors will blast out their pressure and emotions towards their family members resulting in domestic violence.

Apart from that, 67.50% of the respondents chose alcohol and drug influence as the cause of domestic violence among youths. A person who is an alcoholic or a drug addict, could trigger violence towards others. There is a misconception in the community that when a person is sober, they will no longer be violent. That does not solve the core issue by reclaiming their sobriety can put a stop to violence. Conversely, excessive drinking and overdose of drugs have the ability to lower inhibitions, impair a person's judgement and increase the risk of aggressive behaviours. Thus, causing the person to be aggressive and most probably triggering him or her to be violent at home.

Moreover, 47.50% of the respondents chose generational domestic violence history as their choice for causes of domestic violence among youths. Generational domestic violence history or intergenerational transmission of violence is known as a phenomenon where a family has a history of domestic violence that was passed down from generation to generation. Intergenerational transmission of violence has occurred in many families around the world through centuries, especially in Asian countries. This is because people have been taught to listen and be obedient to their elderlies. If the youths decide to disobey and rebel, they will then face the consequences which usually involve violence. This has become a misconception as the elderlies will think that their acts are for the betterment of their child to grow and develop into a better person. On the other hand, this will unintentionally plant fear into the child. In addition, youths are also more likely to learn from their parents and will then pass down this violent family history to the next generation causing the cycle to continue.

Effects of Domestic Violence among Youths

The occurrence of domestic violence can lead to a range of negative effects, and victims may experience many psychological effects. In the questionnaire, several options were created in the form of 'Checkbox' to identify the effects of domestic violence among youths. Among the answer options are increase of family conflict, Post-Traumatic Stress Disorder (PTSD), depression, loss of trust in people, self-isolation, insomnia, low self-esteem and suicidal.

Details of the results of this research are as shown below:

- Increase of family conflict : 60.80%
- Post-Traumatic Stress Disorder (PTSD) : 70.00%
- Depression : 75.00%

- Loss of trust in people : 54.20%
- Self-isolation : 60.00%
- Insomnia : 25.00%
- Low self-esteem : 67.50%
- Suicidal : 66.70%

According to the results, the majority of the respondents (75.00%) have chosen depression as the main effect of domestic violence among youths. Depression is a common mental disorder worldwide and is characterised by persistent sadness and a lack of interest or pleasure in previously rewarding or enjoyable activities (World Health Organization, 2022). Adolescents of domestic violence are more likely to develop depression as these young adults are going through a phase of uncertainty, confusion and stress during this period of time. Domestic violence will add on to the pressure and affect the physical and mental development of these youths negatively. If this issue is not solved immediately, these victims will soon experience poor concentration, low self-worth, hopelessness and even worse having suicidal thoughts.

Additionally, 70.00% of the respondents chose Post Traumatic Stress Disorder (PTSD) as the effect of domestic violence among youths. PTSD is a condition that occurs to a victim after he or she experienced or witnessed a traumatic event. The symptoms of PTSD may include nightmares, constant flashbacks of the traumatic event and severe anxiety (Mayo Clinic, n.d.). Domestic abuse or violence is one of the traumas that could cause PTSD (PTSD UK, 2022). This is because these young adults are already exposed to a violent and threatening environment since young which causes them to develop fear in them. A home that was supposed to be a safe place for youths to grow and develop has become unhealthy for both their physical and mental health. Plus, victims of domestic violence are more likely to develop PTSD especially when the perpetrator is a trusted and beloved individual (Green, et al., 2000).

Besides, 60.80% of the respondents are in the opinion that domestic violence among youths can cause an increase of family conflict. When domestic violence occurs, the relationship between family members turns bad and the victim will develop hatred and fear towards the perpetrator who is also a family member. This will lead to unwanted tension to arise which will deeply affect the family bond. This will indirectly cause the victim to form a negative perception about family which will then lead to more misunderstandings.

Ways to Prevent and Overcome Domestic Violence among Youths

The researchers have identified the ways to prevent and overcome domestic violence among youths. The questions asked are in the form of ‘Checkbox’. Among the answer options available are awareness campaigns, law enforcement, reporting to the authorities if you encounter domestic violence, seeking professional help/counselling, speaking out in social media to create awareness and communicating with family members. There is also another column where respondents can type their answers that are not in the answer choices. Based on the questionnaire conducted, the data was analysed descriptively using tables as evidence.

The survey results on the ways to prevent and overcome domestic violence among youths are as follows:

- Awareness campaigns : 56.70%
- Law enforcement : 70.00%
- Reporting to the authorities if you encounter domestic violence : 60.80%
- Seeking professional help/counselling : 65.00%
- Speaking out in social media to create awareness : 55.80%
- Communicating with family members : 63.30%

According to the results, the majority of the respondents (70.00%) choose law enforcement as the main solution to domestic violence among youths. The Domestic Violence Act in Malaysia defines domestic violence as the commission of acts which place the victim in fear of physical injury, detaining the victim against the victim's will, psychologically abusing and many more (Women's Aid Organisation, 2022). In Malaysia, victims of domestic violence can obtain an Emergency Protection Order (EPO) immediately by calling 'Talian Kasih 15999' which is available 24/7 or within two hours if they apply for it at the social welfare department (JKM). Moreover, the Magistrate Court can issue an Interim Protection Order (IPO) for the victim of domestic violence. Victims can also apply a Protection Order (PO) to further protect themselves from their perpetrator after their EPO and IPO have expired. All three orders are set by the law to protect the victim against the perpetrator.

Apart from that, 56.70% of the respondents of this survey think that domestic violence among youths can be prevented and overcome by carrying out domestic violence awareness campaigns. As the cases of youth domestic violence increase yearly, many organisations have taken the initiative to organise awareness campaigns to educate and inform the public, especially adults about this issue. This is done so that the public will be more aware of their actions at home as their actions and behaviours will deeply affect their children's well-being and mental health. At the same time, awareness campaigns will also further prevent domestic violence among youths from happening in the future as the younger generation will also be informed about the seriousness and the repercussions of domestic violence that will bring harm to the society if it continues.

In addition, only 55.80% of the respondents opined that speaking out on social media to create awareness can prevent and overcome domestic violence among youths. Although this option was the least chosen among all the choices, social media has become one new way for victims to connect with others and to obtain assistance for their situation (Feiter, n.d.). With the advancement of technology, victims are now able to voice out their abusive and toxic conditions at home on social media to seek help from others by using various methods introduced by advocates against domestic violence on social media. For example, a domestic abuse foundation used its Facebook page to allow victims to reach out for assistance by using code words or hand signals. Social media platforms and apps also introduced messaging features such as "vanish mode" for victims to ask for help without their perpetrator noticing. However, social media can also be risky for victims of domestic violence. This is because their perpetrators can track down their victims' whereabouts if the victims broadcast their stories to the public on social media. The worst part is the perpetrators who are called out publicly might also retaliate on the victims.

The Increase of Domestic Violence Cases among Youths during the Movement Control Order (MCO)

The researchers have examined the increase of domestic violence cases among youths during the Movement Control Order (MCO) of the Covid-19 pandemic. The questions asked are in the form of "polar interrogative" where respondents can choose the answer 'Yes', 'No' or 'Maybe' for the questions asked in the questionnaire. Based on the questionnaire conducted, the data was analysed descriptively using tables as evidence.

Details of the results of this research are as shown below:

- Yes : 82.5%
- Maybe : 17.5%
- No : 0%

According to the results, the majority of respondents (82.50%) answered 'Yes' and agreed that there was an increase of domestic violence cases among youths during the Movement Control Order (MCO)

whereas only 17.50% of the respondents answered 'Maybe'. The risk of domestic violence against youths globally has increased drastically ever since the pandemic started. Malaysia has recorded a spike in domestic violence cases in the year 2021 which was a 42% increase compared to the year before. There was a total of 3028 calls on domestic violence that were received by 'Talian Kasih 15999' in the year 2021 (Povera, 2022).

The Covid-19 pandemic has not only affected our health and economy but also the well-being of family members through a cascading process of factors that can exacerbate potential stressors (Díaz-Faes, 2020). This global issue has shown negative effects as well as domestic problems that have affected the mental health of youths. This is because the pandemic has led to a series of impacts such as working from home and the closure of major venues which have led to an increase in stress. Even though the Movement Control Order (MCO) is to keep the country safe and stable, victims of domestic violence can have the exact opposite effect (Campbell, 2020). Parents who undergo burnouts during this stressful period may conduct harsh responses to their children at home which will worsen the children's mental health and create a high-stress environment within the home.

Social isolation that is considered mandatory during the pandemic has prevented the detection of domestic violence by outsiders (Díaz-Faes, 2020). This has created an opportunity for perpetrators to continue abuse their victim as they are vulnerable during that period. Fortunately, with the advancement of technology and social media, communities and foundations have gathered to help these victims so that their voices can be heard. For example, the Canadian Women's Foundation has come up with a hand signal which is tucking your thumb into the palm and curling the other fingers around to show viewers secretly that the person is in distress. This gesture has then gone viral and helped victims of domestic violence on social media during the pandemic (Christofaro, 2021).

Conclusion

The research indicates that domestic violence remains as a pervasive social problem that needs to be addressed accordingly. Domestic violence has devastating effects on social, mental health and economic problems for families, communities and societies. Children who are exposed to domestic violence are 10 to 17 times more likely to have serious emotional and behavioural problems later in life as compared to children who are raised in a non-violent setting.

There are many forms of domestic violence, namely physical violence, sexual violence and emotional violence. No matter which form of domestic violence inflicted, it has some indelible physical and psychological impact on young people. The causes of domestic violence are of various forms. With the changes of the global environment in recent years, it has brought about economic hardships and challenges in life. This has led to an increase in stress level which is the main cause of domestic violence. According to the survey, most people believe that seeking professional help and using legal avenues are the most effective ways to solve domestic violence.

Finally, this research has helped the researchers to identify the various causes of domestic violence, its consequences towards youths and the ways to prevent and overcome this problem.

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13. Domestic Violence and Mental Health Problem Among Youth

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ABSTRACT

The study's goal is to investigate the mental health problems caused by domestic violence in young people. The objective of the study is to pinpoint the causes of domestic violence and investigate how violence affects young people's mental health issues. Surveys and literature searches are used to collect data, which is then descriptively analysed. The 150 respondents in the study sample are all young individuals, both are from Malaysia and China. The findings found that "financial problems" are the main cause of domestic violence. The results also indicated that depression is most commonly caused by violence (66.7%), which will have an effect on the mental health of young people. Because people who are struggling financially are unable to release their tension, the result is a temper tantrum with their family members, which eventually affects the youth's mental health.

Keywords: Domestic violence, youth's mental health problems, financial problems, depression.

INTRODUCTION

Domestic violence is not a single behaviour but rather a pattern of many physical, sexual, or psychological behaviours perpetrated by a current or former intimate partner (Rodriguez et al., 1999). Domestic violence can be described as violence committed by an intimate partner that encompasses complex patterns of behaviour that include acts of physical violence, sexual violence and emotional abuse (Hegarty, Hind Marsh & Giles, 2020). There are many types of domestic violence such as beating, binding, confinement, emotional abuse and mutilation. Not only is violence by parents against their children or their own siblings called domestic violence, but also by children against their parents. Domestic violence occurs among family members who live together by blood, marriage or adoption. Women and children are the main victims in domestic violence cases. Some middle-aged and elderly people, as well as men and people with disabilities also fall victim to domestic violence.

A February 2022 study found that one-quarter of women around the world between the ages of 15 and 49 are estimated to have experienced physical or sexual abuse or intimate partner violence in their lifetimes (The Lancet, 2022). Based on a report from the World Health Organization (WHO) in 2020, 45% of women had experienced some form of violence, either directly or indirectly, during the first year of the COVID-19 pandemic. Besides, one in four young women who are in the age range between 15 to 24 years old and have been in a relationship will have already experienced violence from an intimate partner. Data suggests women's exposure to violence has likely increased during the COVID-19 pandemic due to lockdowns and disruptions of vital support services. In Australia, domestic violence is a serious national issue, with 2.2 million Australians reported to have experienced physical or sexual violence from a current or previous partner (Australian Institute of Health and Welfare, 2018).

Mental health is a dynamic state of internal equilibrium that enables individuals to avail of their abilities in harmony with the universal values of society. Basic cognitive and social skills; the ability to recognise,

express and modulate one's own emotions as well as empathise with others; flexibility and ability to cope with adverse life events and function in social roles; and a harmonious relationship between body and mind represent important components of mental health which contribute, to varying degrees, to the state of internal equilibrium (Silvana Galderise, 2017; Andreas Heinz, 2017).

A mental health problem is a mental illness, also known as a mental health disorder, that affects people's mood, thinking, and behaviour. Mental health problems are indicative of an internal psychological system that is dysfunctional and not suited for social interaction (Horwitz, 2002). Mental health problems are very common in this era of globalization, especially in Malaysia. Based on the National Health and Morbidity Survey, mental illness is anticipated to become the second most common health problem for Malaysian citizens after heart disease in 2020. There are three out of ten people aged 16 and above in Malaysia who will suffer from a mental health problem.

Youth can be comprehended as a period of transition from childhood to adulthood at the age between 15 and 24 years. It is impossible to deny that youth are an important segment of society and the foundation of a country. Today, there are 1.2 billion young people aged 15 to 24 years old or 16 percent of the global population.

According to the International Journal of Public Health, domestic violence can make enduring effects for mental health of sufferer (Elizabeth A. Newnham, Yanyu Chen, Lisa Gibbs & Peta L. Dzidic, 2022). Domestic violence directly affects the victim physically or mentally, inflicting physical or psychological distress on the victim and undermining his or her physical health and human dignity. Children who are directly or indirectly affected by violence can experience long-term detrimental effects on their development and an increased likelihood of mental health issues as well as re-victimization or perpetrating violence themselves (See Campo, 2015).

The specific purpose of this paper is to study whether mental health problems in youth are associated with domestic violence. Furthermore, we seek the effects of domestic violence, which endangers the mental health of youth.

METHODOLOGY

The sample selection for this study was done randomly, involving 150 respondents. Being young, either locally or abroad, and being between the ages of 17 and 26 is one of the factors taken into account when choosing respondents. The selection of these respondents is important to facilitate the researcher's ability to obtain and analyse the study data among young people accurately. The survey is comprised of closed-ended questions. The goal of using closed surveys is to get a variety of straightforwardly comparable responses. Three sections make up the survey that was given to the respondents. The respondents' demographics are covered in Part 1. Part 2 concerns questions concerning the causes of youth violence, while Part 3 concerns the repercussions of violence on young people's mental health.

Part 2: Factors of domestic violence. It was measured using six options by using a multiple-choice scale. Respondents may choose more than one option and express different perspectives beyond the six options provided. For example, options include 'Financial Problems'.

Part 3: *Effects of domestic violence*. It was also measured by using seven options which were also measured using multiple-choice questions. Respondents may also choose from the options provided or provide other options in the survey. For example, options include 'Lonely/Unsociable and Eccentric'.

RESULTS AND DISCUSSION

Respondent profiles

Demographic Variable	*Category*	*Frequency*	*Percentage (%)*
Gender	Male	48	32.00
	Female	102	68.00
Age	15-17	1	0.66
	18-20	129	86.00
	21-23	19	12.68
	24-26	1	0.66
Race	Chinese	81	54.00
	Malay	61	40.67
	Indian	7	4.67
	Others	1	0.67
Religion	Buddha	74	49.33
	Islam	62	41.33
	Hindu	6	4.00
	Christian	7	4.67
	None	1	0.67
Category	USM Student	82	54.67
	Public	68	45.33
Family Status	Nuclear Family	118	78.67
	Single Parent Family	20	13.33
	Reconstituted Family	12	8.00

Table 1: Profiles of Respondents

Based on Table 1, most of the respondents (68%) were female. The majority of respondents (86%) were of the age group ranging from 18 to 20 years, followed by respondents aged between 21 and 23 years (12.68%). Only 0.66% were aged between 15 and 17 years old and between 24 and 26 years old. For ethnicity, 54 percent of the respondents were Chinese, followed by Malay (40.67%), Indian (4.67%), and others (0.67%). A total of 49.33% of the respondents were from the religion of Buddha, followed by Islam (41.33%), Christianity (4.67%), Hinduism (4%) and nonreligious (0.67%). Most of the respondents were USM students (54.67%). Based on family status, most of the respondents (78.67%) are from nuclear families, 13.33% of them are from single-parent families, and 8% of them are from reconstituted families.

Factor of Domestic Violence

Factor of Domestic Violence	*Frequency*	*Percentage (%)*
Financial problem	95	63.33
Alcohol/drug addiction	87	58.00
Single-parent family	19	12.67
Adopted daughter/son	19	12.67
Traditional mindset	65	43.33
Family violence background	65	43.33
Others	6	4.00

Table 2: Factor of Domestic Violence

Table 2 shows the responses of respondents to factors of domestic violence, and the survey results show that financial problems are the most significant factor of domestic violence (63.33%). Financial stress comes from any situation where there is worry about money. This could be related to the debt we face now or financial worries about the future. The first thing financial stress affects is our thoughts. Financial stress can cause our thoughts to become persistently negative. The second thing is how we feel. We may be angry or frustrated with financial stress. Changes in our thoughts and feelings can also change our behaviour. For example, anger and negative thoughts can lead us to domestic violence. For those who are facing financial stress without a suitable outlet, the only way they can express their financial stress may be to perpetrate domestic violence.

Next, from the answers of respondents, we can see that many people believe that the influence of alcoholic beverages or drugs is another factor that contributes to domestic violence (58%). In an article produced by Foran & O'Leary (2008), it is stated that most violent crime perpetrators have been found under the influence of alcohol and drug. In the USA, 40% of the reported domestic violence incidents have an alcohol factor present during the time of the offence (Galbicsek, 2020). After having an alcoholic drink or drugs, it can affect our cognitive function and problem-solving ability. What most of us think about alcohol and drugs is that they affect the brain centres that control reflective thinking, self-control, restraint, and judgment. Therefore, any dissension can lead to abusive behaviour in the family, especially if one of the family members drinks alcohols.

Furthermore, 12.67% of respondents said that single-parent families are one of the factors that contribute to domestic violence. Among single mothers, high rates of abuse and violence appear to be a factor in poverty in mother-only households. Children are more vulnerable to abuse by single mothers due to poverty and its associated stressors. One explanation for the more frequent violence reported in this study was related to the possible effects of family stress. Households headed by single mothers generally face greater economic and social pressures than households with both parents present. Among single fathers, abusive violence does not appear to be related to income. Children are often more vulnerable to abuse by single fathers due to alcohol or drug consumption. Victims' reluctance to report domestic violence may lead to persistent violence by the perpetrator and long-term harm from domestic violence itself.

Moreover, we found out that about 12.67% of the respondents opinionated that being an adopted daughter or son is a factor of domestic violence among youth. In an article published by The Vibes on July 22, 2022, a couple was nabbed over alleged abuse of their adopted daughter. This is merely one of the many cases which prove that being an adopted child makes one become more susceptible to domestic violence. In this particular case, the couple was alleged to have beaten their foster child with a hanger and a broomstick. The victim, who is at least 4 years old, was also burnt with a cigarette lighter. Such instances are highly due to the fact that most parents do not offer adequate love and attention to their adopted children because there is no genetic tie with them. Due to their being non-biological children, a lot of abuse has happened to them at the hands of parents with such beliefs. Unfortunate foster children might also be regarded as mere punching bags in some very dysfunctional families.

Apart from that, 43.33% of the respondents said that traditional mindsets bring about domestic violence among youth. The older generation is quite used to instilling their offspring with this mindset in order to produce descendants that fulfil the very traditional, conventional and restrictive characteristics of excellency. Due to Confucianism, one of the philosophies in the history of China, most Chinese children are still expected to completely obey their parents and elders without any sense of self. Within this traditional mindset, the family provider is the male in the family and they are the decision-makers in the family while the females in the family are to only fulfil domestic duties. In order to gain or maintain power and control in the particular familial relationship, parents will exercise domestic violence towards

at time their children. An egotistical and sexist parent with such a traditional mindset, for example, constantly belittles and mistreats the females in the family, which is essentially emotional abuse.

In addition, we obtained data that showed 43.33% of the respondents stated that family violence background is a factor of domestic violence among adolescents. Parents who have experienced abuse as children in their family will result in them eventually developing a wicked concept of parenting. To illustrate this point, some parents who severely lack emotional maturity due to abuse in their formative years will treat their children the same way they were treated. One example is children being forced to choose sides on parent-parent disputes. In this case, the parents, having lived in a dysfunctional household, become fertile ground for neglect, abuse, secrecy, addiction or denial. Thus, the emotional needs of the children are not satisfied since the needs of the parents come first.

Last but definitely not least, 4% of the respondents said that having a hot temper, which is commonly an outward display of underlying emotional disorders and mental illnesses could also result in domestic violence in a family. Mental illnesses such as schizophrenia, schizoaffective or bipolar disorder make a parent more prone to committing domestic violence. At times, random outbursts of negative emotions and the lack of control of oneself due to these illnesses may cause the affected parent to unknowingly abuse their children. Some very stark examples include yelling at their innocent children just to vent all of their pent-up emotions due to lack of emotional intelligence and, simply, control or having episodes of psychosis in which the children are terribly traumatized.

Effect of Domestic Violence

Effects	Frequency	Percentage (%)
Affect offspring	48	32.00
Distrust others	61	40.67
Lonely/Unsociable and eccentric	65	43.33
Bad temper	79	52.67
Sleeping disorders	72	48.00
Eating disorders	51	34.00
Depression	100	66.67
Others	6	4.00

Table 3: Effects of domestic violence

The data in the table above shows the effects of domestic violence on mental health problems among youth. Based on the data shown in the table above, the findings reveal that most of the effect of domestic violence on youth is depression, which has 100 responses agreed with it 66.7% of the total responses.

Domestic violence is a form of when someone in the family abuses or harms others, which has a direct impact on the victim's mental health. A study shows the presence of mental health disorders in victims, notably anxiety, depression, and posttraumatic stress disorder (PTSD) (Sagar & Hans, 2018). There is a growing tendency for this issue to aggravate the mental health problems of youths. Domestic violence entails fear and stress for someone who is being harmed by their family members without any sympathy. It turns out the victims have physically and deliberately kept away from others and have gradually led to mental health disorders by isolating themselves, which can trigger sleeping disorders and eating disorders.

When talking about the effects of domestic violence on youths, what comes to our minds is depression. The reason why domestic violence is associated with depression is that victims tend to act shy and keep

silent just because they think it is a shame to seek help from others to solve their problems. Their problems usually come from the issue of family breakdown, including parents' divorce or one of their family members having been harmed mortally. Thus, they choose to keep their feelings to themselves and not express them to others, who can probably help them, which ends up causing depression. In their journal, Malik, M., Munir, N., Ghani, M. U., & Ahmad, N. also cited a Pakistan Journal of Medical Sciences (2021) study that showed that domestic violence has a strong positive relationship with some mental health problems such as high-level depression, anxiety disorder, and especially PTSD, which will probably drive the victims to commit suicide. This proves that domestic violence is the crucial key that leads to these mental health disorders, which can be a controversial topic in this society.

However, victims of domestic violence will distrust others. This is also one of the effects caused by family violence. According to Ramadani & Yuliani (2015), victims of domestic violence are more likely to feel anxious when doing activities at home or outside the home because they have insecure feelings inside. They will be afraid of socialising because they feel harmed by their loved ones, even though they trust them without any conditions, such as their parents. Therefore, they will no longer trust anyone else, including their family and friends, and prefer to isolate themselves from the world outside. This is a devastating and long-term effect that can become serious if no one else can be a person to support and give them positive energy.

In addition, a bad temper is a direct impact of domestic violence. It is because a person who has always lived in a non-harmony circumstance can trigger an act of violence in a family. This is usually caused by the parents' disagreements, which leads to domestic violence and psychological trauma in children who have witnessed such tragedies in their families. Along with this, many of youth who live in a violent family environment face depression and trigger bad emotions such as irritability, anger, hatred, and aggression, and are more likely to have major emotional fluctuations. This effect has also been supported by the survey we conducted because a large portion of respondents, which had 52.7% of responses, agreed that bad temper is the main effect of domestic violence.

According to a study by the CDC, 15 million children are abused every year. As a result, domestic violence is correlated with the destructive effect of affecting offspring. Domestic violence against youth impacts families, communities, and generations who are exposed to severe violence. If this situation continues to happen, they will easily pass on the vice of domestic violence to the next generation. A youth is a person who has a weak ability to distinguish between right and wrong things but also tends to imitate other people's behaviour. Thus, youths are more inclined to imitate their parents' behaviour by implementing violence to treat other people, such as fighting and brawling. Such a process is likely because they are constantly witnessing their parents arguing or being beaten or scolded by their parents, and they suffer severe psychological trauma as a result.

On top of that, being lonely, unsociable, and eccentric are also the effects of domestic violence on youths. The negative impact of domestic violence brings about inferiority complexes and a lack of confidence in youth, which will affect their own learning pace, have unhealthy interpersonal relationships and also have bad social adaptation. Some of them also have hopeless feelings or social anxiety, where they can't even make friends with others because they are afraid of socializing. Thus, most parents scold their children for no reason or even do not show respect for their child's dignity, and because of this, most youths today easily have personality disorders.

Respondents also agreed that domestic violence brings about other effects, such as personality disorder and trauma. Most youths who have experienced and live in a family violence environment find it difficult to establish a proper worldview, concept of life, moral principle, and legal perspective in this context. This can lead to the youth's having antisocial behaviour, which can aggravate their mental

health problems because they are being mentally tortured by their family members.

CONCLUSION

Domestic violence is a serious issue that affects millions of people every year especially since the lockdown of COVID-19. According to the National Crime Victimization Survey, there were nearly 1.2 million reported cases of domestic violence in 2019. Every year more than 10 million children and teens become the witness violence between their parents and caregivers. Apart from that, in Malaysia, there has been an increase in domestic violence cases from 5260 in 2020 to 7468 in 2021, an increase of 42 percent. As a conclusion, domestic violence will directly affect youth's mental health and mental development in the short and long term. The worst thing that happens to youth is growing up in an abusive family, according to Dr. Richard Gelles, who is a leader in the study of domestic violence. This study has carried out two parts of a survey about the factors of domestic violence and the effect of family violence on youth's mental health.

There are two main factors of domestic violence which is financial problems and alcohol or drug addiction. Financial problems can lead to changes in behaviour and emotions. Parents will become more emotional until the domestic violence occurs if they lose emotional control. According to the report of the National Network to End Domestic Violence, domestic violence is actually three times more likely to occur when a family is experiencing high financial stresses versus low financial stresses. This is due to the fact that they have more difficulty controlling their anger during periods of stress. Besides, under the influence of alcoholic drinks and drugs, parents' behaviours might change extremely compared with their daily actions. Incidents of domestic violence largely occur in the family context and involve the consumption of alcohol or drugs. According to the World Health Organization (WHO), alcoholic drinks or drugs are a major contributor to domestic violence. Based on the study by the National Institute on Alcohol Abuse and Alcoholism, 27 to 40 percent of perpetrators of domestic violence were under the influence of alcohol. Alcohol and drug addiction would not directly lead to domestic violence, but it has the potential to stimulate an already violent and angry individual. This is because they will affect the brain centres that control reflective thinking, self-control, restraint, and judgement until people lose control of their behaviours.

The second vital part of this study is the effects of domestic violence on youth. The main consequence is depression among youth, this can be proved through the study that was conducted by the Institute of Health Sciences in Rawalpindi from January 2019 to December 2019, which found that domestic violence has a positive relationship with depression. Besides, the WHO report also found that children who were victimised by their parents had higher rates of depression than those who were not victimised. Domestic violence is the crucial factor that leads to this mental health disorder which is depression. Second to that, a bad temper will be instilled in youth in an environment of family violence. This is because in the stage of youth, they start to implement observation and contemplation about the occurrence of family violence. At worst, they will learn to use violence to get what they want even passing on family violence to the next generation.

This study has several potential limitations that can be eliminated in future research. Firstly, the limitation of survey area because this survey unable to be implemented worldwide and was only conducted in Malaysia. It will be a huge improvement in the future if this survey can continue among people from different countries. Second, the methods used to collect the data also become a limitation in this study. There are only two methods used in this study which are the survey and reference methods. In the future, this study can collect more data through other methods like interview and observation in order to better understand its findings.

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14. Don't Struggle In Silence: Children Mental Health Issues

Young Academicians' Perspective

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Abstract

This paper is in purpose to answer a general question, "Do children face mental health issues?". It is focus on young academicians' perspectives. To review the scope and characteristics of mental health in children in Malaysia, details some emerging concepts of the cause of mental health in children and why they didn't want to seek for help from the elders, discuss the impacts of the mental health issues towards children's lifestyle and the aspects of prevention of mental health disorder in children. The comprehensive literature search was undertaken to examine the mental health issues of children, which the participants are the students aged 19 years and above. The data were drawn from academicians who are studying in University Sains Malaysia. The data showed that the average age that children might face mental health issues is 10 to 12 years old.

Keywords: Children, mental health issues, parents.

1.0 Introduction

Our emotional, psychological, and social well-being are all parts of our mental health. It impacts the way we feel, think, and behave. It has a significant impact on how we respond to stress, engage with others, and make decisions. Keeping our minds healthy is essential for mental wellness. October 10 is designated as "World Mental Health Day" each year. The deputy secretary-general of the UN at the time established it as an annual activity for the world federation for mental health. Resources for mental health vary greatly from nation to nation. Developed nations in the west offer mental health services for people of all ages. There are also third-world nations where it can be difficult to provide a family's necessities. Consequently, it becomes prudent to urge us to focus on mental health importance for one day.

Mental health is important at every stage of life, from childhood to adolescence through adulthood. Also on the rise are difficulties related to mental health. Compared to emergency department, mental health-related emergency department visits increased from March to October 2020 by 24% for children aged 5 to 11 and by 31% for those aged 12 to 17 (Ashley Abramson, 2022). Reaching developmental and emotional milestones, acquiring positive social skills, and learning how to deal with challenges are all part of growing up mentally well. Children who are mentally healthy enjoy life more and are better able to thrive at home, at school, and in their communities. Usually, mentally healthy children have positive quality of life, so if a child facing any kind of mental health issues, we could find it from their behaviour.

Serious changes from how kids generally learn, behave, or manage their emotions are referred to as mental disorders in children. These deviations create distress and make daily tasks difficult. Many kids periodically suffer anxiety, worry, or act out in disruptive ways. The child may be diagnosed with a mental condition if their symptoms are severe, persistent, and interfere with their ability to perform at play, at home, or at school.

The absence of a mental disease does not only constitute mental health. Children with the same identified mental disease may have strengths and weaknesses in how they are developing and coping, as well as differences in their quality of life, depending on whether they have a mental disorder or not. Understanding how well kids are doing can be done in two different ways: looking at mental health as a continuum or looking for specific mental diseases. ADHD, anxiety (fears or anxieties), and behaviours disorders are some of the more prevalent mental illnesses that can be identified in children (Rebecca H. Bitsko et al., 2022). Autism, learning and developmental difficulties, as well as risk factors including substance abuse and self-harm, can all affect how children learn, behave, or manage their emotions.

1.1 Literature Review

This section provides a full review about the existing children's mental health issues, including the explanation of children's mental health, as well as current review of children's mental health issues, research and findings. Some of the students agree that students aged 10-12 years old face mental health issues as they didn't get the chance to talk. Our study will help in progressing the mental health problems in children's research by exploring the students' view and their thought towards children mental health issues during COVID-19 pandemic, the children's difficulties in school and the parents' opinion towards these issues. Thus, it will help us to know that children also face mental health problems and we can discover ways to help them cope with it. Based on 1996 Australian Bureau of Statistics Census figures, there are about 393000 children among 4-11 years old, 370000 children among the age 12-17 years old face mental health disorder.

2.0 Methods

The research method we use for this task will be naturalistic and interpretive as it relies heavily with students view and observations which are qualitative research method and literature study." Qualitative research method involves analysing and interpreting text and interviews and observations in order to discover meaningful pattern descriptive of a particular phenomenon". (ISTSS eNews letter, Traumatic Stress Points, June 2007). The observations is carried out which we made a questionnaire consisting of several questions about children's mental health. According to Creswell (2005), literature review is a written summary of a journal, articles, books and other documents that describes the past and current state of information, organizes the literature into topics and documents a need for a purposed study.

3.0 Analysis Result

The purpose of the study was to determine the level of children's mental health at Universiti Sains Malaysia through an online survey that involved the distribution of questionnaires. We provide several questions about children's mental health, obtained or conducted online. The purpose of the questionnaire is to assess individual awareness of children's mental health. In addition, we can receive suggestions or comments from individuals about children's mental health. We also provided respondents with the ability to complete questionnaires anonymously.

The first question we asked concerned personal information in the form of gender and age. As many as 73.0% of respondents were female, while the male gender accounts for up to 27.0% of the total. The

average age of those responding to this survey is18-20 years old. The following question began with the agreement about mothers and fathers who neglect their children, which was answered by 100 of our students.

Based on basic questions, we discovered that 87.9% of 100 respondents strongly disagree about the actions of mothers and fathers who ignore their small children. In addition, there is 53.0% for the age group of children who experienced mental health issues that occurred at 10-12 years old. Meanwhile, both the average age of 4-6 and 7-9 years old got the same response, which is 23.5%.

Following the basic question, there is a question about the reasons for the child's not sharing their problem with their parents, with the average respondent being a student. Most of the respondent's state that the main reason children are not sharing their problems is because of the children being scared to share and tell their parents. Children think their parents will judge the problem and not understand the situation the children face. We were probably afraid to ask our parents questions as children or adolescents, but they did not notice, resulting in a state of misunderstanding, which gives rise to many other problems in relationships and communication. Other than that, some of the respondent said the parents were too busy to neglect their children. When both parents are busy at work and spend little time at home with their children, the bond that the children have with their parents suffers. This gap may widen as the children grow older.

What will be the effect on children if their struggles continue to be ignored by everyone? We found that 53.6% of respondent answered "behaviour change" as the effect on children. This is because when a child is unable to express his feelings to anyone and the people around him ignore those feelings, the child's behaviour changes, which leads to mental health problems. For example, an overweight boy who is teased and unable to share his weight problems with anyone may withdraw socially and become depressed, refusing to play with others or exercise, further contributing to his poor physical health and resulting in worse mental health. These issues have long-term consequences for children's ability to reach their full potential, as well as for our society's health, education, and criminal justice systems.

From the data, we realize that the best solution for solving the children's mental health issues is talking, playing or do other activities to help the child express feelings and thoughts. Every day, it is critical to spend quality time with the child. Remove all other thoughts from our mind and focus solely on the time we spend with the child. It has a significant impact on their lives and can assist in achieving the balance necessary to successfully raise the child. It would be a great idea to expose the children to a variety of activities. They can combine physical and creative activities. It will help them channel their energy in the right direction and develop a liking for them. Later in life, they can pursue any of the activities as a hobby.

4.0 Types of Mental Health Issues for Children

The American Psychiatric Association's Diagnostic and Statistical Manual, Fifth edition (DSM-5)1 is the guideline use by the healthcare professional to help diagnose mental health problems in children. There are many types of mental health issues in children, but for this study we only took common types which are known and often discussed by parents and social media, namely,

a. Anxiety (fear and worries that the children interfere in school or home)
b. Depression (feeling uninterested in the things that make them feel happy)
c. Psychological stress (losing interest in daily activities)

According to the National Health and Morbidity Survey (2019),10 children aged between 10 15 years have mental health issues which is 9.5 percentage. The Institute for Public Health (IKU), which is

research under the National Institute of Health by the Ministry of Health (MOH) also found that 8.4 percentage of girls had mental health problems. Based on a National Survey by the Ministry of Health Malaysian youth aged 13 to 17, one in five-person face depression, two in five persons have anxiety and one in ten person has anxiety. This scenario led to 10.1 percentage of youths attempting suicide. Based on the survey of Kaiser Family Foundation (KFF) which is the parents reporting worsening mental health for their children age 5 to 12 years old,4.4% of children face symptoms of depression,6.3% of children face the symptoms of anxiety,9.2 % face psychological stress and the overall percentage of children facing mental health issues is 22.1%. This evidence proves children also face mental health issues in their life.

Furthermore, we also found out the opinion of students about factors that leads to children's mental health issues and the impact of mental health issues towards them. This survey also helps us to gather some information based on the questions:

a. Should parents ignore their little children?
b. What is the reason for the child not sharing their problems with their parents?
c. What will be the best solutions for solving the children's mental health issues?

We found that the average respondents said the main factors for the children not sharing their problems with the parents are because they feel scared and the parents could downgrade the child's problem. The parents think that the problem that face by the child is a small problem and could be settled by them, but they did not know sometimes a small problem could lead to a big problem and could leave a big impact in the child's life. Besides, some of the parents think that parenting is all about providing food, shelter, education, clothes and teach them to be discipline. They did not spend time with the kids and talk with them. As a result, they barely know about their kids and did not understand them.

5.0 Result Decision

Children's mental health factor, effect, and prevention measures

5.1 MENTAL HEALTH & PARENTS

The mental health of children and teenagers is an important aspect for us to pay attention now. The mental health of children or teenagers has been very worrying lately. The news about death or rather suicide among teenagers is becoming more and more common. Stress and depression are the main factors of this problem. People around play a very important role in overcoming this mental health issues, especially parents. Did you know that the importance of having and achieving a good level of mental health starts from the parents and also the family.

As parents, we always have our children's best interests at heart. We prepare them for adulthood by nurturing their social skills, helping them navigate the challenges of adolescence, and providing support for their emotional health and well-being. Nowadays parents are too busy juggling with their work. Sometimes when both parents are busy at their work and spend very less time at home with their kids, the bond that the children have with their parents suffer.

As the kids grow up, this gap may widen. This action will make the children being neglected. The children start to keep their problems alone and it will affecting their mental health. The preventions that parents can do is parents must to make time for them. For example, instead of expensive gifts or elaborate meals, one of the best ways of showing parent's love to their child is to spend time with them exclusively, one-to-one. It's a tangible expression of how much worth they have in your eyes, how

important they are to you, that you would give up other activities or chores to just be with them. Give them such a positive attention like show interest in what your child is doing by ask your child to tell you about it if they can. Next the parents also need to pay attention and listens closely when your child is talks to you. This action can create the strong bonding between parents and children as a family. The parents also need to learn about their child behaviour if there any something wrong between them you may ask and guide them with positive interactions. If you do not know how to settle the problem approach at support them to get a better medical check-up with the psychiatrist. From that both parents and children can know about their mental condition. The children can be easy to share their problems with family when they think the family is home for them. As a result, the depression between child can be prevent from getting worst. In conclusion, every parent whether working or non-working, wants to raise a child who can contribute positively to society. Parents play a vital role in shaping the lives of their children. Even if both parents are working, make sure that there is enough time dedicated daily to spending time with the kids.

5.2 MENTAL HEALTH & COVID-19 PANDEMIC

The outbreak of Covid-19 had a multifaced and substantial impact on child and adolescent mental health. The experience of children experiencing the struggles to cope with mental health challenges can impact their full access to any participation in learning and continuing their daily life. This can be so worrying since children are having hard times to speak what they have been feeling and they aren't getting the help they need. Children's emotional well-being is just as important as their physical health. Covid-19 is one of the main factors that leads to the factor of children mental health to become worsen.

Some of the children who face difficulties during the pandemic is happening which affect their mental health. The ongoing stress, fear, and uncertainty created by Covid-19 pandemic has weighted heavily on children and they are having tough time coping emotionally. This can actually happen when children are experienced the death of their parents or losing someone close to them. Traumatic events and tragedies can trigger their mental health as also the worst nightmare for them. The grief that they have been holding will lead them to have a generalised anxiety disorder (GAD) which will make them extremely worried. The separation anxiety that happens to them will make them more scared to lose another one of their close one.

The pandemic stress and traumas may have lasting effects on the developing minds of the children. As an adult who close to them, continue to check in with your child often also watch and listen for signs they are struggling. To help the children, ask them how they are feeling, and remind them you are there to talk if they want to. We need to give them space to express their feelings and they will talk when they feel comfortable. As an older person to the child, we also need to provide them a positive word always for them to adapt a life as a normal children as other kid do.

5.3 MENTAL HEALTH & DIFFICULTIES AT SCHOOL

Education in primary schools considered the basic pillar of development and progress in societies. The right to education, which is a basic human right, includes the right to access to education. Access to education is usually a problem for disadvantaged students like those who live in villages or those who have special needs. Education has become one of the most powerful weapons known for reducing poverty and inequality in modern societies. It is also used for laying the foundation for a sustainable growth and development of any nation. Primary education in particular is the level of education that develops in the individual the capacity to read, write and calculate. In other words, it helps to eradicate illiteracy.

However, there are some students out of a number of students who face difficulties in school that lead to mental disorder. There are various aspects that can be categorized as difficulties in school. The first example that can be highlighted is being bullied by seniors, at school. Bullying cases mean problems that include activities such as blackmailing, insulting, mocking, punching, cursing and so on done by someone against the victim of bullying. It cannot be denied that nowadays, cases of bullying in schools are becoming more common. This has reached a level that is very disappointing and worries various parties such as the school, parents, government, community, and others. The main effect of bullying is the bullied victim will feel afraid come to school. They will feel threatened all the time. Not only that, bullying also makes the victims unable to fully concentrate on their studies. Both of these effects will affect the victim's mental or it can also be a physical effect. Therefore, the school especially needs to take action by imposing appropriate punishment or fines on bullies at schools so that cases of bullying among students can be prevented.

Another example of difficulties at school is students being body shamed by their friends. Body shaming is the act of criticizing, condemning and criticizing a person's appearance, shape and physique. For example, they being called fat, too thin, dark-skinned, short and so on. Many of us, often think it is a joke that is not capable to hurt anybody. In fact, it is the initial cause of mental illness such as depression and stress. It is indeed important for us to have limits in speaking and joking in order to maintain the safety and well-being of our society even having a close relationship is not a license to joke until it hurting others feelings. The effect of this body shaming is that it causes a person to feel less self-confidence so that they are afraid to socialize with other friends. They are afraid to stand out in public. Eventually they feel depressed, emotional and lead to mental disorders. Therefore, for students who like to make fun of someone's appearance should be given counselling by a counsellor at school. They should be made aware of the negative effects of continuing to do body shaming. If they continue to do so until they grow up, their attitude can be categorized as a crime and can be punished in this country. By this way, the school can overcome the problem of body shaming among students since childhood and can educate them to be civilized children. To conclude, being bullied and being body-shamed are some of the difficulties faced by students at school that can cause mental illness.

7.0 CONCLUSION

In the nutshell, society pays less attention to the topic of mental health issues among children. A child's mental health is significantly impacted by their early experiences. Long-term mental problems are more likely to occur when early childhood mental health is poor. Hence, this study was done to give exposure and awareness to the community about the importance of children's mental health. This is significant as a wake-up call to society to highlight the prevalence of children who experience mental health issues as a result of their home environments. Therefore, parents should make every effort to focus on their child's early mental health. They should take any necessary steps to support their child's development of a strong mind. Next the society in the school must implement strict disciplinary measures against bullies in school. Lastly the children who effected by mental health need to survive themselves to get the help from the people nearest them and do not keep the problem alone. The above-mentioned practical advice may encourage children's healthy mental development. All they require is your commitment and work.

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15. Educational Pressure Under The Influence of Covid-19 Affects Mental Health and Well-Being of Students: A Case Study in Universiti Sains Malaysia

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1. Abstract

This paper seeks to answer one general question, "What are the consequences of Covid-19 for students at the University Sains Malaysia (USM)?" The focus is centered on the topic of how the pandemic has significantly affected the mental health of students at USM.

As the pandemic continues, mental health issues are taking a growing toll across the country. In most parts of the world, social isolation, economic insecurity, and the loss of loved ones have become major drivers of anxiety, depression, and stress. We intend to examine if the students feel any kind of pressure and if so, what causes this pressure. Furthermore, we are willing to find out the exact psychological symptoms the students are suffering from. We also want to point out what the students need when they feel mentally unstable and what exactly the university can do to prevent mental health issues. Due to our research, mental health in Malaysia is not widely accepted, yet. With this paper, we want to raise awareness for mental health as well as acceptance.

2. Keywords

Educational Changes, Concerns occurring, Psychological Impact, Impact on Young Student

3. Introduction

The COVID-19 pandemic influenced all ranges of life; the higher education sector is not an exception. Since the pandemic started in March 2020, lockdowns, social distancing, working from home and online classes became part of life. Distance education was replaced by regular face-to-face classes; higher education institutions (HEI) heavily rely on distance learning models to continue offering their programs. HEI invested heavily in IT infrastructure, trained staff, and students, and moved most all of their activities online, including teaching and assessment, but the shift, however, caused several concerns for students (Mailizar et al., 2020; Aristovnik et al., 2020; Al-Salman & Haider, 2021). A study published in the JMIR demonstrated the widespread mental health impact that COVID-19 has had on college students (Evan M Kleimann, 2020).

Other research shows that students' mental health in higher education has been an increasing concern. The COVID-19 pandemic situation has brought this population into renewed focus. The results of a study conducted in the United States with 195 students at a public university show the effects of the pandemic on their mental health and well-being. The data were analysed by quantitative and qualitative methods. Of all 195 students, 138 (71%) indicated an increased stress level and anxiety due to the COVID-19 outbreak. Multiple stressors were identified, which contributed to the increased levels of stress, anxiety, and even depressive thoughts among students. These include fear and worry about their health and of their loved ones (177/195, 91% reported negative impacts of the pandemic), difficulty in concentrating (173/195, 89%), disruptions to sleeping patterns (168/195, 86%), decreased social interactions due to physical distancing (167/195, 86%), and increased concerns on academic performance (159/195, 82%). To cope with stress and anxiety, participants have been craving support from others and helped themselves by adopting either negative or positive coping mechanisms (Changwon Son, Sudeep Hedge, Alec Smith, et al., 2020). Similar outcomes can be conducted by the survey from the University of Nevada, Las Vegas (Bowen Liu, Edward Huynh, Chengcheng Li, et. al., 2022).
Not only in America but also in Malaysia, mental health problems were already on the rise before the pandemic. Mental health issues have dramatically increased in Malaysia since the emergence of the COVID-19 pandemic. Malaysian Mental Health Association (MMHA) President Dr. Andrew Mohanraj declares that the organization has seen a “more than a two-fold increase” in people seeking help related to stress since the emergence of COVID-19. He added that stress and anxiety can also cause physical conditions which people often treat as though they’re not connected to mental health. Since 2019 rates of depression and suicide appear to have increased. During Malaysia’s initial lockdown from March 18 to June 9 - 2019, there were 78 cases of attempted suicide registered in the country. During the same period, 64 cases of suicides were reported (Umair Jamal, 2021).

According to Befrienders, an emotional support center in Malaysia, around 34% of the calls it received between March 18 and May 16 were linked to the impacts of COVID-19. Malaysia’s health ministry said that it received about 43,000 calls on its Psychological First Aid hotline within the year 2019, indicating a surge in mental health conditions (Umair Jamal, 2021).
In Malaysia, addressing mental health issues will require greater awareness and acceptance in the population, as it is still not widely recognized as important in the same way as physical health is for them. As public awareness begins to grow, the government is facing harsh criticism for not doing enough to tackle the problem (Umair Jamal, 2021).

Due to several studies and also to raise awareness for mental health issues worldwide we focus our paper on this topic. The findings of this paper will help the University Sains Malaysia to fully understand the importance of the consequences caused by Covid-19 on the mental health of their students and what they need to do to prevent students from struggling and how to support them with

their mental problems.

4. Topic 1

Pressure caused by Covid-19, main factors of pressure

Academic pressure refers to many different academic problems caused by stressors on students. Studies report that the most occurring hassles in students' lives during the Covid pandemic are academics related, they most often mentioned constant studying, writing many papers, exam preparation, and boring online classes. Students feel overwhelmed by the grade level competition and the need to get a huge amount of knowledge in a short time (Chunjiang Yang, Yashuo Chen, Aobo Chen, 2021).

Other studies identify stress factors like the teaching method, and the lack of classroom climate, but also claim the heavy workload. Those changes in academic life caused different effects on students, also stating the differences between women and men. While the women are dealing with higher anxiety levels and are associated with higher self-regulation. Besides that, men are mostly associated with poorer achievements in university life (Jesús de la Fuente, Mónica Pachón-Basallo, Flavia H. Santo et al.,2021).

H1: Due to this research, we concluded that Covid-19 amplifies educational pressure on students. H2: Covid-19 has different impacts on women and men in study life.

5. Topic 2

Psychological impact

Environmental and lifestyle changes always have an impact on people's psyches and health. In the case of Covid-19, we look at the impact on students' mental health and how they seek help to cope.

Many studies show that deterioration in mental health has occurred during the pandemic and students are suffering from social isolation. For example, in one study, about 75% reported poor well-being. The most common reason given here was loneliness and social isolation (about 75%) (Rainer M. Holm-Hadulla, Margaritha Klimov, Tilman Juche, et al., 2021).

Also, one of the consequences is strong demotivation among students. There is a lack of drive and energy to deal with new things. Motivation is one of the most important aspects of any human being. It helps a person to perform better with determination. However, due to the COVID-19 pandemic, many students around the world had to switch from face-to-face classes to an online learning system in the middle of the semester. In general, students have a limited capacity to absorb information, and the changes likely lead to overload and cognitive fatigue that undermines the ability to adequately learn new information (Aguilera-Hermida, 2020).

H3: Covid-19 and subsequent changes have had a strong demotivating impact on students

6. Topic 3

Impact on Young Students

Younger students in particular feel more pressure and a greater impact from Covid-19 on their mental health and study outcomes. The new study routine is an unfamiliar environment for students who have just started their studies. Whereas older students have studied before the pandemic and know how to

manage their daily study routine.

The COSMO study (Cosmo, 2020) showed an increase from 35% to 59%, between September and November 2020, in the younger age group that currently feels more stressed (Eva-Lotta Brakemeier et al., 2020).

Especially, the severe restrictions in social life affect young students, who also do not easily make new friends in their new places of study as a result. The situation leads to an increase in feelings of stress in daily life and an increased incidence of mental illness among young students (Li Ping Wong, et al., 2021).

H4: Covid-19 changes have had a strong impact on younger students.

7. Methods

In this research, we use the quantitative survey method. To study the effect of educational pressure during the pandemic. We prepared some questions for every student to ask about their study experience during the pandemic. We use Google Forms to share our survey with others through social media, and we also encourage them to share the link with their other friends. The data that we have collected will be used for our further research.

7.1 Sample and Data

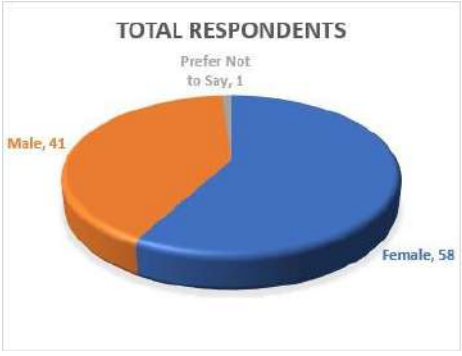
Based on the results of a survey that has been conducted using a google form that is disseminated to Universiti Sains Malaysia students, both full-time and exchange students. As many as 100 respondents were obtained. Where the data obtained was used as a sample in this study.

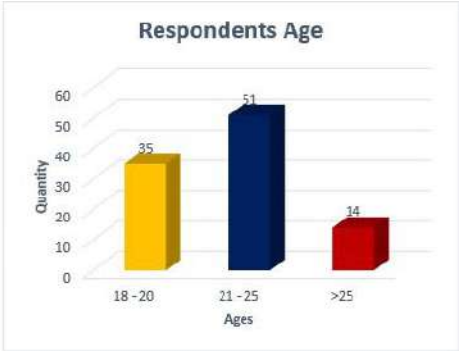
7.2 Measures

In this study, several questions were presented with different answer choice options. For example, "During your study, do you feel any kind of pressure while trying to adapt to it?" with the answer option "Yes" or "No". The same is done on the question "Did this kind of pressure make you feel any mental breakdown?", only a “Yes” or “No” answer was provided. Then, most of the other questions are based on qualitative choice options, where several choices of answer options are presented, that respondents are likely to experience. The use of scale answers applies only to the question "After experiencing all of this, between 1 - 5 how worst does this situation affect you", where scale 1 means "Not Agree at All" to 5 "Strongly Agree".

7.3 Respondent profiles

From 100 respondents from the survey that has been conducted on exchange students and full-time students of Universiti Sains Malaysia, consisting of 41 males, 58 females, and 1 prefer not to say. Then, of the 100 respondents, as many as 35 people aged 18-20 years, 51 people aged 21-25 years, and 14





people aged >25 years as depicted in the figure below.

7.4 Results

To analyse the data that we receive from 100 respondents, we took their answers from our questionnaire. Based on our analysis, 58% of our respondents are female and the rest are males. 79% of them are experiencing the same thing, and that is the pressure from their study during the pandemic. The main factor behind this pressure is that they feel the study environment is not supportive of them. Because of that, most of them feel demotivated to continue their study. The feeling of being demotivated also makes them just do their best to study, and this kind of feeling makes them feel so pressured. Unfortunately, 49% of them experience a mental breakdown of this pressure.

7.5 Discussion

The pressure in school after the corona pandemic puts a psychological burden on students. As the coronavirus continues, students are exposed to new stressors, and the resulting health problems worsened students' concentration, which later contributed to a wider academic gap. The coronavirus pandemic has given students new importance to online classes, putting educational pressure on them, and creating a large educational gap among students (Goldstein, 2020). Coming to the first hypotheses H1: “Covid-19 amplifies educational pressure on students”, we can definitely confirm as we found out that 79% out of 100% feel pressure during the Covid-19 outbreak and the resulting changes.

Furthermore, the educational gap between students is gradually widening as distance classes increase in the aftermath of the novel COVID-19 (Lou Blouin, 2021). As the middle class of academics gradually decreases, the upper and lower classes are extremely divided, and it becomes difficult to evaluate the learning progress of students. Not only differences in upper and lower classes can be recognized also between man and woman. Here, we can totally confirm with the H2: Covid-19 has different impacts on women and men in study life. We found out that a lot more women are affected compared to man.

As a side effect of pressure both genders lose various motivations. More and more people wander without being able to adapt to the schedule given to them, and the decrease in the will to live gradually draws people into the shadows and adversely affects the economy. This can also be derived from the statistical results, where a survey of 100 nearby students found that 13% of students did not perform well during the COVID-19 period. This is an indicator of how distracting online education is. Additionally, 49% of students felt a relative sense of loss from educational pressure, and decreased motivation and loneliness were found to exacerbate this phenomenon. (Alison et al., 2021). Out of this finding and also out of our findings we can again confirm H3: Covid-19 and subsequent changes have had a strong demotivating impact on students. Due to our research demotivation has the highest percentage compared to all different psychological stresses they have to suffer from.

Educational pressure comes from a combination of factors, and if we pay attention to students solving health problems and working together in different areas such as education, students' academic pressure can be reduced (Alison et al., 2021). Therefore, the last hypothesis "Covid-19 changes have a strong impact on younger students" can be confirmed again. In our study, according to the survey, the youngest age group (18-20 years) was the most affected by the impact of Covid on their study life, with a score of about 3.4 (scale: 1: not affected; 5: very much affected). While the oldest age group (<25 years) seemed to be the least affected with an average of 2.4. From this survey, it can be inferred that younger students in particular need more support.

8. Conclusion

Our research findings show that studying during the Covid-19 pandemic has a huge impact on most of the students at USM. Most of the students feel pressure caused by teaching style through online classes, most state that the lecturers are unable to convey topics proper and they struggle with the lack of support throughout online classes. The conclusion is that most participants have symptoms of unsteady emotions, and feeling lonely and unmotivated, which in the end, are reasons for mental health issues. In conclusion, this study can serve as a guideline for USM, on how distance learning can affect students' mental health, and set the foundation for discussions on what to change to prevent mental health issues. References

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16. Effect Of Cyberbullying On Adolescent Mental Health

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1.0 Abstract

Cyberbullying is the act of sending or spreading damaging and malicious content regarding someone's personal life via media platforms.Cyberbullying has already become an awareness issue since it has been recorded widely around the globe.The research methods are a set of built-in questions through a Google form and have been shared for public, focus for youth. The objective of this research is to know the reason cyberbullying still occurs, the causes, and the effects on adolescent mental health. The results of the study showed that almost half of the respondents had ever experienced cyberbullying, and for the type of cyberbullying, most voted for posting negative comments. The majority of respondents chose Instagram as a medium for cyberbullying. While the causes and effects that were highly voted on were lack of empathy and depression. Our aim for this research is to contribute more data on cyberbullying issues which might help for future research.

Keywords: Cyberbullying, Adolescent, Mental health, Social media

2.0 Introduction

Bullying has been worsened by a new category, which is assumed by the dimension of bullying behaviour and is named "cyberbullying," in the era of modernity where there is boundless use of the internet and social media (Alipan et al., 2019) (Kasahara et al., 2019). Cyberbullying, also known as frequent willful aggression that occurs at any hour on a digital medium such as a smartphone (Akkurt Nurtan et al., 2022), Internet technology and new media contexts, which provide ample opportunities for users, have indeed brought up safety concerns, such as anonymous identities and a lack of privacy, as well as some risks described as "cyberbullying" (Yolcu, 2022).

Cyberbullying has been widely recorded around the globe. Previous research found that 20% to 40% of youth had experienced cyberbullying at least once in their lives. It shows that cyberbullying among adolescents is a widespread issue across the world (Aboujaoude et al., 2015b). On the other hand, the percentage of Korean youth that experienced cyberbullying was 14.6% (Lee & Shin, 2017). In the prior research conducted in Chile, South America, 47% of the participants reported being harassed through digital media (Trajtenberg et al., 2021). Thus, according to the data provided by Kulina, about one-third (33%) of the world's young people are bullied online (2022). Malaysia ranked second in Asia in terms of the prevalence of cyberbullying among young people in 2020, according to a study by the United Nations Children's Fund (UNICEF) (Team, 2022).

As stated by the National Center for Education Statistics (NCES) (Trends in Educational Equity of Girls and Women: 2004—Academic Performance, n.d.), academic performance is an important indicator of school success since it opens the doors to postsecondary education and well-paying professions. In a research study of 413 American youngsters between the ages of 17 and 19, the author observed that

youth who had been cyberbullied had greater scholastic challenges and fared worse academically (Wright, 2018). On the other hand, Farhangpour et al. found that cyberbullying impaired the learning performance of its victims (2019). It was shown by the previous survey, where 53% of the students stopped showing up to class and 11% radically altered their behaviour, paying little attention to their studies and instead joining gangs in an effort to feel safer. Three-quarters (32%) of the bullied students considered dropping out of school as a result of the harassment they experienced. Cyberbullying victims also saw a decline in academic performance. Approximately 41% of victims reported being less engaged in class, while 24% of students surveyed indicated a drop in academic success, and 35% reported having to retake a grade after being the target of cyberbullying.

Despite the fact that prior statistical results have emphasised the relation between cyberbullying and educational factors such as academic achievement, there has been a paucity of research examining the association between cyberbullying and adolescent mental health. This research aims to examine the relationship between cyberbullying and its impact on the mental health of adolescents.

3.0 Research Method

The method that we use for this research is by using questionnaires created using a Google Form, and we have set up a set of questions that relate to cyberbullying. The type of question we used in questionnaires was a closed-ended question, also known as a multiple-choice question. A respondent is required to choose either one answer (in the case of a single-select multiple-choice question) or several replies (in the case of a multi-select multiple-choice question) from a list of available alternatives. In order to get reliable results, we sent out questionnaires to a random sample of our friends at the Universiti Sains Malaysia, our families, and our immediate neighbours through WhatsApp, Instagram, and Facebook. This study's data was collected via in-depth surveys and observations of respondents to reveal the most salient events in their daily lives. We used an anonymous survey with numerous questions regarding cyberbullying to get these conclusions.

Next, literature reviews are one of our research methods for gaining a broad understanding of the relationship between cyberbullying and adolescent mental health.

4.0 Analysis Results

This paper worked to know about the issues of cyberbullying and the effects towards adolescent mental health. The online survey has been assisted by several questionnaires for public focus to youth generation to fill the form. The research not only focuses on university students but also for groups of adolescents. From our online survey, the number of respondents showed their awareness of cyberbullying cases that occur in our country in the recent few years. The questionnaires start with the demography part, in which 271 respondents have been recorded and their identity remains anonymous, which is 84.5% are females while 15.5% are male.

The respondent involves people in their age of 14 to 50 and above, but the majority of respondents who fill the form were adolescents in the age of 18 to 20 years old as much as 71.9%. From this data survey, it showed that cyberbullying is familiar among adolescents and they are aware of the effects of it. In addition, most of the respondents are students which record 95.9%. Cyberbullying remains as a concern regardless of race, although Malay race took the most percentage 88.3% who fill the form. The first question showed the seriousness of cyberbullying issues that remain until now. Almost half of the respondents, 49.4% have ever experienced cyberbullying, which can be related to the majority of respondents being adolescents around the age of 18 to 20. The rampant usage of social media platforms has made it the ideal breeding ground for cyberbullying and toxic behaviour, not only among youths but adults as well, (UNICEF, 2022).

4.1 Types Of Cyberbullying

The term "cyberbullying" refers to any kind of bullying that takes place online, including on electronic devices such mobile phones, computers, and tablets. It is possible for individuals to engage in bullying behaviour online using social media platforms, online games, or discussion forums where users may communicate with one another. From these platforms, it may also entail revealing confidential or sensitive facts about someone in a manner that leads to embarrassment and humiliation. Cyberbullying sometimes crosses into unlawful or criminal behaviour. There are a few types of cyberbullying have been asked on our survey and based on the proportion of respondents, they are:

a) Posted negative comments, 61%
b) Pranking someone's cell phone, 41.7%
c) Harassment, 36.7%
d) Catfishing, 25.7%

Through social media, people tend to post negative comments about someone else. This type of cyberbullying has the highest percentage among other types of cyberbullying. Posting a negative comment makes people wonder why they do that in the first place if they actually have no valid complaint about it. They thought they could point out cyberbullied flaws and take you down a notch. They do this because they resent your success. Some cyberbullies attempt to gain power by seeing cyberbullied demise. From previous findings, the researchers also stated that kids tend to post rude or insulting comments without calling their name directly in various platforms of social media, (Sherri Gordon,2022).

Pranking calls on someone took the second highest percentage which have been voted from respondents. This shows that respondents agreed this behaviour is not something funny if it keeps occurring continuously. When someone dials up another person to make a joke or pull a fast one on them, it's known as a prank call or crank call. People may manufacture them and give them to strangers, while comedians might use them to trick politicians. Prank also can turn into cyberbullying with lying to someone else. Recording a prank call without other party consent and publishing it into public with an intention to embarrass that person can be considered cyberbullying.

Many forms of cyberbullying come under the broad category of harassment; generally, it describes a series of unpleasant or threatening online interactions sent with the intent to harm someone. To support, harassment could be seen as a way of texting mean text towards someone continuously in a group, and still uploading someone's inappropriate photo even knowing it is hard to delete once it is uploaded (Sherrri Gordon, 2022).

This is the reason why harassment has one of the highest percentage votes from respondents. Someone can unintentionally reveal a secret you'd want to keep hidden or anything that might be sensitive to the public. Still, you'll probably just brush it aside if it was not intended to be malicious and right away address the issue to them that their statements make you feel uncomfortable. But cyberbullying becomes a severe issue, when someone makes an offensive comment or says something you disagree with, you could act a bit defiantly and contradict. When the offensive comments are excessive or repetitious then it will become a major issue which triggered the perpetrator to do cyberbullying to victims through harassment. Based on a previous journal, adolescents keep facing online harassment which one of the ways is spreading false rumour without their consent (Amanda,2018).

Catfishing is one type of cyberbullying that has been chosen from respondents, in which this form of cyberbullying is defined as the action of using someone's photo or identity to make their own account. In other words, it can be called a fake account. It is worse when they use the fake account to

cyberbullying their own target in order to satisfy their personal interest. It does not affect the victims but also the ruined person image which they have stolen. Steal someone's identity and re-create the profile such as signing up for some services with deceptive purposes that can bring humiliation towards the victim (Yehuda, 2019).

4.2 Medium Of Cyberbullying

Some may wonder why cyberbullying has become so popular as opposed to actual types of bullying. It is because the perpetrators can remain anonymous, but some of them are bold enough to reveal their own identities while harassing others in social media. In this study, we only took a very common medium of cyberbullying which is Tik Tok, Facebook, Instagram, and Twitter. Based on the questionnaire result, cyberbullying do occurs in various medium which is:

- TikTok: 10.8%
- Facebook: 24.5%
- Instagram: 44.8%
- Twitter: 19.9%

According to current research that has been carried out, as many as 44.8 % of individuals choose Instagram as the main medium for cyberbullying to occur. Way cyberbullying can happen through Instagram is when an individual uploads a picture on Instagram, the person who cyberbullies will leave negative comments, so that the person will face mental health problems. Based on a previous article, statistics showed that cyberbullying cases mostly occurred in Instagram, Facebook, and Twitter, which all these platforms help to communicate with friends and also upload pictures, however negative comments or spamming rude or mean texts also make things worse, (Peter Suciu, 2021). Instagram also has made a solution on how to handle cyberbullies in order to combat cyberbullying and other undesirable conduct on the site, Instagram has its own set of tools.

Similar to bullying that takes place in person, bullying on Facebook may take many different forms. Depending on the victim of bullying, even a bullying incident that appears to be little might have long-lasting psychological effects. Some examples of Facebook bullying include sending a personal message containing offensive language or threats; posting disrespectful or insulting pictures and videos, creating pages or groups specifically to assault a victim, and banning the victim from private sites or groups (O'Driscoll, 2018).

Other forms of bullying than just words of hurtful criticism, the visual of media, such as photos or movies, to instil feelings of guilt in a target is common. Also, keep in mind that Facebook abuse often extends beyond the platform itself. It might be occurring across a variety of social media platforms, as well as via email, text message, or even face-to-face interaction. Statistical differential between the first quarter of 2020 and 2021 showed the increasing bullying and harassment content that occurs in Facebook platforms (Statista,2022).

4.3 Causes Of Cyberbullying

What motivates cyberbullies to cyberbullying in general? Lack of empathy has become a highly voted for cause of cyberbullying which has been recorded as much as 50.2%. With the modernity of social media, the youth generation nowadays find it difficult to be empathetic and considerate to others. If they could develop a bit of empathise, cyberbullying could be less dramatic, (The Empathy Project, 2017). Even though they are in a crisis, people may remove themselves from it using technology. People who are engaged in cyberbullying, they don't comprehend the pain they inflict since they can't see it. When they were questioned, many cyberbullying perpetrators said the behaviour provided them a feeling of

fun and control.

Some people think that cyberbullying is not that bad until it can lead to mental health problems, this type of people are actually lacking education about cyberbullying which respondents mostly voted for as much as 43.8%. Lack of education makes them unable to realise whether their cyberbullying action is right or wrong. Instead, their actions keep becoming irrational. To support this, other research cited from Slonje and Smith, that cyberbullying mostly occurred among middle schoolers which is students in grades 5 to 9 (Salinee et al., 2022). This shows adolescents who still lack education still cannot make a good decision instead focus on their emotional feelings.

Respondents also have a perception that people who are bored, lonely, or seeking attention may participate in cyberbullying which recorded 43.4%. The pandemic Covid-19 makes these problems worse, which might result in nasty online conduct. Other researchers also agree that cyberbullying occurred because of the feeling of loneliness or isolation, which they decide to be as preparators to release the isolation feelings in society, (Arlin Cuncic, 2022). Some young people bully not only out of boredom but also to release tension.

Having the approval and appreciation of your peers regarding cyberbullying is something that should not be proud of. Based on our survey, respondents agreed that peer pressure played a role on cyberbullying issues, with the percentage shown as 27.7%. This is an example of negative peer pressure or bad influence of peers. The impact of one's peers may be both good and bad. The number of bullies and aggressive class climate influence cyberbullying behaviour and also the risk of increasing victims (Ruth et., 2013).

4.5 Effects Of Cyberbullying

From the survey that has been conducted, the effect of cyberbullying that showed the highest percentage was depression, which was recorded at 63.5%. This proves that cyberbullying is a severe issue that needs action to prevent it. Moreover, people are already aware of the seriousness of depression. This is the reason why cyberbullying should be stopped. The effect of cyberbullying has been related a lot with depression symptoms (Chanda Maurya et al., 2022). Cyberbullying victims tend to face mild depression although they have not faced cyberbullying in 3 months (Khong et al., 2022). This showed that cyberbullying still left the effects longer than we thought.

The second effect of cyberbullying chosen by respondents was anxiety and stress, which both recorded 55.4%. Anxiety and stress obviously have an effect towards the cyberbullying victim. The victim will continue to think about what action needs to be taken to stop being a victim of cyberbullying. Cyberbullying victims or perpetrators risk experiencing the symptoms of depression and anxiety (Karin Hellfeldt et al., 2019). Relation between cyberbullying victims with depression and anxiety disorders are significant (Maria et al., 2022). This makes the result survey relevant since victims did not know why they were being attacked continuously and moreover they do not know who the perpetrators were.

Most respondents agreed that victims tend to have low self-esteem, which recorded 53.8%. Victims start to doubt themselves about their good side instead just focus on negative comments from others. They start to have a thought on how to stop the cyberbullying and do not focus on improving themselves. This leads them to have low self-esteem and they find it hard to bring themselves into the social community. They prefer to isolate themselves and avoid participating in crowds. Cyberbullying has been linked with having low self-esteem and higher suicidal ideation (Natalio et al., 2018). Low-self-esteem might come from the feeling of hopelessness, which they have a thought that they were struggling over this problem alone. Adolescents who find it difficult to keep friends are most likely to have a higher tendency to be cyberbullying victims, which leads to personal low self-esteem (Hannah Beghin,2020).

The respondent also has the perception that cyberbullying victims mostly have suicidal thoughts and self-harm. Suicidal thoughts recorded 24.9% of the total, while self-harming accounted for as much as 24.9%. Self-harming refers to the action of getting drugs or taking alcohol in an excessive amount which can put someone's life in danger. This kind of action proves that cyberbullying can be dangerous and even life-threatening. Cyberbullying victims start to have useless thoughts that they should just disappear from the world forever, so they will not get hurt anymore. Besides, they feel cyberbullying problems cannot be solved and choose to be silent instead of seeking help. To add, previous researchers found 8% of children and teenagers who have been victims of cyberbullying ever have a thought or feeling of suicide, (Shay et al.12, 2022). All of these effects keep happening as long as cyberbullying still occurs. The prevention measures should be assigned in order to minimise or eradicate cyberbullying cases that happen as time passes.

5.0 Conclusion

Since the advent of the internet and widespread use of social media, bullying has taken on a new dimension which is cyberbullying. Sending, posting, and disseminating private information about another person online in an intentionally hurtful, deceptive, or otherwise malevolent way is known as cyberbullying. According to the previous researchers, bullying and cyberbullying negatively affect the mental health of First Nations adolescents throughout Canada (Paul et al., 2022), while this present research is focused more on the effect of cyberbullying on adolescent mental health. The results showed that cyberbullying does, in fact, have a major impact on the mental health of adolescents, with a strong correlation between being cyberbullied and its effect on youngsters' mental health. Some claim that most cyberbullies prefer this method since it allows them to remain anonymous and operate in secret, making it more difficult to track down their prey. Based on the research by McLachlan (2022), 8.5% of Instagram user is in their 13 to 17 years old and 30.1% users is youngster is 18 to 24 years old. It's shown by this current study that cyberbullying always occurs on social media platforms, of which Instagram has the highest frequency compared to Facebook, TikTok, and Twitter.

This study also produced the major causes of cyberbullying which is because of lack of an empathy towards others feelings. Based on previous research, they hypothesised that individuals with better empathic accuracy and emotional congruence would exhibit less cyberbullying and offline bullying (Pfetsch, 2017). The physical, mental, and educational well-being of victims of cybervictimization may be severely harmed by the perpetrators' acts. Depression has the highest number of effects from cyberbullying among adolescents, which shows how strong the relationship is between cyberbullying and adolescent mental health.

Thus, this significant problem needs to be taken seriously because it may have grave ramifications for victims. Cyberbullying can be reduced by raising awareness to society about the negative impact of cyberbullying. For illustration, parents must monitor and restrict their child's online behaviour. Most notably, cyberbullying victims should immediately report this issue without giving it a second thought. Teenagers, on the other hand, should take necessary precautions to mitigate cyberbullying from rapidly deteriorating. Although technological advancements have provided us with potential experiences, it is indeed absolutely essential that everyone discovers to utilise it prudently.

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17. Emotional Abuse Caused By Toxic Family Environment

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EMOTIONAL ABUSE CAUSED BY TOXIC FAMILY ENVIRONMENT

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ABSTRACT

This study examined the relationship between emotionally abused and toxic families. The study was motivated by the sudden lockdown due to Coronavirus. Due to that, we stayed home with our family. When this happens, we are forced to live with our family for a long time. This study investigates how unhealthy home environments trigger emotional abuse. A survey was conducted among 106 youths via Google Forms. The study focuses on age, gender, causes, consequences, and treatments. As a result, people between the ages of 18 and 21 are constantly being emotionally abused and women are more likely to face this problem than men. Sources of emotional abuse come from parents who treat their children differently. This problem can have long-term and short-term repercussions for the victim. Finally, this qualitative study concludes a toxic family environment is never the fault of the youth experiencing emotional abuse.

Keywords: emotionally abused, toxic family, environment, lockdown, coronavirus.

1. INTRODUCTION

During covid-19 there are an increasing number of emotional abuse cases happening in the world. Although there are no relevant reports about the cases, everyone might be a victim in facing this issue. Emotional abuse is the act of nonphysical behaviour of hurting others such as insulting, criticizing or embarrassing someone (Gordon, 2022). Besides that, emotional abuse can be considered a transparent feeling of hurt and it is difficult to recognise and describe. Hence, it is difficult to report it, because abusers usually declare to be untrue and victims always undertake the hurting instead of seeking help (Alsawalqa et al., 2021). Emotional abuse of children can happen depending on a family environment. Why can family be the factor of emotional abuse among youth? This is because children spend most of the time with their parents. A healthy family environment will be a role model, promoting and protecting the health and development of children. While toxic family environments will hurt children and don't respect their boundaries. For example, criticizing children instead of encouraging them will cause them to feel negative and self-suspicious. Many parents will think that it is a good way to point out their child's mistakes so they can help them to overcome problems. Unfortunately, when it comes to correcting a child, parents frequently fail to recognise how essential delivery is. Most of the parents usually use a rude and arrogant tone to criticize their children. But as a child, it is not a good way for me to grow up. It is necessary to know that children don't behave to criticism as adults do, they usually will take it to heart what parents comment about them (Kaminsky, 2020).

As reported by The Star, nearly 131 cases were reported as emotional abuse in the year of 2020 (CARVALHO et al., 2020). Although there is no physical evidence of emotional abuse, the abuse typically will have impacts on both of your physical and mental health. You may be facing depression, anxiety, eating disorders, shame, crying, negative self-image and more. In accordance with the Australian Bureau of Statistic, most youth living in one parent family will face emotional abuse compared to a couple family. The outcome has shown women living in one parent family with children under 15 years old were facing emotional abuse (14%) compared to women in all other household types (2.0% to 6.0%). While men living in one parent family with children under 15 years old were facing emotional abuse (9.2%) compared to men in all other household types (2.4%-6.4%) (Australia Bureau of Statistics, 2022). If you are dealing with emotional abuse, it is better to seek help such as a therapist who can enhance your mental health and leave a toxic environment.

2. LITERATURE REVIEW

Through a literature review, this section will discuss perpetrators living in a toxic home environment, in which several scholars agree that they are mainly concerned with mental health and the treatment they get from the family. Our study will help to raise the understanding of what living in a bad family environment has caused by exploring the mental health state of Malaysian youth and their mindset during the COVID-19 pandemic. It is also the effort to highlight the major effect this type of environment has caused, thus helping to discover ways to reduce it to create a stable lifestyle for the youth growth.

2.1 Lives in Toxic Family Environment During COVID-19

The COVID-19 pandemic has ushered in a tremendous and rapid change in our society and profound disruption in daily life for youth across the globe. Social distancing, sheltering-in-place, closings of school, and being forced to stay at home for a long time has given a big impact on the lives of youth to adapt to a sudden 'new normal'. Just as today, schools temporarily closed with little to no warning; every news outlet focused on gruesome replays of the attack; and the economy suffered – imposing

harsh financial consequences for many families. (Irwin, Lazarevic, Soled, & Adesman, 2021), thus have caused the family to be in a deep stress situation that leads to many other conflicts between the family which create a toxic family environment.

A toxic family environment is a full of stress, neglect, verbal and physical abuse. All of these things are toxic to youth health growth and development, thus the major of its influence are from the treatment of parents (parenting style) which has given a big impact on youth, as highlight from (Wong, et al., 2022) family is an emotional unit where members could interact and exert influences on each other's thinking and behaviour. In general, every act and utterance from the guardian can reflect on youth behaviour whether they have to be careful of their manners in order to get more praises from the parents. According to the report (Irwin, Lazarevic, Soled, & Adesman, 2021) stated that both children and adolescents have experienced an increase in internalizing (depressive) and externalizing (conduct) symptoms during the COVID-19. This significant effect on parents and especially on children have sparked concerns about mental health.

Therefore, the massive lockdown that happen are in other to living with the toxic family environment. There is so many parents with no idea about how to rear children in healthy ways, full potential in life and producing destructive individuals in society have built the type of a dysfunctional family is shown as a typically a lot of tension, lots of rules, and very little unconditional love. (Lev, 2020). In short, the environment that is created are always in cause of the situation through pandemic have shown the impact it can bring to the youth personalities and development in the society where it is from the family relationship and the treatment from the parents give.

2.2 Mental Health and a Toxic Family Environment

Growing up in an unhealthy family can contribute to a number of emotional, interpersonal, and mental health to youth growth. Moreover, research state that a negative family environment is associated with depressive symptoms in offspring which is less supportive and more conflicting family environment lead to depressive youth (Salihovic, Mahmutovic, Brankovic, & Pindzo, 2021). These studies have shown the influence parents can put in youth lives through mentally. According to present findings, The parental care and control factors in childhood and adolescence were significantly more strongly associated with empathy among offenders than the parental encouragement factor (Wang, Huagang, Wang, Dong, & Zhang, 2022). Eventually, all the controlling in making the youth to be perfect can only causes them to always be afraid of doing a mistake, thus inflect the trauma they have to face in other to the best.

Lifetime traumatic event is known to have a detrimental long-term impact on both mental and physical health; thus, the situation happens while living in a household of conflict management have yet left a big impact on the youth. These researchers have indicated trauma can have catastrophic effects on child development and milestone acquisition, which creates difficulty in the academic environment as well (Goddard, Janicek, & Etcher, 2022). As a logical consequence, youth will be difficult to approach seeing as they lack expression and are frightened of being judged by their classmates, in fact it can caused the individuals to be extra cautions in their attitude, speech and attire. Furthermore, a sample enriched for putative toxic stress factors (e.g., poverty, child maltreatment, maternal depression), the risk factors were only weakly correlated with one another, and the children were characterized by lower-than-expected levels of internalizing (Wagner, et al., 2022). Some of the stress can only be start coming from the family's setting, which can put additional strain on each member.

3. METHODS

The research method we use to research the emotional abuse caused by the toxic family environment towards youth health is surveys. Surveys are a significant part of the research methodology. It facilitates the gathering of copious amounts of real-time data and aids in the research procedure. It is completed quickly and cheaply compared to other methods. Surveys can be carried out by researchers using both quantitative and qualitative techniques. As they produce quantifiable results and precise data, quantitative surveys are typically preferred by researchers over qualitative ones. There are several ways for researchers to conduct their work, but surveys have emerged as one of the most reliable and efficient. Online surveys are also the most suitable method for gathering data for our study given that face-to-face surveys cannot be conducted due of the COVID-19 pandemic

Data we collected according to the questionnaire consisted of five sections that include respondent detail like gender, age, studies and family status. We ask respondents about 'Types of emotional abuse among Youths' and given some options, for example criticizing or blaming someone invalid, parents treating an individual differently than siblings, swearing/shouting or humiliating from the family, excluding, or isolating someone, family having unstable financial problems, lack understanding from their parents and others (Bellis, 2013). For the third section we ask about 'Effects of emotional abuse among Youths' and the options are lack self-esteem, self-consciousness of oneself, overthinking, traumatic experience, powerlessness or hopelessness, doubting self-worth and abilities, depression and others (Ramesh, 2022). Next section about 'Methods to healing and recovery from emotional abuse' and the options we are given are eating a balanced diet, getting regular exercise, communicating with family members, finding ways to relax, reaching out for help from health professionals or socially to others such as friends and others. For the last section we ask the opinion of the respondents about the increase of emotional abuse cases among youths during the Movement Control Order (MCO) whether they agree or not.

4. RESULTS AND DISCUSSION

The data analysis was conducted using excel. The table summarize the demographic information in our research. There 106 persons respond to our survey. More than half of our respondents are male, making up 60.4 percent of our accurate data. The rest are female respondents, accounting for 39.4 percent of our research. The reason why this gender difference happens in our study may be because women are more likely to be emotionally abused than their counterparts (Australian Bureau of Statistics 2021, Personal Safety, Australia). Most of our respondents were from the age group of 18-25, where respondents of 18-21 made up 74.5 percent of our data and respondents of 22-25 made up 17 percent. The rest of the respondents are below 18 and only comprise 8.5 percent of the data. Our research is mainly focused on the youth, so we are intentionally targeted the young generation aged from 18-25.

RESULT

Demographic Information	Respondent (N = 106)	Percentage (%)
Gender:		
Male	64	60.4
Female	42	39.6

Age:		
Less than 17 years	9	8.5
18 – 21	79	74.5
22 – 25	18	17
Race		46.2
Malay	49	32.1
Chinese	34	46.2
Indian	23	
Level of Education		
SPM	7	6.6
Pre-u/ College	10	9.4
Bachelor's Degree	88	83
Others	1	0.9
Family Status		
Nuclear family	70	31.1
Single-parent Family	33	66
Reconstituted Family	3	2.8

This survey was conducted in Malaysia, specifically in Penang, so three significant ethnicities will be Malay, Chinese and Indian. 46.2 percent of our respondents are Malay. The left is Chinese and Indian, where Chinese respondents make up 32.1 percent, and Indian respondents only make up 21.7 percent. Regarding nationalities, local respondents contributed to the most significant portion of our survey data, where 93.4 percent are local and the few international respondents with only 6.6 percent of our respondents. As presented in table, most of our respondents are college students. Less than 10 percent are from high school. Family status always plays an essential part in our analysis. Cause Psychiatric problem occurs more frequently for children in a single-family (Moilanen & Rantakallio, 2002). Surprisingly, more than 30 percent of our respondents are from a single-family status which is absolutely out of expectation. Around 66 percent of our respondents are in a nuclear family, and less than 3 percent are in reconstituted families.

DISCUSSION

Causes, Effects and Method of Emotional Abuse Among Youths	Respondent	Percentage (%)
Causes of treatment		
Swearing, shouting at, or humiliating from the family	67	63.2
Excluding or isolating from the family	64	60.4
Always get blaming for something that is not your fault	50	47.2
Parents treating an individual differently than other siblings	45	42.5
Family having unstable financial problems	40	37.7
Parent's inability to understand their children	22	20.8
Effect of emotional abuse among youth		
Overthinking	68	64.2
Powerlessness or hopelessness	59	55.7
Traumatic experience	48	45.3
Lack self-esteem	42	39.6
Self-conscious of oneself	37	34.9
Doubting self-worth and abilities	32	30.2
Depression	31	29.2
Method to healing and recovery from emotional abuse		
Finding ways to relax, such as listening to music	67	63.2
Reaching out socially to others, such as friends	61	57.5
Reaching out for help from health professional /counselling	54	50.9
Communicating with family members	40	37.7
Getting regular exercise	35	33
Eating a balanced diet	15	14.2
Find yourself and try to think of revenge for your own future	1	0.9

4.1 The types of lives in a bad family environment

The respondents were given a few scenes that could be related to emotional abuse, which happens in toxic families so often. Around 63.2 percent of respondents have experienced swearing, shouting at, or humiliation from the family comprised for the highest percentage of data. That kind of emotional abuse is considered verbal abuse and less likely to be discovered during daily life. Verbal abuse in itself may not apply to physical contact, which could be the reason why it makes up the highest percentage of our data but it can still provoke emotional or psychological harm and progress toward brutal emotional abuse. 60.4 percent of our respondents might be experienced excluding or isolating from the family. 47.2 percent of respondents always get blaming for something that is not your fault. Around 42.5 percent of youth have experienced parents treating an individual differently than other siblings, around 37.7 percent of respondents are family having unstable financial problems, and some respondents said they lack understanding from their parents, which compromises 20.8% of respondents. Parental differential treatment and Parental verbal aggression or humiliation play a large part in our data based on the survey showing that emotional abuse, especially parental verbal aggression and differential treatment, is so common in our families.

4.2 The effects of emotional abuse among Youths

We have also done an investigation on the impact of emotional abuse among youth. This kind of abuse could have a nasty effect on the psychology of the youth and is associated with a range of adverse outcomes, including depression, poor self-esteem, conduct problems, aggression, inability to trust, and underachievement. Our survey shows that over 60 percent of the respondents are overthinking, and 55.7 percent of respondents feel hopeless or powerless. Powerlessness cannot affect an outcome: hopelessness means that even the hope of changing things is gone. Hopelessness is one rung further down the ladder of despair. That is all part of an emotional abuser's grand design. Emotional abuse leaves you hopeless because that is exactly what it is designed to do. Around 45.3 percent of respondents have had a traumatic experience in a toxic family, which means toxic family dynamics maybe create forms of PTSD, and what's more, people may behave in an unusual or unhealthy way after experiencing trauma or intense emotion. 39.6 percent of respondents said after living in a toxic family for many years, they feel a lack of self-esteem, and 37 respondents said the emotional abuse could lead to self-conscious of own self. Around 30.2 percent of respondents even doubt their self-worth and abilities. Lastly, only 31 respondents out of 106 respondent which is 29.2 percent of respondents said that emotional abuse will cause depression to ourselves. These respondents' replies also prove that emotional abuse in a toxic family can cause long-term negative consequences for the youth.

4.3 Method to healing and recovery from emotional abuse

We also try to find a method to heal and recover from emotional abuse by giving respondents a few choices consisting of several ways to recover the victim from emotional abuse. Around 63.2 percent of respondents have found a way to relax such as listening to music. However, some of the respondents may feel more comfortable when out with a friend. Around 57.5 percent of respondents will prefer reaching out socially to others such as a friend. Looking for professional counselling is also a good way of dealing with emotional abuse and around 50.9 percent of respondents will reach out for help from a health professional/counselling. Many of our family members don't treat us with love and do not respect us and sometimes it might be a good method to get rid of it through conversation. Having a conversation with parents makes the youth feel less stressed. They can think of a way to solve a problem. It is of great importance for the youth and parents to communicate with each other and of course, freely, and openly. The youth will feel respected and understood by their parents during the conversation, which boosts their self-esteem. However, with only 37.7 percent of respondents, 40 respondents will try to communicate with their parents, which is a long way to go. 33 percent of respondents will get regular

exercise and 14.2 percent of students will be on a balanced diet. Surprisingly, only one respondent selected “Find yourself and try to think of revenge for your own future."

4.4 The increase of Emotional Abuse Cases among Youths during the Movement Control Order (MCO).

The last question of our survey is "The increase of Emotional Abuse Cases among Youths during the Movement Control Order (MCO)." Around 80.2 percent of respondents, 85 students agree that there is an increase of emotional abuse cases during MCO." This significant figure shows that the statement is true and accepted by the highest percentage of respondents. 16 percent of respondents around 17 students are quite hesitant and not so sure so they chose “maybe” in our survey and only 3.8 percent of respondents, 4 people say no to this statement. Because of job losses, uncertainty about salaries, and isolation, emotional abuse cases in toxic families increase significantly during MCO, leading to an increase in domestic violence as well. Some abusive parents or partners, however, are confined to their homes, which means there is no place for them to vent except at home. When those people go out of control, they will take it out on their family members which is really bad behaviour and not encouraged and could also be a reason for the increase in emotional abuse during MCO. The results of the data have effectively proven that the movement control order can have a bad effect on abuse cases among youths.

5.0 CONCLUSION

Emotional abuse caused by a toxic family environment is never the fault of youth experiencing it. It may cause both long-term and short-term consequences for youth subjected to it. Children who have been subjected to emotional abuse in a toxic family may continue to feel its effects into their adulthood. Emotional abuse takes many forms and can be much more subtle than other forms of abuse. This study aims to examined the relationship between emotionally abused and toxic families. The study was motivated by the sudden lockdown due to Coronavirus.

From the answers of respondents, we can see that the highest choice of causes of treatment is swearing, shouting at, or humiliating from the family and the lowest choice of causes of treatment is parent’s inability to understand their children. Then, we also can see that the highest choice of effect of emotional abuse among Youth is overthinking and the lowest choice of effect of emotional abuse among Youth is depression. However, most of the respondents are agree that there is an increase of emotional abuse causes during movement control order (MCO) and the significant figure also shows that the statement is true. The results of the data have effectively proven that the movement control order (MCO) can have a bad effect on abuse among youths.

Emotional abuse will continue to be a disturbing trend for youths in a toxic family environment. It poses a serious threat to healthy development during the youth’s growth process. Emotional abuse caused by a toxic family will bring an irreparable and seriously consequences to the society and country. To prevent such impacts, it is necessary to take actions to execute the punishment of perpetrators. Anyone seeing the signs of emotional abuse should seek help in any manner they feel comfortable with. Confiding in a professional or a close friend may help them move toward a future in which they can step away from the situation.

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18. Factors That Influence Student's Choice To Enrol TVET Courses At Private Institutions

ABSTRACT

This study aims to determine factors that influence students' choice to enrol TVET courses at private TVET institutions. Training facilities, marketing and promotion, advancement opportunities, and the influence of significant people are the factors adopted in this study. 300 sets of questionnaires were distributed among first year TVET students at private TVET institutions at Perak by using purposive sampling technique. The results show that all variables are influence students' choice to enrol TVET courses at private TVET institutions.

INTRODUCTION

Technical Vocational Education and Training (TVET) can be defined as general education of technologies and related sciences with acquisition of practical skills, and attitudes, including the understanding and knowledge related to occupations in various sectors of economic and social life (UNESCO, 2002). TVET has continued grow worldwide from the establishment in 1800s in Europe (Abdul-Aziz, Zulkifli, Nashir & Abdul Karim, 2020). Several countries are using different term including Technical-Vocational Education (TVE), Occupational Education (OE), Vocational Education and Training (VET), Professional and Vocational Education (PVE), Workplace Education (WE) and Career and Technical Education (CTE). Although difference terms were used, the means are same (UNESCO, 2002). TVET was introduced in Malaysia since 1906 with the establishment of the country's first technical school, which known as Teacher Technical School. Recently, TVET has captured people attention on the establishment in Malaysia through more than one thousand TVET institutions and centres. Furthermore, TVET offers various skill courses from certificate to degree level (Muhammad, 2001). Ministry of Education (MOE) (2012) indicated, more than 230,000 TVET students in Malaysia including from polytechnics, community, and vocational colleges. TVET provides occupational learning for types of work that are requiring only lower-level skills and this education is focusing more on training basis.

Malaysian government has given high attention in TVET, and government has started to invest heavily in the TVET sector to ensure the implementation of TVET in line with the domestic and international economic landscape. Not only that, the enhancement of technology and the needs of the industry 4.0 required by the industry at present are factors influence government to take TVET sector as the important role in achieving sustainable development. Furthermore, Malaysian government has targeted the increasing number of TVET graduates from 164,000 in 2015 to 225,000 in 2020 and 650,000 in 2025 among youth in achieving skilled labour preparation is achieved (Economic Planning Unit, 2010). Agrey and Lampadan (2014) indicated that it is crucial for university or college to determine factors could impact student choice for institutional centre to be successful in attracting students and institutional enrolment management.

Liu and Clayton (2016) indicated that the growing demand for an increasingly skilled competitive workforce and the associated demand for change and responsiveness in the provision of technical vocational education and training (TVET) has led to the development of developing countries. Transforming technical and vocational education and training (TVET) is one of the strategies to be focused for the education sector to develop a capable, skilled, flexible, and relevant workforce human capital. Developing future-ready talent is one of Malaysia's priorities highlighted in 12th Malaysia Plan and the government aims to realign the labour market and improve the quality of education and training programs (12th Malaysia Plan, 2021). However, the decreasing number of enrolments has become the main concern especially for private TVET institutions. Not only that, the competition among between public and private TVET institutions could influence students' enrolment of private institutions. People perceive public TVET institutions have better quality than private TVET institutions (Ibrahim, Rahman,

& Yasin, 2012). Thus, this study aims to understand factors that influence students' choice to enrol TVET courses at private TVET institutions.

RESEARCH QUESTIONS

1. What are the factors that influence students' choice to enroll in TVET courses?
2. Do the factors influence students' choice to enroll in TVET courses in TVET courses?
3. What is the main predictor that influence student's choice to enroll in TVET courses?

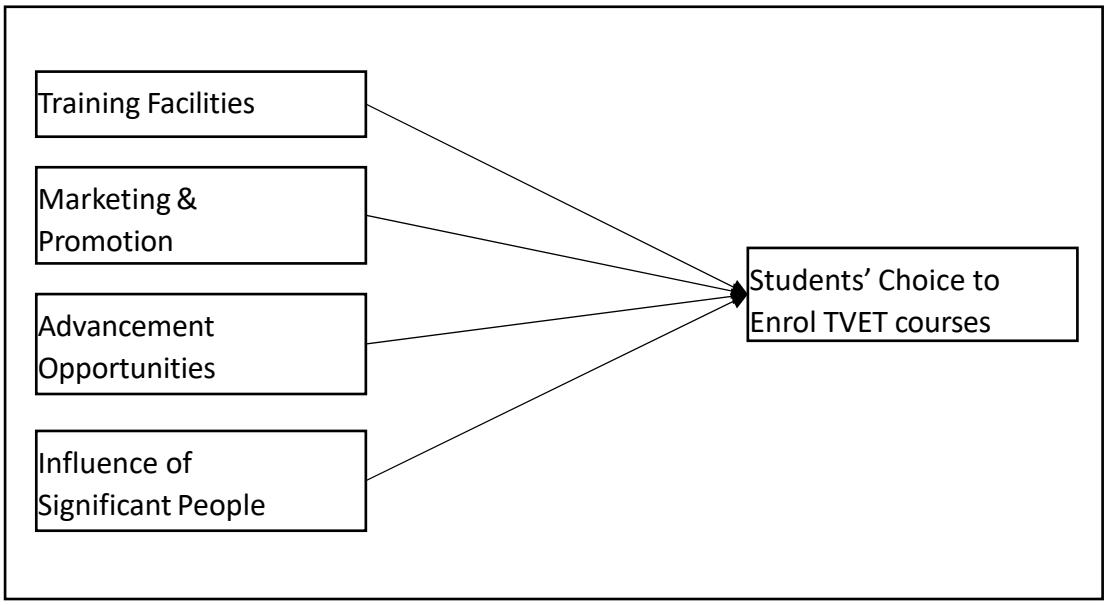
RESEARCH OBJECTIVES

1. To investigate the factors that influence students' choice to enroll in TVET courses.
2. To determine the relationship of the factors that influence students' choice to enroll in TVET courses.
3. To determine the main predictor that influence student's choice to enroll in TVET courses.

LITERATURE REVIEW

Student's enrolment to a specific college or university is the most essential in education industry, including public and private education section. The business revenue is highly dependable to students' enrolment, which directly influence the business sustainability. The core business of education sector is providing good education in specific courses to students that enrol the course. Not only that, ensure students welfare and provide a conducive environment are crucial to maintain students' performance (Mata-Lopez & Tobon, 2018). Students' choice to enrol in specific course either in school, college or university level can be influenced by various factors. However, the foundation for success in life and career is the main factor for any individuals when they decided to further their study after school. A study conducted in Malaysia by Buang et al. (2016) in determines the factors that influence students to consider TVET for their higher education. The study conducted at University Kuala Lumpur (UniKL), as one of the technical universities in Malaysia. The main objective of the study conducted for the university to contribute the increase of TVET enrolment by 2025. The study found that university facilities is one of the most influence factors that influence student's decision to study at UniKL and enrol to TVET courses. Thus, H1: There is a significant influence between training facilities and students' choice to enrol TVET courses at private TVET institutions. Kotler & Keller (2016) indicated that the marketing and promotion is important to inform, remind and persuade consumers to purchase goods or services from marketers or service providers. A strong marketing strategy is crucial for organization to promote products or services to the target audience and the key to growth, expansion, and long-term success. Marketing strategy includes website content, television, radio advertising and social media platforms. Abdul-Aziz et al. (2020) discovered that marketing and promotion is one of factors that influence students' enrolment in TVET course at Community Colleges in Malaysia. Thus, H2: There is a significant influence between marketing and promotion and students' choice to enrol TVET courses at private TVET institutions. Personal growth is one of individual goals that commonly need to fulfil their life satisfaction. Maslow's hierarchy of needs categorized self-actualization as one of human needs as self-fulfilment need. However, the category is the highest category in human needs, which individual shall achieve esteem needs as one of psychological needs after physiological, safety and love needs. Esteem needs can be defined as a feeling of accomplishment meanwhile, self-actualization can be explained as achieving one's potential (Maslow, 1943). A study conducted in TVET institutions in North Rift Kenya in determine factors influence trainee career choice and study aims to determine the factors to achieve institutions enrolment in market driven courses such as engineering and hospitality. The study adopted advancement opportunities as one of the factors that influence students' choice in TVET courses. The study discovered that an advancement opportunity has a significant

influence on students' choice of TVET courses (Obwoge & Kibor, 2016). Thus, H3: There is a significant influence between the advancement opportunities on students' choice to enrol TVET courses at private TVET institutions. Parents are the most influence factor on children's behaviour, including their academic. Not only that, but the family can also be considered as a central element in the child's socialization process. The families that we are born into and grow in develop children in a healthy way and to be as prepared as possible to deal with the difficulties, obstacles and even the joys. Families should be able to support and carry out their duties and to deal with the many challenges (Campos, Rezende, Martins, Ferreira, Alves & Albuquerque, 2018). Friends or peers are the other group of people that influence individuals' behaviour, decision, and choice. Peers play important roles in children's lives at much earlier points in development. Furthermore, experiences with their friends within three years of life has impact children's acceptance. Peer relationships provide a unique context in which children learn a range of critical social emotional skills, such as empathy, cooperation and problem solving. Not only that, but peers can also be powerful forces that facilitate or alternatively undermine group programs (Jaiswal, 2018). Abdul-Aziz et al. (2020) adopted family and peer as push factors in determine factors that influence TVET enrolment at Community Colleges in Malaysia. The study discovered that both factors were significant influenced on TVET enrolment at Community Colleges in Malaysia. Furthermore, Buang et al. (2020) also found the similar result with the contribution of schoolteachers as people that significant influence on students' choice to enrol the TVET courses. Hence, H4: There is a significant influence between influence of significant people and students' choice to enrol TVET courses at private TVET institutions.



Research Framework

METHODOLOGY

This study is a descriptive study and correlational research to answer research questions and to achieve research objective. This study used quantitative methodology in data collection and the population of the study is first year students of private institutions that offer TVET courses in Perak. Furthermore, purposive sampling technique was used in this study and 300 questionnaires were distributed and 273 questionnaires were collected for data analysis. This study uses SPSS for data analysis. This study adopted 5-point Likert Scale to analyse the data.

RESULTS AND DISCUSSION

Demographic

	Categories	Frequency	Percentage (%)
Gender	Male	191	70
	Female	82	30
Age	16 – 17 years old	38	14
	18 – 19 years old	103	38
	20 years old and above	132	48
Race	Malay	256	94
	Chinese	Nil	Nil
	Indian	11	4
	Others	6	2

Reliability Test

Scale	Cronbach's Alpha	No. of items
Training Facility	.824	5
Marketing & Promotion	.930	4
Advancement Opportunities	.930	6
Influence of Significant People	.918	5
Student's Choice	.939	5

All the items in the questionnaire are strong and reliable as indicated by Nunnaly (1978) that the value of Cronbach's alpha should be more than 0.7 to be acceptable.

Pearson Correlation Coefficient Analysis

Measure	1	2
Training Facility	Pearson Correlation Sig. (2 tailed) N	.759** .000 273
Marketing & Promotion	Pearson Correlation Sig. (2 tailed) N	.774** .000 273
Advancement Opportunities	Pearson Correlation Sig. (2 tailed) N	.714** .000 273
Influence of Significant People	Pearson Correlation Sig. (2 tailed) N	.739 .000 273
Student's Choice	Pearson Correlation Sig. (2 tailed) N	1 273

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

Multiple Regression

Model	R	R^2	Adjusted R^2	Std. Error of the Estimate	Change Statistics				
					R^2 Change	F Change	Df1	Df2	Sig. F Change
	.848[a]	.719	.714	.35042	.719	171.022	4	268	.000

Model		Sum of Squares	df	Mean Square	F	Sig.
	Regression	84.003	4	21.001	171.022	.000[b]
	Residual	32.909	268	.123		
	Total	116.913	272			

a. Dependent variable: Students' Choice

b. Predictors: (Constant), Training Facilities, Marketing & Promotion, Advancement Opportunities, Influence of Significant People

Model		**Unstandardized Coefficients**		**Standardized Coefficient**	**t**	**Sig.**
		B	Std. Error	Beta		
	(Constant)	.237	.171		1.386	.167
	Training Facility	.356	.074	.307	4.837	.000
	Marketing & Promotion	.141	.078	.145	1.799	.073
	Advancement Opportunities	.138	.064	.135	2.144	.033
	Influence of Significant People	.353	.048	.360	7.372	.000

The adjusted $R^2 = 0.712$ and adjusted R^2 used in this study as a small sample size was employed for data collection. Therefore 71.2% of the variance in student's choice can be explained by the independent variables (training facility, marketing and promotion, advancement opportunities, influence of significant people. The remaining 28.8% is due to factors not included in the model.

Research Question 1: To investigate the factors that influence student's choice to enrol in TVET courses at private TVET institutions.

H1: There is a significant influence between training facility and student's choice in TVET courses at private TVET institutions.

The Pearson correlation coefficient analysis revealed that the relationship between training facility and student's choice has a strong positive significant with the coefficient of correlation value (r) = 0.759. Thus, this can be concluded that H1: there is a significant influence between training facility and student's choice in TVET courses at private TVET institutions is accepted.

H2: There is a significant influence between marketing and promotion and student's choice in TVET courses at private TVET institutions.

The Pearson correlation coefficient analysis discovered that the relationship between marketing and promotion and student's choice has a strong positive significant with the coefficient of correlation value (r)
= 0.774. Thus, this can be concluded that H2: there is a significant influence between marketing and

promotion and student's choice in TVET courses at private TVET institutions is accepted.

H3: There is a significant influence between advancement opportunities and student's choice in TVET courses at private TVET institutions.

The Pearson correlation coefficient analysis revealed that the relationship between advancement opportunities and student's choice has a strong positive significant with the coefficient of correlation value (r) = 0.714. Thus, this can be concluded that H3: there is a significant influence between advancement opportunities and student's choice in TVET courses at private TVET institutions is accepted.

H4: There is a significant influence between influence of significant people and student's choice in TVET courses at private TVET institutions.

The Pearson correlation coefficient analysis discovered that the relationship between influence of significant people and student's choice has a strong positive significant with the coefficient of correlation value (r) = 0.739. Thus, this can be concluded that H4: there is a significant influence between influence of significant people and student's choice in TVET courses at private TVET institutions is accepted.

The Pearson correlation coefficient analysis showed that all variables (training facility, marketing and promotion, advancement opportunities, and influence of significant people) are the factors that influence student's choice to enrol in TVET courses with private TVET institutions as all variables showed strong, positive, and significant influence on dependent variable (student's choice). Thus, research question 1 and all hypotheses are accepted.

Research Question 2: To determine the relationship of the factors that influence student's choice to enrol in TVET courses with private TVET institutions.

The equation of the analysis ($F(4, 268) = 171.022$, $P < 0.05$). Based on the table, it shows the significant value is = 0.000 which is lower than the significant level of 0.05. Hence, the research question is answered which means to determine student's choice of TVET courses at private TVET institutions, training facility, marketing and promotion, advancement opportunities and influence of significant people are the determinants that influence significantly. The result shows that the influence of independent variables (training facility, marketing and promotion, advancement opportunities and influence of significant people) and the dependent variable (student's choice) are significant. Hence, the research question is accepted.

Research Question 3: To determine the main predictor that influence student's choice to enrol in TVET courses with private TVET institutions.

There is no significant effect between marketing and promotion on student's choice as significant value is 0.073, which the value should be less than 0.05. Furthermore, training facility, advancement opportunities and influence of significant people's significant value are 0.000, 0.033 and 0.000 respectively which less than 0.05. Thus, training facility, advancement opportunities and influence of significant people are the most variables that effect students to enrol TVET courses at private institutions. Moreover, based on Beta value, training facilities has the largest contribution (35.6%) in explaining students' choice, followed by influence of significant people which has 35.3% contribution in explaining student's choice, marketing and promotion which has 14.1% contribution and advancement opportunities which has 13.8% contribution in explaining students' choice. Thus, to answer research question 3, the main predictor of this study is training facilities in influencing student's choice to enrol TVET course at private TVET institutions.

CONCLUSION

This study discovered that training facility, marketing and promotion, advancement opportunities, and influence of significant people are positively significant influence student's choice to enrol TVET courses at private TVET institutions. Training facilities is found as the main factor that influence student's choice of TVET courses at private TVET institutions.

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19. Factors That Trigger Anxiety Disorders Among Youth

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ABSTRACT

This research paper discusses the factors that trigger anxiety disorders among youth. It is important to identify the factors that stimulate anxiety issues to avoid it being a threat to an individual's mental health. Data related to the topic were collected from 120 respondents by sharing the questionnaire in online platforms. Respondents from various genders, age groups, and races participated in this study. The findings show that 105 responses are from females and 15 responses are from male and it also shows that most of our respondents are in the age group of 19-21 years old. The findings also show that the social factor plays a major role in causing anxiety disorders among youth. Risk factors associated with anxiety disorders among youth should be identified to provide them with additional mental health support and have to dodge the barriers that stops them from taking preventive steps on overcoming anxiety disorders.

INTRODUCTION

In the past few years, anxiety disorders have aroused people's concern. The covid-19 pandemic triggers a 25% increase in the prevalence of anxiety and depression worldwide (World Health Organization, 2022). This is not only a problem that occurs among adults, but youth have also become major targets. United Nations defines "youth" as people between the ages of 15 and 24 for statistical reasons (UNESCO, 2022). Youths are experiencing panic and excessive worry as covid-19 strikes the world (World Health Organization, 2022). It is estimated that 4.6% of youth have experienced an anxiety disorder (World Health Organization, 2022). Teenagers who are categorized as youth are the vulnerable group to anxiety disorders as their minds are easily affected by their surroundings. (World Health Organization, 2021). For instance, the government has implemented new policies to combat the

pandemic, which has caused youth felt fearful and anxious even suffer from anxiety disorders in severe cases. There are a lot of factors that trigger anxiety disorders and those8 will be discussed in depth in this research paper. Anxiety is typically characterized by a feeling of unease, worry, fear, dread, or nervousness in relation to something that is about to occur or that may occur (Blokehead, 2015). Moderate anxiety keeps us awake and aware, but for those with anxiety disorders, the sensation is wildly abnormal and can be utterly crippling.

Generalized anxiety disorder (GAD), social anxiety disorder (SAD), separation anxiety disorder, and post-traumatic stress disorder (PTSD) are a few examples of anxiety disorders. It is possible for one to struggle with multiple anxiety disorders at the same time (Pruthi et al., 2018). In light of this, the primary objective of this study is to identify the factors that lead to anxiety disorders among young people. Anxiety disorders can lead to depression, which can make a person commit suicide. People would then be able to identify the factors that contribute to depression as a consequence of this research. young people are especially susceptible to taking their own lives (Dr. Fleisher, 2022), and statistics show that suicide is the second highest cause of mortality among young people (CDC, 2019).
Therefore, the researchers wish to make progress on this matter.

Data from 120 respondents, aged 15 to 24, were collected using quantitative research methods to get to know more about anxiety disorder and the factors that trigger it among youth so that effective ways can be taken to solve it. The causes of young people developing anxiety disorders are examined for the first time in this study. The fact that there are considerably more female respondents than male respondents is one of the understudied aspects, and this paper is unable to provide a comprehensive review of the subject because of practical limitations. The second section, which follows the introduction, explains the literature review. The third section discusses the research methodology that was used to gather responses for this research paper. The results and discussion are presented in the fourth section, which focuses on the type of anxiety disorder that affects young people and the factors that contribute to it. Through this, we will determine whether the results support our hypothesis, which states that social problems are the major factor in the development of anxiety disorders among youth. The final section will then conclude this research paper with some guidance for young people on avoiding an anxiety disorder. The youth are our best hope for the future, and it is crucial to prioritize the mental health and well-being of this generation.

LITERATURE REVIEW

Numerous research has examined the elements that cause anxiety disorders in youth. It is widely known that anxiety disorders are very common, particularly among university students. Due to their varied socioeconomic backgrounds, university freshmen are more likely to experience mental health problems than older students (Mohammad Mofatteh, 2020). Younger students reported a higher rate to suffer from anxiety disorder compared to older students. This is due to research that indicates older graduates tend to be more motivated to perform at their university. Recent evidence shows that childhood and adolescence is the core risk phase for the development of symptoms and syndromes of anxiety that may range from transient mild symptoms to full-blown anxiety disorders (Katja Beesdo, 2009).

Prior studies focus on the directionality of change for parental factors and child anxiety in adolescents receiving anxiety treatment. For example, research has provided evidence for examining these relationships pre- to posttreatment and at 1-year follow-up for 111 youth aged 7 to 14 by using structural equation modelling. Youth who tended to have lower levels of family affective involvement, behaviour control, and maternal anxiety at pretreatment demonstrated significant reductions in anxiety over the course of treatment. Therefore, the results indicate that changes in youth anxiety may precede changes in parent factors and suggest that parental psychological control and affective involvement are important

treatment targets for youth with anxiety disorders (Cara A. Settipani et.al, 2012).

Furthermore, Social Anxiety Disorder (SAD) is one of the strong risk factors for the development of mental disorders during the young adulthood phase. Examples of the major vulnerabilities were panic disorder and depression. The reason is that SAD creates a major vulnerability for mental disorders during young adulthood. So, all clinicians should be aware and sensitive to the presence of SAD, and also children and adolescents with SAD should be treated as soon as possible. Consequently, future study should assess if effective SAD therapy and offering a preventive intervention to youth lower the risk for developing psychopathology. (Peter M. Lewinsohn et.al, 2008).

The past decade witnessed a heated debate over the factor structure of the Anxiety Sensitivity Index (ASI), with an eventual consensus emerging that supported a hierarchically organized factor structure. A large sample of outpatients taking part in ongoing longitudinal research of anxiety disorders was used in the prior work in an effort to duplicate and analyse the overall stability and utility of the hierarchical ASI component pattern. Related analyses demonstrate strong test-retest reliability and dependable intercorrelation patterns for these selling point subscales over a 10-month period. (Benjamin F Rodriguez et al., 2004).

METHODS

The research methods that have been used to get to know about the factors that cause anxiety disorders among youth are quantitative research methods and literature study. Quantitative methods are used to examine the effects of specified circumstances (independent variable) on an outcome of interest (dependent variable) in ways that can be expressed numerically (Lakshman.M et.al, 2000). A survey was conducted by the team through google forms and the link was shared with respondents which were at the end successfully answered by 120 respondents. The questionnaire consists of 2 sections. Section 1 requires respondents to answer questions regarding their personal details such as gender, age, and race. Data related to the demography of respondents were collected to get to know more about the respondents' connection to the topic that will be observed and analysed by the team. Respondents that answered the questionnaire belong to the age group of 15 to 20 years old.

Next, section 2 of the questionnaire contains 6 questions that focus more on the anxiety disorder and the factors that cause it. This section started with a basic question that needs respondents to answer about their experience of having an anxiety disorder. They were given 4 options which are ‘yes’, ‘no’, ‘maybe’, and ‘not sure’ to answer the first question. The next questions discuss and require respondents to answer about the type of anxiety disorders that they experienced before and the factors that causes it. Several factors were listed such as family issues, financial problems, social issues, poor time management, homesickness, and future (employment thoughts). Data were collected to get to know the impact of anxiety disorder among youth.

Furthermore, the literature study is also one of the research methods that was used to get to know more about the factors that cause anxiety disorder. Literature study refers to a process of reading through and analysing, in order to identify the essential attribute of materials (Lin, 2009). Past research related to this research paper were identified to observe the changes that happen in young people’s mental state.

RESULT AND DISCUSSION

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	15	12.5
	Female	105	87.5
	Total	120	100
Age	15-18	6	5
	19-21	105	87.5
	22-24	9	7.5
	Total	120	100
Race	Malay	44	36.7
	Chinese	71	59.2
	India	5	4.1
	Total	120	100

Table 1: Demographic Respondents

There were 120 participants participated in this survey. As shown in the results.87.5% of the 120 respondents were female, and 12.5% were male. This study involves respondents between the ages of 15 and 24, of whom 5% of them are 15-18 years old, followed by 87.5% are 19-21 years old, and 7.5% are 22-24 years old. The 120 respondents are categorized into
3 racial gatherings, with 59.2% of them being Chinese, 36.7% being Malay, and the remaining 4.1% being Indian.

No.	Anxiety disorder among youth	Options	Percentage (%)
1	Type	Social anxiety disorder (SAD)	31.7
		Panic disorder	29.2
		PTSD	8.3
		Specific phobias	6.7
		Never	24.2
		Total	100
2	Factors	Social	59.2
		Future (employment opportunities)	41.7
		Poor time management	39.2
		Homesickness	27.5
		Financial problem	20.8
		Family issues	18.3

3	Scenarios that make youth feel fear and panic	Talk in front of the crowd	62.5
		Party or social events	24.2
		Leaving home	20.8
		Alone	20
		Work or school	17.5
		Driving alone somewhere	16.7
		See a doctor or dentist	11.7
		High places	9.2
		Shopping plaza	8.3
		Elevator	7.5
		Not relevant	5.8
4	Ways to overcome anxiety disorder	Entertainment	58.3
		Got plenty of sleep	51.7
		Try to adopt	46.7
		Sharing with others	31.7

Table 2: respondents' response to the basics of anxiety disorder among youth

The first question in table 2 shows the types of anxiety disorders that are being experienced by the youth. The table shows that social anxiety disorder (SAD) is the most prevalent type of anxiety disorder that can be found among respondents, which is 31.7% of respondents had experienced it. “Social anxiety disorder is the most common type of mental issue that can be found among youth” (Kesler et all, 2005). “Social anxiety disorder is the third most prevalent mental health disorder after depression and substance misuse” (Kesler et all, 2005). Moving on, specific phobias are only experienced by 6.7% of respondents and it shows that it is the rarest type of anxiety among respondents. Specific phobias are extreme fears carried on by specific triggers. According to studies, the lifetime incidence of specific phobias varies between 3% and 15% worldwide, with fears of heights and animals being the most prevalent (Eaton et al., 2018).

For a deeper understanding of the factors that causes anxiety disorders among youth, we listed 3 questions that consist of multiple choices of the answer which is from question 2 to question 4, effectively allowing them to choose from various anxiety-related factors. Based on the result of question 2, the most prevalent factor that triggers an anxiety disorder among youth is the social factor which 59.2% of 120 respondents agree with it. The symptoms of social anxiety disorder usually begin in adolescence. The initial signs of social anxiety disorder may appear when a person meets a stranger, makes a public speech, or gives a crucial presentation at work. Next, 41.7% of respondents opted for the future because they were concerned about their employment prospects in the future. 39.2% of respondents named poor time management as a contributing issue, meanwhile 20.8 % of respondents claimed to be homesick, 18.3% to have familial issues, and 27.5% to have financial problems.

Question 3 in this survey analysed the situations that would make respondents feel fear and panic. Based on our findings, public speaking is the main reason that causes respondents to feel fear and panic which is 62.5 %. This result is similar to a recent US study of undergraduate students, 64% of them admitted they had a fear of public speaking (Ferreira Marinho et al. 2017). In psychological research, public speaking anxiety (PSA) has been classified as social anxiety with a “threat of unsatisfactory evaluations from audiences” (Schlenker & Leary, 1982, p. 646). It demonstrates that people fear social circumstances, particularly when they have to interact with others or display themselves in unfamiliar

situations. The result was followed by the party or social events at 24.2 %. Many people resort to skipping these events as a crutch to avoid feeling anxious and awkward (Janessa Tan,2022). However, it just provides temporary relief from anxieties. Fisher and Hood (1998) discovered that homesickness is linked to higher degrees of psychological discomfort and cognitive impairment. It related that 20.8 % of respondents do agree that leaving home leads them to feel fear and panic. Hence, it is closely tied to our finding that most respondents concur that social factors cause anxiety disorders among youth.

Finally, question 4 discusses ways one can relieve anxiety disorders that they are experiencing in their life. Considering the outcome, the majority of respondents, 58.3% of them consider some sort of entertainment as a way to relieve anxiety. Pleasurable interferences and entertainment could give rest and loosening up and recharging qualities. Moreover, 51.7% of respondents chose to have plenty of sleep to calm down. Sleeping well is an important aspect of managing anxiety. A study found those who slept less are more inclined to linger on negative thoughts, which contributes to anxiety and depression (Binghamton University, 2018). Behind this result, 46.7% of respondents who chose to try to adapt when they feel anxious dropped and 31.7% preferred to discuss their issues with others. Last but not least, 24.2% of them decided to divert their attention.

CONCLUSION

Anxiety is an incredibly personal human emotion. Normal anxiety does have some positive benefits, but it can also lead to severe misery for millions of people. Our research has shown that anxiety disorders are common across gender, age and races. Most of our respondents answered that they might be affected by anxiety disorders. Our respondents are mostly Chinese which is 59.2%, 36.7% Malay and the rest are Indian. The prevalence of anxiety disorders is obvious. Anxiety disorders may lead to a decline in quality of life, an increase in social burden, and a decrease in productivity.

The findings also show that social environment is the biggest factor that triggers anxiety disorder among youth. These people's social anxiety is far from insignificant because it seriously affected their quality of life. One may argue convincingly that everyone alive today satisfies the diagnostic requirements for social anxiety disorder, often known as social phobia. Exposure to such circumstances causes significant anxiety and also leads to panic attacks. Physical symptoms can be found too such as shaking, sweating, and slurred speech. However, social anxiety disorder is treatable. Talking therapy, and medications can help people overcome their symptoms. Considering social anxiety is highly common among youth, many could be suffering without knowing why they react the way they do or how to handle unpleasant emotions. The findings of this study can be employed as explicit baseline data and to contribute the creation of targeted interventions for resolving and managing the challenge. The results of this study can be used as clear baseline data and it also can be used to aid in the creation of targeted interventions for effectively addressing and managing the problem.

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20. How Does Video Game Addiction Affect Youth's Mental Health And Well-Being?

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Abstract

The video game industry is booming along with the rapid advancement of technology and the popularity of video games is growing especially among youths. This study aims to investigate the effects of video game addiction on youth's mental health and well-being. A thorough analysis of research articles and a survey are done to examine the correlation between video game addiction and youth's mental health and well-being. According to the survey of 106 participants, 34.9% of them are addicted to video games. This study also suggests that prolonged gaming without addiction may have the same negative effects as video game addiction. It reveals the need for society to pay attention to the adverse effects of excessive gaming and the diagnosis of video game addiction as a mental disorder is necessary for effective treatment and prevention.

Keywords:
video game addiction, prolonged gaming, youths, mental health, well-being

Introduction

In the majority of the world's cultures, video games have evolved into a common kind of entertainment. According to various statistics, video game playing is very common among young people globally. Although it first served as a primary means of relaxation or entertainment, it has turned into a major source of income and a job for many. In Europe, it has been estimated that approximately 52% of the population between the ages of 6 and 64 plays video games (Key Facts From 2021 About the European

Video Games Sector, 2022). According to a 2021 systematic review, 3-4% of gamers worldwide suffer from video game addiction, which translates to up to 60 million people (Hopkins, 2022).

Video game addiction (VGA), also known as internet gaming disorder, is a condition characterised by severely reduced control over gaming habits, which results in adverse consequences in many aspects of your life, including self-care, relationships, school, and work (WHO, 2020). The key indicators of VGA are as follows: being unable to stop playing games, procrastinating responsibilities because of playing computer games, compensating lack of success in real life with success in games, and replacing games over other activities (Horzum, 2011). Recently, addiction to gaming is described in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM-5), which is used by mental health professionals to diagnose mental disorders (Petry et al., 2013). There has been a heated debate among researchers about whether VGA should be classified as a mental illness or an addiction.

Although playing video games is generally considered to be a beneficial entertainment leisure activity, there is an amount of research demonstrating the potential linkages between VGA, detrimental social effects, and poor psychological health. For instance, studies have shown that pathological gamers show low psychosocial well-being (Lemmens et al.,2011), less self-esteem (Ko et al., 2005), decreased happiness (Hull et al., 2013), increased anxiety (Peng and Liu, 2010) than non-pathological gamers. Most of these negative consequences of games are linked to excessive gaming (Witt et al., 2011).

This issue needs to be addressed because video gaming addiction could cause negative effects on adolescents' mental health as well as well-being. Furthermore, excessive game playing might harm youth's emotional growth and academic achievement. Due to a lack of interpersonal experience, youth who are addicted to video gaming is more likely to show anti-social behaviour and avoid socialising in real life. Therefore, the research on this issue could help us to gain a better understanding of how video gaming addiction may affect youth's well-being as well as their mental health.

Throughout this study, mental health was defined as a state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to his or her community (WHO, 2022). In turn, well-being is the experience of happiness, health and prosperity which include the ability to manage stress, a sense of meaning or purpose, a good mental health and high life satisfaction. Previous research has used the underlying constructs of loneliness, life satisfaction, self-esteem, and social competence as indicators of well-being (Halpin & Allen, 2004). These constructs are interrelated because they serve as well-being indicators. For instance, diminished social interaction and unfulfilling relationships are linked to lower life satisfaction (Jarvinen & Nicholls, 1996). Mental well-being and physical well-being are vital among youth because youth is a crucial phase in one's life which is a period marked by numerous transformations in employment, education, training, and unemployment.

There is still a lack of sufficient data allowing researchers to have a clear understanding regarding the implication of VGA on youth's mental health and well-being. Thus, the purpose of the current study is an investigation on how VGA affects well-being and mental health among youth. In addition, this study investigates whether excessive gaming has the same detrimental effects as video game addiction.

Literature Review

1. Identification of Video Game Addiction

Gaming disorder is recognised as a mental health disorder by the World Health Organisation (WHO) and a tentative diagnosis by the American Psychiatric Association (APA) (Rozgonjuk et al., 2022). Gaming disorder has been included by WHO in the 11th edition of the International Classification of Disease (ICD-11). Characteristics of gaming disorder include non-stop and recurring gameplay, lack of self-control, having games taking over daily life, and continuing to play games despite negative

consequences. Before a diagnosis is made, the gaming behaviour and other symptoms must typically be present for at least 12 months, or shorter if all diagnostic criteria are met and symptoms are severe (ICD-11 for Mortality and Morbidity Statistics, 2022).

Studies had suggested ways to distinguish between VGA and video game engagement. Based on Charlton and Danforth, those with VGA will spend twice as much time playing games compared to those who are only engaged in video games (Charlton and Danforth, 2007). Meanwhile, another study showed that whether one's emotional stability is affected can be an indicator of VGA (Charlton and Danforth, 2010) (Abbasi et al., 2021).

2. Prevalence of Video Game and Video Game Addiction Among Youth

Along with the rapid advancement of technology and digital devices over the past decade, the video game industry has experienced tremendous growth. The global gaming market is predicted to grow from 178 billion US dollars in 2021 to 268.8 billion US dollars annually in 2025 (Statista, 2021). The problem of VGA has been more prevalent among the youths. Most of them had the chance to access digital devices and technology from a young age, resulting in a greater possibility of them being engaged in video games and even having VGA. Video games are attractive to people of all ages, with young people being the majority of players (Khodakovskaia et al., 2019). Limiting VGA is challenging, especially when it comes to youth, parental control on its consumption is a hindrance in raising awareness of the problem (Gómez Galán et al., 2021). Moreover, due to the lockdown during the early stage of the COVID-19 pandemic, schools and colleges are closed. Classes are conducted online, and physical activities are restricted. This might have given youths more time for video games (Vuorre et al., 2021).

3. Impact of Video Game Addiction on Mental Health and Well-being

Gaming brings both positive and negative impacts in terms of physical and mental health (Nguyen et al., 2021). An adequate amount of video game playing is considered a form of entertainment that brings benefits such as releasing stress and coping with anxiety and loneliness (Pallavicini et al., 2022). Video games also play significant developmental potential and are used quite extensively in the practice of training, psychological correction, and rehabilitation (Khodakovskaia et al., 2019).

On the contrary, based on a survey conducted by the All-Russian Public Opinion Research Center (VCIOM), 77% of elderly respondents and 72% of youths perceive video games as a greater threat than alcohol or antipsychotics (Abdel Rouf et al., 2022). From several studies, negative effects of VGA include losing control of one's life by using up most of the time playing video games, displaying mood swings like irritability (Kumari & Dhiksha, 2022), sleep disorders (Nguyen et al., 2021), and decline in academic performance (Cabeza-Ramírez et al., 2021). An addicted gamer will waste time playing video games in an uncontrolled manner, which results in an unhealthy lifestyle, which is detrimental to physical well-being. Descriptive statistics have observed that among respondents who play computer games at least once a week, 20% experienced regular back pain and 28% reported vision problems (Chan et al., 2022). This shows that VGA can bring a plethora of adverse effects to addicted gamers. Thus, our study plans on identifying and contributing to the study regarding the negative effects of VGA on youth in terms of mental health and well-being.

Method

A qualitative research design and literature review were employed to examine the correlation between VGA and youth's mental health and well-being.

Google Forms is used to collect data among 106 respondents whose ages ranged from 15 to 26. Online surveys are used as it is the most suitable data-collecting method for our study given that face-to-face

surveys cannot be undertaken due to the COVID-19 pandemic. The questionnaire consisted of six parts with eight questions. To ascertain whether there is a correlation between gaming time and VGA, the survey inquired about the respondents' average gaming time per day. Besides, respondents were asked if they have ever experienced VGA and the drawbacks of playing video games for an extended period, which is the most crucial part that can reveal whether VGA affects mental health and well-being. The negative impacts faced by all gamers can show whether only those admitted with VGA face adverse effects of excessive gaming on their mental health and well-being or whether prolonged gaming itself has identical negative impacts.

A literature review is another method used in this study. A thorough investigation of research articles on the effects of VGA on youth's mental health and well-being was conducted. We subscribed to journals spanning from the Year 1996 to 2022. To ensure the accuracy and timeliness of the information, a concerted effort was made to refer to the majority of the recent journal published in 2021 and 2022.

Results and Discussion

Table 1: Profiles of Respondents

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	37	34.9
	Female	69	65.1
Age	15-17	0	0
	18-20	99	93.4
	21-23	5	4.6
	24-26	2	2.0
Position	Student	101	95.3
	Non-student	5	4.7

Among 106 respondents, 34.9% of them suffered from VGA, 46.2% of them stated that they are not addicted to video games, and 18.9% of them deemed that they may be having VGA. Surprisingly, it is found that among respondents with VGA, there are more females (67.6%) compared to males (32.4%). Among 106 respondents, 95.3% of them are students, which is due to the distribution of Google Form survey link through social media by students of Universiti Sains Malaysia. It is found that among 37 of them who suffered from VGA, 94.6% of them are students.

Table 2: Average gaming period per day of respondents & genres of video games played

Measure	Category	Frequency	Percentage (%)
Average Gaming Period Per Day	Less than 1 hour	59	55.7
	1-3 hours	27	25.5
	3-6 hours	12	11.3
	More than 6 hours	8	7.5
Genres of Video Games	Sandbox	11	8.6
	MOBA	31	24.2
	FPS	18	14.1
	RPG	24	18.7
	Other	44	34.4

Only 81.2% of respondents could limit their daily average video game playing time to 1 to 3 hours, while 18.8% claimed they played for 3 to 6 hours or longer, which is seen as a significant amount of time. Following data analysis, it was discovered that 50% of respondents who play video games on

average for between 3 to 6 hours and more than 6 hours a day had VGA. This implies that the amount of time youths spends playing video games does affect whether they get addicted to them. The detrimental impacts of prolonged gaming on youth are then determined in our study to support the claim that VGA affects youth's mental health and well-being. There is the idea that specific game genres are more likely to result in VGA (Floros & Siomos, 2012). However, this survey did not reveal any associations between gaming genres and VGA.

Effects After Playing Games for A Long Period

According to the result of the Google Form survey, 34.9% of respondents were aware that they were experiencing the problem of VGA, 18.9% of them were unsure of their situation, and 46.2% of them believed that they did not have a VGA problem. Although there were only 34.9% of respondents with VGA, most of the respondents that were engaged in video games admitted that there are drawbacks after a brief period of entertainment or lengthy gaming. The majority of the respondents who claim that they are not addicted to video games are thought to experience the effects listed below, which are identical to those who are experiencing VGA. We suggested that some of them might not be aware of their video game addiction. Hence, the result of this survey would be interpreted as taking all the respondents as evidence for us, on the negative effects faced by video game addicts and to bolster the claim that excessive gaming will always have a negative impact on mental health and well-being, regardless of whether they assume themselves with or without VGA.

Effects faced by the respondents after prolonged gaming:
(respondents can choose more than one type of effect that they have experienced)

- Waste a lot of time : 76.42%
- Social disconnection : 40.57%
- Poor academic performance : 34.91%
- Unhealthy lifestyle : 63.21%
- Poor sleep hygiene : 51.89%
- Irritability : 16.04%
- Lack of motivation : 40.57%
- Depression : 21.70%
- Anxiety : 25.47%

Survey results showed that most of the respondents realised that they wasted a lot of time in game (76.42%). The majority of them acknowledge that despite knowing that they squandered a lot of time and it would interfere with their daily activities, they are powerless over their desire to keep playing. As 95.3% of the respondents are students, this will circuitously cause other effects like poor academic performance (34.91%) and lack of motivation (40.57%) on them. Some of the respondents were conscious that they had drifted away from their academics as the video games were too alluring. This is the main factor that caused poor academic performance for the respondents. Indirectly, a lack of motivation can emerge when they are struggling academically and causes a lot of consequences for youth's mental health and well-being. It likely seems to be a chain reaction that will happen if we wasted a lot of time on video games.

Besides that, 63.21% of respondents realised that they were leading an unhealthy lifestyle when having excessive gaming. The unhealthy lifestyle of respondents may be in terms of diet by skipping meals while playing video games, or some of them even choose to take fast food and instant food rather than other wholesome options that require some time to prepare. Fast food or instant food seems to be a "convenient" food for all of us but consuming too much of it may cause a lot of health problems. Prolonged gaming will also cause youths to be having a sedentary lifestyle. Both an unhealthy diet and a sedentary lifestyle do affect youth's physical well-being.

Poor sleep hygiene is also a common effect after an extended period of gaming time since 51.89% of the respondents feel that their sleep quality has been affected. The brightness of the monitor, the RGB colour of the mouse and keyboard, and noisy surroundings could bring a lot of dire consequences to us, especially for our sleeping hygiene as it could prevent us from getting a decent night's sleep. Moreover, the intensity of video gaming could become a predictor of sleep quality (Altintas et al., 2019). Lack of sleep is also linked to high blood sugar levels in young adults, adolescents, and children (Toyoura et al., 2020). Gamers that get excited even though having an entry-level of gaming inadvertently could make them stressed and tense. The production of excessive stress hormones may act as a trigger to elevate blood sugar levels. A study has found that high blood sugar levels will lead to poor sleep quality (Yoda et al., 2015). Poor sleep hygiene could be the key factor that affects youth's well-being.

Furthermore, a social disconnection occurred after prolonged gaming. A long period of not physically interacting with others will lead to a loss of confidence in speaking to others. It was demonstrated by the fact that 40.57% of respondents realised they had become socially isolated after playing video games for an extended period of time. The feelings of social isolation are plausibly both a symptom and a cause of poor mental health (Rohde et al., 2015). A study has outlined that there is strong empirical evidence that social isolation acts to harm mental health (Rohde et al., 2015). Indirectly, social disconnection and lack of self-assurance in daily life might lead to mental health problems in the long run and it could affect youth's mental health and well-being.

Direct mental effects namely irritability (16.04%), depression (21.70%) and anxiety (25.47%) seem not to be an obvious effect for the respondents. However, it is crucial for us to emphasise these consequences since it may detriment youth's mental health and it could be hard for them to realise whether they are struggling with these kinds of mental problems. VGA can be categorised as a mental illness, especially among youth who lack the maturity to control their urge for all types of video games. The inclusion of gaming disorder in ICD-11 by WHO could be an alert for us to show solicitude for VGA as it possesses a potential risk that can affect youth mental health and well-being. Even though some of them were reluctant to acknowledge that they were having VGA or simply having prolonged gaming, the negative effects of prolonged gaming were explicitly occurring to all the respondents.

Activity Following Prolonged Gaming

The preferences of the respondents for the type of activities after excessive gaming are compiled and analysed. The above-mentioned negative effects indicate that prolonged gameplay has a negative impact on youth's mental health and well-being. Dopamine, a feel-good neurotransmitter, is released while playing video games, which is at a similar amount when amphetamine or methylphenidate was administered intravenously (Koepp et al., 1998). In order to foster positive mental health and well-being, efforts are necessary for youths to partake in enjoyable activities other than video games.

Respondents' preferences on activities to do after prolonged gaming: (respondents can choose more than one type of activity)

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- Take a good rest : 81.13%
- Go for a sport : 53.77%
- Do hobbies : 40.57%
- Listen to music : 47.17%
- Do an eye exercise : 55.66%
- Meditation : 28.30%
- Gathering with friends :44.34%

The most remarkable result to emerge from the data is by taking a good rest (81%). It is necessary to prioritise getting enough sleep and resting in daily life as one's mental, emotional, and physical wellness

depends on it. It can improve mood, boost energy, and reduce anxiety and depression. Then, 55.66% of the respondents opt to do eye exercises. As prolonged gaming may cause computer eye strain with the most typical signs, namely tight, irritable, or dry eyes, have trouble concentrating the eyes, intolerance to bright lights, and headaches which can be reduced after having eye exercise.

The following is going for a sport with 53.77% of respondents who opt for it as a beneficial way to relax after intense gaming. Regular exercise and participation in sports can help to maintain good mental health, which includes raising emotions, strengthening a sense of well-being, reducing the level of anxiety, fending off unpleasant emotions, and guarding against depression (Great Benefits of Sport, 2018). Analogous to exercising, listening to music (47.17%) can lift one's spirit, and reduce stress and symptoms of depression. Research suggests that listening to music can relieve stress by triggering biological stress reducers (9 Health Benefits of Music | North Shore, 2020). Listening to music enhances one's sleep quality. Listening to some lyrical music before going to bed can also make people fall asleep quickly and enter deep sleep. Youths suffering from VGA need plenty of sleep to refresh their minds.

Besides, 44.34% of respondents opt to gather with friends after prolonged gaming. Once gathered with friends, youths can communicate with people physically, which then solves the problem of social distancing among gamers. Youths can then improve their mental health and well-being. Next, respondents who chose to do hobbies after prolonged gaming reached 40.57%. An activity or interest is pursued as pleasure or relaxation and not as the main occupation (Definition of Hobby, n.d.). Youths may experiment with different types of hobbies that would enhance their free time and elevate their worth, other than engaging in video games. Lastly, Meditation (28.30%) was believed to improve mood and reduce stress and anxiety which has the same effect as taking a good rest (Home, 2022). In retrospect, these are a few practices game addicts can use to lessen their dependence on video games and improve their mental health and well-being.

Conclusion

This study has several contributions to youth's mental health and well-being in Malaysia regarding video gaming addiction. Firstly, both VGA and even prolonged gaming without addiction to video games bring negative impacts on youth's mental health and well-being. These include anxiety, depression, irritability, social disconnection, unhealthy lifestyle, poor sleep hygiene, and poor academic performance due to waste of time in gaming which is a factor that indirectly detriments mental and physical well-being. The respondents claiming without VGA, experienced similar negative effects of VGA. Thus, we assumed that excessive gaming itself will also negatively affect youth's mental health and well-being. Some of the youth may be unaware of having VGA despite experiencing identical problems in life as those addicts and they might not have realised how much control video games had over them.

Besides, the amount of time spent playing video games and whether they have VGA are found to be strongly correlated. According to the survey conducted, 50% of youths who play video games for extended periods of time are video game addicts. The assumption of this study is that when the time of engagement in video games elevates, the possibility that one will get addicted increases. Hence, we also propose that the usage of time in video games can be used as a more evidence-based measure to investigate the case of VGA in the future.

While this study generates information that can be used regarding the topic of VGA, some limitations need to be addressed and investigated in future research. Firstly, only one data collection method is used, which limits the comprehensiveness and integrity of the data. Secondly, data collection and analysis provided only a limited sample size of 106 respondents that are mainly the students of a particular university, resulting in a possibility of bias and deviation on the data we used for analysis.

Lastly, although the diagnosis of VGA is still under strong debate, further research related to VGA should examine the way of diagnosis and effects of VGA or excessive gaming that are not yet to be recognised by the public. Undoubtedly, VGA and prolonged gaming detriments one's mental health and well-being. There should be clearer guidance regarding the diagnosis of VGA, so further implementation can be done on the prevention and treatment of VGA, such as setting up a dedicated facility to administer effective treatment to those who need it. Talks, campaigns, and other programs about the effects of VGA or excessive gaming and ways to prevent prolonged gaming should be conducted to increase public awareness of this issue.

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21. How Financial Problem Affect Youth On Youth Mental And Well Being?

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Abstract

This paper aims to identify the relationship between financial problems and youth mental health and well-being. Financial can be defined as the application of the principle of financial economics to an interrelated set of monetary problems. It plays an important role in youth mental health. Financial problems should be addressed as a serious problem hence it leads to many issues such as stress and emotional problems. The youth's well-being has an impact in youths' social life. We also research the factors that youth are having financial problems nowadays. In addition, high cost of living and bad money management are the factors that cause youth to suffer from financial problems. Using self-administered surveys (Google form) we gather data from a total of 120 youth who studied in Malaysia. The data found that financial difficulties threaten youth mental health. From a practical standpoint, this research is helpful for understanding the factors and impact on youth mental health.

Keyword: Financial problems, youth mental, well-being, Malaysia

1.0 Introduction

Financial can be defined as the application of the principle of financial economics to an interrelated set of monetary problems. It plays an important role in youth mental health. Every youth needs to manage their finances wisely to observe they will not have financial problems in their future. Financial problems are a situation where money worries are causing many factors and impacts. However, youth has been facing financial problems lately and this problem has become a major problem for youth. Financial problems faced by youth are known as they do not have enough money for their daily expenses, where money worries are causing them stress. After that, financial problems will bring impacts to both mental and physical health. According to Halliday Wynes (2014), "student's financial position will affect their

commitment in learning which will affect their performance". Moreover, due to inflation and trade war, it has made most of the country facing recession and increases the cases of students facing financial problems.

It is important for us to have knowledge of finance, however the gap between poor and rich is widening. After the pandemic Covid-19, the economy became worse by showing that the community of B40 had increased. Especially for youth who are facing a financial crisis because they do not have any knowledge on how to manage their money. When youth face financial problems, it would lead to a lot of factors and impacts. It may cause them not to concentrate on the lecturer which will impact on their academic performance such as their grades and results hence that will affect their future when finding jobs.

According to Idris, Krishnan & Azmi (2013), youths nowadays are facing many challenges such as the need to have savings for emergencies, children's education, management of credit and risks, plans for retirement and management of property. Youths are struggling with high rates of indebtedness, diminished incomes, negligible savings (including retirement planning), and financial services (Mccormick, 2009). Most of the youths are engaged with PTPTN educational loans and some are even engaged with wedding loans which make them more indebted. The department of insolvency also reported that there are 32,995 youths (26%) are not able to pay their car loans (17.8%) not paying house loans and (15.7%) not paying personal loans being declared bankrupt.

There are factors that explain mental health such as psychosocial stress (Alyousef, 2019), work related factors (Mo et al., 2020) and socio-economic factors (Anderson et al., 2018). As this has shown a consistent link between how the mental condition is affected by the status of financial wellbeing. Especially for the young adults, who are freshmen and dream big for luxury university life, meeting many new friends, but in reality, most of them are struggling for life and managing finances are challenging them. Thus, this would lead to the number of rising depression, anxiety or other mental health problems.

However, half of the studies evaluated failed to specify whether financial problems can affect youth on their mental health and well-being. This can be a research gap in many studies such as psychology, education, and social sciences. Such questions need citation analysis and systematic review (Tsoulfas, 2021). The findings of this paper will help youth to manage their financial problems.

2.0 Literature review

Ordinarily, everyone is facing financial problems, including the high-income and low-income families. According to Asri, Abu Bakar, Laili and Saad (2017), stated that youth are required to pay their education fees, rent, financial loans, scholarships or their families, although they no need to pay the monthly debt instalment that should be paid by the households. Therefore, those who came from low-income families are facing stress and depression that bring about their future or now financial problem. This may affect their academic performance or even bring health issues. The Online Daily News survey (2011) found that 10,000 students out of 180,000 students of Universiti Teknologi Mara came from poor families. Many past research has shown that there is a relationship between the youth's financial problem and mental health.

The statement that we believe can be supported by a study, according to Olufemioladebinu et al. (2018) explain that students that have a low socio-economic family status will show a poor academic performance if compared to the students that come from high economic status. This is because students that come from low-income families need to help their family share household costs, while the youth

that come from wealthy families can totally focus on their education. Additionally, according to Asri et al. (2017) stated that students that come from a high economic status are able to have a stimulating learning environment.

In addition, Widener (2017) mentioned that financial problems can be derived from various problems especially on mental problems such as anxiety which then led to negative behaviours such as becoming alcoholism or even some of them are uncontrolled online shopping, hence making the students unable to focus on their academics. Students are more vulnerable to health problems as they face financial problems to cope with the high cost of living. Therefore, here comes the issue of whether students who have financial problems can handle the stress of managing their daily lives and finances.

As claimed by Asri et al. (2017) stated that lack of management of finances could bring an individual unable to control the stress and thus it affects their daily life such as mental health by making them depressed and becoming physically ill. This can be further supported by the study of Asri et al. (2017) which suggests that one of the reasons for student stress is that due to their financial problems, students tend to feel dizzy and anxious, which ultimately causes them to be nervous.

According to Cooke et al (2004) & Richardson et al. (2017), financial difficulty resulting from college students' financial debt was associated with mental health problems of undergraduate students. Cooke et al (2004) found that undergraduate students with financial problems increase as they progress through the university. Financially stressed students are more likely to have lower subjective financial status (Robb, 2017). Furthermore, financial problems were associated with poor social functioning (Hoeve et al., 2014). It is because the level of social engagement could also influence their mental health.

Referring to a study conducted by Ahmad (2005) on the financial management patterns of students who received PTPTN financial loans at Universiti Putra Malaysia (UPM), it was found that the majority of respondents felt that the loan amount they received was insufficient to cover living and educational expenses. Students are required to pay the services and equipment required for their respective studies and pay for room rent, daily expenses for meals and drinks, public transport or petrol fares and others. Even though they have tried to minimize their expenditure, the loan or scholarship is still inadequate.

Very few studies have shown the association between subjective well-being and student loan debt of young adults Tay et al (2017). However, we need to understand that the relation between student loan debt and well-being, the impact on youth positive emotion and also the youth ability to thrive across the multiple domains of life can help broaden the debate on student loan debt Nissen et al (2019).

3.0 Methods

3.1 Sample and data

Our sample consists of 120 youths from Malaysia who are now studying in university. There are two samples in our research, Universiti Sains Malaysia (USM) and the public. We employed purposive sampling, and the responses must be youth, full time academic and study in Malaysia.

3.2 Respondent profile

The respondents were students who are studying full time academics in Malaysia. The total respondents are 120. Most of the respondents were (61.7%) female. A total of 79.2% of the respondents were between 18-20 years old. For ethnicity 62.5% of the respondents were Chinese, followed by 33.3% of Malay, 1.7% of Indian and 2.5% of others. As for religion 49.2% is Buddha 33.3% is Islam, 9.2% is

Christian, 7.5% is Hindu and 0.8% is Hindu. In this survey, 69.2% are students from Universiti Sains Malaysia (USM) and 30.8% are public (students from other universities). The respondents' demographic profile is depicted in Table 1.

Table 1
Profile of Respondents

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	46	38.3%
	Female	74	61.7 %
Age	18-20	95	79.2%
	21-23	20	16.7%
	24-26	1	0.8%
	Others	4	3.3%
Race	Malay	40	33.3%
	Chinese	75	62.5%
	Indian	2	1.7%
	Others	3	2.5%
Religion	Islam	40	33.3%
	Buddha	59	49.2%
	Christian	11	9.2%
	Hindu	1	0.8%
	Others	9	7.5%
Category	USM student	83	69.2%
	Public	37	30.8%

4.0 Results and Discussion

4.1 Result

The research is based on how we want to know how financial problems affect the physical and mental health for youth. Therefore, we conducted a survey in the form of questionnaires and table 1 summarized the personal information of the 120 respondents in the research.

In table 1 shows there are 74 female respondents, accounting for 61.7% and 46 respondents are male, only accounting for 38.3%. Therefore, it can be concluded that there are more females than male in our research.

And in our survey results, most respondents in this survey are aged between 18-20, occupying a total of 79.2%. There is only one person between the ages of 24-26. Because our survey was primarily youth related, thus the respondents were mostly 18-20 years old.

Table 2
Family income & Monthly allowance

Demographic Variable	Category	Frequency	Percentage (%)
Family income	B40(RM4849 and below)	76	63.3%
	M40(RM10959 and below)	39	32.5%
	T20 (RM10960 and above)	5	4.2%
Monthly allowance	RM100-RM200	40	33.3%
	RM201-RM400	34	28.3%
	RM401-RM600	27	22.5%
	RM601 and above	19	15.8%

Table 2 shows the frequency distribution of family income and monthly allowance. The family income and monthly allowance have close links with the financial problem that the youth will meet. For frequency distribution family income, 76 respondents (63.3%) had low family income and only six persons had a family income more than RM10960. As for frequency distribution of monthly allowance, 101 respondents the monthly below RM 601 and only 19 persons (15.8%) monthly allowance above RM601. Thus, many youths may not have enough monthly allowance to affect their physical and mental health.

4.2 Discussion

The purpose of this study is to find out the factors of financial problems and the impacts of financial problems among the youth. There are many factors that can be related to financial problems like broken families, peer influence, high cost of living and so on. Based on our survey that included 120 respondents, we found out some of the factors that can cause people to have problems in their finances. One of the big factors that can cause financial problems among the students is the high cost of living. About 76.71%, simultaneously with 93 persons, had agreed with it because everything that they need is overpriced, especially when they live in the city. For example, the food that is sold is very expensive and students cannot afford it. Furthermore, they need to rent a house that is nearer to their colleges because as we know, most of the students further their studies far away from their house. For example, students need to rent a house for about RM1000 per month and it is too expensive for students who did not work yet. Thus, the high cost of living is one of the factors that can cause financial problems.

Besides, we can see about 52.5% that simultaneously 64 respondents agree that bad money management can cause financial problems. It is because they did not manage their money wisely by shopping for things that they did not need to buy. For example, they buy bags or clothes instead of buying books or save the money for emergency cases. Moreover, even their parents give enough allowance, if they still could not manage to use it and it will lead to financial problems.

We also can see that not enough allowance and peer influence are the factors that have the same percentages, 37.08% that simultaneously with 32 respondents. Some of the students who did not get enough money from their parents will have problems in their financial management because they could not buy their needs. For example, they could not buy their reference book, pay fees to join any activities in the university and so on. Peer influence also becomes one of the factors because most of the students will follow their friend in the university. They prefer to follow their friends because they live too far from family.

Among the impact of financial problems is stress in youth, through the form we have studied from 120 youth the percent of stressed youth is 75.83%. In a February 2022 study from the American Psychological Association (APA), 65% of respondents said money is a significant source of stress, according to Rubayah et al. (2015) "on average, the level of financial literacy among students is still at a moderate level" and according to MacGeorge & Samter, 2005 "It should be noted that inefficient financial management can cause a person to not be able to control stress well, so it also affects their daily life such as making a person depressed and getting physical illnesses". This shows us that when youth get financial problems it can impact their mental health and cause stress.

Next, the effect of financial problems is emotional instability, that is through the form 46.67% of youth responded about unstable emotions when facing financial problems, according to Idris, Krishnan, & Azmi, 2013 "the other challenges include limited financial resources and the rising cost of living" which also affects their emotions when managing their finances. We can see during pandemic covid 19 during inflation has a lot of cases like commit suicide in youth they become out of control that is because they cannot manage their finances during the pandemic which will interfere with the mental health and well-being of the youth.

In addition, the effect of financial problems is less socializing because as we know in reality socializing requires money so when we face financial problems, we are not able to use it for what we want and socialize according to Yusmizal Dolah Aling, 2022 "prioritize needs first and set aside wants". We can see that if we want to watch cinema, we need to pay almost RM20 for the ticket whereas with RM20 we can buy food for two days. Through our observation, 39.17% of youth responded that this will cause them to be less social. This proves that financial problems can cause less socializing among youth and they need to get used to focusing on needs rather than wants.

5.0 Conclusion

To summarize, this study has several important benefits to the youth. Firstly, all teenagers need to have skills in managing their finances in order to prevent themselves from problems that can happen because of it. This can be proven by the results of the survey that has been accomplished among the youth. It is because there are many impacts that youth will face if they do not manage their finances wisely.

For example, it will affect their mental health such as stress, emotional instability and so on. All the examples above show us the big impact that can happen to the youth if they do not manage their finances as best as they can. This can be proven by the newspaper of Sinar Harian, Tumpul (2021) that states the level of mental health of Malaysians is now in a worrying state when many cases of suicide are increasingly reported in the media and it all because they have crisis in their financial management.

Besides, on the report of Employment Hero's 2021 global report on the Impact of Covid-19 on Business Owners and Employees involving 1,000 Malaysian employers and employees, 71% of Malaysian employees are worried about their financial well-being compared to concerns about their physical health (66%) and mental health (62%).

From all this report, we can see there are many factors behind it. For example, it can happen because of high cost of living, bad money management, peer influence and so on. Hence, the teenager who makes the wrong decision while managing their finances will totally affect their future.

In order to manage finance wisely, they need to always plan what they need to buy and how much of it. Besides, they should always record daily expenses to observe that they do not overspend their money. Thus, it is very important to all the youth to have the skill in managing their finances for a better future.

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ATW116 BUSINESS COMMUNICATION

SEMESTER 1, 2022/2023

22. RESEARCH PAPER ON HOW SCHOOL BULLYING AFFECT THE YOUTH IN BIG SOCIETY

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Abstract

Bullying cases are constantly an issue faced by institutions that is difficult to overcome even to these days. Bullying can happen due to a disagreement that leads people to isolate the victims or harm them physically. It is a disciplinary problem that is still occurring in most institutions even in organizations. This has been a concerning issue especially for the youth's parents as it might affect them mentally and physically. The victims usually have difficulties in adapting in their social lives, which affects their potential growth in society as they step into an under-pressure circumstance in the future. We conduct a survey to study the hypotheses about the uprising cases of bullying that is happening at which age and how it affects them in society. The study might be helpful to raise awareness among youth.

Keywords: Bullying among students; Youth; Bullying Victims; Effect of bullying; Society.

Introduction

Bullying in school affects the entire educational environment and has an impact on one's social life. It represents the most common expression of violence in the peer context during school years. Considering

the strong amount of evidence of the negative health consequences for bullies, their victims, and observers as documented by studies from different countries, bullying in schools has become an important and complex global public health issue. Other early studies attracted a lot of media attention due to the levels of bullying reported, as well as high-profile suicide cases linked to school bullying in several countries (Costantino, 2019). School bullying remains a frequent topic in the news, which highlights the ongoing public concern and continual need for anti-bullying work in schools.

This research brief summarizes what is currently known about school bullying, based on a review of the available literature. It covers large-scale surveys of bullying as well as smaller studies, that used a variety of methodologies. It also mentions the types of anti-bullying interventions currently used, but an evaluation of their effectiveness was beyond the scope of this briefing.

What is bullying?

Bullying is an act of aggression among individuals especially among school aged children, but it could also happen with university students. This type of aggressive behaviour involves usually a person or a group where they have the position power to purposely intimidate, abuse emotionally and physically, or coerce the victim of bullying to harm others. Many youths tend to treat each other unkindly in their adolescent years while they build their social skills and step into adulthood. The interactions might be unpleasant, however, a clear line between conflict and bullying can be seen. The incidents of bullying usually consist of three characteristics.

- ***Intentional***

An intentional attempt acts of aggression to harm others. Even though most definitions of bullying hold the meaning of deliberate and intentional, however the concept of bullying itself is very problematic. This is because it relates to the bully's honesty and self- awareness of their actions.

- ***Repeated***

Most bullying emphasizes repetitive behaviour. It is an repeated act of aggression that is deliberately to harm, cause distress and threaten the victim. There is no agreement on how many times an act is related with the behaviour with the criteria. Based on the current articles and news about bullying in institutions, a lot of case studies about bullying have been made to raise more awareness among youth. It is important to differentiate bullying with inadvertent harm, that is why this is necessary to keep this standard.

- ***Power imbalance***

This is because the bully has more power socially or physically than the victim. Power imbalance is a crucial part in defining bullying. This is because it is based on the rationality of one’s use of power over one another. It can be in a type of physical, psychological and even in hierarchy. A part of power imbalance is provocation. In this case, it is the use of influencing or coercing their victims to reach the end goal of their behaviour. This also resulted in victims exhibiting aggressive behaviour due to the provocation or worse, depression.

Types of bullying

Bullying in school can be categorized by physical, verbally and cyberbullying. In this case, we are trying to focus more on bullying types that happened in school or education institutions, so these three types of bullying are common cases in school bullying.

- ***Cyberbullying***

According to an article written by TheStar Newspaper, Malaysia is ranked 2nd in the world to have a very high number of cases of cyberbullying (TheStar, 2022). The awareness and knowledge of cyberbullying among the Malaysian youth is high compared to other countries. This is probably due to the fact the world went into a lockdown due to the pandemic of COVID-19 so the usage of gadgets helps them step into the world of the internet. For example, TikTok and a lot of social media platforms now are being used and most of them have a comment section, where they might leave a negative comment that could negatively impact the content creators. This behaviour could be a result as a projection being deprived of their basic need that could project unhappiness.

- ***Physical Bullying***

What it means by physical bullying is by harming other people purposely in a way of kicking, hitting or punching. Usually, physical bullying happens when the bully has a stronger physical than its victims. They do this to show power and the authority that they have. These cases of bullying are common in boarding school. There is an article about physical bullying in a news website, a group of 10 boys beaten up one student in a boarding school in Teluk Intan, Perak (FMT Reporters, 2022). The incident happened because the victim was talking with a supposed partner of one of the bullies. The consequences are the victim suffered the injuries of being beaten up and burned from the contact of hot iron to his skin. Thankfully, he is in a stable condition and the bullies have been remanded for the crime and expelled from the school.

- ***Verbal Bullying***

This is the type of bullying cases that includes emotion of the victim while they were bullied and the after effects of it. Verbal bullying is the words used by the bully by spitting out harsh words, writing mean words and isolating the victim from others. This kind of bullying usually happens with the ladies. Females usually are not physically strong so they use their words to bring someone down. The goal for bullies who verbally bully their victim is to degrade them in order to make themselves appear dominant and powerful. Sadly, bullies usually target those with special needs individuals. The consequences of this are that the victim will feel lonely and it will leave a deep scar emotionally which could really affect the victim when they step into adulthood.

In short, these three cases are usually the most common type of bullying and it is very concerning for the victims, like in the statement above, it does affect the youth who experienced bullying during school days or university days. It holds them down from flourishing and to expose their potential as a great youth. Cyberbullying happens almost 60%, physical bullying (10%) and verbal bullying (20%).

Defining characteristics of victims

The majority of victims are considered passive. Risk factors for victimization have been identified as peer rejection, finding social circumstances challenging, and experiencing loneliness (Pavri, 2015). Probably victims do not have many friends or are thought to be loners. People who don't have many friends are more likely to be bullied because they look weaker. Understandably, victims may have low self-esteem and an increased propensity for sadness and anxiety. Some victims may be more likely to have overprotective families and to have been bullied by siblings, according to research (Thornberg, 2010).

Bullies also often pick on victims who are slow learners or have other special needs. For example, students with autism and mental health problems may be more likely to be bullied than other students (U.S. Department of Health and Human Services, 2020). People who are bullied are often not confident. They may have also been mean when they were young, which may have made their peers dislike them

more.

or made them feel even more alone. Other protective characteristics include social competence, hostility, and anxiety. Bullying in childhood can have lasting consequences. Some adult victims of childhood bullying report depressive symptoms, low self-esteem, and interpersonal difficulties. They may also be more susceptible to suicidal ideation, suicide attempts and acts of revenge (U.S. Department of Health and Human Services, 2018).

Characteristics of bully/victims

A small proportion of bullies can be described as 'bully/victims. These 'provocative bullies' are young people who bully others and are also bullied themselves. The proportion of this type tends to be higher in primary than in secondary schools (Roxanne Dryden-Edwards, 2022). Bully/victims are more likely to have poor social skills and act in ways that go against the norms of their peer group, such as behaving aggressively or interrupting other children. They may have low self-esteem, social maladjustment, attention difficulties and poor problem-solving abilities (Rivara F, 2016).

There is evidence that bully/victims come from families where parenting is inconsistent, sometimes abusive, and low in. These children are less likely to have social support than 'passive' victims of bullying, and therefore may also be at greater risk of more severe psychological problems resulting from it (Dieter Wolke, 2015).

Research Methods

Qualitative method is the research method that we used to research how school bullying affects the growth of the students who are victims of school bullying and how it affects their ability to socialize in big society.

"Qualitative research involves collecting and analysing non-numerical data (e.g., text, video, or audio) to understand concepts, opinions, or experiences. It can be used to gather in-depth insights into a problem or generate new ideas for research." (Bhandari, 2020)

By using phenomenological research approach, we made an online questionnaire consisting of several questions about past bullying experiences by observing the answer from our respondents to know about their bullying experience in school or educational institution and how far it is affecting their lives. The respondent's data in our research are kept anonymous, so the respondent's identity and information will be safe and secure.

Sample

Data used in this study were retrieved from the survey of google form that was conducted online. The google form survey is to assess the information and data that we need from the respondent about the school bullying. There are 100 participants from students across the country that are involved in this survey. The countries involved in this survey include Malaysia, China, Germany and Indonesia.

Measures

The major aim of this study was to examine the effect of past school bullying towards students. The following peer nomination measures were employed for data collection.

Analysis and Result

This Research was based on our interest to know about how far school bullying could affect the ability of students to socialize and mingle in big society. There are numerous questions that we provide in the online questionnaire to our respondents. The first part or part A of the questionnaire that we provided was about the respondent's personal data such as gender, age, race, institutions, and level of education. The second part or Part B we ask several questions that are related to school bullying which were answered by all of our respondents, female made up 72 percent and male made up the rest of the 28 percent.

How common is bullying in schools?

Overall, it seems that bullying can be expected to occur in any school. Its prevalence in many countries suggests that most children will experience school bullying at some stage, be it as bullies, victims or as witnesses. There is a lot of variation in the reported rates, however, which is partly due to the different methodologies used to survey bullying. The most common method is self-reporting: asking pupils in questionnaires or interviews about their bullying experiences. Other ways include asking teachers for pupils to nominate which children are victims of the bullies, observing children, and recording bullying incidents.

After observing and collecting the respondents' answers, we found that 37 percent of our respondents have experienced past school bullying, and 15 percent of our respondents answering maybe in response to confusion whether they had experienced school bullying or not. The next one is how often they experience school bullying and 21 percent of our respondents answered they get bullied in school monthly, while the 15 percent answered they experience bullying in school weekly, and there is a little amount of respondents which is 3 percent often get bullied in school daily. Fortunately, 63 percent of our respondents answered that they were not often bullied or never experienced school bullying. After observing the data more than half of our respondents have experienced school bullying, meanwhile only 38 percent of our respondents experienced bullying in these past 6 years, which means more 62 percent of our respondents never experienced school bullying in these past 6 years.

Large-scale surveys in individual countries have also reported victimization rates of 9 to 32 per cent, and bullying rates of 3 to 27 per cent (James, 2010). In the National Bullying Prevention Center research in 2019, One out of every five (20.2%) students report being bullied. A higher percentage of male than of female students report being physically bullied (6% vs. 4%), whereas a higher percentage of female than of male students reported being the subjects of rumours (18% vs. 9%) and being excluded from activities on purpose (7% vs. 4%) (Pacer, 2019).

In the next question that we provided, we ask our respondents about at what age you experienced school bullying, and 27 percent of our respondents encountered bullying when they were 11-15 years old, on the other hand 21 percent of our respondents encountered school bullying when they were around 10 years old and less than that, while fortunately 48 percent of our respondents have never experienced school bullying until today.

Based on the questionnaire, more than half of our respondents have experienced bullying in their life and we also gave them several examples of bullying effects that might occur to them. So we could analyse which one of the effects that our respondents are likely to feel after experiencing school bullying.

These are the list of the effects that our respondents think and the respondent are allowed to tick more

than one effect that happened to them or they think happened to the victims after school bullying:

Effects	Percentage
Depression and Anxiety, Increased feelings of sadness and loneliness	82%
Changes in sleep	22%
Changes in eating patterns	35%
Loss of interest in activities they used to enjoy	62%
Decreased in academic achievement- more likely to miss, skip, or drop out of school	62%
Not relevant	7%

Figure 1: Effects of school bullying based on survey

According to the result, we concluded Depression and Anxiety is the effect that most of our respondents go through after experiencing school bullying, followed by decreased academic achievements and loss of interest in activities they used to enjoy. For this reason, school bullying could lead into long-term issues such as affecting victims' mental health and will affect their growth, while growing up with a bullying scar, some of them decided to move on and recover from their violent experiences, and some of them couldn't and keep having problems while growing up in a big society as they still have their mental health issues until adulthood. However, if the victim is not immediately treated, they may potentially begin to develop mental health problems. For example, some victims of bullying feel anxiety and sadness, some of them also having eating issues, insomnia, and post-traumatic stress disorder. In addition, they may begin to exhibit signs of emotional distress, such as difficulties controlling their emotions, emotional instability, acting out, or generally acting differently than usual.

The symptoms of mental health illness could also lead the victims to build their own wall and detach themselves from important things because of the bullies and develop trauma, trust issues, fear of mistreatment by people around them, and problems in communication. In extreme circumstances, victims of bullying may consider suicide, particularly if they feel helpless, isolated, and without options. Many of them will engage in self- blaming and believe they would not be bullied if they were different in some manner. According to research, the impacts of bullying persist long into adulthood.

In fact, according to one study, peer bullying may have a bigger impact on mental health in adulthood than was previously believed (U.S. Department of Health and Human Services, 2018). Furthermore, the damage may be substantially greater than that of adult maltreatment. The experiences that people have as youngsters shape them into the adults they become later in life. It is therefore not unexpected that the effects of bullying continue throughout adulthood. This eventually influences their future outlook, including how they perceive themselves and others (Gordon, 2021).

The Bullies are the one that causes so many problems and effects to our victims, so we decided to include questions to find out who the bullies were to the respondents. Based on the questions, most of the respondents answer course/classmate as the bullies and followed by friend, and senior. Classmates and friends are both important components of school and education, because students will have groupworks and numerous activities together, so by doing so many activities with their friends, students will also develop their social and communication skills.

However, people in school whether they are friends or not, they could be a menace for numerous students, this is evidenced by numerous cases of school bullying that happened and bullying could also affect their social environment because some students that are bullied would likely be isolated by other

students, or distance themselves from other students. Researchers found that students who remained isolated in the network performed worse on the first-year examination and were more likely to drop out of university than students that were more strongly integrated into the network (Schmidt, 2020). Seniors or people that are older in the school or educational institution are supposed to help their junior or younger students to gain knowledge and numerous skills.

Reporting to bullying

One out of every five (20.2%) students report being bullied in their school (Pacer, 2019). However, as with other forms of bullying abuse, there are a number who do not. This may be due to fear, lack of confidence, feeling that they are to blame, or worry that telling an adult will make the bullying (Gordon, Why Victims of Bullying Often Suffer in Silence, 2021). In our research studies, most of the respondents who answered the questionnaires reported the bullying to their family but there are still numbers who don't and keep quiet.

A study shows that boys and older students are less likely to report being a victim than girls and younger students. Teachers say they step in when most bullying happens, but students think they do so much less and don't care about bullying (James, 2010). When teachers intervene, they may help, make no difference or indeed make the bullying worse. So, telling someone about bullying is no guarantee that it will stop. Maybe because of this, students often think it's better to tell their friends and family about bullying than to tell an adult or the authorities (James, 2010).

How to heal from bullying

The realization of what aspects of their situation they can influence and which they cannot is the single most essential step that victims of bullying may take. They might not be able to control what the person who is targeting them says or does, but they can control how they respond to it. They also have options for how to respond to the bullying, including confronting the bully, defending themselves, and reporting the bullying to the authorities (Gavin, 2019). Taking back control is often the first step in healing from bullying because it gives the person being bullied more power and keeps them from thinking like a victim. According to the findings of our most recent survey and research studies, the vast majority of students would report bullying at the school to the appropriate authorities if they ever witnessed it.

Conclusion

School bullying is pervasive and most children will probably experience it at some stage, either as a witness, a victim, or by being a bully themselves. Large-scale surveys show that it happens across the world, though it can involve different behaviours and have different meanings in different countries. Telling someone usually helps, but this does depend upon how well it is acted upon by the school. Factors at both the individual and social level appear to be important causes of bullying. Family and peer relationships have been identified as important for children who bully, are victimized and are bully/victims. All three groups share some individual characteristics. Bullying is a group process involving the whole peer group, and can be more likely to occur in some classes or years than others. However, more research is needed to uncover the exact nature of the group processes involved, and how they interact with individual differences. Lastly, through this study, we hope that this study could raise more awareness regarding bullying that is still increasing every day all around the world especially in Malaysia.

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23. How Sleep Deprivation Affects Our Mental Health

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ABSTRACT

Time management is very important, especially how we manage our rest and sleep time. A busy daily schedule causes us to suffer from sleep deprivation and insufficient sleep, which can have an impact on our mental health. The purpose of this study is to obtain information on how lack of sleep could affect our mental health. This study's methodology is qualitative, with a sample of 160 participants drawn from among USM students, as well as articles and statistics on mental health and sleep deprivation. The results of the study found that the majority of respondents from the youth group between 19 and 20 get less sleep due to social media and studying late at night. It also details the effects of lack of sleep on mental health, especially among youth. In conclusion, mental health issues need to be emphasised by managing time and ensuring adequate sleep.

Keywords: Sleep deprivation, physical health, mental health, youth, students.

INTRODUCTION

A person's quality of life may be hampered by a variety of things. One significant yet underappreciated thing is getting enough sleep. With the advancement of society and changes in work schedules, an increasing number of people are experiencing sleep deprivation. Sleep deprivation not only harms an individual's physical and mental health, but it also has a negative impact on work performance, causing

errors and even accidents (Marando et al., 2022). Understanding the mechanism of sleep deprivation's effect on cognitive function is thus critical for effectively preventing the effects of sleep deprivation. Sleep is a conserved physiological process that is required for the maintenance of cognitive function, such as learning and memory (Zhang W, 2022). Expert research has shown that youngsters' cases of sleep deprivation have been rising over time, which has led to poor academic performance and the emergence of mental health problems such as depression (Fachrurrozi, 2022). This is said because youth frequently overestimate their capabilities and sacrifice their bedtime, which leads to chronic sleep deprivation. Sleep deprivation have been shown to have a significant impact on the ability to maintain attention, such as when driving long distances (Isabella Marando, 2022).

Insufficient quality or quantity of sleep is associated with a higher body mass index (BMI), impaired body weight regulation (lower leptin and higher ghrelin levels), poorer insulin sensitivity, and lower daytime alertness. It has been linked to multiple chronic conditions, including overweight or obesity, type 2 diabetes, cardiovascular disease, stroke, dementia, and cancer (Griggs et al., 2022). When considering the effects of sleep loss, the distinction between complete and partial sleep deprivation is critical. Some cohort studies found that baseline self-reported sleep disturbances predicted the onset of chronic pain in healthy people or pain aggravation in chronic pain patients at follow-ups (Chang JR, 2022). Despite the fact that both illnesses have a number of negative outcomes, including deficits in cognitive function, the underlying mechanisms appear to be relatively different. Results from cases of sleep loss recovery have specifically suggested various physiological pathways. We discuss the effects of acute total and chronic partial sleep deprivation on cognitive function separately in this review. The focus on acute total sleep deprivation stems from a greater number of studies than on insufficient sleep. Getting too little sleep could make youth suffer from the insomnia disease that most of them are experiencing. These findings imply that effective treatments for insomnia in young adults may rely on intact sleep and circadian regulatory mechanisms rather than attempting to repair defective sleep and circadian regulation (Tracy EL, 2022).

Sleep can also harm the brain when it is insufficient. The deprivation of sleep causes the frontal lobe, which is the area of short and long-term memory, to deactivate and hence leads to reduced brain activation (Feng et al., 2021a). Those who have chronic sleep deprivation include young people. Teenagers who don't get enough sleep are more likely to encounter a range of unfavourable outcomes, such as difficulties concentrating, subpar grades, sleepy driving, anxiety, melancholy, and even suicidal thoughts and attempts. It affects people from all socioeconomic backgrounds. In comparison to the typical experimental interventions employed in cognitive investigations, sleep deprivation has the potential to modulate arousal levels more (Lim et al., 2022a). However, carefully chosen cognitive processing tests can provide fresh insights into the effects of sleep deprivation on the brain (Feng et al., 2021b). Sleep is essential for both cognitive and physical performance. As our research from the survey shows, most of the respondents have sleep deprivation because they like to study late and surf social media right before bedtime. They claimed that there is no noise before bedtime and the network connection is as fast as lightning. Sleep deprivation affects not only neural functions but also causes muscular fatigue. These functional derangements caused by sleep deprivation are reversed by a good night's sleep. The role of sleep-in brain function has received a lot of attention (Sharma B, 2022).

The current study's youths completed an affective functioning battery while getting enough rest and not getting enough sleep (counterbalanced). Our research found that a lack of sleep correlates with poorer mental health outcomes. Students were asked if they felt sleepy during the day, as well as whether they napped after school and for how long (Zacharia G, 2022). The initial goal was to look into how sleep deprivation affected both positive and negative outcomes. According to previous research, the first hypothesis tested was that participants would have more negative affect and less positive affect when sleep deprived as opposed to rested (Mitter et al., 2022). In a similar vein, we investigated how sleep

deprivation affected specific positive (interested, excited, happy, strong, energetic, calm, cheerful, active, proud, joyful, delighted, lively) and negative (frightened, ashamed, upset, nervous, guilty, scared, miserable, afraid, lonely, mad, disgusted, blue) emotions. This aspect of the study was included on an exploratory basis due to the lack of prior research addressing this level of specificity. The second goal was to conduct an in-depth investigation of one specific negative affective state, namely anxiety. We predicted that participants would be more anxious when sleep-deprived rather than rested. The following factors were investigated as contributors to anxious states: the number of worries generated, the rating of the most threatening worry, the length of the catastrophizing sequence generated, anxiety ratings, and likelihood ratings of potential catastrophes. The ultimate goal was to add to the literature by investigating the previously mentioned potential impact of sleep deprivation on affective functioning in youth. Given the ongoing development of the prefrontal cortex during adolescence and its importance in affect regulation, we hypothesised that youth would exhibit greater affective reactivity than adults.

Previous research has shown that sleep deprivation can alter an individual's mood, cognitive ability, work performance, and immune function (Chen et al., 2022). Sleep deprivation disrupts body's blood circulation and impairs people's cognitive and emotional abilities. Several studies have found that lack of sleep impairs response inhibition (Gruba et al., 2021). After 36 hours of sleep deprivation, for example, the individual's ability to suppress negative stimuli decreased. According to neuroimaging studies, sleep deprivation reduces an individual's low-level visual processing ability. Furthermore, sleep deprivation damages the hippocampus and may impair memory by destroying synaptic plasticity. Studies shown that sleep deprivation reduced cerebral blood flow and metabolic rate in the thalamus, prefrontal cortex, and parietal cortex. Not so long after, it was discovered that sleep deprivation had a significant impact on neuropsychological functions like verbal instant memory, attention, and alertness. Furthermore, some research has shown that the cumulative effects of partial sleep deprivation can severely impair cognitive function and behaviour.

METHOD

We collected data about how sleep deprivation affects our mental health by conducting an online survey. We perform an online poll to get information about how sleep deprivation impacts our mental health. Nowadays, one of the simplest and most popular survey methods is by using Google Form. It is a structured questionnaire that your target audience completes over the internet, generally by filling out a form. Online surveys can vary in length and format. Online surveys are becoming more common as technology develops exponentially every day. The respondents to this survey can easily access the poll if they have an internet connection, or they can easily be sent the survey questions via email if they have an email address. These surveys are simple to deploy and easy to construct. Researchers can expect fair replies because respondents are given enough time and space to complete these questionnaires. Online survey can swiftly gather and analyse data, and it is less expensive. Our online survey consisted of 166 aspiring academics from the Universiti Sains Malaysia (USM). Our online survey is aimed at young people between the ages of 19 and 24, and the respondents must be students who reside and study in Malaysia because it is designed to gather information about recent local events.

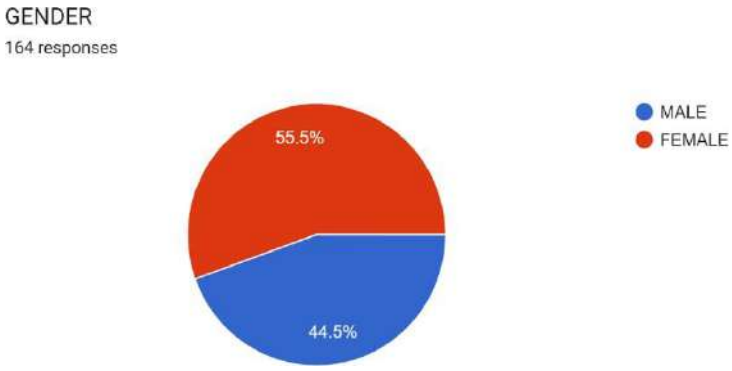
RESULTS AND DISCUSSION

Data analyses were performed and created using a Google Form to be shared with students from Universiti Sains Malaysia (USM). From the survey, "How Sleep Deprivation Affects Our Mental Health," a few questions have been prepared to ask the respondents. The targeted audience or respondent that the team aimed for was around 100 students. However, the survey received 166 responses in less than a day. The students showed great cooperation and support in answering the survey so that we could collect a lot of data about it. Table 3.0 represents the respondent profile among the

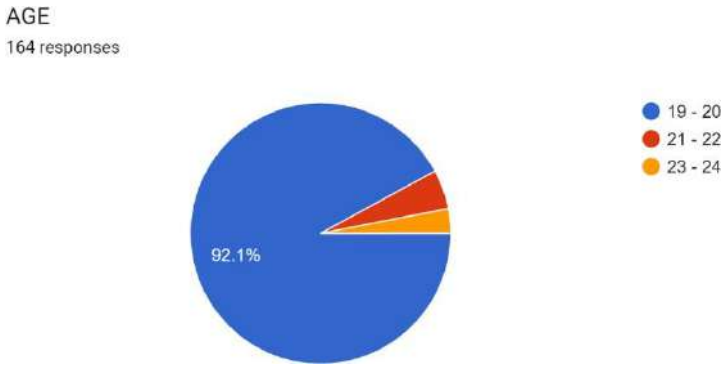
students that has been collected from the survey. Charts 3.0.1 and 3.0.2 summarise the demographic information of the 166 respondents in this survey.

	Frequency	Percentage (%)
Gender		
Male	73	44.5
Female	91	55.5
Age Group		
19 years old - 20 years old	151	92.1
21 years old - 22 years old	8	4.9
23 years old - 24 years old	5	3.0

Table 3.0 Demographic profile of respondents (Total = 164 responses from 166 respondents)



Charts 3.0.1



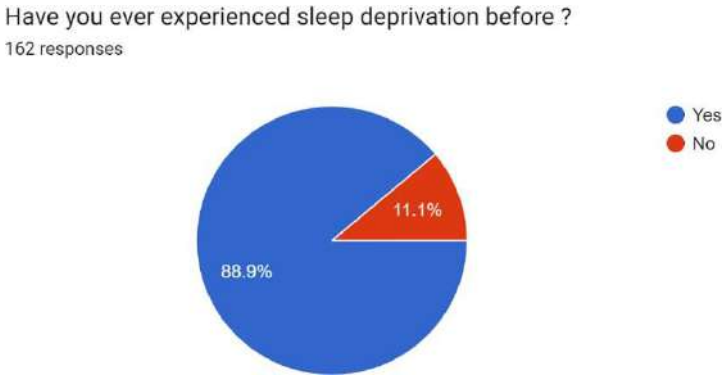
Charts 3.0.2

The demographic surveyed from our title, "How Sleep Deprivation Affects Our Mental Health," consisted of 44.5% male respondents and 55.5% female respondents that came from various age groups. Truthfully, the survey about sleep deprivation is famous and related among the youth of Malaysia so the survey intentionally targeted the respondents within the age group between 19 and 24 years old. According to Chart 3.0.1, 92.1% of respondents were between the ages of 19 and 20, 4.9% were between the ages of 21 and 22, and the remaining 3% were between the ages of 23 and 24.

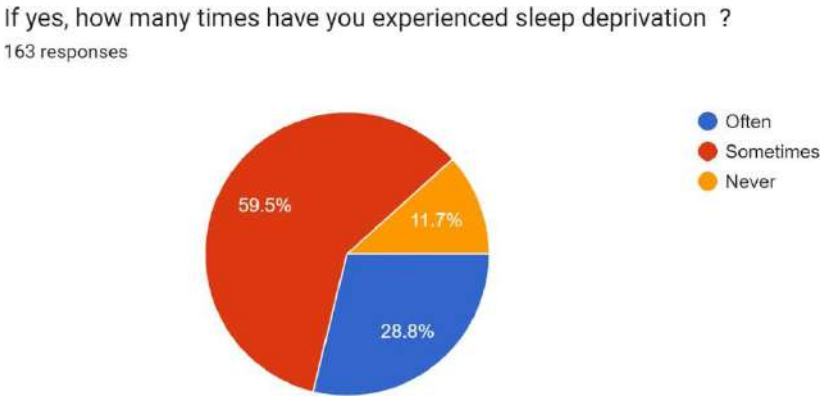
The statistical charts and table data that have been collected from the survey show that more than half of the respondents among the students were female, which is 55.5%. Furthermore, the majority of those

who responded to the survey were between the ages of 19 and 20, indicating that 92.1% of those who responded did so.

3.1 The Proportion of Experience the Sleep Deprivation



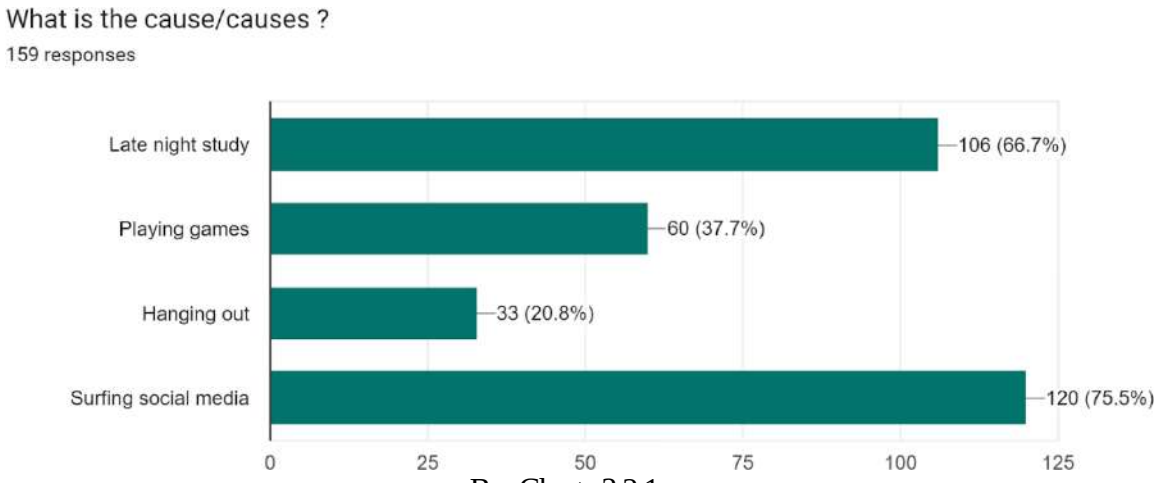
Charts 3.1



Charts 3.1.2

In the survey, the respondents were asked to answer "yes" or "no" if any of them had experienced any kind of sleep deprivation before. Chart 3.1.1 shows that the majority of the respondents answer "yes," which was 88.9% of the 162 responses that have experienced sleep deprivation before, while the rest, which was 11.1%, answer "no." The percentage indicates that sleep deprivation is a serious issue among youth and should be addressed. As for the next question, the respondents have been asked about the frequency of sleep deprivation that has been experienced among the youth. The answers in Chart 3.1.2 have been divided into three frequencies based on whether the students answered "often," "sometimes," or "never." From Charts 3.1.2, about 163 responses that have been collected insist that the majority, which is 59.5% of the respondents, "sometimes" experience any kind of sleep deprivation. However, 47 respondents have answered "often." Although it's quite a small percentage, which is 28.8%, people still have to take this matter seriously so that we can prevent experiencing any kind of sleep deprivation afterwards. The remaining 11.7% of the respondents stated that they "never" experience sleep deprivation. We believe that respondents answered the question without feeling compelled to share their experiences with sleep deprivation because it is an important topic to discuss and netizens, particularly young people, need to be aware of it.

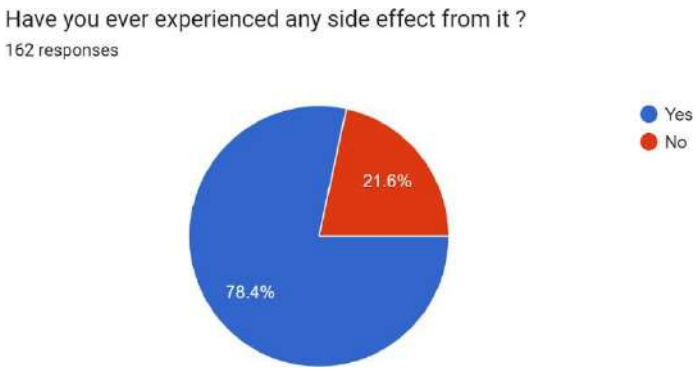
3.2 Respondents Thought About Sleep Deprivation



Bar Charts 3.2.1

The respondents were asked one question in the survey about the possible causes of their sleep deprivation. From this question, we can gain knowledge and understand that the causes of sleep deprivation can affect our mental health so that others, especially among the youth, can prevent it from being affected. The answers in Charts 3.2.1 were placed on the possibility based on the youth's common late-night activities. From the data that has been collected from the bar charts, around 75.5% of the 159 responses, in which the majority answered that they usually surf social media before going to sleep, making it to be the main cause of sleep deprivation. From our observation and own experience towards social media, we can conclude that youth enjoy entertainment from social media like Instagram, TikTok, Facebook, and Twitter, so they spend too much time on social media and can't get enough sleep. From the bar charts in 3.2.1, the data also showed that late-night studies, which cause sleep deprivation in 66.7% of the respondents, are a common reason why the respondents couldn't get enough hours to get better sleep. The respondents, who are also students, work hard on their studies late at night to get excellent marks in the exams, although they should have prioritised their bedtime. Besides, the students may have to complete their assignment before the deadline so they won't get deducted marks for late submission. The mental health of the respondents might be stressed out due to doing their work. The statistic also shows that the causes of sleep deprivation were "playing games," which accounted for 37.7%, and "hanging out," which accounted for 20.8% of the 159 responses.

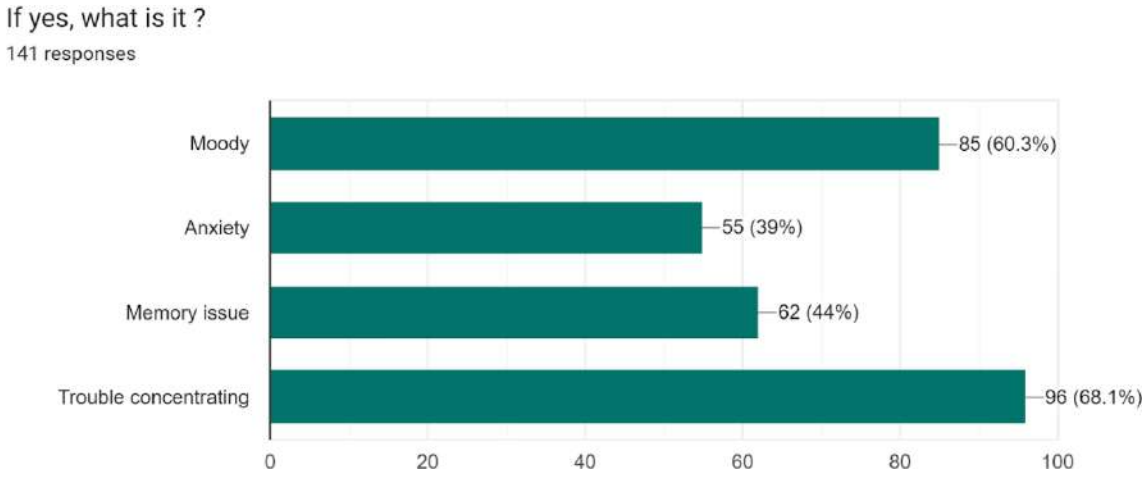
3.3 Side Effects of Sleep Deprivation



Charts 3.3.1

The respondents were given two choices: yes or no, if they had ever experienced any kind of side effect that might harm their mental health because of the sleep deprivation. From around 162 responses, as

shown on Chart 3.3.1 above, data shows that 78.4% ensured to answer "yes," while the remaining 21.6% answered "no."



Bar Charts 3.3.2

The answers from Bar Charts 3.3.2 consisting of 'Moody', 'Anxiety', 'Memory Issue' and 'Trouble Concentrating' were listed for the respondents who actually stated that they experienced any kind of side effect from sleep deprivation. These answers were given to the respondents because it can have a severe impact on mental health. From around 96 responses of 141 responses which also 68.1%, mostly answered that they have trouble concentrating on their studies or any other kind of thing that may need concentration. This may affect the students, especially in their studies because they cannot fully focus on their lectures and might miss the lesson compared to other students who did get enough sleep. In addition, Bar Chart 3.3.2 also shows that 60.3% of the respondents are easily moody in the meantime. The respondents have unstable emotions and easily getting angry over little things. The remaining 39% and 44% consist of "anxiety" and "memory issues" also experienced by the respondents because of sleep deprivation. However, the statistic also shows that respondents may experience more than one side effect of sleep deprivation.

CONCLUSION

Practicing proper sleep hygiene should be taught and prioritised in society, similar to the importance of proper nutrition and exercise. Further research should be conducted to determine the exact mechanisms by which sleep deprivation exacerbates the disorders discussed in this paper. Once we understand the mechanisms, we may be able to propose a solution to target these positive feedback loops appropriately. Ultimately, the best solution would be to practise proper sleep hygiene habits that reduce the effects of sleep disruption.

The evidence shows that sufficient sleep quantity is necessary to function adequately as an undergraduate student. Our review of the literature reveals that lack of sleep can negatively affect academic performance, as well as generate problems, such as an increase in medication and procedural errors. Sleep deprivation can have a profound impact on brain function, mental health, and psychomotor performances. Our proposal for further study has the potential to add to our body of knowledge and aims to help university students sleep better. By studying quality of sleep and its effects, researchers can examine ways to ensure university students get adequate sleep each night. Interventional studies can be conducted to analyse how specific sleep measures can enhance one's sleep quality. Sleep quality is critical for optimal health, mental acuity, and performance; therefore, it is essential that further research be conducted in order to mitigate the impact of sleep deprivation and promote healthful, restful sleep.

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24. How Social Media Affect Youth Well-Being

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Abstract

This paper seeks to answer a general question "How does Social Media Affect Youth Well-Being?" The paper focuses on the effect of social media on youth well-being and ways to minimize the use of social media among youth. Social media makes a significant contribution online that connecting a group of communities that interact and exchange knowledge. Some youth extensively use social sites such as Facebook, Twitter, WhatsApp, and Instagram. These are not just social networking platforms but also where people can share their personal information with the people and community. Data analytics gathers and analyses data from social networking platforms that allow companies and businesses to make smart choices. Social media also has a paramount effect on youth's well-being to consider human nature and adversely becoming greedy and fanatical. Data were drawn from 110 Universiti Sains Malaysia students.

Keywords: social media, youth, effect, social networking platforms, well-being

Introduction

Social media is a broad category that encompasses networking platforms that allow users to both create and consume content. Common examples include Instagram, Facebook, and TikTok (Nesi, 2020). Nowadays, the number of active media users has increased significantly making it one of the most important applications of the internet. The internet is a 'natural' extension of the offline society as it is known by other generations (Seraphin Alava, Divina Frau-Meigs, and Gayna Hassan, 2017). Furthermore, the internet brings a lot of benefits, especially to the young generations. Besides during the pandemic Coronavirus or known Covid-19 spreading around the world also Malaysia has been infected. In this case, most people prefer to use online platforms such as social media. For example, social media like Instagram, Facebook, Twitter, Tiktok, WhatsApp, etc. Hence, it is much easier to type words on a screen than say them to someone's face and see the reaction to our words. In addition, social media use can allow young people to express themselves positively, letting young people put forward a positive image of themselves. I believe that most of the users are young people. For example, in the middle of 2019, social media like Tiktok were not popular but from 2020 to 2022 the number of users increased. This shows that the use of social media increases year by year and I believe that the users are mostly

youth. Social media became the choice of young people because it enabled them to develop online connections with people within their immediate friendship group.

As we look ahead to 2022, let's dive into how social media usage has changed since the previous years. Keep these social media statistics in mind as you create your social media plan this year. More than half of the world's population uses social media now. Around the world, there are 4.88 billion internet users now, which equates to almost 62% of the world's population. Over the past 12 months, the number of active social media users increased by more than 400 million, an addition of 9.9% for the total number to reach 4.55 billion. More than two-thirds of the world's population have access to mobile devices contributing to 5.29 billion unique mobile users. TikTok passed the 1 billion monthly active user mark at the end of September 2021. This makes the platform seventh on the list to join the exclusive billion-user club of social media platforms. The average daily usage of social media is 2 hours and 27 minutes. 6 out of every 10 people on the planet have a social network account. 85% of marketers rate short-form videos as the most effective type of social media content.

Young people aged 16-24 are the most active social media with 91% using the internet for social media. Young people share information and network with others and gain support also health information (Jonathan Lazard and Samuel Stones, 2019). Based on our survey, we can see that some of the youth addicted to social media can cause them to have poor school performance, lack of time spent with family and friends, low self-esteem, anxiety, and so on. Hence, mental health is now important to all youth whether male or female because it can happen to everyone as we are still young, we have to take it seriously. Well-being regardless of race, or religion matters and it's important for the youth too.

Literature Review

Despite the interruption from the research, youth are forming pleasant and social links with the community that exists around them. In the beginning, social media brought benefits to the young, especially in education, so they could do research easily. However, in this era, it brings critical consequences to the youth when they are addicted to social media. For example, low self-esteem, anxiety, poor school performance, due to bipolar disorder, increased risk of sleep disorder, and lack of time spent with family and friends. The latest figures show that there are expected to be 4.59 billion social media users worldwide in 2022—a 7.8 percent increase from a year ago. It is also 1.9 billion more than the number of social media users in 2017, representing a whopping 68.1 percent jump in just five years. As we know that the number of users is increasing day by day among the youth and it was observed that 82.6 percent of young people believed that media social had a strong effect on their social behaviour (Adhamiya Kusuma, 2020). Unfortunately, some of the youths do not use social media for educational purposes or something that might bring goodness to them hence some youth feel uncomfortable and they might have problems as we stated.

Research Methods

Sample and Data

Our sample consisted of 110 students from Universiti Sains Malaysia. We collected data from different schools of Universiti Sains Malaysia. For example, pure arts, science physics, and so forth. Our respondents were Malaysian and international students.

Respondent Profiles

The research utilized 110 students from different schools of the Universiti Sains Malaysia. Most

respondents were female (63.6%) compared to male (36.3%) students. A total of 49.1% of the respondents were 19 years old, followed by (40.0%) of 20-year-old students, 21 years old (4.5%), and 22 years old (6.3%). For nationality, (45.5%) of the respondents were Malay, followed by Chinese (40.0%), Indian (8.2%), and others (6.3%).

Table 1
Profiles Of Respondent

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	40	36.3
	Female	70	63.6
Age	19 years old	54	49.1
	20 years old	44	40.0
	21 years old	5	4.5
	22 years old	7	6.3
Race	Malay	50	45.5
	Chinese	44	40.0
	Indian	9	8.2
	Other	7	6.3

Results and Discussion

Data Analysis

To analyse the data from our sources, we surveyed 16 different schools of Universiti Sains Malaysia. Data analysis tools include Excel. Data analysis software and other tools help us interpret and understand the data and arrive at conclusions.

Table 2
Opinions of Respondent

Questions	**Category**	**Frequency**	**Percentage (%)**
How often do you check your social media account?	Hourly	60	54.5
	Daily	48	43.6
	Once in 2 - 3 days	2	1.8
	Once a week	0	0
On average how much time do you spend on social media?	Less than 30 minutes	5	4.5
	1 - 2 hours	35	31.8
	More than 4 hours	36	32.7

	3 - 4 hours	34	30.9
Which of the social media accounts do you currently use?	Instagram	89	80.9
	Facebook	40	36.4
	WhatsApp	102	92.7
	Twitter	44	40
	TikTok	63	57.3
What is the effect of oneself addicted to social media?	Low self-esteem	51	46.4
	Anxiety	31	28.2
	Poor school performance	38	34.5
	Due to Bipolar Disorder	11	10
	Lack of time spent with family and friends	79	71.8
	Increased risk of sleep disorder	75	68.2
How often do you share posts on your social media accounts?	Everyday	9	8.2
	1 - 2 times a week	16	14.5
	Slightly often in a month	26	23.6
	Not at all often	59	53.6
Do you share your personal information on social media?	Yes,	10	9.1
	No	100	90.9

Discussion

The purpose of this survey is to investigate the effect of social media on youth well-being. First of all, in the survey that we conducted, 54.5% of youth aged (19 – 22) check their social media accounts hourly every day. None of them check once a week. Besides that, only 43.6% of the youth check their social media daily. For example, when the youth frequently check their social media accounts, they can be addicted to it. This can lead them to have poor school performances, sleepless nights, low self-esteem, lack of time spent with family and friends, and anxiety and resulting in bipolar disorder.

Furthermore,32.7% of the youth aged between 19 – 22 spend the most on social media. It is around 4 hours every day and the least number of them spend less than 30 minutes. As we research, only 28% of the youth spend According to a report published by Consumer Behaviour, the millennial generation prefers spending about 2 hours and 38 minutes on social media sites per day. The wasted time on social media can lead to deteriorating performance in academics and poor socializing skills. Hence, they

should be educated to limit their media time. Facebook, YouTube, WhatsApp, and Instagram are the most popular social networks that young people use.

In addition, based on the survey we can conclude that WhatsApp reaches approximately 92.7 % between the youth ages of 19 – 22. This shows they spend most of their time on WhatsApp compared to other social media sites. Instagram only reaches 80.9% of youth. Facebook only captures about 36.4% of youth between the ages of 19 – 22. Twitter gets about 40% of youth spending just a little time on this site. Studies that look at the larger population have found similar results regarding WhatsApp's dominance of the social media space. From the research, we can conclude that on January 2022, 89% of the people in Malaysia use social media. It was a rise of 43% from 2016 when social media users accounted for only 62% of Malaysia's entire population. We saw an increase of 8% in social media users from 2021 to 2022. WhatsApp sees the highest number of users with a penetration rate of 93.2%, followed by Facebook at 88.7% and Instagram at 79.3% (Kepios, 2022). Similarly, Singapore and Indonesia both see the top 3 platforms to be WhatsApp, Facebook, and Instagram. Malaysia is the leading video-consuming country in Southeast Asia, with an average of 7.2 hours a week spent watching online videos. Malaysians spend an average of 3 hours a day on social media (Statista, 2021). There is an average of 8.2 social media platforms used per person each month.

As we see from the result in table 2,71.8% of the youth agree that social media can affect bonding time with family and friends. The effect of social media is a powerful one. Most often technology can bring forth negative interaction, or zero interaction between siblings, couples, parent-child, or even friends. It starves the family of learning and modelling with each other social cues, interpersonal relationship skills, communication skills, and bonding. Besides that, 75% of them concur that using too much social media can result in falling asleep and less sleep they get during the night. These sleep issues were then linked with increased symptoms of insomnia and depression. Furthermore, 34.5% of the youth agree that students who spend more time on social media sites are likely to demonstrate poor academic performance. This is because they spend time chatting online and making friends on social media sites instead of reading books.

Accordingly, 8.2% of the youth share posts on their social media every day. When asked what topics they post about on social media, roughly half of teens say they post about their accomplishments on social media, and the others declare that they post about their family, emotions, and feelings on these sites. Most of the youth aged between (19 – 22) report that they rarely (23.6%) or never (53.6%) share posts on their social media sites.

Besides that, 9.1% of the youth always use social media to share their personal information. They think that it is much easier to type words on a screen than say them to someone's face and see the reaction our words cause. This is the reason why they lack time with family members and friends. For instance, when sharing these photos, users posted them with the hashtag #ClassOf2022. Scammers can quickly scan sites for this hashtag and possibly find the name of your high school and your graduation year. "Hackers looking to break into your private accounts could use any piece of information you share in a viral challenge," Turow says.

Effect of social media on youth well-being

As we all know, there are many benefits of social media for us and there are also many bad effects of social media for us. There are pros and cons to using social media. Here I want to explain the bad effects of social media that can affect youth well-being. Among the effects that we will explain are low self-esteem, due to bipolar disorder, lack of time spent with family and friends, anxiety, poor school performance, and increased risk of sleep disorder.

Low Self-Esteem.

What is low self-esteem? Low self-esteem is a lack of confidence and a feeling of incompetence or inadequacy. When our self-esteem is low, we tend to see ourselves and our life in a more negative and critical light. We also feel less able to take on the challenges that life throws at us.

Low self-esteem often begins in childhood. It may be due to exposure to negative thoughts and setting very high standards for oneself. In addition, bitter previous memories such as serious illness. It may also be because when individuals are young, they do not have the opportunity to meet their parents' expectations. For example, not getting good marks in their exams.

How does social media affect youth well-being and low self-esteem? There are a lot of pictures of perfect people on social media platforms. This can degrade our self-esteem. Therefore, there is an unhealthy comparison and competition (Sabrina,2022). Seeing others live their best lives can make someone who already struggles with low self-esteem and self-doubt feel that they are living below-average lives. It causes people to lose the battle against their issues. Low self-esteem can cause you to withdraw from social situations, cease doing new activities, and steer clear of difficult situations. An individual may also develop unhelpful habits.

Lack of time to spend with family and friends.

A strong familial relationship can be difficult to forge, but it is very simple to break. A weak family tie might result from insufficient family time. You can not only have communication problems with your children but also with your spouse. Strong familial ties can prevent children from developing drug use disorders as well. When it is gone, there is no more love, understanding, or trust among family members. Not spending enough time with your family can lead to a weak family bond. Based on the survey that we conducted, 71.8% of the youth agree that social media can affect bonding time with family and friends.

The impact of social media on families has been researched. The breakdown of family contact caused by technology is a growing issue for psychologists. Families may lose focus, communication, and a sense of security from one another as a result. Alone Together, a book by Sherry Turkle details research in which parents and kids were questioned about their views on technology. The outcomes were astonishing. Many kids claimed that they thought their parents were phone or computer addicts. Children expressed a wish for their parents to interact and spend time with them. This study demonstrates the rise of social media addiction in families and the necessity of increasing social connections within families (Jacquelyn,2019).

Children's screen time increases as parents' do. In this research, screen time comprised time spent on computers, television, smartphones, and video games. Children imitate what they are taught, and research has shown that children are more likely to engage in harmful behaviour when parents use smartphones when they are sitting with them at a playground. Additionally, kids who used social networking sites frequently reported that their parents gave them less support.

Increased Risk of Sleep Disorder.

The rise of social media has transformed the way we live. It has allowed people to connect with people all around the world in an instant, and it has also provided them with endless entertainment. Most people rely on social media to stay updated with what's happening in the world. When you go to bed, your

brain prepares for sleep, but by using social media, you provide endless stimulation, signaling to your brain and body to stay active and engaged.

According to the survey, 68.2% of them concur that using too much social media can result in falling asleep and less sleep they get during the night. These sleep issues were then linked with increased symptoms of insomnia and depression. Frequently usage of social media, sending a text message, or even looking for the news online before bed will affect our circadian rhythms. Circadian rhythms are physical, mental, and behavioural changes that follow a 24-hour cycle. The point is our wake-up time will change and affect our time management. Blue light stimulates parts of the brain that make us feel alert, keeping us awake when we should be sleeping.

Blue light exposure may have a greater impact on those who wake up to check their phone after falling asleep. Approximately 21% of adults report waking up during the night to check their phone, putting them at an even greater risk of losing sleep and developing a sleep disorder such as insomnia. The temptation to check social media before bed may be too strong to resist.

Due to bipolar disorder,

Social media has become a crutch for many people. What is bipolar disorder? Bipolar disorder is a serious mental illness characterized by extreme mood swings. They can include extreme excitement episodes or extreme depressive feelings. Using social media might exacerbate bipolar disorder-related mood swings and episodes. Going onto social media right before night may worsen sleep. Lack of sleep can lead to manic episodes, especially in women. According to a study, online shopping binges or gambling may result from social media use and high impulsivity during manic episodes.

Anxiety.

Anxiety is characterized by feelings of fear, dread, and uneasiness. It may cause you to sweat, feel agitated, and have a racing heart. It could be a normal stress reaction. Among young people, in particular, social media use can lead to comparing ourselves to other people and solidifying concerns that we are missing out on what other people are doing. The use of social media may also contribute to problems with anxiety and depression, but in part depends on the type of social media interactions (Abi-Jaoude, 2020). Inadequacy in one's life or appearance. Even if you are aware that the images you see on social media have been manipulated, they can make you feel insecure about how you look or what is going on in your own life. Cyberbullying. Approximately 10% of teens report being bullied on social media, and many other users receive offensive comments. Twitter, for example, can be a hotspot for spreading hurtful rumours, lies, and abuse that can leave long-lasting emotional scars.

Poor School Performances.

Addiction to social media will affect your school performance. According to research, students spend a maximum of 12 hours per week on social media. Social media has a significant impact on their academic performance. Students who use social media frequently receive lower grades. According to my observations and research, social media negatively impacts students' grades and other academic performances. Students prioritize the use of social media and want to use it at all times, including during class. Students did not pay attention in class, and as a result, they missed a lot of important information for their studies and learning. This, of course, has an impact on their academic performance.

Prevention Measures

Based on studies, we realized that nowadays youth with internet access spend an average of 240 minutes

on social media every day. There would be some long-term effects among youth such as low self-esteem, anxiety, social isolation, and loneliness. Hence, we need to take some actions to break the addictions to social media among youth. The ways we can minimize the effects of social media addiction are to discover some new hobbies, uninstall the unused app and turn off the social media notification.

Discover some new hobbies

First and foremost, we can discover some new hobbies aside from social media. We can discover hobbies that can benefit us. For instance, we can do some regular exercises, play badminton, or participate in campaigns. These activities can break our social media addiction and improve our self-esteem. Self-esteem also plays a vital role in our life. Living with low self-esteem can harm your mental health and lead to problems such as depression and anxiety. Besides, we could learn a new skill or do something we've always wanted to do but never had the time for. We'll probably surprise ourselves at how much free time we have when you stop mindlessly scrolling through your newsfeed.

Delete the unused app

We can uninstall the unused app. According to the studies, we found that youth tend to spend most of their time on social media such as TikTok, Instagram, Facebook, and WhatsApp. Here's a quick run-down of the studies that have shown that social media isn't perfect for mental well-being, and in some ways, it can be pretty damaging. But in the social network world, it seems that any kind of comparison is linked to depressive symptoms. We should take time to stay away from screens or even an extended hiatus from social media platforms can help altogether reduce the risk of social media addiction (Shannon,2018). A common chorus among experts in The Social Dilemma and those who make their money writing digital detox guides is to uninstall apps we are not using often. Haven't you checked Twitter, WhatsApp, Instagram, and others in months? Take it off our phone. It will remove the temptation, the notifications, and the temptation to scroll mindlessly. If we need to check it, there is always your laptop. Maybe even delete the ones we do use. Having an extra step to go through when we feel the urge to hate-read someone's Twitter, WhatsApp and other social media feeds will make us think about whether we need to do it.

Turn off the social media notification

We can turn off social media notifications. When it comes to stepping back from our phones, Do Not Disturb is our best friend. When we stop notifications from disturbing our normal routine, we might find it easier to concentrate on our daily tasks and not get distracted so easily. Social media notifications are a constant reminder that something is happening in the online world and we might feel like we're missing out. So, to quell our FOMO, turn off our notifications. The bonus is, when we do come around to check our social media, we may have a build-up of more notifications which will make it more exciting and will make the experience more rewarding.

Conclusion

As technology is growing, social media has become an imperative part of our society. Based on the survey, we can see that most of the youth, especially those between the ages of 19 and 20, have spent most of their time on social media. They spend more than four hours on social media in their daily life. Most of them use it for things that are not beneficial, such as chatting with friends through WhatsApp, scrolling Instagram, and watching videos on TikTok every day. Social media has a damaging effect on the lives of the youth since it can cause a lack of time spent with family and friends, increased risk of sleep disorder, and low self-esteem. Therefore, as a youth, we must control ourselves by using social media. We should have a perfect balance between social media and our work such as spending our time

with our family members and getting enough sleep. Besides that, we must have self-discipline and change our habits of spending too much time on social media.

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25. The Impact Of AI Chatbot Adoption On Customer Experience In E-Retailing

Chee Kai Xin

Abstract

The changes in shopping norm from offline to online due to the outbreak of pandemic and rapid development in the field of artificial intelligence (AI) has redefined customer experience. This brought good opportunities for organisations to provide better customer service by interacting with customers using chatbot. In this research, the factors of AI chatbot that will affect online customer experience in e-retailing market is studied. This paper applies technology acceptance model (TAM) to design a research model and examine the relationship between the usability and responsiveness of chatbot and online customer experience. Quantitative method is used to collect 101 usable online questionnaires from respondents in Malaysia and the data analysis is done using Statistical Product and Service (SPSS). The results show a positive relationship between chatbot usability and online customer experience, while there is no significant relationship between chatbot responsiveness and online customer experience.

List of Abbreviations

Abbreviation	Explanation
AI	Artificial Intelligence
KMO	Kaiser-Meyer-Olkin
OCE	Online Customer Experience
R	Responsiveness
SPSS	Statistical Package Social Science
TAM	Technology Acceptance Model
U	Usability

1.0 Introduction

1.1 Chapter overview

The first chapter of this project dissertation introduces the research area and outlines the background of present study. It briefly reviews the changes in AI field which subsequently result in the increase of AI chatbot adoption and outlines the problems of lacking understanding of customer experience with chatbot in e-retailing. Then, the research objectives are formed based on the theories learned. This is followed by the research questions and significance of study.

1.2 Background of study

In recent past, the rapid development of technology and advancement of Big Data have resulted the world to become digitalised. With the impact of the modern technology on the world, the percentage of artificial intelligence (AI) to be adopted has also increased relatively. Many companies have adopted AI in their business environment in order to assist them in sales and customer service (Haenlein and Kaplan, 2019). A study has found that 41% of the firms highly used AI chatbot to help increasing their sales (Press, 2019). With the assistance of AI chatbot, their sales have been improved by 67% (Press, 2019). Besides, 67% of the customers in the world has interacted with the chatbot to gain customer support and 87.2% of them have provided positive or neutral feedback after using it (Moran, 2022). Since the majority of customers have accepted the chatbot and it has positive impact on the company's

sales, more and more organisations started adopting AI chatbot to remain its competitiveness in the e-retailing market.

In addition to the sudden outbreak of coronavirus (COVID-19) pandemic, it has changed the world and brought immediate impacts to both retailers and customers. The impacts are very significant as many retailers faced challenge in sustaining their business while the customers are forced to change their purchasing habits. For instance, there is a series of challenges faced by the retailers who sell the non-essential goods such as jewellery and apparel after their sales has dropped significantly (Sabanoglu, 2021). This situation happened due to large number of customers have changed their purchasing decisions from offline to online. Thus, there is a significant growth of online customers (Tighe, 2021). However, the increase of online customers caused the deterioration of physical stores (Statista Research Department, 2020). For them to sustain themselves and continue their business, retailers transformed their business online and started adapting new marketing and selling strategies (Roggeveen and Sethuraman, 2020). More and more new firms are emerging in the online market, leading to intense competition in the industry (Milaković, 2021).

Facing the challenge of strong competition, the firms are pushed to make changes like provide professional and higher quality customer service that will affect customer experience so to differentiate itself from its competitors and attract more online customers. As customers nowadays care more about their shopping experience, good service provided can impress and retain its customers. These changes made by companies to achieve competitive advantage have led to a change in the roles of AI chatbots (Davenport et al., 2020).

As defined, chatbot is an AI software used to assist online customers by providing customised assistances in real-time. The interaction between chatbot and customers is carried out through direct chat or voice message. A chatbot can mitigate the customer risks and solve their problems faced during online shopping and purchase. When the problems faced by the customers can be solved successfully by the chatbot, they have less worry while making decision to purchase online (Chen, Le and Florence, 2021). As a result, they are increasingly interested in using chatbot as a channel to communicate in the online shopping platform, especially female customers. This circumstance can be seen from the statistic found by Jovic (2022) that nearly 50% of female customers like chatbot and frequently use this application when shopping online, while only 36.81% of men have the same interest. Thus, it can be concluded that female shoppers are more likely to use chatbot in e-retailing compared to males.

Apart from the capability to solve problems, factors of chatbot such as responsiveness and usability are important in achieving customer satisfaction. For example, the real-time interaction provided by chatbot and its ease-of-use improved the overall performance and fulfilled the customer expectation. Thus, an effective and efficient chatbot personalised service enhances the experience of online customer (Chung et al., 2020). By adopting chatbot in the field of e-retailing, retailers are given good opportunities to deliver high value service to achieve customer satisfaction and improve their experience while shopping online.

1.3 Problem statement

As there are increasingly number of firms that adopted chatbot in supporting their online business operation, its potential to increase company's operation efficiency had been recognised (Chen, Le and Florence, 2021). Nonetheless, there are still problems that slow down the growth of chatbot. Some previous researches have studied about the functionality of chatbot that will affect the customer experience. For example, factors such as service quality, security and social aspects have been assessed to find out the effectiveness and efficiency of the chatbot (Meyer-Waarden *et al.*; 2020; Hasal *et al.*, 2021). Furthermore, there are in-depth studies about the use of chatbot to provide customer service (Nordheim *et al.*, 2019). However, there is a lack of knowledge concerning the customer value

perception towards AI chatbot.

Moreover, there are some researches which have explored the effectiveness and efficiency of chatbot interacting with human (Przegalinska *et al.*, 2019; Roy and Naidoo, 2021; Broeck, Zarouali and Poels, 2019). From the study, the problem of some retailers who continuously invested in different e-commerce applications without concerning about the usefulness and success of those system has been shown. Not only the technologies do not reach their full potential, but this action causes the retailers to experience financial losses. There is also high possibility that the customers will feel dissatisfied. This problem is very critical as its usefulness has been neglected. Furthermore, there is still lack of study regarding the perceived value delivered by chatbot to the customers. Therefore, a gap in knowing the value experienced by online customers using chatbot in e-retailing is existing (Chen, Le and Florence, 2021).

Additionally, the late implementation of AI in the business field, specifically in e- retailing after customers have accepted the application increases the importance of understanding their motivation in using AI. It is vital for the better growth of AI adoption in e-retailing (Chopra, 2019). Although Rajnerowicz (2022) conducted a study of the United States chatbot user population profile, indicating that male and female shoppers in the country have different degree of liking chatbot, but there is still lack of study on the related topic in Malaysia. Also, in term of AI chatbot, the study regarding whether its usability or responsiveness has greater impact on customer experience is still lacking (Chen, Le and Florence, 2021). Therefore, this paper delves into the knowledge regarding online customer experience in using AI chatbot in e-retailing in Malaysia.

1.4 Research objectives

The main objective of this research is to investigate the impacts of AI chatbot adoption on customer experience in e-retailing.

In particular, the research objectives are:

1. To identify the relationship between AI chatbot usability and online customer experience in e-retailing.
2. To investigate the relationship between AI chatbot responsiveness and online customer experience in e-retailing.
3. To examine the difference between male and female customers in using AI chatbot.
4. To study which factor of AI chatbot (usability and responsiveness) has more impact on online customer experience in e-retailing.

1.4 Research questions

A research question ‘Is there any impact from the adoption of AI chatbot towards customer experience in e-retailing?’ has been developed based on the main research objective.

The specific questions are:

1. What is the relationship between AI chatbot usability and online customer experience in e-retailing?
2. What is the relationship between AI chatbot responsiveness and online customer experience in e-retailing?
3. Is there a difference between male and female customers in using AI chatbot?
4. Which factor of AI chatbot (usability and responsiveness) has more impact on online customer

experience in e-retailing?

1.5 Significance of study

This research will provide new insights into the customer perceived value on AI chatbot in term of usability and responsiveness. Specifically, the study will benefit the further researchers, companies involved in e-retailing and the community. In the academic part, this study contributes the knowledge about customer experience using chatbot in the field of e-retailing and closes the gap mentioned. Also, the knowledge and results obtained can be used for future discussion on the customer acceptance towards chatbot usage.

Besides, companies that involve in e-retailing will be directly benefited from this study as its findings provide more valuable information about the customer preferences towards chatbot. It provides awareness to the company on how the chatbot usability and responsiveness might affect the customer experience. It can be the reference for the company to decide the adoption of chatbot in providing online customer service.

Also, the community will further realise the use of AI chatbot as a useful tool to obtain simple answers. The society may be aware of this application and consider it as an alternative way to receive instant responses or reach the customer service team.

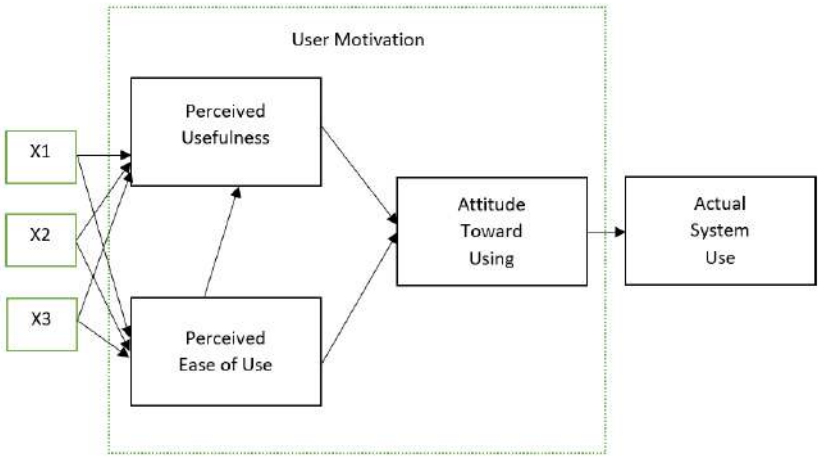
2.0 Literature Review

2.1 Chapter overview

This chapter mainly involves the review of related literature about the factors of AI chatbot in terms of usability and responsiveness that affect online customer experience. The chapter firstly introduces Technology Acceptance Model, the supportive framework for this research. The second part discusses on the theory of online customer experience while the following part focuses on the chatbot usability and responsiveness. While discussing on both chatbot factors, some hypotheses are developed.

2.2 Underpinning theory: Technology Acceptance Model (TAM)

Technology Acceptance Model (TAM) is a framework developed by Fred David in 1989 (Kock, 2014). He explained the user motivation by focusing on three variables which are perceived usefulness, perceived ease of use and attitude toward using system. Among the variables, the attitude of a user was considered as the main variable determining whether the user accept or reject the system, while the other two variables are factors influencing the attitude. There is also a relationship between the two variables, perceived ease of use and perceived usefulness. Moreover, both the variables are assumed to be influenced by the characteristics of system, represented by X1, X2, X3 (Mohammad Yasser Chuttur, 2009) in Figure 2.1.



Source: Mohammad Yasser Chuttur, 2009
Figure 2.1: Technology Acceptance Model (TAM)

Nowadays, TAM has been widely cited in many researches that study the individuals' acceptance of technology (Mohammad Yasser Chuttur, 2009). It is used to evaluate their acceptance of new technology based on their attitudes (Allen, 2020). As this research involves the study of customer acceptance of chatbot by investigating the perceived value delivered to the customers, so TAM is used as a supportive framework to explore the chatbot adoption based on customer behaviour and experience.

2.3 Dependent variable – online customer experience

Customer experience is described as customers feelings upon interacting with an organisation's goods, services or atmosphere (Jain, Aagja and Bagdare, 2017). It is also a useful concept that should be focused by business to create overall customer value and achieve differentiation, customer expectation and gain competitive advantage (Jain, Aagja and Bagdare, 2017). It has been recognised as a key factor affecting the customers' future purchasing behaviour while shopping online. When the customer's perceived expectation in the online retail market is fulfilled, a good online experience is formed, conversely, when their expectations cannot be met, a bad experience is obtained However, whether it is a good or bad experience, it can still affect the sales performance in e-retailing (Pappas *et al.*, 2014). Therefore, e-retailers should emphasise on this aspect and make necessary improvement if needed. In the field of e-commerce, customer experience is defined as a subjective response from the customers while they have any direct or indirect interaction with an organisation. The subjective response can be created in the customers' mind after interacting with such components like e-retailing environment, products and advertising (Jain, Aagja and Bagdare, 2017; Rose, Hair and Clark, 2011). As customer experience is an impression formed internally in one's mind, it can be identified as a psychological sensation which is distinct to different customers (Zhang *et al.*, 2017).

Based on Srivastava and Kaul (2014) as well as Moon and Armstrong (2020), factors such as social interaction, convenience and service quality have positive impact on customer perception towards online shopping. As the retail outlets are slowly expanding to online, customers started experiencing the real-time interaction through smart phone application or advanced technology such as AI chatbot. As a result, the social environment changed, and unlike traditional physical outlet, customers cannot interact with retailers and experience products in a face-to-face manner (Moon and Armstrong, 2020). Therefore, those factors that can positively affect online customer experience like good online service quality are important to be maintained in order to meet customer expectation and provide them good shopping experience. Thus, e-retailers should change their strategy to focus on both core products and

customers' experience, rather than relying solely on traditional product value proposition to create differentiation and a great online experience (Jain, Aagja and Bagdare, 2017).

By having the strategy to create pleasant online customer experience, there is a need for e-retailers to evaluate its effectiveness after making some efforts. Chang *et al.* (2016) suggested evaluating the online customer experience in e-retailing based on intrinsic as well as extrinsic value. On the intrinsic aspect, it focuses more on the joyfulness, enjoyment and fun than the outcomes. Its key attributes of online experience include a sense of confidence, playfulness, novelty and enjoyment. It can be known when customers judge the benefits gained and evaluate whether their demands have been met after consuming online. On the other hand, extrinsic aspect emphasises on economic results such as economic value and performance. A service performance that is timesaving and brings convenience and efficiency is recognised as practicable outcomes of using online shopping platforms. (Chen, Le and Florence, 2021; Wei, Torres, and Hua, 2016).

2.4 Independent variables – chatbot usability & responsiveness

Two elements of a chatbot consist of usability and responsiveness. The term usability means a quality that shows the easiness of a product or human-computer interface used to function to complete a specific task reliably, effectively, and efficiently (Chen, Le and Florence, 2021). The existence of usability is recognised when the product has successfully assisted the users to accomplish their own works in a quick and easy way. Usability metrics to understand user experience include few main factors such as efficiency, error rate, ease of use and user satisfaction (Chen, Rorissa and Germain, 2015; Ren *et al.*, 2022). According to the result of study from Ren *et al.* (2022), researchers are most concerned with satisfaction as a characteristic of usability since this aspect has been evaluated in many studies. When the customers are satisfied with a product, they normally enjoy using it and so have great overall user experience.

Regarding chatbot in the field of e-retailing, it plays a role in providing customised assistance through direct chats system to customers in the online shopping platforms (Chung et al., 2020). This customisation that personalises the replies to the customers' requirements improves the online customer experience, as their expectations to have highly personalised system from digital assistants can be met (Kraus, Reibenspiess and Eckhardt, 2019). Chen, Le and Florence (2021) mentioned the customer perception towards companies that adopted chatbots is innovative, but not cheap because the chatbots have the capabilities to start a conversation with human or direct the customer enquiries to certain e-commerce websites showing the products functionality. With just a few questions to get credible advice, chatbots can meet customer expectations and improve their experience by giving them the feeling of receiving personalised service (Prentice *et al.*, 2019).

Furthermore, feelings of enjoyment such as fun is significant to the online customer experience, as it enhances the perceived value received by the customers while adopting digital applications such as chatbot. Besides, positive perceptions can be generated if the interaction are accurate, smooth and complete to facilitate the process of understanding and communicating. Clear and specific information provided by chatbot makes reading easy and increases the probability of customers to feel comfortable and valued (Chen, Le and Florence, 2021; Go and Sundar, 2019). From these arguments, a hypothesis is derived:

H1: There is a relationship between chatbot usability and online customer experience in e-retailing.

The readiness to provide a customer quick assistance or accessible service is called responsiveness (Chen, Le and Florence, 2021). There are some facts that makes customers to feel enjoyed, valued and comfortable interacting with a chatbot (Chen, Le and Florence, 2021). For instance, quick responses provided by chatbot to reply customers' queries, ease of contact and chatbot availability which is 24/7

customer service improve customer impression towards chatbot (Chung *et al*., 2020). Also in this study, responsiveness means the time taken to make a response. If the chatbot is more responsive, the customers perceived the company as more innovative (Chen, Le and Florence, 2021).

According to the statistics found in Userlike (Leah, 2021), there are about 68% of respondents like the high responsiveness of chatbot as they can get the answers within a short period of time. At the same time, they also appreciated the chatbot are accessible for 24 hours, even out of the business hours. This allows them to enjoy the benefit of posting questions or requests and receiving simple answers despite standard working hours. However, Mogaji *et al.* (2021) mentioned that there are still some users facing the problem of chatbot lacking response while they communicated with the chatbot. Late respond, or even no reply from the chatbot has decreased customer engagement and resulted dissatisfaction and unfavourable customer experience. Therefore, a hypothesis is proposed as follows:

H2: There is a relationship between chatbot responsiveness and online customer experience in e-retailing.

Based on a study by Zhang *et al.* (2020), it is found that the interaction between AI chatbots and different genders (male and female) produces different results. It also shows that the reaction of female and male towards an intervention of AI chatbot varies drastically. Furthermore, prior studies have also produced similar findings that states the percentage of female customers who interacted positively with an AI chatbot is 1.77% higher than their male counterparts (Schubel et al., 2021). Hence, a hypothesis is developed:

H3: There is a difference between male and female customers in using AI chatbot.

2.5 Theoretical framework

This framework is designed based on TAM model to find out whether online customer experience can be affected the chatbot usability and responsiveness.

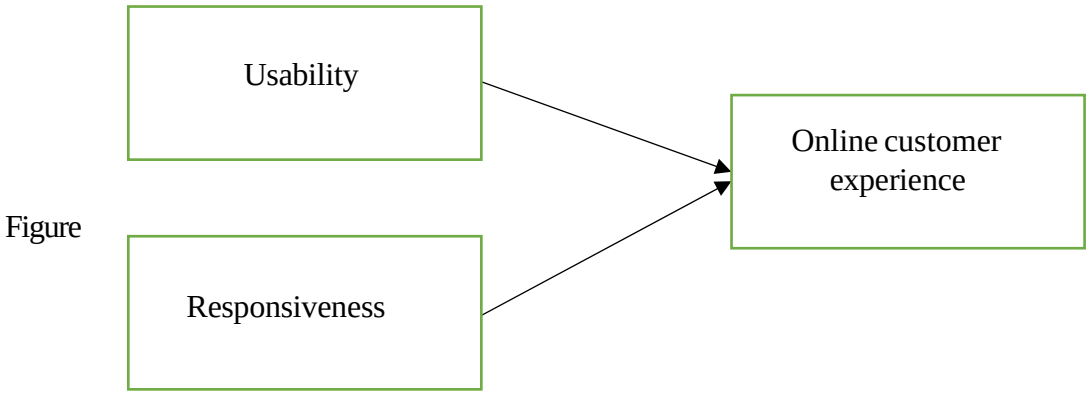


Figure 2.2: Theoretical framework

3.0 Research Methodology

3.1 Chapter overview

The chapter shows the research methodology applied by this study. It explains every component involved in this research from type of study, population, sampling frame and method used to select respondents. Lastly, it details the selected methods of both data collection and data analysis.

3.2 Research design

Based on Sekaran and Bougie (2016), research design is a blueprint constructed to tackle the research questions through data collection, measurement and analysis. Its elements include research strategy, unit of analysis, data collection method and sampling design. Therefore, in this research, the subsections which are type of study, unit of analysis, population, sampling frame and method and data collection method under this part are developed by referring the elements mentioned above.

3.2.1 Type of study

Type of study is chosen according to the research objectives and questions developed in the study. The type of this study is survey research. According to Sekaran and Bougie (2016), survey is normally applied in descriptive research to collect data about situations or people. For instance, it is often used in the study of customer satisfaction and decision making. Thus, survey is suitable to be used to collect quantitative data regarding customer experience on using chatbot in this research.

3.2.2 Unit of Analysis

The unit of analysis is the main entity being analysed in the research. In this study, the problem statement focuses on the customer perception towards the chatbot adoption, then the main group to be studied is the online customers that used chatbot before in e- retailing. Individual is the unit of analysis in this research (Sekaran and Bougie, 2016).

3.2.3 Population

The target population is decided based on the research question that has been clearly defined (McCombes, 2021). As the research is about the impact of chatbot on customer experience, thus online customers who have experienced using chatbot in Malaysia are the research target. The participant's number is fixed according to the minimum sample size calculated through G Power software. By using the software, a number of minimum 68 people are required to involve in this study (Faul et al., 2007). The G Power calculation can refer to Appendix 1. To ensure the validity of data, the invalid questionnaires are filtered out. Therefore, 100 target respondents are fixed to ensure there are still enough data collected after filtering the invalid responses.

3.2.4 Sampling Frame

The sampling frame to obtain data in this study is the name list on social media platforms such as Facebook, Instagram, WhatsApp, and Messenger. Friend lists and groups related to online shopping are the main list to be referred to find the target population.

3.2.5 Sampling Method

In this study, judgement sampling under the nonprobability sampling is used as the sampling method. This method is used because only specific group like online customers who used chatbot before is investigated. This group is the limited population that can provide useful information for this study (Sekaran and Bougie, 2016).

In order to find individuals within target population, sampling was started by referring the friend lists in

each social media platform to choose people for participating in the survey of this study. People from different age categories were selected as target respondents and written into a list created specifically for this study. Then, messages were sent to them privately via the chat system, asking if they have experience in interacting with chatbot before. After getting their replies, questionnaires were distributed only to those who have interacted with chatbot before as they are under the specific group that is studied in this research.

3.2.6 Data collection method

In this research, quantitative data collection method that is applied is survey method. The participants were recruited through social media. A formal list of online questionnaires was designed in the form of closed-ended questions by adapting questions from Chen, Le and Florence (2021). The questions designed for the survey were created in Google Form. In Google Form, those questions are set as mandatory questions to ensure the data collected are complete without any missing data. This ease the process of analysing data. After creating the questionnaires, the participants were searched by following the sampling method. Then, the online questionnaires were distributed to the participants in target group who have been identified as having previous interactions with the chatbot.

3.3 Survey instrument

An online questionnaire with structured questions was developed according to the literature and chatbot adoption in e-retailing by Chen, Le and Florence (2021). There are existing scales that can be utilised to reconstruct, modify and develop for this research. A total of 20 items were adapted to measure the scales of usability, responsiveness and customer experience in e-retailing.

In the questionnaire, there are three different measurement scales which are nominal, ordinal and interval (Likert) scale used in designing this questionnaire. Both nominal and ordinal scale are applied to general questions. The nominal scale is applied to questions such as gender, age and platform using chatbot, while the ordinal scale is applied to educational level, income as well as frequency of online shopping and experience in using chatbot. Besides, the interval scale is applied for all constructs under both dependent and independent variables which are the chatbot usability, responsiveness and online customer experience using a five-point Likert-type scale. This scale is used to measure both variables with the agreement level ranging from 1=strongly disagree to 5=strongly agree (Holmes and Mergen, 2014).

3.3.1 Measurement of variables and construct

3.3.1.1 General questions

The general questions that are asked in this study includes demographic questions such as age, gender and other chatbot-related questions like frequency of online shopping, experience in using chatbot and platform using chatbot.

3.3.1.2 Dependent variables construct

The measurement for online customer experience is based on Chen, Le and Florence (2021). An example question is ‘does the chatbot makes the user feel valued as a customer?’. Except for this question, other questions developed to ask the respondents can refer to Appendix 2.

3.3.1.3 Independent variables construct Usability

The measurement for chatbot usability is according to Chen, Le and Florence (2021). Example of the related question is ‘does the chatbot makes e-commerce websites easy to use?’ Other questions related to this independent variable can refer to Appendix 2.

Responsiveness

The measurement for chatbot responsiveness is formulated from Chen, Le and Florence (2021). An example question regarding responsiveness is 'how fast does the chatbot replies?'. Appendix 2 can be referred to have a look on other related questions. Table 3.1 shows the summary of each construct and its relevant sources.

Table 3.1: Measurement of constructs

Constructs	Number of questions	Sources	Scales
Online customer experience	9	(Chen, Le and Florence, 2021)	5-Point Likert scale
Chatbot usability	8	(Chen, Le and Florence, 2021)	5-Point Likert scale
Chatbot responsiveness	3	(Chen, Le and Florence, 2021)	5-Point Likert scale

3.4 Data analysis

Quantitative data analysis will be applied in this study to analyse the numeric data and statistics derived from the responses to test the hypotheses and discover the relationship between variables. To facilitate the process, Statistical Package Social Science (SPSS) Version 23.0 will be used in analysing the data collected and obtaining results (Lim, 2015).

3.4.1 Factor analysis

Factor analysis is a method used to condense a large number of variables into a few variables. It is also called "dimension reduction". By using this analysis, the underlying relationship for those variables can be examined and being simplified into few sets of composite factors. It is used in this study to identify whether the items of individual constructs such as chatbot usability, responsiveness and online customer experience are in the same dimension (Hair *et al.*, 2017) by reading the table of rotated component matrix.

3.4.2 Reliability analysis

In this research, reliability analysis is also be done to test the stability and consistency of a measure. In term of consistency, this analysis helps examining how well the items of a concept fit together as a set while a coefficient under reliability called Cronbach's alpha shows how well the items in a specific set are correlated to one another (Sekaran and Bougie, 2016). Therefore, it is important to study Cronbach's alpha to examine whether this research is reliable.

3.4.3 Descriptive analysis

Later, to achieve the stage of drawing conclusion beyond the data, both descriptive and inferential analysis will be involved. Descriptive analysis is applied to express the details of data set collected from a sample (Bush, 2020). After doing this analysis, the averages which consist of minimum and maximum statistics, mean and standard deviation can be obtained through measurement. By using these measures, the raw data will be cleaned, sorted and described in a focus way.

3.4.4 Inferential analysis

Next, inferential analysis will take place after the data has been simplified and organised at the step of descriptive analysis. Inferential analysis will be done to study the relationship between both dependent variable and independent variables and test the research hypotheses. Then, a conclusion related to the target population can be drawn when the results have been generated. Two types of inferential analysis which are Pearson's Correlation and Linear Regression Analysis will be conducted with the assistance of SPSS version 23.0 in this study (Lim, 2015).

The first step in inferential analysis is Pearson's Correlation analysis. For the research, this analysis will be conducted to find out the association between dependent variable which is customer experience and the independent variables which are chatbot usability and responsiveness. A better understanding on the relationship whether they are correlated will be provided after the data has been analysed (Lim, 2012).

Next, Linear Regression Analysis will be carried out not only to predict the value of online customer experience based on chatbot usability and responsiveness, but also to analyse the significant relationship between both variables. Besides, it still tests the hypotheses created to answer the research question (Lim, 2012).

3.4.5 Independent sample *t*-test

Independent sample *t*-test is a way used to compare two independent populations to identify whether their means are significantly different. In this study, it is used to study the difference between male and female customers in using chatbot. If *p*-value is less than the significance level of 0.05, it means the mean for two samples is significantly different (Kent State University, 2022).

4.0 Data Analysis

4.1 Chapter overview

This chapter presents the findings of data collected from the samples obtained through distributing online questionnaires. For example, it presents the results of descriptive analysis, reliability test, factor analysis, correlation analysis, regression analysis and *t*-test. The findings presented will be relevant to the research objectives developed in this study while the data analysis method used is already explained in the chapter of research methodology.

4.2 General information of data collected

For data collection purposes, a number of 150 target participants were asked whether they have experience in using AI chatbot on online shopping platform before. Since some of them were not eligible to fill in the questionnaire due to the lack of experience on online shopping or using the chatbot, leaving 101 actual chatbot users are selected to participate in this study. Therefore, the online questionnaires created in Google Form are distributed to the only 101 individual respondents and all questionnaires have been returned.

4.2.1 Missing data

There was no missing data in the questionnaires as all answers are compulsory to be answered by the respondents.

4.2.2 Data entry – codebook

The data received in Google Form is transformed into Excel form. For the general questions, code value is used to replace the data originally in word format. For example, male and female under the gender category have been replaced by 1 and 2 respectively. This is to enable the data can be analysed by SPSS effectively. Besides, the data collected for questions related to dependent and independent variables have

already displayed in specific codes, thus there is no need to make changes on the relevant data. The table showing the codes that represent each answer for the question can refer to Appendix 3.

4.3 Demographic profile

Table 4.1 presents a summary of demographic profile of respondents in detail. The information includes gender, age, highest or current educational level, income, frequency of online shopping, experience in using chatbot and platform of chatbot used.

Table 4.1

Demographic profile of the respondents (N = 101)

Demographic variable	Categories	Frequency	Percentage (%)
Gender	Male	39	38.6
	Female	62	61.4
	Total	**101**	**100**
Age	20 and below	16	15.8
	21-30	64	63.4
	31-40	10	9.9
	41 and above	11	10.9
	Total	**101**	**100**
Highest / current educational level	SPM	10	9.9
	Foundation or Pre-U	8	7.9
	Diploma	21	20.8
	Bachelor's Degree	58	57.4
	Master's Degree	3	3.0
	PhD	1	1.0
	Total	**101**	**100**
Income	No income	42	41.6
	< RM2,500 per month	25	24.8
	RM2,501 – RM4,000 / month	20	19.8
	RM4,001 – RM5,000 / month	7	6.9
	More than RM5,000 / month	7	6.9
	Total	**101**	**100**
Frequency of online shopping	Rarely	8	7.9
	Sometimes	46	45.5
	Often	32	31.7
	Always	15	14.9
	Total	**101**	**100**
Experience in using chatbot	Once	15	14.9
	Twice	15	14.9
	Thrice	4	4.0
	More than 3 times	67	66.3
	Total	**101**	**100**

Platform of chatbot used	Facebook / Messenger	23	22.8
	WhatsApp	11	10.9
	Taobao	17	16.8
	Lazada	11	10.9
	Shopee	37	36.6
	Grab	1	1.0
	Educational website	1	1.0
	Total	**101**	**100**

Note: Rarely – 1-2 times per year, Sometimes – 1-2 times per month, Often – 1-3 times per week, Always – more than 3 times per week

4.3.1 Gender

In this study, there are a total of 62 female respondents (61.4%) and 39 male respondents (38.6%). It represents higher number of females participated in answering the questionnaire compared to males.

4.3.2 Age

It is clear to observe that the age group of majority respondents in this study is 21- 30 years, with 64 respondents (63.4%). Followed by respondents from the age group of 20 years and below, with 16 respondents representing 15.8% of the study. The minority of respondents are from the age group of 41 years and above as well as 31-40 years, with 11 and 10 respondents, representing 10.9% and 9.9% respectively.

4.3.3 Educational level

The majority of respondent educational qualifications are bachelor's degree (57.4%), followed by diploma (20.8%), SPM (9.9%), Foundation or Pre-University (7.9%), master's degree (3.0%) and PhD (1.0%). This finding indicates that most of the participants in this study have involved in higher educational level (StudyMalaysia.com, 2015).

4.3.4 Income

In term of salary, the majority of the respondents are not earning any income, which was 42 respondents (41.6%). The following income groups are below RM2,500 monthly and RM2,501 – RM4,000, with 25 and 20 respondents, representing 24.8% and 19.8% respectively. Then, the numbers of respondents having income of between RM4,001 – RM5,000 and more than RM5,000 are the same, which each of these two income groups has 7 respondents (6.9%). This finding is viewed logical as the majority respondents are still pursuing their studies at higher education level and not working; thus they have no income yet.

4.3.5 Online shopping

The majority of respondents, 46 respondents (45.5%) assume their frequency of online shopping is sometimes, so it indicates that they usually have online shopping about 1 – 2 times a month. This is followed by 32 respondents (31.78%) who often shop online as they have online shopping about 1 – 3 times a week. Respondents who shop online more than 3 times a week (always) and 1-2 times per year (rarely) are considered as the minority, with only 15 and 8 respondents or 14.9% and 7.9% respectively.

4.3.6 Experience in using chatbot

Most of the respondents have more than three experiences with chatbot, which was 67 respondents (66.3%). The minority of respondents have just experienced once, twice and thrice with chatbot, with 15, 15 and 4 respondents or 14.9%, 14.9%, 4% respectively.

4.3.7 Platform of chatbot used

The most popular platform of chatbot used is Shopee, with 37 respondents (36.6%), followed by Facebook or Messenger, with 23 respondents (22.8%). Followed by chatbot on Taobao platform, which has been used by 17 respondents (16.8%). The minority of respondents have experience in using chatbot on WhatsApp, Lazada, Grab and educational website, with 11 (10.9%), 11 (10.9%), 1 (1.0%), 1 (1.0%) respondent(s) respectively.

4.4 Descriptive analysis

Descriptive analysis was conducted to study the mean, standard deviation, minimum and maximum statistics of all variables. Table 4.4 presents the statistic output obtained.

Table 4.4

Descriptive analysis

Descriptive statistics				
Items	**Minimum Statistic**	**Maximum Statistic**	**Mean Statistic**	**Std. Deviation Statistic**
U1	1	5	3.85	0.865
U2	2	5	3.94	0.846
U3	2	5	4.01	0.806
U4	1	5	3.79	1.098
U5	1	5	3.80	0.990
U6	1	5	4.03	0.877
U7	1	5	3.50	0.945
U8	1	5	3.42	0.962
R1	1	5	4.48	0.795
R2	2	5	4.22	0.820
R3	2	5	4.27	0.811
OCE1	1	5	3.15	1.126
OCE2	1	5	3.50	0.855
OCE3	1	5	2.92	1.172
OCE4	1	5	3.42	1.013
OCE5	1	5	3.86	0.980
OCE6	1	5	3.70	0.933
OCE7	1	5	3.75	0.994
OCE8	1	5	3.77	0.915
OCE9	1	5	3.28	1.087

All the items of each variable were measured using a 5-point Likert scales ranging from 1 which refers to strongly disagree to 5 which refers to strongly agree. The results showed the minimum statistics for most of the items are 1 except for U2, U3, R2, R3, indicating that some respondents chose the option of strongly disagree while answering the questionnaire. The maximum statistics for all items are 5, meaning there were respondents strongly agree the statement in the questionnaire.

The findings also illustrated that most of the items were found to be in the right scale on the 5-point Likert scale as the mean statistics for all items are above 3.15, except the only item under the variable of online customer experience with a mean score of 2.92. The close mean for each item indicates that the items are closely related with each other and it requires further test to know how these items are related.

From the results, it can be seen that the standard deviations for all items were mostly in the range

between 0.806 and 1.172. The small range simply reflects low variability in the data set (Bhandari, 2020). It also means the values are more consistent as the answers on the variables given by the respondents did not have much different. As a result, further analysis can be done by using the data.

4.5 Reliability analysis

The reliability test is a way to measure the consistency of a scale by using Cronbach's alpha as an indicator. Ideally, the Cronbach's alpha values for all variables should be above 0.7 as value of 0.7 and above are the acceptable range (Taber, 2018). In an overall view, all variables in this study have a Cronbach's alpha coefficient of more than 0.7. Cronbach's alpha of 0.899, 0.872 and 0.792 are the results for chatbot usability, chatbot responsiveness and online customer experience respectively. Therefore, it can be concluded that all the items in this study are reliable and consistent. Table 4.2 shows the summary result of the reliability test.

Table 4.2

Reliability analysis

Variables	Original number of items	Number of items utilised	Cronbach's alpha
Usability	8	8	0.872
Responsiveness	3	3	0.792
Online Customer Experience	9	9	0.899

4.6 Factor analysis

Factor analysis is conducted to combine information from a large number of variables into a smaller number of variables. While using this analysis, there is no distinguish between dependent and independent variables. Instead, factor analysis analyses all variables together to determine their dimensions or factors.

The 20 items representing 3 dimensions, that are chatbot usability (8 items), chatbot responsiveness (3 items) and online customer experience (9 items) were analysed to identify their dimensions.

The results of factor analysis indicated that Kaiser-Meyer-Olkin (KMO) value is 0.888, which falls between the acceptance range between 0.8 to 1.0 (Stephanie, 2016). The Bartlett's Test of Sphericity is significant (Chi-Square = 1037.058, $p < 0.01$) as it is below 0.05 (IBM, 2021). The results also showed all 3 components of eigenvalues exceed 1 and component 1, 2 and 3 explained 24.549%, 22.425% and 12.537% of the variance respectively. Table 4.3 summarises rotated factors and factor loadings for all variables.

Table 4.3

Rotated factors and factor loadings for all variables

Items	Components		
	1	2	3
U1		**0.604**	
U2		**0.778**	
U3		**0.705**	
U4		**0.731**	

U5		**0.809**	
U6		**0.665**	
U7		**0.548**	
U8		**0.506**	
R1			**0.840**
R2			**0.760**
R3			**0.824**
OCE1	**0.750**		
OCE2	**0.512**		
OCE3	**0.762**		
OCE4	**0.831**		
OCE5	**0.675**		
OCE6	**0.702**		
OCE7	**0.639**		
OCE8	**0.527**		
OCE9	**0.723**		
Eigenvalues	8.077	2.073	1.752
Total variance explained	24.549	22.425	12.537
KMO	0.888		
Bartlett's Test of Sphericity	1037.058		

Note: $^{**}p < 0.01$;
U – Usability, R – Responsiveness, OCE – Online Customer Experience

From Table 4.3, all the items of each variable such as usability, responsiveness and online customer experience were accepted. This is because the items for their respective variable were loaded in specific factor and their loading are above 0.5. As it is obvious to view, all items which had a loading above 0.506 are loaded only in factor 2. Hence, factor 2 seemed to fit well with usability, as all the items were applied to usability. The same goes to the other two variables, which are responsiveness and online customer experience. In term of responsiveness, all items are loaded only in factor 3 and have a loading above 0.760, thus factor 3 seemed to fit well with responsiveness. Finally, all items loaded in factor 1 are applied to online customer experience as the loading is above 0.512.

4.7 Inferential analysis

4.7.1 Correlation analysis

Correlation analysis is used to study the relationship between dependent and independent variables. The findings presented that the usability is correlated with responsiveness (r = 0.320). Both usability and responsiveness are also influencing positively on the dependent variable which is online customer experience (r = 0.655, r = 0.300) respectively. The correlation is significant at the level of 0.01 (1-tailed). Table 4.5 shows the summarise results of correlation analysis.

Table 4.5

Correlation analysis

	Usability	**Responsiveness**	**Online Customer Experience**
Usability	1		
Responsiveness	0.320**	1	
Online Customer Experience	0.655**	0.300**	1

Note: *p*** < 0.01 (one-tailed);
U – Usability, R – Responsiveness, OCE – Online Customer Experience

The correlation analysis in Table 4.5 showed strong associations amongst the variables. However, there is a need to conduct regression analysis to examine the proposed relationships in a more complete way. Linear regression can test the hypotheses and explain the relationships between the variables in this study accurately.

4.7.2 Regression analysis

Linear regression analysis is applied to investigate the relationship between the independent and dependent variables. In this study, this analysis can test whether online customer experience would be affected by chatbot usability and responsiveness.

Table 4.6

Regression for online customer experience

Hypotheses	Standardised beta	*t* value	*p* value	Decision
H1: U □ OCE	0.623	7.789	0.000	Supported
H2: R □ OCE	0.100	1.252	0.107	Not supported

Note: *p*** < 0.01 (one-tailed);
U – Usability, R – Responsiveness, OCE – Online Customer Experience

Table 4.6 showed the result of regression analysis testing the two dimensions which are usability and responsiveness. A positive relationship was found between usability and online customer experience as it was significantly related to the dependent variable ($\beta = 0.623$, $p < 0.001$). The *p* value for usability was within the significance level of below 0.05 (see Appendix 4) (Schmidt, Osebold, 2017). Therefore, chatbot usability was shown to positively influence online customer experience in e-retailing. The hypothesis 1 (there is a relationship between chatbot usability and online customer experience in e-retailing) was supported.

On the other hand, the *p* value for responsiveness ($\beta = 0.100$, $p = 0.107$) was greater than 0.05 (Schmidt, Osebold, 2017), so responsiveness was not significantly related to online customer experience. Chatbot responsiveness has no impact on online customer experience in e-retailing. The hypothesis 2 (there is a relationship between chatbot responsiveness and online customer experience in e-retailing) was not supported. Table 4.7 presents the summary of the supported and not supported hypotheses.

Table 4.7

Summary of hypotheses

	Hypothesis	Decision
H1	There is a relationship between chatbot usability and online customer experience in e-retailing	Supported
H2	There is a relationship between chatbot responsiveness and online customer experience in e-retailing	Not supported

4.8 Independent sample *t*-test

Table 4.8

Independent sample *t*-test results of the difference between male and female customers in using AI chatbot

Gender	N	Mean	SD	SE	*t*	*p*
Male	39	3.5271	0.77599	0.12426	0.460	0.646
Female	62	3.4552	0.75620	0.09604	0.458	0.648

The *t*-test is a technique used to determine whether the difference between two separate groups is statistically significant. In this study, the two independent samples which are male and female were tested to find out their difference in using chatbot by applying *t*-test. Table 4.8 demonstrated the result of independent sample *t*-test. From the result, the *p* value is greater than the acceptable value of 0.05 (Valmiki academy, n.d.). Thus, it was concluded that there is no significant difference between male and female customers in using AI chatbots.

5.0 Discussion and conclusion

5.1 Chapter overview

This chapter mainly involves the summary results and discussion for this research. It discusses the findings by trying to link the previous studies with existing studies on the impact of AI chatbot adoption on customer experience in e-retailing. This chapter also intends to indicate that the research questions for this study have been answered and the hypotheses were tested. Besides, it explains the research implications, identifies the limitation of this study and provides some suggestions for further research too.

5.2 Discussion

The discussion of findings involves the impacts of AI chatbot adoption on customer experience in e-retailing and focus on the two main variables of this research, which are chatbot usability and responsiveness.

5.2.1 Relationship between chatbot usability and online customer experience

The first objective was to explore whether there is a relationship between chatbot usability and online customer experience in e-retailing, as it is found that chatbot with high usability makes customers feel valued and satisfied. A hypothesis was developed to address this research objective to study their relationship. The findings of this study show a significant and positive relationship between chatbot usability and online customer experience in e-retailing. This result meets the findings of previous study (Chen, Le and Florence, 2021).

Meerschman and Verkeyn (2019) have found that some key attributes related to chatbot usability such as available of dependable knowledge and ease of use must be accessible by customers as these attributes will have large impact on online customer experience. For example, if chatbot does not clear about the customers' requests, they will get frustrated with chatbot and start looking for real agents. Also, customers expect the chatbot can be used easily without having the need of learning how to use it through manuals. Without achieving this expectation, they consider the chatbot to be not attractive as their experience have been badly affected. Besides, the results from Rajaobeline *et al.* (2021) showed that the user experience will be improved when the perceived value received by chatbot users in term of usability is good. Therefore, the findings of these researches supported the results obtained in this study.
Also, chatbot with the characteristic of high usability has the ability to make customers feel valued and comfortable as it can solve their problems faced on online platform effectively. This allows them to

experience the feeling of customisation and thus enhances customer experience. They also consider retail businesses with chatbot adoption are innovative (Cicco, Silva and Alparone, 2020). Hence, the companies nowadays should focus on chatbot usability which is an important characteristic affecting customer experience while adopting it in helping them to provide services (Meerschman and Verkeyn, 2019). The current results seem to be reliable with previous study which reveals a positive relationship between the chatbot usability and online customer experience.

5.2.2 Relationship between chatbot responsiveness and online customer experience

The second objective was to study whether there is a relationship between chatbot responsiveness and online customer experience in e-retailing. A hypothesis has been developed accordingly. Interestingly, the results obtained shows there is no significant relationship between both variables and the hypothesis was not supported. The findings of this study were not consistent with the other researches that have been conducted previously (Chen, Le and Florence, 2021; Meerschman and Verkeyn, 2019).

This result could be interpreted that customers in Malaysia may not regard responsiveness as one of the key characteristics for chatbot. They might find using chatbot to seek for assistance or solve problems is time-consuming (Chen, Le and Florence, 2021). There was a survey from Iriani (2021) found that only 20% of Malaysian customers thought that AI chatbot is sufficient without requiring additional assistance from human customer service when they need help. This is because if human factor involves after customers interact with chatbot, there is high possibility that the person providing support does not have any idea about their problems. Customers are required to explain the problems from the start. It is time-consuming when the problems cannot be solved by chatbot directly. This shows that although chatbot can reply quickly to a question, but it can just solve simple problems. Malaysian prefers human to help solving their problems instead of chatbot (Iriani, 2021). Therefore, responsiveness may not the main concern for Malaysians while interacting with chatbot and their experience level will not be affected by this factor (Li *et al.*, 2021).

Besides, the finding can be explained in the context of the existing high responsiveness of chatbot services. As the existing chatbots in the world have the ability to response rapidly, the users will not feel the variation in this variable (Li *et al.*, 2021; Meyer-Waarden *et al.*, 2020). There is no much difference for the customers, thus from the perspective of Malaysian customers, the speed of responses provided by chatbot may not be a priority. These findings support the result of this study which indicates the relationship between chatbot responsiveness and online customer experience are not significant, showing that responsiveness is not necessarily an important factor in customer experience

5.2.3 Difference between male and female customers in using AI chatbot

The third objective was to find out the difference between male and female customers in using AI chatbot. Based on the results obtained from Chapter 4, there is no significant difference in male and female customers in using chatbots. This can also mean there is no specific gender in Malaysia more prefer the use of chatbot in e-retailing.

Due to the outbreak of COVID-19 pandemic, although there are people still going to physical stores to make their purchases, but most of the residents in Malaysia reduced their count of going to shopping malls and they started to go for online shopping, regardless male or female (Syahirah Syed Jaafar, 2020). A statistic showed there is not much difference between male and female going for both physical and online shopping as only 1% difference between these two genders (Hirschmann, 2021). They cannot observe the physical objects while shopping online, thus once they would interest to know more about the objects, both male and female customers will interact with AI chatbot to obtain more information about the things. Therefore, there might be no difference between male and female in using chatbot in e-

retailing.

5.2.4 Usability or responsiveness impact more on online customer experience in e- retailing

The fourth objective was to investigate which factor of chatbot (usability or responsiveness) affects more on online customer experience. The findings shown in the regression analysis have indicated that only factor of chatbot usability has the impact on online customer experience, while responsiveness does not. This is because the *p*-value for responsiveness exceeds the acceptance value of 0.05 (Schmidt, Osebold, 2017). Therefore, both variables cannot be compared as only chatbot usability will affect online customer experience in e-retailing.

5.3 Research implications

The findings of this research provided a deeper understanding of the impact of chatbot adoption towards customer experience in e-retailing. The findings provide both theoretical and practical implications.

5.3.1 Theoretical implications

In term of academic, this study provides a deeper understanding about the AI chatbot adoption in Malaysia online retail market. The findings of this study give the further researchers a basic concept on the perception of Malaysian customers towards chatbot, as this study shows the local customers concern only chatbot usability, instead of both factors including responsiveness when compared to other studies. It can be used as a reference for future study to find out other chatbot factors that might be concerned by Malaysian customers.

Also, it applies the TAM model to construct a research model that analyses the impact of chatbot adoption on customer experience in the local e-retail market. By doing so, it underscores the evolution of chatbots usability in Malaysia, as expressed through the positive relationship between usability and online customer experience.

5.4 Practical implications

In business perspective, this study also has some valuable practical implications. Online retail businesses should understand which factors of chatbots in terms of usability and responsiveness will affect customer experience, so that they know the areas that they should focus on. Focusing the important element of chatbot while adopting it is vital for them to meet customers' needs and expectation. Hence, they can achieve greater sales by delivering high quality service.

Also, this study draws attention of e-retailers to assess value perceived and customer expectation so that they can improve the customer experience. For instance, it is important for them to understand Malaysian customers prefer human to assist them when chatbot cannot help solving the problem. To provide a better environment for human to interact with chatbot, e-retailers should apply a hybrid approach that involves both chatbot and human in assisting customers, provided that human assistants are aware of the issues faced by the customers when taking over from chatbots By doing so, better experience can be gained by customers.

Furthermore, chatbot can be a good platform for online customers to search for assistance while shopping online. This research draws the attention of online customers to interact more with chatbot when encountering problems as chatbot can provide simple and accurate answers at any time. This will improve the user experience if their problems can be handled correctly.

5.5 Limitations of the study

Although the findings of this study are able to contribute to both academic and business perspectives, but there are still some limitations in this study. Firstly, apart from usability and responsiveness, there are also other elements of chatbot that will affect online customer experience. For example, elements like security level, friendliness and service quality are not involve in this study as the variables tested in this

study require more attention by retailers in Malaysia (Cheng *et al.*, 2022; Hasal *et al.*, 2021; Moon and Armstrong, 2019).
Secondly, most of the respondents participated in this study were 21-30 years old. People in different age groups may have different behaviours in using chatbot. However, there is lack of participants of different age groups in the current study and this reason might affects the comprehensiveness of outcomes.

Moreover, this study investigates only the adoption of chatbot in the field of e- retailing. There are still many other industries that have adopted chatbot as a tool to provide service, such as airline, banking and healthcare (Chen, Le and Florence, 2021; Mogaji *et al.*, 2021).

5.6 Recommendation for future research

To reduce the limitations mentioned above, there are some recommendations for future research. First, future study may consider to explore on more specific attributes of the chatbots, instead of just examine the two factors. Second, more participants of different age groups can be invited to involve in future study to obtain a more comprehensive data and assess whether the results will differ for age groups. Last but not least, future research can be conducted to study chatbot capabilities, benefits and impacts in different industries such as healthcare and banking to expand the field of research in different areas.

5.7 Conclusion

As there are increasingly customers purchasing online, they are more focusing on their experience. Many organisations have adopted AI chatbot with the aim of providing better services to achieve customer expectations. However, some of them just adopted the chatbot without considering their effectiveness of chatbot. This study was conducted to find out the impact of chatbot usability and responsiveness on customer experience in local e-retailing market. After analysing the data collected through online questionnaires, the results indicated that there is a positive relationship between chatbot usability and online customer experience. Nonetheless, chatbot responsiveness has been tested and shown to have no impact on the customer experience. This research extends the knowledge of both male and female shoppers in Malaysia like chatbot equally. In this research. It is hoped that this research not only provide knowledge regarding the impact of chatbot adoption on customer experience in e-retailing, but will motivate future researchers to conduct more studies related to AI chatbot adoption beyond e-retailing market as well as factors of usability and responsiveness.

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26. Impact Of Covid-19 Pandemic On Mental Health And Wellness Of University Students

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Abstract

This paper attempts to understand a situation 'Impact of covid-19 pandemic on mental health and wellness of university student'. We also intend to determine how Covid-19 affect university life and most of the respondents stated that they unable to adapt the new teaching methods. Besides many students often felt anxiety instead many students never felt lack of family stability during pandemic. From this assignment we can see that heavy assignment is the main challenge that faced by most respondents. Most of the respondents felt stressful in daily lives and faced difficulty on buying school things during pandemic covid-19. Sharing problem with family and friends is the best way to cope with mental illness. The data were drawn from 107 USM student that been chosen randomly. Conclusion this pandemic brought a lot of inconvenience for some students instead some students are not affected and become more self-disciplined.

Keywords: Covid-19 pandemic, mental health, university lives, challenge, daily lives, faced difficulty on buying school things, mental illness.

Introduction

We cannot imagine how large are the family of the coronaviruses. They cause illnesses pasturing from

the common cold to more serious diseases such as severe acute respiratory syndrome (SARS) and Middle East Respiratory Syndrome (MERS). Coronaviruses was first detected by World Health Organization (WHO) on 31 December 2019, following the report of viral pneumonia cases in Wuhan, People's Republic of China. (WHO, 2020).

COVID-19 will not only impact human physical and also mental health. According to WHO, the most common symptoms of COVID-19 are fever, fatigue, and dry cough. Other symptoms that are less common and may affect some patients include loss of taste or smell, conjunctivitis, sore throat, nasal congestion, headache, different types of skin rashes, nausea or vomiting, muscle or joint pain, chills or dizziness, and diarrhoea. Acute symptoms of COVID-19 include shortness of breath, loss of appetite, confusion, constant chest pain or pressure, and high body temperature above 38°C. Other less common symptoms are delirium, irritability, anxiety, depression, sleep disorders, stroke, reduce consciousness sometimes associated with seizures, brain inflammation, and nerve damage. In addition, COVID-19 may lead to death. When various vaccines such as Pfizer, Sinovac, etc. was not developed and launched on the market, human did not get vaccinated. The immune system of humans was not strong enough to fight the coronavirus, so the lethality of COVID-19 was very staggering.

As reported by South China Morning Post, the first COVID-19 case happened in Hubei, China on 17th November 2019, originating from the Hunan South China Seafood Market. A 55-year-old man may have been the first person diagnosed with COVID-19 (Josephine Ma, 2020). Coronavirus is highly contagious, spreads rapidly, and continuously evolving in the human population. Based on the news reported by Astro Awani, the disease was caused by the coronavirus spreading across the globe and it invaded Malaysia on 25th January 2020, 3 Chinese nationals travelled into Malaysia from Singapore on the 24th January 2020. They previously had close contact with an infected patient in Singapore. They were treated at Sungai Buloh Hospital, Selangor, Malaysia after testing positive for COVID-19 (Harits Asyraf Hasnan, 2020). Based on the report Sinar Harian, a 41-year-old man was the first Malaysian that tested positive for COVID-19 and was confirmed by the Ministry of Health of Malaysia on 3 February 2020 (Hidayah Hairom, 2020).

According to the Ministry of Health of Malaysia, until 2nd November 2022, there was 4,810,082 local cases, 38,232 imported cases, 23,038 active cases, 4,788,889 recovered patient, and 36,387 deaths including brought-in dead cases. The government of Malaysia announced the latest Standard Operating Procedures for the Movement Control Order on 18 March 2020 to deal with the spread of the COVID-19 pandemic. The increasing of COVID-19 cases in some states causes concern from various parties, especially parents that are worrying about their children's safety risks at school and campus. Closure of schools and universities is a step to control the COVID-19 pandemic (Ramli et al., 2021). For example, the University of Science, Malaysia has temporarily closed from 17th March 2020 until 5 April 2020 due to the pandemic.

As reported by United Nations Educational, Scientific, and Cultural Organization (UNESCO), the pandemic has interrupted the learning of more than one billion students in 129 countries around the world. The change in the mode of teaching due to the potential risk of death caused by COVID-19, isolation and lockdown has increased the anxiety level and created extreme stress for the general public and students alike (Wenjun Cao et al., 2020). According to a report in Bernama, virtual learning that replace the traditional method during the pandemic becomes a factor that affects students' performance in academic due to low concentration on study and difficulty in obtaining good internet access (Izyan Munirah, 2021). Also, using virtual learning for extended periods can lead to feeling withdrawal and lowered students' motivation, particularly if students are not accustomed to, prepared for, or anticipated this learning style (Al-Balas M et al., 2020). Also, since virtual learning increases separation and isolation, it also reduces feelings of relatedness. Further, changes to expectations are known to

dampen mental well-being and feelings of relatedness (Šakan D et al., 2020). Although most schools are back open worldwide education is still in recovery assessing the damage done and lessons learned after the disruption of the pandemic (UNESCO, 2019).

The purpose of this study was to understand the perceptions of Malaysian university students regarding the impacts of the COVID-19 pandemic on mental health and wellness and whether these experiences relate to major demographic variables. To complete this study, a survey form was designed to investigate their discerned mental and physical health risks.

Methods

1.1 Study population

To evaluate the level of anxiety among university students throughout the height of COVID-19 and the pandemic in Malaysia, an exploratory study using a cross-sectional online survey was conducted. To ensure a well-spread pool of respondents, the participants were sampled from both private and public colleges and universities from all states in Malaysia. A survey invitation through Google Forms was sent to students via WhatsApp and Telegram messages. Participation in the survey was voluntary and the students' consents were obtained prior to the start of the survey. The participants were assured regarding the confidentiality of their responses. The research instruments used in this study included basic demographics; gender, age, type of institution, field of study, current mode of study (face to face or online).

1.2 Pandemic related measures

University students were asked to describe their friends who suffer from mental illness during the pandemic by selecting the '(1) Yes' '(2) No' options that applied in the survey. The next question was asked by the survey was 'Covid-19 has affected your study activities?' with a multiple choice of answer '(1) Yes' '(2) No'. In the survey a statement has been question as 'How Covid-19 affect your university life?' with a following choices of answer to get a respond: '(1) Unable to adapt the new teaching methods (online class)', '(2) Could not concentrate in the class', '(3) Not familiar with the new application using in the online class', '(4) Unable to meet friends in university' and '(5) Unable to enjoy the normal university life'. Students were also asked about the 'Covid-19 pandemic has brought a lot of negative impact in your university life'. Participants rated the impact on a five-point scale from 1= strongly disagree to 5= strongly agree (categorized into 'disagree', 'neutral', or 'agree'). A statement 'Which of the following mental or emotional health challenges have you experienced during pandemic?' was rated on a six-point according to level of agreement, recategorized into 'often', 'sometimes' or 'never'. Students were also asked about 'the main reason that leads you to face all the challenges during Covid-19 pandemic' with optional choices of 1= Pressure from parents, 2= Personal reason, 3= University's Activities, 4= Heavy assignment and 5=Changing in the new learning environment. Participants were also needed to answer the 'How has your daily lives during the pandemic?' question with the four choices of 1= a lot more stressful, 2= somewhat stressful, 3= no change or 4= less stressful. Students were query for 'financial situation in Covid-19 pandemic has make you struggle and face difficulty to make decision on buying school things?' with three optional choices of 1= Yes, 2=No or 3= Maybe. Finally, the students were asked for a opinion of 'best way to cope with mental illness' and the choices were 1= Counselling, 2= Listen to music, 3= Share your problem with family and friends, 4= watch movie and 5= Sport.

Literature Review

2.1 The difficulties in the time of Covid-19 pandemic

The Covid-19 pandemic has had a wide-ranging impact on the world. Each pandemic, according to Akat and Karatas (2020), has had a psychological, economic and sociological impact on society, and all pandemics that have occurred have killed and harmed a large number of people. Throughout the period, all affected countries were required to take action, including the education sector, by enforcing the Standard Operating Procedure (SOP). As most countries began enforcing Movement Control Orders (MCO), all sectors, including the economy of health, were required to find a way to continue operating as usual while adhering to the procedures established by their respected government. Not to mention the education sector, where all physical contact in universities must be prohibited. To prevent the virus from spreading, most education sectors chose to conduct online teaching-learning. During the Covid-19 pandemic, students were unable to attend universities, and the lesson was conducted entirely online. Students frequently lack physical interaction with the outside world, which has impact on their psychological health. Most governments encourage those who are mentally ill to seek help from professionals in their community or from the government's own initiative.

2.2 Anxiety

Anxiety is a dynamic emotional state characterized by uneasiness, concern, tension and other unpleasant feelings brought on by a person's immediate and potential danger (Bauer, 1965). Reasonable anxiety promotes brain reaction speed and alertness, which improves learning effectiveness and engagement (Chen, 2019;) whereas excessive anxiety limits students' interest in learning and academic success (Khng, 2016;). Students' lost connection with human presence impacts them emotionally and mentally (Nasir, 2020). According to Tian et al. (2020), the risk of death caused by Covid-19, separation and lockdown, and the sudden shift in teaching mode has risen anxiety and generated intense pressure on most people. Covid-19 has also witnessed students struggle to maintain their good performance in learning that was previously done face to face. According to Patsali et al. (2020), abnormal stress and depression among students are also associated with increased self-injury and suicide attempts due to impact of Covid-19. The fear of death from Covid-19 causes the government to take initiatives to monitor the virus's transmission, which has impacted people's and students' mental health. The psychological impact of Covid-19 on Malaysian students is a largely unexplored observation. According to the Center for Collegiate Mental Health's 2019 Annual Report, anxiety remains the most common issue among students who completed the Counselling Centre Assessment of Psychological Symptoms, and doctors have reported that anxiety remains the most common condition of students seeking university counselling services. During the outbreak, 7134 college students were affected to varying degrees, according to the study. They discovered that 21.3%, 2.7% and 0.9% of students had mild, moderate or severe anxiety. The following factors are examined: attitude, affect, motivation, perceived behavioural control (including each use of technology and accessibility), cognitive engagement.

2.3 Students' Perception towards Online Learning

In academic articles, online is referred to by several different names, including cyber media, news websites, virtual media, e-media, network media, and modern media (Nasir, 2020). According to Sujarwo et al. (2020), online learning is education that occurs over the Internet. It is commonly claimed that it is e-learning between new phrases. However, online learning is only one type of distance education (Nasir, 2020). Several studies have examined the difficulties associated with e-learning implementation. Because of the pandemic, many learning activities that previously held in a traditional classroom setting have been moved to an online learning environment. Such changes may cause minor disruptions in students' well- being and ability to cope during lessons. Students have discovered that

online learning is advantageous for them because they can get plenty of access while listening to lectures and completing assignments. Students gain self-efficacy with online learning based on prior experience with technology and may require preparation and assistance to use learning resources and platforms before beginning an online course.

Results and Discussion

Data analyses were performed using the data collected via Google form. Table 1 has summarised the demographic information of the 106 respondents in this study.

Respondent profiles

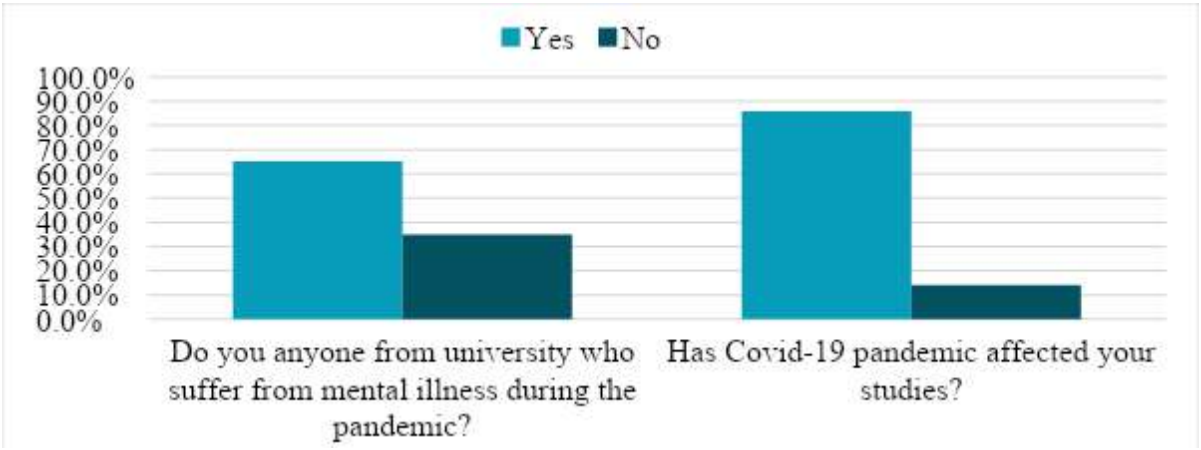
The demographics surveyed consisted of 51 males (48%) and 55 females (52%), all of whom were over 18 years old. Since our research is primarily related to Malaysian youth, our survey intentionally targeted participants whose ages were within the Generation Z range. As a result, most Malaysian respondents to this survey were between 18 and 26 years old, which most of the respondents (96.3%) were between 18 to 23 years old. As our research is primarily related to the youth (of Malaysia), our survey intentionally targeted participants whose ages were within the Generation Z range. The demographics surveyed consisted of 78.3% (83 out of 106) who studies in local university and the remaining respondents (21.7%) studies in private university. As the field of course, 33% of the respondents are studying management, while accounting, finance & business (25.5%), followed by 6.6% from field of Information Technology and 35.0% of respondents from others field. The respondents were to choose "face to face", "hybrid" and "online class" as for their current study mode. Most of the respondents (69.8%) have started face to face classes, 26.4% of respondents are studying hybrid or in other words face to face and online, the remaining respondents (3.8%) are studying fully online. The respondents' demographic profile is as shown on Table 1.

Table 1 *Profiles of Respondents*

Demographic Variables	**Category**	**Frequency**	**Percentage (%)**
Gender	Male	51	48.1
	Female	55	51.9
Age	18-20	59	55.7
	21-23	43	40.6
	24-26	4	3.8
Type of Institution	Local university	83	78.3
	Private university	23	21.7
Field of study	Management	34	33.0
	Accounting, finance & business	27	25.5
	Information technology	6	6.6
	Others	39	35.0
Current mode of study	Face to face	74	69.8
	Hybrid	28	26.4
	Online class	4	3.8

Results

4.1 The proportion of people who suffers from mental illness

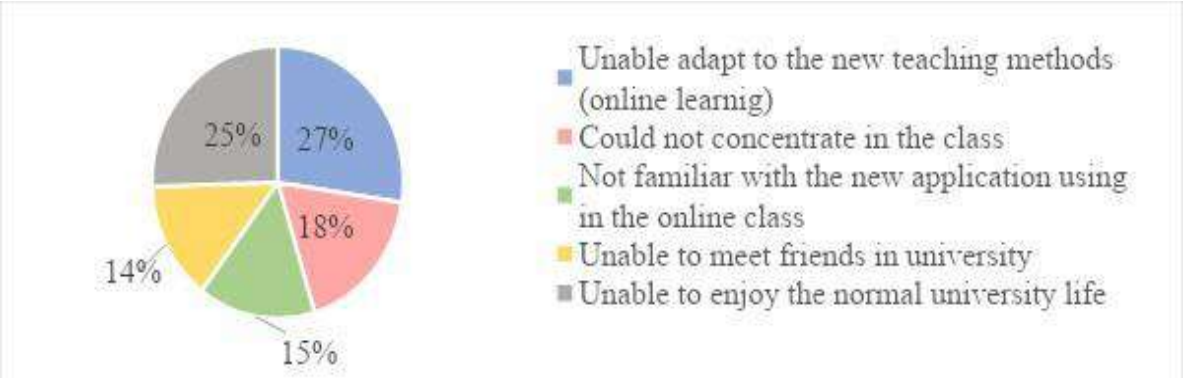


Graph 1

Based on graph 1, respondents were asked two "yes or no" questions to determine whether they know any of their friends from who suffer from mental illness during the pandemic. About 68 people, 65% of the respondents answered "yes" when asked if they know anyone who suffers from it, with the remaining 37 people, 35%, having answered "no." As for whether Covid-19 affected the respondents' study activities, 91 students, 86%, stated that it did and mostly because of the sudden change of learning environment. Although the remaining 15 people, 14.2%, were not affected, this data shows that the pandemic did change most of the respondent's lives.

4.2 Respondents' thoughts on Covid-19

How Covid-19 affect your university life?



Pie chart 1

Based on pie chart 1, one question was asked to understand how Covid-19 changed the respondents' university life. About 28 people, 27.4% of respondents could not adapt to the new teaching method which is online learning. 19 students, 18% of the respondents are not able to concentrate in class. 15 people or 15% are not familiar with the applications used during the online classes. 14% are suffering because they are unable to meet friends in university and the remaining 25.5% of respondents chose unable to enjoy the normal university life.

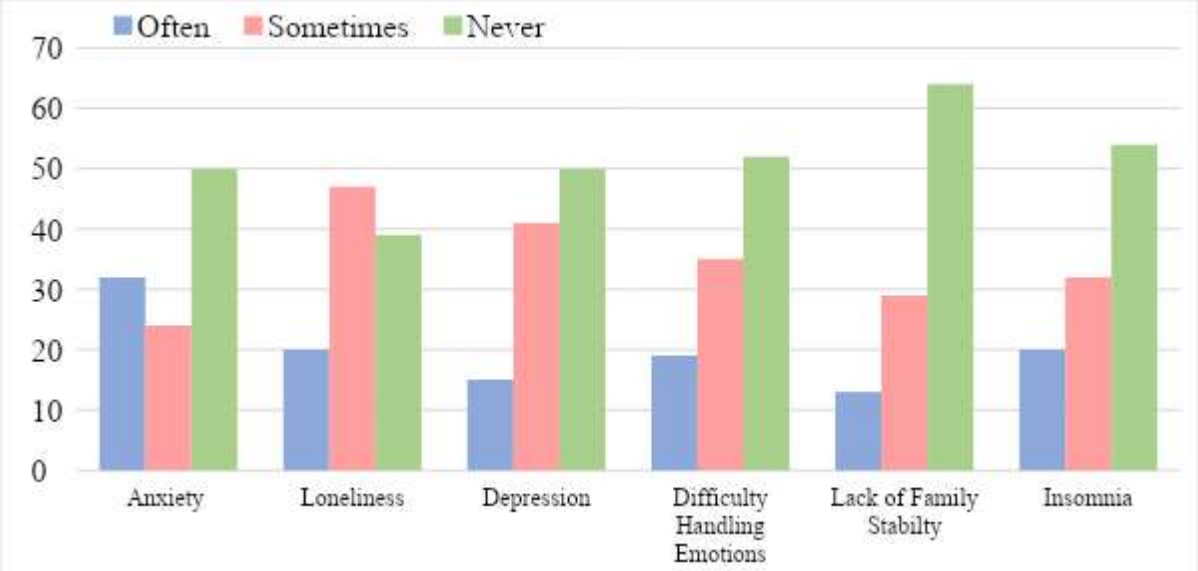
Covid-19 pandemic has brought a lot of negative impact in your university life?



Pie chart 2

Another question been asked if Covid-19 pandemic had brought more negative impact in their university life. Based on pie chart 2, about 57 students, 53.8% of the respondents agree or strongly agree to that statement. The respondents that are neutral is about 34 people (32.1%) and the remaining were the respondents that disagree with the statement. About slightly more than half of the respondents thinks the pandemic brought a negative impact to their university life.

Mental or emotional health that been experienced during the pandemic.



Graph 3

Based on graph 3, we could see that among all of the mental illnesses, 32 respondents (30%) felt they experienced anxiety often, 24 experienced it sometimes and 50 responded never. While for loneliness, 20 of them experienced it often, 47 of them felt it sometimes and 39 of them never felt it.

Discussion

The purpose of this study is to understand how this Covid-19 pandemic brought a huge impact to students.

Based on the results obtained, the relationship between the type of mental illness and how frequently the respondents experienced the mental illness is almost never. However, there are still some people who experienced it. As an example, anxiety, among the other mental illness, anxiety is higher compared to the rest. We believed that the massive change in their daily life due to lockdown during the pandemic was the main reason to trigger excessive anxiety. Lack of family stability was the least common, these

few students may be affected because their parents may have lost their jobs adding to their stress or lack of communication between parents and children. One of the factors why this is the least common may because most of the respondents' family used the pandemic as an opportunity to bond with one and another. So, we came to the conclusion that the pandemic indeed leads to unnecessary anxiety among university students.

Dr Rashed Mustafa Sarwar (2021), UNICEF Representative to Malaysia, claimed that the COVID-19 pandemic and mitigation efforts such as the lockdown have had negative effects on the mental health of many including youth in Malaysia. He is being informed that suicide cases almost doubled on average across all age groups in the 5 months in 2021 which is 94 cases a month compared to 2019, 51 cases a month. However, the result obtained from the survey has a huge difference between the statement reported. A few hypotheses are made, it is possible that there is a low rate of mental illness among most of the university student in Malaysia and it is also possible that some of the university student does not aware, even understanding, of their own mental health. Therefore, actions are needed to cure the problems.

In your opinion, what is the best way to cope with mental illness?



Graph 4

As for graph 4, respondents are asked to give suggestion to cope with mental illness. Almost half of the respondents agree that sharing problems with family and friends indeed helps to solve the matter. Julie Beck (2015), reported that, there were a study of people who lived to be 100 years old, emotional expression was found to be a common characteristic, along with a positive attitude toward life, among the long-lived. So, it was not surprised that 45% of university student who took part in this survey chose this option when asked what they thought were the most useful ways to cope with mental illness.

Conclusion

Our findings have shown there is most of the university students suffer from mental illness during this pandemic and this also affected their studies. From this assignment, we can see that this pandemic has affected most of the students cannot adapt to the new teaching method which is through online. From this situation, government do take the action which is improve the teaching system and make teaching more fun and more creative, so that student can pay more attentive to the class. Besides, throughout the findings shown most of the students stated that this pandemic has brought them a negative impact in Uni life which is most of the students stated that they felt anxiety during this pandemic. In this cases, government or lecturer or etc should host an incentive camp to all students to give them some positive views to face their mental illness. Lastly, this pandemic brought a lot of inconvenience for some students instead some students are not affected and for those students who been suffer during this pandemic are encouraged to share the problem with parents and friends instead of kept the problem conversely, unaffected students become more self-disciplined.

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27. Increasing Awareness of Youth Mental Health and Depression

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Abstract

Depression, or major depressive illness, is more than merely feeling down or going through a difficult time. An essential project to better understand mental health disorders and provide access to healthcare for people who require it is mental health awareness. According to scientists, a variety of reasons, including trauma, genetics, environmental factors, life circumstances, brain alterations, and other medical problems, can cause depression. Even though depressive disorder can be a fatal condition, it frequently responds to therapy. According to the survey and study's results, 61.68% of people between the ages of 18 and 26 reported having difficulties coping with daily life as a result of emotional issues including depression, sadness, or anxiety. This research can assist young people in acquiring the ability to deal with the mental health problems they are facing when growing up to adulthood.

Keywords: Depressive disorder, mental health, awareness, healthcare, emotional problems.

Introduction

The burden of depression on the world's health is significant and growing, and it has negative effects on people's personal, family, communal, economic, and health consequences (Kutcher et al.,2019). International mental health care has recently shifted toward recovery-focused and integrated support systems, where recovery is primarily defined as "a very personal, unique process of transforming one's attitudes, beliefs, feelings, objectives, abilities, and roles." Studying these underlying dynamics is crucial in order to comprehend the recovery processes of people with complicated mental health needs. In that regard, the worldwide COVID-19 epidemic unintentionally gave us a special research opportunity (Vanheule, S., Vandevelde, C. De Ruysscher, et al). Exposing the hidden mechanisms of rehabilitation in people with a complicated qualitative investigation of the dynamics of place-making in a low-threshold meeting space aims to unlock the mystery of recovery processes in people with complex mental health needs. (Int J Ment Health Syst 16, 50, 2022). Although adolescence is a time for the development of traits and diseases that not only have an impact on health at the time but also pave the way for problems in maturity. Adolescence is a time when unhealthy habits like smoking, drinking, and using illegal drugs frequently start. These habits are linked to higher rates of morbidity and mortality and pose serious public health problems (World Health Organization 2014). As a result, communities, social services, institutions, and families all have the capacity to support health.

Accuracy of a community mental health education and detection (CMED) tool for common mental disorders in KwaZulu-Natal, South Africa. Int J Ment Health Syst 16, 44 2022). Interventions at the community level that increase awareness about mental health and improve detection of mental health conditions are thus important in increasing demand and optimising the supply of available mental health services. By enhancing social well-being and addressing structural determinants of mental health, multi-

sector and community-based mental healthcare initiatives can assist alleviate health and social disparities (public policies and other upstream forces that influence the social determinants of mental health). Refugees frequently experience mental health problems, many of which are linked to illnesses of chronic pain, and managing these symptoms can be difficult. Accuracy of a community mental health education and detection (CMED) tool for common mental disorders in KwaZulu-Natal, South Africa. Int J Ment Health Syst 16, 44 2022). Child and juvenile mental health is a priority in international and local policy, according to a number of empirical research (Patel et al, 2018, United Nations, 2014). The Sustainable Development Goals now prioritise delivering proper mental health services (SDGs - United Nations, 2015). Studies show that stigma against mental illness is still strong, in large part because of media stereotypes and a lack of education, and that people tend to associate negative stigmas with mental health conditions at a much higher rate than with other illnesses and disabilities, such as cancer, diabetes, or heart disease (National Institute of Mental Health).

In this investigation, consciousness continues after this point. Attend health and resource expos, read more, and pay attention. You may even learn more about the resources and services Imperial Valley has to offer. In general, spread the word. Let's begin a snowball effect for mental health awareness. Do not be afraid to discuss it. Although it takes effort, the ability to influence and educate the community is definitely worth it (Serani, D 2013). It would be fantastic if mental health awareness could be used to address the problems that surround it. But creating awareness is only the beginning, not the finish, of the process. There is a ton of work to be done in this area. And we should all be mindful of. Mental health is increasingly recognised as a disease because to increased awareness. Treatment is one option for controlling these conditions.

When and how do young people seek for professional help for mental health problem?

Young people frequently do not seek professional assistance despite the high incidence of mental health issues and illnesses that appear during adolescence and the early stages of adulthood. Young males and young people from indigenous and racial minorities are frequently the ones who are least hesitant to ask for assistance. If young people: feel emotionally capable of expressing their thoughts; have established and trusted relationships with possible support providers; and have some awareness of mental health concerns and sources of help, they are more likely to seek help for mental health problems. If a young person has suicidal thoughts or signs of depression, unfavourable attitudes against seeking help, unpleasant past experiences with support, or believes they should be able to handle their mental health issues on their own, they are less likely to seek treatment. Talking to family and friends can help young people get the support they need, with family being more significant for younger adolescents and friends and partners becoming more significant later in life. School counsellors, general practitioners, and youth workers are the experts most likely to serve as barriers to access for mental health services for young people. Internet-based information and interventions are being utilised more frequently to encourage young people to seek help.

Using survey data, we discovered that mental health literacy was associated with intentions to disclose a mental illness to family and friends and seek care for a mental disease, which emphasizes the value of mental health literacy (Psychiatr Serv 2011). According to the Mental Health Knowledge Schedule, this was relevant to two different forms of knowledge (Can J Psychiatry 2010). The first was information that might affect later attitudes and behaviours linked to mental health. Help seeking and disclosure were shown to be more significantly predicted by this kind of knowledge than by either of the attitude factors included in this survey. The second question concerned whether serious psychiatric diseases such depression, schizophrenia, and bipolar disorder were regarded as mental illnesses and was linked to the intention to seek medical help from a primary care doctor (Psychiatry 2012).

Overall, these actions may cause minor cultural alterations in the way people generally view how young people can deal with mental health issues. The best results and recommendations can be achieved by developing national programmes that integrate advertising with skill development, service providing, and education (Jackson et al. 2006).

Methods

For research method, we provide an online survey where we forward it to our group and course mate WhatsApp and Telegram. To make it easier or get more respondents, we have shared this link in the Universiti Sains Malaysia Telegram group that almost all their students is in that group. Our sample consisted of 108 young people where their age was on average 18-26 years old. As our research is mainly related to the youth and student, our survey intentionally targeted respondents whose ages were within the Generation Z range.\

Methodology

This section will explain on the research methodology that has been used in this study. A research design is a framework for conducting a research project, detailing the steps necessary to obtain information that solves a research question. The research design's objective is to make sure the validity of the study. This research needs to collect information regarding the Increasing Awareness of Youth Mental Health and Depression to meet the research design. The researcher will use the questionnaire to gather the quantitative data which helps the study to get reliable and accurate information. In this case, this study will prepare around 108 questionnaires that will be distributed among youngsters to know about their mental health condition. The 108 youngsters will be our respondent to answer based on the question given.

Data is the foremost imperative viewpoints in any inquire about ponder. The study can be conducted employing an assortment of techniques but each inquire about is based on information analysed to get precise data. Information sources are by and large classified into essential information and secondary information. (Gul Naz Ahmas, 2013). Data can be defined as quantitative analysis or qualitative variables. Both primary and secondary will be collected and valued to get the exact result of the research. They are also to support each other statements. The questionnaire will be a goggle form where respondent's answers will be recorded. The questionnaire was made up of open-ended questions. The open-ended questions are questions where all possible answers are identified and respondents are asked to choose from a fixed set of answers that show their opinions about their Mental Health Condition among youth. The questionnaire will be organized in four sections and given to respondents as they can read and fill up. According to the view by Lau and Murnighan (1998) stated that, the first section (A) is a demographic question which specifies the personal information about the respondent. The second section (B) consists several questions that convey the situation that they are facing due to mental health and depression.

Apart from that, measurement variable is an unknown property that can accept one or more values that measures a specific thing. It is frequently utilized in scientific study. The observation may be recorded in terms of a number or another symbol that corresponds to the properties of objects according to specific predetermined guidelines. Furthermore, the research data was gathered using a self-designed questionnaire based on the topic "Increasing awareness Of Youth Mental Health and Depression.

The type of analysis which has been used in this research is descriptive analysis, spss and correlation. According to Adam Hayes (2021), descriptive statistics are an arrangement of brief expressive coefficients that portray an information set, which may be a representation of the total populace or a test of the populace. Measures of central inclination and measures of changeability are two sorts of

expressive insights (spread). The mean, middle, and mode are illustrations of central tendency estimations, though standard deviation, fluctuation, least and most extreme factors, kurtosis, and skewness are illustrations of changeability measures. Numerous multiple regression (MLR), also known basically as different relapse, could be a factual method that employments a few illustrative factors to foresee the result of a reaction variable.

The objective of numerous multiple linear regressions is to show the straight relationship between the (autonomous) factors and (subordinate) factors. In pith, different relapse is the expansion of conventional least-squares (OLS) relapse since it includes more than one autonomous variable. The correlation coefficient is used to determine whether two variables, such as independent and dependent variables, are linearly related. The correlation coefficient is perfect for displaying the relationship between two continuous variables when computed using a bivariate Pearson product-moment correlation (r). This coefficient's value might be anything between -1 and +1. The concentrated of the association between the two factors is appeared by this heading esteem, which includes a solid negative esteem (-1) and a solid positive esteem (+1). When the relationship is 0, it implies there's no interface between the two factors. As a result, while doing correlation analysis, several fundamental assumptions concerning measurement scales, related pairs, normality, linearity, and homoscedasticity must be examined. The correlation means that the two variables have a significant relationship (p.05), hence it is either accepted or rejected. (Sheridan J. Coakes, 2013).

In conclusion, are four elements that make up this section which are introduction, study population, research instrument creation, and data analysis techniques. To meet the study goal, the researcher needs gather data by distributing a questionnaire to the target demographic or audience, which is a group of youngsters. The survey of respondents from various mental health and depression were made to see the elements to create awareness about the severe situation that they are facing, which is the objective of this research.

Results

We performed an online survey to gather data for the research in order to determine the extent to which this mental health problem affects students and youth.

Table 1 number of respondents (N=108)

Gender	**Frequency**	**Percentage (%)**
Male	13	12
Female	95	88
Age		
18-20	90	83.3
20 and above	18	16.7
Student		
Yes	103	95.4
No	5	4.6

The first question we ask is about personal data is their age and gender. The results stated that 108 of us answered this survey 88% of respondents were female while 12% were male. In addition, we also asked if they were students or not, as many as 95.4% of them were students. Mostly they are in the age range of 18 to 20 years old, the rest are between 21 to 26 years old. As our research is mainly related to the youth, our survey intentionally targeted respondents whose ages were within the Generation Z range.

At the beginning of the questionnaire, we provided a question do they have any problems in their daily

life due to any emotional problems such as depression, sadness and anxiety in the near future. Respondents were asked two "yes or no" questions to determine whether they were having experience these mental health problems within two weeks of entering university. Based on this question, we found out that 61.7% of 108 respondents answered "yes" experienced this mental health problem, with the remaining 38.3% having answered "no".

Table 2 number of respondents (N=108)

Effect	Never (%)	Rarely (%)	Always (%)
Unable to concentrate in classes and other activities	15	51.4	33.6
Irritable	22.2	53.7	24.1
Empty	25	38.9	36.1
Feeling sleeplessness	21.3	46.3	32.4

Next, we provide questions about the effect of this mental health problem on them. We have given several effects and they should choose either "never" or "rarely" or "often". This question is to figure out if they have that effect or not. As a result, the number of respondents answered "often" is quite high especially for the effect of emptiness on them which is 36.1%. Although the number of those who answered "never" and "rarely" are many, but for mental health problems this is quite serious. In addition, one of the effects that give a bad effect is they unable to concentrate in classes and other activities. We found out that 33.6% of respondents answered "always" and 51.4% have answered "rarely" with the remaining 15% have answered "never". This is quite worrying because this effect will cause their studies to be disturbed and their grade will drop.

Table 3 number of respondents (N=108)

Feeling	Never (%)	Rarely (%)	Often (%)
Calm	2.8	44.4	52.8
Energetic	7.4	58.3	34.3
Sad	2.8	63.9	33.3
Depress	24.1	57.4	18.5

Based on the question on table 3, we find that there are 18.5% respondents that experienced depress feeling. Although the number are not too high but it is still quite worrying. But we also grateful that a large number of respondents answered that they often feel calm and energetic. As a result, there are 52.8% have answered they are often feeling calm and 34.3% feel energetic. The number of respondents who often feel sad is also quite high that 33.3% but we feel that this feeling of sadness is normal because some of them feel sad because they leave their family to go to university.

This mental health problem is quite dangerous for those who suffer from it; therefore, we have also asked them if they know who they need to approach and where to go? This question is one of the very important questions for us to know if those who experience this issue know how to tell or express their hidden feelings. As a results of our assessment, there are 64.8% respondents know whom to they approach and where to go. The remaining 35.2% respondents are do not know or are not sure whom they need to approach.

In addition, the question we have asked is whether they find themselves avoiding their friends and family. We found out that 13% of respondents answered "yes" meanwhile 57.4% have answered sometimes and the rest 29.6% have answered "no". This question is related to the previous question.

This is because if they find themselves avoiding their friends and family, then some of them have no one left to express their feelings. This will cause them to harbour mental health problems. Therefore, we assumed that they know who else they can approach such as the authorities at their university.

Impact of Metal Health Issues

Depression

Your feelings, attitudes, and behaviour can all be negatively affected by depression, a common and serious medical condition. Thankfully, it is also curable. Depression is characterized by sad emotions and a loss of interest in current activities. Due to the numerous mental and physical problems it can lead to, it can have an impact on a student's ability to perform at home, in academics, and in life. Although student depression is not common, it is still necessary to treat it effectively. Depression can have an effect on almost every aspect of your life, including your social life and academic performance. Depression frequently also contributes to suicide or self-destructive thoughts.

Stress

Any form of change that results in physical, emotional, or psychological discomfort is referred to as stress. Your body's response to anything that demands focus or action is stress. By observing how people behave, you can determine if they are experiencing any stress-related problems. Stress can have a lot of different effects on teenagers. People that are under stress will typically not be thrilled about anything, which is one of the emotional symptoms of stress. They appear to be miserable and gloomy all the time. Next, weariness or exhaustion, nausea, constipation, dizziness, headache, loss of appetite, and palpitations are physical symptoms of stress in young people. Behavioural symptoms are the third factor in stress. Your teen may exhibit anxious and fidgety behaviours during these types of symptoms, including restless pacing, frequent movement, lack of sleep, nail-biting, and other behaviours. Additionally, there are cognitive symptoms that affect young people's cognitive capacities including memory and echo.

Anxiety Disorders

Everyone knows that anxiety disorders are one of the mental health issues. Anxiety will definitely make it difficult to get through your day. But it is a normal feeling nowadays. Your healthcare can design a treatment plan that is best for you to make your anxiety feels better. Your healthcare can design a treatment plan that is best for you. The cause of this anxiety is Family background: Family background can be the main causes about anxiety disorders. good family relationship is indeed in our life. If we have a problem with our family members, it obviously will ruin our mental health. It is important to not in a toxic family surrounding.

Lifestyle Factors:

Bad lifestyle habit can lead to anxiety disorders too. For example, sleeping late and sleeping more than 8 hours. it will make our brain feels something nervous and anxious. Besides that, taking too much caffeine can make your anxiety higher and risky.

Ways to Prevent the Implication

- Get active

As a student, it is all too simple to put physical activity or exercise low on the list of priorities. It might be quite helpful to plan some time for exercise because making movement and exercise a priority will

help you prevent depression.

- Socialize

Socializing is a key aspect in preventing depression so that you don't isolate yourself. There are many advantages to spending time with encouraging friends and family, not the least among which is that it can prevent depression from growing. Your mental health can be improved by social interaction. Studying with classmates can prevent students from experiencing mental health After all, talking to a friend about your life can be quite useful.

- Earlier Bedtime

To effectively handle stress, relaxation is required. The teen can manage the stress more effectively by getting a full night's sleep and getting appropriate sleep because it is true that when your body is calm, your mind will naturally begin to feel comfortable and stress-free. Short naps in between tasks can also help you feel less stressed and have a clearer head.

- Physical Exercise

Teenagers find significant stress relief through physical activity. Running is the best stress reliever. Going for a short jog or stroll will help you feel refreshed and relaxed whenever you're feeling worried. Our mood swings and stress levels can occasionally be affected by environmental variables. You can also play various outdoor games with your buddies, especially if you're a teen.

- Eating a Diet that is Balanced and Healthy

To lessen the stress, the body builds up, a balanced diet is required. Your mental and physical health will be joyful and you won't feel stressed out if you eat a balanced diet that contains plenty of vegetables, fruits, dairy, and protein-rich foods. A nutritious diet can provide you the strength and energy to combat stress and can help you adopt a positive outlook. Eating well helps improve your mood and health, which is particularly beneficial for reducing the stress that young people experience.

- Check out the medicine

Before using over-the-counter drugs or herbal cures, consult your doctor or pharmacist. Some of these may worsen the feelings of anxiety because of their chemical composition.

- Seek Help

If you have recently gone through a traumatic or upsetting situation, seek counselling and support. By doing this, you can avoid anxiety and other negative emotions from ruining your life.

- Limit Caffeine

Stop or reduce your caffeine intake, which includes cola, coffee, tea, and chocolate.

Conclusion

It is challenging to move on with our life when we are dealing with mental health issues. They represent the negative emotions and thoughts that we all often experience, such as times of sadness, hopelessness, and anxiety. We should be concerned about this mental health issue even though it seems normal to some people. This is because this mental health issue is one of the highest reasons that affect students in terms of their lives and studies. We also found that this issue is one of the causes of suicide cases in the world. It has a quiet high rating for this suicide case. Therefore, we hope that mental health issue will decrease among people and suicide cases will decrease. As a person experiencing this issue as well, you should speak up or seek advice from others so that you don't deal with this problem alone and don't just stay silent. After we investigate about this issue as well, we can suggest to the university to hold a

program or activity that students can relieve stress and depression.

Discussion

There are 88% of the respondents is female which is more than male 12% and most of them were from 18 until 20 years. Next, due to this survey has been distributed to many of Universiti Sains Malaysia (USM) WhatsApp group, so there are many of them are students. Based on the survey, 38.2% of them have problems with their daily due to any emotional problems. such as feeling depressed, sad or anxious. In the survey also, most them are rarely feeling sad. They're also always feeling calm and never experienced depression during the past 2 weeks. Then, most of them which is 70.17, have ever felt little interest or pleasure in doing something. besides, they rarely feel irritable but often feeling empty. They also rarely feeling of getting far away from everyone. The respondents' appetite changed sometimes and also they find their selves are avoiding friends and family sometimes. The 64.8% of respondents know whom to approach and where to go but 35.2% of them don't know who to refer to.

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28. Is There A Link Between Poverty And Youth Mental Health?

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Abstract

Emotions, thinking, communication, learning, resilience, and self-esteem ultimately rely on optimal mental health. Does poverty have an impact on young people's mental health? is the main issue of this study. The study's main focus is on young people's mental health. We studied how poverty impacts young people's mental health and how they cope. We conducted a survey of 105 young people from various regions, using Google Form to collect the data. The finding indicates that unpaid debt is the most serious financial issue. Meanwhile, an increase in living cost is the primary cause of financial difficulties and unemployment. The study also reveals that a major element affecting young people's mental health is excessive stress levels. Many people asserted that they indulged in hobbies to decompress. Better financial management would aid in resolving financial issues, the survey revealed as well.

Keywords: Mental Health, poverty, youth

1.0 INTRODUCTION

Individual's mental health is defined as a condition of wellbeing when a person is aware of their skills, capable of handling everyday pressures, able to work effectively and fruitfully, and able to give back to their community (WHO, 2022). A dynamic internal equilibrium known as mental health enables people to apply their skills following society's core principles (Galderisi, et al, 2015). Depending on how one responds to a circumstance, mental health may be favourable or unfavourable. Our mental health strongly influences how we feel, think, and behave. In Malaysia, one in every three persons suffers from mental health issues, with the highest prevalence among low-income individuals and those aged 16 to 19. When an individual or community does not have the means of subsistence, they are said to be in a

state or situation of poverty. A person's mental health would become unstable due to poverty, as the COVID-19 pandemic demonstrated. The existence of COVID-19 may be aggravating Malaysia's mental health issues, according to a March 2021 ASEAN Today story. Social isolation, losing a loved one, and a fragile financial condition are the main causes of anxiety, depression, and stress.

The biggest cause of poverty in Malaysia is unemployment. As of July 2022, there are 620.7 thousand unemployed Malaysians (Department of Statistics Malaysia, DOSM, 2022). Additionally, this is because the COVID-19 outbreak caused numerous job losses. For instance, a pilot who had lost his job two months earlier in August 2020 ended his life by jumping from a condominium in Bandar Kinara, Serdang, due to stress. Many companies usually avoid hiring fresh graduates and require candidates with at least 2 years of experience. Youth experience pressure and stress as a result of this. In addition, because they lack a source of income, the kids must also pay back their study loans, which is a burden for them. On the other hand, society never fails to evaluate and criticize unemployed teenagers, contributing to mental health issues such as depression, anxiety disorders, and suicidal ideation. Poverty and unemployment are inextricably linked.

Economic inequality frequently coexists with other social injustices experienced by marginalized people due to characteristics like gender, ability, colour, ethnicity, caste, religion, or language, leading to intersections and self-reinforcing patterns (Kabeer, 2010). The current economic system has let down many Malaysians in terms of income, employment, wealth generation, and opportunities. Rising inequality and a widening gap between the wealthy and the poor are symptoms of failure (Jaafar, 2022). Economic inequality also influences income disparity. Income inequality refers to the fact that some citizens of a nation are wealthier than others. Three distinct income categories, B40, M40, and T20, are used to categorize the socioeconomic classes in Malaysia. B40 and M40 represent the majority of Malaysians. Even with a monthly income ranging from RM 4,000 to RM 10,000, they still face poverty. It is because economic disparity causes inflation rates to rise. Low-income households must regulate their purchasing power and arrange their budget effectively to purchase necessities. As a result, lower-income families face more stress than higher-income families. When faced with this condition, one's mental health can suffer greatly.

Poverty also affects many young people's schooling. According to Mustapa Mohamed, the economic affairs minister, Sabah and Sarawak are among the states with the biggest rises in poverty rates (FMT Reporters, 2022). This effect was owing to disparities in wealth, income, education, and infrastructural development across the country. Some rural populations have low levels of education and few opportunities to improve and raise their abilities. Home learning is not an option for Sabah students due to inadequate connectivity and poverty (Chan, 2021). They were ill-equipped, and their communication system was inadequate. Due to online coursework, this set of pupils struggled during the COVID-19 pandemic. The majority of youth are having trouble paying for their tertiary education. They are even willing to commit crimes to make money. Another intersections and self-reinforcing patterns (Kabeer, 2010). The current economic system has let down many Malaysians in terms of income, employment, wealth generation, and opportunities. Rising inequality and a widening gap between the wealthy and the poor are symptoms of failure (Jaafar, 2022). Economic inequality also influences income disparity. Income inequality refers to the fact that some citizens of a nation are wealthier than others. Three distinct income categories, B40, M40, and T20, are used to categorize the socioeconomic classes in Malaysia. B40 and M40 represent the majority of Malaysians. Even with a monthly income ranging from RM 4,000 to RM 10,000, they still face poverty. It is because economic disparity causes inflation rates to rise. Low-income households must regulate their purchasing power and arrange their budget effectively to purchase necessities. As a result, lower-income families face more stress than higher-income families. When faced with this condition, one's mental health can suffer greatly.

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This study aims to determine whether there is a relationship between youth mental health and poverty. The study's goal is to learn how poverty affects young people's mental health and how they deal with it. The findings of this study will aid the government in fulfilling The National Development Policy's goal of eradicating poverty in Malaysia (NDP). Youth would sustain greater mental health if all parties make the initiatives to reduce poverty.

2.0 LITERATURE REVIEW

Is there a link between poverty and youth mental health?

Recent years have seen a rise in the relevance of mental health among legislators, social workers, researchers, and medical professionals. The state of one's finances is one of the variables that may affect their mental health. Different social, cultural, and political systems have different definitions of poverty. Understanding poverty from the viewpoints of poor people reveals that it is a multifaceted societal issue. Even though the poor have always been around, we have not always been willing to embrace them or show them our hearts.

The prevalence of mental health problems in disadvantaged communities is higher than in economically stable areas. According to Kodet et al. (2019), young people living in poor neighbourhoods have higher rates of mental health disorders than youth living in middle-income families. According to The World Health Organization (2022), mental health conditions produce economic losses of one trillion USD, with depression being the leading cause of ill health and disability. Poverty and deprivation are key determinants of children’s social and behavioural development and adult mental health.

2.1 EFFECTS

The mental health of children and adolescents is amongst the most neglected health issues globally, including in East Asia and the Pacific. Young children and teenagers in Malaysia suffer a particularly heavy burden of poor mental health. According to the 2019 National Health mobility Survey (NHMS), about 424,000 children in Malaysia have mental problems, but many do not come forward to seek assistance. A major cause for concern is the estimate that 1 in 8 teenagers aged 10 to 19 and 1 in 20 kids aged 5 to 9 have a mental illness, including developmental disorders. Poverty has an adverse effect on the youth, such that their performance and studies have shown that students in poverty are below grade level at much higher rates and generally have poor or average grades.

Due to influences at the family and community levels, poverty can also negatively impact children's mental health. Families living in poverty experience a unique array of stressors such as food insecurity and housing problems). The possibility for mental health issues and substance misuse in parents might be increased by these circumstances, which can limit their ability to practise effective parenting

techniques and increase the potential for child abuse and neglect.

Poverty and mental health are closely linked. Young people in low- and middle-income countries (LMICs) are at a significant risk of developing or retaining mental health problems. Poverty-related stress and environmental conditions raise the likelihood of mental health disorders. Furthermore, the incapacity and significant costs that people with mental illnesses confront might keep them in poverty.

2.2 SOLUTIONS

Many solutions have been offered to remedy poverty because the present welfare system simply does not work effectively to reduce the problem. There are a growing number of evidence-based treatments for children experiencing mental health concerns, many of which have been implemented successfully such as demonstrated feasibility with families from lower socioeconomic communities.

Although the present system, with prodding and guidelines from the federal government, is trying to improve its efficiency and performance by cutting poor people off the rolls, many liberal plans for a guaranteed annual income or a negative income tax have been proposed.

They are usually counselling psychologists, social workers, or psychiatrists. All work with those who are having difficulties facing family problems. Such clients are usually not mentally ill, but are often emotionally upset, anxious, or struggling to resolve some problem that affects the behaviour of family members. A degree in sociology, social work, psychology, or medicine is needed. As family problems continue to grow, so will the need for family counsellors.

3.0 METHODS

This research is carried out using quantitative methods and also literature studies.

Data collection is carried out by observing respondents' answers through google form. This method helps better understand the link between poverty and youth mental health. In making these observations, we created a questionnaire with various questions about the youth's financial issues and how this impacts their mental health. We also asked how they cope with their mental health problems due to these financial difficulties.

Literature studies helped us understand the research better, find solutions to overcome poverty, and develop better mental health among the youth. Researchers did their literature studies by collecting information through online books and surveys related to the problem and research purposes.

4.0 RESULTS AND DISCUSSIONS

The study aimed to determine whether poverty and the mental health of young people are related. 105 university students from various locations participated in this survey through Google Form. Along with the respondents' profiles, we ask several questions about the issues they have encountered due to financial difficulties at the start of the questionnaire. We also inquired about the reasons behind their financial difficulties. Additionally, we provided solutions to respondents' financial problems and ways for them to deal with mental stress in this study

We started by asking about personal information such as gender, age, and the range of monthly household income. According to the query, we discovered that over half of the respondents are female. Most responders are between the ages of 20 and 24 and between the ages of 15 and 19. Most Next, the

household monthly income range are divided based on the household income classification by the Malaysian government (Rahim, 2022). The two highest percentage of household monthly income range come from those that earn below the B1 income range, which are between RM900 to RM2500 (30.5%) and less than RM900 (17.1%). In ascending order are the M1 and M2 group, B3 and B4 group, B2 group, T1 and T2 group, and M3 and M4 group.

Section variable	Category	Respondents	Percentage (%)
Gender	Male	41	39
	Female	59	56.2
	Prefer not to say	5	4.8
Age range	15 - 19	41	39
	20 - 24	55	52.4
	25 - 29	4	3.8
	30 - 34	3	2.9
	35 - 40	2	1.9
Household Monthly income range (RM)	< 900 (B1)	18	17.1
	900 – 2500 (B1)	32	30.5
	2501 – 3170 (B2)	10	9.5
	3171 – 4850 (B3, B4)	11	10.5
	4851 – 7100 (M1, M2)	17	16.2
	7101 – 10970 (M3, M4)	8	7.6
	>10971 (T1, T2)	9	8.6

4.1 FINANCIAL PROBLEMS

There are various types of problems that someone can face due to financial difficulties. Survey results show problems that the respondents or their households have faced due to financial problems. (survey takers can choose more than one type of financial problem they have faced, experienced, or seen)

- Unpaid debt: 32.4%
- Adverse childhood: 12.4%
- Inability to get quality education: 8.6%
- Disease and malnutrition: 6.7%
- Violence: 6.7%
- Involvement in crime: 5.7%
- Lack of access to drinking water: 4.8%
- Lack of basic sanitation: 3.8%

According to respondents, unpaid debt is one of the biggest problems associated with financial difficulties. The most significant reasons for not repaying a debt, according to experts from Best SA in Poland, are

- purposeful avoidance of the issue (hoping that it will magically go away) or contact with a debt collection agency,
- waiting for a debt to become time-barred, and
- lack of confidence in one's ability to manage a debt.

This research also shows that financial problems lead to adverse childhood and the inability to get quality education. The results also show that financial problems lead to adverse childhood and an inability to get quality education. A bad childhood is always associated with experiencing trauma, dysfunctional families, and exposure to abuse. Their parents' financial difficulties always impact their youth until they become traumatized. To relieve their tension, some parents have even mistreated their kids. Many young people also endure hardships related to their inability to afford a quality education. Many decided to forgo tertiary education since they cannot receive financial aid.

4.2 CAUSES OF FINANCIAL PROBLEMS

Then, here are the results of a survey for the causes of financial problems among the respondents. It is possible for respondents to choose more than one cause for their financial difficulties.

- Reduction in income/ increase of living cost: 42.9%
- Unemployment: 26.7%
- Poor financial management: 23.8%
- Students' debts: 22.9%
- Job loss: 16.2%
- Illness: 12.4%
- Fraud or scams: 10.5%
- Inappropriate use of credit: 6.7%
- Gambling problems: 4.8%
- Alcoholism: 4.8%
- Generational poverty: 3.8%
- Drug addiction: 2.9%

Most respondents choose reduction in income or an increase in living costs as the main cause of their financial problems. According to the Malaysia Consumer Price Index (CPI) by Trading Economics, Malaysia's CPI had increased steadily from 122.5 in June 2022 to 128.3 in October 2023. Experts expect this trend to continue linearly upwards in the near future with the global recession. This phenomenon will directly affect the B40 and M40 groups, especially those living in urban areas. The second most picked cause is unemployment, as there is skill incompatibility among youth to compete in the labour market. Another notable cause is generational poverty, a cycle of poverty or poverty trap. Self-reinforcing mechanisms that cause poverty, causes poverty to continue generationally, where once it exists, it persists unless there is outside intervention.

4.3 EFFECTS OF FINANCIAL PROBLEM

These are the results of the effects of financial problems that respondents have experienced on their mental well-being.

- High level of stress: 38.1%
- Social exclusion: 32.4%
- Struggling to make ends meet: 31.4%
- Low self-worth: 30.1%
- Feel isolated from peers: 27.6%
- Limited connections with people: 26.7%
- Fear of crime: 10.5%

The main effect of financial problems depicted by respondents has high-stress levels. This effect is because those in poverty have longer work hours to make enough money to pay bills and provide for their family. Such a lifestyle can induce immense stress on the individual. Respondents also face social exclusion when they can't fully engage in economic, social, political, and cultural life. Others experience low self-worth due to a lack of childhood, sanitation, and poor education.

Symptoms of mental illness experienced by respondents are listed below.

- Feeling down, hopeless: 37.5%
- Struggling to concentrate or make decisions: 33.7%
- Weight gain or weight loss: 31.7%
- Insomnia: 27.9%
- Shaking, panic attacks: 17.3%
- Pounding heartbeat, sweating: 14.4%
- Relationship difficulties: 12.5%
- Withdraw from friends and family: 9.6%

About an average of two-thirds of respondents reported having experienced multiple symptoms of depression, which included feeling down, hopeless, and struggling to concentrate or make decisions. The stressful lifestyle that the poor have led to the reduction of cognitive ability, which in turn leads to poor decision-making. An average of 15.85% of respondents also experienced multiple anxiety symptoms, such as shaking, panic attacks, pounding heartbeats, and sweating. In addition to physical ailments like headaches and high blood pressure, respondents face psychological problems such as withdrawing from friends and family.

4.4 SOLUTIONS AND COPING MECHANISMS

In the last section of the survey, we inquired about the ways respondents' have explored to solve their poverty and their coping mechanisms concerning their mental health.

- Better financial management: 43.8%
- Pursue higher education: 40.0%
- Apply for help from the government or non-government agencies: 32.4%
- Relentless job searching: 26.7%
- Open a business: 19.0%
- Cooperation with the community: 11.4%
- Counselling: 10.5%

Most respondents opted to implement better financial management in their daily lives. Better financial management is done by cutting expenses and focusing more on necessities than desirable materials. The second most picked solution is to pursue higher education, which exposes them to more economic opportunities and a higher salary range. In addition, some continued looking for jobs, especially if they

were unemployed, had lost their jobs, or were looking for higher pay.

Last but not least, we asked respondents how they cope with financial stress.

- Engage in hobbies: 61.0%
- Pray, meditate, or do yoga: 50.5%
- Engage in physicalactivities: 46.7%
- Take a walk: 42.7%
- Talk to others: 35.2%

We found that the majority of respondents cope using healthy methods. These numbers are starkly different from those of unhealthy coping mechanisms. However, it is still a worrying number if we compare them to the population in Malaysia.

- Overeating: 8.6%
- Self-harm: 5.7%
- Excessive alcohol use: 2.9%
- Attempted suicide: 2.9%
- Drug abuse: 1.9%
- Gambling: 1.9%

According to the numbers above, an average of 4% of respondents cope using unhealthy methods. This would mean that the number of poor Malaysians facing mental illness without a means to pay for the help they need to total up to around 100,000 vulnerable people. (Number extracted from 2022 Malaysian Population Count and 2020 Malaysia's Poverty Rate)

There is a significant effort made by the Malaysian government on the poverty front, while the mental care front is lacking. According to Mustapa, 2022, Malaysia has had a 50.23% reduction in hardcore poverty since the Covid-19 Pandemic. This reduction can be attributed to the country's gradual economic recovery following the successful rollout of the national immunization program. As the relationship between economic growth and poverty reduction is positive, there is an increase in business and job opportunities, reducing the number of hardcore low-income families. Besides that, the government policy, Malaysia Family Poverty Eradication Program (BMTKM), replaces the previous "one-size-fits-all" solution by using tailor-fit solutions for different localities. It aims to eradicate poverty by 2025.

On the other hand, mental care is not receiving much attention. For example, Section 309 of the Penal Code condemns suicide attempts with jail time, a fine, or both. Mental healthcare is still costly; thus, lower-income groups cannot seek professional help. As poverty and mental illness have a causal effect; policymakers must address both issues equally to solve poverty or mental health problems entirely. Investments in mental health, reshaping environments that affect mental health, and building a community-based network of interconnected services are all crucial steps to be taken in the future (WHO, 2022).

5.0 CONCLUSION

Our findings and the statistics of the survey have shown that poverty among youth has impacted their mental health and had a lot of effects, such as extreme stress, social exclusion, and low self-worth. This study can be a guideline for the government and universities to find initiatives to overcome mental health among youth based on the causes of financial problems. For example, higher living costs,

unemployment, and poor financial management have caused the youth community to struggle financially.

The present study showed that youth with financial problems could find a solution to their finances by improving their financial management, pursuing a high education, and applying for help from government or non-government sources. Other than that, youth also find a way to cope with their financial stress by doing physical activities, taking a walk, praying, meditating, and talking to others. We hope that youth can be financially stable and become happier because they will be the generation that leads our nation in the future

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29. Loneliness Affect Youths' Mental Health

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Abstract

Loneliness is a state of mind that causes people to feel empty, alone and unwanted. In recent years, the Covid-19 pandemic has completely transformed our daily lives. For example, working from home and online learning became the norm. Due to this, face to face interactions have decreased tremendously. As a result, many people have become lonely. The growing number of people facing loneliness prompted us to conduct this study. This study is focused on youths' perspectives and how loneliness affects youths' mental health. The research was conducted among 134 students from Universiti Sains Malaysia through a google form survey. Based on the google form survey, we found that the majority of respondents have experienced loneliness and that the main effect of loneliness in youth is anxiety. Our findings are hoped to increase self-awareness among teenagers and lead them to be more positive in their life.

Key Words: loneliness, youth, mental health, anxiety, Covid-19

Introduction

Emotional, psychological and social well-being are parts of our mental health. Mental health will affect us in thinking, feeling and coping with our stress of life. By having good mental health, we will be able to handle our life, work productively and be able to make a contribution to the community. Good mental health plays an important role in our life. Unfortunately, many people are suffering from mental health issues. Regardless of age, income, social status, race, background, anyone can suffer from mental health illnesses. By 2020, mental health conditions are expected to be the second biggest health problem affecting Malaysians after heart diseases (Chan, 2019). Mental health of adolescents has become a topic of concern in society today as they are the future leaders of the country. The development of a country is in the hands of the youth, so their health either physically or mentally is always concerned. So, this study focused on how loneliness affects youth' mental health.

What is loneliness? Loneliness is the state in which there is a deficit between the individual's actual and desired level of social engagement and is distinct from being alone (time spent alone), living alone (simply a description of the household arrangements) and social isolation (which refers to the level of integration of individuals and groups into the wider social environment) (Routledge, 2019) Everyone comes to this world alone, including youth. None of us can accompany others forever, even our parents. Everyone has experienced loneliness. It's common to experience loneliness from time to time. Loneliness could affect our mental health if we suffer from it for a long time. According to a global survey, 33% of adults experienced feelings of loneliness worldwide (Statista, 2022).

Loneliness is not just being alone. It is divided into several types from different perspectives and different factors. There are 4 types of loneliness that are always seen in our daily life which are situational loneliness, social loneliness, emotional loneliness and chronic loneliness (Biddlecombe, 2020). Firstly, situational loneliness can emerge from situations that make making friends challenging. Examples include those who live overseas, possibly in a country where they cannot speak the language fluently, people with physical or mental impairments who find it challenging to leave their house or stay-at-home parents with young children. Next, social loneliness is more likely to happen to those who struggle in social settings due to shyness, social awkwardness, or a low feeling of self-worth that causes them to question their ability to be competent and amusing in social settings. Given a common but real example, an introverted female white-collar worker never took the initiative to communicate with her colleagues, so that no one in the company would invite her to a colleague's party. It caused her to feel isolated and social loneliness. Additionally, when you feel emotionally cut off from the people around you or you are unable to establish a meaningful connection with them, you are said to be lonely emotionally. Besides that, the fourth type of loneliness which is chronic loneliness means that someone who has experienced loneliness for so long until it has become a way of life. For instance, for the first 3 years of Allie moving to New York, she often reminisced about her close friends and the good things they had experienced together. She experienced emotions of loneliness after relocating to a new city.

Youth is the person between the ages of 15 to 19. Majority of youth go to school during the age of 15-19. At this age, youth start to deal with people, doing part time jobs and having a personal social circle. Their relationship with peers and social status become more important in their life, but at the same time, their ability to maintain a relationship is still developing, it creates a mismatch between desired and actual. Moreover, youth are still developing their identities, searching for their interests, values and who they are which will influence the relationship. Some youth who experience failure in their relationships will feel very disappointed. Some youth will try to start a new relationship with others but some won't. It causes youth to stay alone and unwilling to meet new people.

Loneliness has become a major factor affecting youths' mental health according to research. Teenagers are immature and so easily troubled by many external factors. For instance, changes in the environment, alienation from friends, family disharmony will all make them feel lonely. In severe cases, it will affect their psychological development and even distort their psychology.

Due to the Covid-19 pandemic, in order to stop the spreading of the virus, people across the country have been restricted from moving and forced to stay at home for social isolation, which has left the teenagers without social circles and no longer able to meet with their friends or carry out any outdoor activities. Therefore, they can only choose to be active on social media like Instagram, Facebook, WhatsApp and so on for entertainment. However, this action does not solve the problem of loneliness among the youth, but instead breeds another bigger problem which is becoming addicted to the Internet that they cannot even distinguish between the reality and virtual online world. Then, they are still surrounded by loneliness. Some studies showed that the increases in adolescent loneliness may be linked to the increasing use of digital media such as smartphones and social media. (Twenge, J. M,

Haidt, J, Blake, A. B, McAllister, C, Lemon, H, & Le Roy, A,2021)

Literature review

Globally, loneliness is considered a public health concern, even a worldwide epidemic. Research shows that adolescents experience more often and more strongly than older adults. (Sundqvist, A, & Hemberg, J.,2021). Loneliness is a bad experience that most people will suffer at some point in their life. Recent studies report that one and two out of every ten adults often or always feel lonely in the US, Japan and Europe. (Macià, D, Cattaneo, G, Solana, J, Tormos, J. M, Pascual-Leone, A, & Bartrés-Faz, D,2022). Based on severe cases, youth describe their loneliness as a darkness, feeling that no one cares about them, they cannot get any help from others when they feel helplessness.

At the time that loneliness was measured and between 3 months and 9 years later, social isolation and loneliness were associated with an elevated risk of depression and potentially anxiety. Compared to loneliness intensity, loneliness duration was connected closely with mental health and more impact on it (Loades, 2021). Loneliness is a problem that cannot be ignored. If it is not properly dealt with or confronted positively, it will easily lead to anxiety or even depression, especially for the youth. The duration that someone experiences loneliness is more affecting than the intensity of loneliness. For example, Eddy's two years of social loneliness experience affected his mental health more than his once intense emotional loneliness.

Latent growth and multilevel modelling showed that, compared to social loneliness, emotional loneliness grew over time. Additionally, people who were socially isolated were more prone to experience emotional isolation in the future (Lampraki, C, Hoffman, A, Roquet, A, & Jopp, D. S, 2022). This makes it clear that social loneliness and emotional loneliness are closely related and affect each other. Emotional loneliness will get stronger over time but social loneliness will not.

The main reason for anxiety is loneliness, and loneliness is caused by various factors including personal factors and external factors. The examples given are not being able to make friends, lack of parental care and lack of understanding and attention from the teachers, which may lead to loneliness. This can cause the adolescents to fall into self-doubt, self-denial and lack self-confidence which eventually turns into anxiety. Knowing the warning symptoms of loneliness is crucial since loneliness can have a negative impact on your health. It's crucial to keep in mind that being lonely is different from being alone (Cherry, 2022). So all of the youth should always be aware of this to prevent more serious psychological problems. Besides anxiety, we will explain other effects of loneliness in our study.

A study revealed two sides to youths' experience with loneliness; loneliness as an involuntary negative experience, and yet self-selected solitude as enjoyment of being alone which could provide an opportunity to calm down and recharge (Hemberg, J, Korzhina, Y, Groundstroem, H, Östman, L, Nyström, L, & Nyman-Kurkiala, P ,2021). Someone who is self-solitude is willing to stay alone without disturbing others. They enjoy staying alone such as staying at home alone, cooking alone, reading alone and so on. Loneliness is the feeling of unwanted and helplessness. Some people are surrounded by many friends, yet they still feel lonely. This is because they hide their true self, they have difficulty in finding a true friend who can be trusted and to share their personal issues and problems with these true friends. Because they are scared of sharing their secret to others, they feel lonely. Some youths are even unwilling to share their secrets with their family members because they are scared, they will be scolded. As a result, they keep struggling in their own world and feel lonely. We are going to find out the cause of youths' loneliness in our study.

A study showed that passive coping strategies for loneliness will cause an increase in risky behaviour in

youth (Verity, L, Yang, K, Nowland, R, Shankar, A, Turnbull, M, & Qualter, P, 2022). Self-harm is one of the reactions when someone feels lonely. Loneliness causes youth to feel lonely and makes them think that no one cares about them, so they might try to harm themselves. This is because they think if they self-harm then someone might care about them and about their life. For example, they use a knife to cut their skin, take drugs, drink alcohol and so on. Some youth will even commit suicide in order to end their feelings of loneliness. Loneliness also affects youth in physical health. Loneliness will cause obesity, health problems, tiredness and so on. Our study will focus on how to deal with loneliness.

Method

MATERIALS AND METHODS (METHODOLOGY)

Data Collection

The first survey consisted of 3 single-selected multiple-choice questions, 3 dropdown menu multiple choice questions and 3 multi-selected multiple-choice questions. The aim was to conduct the survey with a specific group of students from Universiti Sains Malaysia (USM). Participants were given time to fill in the survey through google form, and 134 students responded.

We started our analysis by examining bivariate associations between young people's loneliness and social circle size, frequency of socialising with friends, and family support. Ordinal logistic regression was then performed using a proportional odds model to assess the relationship between youth loneliness and factors such as social circle, frequency of interactions with friends, and family support.

Measure

Loneliness was recorded into an ordered variable (1= always lonely, 2 = sometimes lonely, 3 = rarely lonely, 4 = never lonely). The variables gathered in our demographic research include sex and age group. The questionnaire consisted of one section designed to measure how loneliness the young people experienced. We used nine items for this variable, in which the sample items were as follows: “Loneliness comes from within,” “Difficulty connecting with others,” “Lack of desired relationship.” and others. Another section of the questionnaire assessed frequency of contact with your family. It was recorded into an ordered variable (1 = everyday, 2 = week, 3 = half a month, 4 = month).

Results and Discussion

Demographic profile of respondents

Table 1: Demographic profile of loneliness

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	84	62.7
	Female	50	37.3

Age	18-20	118	88.1
	21-23	11	8.2
	24-25	-	-
	Others	5	3.7
Have you ever felt lonely?	Yes	122	91
	No	12	9
How often do you feel lonely?	Always	22	16.4
	Sometimes	71	53
	Rarely	37	27.6
	Never	4	3

The research was conducted based on the purpose of finding out how many people have experienced loneliness in their lives with our survey conducted online using a questionnaire. There were 100 fully completed questionnaires in this survey. Female respondents made up 62.7% of the total respondents. Our study specifically targeted Generation Z-aged respondents because the focus of our research is on young people. 96.3% of the survey's respondents, who made up the majority, were between the ages of 18 and 23. None were less than 18 years old, while only 3.7% were over the age of 25.

Respondents were provided with questions regarding loneliness and the impact of loneliness in their lives. Almost every respondent (91%) answered “yes” when asked whether they have felt lonely before at any point in their lives and only the remaining 9% answered “no”. This shows that 9 out of 10 people have experienced loneliness before which is quite a large number. Social isolation and loneliness were already significant public health and policy concerns before the COVID-19 epidemic, partly because of their detrimental effects on longevity, mental and physical health, and well-being (Fried et al, 2020; Holt-Lunstad et al., 2015; Leigh-Hunt et al, 2017). The pandemic and related containment efforts have made social isolation and loneliness issues even more pressing (Gruber et al, 2021; Holt-Lunstad, 2021). The next question presented to the respondents was the frequency of loneliness. It was obtained that about half of the respondents stated that they felt lonely sometimes. 27.6% of the respondents felt lonely rarely, 16.4% of respondents always felt lonely and only 3% of respondents have never felt lonely. From the data, we found that feelings of loneliness occur significantly in the lives of many youths.

Factors of loneliness

Table 1 shows the factors of loneliness

Factors	**Percentage (%)**
Difficulty connecting with others	56.7
Comes from within	53
Coming to a new environment	50

Lack of support	36.6
Lack of desired relationship	35
Living alone	20.9
Quarantine	11.2
Losing a loved one	11.2
Parent’s divorce	3.7

This study has shown that approximately around nine out of ten respondents said they had ever experienced loneliness, and females were the majority to say this. Additionally, some traits, like the inability to connect with others, loneliness that comes from within and experiencing a new environment are highly associated with loneliness, while other traits, such as lacking support, not having the connection one wants, and living alone, are associated with loneliness in some respondents. Some young people described loneliness as a dark experience; others reported dark thoughts alongside their experiences of loneliness, but they did not always link them directly. The study also found a strong correlation between loneliness and respondents' mental health.

Our study revealed that the main factor of loneliness is having difficulty connecting with others which is 56.7%. For example, respondents claimed that they did not have people around them that have similar interests to them, making them feel as though no one understands them or their peers failed to comprehend them. Loneliness refers to an emotional state in which individuals experience a feeling of isolation, detachment and lack of social support and belonginess [15]. Some young people were able to explain why they felt different, claiming that their experience of isolation demonstrated to them that they were not "normal" or lacked a characteristic that allowed others to form the kinds of friendships they desired.

Additionally, one in two respondents claimed that moving to a new environment made them feel lonely. Thus, that can be linked to having trouble connecting with people since we are new to that particular place. Statistics suggest that loneliness is becoming increasingly prevalent, particularly in younger generations. Let's look at an example of how being in a strange setting might make someone feel lonely. For instance, moving to a new school where teenagers must meet new friends and finding it challenging to strike up a conversation.

Next, in our survey, 53% of respondents said that they feel lonely because loneliness comes from within. Youth who feel lonely mostly are those who have low self-esteem and lack confidence. Good self-esteem is protection against others who purposely or not purposely to belittle one’s person. Adolescents who have low self-esteem are easily affected by negative comments. Furthermore, adolescents think that they are unworthy of others’ attention. They assume that they will bring trouble to people around them such as family members and friends. Through our survey, there was a respondent describing how they felt lonely, “I was once feeling lonely, and I could not breathe back then. It was hard for me. Such a state when you don’t feel like doing anything. Even if you have someone to talk to, someone from your family, you just want to do that. You just feel strange, you don’t want to eat, you can’t even breathe normally (P4, Poland). This shows that teenagers can experience spontaneous emotions of loneliness from time to time.

Effects of loneliness

The Evolutionary Theory of Loneliness (ETL) predicts that loneliness has long-term health consequences. According to this survey, mental health issues were the main effect of loneliness in youth with anxiety being the highest (63.4%) and depression coming in second at 61.2%. This shows that at least two thirds of youth suffer from mental health issues caused by loneliness. Anxiety is the body and mind's response to stressful, hazardous, or strange events. It is the unease, distress or fear you experience normally before a big event. A recent meta-analysis, showed that 41.5% of individuals experience their first symptoms by the age of 14 years old, irrespective of the mental illness diagnosis (Solmi et al., 2021). You might, for instance, miss out on socialising possibilities. If you're lonely, you'll probably leave your residence before you can text back your response. You are more inclined to withdraw from social situations and decline invitations if you have an anxiety disorder, especially social anxiety. Even when you isolate yourself, anxiety might make you feel lonely since it prevents you from interacting with other people.

The COVID-19 pandemic's restrictions have increased strain on young people's mental health, making this research extremely topical (Dodson, 2020). Due to the pandemic's worsening of adolescent mental health (Creswell et al, 2021), young people have been under more stress (Singh et al, 2020). Based on the World Health Organisation (WHO), depression is the third leading cause of disease worldwide (Achterbergh, L,2020). People who are alone have greater depressed symptoms since they are said to be less content, happier, and more gloomy. Many academics identify loneliness as a subtype of depression because it and sadness have so many traits. The hope that all would be OK if the lonely person could be reunited with another wanted person distinguishes loneliness from other types of loneliness, though. In those who are both lonely and depressed, loneliness is negatively correlated with personality qualities and favourably correlated with unpleasant emotions. Depression has been linked to insecure attachment styles, according to research. Insecure attachment styles may enhance depression vulnerability, according to numerous studies. People who are insecurely attached are more likely to struggle with low self-esteem, having trouble or being unable to build and sustain relationships with others, having trouble addressing problems, and having an unstable self-concept.

59.7% of the respondents said that loneliness also caused antisocial behaviour. Mund and Neyer (2016) were the first to demonstrate longitudinal effects of loneliness on personality traits and their development across adulthood. Loneliness is favourably connected with unpleasant emotions and poor evaluation of personality traits and negatively correlated with it for people who feel lonely which may result as a challenge or inability to build and sustain relationships with others, inadequate problem-solving abilities, and a shaky self-concept. This may cause the youth to want to mingle around with other people only when it is absolutely needed.

From the survey, we found that stress was the answer to the impact of loneliness by about half (53%) of the respondents which correlates to having trouble sleeping. About 1 in 4 of the respondents said that they had trouble sleeping due to loneliness. Poor sleep quality and daytime dysfunction including low energy and weariness have been linked to loneliness. In another longitudinal, follow-up study, Lies, Drummond, and Jobson (2020) investigated associations between mental health (PTSD, anxiety, depression), sleep symptoms (insomnia severity, pre-sleep arousal), and factors predicting mental health However, there is no connection between loneliness and length of sleep. Loneliness has been linked to increased daytime dysfunction, which has been demonstrated to be a sign of poor sleep quality.

What do you do when you feel lonely?

The aim of the current qualitative study was to gain a better understanding of how adolescents perceive,

experience, and cope with loneliness in their daily lives. The study emphasised the necessity of prioritising the voices of young people suffering loneliness in order to understand the phenomenon and that individuals are the most representative sources for discussing their experiences and emotional condition (Cresswell & Miller, 2000). According to our survey, the respondents mentioned that by using social media, doing their hobbies and calling family members or close friends could prevent them from loneliness. The purpose of this action was to divert their attention from their feelings of loneliness and prevent them from harming themselves.

69.4% of respondents said that social media is the best way to prevent loneliness. (Hipson et al, 2021) asked adolescents to list the three things they did most while alone during the last week and 87% mentioned using technology. On a global scale, social media offers opportunities for individuals to connect and share information. In the United Kingdom (UK), scholars are exploring how social media serves as a valuable tool for suicide prevention. However, respondents also recalled engaging in more socially interactive forms of technology while "alone," including texting, talking on the phone, and even audio-visual communication (e.g., FaceTime). As a result, teenagers can make friends through social media because it has a large number of users, particularly teenagers, such as Facebook and Instagram. They can use social media to increase their general knowledge about loneliness by also watching movies or listening to music to avoid boredom

Moreover, about half of the respondents mentioned that doing their hobbies and having a conversation with families and close friends is something that they do to get rid of feeling lonely. A hobby is defined as a regular activity done for enjoyment, usually during one's leisure time. Some hobbies require us to form a team so that we can interact with others too. Following that, 50.7% of respondents agreed that calling family or close friends kept them from feeling lonely. This is because people who are lonely may need to talk to someone close to them, and conversing with our loved ones can make us feel loved. For example, Hur et al. (2019) study showed the central role of social context and close relationships, e.g., with friends, family or romantic partners. This could be explained by the important role that close friends play in providing various types of support during adolescence.

Conclusion

Loneliness is an important worldwide public health concern affecting people of all cultures and ages, with prevalence rates predicted to increase to "epidemic" levels in the future. Our finding proves that many USM students have experienced loneliness in their life. There are three main factors that cause loneliness in youth, which is difficulty connecting with others, loneliness comes from within and also coming to a new environment. As the saying goes no one is an island, everyone needs to be involved in social activities such as chit-chat with friends on social media, having conversation with family and also finding a new hobby. These activities can reduce the chance of loneliness. Loneliness is an evil force. It can silently affect our mental and physical health. Our study shows that loneliness could cause anxiety, depression, antisocial behaviour and facing trouble in sleeping. These negative effects will affect youths' daily life.

Loneliness is not actually a disease but just needs us to pay attention to it. Most people will experience loneliness. When loneliness brings us a bad influence, then we just try to overcome it. So, the best way to deal with loneliness is having an optimistic attitude, trying to make new friends and trying to communicate with our family. Youth should be more active in their school activities so that they can explore new things and new friends. Their time can be used in beneficial activities and meanwhile improve their skill and knowledge. On the contrary, if you only feel slightly lonely, then we just face it with a positive and optimistic attitude. It is a norm as nobody will be with you forever. What we can do is to enjoy life and improve ourselves while we are alone.

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30. Perspectives Of Young Academicians: Does Adversities In University Affects First Year Students?

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ABSTRACT

A feeling of imperfection and uncertainty is called insecurity. It causes anxiety about your objectives, connections, and capacity to handle particular circumstances. It can occur for many reasons and manifest itself in various facets of life. It may be caused by local settings like a workplace, a school, or a house. Unpredictable setbacks in daily life are more likely to make people feel uneasy about commonplace resources and routines. Since insecurity can begin at any age, many students, particularly first-year university students, deal with it. This study tries to comprehend how students' mental health is impacted by insecurity. 119 respondents among university students participated in the study on how adversities affect first-year students. According to the study's findings, although they lack confidence upon entering university, individuals do not feel inferior or dejected as a result. Respondents were also asked how they felt so that the effects could be observed.

KEYWORD: Insecurity, Self-esteem, Mental health

INTRODUCTION

Most people must have experienced feelings of insecurity. Insecurities are natural, especially among the youth in university. However, insecurities can also affect mental health if we think too much about it. University student life is overly critical because their physical and mental adjustments are too difficult. In addition, there are various kinds of stressful events among students, such as insecurity, aggression, physical and psychological stress and so on which may influence their life, mood and they become irritable and hopeless. Sometimes, university students may fall from their academic achievement because of insecurity, and lack of confidence which is threatening to their self-esteem.

Insecurities are related to standards set by the people we interact with, such as our family, friends, and peers, and societal expectations that may be perceived. Insecurities develop when we compare ourselves to others and feel less than (Ulrich Beck, 2021). They occur when we experience a consequence for being different from others in a perceived negative way or when we feel we do not measure up to where we should be. Psychologists defined the insecurity state of a person as an emotional problem, a state of being in disturbance due to the feeling of tension, strain, and conflict together with other consequences of tension like nervousness (Dan Brenan, MD, 2020). People feel insecure in several practical dimensions such as emotional insecurity, financial insecurity, job insecurity and insecurity in relationships. Insecurity can produce difficult interpersonal relationships and obsessive-compulsive

tendencies. Insecurities can also affect the mental health of students (An and Chong, 2020).

Insecurity has many different manifestations, according to the American Psychological Association. It relates to a general feeling of doubt or anxiety about your value, talents, skills, and worth as a person, sending the signal that you are in danger or at risk of something or someone. That negative impact of insecurity could be physical, mental, or emotional. Without security, you cannot accomplish full trust or function to your fullest potential (Eric Patterson LPC, 2022). Insecurity may be experienced by most people regarding some aspect of their lives. Many times, insecurities can be overcome before they cause long-term damage. However, the bad and negative feelings experienced may have a significant impact on life when one deals with generalized insecurity for a long time. Insecurity is linked to mental health conditions such as anxiety and low self-esteem (Abbate-Daga, G., Gramaglia, C., Federico, A., Marzola, E., & Secondo, F, 2021).

According to the WHO, mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socioeconomic development (World Health Organization, 2022).

On this study the researchers would like to address on how adversities in universities life affects first year students' mental health. The researchers try to identify the factors that make students feel insecure, and they also want to identify the effects of feeling insecure on mental health of students.

Based on previous studies, the reasons why people feel insecure about their selves are as varied as there are. They are insecure of what they see on to others, they think that other people have the perfect body, personality, and a good look, and because of media exposure many people want to attain that look that trends. To avoid insecurities on your body do not lock yourself in a one corner of unbelievable expectation boosted by social media. Insecurity starts with a lack of confidence, and weak character. It is omnipresent and rife. It affects their behaviour towards beauty, self-esteem and struggles to overcome hate and doubt which may lead to anxiety, depression, and envy (Bradly, 2018).

Raina and Bhan (2013) conducted a study on security-insecurity feelings among adolescents. Research revealed that girls showed more insecure feelings than the boys, adolescents. This is because, girls are more sensitive and sentimental compared to boys' adolescents. Boys and girls are taught different social or cultural expectations, which may mean they are insecure about different issues, but the pressure is on for any man or woman to fulfil a societal stereotype.

RESEARCH METHOD

The research method we used to complete this study was to provide an online survey and share it with as many as possible especially to university students. We use this way because it is convenient to the public as the current generation always uses the internet and social media. So, we took this opportunity to provide online surveys so that they can also spread to others as well. As a result, we received a total of 119 responses consisting of male and female categories, various age groups and from various universities in Malaysia.

We provide them with a choice of answers so that they can choose the appropriate answers related to the questions. As a result, many experiences this feeling of insecure especially to those who have just entered the realm of this university. Not only that, the results from these data show that they experience this insecure feeling rather than seeing their own friends. The next question asked to them in the survey was whether they experienced depression because of this feeling, and many answered they did not experience it. However, there are also some who answer that they suffer from depression because of

these feelings that can be harmful to themselves.

The survey continues by providing questions about the factors that make them feel insecure. They were given a choice of answers such as economic status, appearance, personality and even academics. We asked in the question whether they felt safer with others when they were at school to compare how they felt in school and the university realm. We also ask their economic level whether it is B40, M40 or T20 because sometimes they experience this feeling of insecure because they see those who are more capable who can buy all the necessities and wants. The study continued by providing questions about their self-confidence levels and given a scale of choice of 1 to 5. The last question in this study we asked about how they felt on the day and gave a scale answer of 1 to 10 so that they could give a clear answer about how they felt. Not only that, but we also give them words of encouragement so that they are fine which is "We hope you know you are beautiful".

RESULT

The survey was completed by 119 responses from student in various university in Malaysia which is 86.6% from IPTA and 13.4% from IPTS. The survey was done by google form and was spread by group member through media social like Telegram, WhatsApp, Twitter, and any media platform. A number of studies focused on students studying subjects including management [38], medicine [7], accounting [10], science [11], engineering [10], education
[3], banking [4] and other [36]. There are more female (82.4%) than male (17.6%) responses. The mean age of responses ranged from 15 to 41 years old and above. 66.4% of responses come from B40 family group, 26.9% from M40 family group and 6.7% from T20 family group.

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	21	17.6
	Female	98	82.4
Age	15-20	108	91.6
	21-30	9	7.6
	31 above	1	0.8
Economic Status	B40	81	66.4
	M40	32	26.9
	T20	8	6.7
Type of IPT	IPTA	103	86.6
	IPTS	16	13.4

Overall, 83.2% of student felt intimated or insecure with other when entering university where are more than two third (85.7%) were their peer and 14.3% from their senior. This cause affect half of the responses (45.4%) of respondent felt small and depressed. Most of the responses (73.9%) feel more secure with others when they were in school, and 14.3% responses did not know whether they feel secure or not.

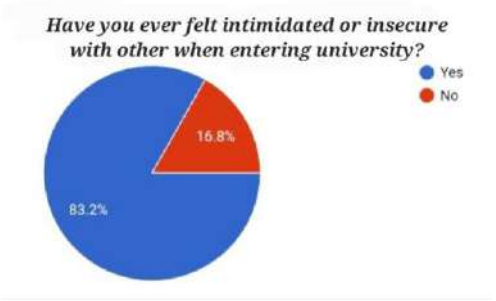


Chart 1.1

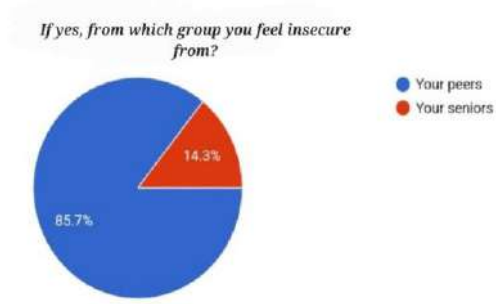


Chart 1.2

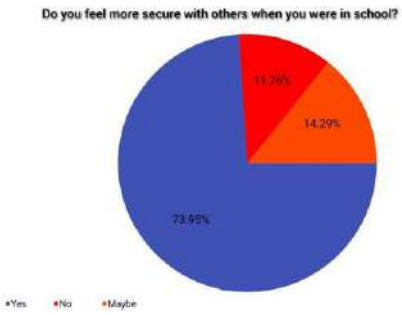


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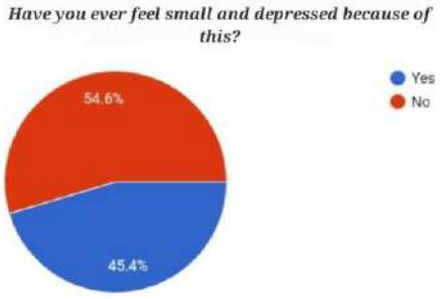
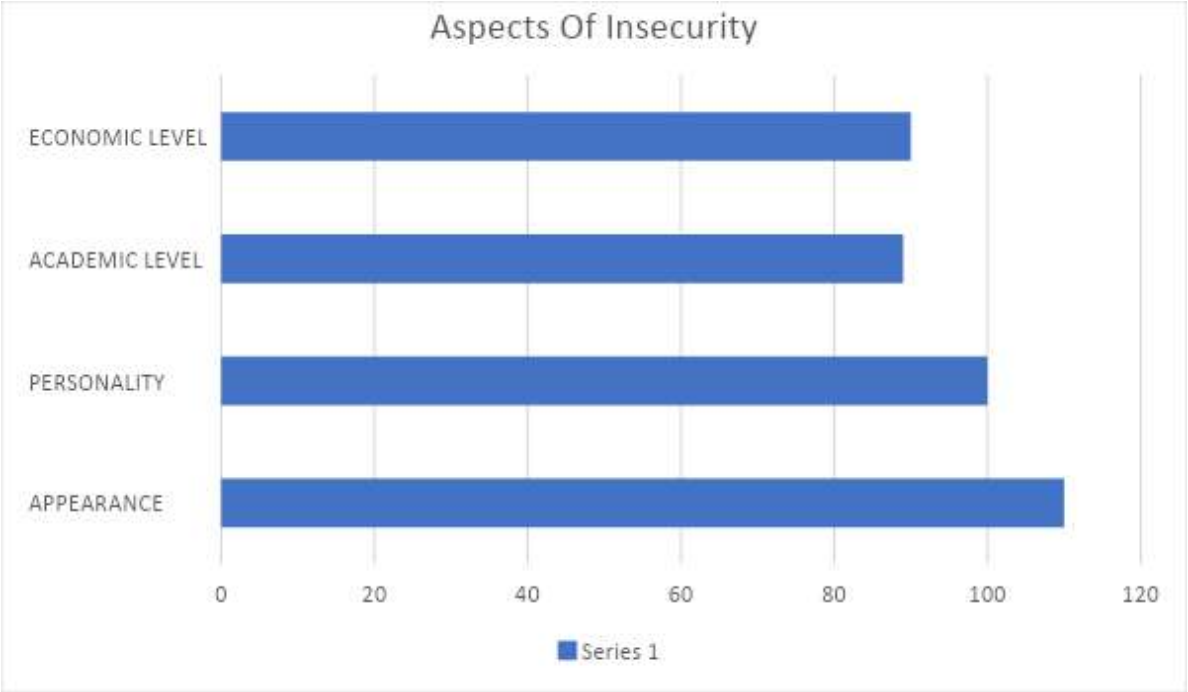


Chart 1.4

We asked the respondents to pick top three factor that causes them to feel a sense of insecurity and found out that 110 out 119 respondents picked appearance as the top factor. While 84% chose personality and ¾ of the 119 respondents chose academic level. Another 76% of respondents chose economic level of others as one of the factors of their insecurity. 92 of the responses think their self-esteem level was in middle (range 3), 4 responses in low (range 1-2) and 23 responses in high self-esteem (range 4-5). There are only 19 respondent that felt good (range 9-10) for the day they answer the survey out of 119 respondents. The duration of time for student to fill the survey was 10 to 20 days. Most of the student that fill the survey was from University Sains Malaysia (USM).



DISCUSSION

Globally, university students are becoming more likely to experience mental health problems. College students most frequently struggle with ragging, adjusting to new environments, difficulties adjusting, and difficulty making new friends (Khan & Chandel, 2021). All these factors contribute greatly to their mental health state. Though throughout research has been made about this, little is known about first-year university students' experiences. Here, an unfamiliar environment, a new class, unfamiliar faces, teachers, and many senior students present coping challenges. Because they are completely unprepared

to handle all situations, they became emotional and occasionally intolerant and were unable to adapt to the environment intelligently, which made them less tolerant than students in their final year.

Research has been conducted to discuss and study the state of mental health on first year students and its relation to the factor of facing unfamiliar environment or specifically facing adversities for the first time.

Based on clear results from 119 respondents, it was found that most first-year students have a feeling of fear and insecurity with others after they enter the university world. According to the data collected, 85.7% of first-year students feel fear and insecurity with their peers. The sense of anxiety and insecurity among first-year students at this university is due to a number of factors such as appearance, personality, academic, and economic status.

Self-appearance

It is closely related to self-esteem, is one of the main factors that cause first-year students to feel afraid and insecure because they often think that their style of wearing is likely to be less compatible with the latest fashion applied by seniors and their peers. Indeed, perception or appearance may have a major impact on us. Furthermore, our physical appearance is also the primary pillar of our self-confidence in daily life. In addition, to overcome the problem of lack of confidence in their appearance, they need to get rid of the habit of comparing their appearance with other people they know and admire. Because the attitude of comparing yourself with people you think is "better" may mean you are not can appreciate the quality and unique style. But nowadays, there is no doubt that the style of self-expression is very closely related to our society, especially in the university milieu which is very image oriented.

As commonly known, since the primary school up to secondary school, students in Malaysia faces less adversities compared to when they step into the environment of the university. This is due to the standardized way of clothing for example, which sets all students to appear more or less, the same. This contrasts with when they started their degree, where all single students are starting to explore own style of fashion and has no limits, but of course the clothes ethics set by the university. This, in return made students feel a sense of competitiveness, on what to wear and this also increases their own insecurities.

Girls, in particular when compared to boys are more likely to face this to the expected sense in them to be pretty. In Asia, it is unspoken law that people with fairer skin are considered to be more attractive. Sad to say, Asians all around the world give in to the pressure to have fair skin. This fascination with skin tone, which seems to have no end in sight, touches on concerns like social standing and living standards in addition to attractiveness. Unquestionably, the wealthier you are, the more you can spend on keeping your appearance, even going as far as plastic surgery.

Academic Performance

The world is becoming increasingly competitive day by day. Performance quality has emerged as the determining determinant for individual advancement. Parents want their kids to reach the highest level possible as they move up the performance ladder. There is a lot of pressure on students, instructors, schools, and the educational system as a whole because of this demand for prominent levels of accomplishment. This situation, in return, made the students feel insecure with other academic accomplishments.

The study found out that among the 119 respondents, more than ¾ of the respondents felt insecure with their academic level when they first enter university. Even though all of them were successfully admitted to a higher study level, when they first encounter others in university, they admitted feeling a sense of inferiority and the feeling of being “not enough.” This may be because they feel that they are not as

smart, as knowledgeable, and as competent as most of their peers. Even though being proactive is considered to be one of the most needed qualities in a university student, these cannot and unable to be proactive in classes or discussion due to this feeling of extremely inferiority. This inferiority complex that they faces can also bring to death. We have seen cases where students kill themselves because they are unable to achieve their desired result. Recently, Harry Armstrong Evans, a student in The University of Exeter, killed himself due to extreme struggle of poor exam results and financial problems, BBC reports. The news unfortunately was not something new that we see nowadays. Suicide was the fourth leading cause of death among 15–29-year-olds globally in 2019 (World Health Organization, 2021).

Therefore, another path for future research is to investigate Specific perceptions and knowledge related to mental illness and help-seeking behaviours among college students in Malaysia. Future and deeper research are needed to investigate knowledge and perceptions related to mental illness and suicide among college students in Malaysia.

The Societies Act of 1966 authorized the non-profit Malaysian Mental Health Association (MMHA) to operate. An elected group of community members and professionals, including those who care for people with mental problems, manages MMHA. In our ideal society, people with mental health issues are supported, live fulfilling lives, and are not subjected to stigma or discrimination. Through support service delivery, education, training, research, and advocacy, MMHA hopes to support people with mental health issues and their caregivers as well as the mental welfare of the community.

This organization, for example, is a great move in order to increase the mental health literacy level and to help those who suffer and struggled with this mental disorder. The university must be always aware of its student’s welfare and immediately seek help for them for cases like Harry Amstrong Evans will never happen again.

Economic Level

Most Malaysians view the present economic troubles as a "cost of living" problem; it is a not-so-hidden crisis in which up to 80% of Malaysians are suffering economic insecurity due to a variety of causes, the most prominent of which being low earnings, housing costs, and transportation costs (Liew Cheng Tong,2019).

According to the data obtained, it was found that the economic level also has a positive relation with the fear and insecurity of being in a circle. This is dictated by the student's sense of inferiority towards their peers who are born and come from family groups with stable economic status. As an example, in Malaysia, the economic level is divided into three groups which are B40, M40, and T20. Based on the data reviewed, the majority of these students are from the B40 family group. It is possible that some of them feel inferior to their family's economic level and feel very afraid to make friends with their peers who come from the M40 and T20 groups. Their anxiety may be because they cannot afford to follow their friends' lifestyles that are luxurious and spend without limit compared to those who must spend with frugal methods to masticate the survival of life in the university world which all needs money.

A person's economic status does not have an impact on their learning at university. But they should be good at managing their finances, distinguishing between their needs and their desires. As a college student, a simple daily life is a habit because it is a student who has not yet had a stable source of income. Therefore, it is not a disgrace if a person is unable to follow the luxurious lifestyle practiced by certain students in the university world. A simple life is happier for the soul as long as we do not have to look at the advantages of life practiced by others instead, we should always be grateful for all the blessings we have.

Intimidation by Seniors

Bullying at university is any behaviour that is done only for the aim of causing harm to others. This does not necessary imply that it is only bodily injury; mental harm is also included. Many students have complained about various mental health difficulties while in university (Ben Maples,2021).

Only a few respondents i.e., 14.5% of first-year students feel afraid and insecure with their seniors. This is likely because they see seniors from a negative perspective, such as bullying based on the stories of previous seniors without getting to know their seniors first. It is because bullying may happen to anyone and everyone, although it frequently involves individuals or organizations with more power bullying others with less. Bullying may make a person feel embarrassed, intimidated, or disturbed, and it can establish a habit of behaviour. This can be curbed if their thinking can be changed from continuing to think that bullying is a toxic tradition between seniors and juniors.

In the case of intimidation of university students, most Malaysians would recall the death of naval cadet Zulfarhan Osman Zulkarnain on May 22, 2017, from injuries sustained as a result of bullying at the National Defense University (UPNM). The High Court condemned six UPNM students to 18 years in prison on November 2, 2021, for causing Zulfarhan's death.

While the rest of undergraduates, i.e., 45.3% feel depressed as they move through a phase of fear and insecurity among their peers and elders. This is due to the fact that many of these 54.7% are not affected due to the following.

CONCLUSION

In conclusion, this study addresses the major challenge faced by first year students which are the mental health issues that may rises due to the shock of being in a new place, a unique environment and due to meeting a number of people whom each has their own colours. Facing these as a first-year student was undeniably hard and that is reflected in our findings which concluded that more than eight out of 10 people admitted to feeling inferior to peers and seniors when they first entered college. Based on that, we felt that is vital for every related community to students should enforce a higher support to students in facing this, small but impactful matter. Students, in fact anyone should be at home and in their own skin when they enter another phase of life.

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31 Predictors of Continuance Intention to use E-wallet

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Abstract

With the advent of advance technology, financial technology particularly digital payment has become phenomenon around the world. This study objective is to study the continuance intention to use e-wallet in Malaysia. This research provides a better understanding on the key factors to e-wallet usage. To integrate e-wallet continuance intention, the unified theory of acceptance and use of technology (UTAUT) and government support were utilized. This study examined the relationship between e-wallet continuance intention and four main variables. This study applied quantitative research method which survey was distributed to 155 participants but only 141 were valid respondents. Partial least squares structural equation modelling (PLS-SEM) via SmartPLS 3 was used to analyse the data collected from 141 respondents who were e-wallet users in Malaysia. The result revealed that performance expectancy, social influence and facilitating condition had significant effect on the continuance intention to use e-wallet. Furthermore, this research found significant effect of government support on the performance expectancy. Due to the data was collected mainly from Malaysia, hence the generalisability of the findings was limited. Besides, the small sample size also limited the opportunity of generalization of the findings. This research findings provides guidelines for effective development of e-wallet platform and support that needed to influence Malaysian to use e-wallet continuously. This study contributed by closing gap of understanding from existing studies by integrating UTAUT and government support. This theory derived from theoretically integrated framework that could be applied to study the continuance intention to use e-wallet from the context of developing countries such as Malaysia.

Keywords

Continuance intention, E-wallet, UTAUT, Government support, Technology

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Introduction

According to World Economic Forum (2022), Fourth Industrial Revolution signifies a new era in human development which change the way we interact with one another. Fourth Industrial Revolution is not just about technology-driven change but positively impacting families, organisations and communities (World Economic Forum, 2022). Malaysia has launched National Fourth Industrial Policy (4IR) to equip Malaysian with the knowledge and skills to form a connected nation through development in digital infrastructure (Chin, 2021). This policy complements with Malaysia Digital Economy Blueprint (TheStar, 2021).

Mobile wallet which also known as e-wallet has grown to be a global phenomenon. It is revealed by researcher from London-based Fintech company that Southeast Asia (SEA) is the fastest growing region in respect to e-wallet usage (Lee, 2021). The emergence of e-commerce has accelerated the use of e-wallet and is forecasted the usage will grow 311% from 2020 to approximately 440 million by 2025 across countries like Malaysia, Singapore, Vietnam, Philippines, Thailand, and Indonesia (Lee, 2021).

Covid-19 has driven the momentum of e-wallet usage among Malaysian (Birruntha, 2021). This is proven in a nationwide survey carried out by PWC where inputs are gathered from 1,682 respondents during the enforcement of Movement Control Order (PWC, 2021). The result shows that 93 percent of Malaysian are e-wallet users. Referring to Bank Negara statistics, e-wallet transactions worth RM45.2 billion are recorded from January to November 2021 (Sulhi, 2022). There are over 40 e-money providers in Malaysia but the market is dominated by 3 to 5 key players such as Touch'n Go, Grabpay and Boost (Alam, et al., 2021). Despite the e-wallet trend in Malaysia, acceptance to e-wallet in serving as main payment medium in Malaysia is still in its infancy (Teo et al., 2020; Puasa et al., 2021; Aji et al., 2020). There is still a long way to build Malaysia to be cashless society like other developed countries such as China, Sweden, Japan and Canada (theSundaily, 2020).

To our knowledge, studies focusing this matter in Malaysian context remains scarce and has not fully been explored (Wong and Mohamed, 2020). Similar researches have been carried out previously in other countries such as Vietnam (Phuong et al., 2020), Indonesia (Halim et al., 2021) (Saraswati et al., 2021) and India (Xavier and Zakkariya, 2021). The findings of this research will be beneficial to e-wallet providers to carry out continuous improvement on their platform design (Phuong et al., 2020).

Unified Theory of Acceptance and Use of Technology (UTAUT) model developed to improves Technology Acceptance Model (TAM) which used to study consumer continuance behaviour in using technology (Venkatesh et al., 2003). There are four main elements of UTAUT including performance expectancy, effort expectancy, social influence and facilitating conditions (Puasa et al., 2021). Apart from the elements, government support also contributed in leveraging consumer continuance intention to use e-wallet (Aji et al., 2020). Despite the fact that government support is significant for the success of the financial technology product, there are not much discussion regarding this in the context of e-wallet (Aji et al., 2020; Saraswati, et al., 2021).

To develop a more comprehensive understanding, this study therefore aims to (1) identify the factors that influence the continuance intention of using e-wallet, (2) study the demographic profile of e-wallet users in Malaysia and (3) understand the relationship between UTAUT variables and government support in continuance intention to use e-wallet.

This paper is organized into six sections. The first section gives an introductory of e-wallet and its current trend in Malaysia. The following section discusses a review of literature and formulating hypotheses. Then, it followed by research methodology which documented the study sample and variable measurements. Data analysis and result discussion together with the limitations of the study are presented in the fourth and fifth section respectively. The final section concluded the study and recommendation for future research.

Literature Review and Hypotheses Development

Unified Theory of Acceptance and Use of Technology (UTAUT)

Unified Theory of Acceptance and Use of Technology (UTAUT) is theory used to measure level of technology acceptance proposed by (Venkatesh et al., 2003). UTAUT is a theory that unifies the other eight previous technolgy acceptance model such as Technology Acceptance Model (TAM), Theory of Reasoned Action (TRA), Diffusion of Innovation (DOI), Theory of Planned Behaviour (TPB), The Motivation Model (MM), Social Cognitive Theory (SCT), Model of PC Utilization (MPCU), and Model of Combination TAM and TPB (c-TAM-TPB) (Sukaris et al., 2021; Saraswati et al., 2021).

Although previous studies show that Technology Acceptance Model (TAM) is widely used in technology adoption studies, it has received criticism in the recent studies as it concentrates solely on

perceived ease of use and perceived usefulness and does not take social influence into consideration (Saraswati et al., 2021; Marinković et al., 2020). Hence, UTAUT model proposed by (Venkatesh et al., 2003) addressed the limitations of TAM studies.

UTAUT theory has gain recognition for being one of the latest and widely used model in technology acceptance studies (Marinković et al., 2020; Sukaris et al., 2021).

On reviewing literature, it is found that this theory is been deployed successfully in technology acceptance studies of e-commerce (Uzoka, 2008), mobile banking (Yu, 2012), healthcare wearable devices (Wang et al., 2019) and e-learning (Lin et al., 2013). Saraswati, Desvi, Putra and Hendrianna (2021) explained that UTAUT has more explanatory power than any other theories in describing the difference in individual's intention to use technology.

Besides adopting UTAUT theory with four main primary antecedences: performance expectancy, effort expectancy, social influence and facilitating condition, this theory is extended by adding government support as one of the constructs in studying the continuance intention of using e-wallet. Government plays a major role in supporting the shift from traditional payment to cashless transactions (Saraswati, et al., 2021; Aji, et al., 2020). Several studies revealed that government support has direct influence on customer intention especially when government holds the power of cultivating innovation and enterprise (Rambocas and Arjoon, 2012; Wei and Liu, 2015).

Continuance intention

Continuance intention refers to to consumer intention to repurchase or continue use the product or service that the consumer has been using after initial adoption (Yan et al., 2021) (Indrawati and Putri, 2018). Continuance intention is often adopted by researchers to study technology usage (Yan et al., 2021; Phuong et al., 2020). Continuance intention has been used in various studies involving digital technologies adoption such as e-commerce (Bhattacherjee, 2001; Hussein and Baharudin, 2017), mobile application (Amoroso and Lim, 2017; Yan et al., 2021), online banking (Vatanasombut et al., 2008; Zhou, et al., 2010) and social networking (Gan and Li, 2018; Yan et al., 2021).

Performance expectancy (PE) and continuance intention to use e-wallet

PE is the degree to which user believes that using the technology system will be beneficial to them and able to help them to achieve high job performance (Puasa et al., 2021; Saraswati, et al., 2021). PE is the most solid influence of behavioural intention among user to use technology in UTAUT (Soodan and Rana, 2020; Lim, et al., 2019). PE often depends on the complexity of utilizing the technology (Saraswati et al., 2021; Puasa et al., 2021). PE is much the same as perceived usefullnes in TAM theory model as it is also one of the influential drivers of using information technology continuously (Marinković et al., 2020; Saraswati, et al., 2021). Previous studies such as Alipay in China and other similar studies that carried out in Brazil, and Indonesia also influenced by performance expectancy (Cao and Niu, 2019) (Khatimah and Halim, 2014; Sena et al., 2016). Thus, the hypothesis is put forward:

H1. Performance expectancy positively affect user continuance intention to use e-wallet.

Effort expectancy (EE) and continuance intention to use e-wallet

EE is another significant UTAUT construct which refers to the degree of easiness level relates with the use of e-wallet (Marinković et al., 2020; Puasa, et al., 2021). This variable is equivalent to perceived ease of use in TAM theory (Marinković et al., 2020; Saraswati, et al., 2021). Based on previous studies, this EE has been explored to which users expect that the use of e-wallet is easy and requires less efforts to operate (Puasa et al., 2021; Saraswati, et al., 2021). Technological advancement can improve quality

of life by making consumer more convenient (Puasa et al., 2021; Venkatesh, et al., 2003). In e-wallet context, quick payment system and user-friendly interface will affect the behavioural intention to use e-wallet continuously (Saraswati et al., 2021; Puasa et al., 2021). Therefore, the hypothesis is proposed:

H2. Effort expectancy positively affect user continuance intention to use e-wallet.

Social influence (SI) and continuance intention to use e-wallet

SI refers to the degree to which user perceive that it is significant for others that they believe is important such as family members, relatives, friends and others lead him or her to use technology (Marinković et al., 2020; Puasa et al., 2021). SI is same as the subjective norms of TRA and TPB (Marinković et al., 2020; Armansyah, 2021). Saraswati, Desvi, Putra and Hendriana (2021) suggested that the higher the influence deploy from the social environment on potential consumer to adopt the information technology, the higher the continuance intention. The social environement including reference group, key opinion leaders, colleagues and family which will increase user awareness and continuance intention (Soodan and Rana, 2020; Lim et al., 2019). This shows that social ties is one of the significant determinant to the satisfaction in the case of e-wallet (Cao and Niu, 2019; Marinković et al., 2020). Study in Portugal also reported that key opinion leader opinions and suggestions could influence e-wallet continuance intention (Saraswati et al., 2021). Thus, the author supposes that:

H3. Social influence positively affects user continuance intention to use e-wallet.

Facilitating conditions (FC) and continuance intention to use e-wallet

FC refers to the extent to which users believe that technological infrastructure existance is to assist technology adoption (Venkatesh et al., 2003; Puasa et al., 2021). It indicates perceptions of external behavioural constraints such as resources and technology facilitating conditions (Puasa et al., 2021; Armansyah, 2021). FC in e-wallet study context concerning on the availability of support for users and prior technolgy experience that users have to perform e-wallet transactions (Armansyah, 2021; Puasa et al., 2021). However, facilitating condition can be vary among e-wallet providers. The facility conditions including support for system, training, and other resources (Soodan and Rana, 2020; Lim et al., 2019). Previous studies confirmed that FC positively affect user continuance intention to use e-wallet (Patel, 2016; Laywilla et al., 2020). These lead the author to hypothesize that:

H4. Facilitating conditions positively affect user continuance intention to use e-wallet.

Government support (GS) and performance expectancy (PE)

User acceptance of technological systems can be also influenced by external factors like government support (Aji et al., 2020; Saraswati, et al., 2021). Saraswati, Desvi, Putra and Hendriana (2021) found that government holds a prominent role in controlling users' intention to use information technology continuously. In e-wallet context, government support can be presented in the way where there is network infrastructure, incentives given, fast internet connectivity, and secure transactions in e-wallet usage (Aji et al., 2020; Saraswati, et al., 2021). Also, government provides support to encourage public using cashless transaction to minimize physical contact in align with World Health Organization (WHO) anticipation to 'flatten the curve' (Aji et al., 2020). The continual incentives contributed by government such as e-Penjana,e-Belia and Go-eCommerce Onboarding Campaign have accelerate the e-wallet usage (Aji et al., 2020; Teo et al., 2020). Users perceive e-wallet is beneficial when there is greater support from the government. Thus, the following hypothesis is presented:

H5. Government support positively affect performance expectancy.

Control variables of gender and age

By adopting UTAUT model, it is hypothesized that PE, EE, SI, FC and GS are directly determining user continuance intention to use e-wallet (Patel, 2016). However, the variables such as age and gender moderate the relationship in this model. Past studies shows that there are differences between male and female in technology usage (Sukaris et al., 2021; Yang et al., 2021; Marinković et al., 2020). Besides, age is also one of the aspects that brings impact on the digital service usage (Yang et al., 2021; Indrawati & Putri, 2018). The population of each generation keep changing and different generation perceived technology usage differently (Sukaris et al., 2021; Magsamen-Conrad et al., 2015).

Based on the discussion, the research model for this study is presented in Figure 1.

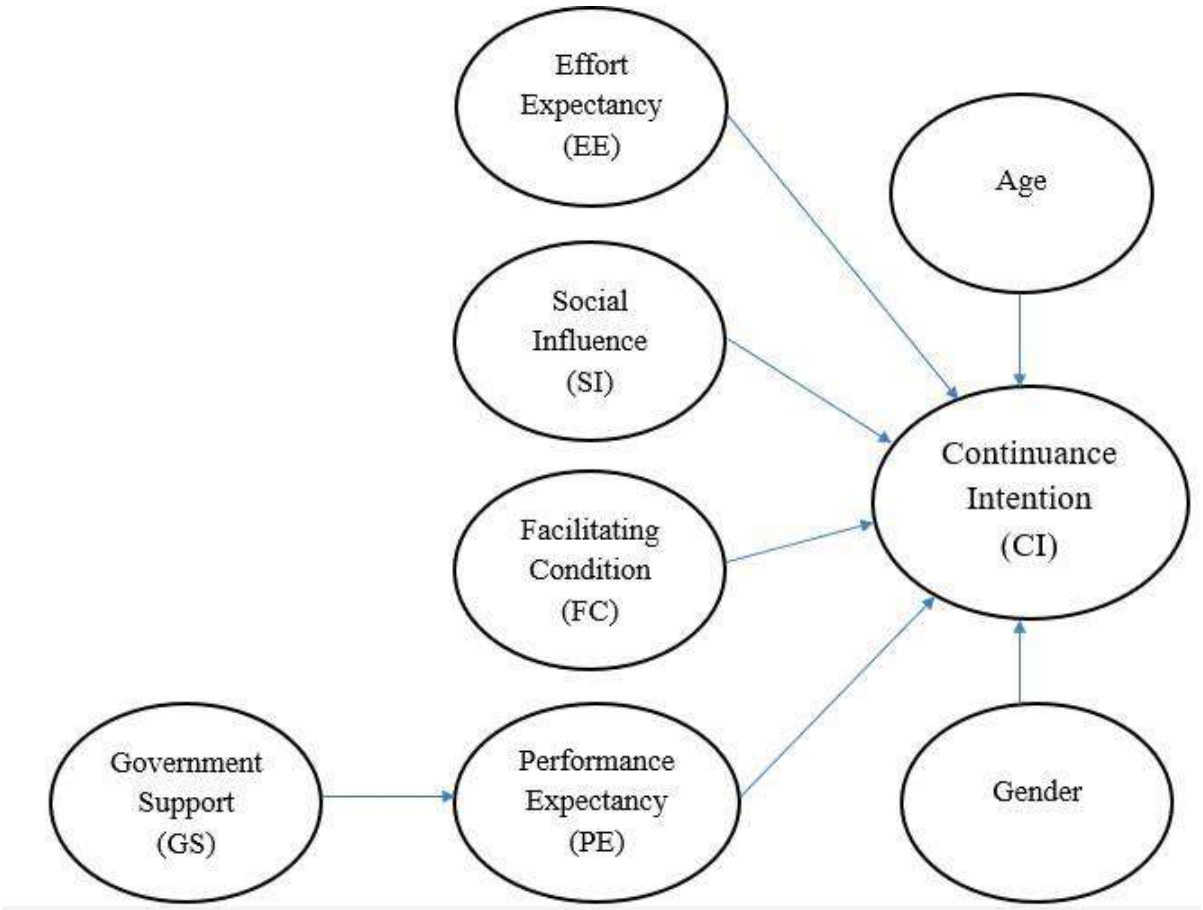


Figure 1- Research Model

Research Methodology

Research design

This study adopted positivism philosophy. Positivism philosophy was epistemological position whereby objectives and theory knowledges were available (Bell et al., 2015). Hence, deductive approach was used in this research because the logic of positivist social science was deductive (Bell et al., 2015). The research design was based on mono-method quantitative research which used survey method to collect data through an online questionnaire. This study applied descriptive design which is the extension of exploratory research (Saunders et al., 2019). The time horizon for this study was cross-sectional as this study only happened at a particular time (Saunders et al., 2019).

Data collection and sample design

The targeted population for this study were Malaysian of different ages, gender, states, income, educational backgrounds, and profession who uses e-wallet. Primary data collection taken form in a self-completion questionnaire. It referred as survey (Saunders et al., 2019). All participants received the same set of questionnaires as this can ensure standardization which improved the validity and reliability of the research. A non-probability sampling was employed to conduct this study. Purposive sampling approach which is based on the goals of the research was employed in distributing the online questionnaires. This approach was selected to obtain more precise data for the research as purposive sampling allowed researcher to collect data from best-fit participants (Bell et al., 2015). Besides, this study also used secondary data. There are multiple types of secondary data available (Saunders et al., 2019). The selected secondary data collection were government statistics, website articles, newspapers, industrial reports, books, and journal articles. The main unit of analysis in this study was the e-wallet users residing in Malaysia.

Data collection began with designing the questions carefully in clear and concise manner. Each set of questionnaires consisted of 32 questions in total and the questionnaire was divided into seven sections. Section A to Section G were related to the exogenous and endogenous variables while the other questions were mainly demographic questions including gender, age, current e-wallet app usage, educational level, employment status, income, states and duration of using e-wallet. Prior to launching, pilot test was conducted to minimize unintentional mistakes such as language and technical issues (Saunders et al., 2019). Then, distribution of questionnaires was carried out using survey administration software, Google Forms and the links were sent to respondents via social media platform such as WhatsApp, Instagram and Facebook. This method was convenient as it is time and cost effective. The online questionnaire was first sent to twenty e-wallet users who agreed to participate in this survey. Upon completion of the questionnaire, these e-wallet users were then asked to help share the online questionnaires to their families' members and friends who were also e-wallet users in Malaysia.

A screening question was included at the beginning of the online questionnaire to ensure the respondents were under the qualifying criteria of being the current e-wallet users in Malaysia. This is particularly important as current study focused on the continuance intention to use e-wallet. All the responses for this study were collected over a span of one-and-a-half months. As a result, a total of 155 online responses were collected but only 141 responses were eligible for statistical analysis as 14 responses were removed due to not fulfilling the screening question criteria. According to the priori power analysis that generated through the G*Power 3.1.9.7 analysis program (Faul et al., 2007), the minimum sample size needed for this study was 85 (effect size = 0.15 [medium], $\alpha = 0.05$) to achieve 80% statistical power. This power analysis program generally applied in social and behavioural studies (Faul et al., 2007).

In short, with 141 responses collected for this research exceeding the minimum sample size according to the level of statistical power at 80%, the results were considered robust (Hair, et al., 2022).

Measurement and scales

All the measurements were adopted from established validated literatures to fulfil the content validity. The questionnaire was first reviewed by an experienced academician. The questionnaires were pre-tested on five e-wallet users to make sure that respondents able to understand the questions.

There were four items measuring performance expectancy (PE) adopted from Saraswati et al. (2021). Effort expectancy (EE) was measured with four measurement items taken from Indrawati and Putri (2018). Four items measuring social influence (SI) were adapted from Indrawati and Putri (2018) and four items measuring facilitating conditions (FC) adapted from Puasa et al. (2021). Four items of

governmental support (GS) were adopted from Saraswati et al. (2021) and four items of continuance intention (CI) to use e-wallets were taken from Indrawati and Putri (2018).

There were a few measurement scales applied in this questionnaire. Measurement scales were differentiated into few different categories such as nominal, ordinal, and interval (Likert scale). As for nominal scales, it was applied to determine the demographic profile for each respondent. Nominal scale applied to questions such as gender, states, and employment status. Besides, ordinal scales also been used in this questionnaire. This scale used to understand the duration of e-wallet usage, education background and incomes. Next in interval scale. Interval scale was measured in quantitative attribute (Saunders et al., 2019). Scale was used to recognize the age of the respondents of this questionnaire. Likert scale was the most common scales that been used in the research. The exogenous and endogenous variables in this study were measured using 5-Point Likert scale ranging from strongly disagree (1) to strongly agree (5).

The data were analysed using partial least squares structural equation modelling (PLS-SEM) via SmartPLS3. SmartPLS3 has been widely used besides SPSS Statistics Software and AMOS (Purwanto et al., 2021). PLS-SEM was applied in this study as it was highly recommended in handling a complex model with limited samples (Purwanto et al., 2021).

Common method bias and variance

There were several procedural remedies applied into the questionnaire to solve the common method bias. Firstly, a cover story was shown at the beginning of the questionnaire to inform the respondents on the objectives of the study and how their feedbacks would contribute towards this study. This was debriefing session which occurs during recruitment of participants (Allen, 2017). Importantly, participants provided their informed consent before they participated in this study. Informed consent was to respect individual desire of participation (Uma and Bougie, 2016). Besides, it also assured them that the responses were collected anonymously to encourage them to answer the survey honestly. This is under the ethical practice of confidentiality in conducting and reporting research (Bell et al., 2015). Furthermore, participation was voluntary, and participants were given freedom to withdraw anytime during the process (Saunders et al., 2019). Furthermore, each section which represent different variable was labelled in order for respondents to identify what are the contents for that particular section. This study followed the ethical principle of professional body as mentioned at the beginning of the questionnaire.

Additionally, collinearity assessment was presented demonstrating that all collinearity statistics (VIF) values were below the threshold of 3.3 (Kock, 2015); hence supporting the fact that common method variance was not part of the consideration of this study. The data collected were screened for common method variance according to Harman's single-factor test. The result showed that the first factor was 41.09% which was below 50%. This indicated that the data were free from common bias variance (Fuller et al., 2016).

Analysis and Findings

Respondents' profile

Based on the total of 141 respondents in this study, the mean age of the respondents was 29.7, with the youngest being 17 and the oldest being 78. There were more than half of the respondents for this study were women (68.1%). Majority of the respondents were still students (53.9%). Hence, they were not earning any income at the moment. Additionally, most respondents have adopted e-wallet usage for at least 2 years (29.1%) and were qualified with an undergraduate degree (46.1%).

Demographic variables	Categories	Frequencies	Percentage (%)
Gender	Male	45	31.9
	Female	96	68.1
Age	20 and below	16	11.3
	21 – 30 years	73	51.8
	31 – 40 years	29	20.6
	41 – 50 years	12	8.5
	51 – 60 years	7	5.0
	60 and above	4	2.8
Current/Highest Education Level	High School	14	9.9
	Certificate	2	1.4
	Foundation	3	2.1
	Diploma	30	21.3
	Undergraduate	65	46.1
	Postgraduate	27	19.1
Employment Status	Student	76	53.9
	Public servant	2	1.4
	Private sector employee	54	38.3
	Entrepreneur	3	2.1
	Retiree	3	2.1
	Self employed	1	0.7
	Housewife	2	1.4
Income	I am currently not earning any income	64	45.4
	Less than RM 2,500	29	20.6
	RM 2,501 – RM 4,000	24	17.0
	RM 4,001 – RM 5,500	11	7.8
	RM 5,501 – RM 7,000	5	3.5
	More than RM 7,000	8	5.7
Duration of using e-wallet	Less than 3 months	10	7.1
	3 – 6 months	13	9.2
	7 – 11 months	4	2.8
	1 year	29	20.6
	2 years	41	29.1
	3 years	31	22.0
	4 years	4	2.8
	5 years	1	0.7
	More than 5 years	8	5.7
State	Northern Regions (Perak, Perlis, Kedah, Penang)	129	91.5
	Central Region (Selangor, Kuala Lumpur, Negeri Sembilan)	9	6.4

	Southern Region (Melaka, Johor)	2	1.4
	East Coast (Pahang, Kelantan, Terengganu)	1	0.7

Table 1- Respondents' Profile

Measurement model evaluation

The measurement model in this study was evaluated by analysing the composite reliability, convergent validity, and discriminant validity. As shown in Table 2, the composite reliability for all the constructs was above the threshold of 0.70 (Hair et al., 2014). Internal consistency of all constructs has established. Composite reliability was more appropriate than the traditional method which was the Cronbach's α due to two reasons (Hair et al., 2014). Firstly, there was no assumption that all indicators' loadings were equal in the sample size in composite reliability (Hair et al., 2014). The second reason was Cronbach's α tend to underestimate the internal consistency reliability (Hair et al., 2014). Hence, composite reliability was better option to analyse the indicator reliabilities than Cronbach α.

Next, assessment of validity. Validity consisting of convergent validity and discriminant validity. The recommended outer loadings were above 0.707 value (Hair et al., 2017). As indicated in Table 2, all the outer loadings exceeded 0.707 threshold value except two indicators (FC4, SI4). Besides, average variance extracted (AVE) was supposed to be 0.50 or higher to prove that more than half of the variance of the indicator was included in construct score (Hair et al., 2017). Based on the Table 2, this study achieved a satisfactory level of convergent validity as each construct has achieved at least 50% of the given variance.

As for discriminant validity, it was prerequisite used to analyse the relationship between latent variables (Henseler et al., 2015). The validity assessment method used to assess was heterotrait-monotrait (HTMT) ratio as proposed by Henseler, Ringle and Sarstedt (2015). HTMT was more precise comparing to the Fornell-Larcker, the traditional discriminant validity approach (Hair et al., 2017). Fornell-Larcker approach has been widely used in most of the research (Hair et al., 2017; Hair et al., 2014; Henseler et al., 2015). With respect to the HTMT ratio, the constructs must be below the threshold of 0.90 (Henseler et al., 2015). Based on Table 3, all constructs were below 0.90 indicating that each construct was markedly different from each other. Hence, Table 2 and Table 3 gave clear support for reliability and validity of the constructs of the research model.

Structural model evaluation

The structural model was assessed after validating the quality of the measurement model. The evaluation involving multicollinearity, path coefficient, coefficient of determination (R2), effect size and predictive relevance. Multicollinearity concerned on the linear relationship between two or more variables which represent lack of orthogonality among the variables (Alin, 2010). The absence of multicollinearity is important as multicollinearity usually caused difficulties in the study (Alin, 2010). Based on inner variance inflation factors (VIFs) of all the endogenous variables (EE, FC, PE, GS and SI) ranged from 1.000 to 2.666. These were all well below the threshold value of 3.3 as proposed by (Kock, 2015). Therefore, this model considered free from common method bias (CMB). This also indicated that multicollinearity was not the concerned in this study.

Based on this research, five hypotheses were developed. In order to facilitate significance testing, it was relied on bootstrapping by running 5000 samples as suggested by Hair et al. (2017). As illustrated in Table 4, PE ($\beta = 0.398$, $p < 0.001$) is positively and significantly influenced e-wallet continuance

intention. Besides, SI ($\beta = 0.189$, $p<0.01$) shows that it is positive and significantly influencing the e-wallet continuance intention. FC ($\beta = 0.346$, $p<0.001$) shows that it is also has positive and significant relationship with CI. GS ($\beta = 0.415$, $p<0.001$) has significant and positive effect on performance expectancy. However, EE ($\beta = 0.005$, $p>0.05$) did not have significant effect towards e-wallet continuance intention.

According to Cohen (1988), guideline, effect size (f^2) values can be analysed as small, medium and large which represent by 0.02, 0.15 and 0.35 respectively. Based on the significant relationship, PE ($f^2 = 0.219$, medium) and GS ($f^2 = 0.208$, medium) had stronger effect compared to FC ($f^2 = 0.137$, small) and SI ($f^2 = 0.077$, small). Hence, Hypotheses 1, 3, 4 and 5 were supported but Hypotheses 2 was not supported.

Other than that, the control variables in this study were age ($\beta = -0.021$, $p > 0.05$) and gender ($\beta = -0.117$, $p < 0.05$). Upon testing, the result shows that gender has significant relationship with continuance intention. This proves that there were differences between male and female in e-wallet continuance intention (Marinković, et al., 2020). Based on the findings, male can be considered to be more likely to continue use e-wallet in future. The result also indicates that age does not have any significant relationship with continuance intention.

R^2 or known as the coefficient of determination was applied to measure the accuracy of model predictive (Hair et al., 2014). The range to represent a complete predictive accuracy was 0 to 1 (Hair et al., 2014). The R^2 values denoted that EE, SI, FC and PE collectively explained 67.2% of the variance in continuance intention while GS explained 17.2% of the variance in performance expectancy. Based on Cohen (1988), R^2 can be differentiated by weak, moderate and substantial which represented by 0.02, 0.13 and 0.26 respectively. As such, R^2 for continuance intention was considered substantial while R^2 for performance expectancy was considered moderate in accordance with Cohen (1988).

Constructs	Indicators	Loadings	CR	AVE
Continuance Intention (CI)	I intent to continue using e-wallet	0.855	0.910	0.717
	I will keep using e-wallet as regularly as I do now	0.869		
	My intention is to continue using e-wallet instead of using any other alternative means	0.781		
	I strongly recommend others to use e-wallet	0.878		
Performance Expectancy (PE)	E-wallet is useful in my daily life	0.816	0.915	0.729
	E-wallet makes it easier to make transactions	0.867		
	E-wallet helps me to complete more transactions	0.875		
	E-wallet helps me to complete my transactions faster	0.856		
Effort Expectancy (EE)	It is easy for me to learn how to use an e-wallet	0.892	0.915	0.731
	It does not take a long time to learn to use e-wallet	0.901		
	It is easy for me to become skilful at using e-wallet	0.818		
	E-wallet is easy to use	0.804		
Social Influence (SI)	People who are important to me think that I should use e-wallet	0.806	0.843	0.581
	People who influence my behaviour think that I should use e-wallet especially during Covid-19 pandemic	0.764		

	People whose opinions that I value (e.g., key opinion leader) encourage me to use e-wallet	0.889		
	Most people around me are using e-wallet	0.548		
Facilitating Condition (FC)	My mobile device is appropriate to use e-wallet	0.767	0.845	0.577
	I have the necessary knowledge to use e-wallet	0.800		
	E-wallet can be used to make transactions at most of the places	0.791		
	I can get assistance when I have difficulties using e-wallet	0.674		
Government Support (GS)	The government encourages payment transaction using e-wallet	0.908	0.912	0.722
	The government guarantees e-wallet support infrastructure	0.810		
	The government encourages payment innovation using e-wallet	0.913		
	The government controls e-wallet payment operations	0.759		

Note(s): CR = composite reliability; AVE = average variance extracted

Table 2- Convergent validity and reliability

	CI	**EE**	**FC**	**GS**	**PE**	**SI**
CI						
EE	0.686					
FC	0.886	0.888				
GS	0.633	0.386	0.695			
PE	0.831	0.774	0.819	0.431		
SI	0.679	0.522	0.700	0.704	0.540	

Note(s) : CI = continuance intention; EE = effort expectancy; FC = facilitating condition; GS = government support; PE = performance expectancy; SI = social influence

Table 3- Heterotrait-monotrait (HTMT) ratio of correlations

Hypothesis	**Beta**	**Standard error**	**t-value**	**95% confidence interval**	**f^2**	**Decision**
H1 PE → CI	0.398	0.084	4.720***	[0.268, 0.545]	0.219	Supported
H2 EE → CI	0.005	0.093	0.058	[-0.146,0.159]	0.000	Not supported
H3 SI → CI	0.189	0.066	2.863**	[0.084,0.297]	0.077	Supported
H4 FC → CI	0.346	0.093	3.712***	[0.192,0.496]	0.137	Supported
H5 GS → PE	0.415	0.068	6.129***	[0.284,0.510]	0.208	Supported

Note(s): *p < 0.05; **p< 0.01 (one tailed); ***p<0.001; PE = performance expectancy; EE = effort expectancy; SI = social influence; FC = facilitating conditions; GS = government support; CI = continuance intention

Table 4- Results for direct effects

In addition, Q^2 or better known as cross-validated redundancy was used to assess the inner model of predictive relevance (Hair et al., 2014). The Q^2 values for this study was assessed using blindfolding method as recommended by Hair, Matthews and Sarstedt (2017). Specifically, Q^2 should be larger than

zero to indicate that the predictive relevance of the model (Hair et al., 2014). The Q^2 values for continuance intention was 0.467 and performance expectancy was 0.119 which were greater than zero. Thus, these findings signified the predictive relevance of the model.

Discussion

The findings from this study shows that there is significantly positive relationship between performance expectancy and continuance intention to use e-wallet. This result is consistent with findings of previous research (Indrawati and Putri, 2018; Saraswati et al., 2021; Sukaris, et al., 2021). This advocates that performance expectation positively impacts the consumer decision to continue use e-wallet. It supports the fact that UTAUT principle of performance standard makes difference in individual willingness to use technology continuously (Venkatesh et al., 2003). The highest score comes from indicators PE3 which signifies that e-wallet helps consumers to complete a higher number of transactions in their daily lives. This variable can be related to the feature of convenience as explained by Saraswati et al. (2021). This is because e-wallet creates value for consumer through effectiveness and efficiency which includes time or money savings, benefits seeking and improving productivity (Armansyah, 2021). Based on arguments, it implies that the existing e-wallet applications features meet the expectation of the existing e-wallet users.

The hypothesis on effort expectancy positively affects the continuance intention to use e-wallet is rejected. From the hypothesis testing, it shows that effort expectancy does not make any impacts to the continuance intention to use e-wallet. This is in accordance with the study by (Saraswati et al., 2021; Armansyah, 2021; Sukaris, et al., 2021) which shows insignificant effect of effort expectancy on the continuance intention to use e-wallet. This variable contradicts with UTAUT theory that suggested by Venkatesh et al. (2003). This result indicates that e-wallet application still considered difficult to part of the e-wallet users (Armansyah, 2021). The possible reasons could be users have to use e-wallet under technological limitations such as slow mobile networks, slow operating speed of the device and small displays which might be hindrance to certain e-wallet users (Soodan and Rana, 2020). However, it is believed that when users gain experience in using this technology, they might realise the ease of use of e-wallet (Armansyah, 2021). Therefore, e-wallet providers need to design the e-wallet in the way to reduce the effort as much as possible in order to gain widespread satisfaction (Soodan and Rana, 2020).

Next, hypothesis on social influence positively affect user continuance intention to use e-wallet is supported. The findings of this study reveal that there is a significant and positive relationship between social influence and continuance intention. The result is consistent with findings of previous studies (Sukaris et al., 2021; Saraswati et al., 2021; Indrawati & Putri, 2018). It indicates that social environment does influence user continuance intention in using e-wallet (Saraswati et al., 2021). The majority of the respondents in this study are young and aged between 21 to 30 years old which tend to spend more time with their peers or family members. The higher the social influence the user receive, the higher the continuance intention as suggested by Sukaris, Renedi, Rizqi and Pristyadi (2021). From the findings, it can observe that consumers valued the opinions and suggestions of their reference group which crucially affect the e-wallet continuance intention (Soodan and Rana, 2020). Thus, positive commentary from their social group will turn out to be significant in distributing related information.

Hypothesis on the facilitating conditions positively affect user continuance intention to use e-wallet is accepted. From the hypothesis testing, it revealed that there is significantly positive relationship between facilitating condition and continuance intention to use e-wallet. This result is accordance with the research (Sukaris et al., 2021; Abdullah et al., 2020; Soodan and Rana, 2020). This result indicates that support and resources on e-wallet influence the interest of user continuance intention (Sukaris et al., 2021). Importantly, e-wallet service requires high network and device capabilities (Soodan and Rana, 2020). Besides, it also proven that e-wallet users in Malaysia have sufficient knowledges and insights to

use e-wallet in their daily lives (Sukaris et al., 2021). The lowest score is SI4 concerning the assistance received when encounter problem with the e-wallet. Therefore, e-wallet customer service need to be improved to provide a good customer support which can help to solve each customer problem (Indrawati and Putri, 2018). When customer problem able to resolve proactively, they are more likely to continue use e -wallet in future.

The findings supported the hypothesis that government support positively affect performance expectancy. Based on the hypothesis testing, this indicates that there is significantly positive relationship between government support and continuance intention. This result is consistent with (Aji et al., 2020; Saraswati, et al., 2021; Ojo, et al., 2022). Based on the finding, government support can be considered as adequate when conditions for continuance e-wallet usage become favorable (Ojo et al., 2022). Consumer perceived technology is useful when the infrastructures are in place. For instance, fast internet connectivity, reliable e-wallet applications and trusted operating systems (Ojo et al., 2022). In addition, user continuance intention also enhanced especially when government provide incentives and subsidies for device ownership (Ojo et al., 2022). Government created this ecosystem to promote financial technology innovations (Saraswati et al., 2021). Government funded the development to build cashless society and to prevent the widespread of Covid-19 as there is high possibility of consumer infected with Covid-19 when performing cash transactions (Saraswati et al., 2021). Therefore, government need to provide continuous favorable conditions to ensure a secure and seamless service that brings benefits to e-wallet user in long term usage.

Theoretical implications

Several theoretical implications are derived from this study. With regard to the theoretical implications, this study has added further knowledge by integrating UTAUT and government support to explain the continuance intention to use e-wallet. The foundation of this model is based on UTAUT model but also containing specific variable that rarely practice in existing literature regarding e-wallet (Saraswati et al., 2021). For instance, facilitating condition variable. In that respect, this model addresses the gap in the existing literature. Also, this creates new knowledge or insights as the result shows that facilitating condition has significant effect on continuance intention to use e-wallet.

To our knowledge, this study is relatively new to combine UTAUT and government support. As a result, this model makes contribution by understanding the constructs (performance expectancy, effort expectancy, social influence, facilitating condition) that influence user continuance intention to use e-wallet after Covid-19 and confirm that government support is crucial in improving Malaysian perception on the benefits that e-wallet could bring to them (Saraswati et al., 2021).

Besides, this study contributes to greater body of knowledge in relation through its analysis of the control variables of gender on the continuance intention to use e-wallet. Result of previous research is not accordant as it does not show positive and significant relationship of effect of gender within area of e-wallet (Sukaris et al., 2021) (Indrawati and Putri, 2018). In that sense, this research able to make contribution in clarifying the inconsistency.

Practical implications

There are several practical implications that can be considered. In the first sense, e-wallet providers need to improve on their data protection and security system as recommended by Marinković, Dordevic and Kalinic (2020). This is due to the increasing of tech savviness among users in the world. Security has always become the main concern of users in performing online transaction using e-wallet (Nizam et al., 2019). In the recent years, there are few cases related to money loss in e-wallet (Cheah, 2022). Hence, e-wallet providers need to provide a safe and reliable security system to ensure that consumer information,

funds and banking information cannot be obtained easily by third party (Nizam et al., 2019). Generally, e-wallet transactions involve exchanging of sensitive data, e-wallet providers should have the obligatory to implement an advanced encryption to secure consumer data during transmission and stored (Marinković et al., 2020). Besides, additional authentication methods such as the fingerprint identification or face recognition are much better as it can provide extra security which are safer and trustworthy in consumer mind (Marinković et al., 2020).

Secondly, marketing campaigns are important to promote the use of e-wallet. The aim of the marketing campaign should be to educate the e-wallets users on the benefits of e-wallet. It is desirable to communicate the benefits of using e-wallet particularly women (Marinković et al., 2020). As result shows that there is stronger influence of men towards the continuance intention to use e-wallet, it would be beneficial to raise awareness of e-wallet among women to enhance their usage (Marinkovic et al., 2020). E-wallet providers can use social media as an approach due to its influential and economical (Soodan & Rana, 2020). It is undoubted that social media can reach to a wider population as the number of social media users in Malaysia reach 30.25 million as in January 2022 (Kemp, 2022). This is equivalent to 91.7 percent of the total population in Malaysia (Kemp, 2022).

Furthermore, government should play their role in supporting e-wallet usage by increasing their infrastructures (Saraswati et al., 2021). For instance, e-wallet providers should expand their coverage areas which will drives the e-wallet continuance intention (Saraswati et al., 2021). E-wallet provider should have many cooperation agreements with more merchants to increase their service performance (Marinković et al., 2020). Apart from that, government should impose regulations that can protect e-wallet merchants and e-wallet users (Saraswati et al., 2021). Additionally, government can equip the latest 5G technology across Malaysia to enhance consumer experience in terms of greater speed, lower latency and greater load of capacity (Soodan and Rana, 2020). This would help in improving customer willingness to keep using e-wallet in future.

In addition, e-wallet providers must make sure that appropriate features and services are incorporated in the e-wallet to develop a more favourable e-wallet application (Ojo et al., 2022). For instance, fast, secure, and convenient self-registration in e-wallet platform. Also, necessary investment is needed to facilitate the operations (Ojo et al., 2022). They should ensure the consumer can operate the e-wallet applications without much effort (Ojo et al., 2022). The user interface must be user friendly and secure. To facilitate the ease of use, e-wallet need to provide a tutorial which available in multiple languages so that it can be reached out to larger audiences (Ojo et al., 2022).

Project limitations and areas for further research

This study has several limitations that need to be taken into consideration. Firstly, this study data was collected through participants who answered to the online questionnaires distributed using social media in hope to reach audiences of the specified criteria. Hence, it may not represent all e-wallet users in Malaysia. Additionally, online questionnaire was conducted to avoid physical interactions amidst Covid-19 pandemic. Online questionnaire survey might lack of reliability as participants were less likely to stay fully engaged for the survey.

Apart from that, the samples were collected among e-wallet users in Malaysia which limits the generalizability of the results to other regions. Further research which extended the samples to other Southeast Asia (SEA) neighbouring countries would provide better insights to this study as SEA has becomes the world's fastest growing regions for e-wallet (Lee, 2021).

Besides, this study also limited by geographical constraints. There were approximately 91.5% of respondents were from the Northern Region including Perak, Perlis, Kedah and Penang. This also affect

the generalizability of this study as the result only represented that particular population but not reflecting the actual picture of user experiences with e-wallet across different regions in Malaysia.

Despite well designed procedure, the samples for this study may not be sufficient to represent the continuance intention of the overall population of Malaysian e-wallet users. Moreover, this research was successfully completed within a limited timeframe. Thus, it cannot claim to be the true representative of the behavioural intention of all e-wallet users in Malaysia.
In addition, this study only focused on gender and age as the control variables which limits the exploration of other variables such as income and education background that could influence the result of the study. Henceforth, further research recommended to take income and educational level as control variables (Aji et al., 2020). It is believed that higher income level users tend to perform more online transaction as suggested by Kasirye and Masum (2021).
Another limitation was the majority age of respondents falls under 21-30 years old. This affected the comprehensiveness of the result of this study. This proves that most of the respondents were belongs to the 90's generation group. This demographic group were considered young and tech-savvy. Therefore, they are likely to accept and continue use the technology compared to other age groups. New technology like e-wallet seems to be simple for young generation but it was a challenge to elderly. Hence, these might affect the result of this study in terms of reliability and accuracy.

Conclusion and recommendations

E-wallet are considered widely accepted by society because of its benefits, convenience, influence, flexibility, and support. Based on the findings, the three main e-wallet platform in Malaysia that commonly used by Malaysian are Touch 'n Go, Boost and Grabpay. Besides, the popularity of e-wallet is increasing. The success of the e-wallet is dependent on the user continuance intention. Nevertheless, there are still limitations in terms of acceptance of this technology particularly in Malaysia comparing to developed countries (theSundaily, 2020) To promote the acceptance and continuance intention to use e-wallet, e-wallet providers and government should collaborate to develop plans that can motivate e-wallet users to have positive attitudes in the e-wallet systems. The findings of this study can serve as a guidance for e-wallet providers and government to drive e-wallet demand in Malaysia.
Suggestions can be conveyed in the way a better model can be used to study the continuance intention to use e-wallet. The proposed model in this study is UTAUT model but future studies are suggested to use Unified Theory of Acceptance and Use of Technology 2 (UTAUT 2) as the model is the most updated theory in technology adoption and holds the highest prediction power comparing to UTAUT model (Indrawati and Putri, 2018). There will be additional variables such as hedonic motivation, price saving orientation, habit, and trust (Indrawati and Putri, 2018).

Besides, further research can be conducted with an even distribution of respondents according to their age group. Hence, the further research can study the different behaviour respondents of different age towards financial technology.

In addition, cross-sectional design limits the interpretation of this study result. The insights would be better in the longitudinal study when consumers are more experienced with the e-wallet services. Hence, it would be fruitful for researcher to adopt the longitudinal research design to have better analysis on this matter.

Apart from the above, larger sample size should be involved. This is to reduce biasness and able to provide more accurate data that reflect the continuance intention to use e-wallet among Malaysian.

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Appendix 1. Measurement Items

Constructs	Item	Measurement Item
Performance Expectancy	PE1	E-wallet is useful in my daily life
	PE2	E-wallet makes it easier to make transactions
	PE3	E-wallet helps me to complete more transactions
	PE4	E-wallet helps me to complete my transactions faster
Effort Expectancy	EE1	It is easy for me to learn how to use an e-wallet
	EE2	It does not take a long time to learn to use e-wallet
	EE3	It is easy for me to become skilful at using e-wallet
	EE4	E-wallet is easy to use
Social Influence	SI1	People who are important to me think that I should use e-wallet
	SI2	People who influence my behaviour think that I should use e-wallet especially during Covid-19 pandemic

	SI3	People whose opinions that I value (e.g., key opinion leader) encourage me to use e-wallet
	SI4	Most people around me are using e-wallet
Facilitating Condition	FC1	My mobile device is appropriate to use e-wallet
	FC2	I have the necessary knowledge to use e-wallet
	FC3	E-wallet can be used to make transactions at most of the places
	FC4	I can get assistance when I have difficulties using e-wallet
Government Support	GS1	The government encourages payment transaction using e-wallet
	GS2	The government guarantees e-wallet support infrastructure
	GS3	The government encourages payment innovation using e-wallet
	GS4	The government controls e-wallet payment operations
Continuance Intention	CI1	I intent to continue using e-wallet
	CI2	I will keep using e-wallet as regularly as I do now
	CI3	My intention is to continue using e-wallet instead of using any other alternative means
	CI4	I strongly recommend others to use e-wallet

32. Psychological Effects Of Being Addicted To Short Videos On Adolescents

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ABSTRACT

Short videos are growing more and more popular among the general public as a result of the development of new internet media, especially among youngsters who keep up with the current trends and have the technical know-how to use new hot software. This paper examines the psychological mechanisms of "TikTok" short video addiction among adolescents, focusing on the causes of addiction and the consequences for mental health and well-being. This study will look at adolescents' capacity to regulate and limit the amount of time they spend on TikTok, as well as the risks associated with TikTok addiction. The data was gathered using an online survey and a quantitative research methodology. The study found that TikTok can have a positive impact on adolescents, but the negative impact outweighs the positive. In the meantime, this survey is looking for ways to keep teenagers from becoming addicted to short video clips.

Keywords: Short Video Addiction, Adolescents, TikTok, Mental health, Well-being, Awareness

INTRODUCTION

A social networking application called TikTok was introduced in September 2017. Since the app's debut, it has rapidly gained recognition and popularity on a global scale. TikTok became the most downloaded app worldwide in just one year, and it continued to hold that position in 2020 and 2021. In 2022, TikTok will have had more than 3.5 billion downloads overall worldwide, according to recent research (Zachary McAuliffe, 2022). Nevertheless, it was stated that there were over a million monthly users in the first quarter of 2022, and it is anticipated that there will be 1.8 billion users by the year's end. Users of TikTok are primarily members of Generation Z because 60% of them are under the age of 34. On average, users

spend more than 1.5 hours each day looking through videos on TikTok (Brandon Doyle, 2022). It is abundantly obvious from the data that a growing number of teenagers are becoming dependent on this social media programme.

TikTok is a popular social media app that lets users put a 15 second video into the audience's eyes to watch, share, and show off their skills. Because of the platform's clever and unique algorithmic approach, users are enamoured with a number of personalised and well-liked short videos. Additionally, according to psychology, unexpected events lead to unexpected experiences. Users particularly young people, are constantly drawn to the mysterious and intriguing. Our brain releases a small amount of dopamine each time we navigate and view personalised videos on TikTok. This emotion makes us go into an endless scrolling cycle, and looking for fresh videos will give your brain a dopamine rush once more. In reality, many social media use a psychological concept known as "random reinforcement" to guarantee and maintain users' engagement in the specific social media. (Dr.Julie Albright, 2022).

Due to TikTok's appeal to teenagers, academics and researchers are now discussing the "TikTok addiction" concept as a prominent issue. The strongest feelings of rage, worry, fractiousness, and uneasiness will explode on users when they are unable to access the social networking site, and users who fail to attempt to control their urges to participate on the site are said to be showing signs of TikTok addiction. Another finding from a study is that despite being easily lured in, people do not perceive themselves as being drawn to social media (Eric W.Dolan, 2022). Anxiety and poor self-control were shown to be associated with greater social media use, according to a study released by Zhen Jiang University researchers. "We hypothesise that persons with lower self-control abilities have greater difficulty diverting attention away from preferred visual stimulus.” (Cong hui Su, Hui Zhou, Liang yu Gong, Binyu Teng Fengji Geng, Yu zheng Hu, 2021). The impacts of social media addiction are profound. For example, a previous study indicated that there is a correlation between the social media use and negatively mental health among the youth. (Beeres et al., 2021; Houghton et al., 2018; Orben & Przybyski, 2019). Besides that, general mental health issues such as anxiety, depression and stress are prevalent in a user who is social media use (Skylar L. Maguire, 2022; Hollie Pellosmaa, 2022). In order to indicate the rate of the negative mental health outcome, several scales were implied to investigate. For instance, a researcher implies a scientifically validated questionnaire known as the Bergen Facebook Addiction Scale and gathers 354 college students to answer the questionnaire, the slightly different is the researcher replacing all the word “Facebook “by “TikTok”. According to this finding, TikTok users who use the app frequently report feeling more isolated. This study shows that using TikTok excessively or in a potentially problematic way could have a significant impact on sufferers' daily lives, even though it cannot indicate that most users exhibit behaviours that are addiction-like. (Troy Smith, 2022).

Several academics have previously conducted extensive study and analyses on the TikTok addiction. The primary focus of these studies was on the motivations and contributing factors of social media addiction on users. However, there are not many studies that have looked at the social media content that teenagers are growing addicted to. The preferences content of young people who are addicted are another crucial topic that this research is looking into in order to support and validate its purpose. The goal of this study is to discover the effects of TikTok addiction on teenage mental health by extending and supporting earlier research and examining public awareness of TikTok addiction. Several hypotheses were formulated to verify the purpose of the study. The three hypotheses were proposed: 1) The possibility where adolescents have a high addiction rate. 2) The possibility where teenagers are unaware that TikTok addiction will be harmful to their mental health. 3) The possibility that adolescents have a limited ability to control and manage their time spent scrolling TikTok.

METHOD

Sample and Data

There are 112 young people in our sample, representing various genders. University students and those under the age of 18 are included among them. In this study, respondents who do not use TikTok are not taken into account.

Research Method

In this study, we used a quantitative survey method to produce an online questionnaire to study the phenomenon that TikTok addiction affects the health and well-being of young people. Quantitative methods place an emphasis on precise measurements and the statistical, mathematical, or numerical analysis of data gathered through surveys, questionnaires, and polls, as well as the use of computational methods to manipulate statistical data that has already been collected (Dr Robert Labaree, 2022).

We came up with a questionnaire with 16 questions, in addition to the basic information 2 questions, there were 14 questions about TikTok addiction affecting the health and well-being of young people, for example, the questions included "How many hours do you spend on scrolling TikTok? ", it had 6 answers, the item was to use "less than 1 hour", "2-4 hours", "5-7 hours"..."9 hours or more ``,"never ``.

Additionally, we aim to comprehend how individuals with mental health issues are influenced, for example, the questions included " In your opinion, how does TikTok impact on your mental health?", it had 7 answers, the item was to use "Appearance-related anxiety", "Depression, "Blind comparison", "Low self-esteem ", "Body dissatisfaction ",” Stress”,” Feeling detached from really”.

DATA ANALYSIS AND RESULT

These are the questions asked and responses we received from our survey.

A total of 108 responses were collected in this questionnaire survey, of which 65.7% were female and 34.3% were male. The respondents are mainly aged between 18 and 21, accounting for 83.3%, or 90 people. The remaining respondents were concentrated in 22-25 and 15-18 years old, and none were over 26 years old.

		Frequency	**Percentage**
Do you post videos on TikTok / Douyin?	Yes	29	26.9%
	No	79	73.1%
How often do you post on TikTok/ Douyin?	Frequently	11	10.2%
	Occasionally	29	26.9%
	Never	68	63%

If yes, how many followers do you have?	Less than 100 followers	34	31.5%
	100-500 followers	9	8.3%
	501-1000 followers	4	3.7%
	Above 1000 followers	4	3.7%
	Prefer not to say	11	10.2%
	None	46	42.6%
How many hours do you spend scrolling TikTok/ Douyin?	Less than 1 hour	19	17.6%
	2-4 hours	40	37%
	5-7 hours	12	11.1%
	8-9 hours	1	0.9%
	9 hours and more	2	1.9%
	None	34	31.5%

Table 2: Basic Respondent Information

With regard to the data of this table, we found a set of interesting data. The vast majority of young people do not post videos on TikTok, accounting for about three quarters of the total, and only a minority of young people post short videos. It can be seen that most young people use TikTok to explore the lives of others. This has also led to the popularity of the Internet celebrity phenomenon. Many young people will deliberately imitate the actions or speaking ways of some popular videos, which also leads to a new fashion trend. In order to follow the so-called latest trend, many young people will take the initiative to contact all kinds of popular videos to maintain their own fashion attributes. This lays a foundation for young people to become addicted to TikTok, and is one of the reasons for addiction.

Besides that, we can see that less than half of the respondents are immersed in TikTok for less than 1 hour a day. The vast majority of teens exposed to TikTok use TikTok for 2-4 hours, accounting for 36.6% of the total. This is a worrying statistic. In addition, 11.6% of young people use TikTok for 5-7 hours, which is almost half of their daytime. In the end, a small number of young people used TikTok heavily, for more than eight hours a day or more. From the above data, hypothesis 1 is supported, it can be seen that TikTok has slowly begun to occupy the time of young people, some of them have become addicted, and TikTok has also interfered with their normal life.

FACTOR OF TIKTOK ADDICTION

In the survey, we asked respondents why they use TikTok, and 57.4% of them chose entertainment. The remaining main reasons were learning new skills and keeping up with trends (27.8% and 31.5%, respectively). However, about 28.7 percent of them had no reason. It shows that the vast majority of people are primarily motivated to use TikTok by fun and entertainment.

This survey revealed the top trending content on TikTok is cute animal videos, chosen by 34.8 percent

of respondents. In second place was the social media challenge, which was chosen as their favourite by 31.3 percent. Social media challenges are fads that encourage users to create their own videos based on finishing a particular task. It includes some crazy and bold things that are rarely everybody would not do in the daily lives. Those challenge can be creative, excited, audacious, and even funny. For instance, The Lip Sync Challenge, Don’t Rush Challenge, The Face Waxed Challenge, etc. This type of content makes audience try to engage themselves into the trend and also TikTok is the platform that can let common person become famous. Therefore, this is one of the reasons that everybody like to subscribe this kind of the video on TikTok. Next, video based on trending hashtag is also one of the most popular contents on TikTok. These videos become one of the most seen in the eye of the adolescents is because of the psychological factor such as fear of missing out. In conversation, you might feel alone in a group conversation if all of your friends are discussing a popular video that you haven't seen. Moreover, other content of video such as dancing videos, satisfying videos and art videos are also relatively popular on the TikTok (27.7, 26.8 and 25 percent). We can also see from viewers' preferences that they use TikTok mainly for relaxing videos. But in addition, 24.1 percent of the respondent are response they like to watch tutorial videos on their free time.

In the following questionnaire, we asked respondents why they love TikTok, and 43.8% said they were satisfied with the length of the videos. The length of short videos is more friendly to the young people in today's society, who can make use of the fragmented time to gain short-term happiness and knowledge. User groups continuously shorten information consumption habits and short attention span video "short and fine, small" presentation, as little time as possible with price after get as much as possible reward, for its multi-dimensional content display user stimulating sensations, compatible with the word medium, the characteristics of the medium of sound and image media, low barriers to entry, low cost of trial and error, All these features have laid a solid foundation for the rapid development of short video.

In addition, 34.8 percent, and 37.5 percent, respectively, prefer TikTok because short videos are trendy and fun and creative. Short videos lead the trend of hot memes among young people. In China, if you do not touch short videos for three months, you may hear many new words in the chat with your friends, and these new words are often widely spread among young people through short videos. Many young people are addicted to the world of short videos because they want to accept the latest and most fashionable culture. The production of short videos now is becoming more and more exquisite, some short video even some introductions about movies and songs are TV shows and movies and generalisation, the interpretation of people in a few minutes to finish see a movie, for the need to quickly accept knowledge of young people is a teaser, so just can have this thesis research direction.

IMPLICATION OF TIKTOK ADDICTION

Many young people are easily drawn into the life of an Internet celebrity on TikTok day in and day out. But a lot of people feel hollow and meaningless after binge-streaming a lot of short videos, so that is the psychological impact that most people think TikTok gives them. Then 37.7 percent said it would cause appearance anxiety, followed by blind comparison, low self-esteem, and body dissatisfaction. TikTok gives off a false sense of reality to everyone. Other users always post their reel with glamorized highlights of their life, for example having a luxurious bag and amazing life experiences will cause adolescents to make comparisons within themselves. This scenario clearly can be seen on the female users who can make them feel low esteem to themselves and causes body dissatisfaction when they see a lot of the fitspiration and show off content on TikTok. Furthermore, when someone receives "likes" on a post or image, they may try to change the image or themselves in order to gain social validation. This could become an underlying problem among the female group as they are more want to gain the attention and affirmation of someone to their beauty, mood etc. A study reveals that many young adults who excessively use social media will have a higher risk of developing mental health conditions such as

anxiety and depression (Fiona Yassin, 2022). This also has shown up in our finding that approximately 19 percent of the respondents have this kind of the issues.

In the section on the influence of young people's well-being, we discovered that many young people (52.6 percent) struggle with insufficient sleep. In today's world, this problem is so pervasive that even adults may forego their sleep to play on their phones. If the young people are unable to concentrate on their studies, this will have an impact on their future. 30.8 percent of respondents to our study admitted to having academic issues. Last but not least, 43.8% of the respondents said they find it difficult to focus on one item at a time. The young people in society are really concerned about this issue. According to a Microsoft study, the average human attention span has rapidly decreased to eight seconds as a result of technological advancement, so people today simply want an instant response. (Lori Stutsman, 2021). As a result, the majority of teenagers develop impatience and intolerance as core traits of their personality. Other than that, more than one forty of the respondents are response they are having eating disorder as the impact of using the TikTok toward them. This can be attributable to the app TikTok's lack of openness regarding the distribution of content by different users. It makes it possible for anyone to publish content, and users can advertise any dietary or weight-loss advice they desire. Some of them even glorify and promote the eating disorder, believing that they can inspire or enlighten others to be who they are (Eva Lantos, 2020).

In the previous survey, we made the assumption that young people have a limited capacity to control themselves and uninstall the app if they are feeling the effects of addiction. More than 41.9 percent of those polled said they would do it. In contrast,
32.6 percent said they would not, and 25.6 percent said they might. This leads us to believe that hypothesis 3 is correct.

DISCUSSION

From the above data analysis, it can be seen that the vast majority of teenagers are addicted to TikTok for the purpose of happiness, because the vast majority of them use TikTok for the original purpose of happiness, while a small number of them use TikTok to follow the so-called trend. Cute animal videos, social media videos, and dancing videos on TikTok are popular among young people. Young people are also satisfied because they can make use of the fragmented time to gain a large amount of knowledge. The fun and popularity of TikTok are also reasons why young people prefer it.

But data on the length of time young people have been using TikTok, and the perceived impact it has had on them, suggest that many young people have become addicted. The result is a lack of sleep and an inability to focus.

Here is a discussion of TikTok's impact on teens.

The positive influence of TikTok short videos on teenagers

(1) It increases the new way for teenagers to acquire knowledge, and the source of their knowledge is no longer limited to the classroom and teachers.

(2) It provides a broad platform for teenagers to learn new skills, and the convenience and low threshold of short video production can fully stimulate the enthusiasm of ordinary people to participate in the creation.

(3) Guide teenagers to make short videos, which plays a positive role in promoting learning.

However, short videos often bring more negative influences to young people than positive ones. The following is the explanation of the negative influences in this paper.

(1) Some values in TikTok short videos seriously affect the formation of teenagers' correct values. Teenagers are the future of a country, and the best time for the formation of values is when teenagers are learning knowledge. Whether every teenager has the correct values will affect their growth and the formation of personal character in the future. These values have an impact on how they value their lives.

(2) Fragmented information has a negative impact on teenagers' knowledge systems. As is known to all, short videos on TikTok usually play for 1-5 minutes, during which most of the information conveyed by short videos is fragmented, and some text works of a large length even become the main pictures and text AIDS. It makes it easy for teenagers to indulge in a false sense of self-satisfaction.

(3) The phenomenon of Internet celebrities affects young people's speculative psychology, blindly imitating and following the trend. Looking at the development trend of the Internet in recent years, online social networking is getting younger and younger. Teenagers get to know more and more Internet celebrities through short videos on TikTok. These Internet celebrities attract a large number of fans by uploading a large number of short videos on platforms such as Douyin. However, due to the weak ability to distinguish right from wrong, self-control is not strong, judgement is relatively weak, and it is very easy to blindly follow the trend.

RECOMMENDATION

The phenomenon of teenagers addicted to TikTok deserves attention and consideration. The following is our countermeasure research.

(1) TikTok and other short video platforms, schools and parents cooperate in various aspects to strengthen supervision and help teenagers establish correct values. Short video platforms such as TikTok should more actively regulate the network environment, strengthen the investigation and review, provide favourable guidance for the formation of young people's values, guide young people to learn to distinguish and consciously resist vulgar, violent, immoral and other bad short videos.

(2) Establish their own knowledge system, systematically learn deeply, and make reasonable use of fragmented information. Fragmented information simplifies complex knowledge and only tells teenagers the surface but not the underlying principles. Teenagers should learn deeply and systematically, establish their own knowledge system, integrate useful fragmented information into their knowledge structure, be good at thinking and summarising, and summarise the fragmented information they constantly receive.

(3) Guide teenagers to correctly view the phenomenon of Internet celebrities, resist the temptation of Internet celebrities, and promote their healthy growth. Young people's ability to distinguish is not strong, parents should always pay attention to, accompany young people, effectively supervise young people, do not browse, do not spread bad information, do not imitate, promote the healthy growth of young people.

CONCLUSION

Our findings have shown support for TikTok has had a number of impacts on teenagers both positive and negative. TikTok is now a popular global social media platform where teenagers can make and share short videos, as well as comment on and watch videos made by others. According to our research, the majority of teenagers using TikTok are between the ages of 18 and 21, an age group that is curious about the world and keen to find new things and ways to be entertained, and TikTok has emerged to meet their needs. TikTok is popular among teenagers because of its attractive content. The short duration of TikTok videos makes teenagers more willing to learn something new, but at the same time, there is a situation where teenagers are addicted to TikTok. The main focus of our report is how TikTok addiction adversely affects young people's mental health. Some of the values in short videos affect the formation of correct values among young people, and because of prolonged indulgence in short videos, young people can become detached from reality and indulge in a false sense of satisfaction. As there are no restrictions on joining the platform, anyone can easily sign up and we have seen many cases of people sending hurtful messages and creating harmful situations, many teenagers are not mature enough to be exploited by those who are lawless elements and post vulgar videos. Many young people follow trends without thinking, which might cause them to become lost in the current of the fad. Being transformed into a perfect person in the eyes of the other will damage their personalities, moral principles, degree of confidence, and behaviour. TikTok also is the source of adolescent facing the academic issues, eating disorders and even health problems. Our report is still limited by the small number of people surveyed and future research should consider more carefully the potential impact on the mental health of the soon-to-be adolescent population.

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33. Self-Efficacy In The Hybrid World:

A Qualitative Study Among Malaysian Young Adults

By

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Abstract

The COVID-19 pandemic boosted virtual learning and remote work in Malaysia. This study explored Malaysian young adults' subjective hybrid world and its relationship to self-efficacy. This study sought to increase young Malaysians' self-efficacy. Current study sought to address the research questions: (1) 'What is the lived experience of Malaysian young adults in the hybrid world during the pandemic outbreak?' (2) ' How has hybrid learning or employment affected Malaysian young adults' self-efficacy?' 17 semi-structured interviews were conducted. Five superordinate themes emerged from interviews. Despite the pandemic disrupting their young adulthood, participants thrived in the hybrid environment. The study's findings called for greater research on virtual and real-world environments. Organizations and educational institutions developing a hybrid workforce or learning model may find the study's conclusions beneficial. This research may help clinical and counselling professions enhance youth mental health post-pandemic.

Introduction

Background of Research

With the emergence of the COVID-19 pandemic, it became clear that the world is progressively shifting into hybrid mode: there is no longer a dichotomy of virtual versus physical presence, but a growing number of aspects of our life blending both (Singh et al., 2021). While the hybrid world is not novel, the pandemic has propelled us to the verge of a critical juncture between virtual and physical realities. While hybrid work and learning models are not new in developed or rapidly growing countries, it is still in an infancy stage in Malaysia. The primary purpose of the study was to explore the lived experiences of Malaysian young adults in the hybrid world, as well as the pandemic's impacts on their sense of self-efficacy. Apart from that, the current study's findings aim to shed new light on Malaysian young adults' perspectives on hybrid modes of learning and work.

Problem Statement

In order to prevent the spread of the coronavirus, the Malaysian government announced various phases of Movement Control Order (MCO) beginning March 2020 (Tay, 2021). These phases included national quarantine restrictions on movement, assembly, and international travel, as well as the closure of institutions and business entities, ultimately resulting in the flourishing of distance learning and remote work (Rajendran et al., 2021). During the pandemic outbreak, numerous evidences suggested that young adults' anxiety levels increased due to fear of job loss, fear of contagion, coronavirus information overload, uncertainty about their future, disrupted social interactions, and perceived loneliness (Aucejo et a., 2020; Sundarasen et al., 2020; Zhang et al., 2021). More recently, research have shown that an individual's self-efficacy has a pivotal role in protecting one against various adversities, including the pandemic outbreak (Recksiedler & Landberg, 2021; Shacham et al., 2020; Talsma et al., 2021; Yldrm & Guler, 2020). Additionally, previous research did not explore the lived experiences of young Malaysian adults in the hybrid environment during the pandemic outbreak. While substantial research has been conducted on the predictors of self-efficacy in the context of online education, qualitative research on the source of self-efficacy in the hybrid environment during the pandemic outbreak has not yet been published (Aldhahi et al., 2021; Stephen & Rockinson-Szapkiw, 2021; Kundu, 2020). Previous research by Aldhahi and colleagues (2021) stated that future research should consider the psychological consequences of the pandemic.

Research Questions

While self-efficacy has been shown to be a protective factor against adverse situations, it may also be influenced by unexpected circumstances during COVID-19. For example, the emotional impact of pandemic outbreak and the transition of virtual context might affect the dynamics of an individual's master experience, receipt of verbal persuasion, emotional arousal, and vicarious experience, which are all key components of self- efficacy (Bandura, 1977). Present study aimed to answer the following research questions:

R1: What is the lived experience of Malaysian young adults in the hybrid world throughout the pandemic?

R2: How has the emergence of the hybrid mode of learning and working during the pandemic impacted the self-efficacy of young Malaysians?

Research Objectives:

1. To explore the lived experience of Malaysian young adults in the hybrid world throughout the

pandemic outbreak.

2. To understand the sense of self-efficacy of Malaysian young adults in the hybrid world throughout the pandemic outbreak.

Taken together, this raises the question of how the pandemic affects young adults' sense of self-efficacy in the workplace or classroom. Young adults' lived experience during the pandemic can be used to develop frameworks on how to better prepare the younger generation for the unpredictable and rapidly changing world.

Theoretical Framework

Bandura (2005) proposed in social cognitive theory that an individual is the contributor to his own motivation, behaviour, and development across different realm of life. Self-efficacy theory is one of the concepts that lie under the social cognitive theory (Bandura, 1977; Bandura, 2005; Bandura, 2008). Perceived self-efficacy is primarily contributed by what individuals experience in daily life, including mastery experiences, verbal persuasions, physiological arousal, and vicarious experiences (Bandura, 1977; Bandura, 1997).

The first component, mastery experiences, can be broadly defined as the extent to which an individual's competency and performance on a task are primarily determined by prior experience with a similar associated task. The second significant element affecting self-efficacy is verbal persuasion, which refers to how others' assurance and discouragement affect an individual's ability to execute a task. The third component, vicarious experiences, can be illustrated by the example that when positive role models surround an individual, they are more likely to perform better on the task through observational learning. Finally, physiological arousal is critical for the development of self-efficacy. It is widely accepted that an individual's emotional state following an event significantly impacts one's ability to execute a specific task (Bandura, 1977).

Indeed, mastery experience can be achieved in a virtual setting just as in the physical context (Kang et al., 2021). Delivering an impactful speech in front of a large number of virtual audience or performing an effective virtual interview with an ideal employer, are examples of virtual mastery task. However, due to the lack of real-time classrooms and work environments, students and employees taking asynchronous programs are less likely to receive immediate feedback (Dhawan. 2020). This raises the question of whether virtual verbal persuasion is equally successful in developing self-efficacy as direct feedback replies (Bandura, 1977). A study curriculum that focuses heavily on practical skills may influence students' mastery and vicarious experiences, particularly when certain concepts require direct human interaction to be completely grasped (Mishra et al., 2020, Muthuphrasad et al., 2021). Individual efficacy evaluations, according to Bandura (1982), occur most frequently when people encounter adversities or uncertainties in their life. Will the lack of familiarity with the new environment have an influence on perceived self-efficacy? Will the absence of direct face-to-face interaction due to social distancing influence how individuals perceive others' verbal persuasion? How can the fear of coronavirus affect an individual's emotional arousal while doing a task? How do virtual settings affect an individual's vicarious experience where in-person interactions are limited? All these question s relate to the current study's purpose, which is to explore the perceived self-efficacy of Malaysian young adults in the hybrid world during the pandemic.

Literature Review

Young Adults in the Pandemic

The World Health Organisation declared Coronavirus Disease 2019 (COVID-19) outbreak a global pandemic in March 2020 because of the highly infectious nature and rapid spread of the virus (WHO, 2020). For the sake of public safety, policymakers around the world implemented strict containment measures like lockdowns, social distancing, and stay-at-home orders during the initial stage of the outbreak (OECD, 2020). Malaysia is no exception, from March 2020 to December 2021, the Malaysian government followed a progressive response to manage and control the black swan event. The first movement control order (MCO) was issued in March 2020 to restrict the public's access to crowded area, and mass gatherings were strictly prohibited (Tay, 2021).

Traditionally, it has been argued that young adults are characterised by a distinct developmental phase of identity discovery, emotional instability, self-focus, feelings of being between adolescence and adulthood, and an optimistic outlook on the future (Arnett, 2007). However, the COVID-19 pandemic was found to exacerbate the variability and instability of young adults' role transitions across multiple life domains, such as the transition from college to university, the engagement in interpersonal relationships, and the transition from school to work, thereby increasing their susceptibility to negative psychological adjustments (Furstenberg, 2010; Germani et al., 2020; Recksiedler & Landberg, 2021). Young adults in the developmental phase of self- discovery and exploration have been severely harmed by restrictive measures such as social distancing and institutional closures (World Health Organization, 2021). Consequently, the World Health Organization (2021) has given young adults top priority as target demographics with youth-specific behaviours and experiences. Similarly, Aucejo et al. (2020) demonstrated that compared to pre-pandemic times, young adults are currently in an unusually ambiguous situation that may have an impact on their academic performance, work quality, educational plans, and workforce participation.

Along with the restrictive orders, policies requiring distanced learning and work-from-home procedures were mandated to reduce the risk of exposure to COVID-19 (Andrew et al., 2021; OECD, 2020). According to Wan Mohd Yunus et al. (2021), work-life balance may be disrupted as it was challenging to establish physical and mental boundaries between work and personal life among Malaysian young adults during the pandemic Remote working has been reported to cause work-family conflict, poor communication, decreased productivity, and loneliness (Wang et al., 2020). According to a survey of Malaysian students, 58% of students wanted to learn in hybrid classrooms; yet 55% of students perceived a lack of motivation as a barrier to remote learning (*Online Learning in Malaysia: Students View in 2021 - Project ID, n.d.).* While some students reported an increase in time flexibility and improved time management in virtual classrooms, online communication between educators and students, irregular learning structures and decreased productivity continue to be a significant challenge for students (Asgari et al., 2021; Dhawan, 2020).

Due to the increasing rate of public completion of the COVID-19 vaccines and regulatory procedures for public health and safety in Malaysia, the Malaysian government has greenlit the process for people to return to campus and work (OECD, 2021). However, rigorous Standard Operating Procedures (SOPs) must still be observed by the public where the capacity of every institution is still restricted. Those who are unable or ineligible to return to in-person jobs or physical classrooms would have to fulfil their obligations and responsibilities online (*Reopening of University Campuses for 2021/2022 Starting From 15/9/2021 - StudyMalaysia.Com*, n.d.).

Learning and Working in the Hybrid World

To date, there is no single standard definition for the hybrid medium, owing to its innovative nature that particularly came to prominence with the advent of COVID-19. The term hybrid relates to its nature of operating in both virtual and physical settings. According to House of Lord (2021), a hybrid model embraces the fluidity that remote work and virtual interaction enable, while also recognising the value and necessity of formal and informal spaces in our communities for real life dialogue, interpersonal communication, and socialising with friends and family. Hybrid models also benefit from the knowledge acquisition, teamwork, innovation, and advancement that in-person interaction enables (House of Lord, 2021). A hybrid workforce is a type of mixed workforce that consists of individuals who work from home and those who work in an office or physical establishment (ILO, 2020a). Similarly, hybrid learning is an educational approach that combines in- person and virtual classrooms by utilizing a variety of teaching resources such as e-learning systems, video conferencing, and asynchronous learning (Singh et al., 2021).

Is the hybrid world the wave of the future or a one-time solution to a crisis? It is probable that the pandemic breakout has affected the higher education and labour markets. Prior to the pandemic, the in-person setting allowed real time interaction between individuals, which can stimulate further dialogue among the employers, educators, and the young adults (Singh et al., 2021). In the physical workplace or classroom. In the physical workplace or classroom, individuals were able to seek clarification or responses to their questions (Paul & Jefferson, 2019). Some individuals will find it challenging to forego in-person learning and work tasks in favour of computer-based work in a virtual environment (Singh et al., 2021). The younger generation today is the first generation to have first-hand experience with this mode of work and education (Microsoft Corporation, 2021). Presently, there is no one-size-fits-all hybrid working/learning method; the current study attempts to broaden the corpus of knowledge by adding new research to develop effective strategies for the future world by understanding the lived experience of young adults in the pandemic.

Self-efficacy as an Asset

“In order to succeed, people need a sense of self-efficacy, to struggle together with resilience to meet the inevitable obstacles and inequities of life.” — Albert Bandura

Self-efficacy is a fundamental human ability that allows people to persevere in the face of adversity, regardless of the pandemic’s enormous stress and uncertainty (Bandura, 1977; Bandura, 1994; Bandura, 1997). Self-efficacy refers to an individual’s belief in their ability to perform a particular task in a specific situation (Bandura, 1977). Another conceptual definition of self-efficacy is the belief that one has a greater degree of control over their actions, which ultimately affect their behaviour (Cambridge University Press, n.d.). The term self-efficacy is used in this study to describe a person’s perception, feelings, and action to tackle the transition between different environmental contexts throughout the pandemic, which is filled with uncertainties and novelties.

Even with the strike of an unexpected COVID-19 outbreak, individuals with a high sense of self-efficacy view threats as opportunities (Talsma et al., 2021). Additionally, these people perceive complex tasks in virtual learning environments as motivation and an opportunity for mastery, which may boost their perceived level of satisfaction and academic success, resulting in even greater satisfaction (Alqurashi, 2019; Xu et al., 2014).These statements are consistent with Bandura’s (1994) assertions that there is an increasing demand for the younger generation to have a strong sense of self-efficacy in all aspects of life, including career development, parental relationships, and academic performance. Additionally, studies done on the role of self- efficacy during COVID-19 has highlighted the importance of its role in post-traumatic growth, creativity, and resilience (Recksidler & Landberg, 2021; Zeng et al.,

2021a; Zeng et al., 2021b). Hence, there is an urge for researchers to understand how Malaysian young adults make sense of their own self-efficacy level throughout the pandemic.

Self-efficacy in the Hybrid World

In the context of online education, emotional family support, peer support, feedback and rewards, and online communication are determinants of self-efficacy (Kundu, 2020). Due to the flexibility in the hybrid world, recent research by Fritiyana et al. (2021) also found that the emergence of hybrid learning could boost students' self-efficacy. It was also discovered that the contact between students and their peers and teachers had a substantial impact on their learning experience (Fritiyana et al., 2021). Although the accessibility to video conferences in synchronous online learning also provides the similar learning content as the traditional classroom, it is still uncertain whether the video recording can provide the same learning experience as in- person learning due to external influences such as the lack of human interaction with peers and teachers, the absence of immediate feedback, and the absence of hands-on experience in the virtual classroom (Asgari et al., 2021; Dhawan, 2020; Kang, 2020; Wang et al., 2020). This raises the question of how the absence of face-to- face interaction in a virtual setting can affect an individual's sense of self-efficacy.

Method

Research Design

This research employs a qualitative method to explore the lived experience and challenges of Malaysian young adults during the pandemic and its influence on their sense of self-efficacy (Schoonenboom & Johnson, 2017).

Settings and Participants

The current study's target population was Malaysian young adults between the ages of 18 and 25 who live in Malaysia (March 2020 - March 2022). Participants must have had hybrid learning and/or working experiences (virtual and in-person) between March 2020 and March 2022. Given the fact that experiencing the virtual world requires a reliable IT infrastructure, only young adults with access to the Internet were recruited; those without access were excluded (Dhawan, 2020). As a result, participants were recruited at random using a non-probability sampling method, which was snowball sampling via social media platforms such as WhatsApp and Instagram (Braun & Clarke, 2016).

Recruitment script was distributed via social media platforms. A Google form was sent to prospective participants for the purpose of screening them to ensure they met all eligibility criteria.

Semi-structured interviews were conducted with a total number of 17 Malaysian young adults comprising both females (41.2%) and males (58.8%) who were individuals aged 20 to 25 years old ($M = 21.9$, $SD = 1.2$). The ages of the participants in this study were spread as follows: 20 years old (11.7%), 21 years old (17.6%), 22 years old (52.9%), 23 years old (5.9%), 24 years old (5.9%), and 25 years old (5.9%). 17 of the recruited participants were Chinese Malaysian young adults residing in Malaysia. They were informed of the purpose of the study, and their queries were swiftly answered. After obtaining each participant's permission to participate and record the interview, the researcher conducted a virtual interview with each participant. The interviews lasted between 17 and 56 minutes ($M = 33.2$), and 17 separate verbatim transcriptions were generated manually.

Apparatus/Instruments

In-depth and semi-structured interviews were used to acquire qualitative data. In order to explore the

participants' subjective world, perspectives, and experiences throughout the pandemic, as well as their sense of self-efficacy in the hybrid environment, an interview guide containing ten open-ended questions was produced and assigned to them during the interview session. Even though the researcher had a list of interview questions prepared in advance, participants were still able to provide answers the researcher would not have anticipated. During interviews, the researcher would ask follow-up questions to elicit additional information (Ann, 2013).

Given the prevalence of coronavirus disease, face-to-face interviews were strictly limited to prevent virus transmission through physical contact. Thus, in this study, a virtual platform, ZOOM Cloud Meeting, was used for in-depth interviews. During each recorded interview session, both the interviewer and the participant were required to turn on their web cameras.

Research Procedure

To ensure that participants understood the meaning of 'self-efficacy', the researchers explained the definition of self-efficacy to each participant prior to the interview. As the nature of the interview was semi- structured, the researcher was allowed to ask additional questions based on the dynamic of the interview.

Participants were also given autonomy to answer questions honestly during the interview sessions without being judged by the interviewer. At the end of the interview, the participants were given a verbal debrief to acknowledge their participation and were informed of how the data collected will be used for the study. A service sheet with a list of relevant psychological services was provided to participants to provide them with additional emotional support if needed. In all of the interview sessions, the information of participants remained anonymous and confidential. The recorded tape of all the interview sessions were transcribed verbatim and pseudonyms were given to the participant to ensure confidentiality and anonymity. After finishing the transcripts, the researcher forwarded a copy of the written transcripts to participants for review purposes and to verify the congruency between the content and the participant's viewpoint. The transcripts were then evaluated and the data acquired were categorized under different superordinate themes for further research.

Data Analysis

A critical realist paradigm is used as the ontological approach in this study, and the opinions and perceptions of the participants are taken into consideration. Critical realism acknowledged that knowledge is a public asset that depends on the individuals who offered it (Bhaskar, 1975). The critical realism position's primary goal is to explore the challenges Malaysian young adults face in the hybrid world and its impacts on their sense of self-efficacy. The experiences and perceptions of participants were then analysed and categorized into various themes. Throughout the study, the researcher emphasized the participants' perspectives and points of view rather than the researcher's. On the other hand, the phenomenological approach was used as an epistemological research paradigm to understand how Malaysian young adults feel, perceive, and experience their sense of self-efficacy concerning the different environmental contexts (virtual versus face-to-face) throughout the pandemic.

Additionally, the interpretative phenomenological analysis technique was chosen as the methodological framework as it is a comprehensive approach to analyse data that emphasized the core of a participant's personal experience (Smith & Eatough, 2007). The verbatim transcripts were analysed using IPA as raw data (Smith & Osborn, 2008). The phenomenological design of current study enabled the researcher to probe how young adults make sense of their self-efficacy in the hybrid world during the pandemic, which is relevant for the current study, which discusses Malaysian young adults; perspectives and perceptions on their sense of self- efficacy and the common challenges they experienced. IPA involves

double hermeneutics, a two-stage interpretation process in which access to the participant's subjective reality is heavily reliant on the researcher's understanding of the participants through interpretative activity (Smith & Eatough, 2007). The construction of a more interpretative account was facilitated by the formation of an interaction between the researcher, the coded data, and psychological understanding of what it may have meant for participants to have those cognitive processes in the phenomenon being examined. The organization of the 'interaction' through IPA made it possible to trace the analysed data all the way through the process, from the earlier draft of the transcript, to the initial emergent theme, to the grouping of the superordinate theme, to the final product of themes (Smith &

Eatough, 2007). In addition, critical reflection on the researcher's role and how it would influence the research outcome was also conducted to ensure the validity and reliability of the study.

Results

There were two main findings answering the research questions of current study, which were (1) the lived experience of Malaysian young adults, and (2) the impacts on perceived self-efficacy.

The Lived Experience of Malaysian Young Adults Table 1.

Superordinate themes and subthemes based on analysis of open-ended responses.

Superordinate themes	**Sub-themes**
1. The Hybrid World's Boon and Bane	1.1 Pitfall of Virtual Context 1.2 Blessing of Virtual Context
2. Thriving in the Hybrid World	2.2 Uncertainty and Negative Experience 2.2 Self-growth in the Pandemic 2.3 Preferences for the Future
3. Life is Interrupted	3.1 As a Young Adult 3.2 On the Bright Side

Through the interpretative phenomenological analysis of data, a total of three superordinate themes and ten sub themes were identified to answer the first research question 'what is the lived experience of Malaysian young adults in the hybrid world throughout the pandemic?' (as demonstrated in table 1). The developed superordinate themes were as follows: (1) the hybrid world's boon and bane; (2) thriving in the hybrid world; and (3) life is interrupted. More data have been given to the first superordinate them, in which young adults in Malaysia have diverse hybrid world experiences throughout the pandemic outbreak.

Impacts on Self-efficacy of Malaysian Young Adults Table 2.

Superordinate themes and subthemes based on analysis of open-ended responses

Superordinate themes	**Sub-themes**
1. Awareness of Self-efficacy	1.1 The Value of Self-efficacy 1.2 Perceived Level of Self-efficacy

2. Source of Self-efficacy	2.1	The Power of Verbal Persuasion
	2.2	Experience is the Key
	2.3	The Role of Emotional Arousal
	2.4	Vicarious Experience

The second research question seeks to determine how the emergence of the hybrid mode of learning and working during the pandemic has affected the perceived self-efficacy of young Malaysians. Two superordinate themes emerged from the analysis: (1) awareness of self-efficacy and (2) source of self-efficacy. The following summary provides qualitative findings associated with each superordinate theme, as well as statements highlighting the subthemes.

Discussion

Young adults who experienced hybrid mode of working or learning acknowledged the merits and drawbacks of hybrid learning and working. Participants reported the advantages and disadvantages of virtual settings predominantly based on their learning or working experiences, including communication with others, internet connection stability, task performance, and sense of belongingness in virtual classrooms or workplaces. Across all the participants, communication barriers were claimed to be the major pitfall of the virtual context.

Socialization was considered an important asset for young adults who are experiencing self-discovery in their developmental phase. The communication barriers had greatly influenced the socialization with others during pandemic outbreak and the receipt of clear instructions from employers or lectures in the virtual setting. The lack of social cues such as the observations of body languages, facial expression and tone of voices were considered as the biggest obstacles in the virtual context. In the learning context, the ambiguous instructions given by the lecturers and reduced interaction with other students were deemed as the important source of self- efficacy in the hybrid world. It did not only influence the learning experience in the virtual classroom, but also impacted their perceived self-efficacy throughout the pandemic outbreak.

Conversely, positive experiences in the virtual context such as time-savings, time flexibility and increased productivity were indicated by participants, this was congruent with the findings of a study which revealed that students in virtual classroom reported better flexibility and enhanced time management (Asgari et al., 2021; Dhawan, 2020). Several participants were given more flexibility to choose their preferred mode of learning or working as a result of the perceived convenience brought about by the advent of the hybrid environment (Gillet-Swan, 2017). In addition to discussing the advantages and disadvantages of the virtual environment, participants stated distinct learning and working preferences for the future. Individual differences, such as personality traits and sociodemographic characteristics, may play a role in the working or learning mode preference of young adults.

Other than the unpleasant emotions arised due to the fear of contagion, this study presented an in-depth data on the undesirable emotions individuals experienced throughout the pandemic, which would have altered their perception of self-efficacy. Consistent with the literature, this research found that participants who experienced hybrid mode of working or learning had experienced uncertainty and negative experiences during the pandemic outbreak (Wang et al., 2020). In accordance with the previous findings, participants in the current study indicated that poor communication with peers and instructors, reduced productivity, decreased academic performance, delayed internet connection, fear of contagion, and ambiguous instructions from the lecturers were among the most prominent challenges for them in the hybrid world (Aucejo et al. 2020; Sundarasen et al., 2020; Zhang et al., 2021). These results are also

aligned with the findings of Sundarasen (2020), who discovered that lecturers' high expectations, confusing instructions, and multiple assignments have contributed to students' anxiety during the pandemic outbreak. However, the majority of the participants had adapted to the new environment over the time.

It is interesting to note that regardless of virtual context or in the real-world setting, the source of self-efficacy that emerged from current study was greatly consistent with self-efficacy theory proposed by Bandura (1977), in which participants emphasized the importance of verbal persuasion, mastery experience, vicarious experience, and emotional arousal on their sense of self-efficacy throughout the pandemic. As one of the objectives of the current study was to explore the lived experience of Malaysian young adults in the hybrid world during the pandemic, another noteworthy result was that an individual's level of self-efficacy might vary across different environmental contexts. As self-efficacy was proven to have positive impact on academic performance, career development, and other aspects of life, it is advised that further research be conducted on the relationship between individual differences and self-efficacy level in virtual contexts and in-person settings to shed light on the learning and working framework (Alqurashi, 2019; Bandura, 1994; Xu et al., 2014).

As noted in the literature review, the fundamental sources of self-efficacy such as mastery experience and vicarious experience were limited in the virtual setting during the pandemic because of the lack of hands-on experience (Asgari et al., 2021; Dhawan, 2020; Kang, 2020; Wang et al., 2020). Based on the responses of the participants, the lack of prior experience with virtual learning or the workforce, the lack of hands-on experimentation in the online class, and the absence of in-person instruction may impact the participant's perceived self-efficacy, defending on the task and the nature of their field of profession. Although participants indicated that verbal persuasion, such as social support from family, peers, employers, and lecturers, were important sources of their perceived self-efficacy during the pandemic, the absence of body language, facial expression, and in-person interaction would influence their evaluation of their ability to perform the task. In reviewing the literature, there was also no study done on the comparison of self-efficacy level across virtual settings and real-world settings. This finding could provide a fundamental framework for future research addressing the issue "Is there a difference between a person's self-efficacy level in a virtual setting and in the real world?" to provide practical insights for educational and corporate settings.

In general, therefore, looking from a global perspective, regardless of the temporal and geographical difference, young adults who were experiencing transition from college to university, emphasized on socialization with others, transition from school to workplace were experiencing the feelings of uncertainty during the pandemic outbreak (Arnett, 2007; Germani et al., 2020; Recksiedler & Landberg, 2021). Based on the findings of this study, young adults were generally miserable towards their future, possibly due to the uncertainties and negative experiences during the pandemic outbreak. While some participants thought that their young adulthood was severely disrupted by the emergence of the pandemic crisis, others were still able to hold optimistic views of the future due to their perceptions of the hybrid world's prospects.

Strength of Study

The qualitative nature of this study provided a comprehensive grasp of the lived experience and sense of self-efficacy of young Malaysians in the hybrid environment. The sample size of the current study exceeded the minimum requirement of IPA (Smith & Eatough, 2007). For instance, despite the lack of demographic diversity in the sample, similar patterns and rich data were acquired from all participants without compromising the reliability and validity of the current research. While IPA did not mean to generalise the results of the study, much emphasis was placed on the objectivity of the data analysis to minimize any subjective bias in the study. To verify the reliability and validity of the study, a minimum

of nine participants' coding were required to identify a subordinate theme. Additionally, audit trail and reflective journals were incorporated during the stage of interpretative phenomenological analysis to maintain objectivity. Lastly, the findings of current study were substantially supported by theoretical frameworks and supplementary findings from prior research. Taken as a whole, this study could provide future researchers with a clear direction for expanding the body of knowledge regarding self-efficacy in the hybrid environment.

Limitations

The major limitation of current study was the diversity of demographics among the research sample. The researcher failed to recruit more participants of different ethnicities such as Malayi, Indian and other ethnic groups in Malaysia. The majority of participants in the current study were Malaysian Chinese university students. As Malaysia is a multiethnic nation, it is difficult to generalise the findings of this study to the entire young adult population in Malaysia. Based on the interview responses, the majority of participants indicated that hybrid workforce or learning were considered as new to them. Owing to the lack of a standardized definition for hybrid world, their interpretation of the term may be a potential limitation of this study. In addition, the poor internet connection during the virtual interview session might have hindered the clarity of interview responses. The interruption of the interview session might interfere with the participants' mental processes and memory recall when responding to the interviewee questions.

Recommendations

In the future, a number of modifications could be made to address the limitation of current study. If government policies permit, the researcher should collect data through in-person interviews to obtain a clearer interpretation of participant responses, hence avoiding interruptions caused by a poor internet connection while ensuring the reliability of the data. As was mentioned earlier in this section, there are a number of recommendations for future research that can be conducted to provie a better understanding of the relationship between self-efficacy level in the virtual and real-world settings, taking into account individual differences such as personality traits and demographics. Attributed to the reason that self-efficacy is a subjective, task-specific evaluation, experimental and observational studies can be conducted, for instance, to increase the study's reliability and validity (Bandura, 1977).

Conclusion

Self-efficacy is undeniably essential for young adults, especially in an era rife with opportunities and uncertainties. The purpose of this study was to explore the lived experience of young people in Malaysia during the pandemic and to identify the sources of self-efficacy among young Malaysian adults in a hybrid environment during the pandemic. Comparing the current study's findings to those of previous studies indicated consistency, while highlighting the need for additional research into the differences in se;f-efficacy between virtual and real-world settings. Despite the limits5 of the current study, this research has offered educators and employers significant insight into the modern world. Young adults can apply self-efficacy to all aspects of their lives in order to achieve academic success, career development and overall well-being if they acknowledge its value. In conclusion, the current study provided insight on the perspectives of young adults towards the hybrid environment and its impacts on their sense of self-efficacy during the pandemic, thereby laying the groundwork for future research to better understand the research areas pertaining to the self-efficacy of young adults in a hybrid environment.

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34. Seriously? Are USM Students Facing Cyberbullying? Do You Know The Factors And Effects On Their Mental Health?

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ABSTRACT

This research paper focuses on cyberbullying and mental health. Cyberbullying is an action that can impact someone's mental health. Cyberbullying is a growing problem that has become a major social issue, and this issue has been rising because of advanced technology. The study was carried out among the students of Universiti Sains Malaysia to observe the development in the near term. This research seeks to comprehend the factors and consequences of cyberbullying on youth's mental health. We tested our hypotheses using a sample of 112 USM respondents. Surveys and literature searches are used to collect data, which is then analysed descriptively. This study found that cyberbullying happened among USM students mostly on social media compared to video games. Most respondents agreed that strangers were the most likely to be bullies. Our findings are intended to increase knowledge of the prevalence of cyberbullying and may help guide future research.

KEYWORDS: *Cyberbullying; Effect; Impact; Mental Health; USM.*

INTRODUCTION

This paper has to focus on the factor and the impact of cyberbullying on mental health among USM students.

Technology has significantly influenced our daily life (Johanssen, 2019). Technology has made the world smaller. The Internet has made our lives easier; we can communicate with other people through social media such as WhatsApp, Facebook, Instagram, and many more. The latest data also shows that internet users grew by more than 170 million in the past 12 months to October 2022. As the Internet has become increasingly important to people, new age problems have been born. Undeniable technology is a valuable servant but a dangerous master. Technology has given birth to cyberbullying.

According to Oxford Dictionaries (2010), *cyberbullying* is using messages on social media, emails, text messages, and so on to frighten or upset somebody. To simplify, cyberbullying is when someone intentionally and repeatedly harasses, makes fun of, or mistreats another person on social media sites, through text messages, or in other ways online (Patchin & Hinduja, 2014). In addition, cyberbullying includes flaming, harassment, denigration, impersonation, outing, trickery, and cyberstalking (Willard,2007). Cyberbullying is a growing problem and has become a significant issue in society. As some parents do not take immediate action to respond to cyberbullying, *many cyberbullies feel that their actions have no consequences* (Patchin & Hinduja, 2022). This careless mistake causes this problem to become worse and worse. For example, in a Canadian study in 2013, all cyberbullied students between ages 10 to 17 reported high levels of anxiety, depression, anger, missing school, and violence toward others in response to being called other nicknames they do not like and being threatened. Girls reported a more severe psychological impact than boys (Nordahl, Beran, & Dittrick, 2013). Based on *research* done in 2010 with 2,000 middle-school students, those who had experienced cyberbullying had significantly lower self-esteem than those who had little or no experience of cyberbullying (Patchin & Hinduja, 2010). However, this paper will focus on more cyberbullying happening to USM students.

Mental health can refer to cognitive, behavioural, and emotional well-being. So, mental health can affect daily living relationships and physical health. However, according to World Health Organization (WHO) in 2022, mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well and contribute to their community. Of course, cyberbullying will affect someone's mental health, and it is dangerous if their mental health becomes a mental illness. Depression is a mood disorder that causes sadness and loss of interest (Salik & Marwaha, 2022). Society should not ignore this problem because it will cause worse problems if mental health is not maintained.

In this paper, *USM students* became the target to achieve this research. There were getting of different ages and gender. It is necessary to have another state of respondents to ensure that this research will not bias to one unit result. Moreover, every respondent had their suggestion about cyberbullying, and their opinion was essential to accomplish this paper. In addition, Universiti Sains Malaysia (USM) has been selected as the location to finish this paper. All the respondents are students at USM. Due to the COVID-19 pandemic, the questionnaire result was collected through Google Forms to ensure that there were no substance contracts with them. Furthermore, reference methods such as dictionaries, journals, news, and so on have been used. Those methods can let this paper represents more detailed information about the factor and impact of cyberbullying on mental health.

To show the validity of the result, this paper will focus on the year 2022. All the actions show how this paper concerns cyberbullying and the mental health of USM students.

METHODS

Questionnaire

This study was conducted by questionnaire to scrutinise the factor and impact of cyberbullying on

mental health among USM students. The questionnaire was handled using Google Forms to acquire some data from respondents. According to Miles and Huberman (1984), data collected from respondents through questionnaires will be represented in descriptive form with appropriate. This questionnaire was launched and answered by USM students. The rationale of using a questionnaire via Google Forms is to gain more different sights of suggestions and make it easy to be compared.

The Google form has been separated into three parts. The first part questioned the respondent's profiles. The second part asked about the cyberbullying experienced by the respondents. It was more focused on respondents who used to face this problem before, and this part will be the platform for them to share and talk about their helplessness during cyberbullying. The third part asked for suggestions about some factors and impacts of cyberbullying on mental health from the respondents. In this part, options were given for respondents to be selected, and extra suggestions were welcome to be provided.

Reference Method

To make this paper more comprehensive, references are compulsory. All the information was established through internet searching, dictionary, news, et cetera. It makes this paper easier to process as all the relevant information can be used for further explanations. All the materials that can help accomplish this paper were utilised under safety conditions.

RESULT AND DISCUSSION

Part 1*: Respondent profile*

USM students were the respondents in this survey. 112 USM students cooperated in answering all the Google Form questions. Most of the respondents were female, 82.1%, followed by 17.9% male respondents. The highest category of respondents aged between 20 and 21 years old was 49.1%, followed by 47.3 % of respondents aged between 18 and 19 years old, 2.7% aged between 22 and 23 years old, and the lowest percentage among respondents only 0.9% which engage respondents aged between 24 and 25 years old. The respondents' profiles are represented in table 1.

Part 2*: Was cyberbullying happening?*

This research will not influence the paper's result, but it is essential because it will make the study more detailed and touched. This research is vital as it shows life's reality and how cyberbullying happens. In this part, the opinion was also asked to know more information. The three main questions that we asked were "have you experienced cyberbullying", "which application do you think the most people will get cyberbullied", and "who is the most likely person to be the bully".

Based on fundamental questions, we found that *a quarter* of the respondents had experienced cyberbullying. It means that among 4 USM students, one had experienced cyberbullying. It was shocking because one quarter is not a small number if there are many respondents. Of course, those respondents also gave their opinions about which application the most people get cyberbullied. According to the result, amusement apps were most likely to get cyberbullying. When we combined all the social media application percentages, we knew that more than half of the respondents agreed with those applications. For example, WhatsApp, Instagram, Tik Tok, and Twitter were the application that was easy to get cyberbullying. It can be a comment, a picture, or an emoji that can make the victim feel uncomfortable.

Furthermore, the party that chose *'other'* was a *high percentage* too, around *36%*, nearly one- third of the respondents. Most of the answers were related to video games such as Mobile Legend, Volarant, King Of Glory, and many more. Those video games are more biased toward competitive games.

Cyberbullying occurred because most of the players did not have tolerance for each other. They will tell their team members off if they are not following their orders. Of course, the question about the bully about had been asked. Strangers were the most likely to be the bully; they occupied two-thirds of the overall result. This is because most bullies will not think about the consequences of cyberbullying.

Meanwhile, for other options such as friends, relatives, and acquaintances, the total percentage was more than 30%. It was a typical situation in which those people were close to us and had relationships with us. Maybe sometimes they will bully us, but it was just a joke, and it will not be over. In this section, three questions were asked to show the reality of life and let readers know more about cyberbullying.

Part 3: *FACTOR OF CYBERBULLYING AND IMPACT TO MENTAL HEALTH*

What Does The Factor Of Cyberbullying Among Usm Students?

Table 1 Factor Of Cyberbullying Among Usm Students

Factor of Cyberbullying	*Frequency (Respondents)*	*Percentage(%)*
Lack of empathy	37	33
They feel the victim deserves it	16	14.3
Boredom Self-loathing	13	11.6
They are power-hungry	13	11.6
They believe they will not get caught	12	10.7
Total	*112*	*100*

According to the table above, we found that some factors caused cyberbullying to happen.

First, research has shown that several variables can cause someone to become a cyberbully. The findings of the study indicate that *one-third* of the respondents chose to express a lack of empathy. Empathy is the capacity to understand and identify with the sentiments and experiences of another person by putting oneself in that person's shoes and thinking about how one would react in similar circumstances. It can be known that most of the USM students agree with this factor.

The second most popular response is that they believe they will not be caught, which is *more than one-seventh* of the respondents. According to Jakpat, 9.38% of 501 teenagers said, "I had someone steal my password or cell phone and pretend to be me." (Arunarsirakul, 2015). Due to the lack of cyberbullying enforcement, some USM students supported this factor.

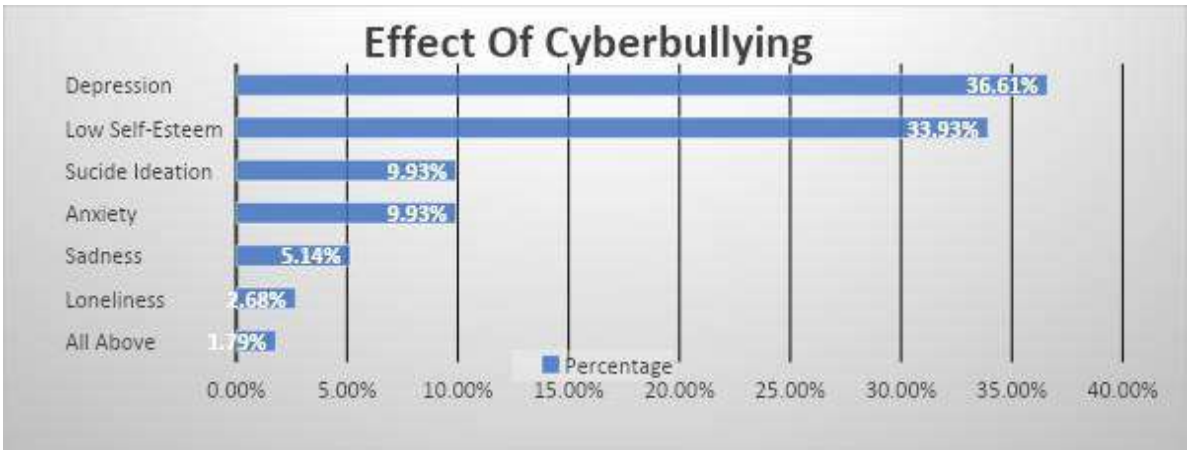
Furthermore, USM students think that the victim merits bullying as a third contributor to the psychological factors of cyberbullying. However, the result of this factor was below 15%. When it comes to the university, some students frequently *feel that they should do something to boost their self-esteem.* So, they felt that bullying or cyberbullying someone was "compulsory" and thought that victims should deserve it. Therefore, some of the USM students selected and agreed with this factor.

Data analysis revealed that the factor of boredom and self-loathing was chosen with the same number of respondents as the following component. It was about *one-tenth of the overall percentage.* Boredom is the root of all evil. It will focus someone on doing something that makes their lives more enjoyable.

Self-loathing can be defined as someone hating themselves but wanting someone to learn about their feelings. So, they cyberbully others to fulfil their cave. It caused two of these factors to get the same agreement from USM students.

Last but not least, USM students were selected based on the most minimal factor: they are power-hungry, which is the factor that received the minority of responses—about 12 out of 112—selections. Cyberbullies who are power-hungry and look to control others through terror do so for attention and to observe their targets' terrified reactions. However, most USM students were not sensitive to this factor, and it had the lowest frequency and percentage of all the factors that had been researched.

THE EFFECT OF CYBERBULLYING AMONG USM STUDENTS.



According to our research, there were some effects caused by cyberbullying. Some of the results were very serious and dangerous, and some of them affected the victim's mental health.

Most of the respondents feel that cyberbullying can lead to depression. It was getting *more than one-third* of the overall result, which is 37%. When someone is cyberbullied, the first effect is usually depression. When someone is feeling depressed, it will cause other negative things to happen. So, it made sense as most of the other negative impacts of cyberbullying occur because of depression. Thus, this effect received the most agreement from USM students.

Meanwhile, *one-third* of the respondents think that low self-esteem will significantly impact the victims, which is why it is the second highest percentage of those effects had been asked. Self-esteem can be defined as a favourable or unfavourable attitude toward themselves (Rosenberg, 1965). When someone is cyberbullied, their self-esteem will decline, making them timid to continue their life. So, it was logical that this effect was getting high approval from USM students.

Following that, *nearly one-tenth* of respondents chose suicide ideation and anxiety as having a significant impact on victims. According to the Oxford Dictionary (2010), suicide ideation is the thought of killing yourself. It happened in our real lives, but it was a truth that we masked. As a result, it was intended to elicit a response from USM students to this effect.

Furthermore, the total percentage of respondents who chose sadness, loneliness, and all above is *less than one-tenth*.

In conclusion, cyberbullying can have many effects on the student's mental health. The most dangerous thing is that they have suicidal ideation. Society should not simply look at this case because if

cyberbullying becomes out of control, worse or more dangerous actions will occur.

DISCUSSION ABOUT FACTORS OF CYBERBULLYING

In this part, we will know cyberbullies' reasons and their thinking methods. All WH questions will be addressed, including "Why do they want to do this action?" "What is the purpose?" and "How do they do this?"

As far as we are concerned, people who *lack empathy* perceive others as objects. Therefore, many cyberbullies believe that cyberbullying is not a serious crime. Cyberbullies do not see the hurt they cause. For example, cyberbullies may abuse someone who posts a selfie on social media by using nasty slurs in the comments. This may lead to depression-related suicides.

Threatening or insulting someone, spreading rumours, impersonating someone else, gaining someone's trust before revealing sensitive information, or isolating them from group activities are all examples of cyberbullying. These activities can be performed via email, instant messaging, text messaging, social networking sites such as Facebook and Tumblr, and other websites. (Pieschl, 2013, p34(5)). This allows cyberbullies to evade discovery by bullying someone without using their real accounts. Cyberbullies may use others' accounts and passwords to avoid being discovered.

Next, they also insult or bully others into *feeling better* about themselves as they believe it is acceptable given their station. So the victims will stop the step toward socialisation, which will also cause them to experience emotional anguish and an increased sense of interiority. Furthermore, the victims will always doubt themselves and question themselves, "Why am I being treated like this?" For instance, Kelly Marie Tran, who played Rose in Star Wars: The Last Jedi, has been deleted her whole Instagram account after receiving few months of racist and sexist harassment for her role. (BBCNews, 8 June 2018) Because of the hostile comments, she has issues with her mental health, and she has no choice but to remove all her posts from Instagram to get away from the bullies targeting her.

Because of the advancements in technology that have made our lives simpler and more convenient, most individuals in today's society wind down their days by simply scrolling through their smartphones to stave off feelings of *boredom*. Some of those who engage in cyberbullying do so because they are bored and looking for something to do. They hope that the negative attention they receive will make their life more enjoyable. As a result, the Internet has become their only source of entertainment and an outlet for getting attention. (Varjas, 2010, 11 (3)). Some of these individuals were also unaware that posting or favouriting a comment made by a cyberbully is also considered a component of cyberbullying.

Moreover, *self-loathing* is a pattern of excessive self-criticism and self-judgment caused by feelings of worthlessness, hopelessness, and incompetence. Individuals who despise themselves have a strong, negative internal narrative and have frequently experienced some form of invalidation or trauma. For instance, when someone suffers self-loathing and notices that other people are enjoying their lives, they bully the victims on social media to gain satisfaction. Kimura, a regular on the hit TV show "Terrace House," was discovered dead at her home following an apparent suicide after receiving a barrage of online abuse. (Sakura Murakami 2020, June 3, 2020)

Lastly, these domineering individuals, who are intended to be *power-hungry*, will make fun of others by leaving critical comments on their online posts or making memes based on others who are critical of them. People may feel that a meme is merely a post intended to make people laugh; however, not all

memes are positive, and the victims of bad memes are more likely to commit suicide due to exposure.

Consequently, we saw that cyberbullies had their own "reasons" to bully others and a wide variety of tactics to "treat" others abusively. In this section, we can think about that as the vision of a cyber bully.

DISCUSSION ABOUT THE EFFECTS OF CYBERBULLYING ON MENTAL HEALTH

In this part, we will discuss the effects of cyberbullying. As we know, cyberbullying will cause severe and lasting negative impacts on our mental health and overall well-being. Cyberbullying is similar to traditional bullying, as the victims experience anxiety and depression, low self-esteem, reduced concentration, and suicidal thoughts (Kowalski, 2012).

One of the most popular effects of cyberbullying is *depression* (Pappas,2015). A survey was made in Uttar Pradesh and Bihar and based on the study, we know that around a third of females and nearly a quarter of males had depressive symptoms in their young adulthood (UDAYA- 2020-21). It is because as technology rapidly develops, fake news or rumours spread has become a common word among people. It is like wildfire, these rumours can easily be distributed, and the world will be able to see them in just a few minutes by scrolling through their social media applications. Most of us may forget this lousy reputation of them in just a week, but to these victims, this bad reputation is permanent, and they will remember it forever. It will cause victims to feel embarrassed to face others, and they will start to lock themselves away to avoid communicating with others. The situation will get more serious when their friends in school know the bad reputation of that victim and begin to mock them or having jokes about the victim. The victim will also need to undergo loneliness and sadness at school as they will get no friends, and they might feel shame to share the issues with the school counsellor. As a result, cyberbullying will cause depression and anxiety, affecting adolescents' mental health.

Besides that, cyberbullying will also cause suicidal inclinations to appear in the victim's mind. As we know, the minds of adolescents are still developing, and it is a fragile state of their minds. Most will try to form relationships with others and create their own identity (Williams,2018). They post and upload their self-picture online to share their lifestyle with their friends. However, most cyberbullies are aimed at one's physical appearance and look through social media. This situation continues and causes the victim to dislike their bodies and feel ashamed to show up in public or interact with others. This feeling will affect the youth's well-being and psychological adjustment (Palermiti, 2017). If adolescents cannot get themselves up, this will cause them to feel like their life is hopeless, and they will think that the only way to escape this pain is suicide. Research has shown that the victims of cyberbullying are 2 to 9 times more likely to consider committing suicide (DoSomething.org, 2018).

Lastly, cyberbullying will also lead to poorer academic achievement. After a student experiences cyberbullying, they may refuse to go to school. Their grade will also be affected because of their inability to concentrate during class time (Lanearux,2010). When students receive upsetting or harassing text messages during their class time, this causes them to check their phones every five minutes as they are too concerned about what others will think about them (Kim, 2019). This situation might cause them to put less effort into academics, such as skipping class and distracting students while studying (Kates, 2018). Not only that, but as distracted by cyberbullying, students are not physically and mentally prepared to learn, and as a result, their grades will drop. In addition, as the parents might not know that their child is being cyberbullied, they will start questioning their children about why their rates are declining. This situation will form pressure on them. However, the USM counsellor is ready and willing to help their students get through this problem, and as a result, the suicide case caused by cyberbullying at USM has never happened.

CONCLUSION

This study has several major implications for cyberbullying among students at Universiti Sains Malaysia (USM). We used a Google Form to conduct the survey, and we received 112 responses, the majority of which were female students between the ages of 20 and 21. Research that we began at Universiti Sains Malaysia (USM) among the 112 students has been recorded and shows there were cyberbullying cases. As a result, our research sought to identify the factors that may contribute to cyberbullying as well as the effects of cyberbullying on the mental health of victims. Based on the survey we conducted, it was discovered that the students believed that WhatsApp was the most influential application for cyberbullying, where they received hate comments, insults, ridicules and many other negative things. The respondents also identified the most likely suspects as the cyberbully, most of whom were strangers or people they had never met in person.

Apart from that, our research uncovered the factor that explains why cyberbullying could happen today among youth especially students at Universiti Sains Malaysia (USM) which is lack of empathy shown by the cyberbully. One-third of the respondents said the reason why the cyberbully could do harm to the victims is that they lack empathy in themselves. Empathy is the ability to understand and share the feelings of another which needs to be nurtured in ourselves since we were little. Empathy is important for everyone because it can shape a person into a good person in the future. Meanwhile, our research also tracked the consequences of cyberbullying on mental health that happened among the students of Universiti Sains Malaysia. The most possible impact that happened to the students was depression which is characterised by feelings of severe despondency and dejection. Depression is a serious medical condition that frequently affects people's feelings, thoughts, and behaviours. Sadness and a loss of interest in previous hobbies are symptoms of depression. It can impair our ability to perform at work and at home and cause a number of mental and physical issues.

As a result, our research could find ways to prevent and reduce cyberbullying from happening among people especially students at Universiti Sains Malaysia (USM). There are a few ways that we could do in order to stay away from this serious matter of cyberbullying. Firstly, we should protect our accounts and devices with two-step verification and put the most secure passwords on all of our social media accounts to avoid being hacked. After that, we must use our device privacy tools and settings which means we must keep all our accounts private rather than public because from there people could know our personal information which could lead to fraud. Third, we should not engage or respond to the cyberbullies attempts to say something negative about us. Otherwise, it could give them an opportunity to cyberbully us easily so we shall ignore them as long as possible. In addition, we must report the cyberbullies to the right authorities such as we could report their accounts to the applications' customer service centre or lodging a police report about them and what they did to us. It is a firm step that we could take to teach the cyberbullies a lesson so that they will not do it to other people.

The world needs to change for a better world and future so all must take serious action regarding this case of cyberbullying that happened among people especially local and legal authorities, educationists, scholars, and parents. All parties must play a vital role in educating children and youth about the safety of the Internet and raising awareness of how serious cyberbullying could be for their mental health and well-being. We hope that our research can create awareness among all people around the world so that we can care about each other and stop cyberbullying from happening and together we can build a brighter and better future for our generation.

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35 Sexual Harassment Among The Youth

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ABSTRACT

What is sexual harassment? Based on the journal, sexual harassment is a recurring problem around the globe (Hejase, 2015, pg 107). Either sexual harassment or sexual assault is an everyday occurrence for young people. Sexual harassment is a much broader term than sexual assault, encompassing three categories of impermissible behaviour that are sexual coercion, unwanted sexual attention, and gender harassment. The core concern of this paper is about the types, impacts, and effects of sexual harassment and ways to prevent this tragedy from happening. Youth is supposed to be robust and resilient human beings. However, some teenagers experienced sexual harassment which then leads them to depression, anxiety, stress, sleep disorder, and even worse, PTSD for their whole life. Sexual harassment also impacted their daily lives including disruption in their academics. Our research in this paper could help to raise awareness and provide applicable information for future research and researchers.

KEYWORDS: Sexual harassment, depression, anxiety

INTRODUCTION

Sexual harassment is defined as a combination of harassment involving the use of explicit and implicit sexual overtones, including unwelcome and inappropriate promises of rewards in exchange for sexual favours (Wikipedia, 2022). Sexual harassment includes a wide range of actions from verbal transgressions to sexual abuse, sexual bullying, sexual assault, sexual violence, and rape. These illegal activities can occur in many different social settings such as the workplace, home, school, hostel, or religious institutions. As a recent study, it argues that sexual harassment is a matter of individual perception because there is a great number of potential individual and situational variables that can

influence the perception of harassment (Reinicke, 2022). Harassers or victims may be of any sex and age. This can be proven by the results of the recent study in the journal that indicated differences among perceptions of sexual harassment associated with the observers' gender, sexual orientation, race, and sexual harassment training (Stenmark et al., 2022). Another journal that can prove this statement is the result of the study that examined the associations among engaging in feminist activism, being a sexual minority such as gay, or bisexual, and working in an organizational context that tolerates sexual harassment in predicting men's experiences of harassment (Holland et al., 2016)

Sexual assault is defined in many forms including attacks such as rape or attempted rape, as well as any unwanted sexual contact or threats (Raveim, n.d.). According to recent study, sexual assault has wide-ranging harmful physical, financial, social, and psychological impacts (Davidson & Buchanan, 2022). Usually, a sexual assault occurs when someone touches any part of another person's body sexually, even though clothes, without that person's consent. Commonly, we knew this action as rape or molestation.

Molestation means that an individual, with the intent to arouse or gratify the sexual desire of any individual, touches the anus, buttocks, pubic area, or genitalia of any child, or the breast of a female child, or takes indecent liberties with a child as defined in Section 76-5-416 (Molestation Definition: 116 Samples, n.d.). This action will lead to oodles of negative impacts on the victim even worse if the victim does not seek help after experiencing sexual assault from any party organizations that have the rights and are trained professionally to lend a hand by offering their help to the victims. The victim that faces sexual assault lonely without others' help will be suffering from trauma and this will lead to several problems either in mental or physical health or even both for the victim. According to the conclusion of the new research, adult survivors of childhood sexual molestation often suffer intense, recurrent shame states with associated rage and dissociation, resulting in punishing internal pain and ongoing distress and dysfunction in relationships (Benau, 2021). Unfortunately, sexual assault among youth in Malaysia is rising in leaps and bounds in conjunction with the number of cases of molestation.

Sexual coercion is defined as an unwanted sexual activity that happens when one is pressured, tricked, threatened, or forced in a non-physical way. The results in the article showed a positive correlation between the variables narcissism and sexual coercion and that narcissism significantly influenced sexual coercion with a 6% of the variance (Sharma, 2021). Thus, showing that narcissism is also a factor in sexual coercion. Another element of sexual coercion is the erectile dysfunction of males. Erectile dysfunction is associated with several negative aspects of intimate relationships and was found to have a large positive association with sexual coercion in a recent study (Vance et al., 2022). Coercion or a common way to express, a threat that can make you have the misconception of owing sex to someone. The harasser might be someone who has power over you for example parents, academic providers, landlords, seniors, or boss. The results in the journal showed that newcomers' constructive and supportive voice behaviours were important predictors of supervisors' perceptions of newcomers' agency and communion, respectively (Wu et al., 2022). As a recent study (Li & Tangirala, 2021) pointed out, in newly formed newcomer–supervisor dyads that are unstable and liable to change over a short time, newcomers are unfamiliar with their supervisors. Sexual coercion is a type of sexual harassment because the victims are not giving their consent freely even though they agree by saying yes to the harasser.

Unwanted sexual attention covers a massive range of behaviours from touching, hugging, and kissing a person without consent and unwelcome or unpleasant to the recipient, to causing fear, alarm, or distress which is a civil offense and a crime. The fact that unwanted sexual attention and romanticism differ from each other, not all of them are sexually harassing. The context and identity of unwanted interactions are central to knowing whether an exchange is classified as "unwanted and harmful" by an individual (Fileborn, 2017). In the research, it disseminated that it may not always be clear whether an

interaction with another is going to end up being unwanted (Green, 2021).

Gender harassment is defined as behaviour that reinforces heteronormative gender roles and disparages people based on gender, but implies no sexual interest. For example, from crude sexual terms or photos including degrading and contemptuous comments about appearance, mannerisms, and sexual activities to graffiti calling women "cunts" or men "pussies." The most popular expletive on Twitter is "fuck", which accounts for 34.73% of all occurrences (Wang et al., 2014). "Bitch", "cunt", and "slut" are common gendered slurs that target women specifically (Felmlee et al., 2020). With this understanding, we hypothesise: making sexual jokes is the most common types of sexual harassment. On the other hand, gender harassment includes treating one who does not fit stereotypic gender roles badly. The most common scene is that women are ill-suited for leadership or men have no place in childcare. These actions are counted as "sexual" harassment because they are sex based instead of involving sexuality.

LITERATURE REVIEW

Through a literature review, this section will discuss the victims and perpetrators of sexual harassment. Several scholars agree that they are mainly concerned with the physical and mental health of the victims that went through sexual harassment. In the result of the current research, the woman labourers suffered different physical and psychological consequences of sexual harassment like; sleeping problem, depression, anxiety and isolation (Farah et al., 2022). Our study will help in the progression of sexual harassment research by exploring how the knowledge of sexual harassment is disseminated among Malaysian youth and their opinion on how to stop sexual harassment. This action will shed light on the sexual harassment cases that are rising in leaps and bounds through the increased usage of social media platforms in the circle of Malaysian youth, thus helping to discover ways to reduce and effectively stop it from happening. Based on a current study, two-thirds of respondents reported having experienced sexual harassment in the past year (Linos et al., 2022). 23% of our respondents declared that they have experienced sexual harassment in the past 1 to 3 years. All this shows that sexual harassment is rising at the speed of lightning. It is an urgent issue that requires immediate action because the results of a recent study indicate that individuals subjected to sexual harassment have an increased risk of experiencing other types of harassment or derogatory treatment (Pilgaard et al., 2022). In this twenty-first century, which is an era where social media has become a prevailing and prevalent method of interaction among Malaysian youth. Therefore, it is vital and essential to conduct studies that will further the knowledge on how to stop sexual harassment although it is hard since the victims do not wish to spread about their experience of sexual harassment.

RESEARCH METHODOLOGY

Sample and Data

Our sample data consisted of 101 young undergraduates from the Universiti Sains Malaysia, which is among the oldest institutes of higher learning in Northern Malaysia. We collected the data from 16 schools, which are from applied science, applied arts, pure arts, and pure sciences that are conducted in the main campus of Universiti Sains Malaysia. We restricted the field of respondents to be Malaysian and full-time academic students in the main campus of Universiti Sains Malaysia.

Respondent profiles

The respondents were young undergraduates who are studying in the main campus of Universiti Sains Malaysia. Most of the respondents, 78.2%, were female. A total of 84.2% of the respondents were between 17 to 20 years old. For marriage status, 99% of the respondents were single. The respondents' demographic profile is illustrated in Table 1.

Table 1 *Profiles of Respondents*

Demographic	**Category**	**Frequency Percentage (%)**
If yes, when do you experience it?	1-4 weeks ago	2.0
	2-4 months ago	7.0
	1-3 years ago	23.0
	Never	68.0
What are the most common types of sexual harassment?	Making sexual jokes	88.9
	Spreading sexual rumours	29.3
	Posting sexual comments, pictures and videos	40.4
	Taking or sending sexual pictures or videos	38.4
	Asking someone for naked pictures of themselves	30.3
	Asking for sex or offering to have sex	23.2
	Touching or grabbing someone sexually	55.6
What should one do if one is being harassed or bullied?	Keep quiet and accept the truth	2.0
	Tell the person to stop immediately	55.6
	Inform an adult for help	63.6
	Report to police	63.6
	Get support from counsellor	49.5

ANALYSIS RESULTS

Data Analysis

To analyse the data to form the table of statistics, our group members utilise the use of Google Forms for our survey. Table 2 shows the experience of sexual harassment by the respondents and the opinions of respondents on the basic knowledge of sexual harassment.

Table 2 *Experience of sexual harassment and opinions of respondents*

DISCUSSION

Questions	Answer	Frequency	Percentage (%
Have you ever come through sexual harassment?	Yes	19	18.8
	No	62	61.4
	Maybe	20	19.8

According to the result of the research above, there are 18.8% of respondents declared that they have come through sexual harassment while 23% of them had experienced it 1-3 years ago. This shows quite a several cases of sexual harassment happens among youth. The opinion of respondents towards what should one do if one is being harassed or bullied is more to inform an adult for help and report to the police 63/101 (63.6%). This proved that seeking for help is the most crucial and effective way to respond when sexual harassment occurs among youth. In addition, 32% of respondents think that friends are the most likely to be the harasser. This result was in line with the findings of previous studies that from the 16 samples of cases of sexual violence crimes, the perpetrator of the crime were the persons that the victims know (Sukarni & Nurjanah, 2020). Moreover, 55% of respondents acquiesce that family members are the ones should get support from if sexual harassment happens to them.

The purpose of this study is to explore the most common types of sexual harassment. Here, **making sexual jokes** are hypothesised to be the most common type of sexual harassment. The findings revealed that 88.9% of respondents have chosen making sexual jokes as the most common type of sexual harassment. This finding is in line with recent studies that found that two-thirds reported any victimization: 64.7% 'visual/verbal' (e.g. sexual jokes) in the past 3 months (Sweeting et al., 2022). Thus, the hypothesis is accepted. Sexual jokes are when funny comments cross the line to offensive comments, lewd conversations, and inappropriate sexual joking, it can create an intimidating, uncomfortable environment. Sexual jokes and comments encompass a wide variety of forms, such as in verbal or written passages, or even images that are sexual and offensive.

Besides, roughly 55.6% of respondents agree that **touching or grabbing someone sexually** is the most common type of sexual harassment out of seven types. This finding is in line with the findings that found that 34.3% of contact/personally invasive behaviours (e.g. sexual touching) in the past 3 months (Sweeting et al., 2022). To carry out sexual harassment, the perpetrator makes some indecent actions to the target person to lure the other person to have sex. For example, deliberately touch and collide with the sensitive parts of the other party including with or without clothes. Some perpetrators also deliberately expose their private body parts in public places to embarrass others as stated in the research that most of whom also reported experiencing visual/verbal types (Sweeting et al., 2022).

In addition, approximately 40.4% of respondents answered by **posting sexual comments, pictures, and videos** is the most common type of sexual harassment. This finding is in line with the findings that found that there were 29.55 million internet users in Malaysia in January 2022 (Kemp, 2022). Cyberbullying is using the power of the Internet, smartphones, or other high technology ways or gadgets to spread toxic and uncomfortable pictures or messages about others. For example, using a victim's password to break into his or her account to impersonate the victim or post embarrassing messages about him or her, or post an embarrassing video about someone. Cyberbullies are harassers spreading harmful messages or images about other people via social media, blogs, and chats.

Another major purpose of this study is to investigate the effect of sexual harassment happens to youth. As we can see from the analysis of the table, mostly the opinion of our respondents about the most

probable effect of sexual harassment is **feeling uncomfortable communicating with others**. 55% of respondents agree that feeling uncomfortable to communicate with others is the biggest impact on the victims of sexual harassment. This result was in line with the findings of previous studies that show that reasons for not reporting the case of sexual harassment included feeling uncomfortable 15/63 (24%) (Nukala et al., 2020). Commonly, women are unwilling to report when they suffered sexual harassment because feel embarrassed to talk about sexual harassment. They may worry that complaining will only make matters worse and lose their jobs. Since the harasser will not afraid in doing sexual harassment so the women will only keep quiet and willingly the harasser do anything. When this happens, this will make the victim afraid to communicate with others just because of her past and loss of self-confidence.

Furthermore, 19% of respondents consent that the impact of sexual harassment included leading to a **phobia of opposite sex people**. This finding lends support to the findings of previous studies that 45 (90%) strongly disagree that they are comfortable with people of the opposite sex touching their buttocks without their consent and 44 (88%) strongly disagree that they are comfortable with people of opposite sex touching their waist without their consent (Omoge, 2022). The phobia towards opposite sex people, specifically, genophobia, is a specific phobia in which a person fears sexual intercourse. It is usually caused by the traumatic experience of the person related to sex (Humane, 2022). It is a complex phobia that may be linked to anxiety order and also depression.

Next, 14% of respondents said that **feeling annoyed and frustrated then leads to anxiety** is one of the most common effects of sexual harassment on the victims. This result was in line with the findings of previous studies (Anwar et al., 2022). The emotional and psychological trauma that is brought on by sexual harassment not only results in devastation in an individual's daily life but when left untreated it can result in mental health disorders such as major depressive disorder, post-traumatic stress disorder which in short, PTSD, brief psychotic disorder and generalized anxiety disorder. The misery and bitterness from the traumatic incident can even lead individuals to attempt suicide.

It is interesting to note that the present study's finding revealed that the female students themselves must **express a fierce attitude** to protect themselves from sexual harassment (Huyen Yen, 2021). Effective prevention should start as early as possible. First of all, it would be best to maintain a fair distance by refraining from taking sides with the suspect. For instance, set up boundaries and make sure there have to be consequences if those boundaries are being crossed. One of the best moves is to block them on everything and stay away from them at all costs. According to new research, universities and colleges should **prepare subjects or short courses or seminars on sexual harassment** to help female students better understand sexual harassment and measures to prevent sexual harassment (Huyen Yen, 2021). Every school system has a responsibility to protect and ensure that each of its students can attend school in a safe environment. They should monitor their environments regularly to make sure they are free of sexually harassing behaviours.

CONCLUSIONS

Our findings have shown support for the prevention of sexual harassment by exposing the most common types and effects of sexual harassment among youth. In conclusion, this study can be a guideline for the public to seriously consider the matter of sexual harassment. The result of the present study showed that among all the important issues faced by Malaysian women in the country, sexual harassment leads the way as the top concern, according to a recent poll by market analysts Ipsos (Adam, 2022).

Despite attention for decades and espousing, analysis of data and research, the consequence shows that sexual harassment remains a critical and permeating issue across basically all industry sectors and

workplaces. We found that neither sector remains untouched by sexual harassment nor unaffected by its impacts. Sexual harassment vandalizes human lives, mental and physical health, financial freedom, and countless opportunities for the victims.

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36 Society Nowadays Has Neglected The Mental Health Problems Among Youth Caused By Their Family

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Abstract
This paper seeks to discuss a general statement “Society nowadays has neglected the mental health problems among youth caused by their family”. The purpose of this discussion is to focus on youth mental health that is probably caused by their family. The discussion has been drawn by two methods such as qualitative research and secondary research. About 100 youths were drawn from the research to make competitive data. As a result, we know that the most level of expectation of parents on youth’s academic performance is moderate, which makes youth improve by mentoring and monitoring academic progress. A large number of data from the research also shows that most family members will be encouraging. These findings revealed that becoming more important to discuss and overcome this problem that will make it serious in our life.

Introduction

Mental health represents the status of emotional and psychological in human beings. From childhood and youth throughout maturity, mental health is significant at every stage of life. It does influence how we think, feel, and act regularly. Mental health conditions include mental disorders, psychosocial disabilities, and other mental states associated with significant distress, impairment in functioning, or risk of self-harm. People with mental health conditions are more likely to experience lower levels of mental well-being, but this is not always or necessarily the case (World Health Organization, 2022). The Mental Health Parity and Addiction Equity law (MHPAE) was enacted in 2008 and promised equal coverage of mental health and substance use services. However, the rate of children with private insurance that does not cover mental or emotional problems increased by 0.3 percent from last year's dataset, and there is still 950,000 youth without coverage for their behavioural health (Mental Health America, 2022).

The definition of "youth" is best understood as the time between childhood reliance and adult freedom. Compared to other set age groups, youth are more variable. However, in terms of education and employment, age is the most straightforward way to categorize this group because "youth" is frequently used to refer to individuals between the ages of finishing compulsory schooling and landing their first job. (United Nations, 2013). Most youths in the world aspire to ‘just being healthy and happy. Their social environment and in-person connections have been shown to make them happier and physically and mentally healthier (Steam4 Charity, 2022). The World Health Organization (WHO) defines 'Youth' as the 15–24-year age group. At this range of age, most of them are still students and have not achieved financial freedom; thus, they have no choice but to rely on their families. Youths all used to live with their family for a long time from birth and spent most of their time with their families. In this term, we cannot deny that family impacts youngsters mentally to physically. That would be great if the results were good. But what if it were bad?

Society is a system of usages and procedures of authority and mutual aid many divisions of control of human behaviour and liberties. This changing system, we call a society. (MacIver and Page, 1965). We can say that the word "society" may also refer to an organized voluntary association of people for religious, benevolent, cultural, scientific, political, patriotic, or other purposes (Lenski, G., Nolan, P. and Lenski, J., 1995). Society is a widespread concept with no apparent limits or limitations. A society is a group of individuals who distinguish themselves from other groups by participating in certain relationships or acting in ways that distinguish them from those who do not or act differently. This leads us to the conclusion that society is a network of social ties and a vast complex of social behaviour. (Maryanski, A. and Turner, J.H., 1992).

A family is a group of people who share a home and interact with one another in their many social roles—typically those of spouses, parents, children, and siblings. The connections of marriage, blood, or adoption bind them together. Teenagers need parent and family support just as much as they did when they were younger, even though their relationships with them alter through puberty. Most children and their families experience some ups and downs at this time, but as children mature later in adolescence, things typically get better. Family ties typically endure throughout (Raising Children Network, 2021). The family has historically been the key setting for attachment, nurturing, and socialization in most human societies.

Living together encourages warmth, love, and friendship between partners, increasing relationships between them and their kids. This benefit may be the most significant of all. Families should provide stability, order, and safety as members grow up and learn to contribute to their communities. In a nutshell, parents should create a warm family atmosphere, promote effective parent-child communication, and cultivate intimate
parent-child relationships to support young people's growth and development (Zhang T and Wang Z, 2020).

Literature Review

Previous research showed that family structure affects youths' mental health and the ratio of youth with mental health problems. For example, compared to other types of families, children from single or divorced households were less likely to have experienced sexual abuse but more likely to be diagnosed with attention deficit hyperactivity disorder (ADHD), as shown in previous studies. In addition, according to the new 2022 Mental Health Statistics data, 37% of youngsters had poor mental health in 2021. The research on how families can affect youths' mental health remains limited, even though there are many past studies regarding youths' mental health. This paper focuses on the family's actions in different aspects that can influence youth mental health, such as parental expectations for their children's academic performance, family responses to a stressed-out youth, parental control over a youth's private life, and parental planning for a youth's future career. Moreover, this paper will also explain how these aspects affect youths' mental health and bring either advantages or disadvantages.

Research Methods

The research method we use to research society nowadays has neglected the mental health problems among youth caused by their family is qualitative research method and secondary research.

Qualitative research

Qualitative research produces analytical procedures that do not use statistical analysis procedures or other means of quantification. (Moleong, 2010:5). Qualitative research methods are often called natural research methods because their research is conducted in natural conditions; they are also called the

ethnographic method because initially, this method was more widely used for research in the field of cultural anthropology; referred to as a qualitative method, because the data collection and analysis are more qualitative (Sugiyono, 2013:8).

We surveyed 100 people around 15-24 years old to find out the research data. We conducted this survey by using Google Forms. We have two parts in our Google Form. The first part is the demography of the respondent, and the second part is the respondent's opinion. The demography we collect from respondents is gender, age, race, and family status. The second part is how family status affects youth's mental health. The data that we collected can be used in our results and discussion.

Secondary research

Secondary research is a study method that makes use of previously obtained data. Existing data is collated and summarised to improve the overall effectiveness of the study. Secondary research is a systematic approach to utilizing already-existing data to produce fresh or alternate viewpoints on the data's original purpose. A few examples of secondary research are Internet data, governmental and non-governmental organizations, public libraries, educational institutions, and commercial information sources.

Results and discussion

Data was collected through a survey conducted using google form. Table 1.0 summarizes the respondents' demographic profile on this topic.

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	25	25
	Female	75	75
Age	15-18 years old	17	17
	19-21 years old	76	76
	22-24 years old	7	7
Races	Malay	22	22
	Chinese	69	69
	Indian	5	5
	Others	4	4
Status of Family	Single-Parent Family	14	14
	Two-Parent Family	86	86

Table 1.0 depicts the respondents' demographic profile based on gender, age, race and family status. Based on table 1.0, the number of respondents is 100 people. For gender, most of the respondents (75%) were female, followed by 25% of male. For age, most of the respondents who participated in this survey were between 19 to 21 years old, which is 76% of the total respondents. For races, 69% of respondents were Chinese, 22% were Malay, 5% of Indian respondents and 4% were from other races. As for the status of a family, 86% of respondents were from a two-parent family, and 14% were from a single-parent family.

No.	Situation	Result	Frequency	Percentage (%)
1	a. Level of expectation of parents on youth's academic performance	High	25	25
		Moderate	66	66
		Low	4	4
		None	5	5
	b. Affecting on youth's mental health	Make youth improve by mentoring and monitoring academic progress	52	52
		Feel stressed to achieve parents' expectation	22	22
		No effect	25	25
		Others	1	1
2	a. Family's reaction when youth feel stress	Provide motivation and encouragement	60	60
		Provide assistance	17	17
		Blaming on not handling stress well	8	8
		Ignore me	15	15
	b. Affecting on youth's mental health	Be more confident	65	65
		Become low self-esteem and tend to run away from problem	19	19
		No effect	16	16
3	a. Parent control youth's private life	Yes	32	32
		No	56	56
		Maybe	12	12
	b. Affecting on youth's mental health	Stress as losing of freedom	17	17
		Acceptable as helpful for life	36	36
		No effect	16	16
		Feeling good	31	31
4	a. Parent had plan for youth's future career	Yes	13	13
		No	57	57
		Maybe	30	30
	b. Affecting on youth's mental health	Stress as need to follow them	15	15
		Still acceptable	25	25
		No effect	60	60

As shown in Table 2.0, 25% of the respondents' state that their parents have high academic performance expectations. In comparison, the majority (66%) say that their parents have moderate expectations of their academic performance. As a result, over half (52%) of the respondents, feel motivated and improve their academics as parents can lead and guide them in their learning process. According to previous

research, students who have high expectations from their parents can obtain higher grade or score with flying colours in their examinations and tests. It suggests that parents play a crucial role in monitoring and mentoring children's academics to lead them to perform well in academics. Most parents hope their children can become outstanding people with bright futures and adequate incomes to maintain their reputations. However, some of them will unconsciously push their children too hard to meet their expectations. For instance, parents send their children to numerous tuition classes, set unachievable goals for them, and are too strict with them. We cannot deny that parents' expectations of their children can improve their academic performance, but it can also affect their mental health.

Over one fifth (22%) of the respondents feel stress about achieving their parent's expectations. Parents' high expectations, especially when their expectation for education is greater than their expectation for self-education, can bring negative impacts, which may cause their children to have high-stress levels. Youth will become extremely worried about their performance in academic and afraid to make mistakes. This situation may lead to undesirable tragedies such as severe depression and suicidal tendencies among youth. It does not mean that parents should not have any expectations for their children, but they have to control the level of expectations by not forcing their children to the point of hopelessness. Moderate expectations and requirements from parents are encouraged when the gap between parents' education expectations and self-education expectation is moderate. This situation can positively affect children's higher demands on themselves and keep track of their academic progress. At the same time, it will not cause high-stress levels among the youth and can build high confidence when facing academic problems. Other than that, 4% of respondents said their parents have low academic performance expectations, while 5% of respondents showed that their parents do not have any expectations of their academic performance. Also, 26 out of 100 respondents indicate that their parents' expectations do not affect their mental health. This result shows that some of the youth with independent thinking skills would not force themselves to achieve their parents' expectations but follow their interests. Parents with low or no expectations of their children's academic performance will not affect their mental health as much as parents with high expectations. Yet, this may also cause youth to lose direction in their life as parents do not possess the essential role of guiding them in academics.

As shown in table 2.0, family's reactions when youth feel stress are affecting youth's mental health. Lately, children are reporting a high level of stress where ongoing academic demands have become a significant source of stress. Based on the data we collected through a survey conducted via Google form, three-fifth (60%) of the respondents, said that their family would provide motivation and encouragement when feeling stressed. In addition, 17% of youth are provided with assistance when they encounter the feeling of stress. Young people have few options for dealing with stressful situations and are exceedingly vulnerable to sudden changes in their surroundings. By converting negative pressure into positive pressure and providing enough inspiration, support, and encouragement to the youth during stressful moments, they can become more self-assured. Family members, especially parents, can assist their child in brainstorming stress-relieving distractions. For instance, parents can bring their children for a short vacation to bring joy into their life to distract them from their stressful situations. Besides, family members can also uplift their teens who are currently undergoing stress to determine what's within their control and what isn't. It will help them to take on fewer responsibilities and make room for necessary free time.

On the other hand, the minority (8%) of the respondents said that they would be blamed for not handling their stress well, while over one-tenth (15%) of the respondents are being ignored by their family members when they feel stressed. Blaming youth for not managing their stress well has dampened their self-esteem and caused them to run away from a problem. It is proven by data that we have collected, which is 19% of youths agree that having low self-esteem and running away from problems is one of the significant effects when they are blamed for not handling their stress well. Therefore, it is true that

families' adverse reactions towards stress faced by youth affect youth's mental health. When a teen is blamed for not managing stress well, they will feel shame and depression, leading to low self-esteem. Apart from that, 16% of respondents answered that their family's disregard for them during stressful times has no impact on their mental health. It is because it will be up to them how they should manage their stress rather than getting any response from their family members. They can choose either to face it positively or negatively. Their family will not be intervened in their choice or given any response. By doing so, youth may feel they are not being cared for and loved as they are not given any reactions or assistance when facing troubles. It can harm their mental health to some extent. Thus, a family member plays a vital role in helping youth when they feel stressed because stress management can affect one's mental health. Stress management is an ongoing process, not a one-time act.

Based on Table 2.0, 32% of respondents have a parent who would control their private life. We have discovered that parents who take control of their child's personal life would end up making 17% of the respondents feel stressed due to the loss of freedom. Children who grow up in a controlling family have a hard time relaxing. They frequently experience a sense of supervision or scrutiny. The youth's mental health can be harmed since they will always feel that they are being supervised, regardless of how far they are from their family. A child whose parents use psychological control over them is more likely to experience low self-esteem and mental health problems such as anxiety, sadness, and antisocial behaviour. The decrement in children's freedom would result in a rise in the number of responses on standardized tests that reveal sadness and anxiety disorders. However, some respondents (15%) can still accept controlling parents as they think it is helpful to their life. It is because some abusive parents might offer methods to cope with stress, develop healthier habits, and boost one's self-esteem, all of which will lead to better well-being. Putting youth in control may help them to enhance their ability to solve problems by themselves and cope better in a new environment.

Additionally, over half (56%) of the respondents have "free-range parenting," which is defined as a parent who does not have control over their child's personal life. Free-range parenting is when the parents teach their kids fundamental skills but provide them freedom based on their developmental stage. Free-range parents do not mean they are uninvolved in a child's private life. Instead, it's about giving kids the flexibility to experience the outcomes of their decisions in the real world. Another objective is to ensure that kids acquire the skills they need to become mature, responsible people. The youth are taught that failure is temporary and does not apply to all of their endeavours. Adults can practice their problem-solving abilities when they are not provided with an immediate rescue. Children raised with free-range parenting would learn skills and abilities they were not aware they possessed, as well as what it's like to fail. Experiencing failure enables kids to understand that loss is not permanent and there is joy in learning new things. Children learn to overcome challenges, try out novel ideas, and develop resilience through failure. Youths can make their own choices without interruption from parents and take responsibility for their own decisions. Free-range parenting parents would only advise and guide their child on decision-making but will not force them to make a particular decision the parents want them to. Therefore, more than one-fifth (21%) of the respondents were acceptable of parents who did not control their private life as this can give various benefits to them.

Based on the data in table 2.0, parents' plan for their youth's future career affects their mental health. As shown in the table, two-forth (40%) of the respondents said their parents have plans for their future careers. As Mifsud (2004) stated in her dissertation "Parental influence on adolescents in career choice", jobs were a matter of destiny, and children entered the same field of occupation as their parents or grandparents. Some parents hope their children can follow in their footsteps when committing to a future career. According to a study by Bezzina (2008) in her dissertation "Career Barriers encountered by students in a female secondary school", highly educated parents will have higher expectations of their child's future careers. They wish their children could secure a rewarding, satisfying, professional career.

Apart from that, some parents would like their children to get a job that they dreamed of back then when they were young. For instance, a mother wants her child to become a doctor because she wanted to be one back then but was unable to be in that profession due to certain reasons or circumstances.

Of the 100 respondents, more than one-eighth (15%) of the respondents' feeling pressured because they must follow their parents' plans. It is because they will need to work hard to achieve their parent's plan, and what is even worse is when the career plan is something they are not interested. For instance, a parent might ask a young person who dislikes math and counting to become a banker. This will lead to a mental breakdown and a loss of interest in studying. Parents' plans for their children's future careers prevent them from having the opportunity to choose their favourite career or profession. Besides the 15% of respondents who feel stressed, 25% of the youths stated that their parents' plans for their future careers are still acceptable. It is because their parents' plan might suit them or be a career they like. They believe the plan is suitable for their future and will work hard to accomplish it. However, three-fifth (60%) of the respondents reported that their parents had not made any plans for their future jobs. It implies that kids are free to select and decide on their future occupation. It did not affect the youth's mental health, as they will not be depressed and stressed from being forced to stick to their parent's plans.

Conclusion

In a nutshell, we gathered the data based on four variables, which allowed us to draw the following conclusions: parental expectations regarding a child's academic performance, family reactions to a child experiencing stress, parental control over a child's private life, and parental planning for a child's future career can all have an impact on a youth's mental health. The findings and subsequent discussion show that some parental or family behaviours have an impact on children's mental health in both favourable and unfavourable ways. Fortunately, the majority of our respondents say that their families have a beneficial effect on their mental health. This research highlights the real, positive, and negative effects that family can cause on young people's mental health. Unfortunately, today's society disregards issues about families. The entire society should be exposed to family-related subjects to educate people about the importance of a family. Since parents are the people who have the greatest influence on children's lives, everyone in society must uphold parental expectations, whether they have children now or in the future. Youth can have a better future if contemporary culture focuses more on the influence of family on their mental health.

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37 The Awareness Of Body Shaming Among Youth

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Abstract

Body shaming is a major problem that people face in the modern world. It is a form of prejudice that occurs when individuals make disparaging remarks about their bodily shape or size, which can result in emotional distress. The minimum age for Malaysian youth will be lowered to 30 in 2022. There is nothing new about body shaming since it harms the victims. Statistics demonstrate that young people are still utilizing social media to disseminate body shaming despite recent technology developments. The goal of the study was to determine whether young people are aware of the negative impacts of body shaming, a social ailment that has to be treated right away. Additionally, it examined information gathered through quantitative techniques, such internet questionnaires. The data are gathered through the study's doctrinal methodology. In order to assess the severity of the problem among young people, policymakers and enforcement organizations may use the study's findings.

Keywords: Body Shaming, Awareness, Effect, Youth, Legislation

Introduction

It is possible to refer to our thoughts and feelings towards our bodies as having a "body image." Our beliefs and sentiments about our bodies can have an effect on us throughout our lives, altering how we feel about ourselves, our mental health, and our general wellness. Our lives, mental health, and general well-being may be impacted. Our thoughts and feelings regarding our bodies can have a significant impact on our lives. According to studies, one's physical appearance might influence one's confidence and sense of self. It is a personal characteristic that people can easily access and share with others, and it contributes to others' expectations. Additionally, communities need it since it can increase residents' feelings of security and comfort.

Physical appearance is one of several factors that have a significant impact in daily activities, according to research. A subjective appraisal of the society's standard criteria is sparked by physical appearance. The standard requirement for many events is the ideal appearance of the body in the form of harmony between a person's weight, height, and skin colour. A slim body form characterizes a woman's ideal figure. Furthermore, for men, the ideal body is defined by a huge muscular body shape, slimness, and a flat stomach. The practice of body shaming is not new. According to Dettmar (2016), body shaming might have historical roots in widely held notions like prejudice against people with red hair. This study examined young people's knowledge of body shaming. Finding this out is important because it might help legislators or politicians create rules and regulations to stop body shaming.

Body shaming is the humiliation of another person by making improper or unpleasant remarks about

their body size or appearance. If you're underweight or in regard to a certain body part, you could also experience "fat shaming" or other unfavourable remarks. You can criticize yourself or other people in this way. Body shaming can be done in person or remotely over the internet and social media by your parents, siblings, friends, or even strangers. Even if said in jest, comments regarding what you eat or how much food you consume are considered body shaming. Giving someone diet advice or celebrating weight loss can also be considered body shaming, whether deliberate or not. Even if your friends and family members frequently do not mean to offend you, their remarks can nonetheless be harsh. They might not understand how damaging queries like "Have you lost weight?" or "Do you really need to consume all of that?" can be. While no one is immune to cultural pressures to look a certain way, comments on your body are inappropriate in any situation.

In fact, few people are aware that body shaming is a crime in Malaysia under Section 509 of the Penal Code and Section 14 of the Minor Offences Act 1955. If convicted under Section 509 of the Penal Code, the offender faces up to five years in prison, whilst those convicted under Section 14 of the Minor Offences Act face a maximum punishment of RM100. Those who publicly criticize people for their body weight on social media may face an RM50,000 fine or a year in jail, or both, under Section 233 of the Communications and Multimedia Act (Dhesegaan Bala Krishnan, 2022).

As a result, because the goal of this research was to evaluate whether youth were aware of the impact of body shaming, we were looking at how youth saw and understood the issue of body shaming socially, such as whether they believed that such an issue needed to be handled immediately or that it was just something that was so common and customary that everyone in society accepted it as it was.

Type of body shaming

In a study conducted by Fauzia et al., they categorized body shaming into four types: fat shaming, thin shaming, hair shaming, and skin tone shaming. One of the most common types of body shaming is when negative comments are made toward people who are either overweight or plus size. On the other hand, thin shaming tends to target women and girls with too thin a body structure. Having too much hair on one's body can be considered body shaming. This can happen to women especially due to the excess hair on their bodies. Dark skin and too dull skin can also be subjected to this type of criticism.

Literature review

Through a literature review, this section will explore body shamers through a review of the research, in which it is generally agreed by academics that their primary worry is their mental health. A form of psychological abuse is body shaming. It was also stated that body shaming is the deliberate or unintentional criticism of someone's physical appearance. Verbal, written, and physical actions are all examples of the behavioural type of body shaming.

‘Psychological abuse’ as a term has also been used interchangeably with ‘emotional abuse,’ ‘emotional maltreatment’ and ‘psychological maltreatment’ in abuse literature. In terms of this present investigation, ‘psychological abuse’ and ‘emotional abuse’ will be used synonymously. Other abuse researchers (e.g. Kavanagh et al., 2017; Stirling & Kerr, 2008; Stirling & Kerr, 2013) emphasize the potential harm that psychological abuse can have on an individual's affective, behavioural, cognitive, or physical well-being. Indeed, this type of abuse is not solely experienced by children but is also occurring for adults (Stirling & Kerr, 2008). Seeking for a perfect body shape is one of the most prevalent issues today, tough experiences and uncountable judgment are faced by many individuals all over the world regardless of what race they belong (Juvenal Sabado Dalimeg,2022).

Due to the negative effects of social perception on people's bodies, many individuals have started to see

their bodies in a negative light. They tend to focus on fad dieting, which involves dieting at any time of the year and not being nutritionally balanced. They also use steroids and other drugs to gain muscle and reduce their body fat. Regardless of one's gender, body shaming can have detrimental effects on one's health. In 2017, WCNC Charlotte reported that 94 percent of teenage girls were victims of body shaming, while 64 percent of teenage boys were subjected to this type of criticism. This is a shocking figure that shows how easily people can be exposed to the internet and be reminded of what is right and acceptable behaviour.

Social Media Use Among Young Adults.

Based on a social media survey, teens spend an average of seven hours every day using various forms of media (Strasburger, Jordan, & Donnerstein, 2010). Television, Facebook, and others are examples of these forms. Users on the above social networking websites have the ability to upload photographs, videos, and stories about themselves and others located on the internet. These services enable users to form friend groups, talk with one another, and interact with one another indefinitely. Numerous news feeds allow users to stay up to date on what their friends, acquaintances, and celebrities are up to. Many adolescents use social media sites; 71% use Facebook, 52% use Instagram, and others. Continuous access to social media sites does not allow the user to break away from body image concerns. On the contrary, observing an unrealistic profile of an idolized person or celebrity on social media prompts unfavourable social comparison, resulting in severe self-evaluation. Negative self-evaluation leads to body image issues; thus, linking a negative body image to social media use makes sense (Vogel, Rose, Roberts, & Eckles, 2014).

Mass Media and Body Image

Even though the processes linked with Objectification Theory are the product of the complex socio-cultural milieu in which women live, mass media has been blamed for developing and promoting the ultra-thin body type that is now deemed "ideal" in Western nations. Previous research on the effects of social media on body image and eating disorders has either employed an overall measure of total social media use or has explored the effects of a single social media platform, such as Facebook. However, the numerous social media platforms that young women are currently using are not all being utilized for the same goals, nor do they provide equal opportunity for processes that may influence body image and eating disorders, such as body comparisons (Meier & Gray, 2014). As previously noted, visual, photo-based platforms such as Instagram may have a higher influence on young women who engage in body comparisons than text-based social media platforms such as Twitter. Because of the potential disparities between visual and text-based platforms, it is vital to investigate the correlations between time spent on specific social media platforms and the impacts on body satisfaction. Assessing if the number of time users spend on specific platforms is associated with varied associations with body esteem will allow for a more nuanced understanding of the mechanisms that drive body esteem and related body image beliefs and behaviours. Understanding the effects of social media platforms on the health of heavy users, such as young women, will be critical for the creation of future initiatives and interventions to safeguard and enhance this vulnerable population's physical and mental health and well-being.

Methods

This research is based on the data collected for analysis, and is the analysis of online survey data.

Table 1: Statistics of participating in the questionnaire survey

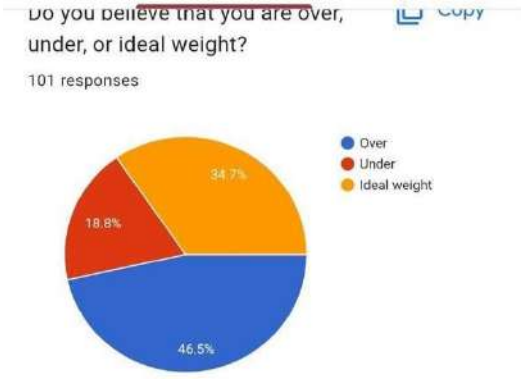
Variable	Category	Frequency	Percentage (%)
Gender	Male	16	15.6
	Female	87	84.4
Age	18-20	90	88.2
	21-23	9	8.8
	24-26	1	0. 8
	Over 26	3	2
Levels of studies	Matriculation/Foundation/STPM/Diploma	12	11.6
	Bachelor's Degree	88	86
	Master's Degree	2	1.6
	Doctorate	1	0. 8
	Total	103	100

The respondents were 103 students who are studying in Malaysia. Based on table 1, most of the respondents (84.4%) were female and the rest (15.6%) were male. A total of 88.2% of the respondents were in the age between 18 to 20 years old. Most of the respondents hold bachelor's degrees which is 86%, followed by respondents who hold Matriculation /Foundation /STPM /Diploma (11.6%) Only one respondent is doctorate (0.8%).

Analysis Result

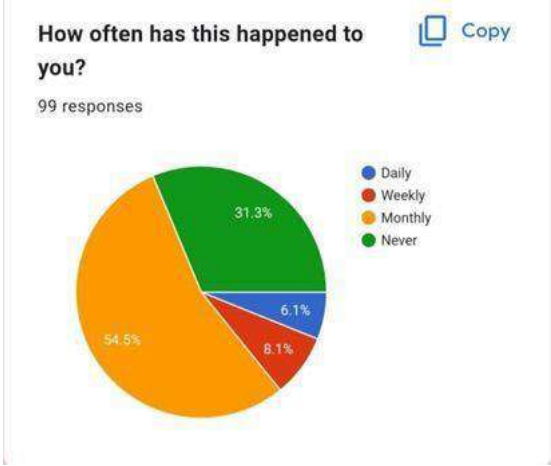
The study is centred on The Impact of Body Shaming Among Youth. We have prepared a few survey questions to gather information.

Chart 1: Everyone's self-perception of their weight



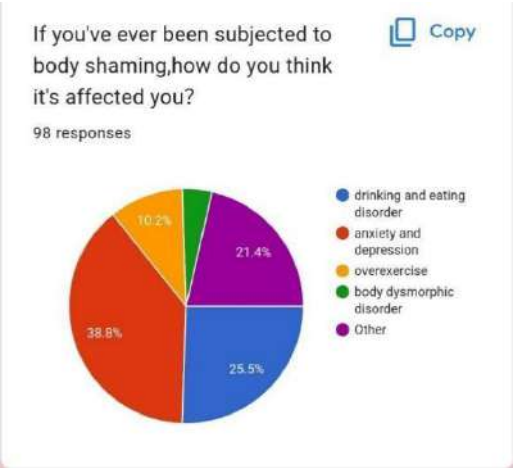
According to Chart 1, respondents were asked whether they were overweight, ideal weight or under. The majority of respondents were overweight, accounting for 46.5%. The second is 34.7% of respondents are ideal weight, and 18.8% are under.

Chart 2: Frequency of body shaming



According to Chart 2, respondents were asked to state how often they suffered from body shaming. As a result, most respondents (54.5%) will suffer from body shaming every month, and 31.3% never suffer from it. About 8.1% of respondents receive body shaming every day. And 6.1% of respondents suffer from body shaming every week.

Chart 3: Influence of body shaming on interviewees



According to Figure 3, body shaming has a negative impact on nearly 80% (78.6%) of people: drinking and eating disorders, anxiety and depression, over-exercise, body dysmorphic.

Results and Discussion

Data Survey

In our questionnaire, the proportion of girls is about 85%, and that of boys is about 15%. The reason for suffering from body shaming is not only being overweight, but also below the normal level.

Nearly 60% of the people suffered body shaming before the age of 15, and even went to college and continued to suffer body shaming.

After suffering from body shaming, most people will feel anxious and depressed. One in four people

will suffer from eating disorders. And after suffering from body shaming, nearly 80% of people will not be confident in other aspects. Body shaming from friends and strangers makes people more anxious.

Factor of body shaming

We are frequently bombarded by the perfect image on social media. See the perfect figure displayed by others on social media every day, and over time, you will compare your defects with those of others. Perhaps it is hard to achieve grounding in your current situation, and there are negative feelings in your brain, and when there are more and more negative feelings that make you feel like a clunker, the goods can be veritably destructive. Teenagers are particularly vulnerable to physical demotion, weight shame and physical demotion. As a teenager, your station and tone- regard towards your figure are largely told by family, musketeers, and social media. When the body of a minor is in a period of development, it is normal to be sensitive to motifs about body size and weight. Adolescent physical demotion can lead to negative feelings and attention to specific corridors of the body. It is not only underage girls who are victims of physical demotion, but also underage boys.

Effect of body shaming

Due to the negative effects of social perception on people's bodies, many individuals have started to see their bodies in a negative light. They tend to focus on fat dieting, which involves dieting at any time of the year and not being nutritionally balanced. They also use steroids and other drugs to gain muscle and reduce their body fat.

A. Eating Disorders

Having a negative body image is one of the main factors for developing disordered eating or eating diseases, similar as anorexia, bulimia, or binge eating. You may start overeating and try to change your body shape. But this diet can come from another factor that harms the body. Over time, eating lower and lower, the body and brain do not take in enough nutrients, which is veritably dangerous. People around you who talk about physical demotion are more likely to go on a more serious diet. similar as" did you lose weight? "you do not feel to have changed much" may lead to further unruly eating habits in an attempt to maintain or lose further weight.

B. Body Dysmorphic Disorder (BDD)

Passing physical demotion can lead to a bias in your perception of your tone- image, which may escalate into a body dysmorphic-disorder. Your trouble will be magnified infinitely and may be frustrated by a little excrescence. You may come more and more hysterical with glasses and see bad effects. Come more and more sensitive, condemn yourself, or ask others if you look okay. Still, it can also damage your performance at the academy by snooping with your connections with your peers, preceptors and family, If you're frequently ashamed of your body. The fear of being judged by others will limit your social conditioning to some extent. The serious symptoms of BDD are constant pain, and you may indeed witness depression or self-murder.

C. Excessive Exercising

Proper exercise is good for the mind and body. Still, when it becomes forced exercise, it can lead to patient fatigue, injury and complaint vulnerability, or anxiety, depression, and perversity. Inordinate exercise develops into a pattern called relative energy insufficiency during exercise (RED- S), which occurs when your calorie input is not enough to maintain the energy consumed by healthy functions.

D. Anxiety and depression

A large part of the emergence and aggravation of anxiety and depression comes from being ashamed of one's own physical condition. However, he or she may be eager to escape and avoid going to academy or any other place where similar demotion occurs, if at some point a person suffers from physical shame in public. At the same time, out of a sense of tone- defence, he or she may start to stay down from others and formerly again feel a deeper position of isolation and loneliness. Hearing further review of their appearance can also aggravate demotion and damage the tone- regard of these people. As a result, when they internalize these passions that have a great impact on you, they may fall into a deeper negative tone- perception, and the process may escalate into more severe loneliness, depression, and anxiety.

E. Physical Health Issues

Rotundity is one of the main problems in society at the moment's society, and it's followed by the inordinate inferiority of fat people to their own body, which is accompanied by the demotion of fat people. In one study, further than 70% of teenagers reported that they had been virulently lowered and bullied by others once many times. This is dangerous to the physical and internal health of these people all the time. But on the negative, the shame of rotundity will not encourage them to lose weight, but will beget these people to gormandize, affect their metabolism and increase their liability of rotundity. These problems can lead to a rapid-fire increase in threat factors for high blood pressure, high cholesterol, heart complaint, type 2 diabetes, and other health problems.

Problem Solution: to turn body shaming into body positivity

Following these basic steps can help you overcome body shaming and build body positivity:

A. Cultivate self-love.

Do not hide or isolate yourself from others. We all have days when we do not look or feel stylish. Do not run down, only when you come confident will others not despise you. The value of a person is not just about his elevation, but to love himself. Consider the critical inner dialogue you are forcing on yourself after taking a step back. Are you authentically expressing yourself in this way? When you catch yourself disliking your face or your body while looking in the glass, tell yourself "no".

Treat yourself with kindness and understanding, as you would a best friend. There is nothing wrong with being nice to yourself. Exercise, eat healthy food, enjoy the company of people who care about you, and spend some time outdoors to refresh your body and your mind. Only by being good to yourself can you have a healthy body.

Manage stress. Physical shame can bring great stress, which can be relieved by proper exercise and prevent being overwhelmed by negative stress.

B. Replace negative self-talk

Shift your focus to the things that you like about yourself. For example, if you have gorgeous hair or eyes, this is just as essential as the qualities you detest or try to make fun of. Take note of these favourable characteristics the next time you glance in the mirror.

Be proud of your individuality. Your worth as a human being is far greater than the value of your physical body. The key to achieving body acceptance is to constantly remind yourself of your good

contributions to society.

Start off with body neutrality Work toward achieving body neutrality if you are not yet ready to embrace body positivity. That implies that you appreciate and accept your body without having to love or despise it. By focusing on your body's capabilities rather than its appearance, you can practice body neutrality. You can tell yourself, "My legs allow me to walk and sprint large distances," as an example.

Connecting to others in-person. Face-to-face contact can keep you away from social media and improve the quality of your social interaction. Face-to-face communication is more meaningful than sending messages.

Practicing mindfulness through yoga, meditation, deep breathing, or journaling. We can find a lot of apps that will help you to calm yourself.

C. Make friends with food.

Eating is fun in itself. When eating, the brain secretes dopamine, which is a happy neurotransmitter. So, when you are not satisfied with your weight, eating becomes an unpleasant thing, and you can't feel happy. It is necessary to eat attentively and feel that eating brings you happiness. To improve your relationship with food and eat more consciously, avoid multitasking while you eat by tuning out all outside distractions like TV, phones, and other devices. You may enjoy every bite, eat carefully, and pay attention to your body's demands by focusing on the present now and accepting your thoughts and sensations. Making friends with food can also be accomplished by organizing wholesome meals in advance or by experimenting with new recipes.

D. Reach out to someone you trust for guidance and support.

When you realize that your body is not perfect, when you realize how far away you are from your perfect body, and your emotions need to be vented, you should find someone who can be trusted and willing to share your feelings with you. Don't be afraid to make an appointment with a trained mental health professional if you feel you need further help with the healing process. They can provide you with objective guidance to help you regain your confidence and recover from the impacts of body shaming.

Conclusion

Body Smirching is the act of humiliating or deriding another person's physical form. The perception of the “ideal standard of appearance” creates people's mindsets about each other especially in terms of appearance and physical form, especially in social media. One's body seems good to be judged and reflected on by others and indeed banned by others because of their standard. This action can be motivated by colourful factors that encourage perpetrators to commit acts of body shaming. However, rigorously speaking, these actions can have serious impacts for their victims, if not handled duly. The impact that is frequently endured by victims is frequently the impact on the health of their intelligence that will continue to be eroded by the sacrilege they admit from the media social chops both verbally and nonverbally. This impact must be addressed incontinently and handled duly to avoid negative consequences in the long term. Body smirching that is carried out continuously by a person/ group of people becomes a form of draining other people.

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38 The Development Of Anxiety Disorders Among Youth In Malaysia: Perspectives On Factors, Impacts, And Treatments

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1.0 ABSTRACT

In 2020, the Covid-19 pandemic hit, and everyone had to follow Movement Control Order (MCO). This MCO had affected many aspects, such as financial economic, social life, and daily activities as these affected aspects contribute to developing anxiety disorders, especially among youths because they are in the phase of transition into adulthood. Therefore, this research was conducted to study the development of anxiety disorders in youth located in Malaysia by observing students' opinions on the factors, impacts, and treatment for anxiety disorders. Surveys and literature studies were used to obtain data collection and information for the purpose of this research. The result of the study had shown that stress build-up throughout a period becomes a main factor in the development of anxiety disorders. It can cause mood swings which affect anxiety disorder patients' social life. Luckily, the study had shown that there are treatments which suitable for youth.

Keywords: Anxiety disorders, Youth, Covid-19 Pandemic, Factors, Impacts, Treatments.

2.0 INTRODUCTION

The COVID-19 pandemic has spread to most of the world's populations, with serious health repercussions and a high fatality rate among those who contact it. The pandemic has produced a situation where mental health was affected. Research shows that anxiety disorders are currently affecting mental health among youth, especially students. Based on the Generalized Anxiety Disorders-7 (GAD-7) score, the prevalence of students with a risk of anxiety was over one-fifth (29%) (Mohamad et al., 2021). Anxiety is anxious feelings that generate thoughts and bodily changes like elevated blood pressure. People who suffer from anxiety disorders have intrusive thoughts or anxieties frequently. In addition, bodily signs including sweating, trembling, light-headedness, or an accelerated heartbeat might be experienced by them.

Factors of Anxiety Disorder

Many factors are known to trigger anxiety disorder and play a role in its development. There are a few themes of factors that can cause a person to get anxiety disorder such as biological factors, social factors, and psychological factors.

Biological Factors Parents who have genetic anxiety disorders may affect their children as well. A structure in the brain acts as a communication hub that detects the presence of a threat and sets off a fear reaction or anxiety through a biological element. There is a study demonstrated that the connection between obsessive-compulsive disorders and suicide attempts was explained by 60% of the additive genetic factors using genetic modelling of family data (Krebs et al., 2021).

Social Factors A person's attitude and response to life situations can be affected by life experiences like the death of family members, divorce, financial loss, accident, or major illness. Moreover, an individual's susceptibility to anxiety disorders may affect by long-term abuse, violence, terrorism, and poverty. Anxiety disorders have been connected to early traumatic experiences such as parent loss,

parental divorce, physical and sexual abuse in addition to parental internalizing issues (Narmandakh, Roast, Jonge & Oldehinkel, 2021).

Psychological factors Stress, physical condition (diabetes or other co-morbidities depression, genetic with generalized anxiety disorder), and environmental factors (child abuse, or substance abuse) are some of the psychological factors that contribute to developing anxiety disorders. In comparison to men, women have a higher status to care for others and are more invested in their close connections, making them more vulnerable to interpersonal and psychological stress (Narmandakh, Roast, Jonge & Oldehinkel, 2020). Parental psychopathology and psychological factors raised the likelihood that an anxiety diagnosis would be made (Narmandakh, Roast, Jonge & Oldehinkel, 2021).

Impacts of Anxiety Disorder

Anxiety disorders can seriously impact anxiety disorder patients as it interferes with daily activity. They may get emotional symptoms and physical symptoms due to anxiety disorders. Emotional symptoms such as feelings of apprehension or dread, feeling tense or jumpy, restlessness or irritability, and being watchful for signs of danger, while physical symptoms such as shortness of breath, sweating, tremors and twitches, headaches, fatigue and insomnia (National Alliance on Mental Illness, 2022). Students are significantly affected by anxiety disorders. Two-fifth of the students (38%) of the students reported mild or moderate depression, anxiety, or stress, while over one-fifth of the students (20.5%) experienced severe or extremely severe anxiety. Students are at risk of developing mental health issues during the coronavirus pandemic, most likely because of unexpected life changes. (Jiang, N., Yan-Li, S., Pamanee, K., & Sriyanto, J. ,2021)

Types of Anxiety

Various forms of anxiety which are common to see these days are Generalized Anxiety Disorder (GAD), Social Phobia, and Obsessive-Compulsive Disorder, these are prevalent today (OCD).

Generalized Anxiety Disorder (GAD) is a chronic excessive worry in which the person has difficulties controlling the worry (Mineka & Zinbarg, 2006). Based on DSM-5 (fifth edition of the Diagnostic and Statistical Manual of Mental Disorder) criteria, symptoms of GAD patients commonly present with restlessness, difficulty concentrating, and sleep disturbance for more often than not for the past 6 months (Center for Behavioural Health Statistics and Quality, 2016). Generalized Anxiety Disorder (GAD) has suffered in more than 6.8 million adults in the United States. It affects 3.1% of the population, yet only about two-fifth of the affected population (43.2%) seek treatment (Ashok, 2020). In comparison to older students, those between the ages of 18 and 22 had slightly greater mean State and Trait anxiety levels, and anxiety levels of females were higher than males (Otim et al., 2021).

Social Anxiety Disorder (SAD) Based on DSM-5 criteria, individual with SAD feels fear or anxiety about social situations. The fear, anxiety, or avoidance is persistent and these symptoms typically last for 6 months or more. In severe cases, patients may have the inability to leave home. Based on a research study, 110 college students out of 180 students who were randomly selected and ranged in age from 18 to 20 years old were reported to have social anxiety symptoms (Stefan & Cheie, 2020).

Obsessive-Compulsive Disorder (OCD) Based on DSM-5 criteria, it is defined as repeated and persistent thoughts or images experienced as intrusive, and unwanted in most individuals until it causes anxiety or distress. OCD patients will perform compulsive because they attempt to suppress such thoughts, or to neutralize them with some thought or action. Individuals with OCD commonly present repetitive behaviours (hand washing, ordering checking) or mental acts (counting) (Center for Behavioural Health Statistics and Quality, 2016). Over two-fifths of respondents (42%) frequently get

nasty thoughts and have difficulty in getting rid of them (Taher et al., 2021).

The development of anxiety disorders and the awareness of the people

Anxiety is a common emotion because anxiety is produced when facing with daily stresses and problems. However, this affected a person's ability to function and becomes a disorder when these emotions become persistent, excessive, and irrational. There are no specific brain structural deficiencies that lead to anxiety disorders. Instead, impairments in several psychological processes, including motivation bias, fear conditioning, uncertainty anticipation, cognitive control, and stress regulation, are present in people with anxiety disorders (Xie, Zhang, Cheng & Yang, 2021).

Even though this anxiety disorder issue is quite common, this issue still appears throughout the years. This may be because environmental changes and technology keep advancing where competitiveness emphasizes, therefore pressure on improving themselves also increased. Therefore, anxiety has become a common feeling to face every day which leads to awareness of this issue decrease.

Treatment for anxiety disorders in medical science

Treatments refer to a way of treating a patient by using medically or surgically. There are two ways of treatment in medical science, which are psychotherapy and medication.

Psychotherapy as known as therapy or psychological counselling is a valid treatment for anxiety disorders. Cognitive behavioural therapy (CBT) is not only a short-term treatment but also the most effective form in the psychotherapy world. It focuses on teaching your skills specifically that help to improve your symptoms and gradually return to daily activities.

Medication is one of the treatments for severe anxiety disorders because it helps to relieve the symptoms. There are a few types of medication, such as antidepressants, anti-anxiety medication (buspirone), sedatives (benzodiazepines), or beta blockers, which are only for short-term relief.

As the problem of anxiety disorder among youth is getting more serious from day to day, the aim of this study is to analyse the development of anxiety disorder among themselves and find out what factors cause these symptoms and what are the impacts on them. Lastly, treatments are also suggested by respondents based on their opinions.

3.0 METHOD

We have used two methods for the research on the development of anxiety among youth in Malaysia which were quantitative and qualitative respectively. The distribution of Google Forms was applied in this study to collect quantitative data, while the other method was a literature study to collect qualitative data. Technically, quantitative data is information that can be counted or measured. A set of numerical values and qualitative data that give approximates and characterizes to the researcher. Observation and record can obtain from quantitative data, and this data type is non-numerical in nature.

3.1 Sample and Data

Our sample consisted of 200 youths located in Malaysia. The questionnaire was distributed in Google Forms through social media, such as 'Instagram', 'WhatsApp' and 'Telegram'. There are questions in this survey were designed to analyse their stress and worries in recent 6 months of period. In addition, the causes, impacts, and treatment of anxiety disorder according to their opinion were also determined. There are divisions of 3 different sections in the Google Form, which are demographics of respondents, identifying the anxiety levels of respondents, and the factors, impacts, and treatments of anxiety disorder

among youth in Malaysia. Respondents were required to answer all questions in the questionnaire.

3.2 Measures

The respondents' demographics consist of gender, age, nationality, race, religion, and level of education in the first section. The anxiety levels of respondents were identified in the second section. There is a total of nine questions in this section. A five-point Likert scale for the test of anxiety levels (1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = very often) was applied in the Google Form. Coming to the third and last section, we have a survey on the factors, impacts, and treatments of the youth in Malaysia. Six to seven options are provided for respondents, but also respondents can fill in their own responses if there are other ideal choices.

A literature study is a study on books, the journals that are related to the topic collected by the researchers to help them study their topics. Some of the literature studies used by the researcher are journals and websites to support the data collected in Google Forms.

3.3 Procedure

The survey was done online, and respondents were given a week to complete the Google form. Participation in the survey was entirely voluntary. Respondents must respond it accordingly. Respondents answer the Google form based on their opinions.

3.4 Respondent Profiles

Most of the students who participated in the questionnaire were females, at 74.6%. The percentage of males is 24.4%. From the result, the girls were interested in this title and take mental health more seriously. Our primary investigators were students in Malaysia, from SPM students to Master's students. For the age range, most of the students are between 18 and 21, occupying 79.1%. Besides, local students accounted for 98%, while the rest are international students. The next question is about nationality. Due to the scope of our survey being too narrow, the people in this survey are all Asian. Chinese race takes up the largest part by taking up 57.2%. The second biggest part is Malay, at 37.3%. A question about their religion was also posted, such as Islam, Christian, Buddha, and Hindu. Most of the respondents are Buddhist, about 45.3%. The final question is about the current level of education. Most of the students are Bachelor's students (67.5%). This study also shows that there are SPM and Pre-U students who are facing the same problem. The respondents' demographic profile is shown in Table 1.

Variables	**Demographic features**	**n=200**	**%**
Gender	Male	48	24.00
	Female	150	75.00
	Prefer not to say	2	1.00
Age	15-17	20	10.00
	18-21	160	79.50
	22-25	18	9.00
	26-30	3	1.50
Nationality	Local students	196	98.00
	International students	4	2.00

Race	Chinese	114	57.00
	Malay	75	37.50
	Indian	9	4.50
	Pakistani	1	0.50
	Japanese	1	0.50
Religion	Buddha	92	46.00
	Islam	77	38.50
	Christian	22	11.00
	Hindu	7	3.50
	Others	2	1.00
Level of education	Bachelor 's degree	135	67.50
	Pre -U / College	74	37.00
	SPM	40	20.00
	Master' s degree	3	1.50
	Others	5	2.50

TABLE 1: RESPONDENTS 'DEMOGRAPHIC FEATURES

4.0 RESULT

Anxiety Level Survey	**1 (Never)**		**2 (Rarely)**		**3 (Sometimes)**		**4 (Often)**		**5 (Very Often)**	
	f	**%**	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**
In the past 6 months, do you worry about a lot of things	8	4	25	12.5	66	33	72	36	29	14.5
How often have you not been able to stop worrying over the last 6 months?	18	9	43	21.5	86	43	41	20.5	12	6
Do you have trouble coping with your worries?	19	9.5	50	25	92	46	31	15.5	8	4
Do you get annoyed easily or are mood swings when anxious?	9	4.5	35	17.5	79	39.5	54	27	23	11.5
Does worrying or anxiety make you feel fatigued or burned out?	18	9	35	17.5	71	35.5	56	28	20	10
Does worrying or anxiety affect your sleeping?	31	15.5	55	27.5	64	32	33	16.5	17	8.5
Does it affect your concentration or focus?	12	6	35	17.5	76	38	53	26.5	24	12

Do you worry about things that happen in the future?	7	3.5	20	10	72	36	54	27	47	23.5
Do you worry about things that have already happened in the past?	21	10.5	66	33	67	33.5	27	13.5	19	9.5

TABLE 2: ANXIETY ANALYSIS OF THE RESPONDENTS

In this research, we adopted a questionnaire survey to study. The data was collected based on the opinion of the 200 respondents from Google Forms. The result from the second section of the Google form has written in Table 2, which shows the anxiety analysis of the respondents. This part of the survey shows that most of the respondents face anxiety problems occasionally only, which they chose the answer "sometimes". Almost half of the respondents which is 92 respondents (46%) agree that sometimes they have trouble coping with their worries. Moreover, there were 71 respondents (35.5%) chose that worry and anxiety will make them feel fatigued and burnt out sometimes. Besides, anxiety has affected many aspects of respondents' life occasionally, such as mood swings (39.5%), sleeping (32%), and concentration (36%). They are also quite worried about their future but luckily, they do not worry about the things in the past.

The third section of the Google Form, this part of the survey will show the 2 most likable choices that respondents chose which are close to their opinion about anxiety disorders. It was a multiple choices question for the respondents. For the first question, there were a few factors of anxiety disorders. For example, stress build-up, having blood relatives with anxiety disorders (genetic factor), trauma, family issues, and world event (Covid-19 Pandemic). Most of the respondents agree that anxiety triggered due to stress build-up throughout a period.196 respondents (84.5%) agreed with that statement. However, there were 104 respondents (52%) thought that family issues cause anxiety too.

In the next question of Google Form, respondents were required to choose the impacts of anxiety disorders among youth. There were detached from social life, impact on memory and focusing, had intrusive thoughts, cannot finish the task well, had mood swings, and had depression. Most of the respondents which are 115 respondents (57.5%) chose that anxiety can affect us being tempered or mood swings. Next, the statement anxiety disorders cause individuals to have intrusive thoughts was agreed by 107 respondents (53.5%).

For the last question of Google Form, respondents will choose the treatments for anxiety disorders according to their own opinion. The choices for them were to seek professional help, talk to friends or family members, exercise and eat healthy, meditate, or journal and find a hobby. There were 136 respondents (68%) who agreed that talking to friends or family members may be the best treatment for anxiety disorders. Furthermore, 134 respondents (67%) chose that finding a hobby to do can also treat anxiety disorders.

5.0 DISCUSSION

Based on the results from Table 2, this study gives the first empirical evidence that a large percentage of young people still suffer from anxiety in their lives sometimes. Therefore, to minimize these anxiety disorders among young people, the government would need to cooperate with the universities and provide some help such as funding for the mental health association. Anxiety disorders are associated with stress, tension, and threat about the future, which are a problem for youths because they are learning to survive in the real world. Since anxiety disorders will bring impacts and negative thinking to

young people therefore the awareness of anxiety disorders among youth must be emphasized.

The Development of The Anxiety Disorders Among Youth: Factors

Stress builds up is one of the factors that cause anxiety disorders. The body's response to any situation that requires attention or action is defined as stress. Everyone experiences stress to varying degrees, but how you react to stress will have a huge impact on how you feel overall. Research article shows that stress in daily life was generally perceived by adolescents. The main anxiety disorders triggers for increased stress were family conflicts and academic pressure. Issues around peer relationships and social life were also important contributors to the development of anxiety disorders (Nagabharana, Joseph, Rizwana, et al., 2021). When all these kinds of stress are combined and built up throughout a period, anxiety triggers and gives many impacts on our life.

Family issues such as parents arguing, divorce, and parents having mental health problems, disabilities, or illness. As a result of the divorce, young people's emotional responses were noted as being a pain, shock, rage, and a sense of loss. They often have feelings of guilt toward their parent's divorce because they believe that their parents' expectations have failed to be fulfilled by them and thought they are the cause of the divorce (Tahirović, S., & Demir, 2017). These feelings became the causes of depression or the development of symptoms of anxiety. Their study indicated that adolescents from intact families scored a lower level of anxiety than adolescents from divorced families. Additionally, the child's emotional security decreases when there are conflicts that are intensive, unsolved, and intimidating, and those that revolve around the child, which in turn leads to emotional and behavioural problems (Hashemi & Homayuni, 2017).

The Development of The Anxiety Disorders Among Youth: Impacts

Mood swings in an individual may cause by anxiety disorders. 40–60% of those with depression, anxiety disorder, and obsessive-compulsive disorder reported having mood instability. (Broome, Saunders, Harrison & Marwaha, 2015). Another article had written that worried behaviours activate the stress response. The stress response releases stress hormones into the bloodstream, where they quickly reach certain body regions and cause-specific physiological and emotional changes (Anxiety Centre, 2021). The hormones that affect mood can be affected by stress hormones; Sudden mood swings can be affected by these fluctuations.

In addition, unwanted intrusive thoughts are one of the impacts caused by anxiety disorders. The overall showed that three sets of unwanted intrusive thoughts once or more in their lives had experienced by over three-fifth of the obsessive-compulsive patients (71.79%) experienced obsessional, dysmorphic, and illness anxiety (Pascual-Vera & Belloch, 2021). Unwanted intrusive thoughts are thoughts that are stuck inside our heads that will cause great distress and a great deal of anxiety to an individual.

The Development of The Anxiety Disorders Among Youth: Treatment

Most of the respondents thought that talking about their worries and feelings to their friends or family member may be the best way to treat anxiety disorders. Family-based treatment had become favourable to monitoring control conditions, and youth in family-based treatment can experience greater anxiety reduction (Goger & Weersing, 2022). For children with anxiety, family-based and individual-focused therapeutic strategies might yield comparable results. The explanation is that there may be a bidirectional relationship between parenting and children's worry, such that improvement in family functioning can achieve because of a decrease in youth anxiety (Gouze et al., 2016). As a result, it leads to further reduced youth anxiety. Moreover, based on a study of the written replies, social support

emerged as the most important subject as a source of security and belonging. Social support can help us to know that others care about us and thus has an intrinsic calming effect (Saifuddin et al., 2019).

Furthermore, the respondents agreed that finding a hobby such as reading for pleasure, journaling, drawing, or participating in sports may be one of the low costs but highly efficient ways of treating anxiety disorders. These activities can be described as leisure activities. The Pittsburgh Enjoyable Activities Test (PEAT), a self-report instrument, was originally used in research studies to gauge participants' involvement in ten various leisure activities as well as their positive and negative psychological states. It shows that better psychological and physical functioning can be seen in individuals who engaged in more frequent enjoyable leisure activities. They reported more positive outcomes, higher life satisfaction, more social support, and less depression. (Pressman et al., 2009).

CONCLUSION

Overall, the results of this study, showed that anxiety still appears in youths and some of them may have developed anxiety disorders. Anxiety is normal in daily life but the way we deal with it has become a problem which then leads to anxiety disorders like many respondents get anxiety due to *stress build-up*. When we feel stressed, stress hormones will enter our bloodstream, causing us to be *mood swings* and be unable to complete current tasks, just like most of the respondents. Besides, the treatment method that most respondents agree with on *communicating with family and friends.* This shows that family and friends are an essential part of our lives, and we want to share our thoughts with them. Even though there is a medical treatment for it, the most comfortable and low-cost way is to spend time with family and friends. Finally, we hope that our research report can be useful to the mental health association, such as the Malaysian Mental Health Association (MMHA).

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39 The Domestic Violence on Youth's Mental Health Under The Influence of COVID-19 Pandemic

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Abstract

Domestic violence should not be overlooked as it was one of the social crimes that happened frequently in Malaysia. The aim to conduct the paper was to understand more deeply about the domestic violence on youth's mental health in the midst of COVID-19 pandemic. The literature review concentrated on domestic violence effect one's mental health risk factor of domestic violence, effects of gender differences on domestic violence and COVID-19 as a big influence on domestic violence. About 185 responses collected via online social platform and utilized for analysis. The paper focused on discussing the types, factors, impacts and prevention methods regarding to the domestic violence. It is irrefutable that most of the people be affected by COVID-19 pandemic regardless of financial aspect or psychological aspect and it contributed to the domestic violence. The paper concluded that the significant authorities must took the initiatives to solve the issue.

Keywords: Mental Health, COVID-19, Domestic Violence, Youth

Introduction

In March 2020, policymakers worldwide took measures to slow down the transmission rate of the COVID-19 virus. In Malaysia, government had imposed Movement Control Order which movement of citizens were restricted and compulsory to stay at home. All houses of worship and business premises

had temporarily closed down, with the exception of supermarkets, public markets, and sundry and convenience shops which sell daily essentials. In addition, public and private education institution had also shuttered (News Straits Times, 2020). Karen Nikos-Rose (2021) reported that COVID-19 isolation linked to increased domestic violence. Statistics demonstrated that Malaysia domestic violence cases rose 42% during the COVID-19 pandemic which is from 5260 cases to 7468 cases between 2020 and 2021 (Ova, 2022). It indicated that these measures were necessary to fight the spread of the virus, but several experts warned for a significant impact on worse mental health and a potential increase in domestic violence (Fomenko E, De Schrijver, Vandeviver C and Keygnaert I, 2022).

A good mental health is matter on dealing with the daily activities, building a healthier relationship, providing a better work productivity and also lead to general wellness and high quality of life. According to the World Health Organisation (2022), mental health is integral to well-being, enabling people to realize their full potential, show resilience amidst adversity, be productive across the various settings of daily life, form meaningful relationships and contribute to their communities. Physical, psychological, social, cultural, spiritual and other interrelated factors contribute to mental health, and there are inseparable links between mental and physical health. Therefore, people are encouraged to maintain a good mental health as it links to the well-being life. When COVID-19 pandemic begins to outbreak, people start to encounter mental health problem due to the upcoming challenges, setbacks, and difficulties. The COVID-19 pandemic is a global outbreak of coronavirus, an infectious disease caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) virus (World Health Organization, 2022).

Women Aid Organization (2022) views domestic violence as a pattern of violence, abuse, or intimidation used to control or maintain power over a partner who is or has been in an intimate relationship. Fundamentally, domestic violence is about power and control. Domestic violence refers to the act that wilfully or knowingly placing, or attempting to place the victim in fear of physical injury and causing psychological abuse which includes emotional injury to the victim (Domestic Violence Act, 1994). Domestic violence comprises any behaviour in the family or domestic context, causing physical, psychological, sexual, or socioeconomic suffering to someone else. Irrespective of whether victims and assailants share biological or legal family ties; the assailants and victims may live at the same residence. Domestic violence can thus also occur between both current and former intimate partner. Domestic violence goes beyond intimate partner violence and also includes child, sibling, and elder abuse. Domestic violence can engender a multitude of physical, psychological, sexual, social and economic consequences and may contribute to intergenerational transmission of violence leading to potential future violence (Fomenko E, De Schrijver, Vandeviver C and Keygnaert I, 2022).

According to the United Nation (2022), youth is best understood as a period of transition from the dependence of childhood to adulthood's independence. Youth often refer to a person between the ages of leaving compulsory education, and finding their first job. Youth also define as persons between the ages from 15 to 24. A child psychologist Yo Jackson, says that children are especially vulnerable to abuse during COVID-19 pandemic. Research shows that increased stress level among parents due to COVID-19 pandemic result to the physical abuse and neglect of children.

Youth development views as an important affair as they are the next generation who lead the country to the better, advance and prosperous future. Recently, the 2nd International Youth Conference event is organized to talk about "Better Mental Health and Well-being Youth". Hence, we do make a respond to the call by probing into the topic related to domestic violence. Except from women, most of the victims in domestic violence cases is teen and young adults. Statistics also reveals that domestic violence cases rise gradually during COVID-19 pandemic. It totally necessary to raise up the public awareness on preventing and solving the issue as it can devastate one's life,

1. Literature Review

Through a literature review, in this section will discuss the causes and perpetrators of domestic violence, as it is a serious issue result in youth to be concerned with the mental health. Our study will help progress domestic violence research by exploring the mental health of Malaysian wellbeing youth and their mentality towards domestic violence during COVID-19 pandemic. This study will shed light on the indirect influence of the pandemic and domestic violence, thus helping to discover ways to reduce it and give a hand to the victims. In this era where domestic violence is a global health crisis, it is vital to conduct studies to reduce risks of domestic violence.

1.1 Domestic Violence Effect One's Mental Health

Domestic violence is a serious and challenging public health problem. The effects of domestic violence can be far-reaching, influencing many aspects of our daily lives, how we see ourselves, how we care for ourselves, and how we interact with others. Sometimes it opens the door to a myriad of mental health issues, while other times, it can exacerbate existing conditions, making a bad situation worse. Research has shown that adults who have experienced domestic violence are far more likely to suffer from mental health disorders of all kinds than the general populace (Bridges Domestic Violence Center,2022).

Exposure to violence and abuse will increase one's risk of experiencing post-traumatic stress disorder, depression, anxiety, substance use, and suicidal behaviours. The most commonly employed element of domestic violence–coercive control—is a pattern of domination enacted through tactics designed for intimidation and entrapment, and has particularly damaging effects for mental health (Bradbury-Jones & Isham, 2020). Coercive control strategies include social and physical isolation, shaming and belittlement, micromanagement of daily activities, and constant surveillance. These strategies aim to terrorize, hurt and overwhelm victims, and predict intimate partner homicide. Practitioners are also seeing the use of digital coercive control, whereby perpetrators utilize technology to monitor and track the victims, creating a sense of omnipresence, isolation, and ostracism. Coercive control has significant implications for survivors' mental health, through prolonged, repeated trauma that is both inescapable and unpredictable in nature (Woodlock, McKenzie, Western & Harris 2019).

Chronic and repeated trauma often manifests a more complex pattern of psychological symptoms compared with a single trauma event. In addition to the defined symptoms of post-traumatic stress disorder (PTSD), people with complex PTSD are more likely to experience dissociation; alterations in memory, identity, and personality; negative self-concept; disturbances in relationships and impaired functioning (Cloitre, Stolbach, Herman, Kolk, Pynoos & Wang, 2009). Similarities in the pattern of psychological symptoms resulting from domestic violence are evident across cultures, with large-scale community surveys indicating that women who have experienced domestic violence are at higher risk of complex mental health difficulties and suicidal thoughts than women who had not experienced violence (Sharma, Vatsa, Kalaivani & Bhardwaj, 2019).

1.2 Risk Factor of Domestic Violence

Risk factors for domestic and family violence include individual, relationship, community, and societal issues. There is an inverse relationship between education and domestic violence. Lower education levels correlate with more likely domestic violence. Childhood abuse is commonly associated with becoming a perpetrator of domestic violence as an adult. Perpetrators of domestic violence commonly repeat acts of violence with new partners. Drug and alcohol abuse greatly increases the incidence of domestic violence. Children who are victims or witness domestic and family violence may believe that violence is a reasonable way to resolve a conflict. Males who learn that females are not equally

respected are more likely to abuse females in adulthood. Females who witness domestic violence as children are more likely to be victimized by their spouses. While females are often the victim of domestic violence, gender roles can be reversed. Domination may include emotional, physical, or sexual abuse that may be caused by an interaction of situational and individual factors. This means the abuser learns violent behaviour from their family, community, or culture. They see violence and are victims of violence (Martin Huecker, Kevin King, Gary Jordan, William & Smock, 2022).

In addition, financial hardship and unemployment are contributors to domestic violence. An economic downturn is associated with increased calls to the National Domestic Violence Hotline. Fortunately, the national rate of nonfatal domestic violence is declining. This is thought to be due to a decline in the marriage rate, decreased domesticity, better access to domestic violence shelters, improvements in female economic status, and an increase in the average age of the population (Harland, Peek-Asa & Saftlas,2021).

Besides that, a number of characteristics are thought to be present in perpetrators of domestic violence such as have a higher consumption of alcohol and illicit drugs habits result in the perpetrators unable to control their emotional. Besides that, the perpetrators will always be possessive, jealous, suspicious, and paranoid. They also always be controlling of everyday family activity, including control of finances and social activities. The perpetrators also have emotional dependence, which tends to occur in both partners, but more so in the abuser (Jiang, DeBare, Colomer, Wesley, Seaberry & Viner-Brown, 2018).

1.3 Effects of Gender Differences on Domestic Violence

Domestic violence is an issue of men hurting women and children or trying to have power over women and children. This is proven true in some of the studies and police reports. However, domestic violence is not unique to one gender. Attention given to domestic violence has typically been "males harming females," and in a lot of domestic violence publications, words for women are used interchangeably for "victim." The debate is ongoing on whether domestic abuse incurred by men should be given the same attention as that caused by men. Research commonly indicates that roughly 90 percent of domestic violence is caused by men within heterosexual relationships. This research, however, is based only on what is reported to authorities since men report a far lower proportion of the incidents in which they are a victim. Men also generally have a different definition of domestic abuse than women. Most men do not consider being slapped in the face by their partner as abuse, while most women do consider such an incident to be abuse (Valparaiso University, 2022).

Several studies have noted that one's mental state is an important factor that may influence domestic violence perpetrators (Bottino et al., 2015; Tian et al.,2018). For example, anger rumination can occur in both women and men and can subsequently influence domestic violence. Men have been found to have a higher rate of anger rumination (Maxwell et al., 2005). Studies show that, when faced with a stressful event, men have been found to have a higher tendency to project aggression and confrontation, while women are more likely to react to stress by seeking attention and comfort from their social group (Taylor et al., 2000). (Wang et al., 2019).

In addition, studies on men and women identified as domestic violence offenders have found gender differences in terms of the context and motivation for the use of violence, with women being more likely to use violence in the context of their own victimization (Hamberger & Larsen, Miller & Meloy, Simiao, Levick, Eichman, & Chang,), the pattern or nature of violence (Hester, Swan et al.,), their histories of victimization and perpetration, the risk of recidivism as a perpetrator or as a victim (Henning & Feder, Martin, Renauer & Henning, Simmons, Lehmann, & Cobb,) and the use of weapons (Brooks & Kyle, p. 3; Henning & Feder, p. 74; Melton & Sillito, p. 1105). An important area of gender difference that has

emerged in the literature is whether violence generates fear in the victim. Studies have found that female victims are far more likely to be fearful of male perpetrators than male victims of female perpetrators (Hamberger & Larsen, Hester, Melton & Belknap, Melton & Sillito).

1.4 COVID-19 as a Big Influence on Domestic Violence

COVID-19 pandemic may have cause major changes for many children and their families, not just because of the lockdown, restricted measures, social distancing, changing demographics, and the reduction of available health services (eterman A, Potts A, O'Donnell M, Thompson K, Shah N, Oertelt-Prigione S, van Gelder N.2020) but also due to the sudden and possibly long-term increase in child poverty and family uncertainty (Anser MK, Yousaf Z, Khan MA, Nassani AA, Alotaibi SM, Abro MM, Vo XV, Zaman K). The pandemic represents a global crisis not only for our health and economy but also for family well-being through a cascading process of factors that can drive, precipitate or exacerbate potential stressors (Prime H, Wade M, Browne DT).

A series of recent studies have indicated that exposure to stressors can lead to emotional, and physical damage, which may, in turn, place undue strain on the parent-child relationship (Deater-Deckard, 2004). Indeed, as parental stress levels rise, parents may be more likely to engage in harsh parenting (Beckerman, van Berkel, Mesman, & Alink, 2017), thereby increasing the risk of domestic violence (Martorell & Bugental, 2006; Rodriguez & Green, 1997). Parents will get angry easily and will be started to shout at the children and also abuse them even if they did nothing wrong but just ask their parent about their homework. Although COVID-19 is not the only problem that threatens society, it will likely have long-term negative impacts on today's children and families. The greater awareness of the impact of stress as we all experience a global pandemic offers an opportunity to better understand how stressors external to the family increase risk of domestic violence. As such, the main defect of this experience is the influence of risk and protective factors on parents' perceptions of stress and risk of child abuse potential during COVID-19 pandemic.

Overall, these studies highlight that lockdowns and movement control by the government have a very high risk of negative side effects for children, as evidenced by domestic violence, the true extent of which appears to be hidden by lockdown because they can't tell anyone about the domestic violence case. Rather than a 'missing epidemic,' perhaps a more suitable name for lockdown-related domestic violence is an unseen pandemic—hidden in plain sight. Previous studies have emphasized the short-term and long-term effects of lockdowns on domestic violence, adverse childhood experiences, and other social determinants of health are urgently needed to better understand the failures of COVID-19 response and mitigate the collateral damage for children. Given the UN projection that child abuse will stabilize at a higher level, immediate steps must be taken to eliminate any remaining lockdown-related disruptions to the timely detection, reporting, and prevention of further domestic violence.

2. Research Methods

Research in common parlance refers to a search for knowledge. The new Oxford English Dictionary (2010) define it as the systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions. Merriam Webster Dictionary define it as the collecting of information about a particular subject.

The study was conducted to navigate the domestic violence on youth’s mental health under the influence of COVID-19 pandemic by using online survey data. Our sample consisted of 185 respondents included student and non-student. The close-ended questions were designed to obtain the quantitative data. Respondents answer it by applying their own understanding, knowledge, and experience. Hence,

thought and idea of the respondents related to the aim can truly knew and showed on the result. The google form was utilized in order to gain the public responses virtually and rapidly. There were two parts set up in the google form, which is demographic respondent and main question. For the main question part, there were 9 multiple-choice questions was designed as it can easily answered as well as analysed. The google form was shared via online platform such as Whatsapp and Telegram as difference kinds of peoples had an opportunity to response it. Before analysed, the gathered data was prepared. The instruments that utilized to analyse the data is Microsoft Word and Microsoft Excel as it was the useful tools to analyse and express it systematically.

3. Result and Discussion

The research was conducted based on knowing the extent to which domestic violence has occurred during COVID-19 pandemic among youth. We conducted our survey by online, namely distributing questionnaires via google form.

Table 1: Demographic Respondent

Statistics Variable	Category	Frequency	Percentage (%)
Gender	Female	123	66.50
	Male	62	33.50
Age	15 - 18	12	6.50
	19 - 21	167	90.30
	22 - 24	4	2.20
	> 24	2	1.00
Race	Malay	97	52.40
	Chinese	83	44.90
	Indian	3	1.60
	Other races	2	1.10
Category people	Student	172	93.00
	Non-student	13	7.00

Based on the Table 1, it shown the respondents' personal data regarding to the gender, age, race and category student or non-student. There were 185 respondents in all participated in the survey form. About 66.5% was made up of female respondents whereas the remaining 33.5% was made up of male respondents. Since our research is primarily focused on Malaysian's youth so our poll specifically selected participants who were between the ages of Generation Z. About 90.3% of respondents was made up of 19 to 21 years old, 6.5% of respondents was made up of 15 to 18 years old, 2.2% of respondents was made up of 22 to 24 years old and the rest was made up of above 24 years old. The participants were predominantly Malay with 52.4%, followed by Chinese with 44.9%, Indian with 1.6% and other races with 1.1%. Most of the participants were still a student (93%), while the rest were non-student (7%).

Table 2: Main Question

Question	**Frequency**	**Percentage (%)**
1.Have the respondents experienced domestic violence before?		
No	144	77.80
Yes	41	22.20
2.What kind of domestic violence do you think happen frequently during the pandemic COVID-19?		
Emotional abuse	81	43.80
Financial abuse	49	26.50
Physical abuse	21	11.40
Social abuse	17	9.20
Verbal abuse	10	5.40
Sexual abuse	7	3.80
3.In your opinion, what is the main cause contribute to domestic violence during the pandemic COVID-19?		
Job loss	86	46.50
Emotional perpetrator	36	19.50
Low household income	34	18.40
Broken family relationship	29	15.70
4.In your opinion, what is the gender that lead to domestic violence during the pandemic COVID-19?		
Male	140	75.70
Female	45	24.30
5.In your opinion, what is the main psychological impact of domestic violence?		
Attempt to suicide	84	45.40
Abnormally talk and act	54	29.20
Insomnia	26	14.10
Become autistic	21	11.40
6.What do you think the best method to deal with the problem?		
Seek help from teachers and counsellors	83	44.90
Seek help from friends	58	31.40
Call the police	30	16.20
Disclose it on the social media	10	5.40
Run away from home	4	2.20
7.What do you think the best way to recover back the mental health of victim?		
Accompany and encourage the victim	88	47.60

Engage in social activity	36	19.50
Learn new habit or skill	23	12.40
Having enough daily sleeping time	15	8.10
Exercising	13	7.00
Meditation	10	5.40
8.What do you think the best prevention method of domestic violence?		
Family members should tolerate to each other	128	69.20
Government should emphasize the education on prevention of domestic violence	43	23.20
Social media should promote actively about the importance of harmonious family	11	5.90
Non-profit organisation should help on promoter gender equality	3	1.60
9.Does the pandemic COVID-19 has an big impact on increasing cases of domestic violence?		
Yes, it does	171	92.40
No, it doesn't	14	7.60

Based on the Table 2, it shown the questions related to the topic of the study. The respondents were asked a "yes or no" question to determine whether they have experienced domestic violence in life especially during the pandemic occurred. According to the results, about 22.16% of respondents answered "yes" for this question whereas the remaining 77.84% of respondents never experienced domestic violence. Even though only 22.16% of respondents acknowledged having experienced in domestic violence, the number was still extremely high and considered as critical case. We assumed that every respondent completely provided unbiased responses. About 43.80% of respondents agreed that emotional abuse was the most common type of abuse took place in the midst of COVID-19 pandemic. Then, about 26.50% of respondents were agreed on financial abuse, 11.40% of respondents were agreed on physical abuse, 9.20% of respondents were agreed on social abuse whereas the remaining respondents agreed on verbal abuse and sexual abuse. Job loss is the main cause of domestic violence during COVID-19 pandemic, accounting for 46.5% of respondents. Emotional perpetrators come in second place with 19.50%, followed by low household money with 18.40%, and broken family relationship with 15.70%.

Subsequently, males (75.70%) were more likely than females (24.30%) to be the perpetrators of domestic violence in the midst of COVID-19 pandemic. It is undeniable that domestic violence has a major psychological impact on victims, with attempts at suicide (45.40%), abnormal talk and act (29.20%), insomnia (14.10%), and autistic development (11.40%). Meanwhile, seeking help from teachers or counsellors, according to 44.90% of respondents, is the best course of action to deal with the issue. It followed by 31.40% of respondents requesting a friend for help, 16.20% of calling the police, 5.40% of posting about the problem on social media, and 2.20% of running away from home.

Furthermore, the survey indicated that the best way to help the victim regain their mental health was to accompany and encourage them which accounted for 47.60%, then followed by getting them involved in social activities (19.50%), teaching them a new habit or skill (12.40%), ensuring they get enough sleep each night (8.1%), engaging in exercise (7.00%) and practising meditation (5.40%). According to 69.2% of respondents, toleration among family is the best strategy to prevent domestic violence, followed by 23.20% of government should emphasize the education on prevention of domestic

violence, 5.90% of social media should promote actively about the importance of harmonious family and 1.60% of non-profit organisation should help on promote gender equality. In closing, 92.40% of respondents concur that COVID-19 pandemic has had a significant influence on the rising in domestic violence incidents, whereas 7.60% of respondents disagree with this assertion.

In this research, we used COVID-19 pandemic as a predictor of domestic abuse. We were assumed that COVID-19 indirectly influenced the sudden increase in domestic violence among Malaysian youth due to the new norm during the pandemic. The result shown that the incidence of emotional and financial abuse among youth in Malaysia amid COVID-19 were found to be 43.80% and 26.50% respectively. It is irrefutable that COVID-19 virus spread far outside the boundaries of medical facilities, unlike prior virus outbreaks of the twenty-first century such as SARS and MERS, which were predominantly spread in hospital contexts. With the entire population in danger, the essential restraints have produced an extraordinary situation that is characterized by anxiety and uncertainty. While fear is a crucial adaptive strategy that mankind has developed to deal with environmental risks, it can only be helpful for individuals who feel equipped to handle the threats that are especially targeted at them. Fear can set up defence mechanisms in people who feel they could not handle such hazards. The stigmatization and discrimination of people who are COVID-19 infected or showing symptoms is also a negative effect of dread. Moreover, economic depression due to COVID-19 were undeniable, the suddenly and possibly long-term increase in unemployment has precipitated or exacerbated potential stressors. In our study, respondents who had low household incomes were more likely to experience abuse. Findings align with the previous study where children born in families with low socioeconomic status were 14 times more likely to experience maltreatment than those in higher quartile. Findings reported that men are more likely than women to commit acts of domestic abuse. Numerous studies have indicated that a person's mental condition is a significant component that may impact those who commit domestic violence. For instance, both men and women who experiencing angry rumination, which will contribute to domestic violence. Studies has shown that men ruminate about their anger more frequently and more inclined to react to stressful situations by projecting hostility and conflict whereas women are more likely to seek comfort and attention from their social circle. The unequal status of men and women is the main contributor to domestic violence. The idea is that women should be economically reliant on men and that children and women are a man's property under his control are examples of this imbalance. Therefore, people with higher strata and more power often use violence against people with lower status and less power.

The findings indicated that the majority of respondents concur that COVID-19 pandemic has led to the rising in domestic violence cases. Due to COVID-19's restrictions on staying at home, people are compelled to coexist in small areas for an endless period of time. The condition provided an opportunity to abusers to further exploit victims' rights. Job loss is the main cause of domestic violence in COVID-19 pandemic as it would severely disrupt household finances. This throws the system out of whack and compels the couple to hold tightly household budget, which creates the potential of conflict. Additional stress deriving from income uncertainty and a sense of unworthiness potentially aggravate that potential. Meanwhile, family members tend to spend more time together if either is unemployed, and thus it increases opportunities for violence.

Domestic abuse often escalates from threats and scolds to violence. Constantly physical harm may endanger the victim on emotional and psychological aspects. This can result in a victim's sense of worth or self-esteem being hurt. The anxiety and grief associated with domestic abuse can leave victims feeling hopeless and isolated. The findings shown that suicide attempts are the most common consequence of domestic abuse. Subsequently, physical and emotional abuse is the most typical type of domestic violence. The abuser beats, slaps, punches victims, restrict them from freedom or intimidate, threaten, or devalue them causing physical and psychological harm to them. For instance, abusers may threaten their victims with death and public disgrace if they did not follow their instruction. Victims

always brutally criticized by perpetrators. These actions make victim strongly believe that they are the fault to an affair. Forcibly isolating victims and forbid them from contacting friends or relatives are both examples of domestic violence. The victim's sense of inner power is damaged by isolation, which makes them feel weak and unable to combat. They undergo a high risk for depression, eating disorders, and other negative impacts. Ultimately, they end their lives.

4. Conclusion

The outbreak of COVID-19 pandemic has been a catalyst to the rising of domestic violence incidents. The study examines the reasons for the significant increase in domestic violence under COVID-19 pandemic. It is undeniable fact that severe financial pressures become one major problem to people especially those in the retail and tourism sectors who lost almost all their income while their health was at risk, and finally some people choose to vent their stress through domestic violence.

There is no doubt that domestic violence has an indelible psychological impact on young adult. Therefore, it is necessary to formulate reasonable policies to solve this social issue. Firstly, the government should establish a series of comfortable policies to support the development of small, medium and large enterprises so that these companies can provide more jobs to people and then it can solve people's economic problems. Besides, educationalists, sociologists and psychologists should be active on various social media platform to teach people about the right way to address and regulate their emotions and ask for help if someone experiences domestic violence. In addition, schools should provide regular professional training for teachers as not only they are the people who have the longest contact with students apart from their parents but are also the ones who are most likely to seek help from youth’s victim. They also need to reassure young people and protect them in the right way.

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40 The Effect Of Eating Disorders On Youth Mental

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ABSTRACT:

This paper seeks to answer a general question, ``What is "The effect of eating disorders on youth mental health?". The paper focuses on youth health perspectives. We also intend to examine how eating disorders impact youth mental health. We find that most of the literature on psychosocial eating disorders can be difficult to detect and treat because individuals typically keep them a secret. The significant indirect relationship again highlights that eating disorders impact youth satisfaction. A purposive sampling technique was applied to select the respondents for this study. The data were drawn from **128** young academician students in universities Sains Malaysia (USM) and also at research universities. These findings revealed that individual consideration should be given to all forms of treatment, including psychotherapy and pharmaceuticals.

Keywords: Effect of eating disorder, Mental Health, Youth.

INTRODUCTION:

Eating disorders are serious mental health conditions and are not due to a character flaw, weakness, ungratefulness, or just a lack of control. Because of the lack of awareness, and stigma, only a small minority of people with an eating disorder received mental health treatment, and many cases go undetected by healthcare professionals. Consequently, eating disorders often take a chronic course, and result in go physical health problems **(Directed Therapeutics: 2020).**

Eating disorders included anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant restrictive food intake disorder, other specified feeding and eating disorder, binge eating disorder (pica), and rumination disorder **(Mette Bentz 2022).** Overall, eating disorders affect up to 5% of the population, most commonly developing in adolescence and young adulthood **(Alexandra D. Convertino, Aaron J. Blashill 2021).** In Malaysia, 818 participants (aged 18-73 years) were assigned eating disorder diagnostic categories of whom 0.8% tested positive for anorexia nervosa, 1.4% for bulimia nervosa,

0.1% for binge ED, 51.4% for other specified feeding or ED, and 4.8% for avoidant/restrictive food intake disorder. Gender was equally represented in the high-risk and overall categories of ED. It is of concern that more than 50% of Malaysians reported symptoms of an eating disorder **(Natasha L Burke 2022)**. Eating disorders are often associated with preoccupations with food, weight, or shape or with anxiety about eating or the consequences of eating certain foods. Behaviours associated with eating disorders include restrictive eating or avoidance of certain foods, binge eating, purging by vomiting or laxative misuse, or compulsive exercise. These behaviours can be driven in ways that appear similar to an addiction.

LITERATURE REVIEW:

Through a literature review, this section will discuss the effect of eating disorders, in which several scholars agree that they are mainly concerned with youth mental health and the effect of eating disorders. Our study will help progress eating disorders research by exploring the mental states of Malaysia's youth and their mindset toward the effect of eating disorders on mental health and will shed light on the direct effect of eating disorders on the development and progression of mental illness. Thus helping to discover ways to reduce it in the future.

Introduction eating disorders are a serious problem affecting young people today, especially those who are overweight or obese. These problems include Depression, anxiety, and self-esteem issues; poor eating habits; and low self-esteem. There is no cure for eating disorders, but treatment is possible. This study aims to explore the psychological effects of eating disorders on individuals. This paper aims to explore the causes of eating disorders and how they can be treated as mental illnesses. Methods: We systematically reviewed the literature on eating disorders and related behaviours among adolescents. We found that eating disorders were most prevalent among females and males between the ages of 18 and 25**.** In an era where social media has become a prevalent method of interaction, it is essential to conduct studies that will further the knowledge of how to have healthy and safe interactions online.

2.1 Self-esteem as a reason for eating disorders

Self-esteem will impact our lives in myriad ways, from theoretical and business success to relationships and mental state. Self-esteem is not an immutable attribute; successes or setbacks, both physical and business, will fuel variations in our perceptions of self-worth. Everyone has the experience, but the mental resource appears to grow and come in systematic ways across life. Research indicates that self-esteem rises by varying degrees, until age 60 when it remains stable before starting to fall at an older age. In fact, **(Sarah Vanbuskirk, 2021)** has found that having high self-esteem is vital to a successful, happy life. For example, if you have low self-esteem, then your life may be less enjoyable than if you had high self-esteem. This can lead to depression, anxiety, and even suicide.

You may not feel too confident when you try to expose yourself in public with your image. You think people will judge you or think they are better than you. But the truth is they don't care what others think of them because they are afraid of being judged. It's important to know how much confidence you have in yourself. Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women. Having BMI above 50 is considered to be a sign of low self-esteem. It is important to know that this definition does not include all individuals, but includes those with low self-esteem. If someone has a BMI below 60, they may feel like they are not good enough for others. In addition, some people may feel that they do not fit in. This may make the person who is underweight or overweight obsessive to have a normal BMI. In 1997, the physician Steven Bratman first described orthorexia Nervosa (ON) as a condition characterized by a pathological obsession with healthy or “pure" eating and proper nutrition **(Nicole Thaiposri, 2020).**

2.2Effect of gender difference on eating disorder

Most studies suggest that women are more likely to have a problem with eating disorders than men **(Nicole Thaiposri, 2020)**. This is because women are more prone to Attention Deficit/Hyperactivity Disorder (ADHD), and it gets worse because women can get ADHD even without these "disruptive" symptoms that determine the application for help **(Riv Psychiatr 2022).** ADHD is one of the most commonly diagnosed childhood disorders, characterized by problems related to attention, hyperactivity, and impulsivity. The disorder is estimated to be prevalent in the child population worldwide, accounting for 5.29% of the total population. For example, body image is more important for females than males, as females with good body image are more attractive and have more self-confidence. Research has shown that Asian women agree with Western ideals of beauty and are similarly dissatisfied with their bodies as white women **(J eat Disord 10, 2022).**

3.0 RESEARCH METHOD:

Respondent profiles

The respondents were young undergraduates who are studying on our main campus of Universiti Sains Malaysia (USM). Most of the respondents, around 97 people, were female compared to male **31** people. A total of 128 people out of **93%** of respondents were between 18 to 25 years old.

The respondent's demographic profile is illustrated in Table 1.

Table 1 Profiles of Respondents

Demographic variable	Category	Frequency	Percentage (%)
Age	15 18-25 26-35 36-45 86	1 119 4 3 1	0.8 93 3.1 2.3 0.8
Gender	Males Female	31 97	24.2 75.8
The cause of most people suffering from eating disorders	Poor Body Image Depression Life Altering Events Obsession with diet	47 39 16 26	36.7 30.5 12.5 20.3
The majority of people prefer the what type of prevention	Psychotherapy Nutritional Counselling Mediation	65 45 16	50.8 35.2 14.1
Type of eating disorders	Anorexia Nervosa Bulimia Nervosa Binge Eating disorders	48 64 16	37.5 50 12.5

The potential sign of eating disorders	Intake of large amounts of foods Fear of gaining weight Abnormal Electrolyte levels Feeling always Fat	20 58 11 39	15.6 45.3 8.6 30.5
The effects of eating disorders	Depression Anxiety Poor Concentration Seizures Problem in sleeping	58 39 8 6 17	45.3 30.5 6.3 4.7 13.3

Data Collection

Categories	Percentage (%)
• Anorexia Nervosa	• Males 12 Females 36
• Bulimia Nervosa	• Males 16 Females 48
• Binge Eating Disorders	• Males 4 Females 12

From our data collection, we can see that most people with an eating disorder are Female compared to males because the percentage of females is higher than males.

Results and Discussion

Table 1 summarizes the demographic information of the **128 respondents** in this study.

(Demographic profiles of respondents (N = 128)

Gender	**Frequency**	**Percentage (%)**
Male	31	24.2
Female	97	75.8
Age		
18	0	0
18 - 25	119	93
26 and above	8	6.2

The demographics surveyed comprised 24.2% males and 75.8% females, all over 18 years old. More than half of the respondents were female **(97%).** The majority of respondents **(93%)** were of the age group ranging from **18 to 25 years**. As our research is primarily related to the youth (of Malaysia), our survey intentionally targeted participants whose ages were within the Generation Z range. Most Malaysian respondents to this survey were between 18 and 25 years old, which contributed to **93%** of

the survey. Only **6.2%** were over 26 years of age, and none were under 18 years of age.

Type of eating disorders

Eating disorders are a group of related conditions including extraordinary nourishment and weight issues, but each cluster has interesting side effects and diagnosis criteria. There are many types of eating issues.

Anorexia Nervosa

People with anorexia nervosa greatly restrict food and calories. They can have anorexia at any body size. It is characterized by an obsessive desire to lose weight and a refusal to eat healthy amounts of food for their body type and activity level. Based on the surveys, the percentage of individuals suffering from anorexia nervosa is **37.5%.** This is due to biological, environmental, and psychological factors. Some of the following symptoms may develop related to starvation or purging behaviour: a relentless pursuit of thinness and unwillingness to maintain a healthy weight. Other symptoms include intense fear of gaining weight or persistent behaviours to avoid gaining weight, despite being underweight and causing abnormal counts. They can prevent anorexia by doing medical treatment appointments with primary care physicians.

Bulimia Nervosa

People diagnosed with bulimia nervosa eat or perceive they ate large amounts of food over a short time. Afterward, they may force themselves to purge the calories in some way such as by vomiting, using laxatives, or exercising excessively to rid their body of the food and calories. Bulimia nervosa shows the highest percentage in the type of eating disorder which is **50%.** This is caused by environmental stress, depression, or anxiety in people nowadays. Next, a symptom is continuously vomiting or exercising too much to keep from gaining weight. The seriousness of bulimia is decided by the number of times a week that we simply cleanse, usually at least once a week for the slightest three months. Individuals can prevent anorexia by avoiding extreme diets and living in a peaceful environment.

Binge eating disorder

Binge eating disorder is characterized by a person experiencing a loss of control over their eating. The percentage of binge eating disorders is only **12.5%** because only several people are on an excessive diet. When you have a binge-eating disorder, you regularly eat too much (binge) and feel a lack of control over your eating. They may eat quickly or eat more food than intended, even when they are not hungry, and they may continue eating even long after they are uncomfortably full. After a binge, they may feel guilty, disgusted, or ashamed of their behaviour and the amount of food eaten. But they do not try to compensate for this behaviour with excessive exercise or purging, as someone with bulimia or anorexia might. Embarrassment can lead to eating alone to hide their binging. They need to see a specialist to do a treatment before it gets worse.

POTENTIAL SIGNS OF EATING DISORDER

Intake of large amounts of food

When someone has a binge-eating disorder, they regularly eat too much and feel a lack of control over their eating. Binge eating leads to obesity, it can have serious health consequences if left untreated. They may eat quickly or eat more food than intended, even when they are not hungry, and they may continue

eating even long after they are uncomfortably full. It is a common sign of binge eating disorder, where they eat large amounts of food in a short time. In addition, other signs include eating large amounts of food despite not feeling hungry. Based on the category frequency, intake of large amounts of food is the second lowest among the other potential, which is **19.84** and its percentage is **15.60%** out of **128 people**.

Fear of gaining weight

Anorexia is a potentially life-threatening eating disorder characterized by abnormally low body weight, intense fear of gaining weight, and distorted perception of weight and shape. People that fear gaining weight excessively limit calories or use other methods to lose weight, such as excessive exercise, using laxatives or diet aids, or vomiting after eating. Efforts to reduce their weight, even when underweight, can cause severe health problems. This sign is the highest category frequency and percentage among the other signs which is **57.98** for category frequency and **45.30%.**

Abnormal electrolyte levels

Electrolytes like calcium, sodium, and potassium help your body transmit electrical impulses, and they move from cell to cell through fluids in our tissues. If our hydration levels rise or fall dramatically, we could develop electrolyte issues. Unfortunately, this is common in people with bulimia. Almost half of all people with bulimia have electrolyte imbalances. Based on our survey, abnormal electrolyte levels are **11.01** and its percentage out of **128** people is **8.60%** which is the lowest potential sign among the other signs. People with bulimia may not recognize electrolyte issues right away, but when the problem is severe, the signs are significant and hard to ignore.

IMPACT OF EATING DISORDERS

Depression

Depression is a common mental health condition that affects our thoughts, feelings, and physical body. Youth with depression often feel sad, flat, or irritable. Some people with an eating disorder eat very small amounts of food. This can lead to being undernourished, which may be a risk factor for depression. Based on a survey that we had conducted, Depression is the highest frequency with **58** out of **128** respondents compared to others such as poor concentration **6.3%,** seizures **4.7%,** and more. Depression in youth who are suffering from eating disorders also can make it harder for them to shop for their groceries, cook for themself, and even which can worsen eating disorder symptoms.

Anxiety

Anxiety also can be on the list of the most effective on youth mental health. This is because Anxiety also disorders from a category of mental health diagnoses that lead to excessive nervousness, fear, apprehension, and worry. Anxiety disorders are also common in youth with eating disorders. Youth with anxiety disorders have intense persistent fears that interrupt their day-to-day life. Having an anxiety disorder may be a risk factor for developing an eating disorder. People with eating disorders have at least one anxiety disorder. This can be seen in a survey that we conducted on about **30.5%** with **39** frequency of youth suffering from anxiety. Most of the time, anxiety symptoms appear before the eating disorder and last even after the eating disorder is treated.

PREVENTION OF EATING DISORDERS

The treatment of depression is frequently multi-faceted and consists of both psychotherapy and pharmacotherapy. To recover from eating disorders as quickly as possible, it is imperative to seek professional help. This type of management approach depends on the patient's needs, and it may include any or all of the following:

- Psychotherapy
- Medication
- Nutritional Counselling

Psychotherapy

Psychotherapy, or talk therapy, is a way to help people with a broad variety of mental illnesses and emotional difficulties. Psychotherapy can help eliminate or control troubling symptoms so a person can function better and can increase well-being and healing. The most appropriate psychotherapy for a youth suffering from mental disorders related to these conditions should be determined by a doctor and a mental health professional. Based on the survey it's shown that psychotherapy is beneficial for increasing self-esteem and body image since this enhances self-esteem. Of the majority of **128** people, **65** of them prefer psychotherapy as their prevention of eating disorders which means this prevention is the highest percentage with **50.8%** among the other two prevention. Additionally, it is also helpful in treating other disorders, such as addiction to substances and bipolar disorder.

Medication

Medications can't cure an eating disorder. Antidepressants are the most common medications used to treat an eating disorder. At the moment, there are no medications on the market that can treat the choice of restriction alone. The majority of people who suffer from this eating disorder also suffer from depression, anxiety, and many other health issues that are associated with eating disorders. An example of how a depressed person can improve their condition would be if they take the medication in their free time. Based on the survey, out of **128** people**, 18** of them prefer medication and its percentage is the lowest which is **14.10%** compared to psychotherapy and nutritional counselling. The medication prescribed to those with anorexia nervosa often serves as a means of reducing the symptoms of other mental health conditions as well as assisting them with weight gain. Consequently, they will be able to improve their thoughts about themselves and food as a result.

Nutritional counselling

Nutritional counselling is an ongoing process in which a health professional, usually a registered dietician, works with an individual to assess his or her usual dietary intake and identify areas where change is needed. Those who suffer from this eating disorder may be able to make an appointment with a dietician trained in eating disorders at any hospital to receive treatment for the eating disorder. In turn, this will help them to become healthier eaters. All individuals diagnosed with eating disorders, including anorexia nervosa, bulimia nervosa, and binge eating disorder, may benefit from nutrition therapy as part of their treatment plan. As a result of the survey **35.10%** out of **128** people which is **45** people choose nutritional counselling as their prevention of eating disorders. Some of them prefer nutritional counselling because nutritional therapy involves the replacement of vitamins and minerals as part of the treatment process. Zinc, in particular, enhances the rate of recovery and helps reduce anxiety and depression. Calcium and vitamin D supplements and the cautious use of bisphosphonates like etidronate are recommended for reversing osteoporosis. Oral multivitamins and multi-mineral supplements are

recommended.

CONCLUSION

To summarize, we should prevent eating disorders because they can seriously impact our health and lead our life to death if we don't take early action. There are simple ways that can help youth to prevent eating disorders which are building healthy eating habits, fostering good self-esteem and body image, and understanding the risk factor of eating disorders. These 3 simple ways will surely help you to prevent eating disorders if you determine and love your life.

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41 The Effects and Causes of Cyberbullying on Youth Mental Health

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Abstract

Cyberbullying is a common issue faced by many countries, including Malaysia. The growth of modern science and technology and mass media has dramatically increased internet users, and this online phenomenon has increased cyberbullying incidents worldwide. Many people become victims of this new type of violence, especially youth. This study aimed to determine the effects and causes of cyberbullying on youth mental health and provides directions for future research. The method we used to collect data is a survey, and 102 youth from University Sains Malaysia (USM) around 18-35 years old became respondents. The result showed that lack of empathy is the leading cause of cyberbullying, and depression and anxiety is the usual consequence of cyberbullying on youth mental health. This study can help further understand the causes and consequences of cyberbullying on youth mental health, and preventive measures and treatment for cyberbullying victims can be advanced.

KEYWORDS: Cyberbully, Cyberbully incidents, Victim, Youth, Cause, Consequence

Introduction

The online environment and the context of the times

With the development of modern science and technology and mass media, many new technological products are also undergoing a new round of optimization and upgrading. Along with the iterations of technological products and the continuation of the epidemic, we are amid a heyday of the social and cultural wave of the internet. With the continuous development of human civilization forward, the era of big data has come into being. The popularity of the internet has to a large extent, met the basic needs of people to adapt to the new era of the world and to guide them in their practical actions to understand and transform it. Over the past year, there has been a 7.6 % increase in the number of internet users, who now number 4.72 billion, or more than 60 % of the world's population, and the internet is used by more than 6 in 10 people worldwide (Kemp, 2021). However, it is undeniable that the anonymity of the internet has made it possible to highlight the problem of online violence. In a sense, cyber violence is a new form of an online phenomenon. Still, it is also an extension of traditional violations of rights online, ultimately reflecting the phenomenon that even ordinary people in this data society can always act as commentators to criticize other's lifestyles with self-held justice.

What are Cyberbullying and Online abuse?

Cyberbullying refers to the violence committed by Internet users in the virtual space of the internet, which is an extension of the violence in real society on the internet. It is a general term for the behavioural phenomenon of posting hurtful, insulting, and inflammatory words, pictures, and videos on the internet. Cyber violence is different from real-life violence in which fists and feet fight with flesh and blood and is a form of harm and slander against others in internet space in the form of words, language, and pictures.

Why is Cyberbullying catching so many people's attention in Malaysia?

It's the fact that school bullying is not a problem faced by Malaysia alone; this is also a problem faced by many countries all over the world. No government can claim that their school is 100% immune from such problems. But, according to the report released by the National Human Rights Commission, there were more than 14,000 cases of school bullying between 2015 and 2018, and the number increased by 620 between 2016 and 2018 (*Standing together to curb bullying*, 2018). The current facts have proved that school bullying is increasingly out of control, and the situation is still getting worse year by year.

Malaysia's awareness of cyberbullying is as high as 85%. Nearly half (47%) of Malaysian parents know of a child in their community who has experienced cyberbullying; one in 4 Malaysian parents (23%) said their child had been cyberbullied, and 71% of bullying happens on social networking sites. The report also pointed out that 51% of cyberbullies globally are the victim's classmates, and Malaysia is close to this global average at 53% (Ghazali et al., 2017).

The Ministry of Health of Malaysia disclosed in its 2020 summary report that one out of every five students in the country suffers from mental illness, and the severity of these diseases comes from various physical attacks and mental oppression. It will most likely cause life-threatening to the victim (Ministry of Health Malaysia, 2020).

Why do we need to stop Cyberbullying from happening in school?

The mental health of young students has always been regarded as one of the key projects by colleges and universities in various countries around the world. In Malaysian universities, both internally and externally, the university management is very concerned about students' personal growth, not only on the physical level of the students but also on the double cultivation of the school atmosphere and the personal psychological level of the students.

As the main demographic of the youth population, undergraduates and bachelors within the university will be the main talent pipeline in Malaysia. These graduates will then reflect on the performance, productivity, and quality of a university. They will be the main group of Malaysian society that has become a mirror reflecting the country's workability, economic level, population quality, and other aspects in the future.

We are facing a world made by the internet right now. Since the day the internet appeared, this situation has gradually become worse and worse, by now behind the shadow of every page, and causing countless losses and costs for so many families monthly, and this is distressing.

Therefore, we hope to review the current situation of domestic online public opinion in Malaysia through this article aimed at young people, especially university students, on how cyberbullying affects their mental health. We hope that the results will help alert society to the serious destructiveness of cyberbullying.

Literature review

Cyberbullying is bullying that occurs through the use of digital technology such as cell phones, computers, and tablets. Cyberbullying can take place via SMS, text, and applications, as well as online in social media, forums, and gaming, where people can see, participate in, or exchange content. Cyberbullying is defined as sending, uploading, or spreading negative, harmful, or mean content to another person. It can include publishing personal or private information about another person, creating

shame or humiliation (stop bullying.gov, 2021). Our emotional, psychological, and social well-being all contribute to our mental health. It has an impact on how we think, feel, and act (Centers for Disease, 2021). According to the research, the respondent believes that the cause of cyberbullying is people's lack of empathy. People who lack empathy frequently struggle with relationships and may be less likely to treat others kindly or to feel awful after doing something damaging to someone (Duffel et al., 2013). Then the researchers also researched the effect of cyberbullying on mental health. From the research, the most popular answer by the respondent about the effect of cyberbullying on mental health is depression and anxiety. Online bullying feels more permanent, especially when it occurs through social media posts that do not erase quickly. It might result in overwhelming emotions of vulnerability and anguish (Kaspersky, 2022).

Method

This research data is coming from 102 youth who are studying at University Sains Malaysia (USM). We use the platform "Google Form" to get the data from the respondent. Data is collected through research by observing respondents in order to determine the effects and causes of cyberbullying. Respondents are able to choose the answer of their choice for every question. Apart from that, researchers also collected information and data from the internet.

Result and discussion

These are the questions asked and responses we received from our survey. (n=102)

Question	Choices	Frequency	Percentage
Gender	Male	37	36.3%
	Female	65	63.7%
Age	18-25	98	96.1%
	26-35	4	3.9%

Table 1

Question	Choices	Frequency	Percentage
Definition of cyberbullying	Sending mean text	52	52/102 x 100 = 51%
	Spread rumours	34	33.3%
	Prank	14	13.7%
	Spread indecent picture	1	1.0%
	An action that hurts someone	1	1.0%

Ever involved in cyberbullying as a victim	No	62	60.8%
	Yes	19	18.6%
	Maybe	21	20.6%
Will they notify their parents / guardian	No	40	39.2%
	Yes	37	36.3%
	Maybe	25	24.5%
If they are a victim, who will they contact?	Friends	52	50.98%
	Not related	48	47.06%
	Neighbours	2	1.96%
Reasons why they are unsure whether or not to tell	Scared	32	31.37%
	Not related	55	53.92%
	Felt shameful	13	12.75%
	Take it as a lesson	1	0.98%
	Believe that they can handle it on their own	1	0.98%
Their opinions on how often cyberbullying happens now	All the time	76	74.5%
	Sometimes	19	18.6%
	Not at all	7	6.9%
Causes of cyberbullying	Lack of empathy	66	64.7%
	Bored	58	56.9%
	Believe that they will not get caught	57	55.9%
	Peer pressure	49	48.0%
	Lack of attention	1	1.0%
Consequences of cyberbullying	Depression and anxiety	80	78.4%
	Lower down self-esteem	71	69.6%
	Anti-social	58	56.9%
	Suicidal thoughts	57	55.9%

	Stress	53	52.0%
	Academic stress	40	39.2%
	Change in behaviours	35	34.3%

Table 2

The purpose of our study is to determine why and how cyberbullying affects the mental health of youth. According to our study findings, cyberbullying is associated with mental health issues among youth. This indicates that there is a strong link between cyberbullying and mental health (Hinduja, S. & Patchin, J. W., 2021). Cyberbullying will have a significant impact on youth.

According to table 1, the total number of respondents is 102, with 63.7% female respondents and 36.3% male respondents. Our survey targeted youth at age 18 to 35. The majority of the respondents were between the ages of 18 and 25, accounting for 96.1%, and 3.9% were between the ages of 26 and 35. The reason for this is that the majority of University Sains Malaysia (USM) students are between the ages of 18 and 25.

In relation to table 2, there are 62 individuals which consist of 60.8% never involved in cyberbullying, whereas there are 19 individuals (18.6%) admit that they are the victims of cyberbullying. Even though the percentage of cyberbullying victims is low, we must not take it easy because this is a serious phenomenon that affects people all around us. If there is no control over this issue, this percentage could rise at any time. Meanwhile, another 20.6% of people are unsure whether they are victims of cyberbullying.

Along the survey, 74.5% of respondents agree that cyberbullying happens all the time, and 18.6% said that cyberbullying occurs only occasionally. A small percentage of 7.9% of respondents said that cyberbullying does not occur. Cyberbullying involves hurting someone else using information and communication technologies. This may include sending harassing messages (via text or the Internet), posting disparaging comments on a social networking site, posting humiliating pictures, or threatening/intimidating someone electronically (Nixon, 2014). Verbal violence is observed as one of the most common acts of cyberbullying, including verbal offensive responses, insults, mocking, threats, slander, and harassment (Zhu et al., 2021). Therefore, a question was asked about how people define cyberbullying, and the results were sending hurtful texts (51%), pranks (13.7%), spreading rumours (33.3), spreading indecent pictures (1%) and doing something that hurts someone (1%). By this, we can see that some people are aware of the existence of cyberbullying and are able to define it.

We are also concerned about whether youth will take action to notify their parents or guardians if they are victims of cyberbullying, and the results of our survey revealed that 36.3%% of respondents chose to tell their parents while 50.98% chose to tell their friends instead. This showed a positive review because most youths choose to get help from others rather than keep it to themselves. Furthermore, 39.2% choose not to tell their parents for a variety of reasons, including fear (31.37%), shame at being a victim (12.75%), confidence in their ability to handle themselves (0.98%) or viewing it as a learning experience (0.98%).

A variety of factors can contribute to cyberbullying. The majority of people, 64.7% identify a lack of empathy as the leading cause of cyberbullying. Next is boredom with 56.9% which causes them to have the desire to try a new online identity. Then, 55.9%, believed they were unlikely to be caught, followed by 48% of peer pressure, and a lack of attention, 1%. The phenomenon of cyberbullying occurs as they

do not have to be responsible for their actions because they can stay anonymous. Perpetrators of cyberbullying find it easier to remain anonymous, and may have greater accessibility to the victim due to the 24/7 nature of social media and digital communications (Talwar, 2022).

Depression and anxiety stand the highest which is 78.4% as the consequence of cyberbullying. Depression and anxiety will impact the focus and concentration levels of youth. Lower self-esteem comes next, contributing to 69.6% of the problem, followed by antisocial behaviour (56.9%), suicidal thoughts (55.9%), stress (52.0%), academic problems (39.2%), and changes in behaviour, such as using drugs and smoking, (34.3%).

Conclusion

From this study, we noticed that most of the 102 respondents from University Sains Malaysia were between 18 and 25 age-old, and most were female. Based on the survey, the number of respondents who became a victim of cyberbullying is less than the number of respondents that not involved in cyberbullying as a victim. With this development of technology, Online communication has become a centrepiece in society's life. Based on the study, most respondents agree that cyberbullying always happens, and it may occur through the use of digital technology by sending mean text and spreading rumours and pranks.

The study's result has demonstrated specific causes of youth mental health. According to the survey, lack of empathy is the leading cause of cyberbullying incidents. Next is boredom, believing they will not get caught, followed by peer pressure and lack of attention. Many online users take the opportunity to spread rumours and hate speech on social media. As cyberbullying has become more familiar with the use of the internet, organizations may take action by charging cyberbullies under the law.

The study's findings showed that cyberbullying affects youth's mental health. For example, they will have depression, anxiety, lower self-esteem, anti-social, stress, negative behaviour, and suicide. It is clear that youth who are involved in cyberbullying experience require help. However, along with the result, the majority of the youth would not notify their parents and prefer to talk to friends. They feel scared and humiliated when cyberbullying incidents happen. Thus, Parents and educators must accomplish their responsibilities by always being concerned about the adolescent and helping them to find effective ways to deal with such incidents. Health professionals must also be aware of the cyberbullying incident by assisting the cyberbully victim in recovering from the suffering.

There were some limitations in this current study. Firstly, this study only applies one method to collect data: the quantitative method. This method involves a structured questionnaire with close-ended questions. As a result, the outcomes outlined in the research proposal are always limited. Besides that, the quantitative method usually needs a large sample size. However, this study only targeted youth in the amount of 102, and all respondents came from the same university in Malaysia. Therefore, the sample size of the research must be increased by including respondents from different universities, races, ages, and nationalities. In the end, the future study of cyberbullying will be more effective.

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42 The Effects of Parents Fighting On Youth Mental Health

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Abstract

Living in a battleground of continual hostility and unresolved conflict can place a heavy psychological burden on the children. Traumatic events like screaming, fighting, arguing, or violence can cause children many emotional and behavioural problems. Thus, this paper focuses on the effects of parents fighting encountered youth mental health nowadays. The data were collected from a survey of students currently studying at Universiti Sains Malaysia, through an online google form. Using the table diagram, 102 respondents were identified and synthesised. The result showed that youths were clearly the most negatively impacted by various factors. Additionally, Covid-19 has brought a big change in the way people communicate, care for others, and more. Recent studies by Arizona State University have found that when youths are exposed to fighting or arguing between their parents, they experience a higher fear of abandonment and rejection which may lead to early traits of complex trauma.

Keywords: Parents fighting, youth mental health, adolescents, arguing, violence, emotional, behavioural problems

Introduction

Far too many young people are struggling with their mental health and are unable to get the support they need. We all have a role to play in supporting youth mental health and creating a world

where young people thrive. Mental health challenges are the leading cause of disability and poor life outcomes in young people. Some young people may develop complex mental health issues, Post-Traumatic Stress Disorder (PTSD), Complex Post-Traumatic Stress Disorder (C-PTSD), Developmental Trauma, and an increased lifetime risk of further trauma and physical illness if they are exposed to high-conflict divorce, interpersonal violence, and stressful home experiences (Fiona 2021). Particularly, adolescents who experience conduct issues in conjunction with internalising illnesses are more likely to experience substantial sadness and anxiety throughout adolescence and early adulthood (Matthew R. Sanders 2022).

Mental health is an essential part of overall health. The child abuse literature provides more evidence for a relationship between family circumstances, depression, and anxiety (Matthew R. Sanders 2022). It affects young people's ability to succeed in school, at school, at work, and throughout life and is critical to their overall well-being and the health of our nation. Even before the COVID-19 pandemic, mental health challenges were the leading cause of disability and poor life outcomes among young people, with up to 1 in 5 children and adolescents aged 3 to 17 years in the United States having a reported mental, emotional, and developmental, or behavioural disorder. Many mental health challenges first emerge early in life, and studies suggest that the average delay between the onset of mental health symptoms and treatment is 11 years.

Unfortunately, too many kids and young people don't take it seriously soon enough. Mental health disorders may keep children and youth from succeeding at school, getting friends, or turning away from their parents. Kids and youth with mental health disorders may have difficulty achieving their developmental milestones. The great news is that mental health disorders are treatable. There are many other approaches to assisting kids and youth struggling with emotional or psychological health issues. Early intervention is essential. Chronic stress in the family has been linked to a higher risk of mental health problems in kids and teenagers (Fiona 2021).

Literature Review

Through a literature review, this section will discuss the bad effects of parents arguing with each other towards teenagers. Our study will help some of the research to explore the mental state or health of teenagers nowadays and will shed light on the indirect or direct effects that will influence their future. Thus, this will help to discover ways how to reduce it become easier. In facing the current era of modernization, most people know that it is a common thing that always happens around our society but does not take it as essential to prevent it from occurring, so this shows that it is important to conduct studies that will further the knowledge on how to have good mental health and avoid from being stressed from any situations that will happen.

2.1 Parents arguing and one's mental state

The development of youth's mental health is always affected by their surroundings which are likely to view them negatively. A study in 2012 published in the Journal of Youth and Adolescence found that children exposed to parental fighting are also more likely to have low self-esteem. Some research has found that the formation of threat appraisals decreases throughout childhood and adolescence (Richmond & Stocker, 2007), but continues to be an essential influence on psychological functioning even in adolescence (Grych et al., 1992; Grych et al., 2000). In comparison, appraisals of self-blame decrease slightly during childhood before becoming fairly constant as children reach adolescence (Richmond & Stocker, 2007).

This shows that the conflict between the parents will influence teenagers because they are young. Their thoughts may be full of negative thinking that can cause their mental health to be drowned and they will

easily feel stressed about something. Most of the youth display a high degree of emotional maturity which means that the interparental conflict might be the reason for their emotional behaviour. Like it or not, the parents must be a good role model to their children and never argue in front of them, otherwise, they will do the same thing in future as their parents did. Youth who are exposed to higher levels of conflict severity have been consistently shown to experience more constant feelings of distress and increased negative outcomes (i.e., sensitization hypothesis; Cummings, Kouros, & Papp, 2007; Davies, Myers, Cummings, & Heindel, 1999; Fosco & Grych, 2007; Grych, 1998; Grych & Fincham, 1990).

Similarly, the development of youth's maturing cognitive abilities is likely to influence how they interpret the interparental conflict. Even though there is a change in levels of threat appraisals and self-blame, mediational models utilising both types of cognitive appraisals have been supported within samples of young children (Ablow, Measelle, Cowan, & Cowan, 2009; McDonald & Grych, 2006), children in middle childhood through young adolescence (8-14 years of age; Fosco & Grych, 2008; Grych et al., 1992; Grych et al., 2000), and older adolescents (13-19 years of age; Kim et al., 2008). Despite the children younger than 10 years of age experience higher levels of threat and self-blame, these negative appraisals tend to be less strongly associated with internalising behaviours than children who are older than 10 years of age (Jouriles, Spiller, Stephens, McDonald, & Swank, 2000; Rhoades, 2008). Children who are more than 10 years old are also known as youth nowadays.

2.2 Appraisals of threat and self-blame influence

Even though these findings with the younger adolescents, the relationship between interparental conflict and threat and self-blame appraisals has rarely been examined among late adolescents or young adults. In fact, Bickham & Fiese, (1997) has found that young adults also demonstrated the formation of appraisals of threat and self-blame when faced with interparental conflict. While levels of self-blame were lower than those found in school-age children, the distribution of appraisals of threat was comparable to those found in previous studies with adolescents (Bickham & Fiese, 1997). It is no matter the age of the youth or whether seeing the effects of marital strife, take a close look at how the parents argue. It does not mean that the fights are not harmful to the youth as they do not get physically arguing. However, there are a lot of tactics the parents have used that are destructive to the youth.

Sometimes, perceived threat, but not self-blame, was linked with youth's self-esteem, competence, and identity integration while the severity of interparental conflict was associated with competence. Nonetheless, mediational models were not examined. Hence, since youth is a unique stage of life, they need to understand how appraisals of threat and self-blame influence the impact of interparental conflict on psychological outcomes in this population. Usually, youth will leave their home at 18 or 19 years of age, but do not often begin a long-term job, marry, or have children until their late 20s (Arnett, 2004).

Youth in the economy nowadays typically remain financially dependent on their parents due to continuing education and challenges in finding employment (Draut, 2005). Most of the youth indicate that taking responsibility for themselves, making independent decisions, and becoming financially autonomous are the most important steps to becoming an adult (Arnett, 2000).

2.3 Relationship Issues

Every marriage has its ups and downs and conflict is an unavoidable thing that normally occurs in daily life. However, when the youth are faced with destructive conflict, they are at risk of developing adjustment problems. Aggression, delinquency, and conduct disorders are commonly seen as externalising disorders, whereas anxiety, depression, and withdrawal are types of internalising disorders that are associated with marital conflict (Emery, 1982; Grych & Fincham, 1990).

Being exposed to parents fighting increases the chance that the youth will treat other people with hostility but when parents handle the conflicts in positive ways by displaying behaviours, such as verbal and physical affection, problem-solving, and support, the conflict is said to be constructive (Goeke-Morey, Cummings, Harold, & Shelton, 2003). Many types of conflict help preserve youth's security by increasing their confidence that any difficulties between their parents will be managed in a way that can maintain family harmony. Constructive conflict also can reduce the probability of youth having aggressive tendencies (Cummings, Goeke-Morey, & Papp, 2004) and may help the youth in the development of their problem-solving, coping, and conflict-resolution abilities (Grych & Fincham, 1990). For the moment, the relationship between constructive conflict and youth's positive social functioning remains scarce in the literature.

Moreover, not all of the effects of marital conflict on youth's social functioning are negative, some effects positively influence the youth by having a supportive interparental relationship that provides youth with a sense of security in their family relationships. This will secure the feeling of encouraging the youth to feel confident and capable of forming peer relationships (Markiewicz, Doyle, & Brendgen, 2001), and thus have a higher quality of friendship (Lindsey et al., 2006).

2.4 Links between marital conflict and youth outcomes

Recently, the literature has highlighted the need to go beyond simply documenting links between marital conflict and youth outcomes (Cummings & Davies, 2002). Cognitive appraisals (Grych, Harold, & Miles, 2003), affect regulation (Cummings, Goeke-Morey, & Papp, 2003) and coping behaviours (Kerig, 2001) have been investigated as relevant to understanding pathways by which marital conflict impacts the youth's development. As an example, youth may exhibit negative emotional reactivity or behavioural dysregulation, which are indicative of emotional insecurity in youth, when faced with destructive marital conflict, whereas constructive conflict has been related to youth displaying positive emotionality such as happiness (Cummings et al., 2003).

Furthermore, youth's security has been shown to act as a mediator between marital conflict and youth maladjustment (Cummings, Schermerhorn, Davies, Goeke-Morey, & Cummings, 2006; Davies, Harold, Goeke-Morey, & Cummings, 2002b; Harold, Shelton, Goeke-Morey, & Cummings, 2004), as well as sleep, academic achievement, and health-related outcomes (El-Sheikh, Buckhalt, Cummings, & Keller, 2007a; El-Sheikh, Buckhalt, Keller, Cummings, & Acebo, 2007b). In addition, parenting has been proposed as a pathway to how marital conflict is linked to youth adjustment. It is important to note that parenting is a commonly studied intervening variable that indirectly links marital conflict to youth's social adjustment (Parke et al., 2001). Yet, on an encouraging note, parents who have constructive couple interactions are more likely to engage in effective parenting practices such as positive emotions, and consistent discipline which is positively associated with youth's development (Cowan & Cowan, 2004).

In addition, some of the research has examined both constructive and destructive marital conflict to explore the differential impact that conflict styles may have on youth. The present study incorporates both types of marital conflict to explore the differential impact that those factors may have on youth's development. The central hypothesis of this study is that warm parenting and the youth's emotional security will contribute to the explanation of the impact of both constructive and destructive marital conflict on youth's social behaviours throughout development. After witnessing a destructive conflict, youth may experience elevated worry, anxiety, and hopelessness, putting them at risk for internalising disorders, or some of the youth may act out aggressively, due to feelings of anger and lack of control, which increases their risk for externalising disorders (Cummings & Davies, 1994; Grych & Fincham, 1993).

Methods

This is the research method we use to research the effect of parents fighting on youth mental health at Universiti Sains Malaysia. Our sample consisted of 102 Malaysian university students from the School of Management. The questions used in this survey were designed to identify the Malaysian mindset towards parents fighting. Online surveys are also convenient and better responses. The survey consisted of 7 multiple-choice questions. The goal was to collect surveys from the required audience. In total, 102 surveys were collected.

Before analysis, the gathered data was prepared. The dataset was checked for missing data and outliers. For this quantitative systematic review, we compared the results with the opinions gathered from 88.24% of females (aged between 18-23 years) who experienced parents fighting issues. The quantitative data concerning the forms and aspects of parents fighting were transcribed and analysed thematically.

Respondent Profiles

All the respondents are students studying at Universiti Sains Malaysia. The response rate was 32.1% (102 out of 318). Most of the respondents (88.24%) were female and (11.76%) were male. A total of 97.06% of the respondents were between 18 to 20 years old and 2.9% of the respondents were between 21 to 23 years old. The respondents' demographic profile is depicted in Table 1.

Table 1 Profiles of Respondents

Gender	Frequency	Percentage (%)
Male	12	11.76
Female	90	88.24
Age		
18-20	99	97.06
21-23	3	2.94
24 and above	0	0

Results and discussion

Research has been conducted to find out the extent of the impact of parental fighting on the youth's mental health. The survey was carried out online by distributing questionnaires to Universiti Sains Malaysia students. At the beginning of the questionnaire, researchers first provide brief information about the meaning and form of fights that occur between parents to students who are respondents. We also prepared some questions related to the impact of parental conflict on youth mental health.

4.1 Demographic Profile of Respondents

Based on the data analysis of 102 students in Universiti Sains Malaysia, researchers discovered that more than half (54%) of respondents had the experience of having parents who always fight causing an

impact on youths' mental health. Data analysis also revealed that demographic factors such as age and gender can contribute to youth's mental health as a result of parental fights. Table 1 shows demographic factors that can lead to youth mental health problems due to parental conflict. This is because everyone's level of acceptance in dealing with a problem is different. It also depends on the level of thinking and maturity of youth in handling the pressure experienced.

Table 2 Demographic profile of respondents

Age	Female	Male	Percentages (%)
18-20	68	9	75.49
21-23	22	3	24.51
24 and above	-	-	0
Total	90	12	100

According to a study conducted on 102 respondents, the demographics studied consisted of (12%) were males and over four fifths (88%) were females. Overall, the researchers discovered that the number of male teenagers who experience the most mental health problems is between 18-20 years old which is equivalent to (9%) compared to the number of male teenagers aged 21 and above which is (3%). While the number of teenage girls who experience the most mental health problems is between 18-20 and 21-23 years old which is equivalent to (67%) and (22%) compared to the number of teenage girls aged 24 and above which is equivalent to (0%).

4.2 Youth Mental Health Management Section

One question was asked to understand how youths in Universiti Sains Malaysia managed their mental health, particularly when facing a problem such as parents fighting. In general, the majority of the respondents choose to reach a friend by calling them (17%), going for a walk (19%), reflecting on the positives (17%), and listening to music (23%) to calm themselves. Meanwhile, the percentage of youths who choose to exercise is as much as (12%), and those processing their feelings are (12%). While the method of counselling recorded the lowest value, which respectively recorded as much as (2%). This is because many youths nowadays prefer to keep their problem private. In addition, youths might think that they can solve their problem. The research kids who live with abuse, violence, and other forms of trauma are also at greater risk of suicide. Furthermore, separation from loved ones due to death, divorce, deportation, and other factors can cause mental health struggles that may contribute to suicide risks. (American Academy of Paediatrics, 2022). In a nutshell, our country will have fewer youths and the number of deaths will constantly increase.

Table 3 Youth Mental Health Management Section

Methods	People	Percentages(%)
Listen to calming music	23	22.55
Go for a walk	19	18.63

Reach out to a friend	17	16.67
Reflect on the positives	17	16.67
See a counsellor	2	1.96
Exercise your body	12	11.76
Process how you're feeling	12	11.76
Total	102	100

Based on this table, research can relate that doing all of these methods can reduce stress. This is because exercise and going for a walk can improve our overall health and sense of well-being. Physical activity can help increase our brain's neurotransmitters or better known as an endomorph. It can reduce the negative effects of stress. Exercise can provide stress relief for your body, such as a fight response, and help your body and its systems learn to work together through those effects. This can also lead to positive effects on your body including your cardiovascular, digestive, and immune systems by helping to protect your body from the harmful effects of stress. (Mayo Clinic, 2022). Researchers from University Stanford also revealed his personal experiences with music. Current findings indicate that music around 60 beats per minute can cause the brain to synchronise with the beat causing alpha brain waves (frequencies from 8 - 14 hertz or cycles per second). This alpha brainwave can make someone reduce stress. (The University of Nevada, Reno, 1874).

4.3 Frequency of Parents Fighting

Respondents were asked about the frequency of parents fighting. Through the search, over four fifths (83%) answered that sometimes their parents fight, with the remaining (2%) stating that every day and (15%) answered never. According to this situation, the researchers can conclude that respondents who have parents fighting sometimes can worsen youth mental health. Such as stress, anxiety, low self-esteem and keep blaming themself. This is because they might think that all of that happens because of them.

4.4 Factors of Parent Fighting

Based on table 3, the researcher can relate that the parent's fighting is due to several factors. Respondents were asked about the factors of parent fighting. As a result, for the majority of the respondents, the main factors that cause parents fighting are their parents being tired and stressed at work, (43%), and financial problems (21%). As we know, the workload can make a person stressed and tired. Plus, a disharmonious workplace environment can also make a person lack energy. This situation might look not serious but it can get worse when we get a partner who does not understand our job and does not cooperate. The latest divorce statistics from January to June 2013 recorded a total of 22,162 cases while the number of divorced couples in 2012 was 47,779 cases. This occurs when there is no helping nature in doing housework together. Taking care of the children is left one hundred percent to the wife, while it is a shared responsibility. When there is a big gap in the division of household affairs, the wife will feel burdened and stressed. (Astro Awani, 2014). Also, a strong financial position can increase purchasing power and satisfaction in a family. This is because nowadays everything needs money. For example, to buy goods and to pay utilities. Meanwhile, the remaining respondents choose that they are having a bad day (12%), lack of commitment between parents (12%), and lack of interest and affection towards each other (6%). Then, the rest of the respondents chose the others (7%).

Table 4 Factors of Parent Fighting

Factors of parent fighting	People	Percentages (%)
They’re tired and stressed	44	43.14
They’re having bad day	12	11.76
Financial problem	21	20.59
Lack of commitment between parent	12	11.76
Lack of interest and affection	6	5.88
Others	7	6.88
Total	102	100.0

Based on this table, the researcher can conclude that there is no denying that the main factor that causes parents to fight is that they’re tired and stressed as well as financial factors. This can be seen when there is an increase in the cost of living recently. In addition, there is an economic crisis that causes many people to lose their jobs and sources of income. This will cause a few parents to start experiencing pressure to manage their finances and expenses, especially for poor families and low-income. As a result, parents will start to blame each other. An article stated about the increase in the price of goods. It is expected to occur following the increase in the Overnight Policy Rate (OPR). An economist, Senior Lecturer at the Faculty of Economics and Trade at Universiti Sains Islam Malaysia, Mohd Faisol Ibrahim (2022), said the price increase involved certain goods such as food and services. According to him, Bank Negara Malaysia's (BNM) move to increase the OPR needs to be implemented to control the higher inflation rate if it is not successfully curbed from the beginning.

Discussion

The goal of this study is to investigate the impact of parental conflict on the mental health of youths. This is because youths who have experienced parental conflict are less able to solve problems, negotiate interpersonal relationships, and have higher levels of social anxiety. Furthermore, when the parents fight, the children become neglected. This can interfere with children's emotional development because they do not receive love and attention from their parents. If the issue is not resolved, it can be worse in the future. The findings revealed a link between a parent's actions and a child's behaviour patterns. This discovery demonstrated that when parents use abusive language or lie, it influences their children to do the same. A theory known as Social Learning Theory produced and written by Albert Bandura (1977), a psychologist, states that learning is influenced by psychological factors and environmental stimuli. This means that children learn and develop a habit by observing their environment. Furthermore, the impact of parents fighting can cause youths to experience severe emotional stress, such as depression. Depression can be defined as a mood disorder surrounded by a combination of emotional, cognitive, and behavioural responses. According to the Diagnostic and Statistical Manual of Mental Disorders IV (DSM-IV), depression can only be diagnosed if at least five symptoms of depression are present for at least two weeks. Loss of interest or desire in things you enjoy is one of the characteristics of depression, feeling extremely sad, crying easily for no apparent reason, feeling extremely weak, and other symptoms. As a result, the researchers can conclude that parental conflict can negatively impact the mental health of children.

Conclusion

This study has several important implications regarding parents fighting among youth mental health. First, the literature on parents fighting and youth mental health has been expanded through a study conducted among students of Universiti Sains Malaysia. Based on the survey conducted, it was found when parents fight in front of their children this can cause them to be destructive. Research has shown that kids did pay attention to their parent's emotions for information about how safe they are in the family, saying that when parents are destructive, the collateral damage to kids can last a lifetime. The findings of this study highlight many harmful effects caused by parents arguing with each other towards teenagers. For example, for some young people, exposure to high-conflict divorce, interpersonal violence, and stressful home experiences can lead to mental health concerns and Post-Traumatic Stress Disorder (PTSD), Complex Post-Traumatic Stress Disorder (C-PTSD), Developmental Trauma, and a lifetime of increased risk of further trauma and physical illness. High conflict including verbal insults, name-calling, shouting, erratic driving, walking away in public areas, or leaving for days or weeks at a time will threaten the vision of family, the feeling of safety, and the essence of protection for children and teenagers. This is harmful in both development, relationships, and lifelong mental health. Studies have noted that children show a higher distress level in response to parents' conflict from about six months old.

Although this study has produced interesting and new information that can be used as a lesson or reference, some limitations need to be addressed and studied in future research. An online survey was created because of the restrictions presented by the pandemic, which limited our ability to try different methods. Our study focused on young people, especially university students, so a significant improvement will be made by increasing the sample size to include different nationalities and age groups. As a conclusion, this study needs to be emphasised especially for those at the young age so the amount of affected youth can be reduced and at the same time, more children grow mentally and physically healthy.

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43 The Impact of Bullying on Mental Health Among Youth

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Abstract

Bullying is a common occurrence among adolescents, with the majority of them having been bullied as youths. The main purpose of this research is to look into the impact of bullying on the mental health of young people. Bullying and adolescent mental health issues have received widespread attention in recent years since these issues are on the rise. The research was conducted among youth aged 15 to 24 to examine the impact of bullying on mental health. A survey via Google Form is used to collect data and conduct literature searches, which are then descriptively analysed. According to the findings of the study, bullying has the greatest impact on mental health among youth, with low self-esteem and depression accounting for the greatest percentage of all consequences. The findings revealed that bullying causes psychological harm and mental illness in youths, as well as some ways to prevent bullying in the future.

Keywords: Bullying, mental health, youth, impact, low self-esteem

Introduction

Bullying in school is described as when a student is subjected to unfavourable behaviour on a regular basis by one or more students over an extended length of time, that student is being bullied or victimised. (Olweus, 2013). Bullying among youths has many negative impacts in adolescent behaviour such as low self-esteem, depression, anxiety, and school avoidance, therefore this issue has become a mental health concern for adolescents worldwide. According to the World Health Organization (WHO), Suicide is the fourth largest cause of death and the second leading cause of self-inflicted death among those aged 15 to 29 years old (World Health Organization, 2021). In Malaysia, the problem of bullying is on the rise. According to Perak state police chief Datuk Mohd Yusri Hassan Basri, the number of bullying cases in Perak increases to 42 from January to July this year compared to only two cases last year (Bernama, 2022).

Physical aggressiveness, such as punching, kicking, hitting and pushing, comprises physical bullying, which is a more severe type of bullying (Gladden et al., 2014). Physical bullying affects both short-term and long-term harm, as well as physical and mental harm. Youths that being bullied physically will have bruises, fractures, or cuts. Moreover, victims do still suffer mentally such as depression, suicidal thoughts, and school avoidance.

Verbal bullying is also another form of direct bullying but does not involve physical aggressive. However, it may include name calling, insulting, taunting, threatening, homophobic or racial insults, or verbal abuse (Gladden et al., 2014). Although verbal bullying behaviour may begin innocently or in a joking situation, it can soon become out of control and result in mental suffering and cause anxiety and depression.

Social bullying is defined as harming someone's social reputation and causing embarrassment. Social bullying, also known as relationship bullying, is defined by the spread of rumours and the intentional exclusion of people from events or conversations (Crick & Grotpeter, 1995). Social bullying that can be encountered by youths includes spreading rumours, acting the victims' actions unkindly, making sarcastic comments to embarrass and humiliate them and damaging their public image. Social bullying can lead to social anxiety, loneliness, depression, and separation from others.

Cyberbullying is defined by the Cyber Bullying Research Centre as "deliberate and repetitive harm inflicted through the use of computers, phones, and other electronic devices". With the advent of technology, it creates a new platform for bullying which is through the internet. Cyber bullying is a new type of malicious activity happens in social media such as Facebook, Twitter, and Instagram. Cyber bullying includes sending or sharing negative or false information as well as sending private information in social media aiming to humiliate someone. Youths frequently use digital tools; thus, victims could encounter harmful content at any time. Facebook acted on 9.5 million pieces of bullying and harassment-related content in the first quarter of 2022. (S. Dixon, 2022).

Malaysia's suicide rate has recently increased, indicating a major public health problem. Malaysia documented 266 suicide attempts and deaths between March 2020 and October 2020 (Menon, 2021). Youths aged 16 to 19 years old are more likely to have suicide thoughts, followed by youths aged 20 to 24 years old. These youths consist of students from secondary schools, colleges, universities as well as fresh graduates that coming into the working world (Gopinathan et al., 2022). Youths that experiencing bullying might be reluctance or refusal to attend school due to anxiety and emotional distress (Bitsika et al., 2022). Besides A study of 1790 participants showed that youths who were bullied during adolescence, between the ages of 15 and 18, were more prone to developing depressive symptoms in adulthood than those who were not bullied (Winding et al.,2020). Bullying among youths has many negative impacts as well as adulthood behaviour, thus the education systems need to take effective steps to prevent it.

Literature Review

Bullying is when someone intentionally and repeatedly behaves aggressively towards another person when there is a actual and perceived power disparity, leaving the victims vulnerable. According to the report by United Nations Children's fund, about one-third of student aged between 13 to 15 worldwide had experienced some form of bullying (Man et al., 2022). Furthermore, an average of 42% males and 37% females in a survey of 40 developing nations reported having experienced or being the target of bullying (Man et al., 2022). Bullying can have a substantial detrimental influence on a person's physical, psychological, and social functioning, leading to risky behaviour such as anxiety, decreased academic

achievement, depression, suicide thinking, suicidal behaviour, or self-harm (Man et al., 2022). The adverse consequences of bullying behaviour on victims' mental health and well-being are well documented. Children in school and adolescents or youth are the target audience for this bullying the most (Shahid et al., 2022).

According to numerous studies, there are clear links between childhood bullying and the mental health of victims and perpetrators (Armitage, 2021). The majority of studies focused on the repercussions on victims, however the consequences for bullies are also negative (Armitage, 2021). Furthermore, there is a link between the frequency and intensity of bullying and the degree of negative health consequences recorded (Armitage, 2021).

Additionally, childhood bully victimisation is linked to mental health issues (Armitage, 2021). Victimization in sibling bullying is connected with significant emotional difficulties in childhood, such as inadequate self-control, deep self-hatred, and recurrent self-harm, all of which have a high likelihood of leading to more serious bullying in the future (Armitage, 2021). Adverse mental health outcomes from childhood bullying appear to have the greatest influence on bully-victims, followed by victims and bullies (Armitage, 2021).

Moreover, teenagers who were bullied were twice as likely as their non-victimized friends to develop depression in young adulthood, and approximately 29 percent of adults with depression claimed their condition was related to school violence they encountered as teenagers (Armitage, 2021). This effect continues to affect the teens' normal social lives (including sex and values) both now and in the future (Armitage, 2021). They also extend well beyond health, because a survey shows that among the effects of school bullying on young people, 39 out of 100 who have been bullied in school abuse illegal drugs as adults, and the same 39 will commit violent crimes (Armitage, 2021). They are still doing well into their mid-50s (Armitage, 2021).

There are several recommendations to combat bullying among youth to make the society a better one. Firstly, we advise promoting anti-bullying programmes in school. For example, the KiVa anti-bullying programme was assessed twice in Finnish elementary and intermediate schools, covering all grade levels (age range: 7–15 years): Almost 30 000 students participated in a large-scale randomised controlled study (RCT) (Salmivalli et al., 2021). Within the first year of worldwide deployment utilising a cohort-longitudinal design, the study showed that the programme had the weakest effect on middle school kids aged 13 to 15. Besides, the government must also establish anti-bullying or cyberbullying legislation (Kaur & Saini, 2022). For instance, the HRD ministry has established anti-ragging bodies in reaction to the dramatic increase in bullying in schools, notably in boarding universities in India, in an effort to lower the incidence of bullying. These bodies focus on disciplining individuals who participate in these activities, which may include rustication in cases of significant bullying activity. The University Grants Commission announces anti-ragging policies for colleges and universities with appropriate UGC regulations to reduce the rate of ragging in higher education institutions (Kaur & Saini, 2022). In addition, we must fight for increased financing for initiatives that provide assessment, advisors and intervention services for bullies and their victims. As an example, the Indian government had put the Nirbhaya Funds plan into action. The Government of India has taken this effort as part of the Nirbhaya funding programme to ensure the safety of women and children. In order to manage any crises that called for immediate assistance from the police, fire, and rescue teams as well as any other agencies, the ministry of home affairs established a single hotline under the Emergency response support system (ERSS) (Kaur & Saini, 2022).

Even though some research has been undertaken on the impact of bullying on youths' mental health, the following research gaps still exist: First of all, there aren’t many cross-regional comparative studies that

investigate the incidence of teenage bullying globally, and the research that do exist are typically restricted to one country like Pakistan or small number of regions (Man et al., 2022). Besides, there are insufficient studies on the influence of bullying on the mental health of various teenage subgroups, as well as the impact of bullying on the mental health of youths as a whole and different gender group (Man et al., 2022). The impact of age on youths' behaviour is significant since they are at the critical period of development. However, there is still a dearth of research on this topic.

Methods

Sample and procedure

We distributed a random online survey to our friends, course mates, family, and outsiders by using Google Forms. This method can protect the privacy of each respondent. Questionnaires are distributed via WhatsApp, Telegram, WeChat and Facebook. This approach allowed us to collect data on whether clients experienced bullying during their teenage years. Based on the survey, a frequency and percentage table are used to perform the response from the 110 respondents. Besides, our survey respondents are youths between the ages of 15 and 24.

Measures

This questionnaire contains four sections. The first section includes both gender and age questions. The second section included questions about 110 respondents had been bullied or not and what type of bullying they had experienced. Meanwhile, third section includes four questionnaire which are whether person who bullied will report or not, whom will it be reported, why it is not reported, and how often it occurs. For section four includes who you think is most likely to be a bully, what are the health effects of bullying and how to prevent bullying. We decide to divide these four sections into two tables, table 1 and table 2. Table 1 illustrates the results for section one, which is the demographic of respondents in terms of gender and age, whereas table 2 displays the results for sections two through four, which are the results and opinions of respondents about bullying among youth.

In the first section, we use a frequency and percentage table (table 1) to represent the number of respondents of each gender and age range who responded to the Google form. For section two to four, we also use a frequency and percentage table (table 2) to represent the questionnaire responses about bullying among youth.

Using the frequency and percentage table can more intuitively allow people to see the degree of agreement of the respondents to each question and their practices. In addition, the frequency table can better reflect the number of respondents' choices in certain question, and the percentage table also highlights the proportion of the respondents' choices in certain question answer in the overall situation which is beneficial to us. It also makes us better to do an in- depth, thorough investigation of the subject.

Result

Questionnaires were created for the topic research. There were both qualitative and quantitative questions on the list. The questions were used within a survey created by using Google Form. This survey is to research how much people affected by cases of bullying, would they report to whom if they have been bullied, why they did not report, how often bullying happened to them, who is most probably to be the bully, impact of bullying on mental health and ways to prevent bullying.

Table 1: Demographic of Respondents (N = 110)

Responses	Frequency	Percentage (%)
Gender		
Male	45	40.9
Female	65	59.1
Age		
15-18	28	25.5
19-21	42	38.2
22-24	40	36.4

Table 1 indicates the demographics of 110 respondents, which includes only gender and age. According to the table above, majority of the respondents were females which is 65 respondents (59.1%) and male only 45 respondents (40.9%).

Among 110 respondents, most of the respondent's age are between the range of 19 and 21 years old (38.2%), followed by age between 22 and 24 years old (36.4%) and age between 15 and 18 years old (25.5%).

Table 2: Results and Opinions of Respondents about Bullying Among Youth (N = 110)

Responses	Frequency	Percentage (%)
Have you ever been bullied?		
Yes	41	37.3
No	49	44.5
Maybe	20	18.2
If yes, what types of bullying have you experienced?		
Physical bullying	26	32.5
Verbal bullying	44	55
Social bullying	23	28.7
Cyberbullying	17	21.3
If you have been bullied, did you report it to anyone?		
Yes	53	48.2
No	37	33.6
Maybe	20	18.2
If yes, who would you report to?		
Police	25	22.7
Teachers	37	33.6
School counsellor	29	26.4
Parents	59	53.6
Friends Others	39	35.5
No related	1	0.9
	29	26.4

If no, why didn't you report it?		
Scary	33	30
Shame and embarrassment	36	32.7
Fear of retaliation	36	32.7
Worries of making it worse	37	33.6
Thinking it won't be help	49	44.5
Others	1	0.9
No related	27	24.5
How often has this happened to you?		
Daily	5	4.5
Weekly	10	9.1
Monthly	13	11.8
Once or twice in a year	32	29.1
Never	50	45.5
Who is most probably to be the bully?		
Friends	62	56.4
Course mates	47	42.7
Senior	33	30
Strangers	49	44.5
Teacher	22	20
Family member	15	13.6
Relatives	8	7.3
Other	1	0.9
In your opinion, what is the impact of bullying on mental health?		
Low self-esteem	65	59.1
Depression	65	59.1
Anxiety	45	40.9
Feelings of rejection	48	43.6
Self-harm or suicidal thoughts	50	45.5
Loneliness	48	43.6
Difficulty sleeping	47	42.7
Panic disorder	45	40.9
School avoidance	36	32.7
In your opinion, how to prevent bullying?		
Reporting bullying	76	69.1
Building a positive school climate	59	53.6
Educate child about bullying	55	50
Raise awareness of bullying	68	61.8
Introduce bullying prevention initiatives	52	47.3
Form a supportive group together	1	0.9
Caring about the bullied	1	0.9

Table 2 indicated the results and opinions of 110 respondents about bullying among youth. From the survey, it shows that 41 respondents (37.3%) have been bullied before, 49 respondents (44.5%) never been bullied before, and 20 respondents (18.2%) maybe been bullied before. From these results, we can know that respondents who choose maybe is not sure get bullied or not, so we can conclude that they maybe get bullied by others. Therefore, the total respondents that have been bullied is 61 persons (55.5%). The most types of bullying they had experienced are verbal bullying which consisted of 44 respondents (55%), followed by physical bullying which consisted of 26 respondents (32.5%), social bullying which consisted of 23 respondents (28.7%) and cyberbullying which consisted of 17

respondents (21.3%).

According to the survey, 53 respondents (48.2%) will report to anyone if they have been bullied, 37 respondents (33.6%) will not report to anyone, and 20 respondents (18.2%) may report. Parents (54.6%), friends (35.5%), and teachers (33.6%) are the top three people to whom respondents intend to report bullying. However, the first four reasons respondents will not report are they think it won't be help (44.5%), worry of making it worse (33.6%), fear of retaliation (32.7%), and shame and embarrassment (32.7%).

The survey also revealed how frequently they were bullied. In accordance with the survey, 50 respondents (45.5%) had never experienced bullying before, 32 respondents (29.1%) had experienced bullying once or twice a year, 13 respondents (11.8%) had experienced bullying monthly, 10 respondents (9.1%) had experienced bullying weekly, and 5 respondents (4.5%) had experienced bullying daily.

According to the survey results, the first three people who respondents suspect are most likely the bully are friends (56.4%), strangers (44.5%), and course mates (42.7%). From the opinion of respondents, the major impact of bullying on youths' mental health are low self-esteem and depression which are 65 respondents (59.1%) among 110 respondents. This was followed by self-harm or suicidal thoughts (45.5%), feelings of rejection (43.6%), loneliness (43.6%), difficulty sleeping (42.7%), anxiety (40.9%), panic disorder (40.9%) and school avoidance (32.7%).

Depending on the majority of respondents, reporting bullying (69.1%) is the most efficacious method of preventing future bullying. Besides, the second effective way to prevent bullying is raising awareness of bullying (61.8%) among youth. The other ways to prevent bullying are building a positive school climate (53.6%), educate child about bullying (50%), introduce bullying prevention initiatives (47.3%), form a supportive group together (0.9%) and caring about the bullied (0.9%).

Discussion

The aim of this survey is to explore the impact of bullying on mental health among youth. Based on our survey results, we can conclude that many people have been bullied in the past, as 55.5% of those who responded yes and possibly have been bullied. This finding revealed that bullying increases the impact of bullying, such as self-harm or suicidal thought. This finding is in line with recent studies that found a 32.03% prevalence of bullying among adolescents in 167,286 sample countries. (Man et al., 2022). This refers to the research that we conducted with an increase in the percentage of bullying among youth.

According to the survey, youth have experienced verbal bullying the most frequently. This result inconsistent previous findings that social aggression was the most prominent type of bullying among youths in urban Vietnam, followed by verbal bullying, physical bullying, and sexual bullying (Ngo et al., 2021). In line with the findings of this study, youth were subjected to not only verbal bullying but also physical bullying, social bullying, and cyberbullying. This is due to the fact that all types of bullying have a high percentage of each type.

Besides, bullying causes the serious influence on young people's mental health. The questionnaire's results indicate that low self-esteem, depression, self-harm, and suicidal thoughts have the greatest percentage of an influence compared to other factors, such as feelings of rejection, loneliness, difficulty sleeping, anxiety, panic disorder, and school avoidance. In line with previous study, it conducted descriptive statistics and correlation analysis to examine five aspects of personality traits, self-concept, loneliness, and two dimensions of bullying in schools. (Zhang et al., 2021). They discovered that self-concept, loneliness, and bullying were all significantly positively linked with neuroticism (Zhang et al.,

2021). Self-esteem, loneliness, and bullying were all strongly adversely linked with extraversion (Zhang et al., 2021). Self-concept and loneliness were strongly adversely linked with openness (Zhang et al., 2021). A significant negative correlation was found between agreeableness and loneliness, bullying, and self-concept (Zhang et al., 2021). Bullying and being bullied were strongly positively connected with loneliness (Zhang et al., 2021). Bullying and self-esteem have a considerable positive correlation (Zhang et al., 2021). However, in our study, we investigate the effect of bullying on young people's mental health in greater detail in concert with others.

Furthermore, our survey discovered that reporting bullying, raising bullying awareness, and creating a positive school climate are the three most effective ways to prevent bullying in the future. This finding is consistent with the finding in all adjusted models that social support was found to be inversely connected to internalising symptoms in students (Quinlan-Davidson et al., 2021). Furthermore, positive parenting and parental involvement were important in reducing internalising symptoms (Quinlan-Davidson et al., 2021).

Conclusion

Our research has shown the impact of bullying on mental health among youth. Bullying is a specific pattern of inflicting pain and humiliation on others on a regular and planned basis, usually on those who are weaker, younger, smaller, or otherwise more defenceless than the bully. In conclusion, the study concluded that bullying has a significant negative influence on children and teenagers' mental health and quality of life. Besides, the impact of bullying on mental health are as follows, low self-esteem, depression, anxiety, feelings of rejection, self-harm or suicidal thoughts, loneliness, difficultly sleeping, panic disorder and school avoidance. Since 55.5% of respondents who said yes indicated they may have experienced bullying in the past, the researchers draw the conclusion that many people have been bullied in the past. According to the survey, youth have experienced verbal bullying the most frequently followed by physical bullying, social bullying, and cyberbullying. Understanding how bullies work and why they act the way they do is one of the most crucial aspects in learning how to manage bullying in a correct manner. About 48.2% of the respondents said a loud yes, they will report to the related authorities such as police, teachers, school counsellor, parents, friends, and others while 33.6 % said no they will not do anything as they actually considered it as, scary, embarrassing and useless. The frequency of bullying occurs ranges from daily, weekly, once or twice a year to never. The groups that are most probably to be the bully are as follows, friends, course mate, senior**,** strangers**,** teacher**,** family member**,** relatives and other. In addition to that, we can also push for more funding from the federal, local, and state governments so that we can offer students safe, effective educational programmes that teach them how to curtail and prevent violence. Furthermore, we must implement laws to flatten down the increasing curve of bullying among youth.

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44 The Impact Of Covid–19 On The Mental Health Of The Youth

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Abstract

In early December 2019, an outbreak of coronavirus disease 2019 occurred in Wuhan City and spread around the world. Many countries have implemented a range of control measures due to the perceived risk of contracting sickness. In our work, we investigated how the virus and containment affected the psyche of young people and what the consequences are for them in the future. There are clear psychological consequences which were caused by the containment of the virus, but the serious consequences will only become apparent in the next few years or decades.

Introduction

The covid 19 pandemic triggered an international health emergency with unimaginable consequences. To prevent the further spread of the disease, governments implemented different measures. Some of these were controversial and led to significant restrictions in people's social life. Especially the social distancing and the closing down of schools and leisure facilities led to a severe change in the life of adolescents. Families were overwhelmed trying to implement home office and homeschooling into their lives. Many of them got financial problems and there were more family tensions. The number of teens who showed conspicuousness towards mental health issues and teens who were diagnosed with mental health issues increased rapidly. Furthermore, the long-term impacts of mental health issues should never be underestimated. Otherwise, the affected would have to battle with them for a long time and sometimes even lifelong. Adolescents belong, in terms of vulnerability towards mental health issues, to one of the most vulnerable groups. The most common diseases are anxiety disorders and depressive, hyperkinetic and dissocial disorders. Overall, boys are more often affected by externalizing disorders, whereas girls suffer more from eating and psychological disorders. (Karnaki et al., 2022)

The following paper should give insights into how the pandemic and especially the social distancing impacted the mental health of adolescents. For this purpose, literature research was conducted, and a survey questionnaire was created.

The psychological situation during the pandemic

Several studies, from different institutions, were conducted during the pandemic to show the

psychological situation of adolescents during the crisis. Qualitative interviews were also conducted with families. In these, questions were asked about leisure time behaviour, family climate and behavioural problems during the corona pandemic. It was found that adolescents used the Internet significantly more often than before. In the area of family climate, there were also significant changes due to being overwhelmed by the situation, which often, together with financial stress, led to frequent arguments in the family. 22% of the parents interviewed thought that conflicts and chaos were often a part of Corona's everyday life. However, this was more often the case in households with multiple children. In addition, 32% of the parents stated that their children were under a lot of stress due to contact and exit restrictions. However, it must be added to this that parents with a higher level of education more often indicated that their children were coping well or very well with the situation. (Karnaki et al., 2022)

The two most frequently identified behavioural problems were emotional difficulties and hyperactivity problems. Girls suffered more often from emotional problems, while boys suffered more from hyperactivity problems. In general, in a survey conducted in May and June 2020, 69.4% of adolescents reported feeling burdened by social distancing and contact restrictions. Then, in a second survey a few months later, this figure increased significantly to 82.6%. Furthermore, many young people stated that the relationship between their friends and acquaintances had deteriorated significantly as a result of the restrictions. Many also stated that their general quality of life had deteriorated, which can lead to psychosomatic complaints. The most common symptoms were irritability, sleep problems and headaches. These were also caused by social isolation and the resulting excessive use of digital media. These were, during a lockdown, the only way to stay in touch with friends, thus came to exaggerated use of social media and PC games. On a school day, the average usage time before the pandemic was 3 hours and 15 minutes and increased to 5 hours and 32 minutes during the pandemic. On weekends, this increased from 5 hours and 34 minutes to 7 hours and 14 minutes. A study then examined the relationship between smartphone usage patterns and mental well-being. The study found that the more often young people used digital media, the more frequently they experienced depression, anxiety disorders, eating disorders and sleep disorders. Eating disorders and sleep disorders occurred. Due to this drastic increase in psychological distress, there was a shortage of therapy slots during the pandemic. Many had to wait longer than six months for an initial consultation with a therapist. (Karnataka et al., 2022)

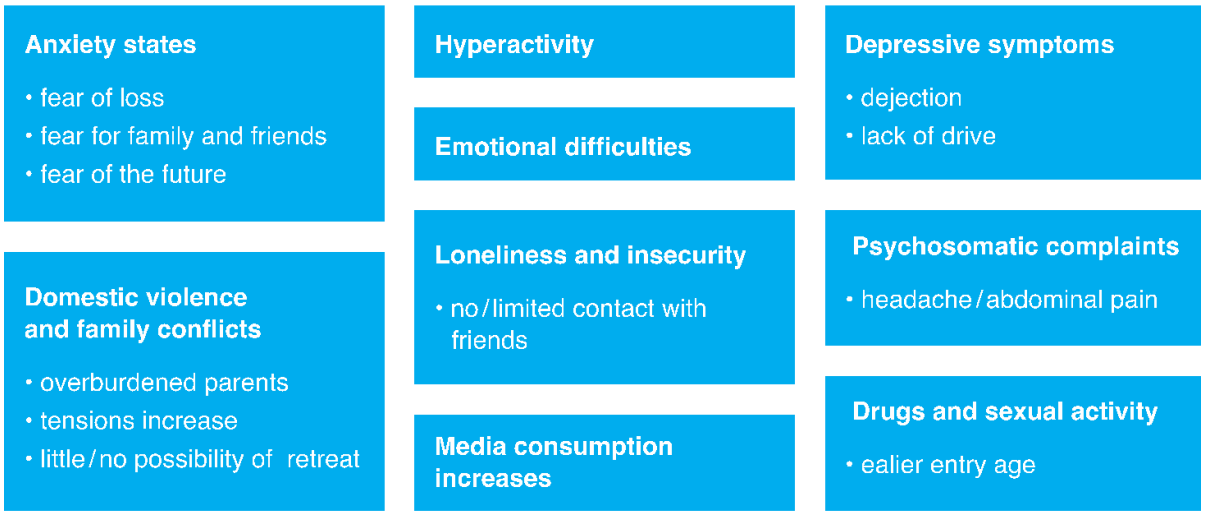


Figure: Possible negative impact of the pandemic on adolescents

Internalizing and externalizing behaviour patterns

The behaviour patterns listed above can be divided into two different ones. There are internalizing behaviour patterns and externalizing behaviour patterns. Internalizing behaviour patterns are behavioural conspicuities that are primarily directed inward, whereas externalizing behaviour patterns are conspicuities that are primarily directed outward. Internalizing behaviour patterns are primarily characterized by passive-defensive and avoidant behaviour as well as restraint in the social environment. Depression and anxiety symptoms are predominant and are very often accompanied by self-injurious behaviour or suicidal thoughts. For most adolescents, these emerging symptoms are related to the school situation. Many are overwhelmed with homeschooling, have no motivation in online classes and lack social contact with classmates. To escape this situation, many flee into internalizing behaviour patterns, into fictitious worlds, which has a tension-reducing effect on you for a short time, but in the long run, does more harm than good. (Hinteregger, 2021)

Externalizing behavioural disorders are manifested by outward behavioural conspicuities, which are manifested, for example, by disorders of social behaviour, oppositional defiant behaviour, or attention deficit hyperactivity disorder (ADHD). It should be noted, however, that the pandemic and its limitations are often not the cause of these behavioural disorders, but rather a catalyst that amplifies them and causes them to occur more frequently. Homeschooling in particular is the biggest factor here, as there is a lack of daily structure and often a lack of exercise. This then often results in hyperactive or aggressive behaviour. Externalizing disorders have the advantage that they are often more easily recognized than internalizing disorders, but the burden on the environment is significantly higher. (Hinteregger, 2021)

Risks and proactive factors

There are some risks and risk groups that are at greater risk of developing mental health problems due to corona-related limitations during the pandemic. Adolescents with low socioeconomic status are at particular risk. Families that have higher incomes can provide their children with technology to connect with friends, reducing the risk. Furthermore, the housing situation can also become a significant burden if the family lives together in a very small space and the adolescents do not have a place of retreat. The risk is also increased if there are partnership conflicts between the parents, the adolescents have chronic pre-existing conditions, or the parents have a migration background as well as low educational status. (Karnaki et al., 2022) However, some factors have a protective and positive effect on young people. One of the most important is support from parents in the form of open communication. Parents should listen to the adolescents' fears and concerns and respond to them sensitively, as this can have a preventive effect in most cases. Digital media in moderation can also have a positive effect on mental health, but attention must be paid to what is being consumed. (Karnaki et al., 2022)

Own primary data

We also conducted our survey among our friends and colleagues to collect first-hand data, most of whom were students. In the questionnaire, 41.5% of respondents said their emotional health was worse than before the pandemic, 9.2% said it was much worse than before, and 36.9% said it was about the same as before. Only 12.4% said their emotional health had gotten better or much better. The biggest emotional challenges were social isolation and loneliness, anxiety, unhealthy social media use, and difficulty concentrating. To get through these emotionally challenging times better, 73.8% indicated that their friends and family helped. Close behind at 72.3% is music followed by exercise, adequate sleep and social media. The final question was open-ended and asked what, for each person, was the worst part of the pandemic. Here, most of the answers had to do with friends and social isolation. For example,

not being able to meet friends or only ever having classes online and thus, not even seeing your classmates. (Own Survey, 2022)

Conclusion

More and more adolescents have problems with their mental health. Even though this is a very important topic it is still not common or normal to talk about it, although it should be. Especially during the Covid crisis and social isolation more and more juveniles are experiencing difficulties with their emotions. Often it is hard for them to cope with the isolation and especially parents should be very open towards talking with their children about their mental health, but never judge. There is enough data that shows how Covid-19 and the regulations that came with it had a bad impact on the mental health of adolescents. Nevertheless, further research and work need to be done to determine the long-term effects of the Pandemic on the mental health of juveniles. Nobody can deny that social distancing had a bad impact on everybody's life and mental health, but adolescents were the ones who suffered the most in terms of mental health.

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45 The Impact of Financial Problems Toward Academic Performance and Personal Well-Being Among Youth

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ABSTRACT

This study aims to determine how the causes of financial problems and their effects on students at the University of Science Malaysia (USM) are related. Financial hardship can be defined in terms of the unable to pay debts over a short or long time that affects personal well-being. The study includes a respondent from various educational levels to identify the common problem for youth financial issues. A total sample size of 102 throughout the university comprised a level of education, gender and ages around 18 to 25. The data collection method was made through an online survey. The approach method contributes to new knowledge, such as the generalization of the Google Form platform. Therefore, most people face financial problems, and the respondent agreed that lower-class income (B40) is a vital factor that leads to financial difficulties.

Keywords: Financial problems, data collection, Google Form platform,

1.0 INTRODUCTION

Financial issues are vital for everyone, particularly students. A financial difficulty occurs when you cannot pay your payments on time or afford necessities. Most students struggle to make ends meet since they come from the B40 (the bottom 40% of the lower classes' income). As a result, students must make tough choices about spending money on food or other necessities, while others must deal with health difficulties that have impacted their financial positions. On the other hand, practitioners have long encountered clients with economic issues that influence their cognitive, emotional, and relational well-being. According to the most current data, 85% of Malaysian students choose shorter university terms owing to financial concerns. It is because 66% of students in 20 out of 21 countries wanted their institutions to provide more online instruction in exchange for lower tuition prices. It stated in an April 29 release that nearly six in ten (59%) students globally think that if it were cheaper, they would want their university degree to take less time to finish, up from 54% in 2021. Due to budgetary concerns, 85% of Malaysian students choose shorter university terms (Nurul Suhaidi, 2022).

Countless factors lead to financial problems, but the essential elements such as lower-class income (B40), big family, loss of guardian, which is the source of income, and poor financial management have become problems that most students often face. All these factors will affect mental and physical health, including low self-esteem, sleep deprivation, depression, hot-tempered people, and academic performance. Moreover, with the lack of funds, students faced financial problems adapting to the high cost of living. Therefore, university students have severe economic issues that might affect their academic performance. So, this study aims to determine how the causes of financial problems and their effects on students at the University of Science Malaysia (USM) are related.

2.0 LITERATURE REVIEW

Money plays an important role in an individual life. Money is essential to fulfilling our basic needs, such

as food, shelter, and healthcare. According to Rakoczy, C. (2022) money also can provide our family safety and security. The socialization process gained in early childhood is a crucial factor towards an adult's attitude toward money, and most young adults prefer to spend money to improve their living standards rather than save for future needs (Ong et al., 2021).

According to financial experts, Malaysian youngsters are struggling with the rising cost of living and lack of financial awareness. Marshall Wong, a certified financial planner, advised young folks to hire competent financial management consultants to assist them in being more frugal and keeping track of their spending rather than making impulsive purchases (Raju, S., T., 2022). Youth nowadays always have difficulty coping with financial issues, especially when having many commitments and there are a lot of factors that lead to financial problems. B40 is one of the main factors according to Prime Minister Datuk Seri Ismail Sabri Yaakob, 580,000 M40 households have been reclassified as B40, which accounts for almost 20% of the middle-income group (Yunus, A. 2021). Then, `many dependents such as big family can affect the finance in the family especially bearing the education costs of each sibling. The financial state of a family can be worsened if the guardian who is the ultimate source of income dies. Since financial literacy among youth is low, adulting happens in every student who is required to be independent in managing personal finances, and not to be dependent upon their parents (Saepuloh, D., & Ahman, E.,2021). Poor financial management is also the main reason financial problem arises. Therefore, undergraduates should practice sacrifice and discipline themselves in managing their finances to provide a positive example for their younger peers (Ong et al., 2021). University students should thus be accountable for their spending habits (Ong et al., 2021).

Education has always been a very controversial issue in Malaysia. According to Hunter, M (2022) the education system has an enormous impact on the nation’s cultural evolution, sustenance of the nation’s labour pool and the people’s critical thinking skills. Early adulthood typically necessitates moving away from home or family to establish new skills, a career, or to attend higher learning institutions and thus increases financial responsibility. As they enrol in college or universities, many young adults begin to manage their finances for the first time, and they frequently find themselves having to juggle financial responsibilities in addition to academic responsibilities.

According to the education funding, most students who want to continue their studies in higher education see it as a lifeline. The availability of student loans, such as those provided by the National Higher Education Fund Corporation (PTPTN), is essential to ensure a steady supply of skilled workers for the country's economic progress, nation-building, and better wealth distribution (Wan Saiful Wan, January 2020).

PTPTN prefers to be viewed as an “education fund” for Malaysians rather than as a lender or simple debt collector. PTPTN is a higher education fund that offers prospects for achievement to lending and collecting money. It is both a significant financial investment for the nation’s youth and one of the signs of salvation, according to Ahmad Dasuki, (2022). According to Nur Hasliza Mohd Salleh (2022), many university students have shared their worries on social media about how they would manage the forthcoming semesters. Some people are concerned about the delayed delivery of scholarships and a shortage of available housing. In contrast, others talk about rumours that the cost of power and utilities will go up.

2.1 Malaysian households in the bottom 40% (B40)

The government classified each of those categories to ensure that the national income could be distributed in a more targeted manner, according to the social expert, Prof. Dato Dr. Mohammad Shatar Sabran, the incident should not have occurred. "No one should be left behind since it is the government's

duty to ensure that everyone in the community, regardless of social status, benefits from or feels the country's welfare development." One of them is the household income classification, such as T20, M40, and B40, which is done to make sure that the community as a whole benefit from the prosperity that the government has generated via development (MOHAMED HAMIDI, 2022). The income of Malaysian households in the bottom 40% is known as B40. They make less money each month than RM4,850. The COVID-19 pandemic has also caused many Malaysians to fall into lower economic brackets due to decreased income and job losses. Bantuan Sara Hidup (BSH) is also available to the B40 group.

Additionally, there are government housing programmes, particularly for B40 groups. Examples include the Program Perumahan Rakyat (PPR) and Program Perumahan Rakyat Termiskin (PPRT) for the truly impoverished. Furthermore, PeKa B40 is instantly available to the B40 group. According to the 2019 Household Income and Basic Survey Amenities Report, 2.91 million households in the B40 group were present in 2019. Only 16% of household income, according to the income distribution, came from the B40. Please be aware that even though this group's population may have grown since the survey was published in July 2020, you can use the above numbers to estimate the B40 population in Malaysia in 2020 (Rebecca Hani Romeli, 2022). According to this study, male students from low-income homes and households without a religious affiliation are more likely to report feeling stressed out. High suicidal ideation is consequently elicited. Self-immolation is a prevalent thought among those who are poor or have low incomes (Nurain Abdul Rahhim, Nor Jana Saim, 2022).

2.2 How big family affects our finance?

More family member means more expenditure in one’s family (Friedline et al., 2020). Usually, many families do not talk about money management until they have problems. A newlywed probably starts their marriage with a stable income but soon after they have their kids, there will be an increase in purchases and commitments. They also could face an unexpected medical emergency that may force them to use their savings.

All parents must be responsible for preparing basic physical necessities such as shelter, clothing and food for their family. However, everyone has their own will. For instance, a child like to play with a toy, a teenager like to follow a trend and also grown-up people like to have fashionable luxury stuff. This shows that everyone has their own will in their life. Unfortunately, most of our will require us to spend some money on it. Then, imagine that you have a big family. The parents need more money to fulfil their child’s will. This shows that a big family really does affect our finance.

2.3 Financial Management

Financial management is one of the skills that are essential not just for cooperate or companies but also for people. According to Solomon, financial management seeks to maximize the utilization of capital funds, which are also a massive economic resource. Financial management definition by a different author which is Phillippatus can be understood as providing a more comprehensive description of financial management. Phillippatus said, "Financial Management is concerned with strategic choices that result in the purchase and financing of short and long-term credits for firms”. On the other hand, "Financial management is the province of financial decision-making, synchronizing human motives and corporate goals," write Weston and Brigham.

Financial management is divided into corporate operations, company accounts, and personal accounts. Examples of financial management for a business or organization including managing telephone costs, recruiting, and maintaining human resources, purchasing facilities, project budgets, and so on. Individual financial management examples include managing monthly budgets, costs, shopping, and so on.

After reviewing and analysing the financial management definition and examples, it is crystal clear that financial management is an essential component for all. Financial management is a fundamental skill and responsibility for every individual, business, or organization.

3.0 Methodology

The problem with the study is a cause-and-effect one. Furthermore, we used primary quantitative data rather than main qualitative data. This is because to achieve our objective, our research incorporated numerical data that was collected from 102 respondent.

3.1 Sample and Data

Our sample contained of 102 respondents of universities students from all over Malaysia. The respondents must be Malaysian citizens between the ages of 15 to 34. Our poll included a variety of questions, most of which focused on respondent's financial backgrounds. A survey conducted online served as the data collection strategy. Our data collection process began on October 26, 2022, and the ended is on October 30,2022 for this survey. To be precise, Google Form was used to collect the data because of how quickly and broadly it is now shared among people. Fortunately, we have a sample size of roughly 102 despite our desired response being around 100. Our response rate was approximately 102%, as a result, there were roughly 74.5% female respondents and 25.5% male respondents when we separated the sample by gender.

3.2 Method of Analysis

For our quantitative data, we had to go through a number of processes of data preparation. To generate potential questions, we first had a discussion. Second, we design the questions using Google Form, which analyses the data and generates pie charts and graph bars as a result.

3.3 Evaluation and Justification

The primary justification for our decision to conduct the survey using a Google Form was the quick and thorough distribution of the questions to each respondent, which only required about 5 days to reach our sample size. Comparatively speaking to our action, a physical, face-to-face survey with the same sample size would require more time to conduct. Additionally, the approach strategies add to our expertise by allowing us to generalise to the Google Form platform. As far as we are concerned, everything has its flaws. For example, the government cannot use the data we acquired for tax purposes because the documentation is of poor quality. However, as long as it is relevant to our study work, our data can be accessed by many university students worldwide. Simply put, our strengths outweighed our weaknesses and limitations.

4.0 Respondent profiles

The responses were written by undergraduate students at University Science Malaysia (USM). 25.5% of those polled responded (26 of 102). Females made up the majority of responders (74.5%). 1.96 per cent of degrees awarded are master's, while 0.98 per cent are doctor of philosophy. The majority of respondents (84.3%) have a bachelor's degree, followed by a diploma (9.8%) and foundations/ A-Level/ Matriculation/ STPM (2.9%). Table 1 displays the respondent's demographic breakdown.

Table1 *Profiles of Respondents*

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	26	25.5%
	Female	76	74.5%
Level of Education	Foundations	3	2.9%
	Diploma	10	9.8%
	Bachelor's Degree	86	84.3%
	Master's Degree	2	1.96%
	Doctor of Philosophy (PhD)	1	0.98%

5.0 Results

5.1 Data Analysis

To analyse the data collected, our team utilized Google Forms websites to generate data collection results in a few techniques such as pie charts and graph bars. Analysing the reliability and validity of the data collected through Google Forms is involved in data analysis.

5.2 Measurement model

The validity and reliability of the measurement model was determined through Google Forms platform which is finally presented as charts. Charts used are "Bar Chart" and "Pie Chart". The charts are divided into some categories which are a count of gender, level of education, main source income, factors that lead to financial problems, implication if finances are out of the problem and also the first thing that respondents spend after getting money. The colour differences can differentiate the categories in the pie chart.

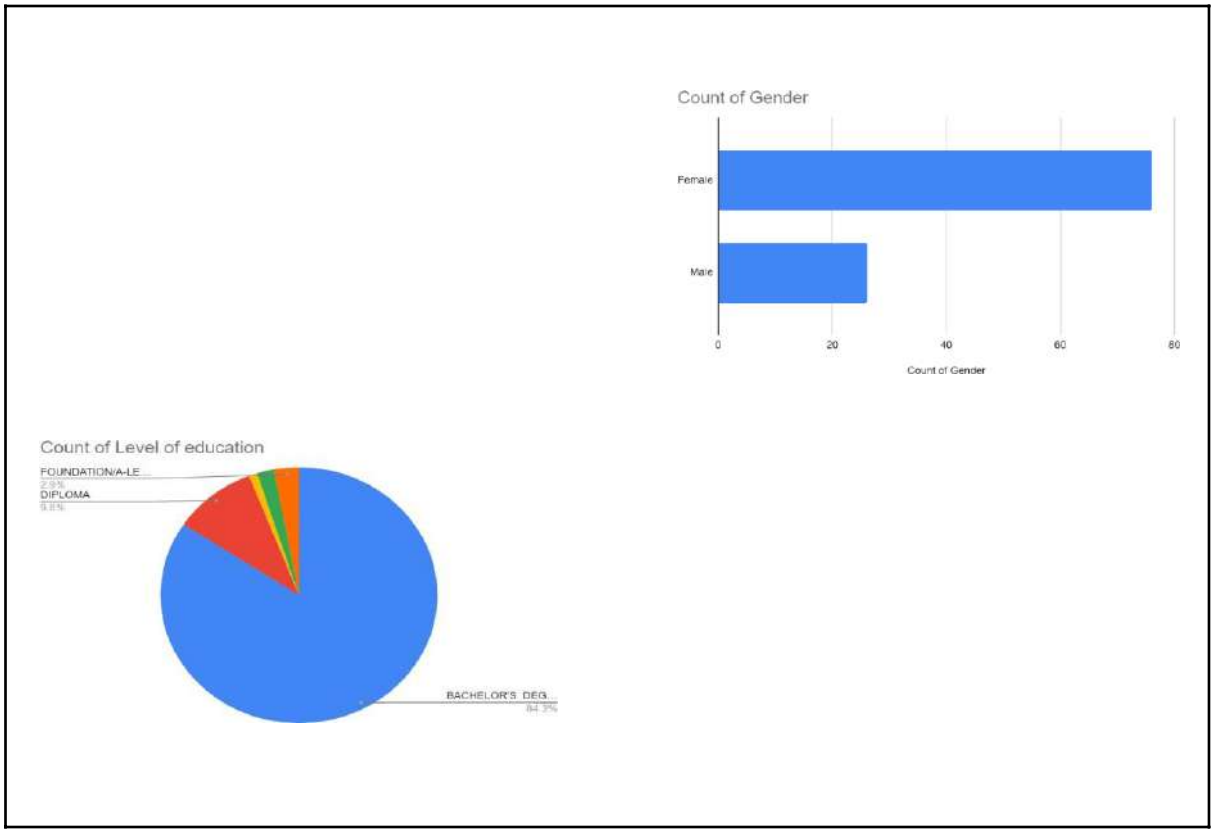


Figure 1. The number of gender distribution and educational attainment.

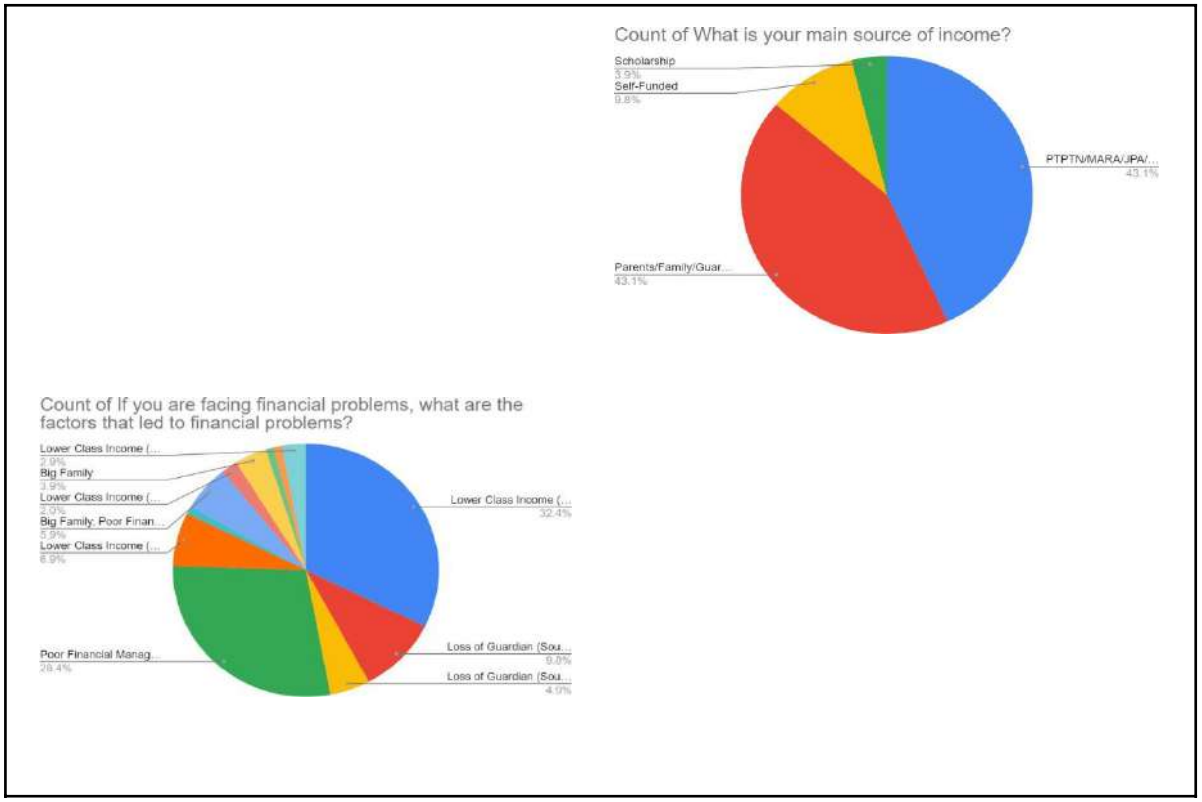


Figure 2. The respondent's major sources of income as a percentage and the contributing reasons to their financial difficulties.

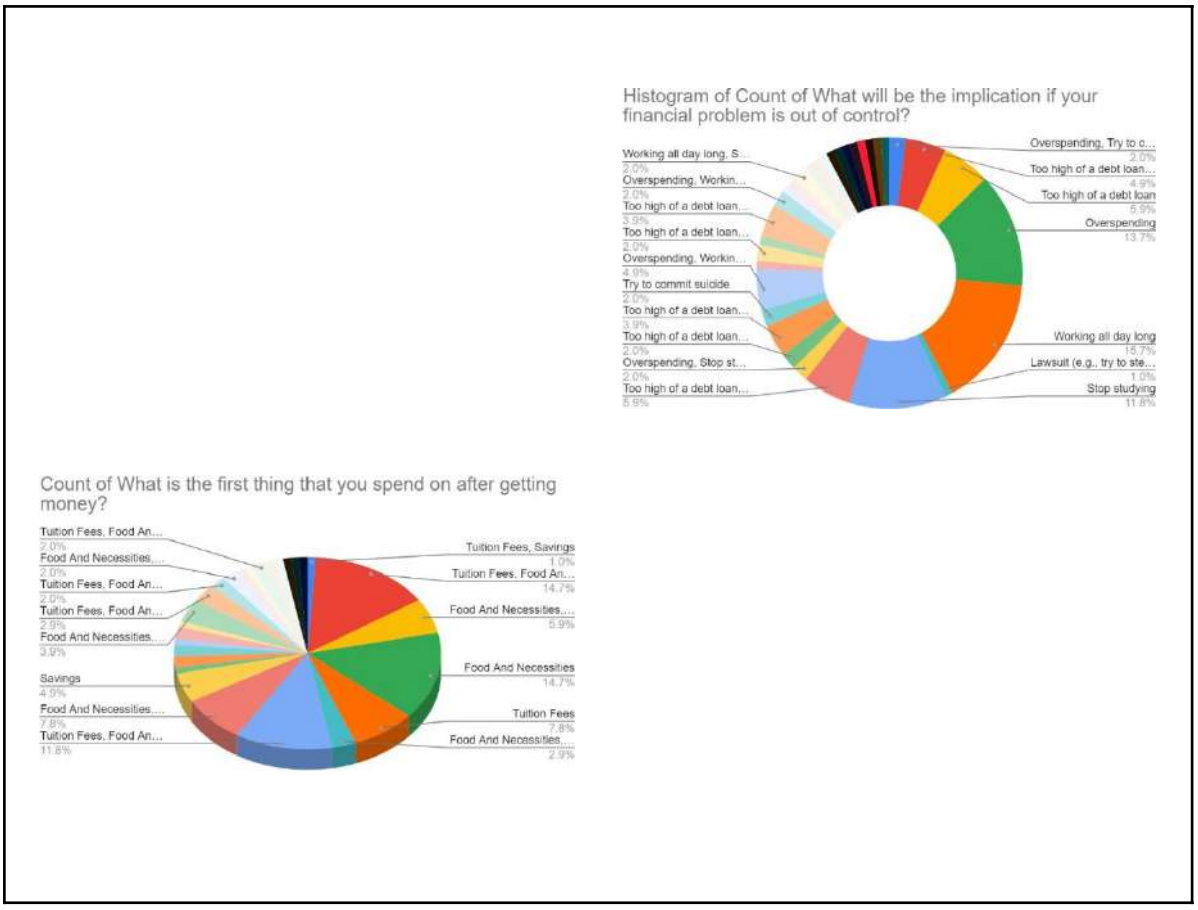


Figure 3. A histogram shows the first purchase that one can make after getting money, along with the consequences if the respondent's financial condition becomes out of control.

DISCUSSION

All regular people, including university students, especially those with financial difficulties, regularly face stress. This study's findings demonstrate that pressure exists and is felt by students with financial problems. However, several things contribute to this strain. Low income (B40), a large family, the loss of dependent resources, and poor money management are a few of them. According to 102 respondents, poor financial management ranks as the most significant factor, consistent with Tran Huong Xuan's study (2022). Numerous studies also demonstrate that pressure to innovate the financial management system at public universities is rising due to the state's reduced funding for public institutions. This study's results show that students at this university need to be more competent at managing money since they lack financial understanding and must handle their finances after advancing their studies to a higher level.

Furthermore, data suggests that food and needs are the items on which university students spend the most money. According to Whatnall et al., (2022), university students who purchased and spent more money on food and beverages on campus had a higher intake of energy-dense, nutrient-poor items. As a result, the university food environment may have a negative impact on students' nutritional consumption, and more emphasis should be paid to building a healthy university food environment. The results of this study suggest that women have some advantages over men when it comes to developing healthy eating habits. Obviously, one solution is to stop reinforcing macho gender stereotypes that put women in charge of caring for children and the elderly at home.

According to the 102 respondents that filled out this Google form, student loans such as PTPTN, MARA, JPA, and others are their primary source of income. Furthermore, sources of income from parents were chosen by the respondents for this survey. This is supported by Behune (2020) belief that an increasing proportion of students cannot afford or do not have the resources required to enroll in college without borrowing money. Borrowing large sums of money before beginning their jobs might be frightening for many of these students, which is understandable. But the prospect of not being able to attend college at all seemed even more frightening. Since attending college and completing their education can lead to personal and professional progress, everyone needs to learn more about the world and contribute more. Nibud surveyed more than 1,500 students in both vocational and academic higher education. Most (68 per cent) receive money from their parents. That is 15 percentage points higher than in 2015 when there was still a basic study grant. The amount they receive has also increased: in 2021 it averages €211 per month (Persbureau, H. O., 2021). This shows that students have to rely heavily on student loans and parents because they do not have a steady source of income.

The outcomes of this study demonstrate an indirect association between a hot-tempered individual and financial troubles. The findings contradict earlier research (Adler et al., 2022). Previous research found that problematic anger was connected with involuntary job loss, financial difficulties, unemployment, and homelessness, even after controlling for relevant factors. This demonstrates that students can maintain emotional control even when faced with financial problems. Furthermore, students can retain independence by working part-time in their spare time. Today's students are still capable of making their own money.

CONCLUSION

Based on the method we used, we conducted a survey among college students and collected 102 respondents through an online survey. Most people face financial problems, and the respondent agreed that lower-class income and lack of financial management knowledge are vital factors that lead to financial difficulties (B40). From the survey, parents or family guardians are the youth's primary income source. As we all know, money is crucial in today's world, but the problem is that some people might need more. Most college students, in particular, are in financial hardship because they lack knowledge of how to manage their money and come from lower-class income families (B40). Therefore, when college students face a financial crisis, they will be stressed and unable to concentrate on the lecturer, which will impact their academic performance, such as grades and results, and their future jobs.

On the other hand, according to the findings, some students rely entirely on education loans or scholarships. In addition, some students rely on their family income, while others must work to fund their education and daily needs. A lack of financial resources causes financial problems, which affects students' academic performance. Furthermore, some students need more financial resources because they want to avoid burdening themselves by owing others and becoming in debt, such as taking loans from PTPTN, MARA or others. Due to a lack of financial resources to address financial issues, some students must reduce their study hours to pursue alternative financial resources, such as working part-time for long hours or holding multiple jobs, which may impact their academic performance and mental health.

Last but not least, a solid strength of students agreed that "Overspending" is the sole implication if financial issues are out of control. Let us say that you are spending more than you are earning. The cost of living as a college student is high, and they usually spend more than they earn, especially for those who have never been away from home before, experiencing independence. They have no idea how to handle their finances, and they will spend their money without thinking about it, resulting in problems such as not having enough money to buy what they require, such as tuition fees and necessities. For instance, they purchased a luxury phone such as an iPhone for RM5,990 despite earning only RM1,000

per month.

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46 The Impact of Healthy Lifestyle on the Mental Health of Youth

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ABSTRACT

In recent years, many individuals have been having problems with their mental health because of their surroundings, which makes them feel stressed out, especially young people. The research aims to investigate the impact of a healthy lifestyle on youth's mental health. This study shows what causes mental illness in young people and which healthy lifestyles can help boost our mental health. According to the World Health Organization (WHO), a healthy lifestyle means a way of living that lowers the risk of being seriously ill or dying early. The research reviewed in this thesis is from reliable databases and e-journals. Using an online survey, we gathered responses from 120 respondents. The results showed a significant relationship between a healthy lifestyle and youth's mental health. The findings revealed that eating a healthy diet, getting enough rest, and regular exercise could help the young generation maintain mental health.

Keywords: Mental health; Healthy lifestyle; Youth; Healthy diet; Regular exercise, Enough rest

1.0 INTRODUCTION

A healthy lifestyle is one in which a person is in charge of all their behaviours that impact their health, enhance their well-being, and promote their personal growth (Mansuroğlu & Kutlu, 2022). Health is more than just being well. For the past several decades, promoting a healthy lifestyle has been a top focus around the globe (Melnyk et al., 2021). Healthy lifestyles are linked to lower rates of mental health issues such as depression and anxiety, whereas poor healthy lifestyles lead to a higher rate of mental problems (George et al., 2022). One in seven children worldwide, aged 10 to 19, suffers from a mental illness, which accounts for 13% of the disease burden in this age range globally. Depression, anxiety, and behavioural problems are among the primary causes of illness and impairment among teenagers. Suicide is the fourth highest cause of death among those aged 15 to 29 (J, 2021). However, more than 70% of patients with mental illnesses received no treatment from medical personnel. These aspects broadly included individual attitudes about the need for help-seeking, the amount of trust a young

person has in an individual or mental health service, a young person's resilience, ego, and coping abilities, prior experiences with help-seeking, and perceived stigma (Powell et al., 2021). To make matters worse, the UN health organization (WHO) said on Friday that in the first year of the COVID-19 pandemic, rates of common illnesses such as depression and anxiety increased by more than 25% (Nearly One Billion People Have a Mental Disorder: WHO | | 1UN News, 2022). Prevention is better than cure, one approach is that we can practice a healthy lifestyle as a habit. Diet, sleep, and exercise have historically been the first three components of healthy living (Zhao et al., 2021, Hosker et al., 2019).

On the other hand, a poor diet can cause weariness, impair judgment, and slow down reaction time. A poor diet can exacerbate and even cause stress and melancholy. Hence, breakfast is considered a vital component of a healthy diet. All ages are encouraged to have breakfast regularly because it improves our overall health and boosts our mood. (Zahedi et al., 2020). Milajerdi et al. (2019) found that eating breakfast decreased the risk of depression and psychological discomfort in population-based research. Breakfast intake inhibits the release of stress chemicals like cortisol (Mansouri et al., 2021), also known as the stress hormone (van der Linden et al., 2022). Recent studies have shown that healthy diets, such as the Mediterranean diet, which is rich in fruits, vegetables, legumes, whole grains, and seafood, are associated with a reduced risk of cardiovascular disease (Trichopoulou, 2021). A healthy diet is connected with better general mental health and well-being (Young et al., 2022) and reduced levels of depression (Lee et al., 2015). Higher nutrition quality ratings were related to reduced emotional and mental health symptoms in a study involving 3,300 German children aged 10 years (Dimov et al., 2019).

However, a balanced diet is not the sole criterion for a healthy lifestyle. Sleep is essential for people of all ages to have healthy cognitive and emotional processing (Lin et al., 2021). Sleep also improves efficacy and enhances memory trace (Toor et al., 2022). Young adults should get 7-8 hours of sleep every night to enable growth and development (Hirshkowitz et al., 2015). But, an estimated 30% of university students have terrible insomnia (Silva et al., 2021) following the transition to college (Park et al., 2019) where students have to commit more to academics, extracurriculars, and social (Rea et al., 2022). Sleep issues have been linked to the initiation and exacerbation of a variety of mental health issues, such as depression, anxiety (Becker et al., 2018), and even suicidal impulses (Zakarin, 2022). To support, Finan (2021) said that those who experience insomnia are ten times more likely to develop depression than those who obtain a decent night's sleep.

We all know that exercise helps build a leaner body and a better physique, but few people realize that it also helps build a stronger mind. Even though exercise has plenty of benefits, according to a recent nationwide study done in Malaysia in 2019, 39% of Malaysian individuals aged 16 and over did not exercise (Anuar et al., 2021). Physical activity was even lower amid the pandemic as people from all over the world are having difficulties maintaining a healthy level of physical activity, with some claiming a reduction of up to 50% (Park et al., 2022).

Over the years, many have neglected the impact of a healthy lifestyle on their mental health. A healthy lifestyle is not a new phenomenon, but many still do not realize that it doesn't only complement physical health but also mental health. The main purpose of this study is to find out the relationship between a healthy lifestyle and its impact on youth's mental health, identify the factor(s) that cause people to suffer from mental illness, find out the number of respondents that practice a healthy lifestyle, and find out the extent to which people agree that practicing a healthy lifestyle can help us be mentally healthy.

2.0 METHODS

The study made use of a cross-sectional design by analysing online survey data. Our respondents consisted of 120 students with different gender, age, race and level of studies. The questions used in this survey were designed so as to identify the youth mindset towards the impact of healthy lifestyles on the mental health of youth. An online survey was used to collect answers from the required audience. Data were collected according to a 5-point Likert scale (5 = strongly agree, 4 = agree, 3 = neutral, 2 = disagree, 1 = strongly disagree). In total, 120 surveys were collected and found to be usable. We developed the healthy lifestyle factors on the mental health of youth (7 items) and healthy lifestyle habits that are currently practiced (7 items).

3.0 RESULTS & DISCUSSION

Demographic variables	Category	Frequency	Percentage (%)
Gender	Male	64	53.3
	Female	56	46.7
Age	15-18	10	8.3
	19-24	98	81.7
	25-35	12	10.0
Race	Malay	22	18.3
	Chinese	82	68.3
	Indian	13	10.8
	Bangladesh	2	1.7
	Kadazan	1	0.8
Level of Studies	Secondary school student (Form 1-Form5)	8	6.7
	Pre-university student (Form 6, A levels, Foundation, AUSMAT, etc)	22	18.3
	University student (Bachelor, Master, PhD)	90	75.0

TABLE 1: Demographic profile of respondents

The demographics surveyed consisted of 53.3% males and 46.7% females. As a result, most respondents to this survey were between 19 to 24 years old, contributing to 81.7% of the survey. Only 8.3% were between 15 and 18, and 10% were between 25 and 35. The majority of the respondents were Chinese (68.3%), and the minority were Kadazan (0.8%), followed by Malay (18.3%), Indian (10.8%) and Bangladesh (1.7%). For the level of studies, most of the respondents were university students (75%), followed by pre-university students (18.3%) and secondary school students (6.7%).

3.1 The fraction and factors of mentally ill individuals

Respondents were asked one "yes or no" question to determine whether they had any mental health issues. About 72.5% of the respondents answered "no" when asked if they had mental health issues, and the remaining 27.5% answered "yes". Respondents who answered yes were required to choose the factor(s) that had caused them to suffer from mental illness. About 68.8% of the respondents had mental problems due to academic pressure, followed by financial problems (46.9%), severe or long-term stress

(43.8%), childhood trauma (28.1%), unhealthy habits (21.9%), having long-term physical health condition (18.8%) and unemployment (9.4%). Only 3.1% of the respondents had mental illness due to four factors which were drug and alcohol misuse, genetics, homelessness or poor housing and relationship. We observed that adolescents and young people must manage rigorous academic coursework, excessive homework or projects, and intense parental pressure to achieve academic success. Depression and anxiety will develop when they cannot cope with the stress. These emotions will then affect their performance in school and academic productivity, leading to lower grade point averages (GPA). Poor performance in grades will create additional anxiety about their school life, and if unresolved, they will eventually develop mental illness.

3.2 Respondents' bias on healthy lifestyle

Healthy Lifestyles	**Frequency**				
	Strongly Disagree	**Disagree**	**Neutral**	**Agree**	**Strongly Agree**
Healthy diet	7	4	11	31	67
Regular exercise	7	3	7	37	66
Enough rest/sleep	8	1	10	22	79
Connecting socially	7	4	20	40	49
Taking supplements	7	16	38	27	32
No smoking/vaping	9	2	22	31	56
Staying hydrated	6	7	21	31	55

TABLE 2: Respondents' degree of agree on healthy lifestyle

Respondents were asked one "agree or disagree" question to determine whether practising a healthy lifestyle can help in being mentally healthy or not. About 95.8% of the respondents answered "agree", and the remaining 4.2% answered "disagree".

Respondents were then asked how much a healthy lifestyle affects young people's mental health. Among the healthy lifestyle factors that can affect youth's mental health, 79 respondents strongly agree with enough rest or sleep. Sleep is vital to brain and body functions that process daily events and regulate emotions and behaviours. Getting enough shut-eye allows our brain and body to monitor our emotions and behaviours. Sleep assists in the maintenance of cognitive abilities such as focus, learning, and memory. A lack of sleep can make it considerably more difficult to deal with even relatively mild situations and impair our capacity to view the world effectively. Forty respondents agree with the factor of connecting socially. For instance, friendships provide numerous mental health benefits, such as higher feelings of belonging, enhanced enjoyment, less stress, and enhanced self-esteem. Factor-taking supplements had 38 respondents with neutral positions, and 16 respondents disagreed that supplements can affect youth's mental health. Nine of the respondents strongly disagree with the factor no smoking or vaping will not affect the mental health of youth. When people smoke a cigarette, nicotine activates the brain's pleasure centres and produces dopamine, a chemical that makes us feel good. However, while it might give us a temporary boost, smoking can harm mental health in the long run.

3.3 Respondents' healthy lifestyle habits

Respondents were asked about the healthy lifestyle habits they currently practice to prevent mental illness. Respondents were given a choice to choose more than one habit. More than 60% of the sample is cultivating a healthy diet, getting enough rest and not smoking. About 50% of the samples cultivate regular exercise, connecting socially and staying hydrated. However, only 27.5% of people cultivate the habit of taking the supplement, as we understand it is a personal choice that complements mental health.

4.0 CONCLUSION

Mental health affects the way we think and behave, and it also helps determine how we deal with stress and make decisions. Our finding has shown a positive relationship between a healthy lifestyle and youth's mental health. This study found that most respondents agree that a healthy lifestyle can help us be mentally healthy. Based on the survey, we found that only a minority of respondents have mental problems, mainly due to academic pressures.

The outcomes of this study emphasise the significance of adopting a healthy lifestyle, as it is a growing concern among Malaysians, particularly young adults. The result of the study showed that most respondents strongly agree that enough rest could affect our mental health because getting enough sleep can improve our ability to cope with stress. Secondly, this study found that a healthy diet is also one of the healthy lifestyles that help the youth maintain their mental health because a nutritious diet can improve our thinking ability and make us feel more awake. According to the survey, regular exercise can improve the mental health of young people by lowering their levels of anxiety and depression. This study has found that not smoking can maintain youth's mental health because it helps reduce depression and improve quality of life. Besides that, many respondents strongly agree that staying hydrated can reduce mental health issues because it can improve your mood, physical health, and thinking abilities. This study also discovered that connecting socially, which can lift your mood and make you feel happier, is an effective way to address youth mental health issues. In the study, taking supplements is one of the healthy lifestyles that can help boost mental health because vitamin supplements enhance the production of serotonin and dopamine.

Several limitations should be noted in the current study. First, this study only uses one method to collect data: the quantitative method. This method involves a structured questionnaire with close-ended questions. Therefore, the results of this research are limited to 120 respondents. All of them are young people, mainly university students in Malaysia. If limitations must be overcome, some improvements are needed, such as increasing the sample size to include different college, racial, age, and ethnic groups. Ultimately, the future study of a healthy lifestyle on the youth's mental health will be more effective.

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47 The Impact of Social Media on the Mental Health of Youth

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Abstract

Today, Social Media is getting natural and it is difficult to imagine a world without it for youth. Looking around in public transport for example trains and busses you can see a lot of youth addicted to their smartphone and in conclusion to Social Media. Sometimes, it causes a problem for youth. It means youth are getting a mental illness like depression, because of Social Media. They can get a lot of information from Social Media and contact their friends more easily. But they fall into a pitfall without recognizing and their health is undermined by Social Media. The trend is becoming stronger and the bad effect on youth is coming to light. So, what do we have to do to stand the Social Media landscape? We referred to a lot of documents and would like to share our thought here.

Keywords: Social Media; Youth; FOMO

Introduction

For a few decades, Social Media has come to play an important role in most people's daily lives. Social Media can influence everyday life positively as well as negatively. Especially the young generation is more under the influence of digital technologies. Recent studies have indicated that this choice may be especially advantageous for young people's mental health. The top 5 social networks have been ranked according to their effect on mental health based on the findings of a survey conducted by the UK's Royal

Society for Public Health of 1,479 persons between the ages of 14 and 24.

In this paper, not only the benefits of Social Media will be examined, but also the influence of Social Media on the mental health of young people will be discussed. First, the theoretical background and the advantages and disadvantages of Social Media are highlighted. Afterward, a representative survey will be conducted to find out how much young people are affected. The survey will be conducted online. Some other statistics are also included to support the data. In the end, some suggestions for maintaining your mental health with Social Media will be given.

Different Effects of Social Media

Positive Effects

While the majority of the discourse surrounding adolescent usage of new media has focused on possible dangers, the distinctive characteristics of the Social Media ecosystem have also generated new opportunities for boosting adolescent mental health（M, Jiang J *Teens*, 2018). People who are timid or socially isolated can connect with others using Social Media. Its use generally has a variety of potential advantages, including opportunities for humour and entertainment, identity exploration, and creative expression. Social connection is one of the most well-known advantages of using Social Media, with 81% of teenagers claiming that it makes them feel closer to their peers (M, Jiang J *Teens'*2018). According to a recent survey, 69% of teens said Social Media was at least somewhat significant for having meaningful interactions with close friends, and 77% of teenagers said it was vital for keeping up with friends daily（Clark JL, Algoe SB, Green MC 2018）. Teenagers commonly list Social Media's ability to link them with friends and family as one of its main benefits, and previous research usually demonstrates that using Social Media to foster a sense of acceptance or belonging improves people's well-being (Ybarra ML, Mitchell KJ, Palmer NA, *2015;.2014)*.

Social Media enables quick communication during emergencies. Online connections can also be made thanks to Social Media's open and widely available character. For some young people, particularly those who might not have easy access to groups of peers who are similar to them, this may present possibilities to obtain social support online. For instance, it has been discovered that LGBTQ kids are more likely than non-LGBTQ youth to have online friends and to regard these friends as a significant emotional support network. Receiving social support online may also be protective for young people with mental illnesses including depression and suicidality. Research indicates that more than half of young people in psychiatric hospitals say they received support or encouragement from others on Social Media in the two weeks before their admission (Nesi J, Prinstein MJ *2015*）.

Information about public health and safety can be quickly and easily disseminated via Social Media from reliable sources. The promise of emerging media for boosting adolescent mental health goes beyond its common use by teenagers to encompass cutting-edge healthcare applications in screening, treatment, and prevention. (Moreno MA, D'Angelo J, *2016*). Prior research has shown the potential viability of screening Social Media pages for indications of depression or drug misuse. On a bigger scale, increasingly complex machine learning algorithms have been created to recognize Social Media-based indicators of mental illness, such as depression, post-traumatic stress disorder, and suicidality. Users who display indicators of emotional distress or risk of suicide are already subject to screening and intervention procedures on social networking sites like Facebook and Instagram.

In addition to providing previously unheard-of chances for raising mental health awareness, Social Media has been used to evaluate health promotion initiatives for a range of mental and behavioural health issues. (*Yonker LM, Zan S, Scirica CV,Jethwani K, Kinane TB 2015*). Social Media's quick

accessibility and potential scope present intriguing opportunities for youth mental health therapy, including the possibility to reach communities that are difficult to reach. Youth-targeted mental health mobile applications have lately proliferated, and preliminary data suggests that they are acceptable; nevertheless, more studies are required to determine their utility and effectiveness.

Negative Effects

The development and maintenance of psychopathology are significantly influenced by the peer experiences of adolescents. Peer interactions can take place more frequently, instantly, and intensely in the Social Media context. Previous research has highlighted several specific online peer experiences as potential risk factors for mental health issues. Cyber victimization, or experiencing peer bullying online, has repeatedly been linked to increased rates of self-harm and suicide conduct, as well as internalizing and externalizing difficulties. Youth may also be at risk as a result of other Social Media peer experiences, like social rejection and online conflict or drama. Online, where young people can access a variety of their peers in addition to potentially harmful content, peer influence processes might also be intensified. Adolescents who use the internet incorrectly may develop mental illnesses. Young people may be more prone to engage in dangerous behaviours themselves if they are exposed to Social Media content that shows these behaviours (such as drinking and other drug usage).

Online resources that deal with suicide and self-harm may also be easily accessible, which could increase the risk of suicide in young people who are already at risk. A small but significant percentage of young people who were recently hospitalized for mental health reasons after posing a risk to themselves or others reported seeing online material that encouraged suicide (14.8%) or self-harm (16.6%) in the two weeks before their admission. (Nesi J, Prinstein MJ *2015*).

The dissemination of incorrect and false information is made possible by Social Media. Students who use Social Media long time are frequently likely to receive poorer grades. Another concern connected to adolescent Social Media use may be social comparison. People frequently choose to exhibit themselves on Social Media, which leads to a stream of messages and photographs that are frequently carefully prepared to depict individuals in a favorable light. Some young people may become affected by this and start making unfavorable comparisons to their achievements, skills, or appearance. Higher levels of online social comparison have been linked to depressive symptoms in young people, according to studies, and appearance-specific comparison on Social Media may increase the likelihood of disordered eating and body image issues.

People spend less time interacting face-to-face as a result of Social Media. Social Media can also cause stress and issues with offline relationships. And might tempt users to waste their time.

Finally, the question of displacement—i.e., what other vital activities are being displaced by time spent on Social Media—must be taken into account when analysing the consequences of technology use on teenage mental health. It is generally known that good sleep hygiene is crucial for the mental health and development of young people. However, prior research has consistently shown a connection between using a mobile device before bed and several worse sleep outcomes, such as shorter sleep duration, lower quality sleep, and daytime sleepiness.

Notably, 36% of teenagers say they wake up at least once throughout the night to check their gadgets, and 40% say they use a mobile device within five minutes of going to bed.

Therefore, the effect of Social Media on sleep quality continues to be a major risk factor for later mental health issues in young people and is an essential subject for further research. (Carter B, Rees P, Hale L,

Bhattacharjee D, Paradkar MS *2016*).

Fear Of Missing Out (FOMO)

The fear that others are having more fun or living a better life than you. FOMO has been around for as long as human history, but Social Media sites such as Facebook and Instagram have reignited the debate about what it means to be in the know. Facebook was one of the first Social Media Networks where people were able to publicly display their friendships and what they were doing through status updates and photos. According to the World Journal of Clinical Cases, the term "fear of missing out" gained traction in 2004. This was the year Facebook launched. Psychologists began using the term FOMO in the early 2000s to describe a phenomenon associated with social networking sites. "FOMO includes both the perception of missing out, which triggers anxiety and compulsive behaviours," says Natalie Christine Dattilo, Ph.D.

The following symptoms may occur with FOMO:

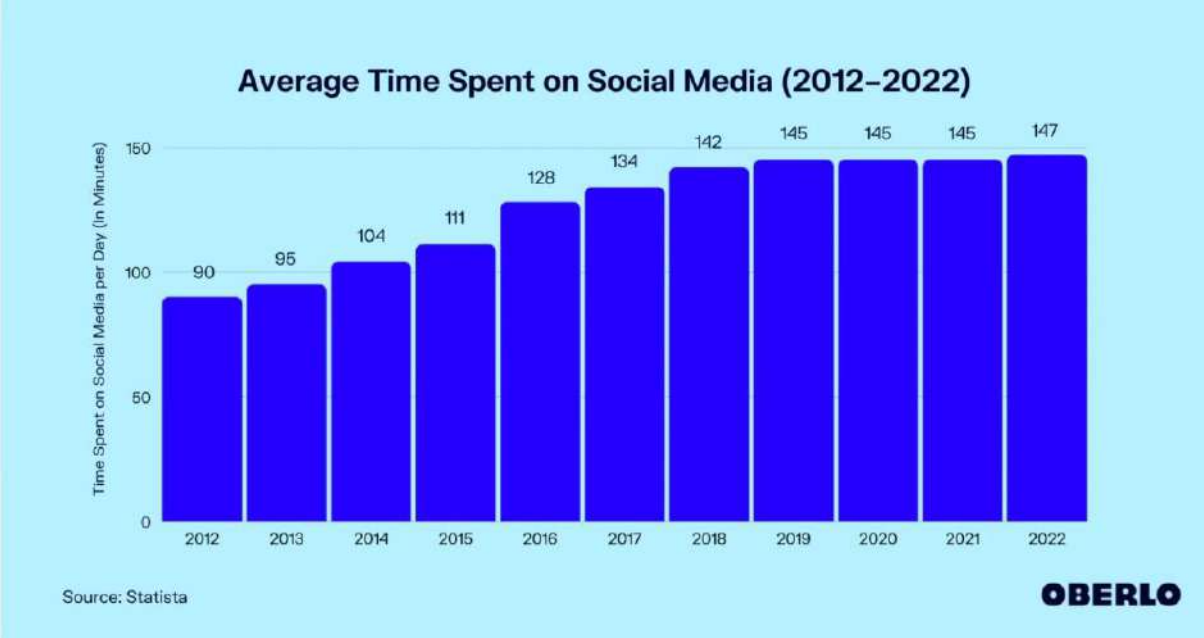
- Obsessively checking Social Media to see what others are doing
- Experiencing negative feelings when comparing one’s life to what others seem to be doing on Social Media
- Feeling mentally exhausted from Social Media
- Overscheduling (trying to be always everywhere)
- Withdrawing from others
- Feeling physically tired
- Feeling sad, anxious, or depressed
- Difficulty concentrating
- Having trouble sleeping

It's important to be aware of the impact this can have on your body and mental health so that your use of Social Media is more conscious.

The Influence of Social Media

We are curious about real data on how youths are addicted to Social Media, so we did research and got 27 answers from youth, 19-29 ages. According to our research, more than 53% of youth are using Social Media more than 3 hours a day. That is a much more incredible time than we expected and indicates that Social Media is essential for young people. I`m afraid you don't believe this data, let me introduce another piece of data. According to the latest data (S. Dixon, Statistia, Aug 22, 2022), the average amount of time spent on Social Media worldwide is set to hit 147 minutes, or two hours and 27 minutes, a day in 2022. The time spent on Social Media is rapidly increasing from 90 minutes in 2012 to 147 minutes in 2022. Therefore, it`s undeniable fact that a lot of youth are more and more addicted to Social Media. There are different Social Media Networks like Tik Tok, YouTube, Instagram, Twitter, Facebook, and their influence on youth is different. You need to understand the influence of each Social Media Network and how to use it correctly.

Figure 1: *Average Time Spent on Social Media (2012-2022)*



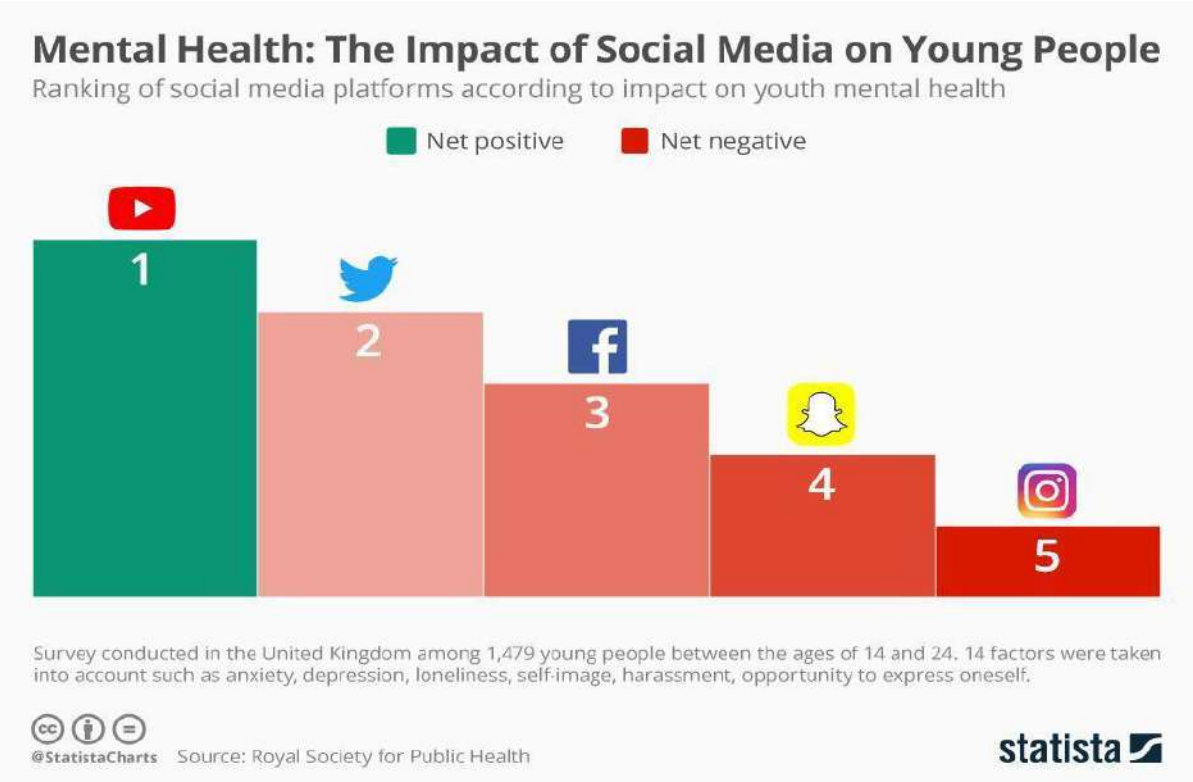
Why youth are likely to spend a lot of time on Social Media and are there any disadvantages? Social connection is one of the most well-known advantages of using Social Media and addicting youth to it. Previous research (Anderson M, Jiang J Teens, Social Media, & Technology, 2018), usually demonstrates that using Social Media to foster a sense of acceptance or belonging improves people's well-being. Particularly for those who might not have easy access to groups of peers, like LGBTQ youth, Social Media provides a place to obtain friends. However, adolescents who use the internet incorrectly may develop mental illnesses. Online resources that deal with suicide and self-harm may also be easily accessible which could increase the risk of suicide in young people who are already at risk.

We mentioned above, it seems hard to stop spending time on Social Media. However, there are some methods to prevent mental illness. One of them is to consider whether you could rephrase your response or have a face-to-face chat before responding negatively to a message or online post. Words have more power than what sometimes can be guessed, so it is a must to think carefully about sayings on social networks.

Ranking of Social Media Platforms according to Impact on Youth Mental Health

According to TechCrunch, Facebook is now testing the ability to only display a small portion of the likes received on a post based on the findings of researcher Jane Manchun Wong. The Social Media juggernaut is presently running a similar trial on its Instagram platform in seven nations.

***Figure 2**: Mental Health: The Impact of Social Media on Young People*



This is due to the fact that it lessens the sense of constant competitiveness and societal pressure.

Instagram is the Social Media site that has the greatest detrimental impact on young people's psychological health, according to the graph. The only network in the study that was determined to have a "net positive" effect was YouTube, which is seen as being the most beneficial network in this area. 14 variables, including anxiety, despair, loneliness, self-image, harassment, and the ability to express oneself, were considered in determining this ranking. (Martin Armstrong. Mental Health: 2019).

How to use Social Media to avoid Mental Health Problems

There are many possibilities to interact, learn, and share what's important to you online, but there are also difficulties. You're not alone if Social Media or the internet has ever given you emotions of tension, envy, loneliness, low self-esteem, or social anxiety. Here are some suggestions for maintaining your mental health while being kind to yourself and others online

Choose Kindness.

Use Social Media to spread encouraging and uplifting comments and content to your friends, family, and classmates. You may reach out to people to let them know you're thinking of them, or you could leave encouraging comments on the pictures or posts they share. Consider whether you could rephrase your response or have a face-to-face chat before responding negatively to a message or online post. You should block and report any information or content that you feel to be bullying or abusive if you see or receive it. Words have power, so it's crucial to consider carefully what we say.

Online resources abound that are excellent and can benefit all facets of mental health and well-being

You may find anything here, from relaxation and concentration-enhancing meditation apps to identity- and self-development platforms that keep you connected and support one another.

There are many excellent online learning resources available where you may try something new, such as yoga or sketching, which can develop new cognitive and creative skills. You can also take online workout classes to maintain your health and decompress. Find inspiring content and creators to follow, such as athletes, singers, home cooks, successful self-employed people, authors, or even young people who open about mental health and manage their mental health issues. It can be anyone or any group that motivates you to be physically and mentally healthy. In case, you need it, keep in mind that you may also use the internet and Social Media to look for expert assistance and mental health information.

Protect yourself and others online

Verify the privacy settings on each of your Social Media accounts. When not in use, cover webcams. Be cautious when entering your full name, address, or photo while registering for apps and services online. If you are worried about something you have seen or experienced online, talk to a trusted adult like a parent or teacher, report the event on the relevant platform (remember to capture a screenshot as a record), or investigate local internet safety helplines and mental health agencies for extra support. You can help others by being aware of their online experiences, spotting the warning signs of illness or discomfort in a friend, coworker, or even a stranger, and assisting them in getting the treatment they require.

Avoid scrolling

Observe how Social Media and online information are affecting your feelings, ideas, and behaviours. How does it make you feel? Do you feel more educated or stressed after reading the news? Do you feel happy or envious when you view pictures of your pals at a party? Do you often check Twitter first thing in the morning for the latest news or just out of habit? Setting the appropriate personal limits for how much time you spend on Social Media or other applications can be aided by understanding why you are online and how it makes you feel. You may try muting or limiting information from accounts that are not making you feel good. While it's not always practical to follow or report everyone who inadvertently or purposely affects your emotions badly, you could try doing so. It's critical to keep in mind that not everything you read or see online, including from your friends, is accurate; nevertheless, how they affect you be. Do something to safeguard both yourself and others online.

Stay present and connected IRL

It can be difficult to live in the moment and satisfy our basic need for the human touch when the distinctions between the online and offline worlds seem to be becoming increasingly blurred. Do you ever find yourself stopping what you're doing to post it to Instagram or browsing through your friends' stories instead of calling or meeting up to check how they're doing? When it's safe to do so, it's crucial to make an effort to log off of Social Media occasionally and spend time with friends and family offline. Try to make specific, attainable objectives for yourself, such as not using your phone or the internet during the first hour of the day (doing so consumes energy and teaches you to take in information without a filter) or right before night. You can get a similar stimulus through activities like meditation, walking, or calling a buddy, but you'll feel more rested and focused afterward. (UNICEF supports Ukrainian refugees, 2021).

Conclusion

Social Media enable us to live a convenient life, such as communicating with each other even if there is a long distance between us. In addition, it helps people make a friend like the minority, and LGBTQ can access the same attribute through Social Media. LGBTQ kids are more likely than non-LGBTQ youth to have online friends and to regard these friends as a significant emotional support network. Besides, Users can catch up with news and find out about local events. Provided the source is trustworthy, social networking sites can be a great source of information, whether it is international news, details of the latest bargains at the local store, or reviews of restaurants. Because of these merits, we spend a lot of time on Social Media and our research indicates that half of the youth around us use Social Media more than three hours per day. This trend is becoming stronger and more younger people, under 12 years old, are using Social Media gradually. Social Media takes over our lives and we are changing our style of communication for now.

But it also has cons and bothers us, in other words, we are likely to get mental illness because of it. As we mentioned before, there is some difference between Social Media, and YouTube is not likely to cause mental health. However, almost all Social Media do indeed harm people`s minds. You are likely to get decreased, disrupted, and delayed sleep, which is associated with depression, memory loss, and poor academic performance. What is more, online resources that deal with suicide and self-harm may also be easily accessible. So, if you have a mental illness, you are likely to do even suicide. It might be impossible you stop using Social Media completely, but you can reduce the time to use it. In addition, you also need to take care of the way of using Social Media. Before you send a negative message to message or online post, you need to think about how badly it will affect. We think it`s important to start gradually with what we can do and try to protect mental health from Social Media. It`s the only way to withstand the wave of Social Media that you start with what you can do, we think.

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48 The Impact of Technology Has on the Mental Health of Youth

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Abstract

The world we live in today has technology advancing rapidly in every part of the world, everyone's making new discoveries and inventions full of innovation and creativity. But as they say, every light has its shadow. The creation of technology, such as social media, has a great influence on youths today, both physically and mentally. The goal of this paper is to explain the impact technology has on the mental health of youth today. The data of the research was collected through a survey conducted online among 100 University Science of Malaysia students, as they are some of the likely ones to be most susceptible to technology. We found out from the survey that most of the youths have the opinion that technology brings more benefits.

Keywords: Technology, youth, mental health, social media.

Introduction

As we all know, technology today is not the same as technology 10 years ago. With how developed technology is today, the impact it brings to youths today is major, specifically on their mental health. It is a norm that youths tend to experience various types of emotions be it happiness or sadness, envy or anger, as they grow up and mature, these emotions can be uncontrollable. You can say that youths are at an age where they are more susceptible to mental and emotional distress. With the introduction of technology to their lives, it is certain to have a big impact on their mental health, be it beneficial or harmful. The general effects of digital technology use on the well-being of youths may differ, as everyone is different, we gain or lose more from something that keeps advancing like technology. Adolescents are likely more vulnerable to the effects of digital technology use on well-being, but it is

important not to patronize adolescents—effects are comparable and adolescents are not powerless (Tobias D. & Niklas J., 2022).

So the million-dollar question is, does technology bring more benefits to youths? Or does it bring more harm? Nearly all youths have at least one mobile device to call their own (95%), with 89% owning their own smartphones (Victoria Rideout & Robb 2018). Youths nowadays spend time more in front of technology, specifically smartphones, and television, than books and people. While owning a smartphone may not directly lead to the cause of harming the mental health of youths, it is known that in the long run, technology has been responsible for the increases in depression, loneliness, and suicidal ideation. The research was done to investigate the potential causal role that links social media use to worse well-being (Melissa, Rachel, Courtney, Jordyn, 2018). 143 undergraduates at the University of Pennsylvania were randomly assigned to either limit Facebook, Instagram and Snapchat use to 10 minutes, per platform, per day, or to use social media as usual for three weeks. The result showed that the limited-use group has significant reductions in loneliness and depression over three weeks compared to the control group. This research strongly suggested that limiting the use of social media has brought a significant improvement on the mental health of youths.

Although there is solid evidence that technology has brought forth many harmful effects towards the mental health of youths, but on the other hand, it also brings many benefits. One piece of evidence being research that shows that young people with moderate to severe depressive symptoms appear to prefer communicating on social media rather than in-person (Rideout and Fox, 2018), while other studies have found that some individuals may prefer to seek help for mental health concerns online rather than through in-person encounters (Batterham and Calear 2017). One of the main reasons for this is that everyone is different, some people are more comfortable consulting their worries in person, but some might find it anxiety-inducing and uncomfortable. No one is omniscient, there is no person who knows everything someone else is experiencing, all we can do is provide the necessary devices, to help as many youths, as many people in need of these devices.

Literature review

Hence, the question still remains, does technology have more advantages or disadvantages on youth mental health? Whatever may be the case, this research aims to unravel and explain the impact technology has on the mental health of youth, in hopes of a better future for youths.

Adolescents' over-reliance on technology can damage their self-esteem, slow their interpersonal development, and thus cause a lack of empathy and even hinder their emotional development. The use of technology is also changing the adolescent mental health landscape, with major implications for clinicians working with adolescents. Teens, for example, often hide online activities from their parents but may share them with mental health providers, which can present a variety of ethical and clinical challenges.

Reference materials can also be found in other research data. For example, The Pew Research Center's 2018 survey of U.S. teens; Because teenagers do not have a complete intellectual system or discrimination system, they are often bullied or brainwashed online. When encountering similar events, they are afraid of their parents' excessive scolding and dare not mention it to their parents, which will lead to psychological distortion and even excessive behaviour. Like Abusive language (42%) Spreading false rumors (32%) Receiving unsolicited explicit images (25%) Having their activities and whereabouts tracked by someone other than their parents (21%) Having someone physically threaten them (16%) sharing explicit images of them without consent.

RESEARCH METHODS

Sample and Data

The authors collect a sample consisting of 101 youths in Malaysia which is from 15-17, 18-20, 21-25, and 26-30 years old. A quantitative research method and a literature review are used to investigate the impact of technology on mental health among youth today. The word “quantitative” means quantity or amounts (how much) information collected in the course of the study and is in a quantified or numeric form, i.e., in statistical supports, often using software, such as Excel, Access, SPSS, Python, SAS, JMP, R or Stata [White & Millar, 2014]. Quantitative research is original research in which the researcher decides what to study, asks a specific, narrow question, collects quantifiable data from participants, analyse these numbers using statistics, and conducts the inquiry in an unbiased, objective manner [Creswell, 2011]. It is a method for investigating a specific group of individuals which is classified as a sample population. Quantitative research uses statistics to answer questions about who, what, when, where, how much, how many, and how to explain phenomena by gathering numerical, static, and detailed data that is examined.

Instead of preventing the virus COVID-19 from spreading, the online survey is the most popular way and prefer choice among authors or researchers to collect data. The data from responses are collected through online surveying, which is Google Forms, and sent via the WhatsApp and Telegram applications. This online surveying is divided into two parts, which are respondent demographics and determining the impacts of technology on mental health among youth today. The questions in part 2 of the Google Form were designed to identify the mindset of youths toward the impacts of technology on mental health among youths today. A 5-point Likert scale is used to collect the data. The range scale used in the 5-point Likert scale is from 5 = strongly agree, 4 = agree, 3 = neutral, 2 = disagree, to 1 = strongly disagree. For instance, the statement "Technology helps our lifestyle and livelihood" will be evaluated using a 5-point Likert scale, which is from 1 (strongly disagree) to 5 (strongly agree).

A literature review is an overview surveying of the literature on a specific field or topic from currently published material such as academic books, journals, or other sources. It is a great way to help readers comprehend how the research fits into the larger field of study and to help them understand what is being discussed about the chosen topic and the various concepts or ideas that are being investigated from various sources.

Results

This research is based on understanding the impact of technology has on the mental health of youth and well-being today, and our survey was conducted online, and Google Forms questionnaire. At the beginning of the questionnaire, we first provided the students who were respondents with the topic and purpose of the questionnaire. In addition to understanding, we also provide several options for the pros and cons of technology's impact on the mental health of youth and well-being, divided into 5 options with varying degrees of consent. This study is not only from a youth perspective, but we also gave respondents the freedom to fill out the questionnaire anonymously.

Table 1: Profiles of Respondents

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	39	38.6
	Female	62	61.4
Age	15-17	2	2
	18-20	66	65.3
	21-25	25	24.8
	26-30	8	7.9
Occupation	Student	86	85.1
	Nonstudents	15	14.9
Marital status	Single	87	86.1
	Married	16	13.9
How many hours a day do you spend on technology	2-4	16	15.8
	5-7	41	40.6
	7-9	30	29.7
	10 and above	14	13.9
Technology enables easy and quick communication	1	5	5
	2	14	13.9
	3	10	9.9
	4	26	25.7
	5	46	45.5
Technology reduces cybercrimes risks	1	15	15
	2	36	36
	3	22	22
	4	19	19
	5	9	9
Technology improves our lifestyle and livelihood	1	4	4
	2	11	10.9
	3	21	20.8
	4	35	34.7
	5	30	29.7
Technology makes us addicted on it	1	4	4
	2	11	10.9
	3	26	25.7
	4	22	21.8
	5	38	37.6
Technology increases the anxiety levels and risk of depression	1	6	5.9
	2	13	12.9
	3	39	38.6
	4	23	22.8
	5	20	19.8
Technology increases the rate unemployment	1	5	5.0
	2	20	19.8
	3	33	32.7
	4	24	23.8
	5	19	18.8
Technology had more advantages or disadvantages for mental health	Advantage	40	39.6
	Disadvantage	17	16.8
	Neutral	44	43.6

Table 1 depicts the summary of the respondent's demography of the dataset. The first question we provided was personal data about the gender, age, and occupation of the respondents, and the statement that respondents did know and were willing to fill out the questionnaire to minimize the occurrence of misuse of our questionnaire. From the table, we know that most of the respondents are female, which is 61.4%. Most respondents were 18-20 years old（65.3%）and most of them were students (85.1%). Additionally, 14.9% of non-student respondents. In this analysis, we can know that most of the respondents（71.3%）spend 5-9 hours a day on technology products. More than two-fifths of respondents highly agree with the advantages technology brings to life. Besides, 39.6% of respondents believe that technology is more advantageous to mental health than it is disadvantageous because of its convenience, timeliness, and accuracy. But most respondents (43.6) were neutral.

After the basic question, there is a question about the impact of technology：

Technology improves lifestyle and livelihood

i. 1 (20%): 4%
ii. 2 (40%): 10.9%
iii. 3 (60%): 20.8%
iv. 4 (80%): 34.7%
v. 5 (100%): 29.7%

Technology increases anxiety levels and the risk of depression

i. 1 (20%): 5.9%
ii. 2 (40%):12.9%
iii. 3 (60%):38.6%
iv. 4 (80%): 22.8%
v. 5 (100%): 19.8%

We gave five different levels of consent options on whether Technology improves lifestyle and whether technology increases anxiety levels and risk of depression. The survey results show that 64.4% of the respondents highly agree (agreement level of 80% and above) with the first question. The second question is about the negative effects of technology on youth. Even though most people in the first question highly agree with the convenience brought by technology, most people do not deny the disadvantages brought by technology. 81.2% of people agree with 60% and above. It can be seen that technology does have a double-sided impact on youth and while it brings convenience to youth, its negative impact cannot be denied. This also explains why most people were neutral when asked at the end whether they thought the advantages of technology on mental health outweighed the disadvantages. Facts have proved that the convenience brought by technology is undeniable, but at the same time the negative impact it brings also affects people's considerations.

Discussion

The main purpose of carrying out this study is to learn the impact technology has on the mental health of youth today. The uses of technology can provide advantages and disadvantages to youth's mental health. Research ongoing revealed that most of the respondents are students with an age range between 18 to 20 years old which are the focus of the study. Most of the respondents are female which is more than the male.

Among all four advantages of technology, most of them strongly agree that technology has made

communication quicker and easier. This result is in line with recent studies declaring that the emergence of wireless signals, satellites, and undersea cables have made instant messages and other forms of data to any location on the planet (Vinay Prajapati et al, 2022). Nowadays, people are linked together globally through social media platforms Twitter, WhatsApp, Facebook, Instagram, etc. Technology has also provided a great opportunity for students to communicate and seek supports from their friends and family members which led to a significant decrease in mental impact.

The number of respondents that strongly agree on the advantage of technology in reducing cybercrime risks is the least. Indeed, cyberbullying also refers to one kind of cybercrime. This finding lends support to the findings of previous studies (Sam Cook et al, 2022) which stated that there is an increase in the number of parents who have children who have undergone different forms of cyberbullying. Furthermore, cyberbullying may cause adverse effects on youth's mental health such as causing depression, and suicide, and take a massive toll on youth's self-esteem.

On the other hand, the respondents strongly agree that technology would cause addiction to the users. This finding lends support to the support lends support to the previous studies (Megan Mccluskey et al, 2022), which stated Facebook and Instagram are platforms that built-in making users addicted. In terms of mental health, addiction to technology will contribute to anxiety, attention deficit hyperactivity disorder as well as other disorders among youth. Internet addiction can have a significant impact on youth's social relationships as they spend more and more time online and withdraw from real-life interpersonal relationships. Besides that, some with social phobia could find virtual relationships more rewarding and comfortable which may cause them to be drawn into excessive internet usage (Megan Hull et al, 2022; Andrew Proulx,2022).

The number of respondents that strongly agree that technology increases the rate of unemployment is the least of the disadvantages. This result is in line with recent studies declaring the innovation in technology changes the types of jobs that occur in the economy (Tejvan Pettinger et la, 2022). This result is in line with recent studies that declared human tasks and jobs are being replaced by automation and thinking machines. (Amran Bhuzohera et al, 2022). Unemployment would lead to anxiety due to a loss of social contact with other people. Aside from that, it may cause people to become stressed as a result of a loss of income.

To enlarge the advantages and minimize the disadvantages of technology, young people is suggested to use it in a balanced manner. Young people are encouraged to shut off technology at a specific time every day. The use of technology can somehow overwhelm and stress the brain as the brain is trained to wait and expect notifications to pop out. Unplugging for a few hours per day can give the mind some rest from the overstimulation and overuse of technology youth impose. Double screening is essentially multitasking, and it sounds time-saving. Unfortunately, double screening is less efficient and more likely to make a mistake due to the brain constantly switching gears to bounce back and forth between tasks. In fact, it could make young people hardly pay full attention to one thing and learn as learning require a person to focus well.

Conclusion

Our research shows both the positive and negative impacts that technology may have on today's youth's mental health. In light of this study, university administration may carefully consider including managers in social media. The results of this study showed that technology is currently having a negative effect on the mental health of young people. For example, the disadvantages of technology are causing addiction, increase rate of unemployment and increased anxiety levels, and risk of depression. In addition, technology has advantages including making communication quick and simple, lowering cybercrime,

and enhancing our way of life and living. According to the study's findings, most respondents strongly agreed that technology benefits young people's mental health more than it hurts them. The fact that technology has advantages makes it possible for young people to use it properly, particularly when studying, researching, and communicating quickly.

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49 THE IMPACTS OF A SEDENTARY LIFESTYLE TOWARDS STUDENTS' MENTAL AND PHYSICAL WELL-BEING

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ABSTRACT

This study is inspired by the recent increase in the rate of sedentary lifestyles among Malaysian university students. There has been a significant transition in recent decades from a physically demanding lifestyle to a more sedentary one. The COVID-19 outbreak is thought to have contributed to the rise in sedentary behaviour among Malaysian university and pre-university students during the last two years. A study was conducted among Malaysian university and pre-university students to observe the sedentary lifestyle among this demographic and 150 responses were gathered. Based on the responses, many students are aware of their daily sedentary lifestyle. This paper aims to further elabourate on the causes and effects of a sedentary lifestyle. This paper also aims to provide a practical solution to combat a sedentary lifestyle.

Keywords: *Students, Sedentary Lifestyle, Well-being, Covid-19*

INTRODUCTION

An excess of sedentary behaviour can generally define a sedentary lifestyle. A sedentary lifestyle usually involves activities that do not require an individual to move as much, such as watching television, playing video games, and using electronic devices while sitting. If engaged excessively, this lifestyle may lead to numerous negative consequences towards an individual's physical and mental well-being. Even so, in recent years, there has been an immense increase in the rate of a sedentary lifestyle. According to Church et al. (2011), there was a steady decline in jobs that required moderate physical activity over the decades. During the 1960s, it was estimated that nearly half of the American population had a physically demanding job. The study then went on to emphasise the ongoing decline of a physically demanding job. In 2011, the ratio between Americans that had a physically demanding job and Americans that had sedentary jobs was down to one to five. As of 2016, there was a one-third fall in manual labour positions (Pew Research Center, 2016). The Covid-19 pandemic also exacerbated the rate of a sedentary lifestyle, as many were trapped in their houses during the pandemic since countries across the globe had imposed a lockdown to curb the spread of the pandemic. In research conducted by Stockwell et al. (2021), regardless of age or health, sedentary behaviour increases, and physical activity drops drastically during the Covid-19 Pandemic.

Previous studies have consistently demonstrated a negative association between sedentary lifestyle and overall well-being. However, there were few studies that looked at the impact of sedentary lifestyle on students' mental and physical well-being. Hence, the purpose of this study is to study Malaysian students' perspective on the causes and effects of a sedentary lifestyle on students' mental and physical well-being. This study also aims to present students with practical solutions for reducing the prevalence of sedentary behaviour in their daily lives.

RESEARCH METHODS

The research methods that were used to research the rate of a sedentary lifestyle among Malaysian university students are through qualitative research and literature reviews.

Qualitative research is an approach to gain an understanding of society's beliefs, experiences, attitudes, and behaviours. A qualitative research method typically involves non-numerical data, which is then analysed by researchers to better understand their demographic's perspective on the topic that is being studied. To gain more information on Malaysian students' perspective on the sedentary lifestyle, an open survey had been conducted via Google Forms and had been distributed among suitable demographics, namely Malaysian undergraduates, and pre-university students. Questions regarding respondents' general information and their views toward a sedentary were asked. The data that was collected will remain anonymous to guarantee respondents' privacy.

Finally, literature reviews are another method that was utilised to gather more information about the research matter. A literature review is a study conducted by researchers in which they collect various books and publications that are relevant to the topic and objective of the research.

RESULT ANALYSIS

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	35	23.33
	Female	115	76.67
Age	18-20	137	91.33
	21-25	12	8
	26-30	1	0.67
Levels of studies	Matriculation/Foundation/STPM/Diploma	29	19.33
	Bachelor's Degree	121	80.67
	Total	150	100

Table 1: Demographic for sedentary lifestyle among university and college students

The first questions designed to obtain general information from respondents. As shown in Table 1, the total number of the respondents gathered was 150. The bulk of respondents (76.67%) are female, with a tiny proportion of male respondents (23.33%). Meanwhile, out of 150 respondents, 137 (91.33%) were between the ages of 18 and 20, 12 (8%) were between the ages of 21 and 25, and only one (0.67%) was between the ages of 26 and 30. Last but not least, the almost all of respondents, 121 in total, are undergraduate students (80.67%), with only 29 pre-university students (19.33%).

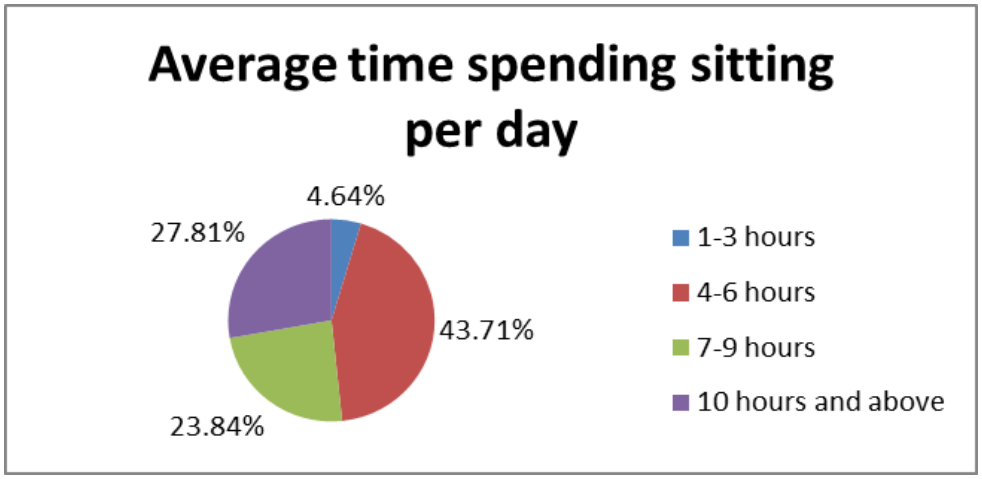


Figure 1: Average time spending sitting per day

The respondents were then asked how much time they spent sitting at home or school each day in order to gather information on their average sitting time. According to figure 1, 43.71% of respondents spend 4 to 6 hours sitting at home or school. Following that were 27.81% of respondents who spent 10 hours or more, 23.84% who spent 7 to 9 hours, and only 4.64% who spent 1 to 3 hours sitting at home or school.

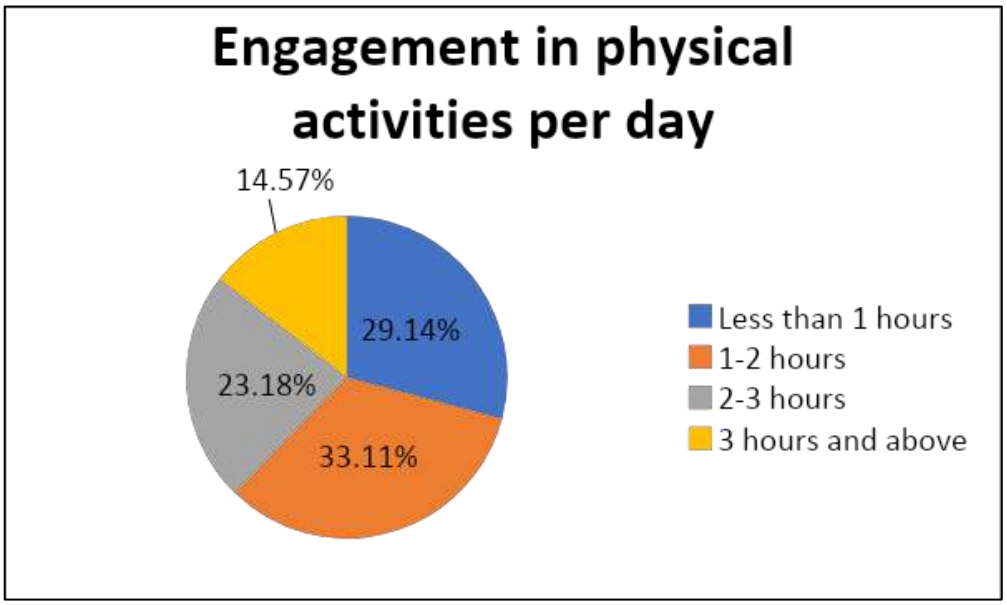


Figure 2: Engage in physical activities per day

Respondents' daily participation in physical activities was also questioned to learn more about their degree of physical exertion throughout the day. According to figure 2, 33.11% of respondents engage in physical activities within 1 to 2 hours, whereas 29.14% engage in physical activities for less than 1 hour. Approximately 23.18% of responders exercise for at least two to three hours every day. While 14.57% of respondents engaged in three hours or more of physical activities throughout the day.

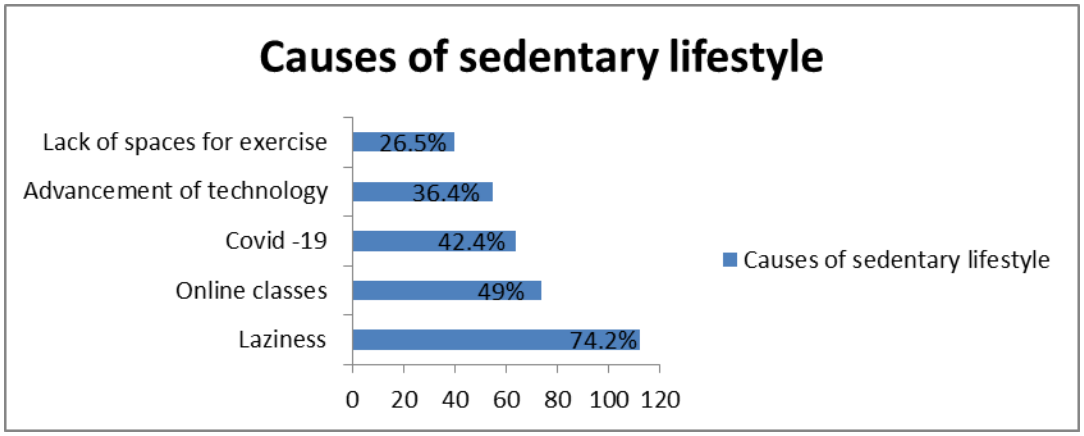


Figure 3: Causes of sedentary lifestyle

Following that, a question about the causes of inactive lifestyle was asked to gather further information about respondents' perspectives on the topic that is being researched. Figure 3 demonstrated that the majority of respondents (74.2%) attributed their sedentary lifestyle to laziness. While 49% of respondents believe that online classes are a major factor in sedentary behaviour. As a result of the pandemic COVID 19, several respondents (42.4%) asserted that they were unable to leave their houses. Some respondents (36.4%) cited technological advancement as the common reason for sedentary lifestyle. A lack of spaces for exercise was also cited as a factor of sedentary behaviour by 26.5% of respondents.

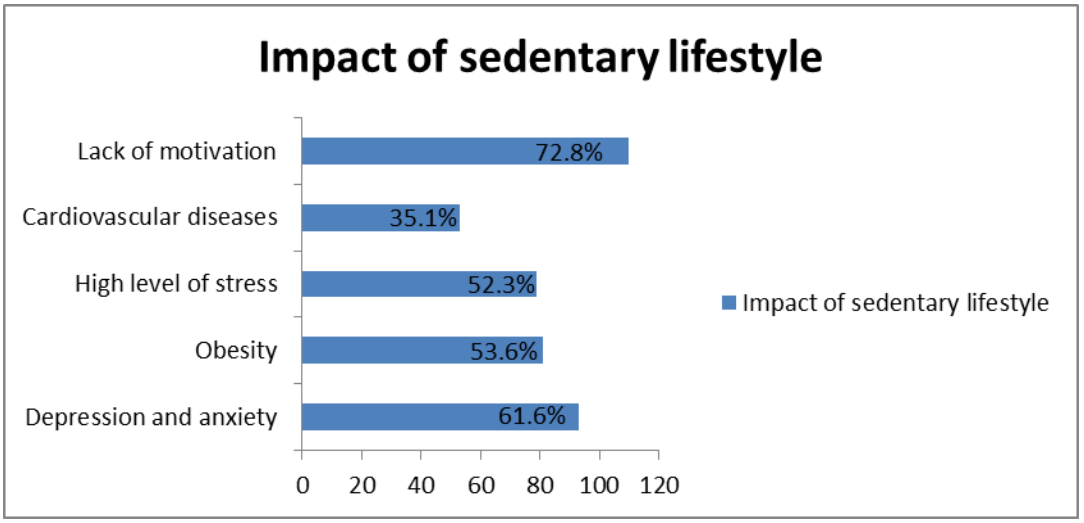


Figure 4: Impact of sedentary lifestyle

The following question was posed on the impact of sedentary living on students' physical and mental health. According to figure 4, most respondents (72.8%) mentioned a lack of motivation as a result of an inactive lifestyle, while 61.6% cited depression and anxiety as a consequence of a sedentary lifestyle. 53.6% of respondents indicate obesity, while 52.3% choose high levels of stress. 35.1% of respondents, the outcome of an inactive lifestyle is cardiovascular disease.

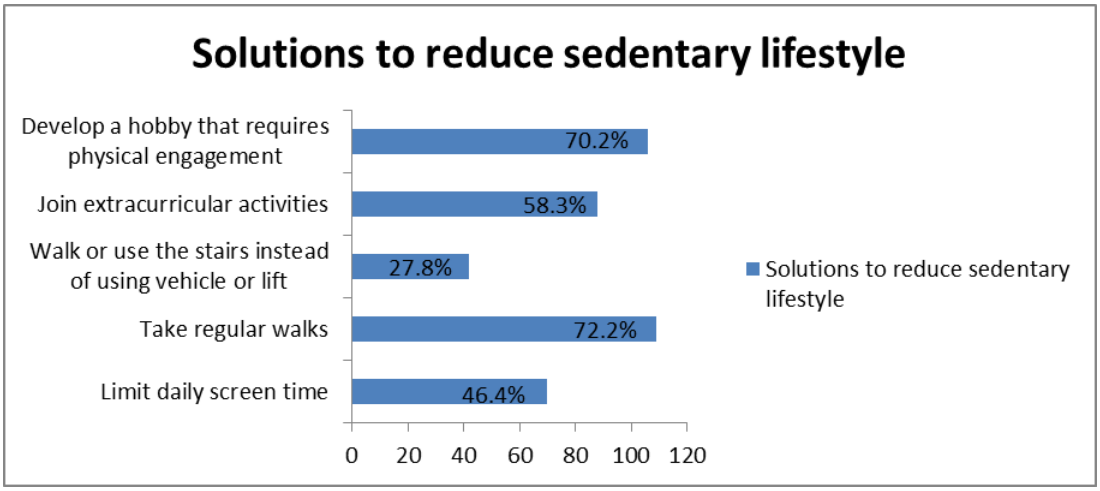


Figure 5: Solutions to reduce sedentary lifestyle

The final question asked respondents about the most practical methods they could use to combat a sedentary lifestyle. According to figure 3, the majority of respondents (72.2%) cited regular walks and 70.2% indicated developing a hobby that needed physical involvement as a method to reduce an inactive lifestyle. While 58.3% of respondents choose to participate in extracurricular activities to reduce their sedentary lifestyle. To control their sedentary lifestyle, 46.4% of respondents reduce their daily screen usage. Walking or taking the stairs instead of driving or taking the lift was picked as the method to reduce a sedentary lifestyle by 27.8% of respondents.

FACTORS THAT CONTRIBUTED TO A SEDENTARY LIFESTYLE

Based on the result of the survey that was conducted, most of the participant concurred that there are three primary factor that caused them to take part in a sedentary lifestyle which are laziness, unable to leave the house due to Covid-19 and online classes.

Laziness can be generally defined as a lack of desire to act on something, although having the capacity to do so. In the sense of a sedentary lifestyle, laziness is usually influenced by one's circumstances rather than one's mere laziness. For instance, only a small portion of university students chose walking as their means of transportation to move around the campus since many of the students thought that it would be inconvenient for them to waste time walking long distances (Moulin & Irwin, 2016). The same study also discovered a significant link between students' residential location and the high rates of sedentary behaviour among students. It is very common for upper-year university students to opt to live in a residence that is outside of the campus. Even so, according to Moulin & Irwin (2016), the greater the distance between a student's home and their university, the less likely they are to walk there. As a result, it has been demonstrated that student laziness is caused by external factors rather than laziness itself.

Respondents also suspected Covid-19 to be the main culprit for the factors that lead to the increase in a sedentary lifestyle in recent years, as they were unable to leave the house lockdowns that were enforced across the globe. It was revealed in Spain that the lockdown had resulted in a 28.6% increase in sedentary behaviour among Spanish population (Romero-Blanco et al., 2020). Meanwhile in Malaysia, the government of Malaysia had imposed a lockdown three times between the year 2020 and 2021, to curb the spread of Covid-19. Malaysian students were reported to spend roughly 10 hours each day sitting during lockdown, which had an influence on the rate of sedentary lifestyle among Malaysian population (Tan et al., 2020). However, some literature argued that lockdown itself is not the driving factor that led to the increase of a sedentary lifestyle, but rather that individual behaviours contributed a larger impact in the increase in sedentary behaviour during the pandemic. Romero-Blanco et al (2020),

claimed that students that had already develop a healthy habit prior to the lockdown did not show an increase rate in sedentary lifestyle. It is also suggested that students that already developed a healthy habit will persist with their habits in regards of their environment. It could be concluded that both lockdowns and students habit lockdowns had impacted the rate of a sedentary lifestyle.

Finally, students also voted online classes as one of the top three causes that caused an increase in a sedentary lifestyle. Online classes require students to sit for long periods each day, which has forced the limitation of their physical activities. When universities switched to online classes, students no longer had to walk to university, which could have further decreased their physical activity and increased their sedentary behaviour. This worsens the rate of a sedentary lifestyle among students since university students are already known to be a population at risk for high levels of sedentary behaviour (Castro et al., 2020). Increased computer use during online classes has also been linked to a more sedentary lifestyle since it can cause later bedtimes, longer sleep onset latency, and later wake-up times (Castro et al., 2020).

EFFECTS OF A SEDENTARY LIFESTYLE

Referring to the survey result, many students had agreed that a sedentary lifestyle may have affected them mentally and physically. Three of the most common effects of a sedentary lifestyle among students are depression and anxiety, low level of motivation and obesity.

It is no secret that a sedentary lifestyle will destructively affect our mental well-being, as they had been various studies that proved the link between a sedentary lifestyle and depression. A meta-analysis conducted by Sanchez et al. (2008) showed that those who reported a greater amount of sedentary lifestyle had a higher odd of facing depressive symptoms (as cited in Teychenne et al., 2010). Individuals with a high level of sedentary of sedentary habits are also reported to be 31% more likely to suffer depression and mental anxiety (Teychenne et al., 2010). This can be further exemplified by the responses that were received through survey conducted, as majority of the respondents had agreed that depression & anxiety are the most common effects encountered as a consequence of living in a sedentary lifestyle. Thus, it should be noted that an individual’s mental well-being is closely related.

Besides contributing to depression and anxiety, a sedentary lifestyle may also affect our level of motivation. According to The Royal College of Psychiatrist (2015), there is a correlation between an active lifestyle and a person's level of motivation to quit undesirable behaviours like smoking and binge drinking. An active individual showed a higher motivation in quitting bad habits compared to those who lived a sedentary lifestyle. This study also noted that a highly motivated individuals are also less prone to suffer from depressive symptoms such as anxiety and tension. Accordingly, it can be accepted that a sedentary lifestyle may lower our level of motivation, which then will also affect our mental well-being undesirably.

As a final point, a sedentary lifestyle may have an impact on an individual's physical well-being, as it is frequently associated with obesity. Obesity affects over one billion individuals worldwide. According to WHO, there are around 650 million adults, 340 million adolescents, and 39 million children that are suffering from obesity. This figure is growing at an alarming rate. WHO also predicted that by 2025, nearly 167 million adults and children would be less healthy due to being overweight or obese. As per statistics, the number of young people suffering from obesity is at an all-time high and is expected to worsen in the future years. A sedentary lifestyle is one of the critical factors that leads to this phenomenon. A study by Lowry et al., (2002) confirmed that there is a link between a sedentary lifestyle in obesity. It is found that individuals that engage in sedentary activities, such as watching television for more than two hours daily, had a risk of suffering from obesity. In addition to the lockdown Tan et al.

(2020) also corroborated that students who were overweight or slightly overweight are more likely to gain more weight during the lockdown due to the increasing rate of a sedentary lifestyle during that timeframe. Ergo, it cannot be denied that sedentary behaviour may also negatively impact students' physical well-being.

SOLUTIONS FOR SEDENTARY LIFESTYLE

A sedentary lifestyle can be reduced greatly with many simple steps, that many did not realize was extremely beneficial, such as taking walks regularly, engaging in a hobby that requires physical movement and joining extracurricular activities.

A hobby is an activity that is done on a regular basis to occupy free time and relax. A hobby can be divided into two types: sedentary hobbies and non-sedentary hobbies. A sedentary hobby is one that is generally done while sitting, such as video games, knitting, or reading books. A non-sedentary hobby, on the other hand, involves an activity that needs physical mobility, such as sports, exercise, and dancing. To lessen sedentary behaviour in one's life, one must at the very least engage in a non-sedentary hobby. Nevertheless, it is critical for a person to engage in physical activities that they enjoy. This is because actions performed solely to reach an activeness goal and exhaustion will be detrimental to one's mental health because certain individuals may equate it with pain (Nowak et al., 2019). Individuals are also advised to choose a physically engaging hobby that adds value to their lives, as these are the activities that are most likely to contribute to our general well-being (Nowak et al., 2019). Therefore, it is recommended for students engage in physical activities that they enjoy and may add values to their lives, such as weightlifting and house cleaning.

Aside from that, walking is another method that students can use to become more active. Regular walks not only reduce sedentary behaviour, but they can also treat and prevent chronic disease, mitigate the negative effects of obesity, and lower youth mortality rates (Kelly et al., 2017). Walking, in addition to being helpful to students' fitness levels, is also a practical way for students to become more active because it can be done regardless of time or location. Walking is also a cost-effective way for students to improve their fitness because it can be done for free. As a result, it is highly advised that students walk more frequently because it is not only useful but also practical for students.

Lastly, students are encouraged to participate in extracurricular activities at their respective universities since it encourages them to be physically active. Extracurricular activities are activities carried out by students outside of the regular curriculum. Extracurricular activities that focus on sports and fitness are often ideal for students who want to reduce their sedentary lifestyle because these activities require them to move frequently. Students may also enjoy a benefit of mental well-being, as high extracurricular participation are associated with higher levels of satisfaction of life (Oberle et al., 2020). On that account, students should actively join extracurricular activities, especially those that involves physical activities, as it may provide students with various mental and physical well-being benefits.

CONCLUSION

According to the survey results, the majority of Malaysian students do not lead sedentary lifestyles that are detrimental to their physical and mental well-being. Many Malaysian students appear to be active, as most of them engage in physical activities for at least one hour per day. It may be inferred that the majority of Malaysian university students were also aware of the causes, effects, and solutions for sedentary behaviour.

It seems hopeful that many Malaysian university students are aware of a sedentary lifestyle throughout

their daily life. However, a small number of Malaysian university students continue to lead sedentary lifestyles that may significantly impact them.

To further reduce the prevalence of a sedentary lifestyle among this small group of students, it is essential that they be informed of the causes and consequences of their lifestyle. It is also encouraged that they participate in activities that will help them become more physically active, such as taking a quick walk and participating in extracurricular activities. Aside from individual efforts, colleges may also play a proactive role in combating inactive lifestyles on their campuses by encouraging students and employees to be more physically active through various campaigns and activities.

Last but not least, this research seeks to raise awareness about sedentary lifestyles among university students, as this is a worrying problem with very few literatures being published. This work has its limitations as well, such as limited sample size and problems in tracking students' backgrounds, such as prior habits and socioeconomic status. As a result, this publication urged other qualified researchers to also further conduct additional research on this topic.

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50 The Impacts Of Academic Pressure On Youth Mental Health And How It Became A Harmful Lifestyle

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Abstract

The goal of this research is to examine how youth lifestyle and mental health can be negatively impacted by academic pressure. Since the paper primarily focuses on university students' perspectives, we surveyed them. We also attempt to determine whether this issue would affect the Cumulative Grade Point Average (CGPA) of the student. Through this survey, we discovered that more than 100 youths have experienced and are still facing academic stress. Even if the majority of them were able to manage this burden, a small number of them are still unable to do it efficiently. The results of the survey prove that academic pressure is harmful to the youth lifestyle as this problem can lead to them hurting themselves and this issue must be addressed.

Keywords: Academic pressure, insufficient sleep, harmful lifestyle, anxiety and stress, Covid-19 new norm learning and source of stress.

Introduction

The Ministry of Education Malaysia and The Ministry of Higher Education Malaysia have been trying to produce increasingly more excellent students every year. Around 2 million students are enrolled in the ministry as of 2020. Along with the pursuit of excellence, major negative impacts have been discovered among students. The most common problem among youth is stress, specifically academic stress. Academic pressure can be identified as, "an experience in which a student is burdened by the expectations of time and energy to accomplish certain academic goals." Situations that obstruct or threaten to obstruct a person's ability to go about their everyday business are referred to as stressors (Auerbach & Grambling,2021). Furthermore, stress is defined as an unpleasant state of mental and physiological arousal that people experience when they are in situations that they perceive to be risky or harmful to their well-being.

Based on the research (Bouchrika,2022) (https://research.com/education/student-stress-statistics), Every year, Japanese students under the age of 20 commit suicide. This demonstrates that stress is a predator of youth mental health, leading to a harmful lifestyle. The number of students suffering from mental illnesses as a result of stress did not stop and continued to rise, especially after the pandemic Covid-19 hit the world. The desire for them to adapt to new norm learning is making them more depressed and worsening their mental health. Students who are under academic stress frequently perform poorly academically. This proves how stress can impair children's ability to perform at their best. (KVC Kansas, 2020).

According to studies, stress in college may be a predictor of mental health diagnosis (Karyotaki et al.,2020). College students are tending to suffer from stress because the weight that they are carrying is much heavier and more advance than in high school. The research found that (Bouchirika,2022) https://research.com/education/student-stress-statistics the most serious academic impediment among hundreds of college and university students across the U.S is stress. A survey of college students in the United States discovered that up to 87% of them stated that their main source of stress was their studies. (Amerian Psychological Association, 2020). They must deal with a variety of academic stressors, including a heavy course load, a lot of studying, time management, competitiveness in the classroom, financial worries, family pressures, and adapting to a new environment (Karyotaki et al., 2020). Hence, it will lower their motivation, impede academic success, and increase the number of college dropouts (Pascoe et al., 2020).

To that end, we assumed students that are having academic pressure would be reported as a student with low academic achievement. Conversely, we also conclude that anxiety and stress, insufficient sleep would be correlated with low academic achievement. Starting from this assumption, we explored more about stress and how it affected their lifestyle taking into account age, gender, where they felt stress, and the way to overcome stress.

Literature review

Academic pressure

Academic pressure is a type of stress that occurs in educational environments such as schools and academic institutions. As a result of the historical events mentioned above, it can be concluded that the stress experienced by the research participants is tied strongly to their academic environment. In addition, (Olejnik and Holschuh., 2021) describe academic stress as a reaction to the number of assignments that students must complete. A large number of assignments cause stress among youngsters. Moreover, according to (Alvin., 2021) and (Gusniarti., 2022), academic stress is a condition that develops as a result of the pressures placed on students to deal with academically challenging situations. This condition causes the students to develop a subjective assessment of their inability to manage both environmental demands and their actual resources. Thus, more thorough research is required to identify the precise stressors contributing to students' academic stress. Therefore, understanding the causes of academic stress is one of the goals of this study. The researcher uses a PAS (Perception of Academic Stress Scale) survey to achieve this goal.

Insufficient sleep

The American Medical Association and the American Academy of Sleep Medicine identify insufficient sleep as a severe health issue in youth. Medical professionals said many young individuals do not get

enough sleep (Owens, 2021). Young people who have trouble sleeping often feel stressed (Bernert, Merrill, Braithwaite, Van Orden, & Joiner, 2022; De, Curcio, & Ferrara, 2022). In a poll of 384 students from grades 9 to 12, Noland et al. discovered that 42% of them said that stress made it difficult to get a good night's sleep (Noland, Price, Dake, & Telljohann, 2021). Self-perceived stress had also been connected to a weaker bedtime in female university students in the United States (Lee, Wuertz, Rogers, & Chen, 2021; Wallace, Boynton, & Lytle, 2022), Saudi Arabian medical undergraduates (Almojali, Almalki, Alothman, Masuadi, & Alaqeel, 2022) and Portuguese university graduates (Amaral et al., 2022). Over 90% of students in grades 9–12 reported that they are getting insufficient sleep on the majority of school nights in a U.S.research study.

These youngsters claim that being sleep-deprived negatively affects their ability to focus, academic performance, stress level, and interpersonal relationships. Several students admitted to using unhealthy coping mechanisms to get some sleep, including sleeping medications, cigarettes, and liquor (Noland et al., 2021). The ability of students to learn and their academic achievement have been proven to be directly correlated with their sleep patterns (Curcio et al., 2021). Poor education is typically correlated with insufficient sleep (Curcio et al., 2021). Therefore, stress-related disruption of sleep quality and quantity is a significant determinant of poor student achievement and wellness.

Harmful lifestyle well-being

The tremendous effect of academic pressure will affect our daily life well-being and this shows how people or young academicians easily get mental health issues. An exhibits symptom of depression, high anxiety, frequent school refusal, phobia, physical complaints, inability, weeping spells and decreased interest in schoolwork (Rangaswamy, K.,2021) and (Verma, S. Sharma, D., & Larson, R. W., 2021). Studies show that a stressor experienced in college may serve as a predictor of mental health diagnoses (Pedrelli et al., 2022; Liu,C. H., et al., 2022; Karyotaki et al., 2022). Therefore, the data was separated by considering age, sexuality, and the number of health behaviours that they had reported in primary research. The most critical finding nowadays was that with the increase in the number of health behaviours, the percentage of deaths had decreased, and about higher ages. Aldwin & Greenberger (2021) stated that academic problems are one of the most general sources of stress in students. In July 2021 viral is a case which was carried out with the end of death because of academic pressure that needs to be overcome by the student UITM, through the case she had a headache and an inability to relax. These results, we assume that academics have substantial negative effects on harmful lifestyles.

Anxiety and stress

Students' mental health is in danger when anxiety and depression are left untreated, which can result in social and behavioural issues, poor performance and learning, ineffective self-care routines, and low self-esteem. Social anxiety has been shown to have a major impact on school dropout, according to studies (Van Ameringen et al., 2021). Academic stress and anxiety about thriving in a new study environment amid the Coronavirus disease 2021 (COVID-19) pandemic are crucial topics of concern for students' education nowadays (Clabaugh, Deque, & Fields,2021). With the sudden transfer from two years of online instruction to a physical environment, students have expressed serious concern about their academic stress and anxiety (Sandra & Amy, 2022). Academic stress is characterized as a student's psychological reaction to ongoing social and self-imposed pressure in a school setting that endangers the psychology of the pupils (Misra R, Mckean M, West S, Russo, and All Stud J., 2021). Thus, findings indicated that anxiety and stress disorders had an effect on students' well-being under academic pressure.

Source of stress (new norm learning, examinations, obsession with grades, the requirements of a research university that are high)

The concept of new norm learning involves Online Distance Learning (ODL) traditionally defined as geographically separated students due to the spread of Covid-19 cases. The pandemic has adverse effects on educational systems including research, academic programs, staff professional development, and jobs in the academic sector. Students have a negative effect thus contributing to depression issues (Tuan M. Salman, T. M. I., Abd. Wahid, N., Mohd Yunus, A., Mohd Yusoff, Z., & Ariffin, M. R., 2022). In fact, students feel less focused on learning without direct interaction with lecturers and other students, the material presented as difficult to understand, lack of readiness of lecturers in preparing materials (Gunadha & Rahmayunita, 2020; Utami et al., 2022). Tasks a lot with deadlines short also make their own obstacles in online learning (Kompas, 2022). Therefore

Besides that, The pressure of preparation for examinations creates a high degree of anxiety in many students. Students observe their grades parallel to achieving the high requirements of education for a Research University, in Malaysia. Further exploring the relationship between academic stress and mental well-being is important because poor mental well-being has been shown to affect academic performance in college (Tennant et al., 2021; Eisenberg et al., 2021; Freire et al., 2022). Struthers et al., 2021) also reported that a high level of academic stress was associated with lower course grades. In summary, either internal or external sources have a detrimental effect on youth academicians' performance.

Research Questions

1. Do young academician males and females differ significantly concerning academic stress and examination-related anxiety?
2. Are young academicians involved in extracurricular activities in avoiding academic pressure?
3. Do the impacts of academic pressure affect your lifestyle well-being?
4. Do adolescents of different age groups suffer from similar stress?
5. What are the factors that influence you to stress and have you ever thought to feel to committing suicide?
6. What are your initiatives to overcome and avoid the pressure of this learning getting worse?

Method

A qualitative research method was conducted by us to learn more about the academic stress of students from University Sains Malaysia and other universities. We use two methods: questionnaires and interviews. A survey conducted online received 112 responses. We choose those two methods because it is easy to measure the outcome.

Structure Questionnaire

This questionnaire was created and developed by group 2 and has four sections.

Section I: The prevalence of moderate to extremely severe levels of depression, anxiety and stress among undergraduate students in Malaysia has increased concern about the health and well-being of youth across gender, age, race, and religion.

Section II: The perception of academic pressure among young academicians is related to their feelings and level of academic stress, as well as the source of academic pressure. An example of an academic

stress-related question is as follows: "Will you overcome the academic pressure?" Participants are asked to respond in terms of either "yes" or "no."

Section III: Inclined to emotional disorders, particularly anxiety and depression disorders related to examinations, deadlines, and not understanding the learning session was the highest record data shown through this survey. An example is "Have you ever experienced depression or anxiety?" participants are asked to respond in terms of 'yes', 'no', or 'maybe'.

Section IV: Ways to overcome academic pressure are the initiatives that can prevent all dangerous possibilities such as suicide. Youth academicians are preferred to have time to enjoy the environment and heal from doing continuous work. Besides, an external initiative aspect has sought counselling.

Measures

The construct or variable being measured from the survey we had conducted was in two methods, a survey and an interview. The focus is to gain responses on perception and the "influence of the academic pressure". 10 participants showed the greatest impacts of academic pressure on their lives mainly in the study. This can be described in the five Likert scales, ranging from 1 = strongly disagree to 5 = strongly agree.

An example, *"Does stress have a negative impact on your study, and how will it affect you in examinations?'.* This measure has 5 points (strongly agree) with the statement above. Further exploring the relationship between academic stress and mental well-being is important because poor mental well-being has been shown to affect academic performance in college (Tennant et al., 2007; Eisenberg et al., 2009; Freire et al., 2016).

The sample item is *"what is your bad experience facing academic stress?"*. Most of the respondents stated that they experienced this issue when the examination was around the corner. An example is "I need to catch up and cover all the learning".

The new norm in the learning process was to increase the stress level of young academics, including the effect on their well-being. They are at high risk of developing depression, more aggression, panic attacks, wanting to be alone, and anxiety. The most critical question from the survey is "have you ever tried to commit suicide?" Most respondents (34.8%) never thought of doing it.

Respondent profiles

The respondents consist of USM students and students from external institutions in Malaysia, a total of 112 people can be collected as a result of a survey distributed through a google form. The response rate was 56% (112 out of 200). Most of the respondents (80.4%) were female. A total of (78.6%) of the respondents were between the ages of 18 to 20 years old. Ethnicity was recorded at (89.9%) of the respondents were Malay, followed by Chinese (8.9%), Indian (0.9%), and Pakistani (0.9%). Young academicians (67%) were USM students and other institutions (33%). Most of the respondents were students who come from Malay, Christian, Hindu, and Buddhist backgrounds (89.3%), demographic profile is depicted in Table 1.

Table 1: *Profiles of respondents*

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	22	19.6
	Female	90	80.4
Age	18-20	88	78.6
	21-23	18	16.1
	24-26	5	4.5
	29	1	0.9
Race	Malay	100	89.3
	Chinese	10	8.9
	Indian	1	0.9
	Pakistani	1	0.9
Religion	Islam	100	89.3
	Christian	5	4.5
	Buddha	6	5.4
	Hindu	1	0.9
Academicians	USM's student	75	67.0
	Public	37	33.0

Result and discussion

The influence of academic pressure and harmful lifestyle among youth

The research was made with knowing which academic pressure happens that causes the student to become stressed and the impact of it. This research is conducted with our online survey and filled out by 112 people. Before the question starts, we provide knowledge and explanation about our survey based on the research that we had done on the effect of academic pressure. Along with explanations, we offered several inquiries about academic pressure incidents that occurred on campus and even off campus. The comparison of academic pressure that takes place on and off campus is the goal of the inquiry about off-campus encounters. This survey is not just for USM students but we also purpose it for the public.

Our first question on the survey was about the respondents' personal data in the form of gender, age, race, religion, and category. The category determines whether they are USM students or members of the general public. The results showed that our survey was answered by 75 students from USM (67%), and the rest (33%), were from the public. Based on the statement in our survey, 90 females (80.4%), and 22 males (19.6%), answered this survey. Ethnicity recorded 89.9% of the respondents as Malay, followed by Chinese (8.9%), Indian (0.9%), and Pakistani (0.9%). Most of the respondents were students who come from Muslim (89.3%), Christian (4.5%), Hindu (5.4%), and Buddhist (0.9%) backgrounds respectively. The respondent demographic profile is depicted in Table 1.

The impact of academic pressure and harmful lifestyle among youth

Following the fundamental inquiry, a question about academic pressure on campus is raised. One of the questions that we have provided is, "*Have you ever felt a problem because of academic stress?*". The questions are in the form of multiple-choice answers. Respondents must select one of the possible alternatives: A, B, or C. This was done to see how academic stress affected the respondents who were experiencing it. The choices and results are shown in the table below:

Table 2:

Signs	**Respondent (%)**
Suffer from insomnia and a bad quality of sleep	43.8
Social isolation and inability to relax	42
Burdened by demands of time and energy	57.1
Myriad of impacts both emotionally and academically	30.4
Extreme competitiveness and working constantly	30.4
Suffer from headache, back pain, and pressure of something	57.1

According to the survey, the majority of respondents are burdened by time and energy demands by 57.1%. It is most likely due to their inability to properly manage their workload. If you do not manage your work, you will feel pressed for time to complete the assignments or thesis that have been assigned to you. As a result, this action will cause stress. Another classic sign that has plagued the majority of today's youth is headache, back pain and pressure from something. The outcome is similar to the previous signs, with 57.1% responding. Whereas the other signs are insomnia, social isolation and an inability to relax, a myriad of impacts both emotionally and academically and extreme competitiveness, and working constantly.

The American Institute of Stress (The American Institute of Stress,2022) links headaches with nervous stress. The body's energy resources will be shifted to fighting the potential threat when someone is stressed. The signal from the sympathetic nervous system will be sent to the adrenal glands, and cause them to release adrenaline and cortisol. These two hormones cause the heart to beat faster, raise blood pressure, alter digestion, and raise blood glucose levels. Meanwhile, back pain is a musculoskeletal system reaction. Muscles tense up when under stress. Long-term muscle contraction can cause tension headaches, migraines, and a variety of musculoskeletal conditions.

We also included the question "reasons why you are stressed?" The majority of them answered deadlines (57.1%) based on the answer we provided. Aside from that, financial issues (31.3%), family problems (19.6%), examinations (51.8%), do not understand learning (54.5%), cannot complete and solve questions or calculations (42%), wanting to fit in with peers/friends (42.9%), obsession with grades (46.4%), and want to adapt to the environment (50.9%) were among the responses.

According to the findings, the main cause of student stress is the impending deadline. Deadlines are like a ticking time bomb for them. They must complete and submit their assignments by the specified deadline. Sometimes the lecturer's deadline is insufficient for students to complete their assignments. Furthermore, most deadlines are set within a similar time frame, creating a stressful period when they all arrive at once and the assignments assigned to them are plentiful. Moreover, some students are unable to manage their time in order to complete the assigned task. This type of student will be more affected by stress than students who can manage the burden efficiently.

Another reason students are more likely to be stressed is that they are unable to comprehend what they

are learning in class. This was primarily an issue for first-year students. Some of them are not taking the same courses that they did when they were in high school, matriculation, STPM, or diploma. As a result, they will struggle to truly understand what they learned in class. Furthermore, undergraduate students are more likely to acquire new knowledge. There will be many things they have never heard or seen before in their previous studies. Not only that, but the lecturer's teaching style is indeed one of the reasons students struggle to understand the topic. The lecturer's method may not be appropriate for all students. As a result, students who are unable to fit in with the teaching method lose interest in class and perform poorly on examinations. We can see that these two reasons are linked, and that is why most students are stressed as an outcome.

They must also adjust to their new surroundings and the culture of the university. This may cause culture shock, not only in their studies but also in their way of life. They want to fit in with peers and be noticeable. According to Counselling and Psychological Services, culture shock can be identified as a period in which someone becomes aware of the differences and/or conflicts in their traditions or beliefs between their home culture and the new culture in which they are immersed (Counselling and Psychological Services, n.d). However, this will only last a few months while they adjust to their new surroundings. Students who can make themselves feel "at home" will eventually be able to deal with this stress. However, some of them may be unable to adapt at all, which will cause them to experience cultural stress.

What is the difference between culture stress and culture shock? According to Cross Cultural Workers, culture shock defined as honeymoon, crisis, recovery and adjustment and to be surprised, culture stress are considered to be part of it. However, “shock” is also identified as something sudden and short-lived. As a result, many people these days consider culture shock to be in two stages: conflict (confusion, disorientation, and loss of control) and retrieval (language and cultural cues more familiar). Culture stress, on the other hand, is the stage of adjustment in which people accept their new surroundings, trying to adopt new ways of thinking and doing things in order to feel like they are in a new culture. This process takes years, and some cross-cultural workers never wrap it up. This could go on and on. (Koteskey, n.d).

Cultural stress produces the same symptoms as other types of stress, such as anxiety, confusion, disorientation, uncertainty, insecurity, and helplessness. Students may also experience fatigue, tiredness, a lack of motivation, lethargy, and a lack of joy. All of these outcomes are detrimental to their lifestyle, and they may be unaware of it. These lifestyles will either lead to them doing something dangerous or to depression. This demonstrates that adapting to new environments is one of the reasons students become stressed, which leads to an unhealthy lifestyle.

Finally, the financial burden. A university education is not relatively affordable. Year after year, it becomes much more expensive. Students must pay for their tuition, books and supplies, transportation, housing, as well as other expenses. If we had summed up all the costs, they would not be able to pay for it unless they received a full scholarship. As per information, the expected tuition fees in England in 2022/23 are around £9,250 and the fees will be pricier for international students (Allingham,2022). Due to our global financial issues, these fees will undoubtedly rise over time. As a result, students will be frustrated when looking for money to cover their expenses. They will work part-time to pay for their college expenses, which will place an additional burden on the student's shoulders.

We also asked the students through the online survey about depression and anxiety that the respondent might have suffered due to stress. The respondents need to choose between “yes”, “no”, or “maybe”. Based on the result, we can conclude that there are over 48 students (42.9%) who choose to answer “maybe”, 43 students (38.4%) answered “yes”, and the rest of the respondents choose the answer “no”

(18.7%). The result shown concerns us because the number of students who suffer from these mental health issues is quite plenty. Depression and anxiety can give a bad impact on students. It is normal for students to feel frustrated, sad, anxious, and scared at the start of freshman year. However, when these emotions persist or last a long time, it becomes a cause for concern. Students who suffer from depression or anxiety might feel nausea, frequent headaches, sleeping disorder, restlessness, and many more. It will get worst when the students thought to commit suicide. Based on the online survey, we compile that 14.3% of respondents often thought of committing suicide. While 34.8% of them had thought once in a while to commit it, the rest of the respondents (50.9%) have not thought about doing this dangerous activity.

Suicide has been a common thing among students. According to a national survey, over 90% of people who suffer from depression and anxiety commit suicide. The study mention that men are especially at risk for complete suicide while women are two to three times more likely to attempt suicide using nonlethal means than men (Governors State University, n.d). This is evident that academic stress does impact youth's mental health and leads them to a harmful lifestyle.

Ways to Overcome Stress

To know more about how the youth cooperate with academic stress, we provided a question and multiple choices answer for them. The question "how do you overcome stress?" has been asked using the same method as the previous question. We gave six choices for them to choose which do your hobby with the respondent (49.1%), exercise regularly (30.4%), travel (29.5%), talk or share problems with friends (50%), take social media break (42.9%) and lastly enjoying the scenery (64.3%).

Based on the research, there are many ways to overcome academic pressure such as exercising. One of the finest methods to unwind your body and mind is to exercise regularly. Additionally, exercising will also lift your spirits. But for it to be effective, you must do it frequently. According to research, (Nike,2022) When you exercise, your heart rate accelerates. This induces your heart to pump more blood through the body, supplying more oxygen and nutrients to vital organs and working muscles. Exercise also increases the release of brain-boosting molecules such as endorphins and dopamine. According to Healthline, endorphins are defined as the body's natural pain relievers and therefore these chemicals can lift up your mood. (Biggers & Davidson, 2021). When someone is stressed, their endorphins will decrease. They will be having mood swings, sadness, and frustrations. Therefore, with exercising, endorphins will be produced in their body and boost their mood, reducing stress, depression, and anxiety.

Other than that, based on our research, you can talk to family members, friends, and therapists. Half of the respondents also answered to talk or share with their best friend. This was because talking about the things that are stressing you out can help you feel better. This is related to the respondent's most answered which was enjoying the environment and healing. Based on the research, while taking a break, you can make time for some genuine relaxation to give your mind a break from stress. You can enjoy nature and heal by listening to music.

Many people are unaware that listening to music can provide numerous health benefits. Music has been shown by scientists to help reduce stress and anxiety, relieve pain, and improve focus, among other things. Music can help our bodies release endorphins and improve our mood as we listen to it. According to research (Moawad & Collins,2021), some types of music such as classical and ambient have long been studied for their calming effects.

Based on the findings of our survey and interviews, we conclude that academic stress has a negative

impact on young people's mental health. They will be unmotivated to study, burdened, have difficulty sleeping, and so on, as shown in Table 2. This is an example of an unhealthy way of life that a student should avoid. This mental illness, however, had no negative impact on their CGPA. The majority of them are capable of dealing with the situation effectively.

Conclusion

Academic pressure continues to be a norm among many students. Our research has shown that it has primarily negatively impacted youth lifestyles and mental health. Based on the questionnaire conducted, the majority of respondents felt burdened by time and energy demands when they are stressed, tied in with experiencing physical pain such as headaches and back pain. The reason most students feel stressed is that they don't understand what they're learning. The findings of this study are an effort to address the issue of pressuring students to perform academically well. Stress can help students achieve their goals, but too much of it has been proven to have adverse effects. We hope this research will make more people realize the harm academic pressure has done to the youth.

Although this study provided useful information, it also had several shortcomings that will need to be resolved and further investigated in other studies. First, this study only practised two methods of data collection. A questionnaire was created and a few interviews were held. Second, the data collection and analysis offered by the questionnaire only had a limited sample size of 112 respondents. Our study also primarily focused on students at Universiti Sains Malaysia. Therefore, expanding the sample size to encompass other academic institutions and age groups will result in a noticeable improvement.

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51 The Influence of Academic Stress on Youth Mental Health

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Abstract

Stress can be caused by various factors and one of the most common factors that occur among students is academic stress. Academic stress can occur in many ways such as examinations, deadlines, and poor time management. Furthermore, they also have to adapt to the new situation which is the pandemic covid-19. This causes can make students' mental health deteriorate, and this will encourage them to do things that should not be done such as suicide. This paper seeks to answer what causes their stress and how they manage it. A google form survey was applied to select data from respondents about their mental health. This survey was conducted through social media such as WhatsApp and Telegram. The data of 175 respondents have been recorded through a google form survey. This data includes people of various ages and genders. There are numerous responses from students about their stress. This survey revealed that most of the students have stress from academics.

Keywords: Academic Stress, Pandemic Covid-19, Youth, Causes, Ways to Overcome.

Introduction

Stress is something everyone goes through no matter what age, gender, or race you are. Stress is a notion of emotional or physical anxiety. There are several incidents in a person's life that cause negative feelings like anger, frustration, and nervousness that similarly develop strain in a person. Stress is the body's response to venture or call. It may be nice in some instances; however extended stress can cause severe health conditions. It can cause headaches, aches, pains, sleeping problems, problems thinking straight or logically, and many more things. Stress on a person can also make them do things they would never do such as commit suicide to end the pain brought on by the stress. Undergraduate students today face more complex issues than ever before (Malik, 2018). Academic stress and anxiety about being able to thrive in a new study environment during the Coronavirus Disease 2019 (COVID-19) pandemic are two major concerns for students in higher education today (Clabaugh, Duque, & Fields, 2021). Academic anxiety is defined as feelings of uneasiness and concern about activities related to a specific subject in a school or academic setting (Hasty et al., 2020).

Increasing academic requirements (i.e., enrolling in courses with demanding workloads), being in an unfamiliar environment, changes in family relationships and social life, exposure to new concepts and temptations, and being in an unfamiliar environment are all common stressors in university, regardless of remote or physical learning (Yang, 2021). The pressure of time, the fear of failure, the struggle to establish one's identity, the pressure of parents' expectations in terms of academic performance, and the intense competition among students are a few notable issues that are unique to university students (Desk, 2020). In addition to that, adjusting to changes in lifestyle, community, and relationships while in college can be stressful because of emotional issues like feeling inadequate and ongoing anxiety (Alsubaie, Stain, Webster & Wadman, 2019).

After students started taking distance learning courses in the year 2020, the decision to reopen all higher

education institutions under all phases of the National Recovery Plan was announced by Prime Minister, Datuk Seri Ismail Sabri Yaakob, on August 22, 2021. The Minister of Higher Education, Datuk Seri Noraini Ahmad (2021), made the announcement (MoHE, 2022). Even though hybrid learning, which entails "in-person and online courses," is still appropriate, some institutions encourage fully immunized students to return to campus for a more effective learning experience. In the post-virus period, students are gradually returning to their campuses, but how are college freshmen emotionally adjusting after the stress of the epidemic and prolonged home isolation? Students in Malaysia have expressed serious concerns about academic stress and anxiety since the majority of their universities recently reopened due to the abrupt change from two years of online learning to a physical environment (Sandra & Amy, 2022). It's not clear if undergraduate students are psychologically, financially, or emotionally ready to change the way they learn in the classroom. But more importantly, when they physically return to their college, will they feel more academic pressure and anxiety?

Concerns regarding undergraduates returning to campus were voiced in great numbers. Despite strict Standard Operation Procedure (SOP) adherence, according to a public survey conducted by UCSI University (2021), 79.4% of Malaysian students were unwilling to return to campus out of concern for their safety. Additionally, after two years of taking exams online, students may experience increased test anxiety due to the sudden switch to physical exams and the absence of the familiar classroom setting with lecturers and other students. This is particularly true if the tests are used for evaluation with a pass or fail grade rather than for formative or instructional purposes (Roos, 2021). In addition, how can the students resume their academics after spending the previous two years alone at home? These are the unspoken biases and concerns that students may experience when it comes to their academic stress and anxiety. For others, especially international students, separation from home can also be a source of stress and anxiety because of uncertainty in a new country (Orygen, 2020). Some stress is essential for personal growth, but too much stress can overwhelm students and impair their coping skills (Zhao, 2019). Students with high academic stress report many problems such as depression, anxiety, behavioural problems, and irritability (Huang et al., 2018). Thus, the prevalence of suicidal ideation was found to be 21% among 50,054 college students, of whom 4.2% attempted suicide (Sivertsen et al., 2019). This was the case for a study on the prevalence and correlations of suicidal ideation among Malaysian university students, which found a strong association between suicidal ideation, depression, and anxiety (Mazelan & Lee, 2022). A certain amount of stress motivates students to perform at their best, but if not managed effectively due to a lack of resources to manage stress, it can negatively impact both students and institutions. (Reddy, Menon & Thattil, 2018).

Malaysia has not been spared from the global problem of declining mental health among university students. As one of the leading countries providing higher education in the Asia-Pacific region (Lee, J.T., 2014), the number of Malaysian students with mental disorders increased from 10% in 2011 to 20% in 2016. (Azril, 2018). A recent publication highlights that adolescents between the ages of 16 and 24 suffer the most emotional distress as a result of pressure from school (Amir Hamzah & Dahlui, 2019). Early detection and treatment of mental health disorders among young adults in schools and colleges is critical to protecting public health. This is an important area of study, as the mental health and well-being of students are necessary to ensure that they are able to achieve the growth and development they desire in life. Therefore, the results of this paper will help universities to fully understand the topics of academic stress, common academic stressors, effects of academic stress, and effective coping mechanisms of academic stress.

Research Methodology

In this research methodology, we used a questionnaire as our method to collect data. We have conducted an online survey form by using a google form to collect data from respondents about their academic

stress. We use this online survey form because it is easier to collect data in this globalization world. Not only that, by using the google form we can reduce physical contact with respondents because they can fill in the survey by using their smartphone or computer easily. Inside this google form, we collect respondents' gender, respondents' age, symptoms of academic stress that respondents ever encounter, the reason for being stressed, and also how respondents overcome their stress. We spread this google form to respondents via social media such as WhatsApp and Telegram. We choose social media to spread out our questionnaire because we can get lots of respondents' responses in a short time and it is an easy way for respondents to complete the survey form.

Inside the symptom variable, we have provided few choices for respondents to choose whether they ever suffered from these symptoms or not. The symptoms provided are *"Constantly feeling stressed and unable to get your work done," "Often suffering from insomnia and poor sleep quality," "Often forget things and become forgetful," "Feeling tired all the time," "Often feel headache and back pain"* and *"Often feel uncertain about the future."* The next part of this google form is a survey about the reasons for respondents being stressed. We provided some reasons for the respondents' choice. The reason included *"Examinations," "Deadlines," "Returning to study," "Pressure of combining paid work and study," "Poor time management," "Out of control debts," "Adjusting to life in a new environment or even country,"* and *"Parents or problems at home."*

The third part of this google form is asking about how respondents overcome their stress. They are four main ways we provided to let respondents choose which are *"Exercise regularly," "Reach out for help," "Take social media break"* and *"Reconnect with old friends and make new ones."* The last question we asked is *"Have you ever experienced depression?"* They are three options provided for respondents to choose which are *"Yes," "No"* and *"Maybe."*

Respondent Profiles

The google form was used to collect data. We get 175 responses in total and about two-thirds (63%) were female. Over four fifth (89%) were youth from 18-20 years old and followed by youth from 21-23 years old (10%).

Table 1. *Profiles of Respondents*

Demographic Variable	**Category**	**Frequency**	**Percentage (%)**
Gender	Male	64	36.57%
	Female	111	63.43%
Age	18 - 20	150	85.71%
	21 - 23	18	10.29%
	24 - 26	5	2.86%
	Others	2	1.14%

Results and discussion

Causes of academic stress

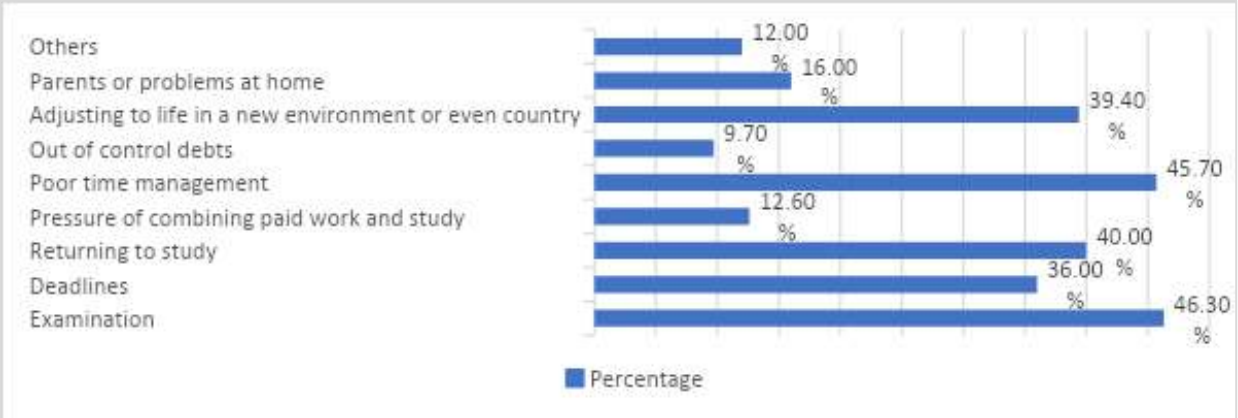


Figure 1. Causes of academic stress

In this survey, a question regarding the cause of the student's stress was also asked. Based on the response, given that examinations are known to be the leading cause of stress among university students, it's no surprise that 46.3% of survey participants said "Examinations" when asked what they thought was the leading cause of stress. Another factor contributing to students' stress is poor time management, approximately 45.7%. Returning to school and acclimating to the new environment at university, respectively, were cited by 40% and 39.4% of respondents as the causes of their stress. Assignment deadlines are cited by 36% of respondents as the factor stressing them out. Parents or issues at home are other factors contributing to respondents' 16% stress.

There are several external sources that could contribute to levels of exam stress. For example, pre-exam triggers include high revision workloads, where the amount of work increases significantly in comparison to other times of the school year. The revision was reported to be burdensome and inherently stressful (Chamberlain et al.,2016), where students felt pressure to write fast, resulting in unstructured answers and panic. Family members and peers were commented on as significant sources of pressure to do well (Denscombe, 2000). Students often feel stressed when preparing for examinations due to pressure from school and family due to constant competition and comparison with peer groups and good performers. Managing this stress is a big concern among young pupils. In order to make children get higher academic results parents criticize children by comparing them with better performers in family, friends, and society, which makes students panic about exams. Parents force children to study with no relaxation time resulting in an atmosphere where students panic, feel neglected, and eventually fall emotionally collapsed. Students when unable to meet the expectation of their parents and are pressured by society to be the best, lower their self-confidence in them and start to develop a feeling of insecurity and also suffer from depression and other mental health problems. Boustead, M (2018) stated that the constant pressure on pupils to meet up to the demanding standards causes self-harm and mental issues in students who get demoralized and the-illusionist. Parental pressure is highly responsible because a majority of parents put pressure on children by demanding that students get only the top grade.

All research shows that poor time management causes stress. We all understand how destructive stress can be on our blood pressure, heart health, and more. However, poor time management has been proven to be a contributor to heightened feelings of anxiety, and this means that it, too, is a direct cause of many of the health-related issues that go hand in hand with stress. The problem then is that once we are in that state of heightened anxiety, where our heads are beginning to spin and we can’t remember which day of

the week we've made it to, it becomes more difficult to sit down and formulate a clear plan for our time. Not only does feeling stressed make life less enjoyable, but it can be bad for your health when it's experienced at high rates over a long period. According to a comprehensive review from the Journal of Experimental and Clinical Sciences, stress can have negative effects on a person's physical and mental health. For example, stress is linked to decreased cognition and memory, lower rates of attention, and even poorer decision-making skills. Stress can impact a person's entire well-being from the inside and out. Oftentimes, stress can be a result of packed schedules that suffer from poor time management. However, if you learn about time management techniques, and put them into practice, it may be able to reduce your overall stress levels (Amber Tresca,2022).

Impact of academic stress



Figure 2. Impact of academic stress

Stressors are situations that interfere with, or provide a threat of interfering with, an individual's normal functioning and force them to make adjustments. Different people interpret stress differently, and it might have different meanings for them. A question was asked to determine whether students had ever experienced stress, as well as what they thought the most common effect of academic stress was. Feeling tired all the time was chosen by approximately 46.9% of respondents, they often forget things and become forgetful by 45.7%, and often feel uncertain about their future by 44.6%. These are the most frequently answered by respondents. Besides, another 29.8% of respondents answered that they constantly feel stressed, often suffer from insomnia, and feel headaches and back pain.

To determine whether respondents had ever experienced depression, they were asked "yes or no" questions. When asked if they had depression, approximately 33.7% of the respondents said "yes," with the remaining 29.1% saying "no," and the remaining respondents saying "maybe." We assumed that all of the respondents answered completely and impartially.

Students in undergraduate settings face a wide range of ongoing stressors related to academic demands. Based on the survey, we can conclude that there are several impacts of academic stress on youth. The impacts of academic stress on youth are:

a. Feeling tired all the time. The experience of high levels of academic-related stress increases the risk of young people developing preventable physical health problems later in life. These can include skeletal aches or muscular cramps, lack of energy, upset stomach, and neck tension. Such stress-related illnesses, not only harm students' physical well-being, but also disrupt students' ability to focus in class. Students' performance will be affected by high-stress levels.

b. Suffer from insomnia. Insufficient sleep in adolescents are recognized as a serious health risk by the

American Medical Association and the American Academy of Sleep Medicine, which report that many young people do not get enough hours of sleep (Owens, 2014). These lead to the impact of the loss of sleep which are difficulty paying attention in class, lower grades, higher stress, and trouble getting along with other people.

c. Become forgetful. The full academic schedule can lead to high-stress levels. The student will become forgetful because a lot of classes and assignments have to submit in a short period. Chronic procrastination can lead to poor academic performance, missing assignments, and scoring low on exams. Falling behind on classwork may lead to a student dropping a class. If that pattern continues, that student may not graduate on time. Other risks include being put on academic probation, losing scholarships, and even dropping out.

Stress has become part of student's academic life due to the various internal and external expectations placed upon their shoulders. Academic stress may be the single most dominant stress factor that affects the mental well-being of college students. Psychology, PubMed Central, found that some groups of students may experience more stress than others, and the coronavirus disease 19 (COVID-19) pandemic could further complicate the stress response (Psychology, PubMed Central, 2022). While the COVID-19 pandemic increased stress levels in all the students included in our study, women, non-binary students, and upperclassmen were disproportionately affected. An overwhelming body of evidence suggests that the majority of college students experienced increased stress levels and worsening mental health as a result of the pandemic (American Psychological Association, 2020). This leads to insomnia which is a lack of sleep, tiredness all of the time, and depressive symptoms as well as the suicide of the students which are ignored by the community. As education proceeds to a higher level, the students face more stressful events like more tough syllabi and challenging work assignments and projects.

Ways to overcome academic stress

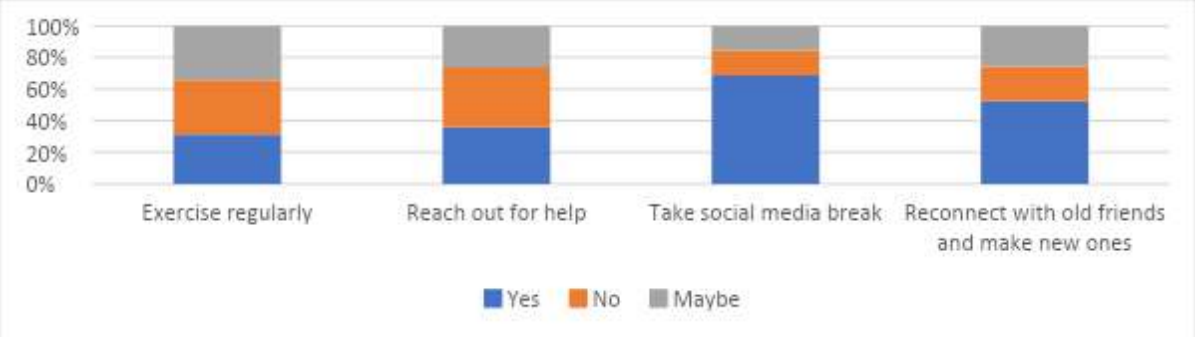


Figure 3. Way to overcome academic stress

Following that, the students were asked how they dealt with their stress. Therefore, we provide four "yes" or "no" questions. The first question is do any of them exercise regularly? Based on the data that we collected, 34.3% of them responded "no," 31.4% with "yes," and the rest 34.3% with "maybe." This shows that not more than half of them engage in physical activity to reduce stress. Doing regular exercise can help reduce the symptoms of mild depression and anxiety as well as boost confidence, mood, and relaxation. Your sleep, which is frequently disturbed by stress, depression, and worry, can also be improved by exercise.

The second question is whether these individuals ask for help from those close to them in handling their stress issues. We identified that 36% of them chose the "yes" response, meaning that they are looking for a close friend or family member to assist them in managing their stress. Spending time with a person who makes you feel comfortable and understood is the most relaxing thing you can do. Although 37.7%

of the overall replies were "no," this infers that more students prefer to keep their stress problems to themselves and not share them with others.

They are also questioned if they take social media breaks as a way to overcome stress. 68.6% of the respondents answered "yes", which demonstrates the fact that more than half of students decided against using social media will help them to feel less stressed. According to one study, limiting daily social media use to 30 minutes can raise user awareness while enhancing mood and focus. Students can be called calm and more focused by avoiding social media. Meanwhile, 16% decided to continue using social media despite their stress and another 15.4% of respondents answered "maybe".

The last question asked in these studies, on how students deal with stress is, are they trying to reconnect with their old friends or make new ones? 52.6% of them responded "yes," while 21.7% made the "no" option. This shows that the majority of college students choose to meet with old friends or otherwise engage with the community

Many people continually check their phones and other devices for notifications and spend time scrolling through social media. These activities can sometimes be difficult to stop. Taking some time off social media can provide a refreshing break and benefit mental health. Social media has revolutionized how people interact, and it can help with building networks and connections across the globe. However, a substantial body of research suggests that it can have negative consequences. A social media break, or social media detox, is a period during which a person stops using social media to varying degrees. The individual defines how long the break will last and which social media platforms it includes. Stepping away from social media, even for an indefinite time, has many benefits. A 2018 study found that abstaining from social media use for about a week reduced stress in both typical and excessive social media users. The effects were more pronounced in excessive social media users.

Isolation can have an extremely negative impact on your happiness. Accepting that you need help and talking to someone is often the first step to feeling better. Speak to your friends and family. They know you best and care about you the most. What’s more, studies suggest that socializing with a friend just once a week can reduce your stress levels and improve your mood as much as therapy or counselling. Visit a friend and tell them about the problems you are facing and then tell them about the good things in your life, ask them to help you to gain some perspective, suggests Charlotte. Sharing difficulties can help. However, going over and over them often doesn’t and is likely to tire your friend, so ask them to listen first and then help you to get a different angle on things. Talk to other students in your course and you will probably find that you’re not alone. This can help put things in perspective. Ask them what techniques they use to manage stress (Jemma Smith,2021).

Conclusion

Our survey, this data showed that academic-related stress is a major concern for university students. The majority of 18-20-year-old students are from the university. The ongoing stress relating to education has demonstrated a negative impact on academic performance, education and sleep quality and quantity, physical health, mental health, and depression and can lead to suicide. University students demonstrated higher academic stress and worse psychological well-being compared to students in other years of study, which may be due in part to this group taking advanced courses, and managing heavier academic workloads. Other studies support our findings and suggest higher stress levels could be attributed to increased studying and difficulties with time management, as well as having less well-established social support networks (Allen and Hiebert, 1991; Misra and McKean, 2000; Liu, X et al., 2019). Students’ stress-management skills are really important to build a quality generation for the future (Allen and Hiebert, 1991; Misra and McKean, 2000). Results of another study published in 2022 suggest that

resources aimed at improving time management and self-regulation skills may reduce academic stress in college students, and findings from a 2018 study support the utility of a social-emotional program to improve the psychological well-being of youth. In addition, teaching students healthy stress management techniques has been shown to improve psychological well-being (Alborzkouh et al., 2015). Psychology and Counselling need to find ways to help patients practice communication skills to help them feel independent by having the agency to speak up for themselves in a way that is conducive to problem-solving. In conclusion, this shows that academic stress has a great impact on students' studies. It should be mandatory that each incoming student meets with a mental health professional on a regular, consistent basis to evaluate their emotional adjustment for better learning.

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52 The Influence Of Co-Curricular Activities On Youth Mental Health.

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Abstract

Nowadays, all students are compulsory to participate in co-curricular activities, no matter university, secondary school and even primary school. Co-curricular activities are one of the parts in our curriculum. Therefore, it is time for us to discuss how the co-curricular activities influence on youth mental health. This paper is to find out the relationship between student participate co-curricular activities and mental health. 127 youth who are above 18 years old and studying will be taken as a sample. Data collection we use survey through Google Form with 13 questions. Likert scales are used for several questions in the survey with ranging it from 1 to 5. The result showed most responder agree with participate in co-curricular activities will bring more advantages than disadvantages to them. In conclusion, participate in co-curricular activities will bring goods impact on youth mental health.

Keywords: Co-curricular activities, youth, mental health

Introduction

Youth is best understood as a period of transition from the dependence of childhood to adulthood's independence. According to The United Nations, for statistical purposes, defines 'youth', as those persons between the ages of 15 and 24 years, without prejudice to other definitions by Member States. In Malaysia, the age for youth is defined as those between 15 and 40 years old but the main focus of development programs in the country are for those aged between 18 to 25. Youths are an important asset in a country. They help to develop a better society for citizens. However, youth nowadays are struggling with mental health problems.

A recent study by The California Endowment of Californians aged 18 to 24 found that 31% had experienced suicidal thoughts and more than half reported depression and more than 75% of respondents reported experiencing anxiety in the last year. A Kaiser Family Foundation (KFF)/CNN Mental Health in America survey revealed that 47% of parents believe the pandemic had a negative impact on their child's mental health. Moreover, the KFF/CNN survey found that young adults aged 18 to 29 reported the most apprehension about their mental health, with half of them saying they have felt anxious "always" or "often" during the past year. Even before the pandemic, the surgeon general reported that from 2009 to 2019 the number of high school students who reported feelings of sadness and hopelessness increased by 40% which is more than 1 in 3 students.

Mental health problem includes our emotional, psychological and social well-being. It affects how we

think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. There were many factors contribute to mental health problems. For instance, biological factors, such as genes or brain chemistry and life experiences, such as trauma or abuse. Besides, family history of mental health problems also may affect youth's mental problem.

There were many ways to maintain positive mental health among youth. They can get professional help from school counsellor. Connecting with others and staying positive also can help to maintain positive mental health. Youth also have to get enough sleep to prevent anxiety and tiredness. Moreover, youth can maintain positive mental health by develop coping skills through co-curricular activities.

The activities and programs that take place outside of the traditional classroom but in some manner complement academic learning from classroom curriculum are known as co-curricular activities. These activities can take place inside school or outside school. Student usually take part after regular school hours.

Co-curricular activities play a key role in personality development among youth. In order to produce holistic students, students need to have excellent interpersonal skills that can be developed through co-curricular activities in universities. Without providing the proper platforms and opportunities, the hidden creativity of the students cannot be refurbishing. Besides that, co-curricular activities also will affect youth mental health. Hence, this research is conduct to identify the influence of co-curricular activities on youth mental health.

Literature review

Dr. Yasmeen Iqbal study article sought to determine the overall impacts of co-curricular activities on the physical and mental health of secondary school students, and the outcome was on one hand. This study report demonstrated how co-curricular activities affect the physical and mental health of secondary school students. It demonstrates that extracurricular activities can improve our fitness and help us prevent and treat illnesses, such as stopping obesity and lowering associated health risks, stopping cancer, and preventing the spread of HIV and AIDS. Based on Dr. Yasmeen Iqbal's research, a total of 200 questionnaires were administered to respondents and it shows that 54 % of students strongly agreed that co-curricular activities maintain physical fitness while 41 % partially agreed 4% of students partially disagreed, and 2 % neither agreed nor disagreed. The results of statistical analysis show that both students of the 9th (mean = 4.45, SD = 0.757) and 10th (mean = 4.46, SD = 0.642) classes strongly agreed that co-curricular activities maintain physical fitness. Aside from that, Dr. Yasmeen Iqbal's analysis shows that co-curricular activities refresh the burdened mind. From the analysis 53% of students strongly agreed that co-curricular activities refresh the burdened mind, while 41% agreed partially. 5% of students partially disagreed, and 2 % neither agreed nor disagreed. Based on statistical analysis and findings, it has come to light that co-curricular activities play a crucial role in the development of balanced personality among students. Co-curricular activities are directly proportional to physical and mental health. It was determined that extracurricular activities maintain physical fitness and refresh overburdened minds.

Methods

The quantitative and qualitative research methods have been used to research the influence of co-curricular activities on youth mental health. The quantitative method contains the analysis of data collected through polls, questionnaires, and surveys through computational techniques. There are different types of data, such as statical, mathematical, or numerical data (Babbie, Earl R., and Muijs, Daniel, 2010). Qualitative research is a research plan to understand the thing described in words or language, be it his behaviour, perception, motivation, or action, naturally and by utilising various natural

methods (Moleong, 2007: 6). We collect the data by using questionnaires through the Google Form, which is posted on WhatsApp and Telegram.

Besides, we used the literature study to research the influence of co-curricular activities on youth mental health. Literature study is a way to solve problems by using written sources that have been studied. A literature study is a study conducted by researchers by collecting books, magazines, or journals that relate to the problems and research purposes (Danial and Warsiah, 2009: 80).

Sample and Data

Our sample for this research involved 127 respondents who were still pursuing their studies in secondary school or university. There are 5 levels of study among the respondents, which are SPM, STPM, Matriculation, A-Level, Diploma, Foundation, Bachelor's Degree, Master's Degree, and Phd. We have used purposive sampling for this research. The respondent must be Malaysian, a full-time student, and involved in any co-curricular activity at the school or university.

Measures

The data were collected and measured by the five-point Likert scale: 5 = strongly agree, 4 = agree, 3 = neutral, and 2 = disagree, 1 = strongly disagree. There were seven items in the research measured by the five-point Likert scale. These items have included the advantages and disadvantages of co-curricular activities for youth mental health. For example, the advantage of co-curricular activities to youth mental health is that they help to develop self-esteem, and the disadvantage is that co-curricular activities are stressful.

Result

The result was conducted to know that what the influences of co-curricular activities on youth mental health. The respondents of survey are the students who are studying and 18 years old and above. The survey through Google Form were conducted from 22 October, 2022 to 29 October, 2022. There are 127 respondents involved in the survey. Using Google Form is the easiest way for us to collect data during pandemic Covid-19. The purpose of the survey was informed earlier and the sensitive information of respondents have been kept confidential.

Table 1: Respondents profile

		Number of respondents	**Percentage (%)**
Age	18-20	112	88.7
	21-30	14	11.0
	31 above	1	0.3
Gender	Male	47	37.0
	Female	80	63.0
Level of studies	SPM	5	3.9
	STPM, Matriculation, A-level, Diploma, Foundation	43	33.9

	Bachelor's Degree	73	57.5
	Master	4	3.1
	PhD	2	1.6

Table 1 showed the respondents' profile. According to the table, most of the respondents in the survey from age group 18-20 years old, which have 112 respondents (88.7%) from the total 127 respondents. Besides that, female students who took part in the survey was more than male students. There are 80 female (63%) and 47 male (37%) answered the survey. There are more than half respondents' level of study were Bachelor's Degree which involved 73 respondents (57.5%) from total 127 respondents. For level education STPM, Matriculation, A-level, Diploma, Foundation are the second high which involved 43 respondents (33.9%).

Table2: General questions

Type of co-curricular activities		Number of respondents	Percentage (%)
	Education/ Academic	42	33.1
	Social development and responsibility	42	33.1
	Art and Craft	28	22
	Physical growth	15	11.8
Time spent per week	1 hour	27	21.3
	2 hours	62	48.8
	3 hours	23	11.8
	4 hours and above	15	18.1

Based on table above, there are 4 types co-curricular activities asked in the survey. The first type of the co-curricular activity is educational/ academic. Example poetry competition, Mathematics club, Science club and so on. Not every student will have the same potential in all subject that they learnt in class. Therefore, this type of co-curricular activities able students to make choice according to their interested field. The second type of co-curricular activity is social development and responsibility such as scouting and guiding, Red Crescent Society, volunteering for social work and etc. This type of co-curricular activity may lead students become socially aware and responsible. There are same number of respondents participated in both of these type co-curricular activities which have 42 respondents (33.1%) in each.

The other two types of co-curricular activities are art and craft and physical growth. There are 28 respondents (22%) and 15 respondents (11.8%) respectively from total 127 respondents. Arts and craft activities such as poster drawing, photograph, oil painting and others will increase concentration of students and enhance their learning potential. Sport and running are the examples of physical growth activities. This type of co-curricular activities may avoid students suffer from health problems at an early age. Health is wealth. Playing outdoor games through participate co-curricular activities totally will enhance their ability of earing and prevent from facing mental health problems.
Based on the Google Form, most respondents which involve 48.8% of the respondents spend 2 hours at co-curricular activities per week. There are 21.3%, 11.8% and 18.1% from total respondents spend 1 hours, 3 hours, 4 hours and above respectively.

Table 3: Advantages and disadvantages participate in co-curricular activities.

		Strongly disagree, 1	**Disagree, 2**	**Neutral, 3**	**Agree, 4**	**Strongly disagree, 5**
Advantages	Build and develop new skill	2 (1.6%)	3 (2.4%)	14 (11%)	55 (43.3%)	53 (41.7%)
	Build friendship and relationship	2 (1.6%)	2 (1.6%)	16 (12.6%)	41 (32.3%)	66 (52%)
	Develop self-esteem	2 (1.6%)	0 (0.0%)	26 (20.5%)	51 (40.2%)	48 (37.8)
Disadvantages	Stressful	11 (8.7%)	24 (18.9%)	54 (42.5%)	19 (15%)	19 (15%)
	Consume time	4 (3.1%)	9 (7.1%)	54 (42.5%)	35 (27.6%)	25 (19.7%)
	Burden for poor family	11 (8.7%)	42 (33.1%)	47 (37%)	14 (11%)	13 (10.2%)

Participate co-curricular activities may bring pros and cons for youth. We chose several options to be used in our survey. Out of 55 respondents (43.3%) agree that participate co-curricular activities help to build and develop new skill such as social skills. There are 66 respondents (52%) which is more than half respondents strongly agree with co-curricular activities will help to build friendship and relationship. Youth able to build lasting friendship and recognized each other better. 51 respondents (40.2%) agree with co-curricular activities help to develop self-esteem. Since not all youth excel in academic, thus experiencing success in co-curricular activities can greatly build self-esteem among youth.

Is participating in co-curricular activities stressful and a burden for poor families? In the survey, most respondents were neutral but more inclined to disagree with it. If there is a hectic schedule for youth in academic and also co-curricular activities, it might cause youth facing mental problems like anxiety and mental disorder. Spending time wisely participating in co-curricular activities may help to release and reduce stress that we face in life. Other than that, most co-curricular activities in school provided free uniforms for students who are willing to join. Therefore, co-curricular activities might not be a burden for poor families. In the other hand, most respondents be neutral but more slightly to agree that participate co-curricular activities consume time. Most youth unable to handle well in both academic and co-curricular activities at the same time. It could influence their performance in academic. Thus, most respondents agree with it. At the end, there are more respondents agree that joined co-curricular activities will bring more advantages than disadvantages to them. There are many reasons youth participate in co-curricular activities. Through the survey, 52 (40.9%) youth joined it because they like it. 36 respondents (28.3%) and 35 respondents (27.6%) participate in it cause it is one of the requirement to graduate and it can higher their work opportunity in the future.

Discussion

In general, our study establishes adolescents' views on extracurricular activities and thus maps the impact of extracurricular activities on adolescents.

Although these studies revealed some important findings, they also had limitations. Sample size of this questionnaire is only 100, which will lead to large errors of each data. In addition, the proportion of men

and women in the sample data is not balanced, so it is impossible to collect data more accurately, resulting in errors. In word, this questionnaire is only a small-scale survey and cannot be used as accurate research data systematically.

Our research proves that moderate co-curricular activities have more positive influences on teenagers than negative ones, which can also explain why most parents encourage their children to participate in one or more activities during their weekends.

Therefore, in the future, both the government, schools and parents should pay attention to the problems and influences in this aspect, so that co-curricular activities can play a positive role as much as possible. For example, on the government side, the government should comprehensively coordinate social, school and community attention to youth development issues and provide targeted assistance. On the school side, the school should properly organize co-curricular activities and give parents targeted advice for different students.

Conclusion

Based on the result of the research, we can easily conclude that the pros of the co-curricular activities outweigh the cons. Majority of the respondents think that the influence of co-curricular activities on mental health is moderate and couldn't be the biggest factor that really affects their mental health. If the youth manage to organise their time, they can cope up with their academic activities and co-curricular activities. Therefore, the youth must learn how to be independent when they participate in co-curricular activities so that they won't have any negative effect on their daily life. Government and schools should organise some campaigns that help youth to strengthen their mental health. Parents of youth should also guide their children to balance their daily life and co-curricular activities so that they won't have much burden and stress but fill with a happy and healthy lifestyle when the youth join the co-curricular activities.

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53 The Influence Of Interpersonal Relationships On Youth Mental Health During The Covid-19 Pandemic

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Abstract
This paper discusses the influence of interpersonal relationships on youth mental health during the Covid-19 pandemic in Malaysia. During the pandemic, numerous nations were required to implement preventative measures against the spread of the Covid-19 virus. As a result of spending the day indoors without connecting with others, these measures led to several mental health issues among the youth. The study was done to demonstrate the significance of youth mental health. Using Google Forms surveys and literature searches, data was collected from 150 respondents across educational levels, including secondary school, pre-university, and university students. According to the findings of the survey, the majority of respondents felt that interpersonal connections are vital. During the pandemic, many respondents reported that their relationships deteriorated from a lack of face-to-face engagement. Our findings provide a better understanding of the prevalence of mental health issues among Malaysian adolescents, which can assist future studies.

Keywords: Interpersonal relationships, Covid-19 Pandemic, Youth mental health, Well-being

Introduction

This paper aims to research the influence of interpersonal relationships on youth mental health during the Covid-19 pandemic. According to Montijo (2020), interpersonal relationships include family members, friends, and romantic partners. The Covid-19 virus has led to the closure of schools and reduced young people's social connections with those outside their immediate family. This has led to a substantial drop in social engagement, which has undoubtedly exacerbated feelings of loneliness and perhaps even mental suffering. In the setting of a pandemic, evidence from multiple nations has highlighted the connection between increasing loneliness and suffering. Over one-third of parents of children aged 3 to 18 in Spain and Italy felt that the adoption of quarantine measures had increased their

children's sense of isolation. Many parents also stated that their child had a more pessimistic disposition and was more tense, anxious, and angry. However, because loneliness is always subjective, it is crucial to measure it via self-report rather than parental reporting. In addition, since age and loneliness are linked in a pandemic setting, it is crucial to target specific age groups (Cooper et al., 2021).

A social relationship is any interaction or relationship between two or more people (Cash & Toney-Butler, 2022). The term "interpersonal relationship" refers to the psychological link that develops between people during interpersonal interaction. A significant determinant of whether interpersonal interactions are close or distant is whether or not the attitudes and ideas of the two parties towards other people and their behaviour are congruent. As they transition from youth to adulthood, youths connect with others incessantly. Healthy interpersonal relationships are essential for youths' academic achievement, physical and mental development. The primary interpersonal relationships of adolescents are parent-child, teacher-student, and peer relationships. Along with their physical and cognitive development, youths' self-awareness and self-concept change rapidly, which is reflected in their interpersonal interactions (Zheng Hao, 2021).

There are indications that the Covid-19 epidemic has intensified the recent rise in mental health issues among youths. According to one study, the periods of national lockdowns in the United Kingdom, during which social restrictions were the toughest and many schools were closed to children, coincided with the highest levels of self-reported behavioural, emotional, and attention disorders among adolescents. This has sparked concerns that depriving youths of access to everyday social interactions is detrimental. When there are strict lockdowns, youths rarely communicate in person with their peers. Even when restrictions are loosened, social connection is limited or discouraged. For instance, if a student has come into contact with a positive case at school, physical separation, prohibition of big gatherings such as parties, and a period of social isolation are required. This interference with everyday social contacts, especially at this age, is feared to damage mental health (Foulkes & Blakemore, 2021).

On the other hand, long-term, strict social isolation tactics will significantly impact youths' interpersonal interactions. For instance, they may feel cut off from their friends, family, and school. Additionally, they must have more frequent and closer contact with their families, which may result in family conflicts (Chen et al., 2020). Only one previous study in China has examined the effect of interpersonal interactions on university students during the Covid-19 period (Zhang et al., 2021). Nonetheless, our nation lacks research on this topic. The mental health of youth is neglected in our country, which has many negative repercussions on their mental health. This study examines the mental health of Malaysian youth via questionnaires to examine the role of interpersonal connections on youth mental health during Covid-19. Furthermore, it proposes practical solutions to improve youth mental health. Overall, this article provides insightful information on youth mental health in general and acts as a reference for future studies on the relevant topic.

Literature Review

The Coronavirus

The chapter reviews the key literature concerning interpersonal relationships' influences on youth mental health during the Covid-19 pandemic. Covid-19 is a respiratory disease caused by SARS-CoV-2, also known as coronavirus, discovered in 2019. The coronavirus is transmitted mainly through respiratory droplets created when an infected person coughs, sneezes, or speaks. Some infected individuals may not exhibit symptoms. The severity of a person's sickness can range from minor to severe (CDC, 2021). According to BBC News (2020), about three-quarters of the population was at home or in quarantine to limit transmission rates in March 2020. At the beginning of the pandemic, researchers focused on the

mental health of specific population groups, such as healthcare providers, key workers, or residents of urban areas - closed areas, such as in China or Italy (Greenberg et al., 2020; Rossi et al., 2020; Zhong et al., 2021). However, research must include various population groups, such as children, adolescents, low-income households, and ethnic minorities. Hence, current research focuses on youth, interpersonal relationships, and mental health.

Mental Health Among Youth During the COVID-19 Pandemic

There has been a minimal exploration of the implications of interpersonal relationships on young people's mental health. However, considerable research has looked at the link between home confinement and increased incidence of depression in young adulthood (Qi et al., 2020); Serafini et al., 2020). Therefore, enforced quarantine and seclusion are associated with their psychological health. In this situation, particularly for young people who feel physically isolated, it is crucial to establish positive interpersonal interactions, so they are always connected to the rest of the world via social media. This is essential to ensure they are always connected to the world through social media. It is important to ensure they stay connected with the global, especially for youth undergoing physical isolation. (Berryman et al., 2018).

Interpersonal Relationship of Youth During the COVID-19 Pandemic

During the Covid-19 crisis, youths may feel anxious and unmotivated. Prior research on stress and stress management reveals that neither the amount nor the type of stress influences the consequences of stress. Rather, how you perceive stress and evaluate the circumstance can alter its effects (Crum et al., 2020; Jamieson et al., 2018). Several prior research has demonstrated that youths are more susceptible to loneliness due to decreased social ties. This pandemic's occurrence has profoundly altered all relationships. This unquestionably has a societal influence and has the potential to strengthen not only our individual connections but also our relationships as a society.

In short, the present study aims to explore the interpersonal relationship of youth during the Covid-19 Pandemic in terms of the problems faced by youth that may be affecting their mental health.

Methods

Research methods can be defined as all methods and techniques used to conduct research (Dr C. Rajendra Kumar, 2008). The research method we use for this study is quantitative research.

A quantitative research method means quantifying and analysing variables to get study results (Apuke, 2017). For this research, data were collected through Google Forms. The online survey consisted of 8 multiple-choice questions and 1 question on a 5-point Likert scale. The questionnaire was based on the research title, "The influences of Personal and Social Relationships on Youth Mental Health," and are all related to the well-being of youth in terms of the impacts and importance of personal and social relationships on their mental health. Therefore, the survey focused on a selected group of respondents: youth aged 15 to 35 years old. In total, 150 surveys were collected.

Results and Discussion

The data analysis and findings of the research and the data obtained have been processed, and statistics were obtained in percentage values and frequency distribution.

The respondents were youths ranging from the age of 15 to 35 years old. One hundred fifty survey

responses were collected. Most of the respondents (55.3%) were female. A total of 63.3% of the respondents were between the ages of 15 to 20 years old. For ethnicity (race), 43.3% of the respondents were Malay, followed by Chinese (42.7%) and Indian (14%). As for religions, most of the respondents were Islam (43.3%), followed by Buddhist (30%), Christian (15.3%), and Hindu (11.3%).

The survey also collected the level of education of each respondent, and the results were split into three categories. Most respondents were University students (90.7%), consisting of those taking Bachelor's degrees, Madegrees degrees and Doctorate'Doctoratellowed by pre-university students at 7.3% and secondary school students (2%). The respondents' demographic profile is depicted in Table 1.

Table 1
Profiles of Respondents

Demographic Variable	**Category**	**Frequency**	**Percentage (%)**
Gender	Male	67	44.7
	Female	83	55.3
Age	15-20	95	63.3
	21-25	32	21.3
	26-30	12	8
	31-35	11	7.8
Race	Malay	65	43.3
	Chinese	64	42.7
	Indian	21	14
Religion	Islam	65	46.3
	Buddhist	45	30
	Hindu	17	11.3
	Christian	23	15.3
Level of education	University student	136	90.7
	Pre-university student	11	7.3
	Secondary school student	3	2

Respondents' mindset toward Interpersonal Relationships

In order to identify and acknowledge the influence of Interpersonal relationships among youth, multiple questions were prepared for the respondents. For the first questionnaire, respondents were asked to answer "yes or no" if they think having a good interpersonal relationship is important to them. About 95.3% of the respondents answered "yes," while the remaining 4.7% answered "no." This shows that most youth nowadays know the importance of good relations between them and society as it benefits both parties.

From the survey responses, it was determined that over four-fifths of the respondents (89.3%) put family members as their priority to have a healthy and stable relationship. Good family relationships provide resources that can assist an individual in coping with stress, engaging in healthier behaviours, and promoting self-esteem, leading to higher and healthy well-being (Thomas et al., 2017). The other respondents chose friends as their priority to have a good relationship. Friendships are generally associated with better health, well-being, and happiness. Most of the time, placing a high value on friendship was particularly important for the health and well-being of an individual. (Lu et al., 2021) The rest of the respondents value their partners in relationships as their priority.

The impact of the COVID-19 Pandemic on Youth Interpersonal Relationships

COVID-19, otherwise known as Coronavirus, was officially declared by World Health Organization (WHO) as a global emergency on 31 January 2020; subsequently, on 11 March 2020, they declared it a pandemic (Dhama et al., 2020). This has caused many changes in people's way of life, including ways of communicating with each other.

To examine the impact of the pandemic on youth interpersonal relationships, respondents were asked how to communicate with others during the outbreak of COVID-19. The result shows that 76.7% of the respondents prefer to message others by texting, followed by video calling (69.3%) and phone calls (64.7%). A small number of respondents (2%) have chosen "none" as opposed to the options given in the questionnaire.

In addition, respondents were asked to choose from a scale of 1 (not affected) to 5 (heavily affected) on how badly the pandemic has affected their relationships with others. Out of 150 respondents, 47 picked 4 (31.3%), followed by 45 respondents who picked 3 (30%). This data could prove that majority of the respondents were affected but not to a severe extent. Thirty-six people went with five, which is those who were heavily affected due to the pandemic. A minority of 22 respondents chose 1, or 2, which showed that the pandemic does not affect their interpersonal relationships.

A question was asked about the factor that caused a decline in youth interpersonal relationships during the pandemic. A total of 109 respondents (72.7%) agreed that less face-to-face interaction was the leading cause of poor relationships during the covid time. During the COVID-19 pandemic, many countries have declared it a global emergency and thus went under lockdown. Many sectors, including education, such as schools and universities, were forced to make changes to adjust to the new norms. For example, online classes became the alternative way for students to attend classes. Since everything has to be conducted online, it has become harder and harder for youth, especially students, to interact face-to-face with each other. Ultimately, their interpersonal relationships are affected.

The Mental Health and Well-being of Youth

Following our research topic, respondents were asked whether they have been mentally affected by unhealthy and unstable relationships with others. Based on the responses, the answer is yes. We may find that 107 respondents (71.3%) said they had been mentally affected due to an unhealthy relationship, whether with family members, friends, or partners.

Unhealthy relationships may contribute to a toxic social environment that can lead to depression, low self-esteem, isolation, hard to approach, and even cause a bad temper. Based on the survey, 88 respondents agree that an unhealthy relationship will cause a person to be isolated and hard to approach. Social isolation refers to solitude that is unwanted and unhealthy. Socially isolated people may lack friends and often feel lonely or depressed. They can suffer from low self-esteem or anxiety.

Most of the respondents who had been mentally affected by unhealthy relationships with others chose to talk to close friends to cope with it, as many as 75 respondents. Some choose to share with family members and counsellors or keep it to themselves.

Many benefits of having a stable and healthy interpersonal relationship were brought to the respondents; 97 respondents (64.7%) stated that they felt confident in facing obstacles and new challenges. In addition, it also helps them develop good problem-solving and social skills, optimistic and not easily stressed out and promote self-esteem.

Conclusion

This study is to investigate the influence of interpersonal relationships on youth mental health during the Covid-19 pandemic. Past research shows that loneliness arising out of obstacles in social relationships is most common among youths. This pandemic situation has drastically changed all interpersonal relationships as they cannot meet each other during the pandemic. Our findings have shown that most of the respondents agree that it is essential for youth to have a good relationship with others. During the Covid-19 pandemic in 2020, youth could only contact others by texting, video calling, and phone calls.

This situation caused a decline in youth interpersonal relationships during the pandemic. Based on the survey, most respondents agree or maintain a moderate attitude that the pandemic has affected their relationships with others. Depressed, low self-esteem, isolated and hard to approach, and having a bad temper impact youth with unhealthy relationships. Youths should find solutions to recover from unhealthy interpersonal relationships to obtain healthy mental health. With a healthy interpersonal relationship, youth can be more confident when facing obstacles and challenges.

Although this study has provided interesting and new information that can be used in psychology, some limitations must be addressed and explored in future research. First, only one method of data collection was used in this study. Due to the limitations imposed by the pandemic, an online survey was created (Google Form), which limited our ability to try different methods. Secondly, the data collection and analysis only offered a limited sample size of 150 respondents. Our study focused on youths, especially university students in Malaysia, so significant improvement can be achieved if the sample size is increased to include different nationalities and age groups. Such concepts may expand future research on other management issues related to interpersonal relationships during pandemics.

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54 The Influence of Peer Support Towards Youth Mental Health

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ABSTRACT

This article attempts to provide a general response to the question, “the influence of peer support towards youth mental health” This article emphasises the viewpoint of youth on the influence of peer support towards their mental health. The respondents for this study were chosen by using a purposive sampling technique. Data was provided by 105 young respondents between the ages of 11 and 30. The results show that peer support has a positive effect on the mental health of young people. According to our research, peer support can help young people with various difficulties and reduce their risk of developing psychological sickness. Our research contributes to the corpus of knowledge about the influence of peer support, which could be beneficial for future studies.

Keywords: Peer Support, Youth, Mental Health, Education, Mental Support.

1.0 INTRODUCTION

This study is about the influence of peer support towards youth mental health. A peer is someone who has significant similarities with us (What Is a Peer, n.d.). Anything from age, gender, sexual orientation and shared language might serve as a common ground. In the field of behavioural health, "peer" is widely used to represent someone who has similar experiences with mental illness or substance abuse (What Is a Peer, n.d.). According to this definition, two individuals who meet these qualities are peers. However, most people are far pickier about which peers they would actually seek support from (What Is a Peer, n.d.). According to the definition provided by the National Institute on Drug Abuse (NIDA), peer support is the process of offering and receiving encouragement and assistance to achieve long-term recovery (What Is a Peer, n.d.). According to the United Nations, youth is defined as those individuals who are 15 to 24 years old (United Nations, 2013). Peer support has the potential to play a significant role in rehabilitation and it can aid with many different problems, such as addiction, anxiety, despair,

loss, separation, broken relationships, memory loss and other mental health issues (Peer Support, 2022). Peer support can be provided in one of two ways:

Informal peer support - When two people with shared experiences develop a friendship, they provide each other with informal peer support (Peer Support, 2022). There may or may not be any mental health services or even guidelines or accredited group facilitators (Peer Support, 2022). This may occur in online communities, in-person get-togethers, on blogs, or in discussion forums (Peer Support, 2022).

Professional peer support - A trained peer support worker can use their own experience with mental health issues to help others, either in a group or one-on-one setting (Peer Support, 2022). They might have taken additional classes in leading groups, counselling, and working with trauma survivors (Peer Support, 2022).

When peer support is educationally oriented, most of the outcome is beneficial (Mitchell, 2023). Peer effects research has identified that peer influence one another in the class through academic performance and cognitive ability (Shure, 2021). Past scholars have outlined four major functions of peer support, which are peer instructing; governing peer's behaviour; psychosocial assistance towards vulnerable learners; and enabling access to education for disadvantaged learners (Mitchell, 2023). In this case, peer support arrangements are highly crucial for disadvantaged learners (Mitchell, 2023). Individual academic success and average peer conscientiousness are positively associated (Shure, 2021). Peer support programmes are widely used in many countries as an addition to established approaches, such as school counselling services, for helping college and vocational students (Ma et al., 2020). In addition, students who received training through the peer-to-peer method did not display inferiority toward the standard group (Surabenjawong et al., 2020).

Peer support is a common type of social assistance offered by people with the same illness, this aid is affordable and it may improve patients' health outcomes (Zhang et al., 2022). Additionally, peer support should be systematically explained to cancer patients (Kallio et al., 2021). Peer support significantly improves self-efficacy in cancer patients while also reducing their levels of anxiety and depression (Zhang et al., 2022). According to a past study, peer support significantly affects HIV patients' life quality (Usman & Kadar, 2021). Peer support is most effective when the peer has first-hand knowledge of the difficulties encountered by those seeking treatment through the mental health system (Miyamoto & Sono, 2012). Patients were encouraged to speak up about their own needs and preferences by consumer providers (Miyamoto & Sono, 2012).

Peer support is a type of social assistance that can handle the complexity of support demands and obstacles (Wong, 2022). Peer support offers psychological, appraisal, informational, and practical support (Wong, 2022). Peer support is a solution that might help teenagers and young adults who are experiencing a crisis of emotional or mental health (Ma et al., 2020). Since peer support does not rely on state-approved mechanisms, people with mental health illnesses can utilise it for healing both themselves and others (Menjivar, 2022). Peer support might be an effective instrument because that might improve the quality of life (Wong, 2022). People with mental health illnesses can receive support from others who had similar or related experiences through peer support (Menjivar, 2022). Peer support can also promote healing and social justice while displaying the fortitude of those dealing with mental health issues and giving them the skills that they could support in the recovery of others (Menjivar, 2022). Peer supporters also offer people emotional support, knowledge sharing, skill development, practical help, and connections to opportunities, resources, supportive communities, and also other people (Mead, 2003; Solomon, 2004).

Peer support has far-reaching impacts, not just in terms of clinical outcomes but also in terms of

subjective experiences, such as the development of empathy and trust (Miyamoto & Sono, 2012). Many reports have highlighted the value of peers as recovery role models for clients, caregivers, and professionals (Miyamoto & Sono, 2012). Users and patients were more likely to interact and be satisfied with consumer providers because they were treated with more respect, humanity, trust and linked to them more easily than with traditional personnel (Miyamoto & Sono, 2012).

It has been noted that peer support reduces symptom distress and enhances the quality of life (Cyr et al., 2016) and that augmenting mental health treatments with peer support minimises re-hospitalization (Sledge et al., 2011), hence decreasing the overall cost of service. (Mirbahaeddin & Chreim., 2022). The main purpose of this study is to investigate and discuss the influence of peer support towards youth mental health.

2.0 METHODS

Survey methods are one of the prevalent strategies in scientific research used by the researcher. It is a way to gather information about the topic's history and present. In order to understand the influence of peer support towards youth mental health in a systematic, in-depth and systematic way, the researcher combines methods such as historical and observational methods with scientific methods such as questionnaires, case studies and tests, and analyses, synthesises, compares and summarises a large amount of information gathered through the research that is provided by 105 young respondents in between the ages of 11-30 years old. This is the most common type of research. The most common research method is to collect information by questionnaires, which means that a tabular format of survey questions is prepared, distributed or mailed to qualified persons to fill in the questionnaires, whose answers are then tabulated, statistically analysed and examined.

Literature review method is also used by the researcher to gain information to study “the influence of peer support towards youth mental health” and this method is defined as gathering data about a particular subject or research topic by studying the literature to gain a complete and correct understanding of the problem under study. Literature review methods are widely used by the researcher to gain information through past studies. It can be used to establish the history and current status of a research topic. It gives a general idea of the subject of the research and can be used to conduct observations and interviews. It can provide comparative information on factual information and a general context.

The qualitative analysis explores the "qualitative" aspects of analysis. Specifically, it uses the induction, deduction, analysis and synthesis methods. It uses the methods of induction and deduction, analysis and synthesis, and abstraction and generalisation in order to obtain a variety of material for processing thoughts, removing the coarse essence, eliminating falsehood, preserving the truth, understanding the essence of things from the other side, from the surface to the depth, revealing internal patterns. The researcher used this method to analyse the data collected.

The Likert scale is one of the most widely used scales in which items of the same construct are rated together and are not meant as separate or isolated items; developed by the American social psychologist called Likert in 1932 on the basis of the original Total Plus scale. The scale consists of several statements, each of which can be answered by 'strongly agree', 'agree', 'disagree' or 'strongly disagree' with scores of 5, 4, 3, 2 and 1. This method was used by the researcher on certain questions to conduct a questionnaire to gain more information about the topic of “the influence of peer support towards youth mental health”.

3.0 RESULTS AND DISCUSSION

Social surveys using Google forms according to our methodology.

3.1 Background of respondents

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	39	37.1
	Female	66	62.9
Age	11-20	88	83.8
	21-30	17	16.2
Nationality	Malaysian	93	88.6
	China	12	11.4
Race	Chinese	79	75.2
	Malay	22	21
	Indian	3	2.9
	Iban	1	1
Education level	Primary school	1	1
	Secondary school	7	6.7
	Pre-university course	17	16.2
	Degree	80	76.2

Table 1: **Profiles of Respondents**

A total of 105 valid questionnaires were received. The primary means of dissemination of the questionnaires was through the Internet, which contacted respondents of all ages from two countries. 62.9% of the respondents were female and 37.1% of the respondents were male. The main source of the questionnaire received was Malaysians (88.6%), while another 11.4% of the respondents were from China. The ages of most respondents were between 11 and 20 years old. Out of these, 104 of the respondents had received basic education and were pursuing tertiary education. One of the respondents had only received primary education, but according to our judgement and the people who spread the questionnaire, we consider that the respondent with primary education filled it incorrectly.

3.2 The results of the survey

Questions	Responses	Frequency	Percentage (%)
1. When some difficulties occur will you seek peer support？	Yes	96	91.4
	No	9	8.6
2. Do you think peer support is important? (1=useless, 5=very important)	1	1	1
	2	0	0
	3	25	23.8
	4	38	36.2
	5	41	39

3. What is your anxiety level? (1=low, 5=high)	1	4	3.8
	2	19	18.1
	3	47	44.8
	4	28	26.7
	5	7	6.7
4. Did you provide peer support to your peers before?	Yes	92	87.6
	No	13	12.4
5A. Had you ever experienced peer support？	Yes	93	88.6
	No	12	11.4
5B. What type of peer support you had experienced？	Mental support	76	72.4
	Economic support	19	18.1
	Academic support	67	63.8
6. Which of the following situation affected your mental health and led you to the requirement of peer support?	Environmental changes	52	49.5
	Financial difficulty	25	23.8
	Appearance anxiety	40	38.1
	Family issues	32	30.5
	Academic stress	70	66.7
	Friendship	1	1
7. If someone seeks peer support, will you lend your helping hand?	Yes	102	97.1
	No	3	2.9
8. Do you think that peer support helps in solving problems?	Yes	73	69.5
	No	4	3.8
	Maybe	28	26.7
9. How do you get peer support when you need it?	Online platform	21	20
	Real-life friends	97	92.4
10. Would you take advice from your peers?	Yes	65	61.9
	No	5	4.8

	Maybe	35	33.3
11. How much do your peers influence you? (1=no, 5=yes)	1	0	0
	2	3	2.9
	3	31	29.5
	4	57	54.3
	5	14	13.3

Table 2: **Result of the questionnaire**

When faced with difficulties, 91.4% of the respondents would like to seek help from peers, while only 8% of the respondents do not require help from peers. Therefore, we think that most youths need peer support to assist them when they are in trouble. This shows that the help of peers is significant and most youth need it. Over 75.2% of the respondents thought that peer support is important.

In our survey, we also find that some of the respondents (33.4%) have high anxiety levels. The respondents with high anxiety levels would need peer support to improve their mental health.

87.6% of the respondents had provided peer support to peers before. 97.1% of the respondents would lend a helping hand if someone seeks peer support. These reveal that most of the respondents will not only receive peer support but will also provide peer support when other peers need it.

We find that 88.6% of the respondents had ever received peer support. We can discover that most of the respondents received mental support (72.4%) and academic support (63.8%) as peer support. This reflects that the main anxiety of our respondents (the young people aged 11-20 years old) may come from school work, while peer support can help to solve their problems and enhance their mental health. In the questionnaire, a respondent mentioned that “When I get stressed, I always turn to my peers and have a talk with them helping me to release the pressure.”. One of the respondents also mentioned that “When I am stressed in my academics, I will chat with my friend. My friend will encourage me and motivate me to reduce my stress. When my friend has problems, my friend will also share with me, and I will help my friend to solve the problems.”. Another respondent mentioned that “When I have some problems in life, such as stress, I will seek help from peers and they have given me some methods to overcome it.”. These responses prove that peer support can improve mental health by helping peers solve their problems.

Most of the respondents (66.7%) felt that academic stress had affected their mental health and led them to the requirement of peer support. This also proves that academic pressure has the most influence on emotions or mental health among youth, and it is precisely because academic pressure needs the most peer support. The counterpoint is that if peer support can help youth solve their academic problems, then peer support is highly efficient. Even if peer support cannot solve youth’s problems completely, peer support can still help youth alleviate anxiety in the process. The second largest factor which affects youth mental health and leads youth to the requirement of peer support is environmental change, which is generally regarded as the change of the natural environment in a narrow sense. The main possibilities are moving to a new city, going to a new school and leaving their home country. What they all have in common is strangeness. In this case, peer support can help in relieving youth’s anxiety when they talk to their peers who have experience in adaptation to environmental change.

From our questionnaire, we find that most of the respondents believe that peer support is valuable and can help them solve practical problems. 69.5% of the respondents felt that peer support can help them solve problems, and 26.7% of the respondents believed that peer support is possible to be effective.

92.4% of our respondents got peer support from real-life friends and there are 20% of our respondents got peer support through online platforms. Some respondents got peer support through both online platforms and real-life friends.

In the questionnaire, 54.3% of peers selected 4 out of 5 points and 13.3% chose 5 points for the question on how much your peers influence you. This shows that peer support is essential in aiding youth. Regarding whether to accept the opinions of peers, about two-thirds of the respondents (69.1%) would accept the suggestions from peers and 33.3% of the respondents answered that they might take advice from peers when they encounter difficulties. This shows peers' suggestions are practical and valuable and have a certain influence on youth.

3.3 Discussion

The purpose of this study is to investigate the impact of peer support on youth mental health. The findings suggest that youth mental health is indeed influenced by peer support. This means that youth who receives frequent peer support have better mental health, whereas those who receive little peer support have worse mental health compared to their peers. That is to say, there is a significant positive correlation between youth mental health and peer support.

Adjusted results show that negative emotions were significant when youth received lower levels of support. This finding is important because it suggests that youth with more support feel less anxious and have better mental health. We find that youth who received more peer support tended to have more friends and better relationships. These findings are informative as they suggest that peer support can influence youth's behaviour and psychology. Our current study included 11 survey questions, and more general questions may bias our results. Nevertheless, looking at the essence of the phenomenon, youth often prefer to seek support from their peers. The results of the survey showed that youth believed that peers had more in common and were better able to analyse and provide support based on their own situation. This will lead to more positive emotions in youth, reduce negative emotions such as anxiety, and help the mental health of youth.

Finally, we tested peer support as the main influence, but social support can also influence the situation. By concealing their behaviour, youth may receive less support, which has been linked to worsening mental health. Future research should also examine such conditions to better understand the relationship between social support and mental health.

4.0 CONCLUSION

In conclusion, peer support positively impacts youth mental health. Our findings have clearly indicated that peer support can solve many of the youth's problems and decrease mental health problems among youth. Youth trust their peers more compared to others and peers' advice has much influence on youth. It is because peers can understand more about the situations or the things that have happened. Youths should bravely ask for help from peers when they need it by telling their difficulties to peers who can offer support, thus youth can have healthier mental health. Youth should lend a helping hand if they know someone needs it by giving encouragement, motivation and positive advice to avoid mental health problems among youth. At the same time, peers should seek help from professionals if they meet something complicated and challenging to be solved. However, guidance from the elders such as

teachers, parents and siblings are essential to ensure that peer support can always give positive influence on youth mental health.

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55 The Influence of Social Media on Youth Mental Health

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ABSTRACT

Social media is undoubtedly an innovation that has influenced the world, particularly the youth. The youth are most affected by the rapid development of technology from one year to the next. It is essential in the modern day to investigate the effect of social media on youth mental health. To determine whether or not young people's mental health is negatively impacted by their use of social media, a survey was sent using Google Forms. This paper reviews how social media affects youth mental health positively and negatively, the most influential social media apps, the frequency of using social media, how often the youth use social media, the solution to overcome social media's negative impacts, and the ways to decrease social media use.

Keywords: Social media, youth, mental health

INTRODUCTION

In recent years, social media usage has significantly increased. Social media are "the websites and online technologies that encourage user interactions by giving them opportunities to exchange information, ideas, and interests." Social media is used by people for a variety of purposes, including communication, entertainment, and information seeking. It is noteworthy that teenagers and young adults are spending more time on social networking sites, e-games, texting, and other online activities. Globally, there were

4.62 billion social media users in January 2022, up from 4.2 billion in January 2021. This is responsible for the 10.1% YOY increase in global social media usage (Dave, 2022). In fact, several writers (Dhir et al., 2018; Tateno et al., 2019) have hypothesized that social media has changed the ways in which people engage with one another and its users' individual and societal behaviour globally.

However, technology has both a positive and a negative side, just like a coin. Despite popular belief, (Branston, G., & Stafford, R., 2010) believe that in order to effectively harness the impacts of social networks (or media), each discussion that may arise about such effects needs to be treated from two angles of view and considered from two basic mind sets. Our paper focuses the impact of social media from two perspectives: the pessimistic (negative) attitude and the optimistic/utopian (positive) attitude.

There are several contributions made by this article. First, it advances the body of knowledge regarding our topic "Social Media On Youth Mental Health" and investigates the conflicting evidence offered by various theories. Second, it suggests a conceptual framework for the positive and negative impacts of social media use that combines complementary viewpoints. Third, it provides empirical proof and solid statistical analysis that show both positive and negative impacts coexist, assisting in resolving discrepancies so far in the literature. This study shows that social media use has a positive impact on psychological well-being via bridging and connecting social capital, which offers insights into how to assist mitigate the potential negative effects of social media use. Overall, the article provides insightful information for scholars, professionals, and society in general.

LITERATURE REVIEW

Effects of Social Media

The use of social media is prevalent among teenagers. Teenagers can develop social networks, engage with others, and construct real identities due to social media. These networks can be a great resource for youth, especially for those who struggle with loneliness, difficulties, or chronic diseases. Teenagers also utilize social media for self-expression and entertainment. Additionally, the platforms can inform teenagers about latest news, enable cross-border communication, and impart knowledge on a range of topics, including good habits. Teenagers may even benefit from using social media that is amusing, entertaining, or that offers a meaningful connection to peers and a large social network (Mayo Clinic Staff, 2022)

Based on the survey, 66.7% majority of respondents claim that social media helps them enabling interaction with their friends and family due to social media sites like Facebook and Twitter were developed to link people worldwide. These apps are a great way to make new friends and get in touch with old ones. Social media platforms have the ability to separate us, as is widely known, but they have also made it possible for us to interact with others. Besides, the social media activity of family members will be visible to one another. Through shared interests, it enables people to become closer. In real life, this might make a difference. Due to shared passions, hobbies, and other pursuits, it strengthens the bonds between family members.

Next, about 68.3% of Malaysians respond that they prefer a social media when asked which of these platforms they prefer to find news and information. The Internet has changed the way people source news. Most noticeably, it has significantly increased the amount of available information, and lowered the ‘costs’ required to access it. Almost all traditional print and broadcast news providers now maintain online platforms, and have been joined by a range of online-only ‘digital-born’ news providers (Newman et al. 2015). The Internet provides a platform where news consumers can find their own information, independent of institutions or news companies, compiling facts from various sources. This

is complemented by social media, where users can also distribute news and form a public discourse (Dutton 2009).

Besides, 58.7% respondents view social media as a new form of entertainment. In the words of (Bartsch, 2017), entertainment can be "characterized as an intrinsically gratifying form of media use that is enjoyed or appreciated by audience for the sake of the media itself". Social media contains everything you could possibly need if you're looking for authentic home entertainment. You can associate with those who share your interests and have a fantastic time getting to know one another through shared interests. There are many interesting ones to choose from, including those in the fields of music, culinary, philanthropy, and art.

Lastly, social media also helps people learn, discover, and explore new skills, which is another positive consequence. The evidence can be seen in the fact that our survey on learning new things received 74 responses. Through social networking, we can gain a plethora of new abilities. Through social media platforms like YouTube, for example say, users can learn how to write essays more effectively. Social media provides wider chances for second language learners to occupy daily writing activities and further improve pupils writing progress in classroom environment (Zheng, Yim & Warshauser, 2018).

Social media use can also negatively affect teens, distracting them, disrupting their sleep, and exposing them to bullying, rumour spreading, unrealistic views of others people's lives and peer pressure. The risk might be related into how much social media teens use. A 2019 study of more than 6500, 12 to 15 years old in U.S. found that those who spent more than three hours a day using social media might be at heightened risk for mental health problems. Another 2019 study of more than 12,000 ,13 to 16 years old in England found that using social media more than three times a day predicted poor mental health and well-being in teens. (Mayo Clinic Staff, 2018)

Based on our survey, we found that addiction is the most received feedback. The proof, there are a total of 73% people who chose it as the main effect. Social media addiction is behavioural addiction that is defined by being overly concerned about social media, and devoting so much time and effort to social media that it impairs other important life areas. Addictive social media use will look much like any other substance use disorder and may include mood modification. It is also producing the same neural circuity that is caused by gambling and recreational drugs to keep consumers using their products as much as possible.

The next two effects that have a difference of 11 responses are lack of focus and cyberbullying. This can be shown when lack of sleep gets 77 responses while cyberbullying gets 66 responses. Nowadays, many teenagers spend hours on social media platforms, aimlessly scrolling through video after video. But some reports suggest it could be harming their attention span. We all know how addicting scrolling on our smart phones can be. And, for teens, all that screen time and all that attention are taking away from face-to-face interactions. It could make it harder for them to concentrate in class or complete an assignment, which they think is boring (Reed, 2022).

In today's world which has been made smaller by technology, new age problems have been born. Cyberbullying includes actions to manipulate, harass and defame any person. These hostile actions are seriously damaging and affect anyone easily and gravely. They take place on social media, public forums, and other online information websites. A cyberbully is not necessarily a stranger it may also be someone you know. This can include psychological distress, decreased life satisfaction, and suicidal idea. (Giumetti, 2022)

Lastly, the fewest responses we have found are 29 namely can compromise safety. Compromise can be

defined as made vulnerable as to attack or misuse by unauthorized access. Hackers love social networking, going right to the source to interject malicious code. The code hackers use can steal your identity, inject viruses to your computer and obstruct bank account information. To name it few, shortened URLs such as those created on bit.ly, are especially susceptible to hackers. This can trick users into visiting harmful sites where personal information can be compromised because the full URL is not seen. (Guest Author, 2013)

Usage of Social Media Among Youth

The use of social media has increased significantly during the past ten years but did you all know how much it increased? Research shows that 59% of the world's population uses social media. The typical usage is 2 hours and 29 minutes (Dave, 2022). According to the Datareportal global summary for July 2022, we can see that social media is currently used by 4.70 billion people worldwide, and 227 million more people have signed up since last year (Simon,2022). The most popular social platform is Facebook, YouTube and followed by WhatsApp (Dave,2022). However, from our own research through google form, Malaysian's students think that TikTok have the most significant influence on their daily life by getting the most votes which is 84.9%. As measured by US Social Network User Growth, TikTok was the fastest growing social media network in 2021(US Social Network User Growth, 2021). TikTok is a social media site where users can make, share, and find short videos (Deborah, 2022). The software gives young people a platform to express themselves through lip-syncing, dancing, comedy, and singing. It also enables users to make movies and share them with their social networks. Why do you think TikTok is so popular? This is because TikTok videos are easy to make and constantly has new trends. Furthermore, people can use TikTok to make profit and running their own business.

The second apps that influence youth's daily life is Instagram by getting 52.4% votes. I do believe that Instagram's content is more engaging than the other platforms. Instagram is an application used for social networking and sharing of photos and videos on a mobile phone. This platform does more than just showcase great photos, videos, and stories. Most of Instagram's features are designed to encourage your audience to engage with people (Donna,2019). Research revealed that using Instagram alone would not significantly raise social anxiety. Instead, its impact was entirely muted by self-esteem and social comparison (Shaohai & Annabel, 2020). From the research, Twitter, and Facebook also play an important role in youth's life. The result showed 31% voting for Twitter while the other 11.9% voting for Facebook. So as we can see, today's generation is very vulnerable to social media. Despite that, both boys and girls acknowledged the primary benefit of social media use as a tool to connect with friends and family (Marie et al.,2020). As long as the use of social media is not harmful then it should be fine.

The Frequent of Social Media Usage

Social media are websites and applications that encourage collaboration, information sharing, participation, and community-based input. It is capable of managing various websites and applications and has made its importance in our lives in a very short period. Based on the data analysis, 78.6% of individuals use social media daily, which indicates that people use it often. This is due to respondents taking on degree students, who are on average between 19 and 21 years old. They could search for information on social media. For instance, students can discover articles or journals for their studies. Additionally, students utilize social media tools like Canva, Microsoft Teams, and others to complete their projects while simultaneously keeping in touch with their loved ones via WhatsApp and Instagram video calls. In addition, youthful people use social media to entertain themselves by watching Netflix movies and listening to their favourite music. They may also learn new things outside of the classroom by spending on social media.

A study has shown that it is compulsory to take the social media statistic matter because every single

day, the number of social media users increases. According to research (Broadband Search, 2022), every second 11 people use social media for the first time. In 2017, less than 2.5 billion people were on social media worldwide while in 2022 3.96 billion people use social media, which is stated that more than half the world's population. This number is expected to reach 4.41 billion in 2025 and keep increasing. Next, the research also found the average days spent on social media around the world. The research shows that on average people use social media for 147 minutes, or two hours and twenty-seven minutes. Here are data showing how much average time is spent on social media by several continents:

Continents	The average time spent on social media
North America	2 hours and 6 minutes
South America	3 hours and 24 minutes
Africa	3 hours and 10 minutes
Europe	1 hour and 15 minutes
Asia	2 hours and 16 minutes

Additionally, since 2012, more time has been spent every day on social media. The future cannot be predicted. Nevertheless, we predict that the global average will probably increase in 2022 and beyond, particularly given the rising number of internet and social media users worldwide.

Do you prefer Facebook, Instagram, or TikTok as a social media platform? Some people use social media as soon as they wake up, while others use it all night. The number of time people spends on them was examined in a recent study. Which nations are therefore most dependent on the internet and social media? AFP Relax news in their journal also cited Malaysia as the rank no 6 that spends the most time on the internet per day via any device which is 9 hours and 04 minutes. (Lifestyle Asia, 2022) This is because, for 47.5% of users between the ages of 16 and 24, using social networks is still mostly helpful for staying in touch with family and friends. Meanwhile, 36.6% of people spend their free time on social media. 31% of those who log on do so to search for information or videos, compared to 34.8% who do so to read news stories.

Does social media affect youth mental health? Thus, the current study aims to test the influence of social media on youth mental health between time spent using social media and mental health using analyses, encompassing the transition between adolescence and emerging adulthood. This is evidence that the amount of time people spend on social media has an impact on their mental health as a youth. The more time you spend on social media, the more it can harm your mental health, according to their publication (Bashir,2017). such as depression, anxiety, stress, loneliness, and suicide. With this understanding, we hypothesize:

There is a negative relationship between social media and youth mental health.

Solutions to Overcome Negative Effect of Social Media

So, as we know social media could harm human life which is why we provided the solution to helping youth overcome this situation. Also, most people believe that social messaging is more of a benefit than a consequence, but using social media can be harmful. The adverse effects of social media are it can take a toll on our thoughts and emotion because many of us can relate to losing track of time or feeling unmotivated after a mindless scroll (Puddicombe,2013). With the mindfulness that we ask people to choose their options, we also can learn to focus on the good parts of social media and avoid the adverse effect. So, how to overcome the negative effects of social media? Three options can help youth to deal with the adverse effect. The first option is to spend less time on social media platforms and the others habits that we could suggest for people are to not scroll social media in the morning or before going to

bed and turn off the notifications or check it at certain times only.

The most common choice that has been chosen based on our research is the habit that could help us use social media more mindfully is spending less time on social platforms. We found that reducing social media use to a maximum of half hours a day led to a decrease in feelings of anxiety, depression, and loneliness (Puddicombe,2013). The research shows that 68.3% of responders were for the solution that can overcome youth negative effects of social media, it is also shown that 86 people agree that reducing the time on social media platforms was the way to avoid adverse effects in daily life.

While many of us use wake-up alarms on our devices to make it all too easy to reach for our phones in bed so from there we can see that people quite often on checking email, scrolling through social media, and seeing what the latest news is can be so tempting (Puddicombe,2013). From 126 responses only 40 responses agree with the solution that can overcome the negative effects of social media and it takes 31.7% over 100 percent. Granted, our phones can help us be more productive and improve the quality of our lives, but they are also a major source of distraction and stress, especially when we check them first thing

The third and final choice in our research to help youth overcome the adverse of social media is to turn off notifications and only check social media at certain times. We all know how easy it is to respond to pings showing us the latest comments or new posts. But in reality, we are the ones in control. Based on the final result showing that this solution has been ticked by 64 responders and over half percent which is 50.8%. So, with this helpful solution, we could find that we can avoid a lot of social media anxiety.

Overall, the solution that we provide to help youth overcome the negative effects of social media that get the top pick by people that help us to answer the survey is the tips that are easy to follow them that is decrease their time on spending at social media and followed by tips that require the least amount of energy that they just need to turn off the notifications and check about the important things about the social media. While the solution option that the least people agree to do is about scrolling their phones because our phones had a lot of functions in our daily life even in the morning after waking up. But screen-free activities like journaling, practicing gratitude, and meditation are great places to start (Puddicombe,2013). All the solution to overcome the negative effects of social media on youth has real benefits, and research shows that it can help reduce symptoms of anxiety and improve self-compassion (Puddicombe,2013). When we are focused on the now, we are less likely to think about what might be new on social media.

Ways to Reduce Social Media Use

The dangers of social media addiction among youths are genuine. However, many young people cannot control themselves and are addicted to social media. The condition has been compared to drug and gambling addiction (Ali, 2022). Social media has also been associated with poor mental health among youths. About 10–20% of youth worldwide experience mental health problems (WHO, 2017). Increasing social media use is one important factor affecting youths' mental health (McRae et al., 2017). Research shows that people use social media for about 2.5 hours per day worldwide. Our surveys show that individuals between 19 to 21 years old, in the youth category, spend almost a day on social media. Just think of all the other things we can enjoy, achieve, or experience during this time with less use of social media. Some preventative steps should be implemented in addition to preventing the issue of social media addiction among youths from getting worse.

Based on our survey, we found out that finding hobbies got the most votes which is 70.6%. There are numerous hours a day and even more in a week. Getting involved in some meaningful hobby while

working on overcoming the addiction to social media is a good way. The youths can choose a screen-free hobby and dedicate an hour to it once a week. For example, join a yoga class, read a book, dance, get into gardening, learn how to sew, paint and colour, hike, and many more. They must also switch their phones to Do Not Disturb mode (or turn it off completely) during hobby time to avoid distractions. Research indicates that people who engage in arts-related hobbies (performing arts, visual arts, reading, etc.) for at least two hours per week reported significantly better mental health than those who engage in other activities (Davies, 2015).

Data analysis shows that 53.2% of individuals prefer strengthening relationships to reducing social media use. While social media has the potential to bring people together, it also comes with risks. There are many good things about social media, but it has the potential to ruin a relationship. Youths nowadays spend too much time on social media and can lose touch with the real world because they are on their phones all day. They will not have time to play sports, go camping, and do other activities. Instead of going out to meet friends or talking to their parents, these individuals enjoy communicating on social media (UKEssays, 2021). Because of this, the relationship among the youths with their family, friends, and partner need to be strengthened. It will help if they plan quality time together weekly, like planning something fun or hanging out and talking to each other. Phones and social media should be avoided during this period. Just focus on one thing.

Our survey results show that 27.8% of people agree that unfriending, unfollowing, and unsubscribing is the way to reduce the use of social media in their life. Everyone must have their idol on social media, like artists, dancers, singers, and influencers, which makes us want to open up our social media and see their posts. It may be the same for the youths, who also have a social media idol. Youths mostly are fans of social media influencers, including beauty bloggers, video game vloggers, and instafamous. Influencers play a significant role in the lives of young people. Their influence is more than we believe. These people make the youths always want to open social media and become addicted. Therefore, the easiest way for young people to minimize their social media usage is to unfollow, unfriend, and unsubscribe their social media idols' accounts. This way, youths cannot be distracted or tempted to check their social media accounts excessively.

METHODS

The research method we use to research the influence of social media on youth mental health is a case study of Google form. Google Forms is one of the most widespread web-based survey tools in use in various fields of academic and non-academic. It is also lets us collect data using multiple methods. A form can be included in the body of an email allowing a respondent to submit their responses from their inbox. A link can be generated allowing respondents to answer the questions using a web-based form. Besides, Google form also apply validation options to control data entry. Data validation is a rule applied to data entry to make sure that the information is correct and useful. Google Forms offers many options for controlling answers provided by respondents. Questions can be set to require to prevent respondents from skipping a question. Validation options provided by Google Forms help to improve the quality of the data recorded. (Love, 2014) Our survey is open to everyone and got 126 responses. The first question we provided was about personal data which are age, race and also educational level. In this survey, we found that the number of women answered more than the number of man where the number of female genders was as many as 91 and the rest were male gender.

RESULT AND DISCUSSION

1.0 Data analysis

Data analysis was performed to collect data about The Influence of Social Media on Youth Mental Health. Data is obtained to assess the veracity and accuracy of a certain piece of information. So far, 126 people have responded to this form using this method. The results show that, with an average age range of 15 to 51, social media is used by people of all ages especially all categories in educational level, from SPM students to degree students also use social media. We obtained information on the favourable effects of social media on youth mental health.

The findings of data analysis on the favourable effects of social media on youth mental health are as follows:

The favourable effects of social media on youth mental health	Frequency	Percentage (%)
Easier to find news or info	86	68.3
Connecting with friends and family	84	66.7
Keeps you entertained	74	58.7
Learning new things	74	58.7
Social media helps me distract myself from the world	1	0.8

The data results emphasize the harmful impact of social media on youth mental health, including how simple it is to discover news or information and interact with friends and family. This is because the respondents who use social media most frequently are between the ages of 19 to 21. As a result, they may use social media to find information, conduct research, and other educational objectives. In addition, they utilize social media sites like Twitter, Instagram, and TikTok to stay in touch with their family and friends.

Next, the researchers asked respondents for their opinions on whether social media harm youth.

The findings of data analysis on the harmful impact of social media on youth mental health are as follows:

The harmful impact of social media on youth mental health	Frequency	Percentage (%)
Addiction	92	73
Lack of focus	77	61.1
Cyber-bullying	66	52.4
Can compromise safety	29	23

Furthermore, the research also reveals which social media platforms individuals believe in having the biggest impact on their everyday lives. As is well known, using social media daily is becoming a need. People can easily utilize Facebook, Instagram, Twitter, WhatsApp, and other social media platforms like these.

The data's conclusions about which social media platforms individuals believe in having the biggest impact on their everyday lives are as follows:

Social media platforms will have the most influence on their daily life.	Frequency	Percentage (%)
TikTok	107	84.9
Instagram	66	52.4
Twitter	39	31
Facebook	15	11.9
WhatsApp	3	2.4

TikTok is good for youth because it encourages youth to express their thought, feelings, and creativity. For Instagram, the youth will have fun, entertain themselves, share and learn interests and also maintain relationships among friends and also family while youth use social media to get fast and new information

The data also reveals how frequently people use social media every day. According to our data, the majority of people 78.6% use social media daily, with 14.3% using it frequently and 7.1% using it extremely infrequently. This is because social media is so well-liked since it enables people to organize and complete their daily tasks. People use social media regularly as a method to get news and information quickly and easily, interact with friends and family, keep themselves entertained by watching movies on YouTube, and develop new skills. In addition, social media enables people to distract themselves from the outside world.

The frequently people use social media every day	Frequency	Percentage (%)
Always	99	78.6
Sometimes	18	14.3
Rarely	9	7.1

CONCLUSION

In conclusion, social media has both positive and negative impacts on youth's mental health. This is because social networking is particularly well-liked among young people. Positive influences such as contacting family and friends, easier to find news and information may seem good at first but it can guide to bad impacts when people use social media uncontrollably. Furthermore, we all know that social media is a platform that be used by millions of people so there is no assurance that we will meet a good person. From our research, negative influences are more likely to be happen compare to the positive one because social media has become so embedded in our culture now that not using any of them makes it nearly impossible for others to take you seriously.

The use of social media among youth must be taken seriously so that it will not lead to addiction. In today's society, it is common to see people seated next to one another, looking at their phones instead of interacting. Teenagers spend more time on social media with their friends than they do with their families. This is obviously not a good sign for a young generation whom will having a responsibility to lead this country. Alvin Toffler, an American writer, once said "our technological powers increase, but the side effects and potential hazards also escalate" (Toffler, 2022). Therefore, in order to avoid negative outcomes, social media use among youth must be restricted.

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56 The Influence of Sports Towards Youth's Mental Health

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ABSTRACT

Sport is the activity that everyone does for pleasure. Sport needs physical effort and skills, usually done in a special area and has to be carried out according to fixed rules. This paper seeks to clarify the influence of sports towards youth's mental health. Authors studied journals related to the influence of sport help in youth's mental health. A survey conducted by distributing Microsoft Office Form and there were 105 respondents who took part and majority agreed that sports can help in youth's mental health. Stress release got the highest votes while enhanced memory got the lowest in the benefits of sport's study. Some respondents disagreed that sport can improve youth's mental health because youth may become addicted to sport, waste money, affect academic performance and lead to health risks. Through this study, the evidence suggests that physical activity and exercise probably alleviate some symptoms associated with mild to moderate depression.

Keywords: Influence, Sports, Physical Activity, Youth, Mental Health, Impact, Benefits.

INTRODUCTION

Anyone between the ages of 15 and 24 is considered to be a youth (WHO 2021). Youth between the ages of 10 and 19 are now frequently diagnosed with mental illnesses. A study found that 13% of the world's disease burden in this age range is caused by mental problems (WHO 2021). Young people's

illnesses and disabilities include a variety of reasons, including depression, anxiety, and behavioural disorders. In addition, suicide ranks as the fourth most common cause of death for people between the ages of 15 and 29. (WHO 2021). This age group experiences emotional instability, which makes them vulnerable to mental health issues. The mental health of kids is influenced by a variety of circumstances. For instance, adversity exposure, peer pressure, and identity exploration can all increase stress during adolescence. Some teenagers are more susceptible to mental health issues due to their living circumstances, stigma, exclusion or discrimination, and lack of access to high-quality treatments and support.

According to the dictionary, sports are activities that call for both physical effort and skill in which a person or a group of people compete for entertainment against one another or against other teams. Sport has many different forms and is always evolving in response to society conventions, trends, and new ideas (Christine May, 2021). Definitions of one or more comparable, closely related activities that are "not sports," sometimes known as "esports," may be included in definitions of sports. According to the WHO, physical activity is any skeletal muscle-produced motion that demands the use of energy (WHO, 2020). Physical exercise includes all forms of movement, such as those done during leisure time, while working, or while travelling. (WHO, 2020)

In contrast, mental health is a condition of well-being marked by self-awareness, the ability to manage everyday challenges, productive and fruitful work, and the capacity to contribute to one's community (WHO 2020). On the other hand, mental health issues are characterised by changes in thinking, feeling, or social behaviour that are linked to suffering or decreased functioning (Sawyer et al. 2000). Mental illnesses afflict more than 450 million people worldwide. At some point in their life, 1 in 4 people may encounter mental illness, according to the World Health Organization (WHO 2020). One in three Malaysians experience mental health issues, with those with low incomes and those between the ages of 16 and 19 experiencing the highest frequency.

Regular exercise has been shown to help manage non-communicable diseases like cancer, heart disease, and stroke as well as prevent and treat them (WHO, 2020). Exercise and physical activity are also helpful supplements for alcoholism and substance abuse treatment programmes. They also enhance cognitive, social, and self-image functioning, lessen anxiety symptoms, and modify aspects of behaviour that increases the risk of coronary disease and the body's physiological reaction to stress. Additionally, exercise promotes a healthy body weight while also enhancing one's wellbeing, mental health, and quality of life (WHO, 2020). WHO recommends that children and adolescents between the ages of 5 and 17 engage in at least 60 minutes per day of physical exercise, primarily aerobic, on a consistent basis (WHO, 2020). At least three days a week should be dedicated to both intense aerobic exercise and exercises that build bone and muscle (WHO, 2020). Youth should prioritise reducing the amount of time they spend sitting still and using technological devices.

In fact, sports and physical activity can aid in the treatment of mental health issues. Physical activity and mental health are closely related. "Sport" is defined as "all forms of physical activity that, through informal and organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships, or achieving results in competition at all levels," according to a statement made by the Council of Europe. A person who plays sports, especially youngsters and young people, will experience physical and psychological changes. This is so that diseases including dissociative disorders, eating disorders, mood disorders, and anxiety disorders can more easily manifest during those times when all the changes in an individual's development are at their peak. To sum up, there is a greater chance that someone will become normal if preventative measures like participating in sports are implemented.

LITERATURE REVIEW

2.0 Overview

The section presents a critical and in-depth analysis and review of other research done by other scholars about the subject under study; the influence of physical sports towards youth mental health. This section provides substantial knowledge based on scholarly contributions made by other scholars on the same subject matter, which forms the extant literature of the current study. In addition, this section provides information regarding the existing gap in the subject matter which the current study aims to fill. Lastly, the theoretical and conceptual frameworks are also provided based on the variables.

2.1 Theoretical framework

The underpinning of this study is the theory of human learning – the working memory perspective. Sports keep the mind and the body in general active. The theory proposes that in the initial learning process, an individual may have very limited knowledge of a particular concept; however, the learning interest drives them to acquire more knowledge on any topic of interest (Sepp et al., 2019). In the case of mental health, the youth should understand that their mental health can be highly improved by engaging in sports physically in the field. This will keep their minds occupied and reduce any form of stress. This study can also be based on Maslow's hierarchy of needs because exercise is among the secondary needs of an individual to keep fit and free from some heart conditions resulting from accumulated fat around the blood vessels. Understanding mental health concepts will enable the youth to boost their knowledge on the same matter and assist other learners or individuals with mental literacy.

2.2 Mental health

Mental health is the general state of mind free from stress, anxiety, or depression. In most cases, when one has an issue with their mental state, it may not show any symptoms. Physical activity is associated with good mental health as it relieves an individual from stress, making them focus more on the activity that they carry out. In a previous study conducted by Gilbert,

N. A. (2019) on the National Alliance on Mental Illness (NAMI), it was reported that 20% of the youth aged 13-18 suffered from mental illnesses either in the form of stress, anxiety, or depression. Previous studies indicated an increase in mental illness based on Mental Health America (MHA)(Reising, 2021), whereby findings showed that the rates had increased from 5.9% in 2012 to 8.2% in 2015. In addition, the studies revealed that 75% of the affected were youths who did not get any treatment. Research by Samari et al. (2022) indicated that most youths shy away from declaring their mental health status and therefore end up getting no treatment or lacking any assistance. Therefore, the current research seeks to explain how youths' mental health can be improved by engaging in sports.

2.3 Sports concerning mental health

Previous research by Elliott et al. (2021) indicated that engaging in sports promotes positive interaction among individuals, thereby improving the participants' mental health. Physical sports entail interacting with people in terms of communication and shared activities, which leads to an individual's psychosocial development (Elliott et al., 2021). The environment provided by sporting activities provided a sense of brotherhood to all participants reducing their accumulated stress due to their daily routines. A sport boosts the esteem of the team members reducing the chances of depression. Fabra et al. (2021) explained how sports make the youth develop a sense of self-worth after scoring or participating successfully in the game. Some participants learn to appreciate their body image and physiques by getting involved in a match with their age mates. Studies by Lloret et al. (2021) indicated that

participating in sports makes one physically healthy and mentally fit to address issues with sobriety. Ladies who do not engage in sports have low self-esteem and often succumb to depression while still in denial. Mental health is highly boosted by engaging in the sport online or physically. Previous research by Kaur et al. (2022) revealed that during the peak of the covid-19 pandemic, many people in Malaysia succumbed to depression; this was attributed to the fact that many fitness centres were closed as well as sports academies to reduce the spread of the virus. Therefore, the current study will address how physical activities reduce mental illness, thereby improving mental health among youth in the country.

Previous research by Ennis, (2017) indicated that physical sports can be used as a stress management strategy, especially by team members who physically engage in a certain game. Staying indoors for a long time can easily lead to depression. The study further indicated that physical sports in general ensure that an individual is occupied mentally to achieve a certain goal in a particular sport; this ensures that one is made busy and mentally engaged to avoid thinking about the causes of mental stress (Karhulahti et al., 2022). Most youths are still students or newly employed individuals exposed to much pressure ranging from class work practice and financial burden due to their living costs. Sometimes, if their mental health is not considered, they can easily succumb to depression due to accumulated stress. The youth in the country are prone to depression due to stress, especially during examinations and affiliation problems with their partners or family members, engaging in sports leads to improved mental health, which has raised concerns for youth worldwide. Schinke et al. (2021) indicated that the International Society of Sport Psychology (1992) revealed that sports reduce all forms of mental illnesses, either depression, anxiety, or stress.

2.4 Conceptual framework

From the extant literature, it is evident that sports contribute effectively towards improving the mental health of individuals by reducing stress and depression (Salmani et al., 2021).

2.5 Research gaps

Most previous studies have focused on mental health in general without emphasising the youth still in school and a few in working categories. In most cases, such a category is if individuals' does not involve with exercise; therefore, this was a research gap that the researcher wished to fill with the findings of the current study. In most cases, studies focus on physical activities without touching on sports which enhance the mental health of citizens.

2.6 Hypotheses formulation

Based on the theory and the literature presented above, the researcher formulated the following hypotheses:

H1: There is a significant relationship between physical sports and improved mental health among the youth in the country

H2: There is a significant relationship between improved mental health and reduction in depression level among the youth adults in Malaysia

2.7 Chapter Summary

The chapter summary has provided the extant literature based on previous researchers on the same concepts. The chapter has also provided information regarding the existing gap in the subject matter,

which the current study aims to fill. Lastly, the theoretical and conceptual frameworks are also provided based on the variables.

METHODS

In this study, data are gathered and analysed using both quantitative and qualitative methodologies. While qualitative data is descriptive and focuses on phenomena that can be seen but not measured, such as language, quantitative data is information about quantities, and hence, numbers. However, non-numerical data such as text, video, pictures, or audio recordings are considered to be qualitative data. There are numerous ways to mix quantitative and qualitative methodologies to maximise their respective strengths and minimise their flaws. We looked through a number of periodicals for references and data relevant to this debate in this writing. Additionally, we conducted a survey using the qualitative technique, submitting a Microsoft Form to get data from 105 respondents, who were primarily divided into two groups, USM students and public.

Respondent Profiles

There are two groups of respondents, which are students who are studying in Universiti Sains Malaysia (USM) and also public in Malaysia. There are 105 responses. Most of the respondents (66.67%) are female while the male take possession of 33.33%. A total of 76.19% of the respondents are between 19 to 20 years old, 13.33% respondents are between 12 to 22 years old, 4.76% from respondents from age group 17 to 18 years old, 3.81% from respondents age between 23 to 24 years old and 0.95% from group 25 to 26 years old and above. Four-fifths (81.90%) of the respondents were students from USM and one-fifth (18.10%) of the respondents were public. The respondents' demographic profile is shown in Table 1.

Table 1: Respondent Profiles

Demographic Variable	Category	Frequency (person)	Percentage (%)
Gender	Male	35	33.33
	Female	75	66.67
Age	17-18	5	4.76
	19-20	80	76.19
	21-22	14	13.33
	23-24	4	3.81
	25-26	1	0.95
	Others	1	0.95
Groups	USM student	86	81.90
	Public	19	18.10

Majority (90.48%) respondents who agreed that sports can help youth to improve their mental health and 9.25% of respondents disagreed with sports can improve youth's mental health. The results of people who agree or disagree that sports can help youth to improve their mental health is shown in Table

2. Based on research by UNICEF, research has confirmed that physical activity reduced symptoms of stress and depressions in youth, a recent study revealed that high school athletes were less likely than non-athletes to seriously consider committing suicide (UNICEF 2018).

	Frequency (person)	**Percentage (%)**
Yes	95	90.48
No	10	9.25

Table 2

RESULT AND DISCUSSION

Reasons for sports can help to improve youth's mental health.

Most of the respondents (80.95%) agreed that sports can help youth release their stress, followed by help them to relax mind (67.62%), less depression (46.67%), help youth to improve their concentration and attention (44.76%), help them improving their problem-solving skill (40.95%), having an advantage for their future job market (25.17%), increase their information processing abilities (24.76%) and allow them to enhance their memory (23.81%).

One of UNICEF's research projects revealed that sports can improve confidence and self-esteem of a person and these can help them be well prepared for their future job market. Sport also can improve learning and academic performance as it enhances memory and also information processing of a student. A study of two fourth-grade classes revealed that 60% of children, including 5 children suffering from deficit disorder, worked more and fidgeted less on recess days (UNICEF, 2001). A 15-minute recess resulted in the children being 5% more on-task and less fidgety, which translated into 20 minutes saved during the day (UNICEF, 2001). Furthermore, sport also helps to release stress by promoting the hormone oxytocin which helps to promote relaxation which reduces anxiety of a person.

Advantages of sports	**Frequency (person)**	**Percentage (%)**
Release stress	85	80.95
Relax mind	71	67.62
Less depression	49	46.67
Enhanced memory	25	23.81
Information processing	26	24.76
Concentration and attention	47	44.76
Problem solving skill	43	40.95
Future job market	27	25.17

Reasons why sports cannot improve youth's mental health.

Based on the survey, there are 30.48% respondents who said that sports will make youth addicted, followed by respondents who said that sports will cause health risks (26.67%). There were also 21.90%

of respondents who said that sports will waste youth's time and make youth injured. Furthermore, 19.05% respondents said that sports will waste money and last but not least 8.57% respondents said that sports will allow them to cheat.

Downside of the sport can be sport equipment can be quite costly. Especially in sports which need plenty of protection or require a certain venue. These may be possible to make someone spend hundreds or even thousands to play a sport. Some sports also can be time-consuming. This is because if someone wants to be good at a sport, he or she has to invest plenty of time in that sport. Sport also can lead to injuries that will affect youth's body and mind. Physical injury and mental health are closely linked. A serious injury can cause mental health problems such as depression, anxiety and post-traumatic stress disorder (PTSD). Youth who suffer injury while playing sport might force them to stop work and affect their everyday life that will lead to psychological problems.

Disadvantages of sports	Frequency (person)	Percentage (%)
Waste of time	23	21.90
Addicted to it	32	30.48
Waste of money	20	19.05
Injuries	23	21.90
Health risk	28	26.67
Cheating	9	8.57

Physical sports that can help to improve youth's mental health.

According to study, as many as third-fifth (60.00%) respondents think that jogging and yoga are the physical sports that can help youth to improve their mental health, followed by playing badminton (59.05%), Zumba (58.10%), do gym (52.38%), swimming (51.43%), playing football (40.00%), playing basketball (37.14%), bowling (35.24%) and the least (29.52%) was hockey.

Duration of respondents spend their time in physical sports.

According to group research, there were (37.14%) respondents spending 1 hour in sport, followed by (25.71%) respondents spending 2 hours, (16.19%) respondents spending 30 minutes, (12.38%) respondents was others and (8.57%) respondents was or above.

Sport is supposed to be good, especially for youth. According to the World Health Organisation (WHO, 2021), at least 150 minutes of playing sport should be done per week. This is because doing sport for too long might give serious consequences towards youth's body and mind. Plays sport for too long can lead to injuries, exhaustion, depression and suicide. Therefore, youth should not overdo playing sports and need to manage their time wisely.

Frequency of respondents carry out sports.

According to survey, one-fifth (20.95%) respondents not often carry out sports, followed by carry out sports twice a week (18.10%), once a week and daily (18.10%) respondents, three times a week (17.14%) respondents, once in a month (3.81%) respondents, never carry out (2.86%) respondents and others (0.95%) respondents.

CONCLUSION

We explored the positive effects on youth's mental health following appropriate physical activity, which can help people adjust and regulate their emotions and behaviour. This positive impact is of immediate psychological benefit, reducing anxiety and tension. Sports have a cathartic, neutralising, counteracting, and opposing effect on stress. Through sports, there is an explosion of energy, more importantly, a release of pent-up unpleasant feelings. Physical activity is a continuous process, and regular physical activity keeps your heart, body, and mind in good shape. The choice of sports is of great significance to exercise and is closely related to sports intensity and fitness effect. Do not have to indulge in intense physical activity to reap the psychological benefits of exercise.

In our study, the vast majority of respondents agreed sports help to improve youth's mental health. Previous research has shown that youth are autonomously motivated by sports, have positive attitudes and participation, and have positive attitudes towards mental health treatment (Parker, A. G. et al, 2021). Sports help youth to reduce depression and stress. Sport is a need that comes from the heart, and actively choose the sport that interests them and suits them. It is also a good boost to the mental health of young people. The comprehensive physical and psychological development of youth can target their psychological characteristics to improve and achieve healthy youth development and relieve stress. The choice of physical sports, for youth, should be moderate, as physical sports and esports have both certain benefits and disadvantages for their mental health. It is essential to think carefully about the role of esports for themselves so that they can better contribute to the development of mental health.

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57. The Negative Impact of Social Media On Youth Mental Health

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Abstract

Social media is an internet-based platform that allows users to communicate content in real- time, which will also have a negative impact on adolescents' lives. The main purpose of this research is to examine the influence of social media on youth mental health. The rise in the popularity of social media has heightened issues about adolescents' mental health, which has received widespread attention in recent years. The research included 102 respondents among youth between the ages of 15 and 24 to investigate the influence of social media on mental health. A survey and literature searches are used to collect data, which is then analysed descriptively. According to the findings of this study found that addiction to gadgets has the highest percentage of all consequences. The findings of this research revealed that social media can cause psychological harm and mental illness in youth, as well as the purpose of using social media.

Keywords: social media, youth, mental health, addiction

1.0 Introduction

"How are youth doing on social media"? Nowadays, we live in a century where information is just a button press away. The study focuses on how social media affects young people's mental health. Innovation and technology are regarded as being crucial to humanity, particularly for young people. In the COVID-19 pandemic era, youth need devices to access online classes. Youth will download social media for amusement when they have a device like a smartphone or a tablet. For this situation, youth must know how to handle it accordingly. According to Robert Kevin (2022), "Social media is a powerful revolution that has affected our lives all around." During adolescence, the socio-affective circuitry of the brain may continue to develop, which could heighten perceptions of social information, increase the desire for social rewards, and increase anxiety about peer judgment (Nesi, 2020).

Social media, like a coin, has an upside and downside effect on young people. The development of mobile technology has witnessed heavy growth with the impact of social media. People spent a substantial amount of time on smartphones (Kakkar, 2022). Social media platforms provide a chance for young people to share information, and exchange views and opinions with others. This platform makes it simple to build relationships with anybody by showing one's preferences, which is simple to do (Umarani Purusothaman, 2019). Meanwhile, social media encourages ambiguous posts, messages, photographs, and information which will lead to conflicts. For instance, posts or texts are deteriorating, and so are affiliations and relations between nations. Social media will both encourage and discourage teenagers, but they must remain vigilant (Ashavidya Kusuma, 2020).

Since teenagers are juveniles, they are particularly vulnerable to the influence of social media. This

influence has a serious impact on young people's mental and physical health. The power of the media and society can widen the gap between a teenager's actual reality and their expectations or hopes for the future. (WHO, 2021). Numerous studies have shown a connection between media consumption and social media use, as well as indicators of sadness and anxiety, loneliness, and other conditions (Keles, McCrae & Grealish, 2019). Furthermore, the findings of this research have been mixed, with some of them suggesting a negligible yet negative impact of social media use on mental health. Every stage of life, from infancy to old age requires a commitment to mental health (Centers for Disease Control and Prevention, 2022). The sensitive information would also be used by a third party as a result of a lack of confidentiality and security on social media platforms. Within this broad description, social media includes a huge selection of websites and applications, which can include Facebook, WhatsApp, Instagram, Twitter, WeChat, and Telegram.

Adolescence is a stage of increased risk for cases of mental diseases, with roughly 1 in 5 young people having a treatable mental problem. (National Institute of Mental Health, 2022). Increased occurrence of certain mental health conditions with the impact of social media. All facets of our physical, psychological, and social well-being are included in our mental health. It affects our thoughts, emotions, and actions. Besides that, it also affects our decision-making, social interactions, and reaction to stress. Occasionally, people will use the term "mental health" to describe the absence of a mental disorder (Felman et al., 2022). Alexandra Hamlet (2021), a clinical psychologist, believes that "The less you connect with human beings in a deep, empathetic sense, the less you're truly reaping the benefits of a social connection."

However, the widespread use of social media has a detrimental effect on the mental health of young people., as they are immature and unable to manage themselves to overcome it. The impact of social media on mental health is currently one of the biggest hazards to young people's life. As a result, more research on the impact of social media is necessary and will improve our understanding of preventative strategies. Specifically, the proper way to use social media should be studied so as to learn how social media influence mental health and how to overcome it. Therefore, this study attempts to determine how social media influences the mental health of youth.

2.0 Literature review

The objective of this literature review is to look into studies on youth mental health and the usage of social networks. Our research will increase our understanding of the connection between social media and mental health, which may be utilized to identify at-risk individuals, plan appropriate responses, and facilitate discussion about pressing societal issues. Social media has become a typical form of communication in today's world. It is critical to conduct research that will expand our understanding of the impact of social media on youth mental health.

2.1 Social Media Use and Its Platform

Social media is a technology with numerous advantages. It enables people to share their lifestyles, connect with each other, get news and information, and even meet new people. When used responsibly and in moderation, social media makes our lives easier and better. Media types that incorporate internet technology and interactive engagement are referred to as "social media." For instance, social networking sites, blogs, discussion boards, connection sites (online dating), games, and entertainment apps (Manning, 2014). Social networking websites and platforms were created in the last century with the goal of promoting online communication and information sharing. The following social networking sites are used by 97% of teenagers between the ages of 13 and 17: YouTube (85%), Instagram (72%), Snapchat (69%), Facebook (51%), Twitter (32%), Tumblr (9%) or Reddit (7%) (Pew Research Center,

2018).

According to developmental psychology, solid peer interactions, social skills, and support systems are essential for preventing the emergence of mental health difficulties and promoting overall psychological wellness. This human desire for connection was focused across groups as youth and professionals evaluated the potential advantages of social media in lessening loneliness, enhancing communication skills, and providing a platform for ongoing contact (Keenan, Evans, & Crowley, 2016). A social media platform allows people to share and connect with people from all around the world. It makes it possible for two people on opposite sides of the globe. This is not only entertaining; it is also useful. This should be used to achieve the best possible educational results.

2.2 Social Networking Sites Negative Effects and Poor Sleep Quality by Social Media

Thornicroft et al. (2016) emphasized that the internet is essential for youngsters' lives due to its strong connection to people groups' feelings well-being. However, some theorized that it is a major risk and threat to human mental well-being, and that youth use social media platforms for digital harassment, such as mocking others, mimicking, and so on. It has minor positive effects on the young generation's online networking.

In this study and related research, social media use has been associated with the issue of poor sleep quality in adolescents, which could lead to health issues. Adolescents' use of social media and their sleep hygiene were the subjects of a study by Habibah et al. (2021). The study found that youth with heavy internet use and excellent sleep quality slept less than those with poor sleep quality. According to research by Habibah et al. (2021) found a significant correlation between teen social media use and sleep quality. Teenagers should limit their use of social media to improve the quality of their sleep The findings are particularly important since they imply a possible relationship between adolescent social media use and sleep quality.

2.3 Social Media Impact on Various Aspects of Mental Health

Young people who actively stay current (i.e., utilize social media for self-directed purposes) might also seek to get compliments and look for affirmation and as a result, demonstrate better vanity. Although they no longer receive compliments on their beauty, young people who primarily see and comment on various posts (i.e., other-oriented use of social media) are exposed to these idealized displays, which may also result in a decline in vanity. The perception of becoming a victim of cyberbullying by peers, or cyber victimization, has been associated with increased rates of self-harm, suicide thoughts, and stress-related disorders. (Sumner, 2020).

The potential harm that social media may do to young people's mental health is something that society should be concerned about (Richards, Caldwell, & Go, 2015). Some evidence indicates that using social media might contribute to issues such as depression, anxiety, and low self- esteem (Woods & Scott, 2016). Beeres et al. (2021) revealed that extensive social platform use among adolescents is linked to a variety of mental health outcomes, such as self-esteem, social network size, and loneliness. It is also linked to an increase in anxiety and depressive symptoms. The study found that rather than between-person differences, there is a relationship between juvenile social media addiction and mental health that is mostly driven by individual variations across time. The results suggest that long-term daily social media use may be more of a sign of mental (ill)-health than a potential danger for mental health issues.

3.0 Methods & Measures

We have used both quantitative and qualitative methodologies in our study on the relationship between teenage mental health and social media. Throughout the research, we have created a Google Form to collect quantitative data among the youth. In addition, the literature study to collect qualitative data. The Quantitative method involves collecting and analysing non- numerical data, it normally generalizes results to wider populations. The qualitative method can be characterized as the investigation of the nature of occurrences. This is due to the fact that it is especially well adapted to determining the reasons behind observations, such as evaluating intricate multi-component interventions and putting a strong emphasis on intervention improvement.

3.1 Sample and Data

Within two weeks, our sample consisted of 102 students who are studying at universities around our country. The questionnaire was distributed in Google Forms through 'Facebook', 'Telegram' and 'Instagram'. In this survey, we were studying the influence of social media surveys among students of universities. The survey was separated into two sections. For the first section, we identify the most popular social media used by the youth and clarify the time they used social media. Meanwhile, for the second section, we identify the negative impact of social media and how it impacts youth's mental health

3.2 Measures

The first section of the survey consists of gender, age, status, the social media that often use, how many hours are spent on social media, posts on social media, and the purpose of using social media. A lot of options have been listed like Facebook, WhatsApp, Instagram, Twitter, WeChat, and Telegram. For the second section, the negative impact of social media also has been listed down like low self-esteem, lack of sleep, academic problems, or all the above. We do also list out the option for how social media impact youth's mental health. For the qualitative part, we come out with the literature study. In this part, we surf the internet to get the latest information and do find some books, magazines, and newspapers. This is essential as it acts as a powerful support in our research and makes it more reliable.

4.0 Analysis Results

4.1 Profile of Respondents

98% of respondents are students who are currently studying at the University Sains Malaysia. About 45.1% of the respondents are male while 54.9% of the respondents are female. For the age, 3.9% of the respondents are in the range of 15 to 17 years old. Most people are in the range 18 to 20 years old which is 86.3% and follow by 8.8% which is from 21 to 24 years old. Lastly, 3.9% for the range 24 years old and above. All of the respondents are students except one is another status. The social media which is most popular is WhatsApp which is 25.1%. This is because usually for university courses, they mostly use WhatsApp to create groups and also use to inform the latest information to the students. The second on the line is Instagram which is 23%. This comes to very common as Instagram was used by the youth to showcase their lifestyle. The following one is Facebook which is 19.8%. For the time of spending on social media, it is very obvious that the youth normally spend more than 5 hours on it. The following is 23.5% of youth spend around 2 to 3 hours on social media, 18.6% of the respondents spend 4 to 5 hours on social media. Lastly, only 6.9% of the respondents spend 1 hour on social media. The most main purpose of them to use social media is networking which is 43% of the respondents. The following is to learning which is 42%. This is common as university encourage students to get the studies material or even have the classes online. For business purposes is only 7% of the respondents. Only 8% is for others like watching drama, casual, games and bored. The survey also shows that 66.7% of respondents

occasionally post on social media while 23.5% often post on social media. Lastly, the percentage of respondents who never post on social media is 9.8%.

Demographic Variable	Description	Frequency (people)	Percentage (%)
Gender	Male	46	45.1%
	Female	56	54.9%
Age	15-17 years old	4	3.9%
	18-20 years old	88	86.3%
	21-24 years old	6	5.9%
	24 years old and above	4	3.9%
Status	Student	100	98%
	Admin staff	-	-
	Academic Staff	-	-
	Other	2	2%
Social Media Often Use (Multiple-selection)	Facebook	76	19.8%
	WhatsApp's	96	25.1%
	Instagram	88	23%
	Twitter	16	4.2%
	WeChat	43	11.2%
	Telegram	64	16.7%
Time Of Spending on Social Media	1 Hours	7	6.9%
	2-3Hours	24	23.5%
	4-5Hours	19	18.6%
	More than 5 hours	52	51%
Use social media For (Multiple-selection)	Networking	81	43%
	Business	13	7%
	Learning	79	42%
	Other	15	8%
How Often Do You Post On Social Media	Never	10	9.8%
	Occasionally	68	66.7%
	Often	24	23.5%

Table 4.1

4.2 Results

In this part, some questions are prepared for students to choose from Google Forms. The data below is based on the 102 respondents and recorded in the table according to the option and percentages. First and foremost, the question about filtering the content before browsing stated that 74.5% of the respondents have filtered it while 25.5% of the respondents do not filter before browsing. When comes to the question of whether social media or not, almost half of all respondents stated they have a negative impact from social media which is 41.2% and 35.5% of respondents choose the option 'Maybe'. There is only 23.5% do not have a negative impact from social media. In addition, lack of sleep is the main cause of negatively affecting life which is 46.1%. Following by the problem of low self-esteem which 25.5% and 16.7% of respondents getting academic problems. There are only 7.8% of respondents do not get any negative impact from social media. Meanwhile, 1% of respondents stated that he gets the mood regulation and another 1% of respondents state the impact too little to notice. Lastly, 1.9% of respondents state that he has all the problems which are low self-esteem, lack of sleep, and academic problems.

On the other hand, social media also has an influence on our mental health. There are 32.8% of respondents state that they have an addiction to gadgets. The percentage of the respondents who feel anxiety is 19.4% and 15.4% of the respondents' state that they have an impact which is loneliness. Besides, 12% of respondents have self-absorbed and 11.4% of respondents have an impact on depression. There is only 7.8% of respondents do not get any impact on their mental health. Luckily that 50% of the respondents choose the 'No' as the impact does not last long. The percentage of respondents who are having the impact last long is 25.5%. In addition, 24.5% of respondents state the impact maybe last long. Last but not least, when comes to asking for support, 89.2% state that they need the support but only 10.8% of respondents do not need the support.

Demographic Variable	Description	Frequency (people)	Percentage (%)
Filter The Content Before Browsing	Yes	76	74.5%
	No	26	25.5%
Negative Impact From Sosial Media	Yes	42	41.2%
	No	24	23.5%
	Maybe	36	35.3%
Negatively Affecting Life	Low Self-esteem	26	25.5%
	Lack Of Sleep	47	46.1%
	Academic Problems	17	16.7%
	No	8	7.8%
	Mood Regulation	1	1%
	Impact too little to notice	1	1%
	All of the above	2	1.9%
Social Media Impact On Your Mental Health (Multiple-selection)	Anxiety	39	19.4%
	Depression	23	11.4%
	Loneliness	31	15.4%
	Self-absorbed	24	12%
	Addiction to gadgets	66	32.8%
	None	18	9%
Impact Last Long	Yes	26	25.5%
	No	51	50%
	Maybe	25	24.5%
Need any support or help	Yes	91	89.2%
	No	11	10.8%

Table 4.2

5.0 Discussion

The aim of the research is to investigate the impact of social media on youth mental health. The use of social media has become an essential part of our daily lives, especially in today's younger generation. Social media is undoubtedly one of the most interesting developments in recent history. It is undeniable that social media is a useful tool but it is also a double-edged sword with pros and cons and has impacted our lifestyle based on the results from Google Forms that we generated. According to Pew Research Centre, social media users are younger. Almost 90% of persons aged 18 to 29 used at least one kind of social media. Gender was found unrelated to the impact of social media and mental health. It is also conceivable that both men and women experienced the same negative impacts due to the influence of social media. Therefore, gender is not a moderating factor. The ages between 18 to 20 years old show

the highest among the youth, as most of the students are from University Sains Malaysia.

Based on the results, WhatsApp, Facebook, and Instagram are the social media platform that is often used by the youth use. WhatsApp is now the world's most popular messaging app, with 2.24 billion users. The youth use it as a messaging tool to communicate with each other in various forms such as texting, video calls, recorded voice messages, and voice calls. Most of the youth found it is a more attractive alternative messaging tool to use than SMS as it is an internet connection. Beyond its initial growth, WhatsApp has remained at the top due to its simplicity and flexibility (Julija, 2022). One of the most popular social networking sites right now is Facebook, which has more than a billion members that log on each month. Users of Facebook are able to set up profiles, post images, join existing groups, and establish new ones. The attractiveness of Facebook is it allows people to form personal relationships, share information and build society as a whole (Mark Hall, October 2022). In addition, Instagram quickly gained users and became one of the biggest and most powerful social media platforms in the world. Since visual content is the best method to interact with followers and Instagram primarily focuses on a high-end visual experience, its material is more engaging than that of other networks. With such a high rate of engagement, Instagram is a popular choice for both regular users and influencers (Mansoor Iqbal, 2022).

In addition, research finds that social media play an essential role in education, mainly because students can easily access information, search for the answers, and do research for assignments. As such, students can learn from a different perspective and have a better understanding of the world around them to be informed about new information. According to the results, social media is mainly used as a networking tool as it is a platform to stay connected with family, friends, or peers. People might form connections with strangers who have similar interests, objectives, or life experiences. Individuals can locate each other by using groups, lists, and hashtags (Will Kenton, 2022). By and large, the growth of social media itself is highly commercialized and it has a huge development value with the advance of technology. Businesses and enterprises also widely use social media to develop their brand and increase their revenue through advertising and marketing. Moreover, social media can engage customers and reach a larger audience effectively.

Negative Impact of Social Media on Lifestyle

The influence of social media addiction on adolescents nowadays has always been a hot topic in the digital technology world. Based on the results, a large number of people experienced the negative impact of social media on their lives. For instance, social media has caused a lack of sleep, low self-esteem, academic problems, and so on. According to the research (Robb, 2019) solid data consistently indicated a link between using a mobile device before bed and a variety of poor sleep outcomes. For instance, fewer hours of sleep per night, poorer sleep standards, and daytime tiredness. In addition, youth check their social media account before going to sleep and also wake up once more throughout the night to check their social media for a response to a notice. Scrolling through social media making us harder to fall asleep as the fear of missing out creeps in and teenagers can't help to get the latest updates. Sleep deprivation is a significant problem for mental health, and the blue light from screens will influence both the quality and amount of sleep. Teenagers' developing brains need sleep to function properly, and lack of sleep can cause despair and melancholy. The researchers discovered that sleep issues brought on by excessive night time mobile phone use can potentially be a source of depression (Dr. Linda Papadopoulos, 2017).

Besides, social media also cause low self-esteem among the youth. Low self-esteem is when someone feels they are incompetent, unloved, or inadequate. While social media was created as a way to communicate with people, it is now increasingly utilized as a comparison tool. It has evolved into a

yardstick by which we judge others, which is problematic for young people who use the system to socialize and "rate" themselves among their peers. Studies have revealed that we are increasingly using social media in a passive manner, which is bad for our mental health because it allows us to view other people's images and compare them to our own. Anxiety, a negative body image, and deteriorating mental health can result from excessive social media use and worry about publishing images and status updates on a frequent basis. Youths' self-esteem will suffer if they do not receive the expected or desired feed for post content. It is addicting for youth to get likes and shares, as well as more followers and shares. Youth also feel envious after seeing all of the activities that their friends have been up to on social media (Cassandra Powell, 2022).

Moreover, social media is indeed helpful in education and school works. However, excessive social media use will affect academics among the youth. According to a few studies, students who use social media more frequently tend to perform poorly academically. This is a result of the fact that they spend time using social networking sites to communicate, play games, and make friends. Youth addiction to social media leads to forgetting time, day and night but they still have to go to school or work in the morning. Addiction to social media causes youth to have decreased learning abilities, drop homework completion, and worsen academic achievements (Abbas et al., 2019). Instead of wasting their free time on social media activities, students could use these platforms to conduct research for school projects, find new information, and expand their knowledge in order to perform better in class. Failure to do so may negatively impact knowledge adaption and result in a subpar performance in competitive examinations.

Impact of Social Media on Youth Mental Health

Numerous studies have proven that there may be a connection between the increasing problems such as depression, anxiety, loneliness, and so forth. Numerous research conducted over the past ten years that have linked juvenile use of social media with an increase in teen depression has supported the notion. According to some specialists, the rise in depressive disorders is proof that the interactions people make online through social media are less emotionally fulfilling and make them feel isolated and lonely. The advantages of social engagement diminish the less deeply empathic connections you have with people. (Alexandra Hamlet, PsyD, 2022). Researchers also found out that the more hopeless and helpless people feel, the more frequently they log onto social media sites. Social media has made more people feel lonely in real life, especially teenagers. According to a study on "Adolescent Screen Time and Depression Risk" published on the Jama Network, depression symptoms worsened with increased social media usage. These symptoms include loneliness, sadness, hopelessness, and low self-esteem.

Other than that, social media can also cause serious mental health on youth such as anxiety. For instance, social media like Instagram, TikTok, Facebook and WeChat can easily create the illusion that others are happier than us or their life is better because people always share their happiness and achievements. The younger generation presently on social media often spends a lot of time perusing their friends' lives and posts. Teenagers' melancholy and anxiety may worsen as a result of the constant comparisons that may lower their self-esteem and physical appearance. Face-to-face interaction is essential for maintaining human mental health. By making eye contact with a close relative or friend, it can lower tension and improve your mood. Your risk of acquiring or worsening mood disorders like anxiety and depression increases the more social media interaction you prioritize over real-world interactions (Lawrence Robinson, Melinda Smith, M.A, 2022). Even if social media is a fantastic method to stay in touch with family and friends, it is also the root of loneliness in the current world. Spending all of one's time online and having little to no in-person interaction with friends and family might make one lonely and increase one's risk of developing mental illness.

Another negative influence of social media on mental health is gadgets addiction. Teenagers are increasingly using devices, which can occasionally lead to symptoms of stress, despair, and anxiety. According to Hassan et al. (2017), individuals who have more self-control and use technology less frequently are less likely to have mental health issues. The youth that suffers from gadget addiction may decrease their cognitive skills such as attentional, memory issues, increased aggregation, and anti-social behavioural problems. The majority of young people struggled to abstain from technology for a full day and displayed indicators of restlessness, irritable behaviour, appetite loss, and other issues. This is a prevalent scenario (Sandhya Basu, 2021). Gadget addiction, like substance or alcohol misuse, affects our pleasure systems by producing dopamine. Because excessive technology use can result in comparable brain chemistry to individuals suffering from drug abuse disorders, researchers believe those suffering from technology addiction may also be predisposed to substance and alcohol dependence.

Based on the study, social media has a strong influence on the mental health of young people. Social media has assimilated into our culture as technology is developing so quickly. Youth have been shown to be impacted by social media in both positive and harmful ways. However, social media hurt youth mental health by causing mental diseases such as depression, anxiety, loss of sleep, and low self-esteem. Struggling with mental health contributes to high medical expenses, poor performance at academic, fewer employment opportunities, and an increased risk of suicide. Apart from this, youth should use social media properly and avoid excessive usage of social media as it will cause addiction and does not bode well for our mental health.

6.0 Conclusion

In the future, social media will be more advanced than it is now and the number of users will increase. According to the results, the serious detrimental impacts of social media on youth mental health can be clearly understood. Social media affects youth with low self-esteem, lack of sleep, and academic problems. The bigger impact on youth mental health is an addiction to gadgets, anxiety, and loneliness. To prevent such impacts, we must guide youth about the dangers these services present, such as avoiding falling into the negativity trap. Schools, parents, and the internet sector must do all possible to keep children safe by taking a proactive strategy rather than a reactive one when disasters occur. Half of the respondents use social media for more than 5 hours every day. Respondents must limit their use of social media in order to become more aware of their surroundings and strengthen their feelings of empathy. However, most of the youth use social media for networking, learning, and business. Preventing children and young people from using social media is not the best solution, given all the benefits that come with it. The findings of the current research could be elabourated upon in future studies. It can also broaden future research on additional administrative issues relating to the influence of social media on youth mental health.

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58. The Suicide Epidemic Within the Youth

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ABSTRACT

Suicidal thoughts are common among teens and young adults. Suicidal ideations (SI), often called suicidal thoughts or ideas, is a broad term used to describe a range of contemplations, wishes, and preoccupations with death and suicide. There is no universally accepted consistent definition of SI, which leads to ongoing challenges for clinicians, researchers, and educators. (Harmer, 2022) However, suicide occurs more often in older than in younger people, but it is still one of the leading causes of death in late childhood and adolescence worldwide. This not only results in a direct loss of many young lives, but also has disruptive psychosocial and adverse socio-economic effects. From the perspective of public mental health, suicide among young people is a main issue to address. Young people are most vulnerable to suicidal behaviours but least likely to seek help. Therefore, we need good insight in the risk factors contributing to suicidal behaviour in youth. A more elaborated study of the intrinsic and extrinsic correlates of suicidal ideation and behaviours particularly amid ongoing population-level stressors and the identification of less stigmatising markers in representative youth populations is essential too.

Keywords: Suicide, youth, mental health

INTRODUCTION

Suicide is defined as a fatal act of self-injury accompanied by symptoms of wanting to die. Suicide among youth is a serious problem worldwide. The World Health Organization (WHO) estimates that suicide is the leading cause of death among 15- to 30-year-olds worldwide. Suicide rates continue to rise despite a national plan for the prevention of suicide, numerous federal, state, and local initiatives, as well as a sizable community of suicide prevention champions. Each year, suicide claims the lives of more than 800,000 individuals worldwide, while many more people make suicide attempts. In 2015, there were 10.7 suicide deaths per 100,000 people, or about one death every 20 seconds. In 2015, the suicide rate was10.7 per 100,000 people, or about one person dies every 20 seconds. In 2018, in the past year, he reported that 10.7 million adults had seriously considered suicide, 3.3 million were planning suicide, and 1.4 million had attempted suicide according to the Substance Abuse and Mental Health Services Administration (SAMHSA). By the year 2020, 1.5 million people are anticipated to have committed suicide. The Centers for Disease Control and Prevention released preliminary statistics on suicide fatalities for 2021 today. Suicide fatalities in the United States climbed from 45,979 to 47,646 (4%) between 2020 and 2021, according to new statistics.

The causes of suicide are sometimes attributed to mental health issues, but this is rarely the case. Suicide risk isn't just about mental health issues. Suicide risk factors can be found at the individual, interpersonal, community, and societal levels. The Centers for Disease Control and Prevention (CDC) reports that suicide rates vary by age, gender, race, and ethnicity.

Men are more likely than women to die by suicide, according to the Centers for Disease Control and Prevention (CDC), despite the fact that women are more likely to attempt suicide. In affluent nations, the male to female ratio is higher and ranges from 4 to 1 in Europe and the Americas to 1.5 to 1 in the Eastern Mediterranean and Western Pacific region. This might be because women are more likely to try suicide by poisoning, including overdosing on prescribed or illegal prescription medications, whereas men are more likely to attempt suicide by highly lethal means, such as firearms or suffocation (e.g., hanging).

In Eastern Europe, South Korea, Zimbabwe, Guyana and Suriname about 20 per 100,000 people commit suicide, while in North Africa, the Middle East, Indonesia, Peru and other Mediterranean countries only 5 per 100,000 people commit suicide. Suicide is a global epidemic that affects all parts of the world, not only high-income nations. In reality, more than 77% of suicides worldwide in 2019 occurred in low- and middle-income nations.

Suicide registration is a difficult process that frequently involves court authorities. It's possible that suicide fatalities go unrecognised or are incorrectly categorised as accidents or other reasons of death. Because suicide is such a difficult subject and because it is still taboo, there are times when it is not acknowledged or recorded. Despite this, every suicide is a tragedy that has a profound impact on the survivors, including the families, communities, and even nations. To minimise suicide, suicide attempts, and the associated health and societal effects, a proactive effort based on recent research and historical successes is required. Suicide among young people is one of the most important concerns to address via effective preventative approaches in public mental health. As a result, it is critical to get as much knowledge as possible into the risk factors that contribute to suicide behaviour in youths.

So, in response to the latest appeal, we look into how the youth perceive the suicide crisis. The research presented in this paper will enable us to fully comprehend the causes of suicidal ideas and attempts as well as the ways to prevent and control it.

LITERATURE REVIEW

Health Factors

There are many health factors that associated with suicide, such as traumatic brain injury and mental disorder. The highest risk for suicidal behaviour across the lifespan exists when a mood disorder that is related with suicidal ideation co-occurs with other disorders that either increase distress (panic disorder, post-traumatic stress disorder) or decrease restraint (conduct and antisocial disorders, substance misuse). Nock, M. K., Green, J. G., Hwang, I., McLaughlin, K. A., Sampson, N. A., Zaslavsky, A. M., & Kessler, R. C. (2013). The development of high impulsive-aggressive behaviours and high anxiety traits might also partly explain the relation between early-life adversity and suicide risk, and these traits give an explanation part of the familial aggregation of suicidal behaviour. (McGirr, A., Alda, M., Séguin, M., Cabot, S., Lesage, A., & Turecki, G. (2009). Even though depression and anxiety make strong contributions to the risk of suicidal behaviour, results of both retrospective and prospective studies suggest that interpersonal conflict, impulsive aggression, conduct disorder, antisocial behaviour, and alcohol and substance misuse are more important for suicidal behaviour in youth. (McGirr, A., Renaud, J., Bureau, A., Seguin, M., Lesage, A., & Turecki, G. (2008).

Environmental Factors

It has long been theorized that climatic and environmental factors affect the psyche. Since the time of Hippocrates, there has been a large body of literature, both technical and popular, which holds that there are causal relationships between environmental factors such as weather and affective states, even pathological mood deviations leading to suicidal behaviours. (Souêtre, Wehr, Douillet, & Darcourt, 1990). Not only that, sexual victimisation may also lead to suicidal behaviour, through an increased risk of psychiatric disease and psychosocial factors such as life events, problematic substance use/misuse, and risky lifestyle and behaviours. (Ullman .2004)1 or through behavioural disinhibition, dysregulated mood, hopelessness, and entrapment. (Turecki, Brent, Gunnell, O'Connor, Oquendo, Pirkis, & Stanley, 2019). Other than that, the experiences of being bullied can also negatively affect the mental and physical health of youth. Empirical studies consistently report that youth who are victims of school or online bullying are at an elevated risk of self-harm or suicide attempts (Marchant et al., 2018; Patchin & Hinduja, 2018).

Historical Factors

Historical factors include family history of suicide or suicide attempts, a history of physical or sexual, and a previous suicide attempt. Besides that, during the past, few decades, a large body of research has furthered our understanding of the relationships between early adversity and psychological difficulties later in life. At the heart of this research has been the role of childhood trauma, especially sexual and physical abuse, and, increasingly over the years, emotional abuse and neglect. Childhood trauma appears to have particularly powerful and long-lasting effects. When exposed to childhood trauma, it has long-term consequences (Kessler et al., 2010), including an increased risk for suicidal behaviours such as suicide ideation (e.g., Joiner et al., 2007) and suicidal actions (Joiner et al., 2009; O'Connor & Nock, 2014). Indeed, a growing number of studies suggest that exposure to childhood trauma is a robust predictor for suicide ideation in both general and clinical populations especially the youth. (Joana Spínola, Rui Campos, Diandra Marques & Ronald ,2022)

METHODS

Suicide may be seen as a frequent and tragic emergency in the field of mental health in general. It is a phenomenon that is fundamentally unpredictable and highly complex. Suicidality, which is a range of psychological behaviours that end in a person's death, can be particularly challenging for elderly people.

This is due to the fact that individuals in that age range are known to travel the suicidal behaviour continuum with unusual secrecy, tenacity, and lethality. In certain countries, there may be up to three new occurrences of senior suicide for every person under the age of 25. Understanding the immediate and distant elements that may indicate an impending suicide death is important given the complex nature of the event in the elderly.

Sample and Data

To get responses from the required respondents, the study used information from an online survey. The survey's questions were created to gauge Malaysian attitudes toward the suicide epidemic and the causes of their involvement. 150 young people from Malaysia's four groups made up our sample. In our study, we gathered data from four groups: students at Universiti Sains Malaysia (USM), other students enrolled in secondary, pre-university, diploma, and bachelor's degree programmes, unemployed people, and people in paid employment.

Information was gathered in accordance with the circumstances surrounding the suicide epidemic.

Out of the 150 people there, 111 had considered suicide. Only 39 out of 150 respondents reported having regular suicidal thoughts. Items like "Are there things that influence you the most when you have suicidal thoughts?" are only one example.

Health-related factors. These items were examined in terms of their ideas about suicide in terms of health considerations, with the sample item being "What health factors describe you the most?" Items like "mental health disorders including depression, anxiety, or bipolar disorder" are an example.

Environmental Factors “What environmental factors describe you best? the example question. According to their suicidal thoughts in relation to environmental circumstances, these items were measured. Items like harassment, bullying, marital issues, or unemployment are examples of "prolonged stress."

Historical Factors. An example item is "What is the historical factor you most describe?" These items were measured by thoughts about suicide in historical factors. Topics include, for example, "child abuse, neglect and trauma."

Respondents Profile

The respondents that we got were 150 and mostly were from Universiti Sains Malaysia’s students (66%) and the others were students from secondary school (4.7%), pre-university (13.3%), unemployed (4%) and employed (6%). A total of 56.7% of respondents were between the ages of 18 and 20. As for gender respondents, mostly male (70%) and female (30%). For ethnicity 48.77% of the respondents were Chinese, followed by Indian (24.7%), Malay 16.7%, Bumiputera Sabah (4%), Bumiputera Sarawak (4.7%) and others (0.14%). Most of respondents were diploma holder (14%) and bachelor’s degree holder (68%).

Table 1: Profiles of Respondents

Demographic Variable	Category	Frequency	Percentage (%)
Category	Universiti Sains Malaysia’s students	99	66
	Student	35	23.3
	Unemployed	7	4.7
	Employed	9	6

Age range	15-17	7	4.7
	18-20	85	56.7
	21-24	50	33.3
	25-28	4	2.7
	27-30	4	2.7
Gender	Female	45	30
	Male	105	70
Race	Malay	25	16.7
	Chinese	73	48.7
	Indian	37	24.7
	Bumiputera Sabah	6	4
	Bumiputera Sarawak	7	4.7
	Others	2	0.14
Level of education	Secondary school	7	4.7
	Pre-university	20	13.3
	Diploma	21	14
	Bachelor's degree	102	68
Religion	Islam	36	24
	Buddha	55	36.7
	Hindu	25	16.7
	Christian	34	22.7

RESULTS AND DISCUSSION

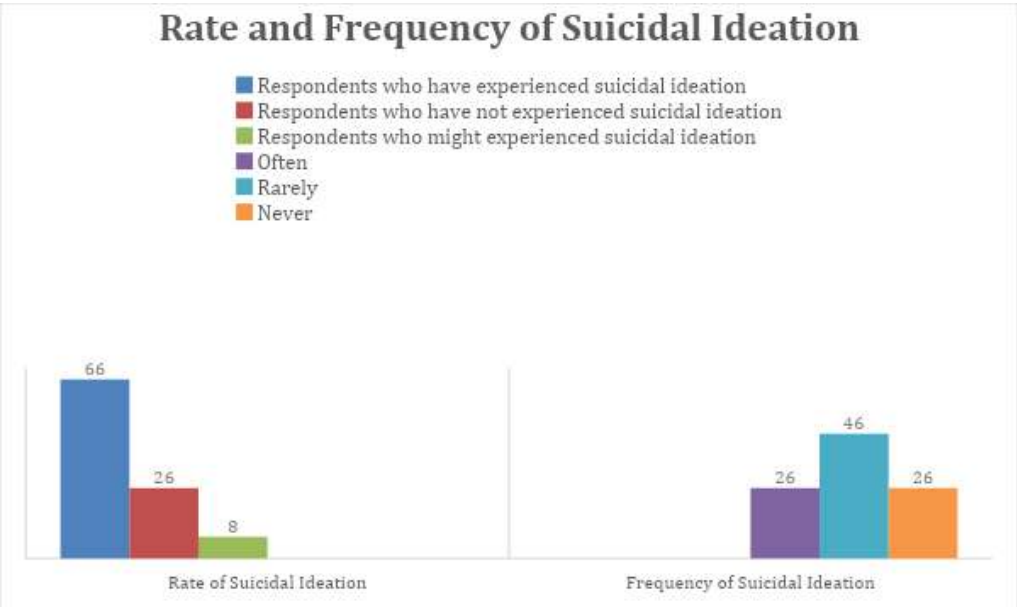
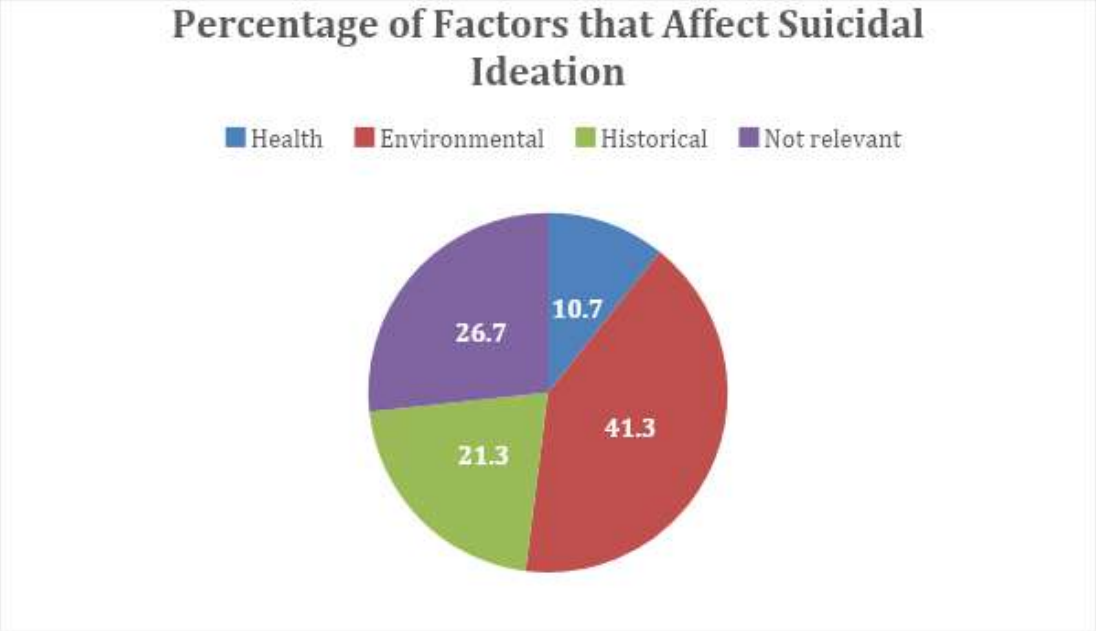


Figure 1: The rate and the frequency of the respondents in connection to Suicidal Ideation.

Based on the survey conveyed, the rate of suicidal ideation shows the majority of the respondents have experienced suicidal thoughts throughout their life which consists of 66%, that is 99 out of 150 respondents. The figure shows that is more than half of the respondents experienced suicidal ideation nowadays. Respondents who have not experienced suicidal ideation consists of 26%, that is 39 respondents. Besides, respondents who might experience suicidal ideation consists of 8% which means

12 out of 150 respondents.

Other than that, the figure shows that most of respondents (26%) often have the suicide thoughts that consists 28 respondents. Next, there is about 46% which consists 69 out of 150 of the respondents rarely have the suicide thoughts and 26% which consists 39 out of the 150 of the respondents never have the suicide thoughts.



Figures 2: Percentage of Factors that Affect Suicidal Ideation

Based on the survey conducted, environmental factors are the most prominent in causing suicidal ideation among the youth which consists of 41.3% and 62 respondents. Historical factors are the succeeding ones which consists of 21.3% and 32 respondents, and health factors have the least effects among the youth which consists 10.7%, that is 16 out of 150 respondents. However, there is about 26.7% which means 40 respondents think that these three factors are not relevant in conducting commit suicide.

List of health factors	**Frequency of respondents (Number)**	**Percentage of respondents (%)**
Mental health condition such as depression, anxiety, or bipolar disorder	10	6.7
Traumatic brain injury	2	1.3
Serious physical health condition	6	4
Not relevant	132	88

Table 2: List of Health Factors That Lead To Suicidal Ideation

The figure has shown that there are 18 respondents believe that health factor is the main factor and 132 out of the 150 respondents (88%) believe that health factor is not the main factor that leads to suicidal ideation.

According to the results shown in the Google forms, health factor that leads to the formation of the suicidal ideation the most is the mental health condition which consists of 10 respondents and shows 6.7% in the figure above. Mental health condition such as depression, anxiety, and bipolar disorder. Nowadays, most of the youth face depression that come from study as the majority of their mental capacity is used to create and process worrisome thoughts. This might lead them to the formation of commit suicide thought.

Furthermore, there are 6 respondents (4%) have the suicide thought that come from serious physical health condition. The youths between 18 to 64 who have been identified as being in poor physical health typically exhibit chronic health conditions such as diabetes, cardiovascular disease, heart disease, being overweight, or combinations of these conditions; chronic conditions such as these are linked with higher health care expenditures Serious physical health might give plenty of depression for one person that can cause them to commit suicide when they feel self-abased, sad, depressed, and hopeless.

Other than that, based on the survey by using Google forms, 2 respondents (1.3%) have responded that traumatic brain injury is the main reason that causes them to have the suicidal ideation. Traumatic brain injury (TBI) happens when a sudden, external, physical assault damages the brain. It is one of the most common causes of disability and death among the youths. This is because it might take a very long time for one to recover and this might make one feels hopeless and cannot predict their future. They might think that commit suicide is the only way to solve the problem.

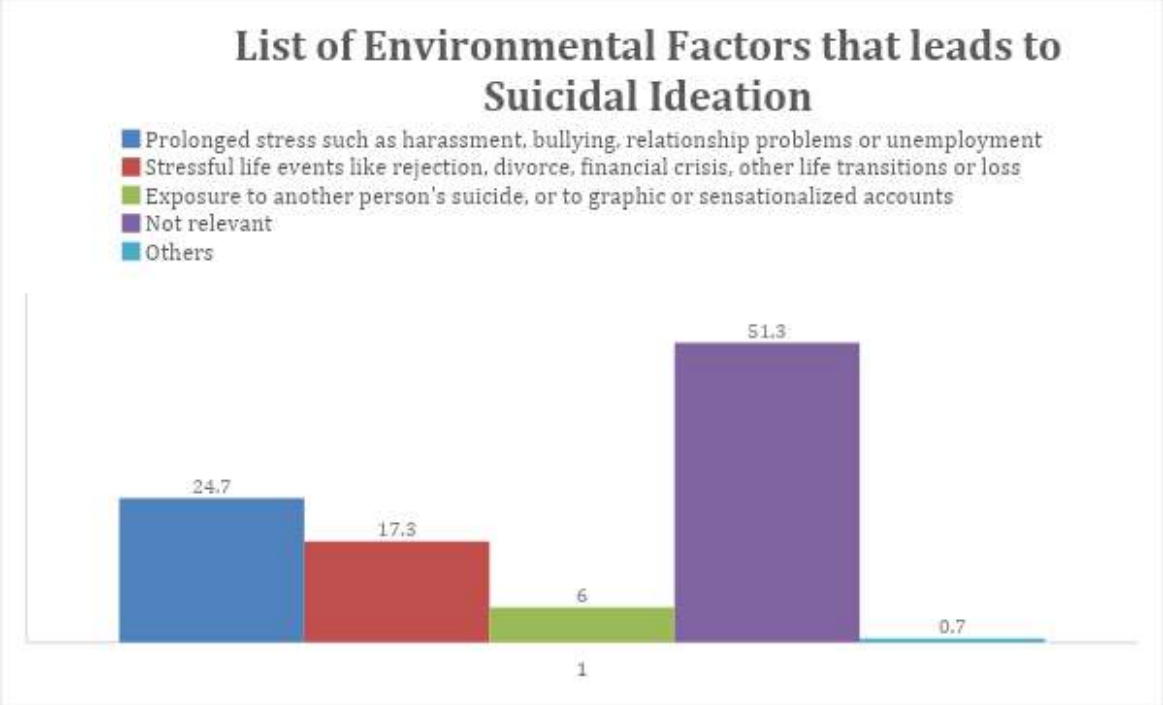


Figure 3: List of Environmental Factors That Leads To Suicidal Ideation

According to the results shown in the Google forms, majority of the respondent strongly agree on that environmental factor is not the main factor that causes commit suicide which shown by the data that 77 out of 150 respondents (51.3%) choose not relevant in this survey. There are 37 respondents (24.7%) believe in that prolonged stress such as harassment, bullying, relationship problems or unemployment is an important element in leading to suicidal ideation. Prolonged stress such as harassment, bullying, relationship problems or unemployment got the highest percentage among the other 3 factors that are listed in this survey.

Besides, point of view of 26 respondents (17.3%) are that stressful life events like rejection, divorce, financial crisis, other life transitions or loss is the environmental factor that forces one to commit suicide.

Other than that, 9 respondents think that exposure to another person's suicide, or to graphic or sensationalized accounts leads people to suicidal ideation because this environmental factor is not a popular topic that will be discuss by the public.

Out of 150 respondents only 1 respondent got others opinion from the factors listed in the Google Form.

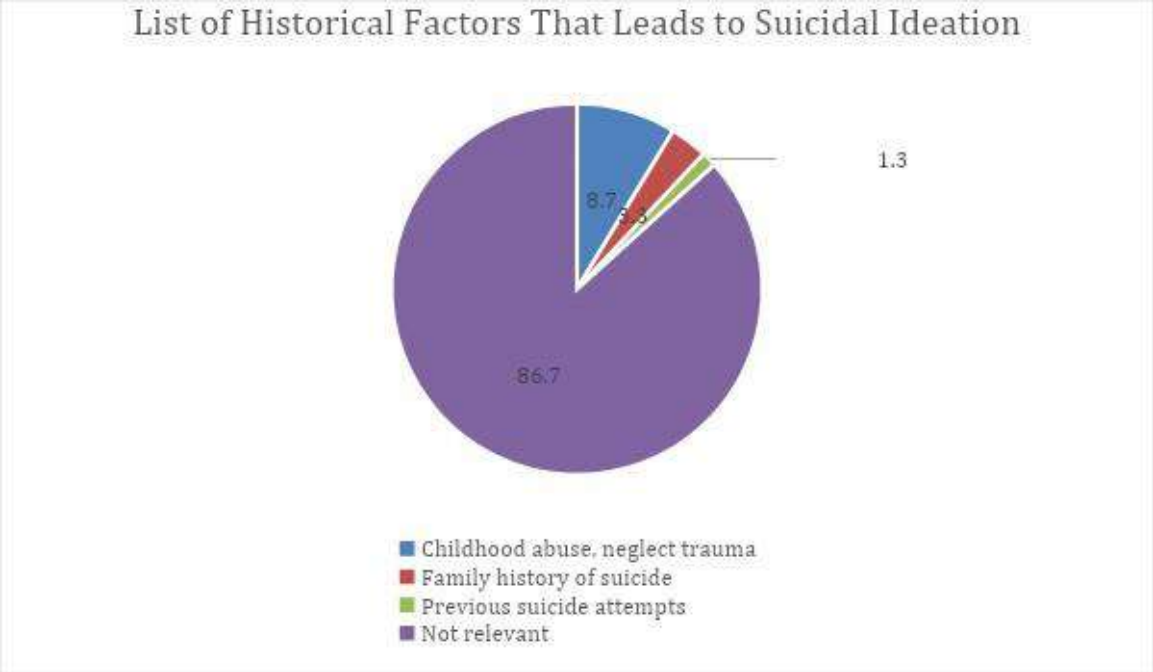


Figure 4: List of Historical Factors That Leads To Suicidal Ideation

Based on the figure above, more than half of the respondents which is 130 respondents (86.7%) picked not relevant in the survey of historical factors that leads to suicidal ideation. This is the highest percentage compared to health factors and environmental factors.

From all the historical factors listed in the Google Form, 13 out of 150 respondents (8.7%) have the perspective that childhood abuse and neglect trauma will leads to suicidal ideation.

Childhood abuse and neglect trauma might develop significant PTSD symptoms within victims. It is very difficult to walk out from a trauma and this might bring out negative mental health outcomes such as depression and anxiety that leads to suicidal ideation.

Furthermore, 5 of the respondents (3.3%) have the thought that family history of suicide will causes one to have the mindset of committing suicide as well as previous suicide attempts that also voted by 2 respondents (1.3%) in this survey. Research has considered the impact of family history of suicide within a family whether by spouse, parent, or children. It found out that family history of suicide causes one to give up on their life especially in family with close relationship.

Research has shown that most of the cases of suicide were preceded by an earlier suicide attempt. One with a previous suicide attempt most likely will increase in suicide risk. This situation is because most of the people fail in their first attempt due to fear and dread. At the same time, no one noticed about it which led to another suicidal ideation.

Ways to cope with suicidal thoughts	Frequency (Number)	Percentage (%)
Talking to someone you trust	51	34.0
Doing your favourite things	30	20.0
Spending time with your loved ones	26	17.3
Having therapy treatment	4	2.7
Not relevant	39	26.0

Table 3: Frequency and Percentage of the Ways to Cope with Suicidal Thoughts

According to the Table 3, the data shows that there are about 111 respondents responded to the ways to cope with suicidal thoughts and 39 respondents responded not relevant in the survey of ways to cope with suicidal thoughts.

The majority of the youths believe that the way 'Talking to someone you trust' is the most effective way to cope with the suicidal thoughts, it consists 34% which is 51 out of 150 respondents. It could be helpful for one to talk to someone about how you are feeling. There are different people who can help. One could speak to friends or family. Then, one might destress after release the negative thoughts as one's friends and family that they trust will be patient when listening to them. This could help one become happier.

Apart from this, there are about 30 respondents (20%) believe that 'Doing your favourite things' is the best way to help them cope with the suicidal thoughts. Favourite things might include a plenty of activities such as drawing, listening to the music, dancing, singing, watching dramas, playing games, or carrying out sport activities. All these activities could help one to release tension and relax their brains after a day of hard work as these are their favourite things.

Besides, one would feel better as they could have the freedoms to do the things they love. After a long time, suicidal thoughts might disappear.

Additionally, there are also 26 respondents (17.3%) think that 'Spending time with your loved ones' could help them to cope with their suicidal thoughts. When we spend time with our loved ones especially face-to-face communication, it significantly reduces the occurrence of depression, anxiety, and other mental illness. Being physically present with loved ones creates a strong emotional support to buoy you up through life's challenges.

Moreover, there are minority of the youths (2.7%; 4 respondents) agree that 'Having therapy treatment' could be the greater way to cope with suicidal thoughts. An effective therapist provides people a comfortable, private setting to heal. Together, they examine the causes and potential solutions to their concerns. Therapists help depressed individuals build new ways of thinking and reacting. Therapy can allow people to return to the loved ones and activities that they care about most. Soon, the suicidal thoughts in their minds will getting less and disappear in the end.

CONCLUSION

A significant issue in the field of mental health is adolescent suicide. Adolescents in particular are a population group that is particularly vulnerable to mental health problems. Individual efforts to anticipate and prevent suicide usually fail. Because each suicide is the result of a complex, dynamic and unique interplay of multiple contributing factors. Meanwhile, our understanding of risk variables is expanding rapidly. Mental health condition, prior suicide attempts, prolonged stress, childhood abuse, genetic loading, and family processes, in combination with triggering psychosocial stressors, exposure to inspiring models, and the accessibility of suicide methods are also significant risk factors for youth suicide. As has been shown, suicide is something that can be avoided. And the only way forward is to reduce these risk factors as much as possible while enhancing protective variables through coordinated cross-sectoral (primary, secondary, and tertiary) precautions. Key prevention strategies can be population-based (e.g., mental health promotion, education, mental resilience awareness campaigns, careful media coverage, limited access to means of committing suicide) or targeted at high-risk subgroups (e.g., specific school-based programmes, educating gatekeepers in various domains, providing crisis hotlines and online help, detecting, and coaching dysfunctional families) or even focusing on individuals identified as suicidal. Recognizing the signs and symptoms of suicide and being aware of available options allows a person to act quickly to prevent suicide. Future efforts to address youth suicide must be accompanied by sustained and significant efforts to scientifically support and (re)evaluate ongoing and new prevention strategy plans. This is largely a matter of policy priorities and commitment, and it requires further unravelling of the complex suicide process. To sum up, every effort should be made to prevent youth suicide.

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59. Understanding the Cavernous Connection Between Music & Youth's Mental Health

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ABSTRACT

Following the rapid advancement of cognitive neuroscience and brain function detection technology over the last decade, the relationship between music and mental health has increasingly piqued the interest of many scholars. Many studies show that music improves mental health by influencing neuroscience, neurochemistry, and neurophysiology processes, proving that it is more than just a form of leisure. Today's youth are distinguished for their love and emotional connection to music. Therefore, this study aims to examine the connection between music and youth, and how exactly music improves their mental health. We tested our hypotheses using a sample of 200 Malaysian youths. The results showed that the relationship between music and youth was significantly positive and advantageous for their mental health. This study also discovered the benefits of music therapy. Our findings contribute to the body of knowledge on the impact of music on the mental health of Malaysian youth, which may facilitate future research.

Keywords: Music, Music Therapy, Youth, Mental Health, Well-being, Malaysia

1.0 INTRODUCTION

Plato once said; *"Music gives the world a spirit, the intellect wings, the imagination flight, and life, to everything."* These words emphasize that music has always been an integral part of many people's lives for centuries. Merriam-Webster (2018) defines music as vocal, instrumental, or mechanical sounds with rhythm, melody, or harmony. Nonetheless, the term *"music"* indicates a substantially broader meaning than the conventional dictionary definition suggests. Music is regarded as the language of the soul. It transmits an emotive message to its listeners, such as a soothing sensation or a strong feeling of elation and comfort. Following the advantages of music, the interaction of music's sound waves with brain waves has historically been at the core of numerous research domains for centuries (Zhang, 2020).

Gustavson et al., (2021) further state that music engagement, which includes both passive listening and active music-making such as playing an instrument or singing, influences socio-emotional development across the lifespan and is intricately linked to many cognitive and personality traits. An increasing body of research also shows positive correlations between music participation and quality of life, well-being, social connectivity, and emotional competencies. However, despite these achievements tying music participation to many wellness traits, we still have an inadequate understanding of how music engagement–directly and indirectly–contributes to mental health.

It is a known fact that **music**, particularly among adolescents, has become a source of great comfort and a trusted medium that they turn to when they are battling with their mental health. In this era, mental health issues remain a grave, ubiquitous, and substantial societal concern, particularly among youth. For statistical purposes, the United Nations defines **"youth"** as people between the ages of 15 and 24 (United Nations, 2019). There are many stories of young mental health victims who claimed to have been saved from darkness by music and their favourite artists. To illustrate, a female student from India

shared she was stuck at crossroads in her life in 2015, because of sexual assault, loss, academic pressure, and social disintegration. It was not until she discovered BTS, a South Korean artist group, and their music that she finally had the strength to continue living. The student, Riddhi Chakraborty stated in Rolling Stone India (2019); *"Their music addressed themes of self-destruction such as sadness and suicide, and it felt as if the universe had shifted—I had discovered a parallel storyline to my own. Their music pushed me and motivated me toward my own journey of self-discovery and resolution".* As we can understand, music has become a universal tool in enhancing youth's mental health and well-being from all around the world.

It has also brought light to **music therapy,** a rising medium of music employed today to treat various mental health disorders. According to the Cleveland Clinic (2020), music therapy is the clinical application of music to achieve certain aims such as stress reduction, mood enhancement, and self-expression. It includes songwriting and singing, playing a musical instrument, and listening to music. Music therapy has a credible foundation for promoting symptomatic relief and improving the quality of life for those living with mental illnesses (Bibb, 2021). It can be applied as a regulating or soothing agent for anxiety or dysregulation, as well as a medium for processing emotions, trauma, and bereavement. Nevertheless, in most regions of the world, music therapy is underfunded and presented as a supplemental service within mental health facilities, thus limiting consumer access. In contrast, we argue funding music therapy as an evidence-based treatment option would fill a discrepancy while also supplying fair access to a cost-effective and preferred treatment choice for mental health patients.

Therefore, in this scoping review, the aims are as follows;

1. **To examine the connection between youth and their proclivity to listen to music,**
2. **To determine how the influence of music can significantly improve their mental health,**
3. **To promote music and music therapy as mediums for the improvement of mental health.**

2.0 LITERATURE REVIEW

Through a literature review, this section will explore the existing research undertaken to determine the relationship between music and youth's mental health, which has elicited a range of scholarly perspectives. Our research will help advance music as a medium for improving youth's mental health and well-being by exploring the relationship between music and youths with mental illnesses. In today's millennium, whereby music has become an eternal and united tool for youth communication from all around the globe, it is critical to conduct studies that will advance our understanding of how to employ music to our benefit for the betterment of mental health.

2.1 The Relationship between Music, Music Therapy & Mental Health

An increasing corpus of research shows strong correlations between music and broad indices of mental health, such as greater well-being or emotional competence, giving credibility to the hypothesis that music engagement may be correlated with better mental health outcomes. A study undertaken by Gustavson et al., (2021) has produced many contributions to this subject. First, it contributed to the corpus of knowledge concerning our chosen research, *"Understanding the Cavernous Connection Between Music and Youth's Mental Health."* Second, the study focused on the influence of music on broad domains of mental health diagnoses, such as internalizing psychopathology, which included depression, anxiety, and schizophrenia. Third, this study highlighted the strengths and weaknesses prevalent in the existing research and publications governing this subject. Fourth, this study proposed a theoretical framework designed for the advancement of future studies in this related field. This study proved that music is a potent instrument for enhancing the mental health of young people, as it has

significant therapeutic effects. To thoroughly understand the relationship between music and mental health, however, more rigorous experimental intervention studies and research must be conducted as many of the existing research was limited by unequal populations and methodological limitations. Overall, the study provides scholars, professionals, and society with insightful knowledge.

A study conducted by Pokharel (2021) also contributed significantly to music and its impact on mental health. First, the study revealed that music engagement has the strongest brain response and dopamine release. According to Cleveland Clinic (2022), dopamine is a neurotransmitter that belongs to the monoamine family. It is produced in the brain and acts as a chemical messenger, carrying messages between nerve cells of the brain and the rest of the human body. Dopamine is often known as the "*feel-good hormone"* because it plays a vital role in the brain's reward system. Hence, as music boosts dopamine levels, it can aid with mental illnesses like depression, which is commonly connected with low dopamine levels. Second, the study found that music can modify the brain. From a neuroscientific perspective, music causes the release of various neurochemicals such as oxytocin, which plays a vital role in brain function and mental health. It can reduce anxiety, blood pressure, and pain while also improving sleep quality, mood, mental alertness, and memory. Concisely, this research offers a great contribution to the influence of music on mental health.

Furthermore, Jong-In Park and his colleagues from Soonchunhyang University conducted similar research in June 2022. The major goal of this study was to examine how music therapy reduced depression in children and adolescents with ADHD by activating serotonin (5-HT) and improving stress-coping capacities. The study involved 43 people: an ADHD group (n = 18, age 12.15 2.43 years; height 142.57 9.98 cm; weight 41.45 13.87 kg) and a control group (n = 25, age, height, and weight the same as those with ADHD). For three months, all individuals got music therapy twice a week for 50 minutes each, 24 times. Neurophysiological changes in melancholy and stress were tracked by measuring 5-HT secretion, cortisol expression, blood pressure (BP), heart rate (HR), and psychological assessments. The study found that 5-HT secretion increased (p 0.001) in both the ADHD and control groups, whereas cortisol expression (p 0.001), blood pressure (p 0.05), and heart rate (p 0.001) decreased. Positive impacts on the psychological measure were also seen (p 0.01). As a result, music therapy as an alternative treatment for depression in ADHD children and adolescents had positive neurophysiological and psychosocial outcomes (Park et al., 2022). The study revealed a new medical alternative for preventing and treating mental health illnesses through various applications of music therapy, which has been scientifically proven to help mental health patients.

Fourth, Yuan et al., (2022) conducted a successful study to assess whether listening to music would help graduate students decrease their depression levels. 1,007 volunteers were chosen from various universities in Guangxi for the trial, with 56 completing it. The participants were divided into two groups: one that listened to the music of their choice for 30 minutes per week for 13 weeks and another that did not. The music group members' depression levels were considerably lower after intervention than the non-music group participants. This signifies that musical activity has a considerable effect on graduate students' depression levels and that music could be used as an effective intervention to treat their mental diseases.

Nonetheless, much like two sides of a coin, some scholars tend to believe the engagement of music may have more of a negative impact on the improvement of youth’s mental health than a positive one. There is concerning evidence that suggests individuals with depressive symptoms are attracted to sad music and become more depressed after listening to it. According to Marinkovic (2021), listening to melancholic music increases the probability of forming maladaptive thought patterns. Furthermore, Wesseldijk et al., (2019) shared startling evidence that music engagement may also possibly be related to detrimental mental health outcomes. In their study, it was sought to examine the relationship between

musical participation in the daily life and mental health of a large sample of Swedish twins. Although the findings were somewhat contradictory, the overall findings suggested that individuals who actively played a musical instrument may have a slightly elevated risk for mental health issues. This was further supported by self-reported mental health outcomes stating individuals who played an instrument reported more depression, burnout, and schizotypal symptoms. In contrast to earlier epidemiological and clinical studies that reported positive effects of musical engagement on anxious and depressive symptoms, this finding concluded that musical engagement had little to no effect on the improvement of anxiety and depression.

Considering the differing perspectives of the previous scholars, our study will address the gap of uncertainty created and determine the role of music in improving youth's mental health.

3.0 METHODS

Literature Selection

As we conducted this research, the overall influence of music and youth's mental health was meticulously examined with a qualitative approach, by analysing secondary sources of information. We consulted the most recent published data, studies, publications, and journal papers. To submit the research, each source was thoroughly evaluated.

Sample and Data

Next, the study employed a cross-sectional design by analysing data from an online survey via Google Forms. Our sample included 200 Malaysian youths. The survey's questions were designed to understand the relationship between music and youth, as well as to determine the influence of music on the enhancement of mental health and well-being of adolescents.

4.0 RESULTS AND DISCUSSION

This section shall meticulously evaluate and analyse the data we have received from our respondents. Table 1 summarizes the demographic information of the 200 respondents involved in this study.

T A B L E 1 *Demographic profile of respondents (N = 200)*

Participants' demographic	Category	Frequency	Percentage (%)
Gender	Male	56	28
	Female	144	72
Age	15-17 years old	17	8.50
	18-20 years old	145	72.50
	21-24 years old	38	19
Race	Malay	133	66.5
	Indian	20	10
	Chinese	39	19.50
	Other	8	4

Religion	Islam	131	65.50
	Christianity	23	11.50
	Buddhism	26	13
	Hinduism	12	6
	Other	8	4

As depicted in Table 1, 72% of the sample data was comprised of female respondents, whereas 28% consisted of male respondents. As our research is exclusively focused on youth, we purposely sought participants within the *Generation Z* age group, in which most of our respondents (72.50%) identified between the ages of 18 and 20, 19% between the ages of 21 and 24, and 8.50% between the ages of 15 and 17. Regarding ethnicity, 66.5% of the respondents identified as Malay, 19.50% as Chinese, 10% as Indian, and 4% as others. Lastly, most respondents were Muslim (65.50%), 6% identified as Hindus, while 13.0% and 11.5% of respondents were Buddhist and Christian, respectively. Other religions represented just 4% of the total sample size. The classification of the participants' demographic is shown to demonstrate that music generally similarly affects all youths and has no barriers of age, religion, race, or faith.

4.1 The Identification of Mental Illnesses Among Youth (2022)

Respondents were presented with a selection of the most common mental health illnesses, in which they were allowed to select more than one mental ailment from which they have suffered. According to our statistics, most respondents (42%) had *Depression* and 42.50% also had *anxiety disorders*. It is followed by *Post-Traumatic Stress Disorder* (11.50%), *attention deficit hyperactivity disorder (*11.50%), and the lowest mental illnesses affecting our respondents are *Autism* (1%), and *Schizophrenia* (1%). Only a few of the respondents (30.5%) claimed to possess no mental illnesses, which illustrates the severity of the mental health crisis among our youth today. If it is not yet intelligible, the mental health of youth is not a matter that should be treated lightly.

4.2 The Relationship Between Youth & Music

The following four questions were asked to evaluate the curious relationship between music and today's youth. Firstly, the respondents' economical positions were analysed as we asked if they could afford recurring visits to the therapist, which would averagely cost around RM120 per session in Malaysia. More than half of the respondents (67.50%) claimed they could not afford to seek therapy, whereas only 32.5% of the respondents claimed to afford it. This proves that most youths believe therapy is considered more a privilege than a reliable platform for their mental illnesses.

Furthermore, the respondents were asked if they owned a pair of music-listening devices such as earphones, headphones, and iPods. It was concluded that almost the entire sample of participants (96.50%) owned their own music-listening devices, whereas only 3.50% of the respondents did not, which illustrates the strong culture youth has with listening to music that is prevalent today.

Moving on, the respondents' daily time spent listening to music was evaluated using a linear scale, with Point 1 representing 1-2 hours and Point 5 representing 9-10 hours. From the data, we discovered music has been incorporated religiously into youth's daily routines. It was found that daily; 45% of the respondents listened to music for 5 to 6 hours, 16% of the respondents listened to music for 7 to 8 hours, 15.50% of the respondents spent 3 to 4 hours, 14% of the respondents spent 1 to 2 hours, and 9.50% of the respondents would spend up to 9 to 10 hours per day listening to music. It demonstrates the strong influence music has on the development of today's youth, as it has become an integral part of their daily lives.

The respondents are then asked about the circumstances that would lead them to listen to music in their daily lives, in which they could choose more than one circumstance. According to the responses, most of the respondents (68%) listen to music when they feel lonely. This was followed by when they needed motivation or inspiration (63%), and when they were overwhelmed (58.50%). Following all these statistics, it is apparent how crucial music has become in the development of youth at this age. From all the data, music has become a reliable medium for youths to seek comfort because it is cheap, constant, and accessible. Therefore, it must be administered with the utmost care and attention to guarantee that music is always used positively.

4.3 The Influence of Music Towards Mental Health

This subsection will discuss the influence of music on youth's mental health. Regarding the last and utmost important questions of the survey, the respondents were presented with a selection of options on how music impacted their lives and were allowed to choose as many options as they wanted. The statistics are illustrated in Table 2.

T A B L E 2 Results: *How Music Impacts the Respondent's Lives*

Reason	Frequency	Percentage (%)
Music makes me calmer	134	67
Music makes me feel happy	110	55
Music reduces my loneliness	105	52.50
Music reflects my emotions	105	52.50
Music makes me focus better	70	35

As illustrated in **Table 2**, 67% of the respondents felt that music calms them, and 55% of the respondents also felt that music makes them happier. In addition, 52.50% of the respondents claimed that listening to music reduces their loneliness and reflects their emotions, respectively, and 35% of the respondents claimed music could increase their focus. However, parallel to these findings, Marinkovic (2021) argued that listening to melancholic music increases the probability of forming maladaptive thought patterns, which could further exacerbate an individual's mental health conditions, particularly depression. This theory was also shared by Pokharel (2021), who claimed while there are many proven advantages of music for mental health, it also can keep the individual in a melancholy, angry, or depressive state if it is overused, or if the music is unsuitable for the person.

From a different angle, numerous studies have concluded that music produces more positive effects on mental health than detrimental ones, hence strengthening the data from our survey. According to Almasidis (2021), there are several significant variables that contribute to music's ability to promote mental health. First, music affects the hypothalamic-pituitary-adrenal (HPA) axis. The HPA axis is a critical component of the neurochemical system that regulates numerous physiological activities, including stress, attention, mood, and emotion. Music has also been shown to change heart rate, breathing rate, perspiration rate, and blood pressure, which has implications for its potential use in the mental healthcare system. Second, the study found that music can influence mood by engaging brain areas involved with higher cognitive activities. When music is perceived as pleasing, it increases blood flow in the prefrontal cortex (PFC). As a result, blood rushes to the amygdala, which plays an important role in the stress response by increasing and decreasing stress levels. As a result, symptoms of mental diseases such as depression and anxiety are considerably decreased among youth who participate in the

music they enjoy. This research adds to the promising potential of music as a physiological and cognitive enhancer in mental healthcare.

Furthermore, a recent study by Yuan et al., (2022) discovered that music significantly lowered rates of depression in adolescents. This is due to the fact that music has the strongest brain response and dopamine release (Pokharel, 2021). People who suffer from depression or other mental diseases generally demonstrate decreased motivation and anhedonia, which is a reduction in pleasure from regularly appreciated activities, all of which are associated with a reduced rate of dopamine release. As an outcome, this study suggests that when people engage in pleasurable music activities, neurotransmitters such as dopamine are created in the brain, which has been shown to enhance overall mental health outcomes. These studies back up the data we gathered from our respondents, who believed that music had a good influence on their daily life and mental health.

Finally, respondents were asked if they considered playing a musical instrument such as the piano, guitar, violin, or drums would help them enhance their mental health by allowing them to express their emotions. More than two-thirds (89.50%) of respondents agreed with the statement, while only 10.50% disagreed. These new statistics contradict the findings of Wesseldijk et al. (2019), who reported that people who played musical instruments had poor mental health outcomes. However, our findings are supported by a behavioural approach reported in a recent study by Almasidis (2021). The study discovered that listening to music engaged several regions of the brain involved with emotion, resulting in pleasant psychophysiological effects like joy or frisson. This notion had been examined and validated multiple times in various recent neuroscience studies employing functional magnetic resonance imaging (FMRI) and positron emission tomography (PET), in which subjects were instructed to play a musical composition on their preferred instrument. Following these current findings and data acquired from a sample of 200 Malaysian teenagers in 2022, this study concludes that the impact of music on mental health is more favourable than harmful.

5.0 CONCLUSION & RECOMMENDATIONS

Our findings highlight the considerable impact and potential that music can have on youth's mental health and well-being through various means such as psychology, neuroscience, neurochemistry, and physiology. It was also discovered that the effect of music on the human brain may be scientifically evaluated using scientific methods. Music therapy has been demonstrated to have exceptional impacts on human development, greatly reducing the patient's mental health disorders such as depression, anxiety, and ADHD. Since the rising popularity of music is sweeping the entire world due to rapid globalization, we strongly believe it should be honed for the benefit of humankind and a brighter future. Thus, we hope that our research will inspire current and future musicians to continue creating music since it truly is the language of the cosmos and medicine for the soul. Most importantly, we hope that our study will assist future research in the related fields of music, music therapy, and the improvement of youth’s mental health.

Although this research has developed interesting notions that can be applied in the fields of music and mental health, some limitations must be addressed. First, this study only employed one technique of data collection from the public, which was an online survey done via Google Forms. Second, the data collection only included a limited sample of 200 Malaysian respondents. We were able to comprehend the considerable power of music to have such an impact on mental health, which is astounding and, to some extent, still left unexplored. Music has a broad scope of effects that should be researched further to determine the full degree of the advantages. Therefore, this study would like to present a framework of recommendations that should be undertaken to facilitate future research on the influence of music on mental health.

First, music interventions do not have to be a replacement for other traditional mental health therapies; rather, they may supplement existing interventions by increasing engagement, enjoyment, social context, structure, and predictability. We consider that adopting more than one type of treatment can help youths improve their mental health more efficiently and effectively. Second, we propose that conducting more empirically based intervention studies, improving reporting standards, and leveraging large-scale population-wide data in conjunction with new genetic analytic methods will allow us to gain a better understanding of the relationships between music engagement and mental health traits. Third, we recommend that the current medical sector explore how exactly music modifies brain anatomy, as there has been inadequate study in this particular area. We hope that delving further into the neural correlation of music engagement will provide fresh insights into these prospects and increase our understanding of the relationship and benefits of music engagement, as well as the mechanisms underpinning neurodevelopment towards achieving greater mental health and well-being for all, especially youth. As Atam Ayomanor once quoted; ***"Invest in the youth, for they are the building blocks of our future."***

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60. Unhealthy Food Consumption: Obesity Among Adolescents/Students/Teenagers In Daily Life

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ABSTRACT

The Obesity issue among teenagers has become one of the critical issues that have grown worldwide. In Malaysia, the number of teenagers who have an obesity issue has increased every year. This study looked at how adolescents, students, and teenagers perceive their body weight, are aware of obesity issues, and how eating unhealthy foods affects them on a regular basis. By using qualitative methods such as interviews and observations, the result shown that most of teenagers love to eat junk food without knowing the contains that are used, nutritional facts, lifestyle and daily dietary intake as well and this mostly happens in Malaysia. This trend seems to lead teenagers to a variety of health problems before entering their golden age. This paperwork is highlighting the importance of early prevention and promoting healthy behaviours also resilience against critical health problems in young adolescents' age.

Keywords: *awareness, lifestyle, obesity, teenagers.*

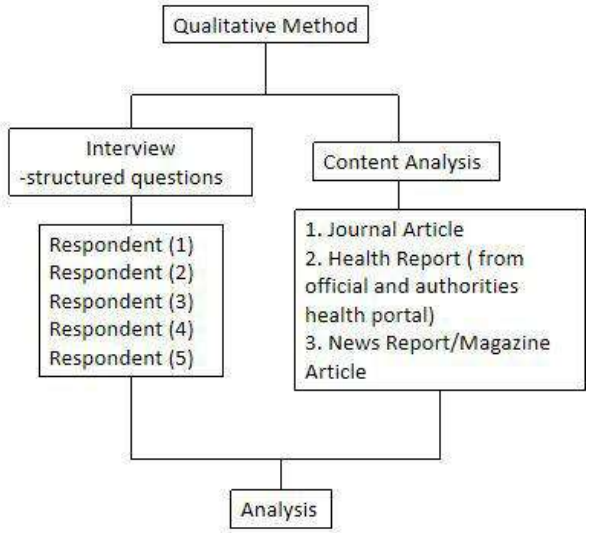
INTRODUCTION

Adolescence is referred to a range of age between 15 to 35. Data from a report of World Health Organization (WHO), has stated the range age of adolescence is from 10 years old to 19 years old meanwhile, The Africa Youth Charter stated that range age for youth people is between 15 to 35 years old (African Union Commission, 2014). If we looked at the true meaning of youth is the period of life when a kid becomes a young person, or the state of being young (Ferber, 2017). The changes that happened rapidly in this phase will include the changes of emotionally, physically and their behaviours as well. According to Marwoko (2019) the author has divided the stages of physical youth development into two parts which is the internal and external changes. The internal change involves the changes of the functions in our body system which include digestive system, blood circulation, breathing, endocrine and muscle tissues. Otherwise, the external changes is involves the changes of traits such as height,body weight, body sizes and its development. The changes of habits also happened in this phase such as the high risk of behaviour, substance abuse and eating habits develop that have lifelong impact. Based on a study on the obesity rate among teenagers that was conducted in a state (Mississippi) in the United States, it was found that the rate or percentage of teenagers suffering from obesity and overweight is very high. It was recorded that 22.3% of teenagers between the ages of 10 and 17 are obese. This rate has given Mississippi a ranking of 2 among the 50 states who have the most number of teenagers with obesity problems (Robert Wood Johnson Foundation, n.d.). A set of data from the study regarding health information for various age groups such as children, adolescents, and adults. The data shown that children who have just reached the age of adolescence, which is between the ages of 10 and 17 shown that external changes has happened in this phase. The study also stated that high school students and adults also have the highest percentage of obesity problems. The percentage of teenagers suffering from obesity between the ages of 10 and 17 is 22.3%, high school students 23.4% and adults at 39.7%. This percentage has made Mississippi a state at 1st ranked and 2nd for obesity problems in the following 3 categories (Robert Wood Johnson Foundation, n.d.)

In Malaysia, the problem of obesity is a common thing in the society of various age levels. This problem

is also at an alarming level and requires efforts to control this matter. A report from the National Health and Morbidity Survey (NHMS) stated that from 2011 to 2015, trends in overweight, obesity, and abdominal obesity continued increased compared to the results of the 2011 NHMS survey (29.4%, 15.1%,45.4%) and 2015 (30.0%, 17.7%, 48.6%) (Institute for Public Health, 2019). The result of a report from WHO in February 2020, states that the obesity problem has reached a severe and critical level when this problem has reached an epidemic level globally. National Health and Morbidity Survey (NHMS 2015) stated that Malaysia remains the country with the highest number of obese people in Asia since 2015 (Mohd Abdul Wahab, 2019). Also recorded are as many as 2.8 million deaths each year due to overweight problems or obesity. The results of a study by the Nutrition Society of Malaysia show that almost 30 percent of children and teenagers aged 6 to 17 are overweight or obese. (Beatrice Nita Jay & Naim Zulkifli, 2016). To examine this problem further, an interview and some observations were conducted on several teenagers in the state of Penang, Malaysia. The interviews and observations conducted intended to see how teenagers in Penang are aware of their daily food intake. Several reports have shown that teenagers' not being concerned about food consumption puts them at risk for disease. The results of reading and research show that food is the most dominant factor leading to obesity and various types of chronic diseases. These findings draw our attention to the importance of considering the focus on the consumption of unhealthy food that leads to the problem of obesity among adolescents/students/teenagers.

METHODOLOGY



(Figure 1: Methodology of study)

This article focuses on examining the assess body weight perception and awareness on obesity issue and the effects of unhealthy food consumption among adolescents/students/teenagers in daily life. The issues discussed in this article are also the result of a literature review which is from journal article, health report (official health portal), news report/magazine article and the result of the interview process carried out in the state of Penang. A total of five respondents were interviewed among teenagers aged 19 to 25. Interviews were conducted on five respondents only and as a result of the interview, 4 out of 5 respondents gave the same feedback as the previous respondents. According to Gentles et al (2015) he stated that the process of finding respondents can be stopped when the saturated level has been reached accompanied by the respondent has given the same response as the previous respondent. The qualitative method that are used is to obtain data and evidence to support all the statements in this writing. The results from the analysis of secondary sources regarding the factors that lead to the problem of obesity among teenagers have been divided into two main parts, which is the consumption of unhealthy food

and the lifestyle of teenagers that lead to the consumption of unhealthy food. In classifying the secondary sources, we have used electronically search methods along with the process of searching for the literature source, we have used the keywords *"obesity", "lifestyle"* and *"unhealthy food intake"* as well as a combination of those keywords with additional keywords which are *"teenagers", "awareness"* and *"adolescents".* We use those keywords to facilitate the process of searching for literature sources electronically.

FACTORS THAT LEAD TO THE PROBLEM OF OBESITY AMONG TEENAGERS

The Ministry of Health Malaysia (KKM) defines overweight and obesity as "a complex condition in which an individual has fat excessive. It is a chronic disease that requires long-term follow-up treatment, therapy, and due attention by medical practitioners" (KKM, 2012). Meanwhile, The World Health Organization (WHO) has defined obesity as a condition of abnormal or excessive fat accumulation that presents a health risk. Excess measurement weight and obesity are based on Body Mass Index (BMI) using the formula below:

$$\text{BMI} = \text{weight (kg)} / \text{height}^2 (\text{m}^2)$$

A BMI value above 25 is categorized as overweight. While value of BMI over 30 is categorized as obese. According to the World Health Organization (WHO,2020), more than four million people die each year due to being overweight or obese. Globally, young people including children show the increasing prevalence rate of overweight and obese which is from 4 percent (1975) to 18 percent (2016) (WHO, 2021). Due to the limited linear research in this field and the strong correlations among the risk factors for obesity, the reasons for the rise in childhood obesity are not well understood (U.S Department of Health and Human Services,2011). However, nutrition and physical activity have a direct impact on adolescent obesity. Young individuals (ages 6-17) should engage in at least 60 minutes of physical exercise each day, according to the Centers for Disease Control and Prevention (CDC, 2011). Only 18% of high school students attached in at least 60 minutes of physical activity each day in 2009, and only 33% of them regularly attended physical education classes (Rivera, 2013). Additionally, on an average school day, 32.8% of students watched television for three or more hours, while 24.9% of students utilized a computer for something other than education or to play video or computer games. In the seven days before the test, just 22.3% of high school students reported eating fruits and vegetables five or more times per day (Eaton et al.,2010). As a result, we have decided that diet and lifestyle are the main factors of obesity and these are the factors that will be emphasized in this writing.

UNHEALTHY FOOD CONSUMPTION

Malaysia is an Asian country that is rich in various types of food and multiple of dishes from various races. Various types of food that exist as a result of cultural mixing between races in Malaysia. The mixing of cultures from abroad such as Europe and the East has made foods from these two continents popular in this country, especially among teenagers. We can see it in almost all cafes that serve western food such as burgers, pizza, frankfurters, pasta, and cheese. All of these foods are the most loved among children and teenagers. Foods and drinks with high sugar content are also common to take every day. The consumption of all of this unhealthy food is risky to lead to the problem of obesity among teenagers (Rivera, 2013).

Intake Of Sugar And Foods High In Sugar

Sugar or glucose is a basic energy molecule found in staple foods or carbohydrates such as rice and bread. The term of sugar is used to describe simple sugars (monosaccharides and disaccharides) such as

sucrose, glucose, and fructose. This type of sugar can be found in food or may be added to food during food preparation (KKM, 2011). Sugar can be divided into two categories namely added sugar and natural sugar (Gunnars, 2021). Sugar consumption among Malaysian is common thing and almost every Malaysian will consume sugar in their daily diet. As a result of interviews conducted in the state of Penang, three out of five respondents agreed with the consumption of sugary or sweet drinks such as tea, coffee and malted drinks containing sweetened creamer and *"roti canai"* as breakfast food every day. Many people think that it is good if they only drink one glass of sugary drink a day. However, they do not realize that drinks that are favoured by teenagers such as "Bobo milk tea", "Starbucks", and "Tealive", each contain high sugar content and a lot of calories, around 300- 500kcal per glass. According to the Dietary Guidelines for Americans, added sugars shouldn't account for more than 10% of daily calories. For example, if you consume a 2,000-calorie daily diet, that would be 200 calories or 50 grams of added sugars per day (U.S Food & Drug Administration). Meanwhile, The American Heart Association (AHA) recommends that women limit added sugar to no more than 6 teaspoons a day and men limit added sugar to no more than 9 teaspoons per day (D. Mc Manus, 2021).

Lately, we can see that young people are generally fond of trying new things that go viral on social media, especially unique "hipster" foods and drinks such as "cheese-coated fried bananas", "boba ice tea", and "Milo ice kepal" (Bernama, 2021). Based on the National Health and Morbidity Survey (NHMS) (2019), the prevalence of diabetes among Malaysian adults aged 18 and above shows an increasing trend, starting with 11.2 percent in 2011, rising to 13.4 percent in 2015 and the latest, 18.3 percent or 3.9 million people from the country's population in 2019 (Bernama, 2021). The increase in the number of diabetic patients is due to the consumption of food that is high in sugar content and people with obesity problems are more at risk of getting a compilation of chronic diseases such as cardiovascular disease (related to heart disease), hypertension, diabetes, osteoarthritis of the spine, hips, and knees (KKM, 2015).

Author	Age group examined	Estimated mean intake of total sugar/day (g/day)			Estimated contribution of total sugar to total calories/day (%)
		Men	Women	Both sexes	
Chin et al (2010)[31]	36 to 71 months	---	---	94.7±65.1 (approx. 379 kcal/day†); mean exposure frequency=7.0±5.01 times/day	28.4 (both sexes)‡
Nik Shanita et al (2012)[32]	18 to 29 yrs	47.7±21.5	41.9±9.1	45.5±28.8 (approx. 181±115 kcal/day)	9.0 (men) 10.3 (women)
Saw et al (2012)[33]	20 to 59 yrs	56.9±27.5	37.9±23.4	43.7±26.2	13.5±6.6 (men) 10.3±5.6 (women) 11.3±6.1 (both sexes)

†Estimated by multiplying grams sugar by 4 kcal.
‡Estimate based on mean energy intake computed from available information on mean carbohydrate, fat, and protein consumed per day.
--- No data

(Source: Intake of added sugar in Malaysia: a review)

Figure 1 shows the research results for the level of intake of added sugar in food among children and teenagers. From the table, Nik Shanita et al (2012) stated that sugar intake among 51 teenagers aged 18-29 (both sex) using a single 24-hour dietary recall showed as much as 45.4±28.8 gms/day (approximately 181±115 kcal/day). The Malay ethnic group was the highest consumer of added sugar (54.0±19.9 gm/day), followed by Indians (44.4±17.4 gm/day), and Chinese (29.8±15.4 gm/day). As we can see, Malays having intakes that exceeded the WHO recommendation of 50 grams/day (Amarra et al.,2016). The author also agrees that the main contributor to daily sugar intake is from self-prepared drinks to which sugar was added (i.e. tea, coffee, chocolate drinks and fruit juices). This statement was also agreed by 2 respondents from Penang who stated;

My favourite drink is iced chocolate and fruit juice that I will buy from the cafe or I will make myself. Usually, I will use "susu pekat" (which referred to sweetened cream) because it tastes better.

(IV R1/15102022)

Usually, I will drink fruit juice that I make myself and it will have added sugar because otherwise, it will be tasteless.

(IV R2/15102022)

The data obtained from this interview is very compatible with the data shown in figure 2 regarding "Frequently consumed sources of added sugars among Malaysian children and adults" below:

(Source: Intake of added sugar in Malaysia: a review)

Age group examined	Author	Age (years)	Type of food eaten and consumption frequency	Percentage of subjects consuming (%)		
				Men	Women	Both sexes
Children	Zahara et al (2010)[34]	5-6	Sugary drink consumed >3 times/day	37.9	57.1	46.0
			Sugary food consumed >3 times/day	31.0	28.6	30.0
	Zaini et al (2005)[35]	9-10	Canned/bottled drinks consumed >4 times/week	---	---	10.5
Adolescents	Foo et al (2006)[36]	12-19	Sweetened items consumed frequently† for breakfast			
			- Coffee	44.7	39.0	41.7
			- Chocolate drinks	31.9	44.8	38.7
			- Doughnuts	31.9	32.4	32.2
			- Other drinks	18.1	9.5	13.6
			- Bread/biscuits	16.0	9.5	12.6
			Sweetened items consumed frequently† for snacks			
			- Bread/biscuits	75.5	64.8	69.8
			- Ice cream	24.5	27.6	26.1
			- Local cakes	24.5	23.8	24.1
			- Carbonated drinks	5.3	1.9	3.5
	Boon et al (2012)[37]	13-15	Sweetened snacks consumed ≥3 times/week			
			- Biscuits	---	---	34.0
			- Fruit juices	---	---	33.3
			- Carbonated drinks	---	---	25.7
			- Caffeinated drinks	---	---	25.0
			- Chocolates	---	---	24.3
			- Sweets/candy	---	---	24.3
			- Yogurt drinks	---	---	19.3
			- Ice cream	---	---	17.4
			- Traditional cakes	---	---	16.6
			- Pearl milk tea	---	---	12.1
			- Jelly/pudding	---	---	10.3
			- Syrup	---	---	10.3
			- Cakes	---	---	7.7

The data shown in the table above is the result of a study on sweetened items consumed frequently among Malaysian children and adults. All the foods mentioned in the table are meals and drinks obtained from the responses of respondents in a study conducted by Foo et al (2006) and Boon & Sedek (2012). The relationship between the foods listed in the table and the risk of obesity and diabetes is closely related. The sugar content of foods and drinks that are stated to be high include carbohydrates and carbohydrates will also be converted to glucose in the body. Obesity will usually lead to diabetes (KKM, 2015). Sugar or glucose is a basic energy molecule found in staple foods such as rice and bread. Carbohydrates, such as rice, are formed from long, branched glucose chains. Carbohydrates are broken down in the body and absorbed in the small intestine to supply energy to the body. A large intake of carbohydrates can provide a lot of energy, provided it is used. Because of this, professional athletes, especially swimmers and long-distance runners, consume a lot of carbohydrates to meet their daily energy needs. Nevertheless, Malaysians on average practice a sedentary lifestyle even though they consume a high amount of carbohydrates in their daily diet. Rice is taken in almost every meal and not

only that, but this high-carb dish is also usually served with drinks that are high in sugar and calories such as "Milo drinks", coffee, and even tea. In just one meal, most of a person's daily calorie needs have been met. The World Health Organization (WHO) recommends that the consumption of added sugar does not exceed 10% of the total daily energy. On average, the recommended intake of added sugar for adults is no more than 10 teaspoons a day (50g).

However, based on the 2002/2003 Food Intake Survey among Malaysian Adults, they will add about 7 teaspoons of sugar a day, which is 4 teaspoons of granulated sugar and 3 teaspoons of sweetened condensed milk, to their drinks. The amount of sugar added to this drink alone has exceeded the recommendations of the WHO and the Malaysian Diet Guide. When the sugar content becomes high in the blood, several processes will take place to control the sugar level. Among them is the process of absorption of sugar into cells (to be metabolized into energy) which is triggered by the hormone insulin. Insulin will attach to receptors on the surface of the body's cells and pave the way for sugar from the blood to enter the body's cells thus helping to lower sugar levels. If blood sugar is still high, the next process that takes place is the process of glycogenesis (production of glycogen) performed by the liver. In an effort to lower sugar levels, some of the excess sugar will be converted to glycogen (sugar in storage form) (Mohd Abdul Wahab, 2019). Glycogen will be broken down back into sugar if the body detects low blood sugar levels. The subsequent excess of sugar in the blood will further encourage the formation of fat. In addition to other body cells, insulin will also stick to the surface of fat cells (adipose cells). This means that adipose cells can also take excess sugar to be processed into a structure known as acetyl CoA. Acetyl CoA is the basic building material used to build fat tissue thus increasing the number of fat in a person's body. This is the basis of how a diet high in sugar content causes obesity (Mohd Abdul Wahab, 2019).

Foods That Contain Trans Fat

Trans fat or trans fatty acid (TFA) is a double carbon bond in the trans configuration. The production of TFA can be produced industrially by the partial hydrogenation of vegetable and fish oils. TFA can usually be found in baked, and fried food, prepared or prepackaged snacks and food, cooking oils, and spreads (WHO, 2019). Trans fat can be occurring in two condition which is naturally and artificially. TFA can be found naturally in meat and dairy products from ruminant animals namely, sheep, cattle, camels, and goats.

Food group	Contribution (per cent of total trans fats consumed)
Cakes, cookies, crackers, bread etc.	40
Animal products	21
Margarine	7
Fried potatoes	8
Potato chips, corn chips, popcorn	5
Household shortening	4
Breakfast cereals and candy etc.	5

(Source: Trans fats-sources, health risks, and alternative approach - A review)

Figure 3 shows the contribution of various foods to trans fat intake in the diet. According to Chaudhary (2014) has stated in her study that processed foods and oils have around 80% of trans fat in the daily diet compared to 20% animal sources that exist naturally. As we can see, the major dietary sources of trans fats come from bakery products namely cakes, cookies, and crackers TFA also occurs naturally from animal products. The partial hydrogenation of vegetable oil will produce margarine. Therefore, fried potatoes, potato chips, popcorn, and household shortening also contain TFA (Chaudhary, 2014). Frequent and excessive consumption of TFA will lead to the risk of coronary heart disease (CHD) and

TFA is also able to increase the level of LDL (low-density lipoprotein) cholesterol and decrease the level of HDL (high-density lipoprotein) cholesterol. Increased TFA consumption is thought to cause more than 500,000 fatalities annually on a global scale (WHO, 2019). Consuming food containing TFA is at risk of leading to obesity problems, especially among teenagers, because as shown in figure 3, most of the foods shown are among the most popular among teenagers. This is also supported by the feedback given by the respondents where 4 out of 5 respondents agree with the consumption of food as stated in the table above.

I like to eat fast food and usually, I will eat fast food 2-3 times a day. My favourite fast food is burgers, fries, and cake.

(IV R1/15102022)

I usually eat fast food like burgers 4 times a week because it's easier and I don't have to cook it myself. and cake 2 times a week.

(IV R2/15102022)

I am a cake lover and every week I will eat cake 2-3 times and sometimes every day because my sister works in a cake shop and she will bring back cakes from her shop.

(IV R3/15102022)

Yes, I like to eat fast food, especially cake and fries.

(IV R4/15102022)

As a result of the feedback given by the respondents, we can see that high consumption of food with TFA content, i.e. artificial TFA, is very common among teenagers. This happens because there are still many people who do not know about the dangers of TFA and some even don't know TFA. As a result of the interviews conducted as well, 3 out of 5 respondents gave the same answer when asked *"Do you know what is trans fat?"*. and the answer given by them is *"no, I don't know"*. This excessive consumption of fast food will lead to the problem of obesity among teenagers in general. Consuming snacks that are high in calories such as fast food will increase the risk for obesity by five times and studies from India and Pakistan also reported that consumption of fast food has a significant relationship with obesity (Jayawardena, 2016). It can be concluded that consuming fast food regularly can increase the risk of facing obesity problems it can also lead to other health problems such as heart disease, hypertension, and diabetes.

CONCLUSION

The discussion in this article focuses on the problem of overweight and obesity among teenagers. Specifically, the writing of this article outlines two factors in terms of nutrition that cause teenagers to be exposed to overweight problems and obesity which are "intake of sugar and foods high in sugar" and "foods containing trans-fat". As a result of the interviews conducted, the responses received show a very serious concern because awareness of the problem of obesity and compilation of the problem is still lacking. This acquisition is also the same as the results of studies that have been carried out by previous researchers in their studies. If prevention efforts are not done immediately, the problem of being overweight and obese can have short-term implications and long term for teenagers, especially in terms of physical health. The problem of overweight and obesity in teenagers needs attention from all relevant parties including parents, schools, government, private and Non-Governmental Organizations and the community. A proactive step in promoting style healthy living needs to be reinforced through campaigns

either on social media or television. If there is an excess problem weight and obesity among teenagers is not prevented from the beginning, it is not impossible one day the country will bear the burden of high medical expenses and the country losing the economically productive class at a younger age.

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INTERVIEW'S TRANSCRIPT

<u>Respondent 1 (R1)</u>

Question 1:
- When you wanted to buy some groceries, normally you will go through the ingredients that are used which is the nutritional fact or just buy it without considering that?

Answer:
- Normally I will just buy it but I will consider the price first.

Question 2:
- Do you like eating fast food and if you do, how often do you take it?

Answer:
- I like to eat fast food and usually, I will eat fast food 2-3 times a day. My favourite fast food is burgers, fries, and cake.

Question 3:

-Do you know what is Trans fat?

Answer:
-No, never heard about it.

Question 4:
-What is your favourite drinks and does it sweet?

Answer:
-My favourite drink is iced chocolate and fruit juice that I will buy from the cafe or I will make myself. Usually, I will use "susu pekat" (which referred to sweetened cream) because it tastes better.

Respondent 2 (R2)

Question 1:
- When you wanted to buy some groceries, normally you will go through the ingredients that are used which is the nutritional fact or just buy it without considering that?

Answer:
-Sometimes yes, but usually I just consider the price.

Question 2:
- Do you like eating fast food and if you do, how often do you take it?

Answer:
-I usually eat fast food like burgers 4 times a week because it's easier and I don't have to cook it myself. and cake 2 times a week.

Question 3:
-Do you know what is Trans fat?

Answer:
-No, I don’t.

Question 4:
-What is your favourite drinks and does it sweet?

Answer:
-Usually, I will drink fruit juice that I make myself and it will have added sugar because otherwise, it will be tasteless.

Respondent 3 (R3)

Question 1:
- When you wanted to buy some groceries, normally you will go through the ingredients that are used which is the nutritional fact or just buy it without considering that?

Answer:

- Yes, I do because I'm very concern about my health.

Question 2:
- Do you like eating fast food and if you do, how often do you take it?

Answer:
- Yes, I do but once in a blue moon.

Question 3:
-Do you know what is Trans fat?

Answer:
- Yes, I heard about this before back in my University's life. So, I know a little bit on this thing.

Question 4:
-What is your favourite drinks and does it sweet?

Answer:
- My favourite drinks is Milo and I preferred it less sweet.

Respondent 4 (R4)

Question 1:
- When you wanted to buy some groceries, normally you will go through the ingredients that are used which is the nutritional fact or just buy it without considering that?

Answer:
-Normally I will go through the nutritional fact to check the amounts of calories.

Question 2:
- Do you like eating fast food and if you do, how often do you take it?

Answer:
-I am a cake lover and every week I will eat cake 2-3 times and sometimes every day because my sister works in a cake shop and she will bring back cakes from her shop.

Question 3:
-Do you know what is Trans fat?

Answer:
-Never heard about it yet.

Question 4:
-What is your favourite drinks and does it sweet?

Answer:
-I would say Starbucks drinks is my favourite drinks.

Respondent 5 (R5)

Question 1:
- When you wanted to buy some groceries, normally you will go through the ingredients that are used which is the nutritional fact or just buy it without considering that?

Answer:
- Yes, sometimes I do but I just check the calories not the whole nutritional fact.

Question 2:
- Do you like eating fast food and if you do, how often do you take it?

Answer:
-Yes, I like to eat fast food, especially cake and fries.

Question 3:
-Do you know what is Trans fat?

Answer:
-No, I don't know.

Question 4:
-What is your favourite drinks and does it sweet?

Answer:
- Basically, I'm not sure either it is my favourite drinks or not because I might not found the best drinks yet but usually I will drink "Teh Tarik" for breakfast.

61. "We Are The Minority!" Cultural Challenges And Minority Issues Among International And A Fair Few Local Students

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ABSTRACT

Recognizing the importance of cultural intelligence (CQ) is crucial to any higher education institution (HEI). hosting international students. Thus, the investigation seeks to explore undergraduate and postgraduate experiences, perceptions, challenges and strategies for accommodating their friends from diverse cultural backgrounds in their daily academic and social lives. A qualitative research design was employed in almost 7 university from different faculties were interviewed (google form) in relation to their experience, understanding and behaviour towards cultural knowledge minority issue among international students and local students. The difficulties they have been challenged with such as cultural experiences, academic achievement, social acceptance, identity confusion and other societal pressures and expectations. International students encountered various problems in both their academic and social life. The findings also include information, which will better serve educators, parents as well as both local and international students.

1. INTRODUCTION

Over the past few decades, the number of students going abroad to continue their education has skyrocketed. According to UNESCO benchmarks, the Malaysian Ministry of Education's (MOE) yearly total expenditure for higher education is equal to 16.8% of the country's annual government spending. Malaysia is ranked 42 out of 50 countries, which is in contrast to the large expenditure made in higher education, and the output might be deemed to be very poor. International students are extremely beneficial to academic institutions as well as their host countries. These students are vital to the prestige of institutions, general reputation, and cultural advancement, and they can drive campus internationalisation and financial benefits for host nations. If international students stay in the host

country after graduation, their knowledge contributes significantly to the creation of a skilled labour force that advances the development of the host country. Additionally, when international students return to their home countries, they frequently serve as fantastic ambassadors for the host nations. Due to these advantages, more international students are looking for higher education globally.

Campuses of colleges are great places to pick up knowledge from others. While we can read about various civilizations, living and studying together is the only way to properly comprehend the great range of cultures and nationalities. This is frequently a crucial component of a college education, but it is rarely brought up. Personal and interactive learning is being done. However, being an international student is not always easy. Language problems, academic difficulties, social and cultural disparities, discrimination, financial strains, and mental health issues are just a few of the difficulties that international students may run into. Despite the increased diversification of college campuses, students of colour continue to be underrepresented in services and research. The allocation of college students to therapy after online screening offers a mechanism to improve fairness in mental health care for students. In the context of a massive screening and treatment research program on a diverse college campus, the current study's objective was to assess racial/ethnic variations in mental health problems and treatment enrolment.

According to our title, mental illness, also called mental health disorders, refers to a wide range of mental health conditions which are disorders that affect your mood, thinking and behaviour. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviours. Thus, the study explores the prevalence of depression, anxiety and stress symptoms among university students in Malaysia. According to data collected from 355 university students in Malaysia, the majority of respondents occasionally experienced depressive symptoms including negative feelings and an inability to become enthusiastic, as well as feelings of anxiety and stress, including dry mouth and becoming agitated. The results may indicate that additional research is needed to include the kids' effective coping mechanisms.

2. LITERATURE REVIEW

Through a literature review, this section will discuss cultural challenges and minority issues among international and a fair number of local students, and several people agree that cultural challenges are mainly concerned with mental health. Our study will show the causes of cultural challenges that some international students and a few local students face. For instance, see language problems, academic difficulties, social and cultural disparities, discrimination, and financial strains. Some of the causes might lead to mental health problems if they don’t take action immediately. Further, we also discuss how to overcome this issue in the right way so that students who face this problem can simply adapt to a new environment. Last but not least, this issue can be essential to conduct studies that will further the knowledge on how to overcome cultural challenges among international students and a few local students.

3. METHODS

3.1 Sample and Data

The research employed a cross-sectional methodology and examined online survey data. Our sample consisted of 100 youths including local and international students from 21 well- known public higher institutions as well as private ones in Malaysia. Some of them are Universiti Malaya (UM), Universiti Sains Malaysia (USM), Universiti Kebangsaan Malaysia (UKM), Taylor’s University, and Sunway College.

As a minority among the local students, the survey's questions were designed to identify the undisclosed number of young people who encountered cultural difficulties while pursuing their education in a foreign university. All youths are welcome to participate in the research. Despite not using a selective sample, we did establish a range of ages from under 18 to 25 and educational levels from college to a professional degree.

Online surveys are the most reliable technique for gathering data for our study given that face-to-face surveys cannot be done due to the COVID-19 epidemic. A mixed methods approach was used to strengthen both quantitative and qualitative approaches (Cherryholmes, 1992; Johnson & Onwuegbuzie, 2004) and was guided by our research questions to examine the complex phenomenon of one's facing cultural challenges and experienced being left out as a minority in a major diverse society.

3.2 Measures

Identity is used to defined as the assignment of numbers to the values of each variable in a data set. Consider a questionnaire that asks for a respondent's gender with the options Male and Female for instance. By default, all questions in the questionnaire are mandatory, so they necessarily require an answer to proceed with the interview. Using an optional answer method – 'Male', 'Female', 'Prefer not to say'. This is a characteristic of a nominal scale.

By doing so, we can know the different levels of data measurement and us researchers are able to choose the best method for statistical analysis.

Next, the query 'Have you ever experienced any cultural challenges and / or minority issues during your time as a student?' has been answered where its data were taken using a 'Yes-or-No' question – A binary method, which means there are only two possible answers. Questions that make respondents answer with a simple "yes" or "no" are called dichotomous questions. These questions carry one disadvantage - there is no other way of analysing the answer between a "yes" and "no". A middle perspective is not possible. Hence, the data was assured to be accurate.

4. RESULTS AND DISCUSSION Respondent Profiles

The respondents were youths among local and international students who are currently enrolled in higher institutions in Malaysia. The response rate was 33.33% (100 out of 300). Most of them (71%) are female. A majority of the respondents (86%) were between 18 to 20 years old. In terms of race, 58% of the respondents were Malay, followed by Chinese (29%), Indian (4%), and others (9%). Most respondents (85%) were local students with remaining (15%) international students. Most of the respondents (87%) holds a Bachelor's Degree and 10% of them were in college or Pre-University while some (2%) holds a Master's Degree and 1% Professional. The respondents' demographic profile is depicted in Table 1 as follows.

Table 1 *Profiles of Respondents*

Demographic Variable	**Category**	**Frequency**	**Percentage (%)**
Gender	Male	22	22
	Female	71	71
	Prefer not to say	7	7
Student	Local	85	85
	International	15	15

Age	< 18	3	3
	18 – 20	86	86
	21 – 23	8	8
	24 – 25	3	3
Race	Malay	58	58
	Chinese	29	29
	Indian	4	4
	Others	9	9
Level of education	Pre-Uni / College	10	10
	Bachelor's Degree	87	87
	Master's Degree	2	2
	Doctorate's Degree	-	-
	Professional	1	1
Experienced cultural/minority challenges	Yes	36	36
	No	49	49
	Maybe	15	15
Higher Institutions	Pre-University/College/ Matriculation	10	10
	Universiti Sains Malaysia (USM)	54	54
	Universiti Kebangsaan Malaysia (UKM)	11	11
	Universiti Utara Malaysia (UUM)	5	5
	Other Public Universities	14	14
	Other Private Universities	6	6

Table 1 shows the profiles of respondents through a survey

4.1 The Proportion Of The Minorities Casualty

The survey through Google Form has unintentionally been a platform for youths to speak up and express what has caused them feeling left out. 100 respondents have participated in the survey and the question 'Have you ever experienced any cultural challenges and / or minority issues during your time as a student?" has left a comprehensible result. The outcome showed 49% of the respondents have chosen the option 'No' as an answer. On the contrary, 36% of the respondents have chosen 'Yes' which indicates that they have experienced cultural challenges and minority issues. Even though the percentage is only more than just under a third (36%), where interviewees responded yes to the minority's casualty, it is still considered as flawed especially to the cultural challenges faced by the international student. We also have presumed that all respondents responded in a non – partisan manner. While 15% of the respondents has chosen an additional option which is 'Maybe'.

Out of 100 respondents 31% of it has willingly shared their answer on the question 'if so, what is the cause(s) of making you feel this way?'. 'Most of student are just being friendly with people their own race', 'Some aren't used to diversity and it causes issues when it comes to groupwork and takes time to create a bond among friends', 'Others feeling inferior to approach me' – several responses from 31 response on what affects them.

4.2 Respondents' Mindsets Towards The Minorities

The interviewees have been asked about what they thought about being the minority in the communities and just over half (59%) of the interviewees pick out different religious, ethnic, and linguistic, slightly more than the two - fifths (41%) of it pick different body colours. It is not surprising that the majority are local students with over four – fifths (85%) who answered the questions. The estimates of the international students are less than a fifth (15%). From the survey, the economic situation has impacted the university from accepting many international students and it may be the reason that the international students feel that they are the minority.

The survey then asked the respondent how many times they had this impression occurred in a daily life basis, such as when they are eating, walking, and studying. About one – third (40%) respond with yes and two – thirds (60%) of its response with no. Only a few international students reveal that they did not really find themselves as a minority that had faced any cultural challenges in the communities. The respondents also think that most of the local students are not friendly and they are hard to blend in.

4.3 Regression Analysis

The objective of this study is to find out what are the impact to the student that have a different race, cultures and nationality which had concern their mental health especially during their studies. There is a mindset for people to think that being different or being born differently from others as a weakness to themselves. According to the table, language barrier and ethnicities have been a concern for the mental health and academics of the international students and a small number of local students. Because of being different from others, they are most likely to start questioning themselves which may lead to several changes of emotion and behaviour. Having a different nationality, race and culture were more likely get into a severe depression since the students will have a difficulty to communicate or interact with others. Communication is one of the most vital life skills to be mastered by a student since without well – developed communication skills, students run the risk of falling behinds their peers and becoming emotionally overwhelmed or even withdrawn from school. Thus, hypothesis 1 is supported and we have come to the conclusions that having a different race, cultures and nationality are the influence to the minority.

The factor that may have led the interviewees to feel that way is when most of the student are just being friendly among their own kind, people do not walk up to them first and some students are not used to diversity that can create an issues when working together. However, to explore whether having different race, cultures, and nationality between meet someone who are not used to diversity, an easy survey has been made. Based on the survey that we have done, the results show that it is irrelevant evidence that people who are not used to diversity may cause a person mental health. Consequently, hypothesis 2 is denied. People who are not used to interact with the international students particularly Malaysian students, may have ruin the youth dreams of the international students about studying at the overseas. This research is to examine the understanding of the Malaysian students about the insight thinking of the minority especially the international students. This study was conducted to verify that having a different race, culture and nationality is also a cause an increase to their mental health.

Furthermore, person who are not used to diversity was initiate to be pointless to the minority which is it explained that people who are not used to diversity had no control to the minorities. All the survey that has been made are to be inclined to the inner effects which the mental health. Hence, the Malaysian students recognize the being different in race, religion and nationality have risen the rate of mental health problems among the minorities.

5. EXAMPLES OF CULTURAL CHALLENGES

5.1 Overcoming Language Barriers

Firstly, the way of engaging in conversations. Many international students have studied English in their native countries but may be less familiar with the use of slang and the fast pace at which their peers and professors speak. For example, the use of prepositions to create compound verbs is particularly challenging (e.g. turn in, turn up, turn down, turn away). These can make both understanding and speaking in conversations difficult. Secondly, the reluctance to ask for clarification. Many international students will not ask others to explain what they mean, out of fear of offending them or increasing their own insecurity. Their lack of understanding may be viewed negatively by peers or professors. And if they sense a negative response, many are even more reluctant to ask for explanations. The end result is that their self-esteem may be lowered.

5.2 Facing Academic Challenges

First off, written assignments. International students may be unfamiliar with doing research and academic writing, or with the format of assignments at a Malaysian university. Many countries value memorization of a common fact base over the personalized interpretation of material favoured by Malaysia higher education institutions. Another example of challenge would be classroom difficulties. The emphasis placed on classroom discussions will disadvantage international students whose speaking of English or Malay is not fully spontaneous. The discussion format in which various points of view are debated is at odds with formats used in other countries where "correct answers" are expected. In many cultures, it would be considered disrespectful to counter or debate a professor's opinion, whereas in Malaysia, students who are able to debate well are valued with top marks. Furthermore, in Malaysia, grading is weighted heavily towards final exams, as opposed to the emphasis placed on classroom participation and utilisation of office hours. in some cultures, students seeking out professors or teaching assistants are typically graded higher whereas in Malaysia the norm is to respect the higher status of faculty as off-limits, and this would keep students from approaching them in more informal contexts. Some students may also have trouble taking notes or giving oral presentations.

5.3 Experiencing Social and Cultural Differences

One of the common issues is social isolation. International students miss home, like all students, but are usually only able to return twice a year as opposed to the more frequent visits that are typical, especially for freshman. In addition, time zone differences make calling home at convenient times more challenging. Students come with fewer possessions (limited to two suitcases, as opposed to a car-full), meaning their spaces are less personalized. They are naturally outsiders, sharing fewer common activities with their roommates, such as sports teams or extracurricular activities. In addition, their own holidays are not always acknowledged in the Malaysian system, and they may not have any traditions or attachments to the holidays that are observed here. They will naturally gravitate to others from their own cultures, but those groups are usually small, further isolating them from fully integrating with their roommates or classmates. International students, so far from their own families, friends, language and social and cultural norms, may avoid social situations. Culture shock is also one of the very familiar terms that can be used to describe the emotions felt by outsiders – international students, indicating the feeling of disorientation experienced by them. Many students are not prepared for the culture in Malaysian college campuses, such as spending time together for social activities like having meals, studying as a group, and even more apparent, many might disagree to sharing accommodation as roommates, considering Malaysia's college facilities are not as luxury as other countries. Having a compulsory course in university curricular, co-curricular activities at the faculties and residential

colleges are identified as potential sites where inter-ethnic understanding and relationship can be fostered. However, these activities may be unfamiliar to non-Malaysians especially those who are not used to being or interacting in a circle of different cultures and ethnicity.

5.4 Discrimination Among Students

For instance, racial and ethnic prejudice. International students can be perceived as outsiders and feel marginalized in class and social settings. Those lacking complete fluency in English or those with more obvious accents are often treated as if they are intellectually challenged. There is prejudice against markings or headdresses identifying membership in religious or ethnic groupings. Another example is stereotyping. International students are often misunderstood and subject to false assumptions about their native culture. The Malaysian high school education system does normally expose students to a real-life understanding of cultures in other countries outside of coursework in history or social studies. However, there are countries out there that Malaysians might not be familiar with, or they may be aware of only historical stereotypes. In addition, there are many complexities within ethnic minorities and persecuted groups, as well as cross-border tensions between countries, that are not presented to students. It would be a great addition to our secondary and college educational curricular if students from other countries and cultures could talk about their native traditions, holidays, religions, foods, clothing, and family relationships. Sharing personal narratives is probably the best way for the students to appreciate and respect cultural differences through conversations with their peers.

Higher education has undergone significant change as a result of internationalisation, which is occurring in both wealthy and developing nations (deWitt, 2019). DeWitt (2019) claimed that over the period of 2010–2020, there was a surge in franchise operations, articulation programmes, branch campuses, and online higher education delivery in addition to the number of international students doubling to 5 million. When it comes to Malaysia, there has always been an understanding of the beneficial effects of enrolling international students on the growth of the nation's economy. Malaysia consequently wants to boost its GDP through providing educational services. By aiming for 250,000 international students by the year 2025, the Malaysia Education Blueprint 2015–2025 (Higher Education) underlined this.

6.0 HOW TO OVERCOME CULTURAL CHALLENGES

6.1 Language Barrier

Language barriers are considered the most pressing issue confronting international students today. This study focuses on the impact of language barriers on the well-being of international students. Once international students first arrive in a new country, they are showered with new information. Acculturation requires them to interpret new events via the lens of their own subjective and previous knowledge and views. The incapacity of students to successfully communicate in the host culture limits their ability to socialize and mix with local pupils. We discovered that most international students want to make friends with locals, but local students do not reply openly, and this anticipation often does not materialize, leading them to make friends with students from their regions with whom they can freely interact and communicate. However, when local students interacted with international students who could communicate effectively in English, they found it easier to interact with them and form social groups and friendships. These data support the hypothesis that language ability is an important role in the adaptation process.

6.2 Academic Challenges

In terms of structure and environment, university education in Malaysia differs greatly from that in other

countries. This needs to be highlighted in order for international students to adjust to Malaysia's educational system. Due to a lack of this important information, some international students may be judged as intellectually passive. While most international students are allowed to study abroad because they are high-achieving students in their home countries, their failure to maintain their academic records may impact their overall confidence and performance.

6.3 Experiencing Social and Cultural Differences

First and foremost, as a human being especially when you are in a different country you must maintain your etiquette to avoid any misunderstanding that may consider as a disrespect to their culture. Many cultures from around the world have specific etiquette around the way they communicate for instance, maintain reasonable and eye – contact when communicates with others. We also should spread the cultural awareness to the communities to make sure that the racists issue in the learning or working phase could be avoided in the future. As the other ways on how to get over it is to be an open – minded person. We should not be too fast to judge other people beliefs or their origins just based on what we had looked. In other words, you can also learn about others culture as it can prevent intercultural conflict by discovering the cultures, they are connected to such as learning about their respect gestures, greetings, and their communication styles. In addition, we should think across the racial and ethnic lines due to one's culture is shaped by more than the colour of one's skin or the way one dresses.

6.4 Discrimination Among Students

Promoting the value of interculturality in educational institutions could curb the discrimination which has been an issue ever since. Most of the time, higher education institutes have been an axis where many cultures meet. Utilizing this to acknowledge, learn, care and share ideas about one another's culture is an advancement to develop a conflict-free society among like-minded unbiased youths. Universities can reproduce racism, but they can also help challenge it. In the words of Naidoo, "the small gains we have made in the role of universities make to challenge racism are being attacked and we have to find ways to protect the small gains we have won and to move forward. And we have to find ways to connect to excluded communities of all colour". We often isolate ourselves, but it is in coming together and sharing alliances that we can move forward towards a better change. The educational institution's authorities needs to organize more cross-cultural events like Cultural Nights for instance, where students can mingle among themselves getting to know and ascertain each other's culture in terms of delicacies, traditional wears, cultural dances. This can assure them to acknowledge that every one's culture is not something to discriminate for. Moreover, it is essential to encourage the creation of universities and other types of institutions of intercultural higher education. Abundant examples of universities from countries in Latin America being built and shaped in the path of interculturality, such as URACCAN where Hooker is rector, were shared. Shepherd also stressed the value of training intercultural, bilingual teachers and that this should be a priority concern in higher education. Furthermore, students can also play a role in combatting linguistic racism by acknowledging that international students come from different backgrounds and thus, have different accents; actively stand up for those who are singled out because of their accents, use the power of social media to raise awareness and call bullies out, and to be aware that any action, however small, helps. She encouraged us to embrace the philosophies of Marcus Mosiah Garvey, who said: "A people without the knowledge of their past history, origin and culture is like a tree without roots."

CONCLUSION

In conclusion, cultural challenges, and minority issues among international and a fair number of local students are mainly concerned with mental health. Mental illness or mental health disorders, refers to a

wide range of mental health conditions which is disorders that affect your mood, thinking and behaviour. For instance, mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviour. According to our title, mental illness can happen because of cultural challenges which is language problems, academic difficulties, social and cultural disparities, discrimination, and financial strains. Actually, being international students not easy as we thought because all of the cultural challenges. Some of them might takes time to adapt with new environment and different culture from their own country. Based on the result of the present study show that this issue seriously needs to observed. This study can be a guide line to stakeholders to prevent any culture challenges and minority issues among international and fair few local student.

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62. What Makes Students Stressed Out?

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What makes Students Stressed Out?

Abstract

The purpose of this study is to find out the psychological determinants of the mental stress of students post-second wave of Covid-19. Using a sample of college-going students, an effort is made to peep into such students' mental stress determining factors. Three major determinants came into focus, namely, Depression and Tearfulness; Feeling Loved, and Personal Life which were confirmed using confirmatory factor analysis. Such mental stress determinants if addressed, could lead to progress in the mental health of our students and the happiness of the society of which they are part. Educational strategies can be used to understand better symptoms related to mental stress and treatments thereof.

Keywords: Psychology, Mental Stress, Student, Covid-19, Depression, Feeling Loved, Emotions

I. Introduction

The World Health Organization has well-defined mental health as "mental health is a state of well-being in which an individual realizes his or her abilities, can cope with the normal stresses of life, can work productively, and can make a contribution to his or her community (Mokhtar et al.,2013)". Mental health is a broad term beyond the healthy mental condition and includes many factors affecting the health of the mind and including stress a factor. Education, parenting, gender, social-economic aspects, culture, physical appearance, family culture, health literacy, and many similar factors affect a healthy mental state (Laurie Hoffman-Goetz, Lorie Donelle, Rukhsana Ahmed, 2014). A good and happy life is a reflection of a healthy mind. Maintaining sound and happy mental health is one of the precedents of quality life. It is pretty shocking to know that more than 50% of the world's population suffers from any kind of mental disorder. The most common mental illnesses are anxiety and depression (Storrie, Ahern, and Tuckett, 2010).

Mental health problems can be at any stage of life (Erevik et al., 2020). Young people are hardly aware,

and if conscious, they hardly admit that they have any mental disorder, are stressed, and need help to cope (Hardjo, Haryono, Bashori, 2021). Talking about mental health and having stress, also accepting it is still considered taboo, especially in Indian Society. One of the reasons can be the fear of rejection from friends and Society. But the reality is anxiety, depression, and eating disorders are much more common among young students. Students feel stressed from exams, feel pressure from family, colleagues, and friends to do good in the exam, they feel pressured to social presence, go outside, have fun, etc. The typical sign of mental stress like feeling irritation, constantly feeling tired, mood swings, headache, and insomnia is considered expected in the young generation and is often ignored (Squires et.al, 2020). The present study is an effort to understand the determinants of mental stress in young college-going students of different genders, students pursuing other courses, coming from different social, and cultural backgrounds.

II. Review of Existing Work

Mental stress has its expression in anxiety, depression, and somatic symptoms, which have severe and long-term repercussions. Students face significant lifespan changes (Thurber and Walton, 2012), some of which are very stressful (Herrera et al., 2010; Divaris et al., 2013). Joining college is an important transition for students from late puberty to adulthood (Arnett, 2000). The adulthood transitional changes from adolescence may be in financial, housing, social, and emotional aspects. This phase of transition may lead to interactive encounters, which may be stressful for some adults and have been proven by researchers (Bruffaerts, 2018 quoted for Blanco et al., 2008; Hunt & Eisenberg, 2010; Verger et al. 2010).

Several determinants relate to mental stress among college-going students like demographic (for example, gender, family organization, income; Graner et al., 2018), culture, religion and social characteristics (like societal backing, problems making friends), and facets of academic Life (academic performance, feelings of leaving the course; Lima, Domingues, Ramos-Cerqueira, 2006; Amaral et al., 2008; Eisenberg and Hunt, 2013; Elani et al., 2014; Silva and Cerqueira, 2014; Costa et al., 2014). It is proven through research that the fraction of students who feel mental stress during their student is increasing (Nedregård and Olsen, 2014) as the phase is more demanding and causes mental illness (Nerdrum, Rustøen, and Rønnestad, 2009). At a worldwide level, mental health as expressed in terms of mental stress is stressed as a foremost civic health encounter (Stallmann, 2008; Storrie, Ahren, and Tuckett, 2010).

Relationship between Mental Stress and Gender

Universities and colleges cover a large part of young people. Taking admission to a college or university brings along many changes in social relations. It hence is an empathetic aspect (Saki and Kaikhavani, 2002) as students feel the incidence of many psychological problems (Obstet, 2005). The severe element of mental stress is gender (AlKandari, 2017). There are gender dissimilarities mainly in disorders like depression, anxiety, stress, and somatic complaints. In India, girls' students, since childhood, start fulfilling multiple roles and hence are at greater risk of undergoing mental disorders as compared to boys (Gomel, 1997; Kulkarni, 2008 Janice, 2005). Academic stress and poor mental health are observed more in a girl student (Kaur, 2014). More academic anxiety is seen in girls compared to boys (Kumari, 2018). One of the research work done in Australia has found that female students aged between 25–and 34 years had the utmost degrees of mental health complications (Said,Kypri, and Bowman,2013). Similar results are quoted in work done by Eisenberg et al. (2011), Steel et al. (2014), and Eisenberg, Hunt & Speer (2012).

Relationship between Mental Stress and Parenting

Parenting touches different facets of children's psychological health (Huan et al., 2019), together with self-esteem (DeHart, Pelham, Tennen, 2006 in Barlow and Coren, 2017), expressive regulation (Morris et al. 2007), socio-emotional adjustment, and well-being (Fletcher et. al, 2008). Family aspects like the quality of care provided by parents to their children during the early days make a significant difference in leading pathways for a child's life. Behaviour problems have serious, long-lasting effects (Angold and Costello, 2001; Moffitt and Scott, 2008). If such issues are identified early, adverse outcomes can be reduced (Caspi, Begg, and Dickson,1997; Shaw, Gilliom, and Ingoldsby, 2003). Researchers have identified that the child-parent relationship is a precursor to this problem. Family trouble, a poor couple working, parenting agony, motherly psychopathology, and lack of social support are some of the antecedents of the problem (Mathiesen and Sanson, 2000; Skovgaard et al.,2007; Briggs-Gowan et al., 2006 in Beernink et al., 2011; Kjeldsen, 2014; Skovgaard, 2008; Lee, Chung and Park, 2016). Inadequate level of sensitive parenting and harsher discipline (Mathiesen and Sanson, 2000) are associated with the aggravation of these problems in the later part of Life (Keys et al.,2021).

Parenting style has a profound positive or negative impact on children's mental health not only at the child stage but also at the adolescent stage (Dwairy&Menshar, 2006; Kerr, Stattin, and Ozdemir, 2012). Work done in Europe and America has demonstrated the relationship between honest child-rearing type and positive youngster results, bringing about developed confidence and improved psychological well-being (Möller et. al, 2016; García et al., 2018; Darling &Steinberg, 1993; Abaadi, Kimiaee, and Amir, 2011; Gupta and Mehtani, 2015; Hashimoto et al., 2011; Piko and Balazs, 2012; Tian et al., 2012). Minor degrees of delicate child nurture and more severe order led to conduct issues in youngsters (Miner, Clarke-Stewart, 2008). Opposite young people with dictator guardians show the most minimal confidence levels when contrasted with other child-rearing styles (Martinez and Garcia (2007).

The children's perception of parenting sturdily affected kids' psychological wellness alongside the connection between guardians and kids' (Huang et al., 2019). Parenting is additionally influenced by social and social convictions (Bornstein, Cote, and Venuti, 2001; Smetana, 2017; Robinson et al., 2002), geographic area (U.S. Branch of Justice, Atav and Spencer, 2002; Wiens, 2012), financial status (Rural and Appalachian Youth and Families Consortium, 1996; Calder etl. 2016), culture (Boyd and Franklin, 2003), and race/nationality (Morrissette, 1994).

Research has proved that directing behaviours by parents is also related to childhood anxiety (Wood et al., 2003). Even Parents have a substantial influence on future adolescent optimism (Nurmi, 1991), Kerpelman, Eryigit, and Stephens (2008). The studies have also concluded that academic stress is more felt in the Indian context (Deb, Strodl, and Sun, 2015).

Relationship between Mental Health and City

City life has benefits as well as risks (Dye, 2008). The thing which is universal in all the research related to mental stress is that Urban Life creates more mental disorders (Krabbendam, & van Os, 2005; Peen et al., 2010; Manning, 2018; Frissen et al., 2017). Urban Life includes both rich and poor and is a multiplier of inequality (Amin 2007; Scambler and Scambler, 2015 Manning, 2018). Metropolitan Life represents facets related to disparities of income, status, and power (Manning, 2018) apparent in various ways. Socioeconomic status is one reason for mental stress (Link and Phelan, 1995).

The natural environment is associated with better psychological well-being being (Kaplan and Kalpan, 2011), and fewer physical ailments (Moore, 1981). Children's relationships to the natural environment have been much studied (Kahn & Kellert, 2002; Sebba, 1991), and a direct impact on children's

working or well-being explored (Faber Taylor, Kuo, & Sullivan, 2001, 2002; Faber Taylor, Wiley, Kuo, & Sullivan, 1998; Grahn et al., 1997; Wells, 2000 in Wells and Evans, 2013).

Relationship between Mental Stress and Age

Mental well-being has a basic essential function in various times of Life, checking young age (Manchri et al. 2016; El Ansari and Stock, 2010). Some emotional well-being develops before the age of 18 with a period from 18 to 25 (Kessler et al., 2007). It is visible that there is more incidence of mental stress issues among students in higher education and this is now a growing concern (Castillo and Schwartz, 2013; Psychiatrists TRCo, 2011; Prince,2015). Pre-existing health problems even get aggravated when students enter universities (Zivin et al., 2009; Mortier et al.,2015 Auerbach et al., 2016; O' Neille et al., 2018).

There are indications that the importance of different relationships varies with age (Kazemi et al., 2003). In a study conducted by Prabu (2015), it has been proved that the level of stress is more in higher secondary students in private schools than in government schools (Sharkar and Park, 2016).

Relationship between Mental Stress and Family/ Culture/Social Relationship

The utmost palpable element of loneliness is the individual's genuine social relationships (Segrin, 2017). Solitary people have fewer social contacts. Alone, students go for minor dating, indulge in fewer social activities, and have a smaller number of friends (Goswick and Jones 1982; Cutrona, 1982). The less favourable the students are on the quality of their connections to such extents as positive regard, empathy, and authenticity, the lonelier students, reported being. The children of divorced parents (Rubenstein et al., 1979; Wallerstein and Kelly, 1980) are more likely to become lonely.

Relationship between Mental Stress and Sibling

Siblings are an installation in the family lives of kids and young people. A group of work reports their function in each other's ordinary encounters as buddies, compatriots, warriors, and as the focal point of social examinations (Susan, Kimberly, and Whiteman, 2012).
Connections between siblings can be Life's generally powerful and longest-enduring connections (Burbidge, 2013). There are significant experiences (Cicirelli, 1995), both in social and conflictual aspects, produced due to relationships between siblings (Brody, Stoneman, Burke,1997). Such relationships nurture children's social, cognitive, and psychosocial development. It has been reported that siblings have both long-term and short-term advantages (Blanchard et al., 1998; Cicirelli, 1989; Sherman, Lansford, &Volling, 2006). Sibling relationships contribute to the development of children (Lobato, Faust, and Spirito,1998) by acting as teachers, negotiators of parental attention and control, and peers to socialize and provide experience. The role of a sibling is more critical during early, and middle adulthood, wherein siblings provide' friendship and support, which is generally mature (Kyoko, 2021). Studies have shown that having a sibling has been found to augment positive feelings such as competence and self-worth. Family psychiatry history also affects the mental health of students in institutes. A prevalence of children (71%) had detailed either a parent or a kid with a mental issue (Behere, Basnet, and Campbell, 2017). Even though there are numerous positive results of growing up with kin having a mental or conduct problem, commonplace kin can encounter unsafe impacts of overseeing and adapting to the special requests and worries of having kin with these sorts of troubles.

Furthermore, there are other studies done by Siegelman et al., (2004) and Williams et al., (2003) who found that siblings are negatively affected by their sibling with some disorder. In this regard, the level of responsibilities and privileges compared to ordinary families is more on the child without disease. The

other aspect of sibling relationships is that the process of leaving home (far from parents, siblings, and friends) is another cause of stress (Mohamad et al., 2018). A kid may experience depression due to a loss of a meaningful relationship, or a change in the family (an older sibling leaves the house, a new sibling joins the family, parents separate, a grandparent dies). The sibling relationship is considered to have an extraordinary impact on youthfulness and may influence positive emotional wellness (Liu et al., 2015).
Relationship Between Mental Stress and Parent occupation

Parental employment status can be employed, unemployed, disabled, housewife; among mothers only (Maynard and Fayombo, 2015 Alessandri, 1992). Employment status affects the physical health of children and adolescents (Anderson, Butcher& Levine, 2003; Bacikova, Benka&Orosova,2014) and has long-term magnitudes on their children's development. In specific, fathers' and mothers' hire affects both the family's income and the time devoted to children's development. Research has also looked at parental unemployment and the severe effects that it can have on adolescents' psychological well-being (Bacikova, Benka & Orosova, 2014) and personality development (Spear, 2000).

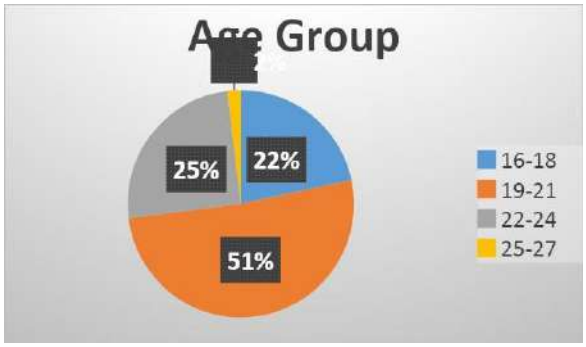
If parents are over-involved in work psychologically, whether or not they worked long hours (Friedman, 2018), it hurts the child's mental health. Some research results like that of Tajeri (2010) also suggested a negative correlation between mothers' occupation and students' educational performance (Olds et al., 2006).

Relationship between Mental Stress and Income

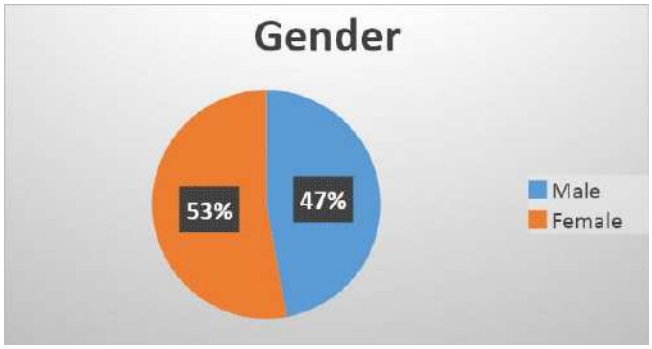
Household income has a more substantial impact on mental health and leads to stress problems in children and adolescents (Reiss et al., 2019; Reiss, 2013 Glasscock et al., 2013).

Several lifetime mental disorders are associated with low household income levels (Sareen

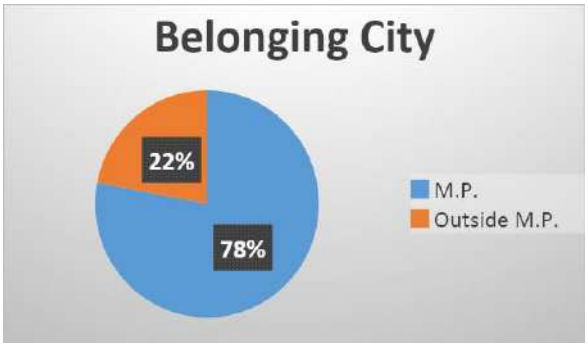
Demographic Breakup and Descriptive Analysis



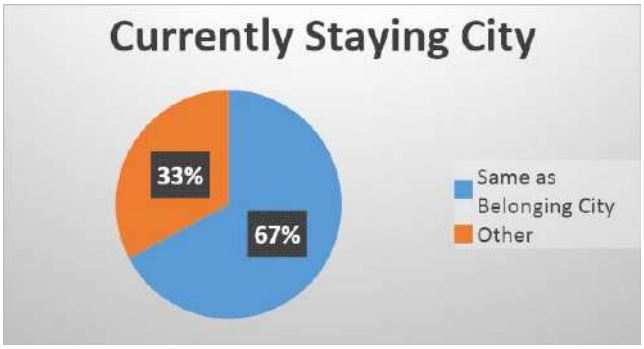
Graph I



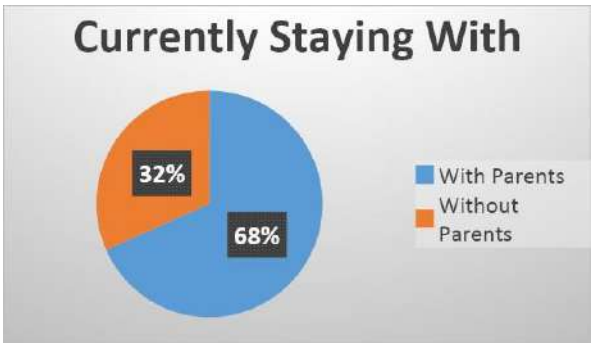
Graph II



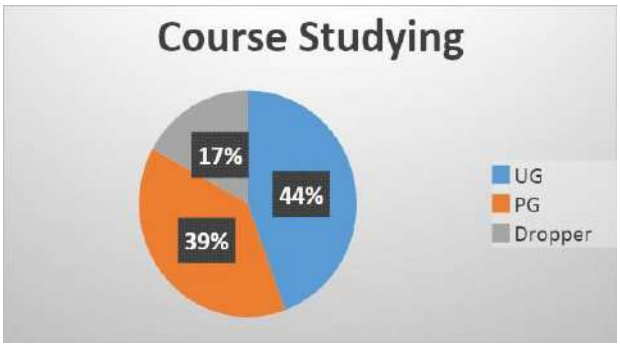
Graph III



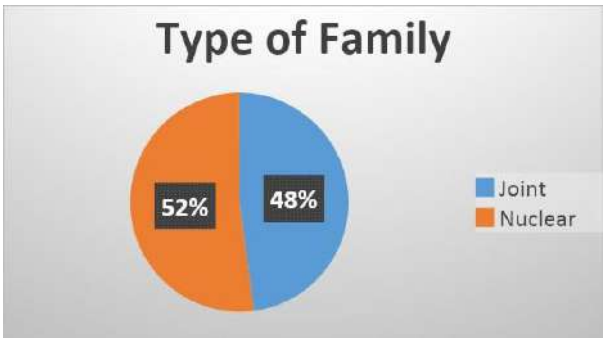
Graph IV



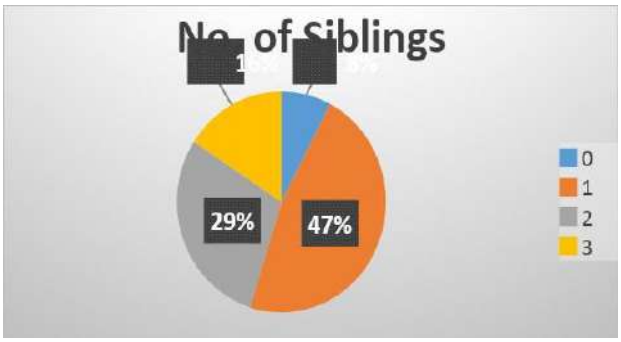
Graph V



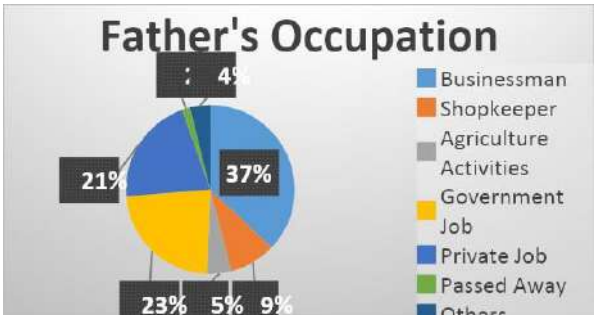
Graph VI



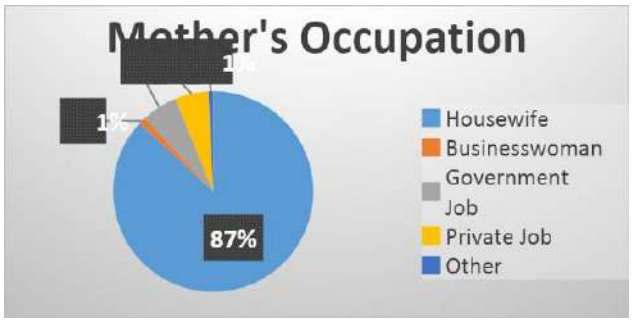
Graph VII



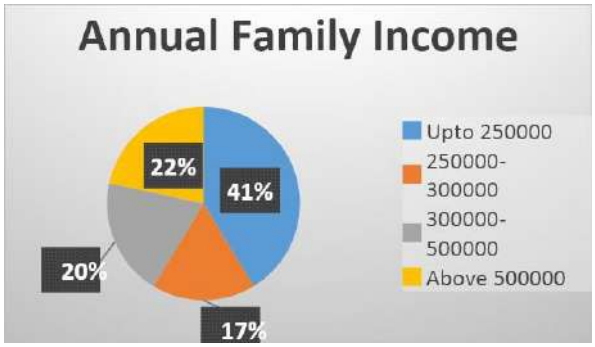
Graph VIII



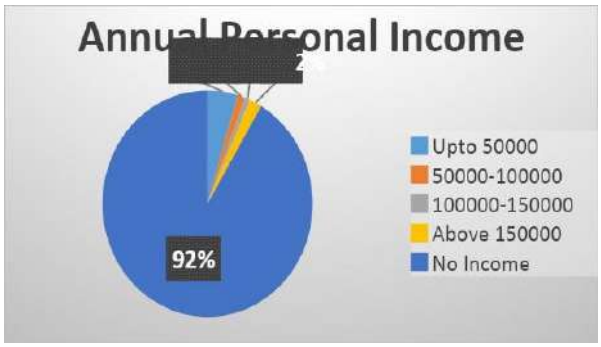
Graph IX



Graph X



Graph XI



Graph XII

Discussion for graphs I to XII: There was a total of 259 respondents. Major respondents (133) were from the age group 19-21. More than ¾ of the total respondents are from just two age groups i.e. 19-21 and 22-24 (graph I). The number of male and female respondents is about equal i.e. 122 and 137 respectively (graph II). 202 respondents i.e. 78% belong to Madhya Pradesh and others belong outside

Madhya Pradesh in India (graph III). It is observed that 67% of total respondents are currently living in the same city they belong to (graph IV) and also 68% of total respondents living with their parents, while around 32% moved to another city and living without parents (graph V). 115 respondents (44%) were studying in various undergraduate programs while 100 respondents (39%) were studying in various postgraduate programs (graph VI). Also, 44 (17%) respondents had taken a break from studies for the preparation of various exams. Respondents equally belong to the joint family and nuclear family (graph VII). About half of the respondents have one sibling and 30% of respondents (76) have two siblings and followed by 16% and 8% having three siblings and no siblings respectively (graph VIII). The top 3 occupations of the father of respondents are businessman, government job, and private job with a share of 37%, 23%, and 21% respectively, followed by shop owners (9%) and agricultural activities (5%) (graph IX). Mothers of respondents are mostly housewives (87%), followed by government jobs (6%), private jobs (5%), and businesswomen (1%) graph 10). 41% of respondents (107) have an annual family income up to 2.5 lakh. Also, a good share of respondents (22%) found having an annual family income above 5 lakhs (graph XI). It is also observed that 91% of the respondents don't have any income while only 5 students have an annual income above 1.5 lakh (graph XII).

Therefore, a large number of college-going students of Madhya Pradesh living with their parents have responded. Most of these have one sibling and no personal income. While the major share of respondents has annual family income ranging from 2.5 lakhs – to 3 lakhs with their father's occupation being business and job and mother being a housewife.

IV FINDINGS

1 Instrument Reliability

PASW 18 software was used to carry out statistical analysis. Using the same, the instrument's reliability was found to be .868. The sample was found adequate (with a value of more than .8) to undermine further factors as the KMO value for sampling adequacy was .887. Using the Principal axis factoring method, the major ten psychological determinants of mental stress were extracted (Refer to Table I).

Table I: Summary results of EFA

Factor Name	**Eigen Value**	
	Total	**% of Variance**
Depression and Tearfulness (Factor 1)	10.751	26.878
Feeling Loved (Factor 2)	4.635	11.587
Personal Life (Factor 3)	1.974	4.935

2. Exploratory Factor Analysis and Discussion of Factors

2.1 Depression and Tearfulness

Depression and Tearfulness emerged as the most crucial factor with 10.7512 as Eigenvalue and explained the 26.878% variance. Twenty-four questions were clubbed together in this factor. Depression is a state of mind or an issue that causes an industrious sentiment of misery and loss of intrigue. It influences how you feel, think, and act and prompts a range of emotional and physical issues. One may experience difficulty doing ordinary everyday exercises. Post the second wave of Covid-19, some of the time, one may feel as though Life does not merit living or episode of the blues, sentiments of trouble,

mournfulness, vacancy or sadness, outrage outbursts, loss of interest, anxiety, rest unsettling influence, and so on are a piece of it (Yang, Bin & He, 2019; Yang et al. 2015).

2.2 Feeling Loved

Feeling Loved emerged as the second most crucial factor with 4.635 as Eigenvalue and explained the 11.587% variance. Eleven questions clubbed together in this factor. Students lack feeling loved post-second wave of Covid-19. Making them feel loved and wantedcan help them mentally. They need to be adored, trusted, comprehended, esteemed, and safe (mental health organization U.K.).

Making them feel adored and bolstered (and having the option to offer love and backing consequently) is a magnificent method to begin expanding confidence (Gold,2016). Dorsey et al. (2015) found the effect of not feeling adored as dominatingly showing in emotional troubles and some behaviour issues (e.g., meandering, taking, joining awful companion gatherings, utilizing liquor, savagery, getting away from home) in the children of Tanzania.

2.3 Personal Life

Personal Life emerged as the third most crucial factor with 1.975 as Eigen-value and explained the 4.935% variance. Two questions relating to happiness and satisfaction in personal Life were clubbed together in this factor Connell et al. (2012) recognized six primary dominants of quality of life important for an individual viz., "well-being-being; control, autonomy, and choice; self-perception; belonging; activity; and hope and hopelessness." The personal life of students post-second wave of Covid-19 is disturbed and changed, making it a reason for increased stress.

2.4 Confirmatory Factor Analysis

The Constructs derived with the help of Exploratory Factor Analysis (EFA) have been confirmed with the help of CFA which is a multivariate statistical procedure that is used to test how well the measured variables represent the number of constructs. The Summarized table for model fit has been presented in Table II.

Table II: Summary results of CFA

Measure	**Chi-Square**	***P* Value**	**CFI**	**GFI**	**AGFI**	**SRMR**	**RMSEA**	**PCLOSE**
Threshold	<3	>0.05	>0.95	>0.95	>0.80	<0.09	<0.05	>0.05
Output Value	2.552	0.000	0.740	0.731	0.700	0.131	0.078	0.000

As the validity measures are near to the optimum range, the model is considered an acceptable one. Hence, The Hypothesized Structural Model was found to have the best model to fit the data (Table II).

The Confirmatory Factor Analysis (CFA) analysis was conducted using AMOS 18 to confirm the factors extracted by Exploratory Factor Analysis (EFA) and to test the formulated hypotheses and evaluate the hypothesized structural model. The emerged structural model (Figure1) fits well with the data. Chi Square or cmin / df (X2) = 2.552, p value = 0.000; CFI= 0.740, GFI= 0.731; AGFI= 0.700; SRMR= 0.131; RMSEA= 0.131; PCLOSE= 0.000.

Figure II demonstrated the modification indices adjustment done to achieve the corresponding best model fit with the data. All the modification indices adjusted were found to be justified as per the assumptions of Confirmatory Factor Analysis (CFA). Correlation (r) between Factors named Depression and Tearfulness and Factor two named feeling loved is -0.16, Correlation (r) between Factor two named Self Satisfaction and Factor three named Personal Life is -0.23. The correlation between Factor one and Factor three is 0.19 (Figure II).

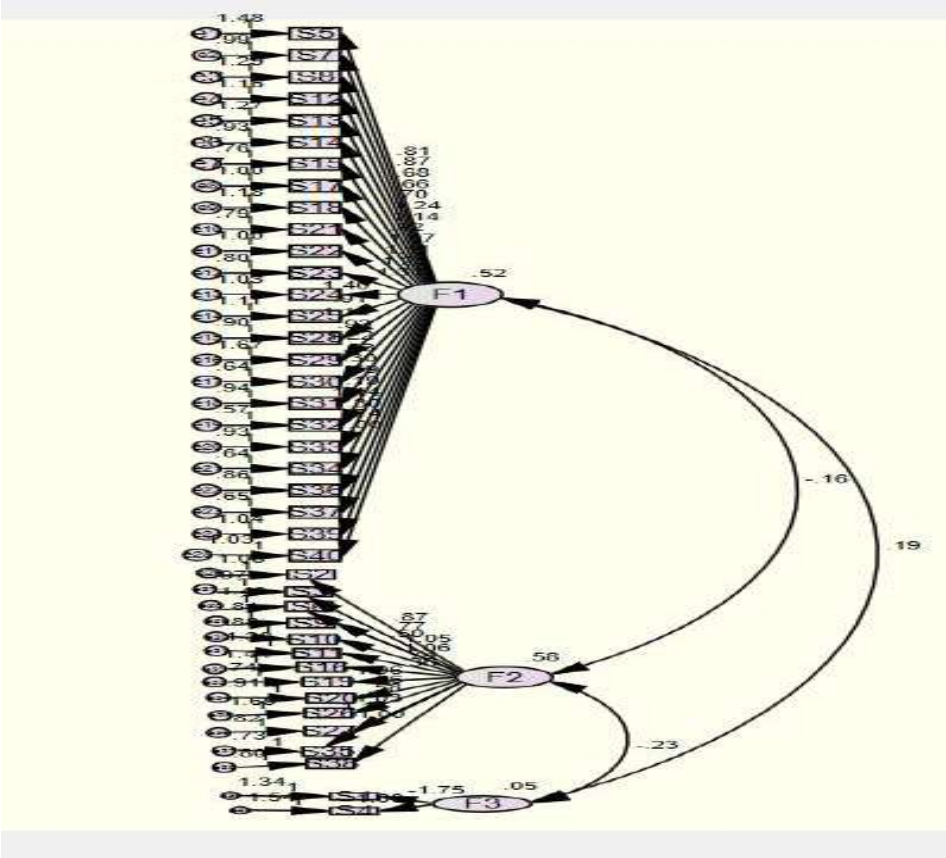


Figure II: CFA model for Mental Stress

V. DISCUSSION

Tremendous emotional well-being is a thing of much importance to human health, especially for youngsters. Good mental health can be viewed as a condition of emotional well-being that permits one to prosper and completely appreciate Life. Everybody encounters down occasions throughout everyday life. The capacity to adapt to adverse encounters changes enormously, starting with one individual then onto the next and, in huge part, decides if individuals make the most of their lives. Students and their families are made helpless by profound poverty, social difference, and separation, especially after the second wave of Covid-19. Experience of these social arrangements varies immensely at the individual, the family, the society level.

In the present research, the survey of the college-going students of age group under the age of 25 years and were of various backgrounds was done. The psychological determinants of mental stress of such students were explored and confirmed. The study found three significant determinants for the mental stress of students. These determinants are Depression and Tearfulness; Feeling Loved and Personal Life. The Constructs derived with the help of Exploratory Factor Analysis (EFA) have been confirmed with the help of CFA. The EFA results are complemented by CFA results (as indicated by model fit statistics matrices). The overall findings thus align with the previous studies which have suggested these three

determinants for mental stress (Hoffman, Rueda, and Lambert, 2017; Misra and Castillo, 2004; Haghighi and Gerber, 2019; Leow, Leow, and Wonk, 2019).

VI. IMPLICATIONS

Students are the base of society. The determinants of the mental stress of students, as found in the study give insight into the mental stress of the students' post-second wave of Covid-19. These stressors, if addressed, could lead to progress in the mental health of our students and further in the society of which they are part of a social determinant of mental well-being requires activity over various divisions and levels. This needs to make a policy approach at all levels and across segments which may result in beneficial outcomes for psychological well-being. We expect that this paper will encourage further exploration and pressing activity in all nations around the world.

Many students do not ask for professional help for mental health problems. Students can be encouraged to seek professional health or early detection and delay the progression of such issues. The frequency of psychological and mental disorders in students is much these days. Hence there should be counselling services available at schools, colleges, and universities to avoid any tragic outcomes and help students cope with the mental crisis. Qualified counsellors may be able to assess, diagnose, intervene, and further counsel the students and should be available on a flexi-time basis or telephonically when needed.

The results have significant consequences concerning the focus of explicit social dimensions undergirding emotional well-being to help chase young people and their parental figures. The causal factors and main determinants found in the study may lead to better results among young students. Adding to it, educational strategies can be used for a better understanding of symptoms related to mental stress and treatments thereof. These educational strategies can also be targeted the wrong perceptions regarding mental health as stigma and further address the perceptual barriers regarding the same. Parents can be guided on handling the negative perception of their parenting concerning the mental stress of the children.

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63. Will Uncertainty Affect Youth's Health And Well-Being?

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ABSTRACT

This paper attempts to provide an answer to a broad question that is "Will Uncertainty Affect Youth's Health and Well-being?" We also intend to investigate the sources of uncertainty, their implications, and potential solutions. The data were drawn from 120 youth and we discovered that more than 90% of them frequently worry about their future. Term questionnaire using Google Form is used as the analysis source of the study. The findings of this research revealed that low self-esteem, academic difficulties and financial difficulties are the main factors of youth worrying about their future. While overthinking is one of the most important implications of this issue and anxiety can occur if youth keep worrying about their future. Finally, this qualitative paper ends with further research directions in this specific domain and hopefully this paper would help youth out there to acknowledge that they are not alone in facing the uncertainty.

Keywords: Youth's Health and well-being; Uncertainty future; over-thinking; health-problem; responses; challenges.

INTRODUCTION

Accepting some degree of uncertainty is necessary to maintain psychological functioning because there is a lot of ambiguity in real life (Yang, Q., van den Bos, K., & Li, Y. 2021). Uncertain can be defined as

the fact of not being known precisely, nor fixed, confident, assured or clearly determined (Gonzalez-Prida, V., Bonilla, J. Z., Chandia, C. N., & Guillén, A. 2021). Even though we might prefer not to admit it, uncertainty is a natural and inevitable aspect of life. We may have some degree of control over many aspects of our life, yet there are still few things that are not completely guaranteed. Uncertainty is frequently linked to unpleasant emotions, yet there are rare situations where it is also linked to happy emotions (Vazard, J. 2022).

'Uncertainty Affects Youth's Health and Well-being' is basically about youth worrying about their future. It is the problem studied by our group. Low self-esteem is an important factor of this problem. This factor refers to teenagers often lacking confidence in themselves, thinking too much, and ignoring many of their own advantages. They can see their own shortcomings, which leads the youth to be confused about the future and affects their physical and mental health. These studies include different content including the factors that cause youth worrying about their future, the implications, health problems and challenges that they faced. Will uncertainty affect youth's health and well-being?

To review and bridge the research gap, a bibliometric analysis of existing literature has been performed and later compared with in-depth qualitative interviews for further study escalations.

Causes of Youth Frequently Worry About Future

Uncertainty causes youth to worry about their future because they basically have no idea what will happen next. In this research, we discovered that more than 90% of our respondents frequently worry about the future. It is undeniable that there are few things that trigger them to frequently worry about it.

First, the majority (59.2%) of the respondents claim that low self-esteem is one of the causes they worry about their future. People with low self-esteem often feel themselves unattractive, uncomfortable and incompetent. We all have times when we lack confidence and do not feel good about ourselves, but when low self-esteem becomes a long-term problem, it can have a harmful effect on our mental health. Thus, this factor will cause them to worry about the future because they doubt their own abilities to achieve success in life.

Next, over half of the respondents claim that financial and academic difficulties are the reason why they keep worrying about the future. As for university students for instance, most of them do not have a specific source of income. Thus, they only depend on the allowance that their family gives or the scholarship or study loan that they applied for. Possessing financial stability in the face of difficulties was a strong predictor of university students' happiness and life satisfaction (Zuffianò, A., Martí-Vilar, M., & López-Pérez, B., 2018).

Besides that, 31.7% of the respondents claim that lack of moral supports caused them to frequently worry about future. At times, people tend to dream what goals they want to achieve in their lives. Unfortunately, they will start to lose motivation to pursue it because they are afraid that they will not receive the moral support that they need from their loved ones. We are interdependent as people. The sense of worthiness and acceptance get when someone decides to encourage or stand with others in a circumstance can last a lifetime, even though material help might be crucial in the short-term.

Other than that, 24.2% of the respondents agree that health problem causes them to face uncertain future. Some prevalent health problems among teenagers are obesity, asthma, eczema, eating disorders and allergies. According to data from the 2019 National Health and Morbidity Survey (NHMS), 30.4% of Malaysian adults were overweight and 19.7% were obese. The main factor of obesity among Malaysian youth is mostly due to unhealthy lifestyle and eating patterns. As we know this obesity

problem can lead to many illnesses including diabetes and high blood pressure. Thus, this will cause uncertain future to those affected.

Implications of Youth Frequently Worry About Future

Uncertainty of our life makes us curious about what is going to happen next. This curiosity encourages kids to continuously discover new things (Michele Borba, 2022). But too much curiosity can cause people to excessively worry about their future. As the saying goes, 'curiosity killed the cat'. Worrying too much about what the future holds can cause many effects including overthinking, stress, anxiety, feeling powerless and panic.

Referring to our survey, more than two-thirds (76.7%) of the respondents agree that overthinking is one of the most important implications regarding uncertainty. As we all know, overthinking is no longer uncommon among us. It is crucial to understand what overthinking is and how to deal with it because various people will respond to it in different ways. Generally, overthinking is one of the causes of some students developing more serious issues like melancholy and anxiety, which is a problem that many young people these days confront. Based on recent studies, some students in Pakistan are also facing the same issue like this and it is undeniable that thinking too much is one of the causes. (Qasim, T. B., Sahar, A. Nihal, T & Bashir, A 2022).

Next, stress and anxiety recorded 63.3% and 55.8% of the respondents for each. These two are psychological issues that are prevalent in today's youth. Research has shown how uncertainty contributes to the formation and maintenance of mental diseases (Ben Salah, A., DeAngelis, B. N., & al'Absi, M.,2022). A number of mental health illnesses affect youngsters, with anxiety being the most prevalent of these, according to earlier studies. Studies also mentioned that among young people aged 13 to 18 with mental health issues, anxiety disorders account for 31.9% of cases (Borquist-Conlon, D. S., Maynard, B. R., Brendel, K. E., & Farina, A. S. J. 2019). Stress and anxiety are all-encompassing psychological disorders that affect every aspect of our lives, not just the future. As we get older, the number of problems we face increases.

Other than that, almost half of the respondents (40.8%) agree that feel powerless is one of the implications of uncertainty. The uncertainty causes them to feel powerless because they do not know what is in front of them. It causes people to have difficulties in decision making because they cannot think which option is the best. Thus, this causes them to feel powerless. It also causes people to feel devastated.

Health Problem Caused by Frequently Worrying about Future

We also gathered a lot of information about health problems caused by worry, and the most common health problem occurred was anxiety, reflecting the powerful influence of anxiety on today's youth. In addition, 70% reported symptoms of depression, 44% reported migraine symptoms, 22% reported high blood pressure symptoms, and a small number of people reported insomnia caused by worry. We are pleased to see that so many people are aware of their health status, which means that we are one step closer to resolving the issue. Aspects of the term worried well may overlap with psychiatric disorders. Worrying becomes excessive and uncontrollable in this environment, and there are constant verbal thoughts of impending disaster (Fornazzari, L., & Fischer, C. E. 2022).

Essentially, worrying is the perception of an impending danger. As a result, it triggers the same fight-or-flight response that the body would produce in the event of an immediate threat. The sympathetic nervous system, also referred to as the stress response, provides the body with the energy it needs to

defend itself. In order to increase the amount of oxygen available, our heart rate, muscles, and respiratory rate all increase (Weinstein, T. ,2022). This energy would be used to take action in the event of an immediate threat. But there is no built-in release when we are fretting about the future. We are trapped in the stress reaction. Furthermore, when the sympathetic nervous system is activated, the parasympathetic nervous system's "rest-and-digest" activities are also turned off. Sleeping becomes more challenging, digestion is less efficient, and executive functioning abilities like problem-solving, planning, and risk assessment become more challenging to access.

It can be challenging to unwind and appreciate what's going well in the present if one is always thinking about potential danger. Heart disease, diabetes, and digestive issues are just a few of the major health disorders that can develop as a result of chronic inflammation brought on by the stress reaction. Additionally, the effects of worrying can harm interpersonal relationships and make a person completely avoid taking risks, even when those risks, if carefully considered, could improve their life.

Challenges Due to The Uncertainty

Regarding the challenges people face as a result of an uncertain future, half of the respondents (50%) identified their challenges as failure to succeed in academic field. We often exposed to the fact that we need to succeed in studies so that we can get the best job opportunities out there. However, it is undeniable that there are still some people that are not good in academics. They often get average results in examination or even worse. This leads some of them to struggle in finding jobs out there because they do not have high qualification to apply job with higher wage. Thus, failure in academics are one of the challenges that they face in facing the uncertainty of life.

Other than that, 45.8% f the respondents believe that financial problem is the challenges that face due to the uncertainty. Nowadays, the daily lives of young people involve money (Amagir, A., van den Brink, H. M., Groot, W., & Wilschut, A. 2022). Some students have no other financial resources and must rely solely on scholarships and education loans. Some student groups are made up of poor or orphan families. Individuals, especially those who are less capable students, bear the weight of the issue of insufficient or lack of financial resources because it may negatively impact their performance in terms of their health. Early financial mistakes can have a significant impact on a person's life later on. This demonstrates that many people have high expectations for young people's futures, and the pressure on them is far greater than they are supposed to bear. These expectations can lead to pressure and social challenges as a result of not meeting the expectations of others. These challenges are not intended for young people, but they do exist and have serious implications for the future.

Ways to Cope Uncertainty

We gathered specific measures proposed by respondents to address the current issue. More than 60% believed that focusing on problems that can be solved right now, as well as properly regulating stress, is the best approach, and nearly 40% believed that they could choose to seek comfort when they are stressed.

A lot of things in life remains uncertain at the moment. Focus on solvable problem may help us to cope with it. Whatever worries or personal circumstance are, try to shift the attention away from the uncontrollable and back toward taking control of the things. If we face health problem as stated in earlier discussion, try ways to cope with it. For example, if we are an obese person, start practicing a healthy lifestyle. By concentrating on the components of an issue that can manage in this way, we may go from passive problem-solving to active problem-solving, which is more successful. Of all, every scenario is unique, and we could discover that in certain cases the only things we have control over are notwithstanding attitude and emotional reaction.

It is helpful to deal with the stress of this situation both internally (managing your emotions) and externally (finding ways to see the future). Young people can try to reflect, read and learn, improve themselves and even explore new areas. At the same time, the growth of knowledge and skills can make people more and more confident. A confident person can turn worries into motivation to push themselves forward to face the uncertainty. These are all good methods, and the rest of the opinions are listed below: Stop worrying, don't think too much, focus on one thing, and pray, for example, are all ways to relieve worry.

Finally, we also asked the most general question of all at the end of the form: Are you ready for the future? We divided the answers into five levels so that our participants could assess their readiness. The majority of those who responded considered themselves to be moderately prepared, with the number decreasing to 27 and 22 as the level of preparedness increased. Similarly, 6 people felt they were unprepared, while 18 felt they were almost prepared. As we can see, the vast majority of people have faith in the future, while a small number of people are more cautious about the future.

RESEARCH METHOD

Online Survey

This is the part of quantitative methods that uses sampling techniques to gather data from targeted audiences (Bhat, A. 2021). To make our issue crucial, we need to do this thing to get an important response and sample data. We conducted an online survey by using Google Form to find out how uncertainty is affecting young people's health and wellbeing. It takes two days to collect the minimum number of respondents which is 100 people. The total number of respondents that we have successfully collected is 120. From this, we can see that there may be a wide range of thoughts, responses, or points of view is the initial step in completing this survey. It is becoming easier for us to collect data and provide valuable information by using these methods. We've provided a multiple-choice question to answer. This is due to the fact that questions like this are simple for responders to complete and grab their attention. Our survey's finding that 39.2% of respondents remain uncertain and underprepared for the future may attest to this. Due to this, they are still unsure of themselves and their genuine objectives for the future. Owing to the fact that, according to our surveys that is 41.7% of people are still worried about their future. The rest are still concerned about their future.

Respondent profiles

Demographic Variable	Category	Frequency	Percentage
Gender	Male	43	35.8%
	Female	77	64.2%
Age	15 – 18	9	7.5%
	19 – 21	93	77.5%
	22 – 24	17	14.2%
	28	1	0.01%

According to research, there are 120 accepted respondents in total. The age groups involved range from 15 to 28 years old. Each qualified respondent received one of the twelve questions that were distributed using Google Form. Those involved are students who are still pursuing their education, whether at the primary or secondary levels, as well as at the university level. The importance of age questions in survey is to restrict systematic investigation to the appropriate audience and collect valid data. For the first, the

percentage of respondents among women is as much as 64.2% while men are only 35.8%. On the other hand, more women than men were involved in our research. This shows that women are the highest number in our survey. Among the participants, most of them are from the age range of 19 to 21 years. Followed by those classified as belonging to the other's category. The majority of visitors in our research are between the ages of 19 until 21, accounting for 77.5% of all respondents. Then, respondents aged 15 to 18 account for 7.5% of all people surveyed with 9 frequencies. Most of the averages from this age category are among students at the primary level who still do not see their future clearly. Not only that, this group also falls into the very young age category in our research. Next, 17 of the 120 respondents were between the ages of 22 and 24, accounting for 45.9% of the population. Last but not least, there are only one participant from age 28 that fulfils our review.

RESULTS AND DISCUSSION

Data analysis was performed to gather data about our studies: Will Uncertainty Affect Youth's Health and Well-being? We received 120 responses to our form. Nearly 80% of all respondents were between the ages of 19 and 21, followed by those between the ages of 22 and 24, and a person age 28- implying that the information we gathered are primarily from youths with the ability to think independently and have a basic and accurate self-concept.

We discovered that more than 90% of our respondents frequently worry about the future, implying that a large proportion of youths are haunted by the uncertainty and worry about their future as they grow older. It is safe to say that this uncertainty has its own pros and cons because the degree of uncertainty that each of us can handle in life varies. Thus, we began to investigate the reasons for its formation.

The results of data analysis on the causes of youth frequently worry about future are as follows:

Causes of youth frequently worry about future	Frequency	Percentage (%)
Low self-esteem	71	59.2
Financial difficulties	64	53.3
Academic difficulties	63	52.5
Lack of moral supports	38	31.7
Health problem	29	24.2
Family expectations	1	0.8
Pressure from others	1	0.8
Not good-looking	1	0.8

Majority of the respondents believe that low self-esteem is one of the causes. Low self-esteem is characterized as a lack of confidence and negative self-perceptions. Thus, this factor can trigger them to worry a lot about the future and start to create negative scenarios in their mind because they doubt their abilities to achieve success in the future.

After investigating the reasons for this, we gathered opinions on the future implications of concerns.

The results of data analysis on the implications of youth frequently worry about future are as follows:

Implications of youth frequently worry about future	Frequency	Percentage (%)
Overthinking	92	76.7
Stress	76	63.3
Anxious	67	55.8
Feel powerless	49	40.8
Panic	1	0.8

More than two-thirds (76.7%) of the respondents agree that overthinking is one of the most important influences. This overthinking disorder is popular among youth, but its dysfunctional nature makes it increasingly harmful. Even while resting or having fun, overthinking prevents the mind from relaxing. There may be something that causes people to feel emotionally detached from the current moment and keep questioning 'what ifs' questions and thinking about worst case scenarios.
There are also 40.8% who said that worrying about the future made them feel powerless. This is a more serious effect, indicating that the psychological impact of uncertainty has influenced their behaviours and decisions. In this case, immediate action is required to either self-regulate or seek outside assistance.

Other than that, the researchers also asked respondents a question regarding a person they will look up to if they encounter this issue of uncertainty. Since everyone's preference varies, some will prefer to talk to their friends, family or even directly seek professional help including counsellors. Yet, there are those people who prefer to just keep the problems to themselves. As for this research, results of data analysis regarding this question, namely:

- Friends: 50.8%
- Family: 44.2%
- Keep it themselves: 42.5%
- Teachers or lecturers: 10%
- Counsellors: 10%

Next, almost half of the respondents (41.7%) believe their peers are also facing the same problem about uncertainty while another 53.3% were fairly certain of this answer. This means that our data essentially reflects the real situation of people aged 19 to 24.

As mentioned earlier, uncertainties can give pros and cons. We also asked our respondents regarding their opinion whether uncertainty helps motivate them to do work or not. The results of data analysis show that:

- Yes, it helps as a motivator: 44.2%
- No, it does not help as a motivator: 20%
- Maybe it helps as a motivator: 35.8%

On this basis, 44.2% of the respondents believe that uncertainty motivate them to do works. The unknown often means a challenge, which is a boost for young people who are prone to developing a sense of crisis. In contrast, 20% do not see it as a motivator, but rather as a source of pressure for future development. They find that the randomness of life is deeply distressing.

The remaining 35.8% are giving a neutral opinion regarding this. They don't believe it's a definitive answer, so these thoughts are more likely to be double-edged swords that can be beneficial if well-controlled, or stressful if they worry too much.

CONCLUSION

Our current environment is unstable. Each of us has different capacities for handling different levels of uncertainty in life. Some seem to enjoy taking chances and living uncertain lives, while others find the randomness of life to be terribly disturbing. Many people use worrying as a strategy to try to predict the future and prevent unpleasant surprises in order to deal with all this uncertainty. By worrying, we might believe that we have some influence over an uncertain circumstance. According to our research, 96.7% of respondents who were asked about youth uncertainty had felt perpetually concerned about the future. Uncertainty has been a major factor in young people's mental illness over time. It is necessary to find appropriate solutions for mental health concerns affecting children and young people, including promotion, prevention, therapeutic treatment, and rehabilitation. In the midst of the unpredictable world, try to give young people a stable atmosphere. youths how to recognise and approach the future they desire. Let's make life structured and regulated to avoid the unpredictability of the mental health issue.

Finally, it cannot be denied that some young people lack patience. In their haste, they miss major issues but are keenly aware of any current problems that are trending on social media. They disagree, argue, and object. The biggest flaw in today's young, as many of us can attest, is that they are unable to form solid value systems. Therefore, the role of parents and advisers becomes crucial and important at this point. For a better life, society, and a beautiful planet overall, morality, discipline, obedience, parental and teacher blessings, and direction, are urgently needed.

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64. Youth Attitudes Towards Integrating Physical Activity As Part Of Mental Health Treatment: A Cross-Sectional Research In Youth Mental Health Services

Abstract:

Due to the increasing burden of mental disorders in young people, there is a need to improve the treatment and prevention outcomes of these conditions. One of the most effective ways to reduce anxiety and depression symptoms is through physical activity (PA). This study aimed to examine the acceptability and attitudes of PA as a treatment option among young people. It also analysed the predictors of current engagement in mental health treatment and the likelihood of them engaging in PA.

Methods:

The goal of this study was to analyse the effects of various social factors on the functioning and depression of 88 young people who were treated at a mental health facility in Melbourne, Australia.

Results:

Most young people are positive about the treatment option of PA. The perceived barriers to treatment were lower, and the benefits of PA were more apparent when compared to other options. The main factors that predicted the acceptance of the treatment were the level of autonomy and the lower amotivation.

Discussion:

Although the integration of PA interventions into mental health treatment is generally considered acceptable, the acceptance of this treatment option is affected by the level of autonomy and the perceived benefits of PA. This suggests that increasing the autonomy of young people by choosing enjoyable activities and enhancing the value of PA can help improve their physical activity. The factors that influence the acceptance of the treatment option of PA can be addressed in order to help improve the quality of mental health treatment.

INTRODUCTION

According to the Australian Bureau of Statistics, about one in five young people aged 15 to 24 experience a mental disorder. These disorders are known to have long-term effects on various aspects of life, such as employment, physical health, and education. Unfortunately, despite the availability of effective treatments, mental disorders are still considered to be a major public health issue.

Physical activity, which has various mental and physical health benefits, can be an effective early intervention for people with mental disorders such as depression and anxiety. Several randomized controlled trials and meta-analyses have shown that PA can reduce the symptoms of depression in young individuals.

Although the exact causes of anxiety disorders are not known, certain types of exercise can help decrease the symptoms of these conditions in young women. For instance, vigorous treadmill running and resistance training can help improve the quality of life for those suffering from anxiety.

Although positive effects of physical activity on the mental health of young people are known, the implementation of this treatment in routine mental health care is still not widely practiced.

In order to effectively address the mental health concerns of young people, they need to make informed decisions and stick to their regular exercise routines.

The goal of this study was to explore the various factors that influence the engagement of young people in physical activity. Through the Self-Determination Theory, which was developed by Ryan & Deci in 2000, researchers were able to identify the multiple factors that influence the motivation of young people. According to the theory, motivation can be categorized into three categories: a lack of motivation, a volitional motivation, and an enjoyable and prioritized motivation.

Understanding the various factors that influence the effectiveness of physical activity (PA) in the treatment of mental health problems is also important to improve the quality of life for those who are suffering from these conditions. This is because the attitudes of young people toward the practice of PA are also important to the success of their treatment.

Although the results of two studies indicated that there is support for the inclusion of physical activity as a part of the treatment for eating disorders and mental health concerns in university facilities, the exact acceptability of this treatment in young people is still not known.

The researchers analysed the data collected from the various aspects of the mental health treatment of young individuals. They were able to identify the factors that influence the practice of PA in these individuals. They were also able to identify the predictors of their current level of engagement in the treatment.

Research Framework:

Depression is a condition that can be caused by various factors such as family, social, genetic, and environmental factors. Being aware of these factors and developing good living habits can help prevent it from happening.

1- One of the most common factors that can affect an adolescent's mental health is their family history. This is because depression can be triggered by a genetic predisposition.

2- Depression among adolescents can be linked to family factors. Studies have shown that children living in families with parents who are divorced or have a tense relationship are more prone to experiencing depression.

3- The social factors that affect the development and functioning of adolescent depression are known to be related to the degree to which they are excluded and rejected. Having no sense of belonging in school or organization can lead to depression among adolescents.

4- Factors that can trigger depression in adolescents include stress and frustration in life, academic failure, and moving to a new school. These conditions can also lead to the development of the disorder.

1 Participants and setting

Participants are young people aged 15-25 who receive mental health treatment at one of four headspace centers located in Melbourne, Australia. headspace is a federally funded primary care service for young people who are experiencing or at risk of developing a mental or substance use disorder.

2 Procedures

Young people were recruited by members of the study team in the headspace waiting room or through flyers placed in the central waiting area and clinical rooms. Informed consent forms were obtained electronically through a secure online platform in an online survey. Participants received a $20 gift card as compensation. All procedures were approved by the University of Victoria Human Research Ethics Committee.

3 Measures

3.1 Demographics

Participants' age, gender, sexual orientation, employment, education, smoking status, living status, country of birth, language spoken at home and their primary reason for attending adolescent mental health services were collected.

3.2 Attitudes towards PA as a treatment option

Attitudes were measured using the Treatment Acceptability/Adherence Scale (TAAS; Milosevic et al., 2015) and included a background statement, "Imagine you are seeking help for a mental health problem and PA is being suggested as part of your treatment" to introduce the 10 items. Participants responded on a 7-point Likert scale. Six negatively worded items were reverse scored; therefore, higher scores indicated a more positive attitude.

3.3 Motivation for PA

The motivation was measured using the Behavioural Regulation in Motion Questionnaire (BREQ-3; Markland and Tobin, 2004; Wilson et al., 2006), which assesses nonmotivation and external, introjected, identified, integrated, and internal regulation. External and introjected regulation items were combined according to a weighted scoring criterion1 to calculate a "controlled motivation" variable (external motivation + 2 times introjected motivation). Intrinsic, integrated, and identified conditioning items were combined to form an "autonomous motivation" variable (3x intrinsic motivation + 2x integrated motivation + identified motivation).

3.4 Moderate-to-vigorous physical activity (MVPA)

MVPA was measured using the International PA Questionnaire-Short Form (IPAQ-SF; Craig et al., 2003). Consistent with the IPAQ-SF scoring guidelines, the composite variable of MVPA was calculated by multiplying the number of days of physical activity by the total time spent at each intensity, multiplying by the corresponding metabolic equivalent (MET) value, and then summing the participants' total scores at the three intensities.

3.5 Perceived benefits and barriers to PA

Perceptions were assessed using the Adolescent PA Perceived Benefits and Barriers Scale (Robbins et al., 2008). Additional items were added to address mental health benefits ("coping with stress or anxiety" and "improving my mood") and psychological, financial, and sociocultural barriers ("I don't have financial resources (spending too much)," "I have feelings of a hindrance (e.g., feeling depressed, anxious)," and "I have religious or cultural beliefs (clothing [e.g., hijab], sacred days or holidays [e.g., Ramadan]) that affects how I participate in public activities"). Scores on each item of the 4-point Likert

scale were summed, with higher scores indicating more perceived benefits and barriers.
Analysis:

Results: Young people's attitudes towards PA as a treatment option were generally positive. The acceptance of PA as a treatment option was predicted by fewer perceived barriers and more benefits to exercise, higher autonomous motivation and lower amotivation; whereas, the only significant predictor of current engagement in PA was autonomous motivation.

Discussion: The integration of PA interventions within mental health treatment appears to be acceptable to young people; however, acceptance of PA as a treatment option is influenced by perceived barriers and benefits of PA and autonomous motivation. A focus on increasing autonomous motivation by enhancing the perceived value of PA and choosing preference-based, enjoyable activities may assist in addressing the complex range of factors that impact the ability of these young people to become more physically active. Addressing these factors may assist with implementing PA interventions within psychological treatments for mental disorders.

KEYWORD
Physical activity, psychological treatment, treatment acceptability, youth mental health

4. RESULT

We administered the questionnaire to 88 participants. The descriptive statistics of the participants are presented below in Table 1

	n(%)
Gender	
Male	21 (23,90%)
Female	58 (65,90%)
Other	9(10,20%)
Age	
15-18	23 (26,10 %)
19-25	39 (44,30 %)
Not reported	26 (29,50 %)
Smoking status	66 (75.00%)
Non smoker	22 (25.00%)
Smoker	
Highest level of education	60 (68.20%)
High school certificate or less	27 (30.70%)
Further education	1 (1.10%)
Not reported	
Study status	55 (62.50%)
Studying	33 (37.50%)
Not studying	

Living situation Living in family home Living out of family home	65 (73.90%) 23 (26.10%)
Sexual Orientation Heterosexual or straight LGBTQI identifying	43 (48.90%) 45 (51.10%)

Reaction towards PA as a treatment option

Participants' reactions to PA as a treatment option are shown in Table 2. Attitudes were often positive, with most participants agreeing that they could complete and would adhere to PA as a treatment option, believed PA would have mental health benefits, and would recommend PA to a friend with a problem like this one. Additionally, more than a majority of participants believed that PA would not be an overly intrusive treatment option. However, most thought they would find PA exhausting, about four in 10 would be more likely to try another type of psychological treatment instead, and about a third would like to receive medication instead of PA.

	Agree (%)	**Neither agree nor disagree (%)**	**Disagree (%)**
I would recommend this treatment to a friend with a similar problem	53 (60.2%)	20 (22.7%)	15 (17.0%)
I would find this treatment exhausting	53 (60.2%)	23 (26.1%)	12 (13.6%)
If I began this treatment, I would be able to complete it	51 (58.0%)	18 (20.5%)	19 (21.6%)
If I participated in this treatment, I would be able to adhere to its requirements	49 (55.7%)	20 (22.7%)	19 (21.6%)
This treatment would provide effective ways to help me cope with my mental health issues	48 (54.5%)	20 (22.7%)	20 (22.7%)
I would prefer to try another type of psychological treatment instead of this one	38 (43.2%)	29 (33.0%)	21 (23.9%)
It would be distressing to me to participate in this treatment	30 (34.1%)	19 (21.6%)	39 (44.3%)

I would prefer to receive medication for my mental health instead of this treatment	34 (38.6%)	20 (22.7%)	34 (38.6%)
If I began this treatment, I would likely drop out	33 (37.5%)	21 (23.9%)	34 (38.6%)
Overall, I would find this treatment intrusive	19 (21.6%)	23 (26.1%)	47 (53.4%)

Perceived benefits and barriers to PA

The most endorsed perceived benefits of PA, with more than 80% of participants stating them as very true or somewhat true, were taking care of themselves, staying fit and being healthier; have more energy; prove their physical abilities to themselves; and improve mood. The obstacles to PA perceived with the strongest approval (more than 70% very or somewhat true) were motivation or laziness; self-consciousness when exercising; and feeling tired. The least relevant perceived barriers for participants were the influence of religious or cultural beliefs, financial resources, or the need to exercise alone.

Conclusions

Our results demonstrated that the perceived benefits and barriers to exercise could influence the acceptability of integrating PA into the treatment of youth mental health. As expected, greater endorsement of the perceived benefits of exercise and fewer barriers were associated with more positive attitudes toward PA as a treatment option. Youth with higher autonomic motivation and lower amotivation were also more likely to have positive attitudes, with these variables also appearing as significant independent predictors of PA treatment attitudes in the multiple regression model. Since perceived barriers are important predictors of non-engagement in PA (Bragg et al., 2009; Martins et al., 2015), these should be addressed to increase acceptance of PA by youth as a treatment approach. Providing psychoeducation that regular engagement in PA can improve mental health, increase energy, improve sleep, and improve focus (Lederman et al., 2019) with young people can help highlight perceived benefits and encourage behaviour change.

Specific items from the treatment attitudes measure showed that approximately 40% of youth in our study reported a preference for psychological treatment over PA and a preferred third drug, which is consistent with the findings. in adults with depression who thought taking medication would be easier than exercising (Searle et al., 2011). Many of the current evidence-based treatments in youth mental health, for example, medications and specific psychotherapies, have modest effects (eg. see Hetrick et al., 2012; Weisz et al., 2017), as well as side effects—effects that may be intolerable and lead to other health complications (eg. increased risk of metabolic syndrome; Curtis et al., 2012). Therefore, sharing the risks, benefits, and evidence of available treatments with young people and engaging in collaborative decision-making can help explore their beliefs about the relative benefits of PA for mental health.

Integrating PA interventions into youth mental health treatment appears to be acceptable to youth; however, its acceptance is influenced by perceived benefits and barriers to PA engagement, as well as autonomic motivation and social support. Interventions should promote PA as an enjoyable activity with immediate affective benefits to increase sustained engagement, and monitoring health and mental health outcomes is essential to demonstrate the longer-term effects of PA. AP in the lives of young people. As a low risk, low stigma and acceptable intervention, helping young people make changes to their PA levels has an exciting contribution to make to young people's mental health care.

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65. Youth Unemployment And Well Being Among Graduates In Malaysia From 1988~2020

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ABSTRACT

With the development of the new era, the labour market needs more capable young people to maintain a good form of economic growth. However, according to past data, it can be found that it is difficult for young people in Malaysia to get high-quality jobs, and behind the high unemployment rate in the past 30 years, there is still a big problem of mental health imbalance among young people. Therefore, through qualitative research and analysis, this article finds out how to balance young people's physical and mental health with work, prevent them from falling into crime, and obtain high-quality employment.

KEYWORDS: Unemployment, Youth, Mental health,

INTRODUCTION

As to keep our economy growing further, the youth really have a big impact on our world because they are energetic, talented, and creative people which fulfils the requirement of a future worker. These recent years, the data on graduates increased by more than 250,000. However, studies show that one of the five fresh graduates remains unemployed after six-month graduation. The percentage of unemployed first-degree holders is 26% which including 52% of them are from arts and social science studies (Law Chong Seng, 2018). This data really show how is it difficult for a young Malaysian to take part in the labour market. This comes to the question of why is it so hard for them to be an employee. Our findings are focusing on the unemployment of graduates can cause their well-being. Hence, our findings on unemployed graduates in Malaysia could solve the problem as they can decide what are the requirement of them to get the validation for being a successful employee in the future. For the year May 2020, it says that it was the top rate of unemployment among these three decades, which has been affecting

826,100 for the time being. This is all because of the pandemic, Covid-19, which really had a huge impact on the world (Tan Vyn Ni, 2021). If the rate of unemployment increases, it might well have given negative vibes to our health, both physically and psychologically. Not to forget that the youth could get themselves into crimes due to unhappiness that brings for being unemployment. Crime such as consuming alcoholic beverages and drugs will costly damage to individual health and to society too. This paper focuses on youth unemployment on why is it so hard for young people to take part in the labour market, it also includes a way that could solve this problem so we can have a better future next decade. These small changes can give a big impact on our economy to grow more alongside the other countries too.

LITERARTURE REVIEW

2.1 Definition of Youth Unemployment

Youth unemployment is the situation of young people who are looking for a job but cannot find a job, with the age range being defined by the United Nations as 15–24 years old. An unemployed person is defined as someone who does not have a job but is actively seeking one. To be qualified as unemployed for official and statistical measurement, the individual must be without employment, willing and able to work, of the officially designated "working age" (often from the teens to the mid-60s) and actively searching for a position. Youth unemployment rates tend to be higher than adult rates in every country in the world (Wikipedia, 2022).

2.2 The relationship between youth unemployment and physical and mental health factors

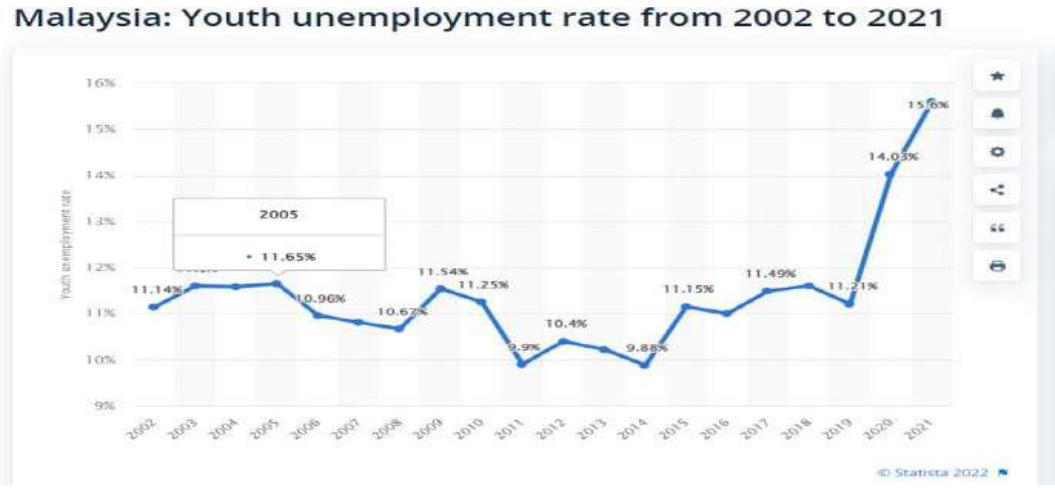
The health consequences of unemployment have been shown to increase with duration for mental health and life satisfaction as well as for physical health. Pandemic restrictions have led to extended periods of reduced income, job loss or unemployment, and the long duration of these circumstances is a particular cause for concern. Policymakers' interest in unemployment, particularly for young people, partly stems from the long-term scarring effect that a period of unemployment can have on future earnings potential. However, research also suggests that there are long-term mental health scarring effects of youth unemployment (and multiple spells of unemployment) during the life course (Wilson & Finch, 2021).

Influences long-term consequences through recurrent depressive episodes and worse socioeconomic outcomes even though it has substantial consequences throughout the lifespan (Elovainio, 2012). Employment is a source of financial security, provides people the opportunity to fulfil a social and family role, which is a key prerequisite for both physical and mental health (Frances et al., 2005).

2.3 The situation of Malaysian youth unemployment

In Malaysia, the youth unemployment rate increased by 1.6 percentage points since the previous year. Therefore, the youth unemployment rate in Malaysia reached a peak in 2021 with 15.6 percent. The youth unemployment rate refers to the share of the workforce aged 15 to 24 that is currently not working but is actively searching for work. It does not include the economically inactive population, such as the long-term unemployed or full-time students (Statista, 2022).

Figure 1: Youth unemployment rate from 2002 to 2021



Source: Statista, 2022

According to the survey, economic finances account for most of the factors related to unemployment, as both of them often lead to a sense of failure, which in turn can lead to depression. In addition, the pressure from home and society, the huge gap between the high expectations of college graduates (youth) and the actual employment situation can be potential agents of depression.

The estimated prevalence of depression among unemployed young adults varies across the studies due to different methods, tools and sample size. A systematic literature review and meta-analysis study found prevalence of depression among unemployed individuals with range from 13 to 14% (Paul & Monser, 2009). Unemployment among young people has been described as having serious consequences for future lives of young adults and for society at large. Previous studies have suggested that unemployed young people are more likely to have poor physical health (Brydsten et al., 2016), engage more frequently in criminal behaviours (Kill Kaspersen et al., 2015), increased risk of smoking (Mokona et al., 2020), increased risk of alcohol consumption and substance abuse (Stone, 2022).

METHODOLOGY

Data analysis using secondary research is what we applied in this research methodology about youth unemployment among graduates in Malaysia from 1988 to 2020. Secondary research, also known as desk research, differs from primary research in that it relies solely and completely on information and data available online or through other published sources (Emily Taylor, 2021). For instance, " secondary research" refers to a type of investigation that involves collecting data that has already been gathered from a variety of sources. This includes both internal and external sources that are more frequently used, such as the internet, organisational bodies, and government statistics. There are numerous websites that provides data for people to access and use in their research. To illustrate, we refer to this website to retrieve this data such as Wiley Online Library, Google Scholar, and ResearchGate all offer previous research on a specific topic. We don't have to conduct primary research to gather this information because it has already been published and made available to the public. Due to the fact that we can use the data right away, this can make conducting the research simpler and faster. Large secondary data sources enable quick scaling up of research results because they can contain large datasets.

Secondary data for this study was gathered from publicly accessible websites which are available online. The World Bank and Development of Statistics Malaysia websites were used to gather the data. With a

total sample size of 33, data collection period is covered from 1988 to 2020. On an annual basis, all the data are collected. The percentage of the youth labour force made up of unemployed individuals aged 15 to 24 is used in this study to determine youth unemployment.

RESULTS

Using data on the number of unemployed youth and their unemployment rate, we analyse here in more detail the severity of this problem in Malaysia. The purpose of this study is to look at the reasons behind Malaysia's high percentage of youth unemployment, as this problem has indirectly harmed both the graduates and the development of the country. Unemployed graduates are likely to turn to crime as a means of survival in this era, especially in light of Malaysia's volatile economy. Additionally, graduates' mental health can suffer as they transition from college to the workforce.

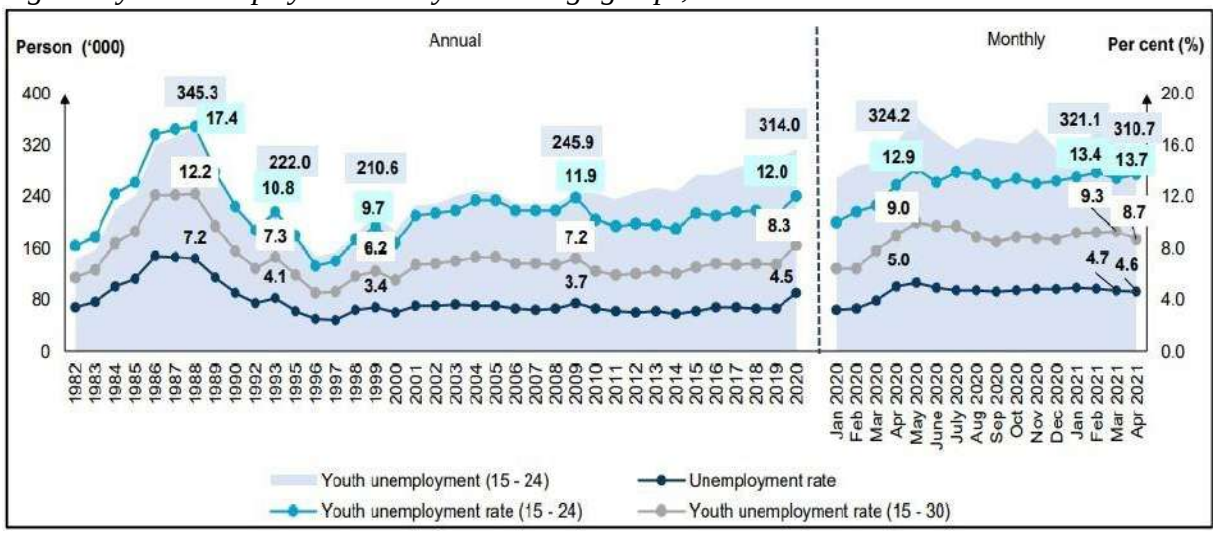
Table 1: Youth unemployment rate by selected age group for selected years

Year / Element	1988	1993	1999	2009	2020
Unemployment Rate (%)	7.2%	4.1%	3.4%	3.7%	4.5%
Youth Unemployment (15-24) ('000 person)	345	222	210	246	314
Youth Unemployment (15-24) (%)	17.4%	10.8%	9.7%	11.9%	12.0%

Source: The World Bank Group (2022)

Graphical Representation of Youth Unemployment

Figure 2: youth unemployment rate by selected age groups, 1982-2020

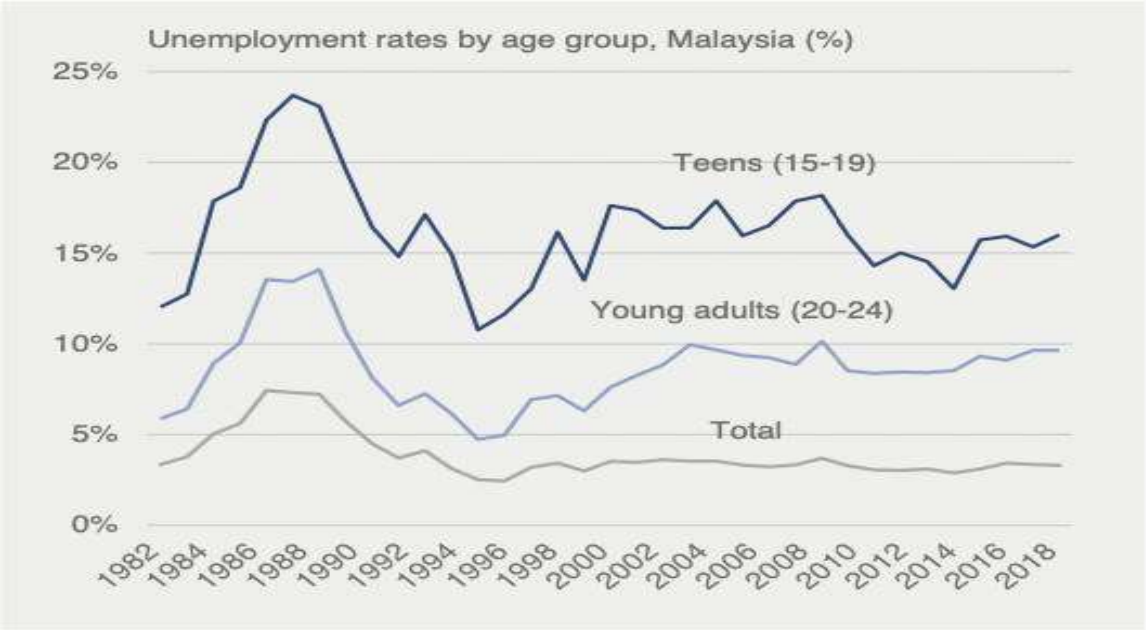


Source: Department Of Statistics Malaysia, International Labour Organisation, ISIS Malaysia Calculations, (2022)

According to the table above, Malaysia's unemployment rate in 1988 was 7.2%, while the youth unemployment rate was 17.4%, which means that about 345,300 Malaysian youth are unemployed. The report also showed that the youth unemployment rate had dropped to 10.8%, whereas the unemployment rate was 4.1% in 1993 year. This means that 222,000 Malaysian youth are still unemployed. The unemployment rate in 1999 was 3.4%, but the percentage of young people dropped to

9.7%. This means about 210,600 Malaysian youth are still unemployed. Again, Malaysia's unemployment rate in 2009 was 3.7% while youth unemployment rose to 11.9%. This means that about 245,900 young Malaysians are still looking for work. Table 1 clearly shows the rising unemployment rate in 2020, with the youth unemployment rate also rising to 12.0%, indicating that about 314,000 Malaysian youth remain unemployed. A significant part of the Malaysian economy has collapsed due to restrictions imposed by the Movement Control Order (MCO), which was fully implemented from 18 March and selectively implemented from 4 May. Education plans for all students have been thrown into chaos, with a major impact on the 2020 higher education curriculum. Quantifying the full extent of Covid-19's economic impact is difficult and somewhat speculative. Highest youth unemployment rate was recorded in 1988, and the lowest youth unemployment rate recorded in 1999.

Figure 3: teens have worse employment outcomes than young adults



Source: Department of Statistics Malaysia, International Labour Organisation, ISIS Malaysia calculations, (2019)

Digging further into the Malaysian youth unemployment statistics from the Department of Statistics Malaysia, International Labour Organisation reveals a number of interesting findings. According to statistics that divides the youth labour into smaller age categories, teens (ages 15 to 19) have greater rates of unemployment than young adults (ages 20 to 24). A young person is 1.7 times more likely to be unemployed than a young adult and about five times more likely to be unemployed than the general population (Lee Hwok et al., 2020). This demonstrates a dualism in the youth unemployment dilemma in Malaysia and suggests that youth unemployment and college graduate employability are two distinct but related challenges. Every year, Malaysian universities, public or private higher institutions produced a large number of graduates but the percentages of the graduates acquire a job at the end of the day is surprisingly low (Shamsuddin et al., 2013).

DISCUSSION

Given the importance of the young unemployment issue, it is advantageous for this study to focus on a number of major issues. The causes of young unemployment cannot be attributed to any one source. Youth unemployment is said to be caused by a variety of factors, which has lowered their prospects of finding employment. There are several reasons regarding the reasons why young people are

unemployed.

Factors that lead to high rate of unemployment among graduates in Malaysia

These include increasing number of youths entering the labour market and the deteriorating youth employment opportunity (O' Higgins, 2001). The most basic aspects, this illustrates that the industry could supply opportunity as swiftly as youth started to enter market. Undoubtedly, if more youth reach the working field, there will be a growing need for manpower to accommodate them. Simply put, there is a demographic imbalance seen between number of youths searching for work and the level of national economic growth in certain labour markets, especially in developing nations. The majority of potential jobs can be in unorganized or undeveloped industries. Locally accessible entry-level occupations that yet lead to fulfilling careers may be severely lacking.

The lack of skills among graduates is another frequently stated factor in the employment of young people. Even students who have pursued an academic program with a specific career goal may learn that their general or theoretical knowledge does not adequately prepare them for the practical issues they would face on the job. School curriculum and weak ties between companies and the educational system are also to blame for this. Additionally, young people lack some "21st century job abilities" including collaboration, communication, critical thinking, creativity, and a commitment to the goals of the business. According to Schooley (2017), the employers are constantly searching for workers who have a lot of talent or skills and can perform as a multitasking person in doing their job to make sure that their company thrives. Despite an assessment by the Malaysian Central Bank, Malaysian graduates develop low self - esteem on the field and exhibit inferior employability skills when opposed to students from different countries.

The greatest characteristic of the youth unemployment rate, primarily during the crisis, is the market's poor economic performance. Sharp decrease in economic performance can on average explain about 50% of youth unemployment increase during the crisis (Banerji, 2014). In relative to many years earlier, getting work is a bit more challenging now just because industrial structures have changed, advancements have improved, and precognitive organisms compete with specializes in the development. Realizing that robotic systems can curb inflation in order to feed their staff, the huge majority of corporations would prefer to employ them as personnel. In other words, during economic recessions, companies would try to decrease their production volumes by decreasing the number of workforces in which high employment would be accompanied by low inflation (Munir, 2014). Youth are regularly among the individuals who are most significantly affected by the crisis due to their flexible occupational paths. Towards the reverse, while analysing policy and regulation, youth must be given special concern. As a result of fewer years of experience, fewer support networks, a less subtle awareness of the economy, less years in the military, and a reduced redundancy settlement as a result, young individuals are more prone. Thus, employer prefers to dismiss first of all young people in case of a recession (Eichorst, 2013).

Effects of unemployment towards the graduates and development of Malaysia

As previously said, if youth unemployment is not recognised or corrected, it might have terrible impacts. Youth might experience the lengthy repercussions of youth unemployment. Being unemployed at the first stage of life for young people causes persistent negative results for all their further lives and careers, because it harms their productive potential and future employment opportunities (O'Higgins, 2007; Ryan, 2001).

Graduates' social development has been compromised by Malaysia's joblessness as they transit from

college to industry. An unemployment rate can have long-term impacts on a given situation, including depression and other psychotic illnesses. In the most extreme symptoms, it means that one is unable to integrate into society, which can result in self-injury or even suicide. If a person does not have access to a job and a means of livelihood, they may become socially incapable. Unwillingness to work early in a young person's career may have long-term repercussions. Therefore, with no prior job experience, youth are less likely to be chosen, which, in the worst-case option, might lead to significant unemployment and abject poverty throughout middle age. According to Lim (2010), the graduates know that upon completing their studies, they will enter into a phase of unemployment and their expectation towards the duration of unemployment might be different as they were thought to get a job within one to two months after finishing their studies. In other words, unemployment among graduates has caused them having depression due to the stress and pressures as well as affected their self-esteem which arise the feeling of helplessness which leads to short lifespan (Azhar, n.d). What is particularly relevant in this respect is the study's result that youth are at a higher risk of long-term unemployment. This can affect the youth long term, from early to late adulthood (Hammer et al., 2003).

The most understudied topic is how unemployment affects relationships on a personal level. Because jobless young people cannot participate in leisure activities due to financial constraints, this alienation is regularly made worse. It is also frequently assumed that increased lawlessness and anti-social activity are the results of unemployment. The frequency of unemployment within Malaysia is likely to have an effect on crime since reduced income and earnings prospects enhance overall relative rewards for illegal acts such as theft, robbery, or burglary, as well as abduction, which occur in Malaysian communities. Unemployment causes skill loss, mental disease, terrible health and wellbeing, political uncertainty, employee insecurity, a rise in criminal activity, and financial issues, to name a few societal consequences. To begin with, social instability is exceeding controlled these days as a consequence of the difficulty in obtaining jobs, which causes individuals to lose skills and results in a scarcity of human resources. Secondly, because money is being spent, poverty will rise to some mental disorders such as poor self-esteem, wrath, and pessimism about ordinary items. These mental diseases will have an effect on an individual's self as well. Thirdly, because people are unable to meet their financial responsibilities on time, unemployment generates financial hardship for the household and breeds resentment among family members. Furthermore, it will cause domestic strife, which may lead to suicide. Despite that, the second result is a spike in crime, which occurs when people lack additional money and opt to commit crimes such as robbery, burglary, and manslaughter in order to keep on living.

Youth unemployment and well-being

Several past studies have looked at the variables that may influence a country's well-being. One of the characteristics mentioned is occupation or entrepreneurship. Entrepreneurship and human well-being are inextricably linked. People are regarded as being in good physical and mental health when they can meet their basic demands on a regular basis. In order to meet these basic needs, one must have dependable financial resources. To achieve financial stability and cover their basic needs, each household must have a career, whether they start their own business or work for someone else. If the unemployment rate in a country is high, then the people’s well-being in that country can be said to be low (Kee-Cheok Cheong et al., 2016; Nkang, 2013; Norliana Hashim et al., 2016; Olugbola, 2017). Making a suitable career choice is positively associated with well-being, work performance and academic success as well as one’s career (Jackson & Wilton, 2017). As a result, deciding a graduate's early profession, particularly as an entrepreneur, is a terrific alternative to putting them to work for others, as it has the potential to dramatically improve both personal well-being and the general society. Several intervention strategies, including youth developmental projects aimed at social and economic well-being, have been launched. This innovative entrepreneurial program is expected to provide an opportunity to create and support youth development in the country (Kasim, Zulkharnain, Hashim,

Ibrahim, & Yusof, 2014). The introduction of numerous young entrepreneurs can boost a person's overall well-being since it can increase career possibilities, reduce unemployment, and resolve societal challenges.

CONCLUSION

All our findings show that reducing unemployment is a challenging task as it has been a serious issue throughout these years. Youth unemployment has a special importance in the future. Hence, this study is giving the whole perspective of graduate employability and focuses more on degree students from Malaysia Public University. Does it affect the youth's well-being and what should they focus on? Even small changes can give a big impact on our economy to grow more alongside the other country. Therefore, it can help fresh graduates to have their job, and also, they can take part in the labour market. Hence, this study is giving the whole perspective of graduate employability which focuses more on the factor and its effects of it. Apart from that, our research was not enough to prevent employability among fresh graduates because of the limitations of the method that was used in this study. Thus, it would be great if we pay more attention to this topic as the fresh graduates have the idea of planning their future selves instead of drowning in employability. It would be better for the graduates if there are more ways to overcome employability as they can be precautious when entering the labour market.

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66. Anxiety: Factors, Effects And Solutions

Bi Lei, Cai Zhen, Cao Zelei, Chai Chengzi, Chan Zhe Qian & Chan Yi Jin,

ANXIETY: FACTORS, EFFECTS AND SOLUTIONS

Bi Lei, Cai Zhen, Cao Zelei, Chai Chengzhi, Chan Sze Qian, Chan Yi Jin
Universiti Sains Malaysia

Introduction

Anxiety is a feeling of fear, worry, and tension. Several types of anxiety are panic disorder, social anxiety disorder, PTSD, OCD, GAD, and phobia. With the development of the internet and social media, and the COVID-19 pandemic with a series of extreme restrictions such as lockdowns and social distancing, an explosion in the growth of young people to develop anxiety has been triggered. According to the WHO, one in seven 10-19-year-olds experiences a mental disorder. Among them, 3.6% of children aged 10-14 and 4.6% of adolescents aged 15-19 suffer from anxiety disorders.



Effects

Mental exhaustion (52.4%)
Feel hopeless, empty, and overwhelmed

Reduction of confidence level (67.0%)
Show extreme irritability and difficulty conversing with others

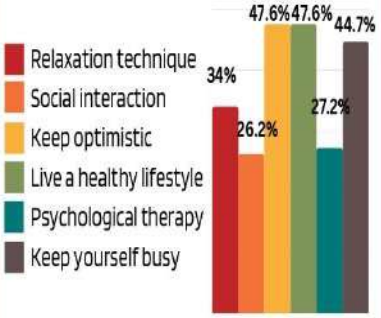
Inefficient Learning (50.5%)
Low productivity and difficulty focusing and concentrating

Memory Loss (32.0%)
Disrupt one's daily life, difficult for young people to achieve a good grade

Interpersonal distress or social isolation (34.0%)
Causes social withdrawal which can even lead to depression, eventually resulting in suicide

Solutions

In our study, we found that confiding in others is a good way to relieve anxiety in young people where parents and friends are the best listeners. Another six major self-relief methods:



Factors

Academic Pressure (70.9%)
Exams, heavy workloads, and parents' expectations

Environmental Factors (48.5%)
Must quickly adapt to social pressure over the changing environment in the society.

Financial Stress (38.8%)
Young people become unemployed and can hardly bear the high cost of living

Interpersonal Relationships (37.9%)
Fear of social situation and judgement

Family Factors (29.1%)
Long-term exposure to family conflict, abuse, neglect, and misunderstanding

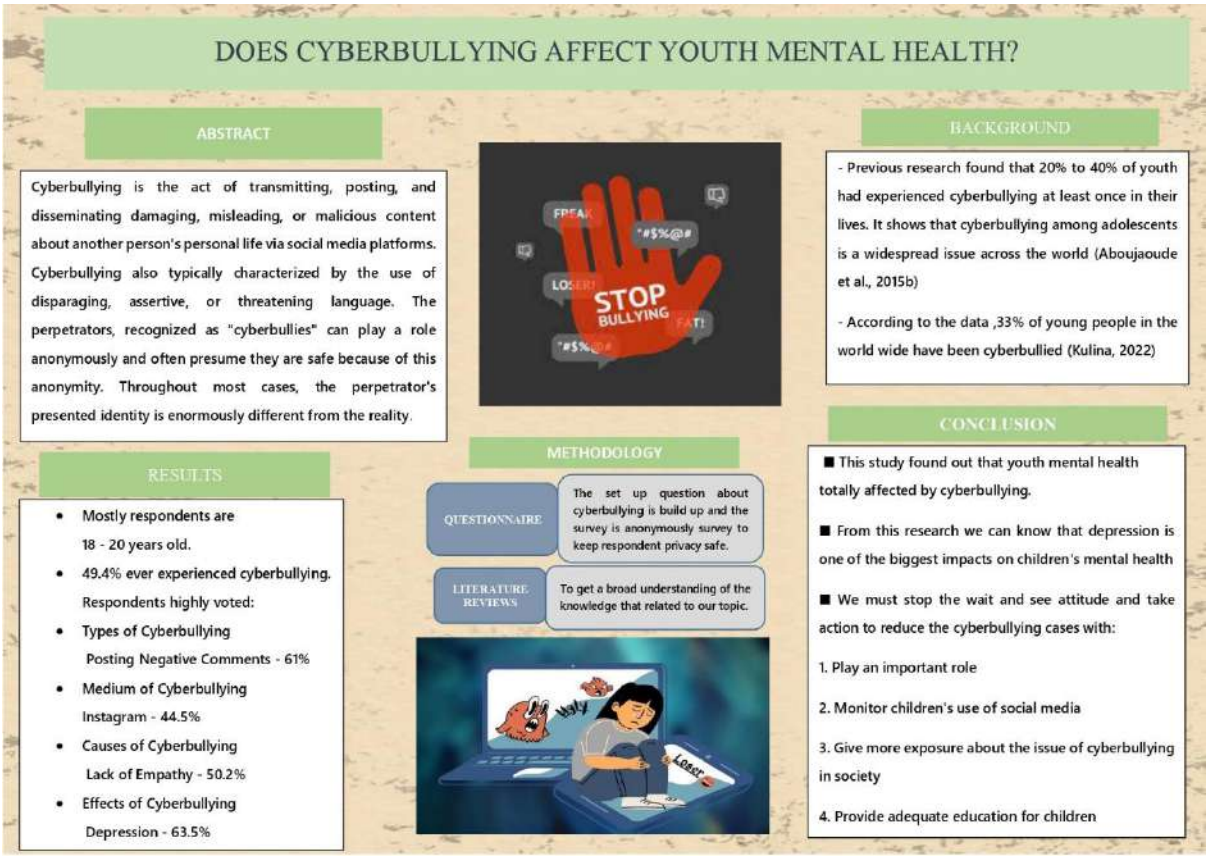
Body Image (24.3%)
Dissatisfaction about their body image or the experiences of being ridiculed

Conclusion

Our research revealed that academic pressure is the primary source of adolescent anxiety. Correspondingly, this insightful research demonstrates how anxiety has an impact on adolescents' self-esteem and confidence levels. The best solutions to deal with anxiety, according to our study, are to lead a healthy lifestyle and to keep optimistic. In summary, this study clarifies that anxiety is a substantial health issue for teenagers.

67. Does Cyberbullying Affect Youth Mental Health?

Nur Masyitah



68. Sedentary Lifestyle Among Youth

Imran Dhuha



69. The Influence Of Sports Towards Youth's Mental Health

Davina Chong Yi Qin

THE INFLUENCE OF SPORTS TOWARDSYOUTHS MENTAL HEALTH

UNIVERSITI SAINS MALAYSIA

TEAM 9

INTRODUCTION

Youth defined as someone whose age range is between 15 to 24 years old (WHO 2021). Nowadays, there are numerous cases of 10 to 19 year old youth experiencing mental disorders. Depression, anxiety and behavioural disorders are among the causes of illness and disability among youth. Sports and physical activities are capable of helping with mental health problems. Sports and mental health are directly related.

METHOD

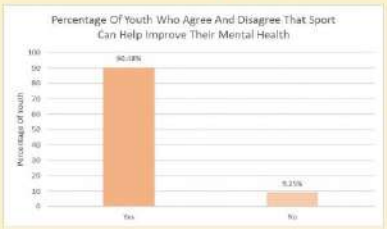
Quantitative — Searched some journals that provide references and information related to the paperwork

Qualitative — Did a survey by contributing Microsoft Form to collect information from 105 respondents

RESULTS

- Most of the respondents (80.95%) agreed that sports can help youth release their stress. Sport helps to release stress by promoting the hormone oxytocin which helps to promote relaxation which reduces anxiety of a person.
- There are 30.48% respondents who disagreed that sport can help with youth's mental health because they said that sports will make youth addicted. This is because addicted to sport will lead to serious consequences towards youth's body and mind. Youth should not over do playing sport and manage their time wisely.

BACKGROUND



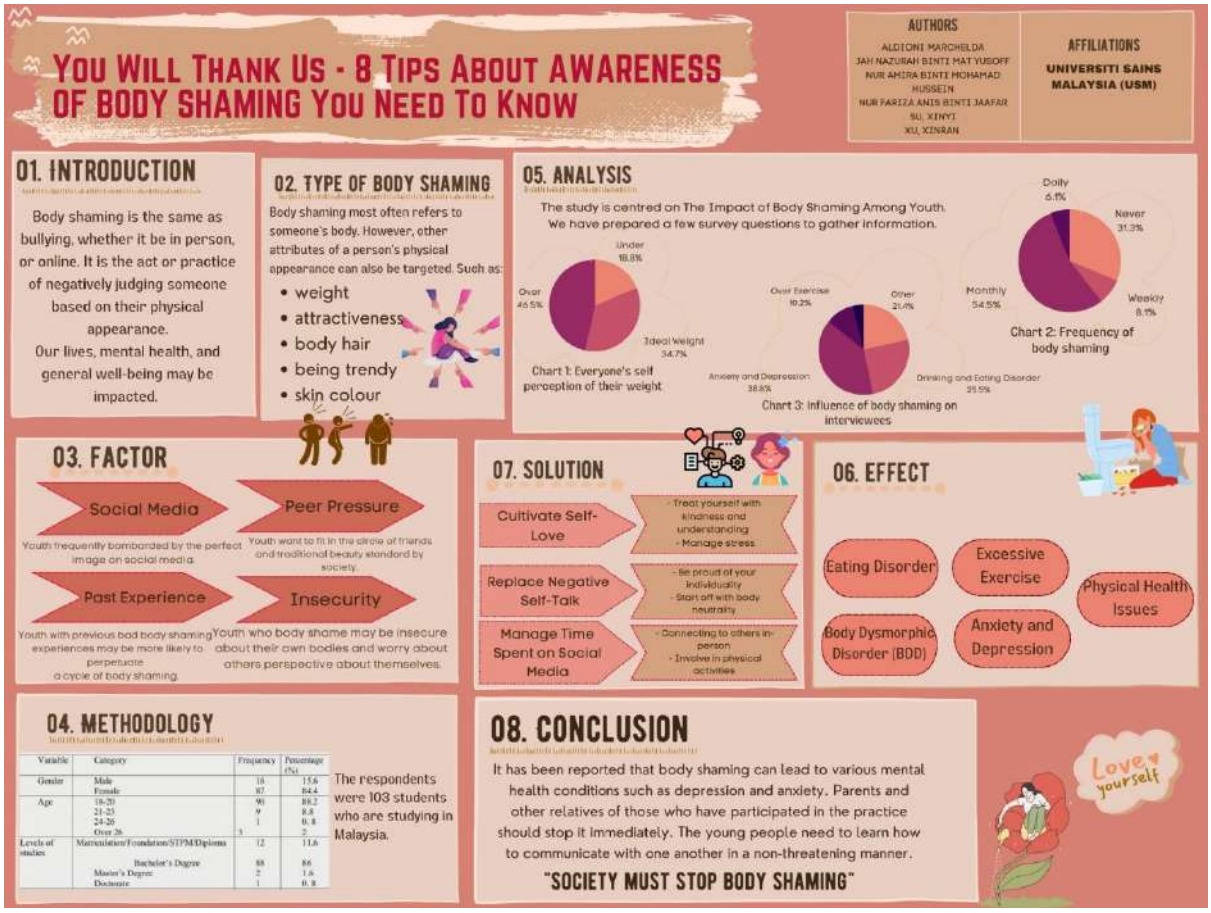
Majority (90.48%) of respondents who agreed that sports can help youth to improve their mental health and (9.25%) of respondents disagreed with sports can improve youth's mental health. Based on a research by UNICEF, research has confirmed that physical activity reduced symptoms of stress and depressions in youth, a recent study revealed that highschool athletes were less likely than non-athletes to seriously consider committing suicide (UNICEF 2018).

CONCLUSION

We explored the positive effects on youth's mental health following appropriate physical activity , which can help people adjust and regulate their emotions and behaviour. This positive impact is of immediate psychological benefit, reducing anxiety and tension. Through sports, there is an explosion of energy, more importantly, a release of pent-up unpleasant feelings. In our study, the vast majority of respondents agreed sports help to improve youth's mental health.

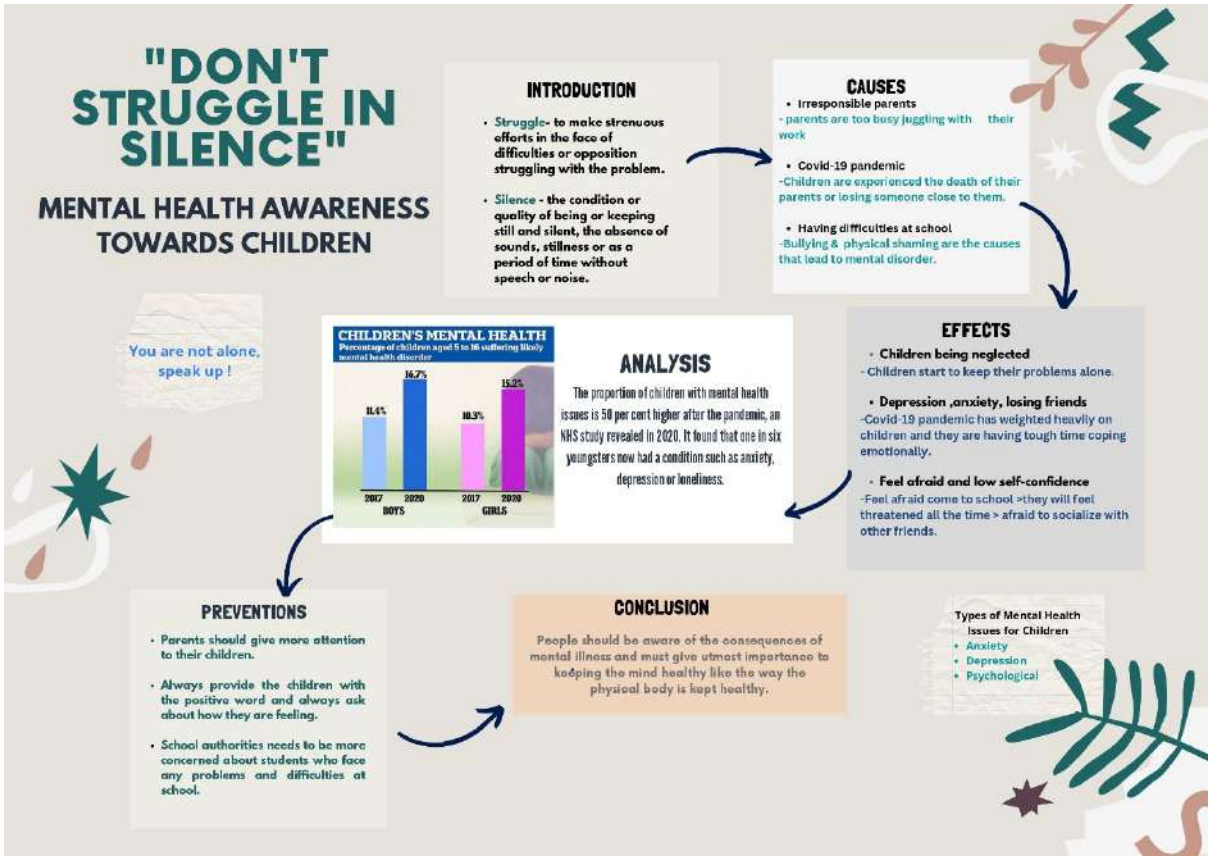
70. You Will Thank Us-8 Tips About Awareness Of Body Shaming You Need To Know

Aldioni Marchelda, Jah Nazurah Binti Mat Yusoff, Nur Amira Binti Mohamed Hussein, Su Xinyi & Xu Xinran



71. "Don't Struggle In Silence": Mental Health Awareness Towards Children

Adriana Mazlan



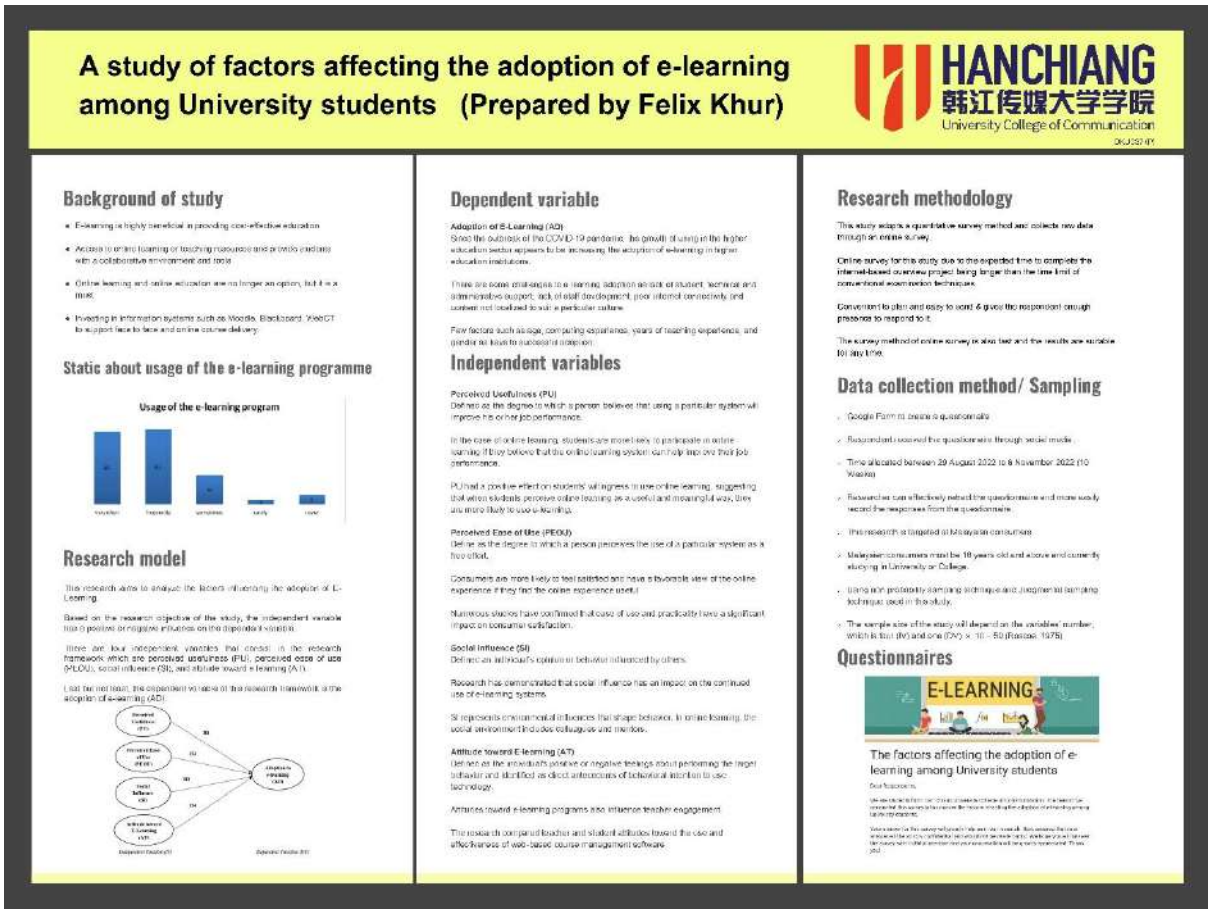
72. A Study Of Employee Retention Among Youth Employee In Penang, Malaysia

Oh Boon Jian, Tan Pei Ting & Lim Ying Xuan



73. A Study Of Factors Affecting The Adoption Of E-Learning Among University Students

Felix Khur



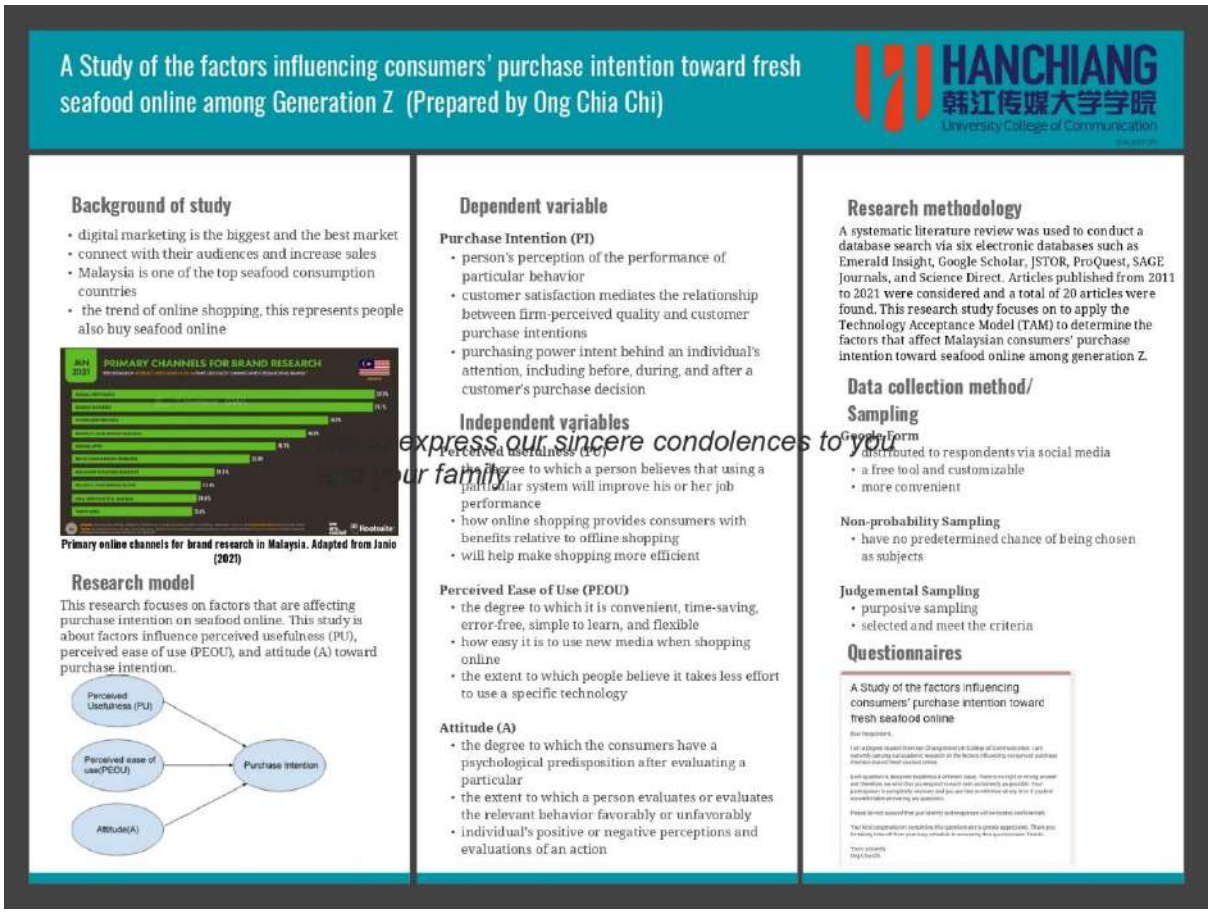
74. A Study Of Increasing Number Of Youth Cybercrime In Malaysia

Joeylim Tzeyee



75. **A Study Of The Factors Influencing Consumer's Purchase Intention Toward Fresh Seafood Online Among Generation Z**

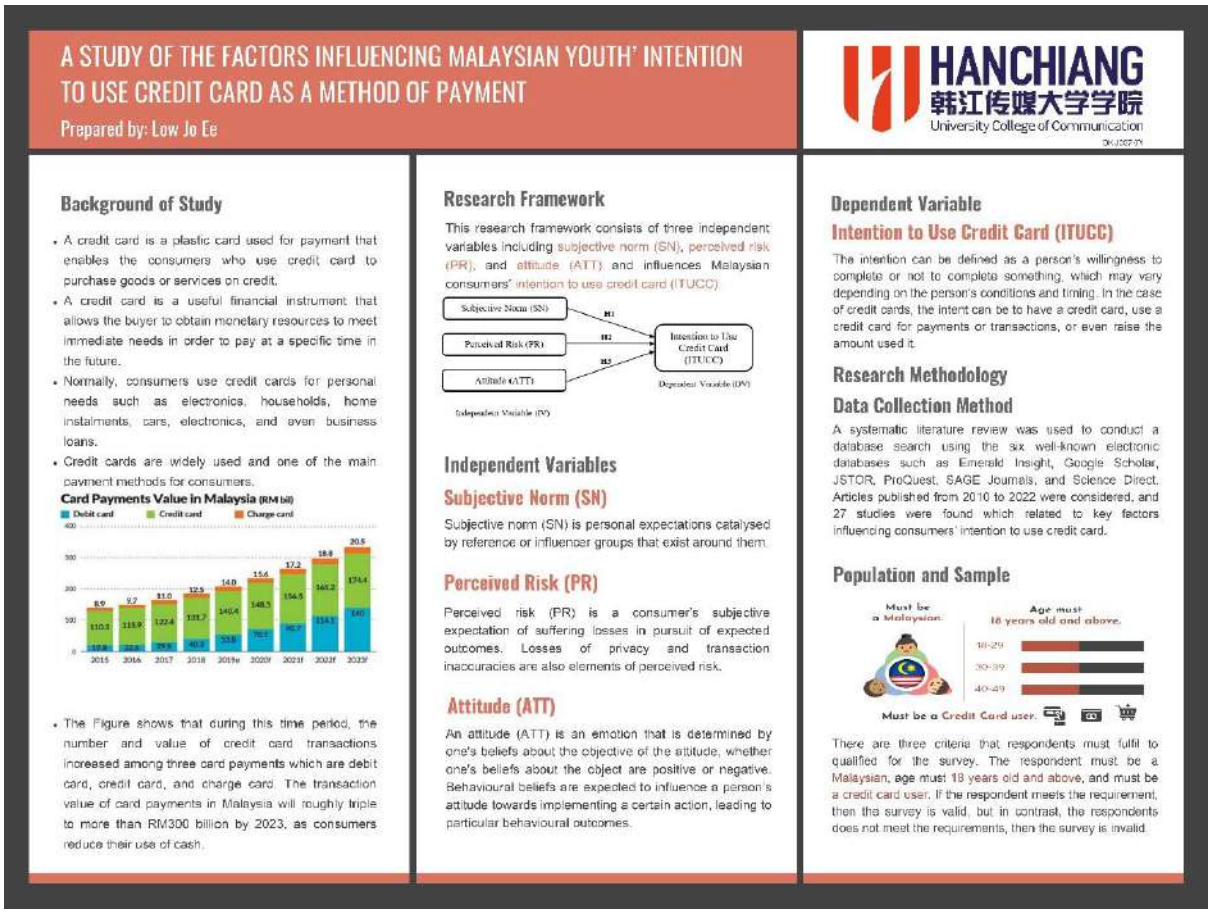
Ong Chia Chi



express our sincere condolences to you
ur family

76. A Study Of The Factors Influencing Malaysian Youth' Intention To Use Credit Card As A Method Of Payment

Low Jo Ee



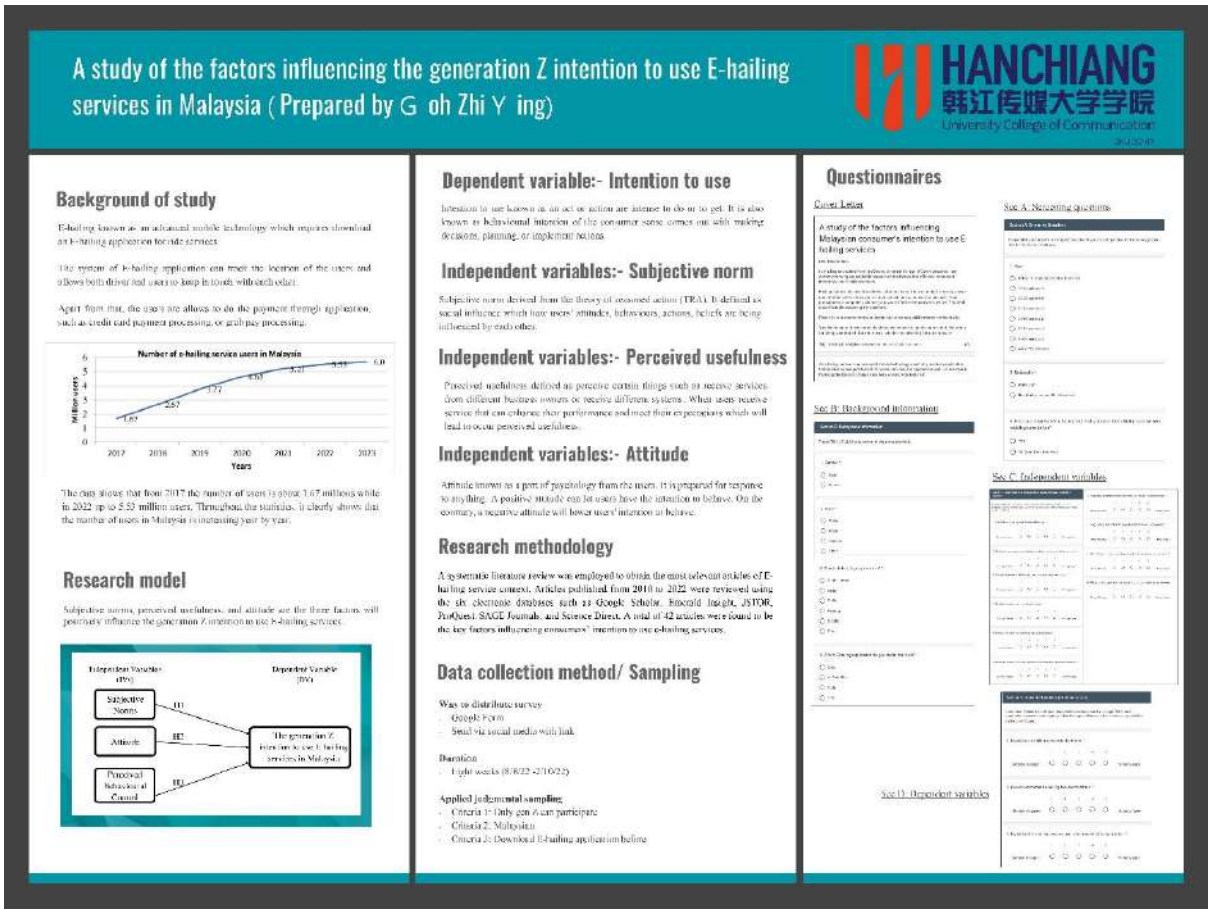
77. A Study Of Factors Influencing The Adoption Of E-Wallet Among Malaysian Users

Bay Zi Hern



78. A Study Of The Factors Influencing The Generation Z Intention To Use E-Hailing Services In Malaysia

Goh Zhi Ying



79. A Study Of Youth's Mental Health In Malaysia

Ghayathri A/P Ganesan, Sohbana A/P Paramasivam & Nur Syafiqah Binti Abdul Khalid

A Study of Youth's Mental Health In Malaysia

GHAYATHRI A/P GANESAN, SOHBANA A/P PARAMASIVAM , NUR SYAFIQAH BINTI ABDUL KHALID

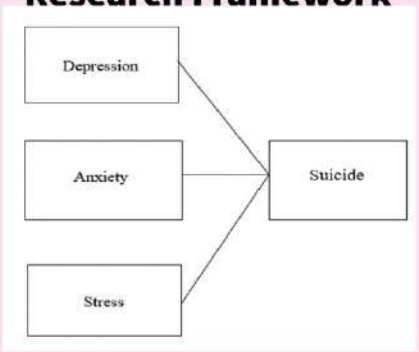
Abstract

This study intends to investigate the relationship between stress, depression, anxiety, and suicidal ideation as well as the function of these factors in predicting suicidal ideation among youths in Malaysia.

Results

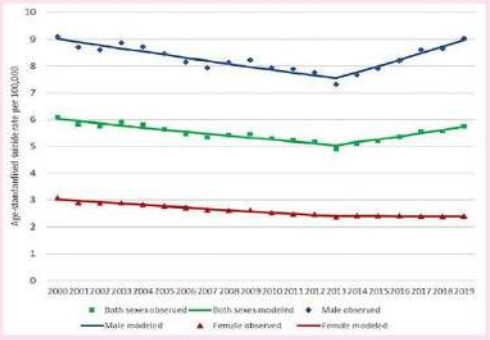
The findings of the present research can contribute to the decrease of suicide cases especially among youths in Malaysia

Research Framework



Background Study

The study concluded that stress, depression, and anxiety have significantly positive relationship with suicide among youths



Method

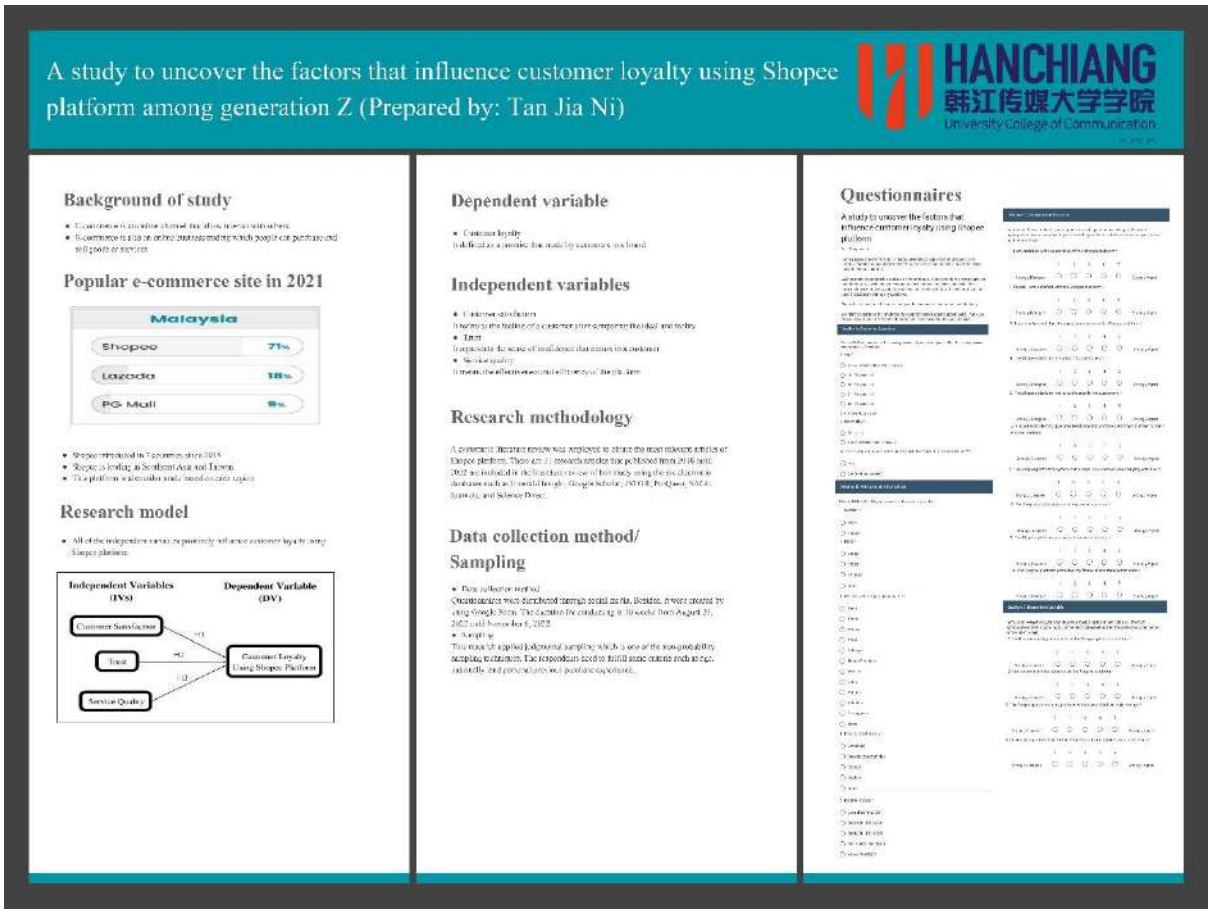
To construct a variety of survey questions and collect quantitative data for this study from Malaysian youths it was necessary to decide on the study's target population, which included young children, teens, and adults between the ages of 17 and 35

Conclusion

The present study's objective is to examine suicide behaviour effect, stress symptoms, depression symptoms and anxiety symptoms. The study also aims to test the facilitating behaviours of stress symptoms on suicide relationship, depression symptoms and anxiety symptoms.

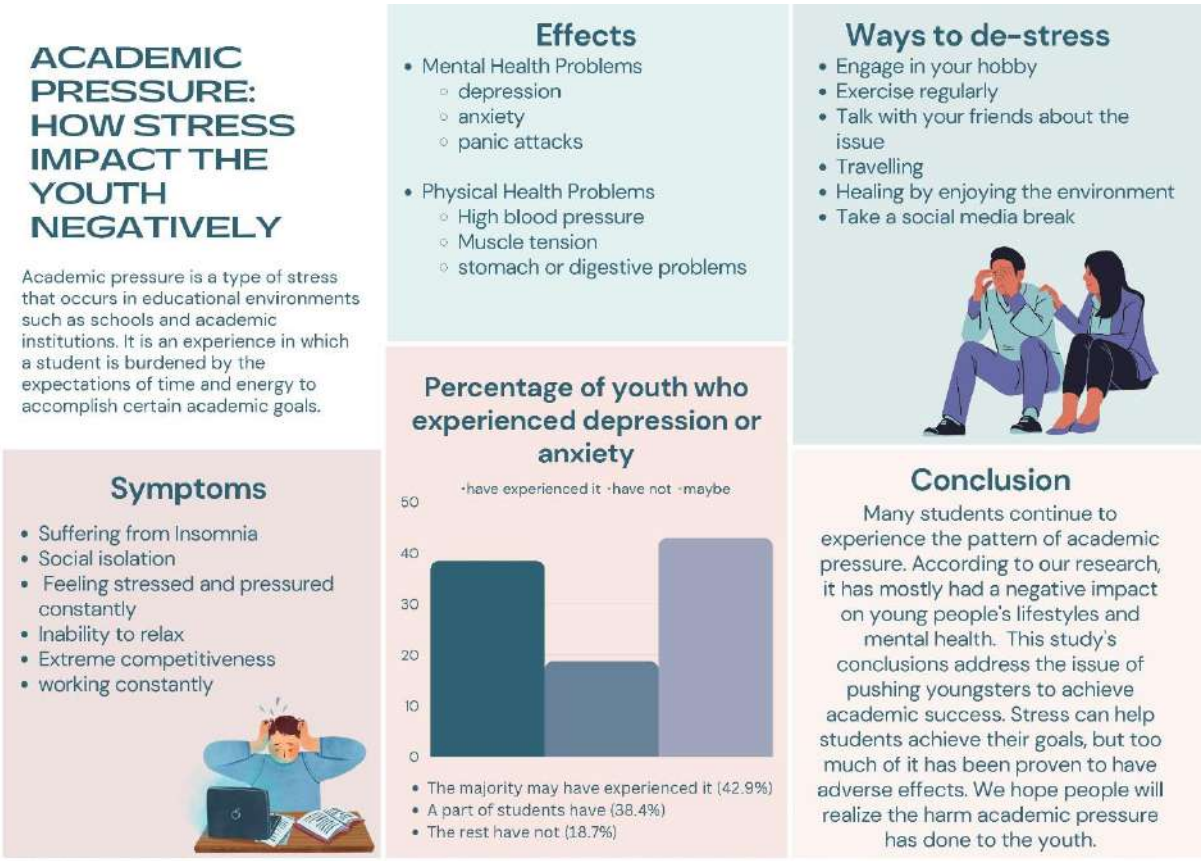
80. A Study To Uncover The Factors That Influence Customer Loyalty Using Shopee Platform Among Generation Z

Tan Jia Ni



81. Academic Pressure: How Stress Impact The Youth Negatively

Ainur Safia Binti Zamri, Aisyah Athirah Binti Mokhtar, Aisyah Syakirah Binti Muhamad Nasir, Aldean Handrian Agus, Alia Natasya Binti Saiful Bahri & Alif Irfan Bin Rosnan



82. Academic Stress On The Youth's Mental And Physical Health

Syaza Aisyah & Nur Zhafirah

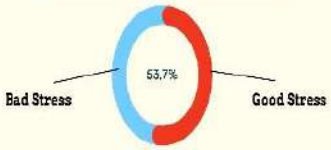
ACADEMIC STRESS ON THE YOUTHS' MENTAL AND PHYSICAL HEALTH

School of Management,
Universiti Sains Malaysia
Created by : Syaza Aisyah, Nur Zhafirah

-ABSTRACT-

This study looked at how youngsters perceived academic stress, which had a big impact on their mental and physical well-being. It also look into how academic stress can affect the youth in 3 different categories which are behavioural, psychological and physical effect

-INTRODUCTION-



Stress among undergraduate students is very common as many university students report dealing with variety levels of stress of different reasons. However, stress is part of our everyday lives and not all stress is bad. Somehow, good stress can give some beneficial effects on the mind and the body

-EFFECTS-

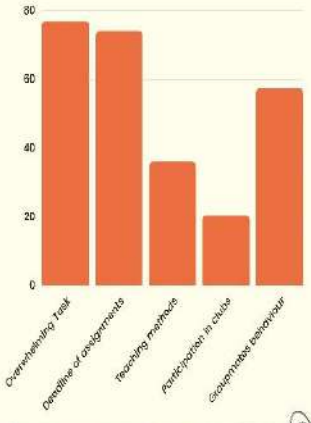
Behavioral Effects
- Mood changes and change in sleep patterns
- Decrease of efficiency and effectiveness

Emotional Effects
- Sadness, moodiness, or depression
- Feeling helpless and hopeless
- Anxiety or fear

Physical Effects
- Headache, menstrual cycle changes
- Lower back pain

-CAUSES-

Common causes of academic stress





-SOLUTION-

As per survey that was conducted :



-CONCLUSION-

In conclusion, it's undeniable that academic stress absolutely happens to every undergraduate student and affects their life pattern and physical hygiene as well. The study indicates that academic stress is a common matter in students' lives. By identifying the sub issues of each component of academic stress among university students , the study could provide better insighs to the academic administrators for initiating efforts to reduce the intensity of academic stress

83. Adversities In University Life Affect Youth Mental Health

Melophile Ns

ADVERSITIES IN UNIVERSITY LIFE AFFECT YOUTH MENTAL HEALTH

INTRODUCTION

- There are different kinds of stressful events among students, such as insecurity, aggression, physical and phychological stress and so on which may influence their life, mood and they become irritable and hopeless. Therefore, most students have experienced feelings of insecurity.
- Insecurities develop when we compare ourselves to others and feel less than.
- Based on our research, there are 83.2% of students in universities who feel insecure and intimidated when they first enter university.





FACTORS

- **Self-appearance**

The fear of being socially judged is one of the most common form of insecurity. Thoughts such as style of dress are likely to be less compatible with the latest fashions applied by the seniors, and your peers will make you feel inferior.

- **Economic level**

Anxiety may be because you cannot afford to follow your friends' lifestyles that are luxurious and spend without limit compared to you, who have to spend with frugal methods to masticate the survival of life in the university world, which all needs money.

- **Academic performance**

The fear that bothers you is when you compare your ability to learn and knowledge with others, i.e., thinking that you are not as smart and competent as most of your peers.

RESULTS/FINDINGS

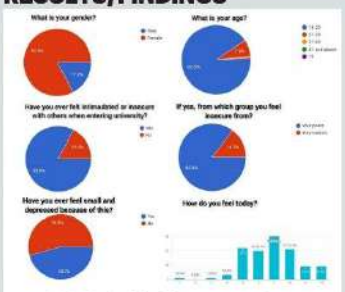


TABLE 1: Statistics of the response to the survey

EFFECTS

- **Mental health problems**

Insecurities feed mental health issues like depression, low self-esteem, and anxiety. Feel panicking over small issues and exaggerate the problems.

- **Low self-esteem**

Feel paranoid about many things, and worry about people coming over them. Do not stand out to the outside world and prefer to be alone.

- **Affect academic performance**

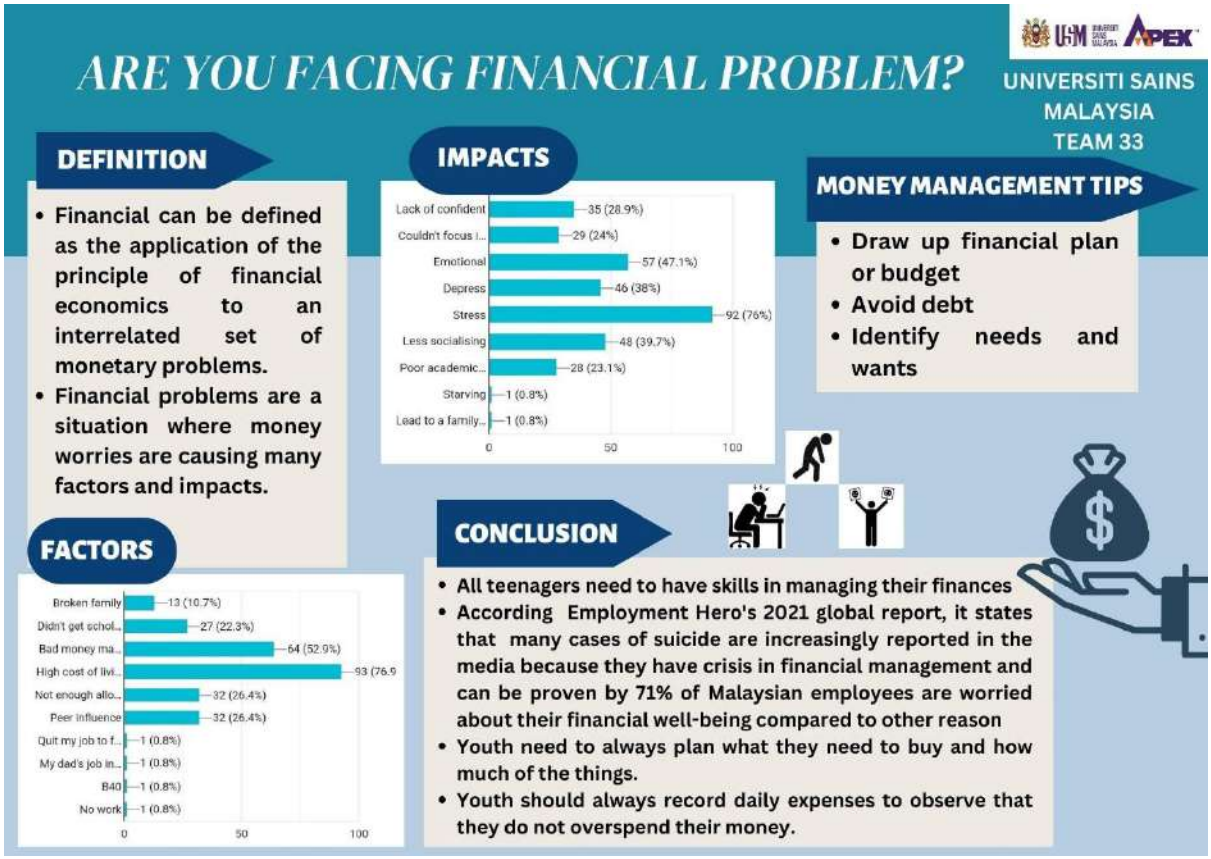
Due to low self-esteem and persistent insecure thoughts will interfere with mental health and subsequently affect academic achievement.

CONCLUSIONS

In conclusion, this study addresses the major challenge faced by first year students which are the mental health issues that may rises due to the shock of being in a new place, a new environment and due to meeting a number of people whom each has their own colours. Facing these as a first-year student was undeniably hard and that is reflected in our findings which concluded that more than 8 out of 10 people admitted to feeling inferior to peers and seniors when they first entered college. Based on that, we felt that is vital for every related community to students should enforce a higher support to students in facing this, small but impactful matter. Students, in fact anyone should be at home and in their own skin when they enter another phase of life.

84. Are You Facing Financial Problem?

Quek Ai Theng



85. Are You In Right Social Environment?

Ikhman Simp



86. Bullying Affects Youth Mental Health

Lavanya Sangara Murthy

BULLYING AFFECTS YOUTH MENTAL HEALTH

INTRODUCTION

In the 21st century, bullying has emerged as a growing widespread occurrence.

Bullying is considered as a critical health problem among youth.

Bullying cases increase year-by-year.

52% BULLIED VICTIMS AT THE AGE OF 16 AMONG YOUTH



"Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself."



RESEARCH OBJECTIVE:

- To examine psychological distress among youth, which will cause to bullying.
- To investigate whether unfairness of teachers in school will affect to bully.
- To evaluate the attitudes, beliefs and behaviours of a bully.

RESULTS:

- When psychological distress increases, bullying increases.
- When unfairness of teachers increases, bullying increases.
- When attitudes, beliefs and behaviours become more aggressive, bullying will be increasing.



"We are helping hands that reach out to the lonely and confused. Together, we can stand up to bullying."

CONCLUSION:

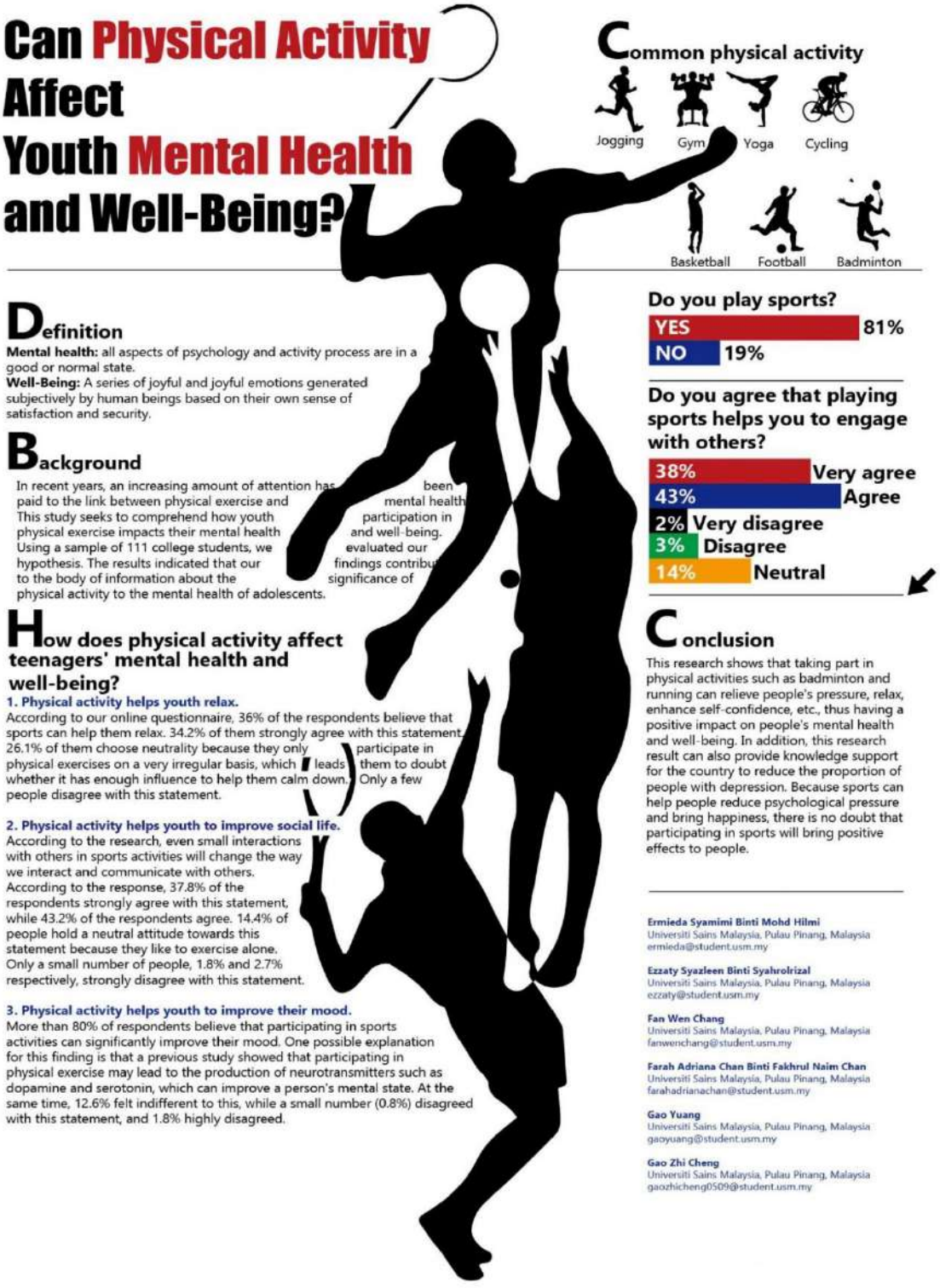
- Awareness among school talk
- School Policy:

Protect the students / identify the bully

STOP BULLYING. NO ONE DESERVES TO FEEL WORTHLESS.

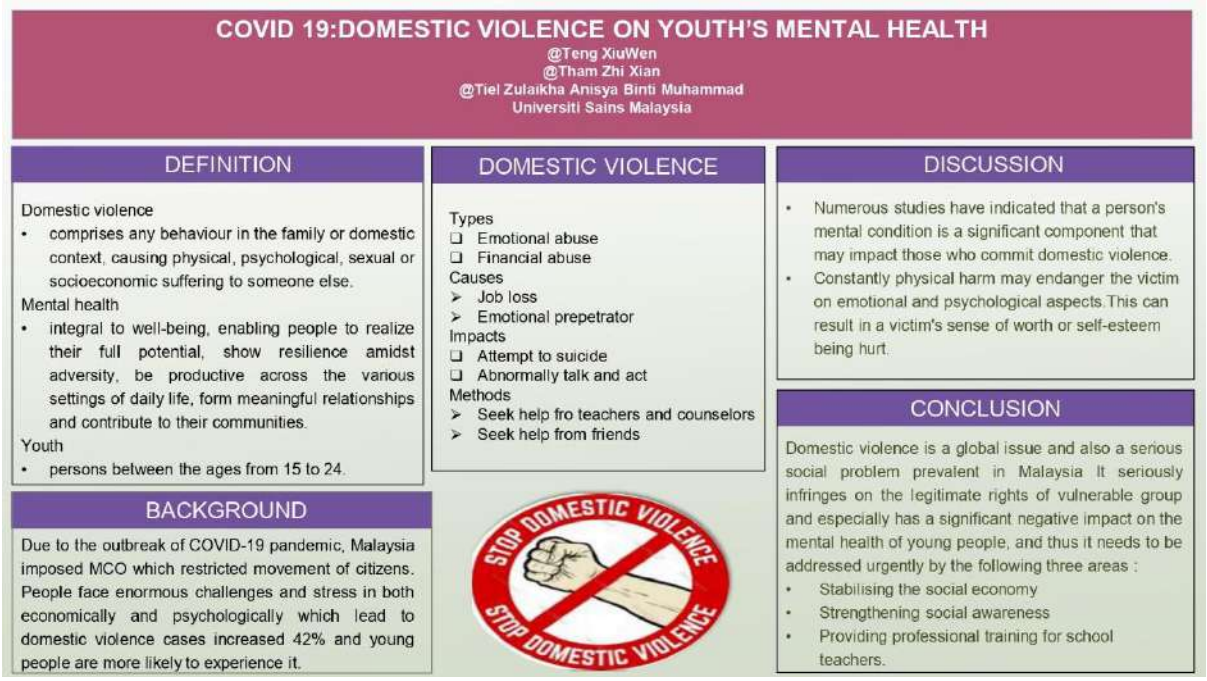
87. Can Physical Activity Affect Youth Mental Health And Well-Being?

Ermieda Syamimi Binti Mohd Hilmi, Ezzaty Syazleen Binti Syahrolrizal, Fan Wen Chang, Farah Adriana Chan Binti Fakhrul Naim Chan, Guo Yuang & Gao Zhi Cheng



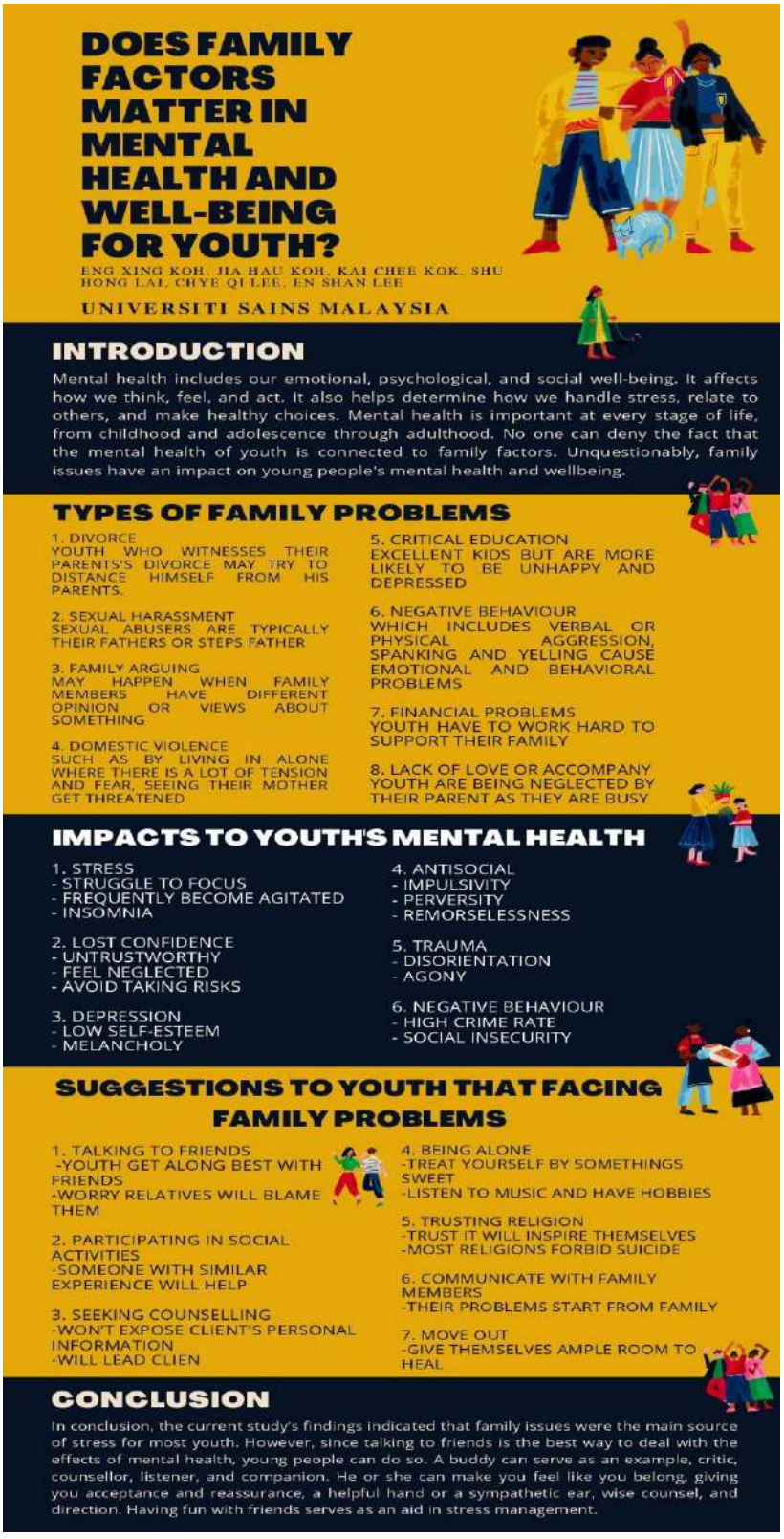
88. Covid 19: Domestic Violence On Youth's Mental Health

Teng Xiu Wen, Tham Zhi Xian & Tiel Zulaikha Anisya Binti Muhammad



89. Does Family Factors Matter In Mental Health And Well-Being For Youth?

Eng Xing Koh, Jia Hau Koh, Kai Chee Kok, Shu Hong Lai, Chye Qi Lee & En Shan Lee



90. Educational Pressure Under The Influence Of Covid-19 Affects Mental Health And Well- Being Of Students: A Case Study In Universiti Sains Malaysia

Kim Seoggyeom, Mochamad Fa'iq, Muhammad Rezky Syahputra, Ricarda Hackl, Sophie Jenewein & Till Lucas Roessler

EDUCATIONAL PRESSURE UNDER THE INFLUENCE OF COVID-19 AFFECTS MENTAL HEALTH AND WELL-BEING OF STUDENTS: A CASE STUDY IN UNIVERSITI SAINS MALAYSIA

KIM SEOGGYEOM, MOCHAMAD FA'IQ, MUHAMMAD REZKY SYAHPUTRA, RICARDA HACKL, SOPHIE JENEWEIN, TILL LUKAS ROESSLER
Universiti Sains Malaysia

1 INTRODUCTION

As the pandemic continues, mental health issues are taking a growing toll across the country. In most parts of the world, social isolation, economic insecurity and the loss of loved ones have become major drivers of anxiety, depression, and stress. Our intention is to examine if the students feel any kind of pressure and if so, what causes this pressure. Furthermore, we are willing to find out the exact psychological symptoms the students are suffering from. We also want to point out what the students need when they feel mentally unstable and what exactly the university can do to prevent mental health issues. Due to our research, mental health in Malaysia is not widely accepted, yet. With this paper, we want to raise awareness for mental health as well as acceptance.

2 MAIN REASON

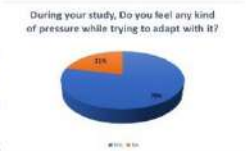
- Students feel overwhelmed by the grade-level competition and the need to get a huge amount of knowledge in a short time
- Lack of classroom climate
- Boring online classes
- Heavy workload

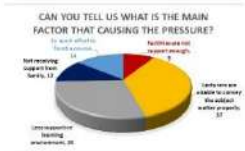
3 AFTER EFFECT

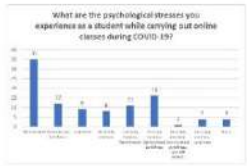
- loneliness and social isolation (about 75%)
- Demotivation
- Students have a limited capacity to absorb information
- an increase from 35% to 59%, between September and November 2020, in the younger age group that currently feels more stressed

4 ANALYSIS RESULT

Based on our analysis, 58% of our respondents are female and the rest are males. 79% of them are experiencing the same thing, and that is the pressure from their study during the pandemic. The main factor behind this pressure is that they feel the study environment is not supportive of them. Because of that, most of them feel demotivated to continue their study. The feeling of being demotivated also makes them just do their best to study, and this kind of feeling makes them feel so pressured. Unfortunately, 49% of them experience a mental breakdown of this pressure.







5 CONCLUSION

A majority of the students feel pressure caused by teaching style through online classes, most state that the lecturers are unable to convey topics propper and they struggle with the lack of support throughout online classes. The conclusion is that most participants have symptoms of unsteady emotions, and feeling lonely and unmotivated, which in the end, are reasons for mental health issues. In conclusion, this study can serve as a guideline for USM, on how distance learning can affect students' mental health, and set the foundation for discussions on what to change in order to prevent mental health issues.

91. Factors Affecting Depression Rate Increase Among Youth In Penang, Malaysia

Kian Feng Ong, Yoong En Khor & Nur Emmielya Fatin



92. Factors That Trigger Anxiety Disorder Among Youth

Vmal

Factors that trigger anxiety disorder among youth

ABSTRACT

Mental health issues are being acknowledged by the society and people are looking for effective ways to overcome it.This research paper discusses the factors that trigger anxiety disorders among youth. Risk factors associated with anxiety disorders among youth should be identified as early as possible to provide them with additional mental health support.

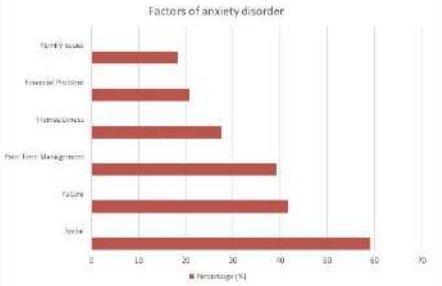
INTRODUCTION

In the past few years, anxiety disorders has aroused people's concern. United Nations defines "youth" as people between the ages of 15 and 24 for statistical reasons. It is estimated that 4.6% of youth experience an anxiety disorder. Anxiety is typically characterized by a feeling of unease, worry, fear, dread, or nervousness in relation to something that is about to occur or that may occur. Generalized anxiety disorder (GAD), social anxiety disorder (SAD), separation anxiety disorder, and post-traumatic stress disorder (PTSD) are a few examples of anxiety disorders. It is possible for one to struggle with multiple anxiety disorders at the same time. Anxiety disorders can lead to depression, which can make a person commit suicide. Data from 120 respondents, aged 15 to 24, were collected using quantitative research method to get know more about anxiety disorder and the factors that trigger to it among youth so that affective ways can be taken to solve it.

RESULT



The types of anxiety disorders that are being experienced by the youth. The chart shows that social anxiety disorder is the most prevalent type of anxiety disorder that can be found among respondent which is 31.7% of respondents had experienced it. Specific phobias which is only experienced 6.7% and it shows the rarest type of anxiety among respondents .



The most prevalent factor that triggers an anxiety social factor which 59.2% of 120 respondents agree with it. Social anxiety disorder symptoms typically start in the teenage years. 41.7% of respondents opted for the future because they were concerned about their employment prospect in the future. 39.2% of respondets named poor time management as a contributing issue, 20.8% of respondents claimed to be homesick 18.3% to have familial issues and 27.5% to have financial problems.

METHODS

The research methods that has been used to get to know about the factors that causes anxiety disorder among youth

i. Quantitative Research Method

- *Google form.*
- *The link was shared to respondents which at the end answered by 120 respondents.*

ii. Literature Study

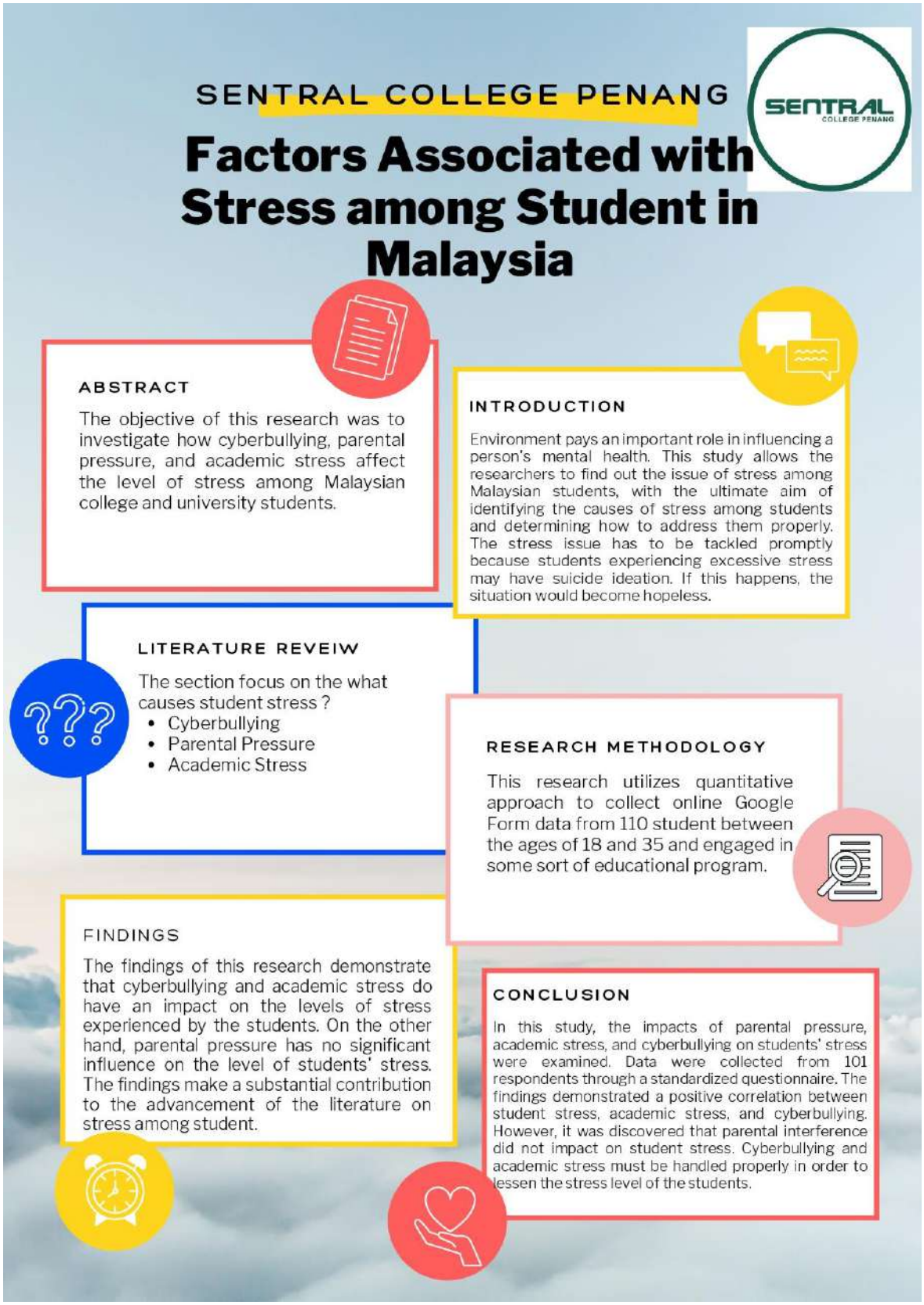
- *Past Reasearches related to this research paper were identified in order to observe the changes that happens in young people's mental state.*

CONCLUSION

Anxiety is a normal but highly subjective,human emotion. While normal anxiety serves a beneficial and adaptive purpose, anxiety can also become the cause of tremendous suffering foe million of people. Most of our respondents answered that they might be affected by anxiety disorders and the rest were no, yes and not sure. Our respondents mostly from Chinese which is 59.2%, 36.7% is Malay and the rest Indian.The prevalence of anxiety disorders may contribute to a decrease in the quality of life. The findings also that social environment is also the biggest factors that trigger anxiety disorders among youth which is 55% of the respondents say it. Considering social anxiety is highly common among youth , many could be suffering without knowing why they react the way they do or how to handle the unpleasant emotions.The outcome of this research can serve as the evident baseline data and will help in managing the issue appropriately.

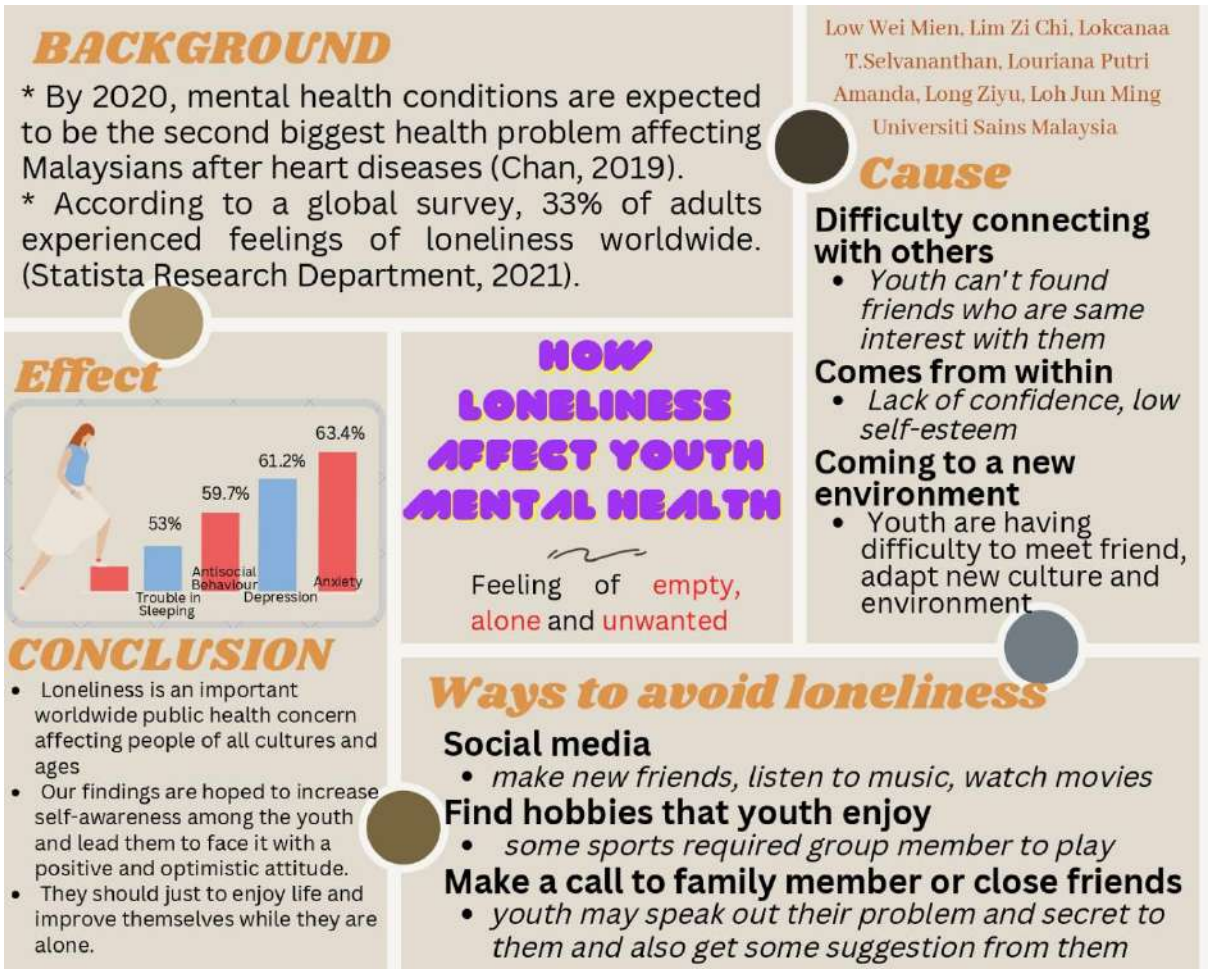
93. Factors Associated With Stress Among Student In Malaysia

Tee Wei Xian



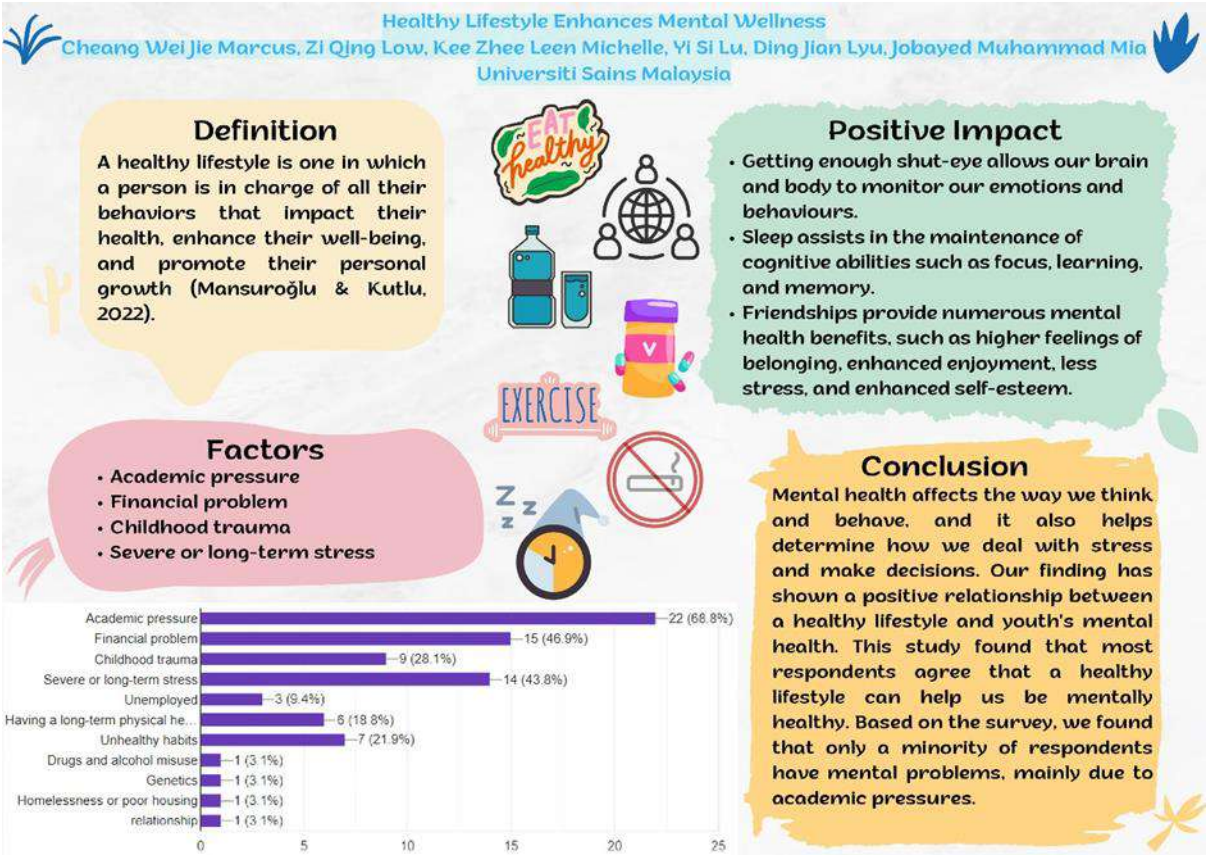
94. How Loneliness Affect Youth Mental Health

Low Wei Mien, Lim Zi Chi, Lokcanaa T.Selvananthan, Louriana Putri Amanda, Long Ziyu & Loh Jun Ming



95. Healthy Lifestyle Enhances Mental Wellness

Cheang Wei Jie Marcus, Zi Qing Low, Kee Zhee Leen Michelle



96. How Past School Bullying Affects Youth Ability To Socialize In Big Society

Anis Sofea Binti Abdul Wahid, Meng Yi Fei, Teng Li Qian, Ainnur Syazwin Binti Roslan, Jirra Perbawa A, J & Johannes Wolfgang Adamu

How Past School Bullying Affects Youth Ability to Socialize In Big Society

ANIS SOFEA BINTI ABDUL WAHID MENG YI FEI TENG LI QIAN AINNUR SYAZWIN BINTI ROSLAN
JIRRA PERBAWA A. J. JOHANNES WOLFGANG ADAMU
UNIVERSITI SAINS MALAYSIA

Introduction

Bullying in school affects the entire educational environment and has an impact on one's social life. It has become an important and complex global public health issue. School bullying remains a frequent topic in the news, which highlights the ongoing public concern and continual need for anti-bullying work in schools.

What is bullying?

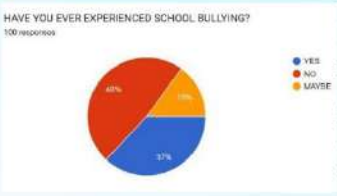
Bullying is an act of aggression among individuals especially among school aged children, but it could also happen with university students. This type of aggressive behavior involves usually a person or a group where they have the position power to purposely intimidate, abuse emotionally and physically, or coerce the victim of bullying to harm others. The incidents of bullying usually consist of three characteristics:

- Intentional
- Repeated- an act of aggression that occurred frequently over time to the same people
- Power imbalance

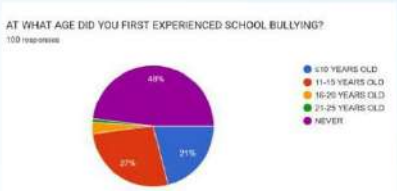
Types Of School Bullying

- Physical bullying
- Verbal Bullying
- Cyberbullying

Percentages Of How Many Respondents Ever Experienced School Bullying:



The diagram show a survey on the topic of whether the respondents had ever come into contact with school bullying. In a neutral survey with the possible answers yes, no, maybe, 48% of the respondents surveyed answered no. The results were not positive. However, 37% of the respondents stated that they had already had experiences. And 15% answered with maybe.



The diagram show a survey ran under the heading: At what age did you first experience school bullying. The participants were asked to choose one of the age groups. 21% of the respondents said they had their first experience of bullying when they were under 10 years old.From 11-15 years old, it was still 27%. In the 16-20 age group, experiences dropped sharply to just 3% and in the 21-25 age group, the number dropped further to 1%. Both surveys were answered by 100 participants.

Effects Of School Bullying

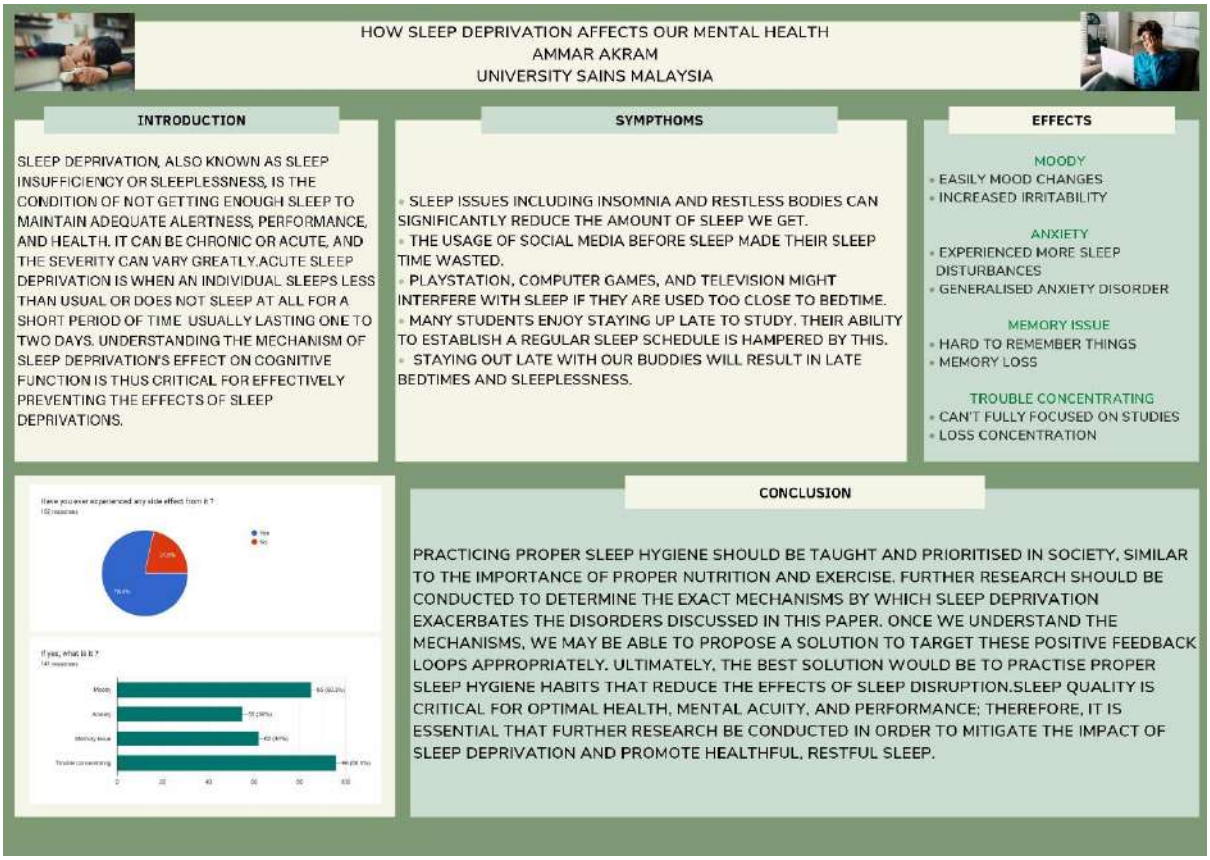
- *Depression and anxiety, increased feelings of sadness loneliness*
- *Changes in sleep*
- *Changes in eating patterns*
- *Loss of interest in activities they used to enjoy*
- *Decreased academic achievement-more likely to miss, skip, or drop out of school*

Conclusion

School bullying is pervasive and most children will probably experience it at some stage, either as a witness, a victim, or by being a bully themselves. Large-scale surveys show that it happens across the world, though it can involve different behaviors and have different meanings in different countries. Telling someone usually helps, but this does depend upon how well it is acted upon by the school. Factors at both the individual and social level appear to be important causes of bullying. Family and peer relationships have been identified as important for children who bully, are victimized and are bully/victims. All three groups share some individual characteristics. Bullying is a group process involving the whole peer group, and can be more likely to occur in some classes or years than others. However, more research is needed to uncover the exact nature of the group processes involved, and how they interact with individual differences.

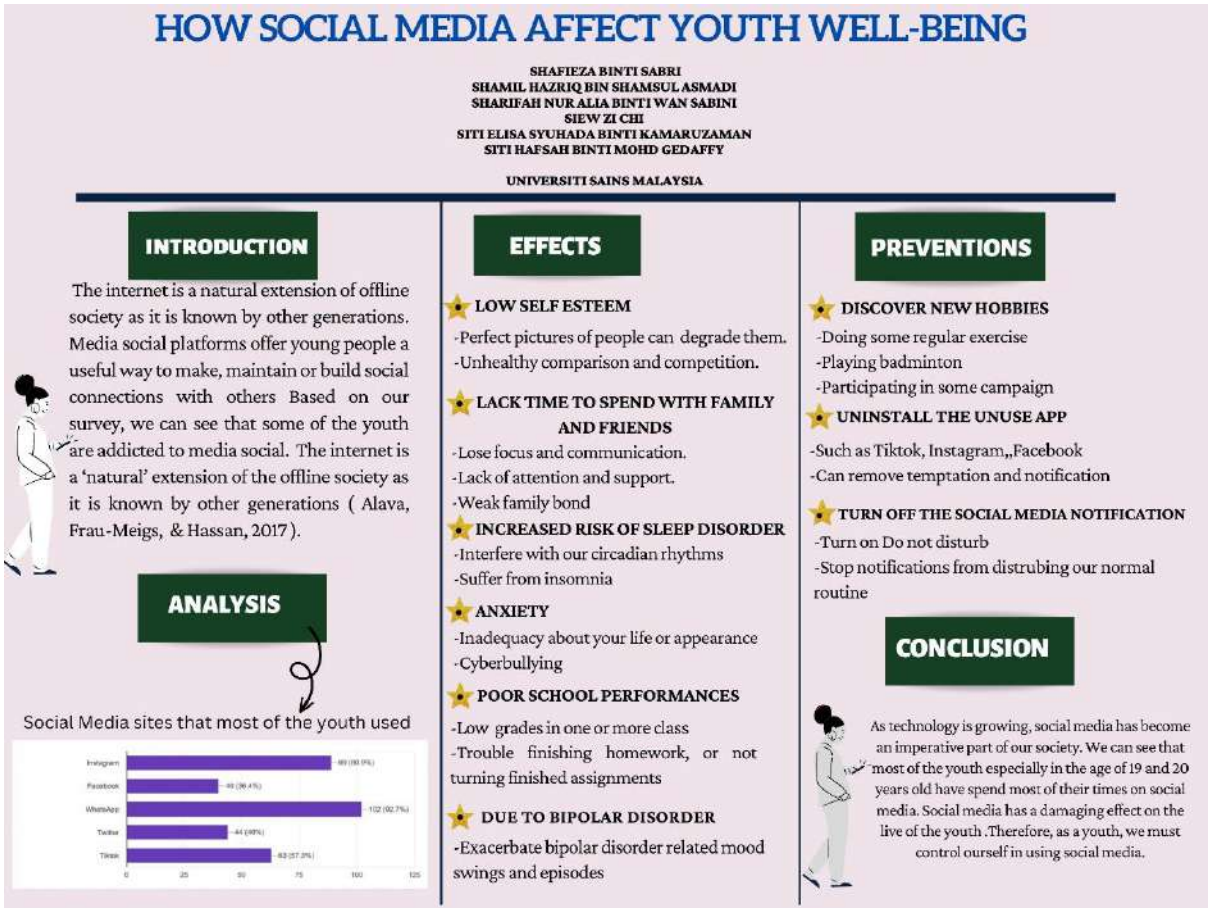
97. How Sleep Deprivation Affects Our Mental Health

Ammar Akram



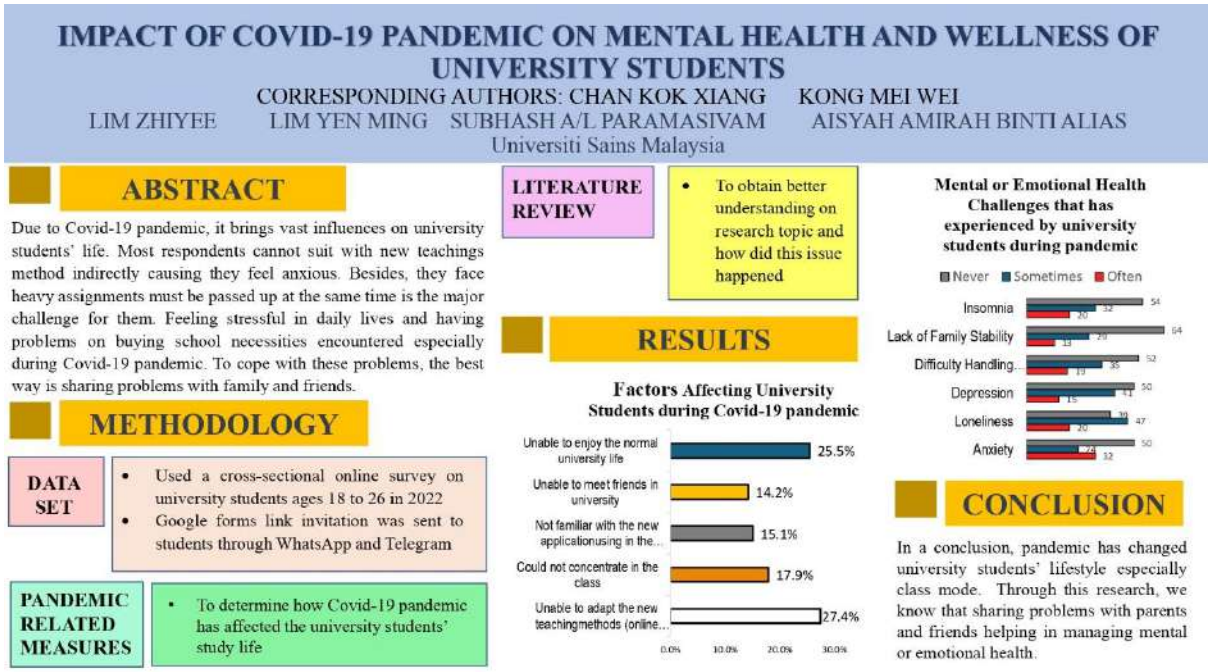
98. How Social Media Affect Youth Well-Being

Shafieza Binti Sabri, Shamil Hazriq Bin Shamsul Asmadi, Sharifah Nur Alia Binti Wan Sabini, Siew Zi Chi, Siti Elisa Syuhada Binti Kamaruzaman & Siti Hafsah Binti Mohd Gedaffy



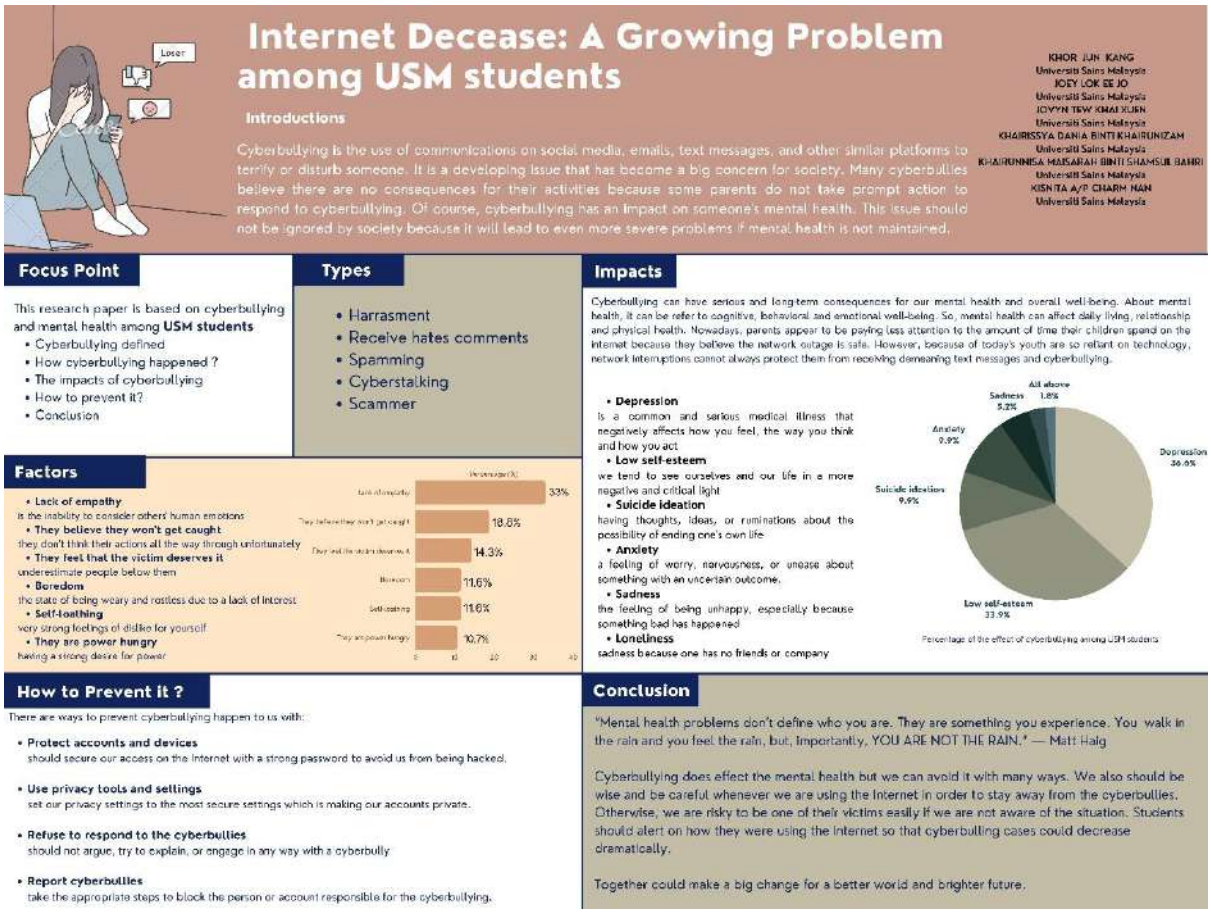
99. Impact Of Covid-19 Pandemic On Mental Health And Wellness Of University Students

Chan Kok Xiang, Kong Mei Wei, Lim Zhi Yee, Lim Yen Ming, Subhash A/L Paramasivam, & Aisyah Amirah Binti Alias



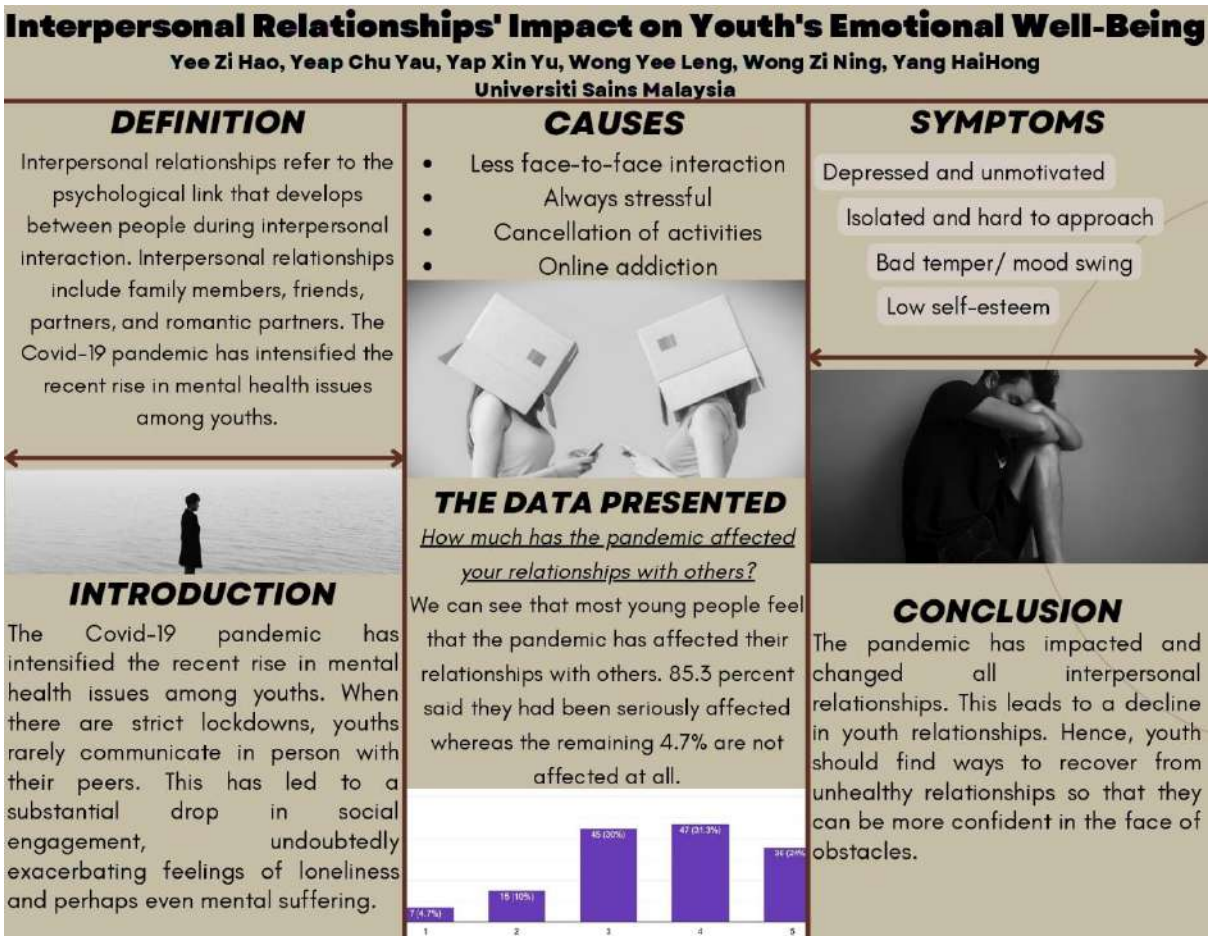
100. Internet Decease: A Growing Problem Among USM Students

Khor Jun Kang, Joey Lok Ee Jo, Jovyn Tew Khai Xuen, Khairissya Dania Binti Khairunizam, Khairunnisa Maisarah Binti Shamsul Bahri & Kisnita A/P Charm Nan



101. Interpersonal Relationship's Impact On Youth's Emotional Well-Being

Yee Zi Hao, Yeap Chu Yau, Yap Xin Yu, Wong Yee Leng, Wong Zi Ning, & Yang Hai Hong



102. Mental Health And Well-Being: Increasing Awareness Of Youth Depression

Deeyb N.

MENTAL HEALTH AND WELL-BEING

Increasing Awareness of Youth Depression

ABSTRACT

Depression is a popular and critical medical issue that has a negative impact on your feelings, thoughts, and actions. Although student depression is not common, it is still necessary to treat it effectively. Mental health awareness is an important initiative to improve understanding of mental health conditions and increase access to healthcare for those who need it. My research show about 61.68% aged 18-26 years old had problems with their daily life due to emotional problems such as feeling depressed, sad, or anxious.

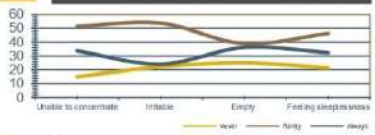
METHODOLOGY

DATA SET

108 youngsters aged 18-26 be our respondents

QUANTITATIVE DATA	MEASUREMENT VARIABLE
Use Questionnaire :	Correlation
Demographic	Spss
Situations faced due to mental health and depression	Employed descriptive analysis

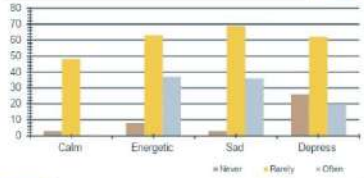
RESULTS OF EFFECT



- **Unable to concentrate** — Can't think clearly and work performance could be affected
- **Empty** — Feeling lonely, sad numb, or disconnected from the world
- **Feeling sleeplessness** — Inability to obtain sufficient sleep, especially when overthinking
- **Irritable** — Becoming annoyed and angry easily



RESULTS OF FEELING



WAYS TO PREVENT

DEPRESSION	STRESS
Socialize	Go to bed earlier
Get active	Exercise each day
Build strong relationships	Eat healthy and balanced diet

CONCLUSION

Mental well-being is important for both the affected and the non-affected. Healthy people can become mentally ill due to stressors, in addition to the causes and stressors previously covered. We should be concerned about this mental health issue because this issue affects students in terms of their lives and studies even though it seems normal to some people.

103. Mental Health Issue Among Youth In Malaysia

Chong Yong Yi, Chang Jie Lun, & Yarshinni A/P Nagenthran

MENTAL HEALTH ISSUE AMONG YOUTH IN MALAYSIA

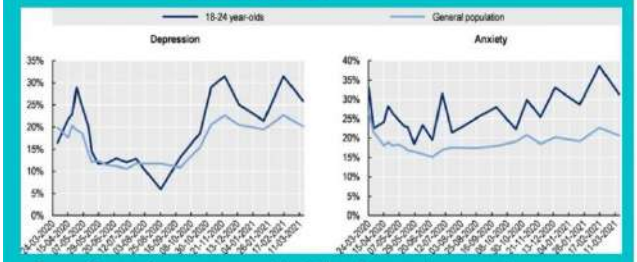
ABSTRACT

This paper is to study the mental health issues among working young adults. Mental health is important at every stage of life, from childhood and adolescence through adulthood but it is not very much acknowledged.

BACKGROUND STUDY

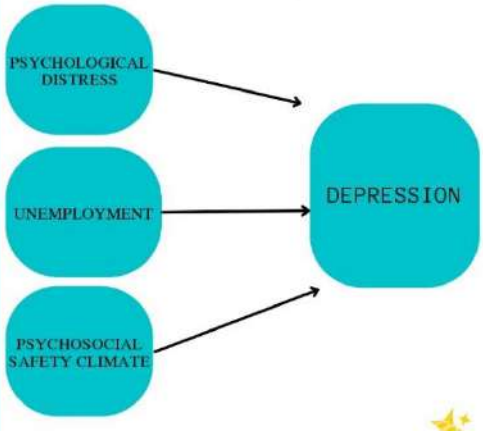
The study concluded that Psychological distress, Unemployment and Psychosocial safety climate

METHOD



From figure 1, we can see that the depression case is increase from 2020 to 2021.This cause that gender differences in the prevalence of anxiety and depression among young people appear to have persisted or widened in some OECD countries. Anxiety and depression, the two most common forms of mental health conditions, are more prevalent among young women based on self-reported measures (Van Droogenbroeck, Spruyt and Keppens, 2018[11]).

RESEARCH FRAMEWORK



RESULTS

The findings of the present research can contribute to the decrease of mental health cases especially among youths in malaysia.



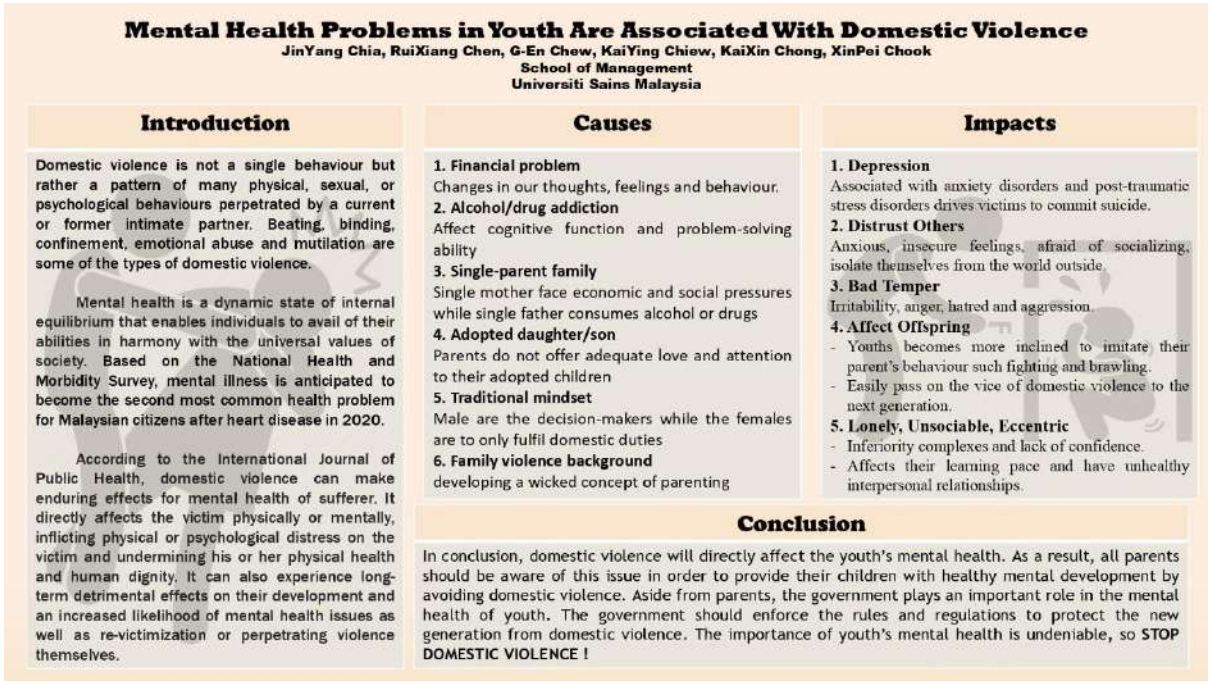
CONCLUSION

The mind is one of the body's most potent organs, controlling the operation of every other organ. When our minds are unstable, it affects how well our bodies are able to function as a whole.

Chong Yong Yi, Chang Jie Lun, Yarshinni A/P Nagenthran

104. Mental Health Problems In Youth Are Associated With Domestic Violence

Jin Yang Chin, Rui Xiang Chen, G-En Chew, Kai Ying Chiew, Kai Xin Chong & Xin Pei Chook



Mental Health Problems in Youth Are Associated With Domestic Violence

JinYang Chia, RuiXiang Chen, G-En Chew, KaiYing Chiew, KaiXin Chong, XinPei Chook
School of Management
Universiti Sains Malaysia

Introduction

Domestic violence is not a single behaviour but rather a pattern of many physical, sexual, or psychological behaviours perpetrated by a current or former intimate partner. Beating, binding, confinement, emotional abuse and mutilation are some of the types of domestic violence.

Mental health is a dynamic state of internal equilibrium that enables individuals to avail of their abilities in harmony with the universal values of society. Based on the National Health and Morbidity Survey, mental illness is anticipated to become the second most common health problem for Malaysian citizens after heart disease in 2020.

According to the International Journal of Public Health, domestic violence can make enduring effects for mental health of sufferer. It directly affects the victim physically or mentally, inflicting physical or psychological distress on the victim and undermining his or her physical health and human dignity. It can also experience long-term detrimental effects on their development and an increased likelihood of mental health issues as well as re-victimization or perpetrating violence themselves.

Causes

1. **Financial problem**
Changes in our thoughts, feelings and behaviour.
2. **Alcohol/drug addiction**
Affect cognitive function and problem-solving ability
3. **Single-parent family**
Single mother face economic and social pressures while single father consumes alcohol or drugs
4. **Adopted daughter/son**
Parents do not offer adequate love and attention to their adopted children
5. **Traditional mindset**
Male are the decision-makers while the females are to only fulfil domestic duties
6. **Family violence background**
developing a wicked concept of parenting

Impacts

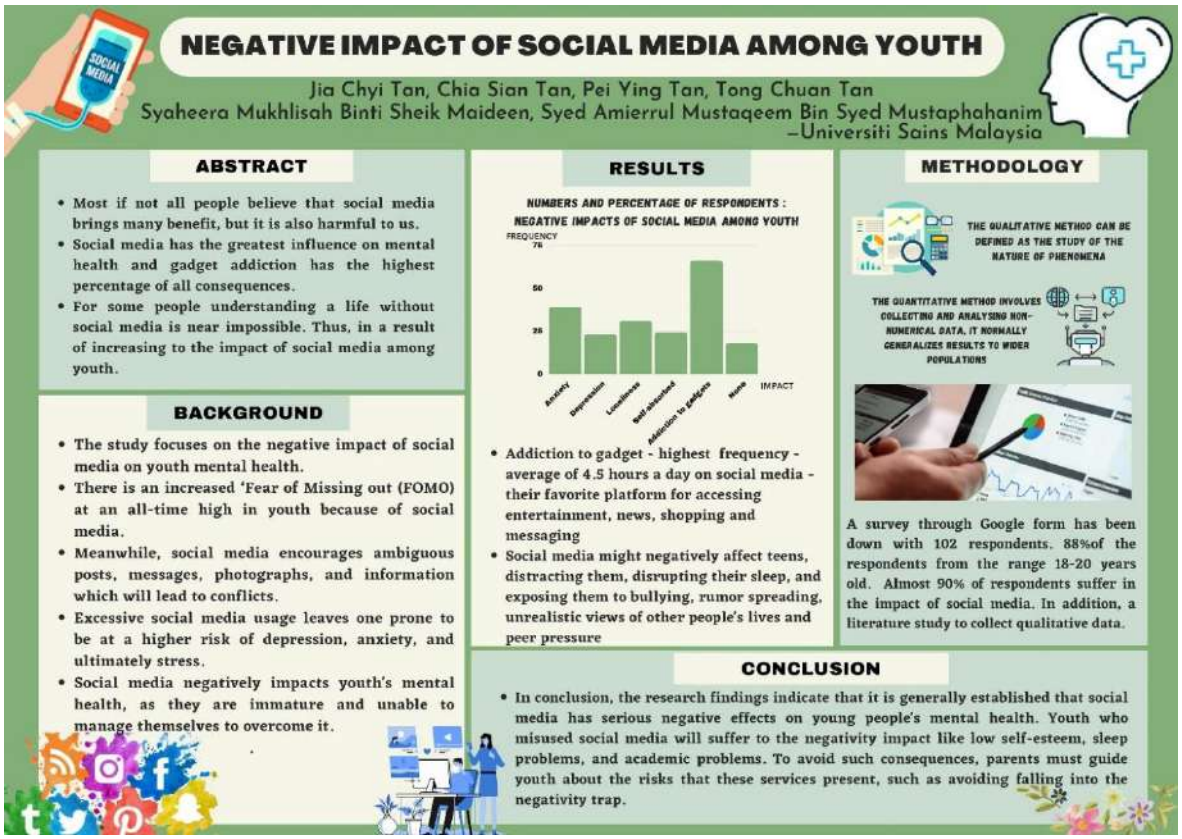
1. **Depression**
Associated with anxiety disorders and post-traumatic stress disorders drives victims to commit suicide.
2. **Distrust Others**
Anxious, insecure feelings, afraid of socializing, isolate themselves from the world outside.
3. **Bad Temper**
Irritability, anger, hatred and aggression.
4. **Affect Offspring**
- Youths becomes more inclined to imitate their parent's behaviour such fighting and brawling.
- Easily pass on the vice of domestic violence to the next generation.
5. **Lonely, Unsociable, Eccentric**
- Inferiority complexes and lack of confidence.
- Affects their learning pace and have unhealthy interpersonal relationships.

Conclusion

In conclusion, domestic violence will directly affect the youth's mental health. As a result, all parents should be aware of this issue in order to provide their children with healthy mental development by avoiding domestic violence. Aside from parents, the government plays an important role in the mental health of youth. The government should enforce the rules and regulations to protect the new generation from domestic violence. The importance of youth's mental health is undeniable, so **STOP DOMESTIC VIOLENCE !**

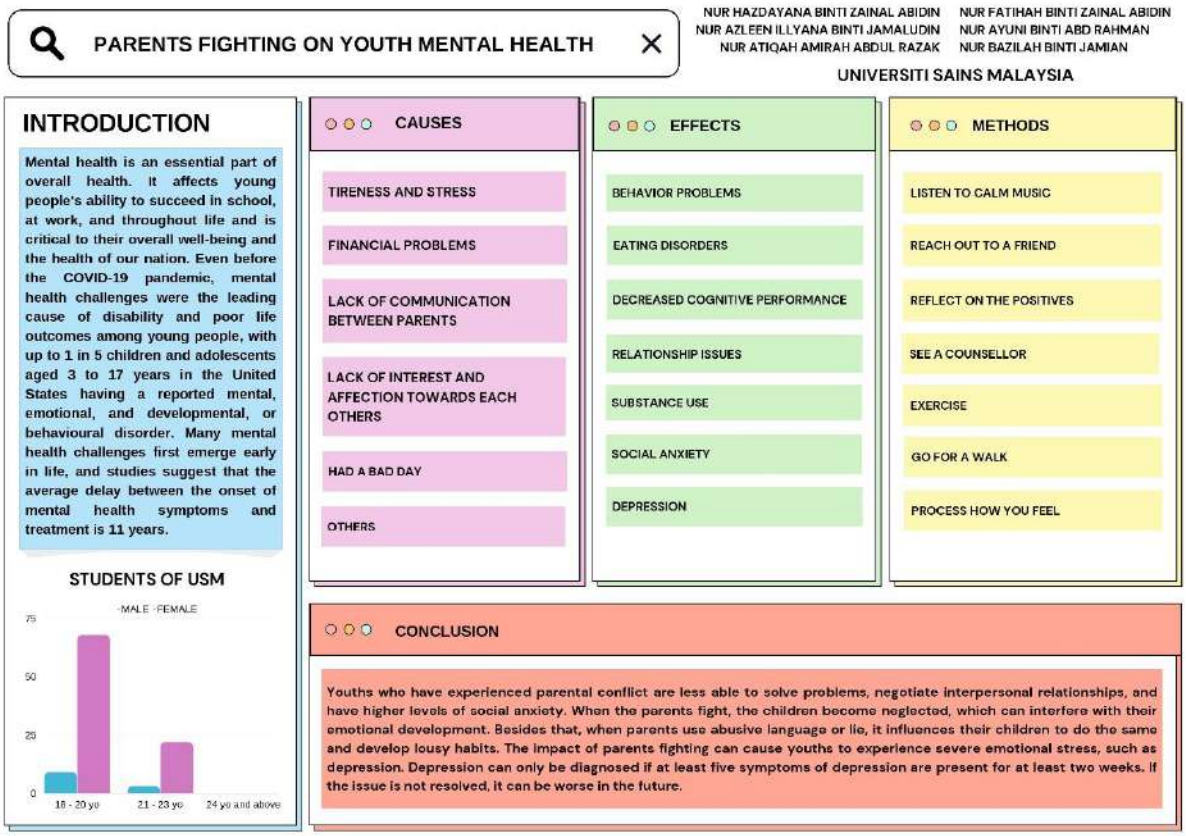
105. Negative Impact Of Social Media Among Youth

Jia Chyi Tan, Chia Sian Tan, Pei Ying Tan, Tong Chuan Tan, Syaheera Mukhlisah Binti Sheik Maideen & Syed Amierrul Mustaqeem Bin Syed Mustaphahanim



106. Parents Fighting On Youth Mental Health

Nur Hazdayana Binti Zainal Abidin, Nur Azleen Illyyana Binti Jamaludin, Nur Atiqah Amirah Abdul Razak, Nur Fatihah Binti Zainal Abidin, Nur Ayuni Binti Abd Rahman & Nur Bazilah Binti Jamian



107. Perception Regarding Sexuality And Teenage Pregnancy Among Adolescent Studying In Batu Lanchang Vocational College

Nur Eslny Natasya Najwa Binti Mohd Radzi, Jafri Kamalkhairi Bin Jaapar, Nur Iqa Syazwa Binti Zallman & Nurul Aini Fazyra Binti Rously

KOLEJ VOKASIONAL
KEMENTERIAN PENDIDIKAN MALAYSIA
KOLEJ VOKASIONAL BATU LANCHANG

PERCEPTION REGARDING SEXUALITY AND TEENANGE PREGNANCY AMONG ADOLESCENT STUDYING IN BATU LANCHANG VOCATIONAL COLLEGE

NUR ESLNY NATASYA NAJWA BINTI MOHD RADZI, JAFRI KAMALKHAIRI BIN JAAPAR, NUR IQA SYAZWA BINTI ZALLMAN, NURUL AINI FAZYRA BINTI ROUSLY



ABSTRACT

Teenage pregnancy has been a global issue that prompted numerous initiatives and increased public awareness in the effort to reduce its occurrence. Nonetheless, it remains one of the greatest public health issues among teenagers, with severe consequences such as a lack of social mobility, poor educational performance, and inadequate life chances for the children. The aim of this study is to determine the level of perception on sexuality and teenage pregnancy. The study will also investigate the relationship of students' perceptions on sexuality and teenage pregnancy. A cross-sectional study design is used, and quantitative data were collected using a structured survey among 100 students from Batu Lanchang Vocational Colleges in Penang, Malaysia. The sampling technique used in this study is convenient sampling. The information is gathered via an online survey approach. The collected data were analyzed using descriptive and inferential analysis. The finding showed a moderate level of perception on sexuality and teenage pregnancy among the students. The correlations between students' perceptions on sexuality and teenage pregnancy (r=.619; p<.01) were significant. The finding will help the management team of the vocational institution produce better strategic planning to increase student awareness and so avert lifelong regrettable situations. Hence, future research will be recommended to examine the causes of teenage pregnancies and ways to solve the matter to get better comprehensive understanding.

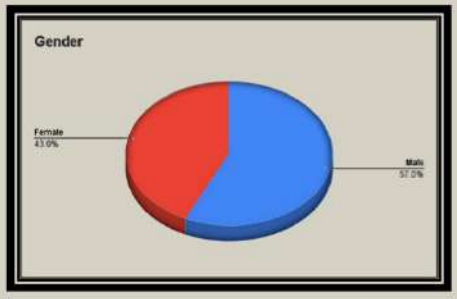
BACKGROUND

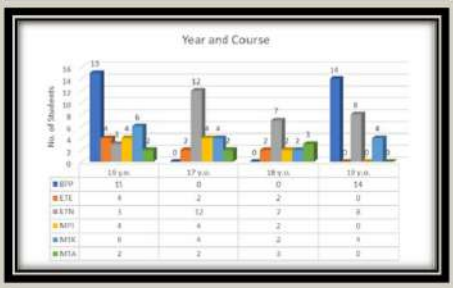
- The Ministry of Health (MOH) recorded 41,083 teen pregnancies between 2017 and 2022, with 35%, or 14,561 cases, occurring outside of marriage.
- Teenage pregnancy is a complex and difficult issues for families, health professionals, educators, societies and governments, as well as the teenagers themselves.
- Teenagers are more likely to experience early sexual development, unsafe sexual practices, sexually transmitted illnesses, teenage pregnancy, and abortions, among other developmental problems. Teenagers who lack knowledge about sexuality, contraception, and the repercussions of teen pregnancy may face greater difficulties.

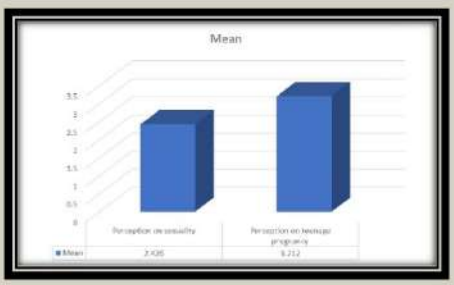
OBJECTIVES & METHODOLOGY

- To determine the level of perception on sexuality and teenage pregnancy.
- To investigate the relationship of students' perceptions on sexuality and teenage pregnancy.

- Research design: Quantitative
- Research sample: 100 students
- Research instrument: Online survey form adapted from Nepal, Maharjan, Adhikari, Khanal and Nepal (2021)







"1" = strongly disagree, "2" = disagree, "3" = neutral, "4" = agree, "5" = strongly agree

• There are moderate positive correlations between students' perceptions on sexuality and teenage pregnancy (r=.619; p<.01).

CONCLUSION

- Overall, the level of perception of sexuality and teenage pregnancy are moderate.
- Hence, the related course like social science, physical and health education should conduct the numerous reproductive health and sexuality intervention and prevention programmes to raise the awareness of sexuality and teenage pregnancy to prevent inconvenient issues.
- Unit counselors play an important role to guide students if they are facing problems in sexuality related aspects.

108. Psychological Consequences Of Covid For Youth

Pia Meyer

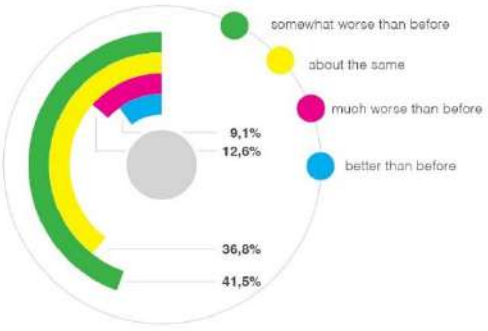
PSYCHOLOGICAL CONSEQUENCES OF COVID FOR YOUTH

Children and young people are particularly affected by the COVID 19 pandemic and the official containment measures. This can have many different impacts on mental health.

Possible consequences might be:

- addictions
- isolation / loneliness
- panic attacks
- anxiety / sadness
- depression
- weight changes
- long COVID
- obsessive compulsive disorder

ASSESSMENT OF YOUTHS' EMOTIONAL HEALTH, AFTER COVID-19 OUTBREAK



HELP AND TIPS FOR YOUR MENTAL HEALTH



1 Family and friends

Family and friends are essential factors. They support and help you. It is important to be able to rely on them.

2 Sport activities

Whether swimming, football, cycling or running: People who are active stay physically and mentally fit.





3 Restful sleep

Sleep is essential for health. Screens often lead to restless sleep. Renunciation can have a positive effect.

4 Professional support

If you realise that you are not getting anywhere on your own, do not be afraid of professional help.



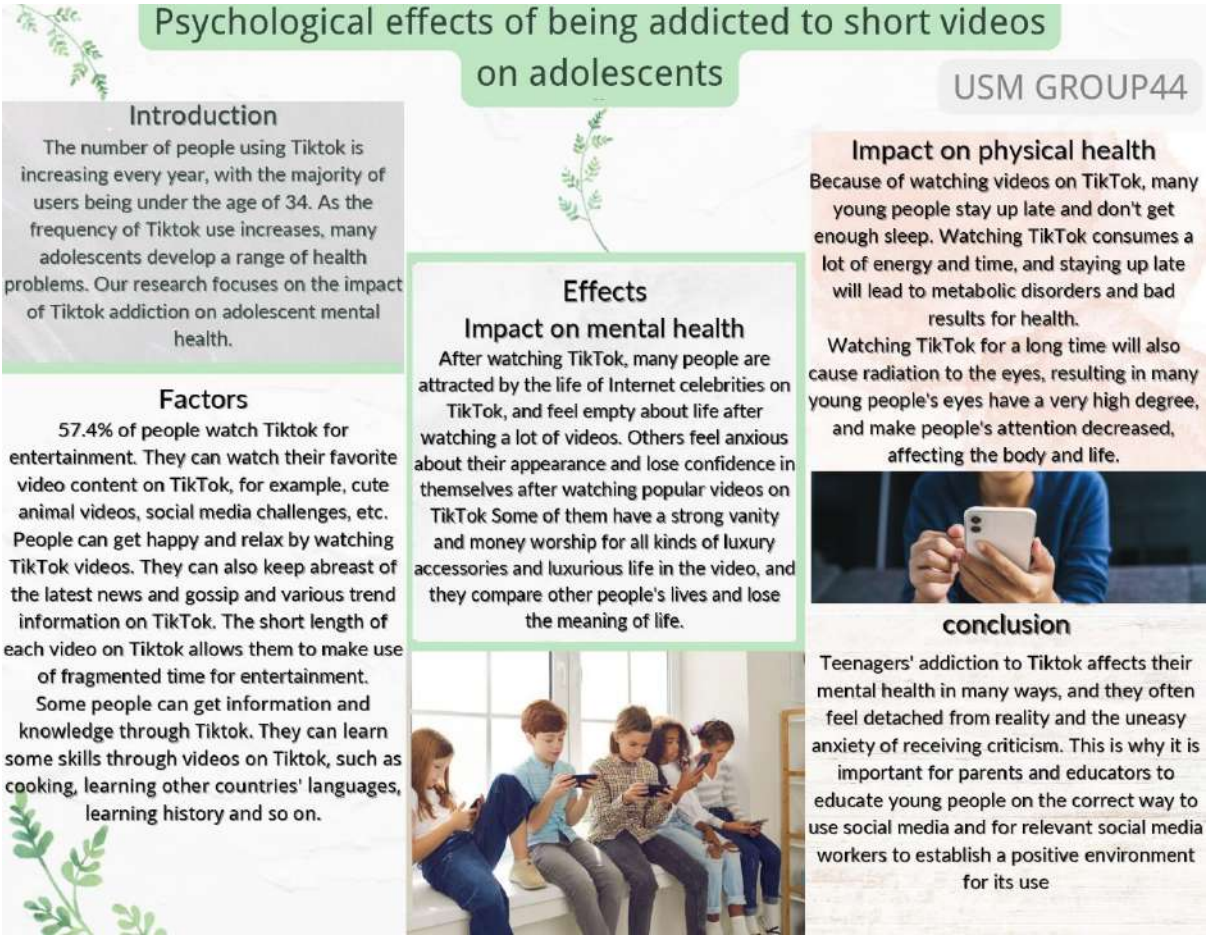
WHAT CAN YOU DO AS A TRAUMA-AFFECTED PERSON?

Be merciful to yourself, say the experts. Give yourself time. Do something nice every day to break the cycle of negative thoughts and stressful feelings. Something has been shaken, something has gotten mixed up, and it needs to be sorted out again.

There are many ways to get help in this area. However, talking to friends or family also helps. Almost more important than the reflection of the other person is the telling itself. Because talking alone creates something like structure.

109. Psychological Effects Of Being Addicted To Short Videos On Adolescents

Yong Hui Woon



110. Sexual Harassment On Youth

Stephanie Ho Jia Sean, Som Yendee A/P Sahad, Siti Nursyazlin Binti Mohd Zamri Khoo, Siti Nurfarahin Binti Halil, Sun Kuan Lin & Sun Yu Tong

Sexual Harassment on Youth

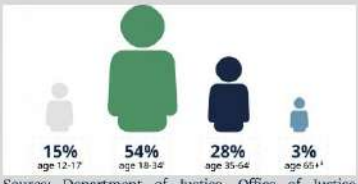
Stephanie Ho Jia Sean, Som Yendee A/P Sahad, Siti Nursyazlin Binti Mohd Zamri Khoo, Siti Nurfarahin Binti Halil, Sun Kuan Lin, Sun Yu Tong
Universiti Sains Malaysia

INTRODUCTION

What is sexual harassment?

Sexual harassment is a much broader term than sexual assault, encompassing three categories of impermissible behavior that are sexual coercion, unwanted sexual attention, and gender harassment. The youth who experienced sexual harassment will lead them to depression, anxiety, stress, sleep disorder, and even worse, PTSD for their whole life. The harasser may be the victims' friends, parents, or even teachers. In 2022, 95,000 teenage girls and about 34,500 teenage boys have experienced sexual violence or sexual harassment at least once. 35% of 13 to 17 years old came into the police's picture as victims of sexual violence in 5 years and that was 14% among 0 to 12 years old.

Age Distribution among Sexual Harassment Victims in 2022



Source: Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, Sex Offenses and Offenders (1997). Rainn Statistics 2022: Infographic

TYPES

Making sexual jokes

Sexual jokes and comments encompass a wide variety of forms,such as in verbal or written passages, or even images that are sexual and offensive.

Posting sexual comments, pictures, and videos

Cyberbullies are harassers spreading harmful messages or images about other people via social media, blogs, and chats

Taking or sending sexual pictures or videos

They take pornographic pictures or videos for the harassed target person

Asking for sex or offering to have sex

Someone makes use of the identity relationship or emotional relationship to intimidate the other party or lure the other party to have sex.

Touching or grabbing someone in a sexual way

The perpetrator makes some indecent actions to the target person to lure the other person to have sex.

EFFECTS AND IMPACTS

Feeling uncomfortable to communicate with others

Afraid to communicate due to feeling shame, trauma and loss of self-confidence

Phobia to opposite-sex people

Feel helpless and isolate themselves to hide feelings

Feeling annoyed and frustrated then leads to anxiety

Angry at being sexually assaulted, no-one seemed to care and no one did anything to stop it

Being depressed and lead to weight gain or loss

Feeling down and stressed, the emotions make one overeat or eat too little. These will change in diet for the long-term and lead to drastic weight gain or loss.

Commit suicide

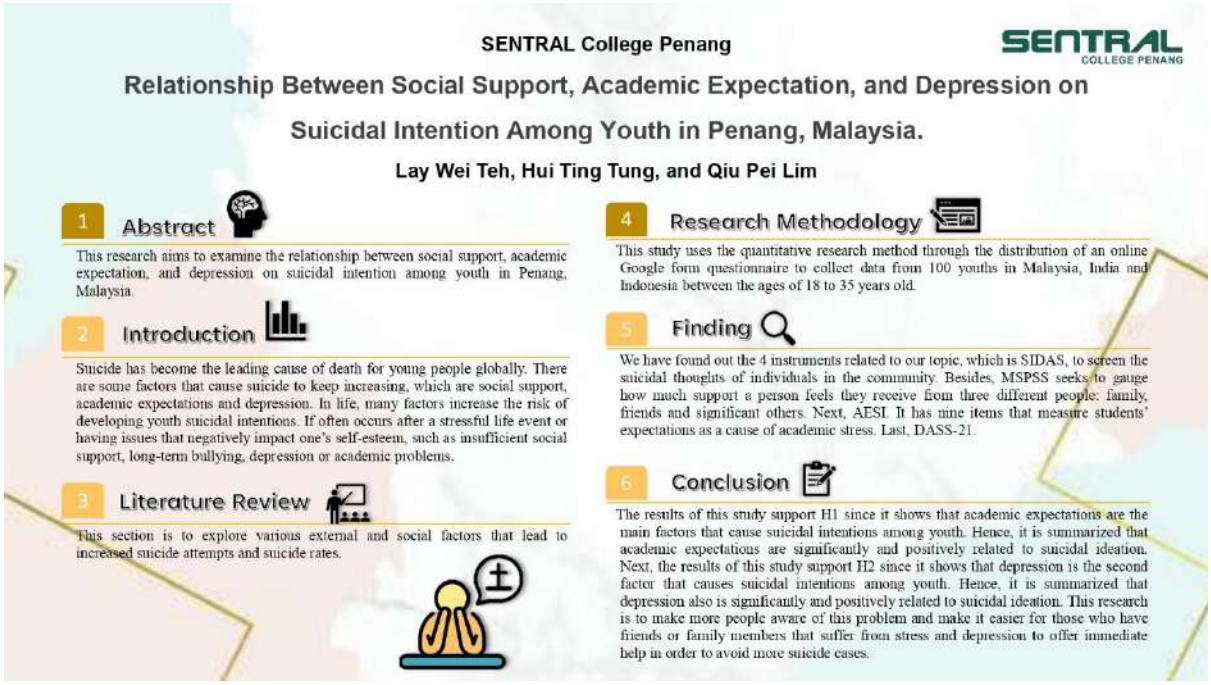
Leaving employment leads to markable financial stress and results in severe injury or illness. The worst one is committing suicide.

CONCLUSION

In conclusion, the fairly high prevalence of sexual harassment cases among youth should not only draw the attention of the parents but, also, warrant prompt action by policymakers and educationists. Parents should monitor their children's friends' zone. As for policymakers and educationists, they play a critical role in promoting and raising awareness of sexual harassment among youth, as well as developing guidelines regarding what should be done and how to seek help after experiencing sexual harassment.

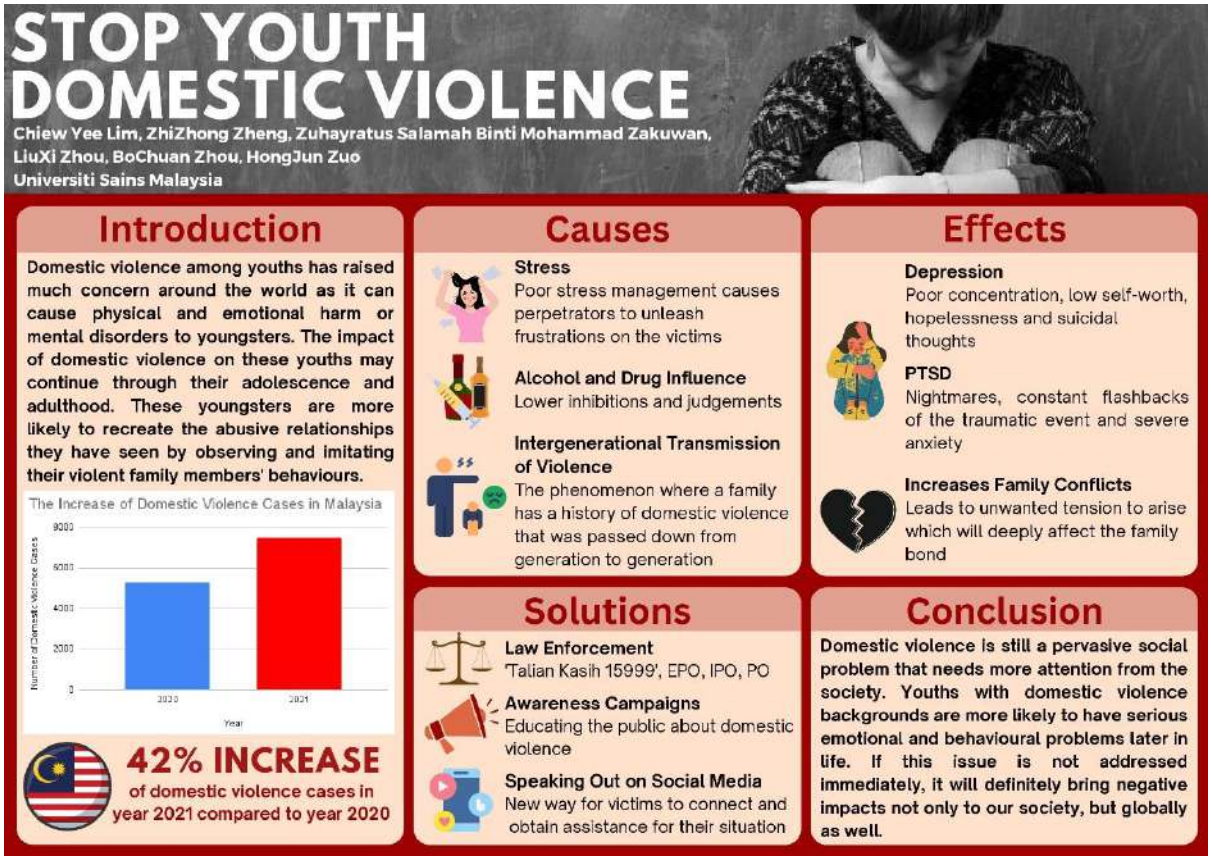
111. Relationship Between Social Support, Academic Expectation And Depression On Suicidal Intention Among Youth In Penang, Malaysia

Lay Wei Teh, Hui Ting Tung & Qiu Pei Lim



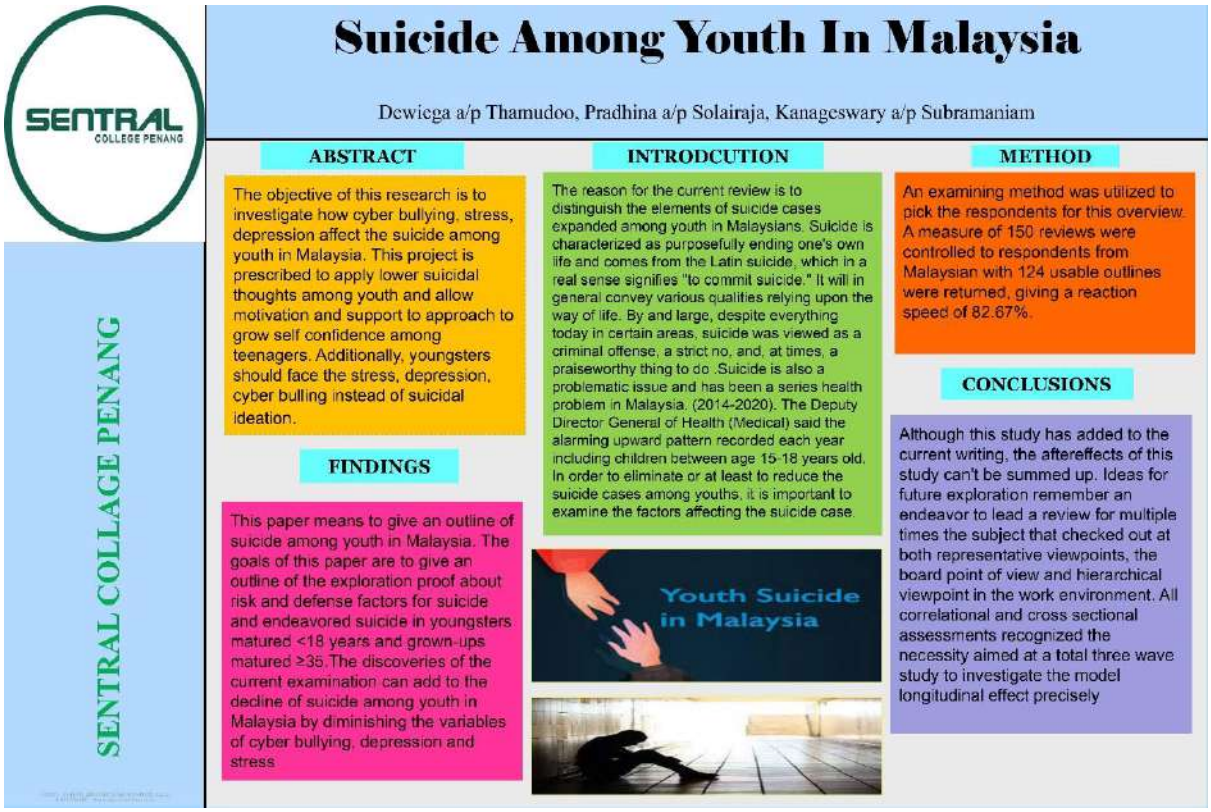
112. Stop Youth Domestic Violence

Chiew Yee Lim, Zhi Zhong Zheng, Zuhayratus Salamah Binti Mohammad Zakuwan, Liu Xi Zhou, Be Chuan Zhou & Hong Jun Zuo



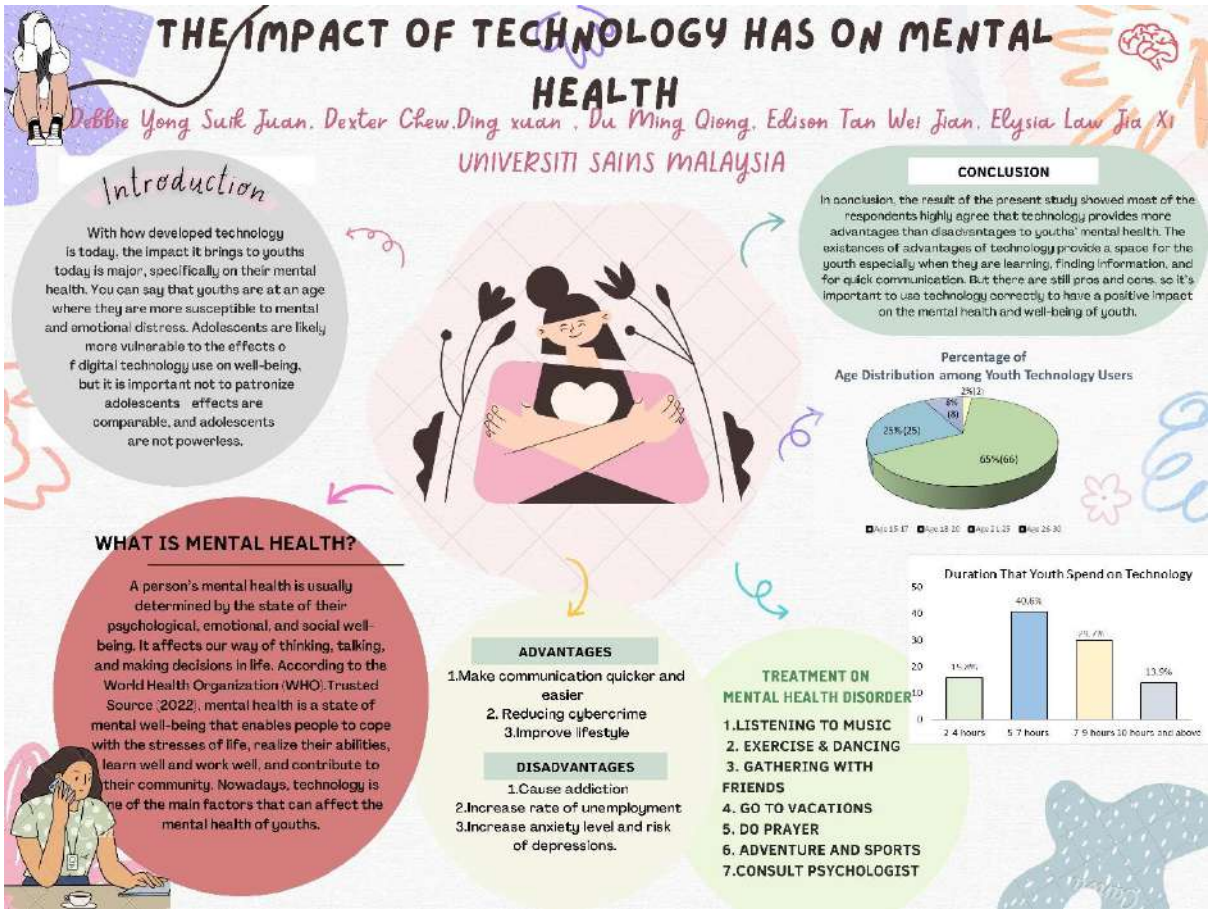
113. Suicide Among Youth In Malaysia

Dewiega A/P Thamudoo, Pradhina A/P Solairaja, Kanageswary A/P Subramaniam



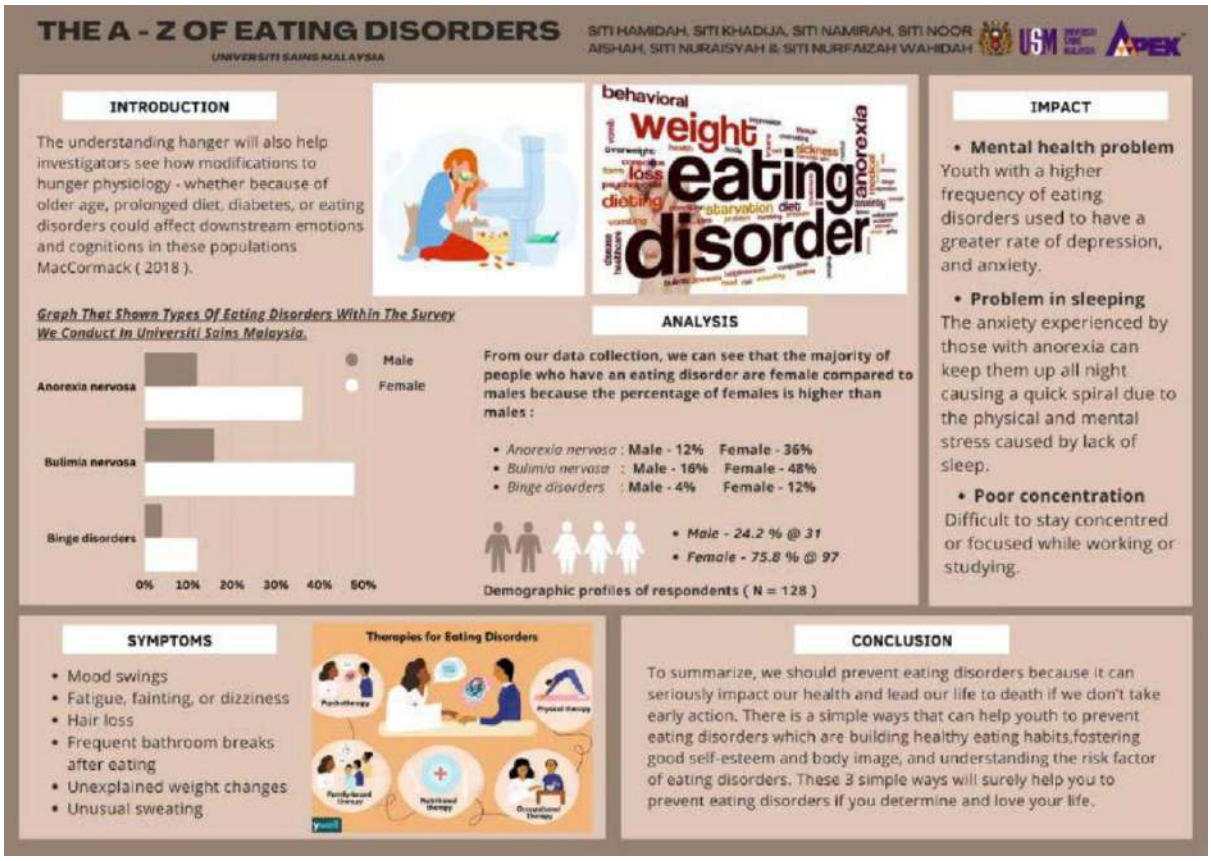
114. The Impact Of Technology Has On Mental Health

Debbie Yong Suik Juan, Dexter Chew, Ding Xuan, Du Min Qiong, Edison Tan Wei Jian & Elysia Law Jia Xi



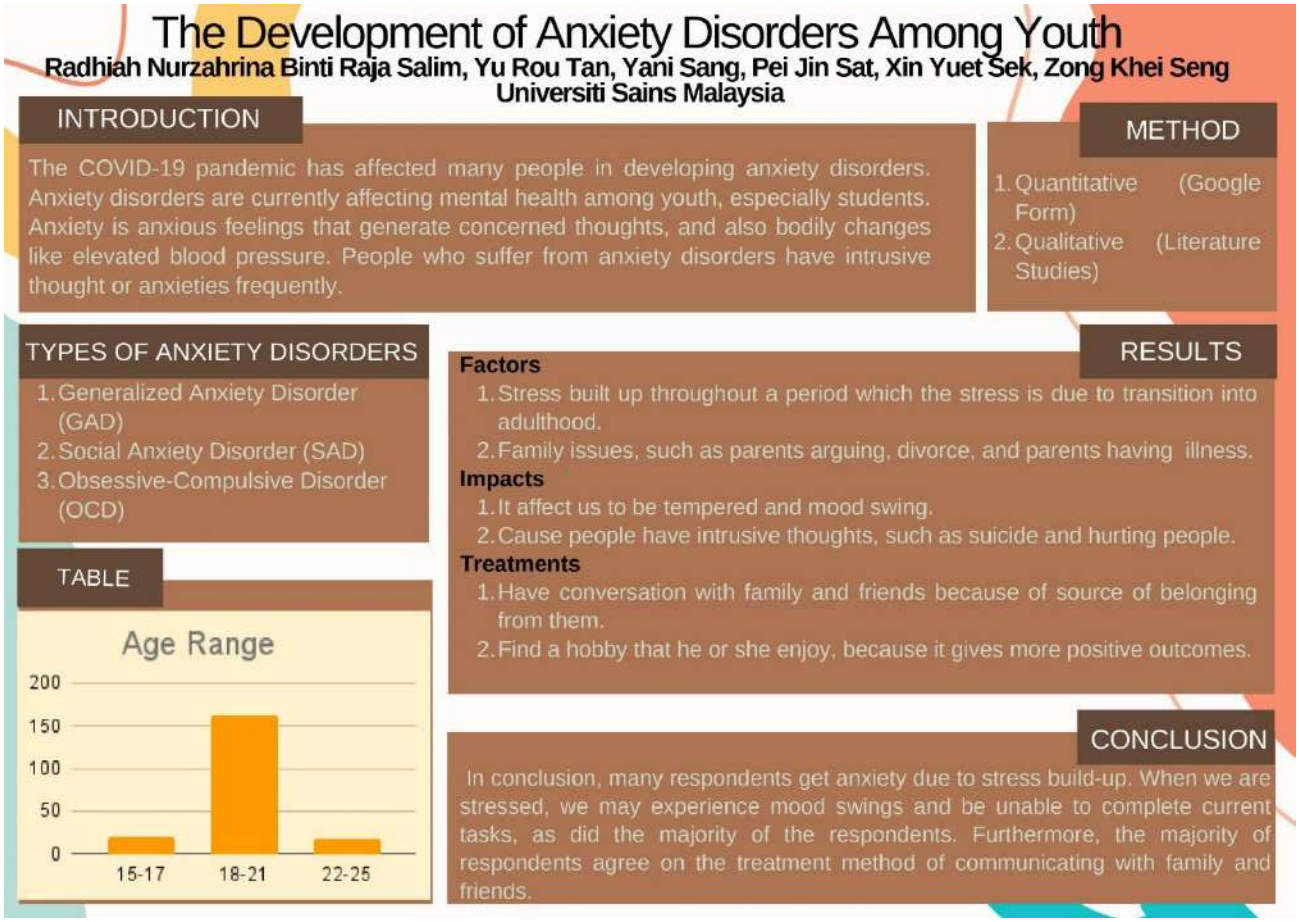
115. The A-Z Of Eating Disorders

Siti Hamidah, Siti Khadija, Siti Namirah, Siti Noor Aishah, Siti Nuraisyah & Siti Nurfaizah Wahidah



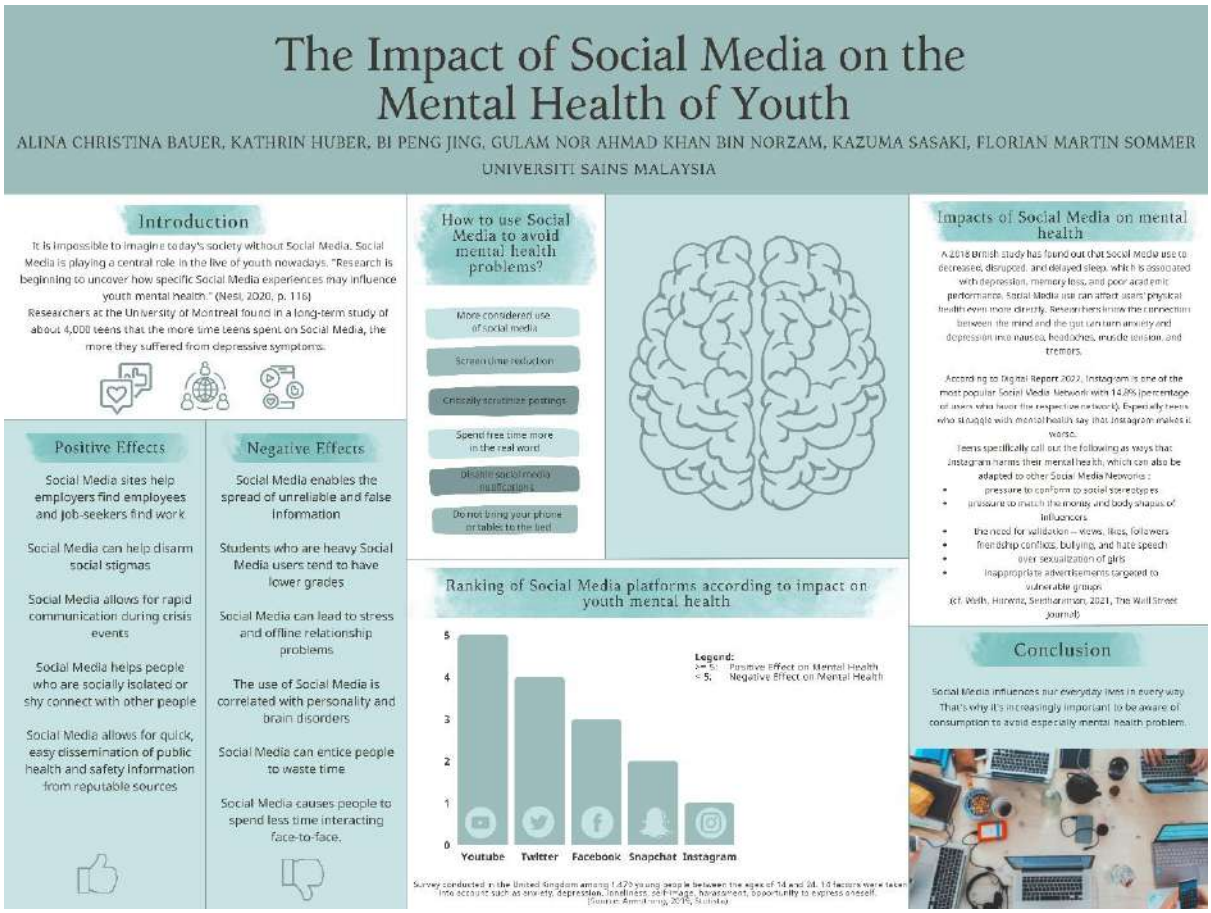
116. The Development Of Anxiety Disorder Among Youth

Radhiah Nurzahrina Binti Raja Salim, Yu Rou Tan, Yani Sang, Pei Jin Sat, Xin Yuet Sek & Zhong Khei Sheng



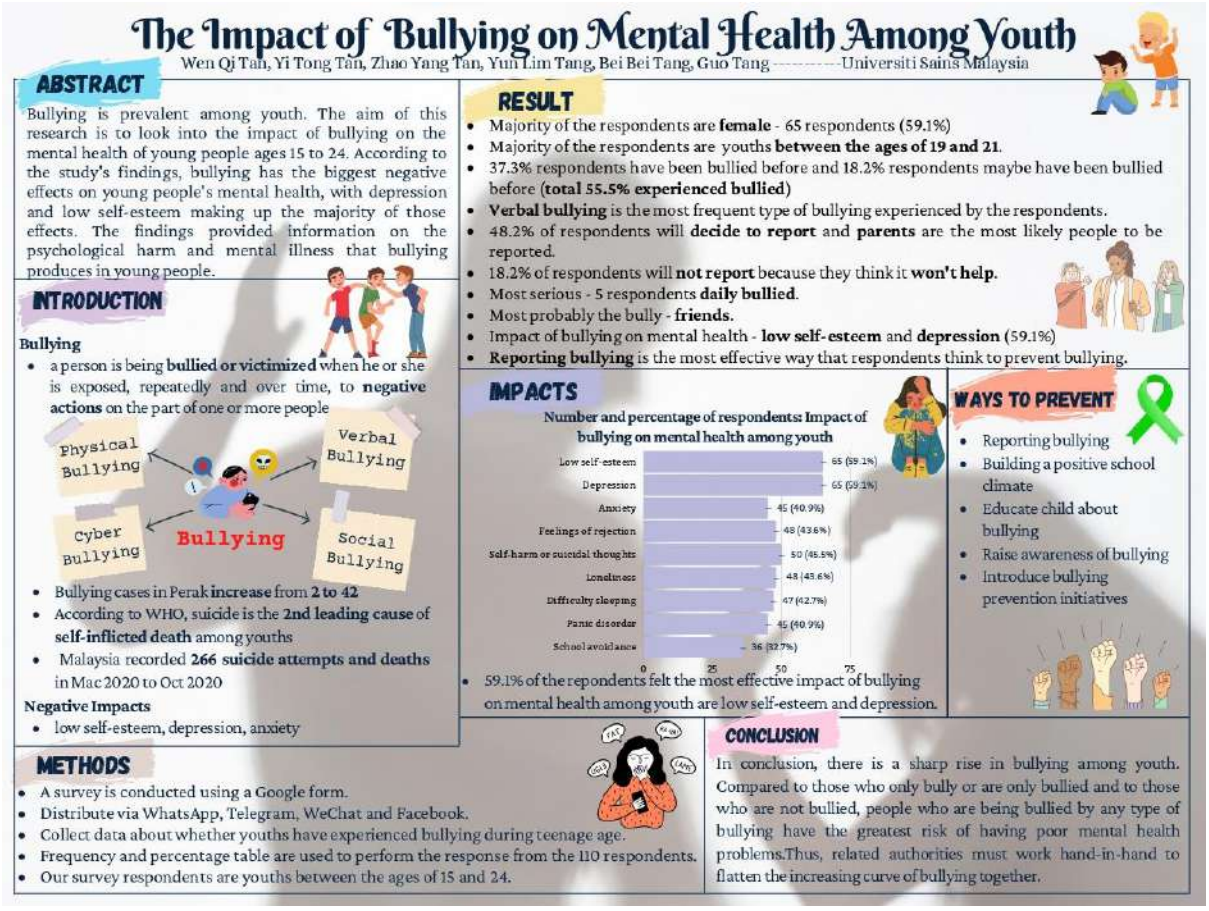
117. The Impact Of Social Media On The Mental Health Of Youth

Alina Christina Bauer, Kathrin Huber, Bi Peng Jing, Gulam Nor Ahmad Khan Bin Norzam, Kazuma Sasaki & Florian Martin Sommer



118. The Impact Of Bullying On Mental Health Among Youth

Wen Qi Tan, Yi Tong Tan, Yun Lim Tang, Bei Bei Tang & Guo Tang



119. The Influence Of Co-Curricular Activities On Youth Mental Health

Yi Nuo Guo, Zhing Fhong H'ng, Jia Ling Hee, Heyshinee A/P Kishok Kumar, Si Yi Ho & Weng Hang Hor



INTRODUCTION

• YOUTH

In Malaysia, the age for youth is defined as those between 15 and 40 years old but the main focus of development programs in the country are for those aged between 18 to 25. Youth are an important to develop a better future. However, youth nowadays are struggling with mental health problems.

• MENTAL HEALTH

Mental health problem includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Factors contribute to mental health problems, biological factors, such as genes or brain chemistry and life experiences, such as trauma or abuse. Family history of mental health problems also may affect youth's mental problem. One of the ways to maintain positive mental health is taking part in co-curricular activities.

• CO-CURRICULAR ACTIVITIES

The activities and programs that take place outside of the traditional classroom but in some manner complement academic learning from classroom curriculum. Co-curricular activities play a key role in personality development among youth. In order to produce holistic students, students need to have excellent interpersonal skills that can be developed through co-curricular activities in universities. Without providing the proper platforms and opportunities, the hidden creativity of the students cannot be refurbishing. Besides that, co-curricular activities also will affect youth mental health.

ADVANTAGES

1. Build and develop new skills.
2. Build friendship and relationship.
3. Develop self-esteem.
4. Stressful.

DISADVANTAGES

1. Consume time
2. Burden for poor family

Type of co-curricular activities	Number of respondents	Percentage (%)
Education/ Academic	42	33.1
Social Development and Responsibility	42	33.1
Art and Craft	28	22.0
Physical Growth	15	11.8

Time spent per week	Number of respondents	Percentage (%)
1 hour	27	21.3
2 hours	62	48.8
3 hours	23	11.8
4 hours and above	15	18.1

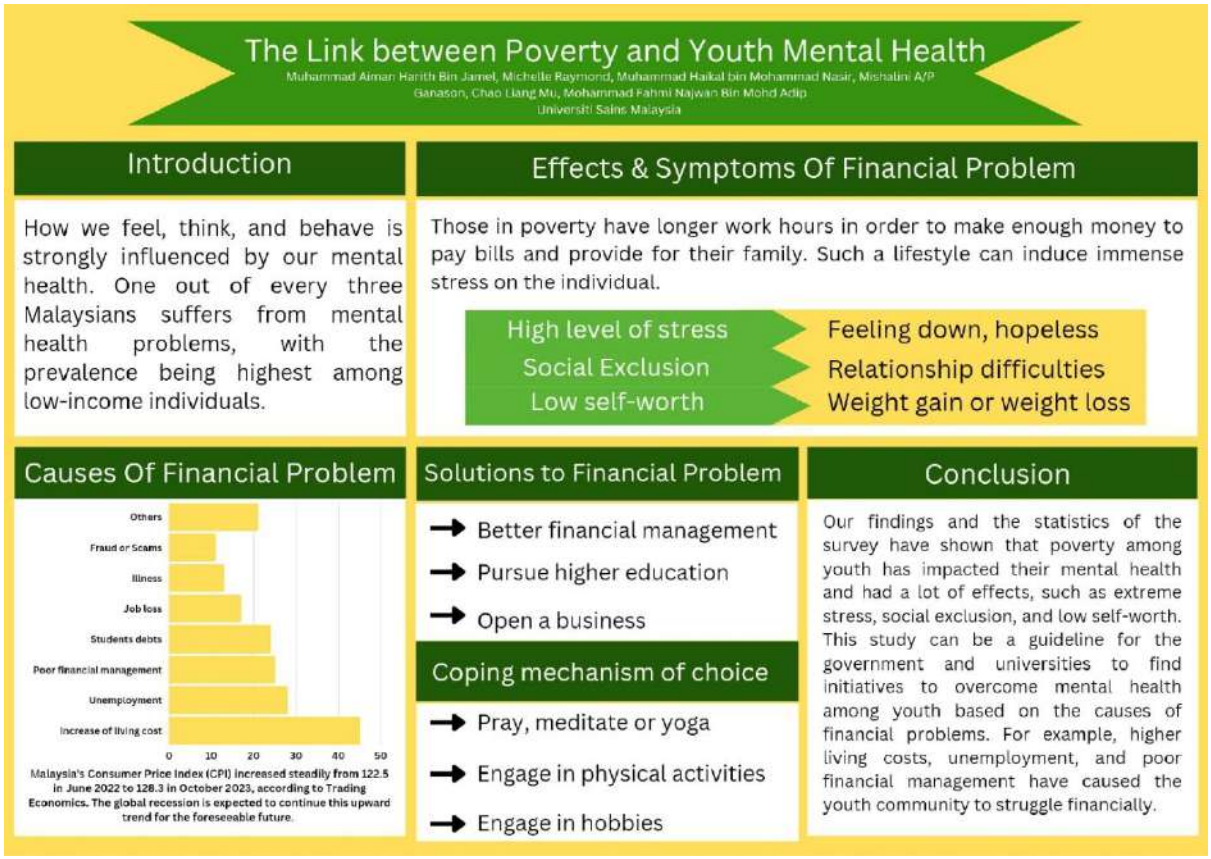


CONCLUSION

If the youth manage to organise their time, they can cope up with their academic activities and co-curricular activities. Therefore, the youth must learn how to be independent when they participate in co-curricular activities so that they won't have any negative effect on their daily life. Government and schools should organise some campaigns that help youth to strengthen their mental health. Parents of youth should also guide their children to balance their daily life and co-curricular activities so that they won't have much burden and stress but fill with a happy and healthy lifestyle when the youth join the co-curricular activities.

120. The Link Between Poverty And Youth Mental Health

Muhammad Aiman Harith Bin Jamel, Michelle Raymond, Muhammad Haikal Bin Mohammad Nasir, Mishalini A/P Ganason, Chao Liang Mu & Mohammad Fahmi Najwan Bin Mohd Adip



121. The Suicide Epidemic Within The Youth

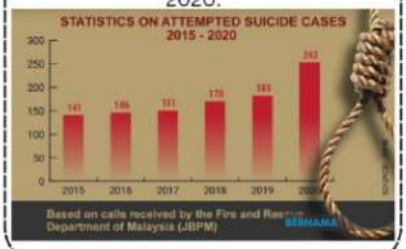
Amni Nur Nadiah Binti Ayub & Arshad Bin Mohammad

THE SUICIDE EPIDEMIC WITHIN THE YOUTH

-AMNI NUR NADIAH BINTI AYUB - ARSHAD BIN MOHAMMAD
UNIVERSITI SAINS MALAYSIA

INTRODUCTION

Suicide is defined as a fatal act of self-injury accompanied by symptoms of wanting to die. In Malaysia, statistics shows that there were some increasing attempting suicide cases within year 2015 to 2020.



FACTOR

Health
- Mental health condition
- Traumatic brain injury

Historical
- Childhood abuse
- Family history of suicide

Enviromental
- Prolonged stress
- Stressful life events

PREVENTIONS

- Doing your favourite things
- Talking to someone you trust
- Spending time with your loved one
- Seeking professional help

RESULTS

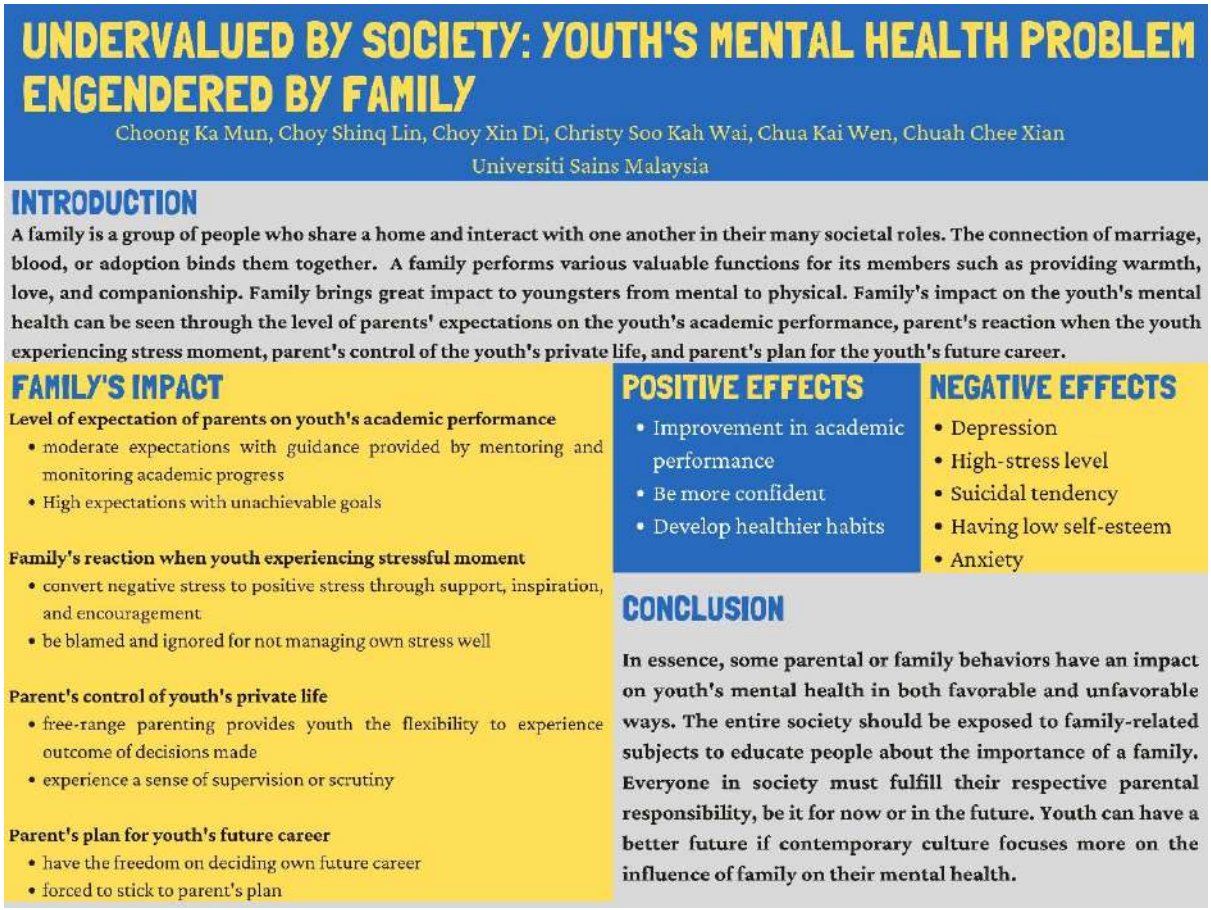
- Enviromental factors are the most likely contribute in suicidal thought than health and historical
- Differences in health are mostly attributed to mental health condition
- Having prolonged stress like bullying, or unemployment have highly suicidal thoughts

CONCLUSION

A significant issue in the field of mental health is adolescent suicide. Individual efforts to anticipate and prevent suicide usually fail. Recognizing the symptoms of suicide and being aware of available options allows a person to act quickly to prevent suicide. Future efforts to avoid youth suicide need to come up a new prevention strategy plans and always support them whenever they facing a major problem.

122. Undervalued By Society: Youth's Mental Health Problem Engendered By Family

Choong Ka Mun, Choy Shinq Lin, Choy Xin Di, Christy Soo Kah Wen & Chuah Chee Xian



123. Unhealthy Food Consumption: Obesity Among Adolescents/Students/Teenagers In Daily Life

Muhammad Fahmin Bin Nazelihisham

Unhealthy Food Consumption: Obesity Among Adolescents/Students/Teenagers In Daily Life

MUHAMMAD FAHMIN BIN NAZELIHISHAM
(INSTITUT PENDIDIKAN GURU KAMPUS DARULAMAN , 06000 JITRA , KEDAH)

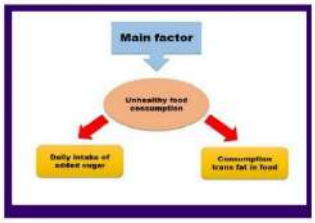
INTRODUCTION

This paperwork highlights the importance of early prevention and promoting healthy behaviors and resilience against critical health problems in young adolescents due to unhealthy food consumption in daily teenagers' life. According to the World Health Organization (WHO,2020), more than four million people die each year due to being overweight or obese. Globally, young people including children show an increasing prevalence rate of overweight and obesity which is from 4 percent (1975) to 18 percent (2016) (WHO, 2021). This problem seems at an alarming level and requires efforts to control this matter.

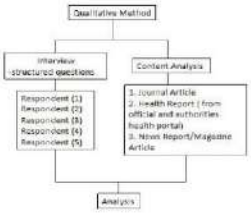
FACTOR

OBJECTIVE

This study examined how adolescents, students, and teenagers perceive their body weight, are aware of obesity issues, and how eating unhealthy foods affects them regularly.



METHODOLOGY





Source: Amarra et al (2016) : Intake of added sugar in Malaysia: a review

sugar intake among 51 teenagers aged 18-29 (both sex) using a single 24-hour dietary recall showed as much as 45.4±28.8 gms/day (approximately 181±115 kcal/day). The Malay ethnic group was the highest consumer of added sugar (54.0±19.9 gm/day), followed by Indians (44.4±17.4 gm/day), and Chinese (29.8±15.4 gm/day). As we can see, Malays having intakes that exceeded the WHO recommendation of 50 grams/day (Amarra et al.,2016).

The data shown in the table above is the result of a study on sweetened items consumed frequently among Malaysian children and adults. All the foods mentioned in the table are meals and drinks obtained from the responses of respondents in a study conducted by Foo et al (2006) and Boon & Sedek (2012). The relationship between the foods listed in the table and the risk of obesity and diabetes is closely related. The data obtained from the table is very compatible with the data from the interview conducted in Penang.

RESULTS

SELF AWARENESS OF UNHEALTHY FOOD CONSUMPTION



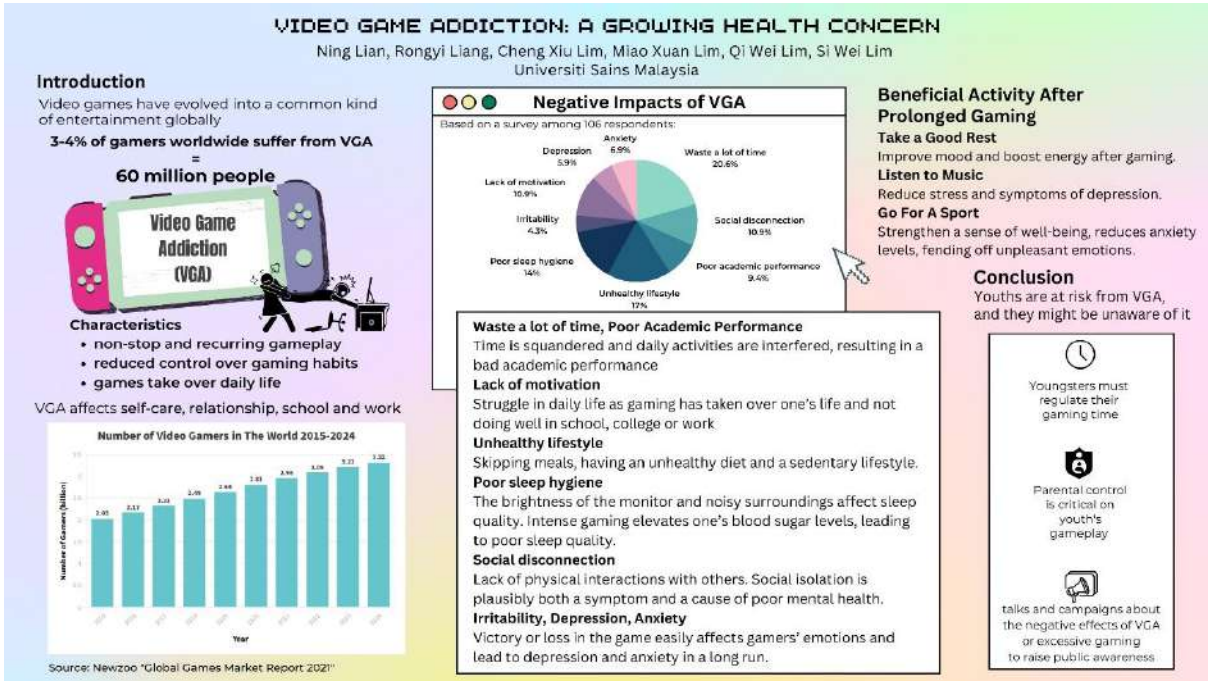
Added sugar and trans fat intake

Awareness of daily food consumption

As a result of the interviews conducted, the responses received show a very serious concern because awareness of the problem of obesity and compilation of the problem is still lacking. This acquisition is also the same as the results of studies that have been carried out by previous researchers in their studies. If prevention efforts are not done immediately, the problem of being overweight and obese can have short-term implications and long term for teenagers, especially in terms of physical health. The results of the interview also found that awareness of the dangers of consuming added sugar and trans fat is still at an alarming level when four out of five respondents gave the same response when asked about trans fat, which is that they do not know about trans fat. Furthermore, almost all respondents gave a "yes" answer to sugary drinks.

124. Video Game Addiction: A Growing Health Concern

Ning Lian, Rongyi Liang, Cheng Xiu Lim, Miao Xuan Lim, Qi Wei Lim &Si Wei Lim



125. Warning!: Financial Problems Among Youth

Muhammad Zul Arashy Bin Roslan, Muhammad Zahid Bin Khairul Azman, Muhammad Umar Hafidz Bin Mohd Nazri, Muhammad Thaareqzaman Bin Mohd Herolizaman, Nabila Hazwany Binti Mohd Nazly & Nailul Muna Binti Ahmad Nasruddin

WARNING!: FINANCIAL PROBLEMS AMONG YOUTH!

AUTHORS

Muhammad Zul Arashy bin Roslan, Muhammad Zahid bin Khairul Azman, Muhammad Umar Hafidz bin Mohd Nazri, Muhammad Thaareqzaman bin Mohd Herolizaman, Nabila Hazwany binti Mohd Nazly, Nailul Muna binti Ahmad Nasruddin

School of Management, University Sains Malaysia, Pulau Pinang

ABSTRACT

Financial hardship can be defined in terms of the unable to pay debts over a short or long time that affects personal well-being





INTRODUCTION

Financial issues are vital for everyone, particularly students. A financial difficulty occurs when you cannot pay your payments on time or afford necessities. Most students struggle to make ends meet since they come from the B40 (the bottom 40% of the lower classes' income). As a result, students must make tough choices about spending money on food or other necessities, while others must deal with health difficulties that have impacted their financial positions.

METHODOLOGY

Sample and data: Our sample contained of 102 respondents of universities students from all over Malaysia. The respondents must be Malaysian citizens between the ages of 15 to 34. Our poll included a variety of questions, most of which focused on respondent's financial backgrounds

Method of analysis: For our quantitative data, we had to go through a number of processes of data preparation

Evaluation and justification: The primary justification for our decision to conduct the survey using a Google Form was the quick and thorough distribution of the questions to each respondent, which only required about 5 days to reach our sample size.

RESULTS

Data analysis: Google Forms websites to generate data collection results in a few techniques such as pie charts and graph bars

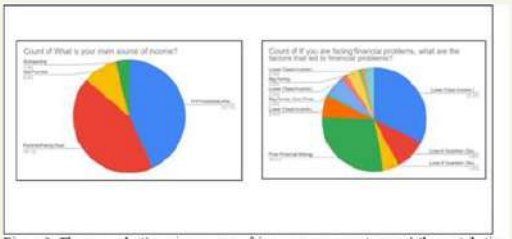


Figure 2. The respondent's major sources of income as a percentage and the contributing reasons to their financial difficulties.

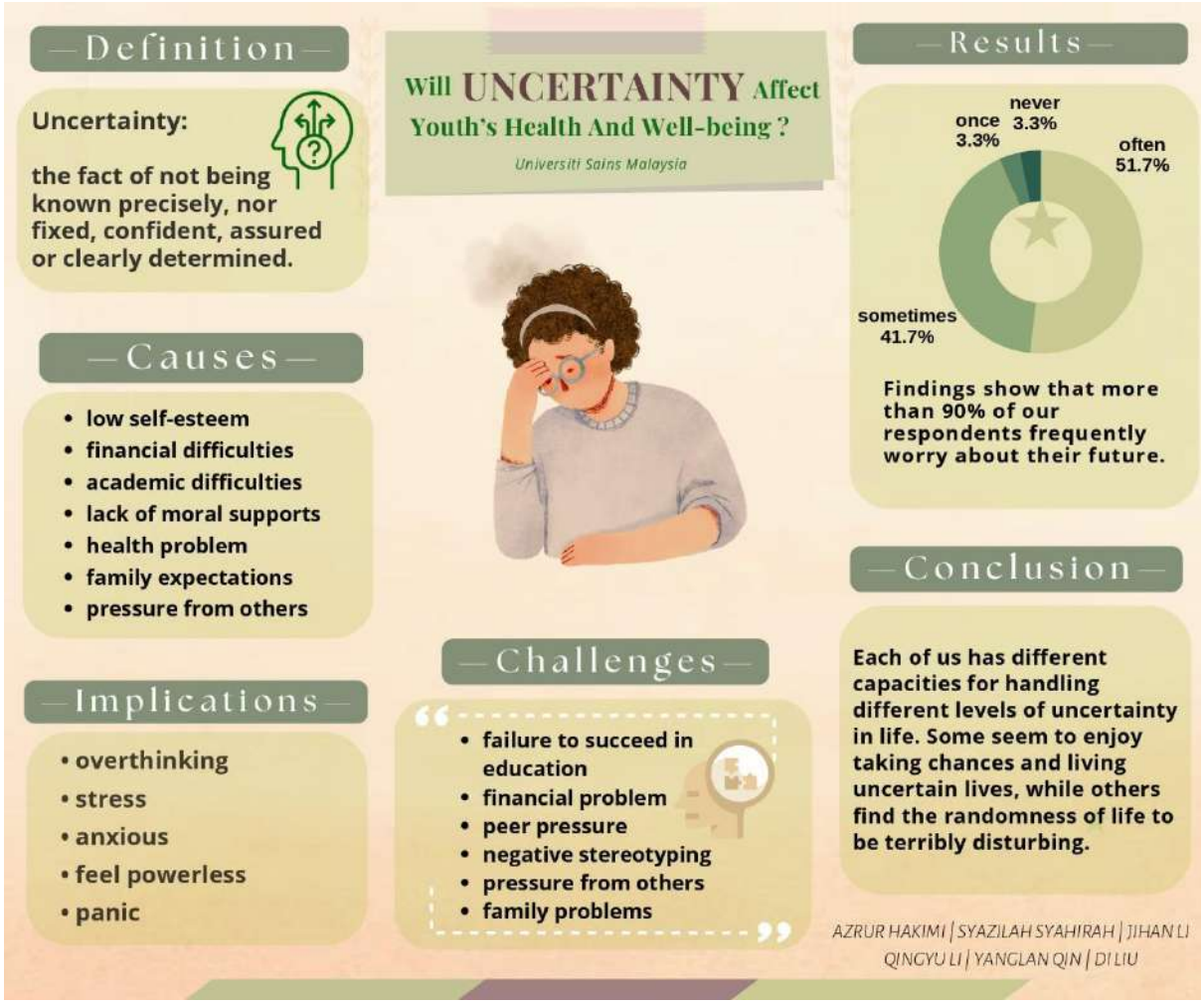
CONCLUSION

BASED ON THE METHOD WE USED, WE CONDUCTED A SURVEY AMONG COLLEGE STUDENTS AND COLLECTED 102 RESPONDENTS THROUGH AN ONLINE SURVEY. MOST PEOPLE FACE FINANCIAL PROBLEMS, AND THE RESPONDENT AGREED THAT LOWER-CLASS INCOME AND LACK OF FINANCIAL MANAGEMENT KNOWLEDGE ARE VITAL FACTORS THAT LEAD TO FINANCIAL DIFFICULTIES (B40).



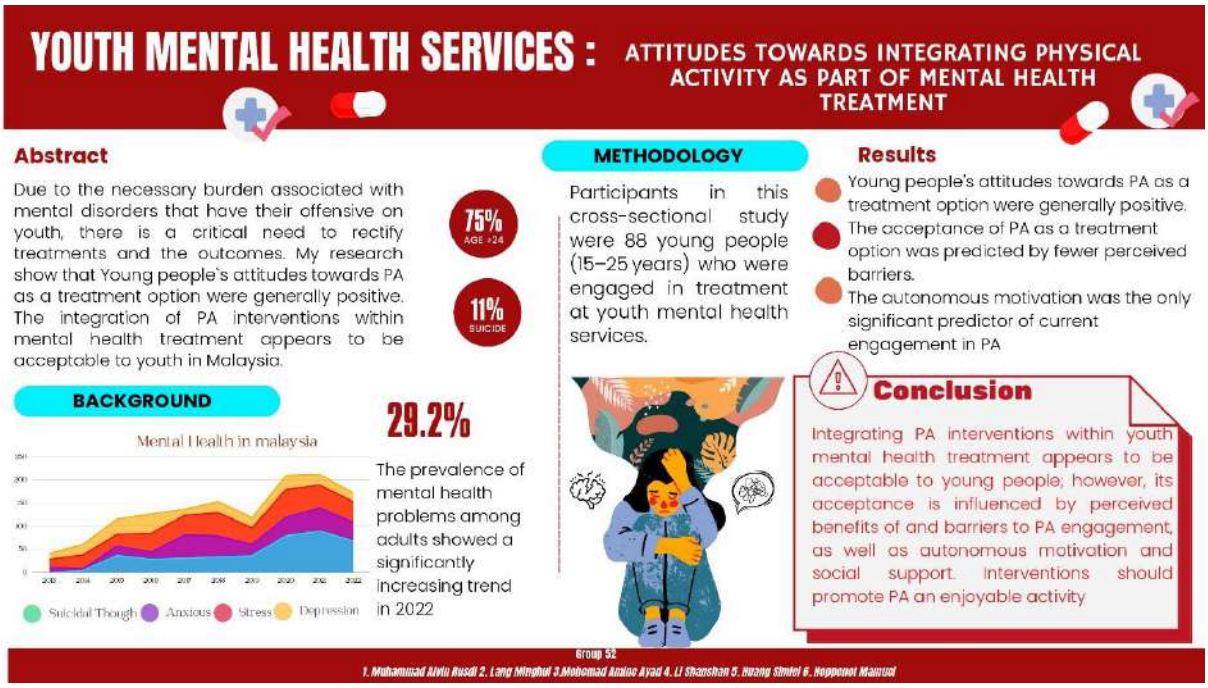
126. Will Uncertainty Affect Youth's Health And Well-Being?

Azrur Hakimi, Syazilah Syahirah, Jihan Li Qingyu, Yanglan Qin & Di Liu



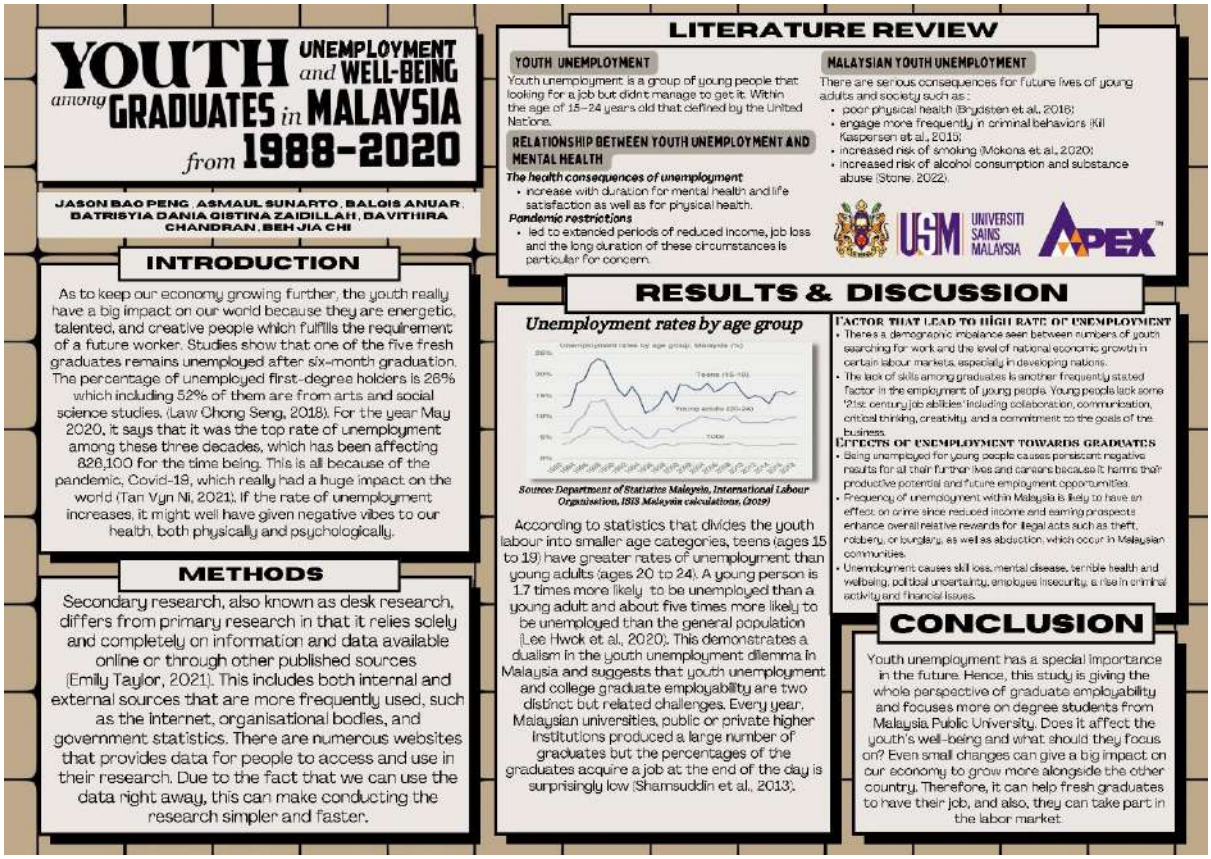
127. Youth Mental Health Services: Attitudes Towards Integrating Physical Activity As Part Of Mental Health Treatment

Muhammad Alvin Rusdi, Lang Minghui, Mohemad Amine Ayad



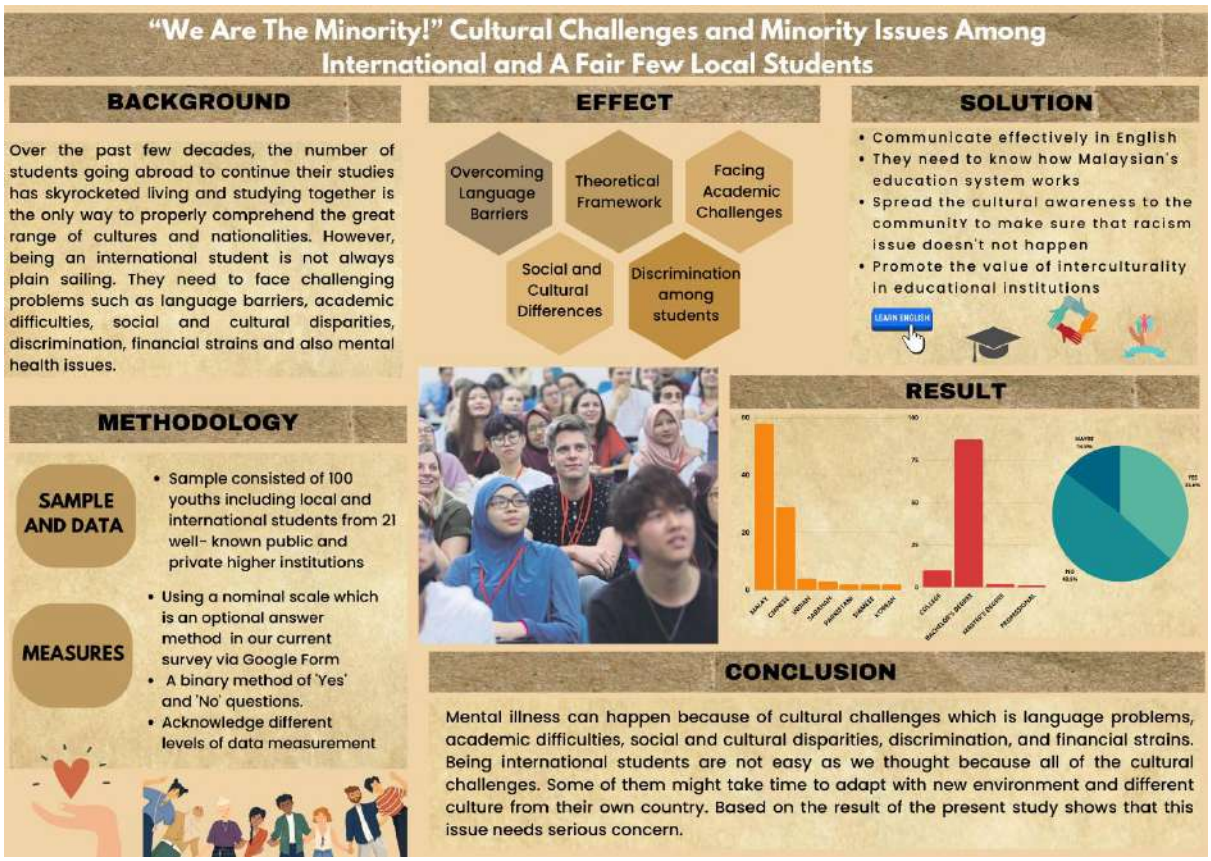
128. Youth Unemployment And Well-Being Among Graduates In Malaysia From 1988-2020

Jason Bao Peng, Asmaul Sunarto, Balqis Anuar, Batrisyia Dania Qistina Zaidillah, Bavithira Chandran & Beh Jia Chi



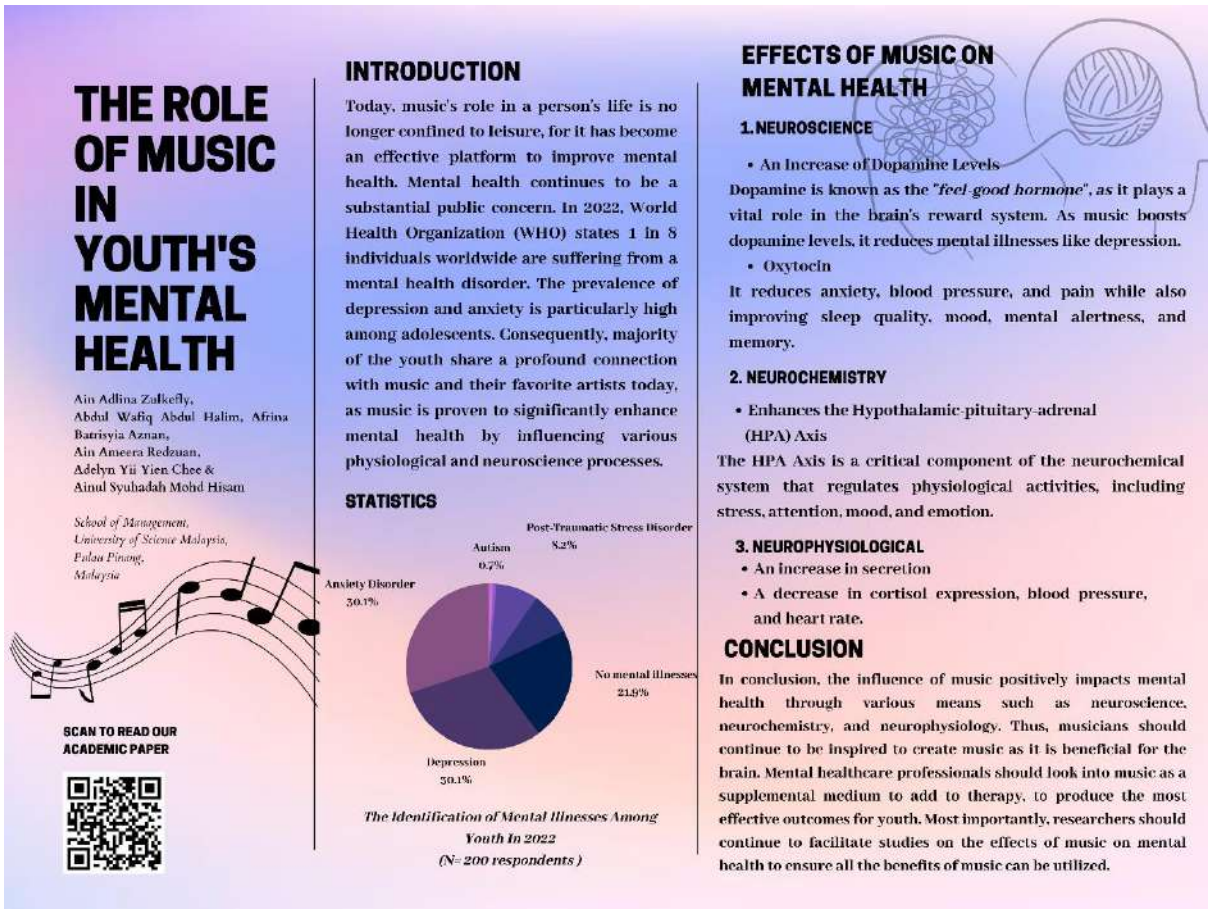
129. "We Are The Minority!" Cultural Challenges And Minority Issues Among International And Fair Few Local Students

Nurfarhana Ibrahim



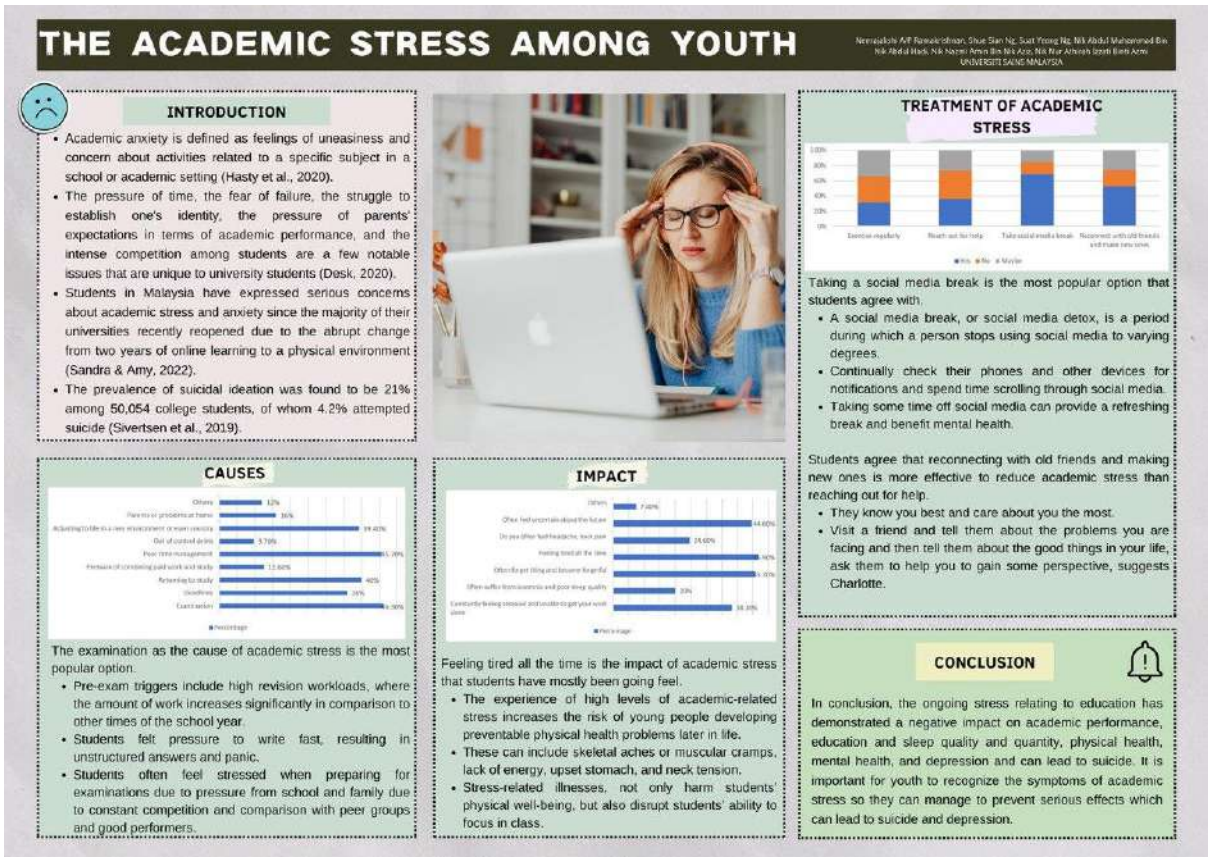
130. The Role Of Music In Youth's Mental Health

Ain Adlina Zulkefly, Abdul Wafiq Abdul Halim, Afrina Batrisyia Aznan, Ain Ameera Redzuan, Adelyn Yii Yien Chee & Ainulsyuhadah Mohd Hisam



131. The Academic Stress Among Youth

Neerajakshi A/P Ramakrishnan, Shue Sian Ng, Suat Yeong Ng, Nik Abdul Muhammad Bin Nik Abdul Hadi, Nik Nazmi Amin Bin Nik Aziz & Nik Nur Athirah Izzati Binti Azmi



132. Relationship Among Obesity, Emotional Eating, Eating Pattern, Lifestyle Behaviour Among Young Adults In Malaysia

Yuka Khor Wenyei, Josceline Goh Shu Fen & Tan Kah Boon

RELATIONSHIP AMONG OBESITY, EMOTIONAL EATING, EATING PATTERN ,LIFESTYLE BEHAVIOUR AMONG YOUNG ADULTS IN MALAYSIA.

AUTHORS

Yuka Khor Wenyei
Josceline Goh Shu Fen
Tan Kah Boon

SENTRAL COLLEGE
PENANG



INTRODUCTION

Childhood and teenager obesity is widely considered as one of the twenty-first century's most urgent public health challenges.
Depression and anxiety, in addition to emotional eating, addictive eating patterns, and binge eating, are common psychological factors among those who are overweight.
The World Health Organization (WHO) defines overweight as a Body Mass Index (BMI) of 25–29.9 kg/m2, and obesity as a BMI of 30 or more.
Cardiovascular disease, cancer, type 2 diabetes, respiratory issues, gallbladder diseases, surgical morbidity, and musculoskeletal disorders including osteoarthritis all include obesity as a major risk factor.
In terms of obesity, Malaysia recently placed second in East and Southeast Asia.

ANALYSIS



To analyse measurement and structural models, we used SmartPLS 3.2.8. Additionally, we gathered information from nearby youths for this study.

OBJECTIVE

The research objective as below:
1. To examine the relationship between emotion eater and obesity.
2. To examine the relationship between eating pattern and obesity.
3. To examine the relationship between lifestyle behavior and obesity.

METHODOLOGY

This study employed a cross-sectional strategy and an online survey to collect quantitative data from 100 Malaysian young adults. This study created a Google form, emphasised the purpose, outlined the procedure, and got informed consent from all respondents before to participating in the survey. The questionnaire was distributed by sharing the URL of the questionnaire form on social media. Explicit and straightforward statements were utilised to gauge reactions to the offered ideas. This strategy can give survey respondents with an acceptable and comprehensible comprehension. Several experiments were conducted in order to produce a total of five questions assessing emotional eaters. To examine eating patterns, five questions based on past research were employed. Five research-based questions were chosen to measure lifestyle behaviour. Five obesity-related questions were derived from several studies. All questions are on a linear scale.

RESULTS

A national health promotion policy is desperately required to combat the fast increase in obesity rates among young Malaysians during the previous ten years. We support an all-encompassing plan for preventing serious obesity.



CONCLUSION

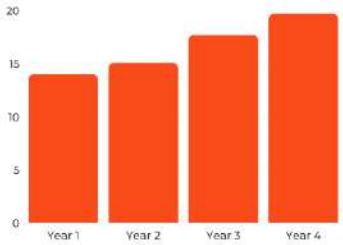
More and more young people in Malaysia are becoming interested in healthy living and eating.
EP, EE, and LB have a positive influence on Obesity in Malaysian young adults.
It is a great weapon for spreading the word about the advantages of a diet rich in fruits, vegetables, and lean proteins when combined with government action that reduces the price of healthy food.
In order to prevent obesity and provide the people with the means to adopt a healthy lifestyle, it may be necessary to lower the price of healthy meals, increase its availability, and improve the food's reception.
According to the present research results, there seems to be an inconsistency between how people think they are eating and how much they know about what constitutes a healthy diet.



LITERATURE REVIEW

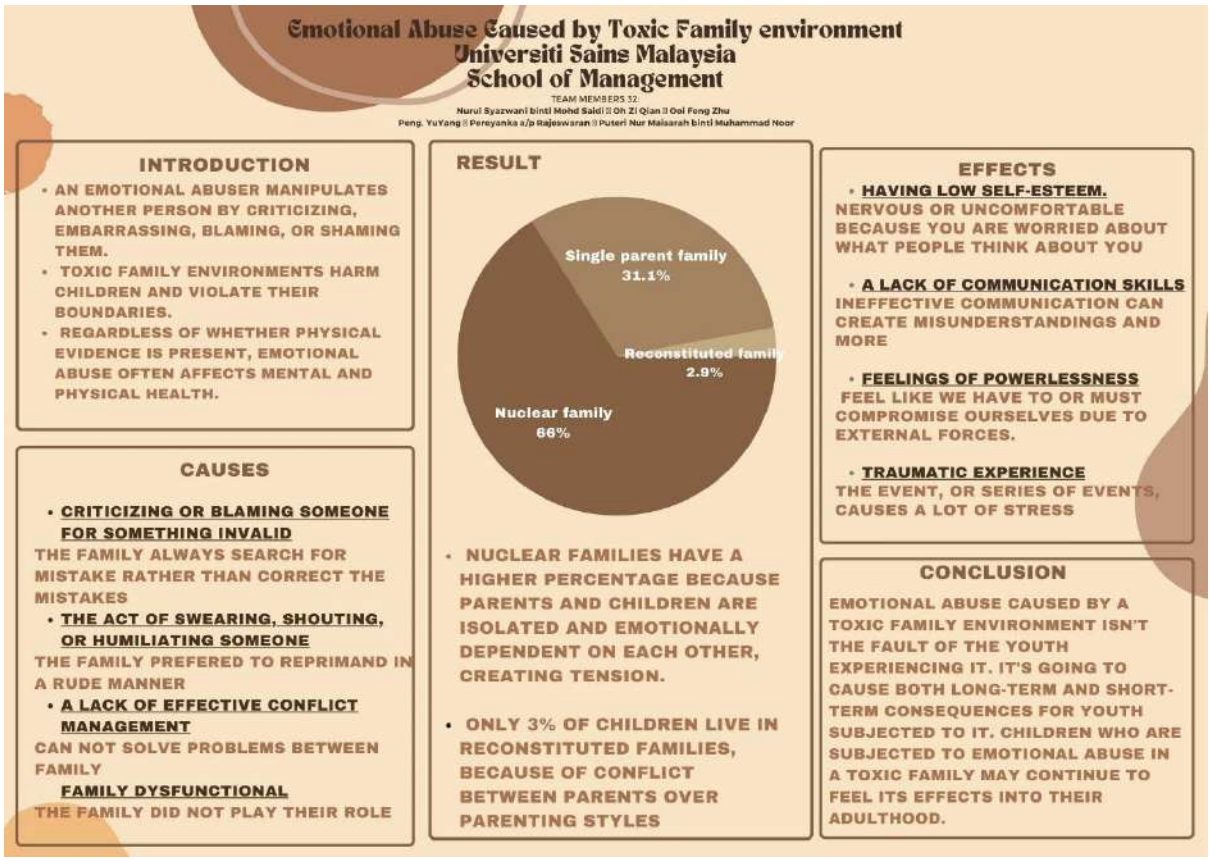
Malaysia has the highest percentage of obesity among young adults in South East Asia. In recent years, obesity is a health concern that everyone is neglecting about. People in Malaysia think that money is very important to survive in this advanced age, therefore they are more focus in working for money. Some of them will be neglecting their health. The problem such as emotional eater, eating pattern and lifestyle behavior are developing. Several studies have demonstrated that emotional eating can be controlled. O'Connor et al. (2013) Furthermore, in population-based and other nonclinical samples, sadness and emotional eating have been linked to the intake of higher calorie-dense meals, or "comfort foods" (Dallman, Pecoraro, & la Fleur, 2005; Konttinen et al., 2010b; Mooreville et al., 2014; Van Strien et al.,2013). Physical inactivity, sedentary behaviour, and a poor diet are all factors that can lead to weight increase and/or abdominal obesity. Dietary pattern analysis may provide insight into the impact of overall diet on overweight/obesity. Over the last two decades, the relationship between dietary habits and overweight/obesity has been a study emphasis, with a number of outcomes presented in the scientific area (Min MU et al., 2017).

OBESITY RATE IN MALAYSIA



133. Emotional Abuse Caused By Toxic Family Environment

Nurul Syazwani Binti Mohd Saidi, Oh Zi Qian, Ooi Fen Zhu Peng, Yu Yang, Pereyanka, A/P Rajeswaran & Puteri Nur Maisarah Binti Muhammad Noor

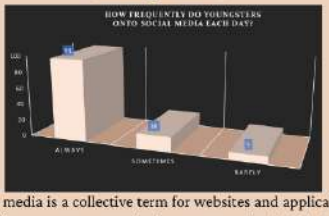


134. Effects Of Technology On Youth: Social Media

Shaff

Effects of Technology on Youth : Social Media

Background



Social media is a collective term for websites and applications that focus on communication, community-based input, interaction, content-sharing and collaboration. People use social media to stay in touch and interact with friends, family and various communities. Graph analysis reveals that,

- Total social media users have dramatically increased from rarely, sometimes to always
- People utilise social media for entertainment, education, and communication with their loved ones.

Result

Finding news or information more easily is social media's biggest beneficial influence on youths.

Addiction is the greatest harmful effect of social media on young people's mental health.

The majority of young people use TikTok on social media because it's good for youth and encourages them to express their thoughts, feelings, and creativity.

Finding activities for oneself helps young people **live happier lives.**

Effects

Social media helps them enabling interaction with their friends and family due to social media sites like Facebook and Twitter were developed to link people worldwide. Can be usedto find news and information , new form of entertainment and also helps people learn, discover, and explore new skills

Social media use can also negatively affect teens, distracting them, disrupting their sleep, and exposing them to bullying, rumor spreading,unrealistic views of others people's lives and peer pressure. Social media addiction is behavioural addiction that is defined by being overly concerned about social media.

The use of social media among youth must be taken seriously so that it will not lead to addiction. In today's society, it is common to see people seated next to one another, looking at their phones instead of interacting. Teenagers spend more time on social media with their friends than they do with their families .This is obviously not a good sign for a young generation whom will having a responsibility to lead this country.

Solution

- SPEND LESS TIME ON SOCIAL MEDIA PLATFORMS (REDUCING SOCIAL MEDIA USE TO A MAXIMUM OF HALF HOURS A DAY LED TO A DECREASE IN A LOT OF NEGATIVE FEELINGS)
- DONT SCROLL FIRST THING IN THE MORNING OR BEFORE BED (A MAJOR SOURCE OF DISTRACTION AND STRESS, ESPECIALLY WHEN WE CHECK THEM FIRST THING)
- TURN OFF NOTIFICATION AND ONLY CHECK SOCIAL MEDIA AT CERTAIN TIME (WE COULD FIND THAT WE CAN AVOID A LOT OF SOCIAL MEDIA ANXIETY)



Conclusion

In conclusion, social media has a mixed effect on young people's mental health. This is due to young people's heightened interest in social networking. Positive influences like increased access to family and friends, news, and information may initially appear positive, but when people use social media irresponsibly, they can lead to negative effects. There is also no guarantee that we will meet a good person because social media is a platform that is used by millions of individuals. According to our research, negative influences are more likely to occur than good ones since social media is now so deeply ingrained in our culture that it is practically hard for people to function without it.

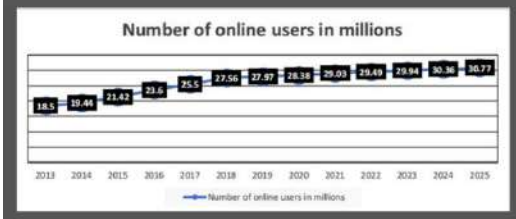
135. Cybercrime Awareness In Malaysia

Ze Fan

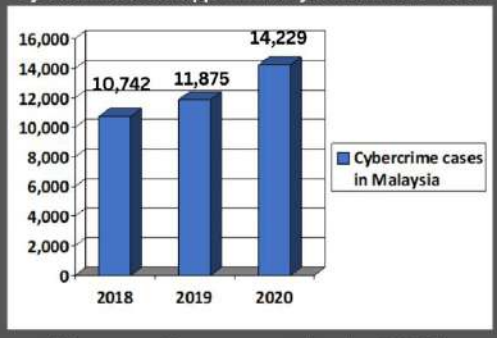


Malaysians are getting more active in online activities. However, the reliance on digital technology created new opportunities, and opened the floodgates to new threats, dangers, and vulnerabilities. Irresponsible cybercriminals are taking advantage of the circumstances to further their malevolent goals (Prime Minister Tan Sri Muhyiddin Yassin, 2021).

Number of online user increase realistic / Estimate number in future



Cybercrime cases happen in Malaysia from 2018 - 2020



(Average 6 cases per day in 2020)

Common cyber threat that cybercriminal used



Why cybercrime always happen



Lack of Cybercrime Awareness



Bad Cyber Behavior



Misperception Cybercrime



Don't Know Cyber-threat

Cybercrime Awareness in Prevention of cybercrime

People are still falling prey to cybercriminals. Therefore, there is a need to improve public's awareness on cybercrime. Issues such as cyber etiquette, responsibility, and positive internet usage have become increasingly crucial (Deputy Communications and Multimedia Minister Datuk Zahidi Zainul Abidin, 2021).

Behavior in using cyber

Organizations and countries can improve the network system, but if there is no proper behavior to keep the cyber space safe, cybercriminals can just pick up the phone, send a phishing email, or manipulate people to do something. It is the equivalent of erecting a perimeter fence around the house, locking all windows, but leaving the front entrance exposed to the cybercriminals (Carpenter, 2022).

Self Perception in cybercrime

Nowadays, the number of online users is increasing, but they lack knowledge about new types of cyber threats, which allows the criminals to have the opportunity to attack the online users (Minister of Foreign Affairs of Malaysia Dato' Sri Saifuddin, 2021).

Knowledge about Cyber Threat

Many online users are too confident about their knowledge on cyber security, and have misperception about cybercrime awareness. They think they are unlikely to be the target of the cybercriminals, and this provides the opportunity for cybercriminals to prey on them (Knight, 2021).



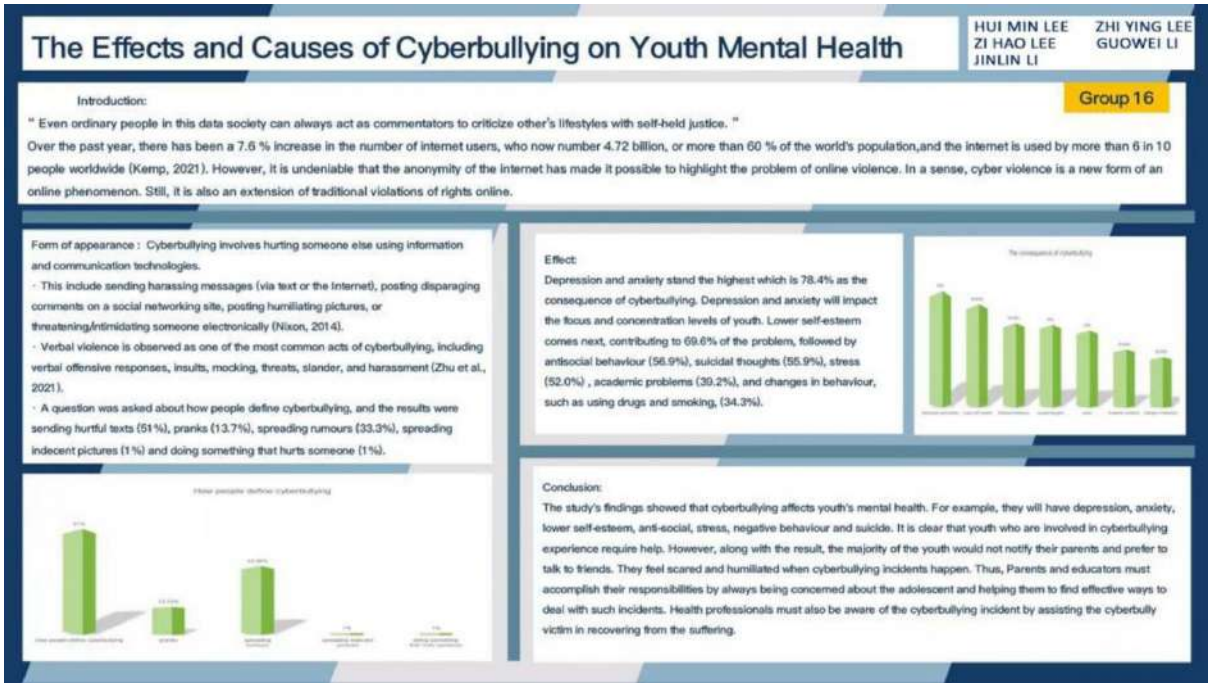
Advise from Ze Fan

If you are facing cybercrime issue, you may refer to the BNMTELELINK to make a report.

HP:1300-88-5465
Email: bnmtelelink@bnm.gov.my to

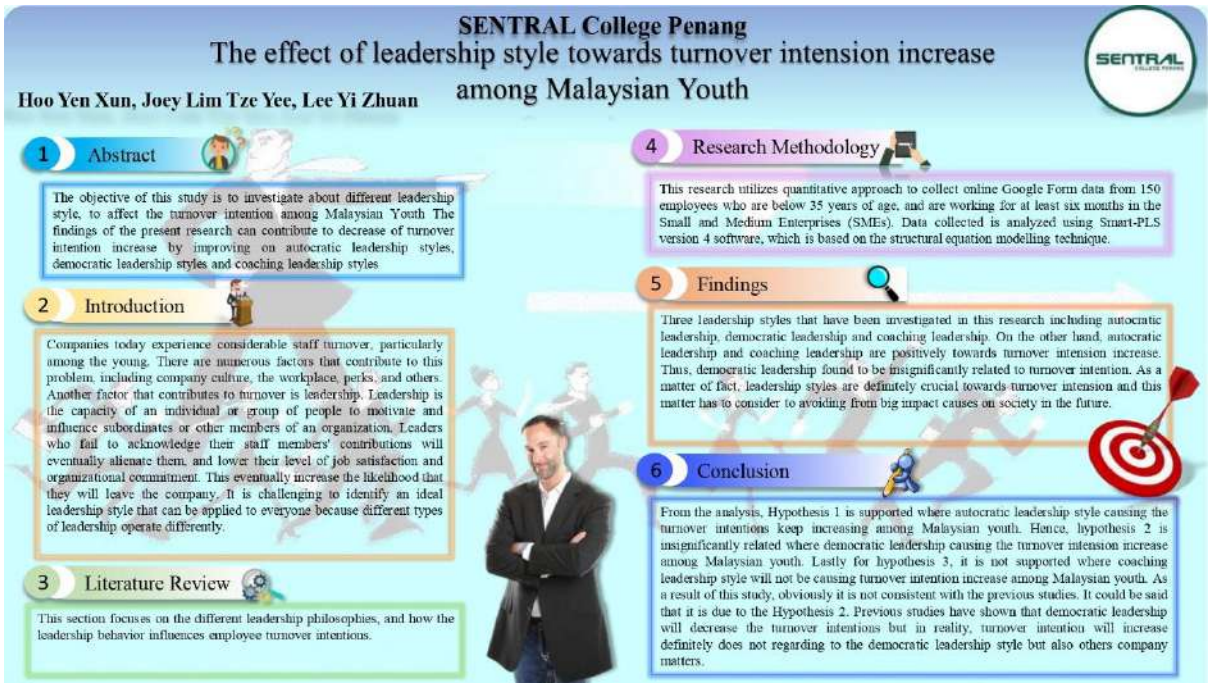
136. The Effects And Causes Of Cyberbullying On Youth Mental Health

Hui Min Lee, Zi Hao Lee, Jinlin Li, Zhi Ying Lee & Guowei Li



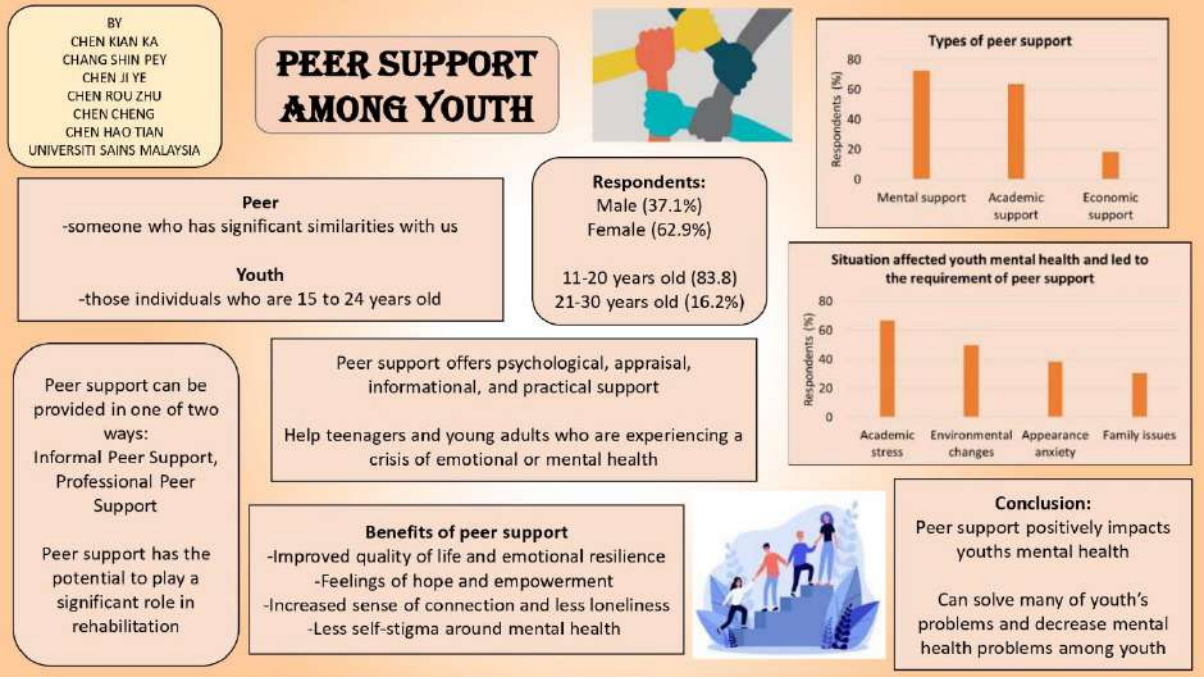
137. The Effect Of Leadership Style Towards Turnover Intension Increase Among Malaysian Youth

Hoo Yen Xun, Joeylim Tze Yee & Lee Yi Zhuan



138. Peer Support Among Youth

Chen Kian Ka, Chang Shin Pei, Chen Ji Ye, Chen Rou Zhu, Chen Cheng & Chen Hao Tian



International Youth Conference 2022

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