

Rak Prihatin KUAZ: A Model for Youth-Led Civic Engagement and Social Responsibility
(*Rak Prihatin KUAZ: Model Penglibatan Sivik dan Tanggungjawab Sosial yang Dipimpin Belia*)

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ABSTRACT

Civic engagement and youth-led initiatives play a pivotal role in promoting social welfare and personal development within higher education residential settings. This study examines *Rak Prihatin KUAZ*, a community-based program organized by the College Action Committee of Ungku Aziz Residential College (*KUAZ*), Universiti Malaya, which provides essential food and daily necessities to residents experiencing financial instability. Using a mixed-method research design, quantitative data were collected from monthly inventory records, stock-in and stock-out logs, and QR-based check-ins to assess usage trends and operational performance, while qualitative data were gathered through open-ended surveys to explore residents' experiences, financial stress, food security, academic focus, and engagement with the initiative. Findings indicate that *Rak Prihatin KUAZ* effectively alleviates financial stress, reduces meal-skipping behaviors, and improves residents' academic focus. Moreover, active participation in the program fosters leadership, empathy, civic responsibility, and a sense of collective ownership among residents. The study demonstrates that peer-driven, localized initiatives can simultaneously address material needs and cultivate socially responsible, proactive individuals. Overall, *Rak Prihatin KUAZ* exemplifies the transformative potential of youth-led civic engagement programs in enhancing student welfare, community cohesion, and character development within residential college environments.

Keywords: youth empowerment, civic engagement, volunteerism, social responsibility.

ABSTRAK

Penglibatan sivik dan inisiatif yang dipimpin oleh belia memainkan peranan penting dalam mempromosikan kebajikan sosial dan pembangunan peribadi dalam konteks kediaman institusi pengajian tinggi. Kajian ini meneliti Rak Prihatin KUAZ, sebuah program berasaskan komuniti yang dianjurkan oleh Jawatankuasa Tindakan Kolej, Kolej Kediaman Ungku Aziz (KUAZ), Universiti Malaya, yang menyediakan makanan dan keperluan harian kepada penghuni yang mengalami ketidakstabilan kewangan. Menggunakan reka bentuk penyelidikan kaedah campuran, data kuantitatif dikumpul daripada rekod inventori bulanan, log masuk dan keluar stok, serta sistem QR untuk menilai trend penggunaan dan prestasi operasi, manakala data kualitatif diperolehi melalui tinjauan terbuka untuk meneroka pengalaman penghuni, tekanan kewangan, keselamatan makanan, fokus akademik, dan penglibatan mereka dengan inisiatif ini. Hasil kajian menunjukkan bahawa Rak Prihatin KUAZ secara berkesan mengurangkan tekanan kewangan, mengurangkan tabiat meninggalkan makan dan meningkatkan fokus akademik penghuni. Selain itu, penglibatan aktif dalam program ini memupuk kemahiran kepimpinan, empati, tanggungjawab sivik dan rasa pemilikan kolektif dalam kalangan penghuni. Kajian ini menunjukkan bahawa inisiatif tempatan yang dipimpin oleh rakan sebaya dapat memenuhi keperluan material sambil membentuk individu yang bertanggungjawab secara sosial dan proaktif. Secara keseluruhan, Rak Prihatin KUAZ memperlihatkan potensi transformatif program penglibatan sivik yang dipimpin belia dalam meningkatkan kebajikan pelajar, keharmonian komuniti, dan pembangunan watak dalam persekitaran kolej kediaman.

Kata Kunci: *Pemeriksaan Belia, Penglibatan Sivik, Kerja Sukarela, Tanggungjawab Sosial.*

INTRODUCTION

Civic engagement plays a vital role in shaping socially responsible and empowered individuals, particularly among youth and university students. It involves active participation in initiatives that promote community well-being, social development, and collective problem-solving (Kahne & Sporte, 2008; Youniss, McLellan, & Yates, 1997). By engaging in civic activities, students not only contribute to their communities but also develop essential skills such as leadership, empathy, decision-making, and collaboration. In higher education settings, civic engagement provides a platform for students to apply theoretical knowledge in real-world contexts, fostering both personal growth and social responsibility (Kahne & Sporte, 2008).

In Afghanistan, several studies indicate that organizations mainly focus on youth to improve and promote their social status and prepare them to become leaders for bringing change to their communities through civic and political engagement, leadership development, participation in decision-making, skills development, and capacity-building programs (fundsforNGOs, 2024).

Similarly, the initiative *Rak Prihatin KUAZ* is a community-based programme organised by the College Action Committee of Ungku Aziz Residential College at Universiti Malaya. Its primary objective is to support residents facing financial challenges by providing essential food and daily necessities (Faidi et al., 2023; Ahmad, Sulaiman, & Sabri, 2021). The case study centres on the direct and active participation of college residents in the planning, management, logistics, and sustainability of *Rak Prihatin KUAZ*, highlighting how their involvement cultivates leadership, empathy, civic responsibility, and a sense of collective ownership within the residential community.

The significance of this study is manifold. On one hand, it responds to a pressing social issue: multiple studies indicate that food insecurity among Malaysian university students ranges widely. For example, approximately 69% of students experienced food insecurity during the COVID-19 pandemic (Faidi et al., 2023). On the other hand, the research explores how resident-led initiatives within a higher education residential context can serve as laboratories for civic engagement, social innovation, and peer-driven community development (Kahne & Sporte, 2008; Youniss et al., 1997). Unlike many prior studies that examine youth civic engagement in broader community or national settings, this investigation foregrounds residential-based civic action, illustrating how localized, peer-led programmes within a university

setting can advance both social welfare and personal development.

Rak Prihatin KUAZ emerged in response to increasing recognition of the financial burden borne by some residential college students, including rising living costs, food expenses, and difficulties in meeting daily essentials. The initiative is resident-centred; the students themselves are not only recipients but also organisers, volunteers, and decision-makers. Through the programme, they mobilise resources, plan distribution, coordinate stock and donations, and reflect on their service role. In doing so, the initiative strengthens intercollegiate bonds, fosters mutual support and trust among residents, and develops participants' capacity for organisational thinking and civic action.

However, despite growing literature on student welfare and civic engagement, limited empirical research has examined peer-led, residential-based welfare initiatives and their dual role in addressing material needs while fostering civic responsibility and leadership among university residents. This study addresses this gap by examining *Rak Prihatin KUAZ* as a youth-led initiative within a residential college context, focusing on its operational performance, welfare outcomes, and civic engagement implications.

Universiti Malaya is committed to contributing to social welfare and sustainable development, as evidenced by its Sustainability Policy (2021–2030), which emphasises five core pillars: Education, Research, Environment, Economy, and Social (Universiti Malaya, 2021). Moreover, via its Community Engagement Centre (UMCares), Universiti Malaya aims to develop community flagship programmes, transfer knowledge and skills to communities, and engage in penta-helix collaboration for public good (UMCares, 2024). *Rak Prihatin KUAZ* directly aligns with these institutional goals by empowering student residents to address social needs, such as food and daily essentials, strengthening community cohesion, and embedding service learning within the residential environment.

BACKGROUND OF STUDY

The background of this study presents the context, setting, and participants relevant to understanding the issues faced by the residents of Ungku Aziz Residential College at Universiti Malaya. It establishes the foundation for the study by explaining the conditions and challenges that have created the need for investigation. Existing literature highlights that student welfare, sense of belonging, and engagement within residential

environments are critical factors influencing students' academic success, well-being, and social integration in higher education institutions (Astin, 1999; Tinto, 2012).

The organisation involved in this study is the College Action Committee of Ungku Aziz Residential College, which serves as the main student leadership body responsible for representing and supporting the residents. Student leadership bodies play a crucial role in fostering engagement, organising welfare-oriented programmes, and acting as intermediaries between students and institutional governance structures, thereby shaping students' residential and learning experiences (Kahne & Spote, 2008).

The setting of the study is within the residential environment of Ungku Aziz Residential College, where students not only receive academic support but also live, interact, and participate in various co-curricular and community-building activities. Research indicates that active participation in residential communities enhances students' sense of belonging, which in turn positively affects persistence, engagement, and overall satisfaction with university life (Strayhorn, 2019). Participants in this study include student residents from diverse backgrounds who actively engage with college facilities, services, and programmes. Their experiences and perceptions provide valuable insights into the challenges faced within the college community.

The problem context focuses on the growing challenges related to the overall welfare of college residents. While financial instability remains, a significant factor affecting student life, other welfare concerns have emerged, including access to support services, mental well-being, social inclusion, availability of resources, and the ability to adapt to an increasingly complex university environment. Prior studies have shown that unmet financial and psychosocial needs can negatively affect students' mental health, academic engagement, and sense of belonging within residential settings (Ahmad et al., 2021; Faidi et al., 2023). These challenges may contribute to uncertainty and movement among resident students, including disengagement from college life or difficulties in maintaining a stable residential experience.

The broader issue of resident welfare is central to understanding these patterns. When students perceive that their financial, emotional, or social well-being is insufficiently supported, their engagement with the college community declines, weakening their sense of belonging and participation in collective activities (Strayhorn, 2019; Tinto, 2012). Such conditions can undermine community cohesion and the overall residential environment.

This study aims to identify the factors that

affect the welfare of residents and to examine how these factors contribute to resident movement and changes in community stability. The findings are expected to inform the development of improved welfare strategies, enhanced support systems, and more sustainable, student-led initiatives to ensure that student welfare is effectively maintained within Ungku Aziz Residential College.

ISSUE

The issue examined in this study relates to the declining welfare and increasing challenges faced by residents of Ungku Aziz Residential College at Universiti Malaya. Residents continue to experience difficulties that affect their daily living conditions and overall well-being, despite being required to remain within the college accommodation.

Relevant background information indicates that residents face growing pressures, including financial limitations, academic demands, mental and emotional stress, and limited access to support services. Feedback from student engagement activities and informal discussions suggests that some residents struggle with feelings of isolation, lack of social support, and inconsistent participation in college programmes. These conditions directly influence their motivation, welfare, and sense of belonging within the college community.

Documentation from college committees and previous internal reports has also highlighted issues such as inequitable access to welfare assistance, delays in support interventions, and gaps in communication between residents and the college administration. These factors contribute to resident dissatisfaction and may lead to disengagement from college activities or reduced community involvement.

The increasing prevalence of these welfare-related challenges highlights the need for a comprehensive investigation to identify root causes and develop more effective strategies for supporting residents. Strengthening student welfare is crucial for promoting community cohesion, resident stability, and positive living experiences within Ungku Aziz Residential College.

METHODOLOGY

A mixed-method research design was employed to evaluate the operational performance and social impact of *Rak Prihatin KUAZ*. Quantitative data were collected from monthly inventory records, stock-in and stock-

out logs, and user tracking through QR-based check-ins. These records provided insights into item demand, shortage frequency, monthly usage trends and impact measure to them.

Additionally, a structured 5-point Likert Google form survey consisting of multiple-choice questions (i.e., strongly disagree to strongly agree) was distributed to users who accessed the rack at least once. They required to scan QR code provided on the

rack and answer few questions. The survey measured financial stress, food security, frequency of meal skipping, academic focus before and after using the rack. Qualitative data were gathered through open-ended feedback forms. Thematic analysis was used to extract recurring themes from qualitative responses, while descriptive statistics summarised the quantitative data.

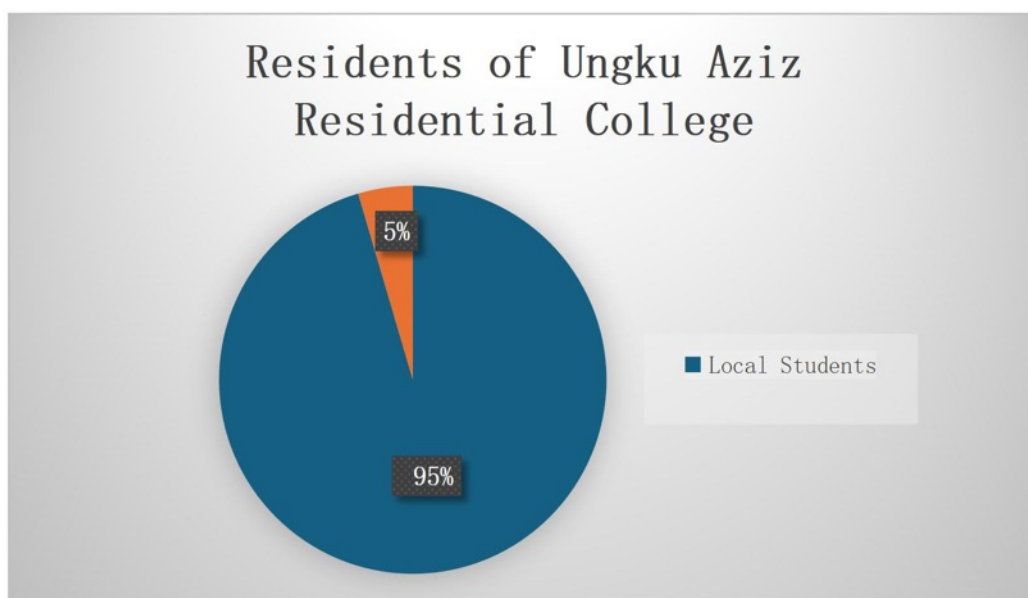


FIGURE 1. Pie Chart of Residents of Ungku Aziz Residential College

Analysis shows the percentage of the residents of Ungku Aziz Residential College (Figure 1). Total of residents of Ungku Aziz Residential College is 1050 residents. 95% of them are local students and 5% of

them are international students. Most of the residents are foundation students at Universiti Malaya. They are responsible to actively participate in any college programmes in order to get a better merit.

TABLE 1. Monthly Inventories Stock-in And Stock-out

Month of 2025	Categories	Stock-in (unit)	Stock-out (unit)
August	Food	20	20
	Hygiene	3	3
	Stationeries	5	3
September	Food	25	25
	Hygiene	3	3
	Stationeries	7	4
October	Food	20	20
	Hygiene	2	2
	Stationeries	5	2

1 unit : 10 pieces

FINDINGS

This section will analyse the research results obtained through monthly stock-in and stock-out which consists of the categorisation of items (food, hygiene and stationeries), user tracking through QR-based check-ins and Google form survey for feedback for the quantitative and qualitative data for three months.

Analysis shows distinct patterns across the three item categories from August, September, and October 2025 (Table 1). The items provided through the initiative included a range of essentials such as instant noodles, bread, biscuits, packet drinks, and other basic food supplies. Stationery items such as pens, pencils, sticky notes, and notebooks were also made available to support students' academic needs. In addition, hygiene products including toothpaste, toothbrushes, wet wipes, and tissue paper were supplied to help maintain residents' daily personal care and well-being.

For Food and Hygiene, the monthly stock-in and stock-out quantities were identical, indicating a consistently high turnover rate. This pattern suggests that items in these categories were fully utilized each

month, with no remaining stock carried forward. In contrast, the stationeries category exhibited noticeable discrepancies between stock-in and stock-out quantities. Across the three months, stock-in values ranged from 5 to 7 units, whereas stock-out values ranged only from 2 to 4 units. This mismatch resulted in a cumulative surplus of 8 units by the end of October. Overall, the findings indicate that while food and hygiene items aligned closely with user demand, stationeries were overstocked relative to actual usage.

In addition to receiving support, approximately 10% of residents also contribute items to the *Rak Prihatin KUAZ*, helping to maintain a stable supply-demand balance within the rack. These voluntary contributions ensure that essential items are consistently available, especially during periods of high usage. The presence of resident-led contributions also demonstrates a growing sense of collective responsibility and mutual care within the community. This behaviour reflects the early formation of a resident-led movement, where individuals actively participate not only as beneficiaries but also as contributors, reinforcing the sustainability and long-term viability of the initiative.

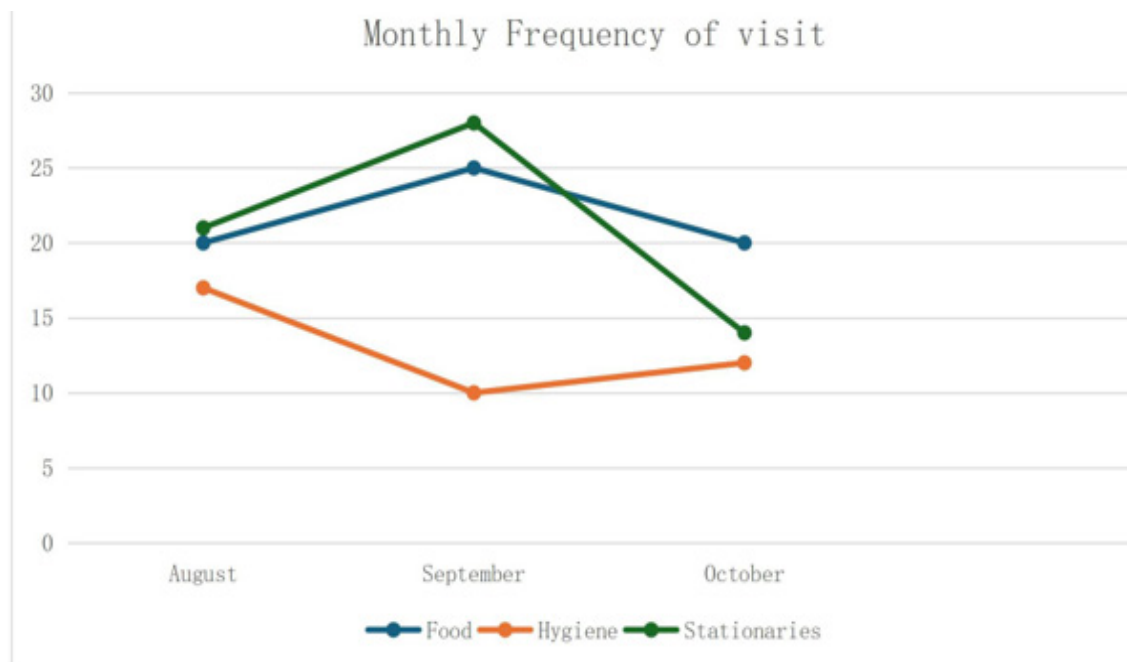


FIGURE 2. Analysis of Monthly Frequency of Visit

The analysis shows notable temporal variations in user engagement across the three categories from August to October 2025 (Figure 2). Stationeries displayed the most pronounced fluctuation, reaching a peak of 28 visits in September the highest visitation frequency recorded during the study period before declining sharply to about 13 visits in October. This

pattern suggests a period-specific surge in academic-related needs, likely corresponding with mid-semester academic activities or assessments. Food (instant food) recorded consistently high visitation rates throughout the three months, increasing from approximately 20 visits in August to a peak of around 25 visits in September, followed by a decrease to about 20 visits

in October. This trend confirms food as the most regularly accessed category, despite a slight reduction in engagement in the final month. In contrast, Hygiene kits consistently exhibited the lowest visitation frequency. Visits declined from 17 in August to a minimum of about 10 in September during a period for hygiene kits when both food and academic categories recorded their respective peaks before increasing slightly to 12 visits in October. The inverse pattern observed in September

suggests that heightened demand for academic materials and food may have temporarily reduced user attention toward hygiene-related needs.

For the Google form survey, the survey consists of questions that are focusing on the financial stress, food security, usefulness of *Rak Prihatin KUAZ*, and accessibility of the initiative. These are the average scores for each category.

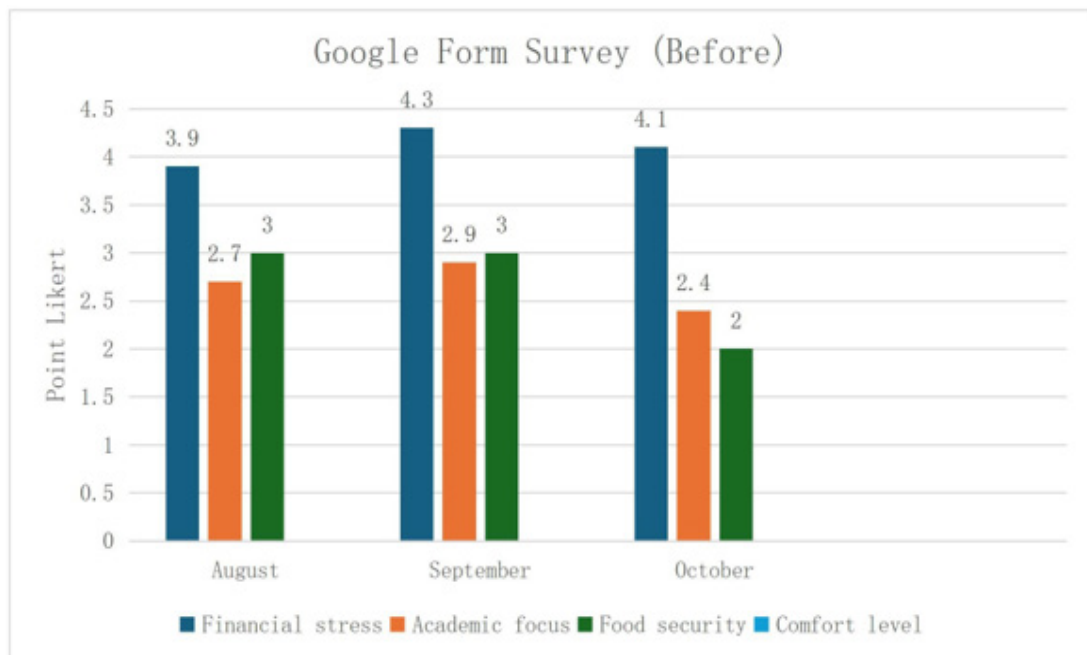


FIGURE 3. Analysis of Google Form Survey (Before)

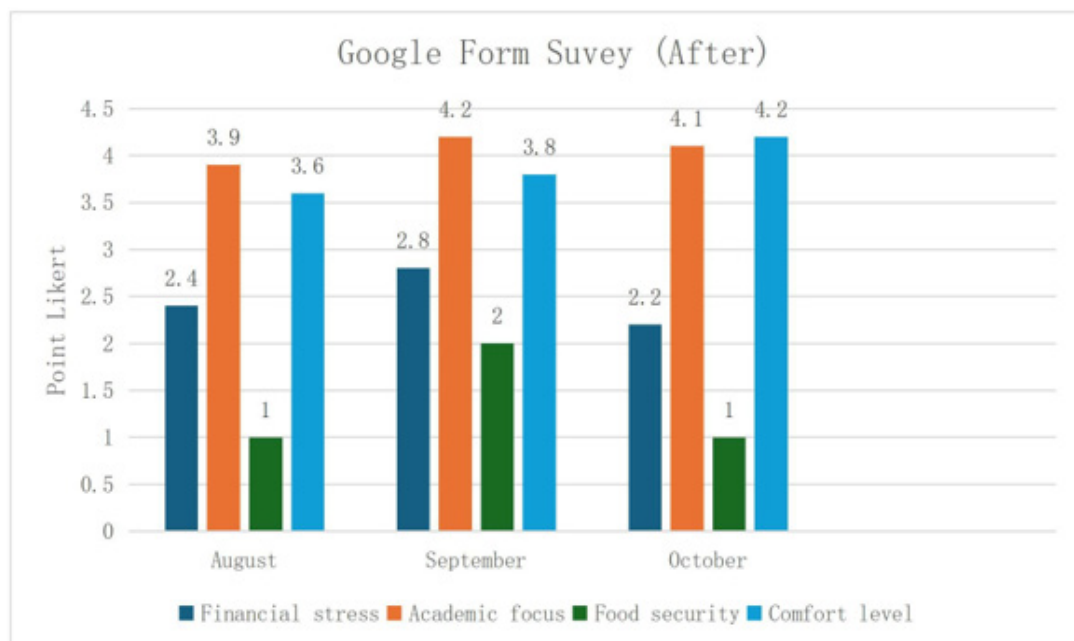


FIGURE 4. Analysis of Google Form Survey (After)

These show the implementation of the intervention correlated with notable positive shifts across all measured indicators when comparing the pre-intervention (Figure 2.1) and post-intervention (Figure 2.2) results over August, September, and October.

These are the example of the questions for each category. The survey asked residents to rate their experiences across several areas, including financial stress, academic focus, food security, and comfort using Rak Prihatin KUAZ. Participants responded to statements such as “I often worry that I do not have enough money to meet my basic needs” and “My financial situation affects my daily comfort and overall well-being.” To assess academic focus, residents considered statements like “Financial or food-related concerns affect my ability to study effectively” and “I am able to maintain consistent concentration during lectures or assignments.” Food security was measured through items such as “I eat fewer meals than I would like due to financial reasons” and “I worry that my food supply will run out before I can afford more.” Finally, comfort and usability of the initiative were evaluated with statements including “I feel comfortable using the Rak Prihatin KUAZ” and “Using the rack is easy and convenient for me.”

Financial stress is one of the most critical indicators which showed a substantial reduction, decreasing from consistently high pre-intervention averages from 3.9–4.3 to significantly lower post-intervention levels of 2.2–2.8, reflecting an approximate 40% improvement. In contrast, academic focus demonstrated a strong upward trend, increasing from relatively low baseline scores of 2.4–2.9 to consistently higher post-intervention values of 3.9–4.2. This inverse pattern suggests that alleviating financial and food-related stressors may have directly supported students’ capacity to concentrate academically. Additionally, daily meal-skipping behaviours were noticeably reduced, shifting from pre-intervention averages around 3.0 with a dip to 2.0 in October to a markedly lower range of 1.0–2.0 post-intervention, indicating improved food security practices. Moreover, the newly introduced metric which is comfort using rack recorded consistently positive scores of 3.8–4.0, signalling strong user acceptance and perceived ease of utilizing the provided resource.

The findings of this study demonstrate that *Rak Prihatin KUAZ* plays a significant role in supporting the welfare of residents in Ungku Aziz Residential College and effectively addresses several challenges highlighted in the issue statement. The strong alignment between stock-in and stock-out quantities for food and hygiene items reflects a clear and sustained resident

demand for essential resources. This suggests that the initiative successfully responds to immediate material needs, particularly those related to daily consumption and personal care which two categories closely linked to student welfare and quality of life. The consistent utilisation of these categories reinforces the importance of maintaining stable supplies to prevent shortages that may exacerbate financial stress or food insecurity among residents.

In contrast, the surplus of academic accessories indicates a mismatch between stocking strategies and actual user needs. While academic materials contribute to student success, their lower usage frequency suggests that these items are either less urgently needed or less aligned with residents’ priorities during the study period. This discrepancy highlights the need for more demand-responsive inventory planning, where student needs are periodically reviewed to avoid overstocking and to optimise resource allocation.

The user tracking data further reveal fluctuating engagement patterns influenced by academic timetables and resident routines. The peak interest in stationeries during September aligns with anticipated academic pressures such as mid-semester revisions or assessments. Meanwhile, the consistently high visitation for food items underscores their essential and routine nature, reaffirming that food support remains the most critical function of the initiative. The lower and fluctuating interest in hygiene kits suggests that these items may be used periodically or perceived as secondary needs in comparison to food and academic materials.

Survey results reinforce the quantitative findings by showing clear improvements in residents’ welfare after engaging with *Rak Prihatin KUAZ*. The notable reduction in financial stress demonstrates that the initiative directly alleviates economic pressures faced by students. This is particularly significant given that financial instability has long been identified as a key factor affecting residents’ well-being. The reduction in meal-skipping behaviour further reflects the initiative’s effectiveness in improving food security, which subsequently enhances students’ health and daily functioning.

Improved academic focus following the intervention suggests that meeting basic material needs enables residents to redirect energy and attention towards academic responsibilities. This aligns with established literature on student welfare, which emphasises that unmet basic needs can impair cognitive performance, motivation, and participation in academic activities. Furthermore, the positive responses regarding comfort in using the rack indicate

that residents perceive the initiative as accessible, non-stigmatising, and user-friendly which is an important factor for sustaining long-term engagement. This finding echoes Hasanah et al. (2025), who highlight that safe and supportive environments enhance youths' confidence, autonomy, and engagement, enabling them to focus more effectively on essential tasks.

A noteworthy outcome is the residents' voluntary contributions, with approximately 10% donating items to the rack. This behaviour signals the emergence of a community-driven support culture. It suggests that, beyond meeting material needs, *Rak Prihatin KUAZ* may also foster a sense of shared responsibility, solidarity, and compassion among residents. Such collective participation contributes to the social sustainability of the initiative and strengthens

interpersonal bonds within the residential community. This finding aligns with Youniss et al. (2002), who argue that youth-led, community-based initiatives cultivate civic identity, leadership, and long-term engagement by immersing young people in meaningful acts of contribution and service.

Similarly, Hasanah et al. (2025) emphasise that youth empowerment increases when young people are given opportunities to make decisions, contribute to shared goals, and experience the outcomes of their actions within supportive structures. These developmental mechanisms closely mirror the participation behaviours observed in *Rak Prihatin KUAZ*, showing how the initiative not only alleviates material hardships but also encourages agency, stewardship, and peer-driven community support.

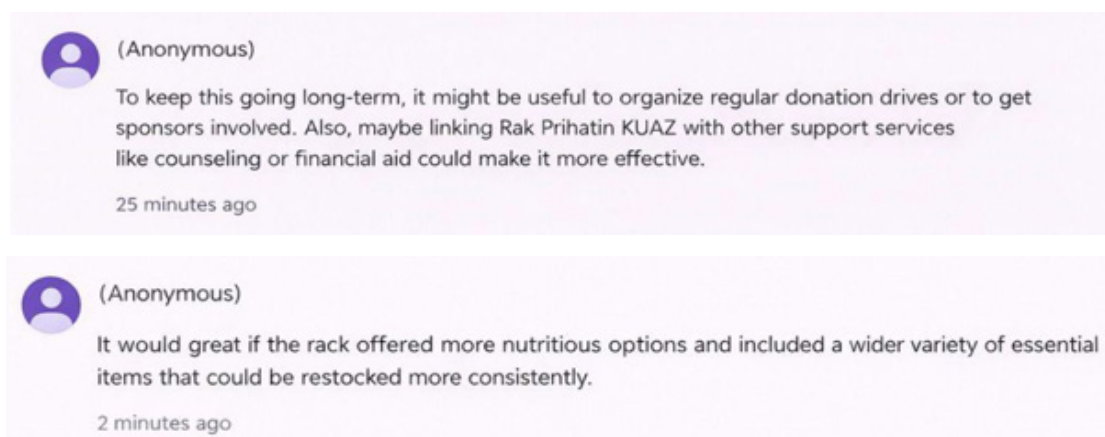


FIGURE 5. Open Ended Feedback

Open-ended feedback provided by residents offered valuable insights into perceived areas for improvement and long-term sustainability of *Rak Prihatin KUAZ*. Several respondents emphasised the importance of ensuring the continuity of the initiative. One participant suggested organising regular donation drives or securing sponsorships to maintain consistent resource availability. The same respondent also highlighted the potential benefits of integrating the initiative with other student support services, such as counselling or financial aid, indicating a desire for a more holistic welfare support system.

Another recurring theme centred on the quality and variety of items provided. A respondent expressed interest in having more nutritious food options and a broader range of essential items that could be replenished more consistently. This feedback suggests that while the initiative is generally well received, residents perceive

opportunities to enhance its effectiveness by improving nutritional value and inventory diversity.

Overall, the results illustrate that *Rak Prihatin KUAZ* positively influences residents' welfare by addressing financial challenges, enhancing food security, and supporting academic focus. At the same time, the initiative fosters prosocial values, civic responsibility, and youth empowerment—outcomes consistent with both Youniss et al.'s (2002) framework of civic development and the empowerment mechanisms identified by Hasanah et al. (2025). This suggests that welfare-oriented programmes can simultaneously serve as platforms for leadership development, community cohesion, and civic identity formation, particularly when they are peer-led and participatory in nature.

However, the discrepancies observed in academic accessory consumption point to opportunities for refining inventory planning, while temporal

fluctuations in rack usage highlight the importance of understanding student routines when designing welfare interventions. Although the mixed-method design enabled a comprehensive evaluation, the study is limited by its three-month data collection period and reliance on self-reported survey responses, which may introduce bias. Future research should consider longer observation periods, comparative analyses across different residential colleges, and deeper qualitative approaches to capture nuanced resident experiences.

RESEARCH IMPLICATIONS AND RECOMMENDATIONS

The study shows that *Rak Prihatin KUAZ* effectively supports residents' welfare by addressing financial stress, food insecurity, and academic focus. High turnover of food and hygiene items confirms that these categories are essential for daily living, while the lower utilisation of stationeries highlights the need for better demand alignment. The presence of resident-led contributions reflects a growing culture of mutual support within the college community.

Operational findings indicate that welfare initiatives must prioritise essential consumables and maintain a consistent supply to reduce stress among residents. The strong association between improved welfare and better academic focus suggests that material support directly influences student performance and stability. Additionally, fluctuating user engagement shows that welfare interventions should adapt to academic cycles and resident routines to remain effective.

The study reinforces existing welfare literature by demonstrating the direct link between basic needs fulfilment and academic concentration, well-being, and community engagement. It also contributes to understanding how grassroots, user-driven welfare systems can promote social cohesion in residential environments, extending the relevance of community-based support models in higher education settings.

One important limitation of this study relates to the researcher's academic position and study duration. As the initiative and evaluation were conducted by a foundation-level student, the study was constrained by a relatively short academic engagement period of approximately ten months. This limited timeframe restricted the ability to conduct extended longitudinal observations, multi-semester comparisons, or repeated follow-up assessments to examine long-term behavioural and welfare outcomes among residents. Consequently, the findings primarily reflect short-term

impacts of *Rak Prihatin KUAZ* within a defined period rather than sustained effects over multiple academic years. Despite this constraint, the study provides timely and context-specific insights grounded in real operational data and direct resident engagement, which can serve as a foundation for future, more extensive research conducted over longer durations or by subsequent student cohorts.

Based on the study findings, several recommendations can be made to enhance the effectiveness and sustainability of *Rak Prihatin KUAZ*. Inventory management should be adjusted to better match actual usage, particularly for low-demand items like stationeries, while prioritising high-turnover essentials such as food and hygiene products to ensure consistent availability. Welfare support should be strengthened during high-stress academic periods, such as mid-semester assessments, to address fluctuations in resident needs. Resident contributions should be formalised and encouraged, fostering a sense of shared responsibility and reinforcing community cohesion. Efforts to increase awareness and accessibility of the initiative are also essential to ensure all residents can benefit from the support provided. Finally, future research should extend the study period and include other residential colleges to improve the generalisability of findings and to inform the development of more effective, data-driven welfare interventions across university residential settings.

CONCLUSION

In conclusion, *Rak Prihatin KUAZ* has effectively achieved its objectives by addressing the financial instability and supporting the well-being of residents at Ungku Aziz Residential College, thereby mitigating challenges that could lead to disengagement or reduced participation in college activities. The initiative has reduced financial stress, improved food security, and enhanced academic focus, while also promoting character development through resident-led contributions and shared responsibility. Findings highlight the importance of aligning inventory with actual demand to ensure accessibility for all residents. Overall, *Rak Prihatin KUAZ* not only strengthens individual welfare but also fosters social cohesion and a sense of community within the college, providing a practical model for community-based welfare interventions in higher education settings. Future research and continued monitoring will be vital to sustain and expand the positive impact of such programmes.

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