
SOKONGAN SOSIAL SEBAGAI FAKTOR PELINDUNG KESIHATAN MENTAL PELAJAR TVET: ANALISIS TAHAP SOKONGAN DAN HUBUNGANNYA DENGAN KEMURUNGAN

Sofiah binti Bakar¹, Nur Elyani binti Mohammad², Ainun Rafieza binti Ahmad Tajuddin³

^{1, 2, 3} Unit Teknologi Maklumat, Kolej Komuniti Arau, Arau, Perlis, Malaysia

E-mel : sofiah@staf.kkarau.edu.my, nurelyani@staf.kkarau.edu.my, ainunrafieza@staf.kkarau.edu.my

Abstrak

Kesihatan mental pelajar institusi Pendidikan dan Latihan Teknikal dan Vokasional (TVET) semakin mendapat perhatian berikutan peningkatan tekanan akademik, latihan kemahiran dan cabaran sosioekonomi yang dihadapi oleh pelajar. Sokongan sosial dikenal pasti sebagai faktor penting yang berpotensi mempengaruhi kesejahteraan psikologi pelajar, khususnya dalam mengurangkan risiko kemurungan. Sehubungan itu, kajian ini dijalankan untuk menentukan tahap sokongan sosial dan tahap kemurungan dalam kalangan pelajar kolej komuniti, menganalisis hubungan antara sokongan sosial dan kemurungan, serta mengenal pasti perbezaan tahap kemurungan berdasarkan jantina dan pendapatan keluarga. Kajian ini menggunakan pendekatan kuantitatif berbentuk tinjauan dengan melibatkan seramai 120 orang pelajar kolej komuniti sebagai responden. Data dikumpulkan menggunakan soal selidik berstruktur berskala Likert tujuh mata dan dianalisis menggunakan statistik deskriptif serta inferensi melalui perisian Statistical Package for the Social Sciences (SPSS). Analisis korelasi Pearson menunjukkan terdapat hubungan yang signifikan dan sangat kuat antara sokongan sosial dan tahap kemurungan pelajar ($r = 0.839$, $p < 0.001$). Analisis perbezaan pula menunjukkan bahawa tiada perbezaan yang signifikan dalam tahap kemurungan berdasarkan faktor jantina dan pendapatan keluarga. Secara keseluruhannya, dapatan kajian ini membuktikan bahawa sokongan sosial memainkan peranan yang sangat signifikan sebagai faktor pelindung kesejahteraan psikologi pelajar kolej komuniti. Kajian ini memberi implikasi penting kepada pihak institusi dalam merangka strategi sokongan pelajar yang lebih holistik, berasaskan bukti empirikal dan selari dengan keperluan pendidikan TVET.

Kata kunci: sokongan sosial, kemurungan, kesejahteraan psikologi, pelajar kolej komuniti, pendidikan TVET

Abstract

The mental health of students in Technical and Vocational Education and Training (TVET) institutions has received increasing attention due to the increasing academic pressure, skills training and socioeconomic challenges faced by students. Social support has been identified as an important factor that has the potential to influence students' psychological well-being, especially in reducing the risk of depression. Accordingly, this study was conducted to determine the level of social support and depression levels among community college students, analyze the relationship between social support and depression, and identify differences in depression levels based on gender and family income. This study used a quantitative survey approach involving 120 community college students as respondents. Data were collected using a structured questionnaire with a seven-point Likert scale and analyzed using descriptive and inferential statistics using the Statistical Package for the Social Sciences (SPSS) software. Pearson correlation analysis showed that there was a significant and very strong relationship between social support and student depression levels ($r = 0.839$, $p < 0.001$). Analysis of variance showed that there was no significant difference in depression levels based on gender and family income. Overall, the findings of this study demonstrate that social support plays a very significant role as a protective factor for the psychological well-being of community college students. This study has important implications for institutions in designing more holistic student support strategies, based on empirical evidence and in line with the needs of TVET education.

Keywords : social support, depression, psychological well-being, community college students, TVET education
