
Faktor Tekanan Dalam Kalangan Pelajar Kolej Komuniti Kota Tinggi

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Abstrak

Tekanan dalam kalangan pelajar institusi pendidikan tinggi semakin mendapat perhatian berikutan implikasinya terhadap pencapaian akademik dan kesejahteraan mental. Walaupun pelbagai kajian telah meneliti isu tekanan dalam konteks pendidikan tinggi, penyelidikan yang memfokuskan kepada pelajar institusi Pendidikan Teknikal dan Vokasional (TVET), khususnya Kolej Komuniti di peringkat sijil masih terhad. Kajian ini bertujuan untuk mengenal pasti faktor tekanan dalam kalangan pelajar Kolej Komuniti Kota Tinggi berdasarkan tiga aspek utama, iaitu akademik, kewangan dan peribadi. Kajian dijalankan menggunakan pendekatan kuantitatif dengan melibatkan 34 orang pelajar semester 1 hingga semester 4. Data dikumpulkan melalui soal selidik berstruktur menggunakan skala Likert lima tahap dan dianalisis secara deskriptif. Dapatan kajian menunjukkan bahawa tekanan pelajar berada pada tahap sederhana. Walaupun tiada skor min pada tahap tinggi, dapatan ini membuktikan bahawa tekanan tetap wujud dan memerlukan perhatian institusi. Kajian ini membawa implikasi penting kepada pihak pengurusan kolej dalam merangka intervensi yang lebih berfokus seperti sokongan kewangan, perkhidmatan kaunseling dan program perancangan laluan kerjaya bagi meningkatkan kesejahteraan pelajar.

Kata kunci: Faktor, Tekanan, Kesejahteraan pelajar, Kesihatan mental, Kolej Komuniti.

Abstract

Stress among students in higher education institutions has increasingly gained attention due to its implications for academic performance and mental well-being. Although numerous studies have examined stress within higher education settings, research focusing specifically on students in Technical and Vocational Education and Training (TVET) institutions, particularly community colleges at the certificate level, remains limited. This study aims to identify the factors contributing to stress among students at Kolej Komuniti Kota Tinggi based on three main aspects: academic, financial, and personal. This study employed a quantitative approach involving 34 students from Semester 1 to Semester 4. Data were collected through a structured questionnaire using a five-point Likert scale and analyzed using descriptive statistics. The findings indicate that overall student stress levels were at a moderate level. Although no mean score reached a high level, the findings demonstrate that stress does exist and requires institutional attention. This study provides important implications for college management in designing more targeted interventions, such as financial assistance support, counseling services, and career pathway planning programs to enhance students' well-being.

Keywords : Factor, Stress, Student well-being, Mental health, Community College.
