FEM 3105 Assignment 1: Individual (10%)
(Both parts A & B must be submitted together in ONE bound copy).

Part A : Self Analysis

This is a very personal assignment, in which some of you may find it difficult to be totally expressive and honest in preparing it. But, for the sake of trying to understand the whole concept of stress and coping, the best place to start is with yourself.

Recall any point in your life that you would consider as the most stressful period ever.

- When was that?
- What had happened? Elaborate on the event. What was the central theme?
- Who were involved? Name and explain your relationship with those involved.
- Name the stressor(s) / (sources of stress)
- How long did it happen?
- What did you do to settle your “problem”?
- Were there options other than the approach that you have used?
- Who helped you out? What did they do?

In a 2-3 pages paper, write about your experience going through the most stressful experience in your life. Feel free to express yourself since confidentiality of your story will be strictly observed.

You are not going to be evaluated based on the seriousness of your story but rather on your ability to express yourself according to the above questions.

Enjoy analysing your own experience!
Part B: Individual - Article Analyses

LO for Assignment 1B

- To identify research areas related with stress / coping.
- To analyze stress/coping components within the articles.
- To evaluate applicability of running similar studies within the context of our Malaysian culture.

This assignment aims to encourage you to understand research on stress and coping from the published articles. You are to identify TWO (2) research articles on stress/coping in specific context (i.e. among working women, teenagers, young children, single mothers, children of divorce, institutionalized children, elderly, orphans, unmarried individuals, parents with special children etc). Both articles must be on the same context. These articles must have been published within the last 5 years (2008-2012). Analyze the articles according to the following instructions:

- Author, year of publication, title, name of journal, volume, number, page numbers (follow APA style)
- Describe the study. What are the objectives of the study?
- What stress/coping components being focused in the study?
- Describe the methods used in the study (Location, research design, sample and sampling, measurements, data collection procedures, analyses)
- What are the major findings?
- Provide your own overview and critics about this study.
- In your opinion, do you think this study is applicable in Malaysia? Why or why not? Justify your answers. Focus on cultural influences on the concept of stress/coping, measurement issues, sampling etc.
In a 8-10 pages paper, write about your responses to the above instructions. Analyze each article separately but at the end of the report, you have to LINK the two in terms of the similarities/differences, measures etc.

Since there are MANY topics that can be explored, NO one should EVER use the same articles for this analysis.

This assignment needs to be typed using Arial – Font 11, 1.5 spacing, following the APA style (please refer to the on-line guideline). All articles are to be attached as appendices.

Marks will be given on your capability to review the articles in their totality within the specific cultural context. Your justifications will be strictly scrutinized to indicate your level of comprehension and ability to assess a research article.

Good luck. Should you have any inquiries, feel free to email your instructor at mystudents2013.rj@gmail.com or rumayajuhari@gmail.com