

Level of Self Esteem among Medical Students in International Islamic University Malaysia Kuantan (IIUM) and its Association with Religiosity

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Introduction: Self-esteem is an essential aspect of wellbeing particularly for medical students who are susceptible to mental disorders. In Islam, self-esteem is built based on both revelation by Allah and human’s effort. With the increasing study in terms of religiosity and self-esteem, the role of religiosity as possible protective factor for Muslim medical students in their life, is a steppingstone towards becoming competent Muslim professionals.

Objectives: This study aims to measure the level of self-esteem among medical students and its association with religiosity.

Methods: This online cross-sectional study was conducted among 178 International Islamic University Malaysia (IIUM) Kuantan medical students using validated 10-items IIUM Religiosity Scale (IIUMReIS), and 10-items Rosenberg Self-Esteem Scale (RSES). Descriptive statistics was used to measure the level of self-esteem while chi-square, Mann-Whitney U test, Spearman’s correlation, univariate and multivariate logistic regression were used to explore the association between self-esteem with the predictors.

Results: More than half of the students (58.5%) have a high level of self-esteem. They scored an average of 35 (IQR = 6) in terms of religiosity. Those with higher religiosity were predicted to have significantly high self-esteem ($r = 0.345$). Other significant factor includes, frequency of voluntary prayer where daily practice has 0.3 lower odds of having low self-esteem. (95% CI = 0.11, 0.85, $p = <0.05$)

Conclusion: Majority of the students have a high level of self-esteem. Implications of the role of religiosity and the impact of voluntary prayer were suggested. Early and consistent strengthening of self-esteem via motivational, spiritual and religious programs may be advisable.

Keywords: medical students, self-esteem, mental health, religiosity, prayer