



Faculty of Cognitive Sciences and Human Development

**UNVEILING THE IMPACTS OF INFERIORITY FEELINGS
ON STUDENTS MOTIVATION: A QUALITATIVE
EXPLORATION OF FACTORS INFLUENCING THE
PURSUIT OF HIGHER ACHIEVEMENT**

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**UNVEILING THE IMPACTS OF INFERIORITY FEELINGS ON STUDENTS
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THE PURSUIT OF HIGHER ACHIEVEMENT**

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ABSTRACT

Humans are social beings, to some extent everyone has a feeling of inferiority when they socialize with other people. University students are a group of people who are more likely to be influenced by inferiority as they are in the transition from adolescence to young adulthood where they are just about to be exposed to the real world. This study aimed To explore the effect of inferiority feelings towards student motivation to strive for higher achievement. Qualitative research using Semi-structured interviews was conducted where the data from 8 UNIMAS students was gathered. The interview was recorded, transcribed and then analysed using step-by-step thematic Analysis by Braun & Clarke (2006). The results indicate that inferiority feelings can lead students to be either motivated to strive for higher achievement or impair their lives depending on the way it was perceived. These findings suggest that the mindset that students have is an important indicator that determines the path that inferiority feelings will guide the individuals to. The study contributes to the existing body of knowledge by highlighting both the positive and negative impacts of inferiority feeling which can lead to educational improvement, a better psychological well-being, and offer insights for future research directions

Keywords: Inferiority feelings, motivation, higher achievement

ABSTRAK

Manusia adalah makhluk sosial, dan hingga tahap tertentu, setiap orang mempunyai perasaan rendah diri apabila bersosial dengan orang lain. Pelajar universiti adalah kumpulan yang lebih cenderung dipengaruhi oleh perasaan rendah diri kerana mereka berada dalam fasa peralihan dari remaja ke dewasa muda di mana mereka baru sahaja terdedah kepada dunia sebenar. Kajian ini bertujuan untuk meneroka kesan perasaan rendah diri terhadap motivasi pelajar untuk mencapai prestasi yang lebih tinggi. Penyelidikan kualitatif menggunakan temubual separa berstruktur telah dijalankan di mana data daripada 8 pelajar UNIMAS dikumpul. Temubual telah dirakam, ditranskripsikan dan kemudian dianalisis menggunakan Analisis Tematik langkah demi langkah oleh Braun & Clarke (2006). Hasil kajian menunjukkan bahawa perasaan rendah diri boleh mendorong pelajar sama ada untuk berusaha mencapai prestasi yang lebih tinggi atau menjejaskan kehidupan mereka bergantung pada cara ia diterima. Penemuan ini mencadangkan bahawa pola pemikiran yang dimiliki oleh pelajar adalah penentu penting yang menentukan kemana perasaan rendah diri itu akan membawa individu tersebut. Kajian ini menyumbang kepada kajian sedia ada dengan menekankan kedua-dua kesan positif dan negatif perasaan rendah diri yang boleh membawa kepada penambahbaikan pendidikan, kesejahteraan psikologi yang lebih baik, dan menawarkan pandangan untuk arah penyelidikan masa depan.

Kata kunci: Perasaan rendah diri, motivasi, pencapaian yang lebih tinggi

Chapter 1: Introduction

1.0 Overview

This research aims to explore the effects of inferiority feeling on students' motivation to strive for higher achievement. In this chapter, an introduction of the study, the background of the study, problem statement, research objective, research question, conceptual framework, and significance of the study will be stated and discussed.

1.1 Introduction

Humans are social beings. They live in social settings and interact with other people every day be it family members, friends, peers, business partners, customers etc. It is almost impossible for humans to survive in isolation. Interaction with other people is bound to create a sense of inferiority feelings especially when an individual is surrounded by people who are far more successful and strong than them. By definition, inferiority is defined as the state of not being good, or not as good as someone or something else according to the Cambridge Dictionary (2024).

To some extent, everyone has a sense of inferiority in themselves. University students are a group of people who are more likely to be influenced by inferiority as they are in the transition from adolescence to young adulthood where they are just about to be exposed to the real world (Overcoming Inferiority Complex in Teenagers – Teens Lead Initiative, n.d.). There is a lot more that they need to learn and discover before becoming a full flag adult as they struggle with their real identities. Adolescents and young adults are at the stage where most people start to be insecure about themselves which might give them a sense of inferiority (Tresca, 2020). Self-esteem is closely related to the inferiority of individuals, especially teenagers.

Long-term feelings of inferiority are a major contributing cause to several psychological issues that college students face. They also have a significant impact on the development of these students. Researchers have paid close attention to studies on the inferiority complex of college students. A lot of studies show that a sense of inferiority affects individual self-esteem, self-efficacy, coping style, attribution style, interpersonal relationship, personality traits, and so on (Chu,2022). Nevertheless, feelings of inferiority do not necessarily have only a negative impact on students' lives. Alfred Adler believes that inferiority motivates individuals to strive for superiority which will lead to a better and more successful life (Watt,2012). Therefore, this study aims to discover the effects of inferiority feeling towards students' motivation to strive higher.

1.2 Background of Study

Life is like a competition, everyone strives to be the best. Competition can be evident in many facets of human existence, including academics, sports, status and business. Every individual feels a sense of competitiveness with others. While competing with other people who were born with a better life, a sense of inferiority might occur due to feelings of inadequacy compared to others. Feelings of inferiority have long been recognized as fundamental aspects of human life especially in social settings. It's deeply intertwined with an individual's sense of self-esteem, competency, motivation, etc. The concept of inferiority feelings as a motivation force was introduced by Alfred Adler, a pioneering figure in the field of psychology via his theory of striving for superiority (Watt,2012). According to him, humans experience a sense of inferiority when they perceive themselves as lacking in comparison to other people (Watt,2012). This feeling can have a huge impact on various aspects of an individual's life including academic aspects.

In the education context, the connection between inferiority feelings and motivation to strive for higher achievement is a topic of significant interest. For instance, Saminathan and Manivannan (2018) conducted research on the Inferiority complex of High School students and its relationship with their academic achievement to get a deeper understanding of the negative direction that inferiority feeling can take a person if it is not managed properly. There is a lot of other research aside from the one conducted by Saminathan and Manivannan that has been done regarding the inferiority complex and its negative effects, inferiority is often perceived as a weakness and helplessness situation.

Adler defined inferiority complexes as subjective judgements that are both healthy and productive. Children and teenagers are perceived as weaker because they are exposed to a setting of adults, which leads to a subjective, perception-based sense of inferiority that exists among all people (Adler, 1956). Inferiority feeling can act as a driving force to strive higher or an obstacle that hinders students from reaching their potential. The motivation to excel academically. Set ambitious goals, and achieve success in education are influenced by a myriad of personal, social, and cultural factors (Chu, 2022). Understanding the role of inferiority feelings in this context is essential for policymakers, psychologists and teachers. By examining how this inferiority impacts student motivation, we can develop strategies to support students in navigating the challenges they face while striving for higher achievement.

There is only a little research that was done on the positive sides of inferiority feelings. There is a need for a specific investigation regarding how inferiority motivates someone to strike higher,

especially among students. this study focuses on exploring the effect of inferiority towards motivation to strike higher among students to shed light on the underlying consequences for educational outcomes. It aims to provide insights into how inferiority feelings can become a driving force for students to improve themselves and strive higher. In the near future, this study will advance knowledge about the intricacies of students' motivation and feelings of inferiority to improve their educational experiences.

1.3 Problem Statement

The concept of inferiority is often perceived as a negative issue that needs to be fixed for a student to succeed in their life. The feelings of inferiority among students were often characterized by a sense of inadequacy and less competence that will impair their ability to cope with their life thus affecting their ability to ace in academics. There are always two sides to a coin, inferiority feelings that are too intense can cause an inferiority complex which leads to outcomes such as decreased self-esteem, and heightened stress, and hinders student' ability to cope with their life. Inferiority feeling can also serve as a powerful motivation for self-improvement and striving for success. There is a misconception about inferiority and this study attempts to address that misconception.

Besides that, The issue at hand is the necessity for a thorough understanding of the dynamics of inferiority feelings in students, as well as their causes, varied effects on motivation, and potential solutions for maximizing their positive aspects while minimizing their negative effects. Investigating how inferiority feelings appear in educational settings, how they affect students' motivation, and what interventions and support systems might be used to make sure that these

feelings promote academic achievement rather than stand in the way of success are all critical steps in addressing this issue.

Other than that, a lot of the researchers such as Chu (2022), Liu et al. (2022), Saminathan and Manivannan (2018) have conducted a study to see how inferiority affects people's lives negatively but just a few research studies such as Lamberson and Western (2018) are focusing on how inferiority can become a driving force that affects people's motivation. The studies about the effect of inferiority towards students' motivation to learn are even fewer, especially in the Malaysian context. There is a lack of research in the areas of inferiority that motivates people to strive for superiority. Therefore there is a need to conduct a study to explore the effect of inferiority towards students' motivation to strive higher to give a new insight into the Malaysian context. The effect of inferiority feelings among students and its impact on their motivation to strive for higher academic achievement are important issues that need to be addressed to increase the student's productivity and success.

By addressing this problem, educators, psychologists and the educational board can develop informed strategies to promote a healthier, more empowering educational environment that supports students in pursuit of academic excellence while nurturing their self-esteem and well-being while not being overly concerned about their inferiority feelings.

1.4 Research Objective

General objective

1. To explore the effect of inferiority feelings towards student motivation to strive for higher achievement.

Specific objective

1. To identify the factors contributing to inferiority feelings among students.
2. To understand the challenges faced by student in coping with their sense of inferiority.
3. To discover what factors could drive the students to be more motivated to strike for higher achievement

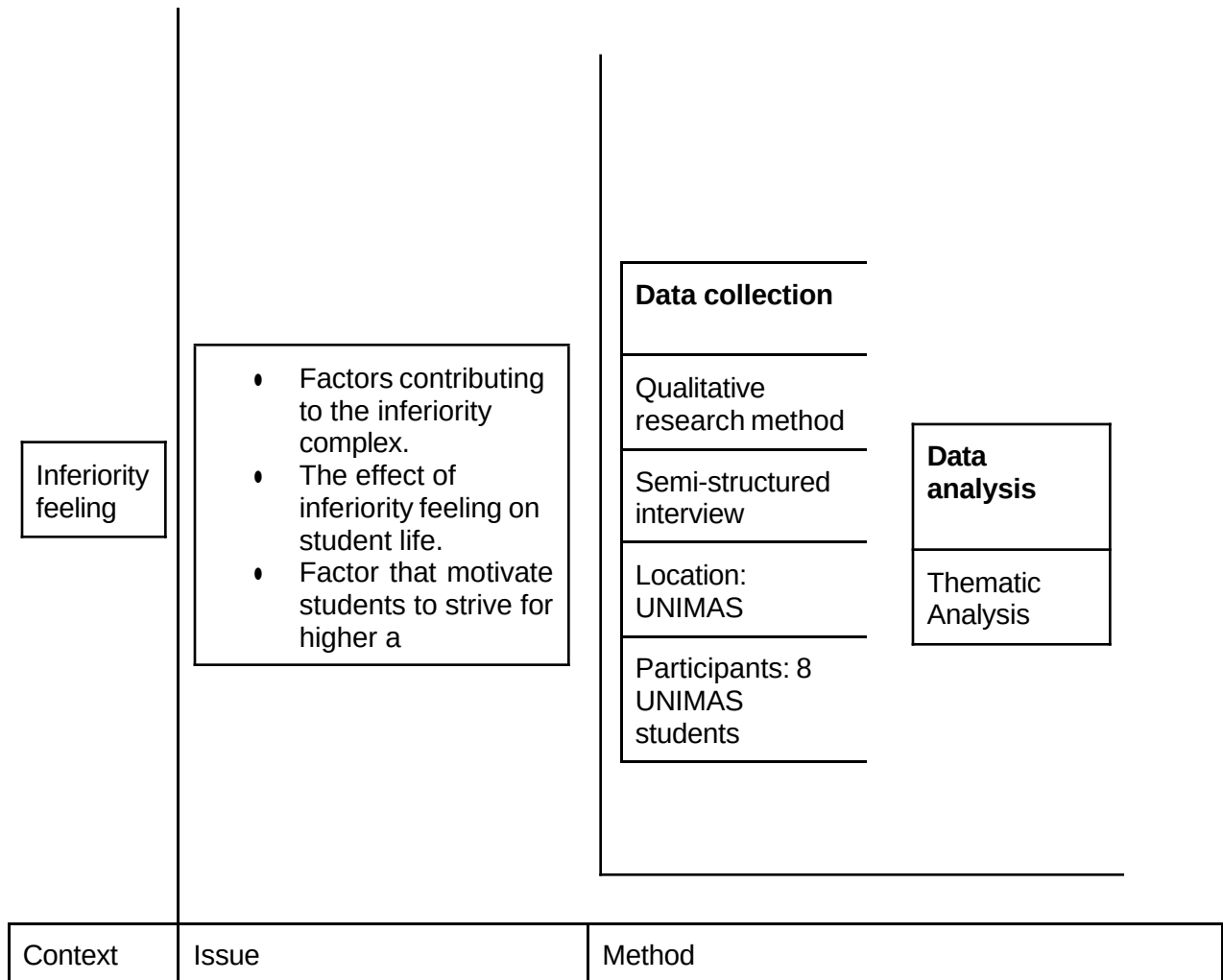
1.5 Research Question

Research question 1: What are the factors contributing to inferiority feelings among students?

Research question 2: What are the challenges faced by student in coping with their sense of inferiority?

Research question 3: what factors could drive the students to be more motivated to strike for higher achievement?

1.6 Research Framework



1.7 Definition of Terms

1.7.1 Definition of Inferiority Feeling

Conceptual definition

The common human emotions of incompleteness, smallness, weakness, ignorance, and dependence that are a part of everyone's early self-perception in infancy and early childhood are known as inferiority sentiments (APA Dictionary of Psychology, n.d.).

Operational definition

Inferiority feelings in this study are defined as the way someone views themselves as not as skilled and good as other people and how the inferiority feelings affect their motivation.

1.7.2 Definition of Motivation

Conceptual definition

According to the American Psychological Association (n.d), Motivation is a factor that functions on either an unconscious or conscious level in humans, giving behaviour meaning or direction. It was divided into 2 types the primary (physiological needs) and the secondary (individual interests and goals).

Operational definition

In this study, motivation is the degree of effort, persistence, and engagement that a student demonstrates to strive higher for success.

1.7.3 Definition of Achievement

Conceptual definition

According to the Cambridge Dictionary (2024), an Achievement is something individuals accomplish or obtain after making preparations and trying to make it happen, which makes individuals feel good, or the process of striving to make something happen.

Operational definition

Achievement in this study refers to the successful attainment of academic goals, life goals, awards, extracurricular involvement and all activities that students are involved in while in a university.

1.8 Chapter Summary

To sum up this chapter, The purpose of this study is to investigate how inferiority complexes affect students' motivation to strive higher. This chapter includes an introduction, background information, issue statement, research purpose, research question, conceptual framework, and importance of the study.

Chapter 2: Literature Review

2.1 Introduction

This chapter discusses the related concepts of inferiority feelings and motivation, the theories used to explain the study, empirical discussion and practical application.

2.2 Related concept

2.2.1 The Inferiority Feeling

Everyone experiences feelings of inferiority at least once in their life because they are surrounded by someone stronger or better than them. The inferiority feelings usually start to develop in childhood where a child feels inferior when they compare themselves with adults who are stronger and more capable than them in various areas. These inferiority feelings can make a child feel weak and helpless but it also motivates a child to improve themselves and develop new skills. When individuals face challenges in life that are difficult to overcome which lead to intense feelings of inadequacy, they might develop an inferiority complex which affects their self-esteem negatively and impairs their daily lives (The American Women's College Psychology Department & Michelle McGrath, n.d.). There is a huge misunderstanding that often happens when talking about inferiority feeling as most people would relate it with an inferiority complex.

Another important term that is closely related to inferiority feeling is the striving for superiority. Superiority feeling can be referred to as a belief that an individual's abilities or position are better and above other people which makes them feel a sense of pride and higher self-esteem. Alfred Adler believes that individuals have a drive to strive for superiority. When someone feels a sense of inferiority, they will seek superiority (The American Women's College Psychology Department, n.d.). The drive to achieve a sense of superiority usually develops into a certain type

of goal that will motivate them to strike higher and be better. By achieving the goals, they develop a sense of superiority. Just like an inferiority feeling, superiority can develop into a superiority complex when they pretend to be more superior than they truly are in order to higher their inferiority (Hoffman, 2023). A superiority complex is a result of an inferiority complex.

2.2.2 Individual Psychology Theory by Alfred Adler

The first theory that will be discussed is the Individual psychology theory by Alfred Adler. Individual psychology holds the belief that an Individual drive for superiority and power is a result of the desire to compensate for their sense of inferiority (Britannica, 2017). According to this theory, people are motivated to strike for superiority to compensate for their weakness or incapability. Adler was mainly a forward thinker who saw motivation as a matter of moving toward the future rather than the outcome of our pasts pushing us with only a limited understanding of how and why. "Teleology" is the view that we are drawn to our ambitions, purposes, and ideals. (Alfred Adler's Personality Theory and Personality Types | Journal Psyche, n.d). The feeling of inferiority is normal especially when we are surrounded by people who are far more skilled, stronger or better than us.

Adler believes that feelings of inferiority feeling or inadequacy emerge from childhood (Hoffman, 2023). The parental relationships with children affect their sense of inferiority. When a child feels an inferiority feeling, they unconsciously create fictive goals, those goals give the child an impulse to strive for superiority to overcome that inferiority feeling (Hoffman, 2023). Compensation is important for individuals to overcome their inferiority feelings by developing others' skills or strengths to compensate for their weaknesses. Compensation is a process of

attempting to overcome one's inherent limits. Adler claimed that because we all have different flaws and deficiencies as humans, our personalities evolve largely through how we adapt for or overcome these fundamental problems (Alfred Adler's Personality Theory and Personality Types | Journal Psyche, n.d). When a child gets enough support in their journey for compensation, they will develop positively and have the courage to be imperfect. Compensation results in life balance, people compensate for a shortcoming, or at least a perceived weakness. Sometimes compensation can be insufficient to overcome the inferiority feeling. When the inferiority feeling someone has is too intense, they might feel inadequate and incapable of controlling their surroundings, this will lead to a condition known as overcompensation where they will work tirelessly for compensation, to the point when compensation is no longer adequate. In this condition, the individual's fixation on achieving their goal becomes exaggerated and pathological. Overcompensation is the practice of taking compensation to its extreme (Hoffman,2023). For instance, a person born poor aspires to be a millionaire and then works 80 hours a week or more to become a billionaire.

Overcompensation may cause the occurrence of an inferiority complex. The inferiority complex is a form of low self-esteem in which a person is unable to deal with his feelings of inadequacy. (Hoffman, 2023). People with an inferior complex always strive to find a situation in which they will excel, this is due to their overpowering sense of inadequacy which can lead to the inability to live normally. Inferiority feelings can develop in two ways. Firstly is by either motivating them to strive for higher achievement or compensating by becoming especially adept at something else and secondly, by developing an inferiority complex due to the overwhelming

feeling of inferiority (Alfred Adler's Personality Theory and Personality Types | Journal Psyche, n.d).

When the severe feelings of inadequacy resulting in the inferiority complex become too much to bear, it can evolve into a superiority complex. A superiority complex is when an individual needs to prove that they are superior to what they are doing (Hoffman, 2023). The inferiority complex should not be viewed as an inherent component of the striving for superiority. It gives rise to the superiority complex, which is an extension of the severe sentiments of inferiority (The American Women's College Psychology Department, n.d.). People who have a superior complex often are arrogant, snobby, bossy, or cling to prominent and influential people.

Everyone experiences obstacles in life which make them feel inferior and work hard to overcome that feeling. As each person experiences their obstacles and works to adjust in their unique ways given the context in which they live, they establish a sense of meaning for their existence and set a goal for their strivings. The experiences of striving for goals to overcome their obstacle are referred to as the style of life by Adler (The American Women's College Psychology Department, n.d.). Our ingenuity, the methods we solve difficulties and compensate for deficiencies, and our attitudes, ideas, and aspirations are all part of our style of life. Adler believed that the best method to achieve superiority was through social interest and the resulting cooperation (The American Women's College Psychology Department, n.d.). Living in a group and being a member of a society helps individuals to overcome their inadequacy and inferior feelings.

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2.2.3 Self-concept by Carl Rogers

Carl Rogers introduced Self-concept, which is a well-organized, consistent set of self-perceptions and beliefs (Mcleod, 2023). three important components in self-concept are self-image, self-esteem and ideal self. Self-image refers to how people view themselves, self-esteem refers to how people evaluate themselves and the ideal self are the people an individual is inspired to be. (Mcleod, 2023). The self on the other hand is who we are. According to Rogers, We want to feel, experience, and act in ways that match our self-image and reflect our ideal self. (Mcleod, 2023). The more congruent our self-image and ideal self are, the greater our sense of self-worth. One factor that contributes to feelings of inferiority is self-esteem, which is described as a positive or negative belief about oneself as deserving or unworthy (Lamberson & Wester, 2018). When the incongruence between self-image and ideal self is huge, individuals might start to develop a sense of inferiority. People striving to achieve their goals, values and traits need to be their ideal selves so that they can have a sense of superiority. Incongruence can occur if the ideal self is unrealistic or if there is a considerable discrepancy between the real and ideal selves resulting in an inferiority complex.

Understanding the self-theory can also help an individual to overcome their inferiority complex and low self-esteem. Self-theory, which is typically linked to self-esteem and self-worth, can help reduce the feeling of inadequacy and increase self-esteem. Rogers emphasized the idea that we must establish consistency between these two selves. Congruence occurs when our perceptions of our real and ideal selves are substantially similar, in other words, when our self-concept is correct (University of Central Florida, n.d). One of the ways is by engaging in positive self-affirmation, rather than viewing the ideal self as something impossible to achieve, believing in oneself and repeating positive affirmations about oneself can help to dispel negative

thoughts and boost confidence. The negative thoughts that individuals have need to be challenging because irrational thinking often leads to an inferiority complex when it's too intense. Besides that, to make sure to minimize the gap between the ideal self and the real self, the ideal self should be something realistic and achievable. When the gap between the ideal self and the real self is closer, it's easier to work towards the goals without putting too much pressure on oneself.

Celebrating small victories and progress contributes to a sense of competence and accomplishment, reducing feelings of inadequacy. High congruence leads to a stronger sense of self-worth and a more productive life, unconditional love from parents can help the children to attain it and have a more positive self-concept. If a person has a positive self-concept, they are likely to feel good about themselves and to regard the world as safe and positive (OpenStax, n.d.). Thus the inferiority feeling that they have will be a stepping stone for them to strive for higher achievement rather than hinder them from trying.

2.2.4 Self-determination Theory

Motivation is a fundamental elements that influence human behaviours and actions. Motivation impacts the decisions and actions individuals make, the work the effort they put into projects, and the course of their lives. For students to strive for higher achievement, motivation is needed. One of the theories that explains motivation is self-determination theory(SDT). In 1985, Deci and Ryan published *Self-Determination and Intrinsic Motivation in Human Behavior*, which introduced SDT.

SDT is a theory that focuses on the study of human motivation and personality. It explains the human tendencies for innate growth. This theory is based on the concept that human nature exhibits persistent positive characteristics, such as people consistently demonstrating effort, agency, and dedication in their lives, which the theory refers to as intrinsic growth tendencies and the need to develop themselves (Lopez-Garrido, 2023). It indicates that human can control their life and make their own decision. Self-determination is the capacity of an individual to take care of themselves, make independent decisions, and think for themselves (Lopez-Garrido, 2023). There are 3 key components of SDT which are Autonomy, Competence, and relatedness. When these three basic keys basics of self-determination are met, people are more likely to feel top-notch motivation and fulfilment. In the context of innate growth, meeting these needs allows people to engage in activities that are consistent with their natural growth inclinations, generating a sense of vitality and fulfilment.

Autonomy refers to the basic human need to feel that what they do is based on free will and in charge of their life (Lopez-Garrido, 2023). If the students feel like they have control over their own lives, and can make their own choices and values rather than be forced or controlled by others, it will increase their motivation to strive for higher achievement. If the student feel that they have no control over their life, and they can never improve their life for the better because it is already predetermined, the thought that their life cannot be any better and they cannot compete with others will make them inferior feelings that they felt will become overwhelming and make they loss all the motivation.

Competence is a feeling capable and successful in one's interactions with the environment (Lopez-Garrido, 2023). The phrase "competent" refers to a person who has the required abilities to do a task or to the condition of having appropriate intelligence, judgement, strength, and/or skill (Lopez-Garrido, 2023). Humans are drawn to challenges and chances to hone their abilities. A perception of competence is enhanced by positive reinforcement and feedback. When students feel competent in what they do whether in study, sports, or organizing a club, they believe they can express themselves clearly in their surroundings and possess the abilities necessary to succeed in achieving their objectives. A competent individual has control over their surroundings. However, if the task is too challenging or the individuals often receive only negative feedback, the inferiority feeling will increase while the feeling will decrease.

Relatedness means the individuals need to feel a social connection and sense of belonging(A supportive social environment and interpersonal relationships are essential for wellbeing. Having deep relationships and a sense of belonging to others boosts motivation and happiness. Support from family, friends and lecturers will make students feel belonging and thus more motivated to strive for higher achievement. When the students cannot feel a sense of belonging in the class or club they enter, their motivation and self-esteem will also decrease which leads to inferiority feeling.

There are two sorts of motivation: internal and extrinsic motivation. Intrinsic motivation is defined as doing things because they are fun and fascinating, rather than for the reward or consequence linked with the behaviour (Legaut, 2017). To increase intrinsic motivation, the three components of this theory which are autonomy, competency and relatedness are important. When

acting out of intrinsic motivation, people don't care about the outcome of their actions or what they may gain or lose. Instead, individuals engage in the behaviour because it is fulfilling in and of their own. Depending on how much an individual's self-perceptions of autonomy and competence are influenced by external events, interpersonal situations, and internal proclivities, the intrinsic drive may be strengthened or diminished (Legault, 2017). For instance, when the students are punished or receive criticism when they try to answer a question given by the lecturer, their intrinsic motivation will be diminished. Extrinsic motivation on the other hand refers to behavior that is motivated by the external event or consequences of the behavior (Legault, 2017). An example of extrinsic motivation is when students join club activities because of the reward that is offered to them. Self-determination theory acknowledges that both intrinsic and extrinsic motivation can act as a source of motivation in achieving goals but it highlights the importance of finding out the reason behind intrinsic motivation to achieve the desirable goals.

2.2.5 Social Comparison Theory

Social comparison theory was introduced by Leon Festinger in 1954. According to this theory, individuals compare themselves to others in order to assess their own abilities, attitudes, and beliefs (eBusiness@Newcastle, n.d.). Depending on the group being compared, the social comparison can be either upward or downward, impacting self-esteem, self-worth, and motivation. This theory proposes that people have an innate urge to maintain consistent and realistic opinions of themselves (Crusius et al., 2022). As a result, they should be willing to seek relevant feedback on their features and talents. Festinger proposed that people rely mainly on objective standards for such assessments (Crusius et al., 2022). However, objective standards are

not always available, and making comparisons to them might be difficult. In this instance, people should use social comparisons with others. Festinger claimed that humans have a fundamental desire to evaluate themselves and that social comparison serves as a means of fulfilling this need (eBusiness@Newcastle, n.d.). The theory states that people compare themselves to others who share characteristics such as age, gender, or career. Comparing themselves to others allows individuals to assess their own development and identify their own strengths and weaknesses. Social comparison can have both positive and negative consequences since it can affect individuals' mindset and self-perception. For example, when people compare themselves to those who are less fortunate, they may experience an increase in self-esteem. When people compare themselves to someone who is more successful, they may feel inferior and have lower self-esteem. In an educational context, students might compare their academic performance with peers to gauge their standing and identify areas for improvement.

2.4 Empirical Discussion

A world of facts unfolds within the empirical discussion, where the tapestry of evidence weaves a story only reality can tell. Empirical discussion is important to make the whole research paper reliable because scientific evidence is present. It is also important to challenge the previous theory or assumption to stay relevant across the timeline. Theories and empirical data work hand in hand to help increase the understanding of the effect of inferiority towards students' motivation to strike higher.

2.4.1 Goal-directed action

One fundamental dynamic factor that underlies all human behaviour, according to Adler, is the desire to shift from a perceived negative circumstance to a positive circumstance, from a sense of

inferiority to superiority (Miller & Taylor, 2016). Children who don't have enough opportunities to contribute positively and earn their spot in the family focus their energies on other endeavours that they hope will elevate them in the group (Miller & Taylor, 2016). Children acquire more extreme ambitions when attention fails to satisfy their need for connection or power. When everything else fails, demoralised kids adopt the objective of inadequacy and stop trying to fit in and engage in their surroundings thus developing an inferiority complex. Many scientific conceptions of behaviour are comparable to the Adlerian idea of goal-directed action (Miller & Taylor, 2016).

One of the studies regarding motivation in the Malaysian context was conducted by Bakar et al. (2022). This study aimed to examine the impact of student motivation on academic achievement. It was conducted with 364 undergraduate students from Malaysia's Sultan Zainal Abidin University. The findings revealed that students' motivation increased their academic achievement. Similarly, the regression analysis revealed that motivation was a strong predictor of improved academic performance (GPA). Therefore, motivation was an important factor that determined student achievement. As proposed by goal-directed action individuals use cognitive processes to define objectives, develop necessary activities, and retain motivation to attain desired results. It is important to keep students motivated to strive for higher achievement by directing the inferiority feeling that they have in a positive direction that leads them to strive for higher achievement.

2.4.2 Factors contribute to inferiority feelings

Throughout the years, feelings of inferiority have been defined by a variety of distinct but related conceptions, including failure, worthlessness, a lack of sense of belonging, doubts about

competence, poor self-esteem, envy, depression-like symptoms, insecurity, as well as feelings of being rejected by society.

Liu et al (2022) researched to analyse the causes of inferiority feelings based on social media data with Word2Vec in China using public data. Various keywords were used to identify the user with an inferiority feeling and the causes of it. There are 2 methods used to get the data, firstly by identifying the themes of the post that often occur with the search keyword and secondly by conducting the semantic analysis on the causes of inferiority based on the themes. The results indicate that Personal experiences were the most common cause of inferiority emotions in 270 posts (19.29%), followed by a physical defect in 261 posts (18.64%), love and affection in 247 posts (17.64%), abilities in 238 posts (17%), social interaction in 110 posts (7.86%), learning in 40 posts (2.86%), and inferiority causes by family background is in 25 posts (1.79%). This study contributes to the body of knowledge by using a new way of collecting data and identifying the factors that contribute of inferiority feelings by using social media. This is a great method that can be applied in other research. Nowadays, some individuals especially youngsters prefer to share their thoughts and emotions on media social rather than with their close friends, family and psychologists. Secondly, this study contributes to society by successfully identifying the main factors that contribute to the inferiority feelings that were experienced by a lot of members of society. Despite the finding, there is still the same gap in this research, firstly, the data was obtained from social media known as Sina Weibo which was only widely used in China, therefore the same conclusions may not be applicable in other countries. In addition, people who have the inferiority feeling and do not use social media are also not addressed. Second, Because large-scale operations offline investigations of advertisements are not attainable, this study only reveals a strong correlation between inferiority feelings and both social and emotional factors; the connection between them has not been fully pointed out, and the interrelationships between the causes have not been fully revealed. Third, due to methodological and technical

limitations, this study does not investigate posts that fail to indicate the factors that cause inferiority.

Another study on inferiority has been conducted by Lamberson and Wester (2018) at one of the public universities in the southeastern United States. To define the inferiority feeling in empirical construction. Lamberson and Western (2018) try to find the factors that contribute to inferiority that lead to substance abuse. Convenience sampling was used to find participants, and participants' self-esteem, General self-efficiency, Abstinence Self-Efficacy, shame and demography were assessed to determine the factors that contribute to inferiority and substance abuse. The results from the study suggest that self-esteem and shame were factors that strongly contributed to the construction of inferiority feelings, whereas General self-efficiency and abstinence self-efficacy are not. This suggests that positive self-evaluations and feelings, or a decrease in feelings of inferiority, are associated with higher levels of self-esteem, GSE, and ASE. Likewise, there was a positive correlation found between shame and this notion, indicating that sentiments of inferiority and superiority are inversely correlated with elevated levels of shame. Only shame and self-esteem were found to have a significant effect on the construct of inferiority feeling. This research that was conducted by Lamberson and Wester (2018) is significant in practical discussion and for future researchers. The theoretical continuum of sentiments of superiority and inferiority may be best defined by the quantifiable establishment of self-esteem, GSE, ASE, and shame. Aside from that, this study can have an impact on practitioners especially Adlerian to understand the constructs of inferiority feelings better which allows them to use a more holistic approach to evaluate individuals' inferiority feelings.

2.4.3 Human Desire to Strive for Superiority

There are two studies conducted on the human desire to strive for superiority by Anderson and Hildreth (2016).

The first study examined the well-being of individuals in laboratory groups under various status structures that were experimentally altered. After taking a test, individuals were provided misleading feedback on their group membership and the average status of other members. After that, Participants filled out four questionnaires measuring their psychological well-being, self-esteem, life satisfaction, and positive and negative affect. The results show that Participants felt greater well-being when others' status was lower than when it was higher and equal to their own when their status was high. Participants' attitudes towards status were very competitive. Even when their status was high, participants felt more content when others' statuses were lower than when they were higher. Put another way, individuals felt more at ease in a hierarchical organisation where they would be treated with the utmost respect and regard. They don't want to feel inferior in any way. participants were not happy when their status was higher than when it was low if they did not have a greater status than others.

The second study examined people's preferences by allowing them to choose between two groups to which they preferred to belong. One group would have an individualistic approach toward status, whilst the other would have a competitive orientation toward status. These two groups' status structures were different. 2 scenarios were given, scenario A was "Your status would be 5.00 and everyone else's status, on average, would be 6.00". In Scenario B, "Your status would be 4.50 and everyone else's status, on average, would be 4.00". The majority of the

participants chose scenario B, to satisfy their competitive orientation towards status. Participants were willing to "give up" a significant chunk of their absolute rank in exchange for receiving more respect and deference than others.

Both of the studies indicated that humans strive for status to be superior to others. They rather be in a group where they are the most superior and high in status so that they will be respected than be in a group with great figures who are equal or superior to them. Instead of being content with an egalitarian social system where everyone is valued and has an equal voice, individuals may create and maintain status disparity by constantly aiming to be treated with more reverence and respect than others (Anderson & Heldreth, 2016).

Additionally, In the process of striving for superiority, an individual might try to compensate for their inadequacy to avoid the inferiority feeling that they experience, when the desire to avoid inferiority is too intense individuals might overcompensation which leads to various complications. A study conducted by To et al. (2021) sought to determine if the association between university students' striving to avoid inferiority (SAI) and procrastination was serially mediated by stress and self-control. The sample included 154 university students from Hong Kong. The result of the study indicated that stress might be the cause of the negative association between SAI and self-control. Individuals with an increased SAI tend to be more vulnerable to negative emotional states, including higher levels of stress. As explained in the Alfred Adler theory, when an individual feels a sense of inferiority feeling, they are driven to strive for superiority and compensation for their inadequacy (Hoffman, 2023). When individuals strive to avoid inferiority, they might try too hard and overcompensation which leads to an increase in

stress levels and overwhelming negative emotions. This study by To et al(2021) gives insight into the issues that often occur with university students' academic motivation which helps educators to understand the student's psychological dimension better and choose the right approach to motivate students without making them feel overwhelmed by it.

2.4.4 Inferiority in Malaysia Context

In the Malaysian context, the research regarding the inferiority feeling effect on student motivation still lacking. However, some studies were done in the Malaysian context which is relatable to this research.

A study by Lin et al. (2020) at two public universities in Sarawak was conducted to assess the degree of anxiety among university students when speaking English as a second language (ESL). The sample that was distributed was 1000 and 592 students became respondents from 2 public universities in Sarawak. The four main components that were measured were communication apprehension, fear of negative evaluation, test anxiety and comfort of using English in ESL classrooms. The results indicate that communication apprehension ranks highest with $m=3.37$ for anxiety because of the lack of self-confidence and self-esteem which makes students grow quieter and avoid speaking English. Fear of negative evaluation was placed second with $m=3.36$. The university students were tense while waiting to be called on, they felt inferior compared to their peers worried that they would be mocked by others, and were too hesitant to offer to speak in ESL classes. Test anxiety was ranked third with $m = 3.35$. The contributing factors to the students' exam anxiety include that they were apprehensive because they have issues expressing themselves in English and they worry about insufficient performance, despite having prepared in preparation. The comfort of using English in ESL lessons ranked last with $m=3.14$, according to

the response, University students are not as concerned about speaking English in ESL sessions since they are familiar with the teacher and their classmates. In short, speaking English is one of the factors that lead to lower self-confidence, lower self-esteem and feelings of inadequacy which manifest as anxiety. It creates a sense of inferiority in individuals who experience it and when it's too intense will lead to inferiority feelings.

Besides that, Hussein et al. (2021) conducted a study that intends to investigate the correlation between self-efficacy and intrinsic motivation to learn as well as to determine the connection between self-esteem and intrinsic motivation to learn. This study was conducted with 200 business students with bachelor's degree students from public universities in Malaysia and the data was collected using a survey. The result of the analysis indicates that independent variables which are self-efficacy are positively correlated with the intrinsic motivation of the students. While there is no substantial correlation between self-esteem and intrinsic motivation to learn. This study is crucial for higher education institutions and academics to better understand the self-concept qualities that drive students' intrinsic motivation to learn. As explained by self-concept theory by Carl Rogers, the self-concept is a structure, a consistent set of self-perceptions and beliefs. Self-concept helps individuals to maintain and enhance their internal view of self and intrinsic motivation. Although the result of this study indicates that there is no link between self-esteem and students' intrinsic motivation to learn, according to self-concept theory, the more similar the ideal self and real self are, the higher self-esteem is. The findings can help create seminars and training programs that improve students' self-efficacy. Despite that, this study cannot be generalised due to the sample size and bias is participant

selection. The study was focused on a particular population which makes it unsuitable to be generalised to a bigger population.

2.4.5 Attachment and Inferiority

A lot of research has been conducted regarding inferiority-related topics. According to Adlerian theory, early experiences have a significant role in how people perceive themselves, other people, and the world in general. The idea underlying personality priorities is that people learn particular attitudes and behaviours toward others from childhood that enable them to feel important and belong or inferior and rejected (Miller & Taylor, 2016). Most people develop relationships along a secure-insecure continuum with the early caretaker. Adaptive attachment styles are demonstrated by people's internal and external modifications to satisfy the basic human need for connection and belonging with their carers or to deal with the emotional impact when those needs are not met (Miller & Taylor, 2016). Neuroscience research supports the view that human behaviour and mental processes are related to attachment in childhood (Miller & Taylor, 2016).

2.5 Practical Discussion

As this research focuses on exploring the effect of inferiority feelings towards student motivation to strive for higher achievement, it is important to look at the practical discussion of this research especially in an educational context to see how inferiority affects students' motivation and academic performance. A study conducted by Saminathan and Manivanna (2018) researched the Inferiority complex of high school students about their academic achievement. This study used random sampling to select 200 high school pupils from the Cuddalore area of Tamil Nadu, India.

To measure the inferiority complex and academic achievement 2 tools were used which are the Inferiority complex Scale Constructed and validated by Sorensen (2006) and the standard students' Percentage of marks in the Second Half yearly has been used. The result of the study found that there is a considerable negative association between inferiority complex and academic achievement. This study gives insight into the negative direction that an inferiority feeling can take a person when it is not managed properly. The inferiority feeling that manifests as an inferiority complex can affect student academic achievement negatively. Thus there is a need for students to successfully learn to overcome an inferiority complex for a better life. Some gaps in this study need to be highlighted, firstly there is a limited exploration of the positive direction of inferiority feelings despite the use of Alfred Adler's theory in the research paper. Secondly is the accuracy of the tools used to measure the inferiority complex as it is completely self-assessment. The mean for participants who suffer from inferiority complex as stated in this research is 64.22 which indicates that high school students have a high level of inferiority complex. There is often a misconception about inferiority feelings, by not explaining the differences between inferiority feelings and inferiority complex, the students might have a vague idea about it and thus give an inaccurate self-assessment.

As discussed earlier, inferiority feeling is not necessarily a negative concept. Inferiority motivates humans to strive for superiority and improve themselves. Inferiority feelings can serve as a powerful motivator among students to strive for higher achievement (Britannica, 2017). When individuals set ambitious goals and seek to overcome their perceived weaknesses, they often unlock their full potential. Take, for instance, students from lower-income families who might feel inferior due to their socioeconomic background, they are more likely to work harder

to obtain a scholarship and change their lives for the better. Their desire to outperform, take challenges and continuously improve leads to better academic results and personal fulfilment. This behaviour can also be explained using goal-directed action. Goal-directed action integrates two types of information: knowledge of the causal implications of an action, and the value of the outcome (Griffiths et al, 2014). The students study because they know the causal implication of study where study increases understanding of the material that will be asked in the exam and by understanding the material they can perform better in the examination which increases their chance to get a scholarship. The value of the outcome is that they were aware that they could apply for scholarships with good academic results thus decreasing the monetary burden on their family. Oprah Winfrey, Ed Sheeran, Leonardo DiCaprio, J.K. Rowling etc are real-life practical examples of people who come from unfortunate backgrounds and manage to become rich and famous (Mcdowell, 2023). The majority of them had suffered from tremendous financial problems in the past which served as the invisible driving force behind their current wealth and fame. As explained in self-determination theory previously, human has intrinsic growth tendencies, they are capable of making their own decision and controlling their life. According to Adler, when humans discover that they lack something, they compensate for it by attempting to pursue goals that make them feel superior (McCluskey, 2022). The inferiority that they feel is the drive that makes them work harder to achieve what they don't have.

A lot of students feel a sense of inferiority to some extent be it due to their background, past experiences, attachment, academic performance, appearance, skills and abilities etc especially when they start to compare themselves to their peers. Their ideal self can be influenced by their peers and people around them. When they so fixed want to be as good as their peers, their ideal

self will follow what they think is ideal even if it is unrealistic, when the gap between the real self and ideal self is too large, there exist incongruences between the real self and ideal self which lead to the low self-esteem. As indicated by the study above, shame and low self-esteem are the main factors that influence student inferiority feelings. Adlerian psychology is concerned with how people strive to compensate for the belief that they are not as good as other people. Students often exhibit a strong desire to excel academically. One primary personality dynamic arises from the development and progression of life itself, It is an ambitious pursuit of achievement, greatness, or significance in the future (Adler Graduate School, 2021). Students compete with themselves and their peers to achieve higher grades and recognition. This drive is what motivates the student to study, do research, do the assignments, participate in extracurricular activities and develop their skills. A student might develop a false end goal that, in their subjective opinion, promises success and stability in the future as a result of the inferiority complex they experience early in life and work to overcome. The degree of the inferiority complex usually determines the height of the goal, which is the "final cause" of behaviour patterns. (Adler Graduate School, 2021).

Adler believes that people actually have a choice either to give up or strive to overcome the obstacles in their lives. The same concepts apply to student life. The group Adler referred to as "pampered children" was one that he believed was highly susceptible to giving up (McCluskey, 2022). Adler believes that when pampered children start school, they would experience a sense of inferiority since they think the world revolves around them. They encounter reality at school and frequently struggle to adjust. Their sense of entitlement combined with the idea that they ought to be taken care of inhibits their ability to be creative, self-starting, and brave enough to

make a positive contribution to society (McCluskey, 2022). This pampered children group are the group that Adler believes will easily develop an inferiority complex or superiority complex due to the inability to cope with their inferiority feeling. Besides that, the inferiority feeling that they experience can lead to substance abuse when it's too intense. The study by Lamberson and Wester (2018) indicated that the majority of the participants (86.6%) report using substances such as drinking alcohol and taking drug to cope with the intense feeling of inferiority they experience.

On the other hand, those who can cope with the feeling of inferiority are more likely to succeed in their life. The sense of inferiority serves as a good motivator as individuals strive to improve themselves to counteract their negative feelings of inferiority. A student who strives to master a challenging subject can not only achieve academic success but also develop essential problem-solving skills. In daily life, the drive to surpass one's previous achievements can foster innovation, productivity, and resilience. Striving for superiority can also lead to the collective progress of teams, organizations and societies. By embracing this concept, people can harness their inner drive to push boundaries, conquer obstacles and ultimately realize their full potential, creating a world where excellence and achievement become the norm rather than the exception. As explained by Self-determination theory, human has an innate tendency to grow and develop themselves, showing persistent effort and displaying positive characteristics to grow and control their own life (Lopez-Garrido, 2023).

Furthermore, in the context of group projects and collaborations, striving for superiority can foster healthy competition and cooperation. Students may push each other to deliver their best

work, leading to evaluated academic achievements. Humans naturally seek to move from a perceived unfavourable position to a perceived more favourable one, and this movement is reflected in our pursuit of perfection or superiority (Watt, 2012). Social interest plays a crucial role in motivating someone to overcome the inferiority feeling. Inferiority feelings come from the social interaction that humans have with one another. Humans are striving for superiority because they want to move in a self-centred manner, seeking to be superior over others (Watt, 2012). Social interest does not exert a second dynamic force but rather directs the pursuit of superiority in the same way that any other fully realised potential would (Watt, 2012). Social interest serves as a guiding principle and an acceptable ideal. Working in a group can help the student to develop goals to overcome their inferiority and strive to improve themselves. It is also a practice that students can use to cope with the inferiority feeling that they have before they enter the working world.

In short, Students who strive for superiority might better comprehend their identity roles as teenagers by balancing their feelings of inferiority (Rahmania, 2023). Adolescents are highly curious about their own personal growth, yet they might also experience emotions of inferiority. Depending on how someone views inferiority feelings that they have, its can motivate them to excel in what they doing.

2.6 Chapter Summary

To conclude this chapter, this chapter started with an introduction, followed by Related concepts explaining inferiority feeling, applicable theories including striving for superiority, Erikson's stages of development, self-concept and Maslow's hierarchy of needs, Empirical discussion and practical discussion.

Chapter 3: Research Methodology

3.1 Introduction

This chapter explains the methodology used in this study to capture a better understanding of the Research design, population and sample, pilot study, data collection procedure, data analysis procedures and ethics regarding this study will be discussed in this chapter.

3.2 Research Design

Research is a systematic and patient approach to problem-solving and knowledge acquisition. A more methodical definition of research is the organized process of increasing human knowledge. It should provide a new addition to the corpus of existing knowledge or resolve a problem (Asenahabi, 2019). A proper research design is necessary for a study to be conducted properly. To accomplish the research goal validly, the researcher has established this plan before the start of data collection.

The nature of the research design in this paper is qualitative research. Qualitative research is considered an analytical approach to conducting research. Qualitative research aims to examine and comprehend the meaning that an individual or group of individuals attaches to a social or human issue (Asenahabi, 2019). Its ultimate purpose is to create concepts that assist us in understanding social phenomena in natural rather than experimental settings, to acquire a better knowledge of individuals' experiences, perceptions, and/or behaviours, as well as the meanings associated with them (Agius, 2018). This research seeks to explore the of inferiority feelings towards students' motivation to strive higher, in other words, the research attempts to understand

the human experiences with inferiority feelings and how they can affect the motivation of individuals differently.

Qualitative research was chosen in conducting this research because the researcher attempted to explore the effect of inferiority feelings towards students' motivation to strive for higher achievement and to provide deeper insights into this issue. By using the qualitative method, the researcher can generate rich, descriptive data that helps researchers uncover the depth and breadth of participants' thoughts and feelings. Other than that, qualitative research was chosen because of its ability to explain processes and patterns of human behaviour that can be difficult to quantify (Tenny, 2022). Phenomena such as individuals' experiences, motivation and feelings is hard to explain using the quantitative method.

Qualitative research prioritises participant perspectives, participants were given a chance to share their thoughts and experiences regarding the issues that are being researched. It allows participants to explain what they were thinking, feeling, and experiencing at a certain time or during an event of interest (Tenny, 2022). Qualitative techniques make it possible to have a full assessment of the individual as a whole. Researchers can look at not only how inferiority feelings affect motivation, but also how these feelings interact with other psychological, social, and environmental aspects. This participant-centred method is especially beneficial when researching the effects of inferiority emotions on student motivation, which may involve undiscovered or underappreciated components. Qualitative research is ideal for exploratory investigations because it allows researchers to gain fresh insights and generate hypotheses for further

exploration. Qualitative data seeks themes and patterns that can be difficult to quantify and examine subjective experiences like emotions and motivation.

3.3 Research participants and sampling method

This section is about the research participants and sampling methods used in this research. Selected portions of the population are used to represent the entire population through the process of sampling. The sampling methods used in this research are purposely sampling.

Purposely sampling is a non-probability sampling technique that takes place when the researcher's judgement is used to select sample elements (Purposive sampling, n.d.). This sampling technique relies on the researcher's judgement to choose the participants from the members of the population to participate in this study. The participants of this study were intentionally chosen based on the criteria needed to get a deeper understanding of the impact of inferiority feelings towards student motivation to strive for higher achievement. The participants were also chosen using this purposeful sampling due to convenience on both the researcher's and participants' side. Rather than generalising the results, the goal of qualitative research is to comprehend a phenomenon more thoroughly. Thus, a more thorough review may be carried out with the assistance of a carefully chosen research sample.

The participants chosen for this study are 8 UNIMAS students. The method of choosing the participants is as mentioned above, purposely sampling. The location and the time for the interview depend on the researcher and each participant's convenience. The place and platform

used for the interview will be similar to avoid external distribution during the interview which might influence the finding of this research.

The inclusion criteria for the participants in this research are:

1. UNIMAS student
2. Students who acknowledge the inferiority feeling that they experience
3. Students who strive for higher achievement.
4. Undergraduate student

The exclusion criteria of the participants for this research are:

1. Participants who refuse to sign the informed consent and give their consent to the researcher.

3.4. Pilot Study

The initial phase of any research procedure is usually a pilot study, which is a smaller-scale investigation that helps with the planning and adjustment of the larger study (In, 2017). A pilot study investigates the feasibility of a particular idea, whether it should move forward, and if so, how. One particular aspect of a pilot research's design, though, is that it's carried out on a lesser size than the main or full-scale investigation (In, 2017). To put it another way, the pilot study is critical to raising the calibre and effectiveness of the primary research.

One participant was chosen for the pilot study. The pilot study was in the form of a semi-structured interview. Some of the questions were modified after the pilot interview test to

ensure the questions asked reflect the purpose of this study and to ensure the trustworthiness of the analysis. By evaluating the inclusion and exclusion criteria of the participants, a pilot study that replicates every step of the main study's processes was conducted to confirm the reliability of the research.

3.5. Data Collection Procedures

Data collection is a crucial step in researching to address the research questions and objectives. There are two methods used to collect the data to explore the effect of inferiority feelings towards student motivation to strive higher for achievement which are semi-structured interviews and secondary data.

The primary data collection method is the semi-structured interviews that involve direct interaction between the researcher and participants. This method is commonly used in Qualitative studies. This approach usually entails a conversation between the participant and the researcher, aided by an adaptable interview process and enhanced by comments, follow-up questions, and probes. The approach enables the researcher to gather unstructured data, investigate participant ideas, and opinions, and This type of interview combines structured predetermined questions and open-ended questions regarding a specific subject and goes deeply into private and occasionally delicate matters (Dejonckheere & Vaughn, 2019). Several individuals will be chosen as a sample to study the population. The interview will be carried out with one response at a time and conducted face-to-face. The questions asked will revolve around the inferiority feelings that they experience and their motivation to strive for higher achievement.

Instead of the researcher collecting the data directly from sources, secondary data is information that has already been gathered, analysed, and published by another party. Its included data from sources such as library resources, books, government publications, academic journals, and other existing datasets. Most of the secondary data of this research was gathered from academic journals and databases online. Providing information that has already been gathered by others for other objectives is the goal of secondary data for researchers (Hassan, 2023). To address research objectives, and research questions and provide evidence for research issues, secondary data can be employed.

3.6. Data Analysis Procedures

In this research, the researcher chose to use a thematic analysis as the data analysis approach. The data that was obtained from interviews with the participants was identified, analyzed and reported in this research using a thematic analysis approach.

Thematic analysis is the research technique used to find and analyze themes or patterns in a set of data; it frequently yields fresh perspectives and knowledge (Naeem et al, 2023). For analyzing qualitative data, which typically consists of dense descriptive data, thematic analysis is a very common technique among qualitative researchers. Thematic analysis entails finding and reporting patterns in a data set, which are subsequently understood for their underlying meaning. These patterns can be established by analyzing the meanings of the keywords that participants have used (Naeem et al, 2023). This analysis approach was chosen because of its flexibility and rich description of the data. It can be used to address a wide range of research issues and data kinds while also offering a thorough, extensive description of the data, enabling complex insights.

There are six step-by-step thematic analysis approaches according to Braun and Clarke (2006) as specified in Figure 2.

Figure 2: Step-by-step Thematic analysis procedure by Braun and Clarke (2006)

Step 1: Familiarization With the Data • The first step is to read and re-read the transcripts to be familiar with the information that was obtained from the interview and jot down important ideas.
Step 2: Generate initial codes • The second step is by starting to organize the data effectively and systematically. A lot of data is reduced to meaningfully little parts by coding in this step.
Step 3: Search for themes • To find patterns and links, themes are developed by grouping codes into meaningful categories. The researcher moves from a thorough examination of codes and categories to a more abstract interpretation in this step by developing themes.
Step 4: Review themes • In this step, researchers go over, make adjustments and elaborate upon the initial themes that were determined in Step 3. When reviewing the themes, the researcher should consider the compatibility of the themes with the data and the entire context of the data set.
Step 5: Define themes • In this step, the theme is defined to give it a clear meaning and name and to see how the themes or subthemes are related to one another.
Step 6: Write up • For the last step, the researcher writes up the analysis of the data after the researcher is confident with the analysis and able to see the connection between the research

questions and literature and is confident with analysis

3.7 Ethical Considerations

It is important to consider ethical issues when conducting research. In any research study, it is crucial to protect human subjects by using the proper ethical guidelines. Ethical issues are especially pertinent because a qualitative study is in-depth in its methodology. Instead of emphasising practical application, the existing ethical guidelines for doing qualitative research frequently offer broad suggestions (Arifin, 2018). Therefore this study has taken into consideration ethical issues such as informed consent, confidentiality, respect for the client and so on to avoid harm to participants and future problems.

3.7.1 Inform Consent

Before the interview session began, the informed consent form was given to the participants. Informed consent is a process of communication between the researcher and potential participants. The purpose of informed consent is to give the participants an explanation about the purpose, procedures, potential risks, and benefits of the research. This informed consent included all the rights that participants have including the right to withdraw from the interview at any time without any consequences to protect the participants. Participants will be given time to read and understand the information on the informed consent form given. If there are any questions, participants can ask directly before the interview starts. The permission to record and use the information taken from the interview will also be asked, if the participants are not willing to be recorded, the researcher will comply with that request and won't record the session. The process of gaining participants' consent consists of three elements which are the consent was voluntary by participants, adequately informed about the research was given to participants and the consent

was obtained after the explanation was given (Ariffin, 2018). After the participants sign the informed consent form, the researcher will proceed with the interview session. Participants may withdraw anytime during the interview if the interview sessions make them uncomfortable.

3.7.2 Confidentiality

The research ensured that all the data that was gathered during the interview would be kept confidential and used solely for research purposes. The participants' privacy was protected by concealing their names and identities throughout the data collection, analysis, and publication of the study's conclusions. The identity of clients won't be exposed in the research to avoid the risk or danger to the participants. To ensure the confidentiality of participants' data, interview sessions, recorded tools, data processing, and the distribution of the results, need to be handled carefully (Arifin, 2018). The information gathered from the interview won't be disclosed for any other purpose that will bring harm to the participants. If there is some information that participants wish to be kept confidential, the researcher will comply to respect the client's rights.

3.9. Chapter Summary

To sum up this chapter, this chapter focuses on the methodology used in this study. research design, population and sample, pilot study, data collection procedure, data analysis procedures and ethics are explained and discussed in this chapter.

Chapter 4: Finding and Discussion

4.1. Introduction

This chapter included the demographic data of the participants, the main findings from the interviews conducted, and the discussion. This research has been conducted using a qualitative method through in-depth semi-structured interviews with 8 students from UNIMAS.

4.2 Demographic Data

Participants	Age	Faculty	CGPA	SOCIOECONOM IC
Ms F	21	FSSK	3.62	B40
Ms W	22	FSTS	3.08	B40
Ms R	22	FSKPM	3.54	B40
Ms E	22	FSKPM	3.98	T20
Mr S	26	FSKPM	3.61	M40
Mr H	21	FPBK	3.5	M40
Mr I	23	FPBK	3.10	B40
Ms A	22	FEB	3.5	M40

Table 4.1 Demographic Data

8 participants from UNIMAS were interviewed by the researcher using a semi-structured interview. 5 of the participants are female while another 3 of the participants is a male. All of them are undergraduate students. They all come from different socioeconomic and family backgrounds.

Themes of finding	Subthemes	Categories
Theme 1: Factor contributing to inferiority feeling	Interaction with others	• Compare themselves with others • Meeting new people • Physical appearance • Judgment from others
	Mindset	• Negative thought
	Lack of knowledge and skills	• The feeling of missing out • Lack of ability to succeed
	Self-concept	• Academic Self-Concept • Social Self-Concept • Physical Self-Concept
Theme 2: Challenges faced by students due to inferiority feelings	Emotional & psychological challenges	• Mental exhaustion • Frustrated • Ashamed • Low self-esteem
	Social and interpersonal challenges	• Lack of confident • Less socialize
Theme 3: Coping with inferiority feelings and bounces back to strive for higher achievement	Overcome the negativity	• Negative response • Avoidance • Reflection
	Striving for higher achievement	• Motivation • Focus on the improvement plan
Theme 4: Other factors drive students to strive for higher achievement	Intrinsic and explicit motivation	• Social support • Future Plan

Table 4.2 Research findings

4.3 Finding

An in-depth semi-structured interview was conducted in this research with students who acknowledge the inferior feeling that they experience and always strive for higher achievement. After doing data analysis, there are 4 main themes and 9 subthemes.

4.3.1 Theme 1: Factor contributing to inferiority feelings among students

4.3.1.1 Interaction with others

Based on the interview with 8 of the participants, all of them agree that interaction with others is one of the main factors that makes them feel inferior.

According to the participants, when interacting with others, they cannot help but start to **compare themselves with other people** especially when they think other people are better than them.

The most visible setting they always compare themselves with is an academic context where their friends or classmates manage to get a higher Cumulative Grade Point Average (CGPA) compared to them. Other than that, some of them agree that they felt inferior when they saw someone else manage to carry and present themselves well with confidence, amazing skills and charisma.

According to Ms A, *“ I always felt like I am not skilled enough and don’t deserve my position as a head of department in my club because there are a lot of people who are more skilled than me”*.

Ms F also shared similar experiences, *“ When I saw someone who knows everything and I know nothing it makes me feel dumb”*. Ms W felt inferior when she saw other people have their lives put together well despite their busy schedules. Aside from that, **physical appearance** also became a huge concern to some of the participants because when they saw someone who was more good-looking and fit than them, they felt insecure with themselves. Ms R says *“ I often observe others and compare myself with them in terms of the way they dress up, sometimes I felt like I did not dress enough”*. Mr S mentioned that *“ as a guy,*

I felt inferior when I was talking to a girl because of my appearance and my body weight is not ideal, I felt more inferior when I saw these few guys from my class who are more good-looking, fit and always dress well for class. “ . Mr H, on the other hand, felt inferior when people kept looking down to him due to his sickness, according to him, *“actually there are a lot of people who is considered sick but manage to success, although I manage to prove myself that I can compete with others despite my condition, the peoples in my organization kept looking at me as someone sick and its make me felt inferior if I am healthy, I won't be treated this way”* Apart of that, Three of the participants which are Ms R, Ms E, and Ms A, felt like they are constantly being judged by others if they did not do good enough.

4.3.1.2 Mindset

Five out of the participants believed their mindset was what made them and most of the people felt inferior. According to Ms R, *“ I felt like everyone is consistently judging me and there must be an ulterior motive behind everything they do or say especially when they praise me because I think I am not comparable to them, they are all great people”*. Mr S say that *“ I often think I am good enough for the girl that I like because she is better than me from various of aspects. I felt I am not inferior when other guys are more charismatic, handsome and well-dress than me”*. Mr Hakimi shared his opinion regarding one of the factors that contribute to inferiority, according to him, *“ I think the inferiority feeling is caused by mindset, but most people don't realize it. If someone always thinks positively, the inferiority feeling that they feel won't affect them negatively, but of course it's not easy”*. According to Ms A, *“ I often criticise myself, when I did something I set a goal that I want to achieve, I often told myself if I want to do something I need to make it until I get it so when I don't get it what I am for, I felt inferior and useless, and honestly I often lost with my thought.”* Ms E shared a similar experience with Ms A, *“ I often felt like I did not do enough, there are so many things that I am incapable of but other people can do it, studying felt like the only thing that I could do right”*.

4.3.1.3 Lack of knowledge and skills

When it comes to factors that contribute to inferiority feeling, all the participants agree that lack of knowledge and skills is the main factor that makes them feel inferior especially when they compare themselves with other people.

According to Ms F, *“I often felt inferior when i saw someone who are more knowledgeable, I felt like i should know that because of my position but in reality there is a lot that i don’t know and that make me felt left out”*. Ms W says that *“ I think i have a problem with my money and time management because i lack of knowledge on how to fix it and have a better self discipline”*. Ms R say that *“There are a lot of things that make me felt inferior, lack of knowledge is one of it, sometimes i felt inferior when i saw others people know what to do with their assignments and able to answer their exam well which lead to a good carry mark but i cannot do it because i don’t know how”*. Ms E say that her inferiority comes when *“ I saw other people can do something i cannot do, like my sister know how to cook and always cook for our family and my mom always praise her but i don’t even know how to cook, with friends, similarly in studies, sometimes i felt like i don’t know as much as others, for example i still not sure how to use SPSS and its make me felt so inferior compare to my friends”*. Mr S believe that one of the factors contributing to his inferiority is his lack of language and communication skills while Mr H believe the inferiority occurs because he is often busy with his uniform unit therefore he always lacks information about what happening in class, and he often feels like missing out. Mr I felt like his academic results were affected because he lacked knowledge about some specific topic that he was learning in class thus making his academic results negatively affected so did his inferiority feeling. Lastly, Ms A felt inferior when she felt like she was not skilled enough compared to others, her lack of skills in media and editing made her consistently worried about people's judgement as mentioned previously.

4.3.1.4 Self-concept

Based on the findings, self-concept or the way an individual sees themselves in different aspects can lead to inferiority feelings. Ms R, Ms E and Ms A did describe their **academic self-concept** that led to their feelings of inferiority as briefly mention in previous subthemes. Ms R perceives herself as not smart enough compared with her classmates which leads her to feel negative and often procrastinate. Ms E mentioned that she felt dumb when she could not understand something like SPSS when his classmate could, she felt dumb although she had the highest CGPA compared to the rest of the participants. Ms R mentioned in the interview “ *I felt so dumb when I need to learn subject related to calculation, for my course it is unavoidable but I just felt so dumb when its come to calculation, its give me anxiety and sometimes I can’t even solve simple math questions* ”

Mr H did mention the way he perceives his relation with others (**Social self-concept**), “*I felt like I fail to interact with others as easily as others people, I felt like the only reason people close to me is because of my achievement, without my achievement no one wants to be close to me while others people can joking freely without a need to have any achievement, I also felt distance with my classmate even though I am the leader for my batch, and I think it is because I spend most of my time with practice for my uniform unit*”.

Mr S and Mr I mentioned that they felt slightly insecure about their **physical appearance**. Mr S say that his body weight is something that he feels insecure about because it makes him feel that he does not deserve to be with the girl that he likes, according to Mr S, the girl that he likes is such a beautiful girl. Mr I perceive himself as not good-looking enough, “*as a social media*

influencer, I think it is an advantage to be good-looking, but sometimes I felt unfair when someone who makes content that does not bring any benefits gets many likes just because he is good-looking, I felt like if I am more good-looking, I might get more like too”.

4.3.2 Theme 2: Challenges faced by students due to inferiority feelings

4.2.3.1 Emotional and psychological challenges

When faced with inferiority feelings, there are a lot of challenges faced by students. Emotional and psychological challenges are one of them. The majority of the participants felt that their emotional and psychological were negatively affected when they first felt inferior feeling. According to Ms F, *“When I felt inferiority, I felt like giving up but then I think back what will happen if I give up now? Besides that, it often makes me feel emotional”*. Miss W and Ms R both agree that the feeling of inferiority that they felt made them feel frustrated with themselves because they believed they were actually capable of doing so much better, the aspect of life that both of them felt was mostly affected in terms of academic. According to Ms E, *“Inferiority feelings affect my self-perception”*, both Ms E and Ms A agree that the aspect of their life that was affected badly is their mental health. Mr S, Mr I and Mr H say that inferiority makes affects their self-confidence and self-esteem. Emotionally, some of them did feel exhausted.

4.3.3.1 Social and interpersonal challenges

A few of the participants believe that inferiority leads to social and interpersonal challenges in their lives. Ms E shared that people always compared her with others since she was young be it her cousin or siblings, This makes her very competitive and afraid of disappointing others. It makes her feel the need to consistently compete with others in order not to disappoint other

people's expectations. When she saw her friends who she perceived as better than her, she felt competitive and felt the need to compete although his friends did not feel the same. It makes her feel like a bad friend to some extent. Mr S believe that his weakness affects the friendship that he initially has with the girl that he likes which makes him feel inferior and not good enough for that girl. Mr H believes that his relationship with his friends was affected because of the inferiority that he felt, according to him “ *I think inferiority is like a chain reaction, when I first felt inferiority I felt bad when I look from the negative perspective I felt bad and its effect my self-confident, when I have a low self-confidence I felt lacking and always moody which make others people start to distract themselves from me and the problem remain unsolve if I look from positive aspects, I would realise that the problem is not so big, its something I can joke around in the future if I take up the challenges, I can do better and when the problem is solved, I would be happier and its will attract people to connect with me*”.

4.3.3 Theme 3: Coping with inferiority feelings and bounces back to strive for higher achievement

Based on the data analysis conducted, the finding indicates that there are a few phases that lead someone with an inferiority feeling to strive for higher achievement. Inferiority did not directly make people strive for higher achievement. It's like a phase where people experience the challenges, overcome them and strive for higher achievement.

4.3.3.1 Overcome the negativity

As mentioned in theme 2, a lot of participants felt negatively affected when they first felt the inferiority feeling. According to most of the participants, they face emotional and psychological challenges when faced with inferiority feelings which make some of them want to give up while

others were affected negatively in terms of mental health. 3 participants which are Ms E, Ms S and Ms H also admit that they face social and interpersonal challenges due to inferiority feeling. The findings from this research show that there are a few phases before someone manages to direct themselves for better and transform their inferiority feeling into a motivation to strive for higher achievement. The first phase is the negativity response, according to the participants, when the inferiority feeling occurs, the first emotion that they felt is negative emotion. the negativity that the participants experience is the first stage or a phase that they will experience. All of the participants agree that the first their thought and emotions was filled with negativity when the inferiority feelings occurred to themselves due to factors mentioned in theme 1 such as when they compared themselves with others or when they felt lacking in terms of knowledge and skills, etc. The negativity as a first response when faced with inferiority feeling is something that was agreed upon by all 8 participants.

The second phase is the avoidance and distracted phase, most of the participants admit they when they feel inferior feelings, they will do something to avoid the sources that make them feel inferior and do something else to distract themselves. According to Ms F, *“When I felt inferiority feeling that made me feel bad, I often do something to forget about it for a while such as singing or going out with friends, if I felt too emotional, I would avoid friends so that I won’t accidentally getting mad at them because of my inferiority”*. Ms R on the other hand admit that she often plays with her phone to run from reality as a first response to the negativity that she felt. As for Ms E and Mr S, they often distract themselves with a hobby such as listening to a song or watching a movie.

The third phase is reflection stage. According to the participants, once they cool down, they will start to make a self-reflection. According to Ms F, Ms A and Mr S, after they cool down, they will start to focus on identifying their weakness so that they can overcome them. Ms W often reminds herself to not only focus on the negative sides of the feelings that she experiences but also on how she can improve herself for better. Ms R, Ms E and Mr H would remind themselves to be grateful, Ms R would watch a motivational video and compare herself to other people who are more unfortunate than her, it helps her become more grateful and view life in a more positive light. According to Ms E, *“Although I still did not get what I want, I am not alone, other people also felt inferior too, a lot of people look perfect but struggle a lot to be where they are, I also remind myself to always be grateful because at least I make this far, and there is still room for improvement”*. Mr H share the same thought with Ms E, *“I would usually try to see even a small improvement is achievement that can make me be a better person”*. For Mr I, he would try not to focus on the inferiority that he felt to make sure it wouldn’t grow bigger, he would usually focus more on living his life. The most important component involved in this phase is fixing the mindset to improve themselves.

4.3.3.2 Striving for Higher Achievement

The next phase that the researcher manage to identify is the motivation phase. Most of the participants shared that they felt more motivated to improve themselves for better after they managed to overcome their negativity and fix their mindset. According to Ms F, *“When facing challenges, lack of experience makes me want to improve myself. I will always work hard to compare with others when I know that I am not good enough”*. According to Ms A, *“When I saw someone more successful than me in terms of academics and all, I felt the need to improve myself*

and focus more on my lesson. When I saw someone more admirable than me I was impressed but at the same time I felt that I could do it too, when I think about it, an inferiority feeling always motivated me to strive for better". All 8 of the participants share the same opinion regarding it. Inferiority is what helps to motivate them to strive for higher achievement. According to Mr H, Ms E and Ms A, inferiority feelings make them want to be more competitive and motivate themselves for better. In this stage, all the participants agree to not stay still but push forward to be better and to improve themselves

The fifth phase is planning the change. The next thing that participants did when they felt motivated was to develop a plan and strategy that was suitable for them in order to succeed in what they wanted to achieve. There are quite several plans that each participants develop to strive for what they want. Most of the plan was developed based on their reflection in phase 2. After they identify their weakness, they develop a plan to counter them and be the better version of themselves. One of the strategies that most of them use is asking other people for help in the area where they are weak. Ms F, Mr H. Mr S, Mr I and Ms A would ask someone more experienced, skilled or smarter than them to help them. they believe to succeed, they have to be willing to learn and improve themselves. Another strategy is to start making a plan before committing to something so that their vision of what they want will be clearer, this is a strategy that was done by Ms F, Ms W, Mr S and Ms A. According to Mr S, "*I make a plan to improve myself for better and I try to consistently commit to it, for example, I make a plan to do more walking, a little bit of running and I want to increase the physical activities such as sit-up and push-up so that I can be more fitter and gain my ideal weight*". Besides that, some of them believe the best strategy to overcome their inferiority and strive for higher achievement is by

always pushing themselves to their limit. According to Ms F, she would push herself slowly by start learning from something small and slowly taking up the challenges and doing something big. Ms E also has a similar strategy to Ms F where she often pushes herself out of her comfort zone and challenges herself until she reaches her limit. Other than that, most of them make a plan to overcome their weakness, an example would be Ms W who tries to improve her communication, management and organizational skills, Ms R who tries to understand her inferiority feeling better, Mr S who tries to improve his communication and language skills and Ms A try to improve her leadership skills. The last phase is to stay committed to the plan that they make and keep improving themselves. When the participants commit and see the positive outcome, it makes them feel more motivated to strive for higher.

During the interview, The researcher also asked one particular question to all of the participants where the participants needed to choose one of the two scenarios given that they would prefer more as stated below:

Scenario 1- *“You get a CGPA pointer of 3.6 while on average other students in your program get a CGPA pointer of 3.9”*

Scenario 2- *“ You get a CGPA pointer of 3.5 while on average, other students in your program get a pointer of 3.3”*

The finding indicated that 5 of the participants prefer scenario 1 and 3 of the participants prefer scenario 2. Each of the participants has their interpretation of the scenario when they choose it. Most of the participants who chose scenario 1 believe that 3.6 is higher than 3.5 and that what matters more, some of them also add that if they are not the highest score in the class, it will make them more motivated to strive and do better next time because they have someone they

want to bet. Ms R said, *“If I got the pointer of 3.6 and became the student with the highest score in my class, I would be too comfortable with my position and won’t try harder and thus won’t be able to develop myself”*. Ms A also shares the same mindset with Ms R. For the participants who chose scenario 2, they chose it because it would make them feel better to be in a position higher than others because the inferiority that they felt would decrease.

4.3.4 Theme 4: Other factors drive students to strive for higher achievement

Based on the findings, there are two other key factors that motivated students to strive for higher achievement. Firstly is the support from others including their family and friends. All of the participants agree that support from their parents is the reason they kept striving for higher and to be the better version of themselves. The support that they receive from their parents becomes sources of motivation that make them keep trying to do their best in their studies. Most of them want to make their parents proud, they don’t want to disappoint their parents. According to Ms F, *“When I felt like giving up, my parents are the reason I don’t”*. Ms A also shared that *“I am often too harsh on myself especially when I don’t achieve my goals and it is exhausting, but my parents, especially my dad always remind me that Allah S.W.T never let their servant effort be wasted, if Allah S.W.T saw that we kept trying our best, he will give it if he did not give it, there must be something better in store that he wants to give to us, so don’t lose trust”*. Aside from parents, friends also become the factor that motivates the participants to strive for better, especially, when their friends support and help them to improve. Besides that, when they see their friends are better than them, they are more motivated to compete and also improve themselves so that they don’t miss out. Mr I shared that she was motivated to strive for higher

achievement, especially in the organization because he wanted to connect with more people and increase his circle.

Secondly is due to their future plan. According to Ms W, *“I have a dream to be a scientist, that is what makes me work hard”*. The same goes for Ms E, *“I want to make a path for my future career starting now, i want to strive and include all of my achievements in my resume so that I can job easily in the future, to secure a good future, get more money make my parents happy”*. As for Ms A, *“I don’t like it when people looking down on me, I want the action to prove how good I am. Besides that, I like to receive awards such as dean list awards or any awards that are hard to receive and rare”*. A few of them which are Ms F, Mr S and Ms H agree that self-development is what motivates them to strive for higher achievement. Ms S also added that monetary reward is also the reason he worked so hard.

4.4 Discussion

The feeling of inferiority is a common experience among individuals, particularly in environments where comparison is prevalent, such as academic settings. This discussion explores the experiences of inferiority among participants based on the result of this study, theories and past studies to understand further the factors contributing to inferiority feelings.

4.4.1 Theme 1: Factor contributing to inferiority feelings among students

As indicated in the findings of this research, a few factors can lead to inferiority feelings, especially among students. The main factors that the participants agree contribute to their

inferiority feeling are interaction with others, their mindset, lack of knowledge and skills and negative self-concept. There are also a few studies that study the factors contributing to inferiority feeling in individuals. Liu et al. (2022) studied the causes of inferiority feelings based on social media data with Word2Vec in China using public data. The results of the study by Liu et al. (2022) indicated that personal experiences (19.29%), physical appearance (18.64%), connection with others (17.64%), and skills (17%) are the main contributors to inferiority feelings. The results of the study by Liu (2022) are similar to the answers provided by the participants in this study. The participants in this study describe their inferiority feeling occurring due to their interaction with others where they often compare themselves with other people in various aspects including physical appearance. All of the participants that were interviewed for this study also agree that lack of knowledge and skills is what makes them feel inferior when they compare themselves to other people. Two of the four factors contributing to inferiority feeling among students align with the study by Liu et al. (2022) which means that interaction with others and lack of knowledge and skills are the factors contributing to inferiority feeling not only among students but also society in general. Lamberson and Wester (2018) also conducted a study to define the inferiority feeling in empirical construction. Their study focuses more on the factors that lead to inferiority feeling and how they direct someone to substance abuse. The study's findings suggest that feelings of inferiority were largely constructed as a result of shame and low self-esteem. This shows that higher levels of self-esteem are linked to positive self-evaluations and feelings, thus a decrease in feelings of inferiority. Similarly, an interview with the participants for this study also suggests that the way they perceive themselves, their thoughts and emotions contribute to their low self-esteem and thus lead to a sense of shame when comparing themselves with other people.

All the participants that were interviewed did not deny that they have an inferiority feeling and it did to some extent influence them negatively. According to Alfred Adler, Inferiority feeling is a natural part of human life especially because we are a social being. It's common to feel inferior, especially when we're surrounded by others who are significantly stronger, more skilled, or generally outstanding than us (Adler, 1956). According to the findings of this study, most of the participants agree that the inferiority feeling that they felt was caused by the interaction that they had with other people, their mindset, their lack of knowledge and skills and their self-concept. All of this can be explained using the social comparison theory proposed by Leon Festinger. Social comparison theory suggests that each individual has an innate drive to evaluate themselves by comparing themselves with other people (Crusius, 2022). The comparison can be upward comparison where they compare themselves with someone they think is better than them or downward comparison where they compare themselves with someone they perceive as worse than them. In this case, the inferiority feeling that most of the participants felt is the upward comparison where they compare themselves with people around them who they perceive as better than them. A lot of inferiority feeling occurs when the participants compare their academic performance, appearance, knowledge and skills with other people that they meet. The comparison influences their mindset and also affects their self-concept negatively.

Other than connection with others, an individual's mindset plays a crucial role in the development of feelings of inferiority among students. When they keep comparing themselves with other people who they think are better than them, they generate a belief that significantly influences the way they perceive themselves and their capabilities, this can also potentially affect their self-concept negatively. The mindset plays a crucial role in determining where the

inferiority feeling that they feel will bring them. People who have a fixed mindset think that their abilities and skills are fixed and unalterable. This time of fixed mindset in return can create a negative self-concept and can hinder an individual from succeeding to be the better version of themselves. When people encounter challenges, their coping strategies might be influenced by their mindset. To preserve their self-esteem, people with fixed mindsets may engage in avoidance or self-handicapping behaviours, which may exacerbate feelings of inferiority. For example, Ms R shared that her inferiority makes her feel inferior and down, thus she uses avoidance as a defence mechanism where she would lay on the bed and play with her phone all day long to forget about the inferiority that she felt before she realised about it and improve herself for better.

Negative self-concept is also one of the factors that contribute to the feeling of inferiority. The self-concept focuses on the main 3 aspects which are academic, social and physical self-concept. The negative self-concept that the participants felt can be explained using Carl Rogers's theory of self-concept. Academic self-concept refers to how individuals perceive their abilities and competence in an academic setting. This includes their self-image as students, their confidence in their academic skills, and how they believe others perceive their academic abilities. Participants frequently compared their academic achievements with those of their peers, leading to feelings of inferiority. In this context, Many participants felt inadequate when classmates achieved higher Cumulative Grade Point Averages (CGPAs). For example, Ms E mentioned that she felt dumb when she could not understand something like SPSS when his classmate could, she felt dumb although she had the highest CGPA compared to the rest of the participants. According to self-concept theory by Carl Rogers, these feelings stem from conditions of worth where individuals tie their self-esteem to academic success. The gap between their academic self-image

(how they currently see their academic abilities) and their ideal academic self (the successful student they aspire to be) creates incongruence. This incongruence can lead to distress and prevent personal growth. Social self-concept involves how individuals perceive their social interactions and relationships, including their perceived social skills, confidence in social settings, and how they believe others view them. Mr H mentioned that he did feel that people only approach him because of his achievements, without it no one wants to get closer to him while his friends who had nothing were well-liked by others. These social comparisons create conditions of worth based on social success and acceptance. The incongruence between participants' social self-image and their ideal social self leads to feelings of inadequacy. Physical self-concept pertains to how individuals perceive their physical appearance and attributes, including body image, attractiveness, and physical fitness. Mr S felt inferior due to his body weight and appearance compared to his more fit and well-dressed peers. Physical self-concept issues reflect conditions of worth based on physical appearance. The incongruence between participants' physical self-image (how they currently see their physical attributes) and their ideal physical self (a more attractive, fit individual) leads to feelings of insecurity and inferiority.

4.4.2 Theme 2: Challenges faced by students due to inferiority feelings

There are a lot of challenges faced by students due to the inferiority feeling that they experience. The findings indicate that students experience significant emotional and psychological challenges when dealing with feelings of inferiority. Participants reported feelings of giving up, frustration, and emotional exhaustion. Ms F mentioned she felt like giving up but reconsidering emphasizing the internal struggle between despair and resilience. Ms. W and Ms. R's frustration with themselves despite recognizing their potential resulted in a conflict between self-perception

and actual performance. A few participants including Ms R also mentioned that the judgement that they felt from others is one of the challenges that they need to face. A study by Lin et al (2020) at two public universities in Sarawak indicated the same finding, evaluation from others is one of the things that make people more anxious to perform. Ms E and Ms A's experiences a negative impact on mental health due to inferiority feelings reflect a significant impact on self-perception and psychological well-being. Mr. S, Mr. I, and Mr. H's experiences of low self-confidence and self-esteem further emphasize the impact on one's emotional state. Inferiority feelings also lead to significant social and interpersonal challenges. Ms E's experience of being consistently compared to others since childhood developed a competitive nature and fear of disappointing others, which affected her friendships. This needs to compete, straining her social interactions. Mr. S's account of feeling inferior and unworthy of the girl he likes demonstrates how inferiority can affect romantic relationships. Mr. H's description of a "chain reaction" where inferiority leads to low self-confidence, moodiness, and social withdrawal illustrates the ongoing pattern of these struggles. However, he also notes the potential for positive reconstructing and overcoming these feelings to build better social connections.

Despite the challenges faced by the participants, when asked about the positive impact of inferiority feelings in their lives, most of them agreed that inferiority did influence their lives in a positive light. According to Ms R, the inferiority feeling that she felt was the reason she had the drive to strive for higher achievement and prove herself in front of other people. Most of the participants agree with Ms R including Mr S, Ms E, Ms A, Mr H and more. Some of them also agree that inferiority feeling makes them feel more grateful for what they have and their life. The participants' experiences align with Adler's theory. Their feelings of inferiority are linked to

various emotional and psychological struggles, such as low self-esteem and frustration, but it's also the force of motivation that makes them work hard to prove themselves and be the best version of themselves by striving for higher achievement. These challenges can hinder their ability to achieve their potential, as seen in Ms W and Ms R's frustration despite recognizing their capabilities but can also be the door for them to achieve their full potential as seen in Ms E and Ms A. Adler theory of individual psychology also highlighted the importance of social interest and community feeling in overcoming inferiority feelings. The social and interpersonal challenges reported by the participants, such as Ms. E's competitive nature and Mr. S's romantic insecurities can be seen as a lack of social connectedness and cooperation.

self-concept plays a crucial role in psychological well-being. A positive self-concept is essential for achieving self-actualization, the realization of one's potential as suggested by Carl Rogers' self-concept theory. One of the challenges that were faced by the participants is that their feelings of inferiority negatively impacted their self-concept, as seen in Ms E's and Ms A's reports of affected mental health and Mr H's low self-confidence. Self-concept theory would suggest that these individuals are experiencing incongruence between their self-concept and their experiences, leading to psychological distress. Rogers posited that individuals have an inherent tendency towards self-actualization, the realization of their potential (McLeod, 2023). The challenges posed by inferiority feelings can serve as catalysts for this process. By working through these challenges, students can achieve a more congruent and positive self-concept, leading to greater self-actualization. While feelings of inferiority present significant emotional, psychological, social, and interpersonal challenges, these challenges also hold the potential to positively motivate students towards personal growth and improvement.

4.4.3 Theme 3: Coping with inferiority feelings and bounces back to strive for higher achievement

The finding presented after the data analysis indicates that the process of transforming inferiority feelings into motivation and striving for higher achievement involves several distinct phases: negativity response, avoidance and distraction, reflection, motivation, and planning the change. These phases highlight a structured order that most of the participants follow when overcoming inferiority feelings and using them as a catalyst for personal growth and striving for higher. Although this phase cannot be generalised, the data that was obtained from all the participants was divided into five phases to make it easier in order to analyse the way students cope with their inferiority feelings and bounce back to strive for higher achievement.

Negativity Response Phase

The initial response to feelings of inferiority is characterized by negative emotions, as agreed upon by all participants. This phase is marked by self-comparison, feelings of inadequacy, and emotional turmoil. Ms. F's experience is one of the examples of wanting to give up and others' reports of emotional and psychological challenges illustrate the pervasive impact of negativity.

Avoidance and Distraction Phase

To cope with these negative emotions, participants often engage in avoidance and distraction behaviours. Activities such as singing, going out with friends, playing with phones, or engaging in hobbies help them temporarily escape from the sources of their inferiority feelings. This phase serves as a necessary step to distance themselves from immediate emotional distress.

Reflection Phase

Once the initial emotional response subsides, participants enter a reflection phase. Here, they engage in self-reflection to identify their weaknesses and areas for improvement. Ms F, Ms A, and Mr S's focus on self-improvement, along with Ms R, Ms E, and Mr H's practice of gratitude and positive reframing, highlights the importance of this phase in shifting their mindset towards growth and development.

Motivation Phase

After overcoming negativity and reflecting on their experiences, participants feel more motivated to improve themselves. Inferiority feelings become a driving force for self-improvement and competition. Ms. F, Ms. A, and others express how these feelings push them to work harder and strive for better outcomes.

Planning the Change Phase

The final phase involves developing concrete plans and strategies to achieve their goals. Participants create actionable steps based on their reflections, such as seeking help from more experienced individuals, making detailed plans, and pushing themselves to their limits. This phase emphasizes the importance of goal-setting and consistent effort in overcoming inferiority.

Alfred Adler's concept of striving for superiority is consistent with the phases described in the research. According to Adler, people are motivated by an innate urge to overcome feelings of inferiority and achieve personal ultimate achievement (Adler Graduate School, 2022). The desire

for superiority is a primary reward for humans too. The initial negativity and avoidance phases can be seen as part of the struggle to overcome perceived inferiority. Participants' negative emotions and avoidance behaviours reflect Adler's idea of the inferiority complex, where individuals feel overwhelmed by their perceived inadequacies. The reflection phase aligns with Adler's emphasis on self-awareness and personal growth. Participants' self-reflection and subsequent motivation to improve resonate with the concept of striving for superiority, where individuals seek to overcome their weaknesses and achieve a sense of competence and mastery. The motivation phase was also aligned with Adler's concept of compensation behaviour where people are motivated to strive for superiority to compensate for their weakness or incapability(Adler Graduate School, 2022). For example, Ms A mentioned that when she felt inferior compared to others, especially in terms of skills she would compensate for it by working harder and joining a lot of workshops so people wouldn't judge her as unworthy of the position that she had. The final phase of developing and executing improvement plans reflects Adler's theory of purposeful behaviour aimed at personal growth and overcoming inferiority.

The way participants cope with their inferiority feeling and bounce back can also be explained by self-directed action which is the desire to shift from a perceived negative circumstance to a positive circumstance (Miller & Taylor, 2016). initially, participants may feel a lack of control over their situation, leading to negative emotions and avoidance behaviours. However, as they move into the reflection phase, they begin to regain a sense of control over their life. The reflection phase involves critical self-assessment and the identification of actionable steps for improvement. This self-directed approach empowers participants to take control of their development and work towards overcoming their inferiority feelings. The final phase of

generating and implementing plans requires a high level of self-directed action. Participants make persistent attempts to overcome their shortcomings, seek support, and push themselves beyond their comfort zones. This proactive conduct is critical for converting inferiority feelings into motivation and striving for higher achievement.

Social Comparison Theory proposes that people evaluate themselves by comparing to others, which can have an impact on their self-esteem and motivation (Crusius et al., 2022). The initial negative emotions stem from unfavourable social comparisons. Participants feel inferior when they perceive others as more successful or capable, which triggers emotional distress. As participants reflect on their experiences, they may engage in upward social comparisons, where they compare themselves to more successful individuals as a source of inspiration and motivation. This aligns with the motivation phase, where they strive to achieve similar levels of success. The development of plans and strategies to improve can be seen as an outcome of social comparison, where participants set goals based on the achievements of those they admire and aim to close the gap between themselves and their role models.

Participants' motivation to cope with their inferiority feelings and bounce back to strive for higher achievement can also be explained using the Self-determination theory. There are 3 key components of SDT which are Autonomy, Competence, and relatedness (Lopez-Garrido, 2023). Autonomy refers to when the participants feel that they have free will and are in charge of their lives. When the students change their mindset to be more positive, they start to feel like they have control over their own lives, and can make their own choices which increases their motivation to strive for higher achievement. Next is competence, to improve abilities, humans

are often drawn to challenges. if a person feels competent to challenge themselves whether in study, organization, or interaction with others, it will influence their motivation positively. Positive feedback from others helps individuals to strengthen their perception of their competence and when students feel competent, they believe they can express themselves clearly in their surroundings and possess the abilities necessary to succeed in achieving their goals. Lastly is relatedness which means a social connection and sense of belonging. Most of the participants claim that they have a supportive social environment and interpersonal relationships and thus more motivated them to strive for higher achievement.

As mentioned in the findings, the researcher asked one particular question during the interview when the participants were given two scenarios and they needed to choose one of the two scenarios that make them feel better. In Scenario 1 participants will get a pointer of 3.6 while on average other students in their program will get a CGPA pointer of 3.9. In Scenario 2 they will get a CGPA pointer of 3.5 while on average, another student in their program will get a CGPA pointer of 3.3. The finding indicated that 5 of the participants prefer scenario 1 and 3 of the participants prefer scenario 2. This question was duplicated from the study conducted by Anderson and Hildreth (2016) and changed to fit the context that students in UNIMAS are in. Anderson and Hildreth (2016) conducted a study about the human desire to strive for superiority and examined people's preferences by allowing them to choose between two groups to which they preferred to belong. One group would have an individualistic approach toward status, whilst the other would have a competitive orientation toward status. The results of the studies indicated that most of the participants in Anderson and Hildreth rather be in a group where they are the most superior and high in status so that they will be respected than be in a group with great figures who are equal or superior to them. Interestingly in this study, the outcome is different

from the studies conducted by Anderson and Hildreth (2016), most of the participants prefer to focus on improving themselves and getting higher CGPA pointer rather than being better with others when the pointer is lower than another scenario. Culture or age might play a role in this different result. The participants who chose scenario 1 believe that if they were not the best in their circle, there would be room for improvement and motivation for them to strive for higher. If they get higher, they will feel comfortable which makes them feel lazy and unmotivated to do better.

4.4.4 Theme 4: Other factors drive students to strive for higher achievement

As stated in the finding there are two key factors that motivate students to strive for higher achievement which are support from others and their future plans. The support from family and friends plays a critical role in providing students with a sense of belonging and encouragement. The participants' statements about their parents and friends highlight the importance of social connection and recognition in their motivation to achieve something. For instance, Ms A's reflection on her father's advice emphasises how social support can foster resilience and perseverance, aligning with Alfred Adler's theory of individual psychology that social encouragement helps individuals overcome perceived weakness and strive for personal superiority. When a child get enough support in their journey for compensation, they will develop positively and have the courage to be imperfect (Britannica, 2017). When participants feel supported by their parents and peers, they are more likely to develop a sense of belonging, which in turn enhances their motivation to achieve. Furthermore, when friends support and help each other improve, it fosters a collaborative environment where students feel competent and motivated to achieve their goals, also fulfilling the need for competence.

Aside from that, most of the participants also agree that intrinsic motivation that they have is what keeps them going forward and striving for higher achievement. Hussein et al. (2021) conducted a study that intends to investigate the correlation between self-efficacy and intrinsic motivation to learn. The result of the analysis indicates that self-efficacy is positively correlated with the intrinsic motivation of the students. The finding by Hussein et al (2021) is consistent with the finding in this research, especially after considering participants' achievements in academics and organizations that they joined at university. Adler's concept of "striving for superiority" explains how individuals are motivated by future-oriented goals and aspirations. The participants' plans, such as career aspirations, a better life and the desire for self-improvement, can be seen as manifestations of this striving for superiority. For example, Ms W's dream to become a scientist and Ms E's goal to secure a good job and make her parents live a better life reflect their individual pursuits of significance and personal fulfilment. These future-oriented goals are crucial in motivating individuals to overcome current limitations and achieve higher levels of success. SDT suggests that the pursuit of personally meaningful goals contributes to intrinsic motivation and well-being (Lopez-Garrido, 2023). Plans and dreams, such as career goals and self-development, fulfil the need for autonomy, allowing students to take control of their lives and work towards self-determined objectives. Support from family and friends can be seen as fulfilling the need for relatedness, which is essential for intrinsic motivation. Ms A's desire to prove herself and achieve awards demonstrates how autonomy in setting personal goals can drive motivation. Similarly, the emphasis on self-development by Ms F, Ms S, and Ms H reflects their intrinsic motivation to achieve personal growth, aligning with SDT's focus on autonomy and competence.

4.4.5 Chapter Summary

To sum up, this chapter included the demographic data of the participants, the main findings from the interviews conducted, and the discussion about the findings with theories and literature review used to support the explanation.

Chapter 5 Conclusion, Limitation, Implication, and recommendation.

5.1 Introduction

This chapter will summaries the whole research, discuss the limitations of the study, its implications, and recommendations for future studies and conclude this study.

5.2 Research Summaries

This research explores the impacts of inferiority feeling on students' motivation to strive for higher achievement. In chapter one, an introduction to this research, background information, problem statement, research objective, research question, conceptual framework, and the importance of the study was explained. To some extent, everyone experiences feeling inferior especially when they compare themselves with other people because humans live as social beings. Most of the previous studies focus on the negative aspects of inferiority feelings, There is a need to explore the phenomenon of inferiority feeling among students to enhance their motivation to strive for higher achievement. The general objective of this study is to explore the effect of inferiority feelings towards student motivation to strive for higher achievement. There are three specific objectives which are to identify the factors contributing to inferiority feelings among students, to understand the challenges faced by students in coping with their sense of inferiority and to discover what factors could drive the students to be more motivated to strike for higher achievement.

In chapter two, the related concepts of inferiority feelings and motivation, the theories used to explain the study, empirical discussion and practical application were discussed to make the reader understanding this research better. Several theories were included to support and explain

the motion of this research. The theories that were included are Individual Psychology Theory by Alfred Adler, Self-concept by Carl Rogers, Self-determination Theory, and Social Comparison Theory. Besides that, a review of existing literature related to the concept of inferiority feelings and motivation to strive for higher achievement, especially among students was highlighted. Although some studies did correlate with these studies, there no exact studies were done previously regarding this research topic.

In Chapter 3, the discussion focuses on the methodology used in this study to capture a better understanding of the research design, population and sample, pilot study, data collection procedure, data analysis procedures and ethics regarding this study. The nature of this research is qualitative research using semi-structured interviews conducted to explore the personal experiences of inferiority that the participants had and its impact on motivation. The pilot studies were also conducted to help with the planning and adjustment of the interview questions to make the data collection procedure more smoothly. After the pilot study was conducted, eight participants who fulfilled all the criteria required were chosen to participate in this research. The data analysis procedure that was chosen is the thematic analysis which consists of six step-by-step procedures that help to sort the data better. Ethics informed consent and confidentiality were also highlighted in Chapter three.

Finding and discussion are the main focus of chapter four. From the interview with the participants, four main themes were established after the thematic data analysis procedure which are the factors contributing to inferiority feeling, the challenges faced by the students due to the inferiority feelings, the way they cope and bounce back to strive for higher achievement and

others factors that drive students to strike for higher achievement. nine subthemes were established from those themes. Personal experiences that each participants have regarding inferiority feelings provide a new insight to this research. The finding of this research allowed for a comprehensive exploration, uncovering both the trend among students and each individual's unique experiences. The findings highlight the importance of addressing inferiority feelings from not only negative aspects but also on its positive influences to foster healthier motivational environments.

Chapter five concludes this research with limitation of this studies, recommendations for future research, particularly focusing on cross-cultural differences and longitudinal studies and the implication of this research to public.

5.3 Conclusion

In conclusion, this research provides a comprehensive exploration of how inferiority feelings impact students' motivation in pursuit a higher achievement. Based on the result of this study, Inferiority is similar to two sides of a coin where its can be positive and negative depending on how its was perceive. The findings highlight that feelings of inferiority can profoundly influence students' motivation. On one hand, inferiority feeling can serve as motivation drive for personal growth and achievement, making students strive harder and seek validation through academic success to prove themselves. Conversely, persistent feelings of inferiority may lead to low self-esteem, diminished intrinsic motivation, or lead to inferiority complex which would later impair students ability to function in everyday life while also affect the mental health negatively.

From this finding, the mindset that participants have is an important indicator that determine the path that inferiority feeling will guide the participants. The positive mindset that focuses on improving oneself and to be the best version of themselves becomes the motivation drive that makes the student work hard to strive for higher achievement. The negative mindset on the other hand contributes to the lower self-esteem and negative self-concept which contribute to inferiority complex. Aside from that, competitive behavior is also one of the factor that make the participants work hard to overcome their inferiority feeling and be better. Competitive behavior make the students consistently try to improve so they won't felt inferior compare to others, they compete to strive for superiority. Motivation can be intrinsic and extrinsic motivation, both of it is important for students. Support from people around the students was also one of the important factor that make the students motivated to strive and do their best in university life as agreed by most of the participants in this study. The good and supportive environment is crucial in ensure the students able to overcome their inferiority feeling and strive for higher achievement, therefore parents, friends and people around play in helping the student to success. Intrinsic motivation and future dreams are another important factor that motivate students to kept striving despite feeling tired and want to give up, when the students are aware that their effort will pay off one day, they are more motivated to keep going forward and be their ideal self.

Understanding these dynamics is crucial for educators and policymakers seeking to create supportive environments that foster positive motivational circumstances for all the students. By addressing underlying feelings of inferiority and promoting a sense of competence and belonging, educational institutions can nurture intrinsic motivation and resilience among students. By continuing to deepen our understanding of these dynamics, we can develop more

effective strategies to empower students, foster their motivation, and promote equitable educational outcomes.

5.4 Limitation of study

There are several limitations related to this study. Subjectivity and bias are inherent challenges in this research because it involve interaction between the researcher and participants via interview sessions. One significant issue is interviewer bias, where the presence and interaction of the interviewer can influence participants' responses. Interviewers might unintentionally lead participants or project their own biases, affecting the authenticity of the data collected. Additionally, participant bias can occur as participants might provide socially desirable answers or might not fully disclose their true feelings due to the sensitive nature of discussing inferiority.

Aside from that, Another limitation is time constraints and intensive resources. To conduct this study, more time required is lengthy because it involves finding participants who fulfil all the criteria, one-on-one interview sessions with each participant, transcription process, data sorting, interpretation and more. This research is particularly demanding, requiring significant time and resources to conduct effectively. Additionally, the analysis of qualitative data is labour-intensive, involving detailed coding and interpretation. This process is complex and time-consuming, as it necessitates careful attention to detail to ensure accurate and meaningful insights are derived from the data.

Another limitation of this research is its limited scope. While it provides in-depth insights into specific issues, it may not cover a wide range of topics or variables. While researchers can gain a

comprehensive understanding of the impact of inferiority feeling among students, The researcher may not be able to generalize these findings across different contexts or populations. Furthermore, the findings are specific to the context in which this study was conducted, which may limit its applicability to other settings due to different cultures and age groups. This context-specific nature of research can constrain the generalizability and broader applicability of its results.

5.5 Implication of the study

This study explores the effect of inferiority on student motivation to strive higher. There is limited research regarding this topic in the Malaysian context. This study can provide new insight and knowledge about the inferiority feelings that were experienced by a lot of students and how it can motivate them to strive for success and better academic performance. In other words, this study can contribute to educational improvement. By understanding how inferiority feelings can motivate students to work harder, educators and institutions can develop a strategy to enhance student's educational experiences for the better. The results of this study can help teachers understand how important it is to foster an environment in the classroom that is both empowering and supportive so that all students feel encouraged to participate fully in the process of learning, regardless of their background or sense of self.

Next, This study is also significant due to its effect on student mental health and well-being. By knowing that inferiority is common and is experienced by others, students will be less insecure about themselves which leads to more positive outcomes. Educational institutions can contribute to a decrease in dropout rates by addressing the motivational influence of inferiority feeling since

empowered students are more likely to stick with their studies. Understanding how inferiority complexes affect students' motivation can help develop more effective support and intervention programmes that deal with mental health concerns, lower stress levels, and enhance students' emotional well-being.

Other than that, this study can encourage students to build coping skills, resilience, and self-worth to get over their inferiority and advance their own personal development. Understanding this study also leads to better career preparation by equipping students with not only academic skills but also the self-belief and motivation to excel in their future careers. A motivated and empowered student population can have far-reaching societal and economic benefits, as it can lead to a more skilled and productive workforce, contributing to overall social progress.

5.6 Recommendation

Future research should explore how cultural and contextual factors influence the relationship between inferiority feelings and motivation across different populations and educational settings. Understanding these influences can provide a more nuanced view of how inferiority feelings manifest and affect motivation in diverse contexts. Additionally, conducting longitudinal studies can offer valuable insights into the evolution of inferiority feelings over time and their long-term impact on students' motivation and achievement. These studies would help to track changes and identify patterns that may not be evident in cross-sectional research, thereby providing a deeper understanding of the dynamics involved.

A mixed-methods approach should be employed in future research on the relationship between motivation and feelings of inferiority to obtain a thorough grasp of the phenomenon. In order to measure these dimensions effectively, the quantitative component may involve the use of validated instruments like the Academic Motivation Scale and the Inferiority Feelings Scale. Studies that follow changes in motivation and inferiority complex throughout time would be beneficial in establishing causal relationships.

5.7 Chapter Summary

To conclude this chapter, this chapter started with an introduction for this chapter, a research summaries to summarize the whole research, the conclusion, discusses on the limitations of the study, its implications, and recommendations for future studies.

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APPENDIX

APPENDIX A



INFORMED CONSENT FORM

RESEARCH TOPIC: UNVEILING THE IMPACTS OF INFERIORITY FEELINGS ON STUDENTS MOTIVATION: A QUALITATIVE EXPLORATION OF FACTORS INFLUENCING THE PURSUIT OF HIGHER ACHIEVEMENT

RESEARCHER:

My name is Siti Aisyah Binti Tajudin with matric number 81184. I am currently conducting research for my undergraduate final-year project at UNIMAS.

PURPOSE OF RESEARCH:

The purpose of this study is to explore the impacts of inferiority feelings on students' motivations and factors that influence their pursuit of higher achievement.

YOUR ROLE

The participants were chosen for this study after they fulfilled the criteria needed. As a participant, your cooperation was highly appreciated. This interview will be conducted for 30 minutes to an hour via the platform of your choice. In the interview session, you just need to answer the questions based on your honest thoughts and feelings.

CONFIDENTIALITY

Your data will be kept confidential. Researchers only use the collected data for analysis. The interview will be recorded for transcribing and writing purposes only. As needed, this research will also be reviewed by my supervisor. All the data collected will be organized systematically and kept properly so it can't be accessed by others unless required. This research might also be published.

VOLUNTARY PARTICIPATION:

Your participation in this study is completely voluntary. You have the right to withdraw from the study at any time without penalty. If you choose not to participate or if you withdraw from the study, there will be no negative consequences.

FURTHER INFORMATION

For any inquiries or further questions regarding this study and your participation as interviewee please contact:

Siti Aisyah Binti Tajudin
Undergraduate Psychology student,
Faculty of Cognitive Sciences and Human Development,
University Malaysia Sarawak.
No tel: 013-7735936
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- I have read all the information in this form and agree with all the requirements.

Name:

Signature:

APPENDIX B

Interview Guide

Demography data

- Age
- Family background
- Socioeconomic condition
- Faculty
- CGPA
- Participation in an organization and roles in that organization

1. How do you describe inferiority feeling?
(Macam mana awak mentafsirkan perasaan inferiority?)
2. Do you have inferiority feelings and can you give me the examples?
(Setiap orang mempunyai kekuatan dan kelemahan, kelemahan kita boleh mewujudkan rasa tidak lengkap atau rendah diri kerana tidak cukup mahir atau kurang berbanding orang lain. Apakah perkara atau situasi yang membuat anda merasa kurang atau lebih rendah diri dalam hidup berbanding dengan orang lain?)
3. How inferiority feelings affect your life?
(Macam mana perasaan inferiority itu memberi kesan kepada kehidupan awak?)
4. In what aspect this inferiority feeling affect you most?
(Dalam aspek apakah inferiority memberikan kesan yang mendalam kepada diri awak?)
5. What factors lead to your inferiority feeling?
(Apakah faktor yang menyumbang kepada perasaan inferiority awak?)
6. How do you cope with your inferiority feeling?
(Bagaimanakah anda mengimbangi kelemahan anda untuk menjadi lebih baik dan meminimumkan perasaan rendah diri?)
7. Can you see that an inferiority feeling can lead to motivation to strive for higher achievement?
8. *(Adakah anda fikir perasaan rendah diri yang anda rasa menjadi daya motivasi yang mendorong anda untuk berusaha untuk pencapaian yang lebih tinggi dan menjadi siapa anda sekarang?)*

9. Can you elaborate on what factors can lead someone to transform the inferiority feeling to become a high achiever (a high self-efficacy)?
(Bolehkah anda menghuraikan faktor apa yang boleh menyebabkan seseorang mengubah perasaan rendah diri untuk menjadi achiever yang tinggi (keberkesanan diri yang tinggi)?)
10. What are other factors that you think drive you to be motivated to strive for higher achievement?
(Apakah faktor-faktor lain yang anda fikir mendorong anda untuk bermotivasi untuk berusaha untuk pencapaian yang lebih tinggi?)
11. How large do you think the gap between your current self and the person your inspired to be?
(Berapa besar anda fikir jurang antara diri anda sekarang dan orang yang anda inspirasikan?)
12. Do you believe that you can overcome the inferiority feeling that you felt right now and direct yourself for the better? Or do you think that the inferiority feeling that you felt will affect you negatively?
(Adakah anda percaya bahawa anda boleh mengatasi perasaan rendah diri yang anda rasa sekarang dan mengarahkan diri anda menjadi lebih baik? Atau adakah anda berfikir bahawa perasaan rendah diri yang anda rasa akan menjejaskan anda secara negatif?)
13. I going to give you a scenario and please choose a scenario that will make you felt better.
(Saya akan memberi anda senario dan sila pilih senario yang akan membuat anda berasa lebih baik.)
- Get a pointer of 3.6 while on average the pointer that other students in your program is 3.9 OR
 - Get a pointer of 3.5 while on average, the pointer that other students in your program got is 3.3

APPENDIX C

TRANSCRIPT

Transcript Pilot study

0:0:01	Interviewer	Hi selamat pagi, macam yang telah dinyatakan dalam inform consent yang saya share tadi, nama saya Siti Aisyah Binti Tajudin dengan no matrik 81184, saya sedang conduct study about unveiling the impact of inferiority feeling on student motivation: a qualitative exploration of the factor influencing the pursuit of higher achievement. Basically study ni dilakukan untuk mengkaji faktor yang memotivasikan pelajar untuk mencapai sesuatu dalam hidup, bila bercakap tentang higher achievement, ianya bukanlah hanya berkaitan dengan academic tetapi juga secara berorganisasi ataupun...ialah, aktif dalam kelab, kelas ataupun organisasi luar universiti.. dan sebagainya. Main objective daripada study ni adalah untuk mengkaji sebab seseorang student to bermotivasi. Saya juga nak mengkaji kesan perasaan inferiority tu sendiri kepada motivasi pelajar. Macam yang awak sign tadi, role awak dalam ni hanyalah untuk menjawab soalan secara jujur tanpa perlu menggunakan apa-apa tools seperti chat-gpt dan sebagainya kerana saya menginginkan jawapan yang sejujurnya. Dalam inform consent tadi saya ada sediakan satu ruangan untuk kerahsiaan dimana semua data yang dikumpulkan ini hanyalah digunakan untuk tujuan kajian ini dan identiti awak akan dirahsiakan. Segala rakaman ini akan dilupuskan sebaik sahaja transcript siap dibuat. Penyertaan awak juga adalah secara sukarela dimana tiada sebarang paksaan dan awak dibenarkan untuk berhenti sewaktu interview tanpa sebarang consequences. Kalau awak tak boleh nak continue interview ini, just said it dan kita akan stop interview ini. Sekiranya ada soalan yang sensitive dan tidak ingin dijawab, awak boleh maklumkan sahaja dan kita akan skip soalan tu. untuk sebarang pertanyaan lanjut, awak boleh terus bertanya.
0:02:48	Interviewee	Baiklah cik , saya faham.
0:02:52	Interviewer	Untuk memulakan interview ni, saya nak explain sedikit mengenai inferiority feeling supaya awak lebih faham. Bila kita bercakap mengenai inferiority feeling, Ramai orang akan kaitan kaitan inferiority complex yang merupakan perkara negatif lah. So sebelum kita mulai saya nak tekanan yang inferiority feeling ni boleh jadi something yang neutral, dia boleh jadi sesuatu yang negative dan positif. Inferiority feeling ni macam two sides of a coin, saling berkait rapat.. Coin ni, bila kita flip, dia boleh jadi positive dan negatif. Inferiority complex terjadi apabila perasaan inferiority tu terlampau intense macam penyakit-penyakit mental illness yang lain juga lah terlampau intense dan menjadi sesuatu yang negatif. Tapi bila dia terkawal itu boleh menjadi salah satu motivasi dalam kehidupan gitu.

		Perasaan inferiority ini tak boleh dielakkan di mana sejak dari kecil, di mana kita rasa comparing orang besar orang dewasa ataupun sewaktu zaman persekolahan di mana kita rasa inferiority dari berbagai segi dari segi personality, akademik, role kita dalam bersocial, dan sebagainya. So senang cakap semua orang nih ada rasa inferiority feeling tu and itulah yang saya kaji untuk hari ini. So untuk mulakan interview kita, bolehkah awak perkenalkan diri awak dulu.
0:04:58	Interviewee	So hi, sekarang ni saya tengah sambung degree bachelor of accountancy dekat Uitm dan sekarang dah masuk semester ke 5. Saya adalah anak kelima daripada 5 adik beradik dan juga berasal dari middle income family.
0:05:15	Interviewer	Kalau dari segi akademik pula?
0:05:22	Interviewee	Academically, untuk sekarang ni, good, not like excellence student but still above average compare to most of my classmate. My current cgpa is 3.4 something.
0:05:48	Interviewer	Selain daripada tu, boleh saya tahu awak ada join apa-apa organisasi ataupun kelab...atau organisasi luar?
0:05:58	Interviewee	Ummm...For now biasanya volunteer apabila ada apa-apa event macam volunteerism ke rumah anak yatim dan sebagainya, tapi saya tak join mana-mana organisasi lagi setakat ni.
0:06:24	Interviewer	So untuk soalan yang seterusnya, Setiap orang mempunyai kekuatan dan kelemahan, kelemahan kita boleh mewujudkan rasa tidak lengkap atau rendah diri kerana tidak cukup mahir atau kurang berbanding orang lain. Apakah perkara atau situasi yang membuat anda merasa kurang atau lebih rendah diri dalam hidup berbanding dengan orang lain?
0:07:02	Interviewee	I think in academic context of course, i felt a bit ensecure compare to others yang good in academic, tapi saya rasa tu bukan sesuatu yang betul-betul menghalang, bukan sesuatu yang negatif kata orang. Boleh menjadi pembakar semangat, something like that
0:07:25	Interviewer	So perasaan kurang atau inferiority dari segi academic dengan orang lain tu yang menjadikan satu motivation factor lah untuk awak?
0:07:32	Interviewee	Iya, betul
0:07:34	Interviewer	Selain dari academic pula, ada lagi tak faktor yang lain yang mungkin dari segi personality, atau socioeconomy bila tengok family yang serba serbi lebih baik ataupun mungkin dari segi appearance dan sebagainya?
0:07:56	Interviewee	Dari segi social environment mungkin ada sedikit insecure

		dengan orang-orang yang ada keberanian untuk bercakap depan orang ramai, someone yang open dan extrovert, because i am not quite that type of person. Sebab bila in university life, bila jadi orang yang pendiam..tak banyak cakap..itu merupakan suatu kelemahan dan mungkin dari situ saya nampk ia sebagai satu kekuranganlah untuk diri saya. Dari segi family, tak, takde apa-apa, saya rasa cukup setakat ni, takde insecure dengan apa-apa bila bercakap tentang family members. Thats all.
0:08:41	Interviewer	Bila rasa sedikit inferior bila nmpk orang yang lebih extrovert, yang lebih terbuka dan berani bercakap dekat depan, infront of the whole class, macam mana awak overcome perasaan rendah diri atau inferior tu?
0:09:08	Interviewee	Mostly banyakkan practicelah, kalau kita ambil context luar kelas, kita tak boleh takut, kita kena berani approach orang...mungkin untuk atasi masalah nervous tu, kita kena pandai bergaul awalnya, macam kita ada hubungan dengan mereka, kita takde rasa situasi akward... so mabe dari situlah saya dapat rasa boleh overcome perasaan nervous kalau nak kena bercakap depan ramai orang ataupun public speaking, presentation etc.
0:09:48	Interviewer	Oh, kiranya relationship dengan kawan-kawan ataupun classmate tu pentinglah untuk tolong awak overcome untuk jadi lebih berani bercakap, begitukah?
0:09:58	Interviewee	Ya betul
0:10:02	Interviewer	Baiklah saya faham. Okay, soalan yang seterusnya, Apakah cabaran yang dihadapi oleh anda dalam menghadapi rasa rendah diri yang anda rasakan? Cabaran yang mungkin mengganggu kehidupan awak dalam aktiviti harian?
0:10:38	Interviewee	In my opinion sebenarnya dia tak bagi cabaran yang buruk pun. Sebab walaupun saya ada masalah inferiority ataupun insecurity tapi sebenarnya at the end, dia, kita kena ingat kita ni manusia, semua manusia semua ada perasaan tuh. Jadi bila fikir macam tu, saya tak rasa yang perasaan itu satu perasaan yang negatif sebenarnya.
0:11:05	Interviewer	Ah so basically, Perasaan itu tak memberikan impak negatif dalam hidup awaklah kalau adapun dia hanya memberikan menjadi satu sumber motivasi untuk terus aim or striving for higher or betterlah?
0:11:21	Interviewee	Ya betul
0:11:22	Interviewer	So kiranya dia takdelah memberikan perasaan yang menyebabkan rasa depress atau stress yang melampau dan mengakibatkan kehidupan seharian terganggu bila rasa insecure tu?
0:11:34	Interviewee	Yup, Tiada

0:11:36	Interviewer	Okay Faham, sebab kadang-kadang bila seseorang tu mengalami perasaan inferiority yang terlampau intense, kadang-kadang dia akan mengalami keadaan dimana dia tak dapat berfungsi dengan baik dalam kehidupan seharian, kiranya dia akan mempamerkan maladaptive behavior...tak mampu nak buat apa-apa dan mudah give up etc. Itu juga boleh berlaku dalam context inferiority. So soalan yang seterusnya, macam yang awak cakap tadi, salah satu cara awak atasi rendah diri atau inferiority tu adalah dengan berkomunikasi dengan yang lain kan, selain tu ada tak apa-apa cara yang awak guna untuk mengatasi perasaan inferior itu?
0:12:40	Interviewee	Kalau kat university, kita akan biasa dengan presentation, kalau presentation sebagai someone yang mudah nervous, saya biasanya avoid eye contact dengan classmate saya dan mata hanya focus pada lecturer saya je. Itu salah satu cara yang saya rasa berkesan dalam membantu saya dari segi perasaan insecure dan semua tu.
0:13:06	Interviewer	OKay, itu dari segi presentation kan?, macam mana pula kalau dari segi akademik itu sendiri kalau rasa insecure bila rasa insecure dengan orang lain kan? Selain daripada mencuba dengan lebih keras, adakah ada cara-cara lain awak gunakan untuk strike higher and perform better dalam segi academic sendiri?
0:13:27	Interviewee	Ummm, saya rasa group discussion memainkan peranan yang penting, maknanya kita tak perlu segan untuk bertanya sebab perasaan segan tu yang akan memakan diri kita, jadi kalau tak faham tu, terus tanya, macam kalau tak faham and takut nak tanya lecturer, kita boleh tanya kawan lain, kawan yang lain tu yang akan tolong kita, diorang takkan judge pun.
0:13:53	Interviewer	Kawan-kawan yang lain tu termasuk kawan-kawan awak yang awak rasa lagi bagus dari awak ke?
0:13:56	Interviewee	Yup
0:13:58	Interviewer	So maknanya daripada biarkan perasaan inferiority tu memakan diri sendiri, awka gunakan perasaan tu untuk berkawan dan belajar daripada diorang?
0:14:05	Interviewee	Yup betul tu.
0:14:20	Interviewer	So awak mengimbangi kelemahan anda untuk menjadi lebih baik dan meminimumkan perasaan rendah diri? So macam awak cakap tadi, bila hangout dengan kawan-kawan awak untuk study group tu, mesti ada jugakkan perasaan inferiority sebab sering berjumpa dengan orang-orang yang kita rasa lagi hebat dari kita, so macam mana awak imbangkan perasaan tu supaya menjadi lebih bagus dan menjadi the best version of yourself.

0:14:52	Interviewee	I think the most important think is that you need to think positive. Saya rasa kita sebagai satu kelompok student dan kita tahu bahawa semua ada tahap IQ masing-masing, tapi bila kita berkumpul, kita kena ke belakangkan isu tersebut...mknanya dalam study group tu, semua orang sama je dan kita saling tolong menolong. Saya rasa itu salah satu cara paling berkesanlah untuk balancekan negative feeling tu dengan thinking positive.
0:15:25	Interviewer	Uhm, kalau orang lain pula, kawan-kawan awak yang rasa inferior compare dengan awak, sebab diorang rasa awak lebih better dari diorang, Apa awak akan buat untuk minimize kan perasaan diorang tersebut supaya diorang tak rasa perasaan inferiority tu? Supaya diorang rasa yang korang ni equal?
0:15:43	Interviewee	Saya perlu banyakkkan communication dengan dioranglah, maknanya kalau diorang tak faham kita tunjuk cara yang betul..tak boleh jadi judgemental, itulah yang paling penting. Dengan bersikap adil dengan semua orang, takkan ada yang rasa dipinggirkan atau rendah diri. Semua orang sama je.
0:16:07	Interviewer	So basically , kalau kita nak dianggap equal dengan orang lain kita pun perlu anggap semua orang equal dengan kita supaya dapat berdiri bersama-sama dan kurangkan perasaan inferiority tu kan?
0:16:32	Interviewee	Ya betul.
0:16:34	Interviewer	Okay, so awak rasa perasaan rendah diri atau inferiority yang awak rasa bila compare dengan orang lain tu, ianya menjadi satu dorongan motivasi yang membantu awak untuk mencapai sesuatu yang lebih baik, tinggi dan higher achievement dan menjadikan awak diri awak yang sekarang ni atau macam mana?
0:16:59	Interviewee	In my opinion, kalau kita tengok dalam context yang kecil, agak mustahil untuk perasaan tu takde, perasaan negative tu takde. Tpi kalau kita tengok dalam konteks yang lebih besar, apa guna kita ada perasaan yang negative tapi taknak improve diri sendiri, apa guna ? jadi daripada terus ada perasaan negative tu, apa kata kita usaha untuk jadikan diri kita lebih baik? Itulah salah satu perkara yang saya buat sampai sekaranglah untuk elakan perasaan tu menyebabkan saya depress...stress sorang-sorang...itulah antara yang paling berkesan setakat ni.
0:17:51	Interviewer	Okay, menarik, okay berkaitan dengan kajian ni, basically kita akan bercakap pasal impact of inferiority feeling on motivation to strive for higher achievement. Selain itu saya nak tahu juga faktor-faktor lain yang mendorong ajeerah untuk bermotivasi dan mencapai pencapaian yang tinggi dalam universiti sekarang?
0:18:05	Interviewee	Mostly dari family memberlah, macam my mom sendiri, even when i was like, i don't got a good result, am i not trying really hard? And she would said, its okay, you can try harder next time. That

		merupakan satu motivasi yang sangat besar sebenarnya. Walaupun kita rasa macam ada perasaan negative tu, tapi bila kita dengar kata-kata semangat daripada orang yang kita sayang, sebenarnya, itulah pembakar semangat yang paling besar untuk berjaya dalam hidup ni.
0:18:52	Interviewer	Okay, so support dari orang yang terdekat dengan kita, dari family dan kawan-kawan tu memberikan impact yang besar jugalah untuk memotivasikan kita untuk berjaya dalam hidup ni?
0:19:00	Interviewee	Ya betul
0:19:04	Interviewer	Okay, selain daripada achievement yang awak ada sekarang, ada tak apa-apa achievement lain yang awak bangga dalam hidup awak?
0:19:26	Interviewee	Sebenarnya saya tak sure adakah jawapan ini menjawab soalan. Tetapi sebagai someone yang ada low self-esteem, sebenarnya saya suka dengar opinion dari orang lain, not in a negative way tapi mungkin kita boleh jadi a good listener... a good advisor untuk orang... so saya rasa itu sesuatu benda yang saya bangga, pencapaian saya yang saya banggakan sekarang ni sebab bila orang berjumpa saya, mereka luahkan perasaan, luahkan masalah mereka... walaupun mungkin saya tak dapat bantu untuk selesaikan, tapi at least saya boleh jadi a good listener. Saya sebenarnya belajar benda ni dari pengalaman orang lain, tengok cara diorang buat dan dengan cara tu, ianya merupakan satu terapi juga untuk saya. Adakah menjawab soalan?
0:20:34	Interviewer	Basically, soalan-soalan yang ditanya bersifat subjektif so tiada jawapan yang betul atau salah. Semua jawap adalah jawapan yang valid. Okay, soalan yang seterusnya, berapa besarkah awak rasa jurang antara diri awak sekarang dan orang yang awak inspirasikan, ideal dan awak nak jadi? Biasanya kita ada vision pasal future kita, kat mana awak nampak diri awak pada masa akan datang dan betapa besarkah jurang antara diri awak yang sekarang dengan yang awak nak jadi?
0:21:46	Interviewee	Kalau ikutkan dalam context terkini dalam sem 5, sebenarnya jurang dia agak besar sebab untuk Uitm kami ada ANC untuk pakai selempang pink, so sem hadapan saya perlu dapat pointer 3.75 keatas, untuk dapatkan 3.75 CGPA tu saya rasa agak sukar tapi tak mustahil. Jadinya jurangnya agak besarlah, tapi benda tu tak mustahil kalau saya berusaha dari sekarang.
0:22:17	Interviewer	Okay, so macam mana pula awak rasa... macam awak cakap tak mustahil kan.. So macam mana pula awak punya plan untuk mencapai CGPA tersebut?
0:22:36	Interviewee	Sebenarnya sejak masuk uni awal sem... saya dah plan untuk mungkin belajar dari pengalaman saya yang sebelum ni. Jadi saya

		fikir untuk tukar study planning... maknanya kalau kita dah bagi 100% mungkin sekarang ni kita akan bagi lebih lagi, mungkin kita akan lagi banyak bertanya kepada lecturer, bertanya pendapat orang lain..."betul ke macam ni? Betul ke macam ni? Macam mana nak buat tu?". Maknanya planning dari segi study dan strategy tu perlu ubah... serta sifat-sifat negatif tu perlu ubah...maknanya tak bolehlah macam... "boleh ke aku jadi macam ni? Orang lain lagi bagus... betul ke aku boleh jadi macam tu? " tak boleh perasaan tu ada, kita kena ubah sebab kalau ada perasaan negatif itulah sebenarnya demotivated kan saya. Saya rasa dua perkara itulah yang saya akan ubah dan tengah ubah sekarang.
0:23:35	Interviewer	Aha...faham, bagus mindset yang awak ada tu. So basically awak masih rasa bermotivasi untuk strike juga untuk dapatkan juga result tu walaupun jurang tu jauh sebab awak cakap tak mustahilkan?, so basically awak akan double kan usaha awak untuk dapatkan juga apa yang awak aim tu ?
0:24:05	Interviewee	Ya betul
0:24:08	Interviewer	Maknanya ini tidak akan menjadi faktor awak give up lah? Kalau adapun ianya akan buat awak lebih motivasi untuk capai juga CGPA tu?
0:24:15	Interviewee	Ya betul
0:24:17	Interviewer	Okay, urmm... adakah awak rasa awak boleh hadapi perasaan rendah diri dan inferiority yang awak rasa sekarang ni dan mengarahkan diri awak menjadi lebih baik atau awak rasakan bahawa perasaan inferiority ni akan menjejaskan awak secara negatif? Mungkin dari segi jangka masa pendek ataupun jangka masayang panjang
0:24:56	Interviewee	Sejujurnya saya tak rasa perasaan inferiority tu akan menjatuhkan saya sebab kalau perasaan tu kita pendam...itu yang akan betul-betul jatuhkan kita...jadi daripada kita simpan... daripada kita fikir negatif...lebih baik kita yang bertindak... action speak louder than word, daripada kita fikir "boleh ke buat macam ni? Boleh ke nak dapat result bagus..." daripada kita fikir macam tu, baik kita buat terus, kita ubah cara study, kita ubah kepada mungkin lebih banyak berdoa...lebihkan baca al-quran.. dan semua tu daripada asyik berfikir...lebih baik kita buat terus dan saya tak rasa inferiority feeling tu akan demotivated saya sebab saya dah sampai ke tahap ni, saya dah masuk sem 5, tak lama lagi dalam setahun setengah saya akan tamat with degree...so kenapa saya nak tiba-tiba down? Itu adalah satu pembaziran masa sebenarnya, better saya teruskan je. Saya dah pilih jadi saya perlu hadap,macam itulah...
0:26:04	Interviewer	Okay baik, untuk soalan terakhir saya akan memberi awak senario dan sila pilih senario yang akan membuat awak berasa lebih baik, yang awak lagi prefer. So saya akan bagi dua senario. Senario yang

		pertama adalah mendapat pointer 3.6 sementara classmate awak secara purata mendapat pointer sebanyak 3.9. Senario kedua pula adalah apabila awak mendapat pointer 3.5 sementara secara purata classmate awak mendapat pointer 3.3. So senario mana yang awak lebih prefer?
0:28:23	Interviewee	Kalau saya mungkin saya akan prefer situasi satu
0:28:34	Interviewer	Situasi satu dimana awak mendapat pointer 3.6 sementara classmate awak mendapat pointer 3.9?
0:28:46	Interviewee	Ya Betul
0:28:47	Interviewer	Boleh saya tahu alasan awak memilih situasi pertama?
0:28:49	Interviewee	Urm..bagi saya 3.6 dah bagus...dan saya tahu nak dapat 3.9 tu...untuk course akaun tu sendiri adalah sangat mencabar...jadi saya tahu betapa sukarnya nk dapat 3.9. Jadi untuk diri saya, saya prefer untuk dapat result biasa-biasa berbanding dapat tinggi tapi mungkin ia akan effect saya punya mental health.
0:29:25	Interviewer	Oh awak lebih prefer dapat 3.6 dan classmate awak dapat 3.9 secara purata compare dengan situasi dua dimana awak dapat pointer 3.5 dan classmate awak dapat 3.3 secara purata...okay faham, so basically untuk elakkan pressure awak nak mendapat result yang average, macam tu?
0:29:45	Interviewee	Yup
0:29:47	Interviewer	Baiklah, itu sahajalah untuk sesi interview kita pada harini, sekiranya ada sebarang soalan tambahan, saya akan reach out lagi. terima kasih sebab sudi turut serta dalam interview ini.
0:29:58	Interviewer	Sama-sama.

Main Study

1=Interviewer 2=Interviewee

Transcript Main Study - Participants 1 (Ms F)

Timestamp		
0:00:01	1	Hi, nama saya Siti Aisyah dan saya akan conduct a study on unveiling the impacts of inferiority feeling on student motivation and the factors that influence student motivation. this is a qualitative study of factors influencing students' motivation to strive for higher achievement. By higher achievement saya maksudkan dari segi academic, kelab, organisasi, sukan dan sebagainya yang boleh dicapai sewaktu student berada di universiti. So tujuan study ni adalah untuk mengkaji impak inferiority feeling yang ada pada setiap orang pada diorang punya motivasi, so bila kita bercakap pasal inferiority feeling, biasanya kita tafsirkan inferiority feeling ni sebagai something yang negatif dimana berkat rapat dengan inferiority complexlah. Kat sini saya nak tekankan yang inferiority feeling berlainan dengan inferiority complex. Dalam kata lain, inferiority feeling ni something yang kita semua ada daripada kecil sampailah sekarang...bila mana kita melihat seseorang yang mungkin lebih bijak... lebih cantik... lebih berwawasan...lebih extrovert...kita rasa sedikit sebanyak perasaan inferiority tu, tapi itu perkara yang biasa, yang menjadikan perasaan tersebut inferiority complex adalah apabila perasaan itu terlampau intense dan mengganggu kehidupan seharian dimana bila kita rasa inferiority tu berlebihan dan kita tak dapat berfungsi dengan baik dalam kehidupan seharian...which menyebabkan maladaptive behavior tu...dimana mudah give up...rasa tak berguna dan sebagainya... inferiority feeling pula seperti two sides of a coin, boleh jadi positif dan negative, bergantung kepada kita punya drive of motivation juga...basically itulah tujuan kajian saya... so sebagai participant, tugas awak adalah untuk menjawab segala soalan yang diberikan dengan sejujurnya, interview ini akan mengambil masa 30-60 minit. Untuk confidentiality pula, data ataupun input yang awak share akan digunakan untuk research saya dan akan dimasukkan dalam penulisan saya, tapi identity akan dirahsiakan sepenuhnya melainkan atas beberapa sebab yang tak dapat dielakkan...untuk recorded ini pula, ianya akan dilupuskan sebaik sahaja saya siap dengan transcript saya. Penyertaan awak dalam kajian ini adalah totally volunteer, dimana kalau tengah-tengah interview ni awak rasa nak withdraw bagitau je dan kita akan hentikan sesi ini and kalau ada soalan-soalan yang saya tanya dan awak rasakan agak sensitif, awak boleh minta saya untuk skip sahaja

		soalan tersebut. Setakat ni ada apa-apa soalan?
0:03:14	2	Tiada
0:03:15	1	Okay, so sedikit context mengenai inferiority feeling... macam saya cakap tadi, semua orang ada perasaan tersebut sebab kita hidup sebagai social being, kita bersosial, berkawan, berkeluarga... sedikit sebanyak kemampuan orang lain memberi impak pada kita sendiri dan perkara tersebut adalah normal. So sebelum kita mulakan, boleh saya minta awak perkenalkan sedikit latar belakang awak dan diri awak?
0:03:47	2	Perlukan nama ke?
0:03:49	1	Nama tak perlu
0:03:50	2	Okay saya merupakan pelajar tahun dua fakulti sains sosial dan kemanusiaan, sekarang ni saya ambil bidang dalam perancangan dan pengurusan dalam pembangunan. Untuk latar belakang lagi...urm...saya terlibat dalam organisasi kelab catur dan sekarang memegang jawatan sebagai timbalan president dan bakal menjadi presiden yang seterusnya.
0:04:20	1	Macam mana pula dengan latar belakang keluarga?
0:04:22	2	Okay latar belakang keluarga pula... saya merupakan anak kedua daripada tiga orang adik beradik, ibu saya bekerja sebagai suri rumah manakala ayah saya pula bekerja sebagai pembantu tadbir di lembaga sungai sarawak...urmm... untuk adik-beradik pula, sekarang ni kami ketiga-tiga adik beradik memang sedang sambung study semua... aaa... kak saya dia degree sama macam saya dan adik saya matrikulasi.
0:04:58	1	Urm..So boleh saya tahu current CGPA?
0:05:08	2	Current CGPA...urm...3.62
0:05:12	1	3.62...okay so dalam berapa semester...semester ke 4 kan? So dalam 4 semester ni CGPA tu semakin meningkat atau menurun?
0:05:24	2	Untuk sem yang first...eh...second semester tu dia menaik and yang current ni dia turun sikit lah
0:05:31	1	Ada apa-apa faktor yang menyebabkan penurunan CGPA awak?
0:05:38	2	Mungkin disebabkan oleh saya punya time management...sebab masa sem lepas saya sangat busy then sayaa... itu adalah pertama kali

		saya rasa terlibat dalam satu event besar so ianya sangat memberi kesan kepada saya punya time management and then jadual saya macam tak berapa nak okaylah masa tu...serabut...
0:06:01	1	Okay, so saya akan mulakan dengan soalan pertama, Setiap orang mempunyai kekuatan dan kelemahan, kelemahan kita boleh mewujudkan rasa inferiority ataupun rendah diri kerana tidak cukup mahir atau kurang berbanding orang lain. Ada tak apa-apa perkara atau situasi yang buat awak rasa inferioriti compare dengan orang lain?
0:06:31	2	Kalau saya dia bukan situasi tapi pengalaman diri sendirilah, macam kalau saya rasa macam saya berhadapan dengan seseorang yang lebih berpengalaman saya akan rasa rendah diri dan inferiorlah
0:06:49	1	Boleh berikan contoh ?
0:06:50	2	Contohnya...urm...contohnya kalau dalam organisasi...okay organisasi...saya memang nak dikatakan memang kurang berpengalamanlah daripada orang lain tapi apabila saya macam ada yang lebih berpengalaman...macam kalau dia bercerita pasal dia punya pengalamanlah dekat saya, so bila saya rasa macam “eh kenapa saya tak tahu benda ni?, kenapa saya tak tahu benda tu?” so saya rasa macam inferior lah sebab sepatutnya saya mesti tahu benda tu tapi realitinya saya banyak kurang pengetahuan tentang perkara tersebut...
0:07:38	1	I see, baiklah. Selain daripada berorganisasi, ada lagi tak apa-apa yang membuatkan awak rasa inferior seperti dari segi akademik atau sebgainya?
0:07:47	2	Kalau dari segi akademik ya sebab terutamanya waktu saya buat assignment yang berkenaan dengan membuat kajian...atau semua tu...sebab saya memang tiada pengalaman sebab dulu saya keluaran matrik, so waktu saya dekat matrik dulu dia memang tiada buat kerja kursus, takde macam pergi buat research... memang tiada. So kalau kawan-kawan saya yang lain majoriti diorang memang dah pernah...dah pernah...buat benda tulah. So macam kadang-kadang tu macam...urm...macam rasa ditinggalkan...rasa kebelakang sikitlah sebab kita tak tahu and diorang lebih tahu...macam tu...
0:08:39	1	Okay. Soalan seterusnya, apakah cabaran yang dihadapi bila awak rasa kurang daripada yang lain dan inferior feeling tu? Macam mana perasaan tu menjejaskan diri awak?
0:09:00	2	Saya pernah rasa give up tapi waktu nak give up tu saya fikir

		baliklah, macam kalau saya give up sekarang...macam mana dengan usaha yang sebelum ni? Macam tulah...
0:09:19	1	Ada apa-apa cabaran lain ke yang awak alami bila dibelengu dengan perasaan inferiority tu?
0:09:30	2	Urm...saya rasa kalau saya menhadapi perasan inferiority tu... saya macam agak emosi sikitlah...lepas tu saya akan decide untuk menyendiri seketika.
0:09:47	1	So bila awak rasa pressure daripada perasaan inferiority tu...bila awak rasa overwhelming...macam mana awak cope dengan cabaran yang awak hadapi tersebut? Macam mana awak hadapi emosi-emosi tersebut? Macam mana awak overcome perasaan inferiority tu?
0:10:07	2	Urm...first saya selalunya akan menyanyi di bilik, macam saya buat hobby lah, saya buat hobby yang saya suka and then saya pergi keluar dengan kawan-kawantapi itupun selepas saya rasa reda sedikitlah...kalau saya tengah emosi sangat-sangat tu, saya prefer untuk bersendiri sebab pemikiran masih tak berapa nak stabil sangat, takut kalau kita terus berkomunikasi dengan orang lain, terus bersocial dengan orang lain, ia mungkin akan effect orang lain juga...manalah tahu kalau kita terbuat diorang terkecil hati ka apa semua tu kalau sedang emosi. Jadi urm... itulah, lepas saya rasa reda sikit baru saya akan urm... approach kawan-kawan saya, macam tu.
0:10:58	1	Itu dari segi deflecting emosi tu sendiri...ataupun orang panggil...defense mechanism apabila keluar dengan kawan-kawan semua tu untuk lari seketika daripada masalah, so bila dah reda tu macam mana pula awak overcome cabaran tu? Macam mana awak punya cara ataupun strateg untuk hilangkan atau kurangkan perasaan inferiority tu untuk menjadi the better version of yourself?
0:11:28	2	Kalau yang tu...sebab saya punya inferiority tu datang mostly dari pengalamanlah...saya kurang pengalaman. Jadi kalau cara untuk hadapan cabaran itu, mungkin saya boleh minta orang yang lebih berpengalaman...saya bertanyalah macam “apa sebenarnya flow yang sepatutnya saya tahu?, and then untuk yang ni macam mana?” so saya lebih suka kalau membuat suatu plan terlebih dahululah.
0:11:51	1	Okay faham. So sebenarnya ada satu konsep dalam inferiority feeling ni dimana bika kita ada perasaan inferiority ni, kita akan tend untuk compensate perasaan tersebut...timbang balas perasaan tu dengan melakukan sesuatu yang lain, contohnya, orang yang merasakan diri mereka gemuk, mungkin mereka akan lakukan exercise dan diet untuk menghilangkan punca perasaan inferiority tu, mungkin juga exercise dan diet itu dilakukan dalam keadaan extreme. So ada tak

		apa-apa yang awak lakukan untuk compensate perasaan inferior tu?
0:12:35	2	Urm...belajar, ataupun macam libatkan diri dengan lebih aktif lagi dengan events yang kecil-kecil dulu sebelum even yang lebih besar. Tiada compensate yang extreme yang saya lakukan, cuma yang saya rasa penting adalah jangan takut untuk belajar.
0:13:03	1	So bila awak belajar tu, perasaan inferiority tu makin berkuranglah? Atau macam mana?
0:13:11	2	Dia better...urm..yeah so perasaan tu berkuranglah, berkurang. Mungkin dia tak sepenuhnya hilang tapi day by day dia akan tula...dapat dikawal...ya.
0:13:22	1	Adakah awak rasa perasaan inferiority tu menjadi satu daya motivasi yang mendorong awak untuk berusaha dengan lebih kuat untuk mencapai sesuatu yang lebih tinggi dan menjadi diri awak yang sekarang atau bagaimana?
0:13:37	2	Urm...iya
0:13:39	1	Boleh describe dengan lebih lanjut?
0:13:41	2	Urm...sebab...sebab bila macam kita rasa... kalau saya rasa macam ada satu cabaran tu, saya akan lebih, contohlah dalam study...bila kita tahu yang kita kurang pengalaman and then kita belajar, terus belajar, kemungkinan kita...apabila kita rasa kita tak cukup bagus...kita akan lebih berusaha lagi daripada orang lain yang mungkin akan fikir yang “saya dah tahu yang ini so saya tak perlulah nak study hard sangat”, so bila kita rasa yang kita ni lemah dari orang lai, kita akan lebih rajin untuk membakar semangat kita
0:14:40	1	So apa yang menyebabkan awak lebih rajin untuk berusaha dan belajar dan kenapa awak tak just give up?
0:14:46	2	Sebab saya dapat tengok daripada semester-semester lepas, kalau saya kurang study, saya punya CGPA memang akan turun...so bila saya study, saya study lebih and saya tak give up,dia akan membuahkan hasillah.
0:15:10	1	Okay. So apakah faktor-faktor lain yang mendorong awak untuk lebih bermotivasi untuk mecapai pencapaian yang lebih tinggi ?
0:15:20	2	Aa...yang lebih menyebabkan motivasi...family?...family lah sebab family saya dia memang supportive, dia selalu bagi saya macam kata-kata semangat... so bila kita dengar kata-kata semangat daripada orang ni, dia macam kita...kita nak give up pun rasa macam...urm diorang punya kata-kata tu bagi kita bangkit semula.

0:15:54	1	Selain daripada keluarga?
0:15:55	2	Selain daripada keluarga...urm...kawan iya juga sebab urm kalau macam kita buat assignment tu...sebab diorang selalunya...diorang tak kisah pun nak bantu saya kan, so itulah salah satunya. And then kalau diri sendiri pula...urm..sebab saya pun ada target juga dalam setiap perkara tu...saya nak...target tu tak perlulah nak perfect sangat tapi at least kita dapat improve diri kita dan dapat result yang better lah
0:16:50	1	So kalau dalam 5 tahun akan datang, dimana awak envision diri? Dimana awak nampak diri awak dalam masa 5 tahun akan datang?
0:17:05	2	Urm... kalau 5 tahun dari sekarang...urm...mungkin saya dapat menjadi seorang yang...yang bekerjayalah...mm...and saya dapat mengenali lebih ramai orang.
0:17:32	1	Okay. Berapa besarkah jurang diantara diri awak yang sekarang ni dengan diri awak yang ideal, yang awak nak jadi?
0:17:44	2	Urm... jurang dia...urm almost there...eh, tapi taklah almost there, maybe dalam...60%...55%-60%
0:18:22	1	Maksudnya banyak jugalah overlap diantara diri awak yang sekarang dan diri awak yang awak aim untuk jadi? Ideal self awak?
0:18:26	2	Aah
0:18:27	1	Okay sebab bila jurang tu terlampau besar, ia boleh menyebabkan incongruence yang boleh juga menjadi faktor munculnya inferiority complex tu. kalau 55%-60% saya rasa okay, overlapnya banyak. Okay, adakah awak percaya bahawa awak boleh mengatasi perasaan inferiority yang awak rasa sekarang dan mengarahkan diri awak menjadi lebih baik ataupun perasaan yang awak rasa ini akan menjejaskan awak secara negatif?
0:19:09	2	Sebab urm...so far okay kot biasanya membawa ke arah yang lebih baik, tapi kadang-kadang tu boleh juga perasaan inferiority tu membawa kepada arah negatif, masa kita punya emosi tak stabil, dia boleh mengarahkan kita kearah yang negatif.
0:19:28	1	Urm..so situasi yang macam mana yang membuatkan awak rasa emosi tak stabil dan mengarahkan kepada sesuatu yang negatif?
0:19:39	2	Aaa...bila saya tak confidence untuk buat benda tu tapi orang sekeliling saya macam terlalu...macam bagi...macam memberi tahap confidence terhadap saya ni terlalu tinggi, so macam contohlah kalau dalam group assignment, contohnya saya dah explain dah saya tak

		boleh, tak boleh nak buat tu...tapi diorang paksa-paksa juga saya, so thats why lah, macam diorang tak memahami yang saya tak rasa saya mampu... diorang tak membantu saya untuk atasi perasaan inferiority tu tapi diorang macam memberikan sesuatu beban tu untuk saya seorang je yang pikul, macam tu.
0:20:23	1	Okay, make sense for you to felt so. Okay moving on, apakah pencapaian yang awak banggakan buat masa sekarang ni? Sepanjang berada di universiti ni? Boleh jadi pencapaian yang kecil, boleh jadi pencapaian yang besar.
0:20:34	2	Urm...walaupun saya dalam situasi dimana saya perlu overcome saya punya inferiority feeling...urm...saya masih boleh handle lah setakat ni, itulah saya punya...walaupun macam manaa... apa yang saya rasalah, saya masih boleh control.
0:21:01	1	Okay, selain daripada jawatan awak sebagai vice president di ***, ada tak apa-apa jawatan lagi yang awak pegang?
0:21:10	2	Urm... saya pernah jadi manager untuk team ***, itu sahaja.
0:21:29	1	Okay, so saya rasa kita boleh bergerak ke soalan yang terakhir, saya akan bagi awak dua scenario dan daripada scenario ni, awak perlu pilih scenario yang buat awak rasa lebih better. Scenario yang pertama adalah awak dapat pointer CGPA 3.6 sementara classmate awak secara purata mendapat pointer 3.9 ataupun awak dapat pointer 3.5 tapi secara average classmate awak dapat pointer 3.3. Scenario mana yang awak lebih prefer?
0:22:05	2	Urm, kalau saya yang scenario pertama.
0:22:05	1	Boleh ulang scenario pertama tu?
0:22:15	2	Scenario pertama bila saya dapat pointer 3.6 and then saya punya classmate dapat 3.9
0:22:20	1	Okay, itu sahajalah untuk interview kita pada hari ini, ada apa-apa soalan?
0:22:30	2	Tiada
0:22:32	1	Kalau takde apa-apa soalan, itu sahajalah untuk interview kita, Sekiranya ada sebarang pertanyaan lanjut, saya akan hubungi awak. Terima kasih
0:22:40	2	Sama-sama

Transcript Main study- Participant 2 (Ms W)

Timestape	
0:00:01	1 Hi, nama saya Siti Aisyah and saya sedang conduct study bertajuk unveiling the impacts of inferiority feelings on students motivation, a qualitative exploration of factors influencing the pursuit of higher achievement. Tugas awak sebagai participants adalah untuk menjawab soalan dengan tulus dan jujur sejujurnya. Tujuan kajian ini adalah untuk mengkaji impak inferiority feeling kepada seseorang punya motivasi untuk strike for higher achievement. Setiap data yang awak share ini bersifat confidential dan hanya akan digunakan untuk penulisan kajian ini dan mungkin juga dipublish tetapi identiti dan personal information awak akan dirahsiakan dan saya akan mengambil measure yang bersesuaian untuk memastikan identiti awak dilindungi. Recorded video ini akan dipadamkan sesudah sahaja saya siap membuat transcript untuk interview ini. Awak punya participation untuk study ini adalah completely volunteer dimana kalau awak rasa yang awak nak tarik diri, awak boleh inform je supaya kita boleh hentikan interview ini, kalau ada soalan-soalan yang awak rasa sensitif, awak cuma perlu inform dan kita akan skip soalan tersebut. Setakat ni awak ada apa-apa soalan?
0:01:40	2 Urm... boleh terangkan perbezaan antara inferiority feeling dan inferiority complex?
0:01:46	1 Okay, so bila kita bercakap pasal inferiority feeling ni, ianya adalah perasaan yang semua orang ada dalam kehidupan ini daripada waktu kita kecil sampailah besar. Waktu kecil maybe kita rasa inferior bila kita pandang orang dewasa yang boleh buat macam-macam tapi kita tak capable of doing it yet. Perasaan tu sentiasa ada even bila kita dah dewasa pun kita masih ada perasaan tu sebab kita sentiasa jumpa someone yang in some aspects of their life is better than us, kira macam maybe diorang lagi cantik...lagi kaya...lagi berjaya...lagi banyak kawan...lagi extrovert...lagi...urm...something nampak macam easy juga bagi diorang tapi susah untuk kita... so kita rasa inferior daripada aspect tu. So senang cakap inferiority feeling ni something yang normal tapi inferiority complex ni pula bila inferiority feeling ni terlampau intense...terlampau berlebihan ia akan menyebabkan kita develop suatu kondisi dimana kondisi tu dipanggil sebagai inferiority complex. Inferiority complex ni apabila kita incapable untuk hidup macam biasa, kehidupan kiya mungkin akan terjejas dengan teruk dimana mungkin kita tak buat apa-apa lagi dah rasa nak give up, tak sempat mencuba pun dah rasa cannot do it, and then kita...mungkin ada masa tu macam boleh menjurus kepada keaadaan mental health yang lain macam depression ataupun anxiety...senang cakap inferiority complex ni memang

		menjejaskan kehidupan seharian individual tersebut. Dia tak dapat function macam mana orang yang lain dapt function sebab dia tak rasa dia ni cukup bagus. Dalam kata lain, inferiority feeling tu sendiri dia macam two sides of a coin, dimana dia boleh jadi something yang positif ataupun negatif dan itulah yang saya nak kaji dalam kajian saya ini. Selain tu ada apa-apa soalan?
0:03:43	2	Setakat ni tiada boleh teruskan dengan temubual.
0:03:47	1	Okay, so sebelum kita mulakan boleh tak awak perkenalkan diri awak dulu?
0:03:52	2	Okay, nama saya ***, sekarang saya berumur 22 tahun, pelajar universiti malaysia sarawak course biotechnology sumber di fakulti sains dan teknologi sumber.
0:04:12	1	Okay so boleh ceritakan pula pasal awak punya family background?
0:04:17	2	Urm...untuk latar belakang keluarga saya...saya merupakan anak ketiga daripada 4 orang adik beradik yang merupakan semua perempuan, ayah saya merupakan seorang petani dimana kami mengusahakan ladang kelapa sawit sebesar satu ekar dan ladang padi sebesar 100m persegi, ibu saya merupakan suri rumah sepenuh masa.
0:04:56	1	Untuk background adik beradik pula?
0:05:00	2	Untuk background adik beradik saya pula, kakak sulung saya sudah berkawin dan merupakan suri rumah sepenuh masa di daerah kudat sabah, kakak kedua saya juga sudah berkawin dan menetapi di penampang sabah bersama keluarga suami dan merupakan seorang pelajar di BLI
0:05:29	1	Macam mana pula dari segi sosial ekonomi?
0:05:30	2	Setakat ni...urm...kalau mengikut trend ekonomi di malaysia kami jadi di B40, tapi setakat ini yang menjadi tanggungan sepenuh masa untuk keluarga saya sekarang hanyalah saya seorang yang masih belajar kerana adik saya telah bekerja dan tidak menyambung pelajarannya.
0:06:02	1	Boleh saya CGPA awak yang terkini?
0:06:05	2	Current CGPA adalah 3.08
0:06:11	1	Ada penurunan ataupun peningkatan berbanding semester-semester sebelumnya?
0:06:14	2	Ada penurunan daripada sebelumnya

0:06:17	1	Ada apa-apa faktor yang awak rasakan mempengaruhi penurunan CGPA tu sendiri?
0:06:23	2	Faktor yang paling utama adalah...urm...saya maybe gagal membahagikan masa mengikuti aktiviti-aktiviti di unversiti berbanding masa untuk mengulangkaji pelajaran.
0:06:45	1	Ada apa-apa faktor lain selain daripada itu?
0:06:47	2	Selain daripada itu, urm masalah kewangan atau apa-apa pun itu saya tidak menganggap ia sebagai masalah yang menyebabkan saya gagal mengulangkaji pelajaran seba kebolehan untuk mengulangkaji pelajaran itu sendiri bergantung bagaimana kita mampu memahami sesebuah subjek. Setakat ini saya tidak mempunyai masalah untuk memahami apa-apa subjek terutamanya subjek sains yang mempunyai banya termanology yang harus difahami. Tapi sekiranya like saya kurang untuk mengulangkaji apa yang sudah saya pelajari saya tidak akan ingat apa yang sudah saya ulangi.
0:07:44	1	Okay. kita mulakan dengan soalan pertama, Setiap orang mempunyai kekuatan dan kelemahan, kelemahan kita boleh mewujudkan rasa tidak lengkap atau rendah diri kerana tidak cukup mahir atau kurang berbanding orang lain. So ada tak apa-apa perkara atau situasi yang membuat anda merasa kurang atau lebih inferior dalam hidup dalam hidup berbanding dengan orang lain?
0:08:09	2	Urm bagi saya, ada mungkin lebih kurang dua perkara yang saya rasa kurang berbanding dengan apa yang saya perhati di orang sekeliling saya yang menyebabkan saya rasa inferior iaitu satu pengurusan masa dan kedua adalah pengurusan kewangan. Saya kurang disiplin diri yang tinggi untuk menguruskan masa walaupun saya sudah mempunyai beberapa teknik pengurusan masa seperti mempunyai jurnal dan jadual untuk urm membolehkan saya menggunakan masa dengan tepat..macam perkara ini harus saya siapkan dalam waktu yang telah ditetapkan mengikut jam berapa pada setiap hari. Dan yang kedua iaitu pengurusan kewangan, urm ekor dari daripada sosioekonomi keluarga yang kurang membantu saya untuk sentiasa mempunyai kewangan...sumber kewangan untuk saya membeli keperluan harian dalam sebulan sepanjang saya menjadi pelajar dan sumber kewangan yang saya dapat itu juga mungkin kurang untuk saya dapat gunakan secara efficient...iaitu saya lebih membeli kepada kehendak berbanding dengan keperluan.
0:10:03	1	Okay faham. Apakah cabaran yang dihadapi bila awak rasa inferior compare dengan orang lain dari segi pengurusan masa dan kewangan dan disiplin diri, apa perasaan ataupun pemikiran yang timbul bila awak

		rasa macam tu?
0:10:29	2	Ekoran daripada kekurangan tersebut, saya berasa sedih dan kecewa dengan diri saya tapi saya mencuba...cuba untuk melaksanakan dan menyiapkan tugas...urm...sebelum waktu ataupun dateline untuk assignment ataupun setiap aktiviti yang saya ikuti. Seterusnya tapi masalah kewangan tidak seharusnya mengganggu saya daripada terus belajar kerana melainkan saya mempunyai keadaan kecemasan yang memerlukan saya untuk balik ke kampung ataupun aktiviti yang memerlukan saya berada di tempat tersebut, saya tidak pernah untuk tidak datang ke kelas...so saya masih mempunyai tenaga dan keupayaan untuk belajar.
0:11:55	1	So urm, awak kata perkara tersebut yang membuatkan awak rasa inferiorkan compare dengan orang lain, pernah tak awak rasa kenapa saya tak boleh buat macam orang lain, kenapa saya tak boleh nak control diri saya dengan lebih baik, kenapa saya tak boleh buat macam mana orang lain boleh, kenapa orang lain boleh dengan mudah? Pernah tak rasa macam tu?
0:12:12	2	Pernah tapi saya tidak tahu apa cara untuk approach dan mengatasi masalah disiplin diri, mungkin sebab saya kurang membaca buku-buku ilmiah yang berkaitan dengan disiplin diri jadi saya kurang pengetahuan masalah berkaitan disiplin dirilah
0:12:40	1	Okay, so macam mana pula dari segi academic sendiri sebab awka cakap pointer awak dah menurun, ada tak perkara tersebut memberi impak kepada perasaan awak sendiri
0:12:43	2	Urm...perasaan kecewa dan sedih memang tidak boleh lari kalau kita sudah ada penurunan lebih-lebih lagi sebagai pelajar dimana akademik sepatutnya lebih tinggi daripada mengikuti aktiviti kelab dan sebagainya...kita perlu lebih menumpukan kepada akademi...jadi macam melihat penurunan ini , saya rasa perlulah untuk saya berusaha lebih keras untuk meningkatkan akademi tetapi memang...tapi saya tahu kesedihan...kekecewaan ni...macam saya tidak boleh fikir terlampau lama.
0:13:36	1	Okay, selain daripada itu awak cakap, awak ada join beberapa organisasi dan kelab kan? Boleh tak awak ceritakan mengenai jawatan yang awak pegang sekarang, aktiviti yang awak sertai dan sebagainya di universiti ni?
0:13:52	2	Sekarang saya merupakan pelajar tahun dua di UNIMAS, jadi saya sudah mengikuti pelbagai aktiviti dan kelab contohnya saya secretariat untuk organisasi fakulti saya, saya juga mengikuti kelab *** di kolej, dan saya juga mengikuti kelab *** sebagai manager, athlete, trainer.

		Pada tahun dua, saya masih lagi sebagai sekretariat untuk organisasi fakulti dan saya juga masih aktif dalam organisasi dalam kelab *** sebagai majlis tertinggi dan manager.
0:14:48	1	So bila awak masuk dan sertai pelbagai aktiviti, pelbagai kelab dan organisasi, kemungkinan untuk awak jumpa macam-macam orang tu tinggilah kan? So dalam banyak-banyak orang yang awak jumpa tu, mesti ada orang yang awak rasa lebih better daripada awak, someone yang nmpk lebih hebat, lebih berwawasan mungkin....ataupun mungkin lebih cantik... yang membuatkan awak rasa sedikit cemburu ataupun inferior. So perkara tersebut berlaku tak kat awak bila awak join pelbagai kelab dan organisasi ni?
0:15:20	2	Urm...bila dalam banyak-banyak organisasi...saya... banyak yang saya perhati bahawa...like my first observation is ...urm how they make their first appearance macam tu, so apabila kita nampak orang tu untuk pertama kali, dia sudah buat impak yang baik jadi kita ingat dalam....kita ingatlah sebab...tapi impak tu dia ada menyebabkan kita fikir positif dan negatif, tapi semua ini saya...banyak yang saya perhati semuanya positif lah dimana they carry their appearance and attitudes and personality very well.
0:16:17	1	So macam mana impression awak tu buat awak rasa? Bila awak nampak yang orang lain carry themselves very well?
0:16:22	2	Urm...yang saya fikir adalah kalau saya mahu saya pun boleh buat and i guess yeah i can do it.
0:16:33	1	Okay, so apakah cabaran yang awak hadapi bila awak rasa rendah diri tu?
0:16:40	2	Bagi saya rendah diri tu lebih kepada attitude dimana saya akan respect orang tersebut sebab sama ada dia merupakan ketua saya ataupun kalau dalam berkumpul dia memberikan idea yang baik yang membolehkan saya untuk bersetuju mengikuti idea yang dia berikan...okay so benda tu buat saya rasa inferior sikit macam tu tapi masih respect.
0:17:18	1	So bila awak berjumpa dengan orang-orang yang awak respect ni, awak takdelah rasa macam...sebab diorang macam hebat-hebatkan awka tak rasa mungkin harga diri awak terjejas sebab mungkinlah awak rasa mereka terlampau hebat yang buat kan awak rasa awak tak setanding dan jarak antara kalian terlampau jauh.
0:17:37	2	Urm, bagi saya tiada sebab saya faham kami punya relationship antara student dan higher up dan macam tu. Walaupun ada rasa inferior sedikit, tapi saya respect mereka dan tiada harga diri yang terjejas. As long as dia tidak memperlekehkan atau cursing saya, bercakap sesuatu secara

		tiba-tiba yang menyebabkan marah ataupun menyentuh saya punya perasaan menyebab rasa inferior tu bertambah.
0:18:21	1	Urm, okay. So apakah yang awak lakukan untuk hadapi perasaan inferiority tu sendiri?
0:18:28	2	So macam yang saya katakan tadi, untuk mengatasi kelemahan diri saya sendiri, kita haruslah sentiasa ada pengetahuan untuk menghadapi pelbagai situasi. Jadi saya sentiasa mencuba untuk meningkatkan skills saya terutamanya skill komunikasi dan skill pengurusan...management untuk apa-apalah samaada untuk berorganisasi, belajar, kewangan...
0:19:06	1	Okay, untuk soalan seterusnya...okay macam awak cakap tadi ada masanya walaupun awak cuma untuk jadi lebih berdisiplin tapi kadang-kadang tak menjadi juga kan, ada masa yang masih menjadi satu cabaran untuk awaklah so ada tak cara-cara lain yang awak gunakan untuk at least mengimbangi kelemahan yang awak rasakan tu untuk menjadi lebih baik dan meminimumkan rasa inferiority tu compare dengan orang lain? Ada tak apa-apa cara yang lain awak gunakan bukan untuk menghilangkan perasaan tu tapi mengimbangi perasaan tu supaya perasaan tu tak memakan diri.
0:19:47	2	Selalunya kalau cara saya mengimbangi adalah melalui dorongan dan sokongan orang lain. Kalau diorang boleh like cakap untuk melakukan sesuatu dimana saya rasa selesa untuk mengikut diorang punya nasihat dan dorongan, saya akan mengikut mereka melakukan apa yang mereka sarankan.
0:20:17	1	Okay, selain daripada tu ada tak apa-apa lagi compensate yang awak guna? Sebab bila kita bercakap mengenai inferiority feelings, ada satu konsep yang dikenali sebagai compensation, dimana kita akan buat something untuk hilangkan atau kurangkan punca yang menyebabkan perasaan inferiority tu sendiri dimana something cara kita buat ataupun handle masalah tu mungkin juga sedikit extreme, contohnya kalau ada seseorang yang merasakan yang dia tak cantik mungkin dia akan compensate dengan cara extreme diet, extreme exercise dan sebagainya ataupun boleh juga jadi macam apabila orang yang akademiknya sedikit merudum dan dia compensate dengan cara hard working untuk mendapatkan result yang lebih baik. So ada tak apa-apa compensation yang awak lakukan untuk kurangkan ataupun overcome perasaan inferiority feeling tu?
0:21:36	2	Sepanjang melihat situasi dalam kehidupan saya setakat ini, saya tidak pernah lagi melakukan apa-apa yang extreme, tindakan yang saya lakukan untuk menghadapi perasaan inferior saya semua boleh dikatakan dilakukan dengan cara sederhana dimana kalau saya perlu untuk kelihatan lebih menarik saya hanya cuba mempelajari macam mana

		untuk menggunakan equipment yang sesuai...atau menggunakan cara makeup yang sederhana seperti natural tanpa melakukannya secara extreme. Like kalau saya mahu mendapatkan berat badan yang ideal,merasakan diri lebih baik saya tak pernah melakukan extreme diet, tidak pernah makan, saya akan compensate menggunakan cara yang buat saya rasa lebih baik tapi tidak extreme.
0:22:55	1	So soalan seterusnya, adakah awak rasa perasaan inferiority feeling yang awak rasa tu menjadi satu daya motivasi yang mendorong awak untuk berusaha dan mencapai pencapaian yang lebih tinggi dan menjadi diri awak yang sekarang?
0:23:10	2	Sebelum saya mengikuti this interview, saya tidak tahu pun perbezaan yang terdapat banyak jenis motivasi jadi...urm...selama ni yang menjadikan motivasi untuk saya membaiki diri adalah sebab untuk keluarga macam tu...tapi bila melihat macam kita boleh gunakan kekurangan untuk memperbaiki diri terutamanya dalam pembelajaran mungkin saya boleh...sekarang saya boleh bagitau...boleh rasa yang iya perasaan inferiority ini salah satu perasaan yang saya gunakan selama ni untuk meningkatkan diri.
0:24:09	1	So sebelum ni basically awak cakap yang awak awak gunakan perasaan inferiority ni sebagai sumber motivasi secara unconscious? Sebelum hari ini awak tak sedar tapi ianya merupakan salah satu faktor yang memotivasikan awak juga.
0:24:20	2	Iya
0:24:21	1	Okay, selain daripada itu, biasanya bila kita bercakap pasal motivasi ni dia ada dua motivasi extrinsic and intrinsic motivation. Intrinsic tu motivasi yang datang dari dalaman, inferiority feeling itu termasuk dalam intrinsic motivation dan extrinsic motivation dimana datang dari luaran seperti support dari orang keliling kita dan reward yang kita dapat. So selain daripada tu, ada lagi tak apa-apa faktor yang memberikan motivasi kepada awak?
0:24:53	2	Selain daripada motivasi yang lahir dari diri sendiri... saya memang biasa menggunakan goal daripada luar untuk saya mencapai sesuatu. Seterusnya macam cita-cita sayakan untuk menjadi seorang scientist jadi berdasarkan laluan pendidikan saya sekarang, saya rasa saya boleh mencapai itulah cita-cita saya dalam laluan kerjaya yang betul selepas ini.
0:25:33	1	So macam mana pula support dari orang-orang sekeliling?
0:25:39	2	Yang terdekat sekarang first kita akan fikir pasal keluarga, ibubapa saya sendiri sentiasa like menasihatkan, selalu cakap belajar

		bagus-bagus...selalu mendoakan kejayaan saya...macam tu
0:25:59	1	So dalam masa 5 tahun dari sekarang, kat mana awak nampak diri awak berada?
0:26:10	2	Kalau realistically thinking, saya mungkin sedang bekerja, cuma dimana sektor saya bekerja itu saya tidak pasti tapi yang saya tahu saya sedang menjadi seorang scientist atau researcher ataupun seorang ahli makmal dimana-mana tempat dimalaysia lah
0:26:39	1	Kalau awak pula apa yang awak nak jadi dalam masa 5 tahun akan datang?
00:26:42	2	Dalam masa 5 tahun saya menjadi seorang...urm...diantara senior dalam makmal macam tu iya
00:26:57	1	Okay, so berapakah jurang yang awak rasakan diantara diri awak yang sekarang dengan diri yang awak nak jadi, idealself awak?
00:37:07	2	Urm kalau dalam range 100 ya saya rasa dalam 80% macam tu, masih jauh
00:27:15	1	Macam yang awak katakan, awak rasa awak boleh jadi capai cita-cita awak untuk menjadi scientist atau researcher tu kan? So kenapa awak rasa jurang tu besar?
0:27:29	2	Sebab skills dan pengetahuan yang saya ada untuk sampai kesana masih belum cukup lagi, saya masih memerlukan lebih banyak pengetahuan...lebih banyak teori dan lebih banyak praktikal yang membolehkan...baru saya boleh katakan yang saya akan sampai.
0:27:58	1	Itu kalau awak bandingkan dengan 5 tahun akan datang, macam mana pula dengan idealself yang awak nak sekarang? Berapa jauhkan jurang yang awak rasakan diantara diri awak yang sekarang dengan diri awak yang ideal?
0:28:10	2	Jurangnya dalam 20% macam tu
0:28:13	1	So kiranya dah hampir lah?
0:28:16	2	Iya
0:28:17	1	Okay so adakah awak percaya yang awka boleh hadapi perasaan inferiority yang awak rasakan sekarang ini dan mengarahkan diri awak menjadi lebih baik atau sebaliknya dimana ia akan memakan diri awak dan menjejaskan awka secara negatif?
0:28:34	2	Urm...dia tidak akan menjejaskan saya secara negatif melainkan saya

		tiba-tiba mendapat masalah mental yang lainlah.
0:28:51	1	Okay, untuk soalan terakhir, saya akan bagi 2 scenario dan awak perlu pilih situasi yang mana membuatkan awak merasa lebih baik. So situasi pertama, awak mendapat pointer 3.6 dimana secara purata classmate awak mendapat pointer 3.9. Situasi kedua awak mendapat pointer 3.5 dan classmate awak secara average mendapat pointer 3.3.
0:29:22	2	Saya rasa saya akan ambil 3.6 walaupun average classmate saya adalah 3.9
0:29:27	1	Walaupun awak akan berada sedikit kebelakang berbanding classmate awak?
0: 29:29	2	Iya
0:29:30	1	Okay itu sahajalah untuk interview kita, so far awak ada apa-apa soalan yang lain?
0:29:36	2	So far tiada
0:29:39	1	Kalau begitu terima kasih atas kesudian awak untuk ditemubual, kalau ada apa-apa soalan tambahan, saya akan reach out kepada awak balik. Terima kasih.

Main study - Participants 3 (Ms R)

Time stamp		
0:00:01	1	Hi nama saya Siti Aisyah and research saya adalah bertajuk unveiling the impact of inferiority feelings on student motivation, a qualitative exploration of factor influence the pursuit of higher achievement. Tujuan kajian saya adalah untuk explore fenomena inferiority feeling ini among students, kenapa dan bagaimana fenomena ini memberi kesan kepada students dan macam mana student cope dan overcome perasaan tersebut. Awak punya role sebagai participants adalah untuk jawab segala soalan dengan sejujur-jujurnya. Interview ini mungkin akan mengambil masa 30-60 minit. Untuk confidentiality pula, data awak akan disimpan secara

		confidentiallah cumanya akan digunakan untuk penulisan saya dan sekiranya dipublish data tersebut akan dapat dilihat oleh orang lain walaubagaimanapun identiti awak akan dirahsiakan, saya akan ambil segala measure untuk pastikan tiada yang boleh kenal pasti awak. Participation awak adalah volunteer, awak ada hak untuk menarik diri pada bila-bila masa sahaja. Sekiranya awak rasa yang awak nak hentikan interview ini awak boleh inform sahaja saya dan kita akan hentikan interview ini...ataupun kalau ada apa-apa soalan yang awak rasakan sensitif dan awak taknak jawab, kita boleh skip soalan tersebut. So far ada apa-apa soalan?
0:01:43	2	Tiada
0:01:44	1	Okay, so boleh tak awak perkenalkan diri awak dahulu
0:01:50	2	Nama saya *** dan saya merupakan seorang pelajar *** tahun 3 dibawah fakulti kognitif sains dan pembangunan manusia.
0:02:05	1	Okay boleh cerita sikit pasal family background?
0:02:10	2	Saya merupakan anak sulong daripada dua orang adik beradik dan ibubapa saya...urm ibu saya merupakan suri rumah manakala ayah saya merupakan penyelia kilang dan saya merupakan pelajar sekolah harian and kalau diikutkan income level keluarga saya adalah b40.
0:02:41	1	Okay so boleh saya tahu current CGPA awak?
0:02:46	2	CGPA 3.54
0:02:47	1	3.54 tu ada penurunan ataupun peningkatan daripada semester-semester sebelum ini?
0:02:51	2	Dia kalau waktu...nak termasuk sem waktu tahun 1 ke?
0:02:57	1	Boleh juga kalau nak cerita dari awal semester tahun 1
0:03:01	2	Pada awalnya macam tahun 1 sem 1, saya punya CGPA tinggi sebab waktu tu kita berada dalam pandemik so macam banyak yang open-book sebab kita punya lecturer pun ada bagi open-book and setakat tu CGPA saya tinggi tapi macam bila lama-lama tu, CGPA saya menurun, so macam dia turun sikit-sikit sampailah saya...saya rasa tahun 2 sem 2, saya punya CGPA menurun secara mendadak, and then masa masuk sem 1 tahun 3 baru saya punya CGPA meningkat balik.
0:03:42	1	Okay, so untuk sem lepas, ada peningkatanlah kan?.Okay so ada tak apa-apa faktor yang menyumbang kepada peningkatan dan penurunan CGPA tu sendiri?

0:03:57	2	Kalau penurunan tu biasanya saya banyak tangguh kerjalah. Kebiasaannya sebab dan tiada motivasi untuk membuat sesuatu contohnya macam certain...contohnya macam...macam mana eh saya nak cakap? Bila sebanyak CGPA saya menurun sebab assignment and juga banyak exam sebab mostly waktu saya belajar tu dia macam tak masuk...and then saya rasa macam oh perlu ke nak ni kan? Macam buat semua ni kan? Lepas tu bila saya... bila saya selalu belajar last menit lah. Kalau peningkatan pula, mungkin untuk semester yang lepas, saya fikir macam kalau saya tak buat ni mesti saya akan macam...takde masa depan...so saya rasa macam saya fikir ibubapa saya...and then saya macam saya fikirkan motivasi dan career choice saya yang akan datang sebab kalau saya tak meningkatkan CGPA...bagi saya CGPA ni macam kita punya identity maybe? Macam target kita untuk masuk something kan? So bila kita macam...kalau CGPA saya tak tinggi-tinggi saya fikir macam adakah saya dapat graduate ataupun tidak and adakah saya...sebab target saya nak graduate dengan first class degree tapi kalau CGPA saya tak capai target tu saya rasa macam akan mengecewakan ibubapa sayalah walaupun ibubapa saya macam tak terlalu tekankan asalkan saya dapat 3.0 dan keatas tapi bagi saya macam...saya percaya yang diri saya boleh dapat lebih dari 3.0 keatas so saya nak at leadt sem ni meningkatkan lagi.
0:05:51	1	So kiranya motivasi tu datang daripada dalamanlah? Untuk meningkatkan dan improve diri awak sendiri?
0:05:56	2	Ya betul
0:05:57	1	Seterusnya boleh tak awak describe sikit participation awak dalam organisasi kelab ataupun apa-apa aktiviti sepanjang awak berada di unversiti ini?
0:06:12	2	Saya paling banyak start tu semester lepaslah, sebab ada banyak yang macam kelab ***, dalam kelab tu dia macam ada banyak programlah, macam akademik talk saya join...sebagai ajk protocol...kalau macam yang lain tu podcast sebagai unit scriptwriting...urm..and then iftar...iftar haritu kami tak jadi sangat, tapi saya jadilah bendahari cari budget semua and then kalau dalam kolej pula saya jadi kelab SCORE, SCORE tu bawah akademi, so macam kitaorang kawal bilik belajarlal, saya jadi sebagai Setiausaha and the kelab SWAT currently sebagai setiausaha juga. SWAT ni dia macam kelab kebajikan bagi kolej ***lah. And then kalau lain tu...mostly kalau aktiviti kelab *** pun ada, tapi saya tak ingat sangat. So itulah antaranya.
0:07:20	1	Itu antara aktiviti yang awak sertai sepanjang berada di universiti lah?
0:07:23	2	Iya.
0:07:24	1	Okay, so kita boleh start dengan soalan interview kita yang

		pertama...macam mana awak describe perasaan inferiority tu?
0:07:35	2	Dia mostly...inferiority ni macam saya fikir macam...urm...rasa macam semua orang macam perhatikan saya...semua orang akan judge saya sesuatu. Contohnya macam even saya tahu...saya sedar yang kita ni hidup sendiri-sendiri, so mungkin kita takde masa untuk macam fikir orang lainkan tapi bagi saya inferiority feeling tu dia macam dia tak terlalu ketara tapi bila saya duduk sorang tu ketara. So macam...apa yang saya nak cakap eh...urm...ha dia macam kalau saya adakalanya ada ambil file, kitakan biasanya ambil file CGPA dekat fakulti kan? Untuk siapa yang dapat sijil dekan tu so saya macam selalu fikir kenapalah haritu aku tak buat betul-betul dalam periksa and kenapalah aku macam tak terdetik untuk betul-betul belajar tu. so macam inferiority feeling tu even dalam kawasan dengan kawan-kawan saya pun saya rasa inferior sebab even sebab dulu saya...saya punya pelajaran tu cemerlanglah sebab dapat straight A semua tu so macam bila masuk universiti ni dia rasa down gila sebab dari asasi lagi...sebab waktu asasi dulu saya masuk universiti yang orang kata ramai yang naklah so bila masuk tu, bila kita dikelilingi dengan ramai orang yang nak masuk uni tu, orang sekeliling kita lebih pandai daripada kita so saya macam rasa rendah diri yang teramat. So bila start situ saya rasa macam adakah saya ni terpilih dalam sesuatu kelompok ni, so saya macam bila saya ada mindset tu, saya akan rasa inferior walaupun saya rasa saya ni memang ada kelebihan dari orang lain... so bila saya rasa inferior tu dia effect jugalah pada saya punya pelajaran sebab inferiority feeling yang saya rasa tu dia macam mengurangkan motivasi saya untuk belajar dengan lebih bersungguh-sungguh. So start daripada asasi tu saya macam jadi kurang sikit dia punya perasaan macam nak bangga diri dengan keputusan diri sendiri so cuma bila masuk degree ni saya macam build sikit-sikit untuk tingkatan saya punya tu tapi masih adalah saya punya tu perasaan inferior tu.
0:10:18	1	Okay, untuk soalan kedua pula, so macam tadi awak cakap, bila awak describe perasaan inferiority feeling tu dalam waktu awak describe tu awak ada mention yang awak ada juga rasa inferiority feeling tu. So boleh tak awak bagi a few examples perasaan inferiority yang berlaku dalam kehidupan universiti awak yang sekarang?
0:10:38	2	Urm...dia banyak, dia macam inferiority dari segi knowledge...so macam contohnya mostly...currently macam...dia inferior macam adakah saya...sebab saya kadang-kadang dengar ada yang ramai buat assignment kan, so bila time ramia yang buat assignment ramai yang dah start buat assignment dan saya tak start lagi...so saya jadi macam...insecure...sebab saya rasa adakah saya sempat juga buat assignment ni sebab saya ada pengalaman tak buat assignment mengikut masa yang ditetapkan, lepas tu saya fikir macam mana nanti kalau saya langsung tak siap sebab urm kita tahu yang assignment ni dia effect kepada kita punya carry mark so macam

		ada satu time tu saya rasa down gila dan saya stop buat kerja semua so macam saya duduk atas katillah kalau ada apa-apa yang distract saya phone sayalah sebab bila saya main phone saya rasa macam dunia lain dah takde dah...cuma ada phone saya je. So macam bila inferior saya punya security adalah saya guna saya punya phone untuk distract saya dimana bagi saya tak okaylah sebab saya perasaan bila... saya asyik main phone je...inferior saya tak hilang-hilang. So bila macam selain tu juga, kadang-kadang saya rasa maca rendah dari segi pemakaian saya, appearance saya sebab kadang-kadang saya rasa macam urm orang lain lebih nampak kemas, lebih nampak cantik semua tapi itu macam sudden thoughtlah dia macam sekejap je and the berkaitan tadi,pendidikan tu..knowledge tu... apa lagi eh.... Bila saya rasa macam inferiorkan, dia macam...akan automatik akan cut off saya punya thought processes tu ...akan mengganggu saya punya kehidupan seharian....dia takdelah mengganggu tapi dia akan effect untuk motivasi tu sendiri saya rasa sebab ada time tu saya nak buat kerja tapi saya terfikir-fikir macam kalau saya buat kerja sebab saya banyak bergantung kepada chatgpt sebab chatgpt boleh explainlah, macam buka-buka isi so bila saya buat tu saya rasa macam ohkenapa syaa buat macam ni dan orang lain mesti diorang buat guna kepala otak diorang sendiri, macma idea diorang sendiri. Saya pula macam menggunakan chatgpt untuk memudahkan saya walaupun saya tahu yang saya ni...orang kata work smartlah tapi saya rasa macam apa yang saya buat ni tak bermakna...so bila buat tak bermakna tu saya rasa macam orang lain mesti dapat buat yang terbaik daripada saya dengan usaha diorang sendiri...macam tulah.
0:13:53	1	Okay faham. So banyak jugalah situasi yang membuatkan awak rasa inferiority feeling tu munculkan?. So dalam banyak-banyak situasi ni, situasi ataupun keadaan yang macam mana yang memberikan impak yang paling mendalam dalam hidup awak?
0:14:16	2	Urm...bila...i think bila dapat resultlah...result daripada kita punya setiap sem kan, so ada macam time tu...kalau biasanya saya jenis orang yang tak mendapat berita orang lain, saya tak tanya berapa CGPA yang lain, kawan-kawan tu...even macam tu saya rasa yang oh mesti ramai yang kalau...urm...ramai yang dapat lebih daripada saya...macam tu saya rasa...effect mendalam...lepas tu saya fikir macam...bila ibubapa saya tanya pasal CGPA sayalah haha sebab ada time tu saya rasa macam... saya bukannya macam orang kata merahsiakan CGPA tu, kalau ibubapa saya tak tanya saya pun tak bagitaulah berapa so saya rasa bebanan tulah, nak bagitau ke tak? Sebab ibubapa kita percaya yang kita ni akan belajar rajin-rajin...and kita memang belajar tapi kita tak...saya tak terlalu secara bersungguh-sungguh tu tiadalah...so saya macam and then ...inferior datang bila saya tengok kawan-kawan saya bila saya nampak diorang urm...bagitau yang diorang dah siap assignment tu semua, so bila diorang dah cakap pasal oh dah siap dah assignment ni and then oh dah start

		buat...so saya rasa macam oh kenapa aku tak start lagi sedangkan aku banyak benda lagi tak siap and then urm...yang kebanyakan yang saya tahu dah siap-siap tu semua saya tahu sibuk dengan hal-hal dia macam ada yang pergi kelab, ada yang terlalu pentingkan..maksud saya bukan pentingkan tapi setiap hari diorang ada program macam tu so saya macam rasa kalau sayalah, saya kadang-kadang duduk dalam bilik je so macam kenapa saya langsung tak gunakan masa yang terluang tu..aaa macam tulah.
0:16:47	1	So dalam banyak-banyak faktor, apa faktor utama yang awak rasa menyumbang kepada perasaan inferiority tu sendiri? Macam yang awak katakan bila result jatuh sikit dan kurang daripada orang lain, rasa inferioriti tu muncul, so apa yang awak rasakan faktor utama untuk result tu jatuh and menyebabkan perasaan inferiority tu?
0:17:14	2	Faktor utama sebab saya tangguh kerja sebab mostly tangguh kerja tapi bila tangguh kerja...saya nak rasa saya yang saya terlalu tangguh tu...bila saya terlalu fokus dengan kerja tu saya tak tangguh, saya akan ikut step-by-step to do list saya tapi at the same time, saya rasa berkaitan dengan environment saya juga sebab bila environment saya tak macam menggalakkan saya untuk kedepan macam nak buat, saya tak buat...contohnya macam cuti-cuti sem ni of course kita perlu siapkan assignment kita...kita perlu siapkan reflection kita tapi bila saya dah start masuk kita punya kuliah harian baru saya rasa bersemangat nak buat, saya akan step-by-step ikut list tu ha. Saya rasa banyak kemungkinan dari diri sendirilah, intrinsic motivation tu, sebab tanpa..sebab saya mostly diri sendiri, saya fokus pada diri sendiri so saya nak buat yang diri saya ni bermakna. So macam bila effect tu saya tangguh masa tu mostly sebab saya takde motivation nak buat sesuatu...macam nantilah ataupun mungkin lepas ni saya so saya punya diri sendiri tuyang tak terasa priority atas benda-benda tu, so bila saya tak rasa priority atas kerja saya tu, saya secara automatic akan menangguh kerja, so saya rasa ari tu bawa ke tu, tulah faktor saya.
0:18:54	1	Okay, so daripada yang awak describe dari tadi, inferiority feeling ni memberi impak yang negatif dalam hidup awak, so ada tak apa-apa effect positif pula yang inferiority feeling ni bawa kepada diri awak?
0:19:10	2	Ada juga yang positif tu macam contohnya saya...sebab kemungkinan kita ada baik buruknya jugakan so macam ada yang meningkatkan...yang ada certain part tu dia meningkatkan motivasi sebab bagi saya, bila kita rasa inferior kita macam nak buktikan sesuatu, so bila kita...bila saya nak buktikan sesuatu tu, mostly saya akan fikir, kalau aku tak buat benda ni sekarang ni, kemungkinan ramai yang akan ambil peluang tu untuk buat sesuatu, contohnya macam...kan ada macam sekarang ni ada iklan...bukan iklan, di macam iklanlah untuk recruit orang kan? Contohnya macam

		haritu ada masjis pelaksana...and then ada majlis pelaksanaan yang confest tu jadi saya ada dapat taulah yang pasal confest tu dah takde so saya fikir nak masuk ke tak sebab saya jenis yang introvert so macam saya rasa inferior macam what if saya masuk, saya jadi macam akan tarik diri semula sebab saya banyak kalilah sebab ada satu kelab tu contohnya kelab kayakkan, saya ada join masa tu...dah join dah bagi duit yuran dan semuanya tapi saya macam ada perjumpaan pertama saya jadi macam teragak-agak nak pergi akhirnya saya tak pergi sebab saya jadi macam anti-sosial, taknak bergaul, so saya stay dalam rumah je...so saya takutlah bila confest tu dah bagitau temuduga...saya teragak-agak nak pergi seba what if saya tak dapat. Lepas tu saya fikir-fikir balik aktiviti dalam kelab universiti akan diterima dalam resume so saya fikir-fikir balik, kalau saya asyik rasa inferior je tu...kalau inferior saya ni akan membawa padah pada saya punya resume saya, baik saya terus pergi buat and masuk temuduga, alhamdulillah dapat terpilih jadi pengarah sub program dalam tu . So macam saya rasa...bagi saya inferior feeling tu dia macam menolak sayalah sebab...
0:21:22	1	Menolak kearah mana?
0:21:26	2	Urm...menolak ke arah yang lebih baik untuk improve diri and then masuk sem ni bagi saya inferior banyak membantulah, saya fikir takkan saya nak rasa rendah diri and then rasa macam menyesal sebab tak buat sesuatu yang memberi faedah pada saya, so saya fikir baik saya buat sekarang, baik saya buat sekarang ni
0:21:52	1	So boleh ke kalau saya katakan yang awak punya peningkatan result sem lepasberpunca daripada perasaan inferiority yang awak cuba overcome tu juga?
0:22:02	2	Aah, ya betul
0:22:04	1	Okay so macam mana pula...penglibatan awak dalam aktiviti luar pun banyakkan so apa faktor yang buat kan awak rasa yang awak nak terlibat dengan aktiviti-aktiviti luar, aktiviti kolej...ada tak berkaitan dengan perasaan inferiority tu sendiri?
0:22:25	2	Rasanya macam tidak, saya rasa macam tak tapi mostly saya pilih jawatan sebab saya rasa berminat nak masuk and then saya nak masuk just untuk tambah aktiviti resume saya.
0:22:43	1	Atau mungkin awak nak overcome perasaan tu macam yang awak cakap awak ni introvertkan, so tu buat awak rasa inferior sikit, so bila awak nak overcome tu awak awak join banyak kelab dan aktiviti supaya awak boleh belajar something dan tambah knowledge awak and daripada penambahan knowledge tu dia kurangkan perasaan inferiority tu, ada tak awak rasa macam tu?

0:23:07	2	Oh ada ada, contohnya macam... saya ada satu kelab tu...saya rasa podcast kot...yang script writing tu...so bila saya macam teragak-agak...bukan teragak-agak...saya berminat nak masuk and then saya fikir macam kalau saya tak masuk ni saya rasa macam saya rugi...so bagi saya inferior tu saya macam overcome saya punya kalau... kalau saya fikir...sebab saya jenis yang takut nka bercakap and then walaupun saya masuk unit podcast tu sebagai unit scriptwriting, tapi saya juga perlu overcome inferior saya macam what if apa yang saya buat ni akan effect pada podcast tu. so macam bagi saya masuk podcast tu kita dapat tahulah and tambah knowledge macam mana keadaan podcast tu semua tu kan. So macam kalau berkaitan dengan inferior tu, urm..mostly sebab bila saya biat script writing kan, saya rasa macam saya dapat siap cepat script writing tu sebab mostly saya bila kelab tulah saya jenis yang bersemangat nak jalankan aktiviti dan buat kerja cepat, sebab saya ada bagitau dan selalu tanyalah bila diorang nak script ni tapi pada akhirnya saya buat pada haritu juga. So saya just bagitau macam yang ni dah siap, yang ni dah siap...so macam inferiority feeling ni yang saya maksudkan ni sama ada saya dapat memberi kebaikan, contribute kepada group tu atau tidak kerana mostly saya punya kelab tu banyak yang cognitive sains punya student so adakah saya sebagai psychology student ni dapat kejar diorang atau tak dalam membuat kerja sebab nampak diorang terlalu cepatlah juga membuat kerja...macam kalau dah ada bahan diorang terus buat...aaa so saya macam nak lebih profesional and then saya rasa daripada masuk kelab tulah dapat overcome macam oh ni penting kena buat...macam script writing ni kena cari Dr dulu untuk tengok-tengokkan dan proofread...so macam tulah.
0:25:46	1	So bila awak join macam-macam kelab dan organisasi ni kan, maknanya awak akan jumpa ramai orang...dalam banyak-banyak oran yang awak jumpa tu mesti ada orang yang lebih macam...lebih mengagumkan, lebih berwawasan, lebih macam ada sifat leadership tu...lebih extrovert...something yang buat awak rasa envy...so ada ke awak jumpa situasi macam tu?
0:26:12	2	Ada juga, macam contohnya dalam kelab *** individual A nilah sebab dia...ada saya dengar yang dia nak membawa kelab tu untuk dikenali oleh semua...semua orang nak masuk...bagi saya macam wow...macam gempaklah dia ni...lepas tu dia pun busy dengan persatuan *** so macam dia boleh bawa diri dia semua tu, and then adalah juga beberapa yang waktu kita majlis anugerah untuk CGPA so saya macam ...dalam saya punya kelompok rakan tu...urm...dia ada yang dapat tinggi CGPA dia so saya macam wow dia boleh tahan... dia bukan macam...urm..dia boleh bawa diri dia...dia boleh kekalkan CGPA dia tu and then kalau dalam group kolej, sebab saya punya kolej ni yang *** SWAT ada yang EXCO tu, EXCO kebajikan saya...satu daripada psikologi ataupun komputer sains, saya tak pasti...dia jadi EXCO kolej and at the same time dia juga EXCO

		dalam...ataupun ketua unit dalam *** so saya macam perasanlah dia ada yang waktu temuduga tu dia ada...yang waktu kelab tu dia takde...so macam saya dan mengagumilah sebab dia daapt macam membawa...bukan membawa...dapat handle multiple jawatan...so saya rasa macam wow..envy jugalah sebab kita pun nak buat macam tu tapi diri saya tak mampu buat.
0:28:17	1	So macam mana awak handle perasaan yang terhasil bila awak nampak orang lain lebih better dari awak?
0:28:23	2	Mostly saya kata saya kena tengok dululah kemampuan diri saya sebab adakah apa yang saya envy tu saya dapat buat atau tak? So macam saya tengok dululah kemampuan diri saya, kalau saya rasa mampu, mungkin saya akan cuba berjinak-jinak untuk pergi minta lagi...macam cari aktiviti-aktiviti kelab yang lain and at the same time, kalau saya rasa tak mampu, saya stop macam tu je sebab saya taknak nanti bila saya terlalu overconfident saya akan...saya punya result untuk memberi contribution tu menurun so saya akan focus pada something yang saya mampu bawa je. And then kalau lain tu pula, kalau saya nampak diorang tu saya akan kata yang saya perlu bersyukurlah kepada diri sebab even bila saya nampak diorang terlalu sibuk dan saya teringin nak jadi sibuk sebab saya dapat jumpa orang lain dapat buat new things, jumpa orang lagi berpengalaman dan daripada situ saya tahulah yang saya mungkin tak mampu...oh and berdasarkan kemampuan juga...tak mampu untuk bergaul dengan orang lain sebab saya jenis yang introvert and then saya takut nanti bila...bila terlalu bergaul sangat dengan orang saya akan jadi overthinking...and bila overthinking ni saya akan lead kepada peningkatan inferior feeling saya and then mungkin saya akan fikir saya perlu avoid lah daripada...avoid untuk bergaul...bukan untuk bergaul...dia macam avoid untuk terlalu rapat and bergaul dengan orang lain.
0:30:17	1	Okay, so bila awak mention yang bila awak nampak orang yang lebih mengagumkan awak rasa envy kan? Dan awak rasa ingin juga untuk menjadi macam diorang to some extent asalkan awak dapat handle controlkan? So dalam kata lain boleh ke saya cakap yang awak ni ada rasa competitive juga bila awak nampak orang yang lebih bagus yang membuatkan awak rasa “saya nak cuba juga jadi macam orang tu ataupun menjadi lebih baik dari orang tu” untuk macam bersaing juga?
0:30:46	2	Ada. Competitive feeling tu mesti ada sebab saya jenis even saya just senyap and diam-diam...saya memang fikir yang saya ni jenis yang mengalah and at the same time saya rasa sifat mengalah saya tu macam terlalu tak baik untuk saya sebab bila saya mengalah saya akan cepat lepaskan peluang-peluang yang saya tahu untuk saya tu kalau saya ambil tu saya akan macam meningkatkan lagi tahap diri saya. So macam bila saya jenis sifat competitive tu ada...saya rasa macam..urm...ada rasa macam

		nak pergi jauh. Dia macam terlalu banyak...sedikit kompleks sikitlah kalau saya macam sifat competitive ni sebab bila kita nak terlalu competitive...saya nak tahu adakah diri saya tu boleh bawa sebab setakat ni saya masih dalam comfort zone saya sendiri...so bila nak competitive tu saya cuma competitive dalam comfort zone saya sendiri, saya tak pernah lagi macam...ada juga saya keluar dari comfort zone tapi sekejap je lepas tu saya masih balik comfort zone saya sendiri. And then urm...saya punya competitive tu mostly saya jenis yang diam-diam ubi berisi. Biasanya saya tak show sangat saya punya competitive sebab saya fikir kalau competitive saya dapat memberi makna kepada saya, saya akan buat. Aaa, pada masa yang sama saya perlukan motivasi jugalah untuk bersaing dengan orang lain. Tapi pada masa yang sama saya kena...saya mostly sebab inferioritylah sebab macam biasa inferiority yang stop diri saya untuk...urm...untuk lebih dari orang lain sebab saya takut bila saya macam terlalu bersaing...saya takut nanti akan effect kepada orang sekeliling saya. So mostly saya senyap macam tak terlalu show yang saya tengah bersaing dengan diorang sebab saya jenis yang takut conflict jugalah incase kalau kot-kot...saya jenis yang takut orang envy saya balik so saya taknak macam bila macam orang tu envy dengan saya balik saya takut effect kepada hubungan and then saya taknak...saya jenis yang tak ambil pujian secara baik, saya macam percaya ke tak percaya orang puji saya, saya taknak macam rasa distrust pada orang lain bila diorang adore saya atau apa...so macam saya rasa macam kalau nak competitive tu saya just ikut flow saya sendiri.
0:33:37	1	Okay faham. Urm okay so macam awak cakap tadi awak ada perasaan inferiority dari pelbagai aspect juga so macam mana awak mengimbangi perasaan inferiority tu sendiri? Macam bukan untuk hilangkan perasaan tu terus tapi untuk meminimumkan perasaan tu supaya awak rasa lebih baiklah.
0:34:00	2	Mostly kalau ikut pengalaman sayalah, syaa lebih tengok video-video orang yang dekat youtube yang macam motivasi...and then yang macam mendekati jiwa saya sendiri contohnya macam saya perasaan kalau ikutkan kalau saya tengok video-video agama...and the video-video berkaitan yang..urm..i think kalau saya perasaan waktu cuti raya haritu saya perasan saya berubah sikitlah...macam nak fikir oh saya kena betul-betul kena berubah...untuk tingkatan diri saya supaya nanti saya tak terlalu rasa inferior so bila saya nak mengimbangkan perasaan tu biasanya saya tengok video yang macam orang yang lebih susah dari saya...macam orang yang tak dapat urm.. Kemudahan macam saya tapi diorang drive nak kedepan and then diorang ada tunjuk result diorang. Contohnya macam haritu...urm... saya banyak macam kompleks sikit seba inferiority saya,bila saya...kitakan duduk macam ada yang...dia tak berkaitan tapi dia ada macam merubah sikitlah yang Gaza tu...palestine dan israel semua yang conflict tu so macam saya rasa kesian , bila saya rasa kesian tu saya

		rasa macam kenapa walaupun diorang...palestine semua dia di terrorize tapi diorang punya iman tu lagi kuat ha...so saya rasa macam fikir kenapa diorang...even diorang susah mana pun diorang punya iman tu lagi kuat, so saya macam...kalau diorang boleh, kenapa saya tak boleh macam nak kedepan kan? So daripada situ saya cuba untuk berubah baik-baiklah untuk mendekati Allah and then daripada situ saya rasa pasal yang...saya mendekati agama dengan lebih mendalam tu.. so even saya rasa inferior saya kena rasa bersyukur sebab lebih ramai lagi yang lebih susah daripada saya and then pada masa yang sama bila saya macam bersyukur tu,saya rasa macam semua saya boleh buat...contohnya macam ada satu time tu...even saya macam urm cuti-cuti ni dia macam takde pengaruh luar yang macam nak mendekatkan saya untuk menjadi manusia yang lebih baik so macam kadang-kadang saya ada time tu mungkin saya tak terlalu menjaga kebersihan macam tak mandi and then tak terlalu...tak buat laundry...and then dari situ saya dia macam mewujudkan inferiority feeling juga sebab saya rasa macam mesti ramai yang even susah-susah pun diorang rasa akan terdetik untuk membersihkan diri diorang sendiri...so macam saya rasa macam video-video dekat youtube tu dia macam effectlah macam membuatkan saya rasa nak kedepan untuk memperbaiki diri ni sendiri. So saya macam dah tengok video tu, saya rasa...macam kalau saya tak buat sekarang ni saya tak terlalu menjaga kebersihan, nanti mesti saya akan jadi sakit, bila saya sakit tu mesti saya akan sorok sakit saya sebab saya motly taknak macam...bagi ibubapa saya risaulah dengan keadaan saya sebab saya taknak diorang fikir yang saya tak boleh buat apa-apa, so saya macam nak juga buktikan diri sendiri tu saya ni boleh bawa diri saya and saya boleh membanggakan ibubapa saya. And then saya...selain video tu juga saya rasa sebab...urm...buku-buku yang bagi motivasi tu ada membantu saya juga sebab macam saya tertanya kenapa saya kena buat ni, kenapa saya kena buat tu? And then urm...bila baca balik..saya baca yang kita kena ragut ataupun rembat peluang bila da ha da kat kita so saya macam nak kejar peluang tu sekalilah.
0:38:40	1	Okay, banyak input yang saya dapat daripada awak. Untuk soalan seterusnya, awak rasa perasaan inferiority feeling tu boleh ke lead kepada motivasi awak untuk strike for higher achievement in university life?
0:38:57	2	Boleh, dia macam boleh positif boleh negatif bagi saya.Tapi bagi saya inferiority feeling tu dia... datang lepas saya buat sesuatu, contohnya macam...urm...dia kalau saya datang lepas buat sesuatu tu macam urm...bila saya tak terlalu belajar bersungguh-sungguh, automatik saya ounya inferiority feeling tu datang, dia macam akan effect saya macam malas...and then effect saya punya akademik...tapi bila ada satu time tu, dia datang positif tu bila saya rasa macam ni tak boleh ni, kena buat juga, even saya rasa rendah diri kena buat juga sebab saya taknak rasa inferiority feeling ni. So macam urm.. Sem lepaslah even saya ada juga dapat soalan-soalan yang target and then bila dapat soalan-soalan yang target tu

		sepatutnya saya...saya ada satu time tu saya rasa takpelah dah dapat soalan target ni tak perlu belajarlah and then saya fikir tak boleh ni, even dapat soalan target, kemungkinan besar soalan target tu tak kena dengan soalan exam so saya macam urm...cuba untuk jawab soalan tu tanpa tengok buku...and then cari soalan yang...jawapan yang secara umumnya boleh diterima oleh satu soalan ni, so macam saya just tengok-tengok...and then alhamdulillah saya rasa daripada saya punya urm...result exam saya, meningkat sikitlah macam membantu sikit saya punya CGPA untuk kedepan. And then inferior pula macam...macam biasanya inferior datang pada appearance kita juga kan? So kadang-kadang saya fikir kenapalah dia mulus sangat pipi dia...kenapa dia cantik sangat...lepas tu saya... macam inferior ni macam...orang kata macam urm...bukan membutakan, dia macam menjelaskan lagi pandangan saya untuk mendalami knowledge knowledge yang berkaitan dengan skincare...and then knowledge yang berkaitan penjagaan rambut...and then saya rasa macam...urm bila saya inferior ni saya macam taknak dah saya rasa oh orang ni lebih baik daripada saya, oh orang ni lebih cantik daripada saya so macam...daripada situ saya belajarlah macam apa skincare yang kena dengan kulit saya...saya dapat bezalah mana product yang tak kena dengan saya...and then urm...pada masa yang sama...sebab dulu saya perasaan saya inferior juga tapi saya tak dapat nampak macam..orang kata butalah, saya tak tahu knowledge ni so macam jadi effect teruk so saya jadi tak terdetik nak improvekan diri saya. Tapi bila masuk sekarang ni, degree ni and especially sem ni lah saya rasa yang oh kalau saya tak buat ni saya akan jadi macam...urm...macam terlalu tidak kedepan, macam saya tak cuba langsung sebab kita...saya fikir faktor umur jugalah sebab kitakan dah 20 lebih ni, waktu nilah kita kena jaga diri...waktu nilah kita kena tengok kesihatan kita macam mana...tak terlalu tu. So bila kita selalu fikirkan kesihatan...and then saya...pressure orang luar semua tu, so saya rasa macam inferior feeling tu jadi berubah kepada urm..untuk meningkatkan saya untuk merubah diri saya untuk drive kedepan.
0:42:38	1	Okay, so daripada yang awak katakan ni, salah satu cara yang awak rasa boleh digunakan untuk menukar perasaan inferiority tu supaya boleh menjadi seorang yang lebih better, someone yang mungkin boleh dikategorikan sebagai high achiever adalah dengan belajar dan menyelami punca awak merasa inferior feeling tu? Macam tadi awak cakap awak rasa inferior tengok orang yang ada kulit yang lebih mulus tu awak menyelami cari penggunaan skincare, cara penjagaan rambut dan sebagainya...so bila awak belajar awak mendalami sesuatu ilmu atau perkara tu membuatkan inferiority feeling awak tu berkurangan dan awak strike untuk menjadi seorang yang higher achievement macam tu?
0:43:28	2	Betul, iya mostly macam tulah. Sebab bila saya guna konsep tu masa nak belajar so macam saya rasa ...urm...konsep tu untuk belajar contohnya bila seseorang lebih bagus daripada saya dalam pembelajaran ni so saya

		macam akan cuba sedaya upaya mungkin untuk bagi buat semua benda tu ikut jalan saya, sebab kita bila nak sesuatu ni kita tak boleh terlalu ikut cara orang lain belajar, so saya macam kena...urm, apa tu...saya tak boleh terlalu ikut cara orang lain untuk strive ke depan so saya kena macam ikut flow saya sendiri and then daripada flow saya sendiri, saya rasa bermakna bila saya kedepan...contohnya maca cara belajarlh,macam saya ada time tu saya cuba cara belajar orang lain macam pamodora teknik tu tapi bagi saya macam tak kena dengan saya so saya kena ada...saya tukar pamodora teknik dengan lagu macam lofy semua tu...lofy study, bila saya dengar lofy study...dia macam fokuskan saya untuk semua benda tu macam fokuskan dalam mata pelajaran saya bila nak buat semua benda and then mungkin orang lain...bagi saya macam chatgpt ni macam akan mengganggu pelajaran kita macam semua idea tu bukan terhasil dari diri sendiri tapi chatgpt, tapi bagi saya bila kita guna Chatgpt...kita pandai buat, olah kita punya ayat sendiri, daripada situ kita dapat urm..buat assignment kita lebih bagus...so macam saya rasa urm...daripada konsep yang saya rasa tu dapat effect jugalah konsep yang saya belajar semua tu.
0:45:19	1	Okay so soalan seterusnya, apakah awak rasa faktor-faktor lain yang menyebabkan awak bermotivasi untuk belajar dan untuk dapatkan pencapaian yang lebih tinggi dari segi belajar... dari segi berorganisasi...dan sebagainya.
0:45:35	2	Selain inferiority feeling tu?
0:45:37	1	Yup.
0:45:38	2	Ibubapa saya sebab urm...dulu dari kecil memang ibubapa saya macam mak saya lebih pentingkan saya kedepan sebab ibubapa saya pendidikan sampai SPM je so macam dia nak anak dia ni at least dapat degree and kerja-kerja yang bagus...so macam diorang akan didik saya daripada kecil untuk cemerlang. So macam bila...alhamdulillah saya dapat buktikan saya dari SPM...UPSR...PT3...saya dapat membanggakan ibubapa saya...cuma bila masuk universiti ni diorang kata jangan terlalu stress sangat sebab banyaklah kes yang pelajar meninggal sebab stres and then diorang takutlah yang diorang...yang anak diaorang pun macam tu so bagi saya macam, saya nampaklah kesusahan ibubapa saya menggunakan duit...untuk saya so saya macam rasa bersalah kalau saya tak buat benda di saya akan menyusahkan ibubapa saya sebab saya taknak menyusahkan diorang sebab diorang dah bersusah payah untuk jaga saya, untuk bagi duit kepada saya untuk belajr semua...so saya macam fikir banyak duit yang dah dibelanjakan kat saya and then ibubapa saya pun sebenarnya...sejujurnya saya tak terlalu fikirkan kepada diri saya...apa-apa saya akan fikir ibubapa saya nanti kalau saya...contohnya ada satu time saya terlalu murung...urm saya fikir kalau...saya tak kesah kalau saya hidup ke...mati ke apa...tapi saya fikir kalau ibubapa saya...urm...kalau

		saya takde untuk ibubapa saya...siapa lagi...sebab adik saya tu dia ada diabetes so macam...and then sekarang ni dia masih lagi belum sambung belajar so saya fikir kalau bukan saya siapa lagi nak buat sebab saya anak sulong and saya rasa macam bebanan keluarga tu ada kat saya so saya nak at least saya dapatlah tanggung dan balas balik kepada ibubapa saya dan tanggung ibubapa saya and...selain inferiority feeling... mostly pada diri saya sendirilah, macam saya nak cari makna hidup sebab macam saya kata tadi, mostly sebab saya hidup ni, untuk belajar dan strive ni sebab ibubapa saya, saya macam nak cari at least makna dalam hidup saya. Macam bila kita buat something tu, bagi saya saya taknak buat secara halfhearted, sambil lewa...saya nak at least kalau buat assignment tu memang hasil daripada saya and bila saya buat tu syaa rasa bersemangat and then even kalau saya rasa ,malasnya...lepastu saya rasa macam susahnyanya nak buat benda ni...tapi bila saya rasa macam tu, at the same time saya masih buat, tak berhenti...saya rasa macam walaupun saya dah bersusah..even saya rasa susah...at least saya ada buat something yang saya nak buat.So macam ada makna dalam hidup sayalah macam tu.
0:49:03	1	Okay faham, okay urm...untuk soalan seterusnya, berapa besarkah jarak yang awak rasa diri awak yang sekarang dengan ideal self yang awak nak jadilah, berapa besar jurang jarak tu?
0:49:18	2	Kalau saya ikutkan peratus...urm...dia antara 50-70%.
0:49:31	1	Gap dia atau overlap?
0:49:33	2	Overlap dia
0:49:34	1	Overlap dia 50-70%?
0:49:36	2	Ha iya, sebab saya nak kata yang saya terlalu inferior sampai tak buat kerja pun tak sebab saya masih rasa ada time saya buat kerja tu memang saya buat kerja automatik semua habis. Tu saya rasa macam antara 50%-75% something overlap tu tapi tak sampai 100% lagilah.
0:50:07	1	Okay, so kiranya banyak jugalah overlap yang awak rasakan tu. Maknanya dia awak yang sekarang dengan ideal self tu memang dah dekatlah cuma perlukan sedikit lagi effort untuk strive supaya menjadi idealself tu. Okay, so untuk soalan seterusnya, macam awak cakap tadi, perasaan inferiority tu banyak juga berlaku dari segi belajar...kelab...dengan kawan-kawan dan semua tu kan? So awak rasa awak boleh tak overcome perasaan tersebut dan mengarahkan diri awak menjadi lebih baik dimasa akan datang?
0:50:45	2	Urm...saya rasa saya boleh overcome sebab ada...saya ada nampklah macam sebelum ni walaupun banyak saya terlalu orang kata...urm...orang kata...lost dalam inferiority feeling tapi ada juga time time saya rasa urm...saya dapat kawal inferiority feeling saya sebab dengan syarat saya

		tak terlalu fikirkan orang lain, macam kenapa saya kena fikir orang lain kalau saya sendiri pun macam tak terlalu kedepan lagi so saya macam inferiority feeling tu saya just overcome dengan just fokus pada diri sendiri dan saya tak boleh terlalu self pity pada diri sendiri sebab kalau saya terlalu self-pity semua benda takkan buat, ha so macam dia macam bila saya fikir balik, bila akan datang tu saya pun akan buat cara ini juga. Ada time saya akan betul-betul overcome perasaan inferiority tu ha.
0:51:53	1	Okay, bagus awak punya perancangan tu dah ada. Okay, untuk soalan terakhir, saya akan bagi awak dua scenario, dua situasi dan saya nak awak pilih satu situasi yang membuatkan awak rasa lebih baiklah. So untuk situasi pertama...awak dapat pointer 3.6 manakala classmate awak secara average mendapat pointer 3.9. Situasi kedua pula awak mendapat pointer 3.5 dan secara average classmate awak mendapat pointer 3.3. Yang mana awak lebih prefer?
0:52:30	2	Urm...Kalau saya, saya rasa yang 3.9 tu...
0:52:36	1	Untuk classmate awak?
0:52:38	2	Aah, sebab kalau saya terlalu...even kalau saya dapat 3.5 and classmate saya 3.3, even kalau saya rasa macam wow saya ni lebih classmate sendiri...saya rasa tak puas sebab saya akan balik kepada saya punya...cara yang jenis taknak terlalu berusaha sebab bila kita terlalu selesa competitive tu takde, dia rasa macam...urm...bagi saya akan long-term punya effect tu tak baiklah bagi saya sebab saya akan berasa selesa dengan 3.5 dan tak strive untuk dapatkan higher sebab orang lain kat bawah. Lepas tu saya rasa bila...kitakan bila dapat pointer lebih tinggi daripada orang lain orang akan puji kitakan, so saya rasa macam tak cukup lagi...and then contohnya macam...saya bagi contohlah macam...saya...urm...waktu sekolah sebelum masuk university...sekolah menengah dan sekolah rendah, sekolah menengahlah sebab pointer...eh bukan pointer....saya salah satu pelajar yang selalu sepuluh yang terataslah so bila saya sepuluh keatas tu saya tahu macam takde saingan sangat so rasa macam selesa sangat and saya perasaan saya punya result pun menurun even saya masih antara teratas tapi result saya macam tak meningkat dia cuma stay average...tak meningkat...and kadang-kadang dia menurun sebab saya terlalu selesa dengan saya punya kawasan sekeliling so bila masuk asasi tu, dia macam culture shock sebab mostly saya punya peers tu semua result semua pandai-pandai macam straight A+, ada yang straight A+ dan A-...and then saya rasa macam even kalau...bila dah culture shock tu saya macam tak tahu macam mana nak bawa diri saya so saya rasa macam lebih baikbagi saya scenario yang 3.9 untuk classmate saya and saya 3.6. Saya pilih benda tu daripada scenario yang lagi satu
0:54:54	1	Okay, so kiranya macam bila awak dapat 3.6 tu awak rasa inferior sikit compare dengan 3.9 tapi benda itulah yang buat awak rasa nak bersaing

		dengan diorang untuk terus belajar dengan lebih keras...untuk bersaing dan dapatkan result yang lebih better daripada diorang.
0:55:08	2	Aah, ya betul
0:55:10	1	Okay faham. Okay itu sahajalah untuk interview kita harini...terima kasih banyak-banyak sebab sudi jadi salah satu participants untuk saya.
0:55:21	2	Alhamdullilah

Main study- participants 4 (Ms E)

Timestamp		
0:00:01	1	Hi nama saya Siti Aisyah dengan no Matrik 81184 and sekarang saya sedang conduct study bertajuk unveiling the impact of inferiority feeling on student motivation, a qualitative exploration of factors influencing the higher achievement. Basically key word untuk study ni adalah inferiority feeling, motivation and higher achievement. So awak punya role sebagai participants adalah untuk menjawab semua soalan ini dengan sejujurnya. Interview ini mungkin akan mengambil masa dari 30 minit ke 1 jam dan data yang awak sharekan akan digunakan untuk penulisan kajian ini dah sekiranya dipublish, data tersebut akan dapat diakseslah oleh orang lain. Tapi awak punya identiti akan dirahsiakan dan kita akan ambil measure untuk pastikan tiada orang boleh mengenal identiti awak. So penyertaan awak adalah secara sukarela dan sekiranya awak nak sewaktu interview dijalan just stop and kalau ada soalan yang ditanyakan sedikit sensitif bagi awak awak boleh just inform dan kita akan skip soalan tersebut. So far ada apa-apa soalan?
0:01:04	2	Tiada, okay je.
0:01:07	1	Okay, so untuk jawab soalan yang ditanya awak boleh jawab dalam bahasa yang awak selesa. Okay untuk mulakan boleh tak awak perkenalkan diri awak dulu?
0:01:17	2	Okay, nama saya ***sekarang pelajar *** di UNIMAS. Saya berasal daripada kuching Sarawak so memang orang sinilah
0:01:31	1	Boleh ceritakan pasal urm,family background sikit?
0:01:35	2	Family background...urm okay, my father dia bekerja sebagai F&B Manager...food and beverage manager dekat Damai Lagoon yang macam resort tulah and my mom dia cikgu sekolah rendah.
0:01:55	1	Okay, so boleh saya tahu current CGPA?
0:01:57	2	Current CGPA urm...3.98.
0:02:01	1	3.98...3.98 tu ada peningkatan atau penurunan daripada sem yang sebelumnya?
0:02:06	2	Macam sama ja.
0:02:08	1	Sama je?, okay so boleh awak cerita sikit participation awak dalam organisasi dalam UNIMAS ataupun luar, Kelab, sports ataupun

		apa-apalah aktiviti yang awak sertai sebagai pelajar.
0:02:29	2	Tapi kalau dah lama masih dikira? Kalau dah berhenti tapi masa Universiti?
0:02:38	1	Boleh
0:02:40	2	Masa first year macam tu...sampai second year, i was a member of AIESAC Kuching so macam...ni student kelablah...diorang buat macam volunteereer program...so i was incharge of banyak posisilah dalam kelab tu, so masa i first first join tu, i was dilantik as sell member so my tanggung jawab adalah kalau ada orang berminat untuk join program yang AIESAC in Kuching buat, so saya akan contact mereka dan macam jawab soalan mereka pasal the program tu...and kalau diorang jadi volunteer so dari awal saya...i have to like tahu progress diorang pastu tanya apa yang mereka perlu untuk tolong ka...macam tu, pastu macam buat dibriefing session kalau perlulah, and then selepas 6 bulan...boleh dikira naik pangkatlah, saya tukar department sampai jadi ketua voluntary program...so saya ada orang bawah saya macam tukang logistik...yang tolong buat aktiviti semua tu...and i was the leader yang jaga diorang but i still need to lead a projectlah, so mostly i...jumpa dengan others organisation ataupun orang persendirian pun macam UNIMAS macam ni, discuss macam apa yang kitaorang boleh partner and something for this program as for what i need for this program which might be financial support...macam tu...learning partner...diorang bagi information or they did deliver the session for voluntary project for volunteer. So dalam saya dah lebih kurang setahun, cun-cun setahun...pastu i end my term and i leave the organization. So currently dari tahun lepas macam tu, bulan 6 macam tu until now, i am in Sarawak Family Planning Association, so this is the organisasi yang macam lebih kepada memberi kepada msyarakat, macam..how to say...macam information pasal sexuality...health...sexual care...and macam tulah, pastu macam...yeah and dalam SFPA ni dia ada youth punya branch untuk saya join, at first saya join as secretary sepatutnya tapi sebab ada orang baru datangkan, and then they ask me if i want to be a treasurer...macam bendahari and i say yes and sampai sekarang.
00:05:36	1	Macam mana pula dengan penyertaan dalam universiti? Apa-apa kelab...apa-apa aktiviti yang awak join, mungkin sebagai secretariat...ataupun sukan?
00:05:57	2	Tak sangat kot kecuali yang macam kelas kita buat tu, yang macam madam Ross punya yang pergi pantai tu.
00:06:08	1	Okay, so awak lebih aktif dalam aktiviti luarlah kan? Luar universiti?

00:06:12	2	Iya tapi yang AISEC tu dia macam kelab dalam UNIMAS, So i tak pastilah, is it under UNIMAS ataupun luar.
00:06:25	1	Alright faham. Okay itu untuk soalan demography sebenarnya...beralih kepada soalan pertama untuk kita punya interview pula, boleh tak awak describe perasaan inferiority tu? Macam mana awak mentafsir perasaan inferiority tu?
00:06:39	2	Maksud my own interpretation?
0:06:40	1	Yup
0:06:42	2	For me inferiority tu macam like saya rasa diri tu macam kurang sesuatu...kalau awak banding diri dengan orang lain, awak rasa macam you're not as good as them. Macam tu...lepas tu its like...urm...kalau dibandingkan dengan society jugalah like you don't have something that orang lain ada and because of that saya rasa sedih...like tak cukuplah...like you don't felt enough as a person...like you failing yourself and orang sekeliling juga.
00:07:20	1	Okay, so awak ada tak perasaan inferiorty tu?
00:07:24	2	Ada, banyak actually
00:07:25	1	Boleh bagi example?
00:07:26	2	Urm...kalau paling recent i think...recentlylah i think paling banyak feeling inferiority sebab okay...kalau nak bagi contoh, my adik sekarang dia dah habis SPM lah so diakan cutikan, so dia belajarlah macam mana nak memasak...mencuci... baju apa semua...tu prepare for University lah tapi i felt like in that sense, saya tak pernah, bukan tak pernah, saya jarang belajar semua benda tu and when i dengar my sister masak semua tu and my mom macam puji cakap "hari ni adik kita masak tau blablaba..." i felt like urm...sebab i tak pandai memasak sangat, i lebih kepada baking so kalau saya tengok my adik tu memasak sayurlah apa semua...i felt like kenapa aku tak belajar dulu or why didn't i try to be as hardworking as my sister? Tapi macam the time, i don't have time tu belajar memasak apa semua. And then another example i think dengan classmate kitaoranglah, i felt like especially one of my friend tu...when i see him, its like wow...this is the person who really deserve to study psychology...sebab his very passionatelah about this topic, his join a lot of NGO... A lot of voluntary opportunity...so and I just yang bukan nak cakap malas tapi macam I need time for myself lah, and i don't like when banyak barang bertimpak sekali, i felt like i don't have time to rest. So I don't really join any voluntary stuff unless i felt like i can commit to it so when i see orang lain macam selamba je join...macam buat part-time kerja ke...like voluntary

		stuff...and while buat semua tu, result dia masih mantap and i felt like urm...apa je aku buat di UNIMAS ni? Like I tak buat apa-apa, aku belajar je but still i don't felt like i belajar enough.
00:09:48	1	So dari segi akademi pula, ada tak rasa inferiority tu?
00:09:53	2	Ada, walaupun i felt like my CGPA is okay kan,tapi I don't know, selalunya i felt like I don't learn as much as my friends contohnya like i tengok mereka berbincangkan pasal...maybe SPSS ka, Statistic apa semua tu, and then i cannot relate sebab i don't think yang i orang yang jenis suka matematiklah macam tu. So for me macam susah sikit tu understand apa diorang tengah discuss...and even tho kita dah belajar statistic semester sebelum ni, i felt I masih I lupa and I memang tak interested sangat, tak betul-betul menghayatilah the subject tu so in that sense,yang akademi yes walaupun i rasa my result is okay but i felt like i don't learn as much as my classmate.
0:10:50	1	So to some extend awak rasa yang awak masih lack of knowledge tu jugalah?
0:10:55	2	Yup
0:10:55	1	So awak rasa adakah lack of knowledge tu juga yang buat kan awak rasa inferior tu?
0:10:58	2	Ya sebab i felt like...Okay sebab saya ambil Qualitative juga macam awak...sebab one of the reason I ambil Qualitative sebab taknak buat SPSS sebab I don't know how tapi I know its very importance tu belajar benda tu sebab maybe kalau nak sambung master ka...apa semua kan, at least ada basis lah tahu statistic apa semua but i felt like i don't want...its not like I don't want, i don't know how to learn the SPSS so yeah saya rasa macam kurang sikit.
00:11:34	1	Okay, so...macam mana perasaan inferiority ni memberi impak ataupun kesan dalam hidup awak?
00:11:43	2	For myself usually i felt stress or sedihlah sebab kalau betul-betul I think about rasa inferiority ni kan, i felt like its all my fault anyway, macam apa salah saya belajar masa...belajar SPSS like sendirikan boleh buat benda tu so but at the same time i tak buat benda tu. So thats why i felt like perasaan inferiority ni memang like on myself then because of that, I rasa stress and I rasa sad because like sebenarnya boleh je nak hilangkan perasaan tu tapi diri tu yang macam malas or taknak so lepastu rasa stresslah sebab why aku malas like baca jelah buku or belajar jelah masak tapi itulah.
00:12:38	1	SO basically dia memberi impak kepada macam memasak tadi...kepada

		berorganisasi pun sama ka? Macam awak cakap kawan awak join macam-macam... so ada tak rasa yang sama macam membuatkan awak rasa stress dan semua tu? Akademik pun macam tu juga ka?
00:12:48	2	Yup semua tu memberikan impak yang lebih kurang.
00:12:54	1	Okay, so dalam banyak-banyak aspek tu, aspek apa yang paling terkesan dengan teruk disebabkan perasaan inferiority tu?
00:13:01	2	Urm...macam aspek mental health.
00:13:03	1	Mental health...okay. So awak rasa faktor apa yang menyebabkan perasaan inferiority ni muncul dalam diri awak?
00:13:15	2	Urm...i think banyak faktorlah tapi rasanya sebab memang dari dulu my parent selalu compare me dengan cousin yang sama umur. Macam compare markah ujian apa semua tu so memang dari dululah rasa mesti bertanding dengan sesiapa sahaja dalam my environment. Walaupun macam sekarang ni mereka dah tak sama campus semua kan , I still carry the feeling of kena compete dengan orang lain even tho i don't want to so and then yelah so rasa perlu compete, pastu expectation from family, bukan sahaja my parents but my nenek semua tu. So sebab diorang bagi macam expectationyang macam diorang labellah macam awakkancousin yang pandai dalam keluarga ni so awak kena tunjuklah yang awak tu orang pandai and then when i felt like i tak capai apa yang diorang nak, muncullah perasaan inferiority tu bila tengok orang lain dapat capai apa yang saya tak dapat.
00:14:22	1	Urm..okay faham. Okay, so macam mana pula awka cope dengan perasaan inferiority tu?
00:14:28	2	Kalau nak cope urm...usually kalau saya rasa stress sebab inferiority or i felt sedihkan...usually I distract myself lah, I think I distract myself dengan hobbilah...macam dengar lagu ke or tengok movies ka apa semua just tu tak fikirkan benda tu sangat and yeah...tolong untuk distractkan diri lepastu urm...I also try to like remind myselflah like I am not the only person yang rasa inferiority, maybe dalam dekat atas je orang ni macam happy je dengan dunia or experiences dia kan, tapi maybe they have the same feeling as me also and i also remind myself lah that I also have a lot to be grateful for even though i felt like I don;t felt enough at least I made it this far lah.
00:15:25	1	Urm...kalau yang bila tengok movies semua tu kan, tu lebih kepada cara nak distract diri and macam defense mechanism lah...so macam mana pula kalau nak minimize kan perasaan tersebut supaya boleh dicontrol? Sebab kalau nak hilangkan terus mungkin macam mustahillah kan, tapi kalau kita dapat minimizekan to the extend that we

		can control that will make us felt better, so how?
00:15:50	2	Klau nak minimize perasaan inferiority tu urm...mostly is macam remain myself lah yang macam apa tu...like yes maybe you don't have much experience macam my friends atau tak pandai buat something...but there always time to learn and also yeah i felt like its a normal thing for me to face especially at this age lah, I think banyak je orang yang inferiority complex ni just that diorang tak muncul and show it, just to remind myself that benda ni normal pastu maybe i am not the only one and yeah like i said tadi be grateful lah dengan apa yang I dah capai semua tu.
0:16:40	1	So awak rasa yang awak experience sekarang ni adalah inferiority complex ataupun inferiority feeling?
0:16:49	2	Urm...kalau complex tu tak tahulah sangat, its not that...Tak tahulah teruk ke tak tapi...inferiority feeling tu memang ada...yang macam complex tu tak tahulah tapi I do felt...bukan nak cakap very stress lah tapi sometimes I memang rasa terganggu because of that thing, tapi yang nak cakap complex tu tak tahulah tapi feeling tu ada.
0:17:17	1	Okay, so saya explain sikitlah apa inferiority feeling and inferiority complex, apa bezanya. So basically inferiority feeling ni something yang semua orang ada daripada waktu kita kecil pun kita memang dah ada perasaan inferiority feeling ni macam waktu kita kecil kita tengok adult, diorang lagi kuat...lagi boleh buat macam-macam and then waktu kecil pun kita dah rasa inferiority feeling tu. And then kita grow up...jadi teenager...adult...young adult...kita akan jumpa macam-macam orang lagi-lagi urm bila kita banyak bersocial dengan orang...banyak jumpa orang...dan macam-macam lah, kita akan jumpa orang yang lebih baik...lebih better daripada kita dari pelbagai aspect. Mungkin kita better dari segi satu aspect ni tapi orang lain lagi better dari segi yang lain so kita rasa juga inferior walaupun kita ada kelebihan kita yang tersendiri. Itu normal, inferiority feeling ni basically normal, yang membezakan dia macam mana kita guna ataupun mindset kita untuk hadap perasaan tu sama ada...untuk hadap kita pandang inferiority feeling ni sebagai something yang negatif dia akan memakan dirilah, itulah yang akan lead kepada inferiority complex. Inferiority complex ni apabila perasaan inferiority feeling tu terlampau intense macam penyakit mental illness juga, kalau terlampau-lampau intense dia develop kepada mental illnesskan...sama juga dengan inferiority feeling, bila perasaan tu terlampau intense kita terlampau layan perasaan tu dari sudut yang negative yes dia akan lead kepada inferiority complex dimana mungkin waktu itulah kita akan berada i tahap dan titik terendah kita dan kita tak boleh nak get out daripada situ, sebab itulah mudah depress...rasa tak berguna...and tak boleh buat

		apa-apa, itu inferiority complex. So inferiority feeling ni saya suka describe as 2 sides of a coin dimana dia boleh jadi something yang positif, dia boleh jadi something yang negatif. Cara nak tentukan tu depend pada mindset kita juga. So kajian saya ni lebih kepada macam mana inferiority feeling tu memberi impak yang positif kepada pelajar sendiri. So awak rasa ada tak effect yang positif inferiority feeling ni bawa kepada awak?
0:19:25	2	Ada urm...so when mula-mula saya masuk degree ni saya nak belajar je tapi cause i berkawan dengan kawan-kawan yang memang passionate pasal psychology...ataupun memang volunteer pasal apa yang diorang care about so i felt like i kena sama level dengan diorang, i kena compete...I kena jadi lebih bagus...I kena at least sebegini mereka...so kalau macam masa my friends join AIESEC tu i felt like patut ke i join and then i felt like yes i should join because saya pun ada terfikir juga i not only need to compete with my friend untuk cam jadi sebegini dialah but also kerja nantikan diorang mesti tengok CVlah, experience apa semua so kalau saya compete dengan orang yang memang experiences banyak at least i have...at least kalau saya join this organization...I have somethings to write about lah in my CV so in that sense in the inferiority feeling tu lead kepada something yang positif, bukan nak cakap force...dia macam drive me to join things that i would never join before to dapat experiences baru...skills baru semua tu.
0:20:46	1	So banyak kali juga saya perasan awak mention pasal competitive drive macam tu, daripada waktu awak kecil, parents awak selalu push untuk awak bersaing dengan cousin and all. Bila masuk Universiti awak dah masih competitive juga so awak rasa competitive ni walaupun mula-mula dipaksa adakah awak rasa itu telah menjadi sebahagian daripada diri awak juga? Sebab awak sendiri yang nak jadi competitive sebenarnya?
0:21:09	2	Urm ada, tapi saya tak pasti is it because dah biasa atau memang ada dalam diri.
0:21:15	1	So bila awak competitive kan, untuk bertanding dengan orang lain ni mesti ada macam 1 time tu awak rasa oh saya menang oh saya kalah dengan orang tu...ada tak?
0:21:25	2	Ada
0:21:26	1	So then waktu awak menang apa yang awak rasa?
0:21:30	2	Rasa macam puas hatilah like my effort macam the effort is worth it lah pastu kalau saya kalah tu memang saya rasa inferiority feeling tu makin bertambahlah its like “apa jadi?”, “kenapa saya tak boleh bertanding dengan dia?. Why i kalah?”, like apa yang kurang daripada myself tu.

0:21:59	1	Okay so to some extend memang dari awak jugalah awak rasa competitive tu sekarang sebab kalau awak tak rasa datang daripada diri awak, kalau awak memang pun awak tak rasa sehappy yang awak rasa, kalau dipush oleh orang lain, awak just do what they want. Kalau datang dari diri awak sendiri awak sendiri akan rasa happy bila dapat capai apa yang awak nak tu. So macam awak cakap tadi, bila awak kalah awak rasa sedih macam tu kan, so urm macam mana awak cope...bila awka kalah tu apa yang awak buat untuk jadi lebih better?
0:22:39	2	Kalau kalah tu macam remind...first awal-awal cakap “okay, i have to do better”...so kalau ada chance untuk bertanding lagi, mungkin macam ujian bulanan tu kan macam dekat sekolah dulu...so memang i will belajar...try to belajar lebihlah...bersungguh-sungguh macam tu and then ya, put more effortlah basically.
0:23:03	1	So bila awak nka achieve something ataupun striving untuk dapatkan something awak ada tak plan yang tertentu contohnya lepas ni saya nak buat macam ni atau ni, so basically bila awak experiences something bila awak kalah kan, and awak experience perasaan inferiority tu, awak ada tak plan yang seterusnya? Lepas je awak habis meratapi perasaan tu, awak ada tak plan untuk buat lebih baik macamplan yang lebih strategic lah..
0:23:44	2	I think urm... i would change my mindset first lepas tu saya adalah juga plan tu, macam...i know what to do...macam harini saya belajar ni, buat ni, buat tu...so setiap hari saya tahu nak buat apa.
	1	Awak rasa inferiority feeling ni boleh ke jadi motivation untuk awak strive for higher achievement?
	2	Ya sebab saya selalu ada mindset untuk jadi lebih baik, dah improve diri sendiri walaupun ada masanya saya rasa inferiority tu. Saya cuba overcome perasaan inferior tu dan cuba compete dengan yang lain untuk jadi lebih bagus. Saya cuba untuk cabar diri saya buat sesuatu yang saya takut nak buat. Once saya dah berjaya buat saya rasa yang oh “kenapa aku rasa inferior dulu ?, bukannya susah sangat pun”
	1	Awak rasa apa faktor utama yang membuatkan seseorang tu dapat menukar perasaan inferiority dalam diri dan menjadi higher achiever?
	2	Urm.. saya rasa faktor utama tu Mindset,macam mana seseorang tu punya mindset bila ada perasaan inferiority tu, kalau dia ada mindset untuk bersaing dan overcome perasaan inferiority tu, tu boleh buatkan diorang lebih berjaya. Selain tu saya rasa faktor social dan dorongan luar juga bagi impak yang besar, macam family saya sendiri, mereka selalu push untuk buat yang terbaik dan bersaing dengan orang lain...saya so saya rasa pressure tu untuk overcome perasaan tersebut.

		Saya rasa ramai yang rasa macam tu juga, pressure daripada expectation dari society dan sebagainya...Saya rasa pressure tulah. Sebab mostly
	1	So awak ada mention yang kena keluar dari comfort zone untuk jadi lebih baik kan?
	2	ya, kena lebih berani untuk cuba kalau tak sampai bila-bila rasa inferior tu.
	1	Untuk awak pula awak ada tetapkan apa2 limit tak untuk achieve apa yang awak nak? Ada tak limit yang awak tetapkan bila awak cuba keluar dari comfort zone awak?
	2	Untuk saya, ya ada, saya akan cuma keluar dari comfort zone saya sejauh yang mungkin and cuba untuk strive tapi saya tahu juga limit saya, saya akan stop bila dah sampai limit, bila dah stress and terlampau banyak pressure dan dah menjejaskan mental health saya sendiri saya akan tahulah tu limit saya, saya akan stop kat situ untuk jadi kesihatan mental saya. Sebab...saya taknak terlampau stress sebab...saya kalau terlampau stress tak bagus untuk kesihatan mental saya.
	1	So kiranya awak akan strive sampai awak hit limit awaklah?
	2	Ya betul, saya akan tengok kat mana limit saya.
	1	Apakah faktor-faktor lain yang anda fikir mendorong anda untuk bermotivasi untuk berusaha untuk pencapaian yang lebih tinggi?
	2	Selain daripada inferiority feeling ka?
	1	Yup.
	2	Urm...saya rasa banyak yang relate dengan inferiority feeling sebenarnya...urm... saya rasa mostly faktor utama...adalah daripada diri saya sendiri. Saya nak nak compete dengan orang lain untuk jadi lebih baik, macam...kalau nak dapatkan kerja nanti kan diorang akan tengok CV kan...academy...aktiviti...dan sebagainya... so saya rasa penting untuk saya focus pada diri saya untuk improve diri saya. Mostly untuk diri sayalah faktor nya, sebab saya nak better future and life bila dah habis belajar nanti. Saya nak dapatkan kerja yang lebih baik dan bagi better life untuk parent saya juga one day.
	1	Okay faham, soalan seterusnya, berapa besarkah jurang antara diri awak yang sekarang dan awka punya idea self?
	2	Urm...saya rasa dah sampai 70%

	1	Jurang atau overlap?
	2	Jurang...eh overlap, jurang lebih kurang 30% lagi...
	1	Apa ideal self awak?
	2	Saya urm... ideal self saya saya nak jadi lebih...nak jadi lebih assesstive, lebih berani bercakap dengan orang lain and boleh jadi lebih jujur dengan pandangan saya, saya nak... tak malu sangat and boleh bergaul dengan sesiapa sahaja walaupun tak kenal. Saya nak suarakan pemikiran saya dengan lebih berani. Saya... nak jadi lebih confident. Dan nak tambah lagi, nak jadi lebih pandai lagi kalau boleh.
	1	Adakah awak rasa awak boleh capai ideal self awak dalam masa yang terdekat?
	2	Yup
	1	adakah awak percaya bahawa awak boleh mengatasi perasaan rendah diri yang awak rasa sekarang dan mengarahkan diri anda menjadi lebih baik?
	2	Iya, kena ubah mindset untuk menjadi lebih baik, takkan terlampau competitive dengan kawan-kawan. To some extend saya fikir kenapa saya kena jadi competitive dengan diorang bila diorang tak kesah pun untuk bersaing, they just being passionate about what they learn, they taknak pun bertanding dengan diri saya. In the same time nak kena rajin, sebab kadang-kadang saya agak malas... takdelah malas sangat tapi macam saya kena lebih rajin lagi untuk improve diri saya.
	1	Okay untuk soalan terakhir saya nak akan bagi awak dua scenario ataupun situasi and saya nak awak pilih situasi yang buat awak rasa lebih baik. Situasi pertama awak mendapat pointer 3.6 manakala classmate awak mendapat pointer 3.9 secara purata ataupun awak mendapat pointer 3.5 tapi classmate awak mendapat pointer 3.3 secara purata. Yang mana awak lebih prefer?
		Saya rasa soalan situasi kedua. Yang saya dapat 3.3., eh yang saya dapat 3.5 tu. Saya rasa saya akan rasa better kalau dapat lagi tinggi dari yang lain sebab saya rasa effort saya pay off. Sebab saya selalu bersaing dengan kawan-kawan saya so saya rasa puas bila saya dapat beat diorang. Saya rasa macam i did it, i manage to get it.
	1	Okay itu sahajalah untuk interview kita harini, ada apa-apa soalan?
	2	Urm..setakat ni tiada

	1	Baiklah, terima kasih atas kesudian awak menjadi participants saya. Thank you.
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Main study - Participants 5 (Mr S)

Timestamp		
0:00:01	1	Hi nama saya Aisyah with matrik number 81184, dan saya sedang conduct study unveiling the impact of inferiority feeling on student motivation a qualitative exploration of factor influence the pursuit for higher achievement. So urm... tujuan kajian ini adalah untuk mengkaji macam mana inferiority feeling ini impak student punya motivation to strive for higher achievement. Bukan sahaja dari segi akademik tetapi dari segi berorganisasi taupun apa-apalah yang boleh disertai oleh pelajar. So tugas awak sebagai participant adalah untuk menjawab soalan yang diberikan dengan sejujurnya. And data yang awak berikan akan digunakan solely untuk research ini sahaja...untuk penulisan saya nanti identiti awak akan dirahsiakanlah dan penyertaan awak adalah completely volunteer dimana kalau awak rasa awak nak tarik diri di tengah-tengah sesi interview awak dibenarkan...cuma inform dan kita akan stop interview and kalau ada apa-apa soalan yang awak rasakan sensitif, cuma bagitau and kita akan skip soalan tersebut.
0:01:16	2	Okay boleh
0:01:17	1	So far awak ada apa-apa soalan?
0:01:21	2	Buat masa ni takde
0:01:22	1	So sebelum kita mulakan boleh awak perkenalkan diri awak dulu?
0:01:36	2	So nama saya adalah ***... urm...umur saya 26 tahun dan berasal daripada Kuching Sarawak. Merupakan pelajar *** dengan kepujian.
0:01:55	1	Boleh cerita sedikit pasal family background?
0:02:02	2	Family background...urm saya ada 3 orang adik beradik which is semua laki-laki dan saya anak kedua, ibu dan ayah orang melayu urm... ayah saya asal dari merudi Baram manakala ibu saya memang asal Kuchinglah di kampung Haji Bakri
0:02:32	1	Urm...boleh saya tahu pasal socioeconomic condition family tak?
0:02:36	2	Socioeconomic condition sekitar... M40.
0:02:41	1	Okay so boleh saya tahu current CGPA?
0:02:46	2	Saya punya CGPA is urm..3.61

0:02:52	1	So 3.61 tu ada penurunan ataupun peningkatan berbanding dengan semester sebelum ini?
0:03:00	2	Ada naik sedikitlah, naik 0.01
0:03:04	1	So awak rasa ada apa-apa faktor ke yang menyebabkan CGPA tu meningkat?
0:03:11	2	Urm...antara faktor yang saya boleh katakan adalah berkemungkinan daripada dorongan kawan-kawan yang bantu saya dalam pelajaran dan sebagainya dan sentiasa berkongsi nota dengan sahabatlah, itu antara faktornya.
0:03:32	1	Okay so ada tak awak terlibat dalam apa-apa lagi organisasi ataupun kelab ataupun aktiviti yang dianjurkan di universiti ataupun diluar universiti selama awak bergelar pelajar di unimas ini?
0:03:46	2	Boleh ulang balik soalan? Saya kurang faham.
0:03:49	1	Ada tak awak sertai apa-apa kelab, organisasi ataupun aktiviti yang dianjurkan di Universiti ini sepanjang awak bergelar sebagai pelajar UNIMAS
0:04:00	2	Selama saya bergelar sebagai pelajar UNIMAS, saya pernah masuk dalam kelab *** pada tahun 2022-2023 jadi setakat itu sahajalah...saya pernah sebentar menjawat jawatan sebagai EXCO kebudayaan dalam MPP Kolej *** tapi tak lama lepas tu saya tukar dengan kawan saya jadi saya turun jawatan atas faktor tempat tinggalah, saya tinggal di luar, saya tak tinggal lagi di dalam
0:04:51	1	Okay so boleh awak describe tak apa...sorry, so macam mana awak describe perasaan inferiority tu?
0:05:06	2	Inferiority feeling is bila kita rasa orang lain lebih lagi daripada kita dan kita adalah yang paling lemah ataupun dikatakan kita adalah orang yang paling...penuh dengan kekurangan di dalam kelompok kita sendiri
0:05:20	1	Okay awak ada tak perasaan inferiority ?
0:05:30	2	Sejujurnya ada bila bersama dengan certain-certain orang didalam group tapi dalam certain-certain orang tak semua.
0:05:45	1	Okay sebelum saya teruskan dengan soalan seterusnya saya explain sikitlah pasal inferiority feeling so inferiority feeling ni adalah satu perasaan yang semua orang ada waktu kita kecil dimana waktu kita budak-budak and kita pandang orang dewasa, kita rasa inferior sebab ada orang lagi kuat dan hebat dari kita...lagi berkemampuan...bila kita menjejaki alam remaja kita akan rasa inferior tu juga sebab kita hidup

		sebagai sosial being so bila kita hidup dalam keadaan bersosial kita akan jumpa macam-macam orang dan dalam banyak-banyak orang yang kita jumpa tu akan ada yang lebih baik dari kita. So perasaan inferiority ni boleh menjadi something yang positif dan negatif bergantung macam mana kita mentafsir perasaan tu sendiri. So urm context yang saya kaji tidak hanya limit kepada pelajaran sahajalah. sebagai student tu mungkin daripada segi...perasaan inferiority yang saya nak tahu mungkin dari segi akademik punya result, sosial, relationship, berorganisasi ataupun apa-apa sahaja...boleh juga boleh jadi appearance...dan sebagainya...so urm...macam awak cakap tadi awak ada perasaan inferiority tu kan? So boleh awak bagi example perasaan inferiority tu sebagai student?
0:07:12	2	Sebagai student saya...sentiasa rasa inferior dengan kawan-kawan yang ada pointer yang lebih tinggilah which is ada yang 3.9 and above...Exemplary student. So bila saya bersama dengan mereka saya rasa inferior sikitlah
0:07:30	1	Okay...so selain daripada disebabkan academy ada lagi tak faktor-faktor lain?
0:07:38	2	Urm...Sebagai student, saya boleh katakan cuma dari segi CGPA je saya mudah rasa inferior. Kalau sebagai individual pula?
0:07:40	1	Kalau sebagai individual pula?
0:07:46	1	Sebagai individu urm...sebagai seorang lelaki...saya rasa inferior bila dengan kawan-kawan perempuan yang lebih cantik...I felt like susah...bukan susah...tu be honest like...is that okay if i disclose something?
0:08:18	1	Ya boleh
0:08:13	2	I have feeling towards someone but...I felt like inferior with because due to...I guess she is smarter than me so i felt like urm..saya rasa macam a bit like tak sepadan. So that is one of the example saya rasa, not only dia pandai she also beautiful I nothing compare to that and thats make me felt like inferior of myself lah to catch up with her but seem like there are gap between us.
0:09:05	1	Selain daripada dari awak rasa awak tak sebijak dia, ada lagi tak faktor lain?
0:09:17	2	She has aaa... i mean...i felt like i am bigger than her so i felt like I am not really physically attractive. I felt like she has a good physical but i am fat.
0:09:43	1	So tu kalau dengan perempuan yang awak suka, macam mana

		pula...sebab awak cakap basically appearance ni juga salah satu yang buat awak rasa inferiorlah kan, so macam mana pula kalau awak berada bersebelahan dengan lelaki yang mungkin lebih menawan?
0:10:00	2	Urm...Yes...I do felt inferior and have like this blind jealousy with my friends actual, cemburu buta dengan kawan dalam diam actually. Especially the one that suit well...like wearing coat everyday with beg...with umbrella...you know?
0:10:30	1	I know, okay, So macam saya cakap tadi, perasaan inferiority tu normal so macam mana pula perasaan inferiority yang awak rasakan tu effect hidup awak? Hidup seharian awak?
0:10:46	2	To be honest I felt like...i felt like I want to change my physical appearance, meaning i want to go on and take care of my body image more. So that was one of the things that i can say effect my life yang boleh dikaitkan, macam rasa nak kuruskan badan...other than that, I try to urm...orang kata try harder to push my CGPA lah tu the higher level.
0:11:30	1	So macam mana pula inferiority tu menjadi satu cabaran dalam hidup ini?
0:11:36	2	Honestly inferiority make...its make me want to compete with others but...urm...in term of CGPA yes, when i see someone that more success than me, i try to overcome...menandingi individual tersebut cuma this brought explain pada saya dalam inferiority ni since kawan-kawan...aaa..since perempuan yang saya suka ni dia...I felt like very inferior with her..she has almost everything urm but i also felt that inferior is also teach me to...how to accept what will happen that I cannot change it by myself, meaning that something yang tak boleh nak control tu, meaning like in term of relationship intimate maybe if kalau jodoh one day macam saya akan bersama dengan perempuan yang saya suka ni, One day insyallah. But also I cannot say that those inferior feeling also still have especially when the girl I like talk with others men that is very how to say...very well...urm...have a very well appearance and also that are smarter than me.
0:13:40	1	So basically kalau saya sum up yang awak cakap dari segi relationship that girl awak rasa urm...inferior dengan dia...and lepas tu a bit jealous...tapi ialah awak rasa awak tak boleh buat apa dengan perasaan jealous tu sebab awak tak rasa yang awak tak sepadan dengan dia buat masa sekarang...tapi...in the same time benda tu buat awak kurang keberanian untuk actually...come up and confess perasaan awak?
0:14:17	2	Urm..actually...i already did tell her my feeling but honestly i don't really know how he felt about me because when i told her so she rejected me at that time but i don't if she did have a feeling with me because when

		i told her about my feeling, its was kind of...because...i felt inferior because she is close with other guy i felt like “oh my god not this girl...” so i would say urm...apa tadi soalnya?
0:15:08	1	Oh, itu bukan soalan, saya just sum up kan apa yang awak cakapkan tadi and saya kata awak tiada keberanian untuk confess.
0:15:21	2	Oh keberanian, for second time NO.
0:15:23	1	No...Okay...for second time...
0:15:25	2	I cannot confess for the second time
0:15:29	1	Okay faham
0:15:30	2	But if she want to confess with me okay hahaha
0:15:32	1	Okay...okay itu dari segi relationship, macam mana dari segi akademi pula, apa yang buat kan awak rasa inferior? So dari segi akademi tu...bila awak rasa inferior tu ada tak awak rasa macam...sampai satu extend tu ada tak awak rasa nak give up sebab your CGPA did not improve as much as you want.
0:16:01	2	Honestly not so much because also due to others factor...due to biasiswa and all, as long as I at least a still at this level, okay i will try to maintain it at least but if i can go higher, i would go higher. So that is also one i can say how i try to cope with my inferior feeling.
0:16:30	1	Okay so urm...biasiswa apa yang awak dapat?
0:16:37	2	Biasiswa Pinjaman Sarawak, Dia panggil biasiswa pinjaman tu sebab bila saya score higher, dia ada diskaun
0:16:49	1	Okay, so dalam banyak-banyak benda yang buat kan awak rasa inferior apa benda yang paling memberi impak yang besar.
0:17:00	2	Yang besar...one of think tha at i can say memberi impak yang besar is...this is back when i was primary 4, 5, 6...I try to compete with others, dengan kawan especially dalam exam mathematics and I did manage to get B from Fail to grade “B”, however, urm the in term of relationship, I felt like I make a mistake, the inferior feeling is that I too afraid of the future, what future going to happen, I inferior with the girl that I like, I confess to her too early that I actually, I think I accidentally create a gap between us...invisible gap so its like...I am not sure if she gonna like me in the future but urm...I think urm...I don’t really know how she felt for me.
0:18:40	1	So basically, Relationship, friendship awak yang paling terkesan

		disebabkan perasaan inferiority tersebut?. Okay, untuk...apakah faktor yang awak rasa menyumbang kepada perasaan tersebut tu? Yang create perasaan inferiority tu?
0:19:03	2	In terms of...for example mathematics test...yang buat saya rasa nak overcome inferiority tu is push from my mother and also from my parents lah.
0:19:18	1	No I mean faktor yang menyebabkan perasaan inferiority to muncul?
0:19:22	2	Oh muncul...what cause the inferiority to occurs...mostly because I felt like urm...in term of exam mathematics I felt like the result that I get is kind of low...Rasa diri ni agak bodoh jugalah , ada kawan-kawan lain yang pandai tetiba saya dapat result macam tu je...and ibu saya cikgu...so rasa macam inferiorlah
0:20:11	1	Itu kalau daripada waktu sekolah rendah kan? Kalau macam dekat universiti ni pula?
0:20:17	2	University... is more to relationship thing its felt..I think because of the body image...
0:20:34	1	Dari segi academy pula...apakah penyumbang utama awak rasa inferior compare dengan orang lain?
0:20:42	2	urm?
0:20:43	1	Apa penyumbang utama yang buat awak rasa inferior dengan orang lain dari segi akademi?
0:20:50	2	Because urm...first thing is saya rasa macam its like urm ada huge gap walaupun saya daapt 3.6 lebih...tapi bila kita tengok ada orang yang dapat achieve 4 flat each sem its like...this guy is on another level compare with me lah. And also another factors is language. Language its mean like there are others people, there afe my friends that can explain things in english thats can communicate well compare to me actually. Walaupun saya boleh cakap or explain in english but there is someone is better lah.
0:21:50	1	Okay...salah satu faktor menyumbang perasaan inferior dari segi akademi adalah bahasa, selain daripada bahasa ada tak lagi faktor lain?
0:21:56	2	Urm...In term of arithematik skills. Arithematik skills mean like there is my friend yang mahal dalam bahagian statistic dan pengiraan. And that is also one thing that i say still become my weakness but its not like something yang macam betul-betul lemahlah but still kurang sikit compare to others skills that I have.

0:22:39	1	Okay...urm...awak rasa knowledge memberi impak tak kepada faktor yang memberikan kepada perasaan inferiority feeling tu, adakah kekurangan knowledge to yang menjadi satu punca dari segi pembelajaran?
0:22:51	2	As a student yes.
0:22:56	1	So awak ada tak rasa yang kurangnya knowledge ni yang buat awak punya result tak meningkat dan tidak sebaik yang lain serta munculnya perasaan inferiority tu?
0:23:13	2	For me...For academic in University i don't think that its lack of knowledge because now this is...knowledge is just a tip of finger away but the skills that i have, i realize that the skills that I have kurang diasah so tu antara...Bagi saya, instead kita cakap knowledge...Its not only about knowledge, its also about skills, communication skills kita, thats also one things that make us inferior.
0:23:50	1	Okay, so macam mana awak cope dengan perasaan inferiority tu?
0:23:58	2	Urm. one of the things that I do to cope with the inferiority feeling generally I just listen to music or watching movies and forget about things. Another thing yang saya buat untuk cope with inferiority basically try to asah balik the communication skills tulah.
0:24:26	1	Okay, so untuk watching movies tu macam coping machanismkah kan?
0:24:31	2	Watching movies biasanya untuk macam movies english tengok...try to tengok movies without subtitles.
0:24:36	1	Okay faham, Okay itu salah satu cara yang awak gunakan untuk copelah, tapi kalau macam untuk mendengar music pula itu macam lebih kepada defense mechanism untuk avoid the inferiority tu for a while...Yeah..so selain daripada urm..now that saya dengar pasal awak cakap tengok movies enhance awak punya skills of communication semua tu...bukan ke itu merupakan...untuk develop skills kita memerlukan knowledge juga merupakan one of the knowledge that kita asah juga so apa pendapat awak?
0:25:50	2	I agree we need knowledge to enhance our skills but the thing it is not all about knowledge actually. Its also about our experiences or communication but i also not going to deny knowledge is also one of daripada penyebab kita boleh rasa inferior.
0:26:23	1	Urm...Okay, selain daripada tu, ada tak apa-apa coping skills lain yang awak gunakan untuk mengimbangkan perasaan iferiority tu supaya awak dapat mengimbangkan kelemahan dan kekuatan awak supaya perasaan

		inferiority tu berkurang, bukan hilang tapi masih boleh dikawal?
0:26:48	2	Urm...Selain daripada tu...is attitude lah, saya try to keep up with attitudes yang...bagi more commitment tu FYP...Assignments...and try to communicate more especially group members for assignment.
0:27:11	1	Okay, dari segi untuk meningkatkan...contohnya kalau kita ada final exam, macam mana preparation awak?
0:11:17	2	Usually saya akan prepare note and exchange dengan kawan-kawanlah
0:27:23	1	Faham. So soalan seterusnya...boleh tak...awak rasa perasaan inferiority ni boleh tak lead to motivation to strive for higher achievement?
0:27:38	2	Jawapannya its depends...depend pada orang, sebab ada orang dia boleh kawal inferiority feeling, dia..bila dia dapat jadikan tu sebagai satu motivasi...maksudnya macam dia tengok oh ada kawan dia achieve lebih higher daripada dia, dia boleh "okay, maybe aku ada rasa macam lebih rendah lagi daripada orang ni "tapi orang tu dia akan build up balik apa yang dia rasa, apa yang dia boleh buat untuk achieve particular target tu, macam saya...3.61 saya try to come up with rough plan contohnya next sem cuba dapatkan 3.65 and then 3.7 contohnya...sampailah dapat 3.8...and then urm dari situ sebenarnya perasaan inferiority tu menolong kita daripada kita rasa...kita lemah, kita come up dengan plan untuk jadikan kita kuat tapi sekiranya seseorang tu dia terlalu melayan perasaan, meaning that dia...akan oh...I am nothing...dia akan jadi depress memanjang and that akan lead kepada opposite of motivation if cannot be handle well.
0:29:19	1	Kalau macam untuk awak pula...awak rasa perasaan inferiority ni memberikan motivasi untuk awak mencapai pencapaian yang lebih tinggi atau macam mana? Atau dia lebih memberi dampak yang negatif?
0:29:32	2	Untuk saya, bagi saya dia memberi dampak yang lebih positif, for example...saya lebih...orang kata focus untuk study and perasaan inferiority ni buat saya nak ubah diri saya menjadi lebih baik lagi.
0:29:51	1	So ada tak apa-apa faktor yang buatkan awak lebih bermotivasi untuk strive for higher achievement tu sendiri?
0:30:02	2	Strive for higher achievement...urm..in term of...orang kata...yeah in term of appearance saya start untuk work out dan sebagainya.
0:30:21	1	Kalau dari segi akademi pula?
0:30:26	2	In term of academy saya try...untuk this semester saya try to commit more to FYP 2 lah

0:30:35	1	Okay, apa faktor yang membuatkan perasaan inferiority tu menjadi satu motivasi untuk awak?
0:30:45	2	Urm...yang membuatkan saya jadi motivasi adalah...its like the voice inside of me...I want to be better, i want particular person, my parents and the one who I love look up on me.
00:31:04	1	Tu kalau akademi kan, kalau relationship pula?
0:31:09	2	Kalau relationship...i just hope that one day, i could improve my communication and appearance so maybe that one day, maybe i could have a chance with her lah
0:31:28	1	Urm... apakah faktor-faktor lain yang menyebabkan awak bermotivasi untuk dapatkan higher achievement selain daripada perasaan inferiority tu sendiri?
0:31:48	2	Urm...one of the factor is monetary actually because sebab every student yang ada higher CGPA they ada selain daripada biasiswa pinjaman dan diskaun, student juga boleh dapat tajaan dan hadiah diraja
0:32:20	1	Okay, so awak tengah strive untuk dapatkan benda tulah?
0:32:27	2	Tengoklah...tengok rezeki but hopefully dapat.
0:32:29	1	Okay, selain daripada tu? Sebab awak tahulah, selain daripada internal motivation kita ada external motivation juga.
0:32:39	2	Explicit motivation is what i just mention, intrinsic is self-development...more to self-developmentlah actually. Meaning I want to become a better version of myself.
0:32:55	1	Okay faham, berapa besarkah awak rasa jarak atau jurang antara diri awak yang sekarang dengan diri awak yang ideal?
0:33:10	2	Is its number or percentages?
0:33:13	1	Percentages
0:33:15	2	I would say...50%
0:33:18	1	Okay so like half, why?
0:33:23	2	Because in term of study, academic, I think I already have mostly what i felt inferiority, i have learn to come out with it. And another 50%, I will say that its will be a problem and attitudes in maintaining the plan. If I can overcome it, I believe one day I can achieve my ideal self.

0:34:03	1	So gap tu agak besar juga kan? So awak rasa gap ni sendiri...yelah macam kita tahu gap ni juga memberi kesan kepada self-esteem kan so awak ada tak rasa yang gap ni adalah punca awak rasa inferiority tu?
0:34:19	2	Yes, especially this semester.
0:34:22	1	So inferiority syarif berkaitan dengan self-esteem awak jugalah disebabkan fap yang agak besar tu? Okay, urm...awak rasa...awak boleh tak overcome ataupun mengatasi perasaan inferiority yang awak rasa sekarang dan mengarahkan diri awak menjadi lebih baik?
0:34:43	2	Urm...After this boleh but its depend on how i will executed the plan but i believe one day i will achieve it by hook or by crook.
0:34:05	1	Do you have any plan?
0:35:05	2	Yes, there always plan.
0:35:10	1	Boleh ceritakan dan huraikan?
0:35:13	2	In term of, urm...berat badan, saya akan try untuk...frequently more bersenamlah...more to...instead of walking and running maybe i can do...more to aktiviti yang melibatkan banyak physical badan macam sit up, push up...so far saya target 50 push up. And saya target untuk turun berat at least by the end of this year i can get a weight of 95 kg
0:36:08	1	And awak rasa realistik ke?
0:36:10	2	Ya realistik.
0:36:13	1	Okay, dari segi akademi pula, apa plannnya?
0:36:16	2	In term of plan is I think i will try another friend that can help me especially in term of notes or in explaining, help me explain about the study and i also find someone who can help me with communication.
0:36:44	1	Okay, tapi itu perancangannya, plan tu telah dilaksanakan ke? Dalam progress atau macam mana?
0:36:50	2	Half of it yes, tapi untuk communication not yet.
0:36:56	1	Okay, so berapa consistent kah awak dengan perubahan yang awak nak buat ni untuk ke arah yang lebih baik?
0:37:10	2	Mostly consistent, i would say in percentages is 30-40%.
0:37:19	1	30-40% tu consistency atau apa?
0:37:23	2	Consistency

0:37:23	1	Rendah juga tu.
0:37:29	2	Still rendah but I believe one day its can at least naik sikit, I try to make it consistent around maybe 45-55%.
0:42:59	1	Meaning kalau 30-40% tu meaning berapa kali awak exercise in a week?
0:37:58	2	Kalau work out ada hari yang saya macam balik lambat semua tu, jauh...so saya ambil masa dalam 4 kali seminggu.
0:38:23	1	4 kali seminggu tu banyak juga, rasanya lebih dari 30-40%?
0:38:28	2	Yes tapi ada hole, dia macam ada lubang, tak boleh nak consistent everyday.
0:38:37	1	But I think that consider consistentlah.
0:38:43	2	Its like mula-mula 4 kali seminggu lepas tu turun-turun sikitlah..
0:38:47	1	Okay, faham. Okay so awak rasa perasaan inferiority ni ada tak member dampak yang negatif dalam hidup awak?
0:39:00	2	Bagi saya yes ada and it can lead to emotion instability, meaning its ike macam mudah rasa marah. Its like bila kita rasa inferior, kita akan ada kadang rasa macam anger yang kita nak lepaskan kepada someone yang lebih lemah daripada kita.
0:39:32	1	Nak lepaskan kepada orang yang lebih inferior daripada kita?
0:39:35	2	Yes but personally dia taklah macam abuse macam tu, dia just like urm...orang kata meragamlah, bermasam muka...semua tu...saya macam apa hal ni...
0:39:51	1	Okay, so waktu awak isi google form tu awak ada mengaku yang awak ada motivasi untuk strive for higher achievement so apakah yang awak tengah strive sekarang ni sebenarnya?
0:40:19	2	Urm...currently saya rasa saya nak start dengan body dululah.
0:40:27	1	So soalan terakhir, saya akan bagi awak dua scenario dan saya nak awak pilih salah satu daripada dua situasi tu yang awak rasa lebih better? Situasi pertama, awak mendapat pointer 3.6 and secara average awak mendapat pointer 3.9. Situasi kedua awak mendapat pointer 3.5 dan secara average classmate awak mendapat pointer 3.3. Yang mana awak lebih prefer?
0:41:02	2	I think its more to first situation
0:41:07	1	First dimana awak mendapat pointer 3.6 dan classmate awak secara

		average mendapat pointer 3.9? Okay kenapa?
0:41:12	2	Urm...mostly because i think like its more like reality. Because i think like more of us...most of my friend score 3.5 and above.
0:41:33	1	Okay, tapi macam saya cakap tadi saya nak awak pilh scenario yang buat kan awak rasa lebih baik so awak rasa scenario tu akan buat kan awak rasa lebih baik berbanding awak dapat lebih tinggi daripada classmate awak sendiri?
0:41:49	2	Urm...yes, I felt like this pointer is more better because although kawan-kawan saya dapat more dari saya tapi at least urm... saya percaya ada lagi orang kat bawah saya yang dapat 3.6 and below, berbanding saya dpat 3.5 tapi bagi a bit low lah, i mean that it is lower than 3.6 so actually i felt more inferior walaupun mostly banyak 3.3. Because i also comparing with others fakulty also especially my brother also. They score higher.
0:42:49	1	Okay so basically itu sahajalah soalan untuk interview kita, ada apa-apa soalan ka?
0:42:54	2	So far tiada
0:42:56	1	Okay, terima kasih.

Main study - Participant 6 (Mr H)

Timestamp		
0:00:02	1	...Tiada orang boleh kenal pasti berdasarkan apa yang saya tulis, so kalau awak punya participants pula adalah secara volunteer dimana awak boleh tarik diri bila-bila masa, cuma cakap dan kita akan stop. Kalau ada apa-apa soalan yang awak rasakan sensitif dan awak taknak jawab, awak just bagitau and kita akan skip soalan tu. So far faham?
0:00:26	2	Okay
0:00:28	1	Okay, so boleh kita mulakan? Tiada apa-apa soalan?
0:00:30	2	Tiada
0:00:32	1	Okay boleh awak introduce diri awak dulu?
0:00:36	2	Nama, fakulti umur? Itu je?
0:00:41	1	Urm...family background juga
0:00:45	2	Nama saya ***, umur saya *** tahun, fakulti pendidikan, bahasa dan komunikasi dan kolej ***. Background saya...saya dilahirkan di sarawak, saya mengambil participation dalam kajian ni kerana saya rasa saya pernah mengalami dan experiences inferiority tu sendiri and saya rasa saya juga ada peristiwa yang memberikan seperti mana dikatakan bounce back untuk menjadi lebih tinggi.
0:01:33	1	Kalau untuk family background pula? Boleh ceritakan sikit?
0:01:35	2	Family background...ibu saya adalah seorang cikgu, bapa saya adalah juru ukur tanah urm... saya belajar disini kerana mostly kerana ibu saya, ibu saya banyak memberi inspirasi sebab dia seorang cikgu jadi saya ambil bidang yang lebih kurang dengan cikgu, pendidikan islam.
0:02:05	1	Urm...boleh saya tahu awak punya current CGPA?
0:02:11	2	CGPA? Sekarang CGPA saya...3.5
0:02:20	1	Ada tak awak involves dengan apa-apa organisasi ataupun apa-apa role di organisasi sepanjang awak berada di universiti ni?
0:02:38	2	Organisation....seperti kelab?
0:02:42	1	Kelab...organisation, badan beruniform...sukan...

0:02:47	2	Kalau kelab saya involve dengan DAMAI kalau sukan saya takde involve dengan mana-mana
0:02:57	1	Okay, so untuk soalan interview yang pertama, boleh tak awak describe apa itu perasaan inferioriti melalui awak punya tafsiran tersendiri.
0:03:07	2	Inferioriti tu ataupun kita kenal sebagai rendah diri bagi saya...dia ada dua bahagian sebenarnya. Satu kerana sekeliling...kerana apa yang dialami...keadaan yang dialami...apa-apa situasi yang seseorang pernah alami menyebabkan rendah diri tu datang ataupun dia rasa kena downgrade macam tulah, itu satu situasi. Satu situasi lagi rendah diri tu dia dalam secara alami kerana kitakan diajar sejak kecil untuk semakin berisi semakin tunduk, itu pun salah satu rendah diri. Both of the situation bagi saya boleh memberikan seseorang rendah diri.
0:04:05	1	Untuk situasi yang pertama tu boleh bagi example ke macam mana situasi memberi perasaan inferiority itu?
0:04:10	2	Urm...kita akan rasa rendah diri apabila kita diberi stimulus, contohnya apabila kita diberi duit RM100, kita akan rasa bangga dengan pencapaian kita kerana hadiah contohnya, orang bagi hadiah dan kita dapat RM100, Tapi apabila ada orang lain yang dapat achievement yang lebih tinggi dan contohnya dia dapat lebih tinggi nilai dari RM100, secara tak langsung kita akan compare diri kita dengan orang tu, itu yang menyebabkan kita rasa rendah diri...itu yang pertamalah. Keadaan kedua, dia boleh disebabkan keadaan...contohnya kita sebagai seorang yang bertanggungjawab diatas sesuatu seperti sekadar contoh kita menjaga sebuah tempat, menjaga library ke...menjaga kawasan...tapi kerana kita punya potential tu kurang, keselamatan tu kurang terjaga walaupun kita dah berusaha semampu baik, Tapi ada orang lain yang tidak dipertanggungjawabkan pun diatas menjaga library tu contohnya tapi dia berjaya mengawal keselamatan dengan lebih baik. Itupun salah satu keadaan yang menyebabkan seseorang tu ditekan dan akan rasa rendah diri.
0:05:47	1	So maknanya bial orang lain boleh buat something yang sepatutnya kita buat dengan lebih baik buatkan kita rasa inferior juga?
0:05:52	2	Yes
0:05:53	1	Okay faham. Untuk awak pula, awak ada tak perasaan inferiority tu?
0:05:59	2	Urm..saya rasa saya ada perasan tersebut
0:06:02	1	Boleh bagi example?
0:06:04	2	Urm...pertama sekali sebagai seorang yang menyertai kokorikulum

		badam beruniform, sepatutnya saya mempunyai physical yang sihat tapi sebenarnya saya diserap masuk hanya kerana penyampaian saya tap kesihatan saya...selepas diperiksa...tulang belakang saya bengkok jadi saya kerap kali apabila mendapat tanggungjawab ataupun kerja di palapes, pegawai atasan akan pertama sekali merendahkan golongan-golongan yang sakit ni. Jadi dorang akan anggap yang sakit ni akan selamanya sakit, takkan dapat competence seperti orang yang sihat sedangkan selama ni ramai je orang-orang...golongan yang sakit tu dapat je achievement yang lebih baik contohnya dalam berenang diorang lebih laju...berlari diorang lebih laju...lari rentas berhalangan contohnya...mostly diorang berjaya achieve lebih baik daripada expectation tapi tetap juga dilayan seperti orang yang sakit. Itulah yang menyebabkan kalau saya...saya inferior bahagian tulah di palapes. Kalau di tempat lain, saya ditanggungjawabkan sebagai ketua 1 batch tapi kerana saya menyertai badan beruniform, waktu tu latihan banyak, banyak sangat latihan jadi saya tak dapat manage masa sangat waktu tu. Ada satu event yang di conduct oleh kami punya batch, jadi event tu saya tidak participate sangat....tidak memberi sumbangan terhadap event itu. Jadi saya sebagai ketua batch tu rasa macam tidak bertanggungjawab, dalam masa yang sama ada orang lain yang cover disitu...jadi itu menyebabkan saya rasa ter pressure sebab ada orang lain ambil alih tugas saya tu yang menyebabkan saya rasa rendah diri.
0:08:51	1	Okay faham. Okay so bila saya bercakap pasal context inferiority feeling ni saya nak kaji secara meluas. Macam awak cakap tadi daripada segi organisasi...batch awak...akademi...appearance...daripada pelbagai aspects lah. Jadi ada lagi tak apa-apa aspects yang buat awak rasa inferior ni?
0:09:20	2	Urm...aspect lain...urm...waktu menyertai Palapes, saya dapat...waktu dia bagi ujian saya dapat top scorer waktu ujian tu dan waktu itulah senior-senior...atau dipanggil sebagai inter merapatlah dengan saya, saya rasa itu salah satu sebab saya dapat rapat degna diorang dan dengan satu batch junior waktu tu diorang mudah nak bersosial dengan saya...tapi makin lama...makin lama...achievement tu kan satu kali ja...jadi...saya rasa inferior apabila tengok kawan saya yang memang dekat...kawan yang dekat...orang menerima dia dengan achievement yang biasa-biasa dan dia boleh...bersosial dengan orang lain...maksudnya...boleh berjenaka...bercerita dengan orang lain...tanpa ada sebarang ada sebarang masalah. Saya rasa inferior kerana waktu tu...bukan waktu tu je...sepanjang waktu...saya rasa ada barrier antara kami kerana mereka hanya melihat saya kerana achievement. Jadi bila syaa takde achievement tu diorang segan nak mulakan percakapan ataupun perbualan macam tu. Jadi diorang taknak bersosial sangat dengan compare tu kawan saya.

0:11:37	1	So to some extend awak rasa kalau awak takde achievement, maybe diorang taknak pun berkawan dengan awak? So achievement tu yang macam menjadi faktorlah untuk awak masih rapat dengan diorang?
0:11:46	2	Ya
0:11:48	1	Okay, tu daripada segi organisasi, tapi klaau dari segi akademi pula?
0:11:56	2	Kalau saya...selepas saya join palapes, kawan saya yang join sama...kami dari course yang sama...dia selepas join...dia masih berhubung dengan kawan...maksudnya dia masih dalam circle dalam kami punya course tapi saya dah tak dalam circle tu sebab saya tak banyak kawan so bila buat assignment...dia akan lebih...senang dapat info...dan senang dapat berkomunikasi dengan lecturer sebab setiap masa kawan-kawan akan remain dia. Dan kalau dia tak dapat feedback, kawan-kawan dia akan cari...dia akan sentiasa dapat goal dalam sesebuah assignmentlah. Jadi waktu dapat CGPA tu, dia dapat score yang lebih tinggi daripada saya walaupun saya merupakan ketua batch. Tu yang menyebabkan saya rasa rendah.
0:13:16	1	So awak rasa connection dengan orang lain tu memberi impaklah kepada perasaan inferiority tu sendiri?
0:13:20	2	Yes...
0:13:22	1	Okay faham, okay so macam mana perasaan inferiority yang awak rasa dair segi organisasi awak...dari segi result...macam mana perasaan inferiority tu impak awak punya kehidupan?
0:13:38	2	Mula-mula dulu waktu saya...sebelum saya rasa inferioriti tu...saya dapat membawa diri saya sendiri ataupun lebih berdikarilah dan saya yakin terhadap diri saya dan saya boleh bersosial dengan orang lain. Jadi dia akan ada chain reaction, setiap satu benda akan jadi mudah. Tapi apabila dah mula rasa down dan rendah diri tu...mula-mula dia akan effect diri saya sendiri...saya akan rasa tidak terurus...kalau dulu saya rajin bersukan sekarang akan kurang bersukan..kalau dulu saya kuat makan...sekarang saya kurang makan...banyak reactionyang ada. Kalau dulu saya suka membersihkan bilik...kawasan rumah...sekarang saya biarkan ja kotor macam tu. Kemudian dia akan effect hubungan pula...bila saya kurang senyum, dia akan effect kepada communication dengan orang lain. Orang lain akan...taknak memulakan perbualan dengan saya contohnya. And then dia akan effect kepada achievement lah...apa bila seorang penilai tu seorang manusia mestilah dia nak seseorang yang lebih mudah didekati...dan penilai kami pun pegawai atasan kami...manusia juga
0;15:08	1	Maknanya akan ada bias jugalah? Daripada cara mereka menilai?

0:15:10	2	Yes betul, and lecturer pun merupakan manusia...jadi lecturer akan lebih memilih orang yang selalu datang kepada lecturer...itu pun akan effect kepada assignment dan so on. Dia akan effect ke hadapan
00:15:24	1	Tapi dalam banyak-banyak aspekkan, perasaan inferiority tu memberikan impak yang besar dalam aspek mana dalam kehidupan awak?
00:15:34	2	Bagi saya inferioriti tu dalam most aspek dia akan memberi impak...tapi paling besar...saya rasa dia akan effect kepada confident diri sebab bila dah rendah diri...confident pun akan hilanglah...
0:15:59	1	Alright, okay. Awak rasa apa main faktor yang lead kepada perasaan inferioriti ni sendiri sebab tadi awak cakap sebelum ni awak takde pun perasaan inferioriti ni? Sebelum ni awak rasa confident...boleh bergaul dengan orang semua tu kan? Tapi lama-lama awak ada rasa inferioriti ni, boleh tak awak identify apa yang menyebabkan perasaan inferiority tu sendiri?
0:16:19	2	Faktor kepada inferiority...urm...saya rasa dia punya faktor tu for most of the people sebenarnya mind set. Tapi kita takkan sedar yang benda tu adalah mindset sebab macam mana teruk pun keadaan yang seseorang tu alami, kalau dia masih boleh berfikir positif, dia takkan boleh tereffect dengan inferiority tu... kalau dia still betul-betul berfikir positif lah. Tapi kalau selain mindset tu...saya rasa macam mana dia hadapi masalah tu, contohnya bila masalah datang, kita mesti hadapi dengan baik supaya masalah lain takkan timbul...macam tu. So kita boleh selesaikan setiap satu masalah tu dengan mudah. Tapi kalau masalah tu kita tak hadapi dengan baik...ianya akan effect yang lainlah...so kita akan rasa down, down, down...pastu kita akan rasa...macam tadi...cerita saya tadi...adalah kerana saya tak boleh uruskan masa.
0:17:37	1	So masa pun boleh effect kepada inferioriti feeling tu?
0:17:40	2	Macam tadi saya tak boleh urus masa untuk event tadi saya tak dapat urus...assignment pun syaa tak daapt jumpa lecturer...sedangkan kalau saya ada masa yang cukup saya boleh je go through seorang diri ataupun saya boleh jumpa kawan saya. Kalau kawan saya tak cari saya, saya cari kawan saya supaya saya boleh update balik tentang assignment tu, macam tu. Jadi apa-apa pun masalah tu...satu-satu kita kena hadapilah
0:18:10	1	Awak rasa kekurangan knowledge ataupun information tentang sesuatu tu boleh lead kepada perasaan inferiority tak?
0:18:20	2	Yes, dalam menyelesaikan apa-apa masalah, kita perlu ada knowledge yang banyak...urm...jadi kalau kita dah tahu ataupun dah kenal lecturer...ataupun kita dah tahu dan dah master sesuatu subject atau

		topik...kita boleh...aces dalam sebuah benda tu...subject tu...jadi...kalau kita dah boleh aces tu...kita dah boleh hilang satu satu masalahlah bagi saya...so inferiority tu dia akan slow-slow hilang.
0:19:06	1	Aha okay. Alright faham. Untuk soalan seterusnya...macam mana awak cope dengan perasaan inferiority tu?
0:19:15	2	Cope? Cope tu apa?
0:19:16	1	Cope tu macam mana awak mengimbangi perasaan inferiority tu supaya jadi lebih baik...macam mana awak meminimumkan perasaan inferiority tu?
0:19:33	2	Urm...cara mengimbangnya...kalau mula-mula tadi...macam achievement kan? Kalau sekarang bagi saya tak perlu untuk tengok satu benda yang besar sebagai sebuah achievement sebab benda yang kecil-keci pun boleh jadi sebagai achievement. Sebab kalau kita nak jadi seseorang yang baik kit hendaklah lebih baik dari diri kita yang sebelum ini...itu sahaja. Jadi bagi saya, kalau dia dapat CGPA yang tinggi, saya tak perlu kejar CGPA dia sebenarnya...saya cuma perlu kejar CGPA saya sendiri yang sebelum ni.
0:20:13	1	Maknanya hanya perlu bersaing dengan diri sendiri?
0:20:15	2	Yes...the better version of you. Jadi kalau kita improve...improve..slowly level up...kita akan dapat achieve apa yang dia achieve suatu masa nanti seba semua orang tidak mempunyai kitaran waktu yang sama. Ada orang yang diatas, ada orang dibawah masa tu. So kita boleh slowly dapat kita punya pace dah kita dapat improve slow-slow dan inferiority tu akan hilanglah.
0:20:40	1	Okay, so yang penting focus pada diri sendirilah bukan untuk bersaing dengan orang lain sebab bila kita bersaing dengan orang lain ni, kita akan selalu jumpa orang yang lebih hebat so mustahil untuk sentiasa berada diataslah...
0:21:02	2	Bersaing dengan orang lain secara sihat boleh tapi most of the time, jangan kecewa dengan bersaing dengan orang lain tu sebab kita dah jadi the better version of us, jangan compare kita dengan orang lainlah
0:21:24	1	Okay faham, so...mula-mula tadi waktu saya tanya macam mana contoh perasaan inferiority yang awak adakan...kebanyakan contoh yang bagi tu contoh yang negatif kan? So awak rasa inferiority feeling ni boleh tak memberi impak yang positif dalam dalam hidup awak?
0:21:41	2	Urm...inferiority ni boleh memberi impak yang positif...urm...sebenarnya bagi saya semua benda yang negatif ada side

		yang positifnya...dan semua benda yang positif ada side yang negatif nya...urm..cuma...jangan berlebihan dalam apa-apa perasaan tu, contohnya gembira, gembira tu kan positif...tapi kalau berlebihan gembira tu boleh menyebabkan negatif juga...kalau seseorang tulerlalu gembira...mungkin dia akan jadi hyperaktif dan merosakkan benda...seperti berlaku kes...banyak kes rapi ni salah satu contoh...pada tahun 2015...di malaysia ni juga keluar di suatu coretan akhbar...gembira merupakan punca utama pelajar membuli di asrama, seba dia gembira dia membuli orang...hanya kerana gembira. Tapi perasaan yang lain contohnya perasaan negatif seperti inferiority ni sendiri yang orang anggap negatif tapi sebenarnya dia ada side positifnya juga sebab inferiority ni akan mengelakkan seseorang daripada sifat angkuh, sombong, riak, takjub dan semua sifat yang dapat dielakkan yang semua merupakan sifat mazmumah. Jadi inferiority tu baguslah sebenarnya
0:23:22	1	Untuk awak sendirilah...itu secara generalkan, kalau untuk awak sendiri, macam mana inferiority ni mempengaruhi hidup awak secara positif?
0:23:31	2	Bagi saya inferiority ni...sejak saya ada inferioriti ni saya tak flex saya punya CGPA kepada orang lain seperti mana ada certain orang bila dia dapt CGPA yang tinggi dia flex kepada orang lain...sombonglah maksudnya...jadi saya dah lihat satu peristiwa dimana dia flex dia punya CGPA menyebabkan dia bergaduh dengan kawan dia. Kawan dia ada mental health issue dan kawan dia dapat CGPA yang rendah daripada dia...itu menyebabkan diorang bergaduhlah. SO saya fikir bagus juga syaa tak dapt CGPA yang tinggi kalau saya dapt CGPA yang tinggi mungkin saya akan gembira dan saya akan sombong dengan orang lain. Itu satu, satu lagi...urm..CGPA yang tinggi tadi menyebabkan dia malas nak improve sebab dia rasa dia dah tinggi...saya rasa kalau saya dapat CGPA yang lebih tinggi saya akan jadi macam tu...ha...jadi kalau saya dapat CGPA ataupun achievement yang rendah macam ni, itu akan menolak saya untuk level up, level up dan level up lah.
0:24:52	1	Maknanya ada room for improvement lah kat situ? And ianya memberi motivasi jugalah untuk awak?
0:24:56	2	Yes
0:24:57	1	Okay so boleh tak awak nampak macam perasan inferioriti ni lead kepada motivation untuk awak strive for higher achievement?
0:25:11	2	Urm...macam mana inferiority boleh bantu saya strive for higher achievement...urm...saya ada satu...satu perasaan yang ditanam dalam diri saya sejak kecil bahawa saya tak suka kalah...dan saya tak suka berada di bawah orang yang tak sepatutnya...bagi sayalah...jadi bila saya ada inferiority tu...bagi saya...saya tak kesah direndahkan...tak

		kesah..mula-mula dia akan effect kepada emotional sayalah tapi bila syaa dha regain saya punya...urm...consciousness contohnya...saya akan mula bersainglah...bersaing secara sihat untuk tidak kalah tu, jadi saya akan exercisex3 contohnya kalau dlaam berlari tu...saya dah kalah...jadi saya taknak kalah so saya improve setiap hari so next time saya akan bersaing balik dengan dia supaya dapat achievement yang lebih tinggi.
0:27:01	1	So maknanya bila awak macam ...bila awak rasa macam kalah dengan orang lain dan perasaan inferiority tu muncul sebab awak mendapat result yang rendah dari orang lain....benda tu membuatkan awak practice dan cuba untuk menjadi lebih baiklah, macam tu? Kiranya ianya memberikan motivasilah untuk awak strive for higher achievement?
0:27:18	2	Yes
0:27:19	1	Pastu tadi awak ada mention pasal...waktu awak introduce diri tadi awak ada mention pasal awak pernah experience perasaan inferiority ni dan awak juga pernah bounce back, boleh cerita macam mana awak bounce back tu?
0:27:32	2	Urm...dalam waktu..urm..menyiapkan assignment...urm...sepatutnya markah saya rendah dan most of the assignment dulu tu mereka mengharapka saya lead tapi saya seolah-olah tak berjaya. Jadi waktu tu saya menemplak diri..rasa sakitlah dalam hati sebab saya tka berjaya dlaam sesuatu tugasan yang diberikan....urm...waktu tu syaa rasa macam nak lari je dari semua masalah ni. Rasa macam nak pergi ke universiti baru...nak keluar daripada palapes, keluar daripada kolej semua tu...urm...tapi saya sempat berjumpa dengan kawan...kawan lama saya waktu hari raya aidil fitri...saya jumpa mereka dan mereka pun belajar juga...saya sempat tengok mereka jumpa balik guru-guru lama...sambut hari raya seperti biasa...dan mereka menceritakan masalah yang mereka hadapi di universiti tu...menceritakan dengan jenaka je...dengan berjenaka...jadi saya melihat mereka...seolah-olah masalah tu is nothing...it just something to enjoy je, dari situ saya sedar bahawa masalah-masalah yang saya hadapi tu urm...mungkin besar dimata saya tapi mungkin kecil je dimata orang lain. Jadi saya ubah perseptif...saya mula berpandangan dari pelbagai sudut pandang...apa yang lecturer rasa sebenarnya bila dia lihat ni...apa yang kawan-kawan saya rasa....oh rupanya sebenarnya saya belum lagi gagal, saya belum berjaya dan masa yang diberikan masih sempat. So bagi saya perjumpaan dengan kawan saya tu memang memberi banyak manfaatlh, dan apabila dilihat balik, sebenarnya masalah yang dihadapi tu semua pernah dihadapi juga sebelum ni...waktu sekolah rendah...waktu sekolah menengah...tentang kerja rumah...kita bergaduh dengan cikgu...tapi semua tu bila difikir balik dah boleh dijadikan

		enjoy...sebuah cerita lama je. Dan apa yang kita hadapi sekarang ni...mungkin kit anggap besar...tapi suatu hari nanti bila kita dah berjaya hadapi dia kita akan anggap tu sesuatu yang boleh diceritakan kepada kanak-kanak...boleh diceritakan kepada penerus kita...macam tu. Jadi bagi saya, saya boleh imporve balikkah, kalau tak sempat semalam, tak sempat dulu-dulu...masih sempat selepas ini, lepas saya bercakap ni pun saya masih boleh improve lagi diri.
0:31:15	1	Okay, so mindset tu pentinglah untuk determine macam mana kita manipulate perasaan inferiority tu sendiri untuk jadi lebih better atau lebih negatif. Okay, so tadi awak ada mention yang awak ada masalah dengan time management kan, so ada tak apa-apa cara yang awak gunakan untuk improve atau memperbaiki masalah tu?
0:31:35	2	Urm...membaiki masalah...kalau nak manage time tu...urm..pertama sekalai jangan lupa...saya percaya yang semua pelajar yang telah berjaya masuk uni sebenarnya ada azam dalam diri mereka. Cuma tinggal mereka nak buat atau tidak. Bagi saya, saya pun ada azam sejak daripada tahun baru lagi. Time manaagement saya...bagi saya first sekali saya perlu buat rutin harian yang betul. Tak sepertinya time table, kalau orang yang lebih sistematik dia akan buat time table tapi saya tak buat time table, bagi saya kalau saya dah achieve sesuatu dalam hari tu dikira dah memenuhi rutin, tak kesahlah pagi atau petang, yang penting haritu. So pada masa yang sama azam saya pun terpenuhi...kalau tentang assignment tadi...bagi saya saya bersyukur sebab kawan-kawan saya, circle saya diorang tak kesah diganggu bila-bila masa. Jadi apabila saya perlu siapkan pada haritu juga rutin syaa seperti buat kerja atau nota ataupun berjumpa dengan lecturer, mereka tak kesah jumpa lecturer di rumah atau bila-bila masa....so dari situ slow-slow saya dapat catch up assignment. Pada masa yang sama...kalau tentang palapes tadi...sayakan dah pernah bergaul dengan inter jadi saya dapat belajar dari mereka, benda yang sepatutnya belajar dalam kelas dan mengambil masa dalam dua jam rupanya saya dapat belajar daripada inter dengan masa 15 minit je. Jadi bagi saya itu memberi saya banyak masalah yang lebih. So kalau dalam kelas, urm...dimana ramai orang yang tidur...dulu pun saya banyak tidur...sekarang saya boleh buat banyak benda berfaedah. Dan tentang social...bagi saya apabila dah dapat catch up dua benda tadi...saya akan mudah terseyumlah...so bila saya mudah tersenyum orang pun mudah bercakap dengan saya...so dia akan cover semua.
0:35:25	1	Okay, tadi awak cakap duduk kat palapes tu kadang-kadang awak rasa nak keluarkan. So kenapa awak stay juga kat situ?
0:35:34	2	Urm...saya tak tahu...ada satu benda dalam diri bila berlari tu saya dapat no 1...saya berlari tu sebab saya nampk orang di belakang saya

		yang tengah struggle benda yang sama. So saya dapat berlari di hadapan. Saya seorang yang mudah marah, tapi apabila saya melihat orang lain marah, urm...saya akan rasa terkawal secara tiba-tiba..marah saya akan hilang sebab saya tengok kalau saya marah saya akan terlihat macam ni...jadi saya tak perlu marahlah sebab saya taknak terlihat macam ni...jadi kalau dalam palapes tu nak keluar...saya pernah tengok orang keluar dan bila diorang keluar bagi saya itu satu kerugian dan apabila saya dapat ambil iktibar dari tu...bagi saya memang satu kerugian yang besarlah sebenarnya sebab mereka dah masuk, berbeza dengan orang yang tak masuk, sayang bila tak habiskan...dan dah banyak kali dah tengok perkara tu dan ambil iktibar yang sama sebab tu saya tak keluar tak kesah macam mana besar pun masalah tu.
0:37:00	1	Okay faham, urm...okay untuk soalan seterusnya...awak rasa apa faktor yang menyebabkan seseorang tu ecar general berjaya ubah perasaan inferiority tu dan menjadi higher achiever?
0:37:28	2	High achiever...urm...inferiority tu bagi orang lain...sebenarnya memang perlu ada dalma semua orang...jadi apabila inferiority diorang tu trigger atau membesar, bagi saya benda yang perlu diorang perlu buat bukan hilangkan tapi kurangkan ke tahap optimum sebab kalau diorang tak rasa rendah mereka takkan strive for higher achievement seperti mana apabila mereka...seperti pepatah dari barat...apabila seekor singa sudah berada di puncak foodchain...diatas sekali...mereka akan bersenang-senang dan mangsa akan lari dari pada singa. Jadi mereka dah tak berusaha bila perasaan inferiority tu tiada berbanding apabila mereka adalah mangsa, mereka akan rasa rendah diri dan rasa dikejar jadi mereka akan terus level up.
0:39:36	1	So kiranya macam diorang ada excuselah untuk buat something, sebab bila diorang dah duduk kat atas tu mungkin diorang dah takde motivasi untuk strive so hard...
0:39:39	2	Yes...
0:39:41	1	Okay faham. So basically daripada kajian saya, perasaan inferiority ni perasaan yang semua orang ada daripada kecil hingga dewasa. Semua orang ada cuma yang membezakan samaada diorang nak acknowledge perasaan tu atau tak. Inferior ni perasaan yang normal dan semua orang ada...yang membezakannya adalah ditahap mana kita ada perasaan tersebut? Sebab perasaan inferiority ni saya suka describe as two side of a coin dimana kat sebalh tu boleh jadi positif atau negative. Kalau dalam psychology ada satu istilah dipanggil continuum dimana boleh berubah-ubah. Bila perasaan inferiority ni terlampau intense..macam mental health juga dia akan jadi inferiority complex. Inferiority complex ni lain dengan inferiority feeling, inferiority feeling perasaan yang semua orang ada dan inferiority complex tu bila perasaan inferiority to

		terlampau intense dan tak dapat function sebagai individu sebab dia tak rasa worth as a person or anything. Okay..so basically sedikit contextlah untuk apa yang saya kaji ni. Untuk soalan seterusnya...ada tak apa-apa faktor lain yang mendorong awak untuk lebih bermotivasi untuk mencapai pencapaian yang lebih tinggi selain daripada perasaan inferiority tu?
0:41:30	2	Faktor lain yang membantu...bagi saya inferiority dah ada dalam setiap orang. Rendah diri adalah sifat yang bagus, bagi saya benda yang lain selain daripada inferioriti tu ada dalam satu circle inferiority juga iaitu kejujuran...kalau kita rendah diri dan ada sikap kejujuran tu kita dapat share dengan kawan-kawan atau parent supaya diorang dapat tolong dan so on. Tapi kejujuran tu kena dengan tempatlah. Jadi kalau kita dah terlampau down macam ada masalah mental health tu and taknak jujur...kita deny keadaan tu...siapa yang dapat bantu. Jadi kejujuran tu penting...tu salah satu sifat mahmudah. Satu lagi faktor yang boleh bantu seseorang untuk strive for higher achievement selain kejujuran adalah...urm...bagi saya satu lagi yang boleh bantu adalah berbuat baik terhadap orang lain sebab bila kita berbuat baik dan membantu orang lain, orang lain pun akan membantu kita secara tidak langsung secara sedar atau tak. Apabila kita bantu orang lain...contohnya dalam assignment tadi...ataupun apabila saya berjaya bawa kawan-kawan jumpa dengan lecturer...lecturer akan lihat hasilnya kami telah jumpa jadi next time bila saya tak dapat catch up kawan akan tengok dulu kimi ni dulu pernah tolong kami jumpa lecturer, sekarang kami pula boleh tolong dia. Jadi dalam in long term...memang mereka akan bantulah...insyallah. Satu lagi kalau kita berbuat baik...kalau kita berbuat baik...ianya akan impact kita punya motivasi sebab positif vibe yang dikeluarkan di sekeliling akan membantu kita...itu sahaja.
0:45:44	1	Okay. So tu mostly itu adalah intrinsic motivation, kalau dalam psychology ada dua jenis motivation iaitu intrinsic dan extrinsic motivation. Intrinsic tu dari dalaman yang macam awak cakap tadi kejujuran...rendah diri..buat baik kepada orang lain semua tu dari dalamankan, so macam mana pula support dari orang luar yang memberi awak motivasi untuk awak belajar.Bukan dari orang luar jelah mungkin dari persekitaran juga.
0:46:16	2	Bagi saya kita pergi ke tempat-tempat yang baik seperti tempat ibadah ataupun kita berkawan dengan orang-orang yang baik...macam saya tadi, saya beraya dengan kawan-kawan dan saya yakin kawan-kawan saya tu kawan-kawan yang baik menyebabkan saya dapat atasi masalah yang saya hadapi. Dan bagi saya perlu berbuat baik kepada ibubapalah sebab ibubapa yang telah menyokong saya dalam pembelajaran saya disini. So apabila saya dapt berbuat baik kepada ibubapa, ibubapa pun akan senang hati dan akan teruskan membantu saya di UNIMAS ni.

		Faktor yang lain ialah adik beradi, adik-beradik pun sedang belajar jadi apabila berbuat baik dengan adik beradik, diorang pun akan buat baik dengan saya. Selain tu saya bersyukur sebab saya dapat belajar di UNIMAS kerana di UNIMAS fasiliti nya pun lengkap dan pelajar yang menuntut di sini pun orang-orang yang baik.
0:47:46	1	Alright thank you. Untuk soalan yang seterusnya, awak rasa berapakah...berapa besarkah jurang diantara diri awak yang sekarang dengan diri awak yang ideal? Kalau dalam percentages berapa jurangnya?
0:48:03	2	Kalau dalam percentages...urm...saya melihat diri saya yang prime without limitation jadi saya rasa saya memang takkan tahu berapa beza saya yang sekarang denga saya yang prime sebab saya menganggap saya sentiasa boleh imporve diri saya tanpa sebaran batasan. Jadi diri saya yang prime pun sedang improve kehadapan. Saya tak dapt melihat tulah.
0:48:49	1	Maknanya awak takde setkan limit pada diri awaklah? Ideaself tu menag takdelah?
0:48:53	2	Yes.no way, always improve.
0:48:55	1	Okay, menarik jawapan tu. Okay so bila awak sign google form sebelum interview ni, awak ada tick satu box dimana awak acknowledge yang awak ada perasaan inferiority dan awak striving for higher achievement. And boleh saya tahu yang awak apa yang awak senang strive sebagai student sebenarnya?
0:49:15	2	Urm...first sekali...saya nak...sebab course kami ni course yang baru...jadi bagi saya achievement yang saya sangat-sangat nak dapat adalah segulung ijazah tu dan saya dapat menjadi seorang guru yang baik. Tapi pada masa yang sama, lepas saya masuk palapes, kami diperkenalkan dengan sebuah istilah best cadet, best cadet tu seseorang yang mahir dalam semua perkara dan diakui oleh semua pegawai atasan, contohnya dapat berlari dengan amat laju,dapat merentas halangan...dapat berenang...dapat mengendalikan senjata dan so onlah dengan banyak perkara lagi...bagi saya semua tu adalah achievement yang say sangat dapat. Jadi bila di combinekan dua achievement tu...seorang guru dan seorang pegawai tentera...bagi saya memerlukan satu keazaman yang tinggi untuk combine kedua-dua tu.
0:50:45	1	Alright, okay thank you. Untuk soalan terakhir...saya akan bagi dua scenario ataupun situasi dan saya nak awak pilih situasi yang buatnkan awak rasa lebih baik. Situasi pertama awak dapat pointer 3.6 dan secara average classmate awak dapat pinter 3.9. Situasi kedua awak dapat pointer 3.5 tapi classmate awak secara average dapat pointer 3.3. Yang mana akan buatnkan awak rasa lebih better?

0:51:21	2	Kalau dari segi emotional saya rasa yang kedua akan membantu dari segi emosi dan membantu membina keyakinan diri saya. Tapi kalau yang akan buat saya strive for higher achievement mestilah yang pertama sebab saya rasa saya masih kurang dan saya mampu bersaing dengan mereka sebab pada mulanya kita di platform yang sama iaitu sama-sama masuk unimas dan sama-sama kosong di unimas. Jadi bagi saya itu adalah satu stage untuk kami performlah. So kalau mereka dapat perform yang tinggi tu, mesti saya akan dapat perform yang tinggi jugalah sebab kita masuk di tempat yang sama.
0:52:16	1	Tapi kalau saya suruh pilih 1 je.
0:52:20	2	Hahaha...satu...kalau rasa better yang kedua.
0:52:38	1	Okay itu sahajalah untuk interview kita harini...thank you sebab participate dalam interview ni and thank you sebab share awak punya pengalaman dan jawapan yang sangat membantulah dalam penulisan saya nanti.Okay, so so far ada apa-apa soalan?
0:52:53	2	Urm...tiada

Main study- participants 7 (Mr I)

Timestamp		
0:00:00	1	Assalamualaikum and Hi, nama saya Siti Aisyah Binti Tajudin dengan no matirk 81184 and saya tengah conduct study tentang unveiling the impact of inferiority feeling on student motivation, a qualitative exploration influences the pursuit of higher achievement. So tujuan kajian ni adalah untuk explore the impact of inferiority feeling on student motivation and faktor lain yang influences motivation tu sendiri. Tugas awak sebagai participants adalah untuk menjawab segala soalan yang diberikan dengan sejujurnya dan data yang dikumpulkan akan digunakan untuk penulisan saya tetapi identiti awak akan dirahsiakan. Participation awak adalah volunteer so kalau tengah-tengah interview ni awak rasa tak boleh nak teruskan just inform dan kita akan stop dan kalau ada apa-apa soalan yang awak rasakan sensitif, cuma bagitau dan kita akan skip soalan tersebut. So far ada apa-apa soalan?
0:01:00	2	Tiada
0:01:02	1	Okay so untuk mulakan, boleh tak awak introduce diri awak terlebih dahulu?
0:01:06	2	Hi nama saya adalah ***, saya dari fakulti pendidikan bahasa dan komunikasi tahun ***, saya berumur 23 tahun dan berasal dari sibu sarawak.
0:01:27	1	Boleh ceritakan sedikit mengenai latar belakang akademik awak?
0:01:31	2	Akademi tu dia based macam mana?
0:01:33	1	Urm...macam CGPA dan sebagainya
0:01:39	2	Bagi CGPA setakat ni adalah 3.10.
0:01:48	1	3.10 tu ada penurunan atau peningkatan berbanding semester sebelum ni?
0:01:55	2	Kalau dari setiap sem...sem ni menunjukkan penurunan bagi saya
0:02:00	1	Banyak atau sikit?
0:02:03	2	Banyaklah juga...
0:02:04	1	Sem sebelum ni berapa?
0:02:06	2	Sem sebelum ni banyaklah juga. Dari awal dulu 3.8...pastu turun ke

		3.5...then 3.10.
0:02:19	1	Awak rasa apa faktor penyebab penurunan CGPA tu sendiri?
0:02:24	2	Faktor yang...saya boleh cakap sebab kurang belajar sebab tak belaja seperti sem yang awla dulu sebab kan sekarang banyak ikut event yang ada di unimas dan kurang fokus pada pembelajaran, Mungkin tu juga disebabkan faktor penurunan dan elektif. Elektif banyak juga jatuhkan CGPA saya sebab saya salah ambil elektif yang tak sesuai
0:02:57	1	Okay so boleh ceritakan sikit penglibatan awak dalam aktiviti kelab atau apa-apa organisasi sepanjang awak berada di UNIMAS?
0:03:07	2	Buat masa sekarang saya...kalau organisasi di UNIMAS sekarang saya adalah UNIMASTAR under unimas corporate dan saya sebagai content creator di UNIMAS. Contohnya kalau di bahagian kolej...saya merupakan secreateariat media yang juga mengambil bahagian media di kolej...seterusnya dalam kelab chess ...saya juga dalam media.
0:03:46	1	Alright okay, so banyak jugalah penglibatan awak dalam universiti ni sendiri?
0:03:49	2	Alhamdulillah
0:03:50	1	So boleh kita start dengna soalan pertama? Boleh tak awak describe pemahaman awak ataupun cara awak mentafsir perasaan inferiority ni?Bila awak dengar perasaan inferiority feeling ni, apa yang terlintas di minda?
0:04:10	2	Okay sebelum tu boleh tak saya nak tahu apa maksud inferiority feeling bagi pendapat saudari?
0:04:19	1	Okay so inferiority feeling ni satu perasaan yang semua orang ada, inferiority feeling ni perasaan rendah diri yang kita ada bila kita compare diri kita dengan orang lain yang lebih better dari kita. Contohnya kita nampak someone yang lebih...mempunyai rupa paras yang lagi cantik...lagi kacak...kita rasa inferior, kita tengok orang lain lebih bijak dari kita kita rasa inferior...kita rasa rendah diri tu, kita rasa tak setanding dengan orang tu. Ha, tulah secara generalnya.
0:04:55	2	Kalau dari pendapat saya...mungkin perasaan adalah macam merasa...rendah diri dan kurang dari orang lain, macam kenapa dia ada kenapa saya tiada. Itulah pendapat saya mengenai perasaan inferiority
0:05:20	1	So awak ada tak perasaan inferiority tu sendiri?
0:05:23	2	Urm...kalau dalam kehidupan seharian...sejujurnya memang adalah

		sebab kita hidup dalam sebuah masyarakat yang mereka ada pelbagai jadi bila tengok...saya bagi contoh dekatlah...bila tengok kawan kita yang lebih berapa...kita tengok macam...ada keretalah...kenapa dia waktu belajar pun dah ada kereta kenapa saya takde kereta waktu saya belajar...itu yang menunjukkan jelas yang syaa rasa dapat tunjukkan rendah diri bila dengna orang lain.
0:06:14	1	Dari segi socioeconomic tu pun dah ada rasa rendah diri tu sendiri?
0:16:17	2	ya
0:16:18	1	Selain daripada itu? Ada lagi tak apa-apa faktor lain yang menyebabkan awak rasa inferiority sebagai student?
0:06:23	2	Sebagai student...saya boleh tengoklah daripada setiap sem bila orang lagi pandai...dapat dekan...macam yang penurunan CGPA saya ni memang terasa;ah kenapa mereka boleh belajar cukup dan dapat dekan kenapa saya tak dapat dekan untuk sem tu?
0:06:46	1	Okay, tu dari segi akademi...macam mana pula dari segi berorganisasi?
0:06:52	2	Berorganisasi...macam mana?
0:06:55	1	Macam dalam berorganisasi sendiri...ada tak awak rasa inferioriti tu sendiri? Contohnya dalam berorganisasi kita akan jumpa orang yang mungkin lagi berkarisma...lebih ada sifat leadership...someone yang kita admire tapi in the same time kita rasa inferior, ada tak?
0:07:09	2	Iya bila dalam berorganisasi memanglah sebab kita tengok orang lian, contohnya kalau kita tengok dari president kelab...eh president dari kolej saya...dia sama umur dengan saya tapi syaa tengok dia bila bekerja dalam kumpulan, dia nampak lebih berkeyakinan dan lebih pandai atur organisasi tu supaya menjadi lebih baik berbanding dengan saya...
0:07:58	1	So awak rasa awak ni kurang berkeyakinan ke?
0:08:00	2	Yup, saya pun rasa saya kurang berkeyakinan dalam membuat sesuatu.
0:08:06	1	Dalam menjadi ketua atau macam mana?
0:08:08	2	Yup dalam menjadi ketua
0:08:11	1	Tapi kalau dalam menjadi UNIMASTAR tu takdelah rasa kurang keyakinan tu?
0:08:16	2	Urm...kalau UNIMASTAR dia lebih kepada bekerja sendiri jaid kita

		tak terasa tercabar dengan kelebihan orang lain sebab dlama UNIMASTAR sata sendiri yang buat so saya tiada cabaran untuk mengarahkan seorang lagi untuk buat. So tak rasa rendah diri...sebab kami je ambil video kami dan post untuk UNIMAS
0:08:59	1	Okay so dalam...ada lagi tak apa-apa situasi atau keadaan yang selalu buat awak rasa inferior?
0:09:04	2	Urm...ada bila...kita tengok seseorang yang...mungkin saya boleh cakap dari segi rupa yang...orang lain bila post ke social media mereka lebih menarik untuk orang like so bila kita tengok dia buat content...bukan tak bermanfaat tapi lebih to...yang pelik-pelik tapi tetap juga dapat like sebab dia ada rupa...dia ada penarik dia sendiri...
0:09:50	1	Okay...so banyak jugalah kan? Dari segi socialeconomic, akademik, organisasi...dari rupa paras juga....okay, so daripada banyak-banyak aspek tu...aspek mana yang memberikan impak yang paling besar dalam hidup awak?
0:10:09	2	Yang memberi yang besar...urm...yang...pertama saya rasa adalah di media sebagai content creator lebih kepada rupa paras sebab saya tengok orang yang rupa paras lebih baik lebih diterima dengan orang dan like mereka lebih banyak berbanding dengan yang kurang berupa tapi mempunyai content yang lebih baik...yang membawa mesej positif tapi kurang like dan kurang diminati oleh orang lain kan. Yang kedua saya rasa lebih ke arah pelajaran...bila dekanlah..bila datang hari majlis dekan yang orang dapat sijil semua...bila mereka dapat sijil dekan memang saya rasa rendah diri sangat sebab kita kalah dengan orang lain, orang lain dapat dekan tpai kita tak dapat dekan. Jadi tu memang menunjukkan saya memang rasa rendah diri yang tersangatlah waktu tu.
0:11:37	1	Okay so bila...kadang-kadang awak compare diri awak dengan orang lain...awak rasa awak ada tak competetive behavior ataupun tendency untuk bersaing dengan orang lain dan menjadi lebih better?
0:11:53	2	Sejujurnya memang kita sebagai manusia memang akan rasa nak lebih better daripada orang lain jadi saya memang ada perasaan tu dan saya nak jadi lebih baik dari sebelumnya dan akan dari betterlah dari orang lain.
0:12:19	1	Okay so secara general, awak rasa macam mana perasaan inferiority ni memberi kesan kepada hidup awak?
0:12:24	2	Urm...saya rasa kalau perasaan inferioriti ni...dia memberi kesan..jap macam mana nak buat jawapan...dia memberi kesan...ada contoh?

0:12:52	1	Contohnya dia buatkan self-esteem menurun...ataupun boleh juga ke arah yang lebih positif untuk jadi lebih bermotivasi...macam tulah, so macam mana?
0:13:06	2	Bagi saya, saya rasa perasaan ni...untuk depress tu tak jugalah, dia cuma...rasa...diri ni rasa kekurangan sampai yang saya rasa kenapa orang tu boleh buat tapi saya tak boleh buat? Tapi pada masa yang sama saya rasa juga yang perasaan ni boleh buat kita lagi nak mencuba sesuatu...lagi berusaha nak meningkatkan diri sendiri untuk menjadi lebih baik...
0:13:55	1	Okay, so ada tak perasaan inferiority tu sendiri memberi impak kepada kesihatan mental tu juga? Kesihatan mental tu tak semestinya ke arah extreme...mungkin sedikit terjejas...mungkin ada masalah tidur...rasa anxious...rasa stress...benda-benda macam tu?
0:14:18	2	Saya rasa mungkin rasa stress sebab saya terlalu berfikir...sebab saya terlalu terfikir pasal tu...so boleh jugalah menjejaskan otak dan minda kita sebab kita terlalu overthinking sebab kita ra kita kurang baik dan kita overthinking yang kenapa kita urm..kurang dari orang lain?
0:14:45	1	Alright so...soalan seterusnya...awak rasa faktor apa yang menyebabkan perasaan inferiority ni muncul dalam diri awak?
0:14:56	2	Faktor yang kearah...perasaan tu sendiri?
0:15:04	1	Yup..sebab mesti ada faktor yang menyebabkan perasaan inferiority tu muncul, so awak rasa apa faktor yang menyebabkan perasaan inferiority yang awak rasa tu?
0:15:11	2	Saya boleh cakap perasan kurang yakin terhadap diri sendiri sebab bila kita dapat capai...yang saya cakap tadi...yang social media...yang orang kurang like...sebenarnya ada je orang tengok tpai saya cuma rasa kurang yakin yang saya ni menarik orang untuk tengok dan like saya punya content...jadi...saya boleh cakap kurang rasa percaya diri adalah faktor...antara faktornya...
0:15:42	1	Okay...selain tu ada?
0:15:45	2	Tiada...
0:15:46	1	Okay...sebab yang tu macam dari segi social media, kalau dari segi pembelajaran..berorganisasi pula?
0:15:53	2	Pelajaran..kalau pelajaran...macam mana nak cakap eh?
0:16:04	1	So macam CGPA jatuhkan...so mesti ada something yang lead kepada perasaan inferiority tu...mungkin macam sebelum ni saya tanya

		participants yang lain, dari segi akadeimi yang buatkan diorang rasa inferior apabila diorang kurang capable compare dengan orang lain...walaupun dha usaha dengan berterusan...diorang still tak dapat achieve apa yang diorang nak.
0:16:32	2	Macam mana nak cakap ni eh?
0:16:37	1	OKay, awak rasa kekurangan knowledge tu salah satu faktor yang lead kepada inferiority ke?
0:16:40	2	Urm...saya rasa...kalau dari segi pelajaran...kalau kekurangan knowledge saya rasa mungkin...say sendiri yang kurang faham apa yang lecturer ajar. Mungkin salah satu jugalah faktorny sebab kan kekurangan bahasa ingeris...kan sekarang pembelajran guna bahasa inggeris...mungkin ada certain words tu saya kurang faham dan menyebabkan perasan inferiority tu sendiri sebab dia impak akademi dan sebagainya...
0:17:25	1	Okay faham, so maknanya knowledge pasal bahasa tu sendiri juga menjadi faktorlah...okay tu satu, selain daripada tu?
0:17:34	2	Kurang yakin dalam kelas...kurang bertanya lecturer...
0:17:46	1	Okay...next...macam mana awak cope dengan perasaan inferiority tu? Macam mana awak mengimbangi perasaan inferiority tu dan kelemahan awak supaya menjadi seorang yang lebih baik dan meminimumkan perasaan inferiority tu?
0:18:06	2	Saya rasa...kalau dari saya...mungkin untuk mengimbangi...macam mana nak cakap eh...boleh bagi contoh sekali lagi supaya dapat idea?
0:18:18	1	Okay so bila awak rasa inferiority tu kan, macam mana awak cope? Bila awak tengok ada orang yang lagi better dari awak waktu tengah scrole ig...pastu awak tengok someone yang content dia ntah apa-apa tapi dapat banyak like...so macam mana awak cope...apa yang awak buat?
0:18:40	2	Kalau saya...saya just tengok je content tu...kita nak...nak tunjuk perasaan dan cakap lebih pun takde guna juga sebab kita pun tak boleh halang benda tu jadi so sama-sama sokong hahaha.
0:19:09	1	Okay so lebih kepada tindakanlah...dari tadi ada faktor yang menyebabkan perasaan inferiority tu ...kurang pengetahuan tentang bahasa...kurang keyakinan diri...so macam mana awak nak overcome perasaan tu sebenarnya? Cara yang awak biasa guna unutk cope dengan perasaan tu?
0:19:35	2	Urm...kalau nka kurangkan rasa tu...mungkin setiap sem saya akan

		belajar dengan kawan yang lebih pandai dan minta dorang ajar sebabkan mereka lebih faham dalam kelas...so saya tanya lagi dan kami sama-sama belajar dan saya rasa kalau guna cara tu memang lebih membantu saya untuk fahamlah pelajaran.
0:20:10	1	So kiranya awak reach outlah untuk mendapatkan pertolongan daripada orang lain...okay dan unutm awak hadapi perasaan rendah diri tu pula macam mana?
0:20:18	2	Okay so bagi rasa rendah diri...unutm overcome rasa kurang keyakinan...kalau saya rasa tak yakin...saya akan mencuba untuk yakinkan diri saya untuk yakin sebab saya rasa kebanyakan yang jadi dekat sayaa sekarang adalah terpaksa untuk terus yakin.
0:21:05	1	So kiranya awak going out from awak punya comfort zone... macam mana awak buat unutm challenge diri?
0:21:09	2	Challenge diri sendiri supaya lebih yakin...
0:21:16	1	So macam mana awak challenge diri sendiri tu?
0:21:18	2	Jap macam mana jawapan dia eh?
0:21:21	1	Challenge diri sendiri...so keluar dari comfort zone kan? So macam mana awak keluar dari comfort zone tu? Contohnya...salah satu participants sebelum ni dia nk keluar dari comfort zone dia...dia rasa takut nak..sebab dia introvert...so dia rasa takut nk keluar dan bercakap dengan orang...tapi dia join lagi banyak organisasi unutm keluar dari comfort zone dia. Tu salah satu cara dia buat unutm lebih berani bercakap dengan orang lain. Itu contoh unutm extrovert, macam awak pula, kurang keyakinan diri kan? So macam mana awak keluar dari comfort zone awak? Kat mana limit yang awak takut nak cross?
0:22:25	2	Sebenarnya saya pun takut unutm berhadapan dengan orang sebenarnya...tapi itulah macam saya cakap tadi...macam mana nak buat jawapan eh...tadi example tadi macam mana?
0:22:43	1	Macam setiap orangkan mesti ada comfort zone masing-masingkan...macam saya sendiri...saya coach utk academy kak aida...and banyak kak aida push saya punya limit sebenarnya...unutm keluar dari comfort zone saya sendiri unutm ambil student dari intermediate kepada starter...ajar bengkel....and keluarlah dari comfort zone saya sebab kalau ikutkan saya saya tak berani nak buat tapi lama-lama saya dah start boleh buat benda-benda tu macam tu
0:23:15	1	Sama jugalah, saya pun tak berani kalau nk jumpa orang...tapi

		itulah..ikut seperti yang baru ni saya ikut kolej and jumpa banyak orang lagi jadi...tu pun boleh jadi faktor untuk terus yakin depan orang.
0:23:40	2	So walaupun awak rasa tak yakin awak just keluar je and go and buat je apa-apa pun yang buat kan awak rasa tak confident tu? Okay, urm...macam mana perasaan inferiority ni memberikan impak yang positif dan negatif dalam hidup awak?
0:23:58	1	Saya start dari negatif dulu, kalau negatif...perasaan inferiority atau rendah diri...mungkin saya boleh cakap negatif dia adalah memang overthinking sebab kita rasa kita kurang baik...kurang yakin dari orang lain...dan...kalau positif mungkin rasa rendah diri ni lebih buat kan saya lebih berusaha untuk lebih maju dan yakin dengan apa yang kita buat. And pada masa yang sama...mungkin rasa rendah diri ni buat kan kita tak belagak dengan orang lain sebab kalau kita tak rasa inferior kita akan lebih belagak dengna orang lain sebab kita rasa kita ada semua kita ada dan orang lain tiada...so saya rasa itulah negatif dan positif dari pandangan saya.
0:25:12	2	Okay, untuk soalan seterusnya, awka rasa perasaan inferiority ni boleh tak lead kepada motivation untuk strive for higher achievement dan untuk menjadi ataupun mendapatkan achievement yang lebih tinggi di universiti ni?
0:25:24	2	Saya memang...saya rasa memang tu dapat buat kita rasa nak achieve lagi tinggi...saya rasa memang itulah sebab, sebab kita memang rasa rendah diri...jadi kita tengok orang yang lebih baik dari kita kita macam...kalau saya boleh bagi contoh yang akademi...waktu kita rendah diri tu kita akan rasa yang bila kita tengok dekan tu kan, kita rasa rendah diri...bila kita tengok kita...ianya membakar semangat kita lagi untuk kita terus...belajar dan berusaha untuk dapatkan dekan untuk sem depan supaya tak berulang lagilah rasa rendah diri tu sem depan sebab kita pun dapat berdiri sama dengan mereka...dapat dekan...
0:26:21	1	Okay so perasaan inferiority ni dia lead kepada perasaan competitive jugalah kan untuk capai pencapaian yang lebih tinggi dan bersaing dengan orang lain...okay faham. Okay...secara general boleh tak awak elaborate atau huraikan faktor yang awak rasa secara general...seseorang tu berjaya ubah perasaan inferiority ni menjadi higher achiever?
0:26:58	2	Urm...sebab diri sendiri...sebab diri sendiri sebab kalau kita terus rasa rendah diri pun tak boleh juga sebab sampai bila kita nak terus kalah dari orang? Urm..mindset, kita mesti tukar mindset kita untuk jadi lebih positif.

0:28:03	1	Okay so maksudnya kalau kita ubah mindset kita untuk jadi lebih positif...itu datang dari diri kita...so itulah yang membantu seseorang tu merubah perasaan inferiority dan menjadi higher achiever macam tu? Okay. So urm...awak rasa apa faktor lain yang membuatkan awak bermotivasi untuk strive for higher achievement selain daripada perasaan inferiority? Faktor-faktor lain samaada dalaman atau luaran?
0:28:29	2	Faktor-faktor lain...selain daripada inferiority feeling...jap fikir dulu...ada contoh jawapan?
0:28:49	1	Okay so setiap orang basically ada dua jenis motivasi...explicit dan implicit. Implicit ni motivasi daripada dalaman manakala explicit ni motivasi dari luar either rewards...sokongan dari luar...ataupun contohnya kalau kita dapat dekan kita dapat RM100 yang dibayar oleh fakulti, so kita pun bermotivasi untuk belajar...tu contoh motivasi luarlah. Motivasi boleh jadi dalaman dan luaran. Selain daripada inferiority feeling, apa yang memotivasikan awak?
0:29:16	2	Urm...saya boleh cakap faktor...jap...sebab nak meningkatkan...nak growth...untuk lebih bersocial dengan orang lain...nak meningkatkan kualiti dan membesarkan social circle juga.
0:30:10	1	Okay, so macam mana pula support daripada orang lain? Family atau kawan-kawan menjadi faktor juga ke? Atau pun bukan?
0:30:15	2	Family juga faktor untuk saya achieve yang terbaik di university sebab kita memang dengar sokongan mereka dari rumah...jadi itulah juga sebab kita nak membanggakan mereka dengan kejayaan kita disini.
0:30:39	1	Okay soalan seterusnya...awak rasa berapa besarkan jarak ataupun jurang diantara diri awak yang sekarang dengan diri awak yang awak nak jadi?
0:30:56	2	Urm...75%?
0:31:04	1	Jurang? Jarak antara diri awak yang sekarang dengan diri awak yang ideal?
0:31:10	2	So nak cakap peratus ke nak cakap...
0:31:14	1	Ikut awaklah, peratus boleh, nombor pun boleh.
0:31:16	2	75/100
0:31:17	1	Jurang?atau overlap? Kalau dekat jaraknya makin dekat jurangnya dan overlapnya

0:31:36	2	75% tu positif, overlap...dah dekat dengan diri yang ideal.
0:31:46	1	Okay so macam mana ideal self awak yang sebenarnya? Diri yng awak nak jadi?
0:31:57	2	Orang yang saya nak jadi lebih yakin bercakap bila depan orang sebab saya yang sekarang ni pun memang bercakap dengan orang, tapi rasa tak yakin tu lagi banyak...masih banyak...jadi saya nak jadi orang yang lebih yakin bila berhadapan dengan orang
0:32:26	1	Okay so...urm...awak rasa awak boleh tak overcome perasaan inferiority yang awak rasa sekarang dan directkan diri awak menjadi better?
0:32:36	2	Urm...saya rasa boleh
0:32:38	1	Okay so urm...ingat tak bila awak isi google form tu, ada satu section dimana awak admit yang awak ada perasaan inferiority dan awak ada motivation to strive for higher achievement? So apa yang awak tengah strive sebenarnya sekarang sebagai student?
0:32:51	2	Urm..pelajaran...focus utama...nak dapat dekat untuk sem ni...sekarang tengah berusaha..lepas ni nak sambung belajar lagi...jadi ya saya nak lebih berusaha untuk dekan sem ni...pastu elektif, macam saya cakap tadi...elektif adalah sebab juga...salah elektif...so sem ni pun saya ada ambil elektif dan berusaha untuk meng A kan elektif tu sem ni supaya dapat membantu dapat dekan.
0:33:33	1	Okay, and then...soalan yang terakhir, saya bagi awak dua scenario dan awak perlu pilih salah satu yang buat awak rasa lebih better dan baik. So scenario pertama awak dapat pointer 3.6 and classmate awak secara average dapat pointer 3.9. Scenario kedua awak dapat pointer 3. 5 dan classmate awak secara average dapat pointer 3.3. Yang mana akan buat awak rasa lebih baik?
0:34:05	2	Yang first tadi 3.6...yang tu...okay...yang saya rasa lebih better untuk diri saya...urm...saya cakap senario yang kedua sebab saya dapat lebih tinggi daripada classmate.
0:34:28	1	Okay...kenapa?
0:34:30	2	Urm..sebab..urm macam mana nak cakap eh..sebab saya dapat markah...jap...dapat pointer lagi tinggi...jadi saya tak rasa rendah diri dan akan rasa yakinlah tentang pointer tu
0:34:54	1	Okay so basically...tu jelah soalan-soalan untuk interview kita pada kali ini...ada apa-apa soalan?

0:34:59	2	Urm..tiada
0:35:05	1	Okay kalau tiada...itu sahajalah untuk interivew kita, thank you sebab sudi jadi participants saya...thank you

Main study - Participants 8 (Ms A)

0:00:00	1	Okay so nama saya Siti Aisyah Binti Tajudin with matrik number 81184. Saya sedang conduct study about unveiling the impact of inferiority feeling on student motivation: A qualitative exploration of factor influence the pursuit of higher achievement. So basically tujuan kajian ni adalah untuk explore phenome ni among student and macam mana phenomena ni berlaku, macam mana ianya impak student and macam mana student bounce back bila experience perasaan inferiority ni. Awak punya role sebagai participants adalah untuk menjawab soalan yang ditanyakan dengan sejujurnya. Data yang awak share kan akan dimasukkan dalam penulisan saya dan identity awak akan dirahsiakan. Penyertaan awak adalah volunteer, kalau ditengah-tengah interview ni awak rasa awak tak boleh teruskan, just bagitau and kita akan stop, kalau ada apa2 soalan yang awak rasakan sensitf, just bagitau and kita akan skip soalan tersebut. So far ada apa-apa soalan?
0:00:54	2	Tiada
0:00:55	1	Okay sebelum kita mulakan boleh awak perkenalkan diri sendiri dulu?
0:01:00	2	Okay so nama saya *** tapi boleh panggil *** je through out the interview, saya final year student dari *** dari FEB, Currently saya ada join society jugalah... saya dalam department of Media and currently busy jugalah buat event back to back.
0:01:26	1	So macam mana pula dengan family background?
0:01:30	2	Family background... saya anak no dua. Saya ada 3 orang adik beradik. Currently my parent still together but my mom pindah ke kucing and ayah saya menetap di sibu. Saya memang berasal dari sarawak... tu jelah kot...
00:01:50	1	Boleh saya tahu current CGPA awak?
00:01:53	2	Current CGPA... 3.5 something...
00:01:55	1	CGPA tu ada penurunan atau peningkatan berbanding semester-semester sebelum ni?
00:02:00	2	Kalau untuk previous semester ada peningkatan dari 2.98 ke 3.52.
00:02:13	1	Banyak juga tu, awak rasa ada apa-apa faktor ke yang menyumbang kepada peningkatan CGPA tu?
00:02:18	2	Ada... sebab saya seorang yang very mementingkan akademi... so waktu terima result tu saya memang dah agak result akan drop, bila

		saya tengok result saya drop, saya tahu saya takkan biarkan jadi. To be honest saya seorang yang very strong will kalau saya nak benda tu, saya akan makesure saya achieve benda tu.
0:02:5050	11	Okay, untuk soalan pertama, boleh tak awak mentafsir perasaan inferiority ni daripada persepective awam sendiri?
0:03:02	2	Sebelum tu boleh awak explain sikit tak apa maksud inferiority feeling dari word awak?
0:03:07	1	Okay so inferiority feeling ni sejenis perasaan yang semua orang ada dimana waktu kita kecil pun...waktu kita kanak-kanak kita tengok adult kira rasa tak sekuat atau semampu diorang...so perasaan tu memang semua orang adalah, memang benda tu dah ada sejak kecil sampailah adolescent...kita masih ada perasaan tu. and perasaan tu something yang saya suka describe as two side of a coin dimana ianya boleh menjadi something yang positif dan negatif. And kajian saya ni lebih kepada macam mana perasaan inferiority tu menjadi something yang positif dan mendorong seseorang untuk berjaya.
0:03:48	2	Kalau from my point of view, bila first saya tengok your kajian i think macam...macam kita curious tengok someone and how they can cope with everything? Like kalau kita sendiri pun, kalau kita lalui semua tu kita akan jadi panik, kita akan jadi penuh dengna anxiety dan tak keruan untuk handle. So bila dapat tengok someone yang mampu cope with that masalah....sometimes you can rasa wow hebatnya dia...macam mana dia boleh do that...so that my perception with your kajian. Macam you curious macam mana people do their own things...and amaze jugalah...apa je yang dia boleh buat sampai dia boleh...cope eh dengan benda tu.
0:04:40	1	Tu perception awak sebelum kajian ni kan? Kalau sekarang?
0:04:43	2	Kalau sekarang...I think dia ada relate dengan motivation juga...pastu...tu je kot...
0:04:58	1	So awak sendiri ada tak perasaan inferiority tu?
0:05:00	2	Tipulah kalau saya cakap takde...kalau ikutkan my pemahaman tu...urm...kalau saya seorang yang very...orang tengok saya mampu hadap semua kan? Tapi sebenarnya saya tak. Faham tak? Orang tengok saya mampu cope well...tapi sebenarnya saya tak tunjuk pun the vulnerability tu...saya ni jenis yang takut nak tunjuk my vulnerbality dengan orang...so...even sekarang pun...even nak cakap pasal benda ni pun tu strange...
0:05:51	1	Jangan risau sebab identiti awak akan dirahsiakan...confidentiality tu

		memang saya pegang...so feel free lah untuk cerita mengenai apa-apa.
0:06:04	2	Kejap, boleh pause sekejap? Sekejap ya
0:06:06	1	Okay
0:06:21	2	Okay dah, awak tanya pernah tak saya rasa inferiority tu kan? So before saya under ***, ada satu student society dinamakan ***. So before saya jadi Head of Media (HOD) saya adalah HOD for event management untuk dua tahun sebelum saya ditukarkan dipartment. Untuk media sejujur-jujurnya saya rasa sangat rendah diri sebab saya tiada pengalaman sangat even in create content or promotional material ke...saya rasa macam...awak bayangkan, previous HOD diorang sangat-sangat berpengalaman...even pandai guna apps macam adobe....yang orang editor memang betul-betul guna tu, sedangkan saya pandai guna Canva je...canva pro tu so memang kalau nak dibandingkan pengalaman saya dengan previous HOD, memang sangat-sangat jauh. Saya pun ada comittee under saya juga yang mengharapkan saya punya guide...saya punya nasihat...tapi sometimes saya rasa layak ke saya nak bagi tunjuk ajar kart diorang ni bila saya pun kadang-kadang rasa macam takde...tak tahu sangat pasal benda tu...so saya selalu rasa rendah diri sebab saya rasa comittee saya pun sebenarnya potensi diorang lagi besar dari say. Kadang-kadang saya rasa saya tak layak pun pegang HOD untuk department ni. Tapi disebabkan kepercayaan oleh Pensyarah dan top 4 comittee dalam *** tu, saya terima jugalah.
0:08:17	1	Okay, so perasaan rendah diri awak ni...bila awak rasa rendah diri tu awak rasa berpunca dari awak selalu compare diri awak dengan orang lain ke...
0:08:25	2	Ye, selalu compare, like previous work...kalau buat video ke...especially part buat video lah...memang nampak sangat hasil kerja orang yang betul-betul professional dengan betul-betul ada knowledge and passion tentang benda tu...compare dengan me yang newbie ni..memang nampak ketara sangat. So setiap kali saya buat content material tu, memang saya tak dapat stop diri saya untuk comparex3, sampai saya drain..to some extend saya rasa mental saya sangat drain as if saya perlu sentias kejar je expectation tu. Expectation tu takkan berhenti....saya perlu sentiasa achieve kalau tak orang akan disappointed in you. Thats why inferiority tu for me, sentiasa ada. Sebab saya sedar saya tak begitu mahir dalam bidang tu.
0:09:25	1	Tu dari segi berorganisasi kan, kalau daripada segi akademi pula ada ke?
0:09:30	2	Kalau dari segi akademi, saya sedar kelebihan saya in academy agak

		bagus...contoh kalau...tapi saya tak suka subject pengiraan, tapi setiap kali saya rasa saya tak boleh buat kira-kira tu, saya akan rasa bodohnya aku...rasa macam takkanlah benda ni pun tak tahu...saya betul-betul blank...saya rasa rendah diri tu bila saya dapat tengok orang lain dapat buat...sebab saya rasa trauma sangat dengan pengiraan tu, saya rasa benda simple thing pengiraan tu pun saya tak boleh buat sebab saya rasa betul-betul bodoh, mindset saya dah fix dah. Oh aku tak boleh buat pengiraan, aku memang bodoh buat pengiraan, kalau orang lain dapat tapi aku tak boleh...mostly kalau buat pengiraan tu, i will felt anxiety...sebab memang...memang tak boleh buat langsung. But for me to overcome that, saya pergi jumpa kawan saya yang mahir buat pengiraan dan buat group study dengan diorang. Saya tahu yang saya jenis yang tak boleh study sorang bab pengiraan, so saya akan buat group study dengan dioranglah.
0:10:55	1	So basically daripada yang awak katakan, perasaan inferiority ni memberikan impak juga dalam hidup awak kan? Tapi dalam banyak-banyak aspek, aspek mana yang paling terkesan dengan perasaan inferiority ni?
0:11:09	2	Mental, mental lah...macam...saya tak kisah kalau orang kritik saya ke, saya boleh terima orang punya kritik, tapi kalau diri sendiri yang kritik...saya kalau nak buat benda...saya ada set satu achievementlah, "kalau kau nak buat ni, kau mesti kena buat ni". Kalau saya tak dapat achieve level tu, saya akan terus rasa rendah diri dan rasa kau ni takde apa-apa...benda ni jujumlah saya cakap sering kalahlah dengan pemikiran sendiri. Macam kalau orang cakap you ada potensi nak buat benda ni...benda ni...tapi saya akan macam...kalau saya dengar isi fikiran saya saya akan rasa tak semangat...sebab saya tahu diri saya sendiri tu macam mana, saya tahu saya punya kelebihan tu tahap mana saya mampu. Jadi kalau saya rasa saya tak mampu buat tu saya rasa macam kalaulah aku ada skill yang bagus untuk buat benda tu, mesti aku dah mampu contribute banyak lagi....macam tu...
0:12:27	1	So awak punya mindset ni salah satu faktor yang menyumbang kepada perasaan inferiority tu? So daripada yang awak cakap sekarang ni...mindset...kurang pengalaman dan bila awak compare diri awak dengan orang lain...itu antara faktor yang menyebabkan perasaan inferiority tu? Alright okay, so macam mana awak cope dengan perasaan inferiority tu sendiri?
0:12:46	2	Saya urm...ni saya nak sentuh my parent lah, bapak saya selalu pesan dia...dia ada dua nasihat, "kalau dia boleh buat, you pun boleh buat, tuhan bagi otak sama, tuhan bagi keupayaan sama, cuma nak capai perkara tu depend pada you punya effort. Kalau you dah buat yang terbaik...tuhan akan bagi...tuhan tu tak kejam...tuhan tu maha

		pengasih...kalau dia dah nampak you mati-mati bagi effort tu, dia akan bagi juga, tapi kalau dia tak bagi...bersangka baik...mungkin dia akan ganti dengan benda yang lebih baik lagi"...so setiap kalau nak rasa bersalah tu...selalu ingat nasihat tu, dan saya juga seorang yang tak mudah nak mengalah kalau boleh still dapat fight untuk dibuat, saya akan make sure tu dapat dibuat.
0:13:52	1	Tu dari segi mindset kan, macam mana pula daripada segi tindakan sendiri?
0:14:01	2	Tindakan tu...macam yang saya cakap tadi yang organisasi tu, saya tahu yang saya lemah buat content tu...so sepanjang saya jadi HOD media,daripada 2023...saya selalu join kursus-kursus workshop, saya sendiri yang volunteer nak join sebab saya tahu kalau saya tak improve diri saya dan cuma bercakap, lama-lama orang akan perasan yang "lah dia ni takdelah hebat mana, tapi kenapa dia ni banyak sangat bunyi...banyak sangat complain...padahal dia ni takde pengalaman pun compare dengan aku...aku ada skills benda tu..apa hak dia nak comment kerja aku?" Sebabkan saya takut orang fikir benda-benda macam tu, saya trylah masuk workshop..tanya previous HOD...untuk improve diri...selalu catch up dengan dioranglah...lepas edit video atau poster saya selalu tanya previous HOD tu, "boleh bagi comment tak? Apa yang saya masih lacking?" saya akan selalu tanya benda-benda ni walaupun nak menghantar tu saya memang rasa betul-betul rendah diri...saya...inferiority saya ni lebih kepda rasa rendah diri yang tersangat...tapi bukan in negatif way lah, rendah diri tu macam bersedia nak improve diri sendiri.
0:15:33	1	Okay-okay, basically daripada apa yang awak cakap tadi, perception dan expectation orang lain pun memberi impak kepada awak punya keyakinan diri dan perasaan inferiority tu sendiri? Adakah ianya memberikan awak motivasi juga untuk improve diri?
0:15:49	2	Ya
0:15:50	1	Alright, so boleh tak awak nampak macam mana inferiority feeling boleh menjadi satu faktor ataupun satu...pendorong untuk awak strive for higher achievement?
0:16:16	2	Okay so macam yang saya cakap tadi, saya seorang yang strong will, saya seorang yang sentiasa strive for better. Saya tak bersaing dengan orang...kalau bersaing dengan orang pun just bersaing secara sehat which mean if diorang boleh buat, aku pun boleh buat...macam tu...tapi kalau dengan diri saya sendiri, saya sedar kalau saya tak buat benda tu saya yang akan ketinggalan compare to people yang selalu upgrade themselves...yang selalu cari peluang to improve themselves. So tanggapan saya...ketinggalan dalam pelbagai perkara buat

		perasaan inferiority tu makin kuat, “buat aku rasa yang aku tk boleh ni, aku kena juga improve.” So benda tu jadi pendorong utamalah, saya taknak ketinggalan dalam apa-apa aspects in my life.
0:17:12	1	Alright so boleh tak awak elaborate macam mana inferiority feeling ni sendiri boleh membuatkan seseorang secara general...seseorang tu transfer atau ubah perasaan inferiority tu dan menjadi higher achiever?
0:17:29	2	Urm...dari my point of view, inferiority tu sebab kita rasa tak layak dan rendah diri dari orangkna...jadi takkanlah kita nak selamanya stuck kat situ...takkan kita taknak berumah untuk improve ourself, why nak selama-lamanya stuck dalam keadaan yang depressive...selalu berperang dengan diri sendiri...kenapa nak buat macam tu bila kita sendiri tahu...we know our potential...kalau kita boleh buat benda ni dengan lebih bagus, you akan berada di tempat yang lebih bagus lagi. So perasaan inferiority ni...benda tu memang wujud tapi on how you cope and how you see inferiority tu dari sudut mana? Kalau dari sudut negatif maka action nya akan jadi negatif, kalau tengok dari segi positif, actionnya akan jadi positif. Its all depend on ourselves sebenarnya. Kalau you tanya macam mana secara general, for me it's truely depend on ketahanan mental dan emosi seseorang tu. Kalau orang tu sejenis “aku tak boleh...aku tak boleh lama-lama stuck kat sini...kalau aku start kat sini...nanti...aku akan ketinggalan banyak benda...kenapa aku nak sedih...” kalau someone tu jenis yang negatif dia akan “aku tak layak x3”, yang tu dia akan stuck kat situ je...dia takkan jadi apa-apa pun, for me memang depend dengan...tapi tak boleh salahkan fully dia punya ketahanan mental dan emosi...kena tengok dia punya support system jugalah and how environment dia membesar.
0:19:19	1	So mindset seseorang tu pentinglah untuk dia tentukan kemana perasaan inferiority akan membawa diri dia?
0:19:23	2	Ya betul
0:19:24	1	Okay, urm...apa faktor-faktor lain yang membuatkan awak bermotivasi untuk strive for higher achievement selain daripada perasaan inferiority tu?
0:19:41	2	Saya tak suka orang pandang rendah dekat diri saya...tapi in the same time saya suka jugak. Saya suka orang pandang rendah dekat saya supaya saya boleh achieve better dari diorang. Saya boleh buktikan, saya taknak cakap lebih, saya nak action buktikan. Benda tu yang bagi saya memuaskkan saya.
0:20:03	1	Okay tu satu, selain tu ada lagi tak? Seba basically kita ada 2 type of motivation explicit and implicit, implicit tu yang macam tadi,

		inferiority feeling tu, untuk rasa puas tu. Selain tu kita ada explicit motivation iaatu motivation luaran seperti support dari orang luar...reward yang kita dapat...monetary award...
0:20:34	2	Saya suka dapat award. Award yang bukan biasa-biasa. Benda yang rare and bukan semua orang boleh dapat award tu tapi saya dapat, benda tu yang jadi macam okay...aku boleh buat...aku mesti dapat benda tu...macam dean award jugalah.
0:20:51	1	Okay, awak rasa diri awak yang sekarang dengan ideal self awak, berapa besar jurang tu? Buat masa sekarang ni, kalau dalam percentages awak rasa berapa?
0:21:17	2	I think like 80%
0:21:23	1	80%...maksudnya masih jauhlahkan...ada tak ianya memberi impak kepada awak punya self-esteem sendiri?
0:21:27	2	Ya, tipulah kalau cakap yang saya tak insecure, saya insecure all the time but in the same time walaupun saya seorang yang high achiever...tak dinafikan yang saya seorang yang suka procrastinate. Bila saya procrastinate...lama-lama saya rasa takde semangat and passion nak buat benda tu...jadi expectation kerja tu pun tak memuaskan expectation diri sendiri. So kalau nak cakap pasal ideal type yang saya rasa saya nak jadi in the future tu masih jauh...sebab currently saya masih struggle dengan bad habit lah macam procrastinate...buang masa dengan perkara tak berfaedah...bila belajar sikit tu terus rasa malaslah nak buat...nak tengok movie lah berbanding belajar. Sebab dulu waktu saya kat sekolah menengah saya rasa saya lagi better dari in degree, sebab in sekolah menengah saya rasa disiplin saya in another level, bayangkan saya tak sentuh pun phone saya ni for 2 years, kalau saya buka pun saya buka whatsapp je, anay social media saya tak layan pun. Sebab mostly time yang saya spend tu study, reading book, spend time with my family and kawan...tu je
0:23:01	1	Awak ada tak buat apa-apa plan currently dalam progress untuk overcome awak punya bad habit tu sendiri?
0:23:06	2	Saya currently try nak solve everything especially assignment sebab next week pun dah presentation...tadi pun saya baru habis exam, mid-term exam...tapi saya sebenarnya takut juga dengan mid-term exam sebab subject tu agak killer jugalah sebenarnya and dia punya weight percentages tu agak heavy so before this bila saya hantar assignment tu saya tak berapa puas dengan hasil kerja saya tapi saya hantar juga so untuk mid-term ni memang saya pulun habislah untuk make sure saya still dapat perform.

0:23:48	1	So basically awak set limit, time limit jugalah untuk elakkan awak punya melengah-lengahkan masa tu?
0:23:55	2	Ya
0:23:56	1	Okay, untuk soalan yang seterusnya, awak rasa awak boleh tak overcome perasaan inferiority yang awak rasakan sekarang ni dan directkan diri awak ke arah yang lebih baik dalam masa yang terdekat ni?
0:24:12	2	Dalam masa yang terdekat ni...saya selalu percaya yang...ni very islamic lah...saya selalu percaya yang Allah hadirkan benda tu rasa tu dengan kita sebab kita pernah doa untuk dapat benda yang kita ada sekarang ni. So saya percaya Allah hadirkan perasaan ni dia nak tengok kita tak give up dengan doa..dengan benda-benda yang kita nak achieve sebab tipulah kalau cakap yang kita doa banyak-banyak...soalan banyak-banyak tapi Allah tak bagi-bagi lagi...tipulah cakap tak kecewa...tapi bagi saya, the main thing yang buat saya bertahan is sabar...sabar...saya selalu ajar diri saya untuk husnuzon dengan Allah, saya selalu rasa kalau Allah tak bagi benda tu sekarang mesti ada sebab, mesti ada hikmah yang tersembunyi tu...Itu yang saya rasa...Benda tulah yang membantu saya untuk overcome perasaan inferiority saya tu.
0:25:20	1	Okay, so waktu awak mula-mula isi google form tu kan...awak ada tick section yang awak setuju awak ada perasaan inferiority dan awak strive for higher achievement. So boleh saya tahu apa yang awak sedang strive sekarang sebagai student?
0:25:33	2	Strive sekarang...sebab sekarang saya final year student...saya sekarang tengah cuba usaha untuk graduate first class degree pastu saya tengah try untuk dapat award kepimpinan terbaik fakulti...saya tengah try nak dapat...tak tahu macam mana tapi awak doa jelah k hahaha. Pastu saya try nak dapat I don't know...something award that tak senang orang nak dapat...
0:26:14	1	Okay, untuk soalan yang last...saya akan bagi awak 2 scenario dan saya nak awak pilih salah satu scenario yang buat awak rasa lebih better...so scenario pertama awak dapat pointer 3.6 dan classmate awak mendapat pointer 3.9 secara average manakala scenario kedua awak mendapat pointer 3.5 manakala classmate awak mendapat pointer 3.3 secara average. Yang mana buat awak rasa lagi better?
0:26:37	2	Yang first
0:26:39	1	Awak dapat pointer 3.6 dan classmate awak dapat 3.9...kenapa?

0:26:45	2	Sebab...itu akan buat saya lebih motivation. Next semester aku akan lawan..akan nak achieve better lagi. Sebab kalau second scenario tu I think i would be too comfortable dalam comfort zone tu pastu rasa malaslah nak study sebab terlampau selesa dengan comfort zone tu. Tapi at the same time why i choose first scenario tu sebab saya bangga juga kalau kawan saya dapat achieve dean list especially after saya tahu yang diorang memang berusaha setengah mati untuk dapatkan dean list tu, kalau saya dapat dean list, saya pun happy kalau kawan saya dapat dean list. But in the same time, perasaan inferiority tu muncul...next sem aku kena lawan kau...gitu
0:27:30	1	Alright so tu jelah untuk interview kita harini...ada apa-apa soalan?
0:27:34	2	Tiada
0:27:34	1	Okay...so thank you sebab sudi jadi participants saya dan terima kasih untuk response awak
0:27:39	2	Okay