

The differences in gender and education level on mental health literacy among youths in Malaysia

ABSTRACT

This quantitative study investigated mental health literacy (MHL) among Malaysian youth, considering gender and education level. A sample of 134 youths aged 15-30 from different regions in Malaysia participated, with 43 males and 91 females. Data were collected using a Google Form, assessing demographic background and MHL components. This study utilises random sampling as its sampling method. The assessment of mental health literacy was conducted using a formal standardised questionnaire. Data analysis was conducted using SPSS version 27, utilising descriptive statistics and one-way ANOVA. Results indicated no significant gender difference in MHL, but a significant relationship between education level and MHL. The study comprehensively examines how gender and education level influence mental health literacy among Malaysian youth, identifying challenges and disparities. Future research should explore socio-cultural influences and develop targeted interventions to improve mental health knowledge among youth with lower education levels. Policymakers and educators can use these findings to support the mental health needs of Malaysian youth, enhancing overall well-being.