Challenges of Life after School in Malaysia

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Abstract
In this increasingly sophisticated world, the challenges of life among students immediately after graduation, whether SPM, pre-university, or university, for the sake of their survival is important to be studied and highlighted. Previous studies that touched on facing the challenges of Student Life After finishing secondary school were not conducted comprehensively, thus jeopardizing the ongoing efforts to produce Malaysians who are capable of achieving personal well-being, as well as contributing to the harmony and prosperity of families, communities, and countries as enshrined in the National Education Philosophy. The research methodology employed in this study is done by searching, selecting, and analyzing literature sources such as journals and books to understand and summarize information and findings relevant to the topic of study. The results of the study found that there are three themes or aspects of the challenge. The three themes are academic, career, and life aspects, which can be elaborated into 13 life challenges that post-secondary students must face. Therefore, serious attention should be paid to how to prepare citizens who can express the spirit of the National Education Philosophy to the maximum.
Keywords: Challenges of Student Life, Completion of Secondary Education, National Philosophy of Education.

Introduction
The preparation of post-secondary students to face academic, career, and life challenges after graduation is a critical aspect of the study. The academic aspect includes the way students in the matriculation program study and the university they choose to continue their studies at. Career aspects include things like finding a suitable job and getting an income that matches their education. However, this aspect of life is an important component that is often unofficially overlooked. It includes identifying personal strengths, ways of getting along in society, family, physical and mental health, self-development motivation, old age savings, adapting to current political conditions, technological sophistication, and religious foundations to ensure themselves in line with the demands of the religion professed. It parallels the study of Jailani et al. (2020), who discovered that the main issues faced by pre-university college students are their personal and psychological relationships, morality and

religion, socio-psychological relationships, health and physical development, home and family, curriculum and teaching procedures, social and recreational activities, finances, living and working conditions, courtship, sex, and marriage. Additionally, yield trends, human surveillance, and abuse should be taken into account (Kasneci et al., 2023). Nowadays, the most challenging task facing educators is teaching their students how to interact adequately as active and committed citizens in a well-informed global society. Furthermore, educational institutions should take into account students ' knowledge of digital technologies so that they can develop new educational models that meet current needs (Monroy García, Llamas-Salguero, Fernández-Sánchez, & Campo, 2020).

The objective of the research methodology through a literature review is to obtain aspects of the challenges that students will face after completing their schooling.

Methods
Research methodology is a literature review, which is done by searching, selecting, and analyzing literature sources such as journals and books to understand and summarize information and findings relevant to the topic of study.

Finding
In general, students who graduate from secondary education may hear various challenges after their studies, not to mention current challenges, including academic challenges, career challenges, and life challenges. Academic and career challenges can include heavy workloads, high expectations from teachers and parents, and pressure to perform well in standardized tests and exams, which can also affect their readiness after graduation. Life challenges can include mental health problems, family problems, and financial problems. In the literature, according to Munir and Muhamad (2019), when it comes to this challenge, students should try to find a solution to solve any problem.

The academic challenges of the post-school age require attention to the transition of learning methods in Higher Education Institutions (HEIs), including matriculation programs. It is not easy to generalize the many research studies that have been published on this subject. For comparison, studies at the Institute of Teacher Education, according to Tengku Besar, Ahmad, and Hashim (2020), stated that the level of academic and social adaptation of Bachelor of Education Preparatory Program (PPISMP) first-year students in IPG is easy. In addition, students also face the challenges of academic and social adaptation. In addressing these challenges, various strategies have been used, such as being optimistic, gaining support, making plans, and making changes. The higher the workload and role conflict that employees feel, the less work-life balance they enjoy (Omar, Mohd, & Ariffin, 2015). Note that academic factors are the main drivers of stress among university students (Johari & Ahmad, 2019). Career prospects are also an important consideration when choosing a field of study (Ali, Ismail, Suleiman, & Tajuddin, 2016). It demonstrates that the academic challenges faced by students are diverse and need to be addressed in addressing them.

Career aspects also provide challenges that must be faced by students of the Ministry of Education Matriculation Program. Even after graduating from high school, career is considered a priority among students. Pesa and Mukhaiyar (2021) state that students are not ready to enter the career world. Hence, academic challenges among students put pressure on career choices and job opportunities (Hana, Zuhdy, & Widyasih, 2018).

In the literature on the challenges of life, Md Jaafar, Tengku Ariffin, Saidin and Mohd Yusof (2021) state that goal-determining factors are the most stable factors of psychosocial development. Moreover, family problems, the need to get a scholarship, and financial burdens also affect life (Ramachandiran & Dhanapal, 2018).

Several recent studies investigating the challenges faced by pre-university and university students have been conducted, and researchers have resolved the three main aspects of these challenges into 13 touching sub-themes on the challenges faced by students of MOE Matriculation programs when they graduate.

Learning Methods

Learning among students varies with age. In fact, each individual has a different way of learning. This challenge was also faced during their period of study at the matriculation college. Moreover, it does not stop there, even after studies. One of the main goals of pre-university education is to provide equitable access to university education. This is important because academically disadvantaged students can benefit more from pre-university programs. The emotional intelligence of students, especially in interpersonal and intrapersonal relationships, plays an important role in their academic performance in pre-university programs. However, the interpretation of self-learning is more complex and needs to be studied further to fully understand its relationship with academic performance (Okwuduba, Nwosu, Okigbo, Samuel, & Achugbu, 2021). It is recommended that instructors should use a variety of teaching methods to encourage student engagement according to their field of study (Halif et al., 2020).

Continuing Education After Matriculation

The challenge of choosing a suitable field of study at university after graduation in matriculation, particularly pre-university, can be a dilemma among students. The Areces and Rodríguez-Muñiz (2022) study to analyze the most relevant causes and sources is something critical. The choice of university is very important in planning to face the challenges of a student's life. This is supported by Al Tamimi, Al Mashrafi, and Thottoli (2023), who state that due to significant rates and disparities in higher education, choosing the university that best suits students ' goals is important.

Self-Development

The more an individual grows up, the more opportunities to improve themselves in terms of skills, leadership, and self-development must be completed holistically. Young people are the hope and hope of the future. These are the young people who will lead the country in the future. If this generation is damaged, then there will be damage to the administration and governance of the country in the future (Rahman, Majid, & Azizan, 2022). The national philosophy of education is very much concerned with this.

Finance

Finance is an important instrument for the continuation of life after graduation. The financial challenge of keeping up with tuition costs, living costs, and the possibility of having to borrow to continue studies will persist without proper knowledge. Unsystematic financial management will lead to problems such as financial leakage, embezzlement, and financial instability. This will have a negative impact on the millennial generation's ability to manage

finances in their daily lives well (Hassim & Ramli, 2022). Thus, taking lightly finance in terms of its management can help the country's development indirectly.

Entry into the community

Man is a social being. It is important to include socialization education that focuses on cognition and fostering positive attitudes (Khalisharani, Johan, & Sabri, 2022). Adapting to different social environments after leaving studies as early as kindergarten until university, the process of socializing takes place, and understanding the role of responsible members of society is a sure thing. Alternatively, Jusoh and Embong (2021) discovered that challenges in strengthening super-diversity communities include ethnic, religious, cultural, socioeconomic, political, and educational aspects. A thoughtful and collaborative approach from all parties is needed to meet this challenge and maintain social cohesion.

Career

Having a suitable career is a challenge for students after graduation, as they need to secure a career so that unemployment cannot occur. The current situation is very worrying despite the decline, in which students do not have the option to choose the job that is of their interest. According to Aun (2020), youth unemployment poses an urgent challenge for Malaysia.

Family

Every member of the family plays a role in life. For example, adapting to changing family dynamics after leaving college and carrying out responsibilities as a family member. The family is a fundamental institution in the construction of the state. However, the creation of Heaven is necessary and not just focusing on the desire to have a family. If this "heaven creation" is not well planned, it can invite something negative in the family. Recent studies have presented that some of the factors that influence delinquency include parental involvement, parental separation, peer pressure, being part of a criminal gang, and parental involvement in crime. The findings also demonstrate that parents and adolescents need guidance and counseling to help them cope with life's challenges and improve their social and emotional skills. To help adolescents become valuable people, public health specialists and school psychologists must be appointed to implement this in the society (Zakaria et al., 2022). It is even necessary to proceed to the after-school stage.

Physical and Mental Health

The world was shocked by Covid 19, where Malaysians are certainly affected physically and even mentally. Managing physical and mental health in a balanced way to cope with stress and challenges in life after matriculation is a necessity. The mental health of Malaysian students is challenging, and seeking help for them is low due to stigma (Kotera & Ting, 2021). Touching on physical health, Malaysia is expected to obtain the status of an elderly country in 2030. Population aging occurs when the life expectancy of the population increases, and a decrease in fertility rates occurs. Moreover, the increase in the number of seniors is a result of the development of health facilities, technological advances, population awareness of the importance of health care, and increased standards of education and employment (Mohd Adnand, Che Rose, Aiyub, Lyndon, & Hussain, 2021).

Self-motivation

Maintaining high self-motivation in overcoming obstacles and achieving educational and career goals is an urgent need. Hence, it is suggested that motivation should be enriched among students to produce higher class involvement (Halif et al., 2020). Currently, self-motivation is not a formal syllabus. It is only on a supporting or periodic basis.

Savings

Students need to save wisely to anticipate future financial needs and anticipate economic instability. Khalisharani et al. (2022) stated that it is important to include financial education that focuses on cognition and fostering positive attitudes. This saving culture requires stronger support and legislation from the government and relevant stakeholders.

Politics

The political situation among young voters is improving. This is evidenced by the percentage of votes cast for these groups. Understanding political issues and acting as wise citizens in the process of nation-building are important and highlighted. The study Data obtained from the Institute of Ethnic Studies (KITA) totaled 1349 students from five UP. Based on the scope of the study, the researchers selected five research universities, namely UM, UTM, USM, UPM, and UKM, as the first step in modeling students ' political responsibility. The study discovered that 764 or 56.6% of their knowledge level was at a low level (Zan et al., 2016). Meanwhile, the level of political understanding is moderate (64.3%).

Technology

Today's generation is no longer dependent on technology. Adapting to technological advances and using them for learning and career development is critical and needs to be focused on. Furthermore, technology can now be manipulated for online criminal activities. College students need to be aware of this threat. For example, cybersexual harassment is a crime that needs to be taken seriously by all parties because, with the help of today's technology, all individuals who are online are potential victims of cybersexual harassment regardless of their demographics (Pitchan, Omar, & Ghazali, 2019). Correspondingly, Razak, Alim, Kamaruddin, Lateh, and Hashim (2021) determined that the symptoms of pornography are increasing and even affecting human morals and thinking, especially among adolescents aged 11 to 22 years. Cyberbullying is a serious problem that affects many teenagers, including in Malaysia. This article discusses how disrespectful communication behavior in virtual conversations can worsen this situation. Therefore, in this borderless world, the importance of using technology needs to be disclosed intensively.

Religious foundations

Finally, maintaining excellence in religious practice and integrating religious values into our daily lives is a fundamental need for us. The study of Ismail, Bakar, Majid, and Kasan (2019) determined the basis for the need to create specific models for the development of religious life so that empowerment can be implemented regularly with the supervision of universities. Hence, in order for students to strengthen their religious beliefs, a formal approach needs to be pursued.

Based on Table 1, this aspect of life is a dominant aspect that requires serious attention. It supports the crucial aspects of being embodied in the national philosophy of Education. This is just an aspect that should be formalized.

Table 1
Students life's challenges

Academic	Career	Life
Learning Methods	Finance	Continuing Studies
	Career	Self Development
		Community
		Family
		Physical/Mental Health
		Motivation
		Saving
		Politics
		Technology
		Fundamental of Religion

Arguments and Conclusions

Life after study should be seen for at least the next 10 years. Therefore, in the next study, things that need to be emphasized in looking at aspects such as Figure 1 below.
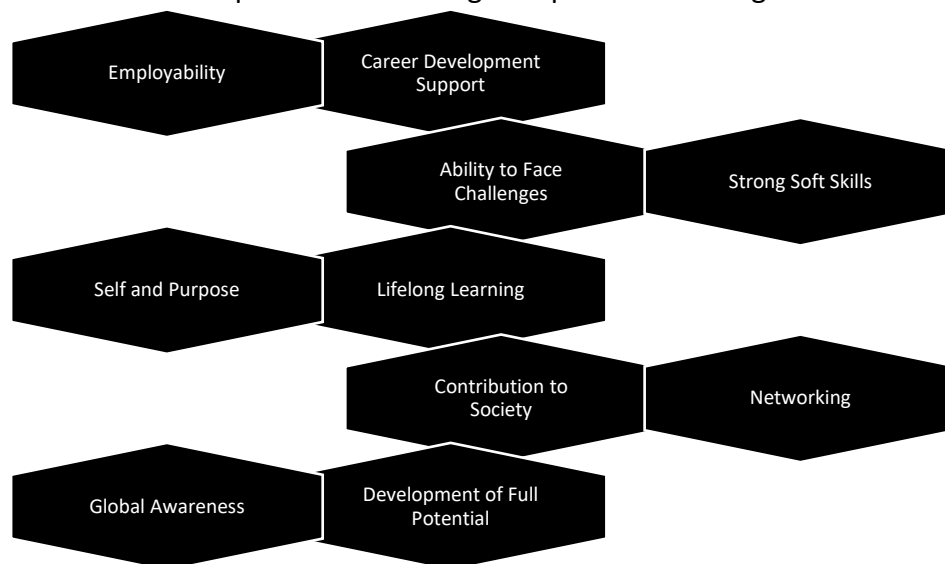

Figure 1: 10-year journey

1. Employability: researchers hope that students who have graduated after secondary or, better, after university studies will be better prepared for employment in the next ten years. It is expected that they have the skills, knowledge, and aptitudes that match the needs of the job market so that they can compete better and have a greater chance of being accepted into the industry.
2. Career Development Support: researchers hope that these students will find helpful help as they move forward in their careers. If there is an appropriate coaching or mentoring program, it can help them plan and achieve clearer career goals as well as help them through the challenges they may face in their career journey.
3. Ability to Face Life Challenges: it is expected that these students will have sufficient knowledge and skills to deal with different life challenges within ten years. They will have the ability to handle stress, adapt to change, and maintain a good mental and emotional state.

4. Strong Soft Skills: researchers expect these students to have strong "soft skills", such as communicating well, working in teams, and leading. They will be able to interact with others positively and effectively, both in their personal lives and at work.

5. Self and Purpose: researchers hope that these students have a better understanding of their interests, their life goals, and themselves. This will help them make better choices about their education, career, and life goals.

6. Lifelong Learning: it is expected that these students will continue their commitment to lifelong learning. To remain relevant in a changing world, they need to constantly improve their knowledge and skills.

7. Positive Contribution to Society: the researcher hopes that this student will be a beneficial person to society. They have the ability to act in various fields, such as environmental, social, economic, or cultural, to advance society and the nation.

8. Networking: it is hoped that these students will be able to build a strong network throughout their academic and professional journey. They can find opportunities, share information, and get support from various sources through this network.

9. Global Awareness: researchers hope that these students have a better global awareness as our world is increasingly connected (without borders). They will be open to a variety of cultures and perspectives, understand a wide range of issues around the world, and have the ability to contribute on a larger scale.

10. Development of Full Potential: Ultimately, researchers hope that these students will be able to reach their full potential. They can reach the peak of their abilities in various aspects of life and make a positive impact on society, family, and themselves with the right support and strong determination.

The above-mentioned expectations play an important role in forming a strong foundation for the students to face the challenges of post-study life. The study has explored in depth the potential for self-development, readiness for challenges, and positive contributions to society that such students can achieve over the next ten years. A better understanding of these aspects not only provides meaningful insights but also provides a positive outlook on the future that awaits them. In conclusion, the expectations expressed by the broad opportunities and potentials show that the results of this research can make a valuable contribution to supporting the holistic development of students in Malaysia.

Acknowledgement

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