



UNIVERSITI PUTRA MALAYSIA

**DEVELOPMENT AND EFFECTIVENESS OF HEALTHY LIFESTYLE
EDUCATIONAL INTERVENTION MODULE TO REDUCE STRESS
AMONG SCHOOL-GOING ADOLESCENTS IN PASIR GUDANG, JOHOR,
MALAYSIA**

ESRA TAJIK

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JOHOR, MALAYSIA**

By

ESRA TAJIK

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in Fulfillment of the Requirements for the Degree of
Doctor of Philosophy**

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