

6 PROBLEMS! OF WELL-BEING OF UTEM'S STUDENT IN THEIR DAILY LIFE

Poor Time Management

Lack of time management skills among students can harm daily life activities. Without these skills, students will struggle to manage their time effectively, leading to procrastination, missed deadlines, and increased stress levels.

I cant manage my time properly.....



FINANCIAL ISSUES

I has been feeling really stressed lately, mostly about money. hmmm



Financial Issues can make it difficult for students to focus on their schoolwork, remain healthy, and participate in extracurricular activities. For example, a student may need to work intensively at a part-time job to support tuition and living costs, leaving little time for study.

LACK OF PHYSICAL EXERCISE

Many UTeM students don't exercise enough, which can make them unhealthy and affect their studies. For example, without regular exercise, they might struggle to focus in class and get sick more often.

Why im so tired meh....



BAD FRIENDS INFLUENCE

Hey sis, lets skip class today? we go to somewhere else...



Friends can have a big impact on UTeM students' lives, influencing them to make good or bad choices that affect their well-being. For example, bad peer pressure such as suggesting to skip class may cause them to not prioritize studying, which can harm their academic grades, and their health.

ACADEMIC PRESSURE

Most UTeM students will face significant academic pressure due to various factors, including many demanding assignments, many deadlines, and having uncooperative group mates. This pressure often leads to stress, anxiety and, having a negative impact on the mental health and academic performance of students.

I have been feeling really burnout lately with all the assignments and exams coming up



BROKEN FAMILY BACKGROUND

Why are you always sad? Do you have issues with your family?



A student's well-being can be significantly affected by a dysfunctional family background, leading to emotional turmoil and instability at home. For instance, a student might experience stress, anxiety, or sadness due to family issues or separation, making it hard to concentrate on schoolwork or participate in social activities.

