

**THE RELATIONSHIP BETWEEN MENTAL HEALTH  
STATES AMONG INSTITUT KEMAHIRAN TINGGI  
BELIA NEGARA (IKTBN) ALOR GAJAH MELAKA  
STUDENT IN COPING WITH HYBRID LEARNING  
DURING THE COVID-19 PANDEMIC**

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**UNIVERSITI SAINS ISLAM MALAYSIA**

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ALOR GAJAH MELAKA STUDENT IN COPING WITH HYBRID  
LEARNING DURING THE COVID-19 PANDEMIC

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## APPROVAL DECLARATION

I certify that I had supervised and read this study. In my opinion, it conforms to the acceptable standards and is fully adequate, in scope and quality, as a dissertation for the Master of Counseling (Substance Abuse) with honors.

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I hereby declare that the work in this academic project is the end result of my own, except for the quotations and summaries which have been duly acknowledged.

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## ABSTRAK

Penularan jangkitan wabak Covid-19 telah menyebabkan perubahan dalam pendidikan berlaku secara berkala mengikut keadaan semasa. Oleh itu, kajian ini bertujuan untuk mengenal pasti hubungan antara pengaruh strategi daya tindak dan kesihatan mental terhadap pelajar Institut Kemahiran Tinggi Belia Negara (IKTBN) Alor Gajah, Melaka dalam menghadapi pembelajaran secara hibrid semasa pandemic Covid-19. Kajian ini berbentuk kajian kuantitatif yang menggunakan instrumen *Depression Anxiety Stress Scale (DASS) 21*, *Soal Selidik Gaya Data Tindak (SSGDT)*, *Perceived Competence Scale (PCS)* dan *Online Learning Readiness Scale (OLRS)*. Responden kajian melibatkan 196 orang pelajar IKTBN Alor Gajah, Melaka yang terdiri dari dua bidang kemahiran iaitu Bidang Hospitaliti dan Bidang Elektrikal. Data dianalisis menggunakan perisian *Statistical Package for Social Sciences (SPSS) V26*. Hasil kajian menunjukkan bahawa purata kemurungan, tekanan dan kebimbangan pelajar semuanya berada pada paras normal. Manakala tahap daya tindak mereka adalah sederhana. Korelasi menunjukkan ada hubungan antara keadaan emosi dan daya tindak pelajar. Implikasi daripada kajian ini dapat memberi input kepada pihak IKTBN Alor Gajah dan ibu bapa khususnya untuk lebih cakna keadaan emosi para pelajar. Seterusnya dapat dicadangkan kepada pihak IKTBN Alor Gajah dan ibu bapa untuk melakukan intervensi yang bersesuaian bagi memastikan kestabilan emosi pelajar dijaga dan daya tindak berada dalam keadaan yang baik serta memahami kepentingan menjaga kesihatan mental yang baik dalam tempoh mencabar ini. Berdasarkan dapatan kajian ini, beberapa implikasi dan cadangan untuk kajian masa hadapan telah dibincangkan.

## ABSTRACT

The spread of Covid-19 pandemic infection has caused changes in education to occur periodically according to the current situation. Therefore, this study aims to identify the Relationship Between Mental Health States Among Institut Kemahiran Tinggi Belia Negara (IKTBN) Alor Gajah Melaka Student in Coping with Hybrid Learning During the Covid-19 Pandemic. This study is a quantitative study that uses the *Depression Anxiety Stress Scale (DASS) 21 instrument*, *Action Data Style Questionnaire (SSGDT)*, *Perceived Competence Scale (PCS)* and *Online Learning Readiness Scale (OLRS)*. The respondents of the study involved 196 students in IKTBN Alor Gajah, Melaka which consists of two areas of study, namely Hospitality and Electrical. Data were analyzed using *Statistical Package for Social Sciences (SPSS) V26* software. The results of the study showed that the students' average depression, stress and anxiety were all at normal levels. While their level of coping style is moderate. Correlation shows that there is a relationship between the emotional state and the student's coping style. Implications from this study provides input to IKTBN Alor Gajah and parents, especially to better understand the emotional state of students. Furthermore, it can be recommended to the IKTBN Alor Gajah and parents to do appropriate interventions to ensure that students' emotional stability is maintained, and the self-resilience is in good condition and understand the importance of maintaining good mental health in this challenging period. Based on the findings of this study, several implications and recommendations for future studies were discussed.

## ملخص البحث

في حدوث تغييرات في التعليم بشكل دوري وفقاً للوضع الحالي. Covid-19 تسبب انتقال وباء لذلك ، تهدف هذه الدراسة إلى تحديد العلاقة بين تأثير استراتيجيات المواجهة والصحة العقلية على ألو ر جاجاه ، ملقا في مواجهة التعلم ، (IKTBN) طلاب المعهد الوطني للمهارات المتقدمة للشباب المهجين أثناء جائحة كوفيد-19. هذه الدراسة عبارة عن دراسة كمية تستخدم أداة مقياس ضغط القلق ومقياس الكفاءة المتصورة ، (SSGDT) واستبيان نمط بيانات العمل ، 21 (DASS) للاكتئاب شمل المشاركون في الدراسة 196. (OLRS) ومقياس الاستعداد للتعلم عبر الإنترنت ، (PCS) ملقا ويتكون من مجالين من مجالات المهارات وهما مجال ، IKTBN Alor Gajah طالباً من الضيافة والمجال الكهربائي. تم تحليل البيانات باستخدام برنامج الحزمة الإحصائية للعلوم الاجتماعية وأظهرت نتائج الدراسة أن متوسط الاكتئاب والتوتر والقلق لدى الطلاب كلها في (SPSS) V26. المستويات الطبيعية. في حين أن مستوى التأقلم لديهم معتدل. يظهر الارتباط أن هناك علاقة بين الحالة العاطفية وتكيف الطلاب ولكنها لا تزال تحت السيطرة. يمكن أن توفر الآثار المترتبة على هذه الدراسة وأولياء الأمور على وجه الخصوص لفهم الحالة العاطفية IKTBN Alor Gajah تدخلات ل وأولياء الأمور لتنفيذ التدخلات IKTBN للطلاب بشكل أفضل. بعد ذلك ، يمكن اقتراحه على المناسبة لضمان الحفاظ على الاستقرار العاطفي للطلاب ومهارات التأقلم في حالة جيدة وفهم أهمية الحفاظ على صحة نفسية جيدة خلال هذه الفترة الصعبة. بناءً على نتائج هذه الدراسة ، تمت مناقشة بعض الآثار والتوصيات للدراسات المستقبلية في كتابة هذه الرسالة.

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## ABBREVIATION

WFH	: Work From Home
MCO	: Movement Control Order
IPT	: Institut Pengajian Tinggi
MWFCDD	: Ministry of Women, Family and Community Development
JAKIM	: Jabatan Kemajuan Agama Islam Malaysia
KBS	: Kementerian Belia dan Sukan Malaysia
JBSN	: Jabatan Belia Dan Sukan Negara
BPKB	: Bahagian Pembangunan Kemahiran Belia
IKTBN	: Institut Kemahiran Tinggi Belia Negara
IYRES	: Institute of Youth Research and Development
SKM	: Sijil Kemahiran Malaysia
DKM	: Diploma Kemahiran Malaysia
DKLM	: Diploma Kemahiran Lanjutan Malaysia
SPM	: Sijil Pelajaran Malaysia
ST	: Suruhanjaya Tenaga
TVET	: Technical and Vocational Education
UNICEF	: United Nations Children's Fund
MOHE	: Ministry of Higher Education
OECD	: Organization for Economic Co-operation and Development
DASS 21	: Depression, Anxiety and Stress Scale 21
SSGDT	: Soal Selidik Gaya Data Tindak
OLRS	: Online Learning Readiness Scale
PCS	: Perceived Competence Scsle
PLUS	: Projek Lebuhraya Utara Selatan
NGOs	: Non-Governmental Organisations
NADA	: The National Anti-Drugs Agency

MPP	: Majlis Perwakilan Pelajar
MOE	: Ministry of Education
MOH	: Ministry of Health
WST	: Wood Science and Technology
MTDC	: Malaysian Technology Development Corporation
APA	: American Psychiatric Association
BMI	: Body Mass Index
SPSS	: Statistical Package for the Social Sciences
r	: Correlation Pearson
p	: Significant
n	: Total
m	: Mean
Sig.	: Significant (2-tailed)
%	: Percentage
Std. Dev	: Standard Deviation
S.AW	: Sallallahu Alaihi Wasallam
S.W.T	: Subhanahu Wata'ala
USIM	: Universiti Sains Islam Malaysia

