

Specialist talks on how to deal with stress

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KOTA KINABALU: Thoughts, feelings and behaviours can help in dealing with stress in learning, said a youth psychologist and community development specialist.

Professor Associate Professor Dr Balan Rathakrishnan from the Faculty of Psychology and Education (FPP) Universiti Malaysia Sabah (UMS), said everyone should always think positively because prolonged negative stress has no benefit on oneself, especially in terms of mental health.

"Positive thinking will affect the emotions and subsequently the behaviour of a person, including students. If a person can learn to practice good thoughts and feelings, their actions will definitely be better," he said when presenting a forum entitled 'Using STEM in Learning Mental Health Among Youth' organized by the MySTEM Ambassador UMS Association, recently.

According to Balan, mental health is a 'science and mathematics' that young people need to understand.

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Dr Balan Rathakrishnan

"It is very important and should not be handled alone. Individuals with symptoms need to seek appropriate interventions and treatment so that the symptoms of mental health problems can be reduced.

"Based on the study, one in three college students has the potential to suffer from prolonged depression.

"One in four students was found to be suicidal, while one in seven students engaged in unprofitable activities due to stress," he explained.

According to Balan further, some try to relieve stress by consuming alcohol or watching pornography movies.

"For female students, some reduce stress by consuming a lot of food but vomiting it

(bulimia) because they are worried of becoming obese.

"This habit does not solve the problem of stress, but can be harmful" he said.

In this regard, he also invited the public, including students, to visit the c19psychcare.com website if they need guidance due to stress brought by the impact of Covid-19 pandemic.

"Through this website, the public can get effective treatment in dealing with mental problems such as stress, depression, anxiety and lack of self-confidence from experts in the field of psychology," added Balan.

Broadcast live via YouTube MySTEM Ambassador, the online forum was organized in collaboration with U-Science and FPP UMS.