

UMS Medical Student Share Medical Information on Radio

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FRIDAY, 14 AUGUST - Kampus Kita FM Universiti Malaysia Sabah (UMS) with frequency of 91.1 FM, under the slot 'Bersama Pakar Perubatan' has brought in for the first time a medical student during the knowledge sharing session.

Hosted by Arnawih Ginsing, the radio show invited Shivendra A/L Ravi, a medical student from Faculty of Medicine and Health Sciences (FMHS), to shared his medical knowledge and perspective as a university student with a topic entitled 'Ayuh Kawan-kawan, Mari Kita Tangani Stress sebagai Pelajar Universiti.

According to Shivendra, the stress among students is unique and not the same from one student to another.

For example, he said someone who lives nearby will suffer less financial constraint compared to those who reside further.

“A student with an 'extrovert' personality is likely to fair better socially in contrast to an 'introvert' person.

“It is important to cope stress efficiently to ensure healthy mental state,' informed Shivendra.

He also mentioned that two major ways that students could adopt in managing their stress are to invest time in

passionate hobbies and lead a healthy lifestyle.

‘Diverting yourself away from the stress by doing activities that you love not only helps to get yourself away from the stress, but allows ample time for your body, mind and soul to rest and calm.

A well-rested physical and psychological states permit oneself to be focused and re-organise works, hence we are more disciplined and effective,' added Shivendra.

He urged his peer colleagues to stay active, eat healthily and maintain sufficient quality sleep.

‘Serotonin, an emotional-controlled hormone is heavily influenced by the physical exercise, balanced diet and the amount of sleep, while disturbing these would affect this hormone production.

It is also important to maintain good relationship with friends and peers, as they are your trusted persons for you to express your concerns and fears,” Shivendra said.

He added that performing these coping mechanism are made feasible if oneself emphasises on time management.

‘I believe that one of the most basic skills that a student has to acquire is time management.

It is one of the most efficient techniques to remediate and reduce the level of stress,’ Shivendra said at the end of the talk.

This bold initiative was initiated through a collaborative effort by Faculty of Humanities, Arts and Heritage and the Department of Medical Education, FMHS.

Meanwhile, the Head of Department of Medical Education, FMHS, Dr. Fatimah Ahmedy explain that this bold initiative was initiated since 2018 through a collaborative effort by Faculty of Humanities, Arts and Heritage and the Department of Medical Education, FMHS.

‘This is a great platform for UMS to showcase our quality medical students, which aligned with the university vision, these medical students are moulded to be the next generation of doctors for the society.

“Hence training them as the peer health coaches under direct mentoring by the faculty would enhance their confidence towards that objective,’ said Dr Fatimah.

The radio programme producer, Norhazimah Radik also agreed that such approach allows positive promotion to the university and the radio show.

We believe this would garner more listeners especially from the younger generations as they feel more related while appreciate the expertise and knowledge shared in the radio talk,” Norhazimah concluded.