

# **Sadness from the perspectives of adolescents in Malaysia from the perspectives of adolescents in Malaysia**

## **Abstract**

Sadness is a normal emotion that can make life more colorful. Sadness always accompanies loss. When we say goodbye to a loved one, we usually feel sad. The sadness is even deeper if a close relationship has ended or a loved one has died. Sadness also makes us appreciate happiness. When our mood eventually changes from sadness towards happiness, the sense of contrast adds to the enjoyment of the mood. It is common for late adolescents to change their moods or emotions and become overwhelmed by school, peers, and family obstacles. Late adolescents go through phases which can be categorized as "growing pains" and are often taken lightly. This study aims to examine the sources of sadness between male and female of late adolescents in Malaysia. The data was collected from 1021 undergraduates' students in one of the higher education institution in Malaysia. The respondents were asked to complete a set of open-ended question to elicit information on sadness. Data were analyzed using the indigenous psychology approach through categorization, open coding, and axial coding. Through this study, the difference perspectives of sadness between male and female of late adolescents can be identified. Implications of findings will be discussed.