

**PSYCHOLOGICAL
WELL-BEING
OF STUDENTS** IN
HIGHER EDUCATION
INSTITUTIONS

PSYCHOLOGICAL WELL-BEING OF STUDENTS IN HIGHER EDUCATION INSTITUTIONS

Editors
Junaidah Yusof
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www.penerbit.utm.my

2025

First Edition 2025
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Editors: **JUNAIDAH YUSOF & SITI AISYAH PANATIK**
Editor Penyelaras/*Acquisition Editor*: **RASYIQAH ABDUL RANI**
Pereka Kulit /*Cover Designer*: **FAHAMIN BIN ABDUL GHANI**

Diatur huruf oleh /*Typeset by*:
JUNAIDAH YUSOF & SITI AISYAH PANATIK
Faculty of Sosial Sciences & Humanities
UNIVERSITI TEKNOLOGI MALAYSIA
81310 UTM Johor Bahru,
Johor Darul Ta'zim, MALAYSIA

Diterbitkan di Malaysia oleh/
Published in Malaysia by:
PENERBIT UTM PRESS
UNIVERSITI TEKNOLOGI MALAYSIA
81310 UTM Johor Bahru,
Johor Darul Ta'zim, MALAYSIA
(Ahli Majlis Penerbitan Ilmiah Malaysia (MAPIM) dan
Persatuan Penerbit Buku Malaysia (MABOPA)
no. keahlian 9101)

Dicetak di Malaysia oleh/
Printed in Malaysia by:
JASAMAX ENTERPRISE
No.16, Jalan Kebudayaan 2,
Taman Universiti,
81310 Skudai,
Johor Darul Ta'zim,
MALAYSIA



Cataloguing-in-Publication Data
Perpustakaan Negara Malaysia
A catalogue record for this book is available from the
National Library of Malaysia
ISBN 978-983-52-2110-1

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PREFACE

Psychological well-being is essential to all human beings, including students. Students play a vital role in becoming the future leaders of the nation. Therefore, it is crucial to provide a conducive environment that support and enhances their well-being. In Malaysia, the Ministry of Health revealed that one in five teenagers' experiences depression, and two in five suffer from anxiety. These statistics are alarming, particularly for students in higher learning institutions, especially during the COVID-19 pandemic. Due to the pandemic, many students have suffered from a more severe psychological well-being issue. This is because of the changes in the learning environment towards online learning, such as the increasing academic workload and technology attachment. Such changes can lead to a decline in psychological well-being, manifesting as poor sleep quality, stress, and depression. Additionally, exposure to technology tools has contributed to social media addiction among university students.

We would like to extend our heartfelt gratitude to UTM Press and Universiti Teknologi Malaysia (UTM) for the invaluable support in the publication of this book, *Psychological Well-being of Students in Higher Education Institutions*. Their commitment to advancing knowledge and supporting scholarly contributions has made this book publication possible, enabling us to share insights that we hope will enhance the academic and personal well-being of students in higher education. Our deepest appreciation also goes to the esteemed writers and contributors whose dedication, expertise, and hard work have brought this book to life. Their insightful research and perspectives have enriched the book, making it a valuable resource for students, educators, and policymakers alike. Each chapter reflects the collective efforts of a talented team

committed to addressing mental health challenges and promoting well-being strategies within the educational landscape.

It is our hope that this book offers valuable insights into the factors influencing psychological well-being in higher education. We also hope it serves as a valuable resource for fostering supportive and resilient learning environments. As editors, we aspire for readers to benefit from this book and share its knowledge throughout our society.

Junaidah Yusof

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Universiti Teknologi Malaysia

2025