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Assessment of Academic/Non-Academic Factors and Extracurricular Activities Influencing Performance of Medical Students of Faculty of Medicine, Universiti Sultan Zainal Abidin, Malaysia

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Abstract

Background: Physical and mental comfort is known to have a crucial influence on health and performance amongst medical students. Very often, medical students suffer from poor quality of life (QOL) related to the work-life balance due to the lack of sleep, nutritional and dietary disorders and low physical activity, resulting in a negative impact on their academic performance. This study aims to determine the potential academic/non-academic factors and extra-curricular activities influencing the performance of medical students in Universiti Sultan Zainal Abidin (UniSZA). Materials and Methods: This was a cross-sectional study conducted on medical students at the Faculty of Medicine, UniSZA, Terengganu, Malaysia. A sample size of 300 respondents were recruited from Year I to V medical students. The questionnaire was adopted, modified and validated from a similar study in Saudi Arabia. Results: Majority of the students enjoy medical education are self-motivated, have a good command of English, non-smokers and have a sufficient sleep. Conclusion: University medical students possess good QOL within the optimum educational environment.

Keywords

Author Keywords: Academic performance; academic/non-academic factors; extracurricular; influencing; Malaysia; medical students

KeyWords Plus: SOCIAL NETWORKING; CLINICAL STUDENTS; RESPONSE RATES; SLEEP HABITS; SCHOOL; STRESS; MOTIVATION; HEALTH; PERCEPTIONS; PREVALENCE

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