

## Hubungan Faktor Psikososial dan Tahap Kesehatan Mental Pelajar Universiti Semasa Pandemik Covid-19

*Siti Raba'ah Hamzah, Nur Salihah Min Athaha*

**Kata Kunci:**

**Kata Kunci: Kesehatan Mental, Sokongan Sosial, Kecekapan Kendiri, Motivasi, Pelajar Universiti, Pandemik Covid-19**



**Abstrak:**

Kajian ini bertujuan untuk mengkaji faktor psikososial yang mempunyai hubungan dengan kesihatan mental dalam kalangan pelajar universiti semasa pandemik Covid-19 di Malaysia. Kajian telah dijalankan terhadap 200 pelajar universiti berumur antara 19 hingga 25, antara September 2021 dan Disember 2021. Analisis data dilakukan melalui kaedah analisis deskriptif dan korelasi. Hasil kajian menunjukkan sokongan sosial, efikasi sendiri dan motivasi mempunyai hubungan dengan kesihatan mental pelajar. Kajian ini menyumbang kepada disiplin ilmu dalam membantu pelajar menangani fenomena seperti pandemik Covid-19 dan juga saranan kepada universiti dalam merangka program intervensi. Penyelidik mencadangkan bahawa penyelidikan masa depan boleh menggunakan faktor lain yang boleh menyumbang kepada peningkatan kesihatan mental dalam kalangan pelajar universiti.

**Keywords:**

**Keywords: Mental Health, Social Support, Self-efficacy, Motivation, University Student, Covid-19 Pandemic**

**Abstract:**

This study aims to examine psychosocial factors that have a relationship with mental health among university students during the Covid-19 pandemic in Malaysia. A study was conducted with 200 university students between the ages of 19 to 25, between September 2021 and December 2021. The data were analyzed with descriptive and correlation methods. The results of the study show that social support, self-efficacy, and motivation have a relationship with students' mental health. This study contributes to the discipline of knowledge in helping students to deal with phenomena such as the Covid-19 pandemic and also recommendations to the university in designing an intervention program. The researchers suggest that future research could use other factors which can contribute to improving mental health among university students.