



UNIVERSITI PUTRA MALAYSIA

**EFFECTS OF INOCULATION TRAINING ON STRESS, ANXIETY, AND
COPING STRATEGIES AMONG POSTGRADUATE STUDENTS
OF THE FACULTY OF EDUCATIONAL STUDIES,
UNIVERSITI PUTRA MALAYSIA**

TAHEREH MIRHAKAK ESFAHANI

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By

TAHEREH MIRHAKAK ESFAHANI

**This thesis submitted to the School of Graduate Studies, Universiti Putra Malaysia, in
partial fulfillment of the requirements for the degree of Doctor of Philosophy**

June 2014

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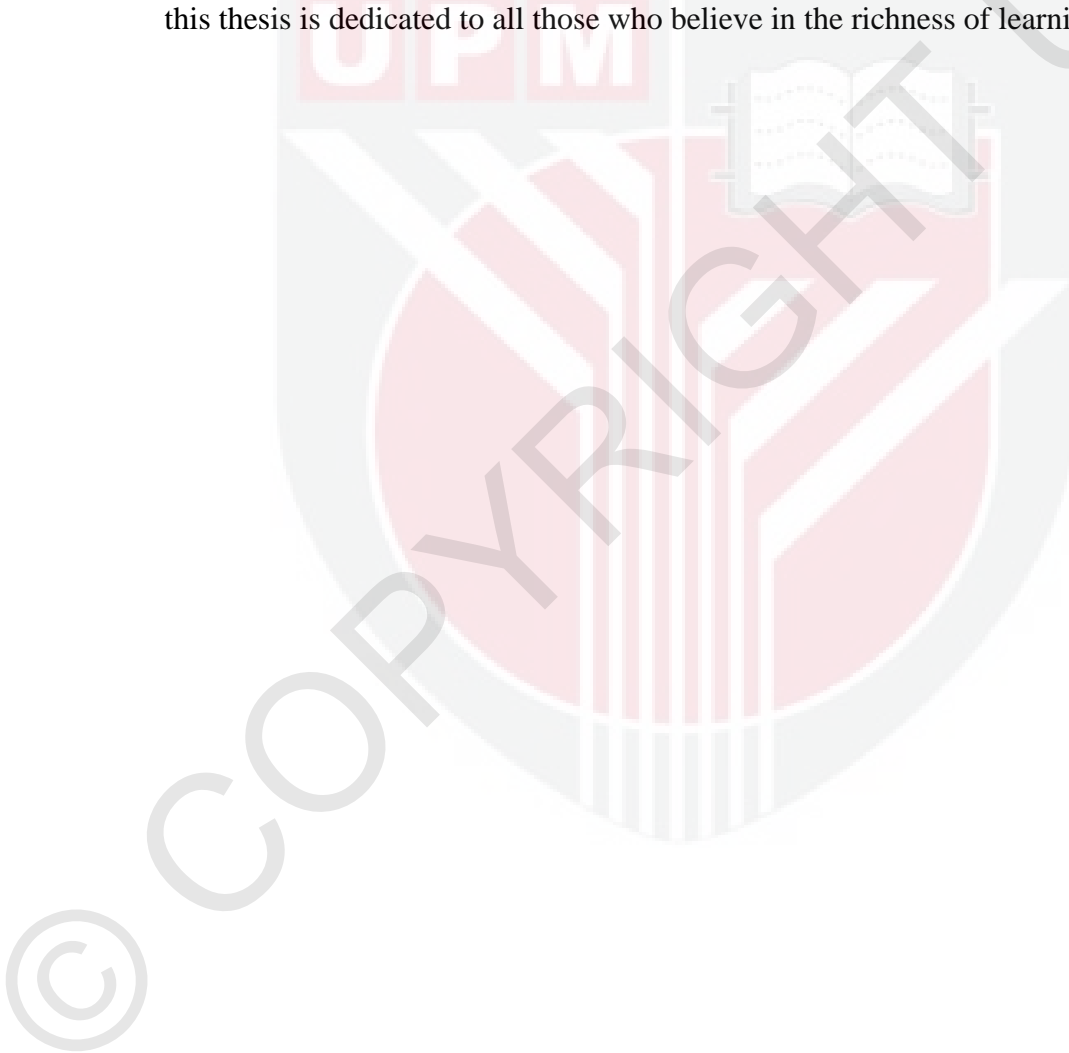
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DEDICATION

In the Name of God

This research is dedicated to my wonderful husband who have raised me to be the person I am today. You have provided me with support, emotionally and financially throughout this long and challenging journey. You have been a great source of much more than physical and emotional support. You have been with me every step of the way, through good times and bad. Thank you for your unconditional love, guidance, and support that you have always given me, helping me succeed and instilling in me the confidence that in doing anything I will succeed if I put my mind to it. I am grateful too, to my daughter, who has guided and supported me with excellent suggestions. Finally, this thesis is dedicated to all those who believe in the richness of learning.



Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfillment of the requirements for the Degree of Doctor of Philosophy

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June 2014

Chairman: Tajularipin Sulaiman, PhD.

Faculty: Educational Studies

Anxiety and stress are the main concerns of human being, especially for postgraduate students. Both anxiety and stress disturb life balance and can lead to lower levels of their performance. Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response. Stress reflects experience of stressors in postgraduate students, can create psychological and physiological reactions that occur in the face of stressors. Anxiety is a dimension of stress occurring in response to external as well as internal stimuli and can lead to behavioral, cognitive, emotional, and physical symptoms for postgraduate students. High stress levels in postgraduate students lead to anxiety, poor academic performance, attrition, and serious health problems. This study was designed based on the application of Stress Inoculation Training (SIT) program, as developed by Meichenbaum (1977). The SIT method provides an overview for treating and preventing of stress and anxiety among postgraduate students. It provides support and describes the potential role of therapeutic recreation in the development of stress management and anxiety control. The objective of this study is to examine the effectiveness of SIT program on stress, anxiety and coping strategies level of postgraduate students. This research was carried out in the Faculty of educational studies of Universiti Putra Malaysia. The population of the study was all postgraduate students enrolled in this Faculty in the academic year of 2012-2013.

The present study used experimental design to achieve its objectives. Simple random sampling was employed to achieve high level stress and anxiety among postgraduate students in the faculty of education. Sixty four students with high level stress and anxiety

were randomly assigned to each group, 32 of the respondents were participated in experimental group and 32 of them were participated in control group. The instruments of the study were Perceived Stress Scale (PSS14) for measuring the levels of stress, State-Trait Anxiety Inventory (STAI-Y) for measuring the levels of anxiety, and Ways of Coping Scale (WOCS) for coping strategies. SPSS version (20) was the analytical tools used in this study.

The results of repeated measure ANOVA showed that the interaction between group and test was statistically significant for stress, anxiety and eight dimensions of coping strategies. Furthermore, the results of mean comparison between experimental and control groups in pre and posttest using t-test (independent and paired) showed that the level of respondent's stress and anxiety were reduced significantly by SIT program. The results also revealed that SIT program increased significantly six dimensions of coping strategies including confrontive coping, seeking social support, accepting responsibility, self-controlling, planful problem-solving, and positive reappraisal, while, decreased two dimensions of coping strategies including distancing and escape-avoidance. The findings from this research can provide information to those who intend to plan beneficial programs for the university students to improve their academic performance regarding to treatment of anxiety, management of stress, and development their coping strategies.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan Ijazah Doktor Falsafah

KESAN LATIHAN INOKULASI TERHADAP STRES, KEBIMBANGAN , DAN STRATEGI DAYA TINDAK DALAM KALANGAN PELAJAR PASCASISWAZAH FAKULTI PENGAJIAN PENDIDIKAN, UNIVERSITI PUTRA MALAYSIA

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Keresahan dan stres merupakan perkara utama yang membimbangi manusia, terutamanya bagi para pelajar siswazah. Kedua-dua aspek ini, iaitu keresahan dan stres mengganggu keseimbangan kehidupan dan ini akan menyebabkan tahap prestasi yang rendah. Stres merupakan reaksi tubuh badan terhadap perubahan yang memerlukan penyesuaian atau respon fizikal, mental, atau emosi. Stres yang mencerminkan pengalaman stresor dalam kalangan pelajar siswazah akan mewujudkan reaksi psikologi dan fisiologi yang terpancar pada wajah mereka. Keresahan pula merupakan dimensi stres yang wujud sebagai respon terhadap stimuli luaran dan dalaman dan ini akan menyebabkan wujudnya simptom tingkah laku, kognitif, emosi, dan fizikal bagi pelajar siswazah. Tahap stres yang tinggi dalam kalangan pelajar siswazah menyebabkan keresahan, kemerosotan prestasi akademik, kecaciran, dan masalah kesihatan yang serius. Kajian ini direka bentuk berdasarkan aplikasi program Latihan Inokulasi Stres (SIT), yang dibangunkan oleh Meichenbaum (1977). Kaedah SIT memberi gambaran menyeluruh tentang rawatan dan pencegahan stres dalam kalangan pelajar siswazah. Kaedah ini menyediakan sokongan dan menerangkan potensi peranan rekreasi terapeutik dalam pembangunan pengurusan stres dan kawalan keresahan. Objektif kajian ini adalah untuk menyelidiki keberkesanan program SIT terhadap stres, keresahan serta tahap strategi pencegahan pelajar siswazah. Kajian ini telah dijalankan di Fakulti Pengajian Pendidikan, Universiti Putra Malaysia.

Kajian ini menggunakan reka bentuk eksperimen bagi mencapai objektif. Dalam kajian ini, persampelan rawak mudah telah digunakan bagi mendapatkan tahap stres dan keresahan tinggi dalam kalangan pelajar siswazah. Seramai enam puluh empat pelajar yang mengalami tahap stres dan keresahan tinggi telah ditentukan secara rawak bagi setiap kumpulan, iaitu 32 responden mengambil bahagian dalam kumpulan eksperimen dan 32 lagi mengambil bahagian dalam kumpulan kawalan. Instrumen kajian ini ialah

Skala Stres Pengamatan (PSS 14) bagi mengukur tahap stres, Inventori Keresahan *State-Trait* (STAI-Y) bagi mengukur tahap keresahan dan Laluan Skala Menangani(WOCS) bagi strategi menangani. SPSSVersi (20) merupakan alat analitikal dalam kajian ini.

Dapatan kajian berdasarkan pengukuran berulang ANOVA menunjukkan bahawa interaksi antara kumpulan dengan ujian adalah signifikan secara statistik bagi stres, keresahan, dan lapan dimensi strategi menangani. Di samping itu, hasil dapatan min perbandingan antara kumpulan eksperimen dan kawalan pada praujian dan pascaujian dengan menggunakan ujian t (tak bersandar dan berpasangan) menunjukkan bahawa tahap stres dan keresahan responden telah menurun secara signifikan melalui program SIT. Dapatan kajian juga menunjukkan bahawa program SIT dapat meningkatkan secara signifikan enam dimensi strategi menangani, iaitu menangani konfrontif, mencari sokongan sosial, menerima tanggungjawab, kawalan sendiri, penyelesaian masalah secara terancang, dan penilaian semula positif, manakala penurunan dua dimensi strategi menangani, iaitu menjarakkan diri dan pengelakan menghindar. Hasil penyelidikan ini dapat memberikan maklumat kepada para penyelidik yang berhasrat untuk melaksanakan program rawatan keresahan, pengurusan stres, dan pembangunan strategi menangani yang berfaedah untuk pelajar universiti bagi memperbaiki prestasi akademik mereka.

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This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted in partial as fulfillment of the requirement for the degree of Doctor of Philosophy. The members of the Supervisory Committee were as follows:

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