

A comprehensive study of mental health issues: impact on overseas university students

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Abstract

Purpose: This research aimed to find out the mental problems of overseas students and how they can remove it.

Research Methodology: In-depth interview method was done on the basis of Google form. After the interview, it was interpreted by thematic analysis.

Results: 80% of overseas students face mental health disorders. Environmental, personal, and academic factors was significantly affected the students' mental health and most respondents voted environmental factors to be the leading cause of this issue.

Limitations: A larger sample size, including students residing other parts of the country should be considered in future research. The result is also difficult to generalize due to the unequal participation of male and female respondents.

Contribution: This study can be useful in those universities where overseas students study.

Keywords: *Overseas students, Mental health, University*

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1. Introduction

Higher education's widespread and progressively competitive characteristics have intensified speculative stressors that subsidize mental health concerns among students worldwide (Beiter, Nash & McCrady, 2015). Researchers have found that issues associated with fulfilling academic and socio-cultural prospects, conserving study time, and managing tuition charges are a focal point of depression, nervousness, and university students' strain (Fawzy & Hamid, 2017). A meta-analysis showed that Asian students engaging in nursing and medicine subjects suffer from a high fervency depression ranging from 43% (Tung, Lo, Ho & Tam, 2018) and 11% correspondingly (Cuttilan, Sayampanathan & Ho, 2016). Other researches have shown the interconnection between lower socio-economic conditions and depression (Ibrahim & Kelly, 2012). The expanding difference between a lower position and a higher position may be the reason for disrupting the self-respect of students overseas (Chen, Wang & Oiu, 2013). Most of them are from lower-income families and their depression rate is high compared to native students. These students with the lower economic condition may be obliged to strive for partial scholarships that upraise their susceptibility to depression, nervousness, or stress (Szabo & Marian, 2017). This situation gradually causes prolonged sleep deprivation, which depression among students (Peach, Gaultney & Grey, 2016). Researches identified that poor mental health has progressively deteriorated their academic performances after the first year (Elias, Ping & Abdullah, 2011).

According to the [World Health Organisation](#), more than 800,000 suicidal cases have been reported globally every year. However, since in Malaysia, the news has been declared that more than 500 cases of people commit suicide or attempt suicide every year. Deputy Director, the Butik Aman Criminal Investigation (investigation and legal) department told, most of the reasons are stress due to financial, family, and relationship problems and studies. Moreover, the report of the native health and physical study of 2017 showed that it was 12% in 2011 but it became 29% in the year 2017 citizen of Malaysia suffer from depression and nervousness problems. They concluded that in Malaysia, one out of five people is depressed, two in five people are anxious and one in ten people is stressed. Therefore, a statement has been written on the news that mental illness will be the second biggest common health problem in 2020 recently. Not only that, in our Budget 2020, RM344.82 million has been allotted by our health's Ministry for psychiatric and mental fitness function in which the budget has increased by 3% from the previous year's budget. These show that we should give our attention and support to cure this problem before it becomes more severe.

Thus, we initiate this report to determine the causes of these mental health issues and the best alternatives to cope with this problem. However, we targeted IIUM students to conduct this research. This report has eight sections; introduction, motivation, findings, IIUM initiative: counseling and career services center, recommendations, sustainable development goal, Islamic perspective, and conclusion. This problem will be further discussed in the next sections.

2. Literature review

2.1. Mental health

Even though university students meet similar academic difficulties internationally, Japanese university students are lonely affected by the top frequency of depression and anxiety by all of the population ([World Health Organization, 2017](#)). In this field, the world health organization proclaimed Japan is the second-highest position of cases for depression having around five million and three million on anxiety disorders. With 41% of suicides have occurred linked to mental health. These suicide rates guided Japan to have higher than any other developed country ([Hiramura, Shono, Tanaka, Nagata & Kitamura, 2008](#)).

Only 20% of people in Japan having appropriate treatments for the mental problem ([Auerbach, Alonso & Axinn, 2016](#)). It is intensifying day by day to each university student in Japan ([Ishikawa, Kawakami & Kessler, 2016](#)). Being a corporatist culture, the Japanese lay stress on team unity and clarify themselves ground on their social relationship ([Chang, Chang & Sanna, 2012](#), [Kleinknecht, Dinnel, Kleinknecht, Hiruma & Harada, 1997](#)). The population of Japan, they expect to contribute to having an identification of mental health affair in the public zone.

A research of 4,130 Japanese partakers from 11 various communities usually reported that the ground for not acquiring contribute to support for psychological trouble was their wish to independently take care of the affair ([Kanehara, Umeda, Kawakami & Japan Mental Health Survey Collaborators, 2015](#)). Japanese people feel hard to disclose their feelings condition and prompt people to help somatic symptoms to find psychological pain ([Waza, Graham, Zyzanski & Inoue, 1999](#)).

2.2. Variations between Okinawa as well as other headquarters

Compared to the difference across lifestyle, prefectural variation in mental fitness distribution through several geographical areas is also found in the Japanese community ([Tanaka, Hiramura, Shikai & Kitamura, 2006](#)). The remote area from the center place of Japan, Okinawa has the only history that affects the population and way of life of the island's dwellers. In 1945, ensuring the establishment of American army bases on the island, American dwellers' people in Okinawa have risen ([Manalu, Kusumi, Koyasu, Michita & Tanaka, 2013](#)). Okinawa is in adjacency to China in differentiation to the remains of Japan depended on geographically. In Okinawa, the smallest literature is found on university students. Still, statistics engaging the general people of Okinawa provided a fairly down earning in differentiation to the maximum of Japan, grading 12th topmost figure of household's life on well-being out of 47 headquarters. Earlier surveys worked on university students throughout the world have indicated a fault-finding connection ([Roberts, Golding, Towell & Weinreb, 1999](#)) between small socioeconomic levels and depression as well as anxiety ([Ibrahim & Kelly, 2012](#)). Moreover, the mental fitness of the total number

of people in Okinawa was born in mind 12th highest in Japan. At the same time suicide scale at Okinawa was considered a little high average in differentiation to other headquarters in Japan ([Nishiyama, 2010](#)).

2.3. PhD students of Flanders, Belgium

In the 2013-2014 year of academic, PhD production had risen in Flanders higher than that of other countries in Europe, then 1724 new doctorates were sat a high value which was 71 out of 100 increased than that of 2004 – 2005 ([ECOOM, 2015](#)).

2.4. Mental fitness in the university area

An increasing portion of research has proved mental fitness difficulties in the study environment. Even though this commencing has produced a field of significant insights, we trust it to be proved a powerful wind-up about the frequency and determinants of mental fitness complications in PhD students, the central goal of the present study. First, earlier researches have been greatly hampered to one particular discipline, especially health and social care ([Ei-Ghoroury, Galper, Saraqdeh & Bufka, 2012](#)) premises, department or university ([Gillespie, Walsh, Winefield, Dua & Stough, 2001](#)) and are so error to reflecting discipline. Second, the quantity of publication of studies highlighting on mental fitness of Ph.D. students is controlled ([Ei-Ghoroury et al, 2012](#)) as nearly all researches have highlighted up to undergraduate ([Peluso, Carleton & Asmundson, 2011](#)).

Epidemiological students showed the rising scale of college students between 18 years and 24 years old in diagnosable mental fitness trouble, and a piece of evidence is available those students by this time start their university profession with the frame of mind, nervousness as well as eating disorders ([Blanco, Okuda, Wright, Hasin & Grant, 2008](#)). The limited studies on graduate students showed that they were attackable to expanding depression ([Peluso et al, 2011](#)). Other research notably European and Australian ones have shown a tendency to put to use a model of university member of staff in general and on the whole reported total findings ([Kinman, 2008](#)) showing it a problem to attack fine-grained terminations on the mental fitness of PhD students as a different shape.

As the result of studies identified the mental fitness is difficult and multidimensional, comparison of frequency ratio evaluated with various measurement instruments would be completed carefully because convergent logic between mental fitness measures is normal ([Shankman & Klein, 2002](#)). The highest quantity mostly used measurement tools in professional health studies; the General Health Question (GHQ) qualifies researchers to open into psychological distress and depression ([Goldberg, 1972](#); [Goldberg & Williams, 1988](#)). Universities of Australia and the U.K. have used the 12 article version of the GHQ (GHQ -12) in the part of the university. The two together classifications (see Table – 2 below) and dimensional ([Boyd, Bakkar, Pignata, Winefield, Gillespie & Stough, et al, 2011](#)) were employed by the investigative plan of action.

Overall, in this limited research, the problem of university students' psychological fitness is growing fast. As a result, they are suffering from different issues like depression and anxiety. On the other hand administrators and faculty are trying to reduce the problems and upliftment for the students in the campuses as because potential university students have sufficient scope to be a leader of their professions in the nation and globally.

2.5. Motivation

What motivates us to do this problem is that the national survey has revealed that Malaysian teens critically suffer mental health problems. It is due to personal reasons which include exam stress, family issues, and peer pressures. We can hear that there be news regarding the student who suicides every year. In 2018, there is a case in which a depressed student allegedly commits suicide in Seremban because she wants to excel in her exams. Apart from that, there is a female aged 16; she commits suicide because her followers have voted yes on her Instagram when she asks about suicide. Besides, according to the survey conducted by the private university lecturers, half of their respondents have been proved that they have suffered depression. The national survey revealed that depression and anxiety disorders contribute to Malaysia's arisen mental health problem compared to other types of mental illness. Clinically poor and mentally disordered students accomplish lower grades comparing to other students ([Andrews & Wilding, 2004](#)). Researches revealed that a depressed mental state is negatively correlated with educational performances ([Heines, Cashy & Norris, 1996](#)). The higher level of psychosomatic suffering is related to

the institutional performance that causes extensive test stress, lower self-esteem, inefficient time maintenance, and inadequate academic resources usage ([Brachney & Karabenic, 1995](#)). Depression is a vital forecaster of poor academic result and the possibility of dropping out of the institution. Moral mentorship, discussion groups, and student-oriented parties offer students opportunities to expand their qualities, developing flexibility and anxiety management that diminishes mental health problems ([Saito & Okayasu, 2014](#)). Intensified consciousness of this problem also has a positive impact on university students. They share information more than before through group discussion that calms their mind and develops mental growth ([Ratanasiripong & Rodriguez, 2011](#)).

Researchers are also concerned about the misconceptions about the people who suffer from this problem, which have been spread widely among the community. For example, they thought these people are insane and need to be avoided. Furthermore, this misconception also has occurred due to cultural reasons such as in the Asia region. They think this community has a mental illness because of the demons' possession, divine punishment, and sickness of the soul and others. This stigma should be stopped as it creates a problem for the people who suffer from this illness. Since people avoid them, they lose their self-confidence to speak up and get help from experts. Due to that, there will be more and more suicide cases to occur. Besides, the 'Joker' film is a part of this awareness campaign. The objective of this film is to explain how this stigma affects the patients and the impacts it.

Lastly, Researchers are motivated when they hear their friends have suffered from this kind of illness. Scholars want to know how government specifically IUM console this problem. Is there any budget allocated for it since the government increased the budget to handle this mental health issue? In academics opinion, IUM should take it seriously as the performance of students is the key element to measure university performance.

3. Research methods

Three techniques were done: a survey on google docs, an interview, and a literature review on the news. After that, in-depth interview is conducted on the basis of this survey. The in-depth interview has been interpreted by thematic analysis. To get accurate data and information, Researchers ensure that they get at least a hundred respondents answering their survey. Inspectors also conducted interviews with three different people from different backgrounds, such as the Academic staff, Counselors, and students who suffer from this problem. Lastly, Scholars also had reviewed the news related to this issue to give them a better view and fact about these issues.

4. Results and discussions

This research is created a google form to discover the topic. This method's main purpose is to collect data regarding IUM students' opinion about their mental health, specifically on what causes affect their mental health. This survey has been distributed to IUM Students through social media such as WhatsApp and Instagram. The study is believed that these platforms are reasonable and convenient as their users' number keeps increasing day by day. The survey has received almost 200 respondents who willing to fill-up the form. This form has two sections in which the first section is to know the respondents' background and the second section will be the further discussion on this issue.

From the first section of the survey, almost 80% of the form is filled by females and respondents are around 16 to 28 years old. Furthermore, half of them is from Kuliyyah of Economics and Management Sciences and the remaining are shared with the same portion by other kali yah. Apart from that, around 80% of the respondents are single and the remaining are in a relationship. The assessment also has representatives from each level of study who are from level one to level five. Most of them are taking more than 15 credit hours this semester.

Next, moved to the second section, the respondents have assumed that academic, social media, society expectations, family issues, finance, relationship with friends or partner are the factors of this mental illness. The study has categorised all these factors into three parts which are academic, environmental, and personal factors. Moreover, survey is also asked what the main cause of all these three categories is. The study is supposed the environmental factor plays a significant cause on this issue, comprising social media, society expectations, and any relevant to it. They thought it is due to our current culture which is too materialistic. The study focuses on chasing for position and status in this world in which they neglect

their responsibilities towards society. For example, they think social media affect their mental health because it creates jealousy in them and they tend to compare their lives with others. Therefore, they will lose their self-esteem and self-confidence in themselves in which they try to downgrade themselves and tend to be stress out and depressed. This is where they think mental illness can be created through environmental factors.

Besides, the second-largest percentage from the survey on the causes is a personal factor which is comprised of family issues, finance, relationship with friends or partners, and self-thinking. Among the causes, they voted that family issues to be the highest contribution in the personal factor that led to mental illness, then followed by the relationship with friends or partners, finance and the least percentage under personal factor was self-thinking. They agreed that when the students live in a broken family, they can potentially have a mental problem. Furthermore, some of the respondents also said that family is important in our life as they are close to us since we are born and they will be our first support when we are facing difficulties. However, if they do not care among themselves, the students will lose the support and it will give more pressure on them to find another support.

Last but not least, the academic factor has obtained the least amount of votes among the respondents when talking about the main causes of this issue. Based on the survey, when we ask a question on "Do you think that your workload (assignments, classes, etc.) give an impact on mental health?", around 80% of the respondents voted yes. It is because the number of their credit hours and work assessments is not reasonable sometimes. Besides, they also said that some classes are not relevant to their courses and it gives more burden to them as the assessment for that classes is more difficult compared to the main one.

To sum up, these environmental, personal, and academic factors can affect the students' mental health and most respondents voted environmental factors to be the leading cause of this issue. Therefore, the research would be suggested that the solution should be the one that will prevent the students from getting pressure by environmental factors such as the government may try to figure on how to stop the stigma among the community about this problem in which has arisen many years ago.

4.1. Interviews

4.1.1. IIUM Counsellor

Since respondent gave us PBL, it gave us the privilege to interview one of the prominent counsellors of IIUM counselling department Sr. NurMastura Mohammad Arif. The interview had a fruitful session with her, whereby respondent answered our questions. Defendant highlighted the factors that affect mental health, and provided guidelines on what an individual should do, if he or she has a mental health issue, also what are the initiatives can be taken to solve the issue which is explained below: -

Factors affect somebody's mental health

Society: Living in a society where everyone loves to compare with one another as a result when somebody isn't doing well in academics or other things, he or she receives huge criticisms from the people of the society. Therefore, it builds in his or her mind that if the individual fails in life, he or she will never be able to succeed. Hence, at some point, the individual becomes hopeless and burst into depression. Thus, it is society's responsibility to support the young generation to utilize their potential to succeed in life. Especially, people should support them during their hard days.

Education System: Despite all those advancements, education is still continuing with the traditional system. It has kept on increasing the number of academic courses but it didn't introduce courses that would teach the youth's life skill. To explain in practical life, it is pretty normal to go through ups and downs, but the current education system does not teach them how the students will cope with a difficult situation. In other words, the education system is making them bookworms but not teaching them how to cope with difficulties. Therefore, there are becoming less resilient which is affecting their mental health.

Lack of facilities at the university

In IIUM the facilities for the students to enjoy and entertain themselves is not enough. As a result, students don't get much opportunity to give time to themselves. For instance, in our Kulliyah, there is no student lounge and the cafe that we have is not up to the mark to study and do other activities. To a

certain extent, these things affect students' minds and they lost motivation to study sincerely, therefore, they can't achieve an expected result which affects their mental health.

Solution or initiative to solve the above issues

Be kind to yourself: Humans were not created flawless rather everyone among us is granted with a few flaws but most people can't accept the flaws they have. Hence, madam Mastura said one should accept his or her flaws and move forward with life because if the person focuses on the weaknesses instead of strength, he or she will be more frustrated. Thus, everyone must know that they shouldn't harm themselves if they can't achieve something for their weaknesses.

Me time: Nowadays, many people are workaholics they can sacrifice themselves for their work and studies. However, they don't keep time for themselves. According to her, before we begin to do anything, we must give at least five minutes to ourselves, and during those five minutes, we must do something that motivates us.

If somebody is in trouble which the person can't get over should seek a counsellor's assistance:

Before a problem gets bigger and bigger, one must try to solve it to give a person a lot of troublesome time. To explain, a person must try to solve the issue if he or she can't make it anymore, the individual should seek counsellor's advice. She said their door is always opened for the students if the students knock on them, they will assist them in all situations. It is highly recommended and suggested that counsellors seek advice if they can't bear the burden anymore.

4.1.2. Academic Advisor

Our group decided to interview some Academic Advisor for the Accounting department. We chose to interview her because we believe that she knows many accounting students' stories and understands the struggle of being an accounting student.

For her, peer pressure is the main contribution to mental illness problems among the IIUM students, specifically for students from the accounting department. She acknowledged the fact that accounting students need to take a total of 148-150 credit hours. However, it is not fair to put the blame 100% on the heavy work hours as students from other Kuliyyah; for example, students of Kuliyyah of Law need to complete 170 credit hours. The pressure for the students come when they want to complete their studies in 4 years. For the students to do that, they need to take 6 or 7 subjects in a semester. Some students do that just for the sake of following their friends, even though they know that they cannot do many subjects in a semester. When they fail, they even more pressure and it affects their mental health as they need to repeat the subject and take classes with the juniors or someone who they do not know.

It is also surprising to know that the number of male students suffering from this problem is higher than female students. One of the reasons might be because of the masculinity perception that male students have where boys cannot cry or look weak. She also mentioned that the number of students with mental illness is increasing for the past two semesters. Quite a several students have to take the prescribed medicine and some of them even need to apply for study leave because of this issue.

One of the advisors said that she agrees to have additional university required courses or revise the current courses to focus more on topics catered for this problem such as stress-coping mechanism. Besides, she said the department is trying to establish our student lounge as a means for the students to release their stress in between classes. However, it will not happen anytime soon because of a few challenges that cannot be disclosed.

4.1.3. IIUM Initiative: Counselling and Career Services Centre

Overview of the agency

In International Islamic University Malaysia (IIUM), the division responsible for addressing this problem is Counselling and Career Services Center (CCSC). This centre was established on 15 December 1989, with only two counsellors. CCSC now has six counsellors but only three of them are specialized in mental health while the others are responsible for career services. One of their visions is to enhance the psychological well-being of students by providing various types of counselling services such as individual and group counselling. Students who have a problem such as personal conflicts, psychological problems, or any other problems that disturb their mind can have individual counselling sessions where the

counsellor will give a supportive and confidential environment to help you explore the difficulties and help you to cope with the living. Group counselling is where small groups of students will share their problems and learn from each other but with the counselors' guidance. Next, this division also provides a psychometric test which is to help students to understand themselves better. On their website, they have also provided some tips for students to reduce stress since stress is also one of the students' mental health issues.

Budget for this centre

Based on our interview with, Senior Assistant Director of CCSC, we found out that the budget for CCSC is under the Student Development and Community Engagement which is the budget will only be approved by the Deputy Rector of this division, Zulkifli bin Hasan. Usually, this centre will receive a budget of around RM50, 000 to RM70, 000 annually, but this money can only be used for student activities. Before the budget is approved, the management department's officers need to do strategic planning which will discuss the upcoming programs for students, the budget needed for a whole year, and the achievement of the qualitative objectives. The qualitative objectives are the intended outcome from that have been conducted programs. If they achieve the qualitative objectives for three conservative years, they need to improve their targeted outcomes. However, if they do not achieve the qualitative objectives, they have to explain and justify the reason why they fail to the top management. They are also required to propose new programs to achieve qualitative objectives. They are no punishment if they fail to achieve the qualitative objectives, but this can negatively impact the division. Besides discussing the achievement of qualitative objectives in strategic planning as a controlling mechanism, IIUM also required the division to prepare and submit the financial report every month to monitor financial management. Based on the interview, we also found out that the division can balance the previous budget to finance the current programs if there is a deficit budget in the current year. However, suppose the budget is still not enough to cover the expenses. In that case, they need to find out their way including using their own money because IIUM will not approve the additional budget. Therefore a division needs to plan their programs effectively before proposed to the top management because the budget only be approved based on their strategic planning. Depending on the budget approved, they will conduct programs and activities such as talk on mental health awareness, workshops to empower psychological well-being, conducting mental health advocators workshop. Besides, their recent project has been approved after a long time of planning which is the mental health corner in each of mahallah. This program collaborates between the CCSC and the Residential and Services Department (RSD) to help feel belonging in IIUM. This mental health corner will allow the student to relax and release their stress through a conducive environment. All programs conducted are to ensure that the division achieves the division's goal and IIUM goals.

Challenges

Although the strong support from the IIUM Rector and the CCSC the number of mental illnesses among students still increases. This is might be because there is no specific budget allocated to address this issue. Even though we have a budget allocation for CCSC but CCSC has two functions which are counselling and career services therefore the budget need to be divided between these departments. Hence, some projects to improve students' mental health can not be conducted because there is no budget for it. For example, the counselor's recommendation to provide support facilities such as a student lounge can not be undertaken because there is no budget. Therefore it is difficult to address this issue when there is not enough budget allocated. The second challenge is the number of counselors is limited, only three counselors provided in this university. This number is not enough to assist the number of students who need this service. According to our interview which one of CCSC's clients, he said that the problem in this centre is the number of counsellors is not enough because he needs to wait for two weeks before he can meet the counsellor. It is more difficult for students to get treatment when in IIUM there is no psychiatrist department. Besides, he also mentions that the IIUM clinic does not understand and specialize in this problem. When he goes to the clinic, they only provide him with sleeping pills without any other treatment. Lastly, the challenge is the duration of time for programs to approve is long; for example, each mahallah's mental corner project takes almost two to three years before it can be conducted. Since the projects in this university are using public money, there is a need for proper planning to avoid wasting money. Therefore, more time is needed to ensure the project is beneficial for students. However, when

more time is conducted, the program will also cause a delay in addressing the issues and cause many other serious problems.

5. Recommendations

Allocate a bigger portion from the budget

As mentioned earlier, the budget allocated to enhance the mental health issue's needs is not explicitly mentioned. Or else, is not the priority of the government or the university. Sadly, it has become a trend these days, where people from all levels of ages attempt to commit suicide, triggered even by a very small mental issue. The need is there, whether or not we see it. When there is a specific budget allocation for this problem, it can allow the university to provide better facilities to the students. As we know that the environment also can contribute to mental health. Providing a comfortable place for students can be a part of mental health treatment for students, especially to release stress.

Create awareness among students by arranging educational programs about mental health issues

Even with the emergence of social media to spread awareness, it may not be enough to organise programs that are closer to the people. Imagine the circumstances that everyone will have the opportunity to contact the professionals and consult with them directly. People would think that that they are not alone, and that help is always there. Continuous help is crucial as it is.

5.1. Sustainable Development Goal

In September 2015, the third goal of Sustainable Development Goal's (SDG) took in the United Nations General Assembly is good health and well-being, including mental health and substance abuse. This goal is to physically fit lives and upgrading prosperity for everyone of any age.

World Health Organisation Director-General, he said that no one will be left behind through these goals, which means now the ones who suffer from the mental health issue will also get the attention they deserve. Finally, it can make the public realize and give attention toward mental health issues. This third goal also will help millions of people to receive the needed help. Through SDG, it will ensure that by 2030, 33.33 percent of untimely humanity from no transmittable diseases will be reduced through across checking and medication and upgrade mental fitness as well as prosperity.

Hence, we hope that IIUM now will give much attention to bodily, mental, and public prosperity to achieve the third goal of SDG.

5.2. Islamic perspective

Islam focuses on creating balances in Muslims life (Al-Qasas 28:77)

Allah mentioned in the ayah saying that when we look after the akhirah, do not forget the Dunya which is in the current situation, needs to have a clear mind and perspectives. Natural being

There is no impossible situation that has no solution (Al-Sharh 94:5-6)

In this particular ayah, Allah mentioned twice, that the fact that with hardship comes ease. As a human, with Allah's assistance, we need always to remember that our fate has been recorded in the luhmahfuz. By that, our actions should always be in the guidance of Allah.

In an interview with a personality 'AimanPsikologi' on Youtube, he mentioned the importance of the two elements, 'Sunnatullah' and 'Syariatullah'. 'Sunnatullah' is our actions, the activity we make, and the decisions we made. For example, when we feel hungry, we look for food, when we seek we go to the clinics and have mental-related issues, we seek the psychologist, psychiatrist, and people we trust. The 'Syariatullah', on the other hand, is our prayer. In Islam, there is a lot of duas and prayers we can perform for various reasons. The balance of these two elements is crucial for one in this life.

6. Conclusion

With the university's assistance and the students' updates, the mental illness issue shall not be the biggest problem. Professionals from all levels are always there to lend a hand. The student should never feel that they are alone. Even though issues depression and anxiety diseases that hardly believes to be entirely removed from one body. Treatments are there. The connections between the upper tier and the lower tier in the organizational structure shall never be wider than nothing.

7. Limitations and study forward

Every research has some limitations, and this study is not exceptional. Limitations for this study include- it considers the opinions of the students of IIUM only. The results may vary across different groups of student around the world. A larger sample size, including students residing other parts of the country should be considered in future research. The result is also difficult to generalize due to the unequal participation of male and female respondents. Additionally, the relationship between year of study and the rampancy of depression was not examined in this study.

A meta-analysis revealed that 1st year students had the highest rates of depression, then gradually lessened at the final year. This study focused on academic, environmental, and personal factors but did not address some other factors that can cause mental health problems. Future research should explore these factors.

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