

Student's Stress: A Case at Padang Terap Community College

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Abstract: *This conceptual paper describes the relationship between the causes and effect of student's stress at the Padang Terap Community College. There are two main factors mentioned in this study; financial burden and time management. Both of these factors appear to have an impact on the student's life especially that effects their disciplines. This paper provides some input in addressing the situation at the Padang Terap Community College as well as helping the institutional management to planning future actions in regards to the student's stress.*

Keywords: Stress, Financial Burden, Time Management

1. Introduction

Stress or emotional tension is physical reactions that often arise among Malaysians [1]. Naturally, the differences in age, status, and background of the person do not prevent someone from experiencing stress. Malaysian Psychiatric Association (MPA) Advisor Tan Sri Lee Lam Thye stated that stress will be a major mental health problem by year 2020 in Malaysia [2] it is not been contained. Stress is a subjective and everyone facing this situation also needs to be curbed in order to avoid protracted that will cause more serious conditions such as mental health. This situation prevailing not only can occur in the workplace, but also can occur in the family, society, economy, including education.

Admittedly in an educational perspective today, educational concept is emphasis to the importance of exam-oriented education which is to achieve excellent results in the examination. The challenge of getting good results in exams is assumed to create emotional stress for students and the excessive stress in exams can upset a student's emotions and worries [3]. This leads to the problems such as discontinuation or lack of interest in furthering education due to the intense pressures of parents, teachers, the community, peers and educational institutions[4].

Besides, the pressure is also driven by public perception in Malaysia that believes on excellent results are decisive to the success and versatility of a student. This pressure has made most of the students are not interested in the exam and they think that the exam is a burden in education pathway [3]. Hence, this pressure which is considered as best education approach from the public's view actually has contributes to students' emotional pressure and stress

2. Stress

Stress is referring to restlessness, anxiety and tension due to mental and physical stress[5]. In the medical context, stress is an emotional, physical and mental factor that cause to the physical or mental anxiety that happens through

environmental stress, psychological conditions, illness or from medical procedures performed [6].

Something that contributes to stress is called stressors that occur from a wide range of situations happen [7]. Moreover, the interpretation and response to an event also give different levels of stress to individuals [8]. Particularly, the pressure or stress at low or moderate levels actually helps persons to motivate themselves. However, the person which has stress at a high level need to be assisted and guided to prevent something terrible to be happen [9].

3. Stress In Student's Perspective

In fulfilling the responsibilities as a undergraduate, students are one of the most exposed groups to the stress environment [10]. This is in line [7] stated that the stage of adolescence is a precarious period in which these groups tend to experience a process of change in identity and role confusion. Studies have shown that the stress experienced by students will increase as more as the stressors they experienced such as among family, personal, physical development, friends, academics and lecturers [4]. [11] highlighted that stress on assignments, examinations, inability to time allocation and adapt to change are also among the sources contribute to stress for students today. On the other hand, [10] commented that career factors are the main factor that cause stress among students and it followed by academic and environmental factors. However, the findings presented by [12] claimed that academic factors in terms of workload have contributed to the highest stress among students. Due to the above situations, it shows that stress can prevent students from concentrate and enjoy their learning and prevent to build up their potential character also develop existing talent [8].

4. Financial Stress

Finance is defined as a money management or any activities that related to money organizing. Meanwhile financial problems refer to person's inability to manage expenses [13]. Thus, knowledge of financial management is very important especially in today's world as almost every day in

life is involved in managing money. Financial crises usually occur when students fail to manage their finances well. [14]. This statement is in line with the results of the study presented by [15] where 18.5% of respondents reported having met with a financial advisor, 27.2% had met with a financial aid counsellor, and 4.9% had met with a credit counsellor regarding their financial problems.

Facing the financial problems can make a person exposed into more serious psychological problems such as depression which can cause negative emotional, cognitive and neurological changes [16]. The results of the study from [17] found that 28.6% of students with financial difficulties experienced stress, meanwhile 28.2% of students were frustrated by less skills in financial management and 35.6% frustrated by not being able to help their families need. Therefore, individuals who are closely related to students, especially teachers, lecturers or counsellors should emphasize the effect of the financial stress to the students. This includes providing the knowledge of overcoming mental stress or working with organizations related to financial management to provide students with understanding how to manage their financial. [18].

5. Stress in Time Management

Time management is considered very important and can affect a student's stress as they have to work through various tasks to achieve their goals. But it all depends on the time management of the individual whether it fits into their daily life or how they can adjust to their daily routine. [19]. emphasize that the key to time management are as follows: i) set realistic goals, ii) set up, iii) make representations, iv) relax and recharge, and v) stop feeling guilty. Based on the key factors, there are two main factors that hinder good time management which is delayed and over perfect [20].

The results of a study conducted by [21] found that students still lack of the knowledge and skills in managing time. This study is also in line with [22]., where the results of a study on postgraduate students found that the level of time management and students stress was moderate and unsatisfactory. Poor time management causes stress among the teenagers especially the students. Students will have difficulty in balancing their academic matters, peer activity, and family life due to unmanaged time. Besides, the challenge of their time management becomes even more difficult when some of the students do part-time work while studying. [7].

6. Discussion

A good and effective stress management should be applied in everyday life. In the world of education, students should be educated with the knowledge and understanding in order to meet their social needs. This is in line with Maslow's Hierarchy of Needs theories stated that social need is the human need to feel love or belonging [23]. When this need been satisfied, stress in society can be reduced or avoided. Therefore, today's education system should emphasize good social values among students so that can educate the students to know what is important and valued in their life. But in reality, today's education system is more exam-

oriented and grade-based which reflects from the public whose believes that the good values of the students depend on the student's educational level or grades. Moreover, institutions also act as the driving force for students to ensure excellent student academic achievement that makes them feel as an experiment object. This somehow create negative results that cause students' stress and will not be able to concentrate on their academics. Responding to the above issues, the public need to realized that highly stress can cause individuals to become discouraged and give up. In addition, the pressure that putting on them has given negative effects on students especially in terms of stress management. In addition, students are also burdened with financial problems due to the cost of living and their social life. Their inability to manage their financial sometimes creates more other problems and certainly increased their stress level. Other than that, poor time management also contributes to the student's stress that makes the students who have the potential to go further and cause of the burden factor, they feel that their ability is limited and cannot move forward.

Education institution management should have concerned about the financial problems faced by students and able to identify the problems that exist among the students. Good institutional management should not only focus to the academic quality of a student, but also need to look over the student's background. In fact, many activities setup by the institution sometimes intrude the learning process of the students. Some student activities were held during the lecture and caused the lecture to cancelled and replaced the class at other times. This may interfere with the student's personal time. If students are unable to manage their time well, they will find this to be a burden and stress in their life.

Based on this assumption of stress factor factors, there are several issues that need to be addressed to students at the Padang Terap Community College in the area of student affairs; 1) Does the financial affect student's stress at the Padang Terap Community College; 2) Does time management affect student's stress at the Padang Terap Community College. Based on the questions raised, this study needs to be done to assist the student affairs unit of the Padang Terap Community College in helping to identify the causes of student stress for finding the solutions and give guidance to students in reducing their stress. With that, the framework is tabulated.

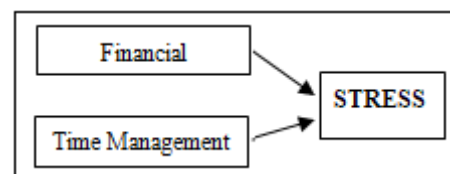


Figure 1: The significant relationship of stress

Hypothesis

- 1) There is a significant relationship between financial and student stress.
- 2) There is a significant relationship between time management and students' stress.

7. Research Objective

- 1) To identify the relationship between finances and students' stress at the Padang Terap Community College.
- 2) To identify the relationship between time management and students' stress at the Padang Terap Community College.

8. Research Questions

- 1) Is there a relationship between finances and students' stress at the Padang Terap Community College?
- 2) Is there a relationship between time management and students' stress at the Padang Terap Community College?

9. Study Interest

This study provides important theoretically in the field of psychology, especially in stress and can serve as a reference for further research in regards to the degree of stress among students and as guideline to aware them on overcoming stress thus handle the problems that they faced. In addition, this study is also contributing to institutions, especially the Padang Terap Community College in identifying the causes of stress among students in order to overcome the discipline problems.

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