

The Relationship of Socioemotional Wellbeing and Big Five Personality Traits Among Students of Higher Education Institutions in Klang Valley, Malaysia

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ABSTRACT

The current younger generation constitutes the largest cohort of students in history. Transitioning from adolescence to young adulthood involves significant changes in various aspects such as finances, housing, social life, and emotions. This period can lead to relational challenges that some young adults find stressful. Research has shown a growing number of students experiencing stress during their academic life, indicating that this phase is increasingly viewed as demanding and potentially leading to mental health issues. Essentially, students in higher education institutions are crucial for Malaysia's future economic growth and its goal of becoming a developed nation. Therefore, higher education institutions play a significant role in nation-building by providing evidence-based services that promote and support student well-being. An online survey using the Socioemotional Well-being Index and Big Five Personality Instrument was distributed via social media. The survey included 443 respondents (80 males and 363 females): 63% were aged 18-20, 24.4% were 21-23, 4.8% were 24-26, 2.3% were 27-29, and 5.4% were 30 years and older. A Pearson correlation analysis was performed on the data. The Pearson correlation coefficient of 0.477 indicates a moderate positive relationship between the two variables, with a p-value of less than 0.001, demonstrating statistical significance and suggesting a very low probability that the result is due to chance. Significance at the 0.01 level (2-tailed) confirms the robustness of this finding, reinforcing the conclusion that a meaningful relationship exists between the studied variables. These findings could be beneficial for the Ministry of Higher Education Malaysia, providing guidelines for assessing Socioemotional Well-being to ensure students' well-being and potentially reduce depression rates among youth. Additionally, the findings are expected to produce reliable data that can aid experts in providing appropriate guidelines and support for youths in managing their socioemotional well-being.

Keywords: Higher Education Institutions, Socioemotional Wellbeing, Big Five Personality

