

## SENSE OF LIFE PURPOSES IS RELATED TO ACADEMIC ACHIEVEMENT AMONG PRE-UNIVERSITY STUDENTS OF KPJ HEALTHCARE UNIVERSITY

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### ABSTRACT

Pre-university education is an essential phase in which students build the groundwork for their academic career and become ready for higher education. Throughout this era of transition, students' academic progress is greatly influenced by their sense of purpose, which is characterized as having a clear knowledge of their personal aims and aspirations. Educational institutions such as KPJ Healthcare University must comprehend the connection between pre-university students' sense of life purposes and academic accomplishment. The aim of this study is to examine the relationship between sense of life purposes and academic achievement among pre-university students of KPJ Healthcare University. This study will utilize a quantitative research approach. The sense of life purpose measures on awareness of purpose, awakening to purpose and altruistic purpose. Academic achievement will be evaluated based on GPA. A regression analysis is expected to have positive relationship between sense of purpose and academic achievement, indicating that students with a clearer sense of purpose are likely to achieve higher academic success. It is anticipated that the study will shed light on KPJ Healthcare University pre-university students' sense of purpose, emphasizing their degree of goal clarity, dedication, and accomplishment. Academic achievement levels among pre-university students at KPJ Healthcare University will be assessed, offering an understanding of their current academic performance.

**Kata Kunci :** Sense of life purpose, academic achievement, pre-university, regression analysis

### 1. Introduction

Pre-university education is an essential phase in which students build the groundwork for their academic career and become ready for higher education. Throughout this era of transition, students' academic progress is greatly influenced by their sense of purpose, which is characterized as having a clear knowledge of their personal aims and aspirations. A well-defined sense of purpose not only motivates the students but also enhances their engagement in learning, thereby contributing to their overall academic success. Education research has increasingly focused on the relationship between academic success and a sense of purpose. According to Benoza and Palaoag (2023), a student's academic performance plays a significant role in their life because it is frequently regarded as an indicator of their success and future prospects. A student's feeling of purpose in life can also be shaped by their academic performance.

A study shows that having clear life purposes related to several positives' outcomes, such as improved academic performance, psychological health well-being and resilience (Hill & Burrow, 2016). Some researchers explained the sense of life purpose and academic achievement were connected in several ways. According Abdul Kadir and Mohd (2021), positive interactions with teachers and supportive learning environments can foster a stronger sense of life purpose and academic identity, leading to improved academic outcome. Higher academic self-efficacy can enhance students' belief in their

abilities to succeed academically (Akomolafe et al, 2013). Sherma et al. (2017) indicated that aligning one's sense of purpose with future career goals can motivate students to excel academically to achieve their desired professions.

The sense of life purpose is defined by the several important factors, including awareness of purpose, awakening purpose, and altruistic purpose. Finding and expressing one's goals is known as awareness of purpose; discovering and becoming optimistic about one's goals is known as awakening of purpose; and desiring to make a constructive contribution to society is known as altruistic purpose (Bronk, 2014).

### 1.1. Problem Statement

Students should invest significant time in pre-university education as it helps them get ready for college and set the foundation for their academic careers. In this era of transition, a student's sense of life purpose has a major impact on their academic achievement. Research on the specific impacts of this psychological construct on academic accomplishment among pre-university students is limited especially in the Malaysia context, despite the acknowledged significance of a sense of purpose in promoting academic success. KPJ Healthcare University and other educational institutions must recognize this relationship in order to create instructional methodologies and support services that improve student's academic achievement and personal growth.

### 1.2. Research Objective

This study aims to examine the relationship between the sense of life purpose and academic achievement among pre-university students at KPJ Healthcare University. By employing a quantitative research approach, this study will measure student's sense of life purpose through validated instruments and evaluate academic achievement based on GPA. The expected outcomes will provide valuable insight into how fostering a strong sense of purpose can enhance students' academic performance, offering practical implications for educational strategies and student support services (Yeager et al., 2014).

## 2. Literature Review

### 2.1. Sense of Life Purpose

**Sense of life purpose** refers to an individual's understanding and commitment to their personal and professional goals. It is a multi-dimensional construct that includes awareness of purpose, awakening to purpose, and altruistic purpose. Each dimension plays an important role in shaping individual's motivation and actions. Research suggested that a clear sense of life purpose can lead to a strong academic identity, positively impacting academic performance among high school students (Yukhymenko & Sharma, 2020). Additionally, purpose-centered interventions and discussions can help students clarify and develop their sense of life, ultimately enhancing their academic performance engagement and performance (Balthip et al., 2017).

**Awareness of purpose** involves recognizing and articulating one's goals and aspirations. It is the foundation step in developing a sense of purpose, as it provides direction and clarity. Yukhymenko et al. (2020) and Damon et al. (2003) emphasized the importance of cognitive clarity and understanding of life goals in helping people in developing a feeling of purpose and direction in their lives. Identity formation, goal pursuit, and general wellbeing are all correlated with awareness of purpose. Research by Bronk (2014) highlighted the significance of goal awareness in fostering academic success. Students who can clearly articulate their goals are more likely to stay focused and

motivated, which leads to better academic performance. Sharma & Yukhymenko (2019) had intensively explored the concept of awareness of purpose and emphasized its role in shaping individual's decision-making process and goal-setting behaviors. Research conducted by Damon et al. (2003) that explored the developmental aspects of awareness of purpose in teenagers. The study shows the positive effects that having a clear sense of one's life purpose can have on both academic achievement and over well-being.

**Awakening to purpose** refers to the process of discovering and becoming passionate about one's goal. This dimension is critical during adolescence and early adulthood, a period marked by the identity exploration and development. Sharma et al. (2018) assessed individual's active engagement in exploring their purposes in life. It reflects the process through which individuals gradually become more aware of and connected to their life's purpose. However, Yukhymenko & Sharma (2020) indicated that awakening to purpose is not significantly related to self-esteem in adolescence. This relationship may be complex, as it may be challenging for them to feel confident in themselves without adequate support. Adolescents who experience an awakening to their purpose may require encouragement and validation to maintain a positive sense of self and future outlook. Kashdan & McKnight (2009) found that individual who experience an awakening to their purpose exhibit higher levels of engagement and perseverance, which positively impact their academic achievements.

**Altruistic purpose** emphasizes an individual's desire to make a positive difference in society. It highlights the role of pro-social activities, long-term aspirations in fostering a sense of purpose. Sharma et al (2018) highlighted that altruistic purpose plays a significant role in predicting self-esteem among adolescence. Sharma et al. suggested that adolescents who strive to make a positive difference in society tend to experience stronger self-esteem, indicating the importance of reflecting on one's life value in contributing to the world beyond oneself. Research by Sharma & de Alba (2018) emphasized the positive impact of altruistic purpose on students' well-being, self-confidence, and mental health. Malin et al. (2017) demonstrated that students with an altruistic sense of purpose are more likely to engage deeply in their studies and pursue academic excellence. this prosocial orientation not only motivates students but also enhances their sense of fulfillment and well-being, which are crucial for sustained academic success.

## 2.2. Academic Achievement

Academic achievement, typically measured by GPA, is influenced by a variety of factors, including cognitive abilities, study habits, and psychological traits. A strong sense of purpose has been linked to better academic outcomes, at its foster intrinsic motivation and resilience. Yeager et al. (2014) found that students with a well-defined sense of purpose were more likely to achieve higher GPAs and exhibit greater academic persistence.

## 2.3. Empirical Studies on Sense of Purpose and Academic Achievement

### Positive Correlations

Several studies have documented the positive correlation between sense of purpose and academic achievement. Hill & Burrow (2016) found that college students with a strong sense of purpose had higher GPAs and were more engaged in their academic work. Their research suggests that purpose-driven students are better equipped to overcome challenges and maintain high levels of academic performance. Bundick (2011) examined high school students and found that those with a clear sense of purpose exhibited greater academic success and life satisfaction. This study underscores the

importance of helping students develop a sense of purpose early in their academic journeys to promote long-term success.

### **Impact of Altruistic Purpose**

Malin et al. (2017) demonstrated that students with an altruistic purpose were more likely to achieve higher academic success. Their research highlights the role of prosocial goals in driving academic motivation and engagement. Students who aim to make a positive impact on society often exhibit higher levels of commitment and diligence in their studies (Malin et al., 2017; DOI: 10.1016/j.adolescence.2017.01.010).

### **Integrating Purpose into Educational Strategies**

Given the strong correlation between sense of purpose and academic achievement, educational institutions can benefit from integrating purpose-oriented strategies into their curricula. Programs that encourage students to explore and articulate their goals can enhance their sense of purpose and, consequently, their academic performance. For example, interventions such as goal-setting workshops, mentorship programs, and reflective exercises can help students develop a clearer understanding of their personal and professional aspirations.

The literature strongly supports the positive relationship between a sense of life purpose and academic achievement. By fostering a strong sense of purpose, educational institutions can enhance students' motivation, engagement, and academic success. This study aims to build on this body of research by examining the specific dimensions of sense of purpose—awareness, awakening, and altruistic purpose—and their impact on academic achievement among pre-university students at KPJ Healthcare University. The findings are expected to provide valuable insights that can inform educational strategies and student support services, ultimately contributing to improved academic outcomes and personal growth for students.

## **3. Research Methodology**

### **3.1 Study Design**

This study employs a quantitative research design to investigate the relationship between sense of life purpose and academic achievement among pre-university students at KPJ Healthcare University. Quantitative methods are chosen for their ability to provide measurable and statistically analyzable data, allowing for the examination of correlations and predictive relationships between variables.

### **3.2. Sample**

The study will involve a sample of pre-university students enrolled in foundation programs at KPJ Healthcare University. A purposive sampling technique will be employed to select participants who meet the inclusion criteria, which include being currently enrolled in a pre-university program at the university.

### **3.3. Data Collection Instruments**

#### **Revised Sense of Purpose Scale**

Two instruments will be utilized in this study. The sense of life purpose measures on awareness of purpose, awakening to purpose and altruistic purpose. The Revised Sense of Purpose Scale (SOPS-2) was developed by Yenkhymenko & Sharma (2020) to assess awareness of purpose (five items),

altruistic purpose (five items), and awakening to purpose (four items). The participants' agreement was scaled from 1 (strongly disagree) to 7 (strongly agree). Higher altruistic purpose, higher awakening to purpose, and higher awareness of sense of purpose are all indicated by higher scores on these subscales.

### **Academic Achievement**

Academic achievement will be measured using the students' Grade Point Average (GPA). GPA is a standardized measure of academic performance and provides a quantitative metric for evaluating students' academic success.

### **3.4. Data Collection Procedure**

Data will be collected through an online survey platform, ensuring ease of access and convenience for participants. The survey link will be distributed via email. Participants will be informed about the study's objectives, the voluntary nature of their participation, and the confidentiality of their responses. Informed consent will be obtained electronically before participants can proceed with the survey.

### **3.5. Data Analysis**

#### **Descriptive Statistics**

Descriptive statistics will be used to summarize the demographic characteristics of the participant and their responses on the SOPS-2. This will include measures of central tendency (mean, median) and dispersion (standard deviation, range)

#### **Correlation Analysis**

Pearson correlation analysis will be conducted to examine the relationship between the sense of life purpose dimensions (awareness of purpose, awakening to purpose, and altruistic purpose) and academic achievement (GPA). This analysis will help to determine the strength and direction of the relationship between these variables.

#### **Regression Analysis**

Multiple regression analysis will be performed to identify the predictive power of each dimension of the sense of life purpose on academic achievement. This analysis will help to determine which dimensions are the strongest predictors of academic success and the extent to which they influence GPA (Field, 2022)

## **4. Expected Result**

### **Positive Correlation Between Sense of Life Purpose and Academic Achievement**

Based on previous research, it is anticipated that there will be a positive correlation between students' sense of life purpose and their academic achievement. Students with a clearer and stronger sense of purpose are expected to achieve higher GPAs. This relationship is likely to be particularly strong in dimensions such as awareness of purpose and awakening to purpose, which provide students with direction and motivation (Yeager et al., 2014).

### **Influence of Altruistic Purpose**

It is expected that the dimension of altruistic purpose will also show a significant positive relationship with academic achievement. Students who aim to contribute positively to society may exhibit higher

levels of engagement and commitment to their studies, reflecting a broader purpose beyond personal success (Malin et al., 2017).

### **Predictive Power of Purpose Dimensions**

Regression analysis is expected to reveal that among the three dimensions of sense of life purpose, awareness of purpose and awakening to purpose will be the strongest predictors of academic achievement. These dimensions provide students with clear goals and intrinsic motivation, which are crucial for sustained academic success (Bronk, 2014).

### **Implications for Educational Practice**

The anticipated results are expected to highlight the importance of fostering a strong sense of purpose among pre-university students. Educational strategies that emphasize goal-setting, self-discovery, and prosocial goals can enhance students' academic performance and personal development. These findings will provide valuable insights for educational institutions like KPJ Healthcare University to design effective programs and support services.

## **5. Limitation**

Several limitations need to be acknowledged in this study. The use of convenience sampling may limit the generalizability of the findings to the broader population of pre-university students. Additionally, the reliance on self-reported measures for assessing sense of life purpose may introduce response bias. Future research should consider using a randomized sampling method and incorporating longitudinal designs to examine changes in sense of purpose and academic achievement over time.

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