

Stress and Mental Health Problem on Secondary School Student in Sabah

Abstract

Several studies proved there is a significant relationship among stress with mental health, depression and stress that prolonged. (Abouserie, 1994; Diane & Misty, 1997; Bojuwoye, 2002; Mahadir, Shazli Ezzat, Normah & Ponnusamy, 2004; Najib, Che Su, Zarina & Suhanim, 2005; Najeemah, 2005). The purpose of the study is to create mental health profile among students in Sabah. This research also tends to find out the relationship between stress and mental health among secondary students in Sabah. Furthermore this research also tends to find out the differences of mental health among multi-ethnic secondary school student. There is about 500 secondary students was aged mean 16.06 was taken from Sabah to do survey. Finding indicated that there is a positive significance correlation between stress with mental health ($r = .731, p < .001$). Results also indicate there were significant dif Several studies proved there is a significant relationship among stress with mental health, depression and stress that prolonged. (Abouserie, 1994; Diane & Misty, 1997; Bojuwoye, 2002; Mahadir, Shazli Ezzat, Normah & Ponnusamy, 2004; Najib, Che Su, Zarina & Suhanim, 2005; Najeemah, 2005). The purpose of the study is to create mental health profile among students in Sabah. This research also tends to find out the relationship between stress and mental health among secondary students in Sabah. Furthermore this research also tends to find out the differences of mental health among multi-ethnic secondary school student. There is about 500 secondary students was aged mean 16.06 was taken from Sabah to do survey. Finding indicated that there is a positive significance correlation between stress with mental health ($r = .731, p < .001$). Results also indicate there were significant differences among ethnic groups in Sabah ($F(9.490) = 4.625, p < .05$). The importance of mental health issues and intervention had been discussed. ferences among ethnic groups in Sabah ($F(9.490) = 4.625, p < .05$). The importance of mental health issues and intervention had been discussed.