

Relationship between repetitive Negative thinking, life satisfaction and Mental health among Malaysian University Students

ABSTRACT

As stress, anxiety, and depression are on the rise among university students, it has become increasingly recognized as a public health crisis. This could hinder their achievement in university, relationships, and future career. Hence, this study investigates the relationship between repetitive negative thinking, life satisfaction and mental health among Malaysian university students. A web based cross-sectional study was conducted among 184 (female=129; male=55) Malaysian university students involved in the online cross-sectional study collected via Google Forms. Repetitive negative thing was measured using The Perseverative Thinking Questionnaire (PTQ). Mental health was ascertained using Beck Depression Inventory-II (BDI-II) and Beck Anxiety Inventory (BAI). Meanwhile, Satisfaction of Life Scale (SWLS) was used to measure participants' life satisfaction. The questionnaires used in the study and distributed via Google Form. The results suggest there is a relationship between psychological wellbeing (depression and anxiety) and subjective life satisfaction towards repetitive negative thinking. Therefore, it is critical to implement prevention and treatment programmers tailored to university students experiencing mental health issues.