

Important to cope with stress efficiently, says UMS student

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KOTA KINABALU: It is important to cope with stress efficiently to ensure healthy mental condition, said Universiti Malaysia Sabah (UMS) medical student Shivendra Ravi.

The student from the Medicine and Health Sciences Faculty (FMHS) said stress among students is unique and differs from one student to another.

"For example, someone who lives nearby will suffer less financial constraint compared to those who reside much further," he said during a sharing session on Kampus Kita FM UMS, recently.

He said that there are two major ways that students could adopt to manage their stress - hobbies and leading 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 also allows ample time for your body, mind and soul to rest and calm.

"A well-rested physical and psychological states permit one to be focused and re-organise works, so that you are more disciplined and effective."

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

"Serotonin, an emotional-controlled hormone is heavily influenced by physical exercise, balanced diet and amount of sleep while disturbing these would affect 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," he said.

He added that performing these coping mechanism are made feasible if one 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 for remedial and reduce stress level."

Meanwhile, Medical Education Head Dr Fatimah Ahmedy said the session is a good platform for UMS to showcase the quality of its medical students.

This, she said, is aligned with the university vision – moulding medical students as the next generation of doctors for the society.

"Hence, training them as peer health coaches under direct mentoring by the faculty would enhance their confidence towards that objective," she said.

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 appreciating the expertise and knowledge that are shared in the radio talk,” she said.