

FAKTOR KESIHATAN MENTAL,
KECERDASAN SPIRITUAL DAN
DEMOGRAFI KE ATAS KEBAHAGIAAN
HIDUP DAN PRESTASI AKADEMIK PELAJAR

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Saya dengan ini mengaku bahawa hasil kerja dalam tesis ini adalah asli kecuali petikan, ekstrak dan rujukan yang telah diakui dengan sewajarnya. Saya juga turut mengakui bahawa tesis ini tidak pernah dihantar atau diserahkan kepada mana-mana peringkat ijazah sama ada di Universiti Malaysia Pahang mahupun universiti-universiti lain.

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JANUARI 2022

PENGHARGAAN

Pertamanya, saya ingin mengucapkan jutaan terima kasih kepada Dr Rohana Hamzah selaku penyelia di atas segala bimbingan, tunjuk ajar, curahan pengalaman, kemahiran dan pengetahuan minda serta pencernaan minda intelek dalam menjayakan tesis ini. Tanpa bantuan dan kerjasama beliau, tidak mungkin saya dapat menyiapkan tesis ini dengan baik dan lancar.

Selain itu, saya ingin mengucapkan terima kasih kepada rakan senior Mohamad Shaiful Shariff, di atas kata-kata semangat, komen dan pandangan bernasnya yang secara tidak langsung telah banyak membantu saya sepanjang menjalankan kajian ini.

Yang terakhir, ucapan terima kasih dihulurkan kepada keluarga saya terutamanya kedua ibu bapa iaitu Mat Wajar Hamid dan Saadah Binti Ismail, yang sentiasa menjadi inspirasi kepada saya untuk bekerja keras dan menguatkan usaha dalam menyiapkan tesis ini. Semoga Allah memberkati segala ilmu yang dicari dari permulaan hingga kajian ini selesai. Amin.

ABSTRAK

Penyelidikan ini bertujuan untuk mengkaji pengaruh faktor kesihatan mental, kecerdasan spiritual dan demografi ke atas kebahagiaan hidup dan prestasi akademik pelajar-pelajar Ijazah Sarjana Muda di Universiti Malaysia Pahang (UMP). Objektif kajian secara khususnya adalah untuk: (1) mengenal pasti tahap kesihatan mental, tahap kecerdasan spiritual dan tahap kebahagiaan hidup pelajar UMP; (2) menilai pengaruh kesihatan mental dan kecerdasan spiritual terhadap kebahagiaan hidup; (3) menilai pengaruh kebahagiaan hidup terhadap prestasi akademik; (4) mengkaji pengaruh kebahagiaan hidup sebagai faktor mediasi di antara kesihatan mental dan kecerdasan spiritual dengan prestasi akademik; dan (5) menilai perbezaan pada kebahagiaan hidup berdasarkan demografi jantina, tahun pengajian dan agama. Kajian dijalankan secara kuantitatif melalui kaedah tinjauan dengan menggunakan soalselidik sebagai instrumen kajian ke atas 460 orang responden yang dipilih melalui teknik persampelan rawak mudah daripada 9121 orang jumlah keseluruhan pelajar Ijazah Sarjana Muda UMP. Analisis deskriptif mendapati 40.2% responden menunjukkan petanda masalah kesihatan mental dengan skor purata GHQ-30 melebihi titik potong ($M=6.65$). Walau bagaimanapun, majoriti responden didapati mempunyai tahap kecerdasan spiritual ($M=3.92$) dan tahap kebahagiaan hidup ($M=3.82$) yang agak tinggi. Analisis korelasi pula menunjukkan bahawa kesihatan mental dan kecerdasan spiritual mempunyai pengaruh yang signifikan ke atas kebahagiaan hidup dan prestasi akademik. Analisis regresi membuktikan bahawa kebahagiaan hidup tidak mempunyai pengaruh mediasi yang signifikan ke atas hubungan di antara kesihatan mental dengan prestasi akademik. Walau bagaimanapun, kebahagiaan hidup bertindak sebagai mediator separuh ke atas hubungan di antara kecerdasan spiritual dan prestasi akademik. Ujian t dan ANOVA pula mendapati tahap kebahagiaan pelajar berbeza mengikut jantina tetapi tidak dipengaruhi oleh faktor tahun pengajian dan agama. Secara keseluruhannya, kajian ini telah menyumbang kepada kekurangan dalam literatur mengenai tahap kesihatan mental, kecerdasan spiritual dan kebahagiaan hidup dalam konteks pelajar universiti di Malaysia khususnya di UMP. Hasil kajian juga dilihat mengukuhkan dapatan teori lepas mengenai kaitan di antara faktor kesihatan mental, kecerdasan spiritual dan demografi (jantina, tahun pengajian dan agama) dengan kebahagiaan hidup serta prestasi akademik pelajar. Selain itu, model yang dibina dalam kajian ini boleh dijadikan rujukan untuk memahami bagaimana kebahagiaan hidup dan prestasi akademik pelajar boleh ditingkatkan melalui amalan gaya hidup yang boleh meningkatkan kesihatan mental dan kekuatan rohani mereka.

ABSTRACT

This paper presents an insight on the effect of mental health, spiritual intelligence and demography on the happiness and academic performance of undergraduate students of Universiti Malaysia Pahang (UMP). Specifically, the objectives of the research were: (1) to determine the students' status of mental health, level of spiritual intelligence and happiness; (2) to examine the influence of mental health and spiritual intelligence on students' happiness; (3) to examine the influence of happiness on students' academic performance; (4) to investigate the mediation effect of happiness on the relationship mental health - academic performance and spiritual intelligence - academic performance; and (5) to analyze the differences in students' happiness based on gender, year of study and religion. The study was conducted by using quantitative method through survey and using questionnaire as the research instrument on 460 respondents who were selected among 9121 UMP undergraduate students by using simple random sampling technique. The results of descriptive analysis indicated that 40.2% of the respondents had shown symptoms of mental problems with GHQ-30 mean score above cut-off point (M=6.65). However, majority respondents had a fairly good level of spiritual intelligence (M=3.92) and happiness (M=3.82). The correlation analysis revealed that mental health and spiritual intelligence had a significant positive effect on happiness and academic performance. The regression analysis had shown that happiness had no significant mediation effect on the mental health - academic performance relationship but acted as a partial mediator on the spiritual intelligence - academic performance relationship. The t-test and ANOVA analysis results revealed that there was a significant difference in the happiness overall score based on students' gender but not based on their year of study and religion. Overall, this study had filled in the literature gap on the level of mental health, spiritual intelligence and happiness of students in the context of Malaysian universities particularly in UMP. The results of the study had also confirmed existing theories on the relationships between the study variables. Other than that, the model developed by the researcher can be used as a reference in future studies to further investigate how students' happiness and academic performance can be enhanced through their mental health and spiritual intelligence.

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