STRESS AMONG YOUNG ADULTS

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ABSTRACT

The purpose of this investigation is to identify and to explore the total stress score in terms of stressful environmental events, personality mediators, and intensity of emotional stress responses among young adults in Malaysia. Four thousand three hundred and thirty five respondents (4335) assigned in this study were aged between 15 to 45 years old including both male and female and each originate from all the thirteen states and three territories in Malaysia. A survey using questionnaire of transactional model by Lazarus to the respondents was via online and self- administered. Statistic descriptive and ANOVA data analysis were used to analyze the differences of total stress score on four variables, which include gender, academic level, States/Territories and age. Results of the study on ANOVA test show significant difference on total stress score in terms of stressful environmental events, and intensity of emotional stress responses only on Academic level F (4, 4330) = 3.514, p > .05, which indicate environmental events F (4, 4330) = 3.306, p > .05, emotional response F (4, 4330) = 3.517, p > .05. However, interestingly there were statistically significant difference on gender F (1, 4333) = .548, p > .05 and age (28, 4306) = 2.142, p, > .05, variables concerning environmental events, where the p value is less than .05. This suggests that the total stress scores on four variables namely: gender, academic qualification level, States/Territories and age category among young adults in Malaysia show there were statistically significant on high stress level among young adults in term of environmental events and emotional responses on academic qualification level where respondent without higher education learning are more stressed than those with higher qualification. Somehow, there is a statistically high stress level on environmental events between male and female and age category. The male respondents received higher stress level than the female respondents. In addition, the age category of 15-20 and 36-45 years old are found statistically stressed on environmental events compared to age the group of 21- 25. Therefore, it is concluded that total stress score and stressful environmental events have a significant impact on the young adults' physical and psychological well-being in Malaysia, and carry with them potentially powerful stress-inducing properties on academic qualification level, age category and between male and female among young adults in Malaysia.

Keywords: *Psychological Well-Being, Environmental Events, Personality Mediators, Emotional Stress Responses, Young Adults*

ABSTRAK

Kajian ini adalah untuk mengenal pasti dan meneroka skor tekanan jumlah dari segi

peristiwa tekanan alam sekitar, mediator personaliti, dan keamatan tindak balas tekanan emosi di kalangan orang dewasa muda di Malaysia. Empat ribu tiga ratus tiga puluh lima responden (4335) dalam kajian ini berumur antara 15 hingga 45 tahun lelaki dan perempuan dan mewakili tiga belas negeri dan tiga wilayah di Malaysia. Soal selidik model transaksi oleh Lazarus di aplikasikan melalui talian dan juga bersemuka. Statistik analisis deskriptif dan data ANOVA menganalisis perbezaan jumlah skor tekanan pada empat pembolehubah, termasuk jantina, tahap akademik, negeri/ wilayah dan umur. Keputusan ujian ANOVA menunjukkan perbezaan yang signifikan terhadap jumlah skor tekanan dari segi peristiwa alam sekitar tekanan, dan keamatan tindak balas tekanan emosi sahaja di peringkat kategori Akademik F (4, 4330) = 3,514, p> .05, yang menunjukkan peristiwa alam sekitar F (4, 4330) = 3,306, p> .05, tindak balas emosi F (4, 4330) = 3,517, p> .05. Walau bagaimanapun, terdapat perbezaan statistik yang signifikan terhadap jantina F (1, 4333) = 0,548, p> .05 dan umur (28, 4306) = 2,142, p,> .05, bagi pembolehubah peristiwa alam sekitar, nilai p ialah kurang daripada .05. Ini menunjukkan bahawa jumlah skor tekanan pada empat pembolehubah iaitu: jantina, tahap kelayakan akademik, negeri / wilayah dan kategori umur di kalangan belia di Malaysia terdapat statistik yang signifikan pada tahap tekanan yang tinggi pada skor peristiwa alam sekitar dan tindak balas emosi untuk kategori kelayakan akademik. Responden dengan latarbelakang tanpa pendidikan tinggi adalah lebih tertekan daripada mereka yang mempunyai kelayakan yang tinggi. Walaubagaimanapun, terdapat tahap tekanan yang tinggi pada peristiwa alam sekitar untuk kategori umur berbanding lelaki dan perempuan di mana lelaki menerima tahap tekanan lebih tinggi daripada responden wanita. Di samping itu, kategori umur 15-20 dan 36-45 tahun didapati tertekan pada peristiwa alam sekitar berbanding umur kumpulan 21- 25. Kesimpulan kajian mendapati jumlah skor tekanan dan peristiwa alam sekitar memberi kesan yang besar terhadap kesejahteraan psikologi di kalangan belia di Malaysia.

Kata Kunci: *Psikologi Kesejahteraan, Peristiwa Tekanan Alam Sekitar, Mediator Personaliti, dan Keamatan Tindak Balas Tekanan Emosi*

INTRODUCTION AND PURPOSE

Modern living is stressful. According to figures from New York's American Institute of Stress, 90 percent of all American adults experience high stress levels one or two times a week and a fourth of all American adults are subject to crushing levels of stress nearly every day (Brodsky, 1989). In Malaysia, due to the multiple demands of financial, lifestyle, work, and family, many young adults experience overload and unmanageable stress. It is important to study and measure their total stress score in terms of psychological, environmental and physical symptoms (eg. Mastura, 2012, Chang, 2000; Dunkley, Blankstein, & Halsall, 2000; Folkman, Lazarus, Gruen, & DeLongis, 1986) or stressful events (e.g. Abouserie, 1994; Derogatis, Folkman, & Lazarus, 1987; Monk & Mahmood, 1999; Shamsudin Mahmud, 1991). It is recognized that stress is a normally occurring part of life. Selye was the first to

describe the term "stress" as a state produced within an organism subjected to a stimulus perceived as a threat (Selye, 1957, p. 52). Stress is a condition that occurs commonly in response to any adaptive response within the body. Selye describe stress as a state manifested by a specific syndrome which consists of all the non-specifically induced changes within a biologic system (Selye, 1950, p. 27). In other words, stress can refer to a wide range of physiological changes caused by physical or psychological components or a combination of these. In addition, the effect of stress on the body results in a very specific physiological response that Selye coined the "stress response" (Selye, 1976, p. 125). This response involves many physiological changes within the systems of the body. Several researchers define stress (Selye, 1983, p. 2; Lazarus & Folkman, 1984; Asterita, 1985; Chopra, 1987, p. 59). Benson and Stuart concluded that "Stress is the perception of a threat to one's physical or psychological well-being and the perception that one is unable to cope with that threat" (Benson & Stuart, 1992, p. 180). They also defined stress as the negative effects of life's pressures and events (Benson & Stuart, 1992, p. 177).

WHO, back in 1948 defined health as "A state of complete physical, mental, and social wellbeing and not merely absence of disease or infirmity". Nevertheless, even after more than 60 years, mental and social component of heath is ignored in our country. It is a common misconception that urban and rich population suffers more from mental illness. From scientific research, it is evident that no age, sex, race, religion and economic status is immune to mental illness, though there are some differences in its prevalence rate among the above variables. The National Survey on mental disorders conducted by National Institute of Mental Health, Dhaka and WHO (2006) revealed that prevalence rate of all forms of mental disorders among adult population in Bangladesh was 16.1%. For this huge number of mental patients only around 115 psychiatrists are available, which is grossly inadequate (7 psychiatrists per 10 million populations). Stress is challenging and useful. However, when stress becomes chronic or excessive, the body is no longer able to adapt and cope with the pressures placed upon it. An optimal level of stress is characterized by high energy, mental alertness, high motivation, calmness under pressure, thorough analysis of problems, improved memory and recall, sharp perception, and a generally optimistic outlook (Forbes, 1979, p. 43). The point is not to eliminate stress: such a task is not possible or desirable. The current problem is the levels of stress that most of the people in our society experience are hardly optimal.

A study is to observe and to explore the total stress score of young adults at the age within 15 to 45 years old both male and female subjects. The research design used in this study is a quantitative survey design and SPSS will be used to analyze data findings (Creswell, 2002; Shadish, Thomas, Cook, & Donald, Campbell, 2002). Psychological wellbeing in term of stress will be measure using a comprehensive measurement of stress namely: a) stressful environmental events, b) personality mediators, and c) nature and intensity of emotional stress responses. This study allows to collect database/profiling the status stress among young adults and it will be clearly understood in terms of existing psychobiological knowledge, and it can

thereby provide the theoretical base that is needed to guide future research in this area. Therefore, individual can realize his or her own abilities, can cope with the normal stress, can work productively and fruitfully, and is able to contribute to his or her family. There is abundant research evidence that female suffer from both depressive affect and clinical depression more often than male. This sex difference emerges during adolescence. Several explanations have been offered, mainly focusing on either characteristics of female themselves (biological or psychological factors) or the social situation of female (social roles, amount of life stress). A theory that now enjoys increasing popularity says that female on average cope less effectively with adversities than male, and therefore are more likely to be depressed. For example, Petersen et al. suggest on the basis of their results that negative life events induce boys, but not girls, to develop effective coping strategies which protect them from depression later in life.

Therefore, the main purpose of the study this study is to develop a profile of young adults (youth) for Institute for Youth Research Malaysia (IYRES) with respect to total stress score and a baseline for frequency and intensity of hassles in the lives in terms of stressful environmental events, personality mediators, and intensity of emotional stress responses in Malaysia. Secondly, to identify the difference in total stress scores on four variables namely: gender, academic qualification level, States/Territories and age category among young adults in Malaysia. Lastly, make recommendation based on the present study on towards improving the future of preventative medicine and better the psychological health and lifestyle of young adults suffering from high level stress and low self-esteem to performed and increase productivity in their daily life

RESEARCH PROBLEM

The lack of physical activity and with the inter role conflict faced by young adults is the major underlying that effect their well-being and health. Preliminary data from a World Health Organization (WHO) study on risk factors suggests that inactivity, or a sedentary lifestyle, is one of the ten leading global causes of death. In addition, sedentary lifestyles increase all causes of mortality, double the risk of cardiovascular disease, diabetes, and obesity, and substantially increase the risks of colon cancer, high blood pressure, osteoporosis, depression due to stress and low self-esteem (Murray & Lopez, 1997; Neiman, 1998; Weinberg & Gould, 2007). Therefore, this study will explore the level of stress using a comprehensive measurement of stress that includes three major interacting components: a) stressful environmental events, b) personality mediators, and c) nature and intensity of emotional stress responses (D' Zurilla & Sheedy, 1991). The population of the study will be young adults in Malaysia aged between 15 to 45 years old. Questionnaire will be via online and self-administered. Results of the study will be the database and profiling for Institute for Youth Research, Ministry of Youth & Sports Malaysia.

In Malaysia, The Health Ministry will be training more psychologists to reduce the rising number of suicide cases, generally caused by mental depression and encouraging the community to play a greater role in identifying people suffering from stress, mental depression and providing help (Stars, 2011). Health Minister Datuk Seri Liow Tiong Lai said that 'there is a lack of psychologists in the country who are able to identify and treat those suffering from depression and stress as early detection is important to prevent the patients' condition from getting worse. The ministry's statistics in 2007 and 2008 stated that Chinese made up 53.5% of all suicide cases while 27.3% of them were Malays. Indian made up 13.9%. The Star reported that two people commit suicide daily in Malaysia. Some experts believe the figure could be higher. Studies still needed to be carried out to look at the correlation of race and suicide cases. However, social stigma on depression was still very bad, and the lack of support from the community had prevented such patients from seeking medical help. This present study will help identify the percentage young adults in Malaysia who suffers psychological problems such as stress and depression and create awareness on mental health at schools, colleges, and organizations.

METHODOLOGY

The research design used in this study is quantitative, exploratory survey designs. A survey-using Derogatis Stress Profile (DSP) questionnaire was administered to all respondents of the study via online and self-administered to measure the level of psychological well-being variables (total stress level). Four thousand three hundred and thirty five respondents (4335) were assigned in this study aged between 15 years until 45 years. Data analyzing using SPSS. Descriptive Statistics in term of mean and standard deviations was used to summarize and describe the mean difference of all the subjects of young adults. The aim at this stage was to describe the general distributional properties of the data, to identify any unusual observations (outliers) or any unusual patterns of observations that may cause problems for later analyses to be carried out on the data and produce plots that visually display distributions of variables (Landau Sabine & Brian, 2004). Statistics measures on One-way ANOVA answer research objective concerning total stress score.

Consistent with interaction stress theory, the Derogatis Stress Profile (DSP) measures three principal stress components: stressful environmental events, personality mediators, and intensity of emotional stress responses. These three principal stress domain along with the total stress score are primary keys to clinical interpretation of the DSP. The three principal source of stress among these youth were (1) environmental events which include 3 sub-scale of domestic satisfaction, vocational satisfaction and health posture. In addition, the three environmental factors that were mentioned earlier do not operate independently. On the contrary, they influence one another and also interact with person factors. (2) Personality mediator which include 5 sub-scale of time pressure, driven behavior, attitude posture, role definition and relaxation potential and (3) emotional responses which

involve depression, hostility and anxiety. Both the environment and personal factors do not operate independently.

DATA ANALYSIS

The aim of this study is to develop a profile of young adults (youth) with respect to total stress score and a baseline for frequency and intensity of hassles in the lives in terms of stressful environmental events, personality mediators, and intensity of emotional stress responses in Malaysia. Secondly, to identify the difference in total stress scores on four variables on gender among young adults in Malaysia. Lastly, make recommendation based on the present study on towards improving the future of preventative medicine and better the psychological health and lifestyle of young adults suffering from high level stress and low self-esteem to performed and increase productivity in their daily life

Descriptive Data Analyses

The first set of analyses examined the impact of the respondents' profiles through descriptive data analysis. The purposes of examining the data in detail were to detect errors in coding during data entry, to screen out any unusual values, to identify outliers, to assess the normality of distribution and homogeneity of variance of the population from which samples were drawn. The results obtained from the preliminary analysis of the frequency distribution are shown in Table 4.1 and table 4.2. Four Thousand Three hundred and thirty five respondents (4335) were assigned in this study. Before the statistical analysis was done, the respondent profile data was examined. As depicted in Table 4.1, 79% respondents were not married, 20% were married 8% were divorced (M=1.2203, SD= .4608). Age group was between age range of 15 years old to 35 years old and majority subjects were in the age range of age twenties (M=24.744, SD=.3.995). From the total number of subjects involved in this research, 85% were Malay, 5% were Chinese, 4% were Ethnic and .7% others (M=1.3056, SD= .814).

Table 4.1: Respondent Profile on Frequency on Gender, Age, Marital Status, and Race/Ethnic

Variables	Frequency	Percentage	Mean	SD
Gender				
Male	2102	48.5	1.5151	.4998
Female	2233	51.5		
Total	**4335**	**100**		
Age (Years)				
15 -19	268	6.2	24.744	3.995
20 - 25	2509	57.87		

26 - 30	1237	28.58		
31 - 45	321	7.4		
Total	**4335**	**100**		
Marital Status				
Single	3423	78.9	1.2203	.4608
Married	878	20.2		
Divorce	33	.8		
Total	**4335**	**100**		
Race/Ethnic				
Malay	3693	85.1	1.3056	
Chinese	225	5.2		
Indian	169	3.9		
Ethnic	223	5.1		
Others	25	.7		
Total	**4335**	**100**		

Further to that, as depicted in Table 4.2, On academic qualification, 52% respondents has degree, 24% holds a diploma qualification, 20% with SPM qualification, 2.6% holds PMR/SRP while 2.3% holds others qualification (M=1.797, SD= .989). Income category, only 1% earns net income above RM5000 and RM4000 per month, 3.8% earns above RM3000, 28% earns RM2000, while 28% respondents falls into income category above RM2000 and 54% earns below RM999 (M=5.2687, SD= 1.0052). From the total number of subjects involved in this research (13 States and 3 Federal Territory) the most respondents were from Selangor 25.8%, 11% were from Johor, and 10% were from Kuala Lumpur and follows by others states and Federal Territory as depicted in Table 4.2 (M= 7.419, SD= 3.6671).

Table 4.2: Respondent Profile on Frequency on Academic Level, Income and States/Region

Variables	Frequency	Percentage	Mean	SD
Academic Level				
Degree	2244	51.7	1.797	.98902
Diploma	1034	23.8		
SPM	848	19.5		
PMR/SRP	111	2.6		
Lain-lain	98	2.3		
Total	**4335**	**100**		

Income Category				
Above RM5000	46	1.1	5.2687	1.0052
Above RM4000	48	1.1		
Above RM3000	166	3.8		
Above RM2000	518	11.9		
Above RM1000	1214	28.0		
Below RM999	2343	54.0		
Total	**4335**	**100**		
States/ Region				
Perlis	54	1.2	7.419	3.6671
Kedah	287	6.6		
Penang	187	4.3		
Perak	340	7.8		
Selangor	1117	25.8		
Neg Sembilan	169	3.9		
Melaka	159	3.7		
Johor	476	11.0		
Pahang	200	4.6		
Terengganu	195	4.5		
Kelantan	283	6.5		
Kuala Lumpur	433	10.0		
Sarawak 157	3.6			
Sabah	185	4.3		
Putrajaya	82	1.9		
Labuan	11	.3		
Total	**4335**	**100**		

Statistic Data Analysis

The results obtained from the preliminary analysis of descriptive statistic of gender on total stress score, personality mediators, environmental events, and emotional stress in Table 4.3. Further to that, Levene's test on homogeneity of variances showed a significant level of more than .05 ($p > .05$) on total stress score and emotional stress response which the assumption of equal variance were not violated. As depicted in Table 4.3, 2103 respondents were male and 2233 respondents were female. Results of mean indicate total stress score on male (M= 141.8, SD=20.123) and female (M=141.36, SD=20.125), personal mediator for male (M=68.71, SD=7.938) and female (M=68.47, SD=8.251). Environmental event male (M=34.023, SD=9.588)

while female (M=33.402, SD=9.015) and emotional stress response male (M=39.803, SD=7.76) and female (M=39.471, SD=8.165).

Table 4.3: Results of Descriptive Statistic of Gender on Total Stress Score, Personality Mediators, Environmental Events and Emotional Stress.

Variables		N	Mean	Std. Deviation	Homogeneity of Variances		
					df1	df2	Sig
Total Stress Score	Male	2102	141.8164	20.12360	1	4333	.903
	Female	2233	141.3636	20.12535			
	Total	4335	141.5832	20.12345			
Personality Mediators	Male	2102	68.7136	7.93889	1	4333	.024
	Female	2233	68.4751	8.25101			
	Total	4335	68.5908	8.10112			
Environmental Events	Male	2102	34.0233	9.58868	1	4333	.035
	Female	2233	33.4021	9.15485			
	Total	4335	33.7033	9.37178			
Emotional Stress Response	Male	2102	39.0833	7.76648	1	4333	.057*
	Female	2233	39.4716	8.16580			
	Total	4335	39.2833	7.97611			

Levene's test *: showed a significant level of more than .05 ($p > .05$), the assumption of equal variance were not violated

Statistics measures on One-way ANOVA answer research objective concerning total stress score in terms of stressful environmental events, personality mediators, nature, and intensity of emotional stress responses on gender among young adults in Malaysia. Results indicated statistically significant $F(1, 4333) = .548$, $p > .05$, only on environmental events while personal mediator and emotional stress response were not significant. The p value is less than .05; therefore, we can conclude that there is a statistically significant main effect for gender between male and female on environment events. This suggests that there was a different in environment events on gender. Therefore, it is apparent from this Table 4.4 that the ANOVA test results indicated there was statistically no significant different for male and female on total stress score.

Table 4.4: Results of One-way ANOVA Statistic of Gender on Total Stress Score, Personality Mediators, Environmental Events and Emotional Stress.

Variables		df	F	Sig.
Total Stress Score	Between Groups	1	.548	.459
	Within Groups	4333		
	Total	4334		

Personality Mediator	Between Groups	1	.938	.333
	Within Groups	4333		
	Total	4334		
Environmental Event	Between Groups	1	4.761	.029*
	Within Groups	4333		
	Total	4334		
Emotional Stress Response	Between Groups	1	2.567	.109
	Within Groups	4333		
	Total	4334		

To aid interpretation of the mean, it would be useful to examine the graph presented in Figure 4.1. Figure 4.1 shows that the estimated mean of total stress score in terms of stressful environmental events, personality mediators, emotional stress responses on gender.

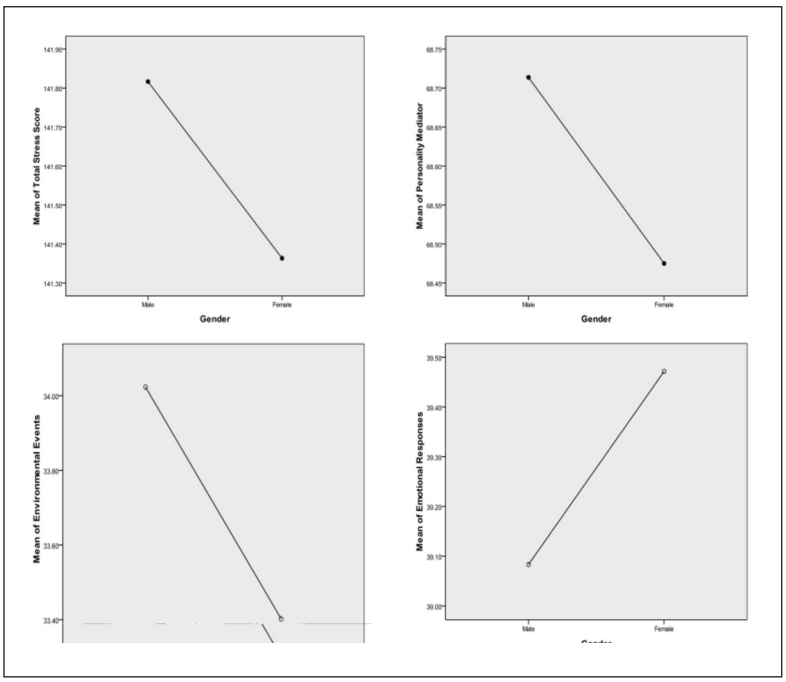

Figure 4.1: Means Plot of total stress score in terms of stressful environmental events, personality mediators, emotional stress responses on gender.

Results of the data analyses in this study were used to develop a profile of youth or young adults with respect to stress levels and a baseline for frequency and intensity of hassles in the lives in terms of stressful environmental events, personality mediators, and intensity of emotional stress responses. The total respondents in this study was 4335 which include male, female, young adults aged 15-45 years old and representing all states and territories in Malaysia. The profile of youth in this study was either male or female (48.5% and 51.5% respectively), 4.1, 79% respondents were not married, 20% were married 8% were divorced. Age group was between age range of 15 years old to 45 years old and majority subjects were in the age range of age twenties. From the total number of subjects involved in this research, 85% were Malay, 5% were Chinese, 4% were Ethnic.

This study examined total stress score in terms of stressful environmental events, personality mediators, and intensity of emotional stress responses among youth in Malaysia on gender. Results of the present study shows significant difference on Total Stress Score only on gender variables concerning environmental events. The three environmental event domains of vocational, domestic, and health may be further examined to provide insights into possible areas of stress induction on the age and gender among youth. Further to discussion, as the p value is less than 0.5. Regarding the demographic profile, several studies have shown that women report that they experience more perceived stress than men (Toews, Lockyer, Dobson, & Brownell, 1993; Pearlin & Johnson, 1977; Keith & Schafer, 1980; Cleary & Mechanic, 1983; Hoalt, 1991). A controlled study involving the anticipation of a public speaking task (Kirschbaum, Klauer, Filipp, & Hellhammer, 1995) found no difference in perceived stress between men and women. However, increase in cortisol levels differed for males and females depending upon the support that the speaker felt he or she had from audience members. Cortisol levels in women tended to increase more than men. The difference between men and women's stress scores was statistically significant for this sample. Women reported higher perceived levels of stress than men. Curiously, according to ICSRLE, the frequency and intensity of hassles showed no differences between men and women, which supported this study where there was no statistically difference in stress between male and female. Somehow, results of the study had shown a significant different on environmental event.

CONCLUSION

Consistent with interaction stress theory, the DSP measures three principal stress components: stressful environmental events, personality mediators, and intensity of emotional stress responses. These three principal stress domain along with the total stress score are primary keys to clinical interpretation of the DSP. The three principal source of stress among these youth were (1) environmental events which include 3 sub-scale of domestic satisfaction, vocational satisfaction and health posture. In addition, the three environmental factors that were mentioned earlier do not operate

independently. On the contrary, they influence one another and also interact with person factors. (2) Personality mediator which include 5 sub-scale of time pressure, driven behavior, attitude posture, role definition and relaxation potential and (3) emotional responses which involve depression, hostility and anxiety. Both the environment and personal factors do not operate independently. They interact with one another to increase or reduce the level of stress. Besides these factors, interacting factors that influence stress, mediating factors will interact with the environment and person factors. That is why we say stress is a transaction between the person and the environment, which involves cognitive and coping processes. This process of transaction is a dynamic process that changes from time to time and from individual to individual (Lazarus & Folkman, 1984). This compared with other studies that found similar results. Frazier, & Schauben, (1994) assessed stress among female college students and found that the primary sources of stress for these students were test pressure, financial problems, being rejected by someone, relationship breakups, and failing a test. Toews, Lockyer, Dobson, and Brownell (1993) found that the top stressors in their study among medical and graduate students included preparing for and taking examinations and evaluations, quantity of work required, time available, and self-expectations. Endres (1992) reported the primary sources of stress were concerns about passing the course, personal desire for perfection, status of grade in the course, concerns over what friends might think about their performance, and having to learn new technology. Differences among these findings may exist due to variations in instruments used to detect stressors among college students. Similarities become apparent in that for each of these studies, the major sources of stress were related to academic considerations as opposed to extracurricular ones. For the age and gender group variable, reported higher hassles scores on environmental events which involve domestic, vocational and health of the respondents. No other differences occurred among any of the variables personal mediator and emotional responses on gender and age groups accept on academic level. According to the results of three measurement categories, stress management training could significantly decrease adverse psychological and physical symptoms and perceiving stress that may hinder forming mental well-being in youth.

Society is changing rapidly causing changes in values, life styles, career patterns, family expectations and so on. Over the past few years, popular and professional books, magazines and journals have focused increasingly on stress and its impact on people. In any bookstore one can find books on stress and how to escape from it. Professional publications in the behavioral sciences are dealing with the same issue. Many different disciplines are trying to discover more about how people cope with the pressures of daily living. While reviewing the vast amounts of literature, it became quite clear that stress is a very complex problem in our day. Most likely, it is a problem that will not soon leave us if our lifestyles continue in the hectic paces we have chosen. Given that no two people are alike in the way they handle tension, pressure and pain, clearly there is no particular way to deal with stress that works the best for each person. Fortunately, as this review of literature will point out, there are things that people can do to actively reduce the amounts of

stress they are feeling and by that, handle life in a more healthy and happy way.

In summary, this research will serve as a base for future studies and developments among young adults or youth in Malaysia. The profile of young adults (youth) with respect to total stress score and a baseline for frequency and intensity of hassles in the lives in terms of stressful environmental events, personality mediators, and intensity of emotional stress responses have been developed. The total stress scores on four variables namely: gender, academic qualification level, States/Territories and age category among young adults in Malaysia show there were statistically significant high stress level among young adults in term of environmental events and emotional responses on academic qualification level where youth without higher education learning are more stress than those with higher qualification. Somehow, there is statistically high stress level on environmental events between male and female and age category. The male respondents received higher stress level than the female. In addition the age category of 15-20 and 36-45 years old are found statistically stressed on environmental events compared to the age group of 21- 25. Future studies should focus on the benefits of physical and psychological aspects and on the methods used to facilitate dissemination of present and future knowledge in Malaysia. All of these research efforts work towards improving the future of preventative medicine and better the wellbeing and lifestyle of young adults suffering from high level stress to perform and increase productivity in their careers and lifestyle. In short, simple stress coping such as breathing methods, massaging and physical activities like dance routine are indeed simple and cost-effective. These are fun and safe ways to eliminate stress for people from all walks of life. Ultimately, these findings and data could improve the population's physiological and psychological well-being and will promote one's quality of life.

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