

Stressed students will drink alcohol, involve in sexual activities

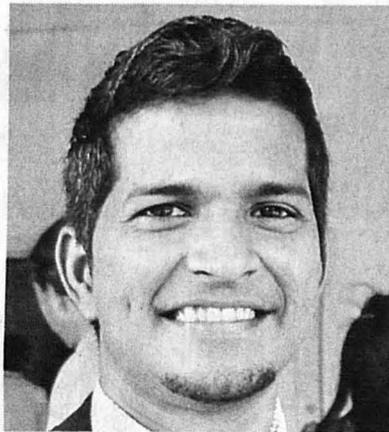
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By Jenne Lajjun

KOTA KINABALU: More than 25 per cent of 500 respondents between the ages of 14-years old and 18-years old in Sabah suffered from moderate to high levels of stress.

Dr Balan Rathakrishnan, the Senior Lecturer and Deputy Dean (Research & Innovation) School of Psychology and Social Work of Universiti Malaysia Sabah (UMS), said that they had conducted an initial study on the aspect of mental health among the respondents and it was nearly completed.

“What we found was that students who suffered higher degree of stress had higher likelihood to indulge in alcohol and sexual activities,” he said when presenting a paper on the relations between stress, sexual conducts, ethnic to



Dr Balan

mental health among secondary school students in Sabah during the second Southeast Asia Psychology Conference.

And when the stress levels are not addressed properly, Dr Balan warned that the students had high probability of doing poorer in their academics,

suffer from high absenteeism while some might drop out of school. On the methods to address the issue, he said that schools need to put in teachers who are qualified and trained as counselors.

“You cannot put just anyone as counselors because they are not trained to see the symptoms and will not know how to address such issues in a conducive manner,” he said.

He added that most schools were equipped with trained counselors who were capable of assisting students who were stressed or facing mental woes.

At the same time, he also mentioned that UMS will be conducting a study on baby dumping in Sabah.

“This issue has been there for a long time and needs to be addressed,” he said.