Mental health related factors to learning behaviors among the First year students at Mae Fah Luang University

Abstract

The purposes of this predictive correlation research study were to determine incidents, mental health influencing factors and predictive factors to learning behavior amongst first year students in Mae Fah Luang University, Chiang Rai Province. This study employed multi-stage sampling to obtain a total of 390 subjects, who were first year students in Mae Fah Luang University. Research tools included (a) personal information questionnaires; (b) depression state questionnaires; (c) stress survey questionnaires; and (d) Learning and Study Strategies Inventory-LASSI questionnaires. All of the tools were approved by experts and were subjected to a reliability test based on the Coefficient Alpha, which yielded the reliability value between 0.70 and 0.90, respectively. Data gathering, which took place between 1 February and 30 March 2013, required the respondents to complete the questionnaires by intervariate relations and relevant factors were identified by a Chi-Square Test, Pearson's Product Moment Correlation Coefficient, and Multiple Linear Regression Analysis.

The research revealed that 86.4% of the subjects had moderate learning behaviors. In addition, according to the study, GPA, stress and depression were related to learning behaviors with a statistically significant value of $p < 0.001$. More significantly, the combined factors of GPA and depression were capable of predicting 14.4% the subjects amongst students in Mae Fah Luang University.

The awareness of mental health that influence learning is crucial. Teaching personnel's should play important role in promoting learning behavior and providing appropriate assistance that it could be given to prevent stress and/or depression

Key words: learning behavior, mental health related factors, students