THE RELATIONSHIP BETWEEN STRESS AND SELF-ESTEEM AMONG PRE-UNIVERSITY STUDENTS

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**This Project Paper is being submitted
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DECLARATION

This thesis is the result of my own independent work/investigation, except where otherwise stated. Other sources are acknowledged by footnotes giving explicit references. A bibliography is appended.

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Azzah Sabrina binti Muhammad Shariff Paul
Date: 17/11/2009

VERIFICATION

This project paper has been accepted and has satisfied the pre-requisites of course KOG 4399 in order to obtain Degree in Counselling, Faculty of Management and Economy.

Nor Erdalanie Omar

Date: 19/11/2009

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ABSTRACT

This research is to identify the relationship between stress and self-esteem among pre-university students in Shahputra College. It is a correlational study, where 283 sample students were selected from two major of studies, which are science and art, using random sampling method. Research tools used to gather data for this research is a set of questionnaires: 1) Section A: Demographic Information; 2) Section B: Hari Stress Inventory (HSI); 3) Section C: Coopersmith Self-Esteem Inventory (SEI). Results from answers to the questionnaires circulated to the students were collected and analysed using statistical procedure in the software programme named Statistical Package for the Social Sciences (SPSS) 16th version. Descriptive statistics will be used to find the mean, frequency and percentage of respondent's gender, major of studies, socioeconomic status, level of stress and level of self-esteem. The relationship and difference of each variable are analysed and assessed using Inferential Statistic: Pearson Correlation, Independent t-test and One Way ANOVA. Research findings shows that the students in Shahputra College have a moderate level of stress and self-esteem. The findings analysed using Pearson Correlation, shows that there is a significant relationship between stress and self-esteem among students. Independent t-test revealed that there are no significant difference among the two variables with the respondent gender and major of studies. One Way ANOVA also shows that there is no significant difference among the two variables with the respondent's socioeconomic status.