

CHAPTER 5

DISCUSSION AND RECOMMENDATION

5.1 Introduction

This is the last chapter, and it is important for the researcher to conclude the study based on the findings and make recommendations about the study. This is important for future research to ensure that what people have now can be addressed by future generations. Therefore, this chapter will discuss the discussion of the study based on the findings of the study obtained. In addition, this chapter also discusses the implications of the study. Next, this chapter will discuss the topic suggestions that arise as a result of the findings of the study so that this study can be studied in more depth in the future and benefited by the whole community. This chapter will also discuss the summary of the chapter.

5.2 Discussion on the Findings

The purpose of this study is for to determine the Relation Between Mental Health States of Institut Kemahiran Tinggi Belia Negara (IKTBN) Alor Gajah Melaka Student in Coping with The Hybrid Learning During the Covid-19 Pandemic. Specifically, this study focused on the effects of coping style among IKTBN Alor Gajah students in Melaka. The study also sought particularly with their programs for its influence Depression, Anxiety, Stress (DASS) 21, readiness and also perceived competence during Covid-19 pandemic in terms of hybrid learning.

The general theoretical literature on this subject and specifically in the context of students is inconclusive on several vital questions within the diversification discourse.

The sample consisted of 196 students. This study employed the descriptive survey, and the data was collected by using Depression, Anxiety, Stress survey (DASS 21), Perceived Competence Scale (PCS), Online Readiness Scale (OLRS) and Soal Selidik Gaya Data Tindak (SSGDT) test. The data was analysed using the Statistical Package for Social Science (SPSS) version 26.0. Correlation was used to test the Depression, Anxiety, Stress (DASS) and SSGDT on mental health and coping style among IKTBN Alor Gajah students in Melaka.

The null hypothesis (Ho) was rejected and indicated that there are significant between Depression, Anxiety, Stress (DASS) on hybrid learning and coping style among IKTBN Alor Gajah students in Melaka. Therefore, it can be concluded that there was a positive correlation between Depression, Anxiety, Stress (DASS) and coping style. Hence, the Depression, Anxiety, Stress (DASS) is a significant factor and can affect coping style among from IKTBN Alor Gajah students. Increases in Depression, Anxiety, Stress (DASS) correlated with increase in coping style.

5.2.1 Identify depression, anxiety and stress in coping hybrid learning during the Covid-19 pandemic among IKTBN Alor Gajah students

Based on the research findings, it was reported that levels of Depression (DASS) regarding hybrid learning on coping style shows that most of the respondents who manage to score high level of Depression (DASS) is 24

respondents at 12.00 percent. It is then followed by the frequency of medium level is 26 respondents with 13.2 percent. Then, the frequency of respondents scores low level in Depression (DASS) with frequency of 146 or 74.80 percent. The total mean for the level of Depression (DASS) among the respondents is 3.62 with standard deviation of 3.928.

Therefore, the findings on the level of Depression of hybrid learning among students in IKTBN Alor Gajah is 12.00% which has considered low not yet reached the level of depression is considered high. This data shows that IKTBN Alor Gajah students in Melaka should have the knowledge about the coping style when studying in hybrid learning during Covid 19 pandemic.

While for level anxiety (DASS), based on the research findings, it was reported that levels of Anxiety (DASS) regarding hybrid learning on coping style shows that most of the respondents who manage to score high level of Anxiety (DASS) is 20 respondents at 10.00 percent. It is then followed by the frequency of medium level is 26 respondents with 13.2 percent. Then, the frequency of respondents scores low level in Anxiety (DASS) with frequency of 150 or 76.40 percent. The total mean for the level of Anxiety (DASS) among the respondents is 4.10 with standard deviation of 3.576.

As well as the findings on the level of Anxiety of hybrid learning among students in IKTBN Alor Gajah is 10.00% which has considered low not yet reached the level of anxiety is high. This data shows that IKTBN Alor Gajah students in

Melaka should have the knowledge about the coping style when studying in hybrid learning during Covid 19 pandemic

Thirdly for level stress (DASS), based on the research findings, it was reported that levels of stress (DASS) regarding hybrid learning on coping style shows that most of the respondents who manage to score high level of stress (DASS) is 15 respondents at 8.00 percent. It is then followed by the frequency of medium level is 23 respondents with 12.00 percent. Then, the frequency of respondents scores low level in stress (DASS) with frequency of 158 or 80.00 percent. The total mean for the level of Stress (DASS) among the respondents is 4.55 with standard deviation of 3.993.

The findings on the level of stress of hybrid learning among students in IKTBN Alor Gajah is 8.00% which has considered low not yet reached the level of stress is high. This data shows that IKTBN Alor Gajah students in Melaka should have the knowledge about the coping style when studying in hybrid learning during Covid 19 pandemic.

According to the Ministry of Health Malaysia (2016), mental health is a prosperous state in which an individual can work productively, be aware of their abilities, contribute to society, and cope well with stress. According to Silvana et al. (2015), mental health is divided into three domains: self-awareness (individuals who are aware of their full potential), mastery of the environment, and autonomy (ability to identify, face and solve problems). Powel et al., (2018) the Covid-19 pandemic has had a significant impact on people's mental health. This is due to the limitations

of social interaction and social activity. The student's relationships with himself, teachers, friends, and other people in his life are crucial to his or her well-being. As a result, when interaction is limited in all ways, stress and depression are more likely to occur. Students must be self-disciplined to study at home in this pandemic environment. These students are still mentored by the teacher, but only online. If online learning is continued indefinitely, students will face too many constraints and problems.

According to Eikhwan and Mahirah (2020), the rates and levels of stress experienced vary by individual. A person's stress level is determined by daily circumstances. Furthermore, various backgrounds or demographics exert direct or indirect pressure. This is due to the fact that if an individual experiences a difficult-to-overcome crisis, the individual's mental health will suffer if it is not addressed immediately. In addition, according to Norazila et al. (2018), failure to manage and adapt to different environments can cause stress, anxiety, and depression in students. Individuals with good mental health are better able to cope and deal with stress.

5.2.2 Identify the coping style of students in facing hybrid learning during the Covid 19 pandemic

Based on the research findings, it was reported that levels of coping style among IKTBN Alor Gajah students shows that most of the respondents who manage to score high level of coping style is 152 respondents at 77.4 percent. It is then followed by the frequency of medium level in coping style score with 26 respondents at 13.2 percent. Then, the frequency of respondent's low level in coping

style score with frequency of 18 respondents at 9.4 percent. The total mean for the level of coping style among the respondents is 3.91 with standard deviation of 1.104.

Overall, the result shows that around 152 respondents or 77.4 % got score high level of coping style. Most of respondents got high scores because they have a high coping style because the age of those who are seniors at IKTBN Alor Gajah is 18 and 30 years old. The maturity of these students contributes to a high level of resilience when they are still interested in continuing their studies to a higher level. Therefore, a student's coping style is very important to prevent them from experiencing depression, anxiety and stress during hybrid learning and always be able to control their level of mental health in general.

Consider coping style, which is one of the most important personality traits in influencing one's success and achievement in life. Awareness of the dangers of mental health must be fostered by parents from an early age, and the dissemination of information about the dangers of mental health from schools and the community will affect a person's resilience. The coping style found in a person will affect the way he reacts to his surroundings. The force of action is also what will shape a person predicting whether to fail or succeed in something.

Rice and Van Arsdale (2010) define action force as an effort to overcome, reduce, or tolerate threats that individuals face as a result of stress. An action is something done by an individual to overcome burdensome matters or demands that are beyond the individual's ability (Lazarus & Folkman, 1984). According to Yulia

(2011), a scary situation will result in dipression, stress, and anxiety, whereas a challenging situation will result in growth and strength.

According to Mohamad Nasir Bistamam, Aslina Ahmad, et al. (2016), based on the ecological approach, the developmental process of children and adolescents is influenced by social factors such as family, community, and larger social institutions. Family failure, poverty, and unsafe neighbourhoods are said to be risk factors for adolescents.

Children and adolescents who grow up in one of these risky environments are said to be more likely to become fragile, vulnerable, and inefficient over time. Children and adolescents with fragile or low resilience and incompetence fail to adjust behaviour when faced with a stressful environment, and they are at risk of engaging in problem behaviours in the future (Garmezy 1991).

Researchers believe that in order to protect adolescents from developing depression, anxiety, and stress, a high coping style is crucial to their mental development. In order for kids to be able to deal with life's stresses and acquire coping skills in order to cope with this demanding lifestyle, the developmental approach to improving the degree of coping style of students needs to be nourished from a young age and consistently.

5.2.3 To assess the perception of students' competency level during the Covid - 19 pandemic

Based on the research findings, it was reported that levels of perceived competence regarding hybrid learning on coping style shows that most of the

respondents who manage to score high level of perceived competence is 157 respondents at 80.00 percent. It is then followed by the frequency of medium level is 29 respondents with 15.0 percent. Then, the frequency of respondents scores low level in perceived competence with frequency of 10 or 5.0 percent. The total mean for the level of perceived competence among the respondents is 3.82 with standard deviation of 1.016.

Therefore, the findings on the level of perceived competence of hybrid learning among students in IKTBN Alor Gajah is 80.00% which has considered high and reached the level of perceived competence is high. This data shows that IKTBN Alor Gajah students in Melaka should have the knowledge about the perceived competence when studying in hybrid learning during Covid 19 pandemic.

Based on this data that there are significant because they the students indeed have a high level of competent perception for the use of media during hybrid learning on the other hand, it shows the level of knowledge, attitude and belief on ease and ability to use media materials is high of respondents which this statistically calculation shows the result is higher that is a total of 157 respondents representing 80.00 percent of 196 respondents.

According to Berita Harian Online (2017, 2020), nowadays, children, teenagers, young adults, adults, and the elderly use the internet to carry out their everyday tasks. News from Free Malaysia Today (2020) stated that in 2019, the percentage of Malaysians who use the internet grew to 84.2%, up from 81.2% in 2018 and participating in social networks was the most popular activity among

internet users (97.1%). The literature's discussion of social media use has typically centred on its use, including its benefits and drawbacks (Bhatt & Dhakar, 2019; Stieger, 2019; Andrew et al., 2020). (Azizi et al., 2019). Facebook, for example, offers users extremely engaging social dialogue as one of the functions of social networking (Stieger, 2019).

Regarding of explanation as above, actual high levels of social networking use have a number of negative effects on young adults, including social network addiction (Azizi et al., 2019), a loss of interpersonal connection, facilitation of laziness, reduction in family closeness, and distractions (Price-Mitchell, 2019). The use of social networking sites has several benefits for users, nevertheless. The advantages include boosting the effectiveness of personal and professional networks (Andrew et al., 2020), connecting with and attracting customers (Wang et al., 2021), staying up to date on news and events much more quickly (Kumpel, 2020), and staying in constant contact with family, friends, and relatives (Miller & Munday, 2020).

5.2.4 To examine the level of readiness of students while facing these Covid -19 pandemic

Based on the research findings, the composite mean for the five dimensions of the OLRS was used to calculate respondents' overall online learning readiness. Computer/internet self-efficacy, self-directed learning, learner control, motivation for learning, and online communication self-efficacy were the five dimensions studied. Result shows that the mean scores ranged from 3.73 to 3.85, indicating a slight to moderate level of readiness for online learning. According to the findings, respondents demonstrated the greatest level of readiness in the computer/internet

self-efficacy dimension, but the lowest mean score in the learner control dimension. These findings are consistent with those of Chung et al (2020) and Hung et al (2010), who discovered that students had similar outcomes in terms of online learning readiness. The overall learner readiness score, on the other hand, indicates that students' online learning readiness is above average.

According to Chung et al (2020) in their study find that university students do not normally ask questions in face-to-face lessons due to some social stigma, even when they do not understand the content of a lecture, and they also do not possess a high level of online communication self-efficacy. This has directly affected their online learning readiness.

Motivation for learning can be divided into intrinsic and extrinsic motivation. Intrinsic motivation refers to the mental, social and physical development of a person that affects a person's interests that thrust towards certain choices in life (Ryan & Deci, 2000). Extrinsic motivation on the other hand refers to the inclination to achieve goals based on external rewards (Ryan & Deci, 2000).

Motivation for learning is essential to ensure a learner is able to remember, understand, recall, apply, analyse and synthesise knowledge. Having established that, the role of learner motivation is an undeniable one in online learning. Paul (2018) in her unpublished PhD thesis stated that the results of her path analysis pointed to motivational factors being crucial precursors for online discussion in the context of blended classrooms. In sum, by understanding online learning readiness among university students and in what ways demographic factors affect this

readiness, not only can lecturers provide a better online learning approach, but also to improve their online experience and satisfaction.

In conclusion, high readiness influences students towards hybrid learning readiness. Therefore, the active involvement of students during hybrid learning sessions is demanded and held in an integrated manner in order to keep pace with the rapid development of a borderless world.

5.2.5 Measure the relationship between emotional state and student coping style in the face of hybrid learning during the Covid -19 pandemic

For the last objective, the study further illustrated that there is significant correlation between Depression (DASS) and Coping Style among IKTBN Alor Gajah students. There was a positive correlation between the two variables. Therefore, it can be concluded that there was a positive correlation between depression (DASS) and Coping Style. Hence, the Depression is a significant factor and can affect Coping Style among IKTBN Alor Gajah students. Increases in Depression (DASS) correlated with increases in Coping Style.

Depression can define is the most common type of mental disorder, a chronic disease [Nyarko, K & Amissah CM (2014)], it begins early in life, which is the mid to late 20s (Marcus et al. (2012)) and is two times more prevalent among women than men. Studies have reported that emerging adults from the ages of 18 to 25 years have the highest prevalence of depression among any age group. Depression symptoms are common among students in higher education institutions, and it is believed the one out of seven students may suffer from this condition in their course

of studies [(Ahmed, I et al. (2009)]. It remains unclear whether depression is the result of an unhealthy behaviour or depression causes negative behavioural patterns, such as smoking, alcohol use, physical inactivity and sleep disruption.

Depression can occur at any time, but on average, it first appears during the late teens to mid-20s. This means that students of higher education institutions age 18 to 25 are the vulnerable ones and susceptible to having depression. Depression can affect anyone, even a person who appears to live in relatively ideal circumstances. There are several factors that can contribute to depression. Biochemistry, Genetics, Personality and Environmental factor.

However, depression is among the most treatable of mental disorders. Between 80% and 90% percent of people with depression eventually respond well to treatment. Depression is a real illness and with proper diagnosis and treatment, most people with depression will overcome it. Depression is an emotional disease that is increasingly serious among teenagers today, mostly involving school students. This situation is very worrying when student depression can lead to worse incidents such as criminal behaviours, social problems, and suicide.

Further discussion shows a Pearson correlation coefficient that was computed to assess the correlation between Anxiety (DASS) and Coping Style among IKTBN Alor Gajah students. There was a positive correlation between the two variables. Therefore, it can be concluded that there was a positive correlation between Anxiety (DASS) and Coping Style. This shows, the Anxiety is a significant factor and can

affect Coping Style among IKTBN Alor Gajah students. Increases in Anxiety (DASS) correlated with increases in Coping Style.

According to the Oxford Language Dictionary, anxiety is defined as a feeling of worry, nervousness, or unease about something with an uncertain outcome. According to the American Psychological Association, anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. As described by the Encyclopaedia of Psychology, anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure.

According to Centres for Disease Control and Prevention data, rates of anxiety and depression among U.S. adults were about 4 times higher between April 2020 and August 2021 than they were in 2019. This shows that anxiety does escalate when faced with a tremendous amount of pressure, especially during the pandemic of Covid-19.

Generally, university students are at an age where a high rate of anxiety was reported. Unlike high school, the university is not only academically challenging but also requires more attention in terms of social communication, homesickness, tuition fees, and cost of living, among other things [(Vitasari P. & Wahab M. (2010)]. This is justified research by Shamsudin et al. (2014) which reported a higher rate of anxiety in students from public universities in Klang Valley, Malaysia.

Finally shows the study further illustrated that there is significant correlation between Stress (DASS) and Coping Style among IKTBN Alor Gajah students. There was a positive correlation between the two variables. Therefore, it can be concluded that there was a positive correlation between Stress (DASS) and Coping Style. Hence, the Stress is a significant factor and can affect Coping Style among IKTBN Alor Gajah students. Increases in Stress (DASS) correlated will increases in Coping Style.

Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is your body's response to anything that requires attention or action. Stress is an emotional, physical, or mental reaction that causes tension (Shiel WC.,2018). It can result from social, environmental, or psychological situations. Stress is not always easy to recognize, but there are some ways to identify some signs that you might be experiencing too much pressure. Sometimes stress can come from an obvious source, even small daily stresses from work, school, family, and friends can take a toll on your mind and body. Stress also takes an emotional toll. While some stress may produce feelings of mild anxiety or frustration, prolonged stress can also lead to burnout, anxiety disorders, and depression.

The surge in telecommunication led people to spend more time facing screens, tablets, and smart phones. Previously, the increase in exposure to smart devices and screens has been reported to increase stress and burnout levels. During the COVID-19 outbreak, imposed lockdowns and compulsory quarantines increased levels of

tension. Study also showed that people who spent more than 10 days in quarantine were more likely to report posttraumatic stress symptoms (Brooks et al. 2020).

Base on previous research where the questions were centred on dealing with symptoms of depression, anxiety and stress coupled with experiences engaging in an online learning process was initiated in 2020 (Nalini Arumugam et al., 2021). The results indicated that Covid-19 outbreak has increased students' levels of stress and anxiety. Moreover, the level of stress was more prevalent in both male and female students who obtained a lower GPA score. Research also revealed that there was a moderate to high level of stress indicated among students in the university at the start of the Covid-19 outbreak. This study found a significant correlation between a high level of stress and female university students (Deemah A. et al., 2020).

Researchers believe that the integration of online counseling and stress management programs would help mitigate the stress of students during distance learning especially students who reside in the rural areas where connectivity to the Internet is limited. In conclusion, the depression, anxiety and stress are a significant factor and can affect coping style among IKTBN Alor Gajah students. Increases in depression, anxiety and stress correlated with increase coping style. In this case, all parties must play an important role in creating a conducive environment and working together to cultivate a high level of coping style in students while attending hybrid learning sessions during the Covid -19 pandemic. In this increasingly challenging world, mental health must be prioritised in all situations.

5.3 Implications of the findings

This study enables us to know the Relation Between Mental Health States of Institut Kemahiran Tinggi Belia Negara (IKTBN) Alor Gajah Melaka Student in Coping with The Hybrid Learning During the Covid-19 Pandemic. The researcher believes that this study can give implication towards students, teaching staff and counsellors, school, and government especially.

In conclusion, this study can help student, teaching staff top management IKTBN Alor Gajah and parents how to raise mental health states and coping style among students during hybrid learning and to identify the factors that can assist students to avoid mental health issue. This study also allows them to know their important role in guiding their students how to take care of mental health and will help them to identify and understand the depression, anxiety and stress and coping style among IKTBN Alor Gajah students. The implications for the Ministry of Youth and Sports Malaysia, the implications for IKTBN Alor Gajah itself, implications on substance abuse counselling and the implications on society will be discussed in this section.

5.3.1 Implications on the Ministry of Youth and Sports

The information obtained from this study is very meaningful to the Ministry of Youth and Sports Malaysia and IKTBN Alor Gajah especially in understanding the existence of a relationship between mental health and coping style in students during hybrid learning sessions during the Covid -19 pandemic can then design appropriate programs to improve the level of coping style of students in the current challenging situation. For example, the

mental health issue and coping style can be highlight deeply in this subject or I n the new program created to students.

This study allows students to think about their awareness of mental health is related to depression, anxiety and stress and need to know how to control it, among them is by improving their coping style. Of this particular issue, at the beginning of the horrific surge of new Covid-19 cases, this issue had posed an increasing fear that the prolonged lockdown would cause more Malaysians to fall into mental illness. Poor mental health among students of higher education institutions is becoming a serious issue in many countries. As such, mental health problems should not be taken too lightly as statistics from January to June 2021 revealed that 89.4% of calls (109,806 out of 122,328 calls) received through a helpline managed by the Ministry of Women, Family and Community Development (MWFCD) and the Department of Islamic Development (JAKIM) were related to mental health issues that required emotional and psychological support. Studies showed that mental health symptoms, especially depression and anxiety, have been overwhelmingly prevalent in the Malaysian population as the Covid-19 pandemic has progressed.

5.3.2 Implications on IKTBN Alor Gajah.

Based on the findings of this study, the IKTBN must also create a culture and environment that promotes coping style in order to address mental health issues. Depression, anxiety, and ongoing stress in the IKTBN can all contribute to serious mental health problems. Teaching staff should always

keep an eye on the groups and clicks available in IKTBN. If a student group member engages in deviant behaviour such as smoking, vaping, or drug abuse, teachers should intervene immediately to prevent it. This is to avoid more involvement of students in the same group members in more dangerous mental health behaviors. This is because the results of the study also found that awareness of mental health also affects coping style in students. Although the results of the study are limited to IKTBN Alor Gajah only and some show a correlation between mental health and coping style but are in a normal state, this can be used as a benchmark to monitor students from experiencing unwanted things.

5.3.3 Implications on substance abuse counseling.

The matter about mental health and coping style, it will inevitably be related to substance abuse among youth and students. Awareness of drug abuse also affects coping style in students. If peers behave promiscuously, teenagers also tend to behave promiscuously. According to Jas Laile Suzana Jaafar (2005), friends function as social models because they tell children how they should behave in different situations. There is no doubt that children gain knowledge and learn certain reactions by observing the behavior of their friends. Therefore students need to be constantly guided and taught by the counselor to find peers who can push them towards positive behavior.

Here the interests of the counselors also play a role in providing their services directly or indirectly. Substance abuse counselors need to be more active and knowledgeable in dealing with this situation. In this matter as an example, NADA has been offering counselor with guidance and counselling

education particularly in substance issue along with relapse prevention, social support groups, family activities, psychology education, religious, spiritual, and values inculcation, medical care, health education, career development, social integration, house visits, and outreach programmes (Abdul Halim in Christina Chin, 2017).

Those activities were aimed at enhancing the protective factors of students in combatting drug abuse influence while being esteemed to decreasing the risk factor of this catastrophic issue among the community members. This study allows the counsellors in understanding their role as counsellor can promote and create programs that may increase awareness on drug abuse and share tips to raise coping style among students so that avoid the drug abuse especially related to mental health and coping style.

In IKTBN Alor Gajah, the administrators and students have a forum which is the student representative council (MPP). Under this forum, they are can provide students training example of program can have a major impact includes leadership camps, self esteem programs, campsites, career trips, parental visits, parenting seminars and stress management workshops to gain awareness of drug abuse and related mental health and coping style.

5.3.4 Implications for the Society

The implications of this study are also hoped to enhance community involvement through the involvement programmed awareness on mental health issue and any prevention education program in the community. For example, a local mental health awareness campaign program involving government agencies and non-governmental organizations (NGOs) working

together to provide mental health awareness for all walks of life. Having a mental health prevention program that involves the local community can save costs.

Society especially parents play an important role in the development of students' coping style because it is formed from an early age. Awareness of high mental health should be nurtured from an early age based on knowledge, Attitude and belief in the dangers of mental health with effective message delivery and can foster the development of coping style in students well.

Therefore, it is hoped that the information obtained from this study can be a reference to the community, especially parents and the local community in order to provide knowledge and advice and guidance to the children of the nation by helping and providing new information to the local community through community awareness programs, frequently in order to form a high resilience to awareness of unhealthy mental health.

In conclusion, all parties involved need to take this matter seriously. Indeed, the awareness of mental health and coping style possessed by a student will determine his or her own personality which will lead to the direction of his or her life. Therefore, socialization agents such as parents as well as teachers and the community must play an important role in ensuring the improvement of coping style in adolescents. The findings obtained through this study are expected to help students to identify the level of coping style they have based on daily behavior in their lives.

They should be aware that coping style in themselves is very easy to be disturbed and if it is not managed well, then an individual can lose “himself”. Students should have a better coping style during hybrid learning sessions during the Covid 19 pandemic, so that they do not easily lose direction and are always ready and willing to accept drastic change and have high competence is appropriate.

5.4 Recommendations for Future Research

In the course of this research, the researcher has identified several areas where further research would be viable for other researchers to look into. Listed below are several future research recommendations suggested by the researcher:

- i. This study is only for IKTBN Alor Gajah only and the findings from this study cannot be generalized to all IKTBN throughout Malaysia. However, it can provide little input to researchers. Recommended for researchers who are interested in doing more comprehensive research with the involvement of all IKBN/IKTBN
- ii. More details on the use of DASS 21 in future studies as well as more up -to -date psychometric tools in conducting studies are recommended to researchers.
- iii. Relationship between Awareness on Mental Health and Spiritual among all IKTBN students.
- iv. Resilience and Awareness Module Development on mental health Among Parents in HighRisk Areas.
- v. The Development Coping Style Instrument on Mental Health among students in Various Area Setting like IKBN/IKTBN in urban area or rural area.

5.5 Conclusion

This chapter discusses in more details about the findings reported in Chapter Four and suggests recommendations for future studies in this area. The chapter also concludes the objectives of the research in investigating the Relation Between Mental Health States of Institut Kemahiran Tinggi Belia Negara (IKTBN) Alor Gajah Melaka Student in Coping with The Hybrid Learning During the Covid-19 Pandemic. The demographic data contain background of the respondent with 9 parts of demographics which are based on the gender, ages, race, religion, marital status, level education field of study, semester and family monthly income.

Following the result from the findings, it reveals the Relation Between Mental Health States of Institut Kemahiran Tinggi Belia Negara (IKTBN) Alor Gajah Melaka Student in Coping with The Hybrid Learning During the Covid-19 Pandemic of the respondents were revealed. There was a positive correlation between the Depression, Anxiety and Stress on mental health and coping style among IKTBN Alor Gajah students in Melaka. All of the research objectives proposed have been answered. The researcher also included the recommendations or suggestions which can serve as baseline for future research as well as limitations for further improvisation. In conclusion, with this discussion and findings, the outcomes have provided satisfactory answers and insights to the research objectives and research questions of the study.