Level of Perceived Stress and Emotional Symptoms among VET Students

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The current study investigated students’ personal resources in withstanding stress (resilience) by examining their levels of optimism, self-esteem and perceived control during difficult situations. Consistent with previous studies (Chan, Lai and Wong, 2006; Wong and Kwok, 2012), it was found that a higher level of stress suffered by students is correlated with poor personal resources in response to distressing situations. This finding is further solidified by the significantly higher level of stress among students of poor resilience. As a result of a higher level of stress and its associated emotional symptoms, it is not surprising that many students have reported low perceived general health and quality of life. Results indicated that personal resilience is a predicting factor of the level of stress and consequently students’ general well-being and quality of life.

In conclusion, a high level of stress and psychological symptoms, as well as a low level of quality of life among THEi’s VET students were reported. Further study in developing a theoretical framework and exploration of essential generic stressors such as academic stress is necessary before an effective intervention could be derived to help students manage stress and perform better academically.

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References: