

## **Stress and Social Support as Predictors of Quality of Life: A Case among Flood Victims in Malaysia**

**Authors :** Najib Ahmad Marzuki, Che Su Mustaffa, Johana Johari, Nur Haffiza Rahaman

**Abstract :** The purpose of this paper is to examine the effects and relationship of stress and social support towards the quality of life among flood victims in Malaysia. A total of 764 respondents took part in the survey via random sampling. The depression, anxiety, and stress scales were utilized to measure stress while The Multidimensional Scale of Perceived Social Support was used to measure the quality of life. The findings of this study indicate that there were significant correlations between variables in the study. The findings show a significant negative relation between stress and quality of life, and significant positive correlations between support from family as well as support from friends with the quality of life. Stress and support from family were found to be significant predictors and influences the quality of life among flood victims.

**Keywords :** stress, social support, quality of life, flood victims

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