

Prevalence and risk factors of stress among UMS medical students

ABSTRACT

Stress has been identified as a common problem among university students especially to those who are taking medical program. This study aims to determine the prevalence of stress among medical students in Universiti Malaysia Sabah (UMS) and to investigate the association between stress and the causes of stress. Comparison study was also conducted to find any significant differences in stress score with respect to selected demographic factors. A multinomial logistic regression was also conducted to identify the risk factors that significantly contribute to the stress level. A sample consists of 106 UMS medical students was randomly selected across all the cohorts. The prevalence of stress among UMS medical students was identified at 42.5%. Stress score was found to be significantly associated with Academic Related Stressors (ARS), Teaching and Learning Related Stressors (TLRS), Drive and Desire Related Stressors (DRS) and Group Activities Related Stressors (GARS). Sleep problem was found to be a significant risk factor of stress besides GARS.