

## **A Qualitative Study on Perceived Available Peer Support and Its Impact on Psychological Well-Being among University Quarantined Students during Covid 19 Pandemic in Malaysia**

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### **ABSTRACT**

This study aims to explore the perceived available peer support experienced among the university-quarantined students during Covid-19 pandemic in Malaysia and to explore the impact of it on psychological well-being among the participants via a qualitative approach. This research was undertaken in a higher education institute, International Islamic University Malaysia in Gombak. A qualitative research design was employed in this research where semi-structured interviews are carried out with a total of 12 undergraduate university students from the age of 19 to 25 years old. The participants were selected using a combination of snowball and purposive sampling methods based on two characteristics which are (1) Have been infected with Covid-19; and (2) Have been quarantined in the designated place allocated by the university. Five questions adapted from past literature were asked to the participant in a 20 to 30 minutes semi-structured interview session. The participants then were debriefed and the data transcription gathered from the interview session was analyzed using thematic analysis. Result showed that there are nine themes yielded from this study which are Quality time, Acts of service, Physical support, Emotional support via online medium, Personal growth, Positive relations with other people, Self-acceptance, Purpose in life, and Autonomy. The outcome of this research will be able to guide and provide information and strategies for higher education institutes to overcome problems emerged and support the university students' well-being during quarantine.

**Keywords:** perceived available peer support, psychological well-being, university quarantined students, covid-19