The Relationship between Resilience and Minor Psychiatric Disorders among Students in a Cluster School in the Alor Gajah District, Melaka

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Abstract

Overcoming problems is a crucial way for an adolescent to ensure that every conflict faced can be adapted to the best of their ability. High resilience is needed because it is an internal self-strength value to help them recover from the stress they are facing. The weakness of resilience can lead someone towards minor psychiatric disorders that can have a negative impact on their life. This study is a quantitative study in the form of a survey method using a questionnaire with 213 respondents based on two instruments, namely the Connor-Davidson Resilience Scale (CD-RISC-10) and the General Health Questionnaire-12. The study sample consists of lower secondary students, and the results found no significant relationship or difference between minor psychiatric disorders and resilience [r = -.028, p > .05] based on age and monthly income of parents, while there was a significant difference based on students' gender [t (211) = -3.441, p < .05]. Overall, control needs and understanding of resilience are crucial as they serve as indicators of psychological stability, especially among students, to ensure a balance in terms of personality, academics, and co-curricular activities can be achieved.

Keywords: Resilience, Minor Psychiatric, School Students, Gender, Poverty, Cluster Schools

Introduction

The adolescent phase of life is a stage in which an individual undergoes several transformations, particularly in terms of physical and cognitive aspects, alongside changes in their environment. This change will present a source of difficulties known as conflict in several matters in terms of socialization, academic performance level and the formation of interactions in the family. Generally, conflicts that arise are considered as a form of problem or challenge that an individual must adapt to as a step towards adjusting to future changes. An adolescent's failure to adapt to these changes can lead to problems, particularly from a mental health perspective, which is one of the main sources of internal stability besides

physical health.

Anxiety and depression are part of the mental health problems that have been classified under Minor Psychiatric Disorder (MPD) which describes the scenario of an individual experiencing a somatic disorder involving non-psychotic psychiatric symptoms including sleep problems (insomnia), irritability, fatigue, difficulty remembering things and concentrating optimally (Treichel et al., 2017). This disorder involves a person's life experiences from early childhood until a certain stage they are currently experiencing. Although positive feelings are formed, sometimes the management of more subjective emotions becomes difficult to control, leading to the occurrence of minor psychiatric symptoms.

Behavioral and emotional disorders related to interpersonal problems for adolescents. The background of each individual, as they go through life, will bring about varying levels of resilience or self-strength in facing every problem encountered. The strengthening of resilience is very important for every adolescent because during this phase they will begin to learn more deeply about the understanding of responsibility values and the correct methods for solving problems, as well as being able to meet their personal needs effectively (Putri et al., 2022). Resilience is a form of dynamic system where maximum improvement is able to provide changes to a person, especially in terms of self-protection factors, drastic changes in the environment, and the ability to be independent without having to depend on others to change themselves in addition to being able to resolve conflicts that occur (Emelia et al., 2022).

The findings of the Adolescent Health Survey (AHS) conducted by the Ministry of Health Malaysia (MOH) revealed a concerning increase in the suicide tendency among adolescents. The post-Covid-19 pandemic has changed the data findings where mental illness has become the second disease after high-risk heart disease where the data findings show that the tendency of suicidal ideation among students has increased by 13.1% in 2022 compared to 10% in the previous five years (National Security Council, 2023). This percentage has shown that mental health issues among students are a form of priority that should be taken seriously by every party to treat them efficiently.

As a student, education and excellent average grades are a priority to ensure that school performance remains outstanding and competitive. This study is conducted in one of the excellent cluster schools in the Alor Gajah district, which accommodates over 700 students with outstanding achievement levels in the state of Melaka. The need to maintain good name and performance is one of the benchmarks for schools to continue to excel in tandem with other excellent schools. However, to maintain this position is not an easy matter as every student must have high self-resilience to ensure that their psychological control and well-being are always in the best condition to help them achieve excellence in terms of academics and co-curriculars.
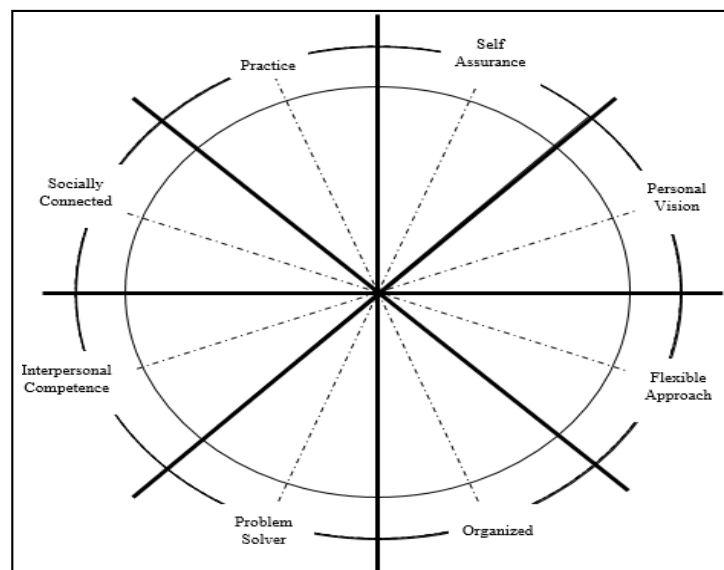
Figure 1.0 Self-Resilience Model (Russell & Russell, 2003)

The need for self-resilience has been emphasized through the Self-Resilience Model of Russell and Russell (2003) as in Figure 1.0 where self-resilience is a factor in the ability for individuals to recover after experiencing conflicts or forms of stress in life. Resilience or self-resilience is a feature of the mind's resilience system that will shape behaviors that allow an individual to see the world and himself holistically while helping him overcome difficulties or conflicts resulting from the stress that exists around him (Hajar Mohamad Yusof, 2017). Considering the importance of self-resilience, it has assisted researchers in conducting a study on the relationship between resilience and minor psychiatric issues among students who require high levels of self-resilience to ensure optimal psychological stability. This is a characteristic of top-performing students in terms of personality, academics, and co-curricular activities.

Research Objectives
i.   To investigate the relationship between resilience and minor psychiatric disorders among students
ii. To identify the differences in minor psychiatric disorders based on gender among students
iii. To identify the differences in minor psychiatric disorders among different age groups among students
iv. To identify the differences in minor psychiatric disorders based on the income of the students' parents

The discussion on resilience among adolescents as a form of priority trait has been widely debated with psychiatric problems through the findings of previous studies. The ability of an adolescent to face challenges in stressful situations requires a high level of resilience, as stated by Budiyati & Oktavianto (2020), who found that adolescents with high resilience have lower stress levels compared to those with low resilience. Good psychological management skills with a high level of resilience will result in a positive response, especially in terms of academic stress management (Florensa et al., 2023). Florensa (2023) found that stress

management from high resilience outcomes can reduce the risk of mental health problems in their lives.

The psychological well-being among students is also seen through the factor of their life status, where a persistent environment of poverty contributes to the tendency of mental pressure problems, even leading some adolescents to attempt suicide (Melissa Edora & Balan, 2019). The financial pressure and learning issues are two different indicators, where as a student, one is still unable to support oneself and choose appropriate coping strategies compared to learning problems that can be solved through individual effort. The reaction or response of an adolescent can also be stimulated from the perspective of the family, which is the main and first institution for adolescents. The collapse of family institutions or situations such as divorce are among the factors that can disrupt resilience, as found in a study conducted by Siti Nor Syafiqah Mohammad & Mohd Nasir Masroom (2019), which discovered that students from divorced families experience high levels of stress when they frequently think about such matters. The family's support is crucial for an adolescent and student, as it enhances their resilience and understanding of life concepts. This can be observed through the study by Astriani et al. (2019), which states that adolescents who are shaped by strong family support are better equipped to face life challenges and become more productive.

According to Ilmi (2022), the early adolescent phase, from around the age of 13, is the beginning of self-transformation towards adulthood where it is significantly related from physical, cognitive and psychosocial aspects. A life filled with fear and trauma can create a lasting conflict that is difficult for an adolescent to digest during their developmental process. The difference in stress factors based on gender was also discussed through the results of a previous study where according to Yasin (2020) there was no significant difference in stress aspects based on gender, but the results of a study by Diani Mardiana Mat Zin et al. (2017) found that stress disorders for female students were higher than for male students. Additionally, the research sample among male intelligent students is stressed due to the amount of packed schedule while female students tend to experience stress due to poor examination results. This simultaneously explains that the personality patterns for each individual are different, resulting in varying levels of resilience. The context of age, personal characteristics, life status, and psychosocial factors can significantly impact the minor psychiatric issues of a student or adolescent.

Methodology

This study is a non-experimental study with a quantitative research design approach through a survey method based on a distributed questionnaire. This method of survey has been used by researchers because it facilitates direct data collection from a large sample that meets the criteria of the study. The stratified random sampling technique was applied in this study to 454 students from form 1 to 3 because it was able to ensure that each form population group could be used as a subgroup sample. The determination of the sample using the Taro Yamane formula (1967) has been employed to ensure that each level representative is capable of representing the entire study population, where the study sample size is 213 individuals as shown in Table 1. The category of lower secondary students was selected by the researcher through the results of the analysis of the health of mind test data conducted using the Patient Health Questionnaire – 9 instrument where it was found that the number of lower secondary students who suffered from anxiety and depression was higher than that

of upper secondary students.

Table 1
Total Sample by Grade

Form	Number of Population	Number of Samples
Form 1	157	75
Form 2	148	69
Form 3	149	69
Total	**454**	**213**

Research Instruments

This study has used two types of translated survey instruments to test the research hypotheses. To examine resilience factors among students, the researcher utilized the Connor – Davidson Resilience Scale (CD-RISC-10), which was developed by Connor & Davidson (2003). This instrument is a measurement tool for assessing an individual's resilience, commonly used in both clinical and non-clinical studies. The instrument consists of 10 items, utilizing a four-point Likert scale with a maximum score of 40 points. The higher the value obtained, it indicates that an individual has a high level of resilience. The reliability value of the study instrument from the original Cronbach alpha value is 0.85 which indicates a high level (Nartova-Bochaver et al., 2021). The findings of the reliability test indicate that the Cronbach's alpha value is 0.77, which according to Ursachi, Horodnic, and Zait (2015), falls within an acceptable range of reliability (0.6 – 0.7).

Furthermore, in order to assess the dependent variable, which is minor psychiatric symptoms, the use of the General Health Questionnaire - 12 instrument developed by Goldberg & Hillier (1979) was applied in this study. This instrument is a new version that has been reduced from 60 items to 12 items. 3 main ideas have been concentrated in this instrument, namely social dysfunctions, anxiety & depression and loss of confidence (Sánchez-López & Dresch, 2008).   Each item uses a three-point Likert scale with a maximum value of 36. The reliability test results found that the Cronbach's alpha value is 0.52, which according to Mohd Majid (2005), falls within the moderate and acceptable range for research purposes.

Findings and Discussion
This research finding is divided into two, namely descriptive research findings and inferential research findings.

Descriptive Analysis Results
The descriptive analysis conducted were in the form of the distribution of respondents according to demographics namely gender, race, age, marital status of parents and total monthly income of respondents' parents.

Table 2
Distribution of Respondents by Gender

Gender	Frequency	Percentage (%)
Male	103	48.4
Female	110	51.6
Total	**213**	**100**

Table 2 shows the frequency and percentage of the respondents based on gender, which is 103 respondents consist of male students (48.4%) followed by female students as many as 110 (51.6%).

Table 3
Distribution of Respondents by Race

Race	Frequency	Percentage (%)
Malay	192	90.1
Chinese	11	5.2
Indian	8	3.8
Others	2	0.9
Total	**213**	**100**

Table 3 shows the frequency and percentage of respondents based on race. The majority of respondents in this study are Malay, totaling 192 individuals (90.1%), followed by Chinese respondents with 11 individuals (5.2%). There are 8 Indian respondents in the study, comprising 3.8%, and 2 respondents from other races (0.9%).

Table 4
Distribution of Respondents by Age

Age	Frequency	Percentage (%)
13 years	75	35.2
14 years	69	32.4
15 years	69	32.4
Total	**213**	**100**

Table 4 shows the frequency and percentage of respondents based on age where the data shows that the majority of respondents, namely 75 respondents (35.2%) aged 13 years old, while the age group of 14 and 15 years old recorded the same number of 69 respondents, accounting for 32.4%.

Table 5
Distribution of Respondents Based on Parents' Marital Status

Marital Status	Frequency	Percentage (%)
Married	178	83.6
Divorced	24	11.3
Single parent	10	4.7
Both parents have passed away	1	0.5
Total	**213**	**100**

Table 5 shows the frequency and percentage of respondents based on the marital status of their parents. The data showed that the majority of respondents' parents were still together at 178 (83.6%) while there were 24 (11.3%) respondents whose parents were divorced. In addition, there were 10 respondents (4.7%) who had one of their parents died and there was also 1 sample (0.5%) who had lost both parents.

Table 6
Distribution of Respondents Based on Total Monthly Income of Parents Guardians

Total Monthly Income	Frequency	Percentage (%)
RM 4,850 and below	96	45.1
RM 4,851 – RM 10,970	83	39.0
RM 10,971 and above	26	12.2
Unemployed	8	3.8
Total	**213**	**100**

Table 6 shows the frequency and percentage of respondents based on the monthly income of their parents or guardians. The majority of respondents' parents or guardians in this study have a monthly income of RM 4,850 and below, representing 96 individuals (45.1%), followed by a monthly income of RM 4,851 to RM 10,970, which is 83 individuals (39.0%). Furthermore, for those with a monthly income of RM 10,971 and above, there are 26 individuals (12.2%), and there are also 8 guardians who are unemployed (3.8%).

Inferential Analysis Results
In this section, the results of inferential statistical analysis on the obtained data were analyzed using SPSS software version 25, employing several methods including correlation, t-test, and ANOVA to test each proposed hypothesis.

Table 7
Correlation Results between Resilience and Minor Psychiatric Disorders

	Minor Psychiatric Disorders
Resillience	- . 028

k > .05

The results of the analysis in table 7 show that the value of Pearson's correlation coefficient is - . 028 (r = - .028) and the significant value is .689 which has been tested at the confidence

level (k > .05). There is a weak negative relationship, and the results do not indicate a significant association between the research variables. This situation implies that resilience in students does not have an impact on minor psychiatric disturbances in their lives. Therefore, the research hypothesis is rejected, as there is no significant relationship between resilience and minor psychiatric disturbances [r = -.028, p > .05].

The study found that there is no significant relationship between resilience and minor psychiatric symptoms among students, with a correlation coefficient of r = .689, p > .05. This research shows that resilience among students does not have an impact on minor psychiatric factors within themselves. This finding differs from the findings presented by Folorensa et al. (2023), which stated that resilience has a significant relationship with mental health issues in an individual, where resilience serves as a container for someone to seek balance and strength in facing the conflicts they encounter. This is also supported by research findings that indicate resilience has a direct linear relationship with an individual's cognitive abilities as a form of intrinsic motivation for continuous progress (Putri et al., 2022).

Table 8
The t-Test Result for Psychiatric Minor Disorders Based on Sex

Sex	N	Mean	Standard Deviation	*t*	dk	Sig.
Male	103	15.04	3.995	-3.441	211	.001
Female	110	17.03	4.479			

k < .05

Table 8 shows the results of the analysis, where the t-value is -3.441 (t = -3.441), the degrees of freedom are 211 (df = 211), and the significance value is .001, tested at a confidence level of .05 (p < .05). The mean value of minor psychiatric disorders for males was 15.04 while for females it was higher at 17.03. The results of this test show that the hypothesis is accepted that there is a significant difference in minor psychiatric disorders based on sex among students [t (211) = -3.441, k < .05].

In this study, there is a significant difference in minor psychiatric disorders based on gender between men and women, with a significant value of .001, k < .05, indicating that the sample of female students has a higher prevalence of minor psychiatric disorders compared to male students. This finding is supported by a study conducted by Diani Mardiana Mat Zin et al. (2017), which also states that there is a significant difference in stress issues categorized under minor psychiatric conditions based on gender among students. The nature of a teenage girl, which is more emotional compared to boys, is seen as a factor that affects their mental well-being, especially in terms of disappointment from life experiences, examination results, and public perception of themselves.

Table 9
ANOVA Results for Minor Psychiatric Disorders between Age Groups

	JKD	Dk	MKD	F	Sig.
Between Groups	12.186	2	6.093	.319	.727
In Groups	4012.894	210	19.109		
Total	4025.080	212			

k > .05

The analysis results indicate that the F value is .319 (F = .319), with a significance value of .727, tested at a confidence level of .05 (k > .05). Based on this data, it has been shown that the research hypothesis is rejected, as there is no significant difference in minor psychiatric distress levels among different age groups among the students who participated in this study [F(2,210) = .319, k > .05].

Furthermore, based on minor psychiatric differences by age, the study analysis found that there is no significant difference where the obtained result can be evaluated as .727, which is greater than .05, with an F value of .319. This finding indicates that age does not have an impact on mental health issues among the students involved in this study. The results of this study contradict Ilmi (2022), who stated that each age group has different psychological effects, with early adolescence being a phase with many conflicts that need to be adapted as a form of preparation for a person to transition into adulthood. Weak control or support from the environment during adolescence will have negative effects on their psychological and psychosocial management in their lives.

Table 10
ANOVA results for Minor Psychiatric Disorders based on Monthly Income of Parents/Guardians

	JKD	Dk	MKD	F	Sig.
Between Groups	29.473	3	9.824	.514	.673
In Groups	3995.607	209	19.118		
Total	4025.080	212			

k > .05

The analysis results in Table 10 represent an ANOVA test analysis, where the data yielded an F value of .514 (F = .514) with a significance value of .673, tested at a confidence level of .05 (k > .05). The results of this study indicate that the research hypothesis is rejected, which means that there is no significant difference in minor psychiatric distress based on the monthly income of parents or guardians among the sampled students [F (3,209) = .514, p > .05].

Finally, the analysis of minor psychiatric differences based on parental income or guardian also indicates no significant difference with a significance value of .673, k > .05. The findings of this study differ from those presented by Melissa Edora & Balan (2019), who stated that financial stability is crucial in life, especially for current students. A lack of income sources can have negative effects, where insufficient incentives or basic necessities can create pressure on an individual student. The understanding and mastery of responsibility among the study sample is still low, which leads them to blame fate and even attempt suicide as a

way to alleviate family burdens and life pressures.

Conclusion

As a step towards improving this study, there are several research suggestions that have been identified by researchers that may assist future researchers. Based on the analysis of the study, the researcher found that the main objective of the study does not show a significant relationship between resilience and minor psychiatric disturbances among students. It is possible that most of the respondents have a high level of resilience when answering the given questionnaire. Therefore, the researcher suggests that future studies should employ targeted sampling techniques, focusing more on students who are identified to have high levels of anxiety and life stress.

Furthermore, the understanding of the questions will have an impact on the scores given during the answering process. Researchers suggest that in future studies, selecting instruments with language levels that are easier for the sample to comprehend will make them more congruent and provide better analytical results. The mixed method approach is also encouraged. This is because analyzing the mixed method approach in more detail will help the study better understand issues or factors that may not have been prioritized in previous research. Considering the reliability of the instruments, there are some instruments that only obtained moderate scores. Therefore, to assist in the analysis of the study, the addition of more samples can be helpful, especially considering upper secondary students, so that it can be generalized for all students, while also helping schools take more effective initiatives to assist students facing external and internal life crises.

In conclusion, resilience is very important from a psychological perspective for students because even though they may be highly talented or intelligent, they are not exempt from experiencing extreme signs of depression and anxiety. Through this study, it is evident that there are significant differences among minor psychiatric issues based on age, but no correlation or significant differences based on resilience, age, and monthly income. Precautionary measures against any form of change are very important to ensure that the quality and psychological stability of students are always maintained. Past studies have shown that psychiatric problems can occur in every level of society regardless of race, age, gender or wealth. A more detailed planning should be considered to assist students, especially lower secondary students, in adapting to their environment and excelling competitively. This study is expected to provide overall benefits to researchers, students, and the community for understanding and reference in future research.

In this study, the theory or model of Russell & Russell (2003) is seen to provide basic theoretical knowledge to understand how resilience functions as a psychological shield against minor psychiatric disorders. In the context of students who are often exposed to academic and social stress, this resilience acts as a counterbalance that helps them remain healthy despite being exposed to various stress factors. This study can add to local psychological knowledge by focusing on students as a population who are also at risk of mild mental health problems but are often overlooked in early interventions. In addition, this study can also contribute significantly to the understanding and intervention of student well-being in the context of education.

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