

Anxiety and Coping Mechanism among Undergraduate Students During the Pandemic

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anxiety; COVID-19; coping mechanisms; health behaviour, mental health, university students.

Nur Shamira Izaty Mohamad Aseri
University Malaysia Kelantan, Malaysia

Nurain Shakirah Muhamad
University Malaysia Kelantan, Malaysia

Nur Shaheera Mohd Afindy
University Malaysia Kelantan, Malaysia

Muhammad Fikri Nabeel Shafiee
University Malaysia Kelantan, Malaysia

Nur Aliah Mansor
University Malaysia Kelantan, Malaysia

Abstract

This paper investigates the relationship between anxiety, coping mechanisms, and mental health among undergraduate students in Malaysia during COVID-19. Using a quantitative approach, 380 online responses have been collected among undergraduate students in Malaysia. The data collection was conducted between January and March 2022. The data were analysed using descriptive and Pearson correlation analysis. Findings indicate that, to some extent, all students experience anxiety during the pandemic. Students try to cope with anxiety by using technology to connect with their loved ones. The results of this study contribute to higher education by improving mental health support for undergraduate students. This study contributes to behavioural science to understand mental health and psychological response in education during the pandemic. This study is intended to open discussion on policies and economic activities related to young people, mental health, and higher education

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