

ANALYSIS OF SELF-ESTEEM AND RESILIENCE LEVEL AMONG MEDICAL STUDENTS OF A PRIVATE UNIVERSITY IN MALAYSIA

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Introduction

The intense workload of the medical curriculum can serve as a major long-term driver for the development of mental health issues among medical students. It is noteworthy that students with low self-esteem and resilience are more likely to develop mental health problems and experience poor academic performance (1,2). To successfully cope with the day-to-day cognitively demanding academic tasks of medical universities, students indeed need to possess strong self-esteem and resilience.

Aim By using the standard measuring questionnaire tool, this study aimed to evaluate the level of self-esteem and resilience among medical students at the Universiti Kuala Lumpur Royal College of Medicine Perak, (UniKL RCMP), Ipoh, Malaysia.

Methods

Study Design: Cross-sectional study conducted in February 2024.

Study Participants: Total 204 medical students (year 1 – 102, year 2 – 102) from the UniKL RCMP generate results with 5% margin of error and 95% confidence interval.

Sampling method: Simple random sampling method.

Data collection measure: This survey use the Rosenberg scale as the reference measuring tool.

Data Analysis: The acquired data were analyzed with Excel 2016.

Results

Variable	n	% of respondents
Race		
Malay	197	96.5
Indian	3	1.5
Chinese	1	0.5
Others	3	1.5
Year of study		
Yr 1	102	50
Yr 2	102	50
Gender		
Male	86	42.2
Female	118	57.8
Living Environment		
Family	76	43.7
Friends	92	52.9
Alone	6	3.4
Father's highest education		
< High school	7	3.4
High School	45	22.1
Bachelor's degree	109	53.4
Master/PhD holder	43	21.2
Family income		
Low Income (RM 4K)	41	20
Middle Income (RM 4K-9K)	61	30
High Income (>9K)	104	50

Table 1. Sociodemographic characteristics of the respondents.

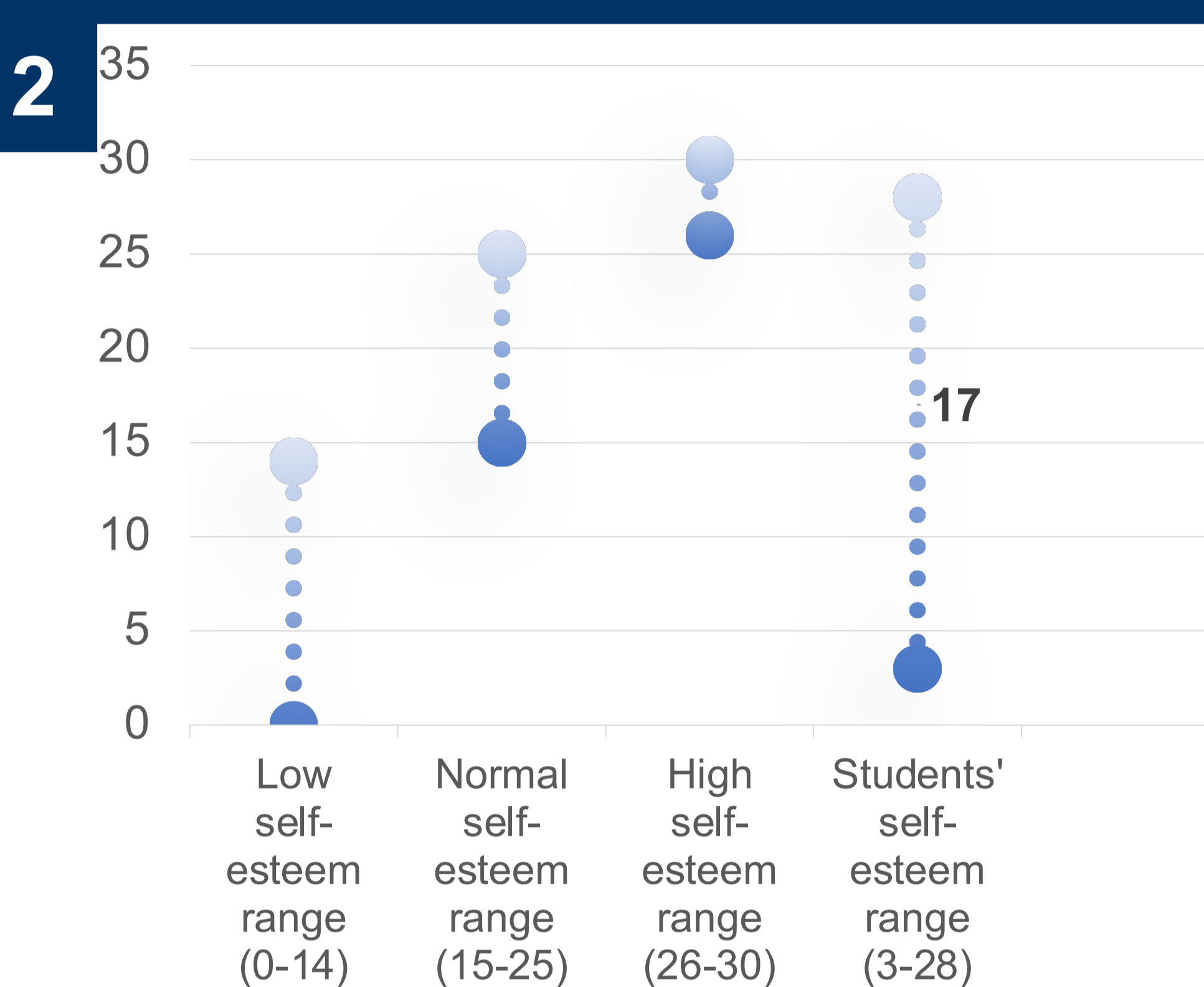


Figure 1. Comparison of students' self-esteem level with reference Rosenberg self-esteem range.

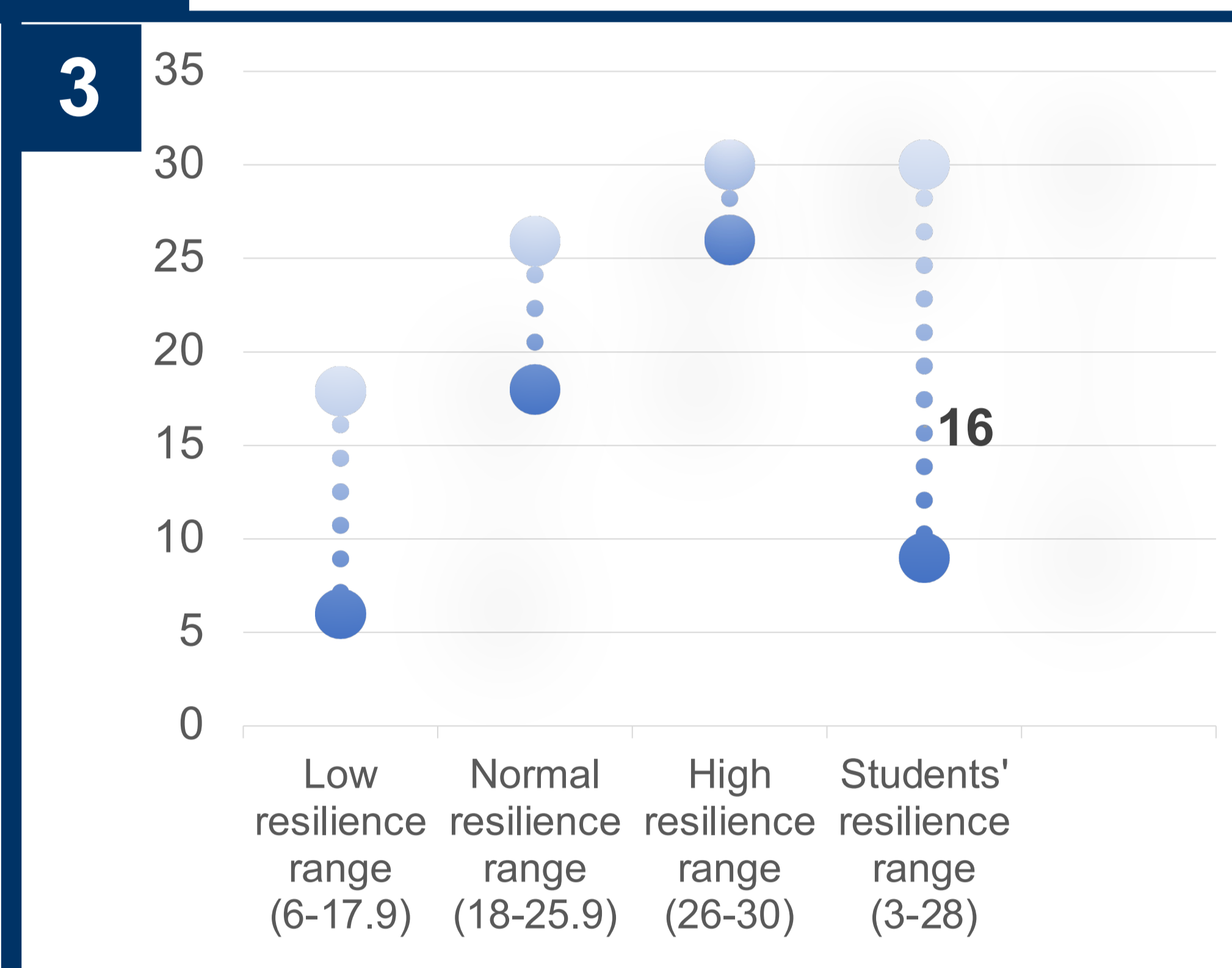


Figure 2. Comparison of students' resilience level with reference resilience range.

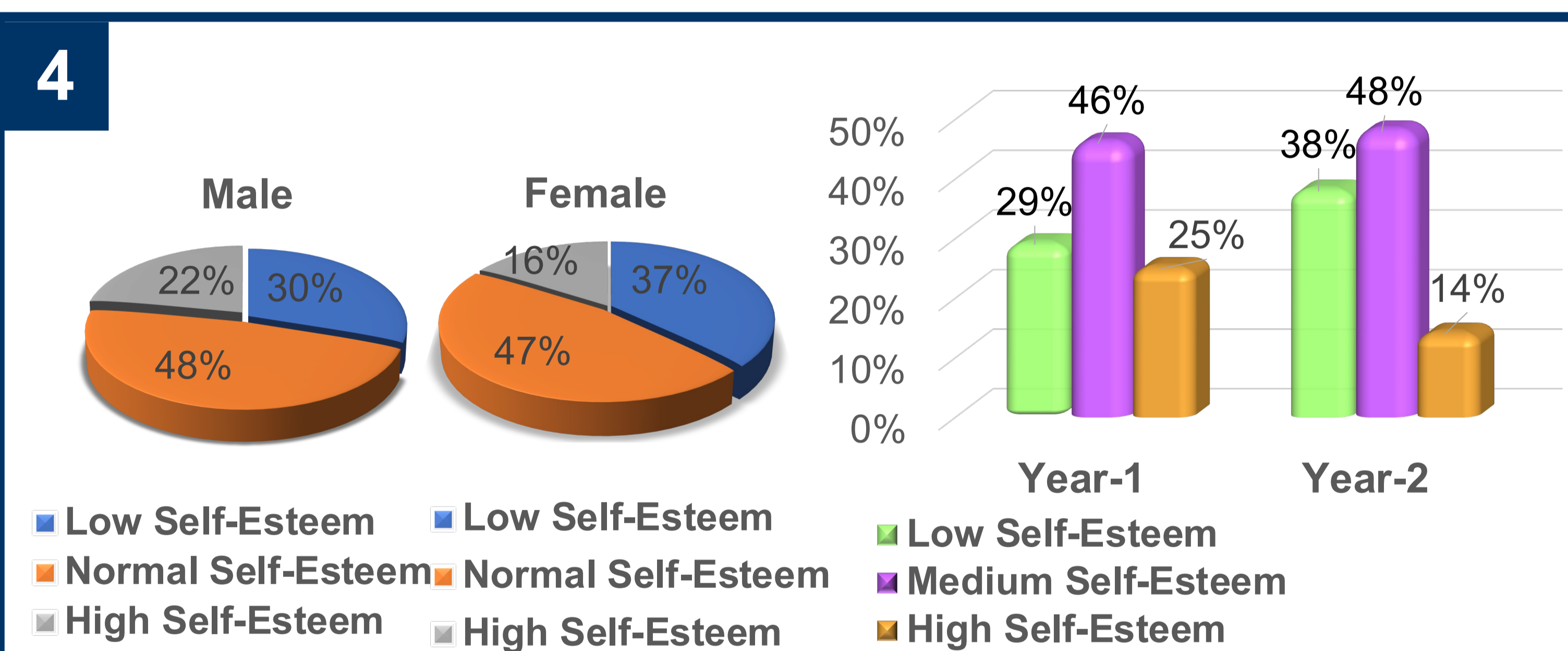


Figure 3. Self-esteem level according to gender and academic year. A considerable portion of males (22%, n = 19) express high self-esteem, which is 6% higher than that of females (16%, n = 20). Year-1 also has higher percentage of high self-esteem individuals (25%, n = 25) compared to year-2 (14%, n = 14). Students with "low self-esteem" level are accumulated among year-2 students (38%, n = 39) and female gender (37%, n = 43).

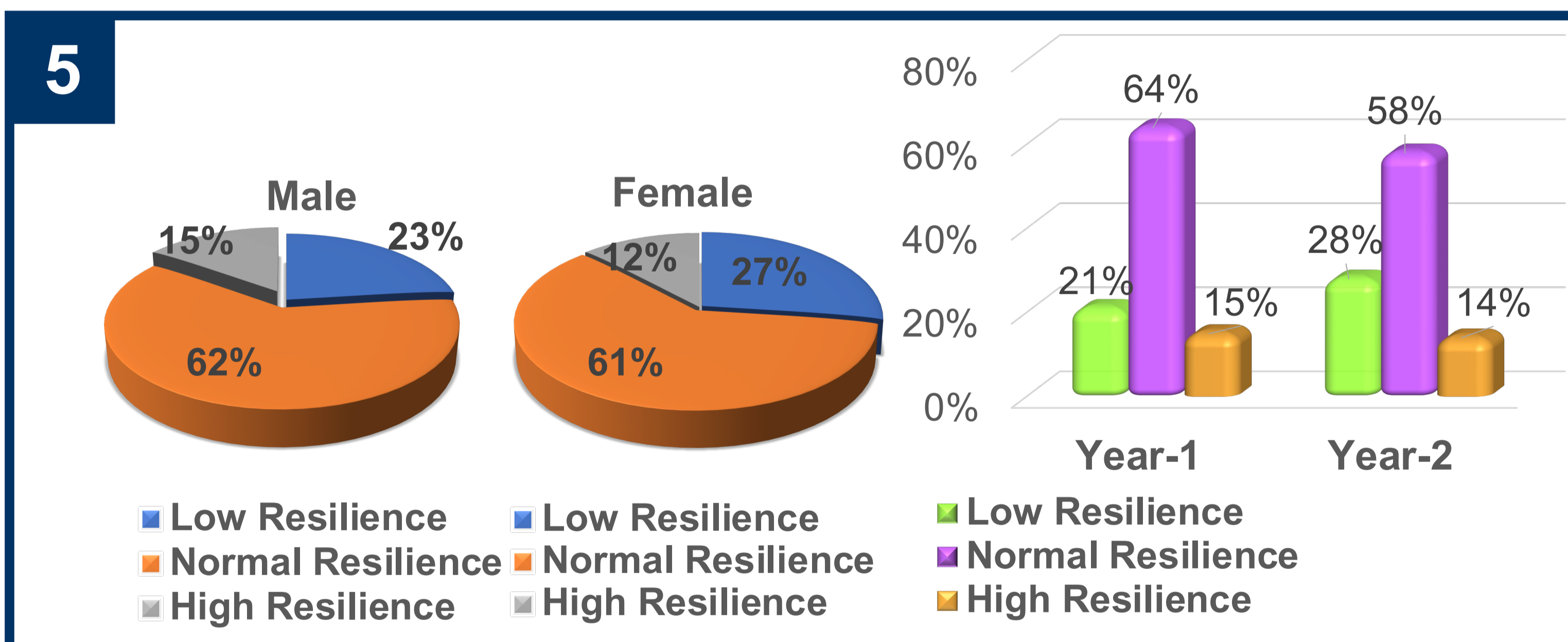


Figure 4. Resilience level according to gender and academic year. Males express the higher percentage (15%, n = 13) of "high resilience" compared to females (12%, n = 15). Students with low resilience level are accumulated among year-2 students (28%, n = 29).

Discussion

Students' mean self-esteem score of 17 falls within the normal range, but this score is quite low compared to past studies (3,4). Additionally, students' mean resilience score also falls within the low range. These data highlighted the need to boost both self-esteem and resilience among medical students.

Regarding the normal self-esteem group, there isn't much variation in the data according to gender and academic year. However, in the low self-esteem group, second-year students and females comprise a high percentage. It is true that during adolescence and adulthood, females generally express lower self-esteem compared to males (3,5).

Surprisingly, year-2 students also have a high percentage of low resilience candidates. In fact, these senior students should possess a higher level of resilience based on their maturity and exposure to the academic activities. This data seems to be temporary, as they have been burdened with an overwhelming workload of academic activities.

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Conclusion

Senior preclinical medical students have a higher potential to possess low self-esteem and low resilience levels. Precipitating factors appear to be linked with the academic curriculum. It is essential to uncover those factors that contribute to the downward trend of self-esteem and resilience.

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