

## **Stress, Mental Health, Life Practice and Action Activities: One Study on the Family Confidence**

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### **Abstract**

*This paper aims to investigate the sources of stress on mental health problems among families in the issue of estate allocation. A total of 10 families around Temerloh, Pahang who attended court sessions in the allocation of estate were selected as the subject of study. The instrument used is the Malay version of Stress Indicator (OSI). The purpose of this study is to identify the main sources of stress experienced by gender and the cohesiveness of a family. The second aim of this study is to look at the differences between male and female family members, behavioral strategies, and mental health problems. The third aim of this study is to investigate the effect of stress resources on mental health problems and the fourth purpose of this study is to examine the effect of the strategies of behavior in the relationship between stress resources and mental health problems as well as the influence of life harmony in the relationship between stress resources and health problems mental.*

**Keywords:** Stress, mental health problems, life harmony and behavioral strategies.

### **1.0 Introduction**

The study of stress has attracted the attention of Western state researchers over the last two decades. During that period, studies on the impact of stress on health have been widely undertaken. Ganster and Schaubroeck (2011) conclude that there is no solid evidence that shows the sources of stress causing health problems. However, they agree on experiences in life to play an important role in mental and physical health. Prosser, Johnson, Kulipers and Szmukleer (2012) and Sullivan and Bhagat (2014) claim that there is no solid evidence showing that there is a negative relationship between stress and life satisfaction.

In recent years, western researchers have concentrated on the effect of moderator variables in looking at the relationship between stress and mental health as well as between stress and life satisfaction. Leong, Furham and Cooper (1996) conclude that commitment to family, type A behavior and social support are moderator variables in the relationship between stress experienced with stressful effects. Studies stress areas have also been carried out on various groups of people, including community groups in the village. Stress for families has been receiving attention in western countries over the last two decades.

This can be demonstrated by many stress studies conducted on human beings (Kyriacou, 1987; Borg, 1990) and various programs and workshops organized to help the community in addressing life's stress and problems (Cox et al., 1988).

Evidence from this stress study on humans also shows how serious this problem is. Implications of stress not only on human well-being but the continuing stress experience can affect the mental and physical health of these people. Kinnunen (1989) claims that the stress phenomenon may affect the performance of life. Calabrese (2016) shows evidence that low stress levels are associated with moderate effectiveness. Perlberg and Keinan (2017) state that there is general agreement that stress is a significant phenomenon for modern lifestyle. Thus, this phenomenon must be understood and individuals must learn how to deal with stress phenomena (Zaizul, 2017). The study aims to identify the sources of stress experienced by men based on gender and lifestyle. The second aim of this study is to look at the differences between men and women in dealing with stress, behavioral strategies and mental health problems. The third aim of this study is to investigate the effect of stress resources on life satisfaction and mental health problems, and the fourth purpose of this study is to examine the effect of the strategies of behavior in the relationship between stress resources and mental health problems as well as the influence of life satisfaction in the relationship source of stress with mental health problems (Zaizul, et al. 2017).

## **2.0 Metodology**

The following describes the tools of research and data analysis that have been done in this study.

### **2.1 Review Tool**

In this study, subjects are required to complete the Malay version of the Stress Indicator (SI) study tool (translated by. SI is a tool for studying stress by exposing cross references between four elements: stress sources, stress-stricken individuals, applied stress strategies, and stress effects (mental health problems and life satisfaction). Items that measure or represent each SI scale are items in the Likert rating scale (six points). In this study only the scale of stress sources, the scale of action force strategies, the scale of life satisfaction and, the scale of the mental health problem is used. The stress source scale contains 61 items and is divided into six subscales, namely the intrinsic factors in life, the role of management, relationships with others, success and achievement, family structure and work / home obstacles. The markup for each subscale of stress sources is that the higher the score obtained by the subject in a subscale indicates the more stressful source for the subject. The force of action strategy consists of 28 items divided into six subscales: social support, task strategy, logic, family relationship, time management and involvement. In terms of scoring, the high score obtained in a subscale shows that the strategy of action is what the individual usually uses in addressing the stresses experienced. In this study, the overall action force strategy is measured by summing the six subscales. The scale of life satisfaction contains 22 items and is divided into five subscales namely satisfaction with achievement, value and development, self satisfaction, satisfaction with design and organizational structure, satisfaction with management process and satisfaction with personal relationships(Zaizul, et al. 2017). The scores for this scale are the high scores obtained by the subject in a subscale indicating the subject has a high satisfaction in terms of satisfaction of the life. In this study, overall satisfaction is measured by summing the five subscales. The mental health problem scale contains 18 items. The scoring for this scale is that the higher the score obtained by the subject shows the higher the mental health problem of the subject. The Stress Indicator (SI) study tool has been translated into Malay version by Mohammad Haji Yusuf, Abdul Halim Othman, Chua Bee Seok and SaporaSipon (2000) according to the back translation procedure proposed by Brislin (1970). Reliability assessment results indicate SI scale has a relatively high level of reliability and acceptability.

### **2.2 Data Analysis**

The raw data of this study was analyzed using the SPSS for Windows 21 computer package. The results of this study are presented in two parts, namely descriptive analysis results that report the frequency distribution and percentage of the subject demographic characteristics. The second part reports the inference analysis of various regression methods used to see the contribution of stress resources to life satisfaction and mental health problems. This method is also used to see the effect of behavioral strategies and life satisfaction in the relationship between sources of stress and life with mental health problems. This section presents results from descriptive analysis that report on the background of the subject, the main source of stress experienced by the subject, the effect of stress sources on life satisfaction and mental health problems.

The influence of the strategies of action in the relationship between stress sources and life satisfaction, the relationship between stress sources and mental health problems and the influence of life satisfaction in the relationship between stress resources and mental health problems.

3.1 Background of the Subject Of the 10 families selected as the subject, 30 men or 60% were male samples and 20 (40%) were female. From the background it was reported that 30 people (60%) were subjects ranging from 21 years to 36 years and 20 (40%) were members of families within the age of 37 years and above. Many of the subjects have been married (40 or 80.0%). Subjects are single (10) (16.4%) only. There were four subjects (2.9%) who had lost their spouses and there was no subject giving information on their marital status. Out of the mean scores obtained for 61 items that measure the source of stress, 10 items have been identified as the sources of stress most clearly felt by men and women. 10 sources of stress, the sources of stress 'injustice' are reported to be sources of stress most perceived by men and women. The results also show that from the 10 sources of stress, there are 7 sources of same stress reported by men and women namely injustice, hidden discrimination and favoritism. However, the ranking of male and female subjects on these seven items is not the same. Referring the results indicate from the 10 sources of stress identified for 3.3 Differences between Family members and Male Family Members in Stress Resource, Action Strategy, Life Satisfaction and Mental Health Problems In looking at the differences between the family members of the male and female family members in the stressed sources, the strategies used to act, the satisfaction life and mental health problems, t-tests are used and the degree of significance is set at .05 levels. The results of the analysis Min score and standard deviation of stress sources, behavioral strategies, satisfaction of life and mental health problems for male and female family members. Results of the t-test showed that there was no significant difference at the .05 level between male and female family members in stress sources, behavioral strategies, life satisfaction and mental health problems.

3.4 Difference between men and women in Stress Resource, Action Strategy, Life Satisfaction and Mental Health Problems In looking at the differences between stress sources, the strategies used, the life satisfaction and mental health problems, t-tests are used. The results of the t-test analysis showed that there were no significant differences between primary and secondary school teachers in the variables studied except for life satisfaction variables ( $t = 2.35$ ,  $k.05$ ). The results of the analysis showed that male family members had a higher life expectancy ( $X 108.65$ ,  $S.P 11.48$ ) than female family members ( $X 103.66$ ,  $S.P 12.77$ ). 3.5 Influence of Stress Resources on Life Satisfaction and Mental Health Problems To test the influence of stress sources (intrinsic factors in life, role in management, relationships with others, career and achievement, climate and organizational structure, and work / home constraints) on life satisfaction and mental health problems, these six stress source variables are incorporated into a regression model with life satisfaction variables and mental health problems acting as bound variable. The results of the analysis show this model describes 16.3% of variance in life satisfaction variables and 16.1% of the variance in mental health problem variables. The results of analysis also show that from 6 sources of stress only the source of stress 'climate and organizational structure' which contribute significantly to satisfaction of life (Beta -0.81). The beta coefficient shows that these sources of stress negatively impact on life satisfaction. This negative effect indicates that subjects who experience stress sources such as in terms of lack or are not involved in the decision-making process, lack of consultation or effective communication in organizations and office politicians tend to have negative feelings about their lives.

3.6 The Effect of Action Strategy and Life Satisfaction in Relationships between Stress Resource and Mental Health Problems This section discusses the extent to which the strategies of action can affect the relationship between stress resources and mental health problems. To test the role of behavioral strategies in the context of stress-related relationships with mental health problems, the following models are suggested: or interactions between stress sources and job satisfaction. If the difference  $R^2$  for model B with  $R^2$  for model A is significant, it demonstrates the acting strategies act as a moderator in the relationship between work stress sources and mental health problems. Conversely, if the difference is not significant, then the strategy of acting does not play a role as a moderator. Results indicate that  $R^2$  changes from model A to model B are insignificant. This decision demonstrates the immune strategy does not work as a moderator in the relationship between the six sources of stress and mental health problems. Distribution statistics of work stress sources and mental health problems by taking into account moderator variables and no moderators (Action strategies).

Source of stress Model A Model B 1. The intrinsic factor in life [X (1)] Referring results also indicate that  $R^2$  changes from model A to model B are not significant except for the results in Table 9 (2).

The results show satisfaction of life acting as a moderator in the relationship between the source of stress 'role in management' with mental health problems. Distribution statistics of stress sources and mental health problems by taking into account moderator variables and no moderators (Satisfaction of life). Source of stress Model A Model B. 1. The intrinsic factor in life [X (1)] R2 .R2 Change .229 .229 The strength of the effect of the moderator (interaction effect) can be evaluated by looking at the difference between R2 for model B and R2 for model A. Thus, the strength of the moderator effect is 0.221 - 0.184. 0.037. This result shows the effect of interaction explaining 3.7% of the variance in mental health problems. The relationship of the relationship can be seen with reference to b3 in B. b3 model showing the change in the number of Y gradients (mental health problems) over Xi (stress sources) in the event of changes in X7 (satisfaction of life). The above calculations show the lowest level of satisfaction of life, an increase in a unit of stressors 'role in management' resulted in a decrease of 0.037 units in the variable of mental health problems.

On the other hand, at the highest level of living satisfaction with the increase of one unit of stress resources 'role in management' resulted in a decrease of 1,577 units in the variable of mental health problems. This decision explains that at high levels of satisfaction, stress in terms of role blurring and role conflicts experienced by family members affects mental health problems. On the other hand, if the level of satisfaction of the subject life is low, the negative effects of the stress source on mental health problems are more obvious.

#### **4.0 Result and Discussion**

##### **4.1 Five Primary Stress Resources for Family Members**

5 identified sources of stress sources, stress sources of 'injustice' are reported as the sources of stress most affected by family members of the male and female family members. The results also show that 3 out of 5 reported sources of stress are the same for male and female family members. The five sources of stress are: 1) Unfair 2) Other family intervention 3) Hidden discrimination and favoritism 4) Written and Oral Will 5) Adat.

However, ranking of these 5 items is not the same for male and female family members. Source of stress 'injustice' is reported as the source of stress most felt by family members. The results also show 4 of the 5 sources of stress reported are the same for family members. The four sources of stress are 1) Misbehavior 2) Other family interventions 3) Hidden discrimination and favoritism 4) Written and Oral Wills. However, the ranking of the subject family members on these four items is not the same. This decision explains in family background, the source of stress experienced is much the same for male and female family members. The findings are consistent with the findings of Kyriacou and Sutcliffe (2017), Laughlin (1984), Payne and Furnham (1987) and Okebukola and Jegede (1989) which show that the state of justice is a major factor of stress in life. The state of justice refers to the aspect of fair property distribution in accordance with Islamic law.

##### **4.2 Differences between Family Members in Stress Resources**

Action Strategy, Life Satisfaction and Mental Health Problems Based on Gender and Results shows that there is no difference between male and female family members in stress resources, morbidity strategies, life satisfaction or mental health problems. The findings support the Kyriacou and Sutcliffe statements (1977, 1978, 2017) and Laughlin (1984) that there is little evidence of stress measurements related to demographic characteristics such as gender, age and occupation. Their findings suggest that the effects of stress on the various age groups are much the same. The findings of this study were not consistent with the findings of Borg and Riding (1991) study that reported men having higher stress than women. On the other hand, Laughlin (1984) reports that women experience higher stress than men. The results also show that there is no difference between the male and female family members in the variables studied except for the satisfaction of life (Zaizul, 2013). Rudd and Wiseman (1962) found that men reported they were very satisfied or satisfied with their lives as compared to 72.5% of women who reported mild or contented to life (Kyriacou and Sutcliffe, 2017).

##### **4.3 Effect of Stress Resources on Satisfaction of Life**

The analysis of stress sources 'climate and organizational structure' contributes significantly and negatively to job satisfaction. This negative effect shows that subjects who experience stress sources such as in terms of lack or are not involved in the decision-making process, lack of consultation or effective communication in organizations and family politics tend to have negative feelings about the wealth distribution and reverse. The results of this study support the findings of the study of Kyriacou and Sutcliffe (1979), Laughlin (1984) and Borg and Riding (1991) which found a negative correlation between family stress and life satisfaction.

#### 4.4 The Effect of Action Strategy and Satisfaction of Life

The Relationship Between Stress Resource and Mental Health Problems These results show that the strategies of impairment do not affect the relationship between the six sources of stress (intrinsic factors in life, roles in management, relationships with others, career and achievement, climate and organizational structure and obstacles work / home) with mental health problems(Zaizul, 2012). The results of the study did not support Kahn's and Cooper's (1986) claims that the strategies of a person's actions play a role in simplifying the relationship between stress variables and tensions(Zidni, et al. 2017). The results of this study also do not support Dewe and Guest (1990) findings that stress phenomenon may not necessarily negatively negatively because in the stress process there is an effect of intercepting the strategies of action(Zaizul, et al. 2017). Strategies of alleged acts of violence may affect interactions between individuals and the environment. The force of action used by an individual can alter the individual's judgment or response to the situation they are experiencing. Billings and Moos (1984), Endler and Parker (1990), Flookan and Lazarus (1980) and Flookan et al. (1986) reported that there were individual differences in how to deal with the stress and the strategies of the force applied would probably simplify the psychological and physical pain caused by stress (Zaizul, 2013). The results of this study show job satisfaction can simplify the relationship between stress resources 'role in management' (this source of stress is felt as a result of fuzzy subjects about their role in life or having conflicting roles such as conflicting decision-making and figuring out the implications of decisions made) with the problem mental health. These results show that at high levels of job satisfaction, work stress experienced by family members affects mental health problems. On the other hand, if the level of satisfaction of the subject life is low, the negative effects of the stress source on mental health problems are more obvious.

#### 5.0 Conclusion

The findings of this study show that the source of stress experienced by family members is approximately the same as the male and female family members. The findings also show that sources of stress in terms of climate and organizational structure negatively impact on the satisfaction of life. In addition, the results of the study also show that satisfaction of life can simplify the positive relationship between stress and mental health problems. The findings of this study not only provide an overview and awareness of the stress process in the family background, but this finding can be used as a guide to the parties involved, especially the courts in developing strategies to improve the well-being of justice in the distribution of property in accordance with Islamic law.

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