



Depression, Anxiety, and Stress Scale (DASS-21) among Counselling Students: A Preliminary Study

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ABSTRACT

This research aimed to determine the correlation between level of depression, anxiety and stress among counselling students at Universiti Malaysia Sarawak. This research adopted a correlational study with a quantitative approach in order to observe the correlation between the variables. Eighty six (86) respondents participated in this study. The study was conducted using Depression, Anxiety and Stress Scale (DASS-21) instrument. The result showed that there was a significant relationship between the level of depression, anxiety and stress among counselling students at Universiti Malaysia Sarawak. This research also provides awareness towards the counselling students on their level of depression, anxiety and stress. For future research, it is suggested that personality test and scoring test be conducted for level of depression, anxiety and stress in order to see the correlations between variables.

Keywords: DASS-21; depression; anxiety; stress; counselling student; Malaysia

INTRODUCTION

Generally, students are not aware about self-care. They tend to ignore about their mental wellness which may lead to a number of psychological issues (Chatterjee, Saha, Mukhopadhyay, Misra, Chakraborty, & Bhattacharya, 2014). They are more concerned

about achieving and pursuing high grades without paying attention to their self-care. Self-care is about the ability of an individual to look after themselves and fulfil their needs in life (Asai & Kato, 2014; Mahmoud, Staten, Hall, & Lennie, 2014). Thus, it is important that self-care be given the priority above all in order to maintain the balance of life. It is the utmost necessity to observe relationship of depression, anxiety and stress among the vulnerable counselling students at Universiti Malay-

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