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**ABSTRACT FOR 3<sup>rd</sup> WORLD CONGRESS ON INTEGRATION  
AND ISLAMICISATION 2021**

**MENTAL HEALTH & WELL BEING IN THE 4<sup>th</sup> INDUSTRIAL REVOLUTION**

**Held from 4-6 June 2021**

**INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA,  
KUANTAN, PAHANG, MALAYSIA**

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## TABLE OF CONTENTS

Abstract No	Title	Page
PP229	An Assessment of Knowledge, Attitude, and Practice towards Depression and Video Games among International Islamic University Malaysia Students	61
PP242	Validation of Smartphone Use Questionnaire (SUQ) into the Malay Language	62
PP244	Psychometric Properties of The Malay-Version of Peer Pressure Scale Questionnaire	63
OP245	Overwhelmed Yet Striving; The Story of IIUM Medical Students	64
OP247	IMARET Fundraising During the COVID-19 Pandemic: An Online Analysis of Facebook Engagement and Funds Raised	65
OP266	The Level of Emotional Intelligence in Medical Imaging Students	66
<b>THEME 4: INTEGRATION OF SPIRITUALITY &amp; MENTAL HEALTH</b>		<b>67</b>
OP17	The Effectiveness of Contemplation on Conceptual Metaphor in Cognitive Spiritual Therapy	68
OP38	Quran and Human Heart in Cognitive Behavioural Therapy	69
OP50	Content Validation of Spiritual Intelligence Scale for Muslim Nurses (SIS-MN): A Fuzzy Delphi Method	70
OP86	Perception of Religious Substance-use Prohibition is Negatively Associated with Vape-trying Among School-going Adolescents	71
OP91	The need of nurses on spiritual preparedness as a religious coping mechanism when in a disaster response	72
PP93	Igbo Migration, Integration and Islamization in Gusau Town Zamfara State, North-western Nigeria During the 20th Century	73
PP95	Practice of Tahajjud among Undergraduate Medical Students in International Islamic University Malaysia (IIUM) and its Relationship with Poor Sleep Quality	74
OP100	The Mental Health Benefit of Religion and Spirituality in People Living with Bipolar Disorder in Malaysia	75
OP103	An Islamic Perspective on Food and Nutrition and the Relevancy of Al-Ghazali's Spiritual View on Modern Practices	76
OP106	Development of the Muslim Prayer Ability Scale (MPAS)	77
OP114	How spiritual is music therapy? A case study on the application of music therapy in Islamic civilization medicine	78
OP116	Managing Financial Stress through Islamic Wealth Management: An Appreciation of Hifz al-Mal	79
PP124	Review of Current Update and Islamic Perspective: Common Mental Health Challenges amongst Undergraduate Universities Students in South East Asia	80
OP126	Psycho-Spiritual States of Emotions and Their Interventions within Qur'anic Narratives	81
PP127	Source of Stressors among Medical Students in Malaysia: A Brief Review	82
PP145	Proteomic Profiling in Schizophrenia: A Brief Review	83
OP153	Preserving Mental Health and Well-Being amidst a Litigious Society: The Way Forward for Muslim Medical Professionals	84
PP156	A Study on Prevalence of Depression among Adults Attending International Islamic University of Malaysia (IIUM) Family Health Clinic, Kuantan, Pahang	85
OP160	Harmonisation and Islamisation of Law in Ahmad Ibrahim Kulliyah of Laws: An Appraisal	86
PP161	The Influence of Halalan Tayyiban on Muslim Decent Spiritual Life and its Relation to al-Ghazali's Concept of Breaking the Two Desires	87
OP163	Preliminary Study on Selected Qur'anic Verses (Chapter 1-10) on Hearing Sciences: A Thematic Analysis	88
OP170	Transition Process into Adult Independent Living among Teenagers Living at Shelter Home	89
OP171	Clinical Applications of Maqasid al Shari'ah in Healthcare: An Overview	90

## Source of Stressors among Medical Students in Malaysia: A Brief Review

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### ABSTRACT

This study aimed to identify the main sources of stressors among medical students in Malaysian public or private universities. Studies have shown that undergraduate students suffer from tremendous stress. Tertiary education has always been regarded as a highly stressful environment, especially for medical students. A systematic literature review of the scientific articles on stressors in medical students were conducted. Various literature was searched through electronic databases, i.e. PubMed and SCOPUS published until December 2019 for articles bearing Keywords; i) stress, ii) medical students, and iii) Malaysia. A total of eighteen articles were reviewed and data extracted. The most common stressor was related to academic requirements that included tests and examinations. The other significant determinants consisted of psychological stress and personal factors. Studying medicine is highly stressful for undergraduate students. Although comparing various studies were difficult because of the differences in study design, instrument, number of stressors, etc.; this review gives the most recent published articles which included descriptive information that might be very useful for future research and management of stressors for medical students and education.

**Keywords:** Stress, Medical students, Malaysia, Public university, Private university