



**A MULTICENTER STUDY ON STRESS, STRESSOR AND COPING
STRATEGIES AMONG FIRST YEAR MEDICAL STUDENTS IN
MALAYSIAN PUBLIC UNIVERSITIES.**

(USM short-term grant no: 304/PPSP/6139070)

BY

DR MUHAMAD SAIFUL BAHRI BIN YUSOFF

DR AHMAD FUAD ABDUL RAHIM



**MEDICAL EDUCATION DEPARTMENT
SCHOOL OF MEDICAL SCIENCES
UNIVERSITI SAINS MALAYSIA**

JULY 2011

SENARAI SEMAKAN UNTUK BUKU LAPORAN AKHIR GERAN USM JANGKA PENDEK

NAMA PENYELIDIK UTAMA	: Dr. Muhamad Saiful Bahri Yusoff
NAMA CO-RESEARCHER	: 1. Dr. Ahmad Fuad Abd. Rahim
TAJUK GERAN	: A multicenter study on stress, stressors and coping strategies among first year medical students in Malaysian public universities
NO.AKAUN	: 304/PPSP/6139070

**SENARAI SEMAKAN SEMASA PENYERAHAN BUKU LAPORAN AKHIR
(Sila Tandakan (4) Pada Kotak Yang Berkenaan)**

NO	PERKARA	ADA	TIADA
1.	Borang Laporan Akhir Projek Penyelidikan USM Jangka Pendek	✓	
2.	Borang Laporan Hasil Penyelidikan, PPSP	✓	
3.	i) Salinan Menuskrip	✓	
	ii) Salinan surat/email bukti penghantaran kepada mana-mana journal	✓	
4.	Penyata Perbelanjaan (Financial Statement) (Sila dapatkan daripada Jabatan Bendahari)	✓	
5.	Laporan Komprehensif (termasuk kertas persidangan atau seminar dan penerbitan saintifik hasil daripada projek ini)	✓	
6.	Surat pemakluman penghantaran Laporan Akhir ke Bhg. Penyelidikan	✓	

Nota:

- * Sila buat 3 salinan buku laporan Akhir
- * No. 1-5 - Perlu dimasukkan dalam Buku Laporan Akhir
- * No.6 - Hantar terus Kepada Pn. Che Merah Ismail (RCMO) hanya salinan kepada Bhg. R&D, PPSP

LAPORAN AKHIR PROJEK PENYELIDIKAN JANGKA PENDEK
FINAL REPORT OF SHORT TERM RESEARCH PROJECT

Sila kemukakan laporan akhir ini melalui Jawatankuasa Penyelidikan di Pusat Pengajian dan Dekan/Pengarah/Ketua Jabatan kepada Pejabat Pelantar Penyelidikan

1. Nama Ketua Penyelidik: <i>Name of Research Leader</i> Dr Muhammad Saiful Bahri Yusoff <input type="checkbox"/> Profesor Madya/ <i>Assoc. Prof.</i> <input checked="" type="checkbox"/> Dr/ <i>Dr.</i> <input type="checkbox"/> Encik/Puan/Gik/ <i>Mr/Mrs/Ms</i>					
2. Pusat Tanggungjawab (PTJ): <i>School/Department</i> Pusat Pengajian Pusat Perubatan					
3. Nama Penyelidik Bersama: <i>Name of Co-Researcher</i> Dr Ahmad Fuad Abdul Rahim					
4. Tajuk Projek: <i>Title of Project</i> A multicenter study on stress, stressors and coping strategies among first year medical students in Malaysian public universities					
5. Ringkasan Penilaian/ <i>Summary of Assessment</i>	Tidak Mencukupi <i>Inadequate</i>		Boleh Diterima <i>Acceptable</i>	Sangat Baik <i>Very Good</i>	
	1	2	3	4	5
i) Pencapaian objektif projek: <i>Achievement of project objectives</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
ii) Kualiti output: <i>Quality of outputs</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
iii) Kualiti impak: <i>Quality of impacts</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
iv) Pemindahan teknologi/potensi pengkomersialan: <i>Technology transfer/commercialization potential</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
v) Kualiti dan usahasama : <i>Quality and intensity of collaboration</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
vi) Penilaian kepentingan secara keseluruhan: <i>Overall assessment of benefits</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

6. **Abstrak Penyelidikan**

(Perlu disediakan di antara 100 - 200 perkataan di dalam Bahasa Malaysia dan juga Bahasa Inggeris. Abstrak ini akan dimuatkan dalam Laporan Tahunan Bahagian Penyelidikan & Inovasi sebagai satu cara untuk menyampaikan dapatan projek dan/atau kepada pihak Universiti & masyarakat luar)

Abstract of Research

(An abstract of between 100 and 200 words must be prepared in Bahasa Malaysia and in English)

This abstract will be included in the Annual Report of the Research and Innovation Section at a later date as a means of presenting the project findings of the researcher/s to the University and the community at large)

Sila rujuk lampiran yang disediakan

7. **Sila sediakan laporan teknikal lengkap yang menerangkan keseluruhan projek ini.**

[Sila gunakan kertas berasingan]

Applicant are required to prepare a Comprehensive Technical Report explaining the project.

(This report must be appended separately)

Sila rujuk lampiran yang disediakan

Senaraikan kata kunci yang mencerminkan penyelidikan anda:

List the key words that reflects your research:

Bahasa Malaysia

Stres
Punca Tekanan
Pelajar Perubatan
Cara Menangani Stress

Bahasa Inggeris

Stress
Stressor
Medical Students
Coping Strategies

8. **Output dan Faedah Projek**

Output and Benefits of Project

(a) * **Penerbitan Jurnal**

Publication of Journals

(Sila nyatakan jenis, tajuk, pengarang/editor, tahun terbitan dan di mana telah diterbitkan/diserahkan)

(State type, title, author/editor, publication year and where it has been published/submitted)

1. **Muhamad S B Yusoff.** A Multicenter study on validity of the 30-items Brief COPE in identifying coping strategies among medical students, *International Medical Journal*, 2010; 17 (4). (ISI and Scopus journal; Impact Factor 2010 = 0.16)
2. **Muhamad S B Yusoff.** A Multicenter Study on Validity of the Medical Student Stressor Questionnaire (MSSQ), *International Medical Journal*, 2011; 18 (1): 14-18. (ISI and Scopus journal; Impact Factor 2010 = 0.16).
3. **Muhamad S B Yusoff, Liew Yen Yee, Ling Heng Wei, Tan Chin Siong, Loke Hon Meng, Lim Xue Bin, Ahmad F A Rahim.** A study on stress, stressors and coping strategies among Malaysian medical students, *International Journal of Students' Research*, 2011; 1 (2): 45-50. (Non-ISI, Non-Scopus, Indexed Journal).
4. **Muhamad S B Yusoff.** A Confirmatory Factor Analysis Study on the Medical Student Stressor Questionnaire among Malaysian Medical Students, *Education In Medicine Journal*, 2011; 3 (1): e44-e53. (Non-ISI, Non-Scopus, Indexed Journal).

- (b) **Faedah-laedah lain seperti perkembangan produk, pengkomersialan produk/pendaftaran paten atau impak kepada dasar dan masyarakat.**
State other benefits such as product development, product commercialisation/patent registration or impact on source and society.

Not applicable

* Sila berikan salinan/Kindly provide copies

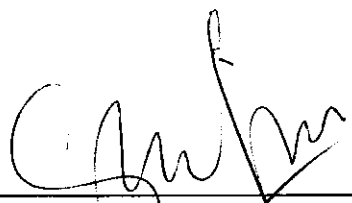
- (c) **Latihan Sumber Manusia**
Training in Human Resources

- i) **Pelajar Sarjana**
Graduates Students
(Perincikan nama, ijazah dan status)
(Provide names, degrees and status)

- ii) **Lain-lain:**
Others

9. **Peralatan yang Telah Dibeli:**
Equipment that has been purchased

Not applicable



Tandatangan Penyelidik
Signature of Researcher

14/7/2011

Tarikh
Date

Komen Jawatankuasa Penyelidikan Pusat Pengajian/Pusat
Comments by the Research Committees of Schools/Centres

The research project has been completed successfully and all objectives achieved.

The output include four publications in International Medical Journal, International J of students' research and Education in Medicine Journal

This report has been assessed by an independent assessor and approved by the PTD panel committee

PROFESSOR AHMAD SUKARI HALIM
Chairman of Research Committee
School of Medical Sciences
Health Campus
Universiti Sains Malaysia
16150 Kubang Keratan, Kelantan.

TANDATANGAN PENERUSI
JAWATANKUASA PENYELIDIKAN
PUSAT PENGAJIAN/PUSAT
Signature of Chairman
[Research Committee of School/Centre]

28/11/11

Tarikh
Date

BORANG LAPORAN HASIL PENYELIDIKAN PPSP

Tajuk geran: **A multicenter study on stress, stressor, & coping strategies among first year medical students in Malaysian public universities.**

Penyelidik: **Dr Muhamad Saiful Bahri Yusoff, Ahmad Fuad Abdul Rahim**

Jenis geran: **Short-term**

Tempoh geran: **15 Sept 2009 – 14 Sept 2011**

Jenis laporan: Laporan Kemajuan Alatan di beli Ya : nyatakan.....
(setiap 6 bulan)

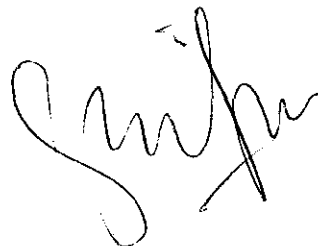
Laporan Akhir*: Tidak

OBJEKTIF SPESIFIK KAJIAN (sama spt dalam proposal asal)	SECARA RINGKAS TERANGKAN PENCAPAIAN/HASIL	SEBAB-SEBAB JIKA TAK TERCAPAI
1. To determine the prevalence of stress among first year medical students using the General Health Questionnaire (GHQ-12) in Malaysian public universities.	50% of first year medical students were psychologically distress at the end of the year across the four universities involved.	Achieved
2. To determine the stressors among first year medical students using the Medical Student Stressor Questionnaire (MSSQ) in Malaysian public universities.	The main stressors were related to academic matters.	Achieved
3. To identify the coping strategies among first year medical students using the Brief COPE in Malaysian public universities.	The main coping strategies were turning to religion, active coping and positive reinterpretation.	Achieved
4. To investigate the relationship between identified variables and stress level of medical students in Malaysian public universities.	Five factors directly contributing towards developing of psychological distress among the medical students which were university, parent income group and perception towards stressors related to academic, group activities, drive and desire to learn medicine.	Achieved

* Laporan Akhir perlu disertakan salinan manuskrip dan surat yang dihantar kepada mana-mana jurnal untuk penerbitan.

Nama Penyelidik Utama (PI): Muhamad Saiful Bahri Yusoff

t.t.:



Tarikh: 14/7/2011

International Medical Journal (IMJ)

Volume 17, Number 4

December , 2010

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Brief COPE in Identifying Coping Strategies
among Medical Students**

Muhamad Saiful Bahri Yusoff
