



# INTERNATIONAL COUNSELLING CONVENTION 2022

1st - 4th November 2022  
Riverside Majestic Hotel, Kuching, Sarawak, MALAYSIA

*Standing Alone*  
**TOGETHER:**  
*Managing*  
*the*  
**PARADOX**

## Abstract Proceedings

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# **Abstract Proceedings**

# **INTERNATIONAL COUNSELING CONVENTION 2022**

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## Editorial Remarks

All praise to God for the abundance of mercy and love. With His permission, the Abstract Proceedings successfully published for the International Counseling Convention 2022 (ICC 2022) being held from 1<sup>st</sup> to 4<sup>th</sup> November 2022, at the Riverside Majestic Hotel, Kuching, Sarawak, Malaysia!

The theme of the convention is Standing Alone Together: Managing the Paradox by highlighting various sub-themes namely Counseling Ethics, Counseling Intervention & Skills, Counseling Supervision, Teaching and Learning in Counseling, Multicultural Counseling, Career Counseling, School Counseling, Organizational Counseling, Mental Health Counseling, Rehabilitation Counseling, Family, Adolescents & Children Counseling, Testing & Measurement Counseling, Technology in Counseling, Spiritual Counseling, Counseling and Human Resource and Wellbeing Counseling.

Through this theme, a total of 118 abstracts have been accepted and successfully published in this proceeding. Of these, a total of 88 full articles have been reviewed and successfully accepted for publication in several indexed and popular publication mediums. Among them are publications in The International Journal for the Advancement in Counseling (SCOPUS), European Journal of Educational Research (SCOPUS), International Journal of Academic Research in Business and Social Sciences (ERA), Journal of Cognitive Sciences and Human Development, UNIMAS ( My Cite), PERKAMA Journal, PERKAMA Book Chapter and UNIMAS Book Chapter.

This convention acts as a platform to gather experts in the field through the presentation and publication of research, especially in the field of counseling. They consist of counselor educators, counseling practitioners and trainee counselors from all over the world. Hopefully, with this continuous effort, we can contribute to the development of scientific disciplines and empower the well-being and mental health of the community.

Finally, the highest appreciation and millions of thanks go to all parties involved in this convention, especially the organizing committee as well as the presenters who have participated in contributing research results to be published through ICC 2022. Thank you and see you again. Long lasting greetings.

Associate Professor Dr. Ku Suhaila Ku Johari  
Head of Scientific Reviewer & Publications  
International Counselling Convention 2022

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**ID 001**

**Emotional Intelligence, Math Anxiety and Math Performance in Malaysia**

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**ABSTRACT**

This study aims to investigate how Trait Emotional Intelligence (TEI) and mathematics anxiety could impact on math performance in a public university in Malaysia. A quantitative study with a specific cohort of Cognitive Science students comprising the 2nd and 3rd year students were carried out. More than 90% of the samples in the cohort were sampled. The questionnaire contained a component on demographic component, and sections on math anxiety (MARS-SV) and Trait emotional intelligence questionnaires (TEIQue). The performance of the students in this study was measured by the mean score of math subjects. The result of the study showed that math performance was adversely related to math anxiety. However, Trait EI did not appear to influence math performance and neither did it have an impact on math anxiety. This finding is important as it suggests that more works need to be done to determine the leading predictor of math anxiety in the Malaysian context for subsequent effective intervention. This is among the very few study which explores the relationship between emotional self-efficacy using TEIQue, even though more than 2000 studies had been carried out using TEIQue (Trait Emotional Intelligence Questionnaire).

**Keywords:** *Math Anxiety, Math Performance, Trait EI*

**ID 004**

**E-Counsellors in Malaysia: A Profile**

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**ABSTRACT**

E-counselling services or online counselling has currently becoming a more convenient approach especially amidst the COVID-19 outbreak. There are numbers of counsellor start to offer this alternative service in Malaysia. This study is to profile the counsellors who practises e-counselling in Malaysia. The survey study was conducted across all states in Malaysia which comprised the individual institutions respective to the subjects' working places as e-counsellors. 233 respondents answered in this online survey. The findings show that a percentage of 52 (22.3%) male and 181 (77.7%) female e-counsellors from different races as 171 (73.4%) Malay, 15 (6.4%) Chinese, 14 (6.0%) Indian and 33 (14.2%) individuals from other minority ethnic groups in Malaysia. A total of 176 (75.5%) are registered counsellors, while 57 (24.5%) are unregistered counsellors yet they are qualified counsellors. Findings also include the age group, academic qualification, years of experience and licence status. This profiling can help the Malaysia Board of Counsellors and Training and Education agencies to prepare the training of skills for the e-counsellors in order to enhance the E-counselling services in Malaysia.

**Keywords:** *e-counselling, online counselling, counsellor, profile*

**ID 005**

**Enjoyable Workplace and Organizational Excellence. Reality and the way Forward**

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**ABSTRACT**

This study explores factors contributes to the enjoyable work place and its relationship with organizational excellence among state civil servants with the role of supervisory support as the mediating variable. The researchers highlighted the enjoyment of work dimensions covers aspects of working culture, workers well-being and work place relation. A pragmatism research philosophy with combination of qualitative and quantitative research strategy was used in this study. Deductive and inductive approach was applying and the data was collected using cross-section time frame. The method used for data collection is multi-methods (on-line, pencil and paper questionnaires, individual and focus group discussion). Simple random and convenience sampling was used to collect the data from respondents and informants of this study. Descriptive, inferential statics and content analysis was used to analyse the data. Based on the research findings, factors which contribute to the enjoyable work place can be categorized into several themes which are working culture, work environment, supporting staff, leadership and reward system. Findings also show that all the work culture, workers well-being and work place relation have a positive effect towards organisational excellence. This study found that supervisory support mediates the relationship between all variables involves. Issues and strategies to strengthen the enjoy working culture also identified. This study contributes significantly to the existing body of knowledge, policy matters and practical aspect on enjoyable work and organizational excellent among the state government servants in Sarawak. This study also discusses related research implication, limitation and recommendation for further research.

**Keywords:** *Enjoyable Work, Organisational Excellent, Supervisory Support*



**ID 006**

**Challenges and Strategies of Counselling Elderly: A Case Study in Malaysia**

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**ABSTRACT**

Malaysia is expected to be an aging nation by 2030 whereby elderly will make up at least 15% of the total population. There is increasing need of psychotherapy among the elderly to address their psychosocial issues and stressful life events. This study aims to explore the challenges and strategies of mental health therapists working with the aging population. A qualitative case study design was used to conduct this study and five respondents were involved in the in-depth interview. The findings demonstrated that the challenges encountered by therapists included perceptions toward mental health, communication barriers, language, and cultural barriers. Therapists working with the elderly should equip themselves with the knowledge, skills and abilities to understand their needs in order to provide them with effective therapies. Future studies involving a greater number of respondents with diverse demographic backgrounds are needed in order to understand the challenges involved in psychotherapy with individuals of the aging population and the discovery of optimal ways to overcome these challenges.

**Keywords:** *Challenges, Strategies, Counselling, Elderly, Mental Health*

ID 007

## The Experience of Spiritual Self-Care Among Malaysian Counselors in Crisis Work

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### ABSTRACT

**Background:** Religion is a cultural element that is close to the heart of Malaysian people. Malaysian counselors, especially in the public service sector, show a high tendency to adopt a religious approach in self-care practices to heal themselves and for self-growth. Although many studies were conducted to explore the application of a religious approach in counseling sessions, very limited research was conducted to explore the use of such approach among Malaysian counselors to care for themselves. **Methods:** This qualitative study using a descriptive phenomenological approach aims at describing the experience of spiritual self-care practices among Malaysian public service counselors who are actively involved in crisis work. In-depth interviews with four (4) counselors from various religious beliefs were conducted to explore their lived experiences. The interviews were transcribed verbatim, and the data were analyzed thematically using Atlast.ti software application. **Result:** From the thematic analysis, three themes of spiritual self-care experience are found; 1) religious practice, 2) self-reflection and 3) religious attitude. Spiritual self-care can fulfill the basic psychological needs of the participants, while self-reflection is guided by religious belief and understanding. The participants tend to embrace their spiritual principle in their self-care experience. **Conclusion:** In sum, religion plays an important role in guiding the Malaysian counselors to define the crisis of their clients, give meaning to their role in crisis work and justify their thoughts process and emotions. Embracing the religious principle in professional life shapes the counselors' religious professional attitudes in a unique way and guides their strong will to function professionally.

**Keywords:** *spiritual self-care, Malaysian counselors, crisis work, religious belief, professional functioning*

**ID 008**

**Psycholinguistic Analysis of Online Chat in Detecting Signs of Depression and Other Mental Health Issues**

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**ABSTRACT**

In the last decades, people with mental health issues were referred to mental health professionals for diagnosis and treatment, forming stigmatisation among community members. Due to that stigma, new generations opt to seek help via online platforms. This study examines the online chat users' affective and psycholinguistic patterns, which could suggest signs of depression and other mental health issues. A randomised sample of 4000 chat items was extracted from the primary dataset generated from one of the online communities. This study was completed in two phases. In the first phase, categorisation was performed by five mental health-related professionals individually. The chat items were categorised based on the DSM-5 criteria of Major Depressive Disorder (MDD) and Beck Depression Inventory (BDI). In the second phase, inter-rater reliability and descriptive analysis were conducted. The result of inter-rater reliability for the depression classification ranged from good to strong value, with an average  $\rho=0.72$ . The chat items indicate one or more symptoms for the diagnosis of MDD, and other mental health issues (e.g. anxiety). Further evaluation should be conducted to understand the underlying meaning of each chat item so that holistic mental health care services and support could be offered to facilitate online communities.

**Keywords:** *communities, depression, mental health, online chat, psycholinguistic*

**ID 009**

## **The Use of Child-Centered Play Therapy for Children who have Experienced Sexual Abuse**

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### **ABSTRACT**

This paper presents the results of a qualitative study on the use of child-centered play therapy, in the psychotherapeutic process of children who have been sexually abused. A longitudinal study was carried out with five participants between the ages of 7 and 9 years old. Data was gathered by observing the video recordings of each play therapy session and with a created rubric. The sessions were then transcribed in order to be analysed later. The rubric was created to help researchers identify play themes, behaviour, and content of the creative play, as well as the therapeutic relationship. Qualitative content analysis used to evaluate transcribed sessions and observation rubrics, and information was categorized based on the verbal and behavioural aspects of the play activities. The findings reveal prevalent and transversal forms of playful expression among this group of children, as evidenced by their participation in play therapy. Participants created personal stories with violence as a key theme, often including aggression between two or more people, during this play activity. They also expressed a need for care and protection, and they use fantasy to resolve conflicts. A key discovery that demonstrates the progress achieved during psychotherapy is the evolving dynamics of play therapy at each stage of treatment. Play therapy encouraged movement among children, allowing them to act out meaningful scenarios and create structured situations with positive outcomes. Finally, the importance of play therapy as a therapeutic tool is highlighted, which emphasizes its role in facilitating changes and allowing participants to start by giving new meanings to traumatic events. Its usage in the field of child counselling, particularly with victims of sexual abuse, is also discussed.

**Keywords:** *Play Therapy, Children, Sexual Abuse, Psychotherapy, Child Counselling*

**ID 010**

**The Relationships between Cognitive Distortions and Irrational Beliefs toward  
Symptoms of Depression and the Needs and Readiness in Seeking Counselling Service  
among College Students.**

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**ABSTRACT**

Maladaptive thinking patterns are one of the causes of depressive symptoms among adolescents. The objective of this study is to examine the relationship between cognitive distortion and irrational belief in symptoms of depression and the need and readiness to seek counseling services among college students. This study is a quantitative type of correlation that involves descriptive and inferential statistical analysis. Cognitive distortion has a relationship with depressive symptoms, whereas irrational beliefs have a relationship with the need and readiness to seek counseling services. The implication of this study is that thought patterns can influence the symptoms of depression and provide awareness of counseling services to reduce the symptoms of depression among students.

***Keywords:*** *Depression, Cognitive Distortions, Irrational Beliefs, Need and Readiness to Seek Counselling Service*

**ID 011**

**The Effectiveness of Cognitive Behavioural Therapy (CBT) on Stress and Resilience  
Among University Final Year Students**

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**ABSTRACT**

The present study aims to examine the effects of Cognitive Behavioral Therapy (CBT) on stress and resilience among final year university students. The objectives of this study are to determine the level and symptoms of stress of the participant before and after CBT intervention, the level of resilience of the participant before and after CBT intervention and the effect of CBT on stress and resilience. An ABA single-subject research design was utilized through counselling. Purposive sampling method was used for participant requirement via virtual platforms. Two instruments were used alongside throughout the study which are Perceived Stress Scale and Resilience Scale-14. The single subject for this research is 22 years old undergraduate student, Chinese, who is studying Retail Management in a private university. The result of this study indicated that CBT has an observable effect on the level and symptoms of stress and the level of resilience of the participant. In conclusion, the study found a significant effect of Cognitive-Behavioral Therapy (CBT) on stress and resilience among university final year students. The results of this study could implicate the theory of CBT in future research as the participant has significantly reduces the level and symptoms of stress plus boost the resilience level. The study also provide additional information to help the Malaysian population to have a comprehensive practical guideline for managing stress and enhancing resilience.

**Keywords:** *Cognitive Behavioral Therapy, Perceived Stress Scale, Resilience Scale-14, Stress, Resilience, University Final Year Student*

**ID 012**

**Examining History of Trauma Exposure and Posttraumatic Stress Disorder (PTSD). A Cross-Sectional Study Among Tertiary Students in Sarawak.**

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**ABSTRACT**

Trauma exposure research among university and college students are limited world widely. In Malaysia focused studies on past traumatic experiences, Post-Traumatic Stress Disorder (PTSD) and its prevalence are virtually minimal. The objective of this study is to examine the history of trauma exposure and PTSD among enrolled students in our higher education institutions. Malaysian students from 8 universities and colleges in Sarawak participated in this study. The present study adopts a cross-sectional research design and test responses was collected through convenient sampling. Data from 712 students (age ranged from 18 to 27 years old) was included for statistical analysis, where 57.7% were females and 42.3% were males. Statistical analysis showed that almost 90% ( $n = 640$ ) of participants in this study has reported at least one or more trauma exposure. The most prevalent trauma exposure was transportation accident (62.5%), death of immediate family member or significant one (42.4%), natural disaster (37.8%), and physical assault (37.2%). There were no gender differences in reporting total trauma exposure, though more males had experienced direct trauma exposure like transportation accident and physical assault; females had more exposure in sexual assault/other unwanted/uncomfortable sexual experience and death of immediate family member/significant one. The descriptive analysis found that 69 (9.7%) participants reported PTSD symptoms. Study results suggested female students reported more PTSD symptoms than male students. A positive correlation between reported PTSD symptoms and trauma exposure was also evident. This study provides insight into traumatic exposure and PTSD in a non-clinical setting. In addition to pharmacological interventions, mental health counselling, tailored mental health awareness, prevention, and psychoeducation programs are significant in addressing mental health and psychiatric concerns among tertiary students in higher education institutions.

**Keywords:** *Trauma exposure, PTSD, tertiary students, higher education institutions*

**ID 014**

**Relationships of Resilience and Emotional Intelligence on Students' Motivation**

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**ABSTRACT**

This research aimed to analyze the relationship between resilience and emotional intelligence on students' motivation. Using a quantitative approach and simple random sampling, 159 university students from the Mukah district were selected to participate in this study. The instruments that are used in this research are the Resilience Scale for Adolescents (READ), Trait Emotional Intelligence Questionnaire-Short Form (TEIQue-SF) and The Global Motivation Scale (GMS) to measure the variables for this research. Cronbach Alpha ( $\alpha$ ) value for READ, TEIQue-SF and GMS are .90, .84 and .82, respectively. The data obtained for this study were analyzed by using IBM Statistical Package for the Social Sciences (SPSS) Version 23 for descriptive and inferential analysis. Frequency, percentage, mean, and standard deviation were used for descriptive analysis, while correlation and multiple regression were used for inferential analysis. Results show that there is a highly significant correlation between Motivation with Resilience ( $r = .75$ ,  $p < .001$ ), whereas the correlation coefficient  $r = .26$  ( $p < .001$ ) shows a weak and positive correlation between Emotional Intelligence and Motivation. This study is very significant for parents, lecturers, counsellors, and university administrators to help students adjust to their university life and function properly to achieve their life goals.

**Keywords:** *Resilience, Emotional Intelligence, Motivation, University Students*)



**ID 015**

**Validation of Resilience Assessment Tool 25 (RAT-25)**

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**ABSTRACT**

Being resilience in any adversities or crises is crucial especially after the COVID-19 outbreak among the adolescents. Resilience is an ability to adapt psychologically in order to learn bouncing back. The process to balance the protective factors and risk factors in improving adolescents' mental health and wellbeing at school. Recent studies have revealed that identification of resilience domains such Basics, Belonging, Learning, Coping and Core Self influence the resiliency of individuals. There are limited resilience assessments. Hence, this study fills up the limitations by revising the current Resilience Assessment Tool 43 (RAT-43) to a shorter version as known Resilience Assessment Tool 25 (RAT-25) by considering the psychological need in adolescents in responding the items. RAT-25's validity and reliability testing were performed with the recruitment from 13-year-olds, lower secondary students in Malaysia. The Exploratory Factor Analysis and Confirmatory Factor Analysis were performed to examine the construct validity particularly the factorial structure and reliability of this instrument. Results from the EFA yielded 5-factor structure. Similarly, results from the CFA using Structural Equation Modelling (AMOS) also validated the five-factor structure of RAT (B, B, L, C, CS). Findings also indicated that the measured items are reliable. The findings established that all five resilience domains are useful for assessing adolescents' resilience. The implications for psychometric assessment were evident in terms of giving empirical evidence to corroborate theory-based constructs and also validating items' quality to appropriately represent the measurement.

**Keywords:** *Resilience, Adolescents, Confirmatory Factor* [Analysisngqiao.xin@aiasec.net](mailto:Analysisngqiao.xin@aiasec.net)

**ID 017**

**Relationship between Work Place Spirituality and Happiness at Work**

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**ABSTRACT**

Various researchers have study different antecedents and their relationships with Happiness at the Workplace. However, little is known how aspect of spirituality influence happiness at workplace. Thus, this study examines the relationship between spirituality, workplace and individual and HAW. The present study examined the relationship of WPS (inner life, Meaningful Work, and sense of community) and IS (religious belief, religious practices, and religious, social support) towards HAW among TVET instructors. The study utilizes a survey approach employing a set of standardized questionnaires via Google Form. The sample comprises 122 respondents from a Public TVET institution in Sarawak. Data were analysed using IBM SPSS Ver 26.0, employing Pearson correlation and multiple regression. The findings of this study demonstrate that inner life, meaningful work, a sense of community, religious belief, religious practice, and religious-social support all contribute significantly to HAW. This study shows that when there is an increase in the WPS and IS, it will increase the HAW of an employee. Thus, the organization should improve facilities to provide the instructors with a conducive praying room and social spaces to come together socially. The employers should also promote Long-Life Learning in terms of Religiosity among TVET instructors and doing more religious-related programs to increase the level of happiness among instructors. They should promote volunteering events as a responsibility to society and recognize employees actively participating in religious and social activities.

**Keywords:** *Workplace Spirituality, Individual Spirituality, Happiness at Work, Workplace Happiness, TVET*

**ID 018**

**Relationship between Leisure and Happiness at Work**

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**ABSTRACT**

Various scholars have investigated the origins and linkages of workplace happiness. However, little is known regarding the relationship between Leisure Satisfaction, Leisure Attitude, and Leisure Motivation in the context of Happiness at Workplace (HAW) among Sarawak's TVET instructors. The purpose of the study is to investigate the relationship of leisure activities and happiness at work among TVET instructors in Sarawak. The study utilizes a survey approach employing a set of standardized questionnaires via Google Form. The sample comprises 122 respondents from a Public TVET institution in Sarawak. Data were analysed using IBM SPSS version 26.0, employing Pearson correlation and multiple regression. To answer the objective of this study, Pearson correlation analysis and regression analysis were used. Correlation studies revealed that all the components Leisure Satisfaction and Leisure Attitude are positively correlated with Happiness at Workplace. The higher Leisure Satisfaction and attitude will increase the Happiness at Workplace of TVET instructors. Besides that, multiple regression analysis was conducted to examine the significant relationship between independent variables and dependent variables. The findings revealed that leisure satisfaction have the significant contribution to happiness at work among instructors. The findings enable the organization to broaden their perspective and serve as a reminder that supporting and encouraging leisure activities of their instructors in the workplace can result in Happiness at Workplace.

**Keywords:** *Happiness, Leisure Activities, Happiness at work, Workplace Happiness, TVET*

**ID 019**

**The relationship between Work Life Balance and Organizational Commitment:  
Mediating role Happiness at Work**

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**ABSTRACT**

Various researchers have study different antecedents and their relationship with Organizational Commitment. However, little is known how Work-Life Balance with the help of Happiness at Work as mediator influences Organizational Commitment. Thus, this study examined the relationship between Work-Life Balance (WLB), Happiness at Work and Organizational Commitment. The study utilizes a survey approach by using a set of standardized questionnaires via Google Forms. The sample encompasses 80 respondents from administrative staff in one of services industry located in Kuala Lumpur. Data were analysed using IBM SPSS version 26, employing Pearson Correlation and PROCESS by Hayes and Preacher. The findings of this study demonstrate Work-Life Balance, Happiness at Work significantly related to Organizational Commitment. WLB and Organizational commitment are positively and significantly correlated. Happiness at Work has positive significantly indirect effect between Work-Life Balance and Organizational Commitment indicates that the higher the Happiness at Work, the more Organizational Commitment among employees. Thus, the organization should improve element of Work-Life Balance in workplace such as flexible working hours in order to increase Happiness at Work as well as Organizational Commitment.

**Keywords:** *Work-Life Balance, Happiness at Work, Organizational Commitment*

ID 021

**The Relationship Between Employee Expectation and Work Engagement in Banking  
Industry: Job Satisfaction as a Moderator**

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**ABSTRACT**

Countless job categories and types of businesses were affected by the pandemic. This global outbreak has formed new norms in economic activities, which led to the changes in employees' expectations and work engagement in the new paradigm. The study of expectations which include job autonomy, social support, policies & procedures, compensation, and job security for work engagement are relevant subjects to be explored in the pandemic setting. The study analyses the relationship between employee expectations, work engagement, and moderating role of job satisfaction amongst employees in the banking sector. There were forty-eight respondents from the selected bank were participated in the online questionnaire. The result of this study showed that job autonomy, social support, policies and procedures, compensation, and job security have been found to be positively associated with work engagement among bank employees. Interestingly, the study also found that job autonomy was the most predictor of work engagement among bank employees as job satisfaction moderated the relationships. These findings suggested that by empowering the employee expectation through modifying work-related tasks and providing autonomy in decision making has a greater impact on employees' engagement in the aspect of resilience and mental health at the workplace. In addition to that, the recognition at work has helped the managers to build a culture of enjoyment and satisfaction in the organization. Furthermore, this study also may promote a better understanding and be useful as a reference for HR practitioners and Counsellors regarding human development enhancement in the work setting.

**Keywords:** *Work Engagement, Job Autonomy, Social Support, Policies and Procedures, Job Security, Compensation, Job Satisfaction, Pandemic Covid-19*

**ID 022**

**Cultural Shock and Adjustment of International Students at International Islamic  
University Malaysia**

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**ABSTRACT**

This study examined the relationships between cultural-shock and adjustment among international students at IIUM. Cultural shock and adjustment were two components affected students in their early stage of staying at other country. Quantitative method was employed for this research in gathering the data. Survey using questionnaire was used to get responses from 100 international students in IIUM Gombak campus whom randomly selected. In order to test the relationship between cultural-shock and adjustment and test differences in students' experience of cultural-shock and adjustment based on gender and level of study, the Statistics Package for Social Sciences (SPSS) version 20 software was used. The findings showed that cultural-shock and adjustment were significantly correlated and male international students experience cultural-shock more than female students. Thus, this result suggested that to increase cultural-adjustment capability of international students in IIUM, the university management must intensify effort on cultural awareness and cultural integration programs on campus so that students will lessen the cultural shock and ease the adjustment.

**Keywords:** *Cultural shock, Adjustment, Gender*

**ID 023**

**Covid-19 and Career-Related Challenges Faced by Young People**

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**ABSTRACT**

The COVID-19 outbreak has resulted in drastic changes to workforce and workplace around the globe. The drastic changes pose challenges and difficulties to young people who are at initial stage of their career development. Among the challenges are uncertainties about employment and employability, mental health issue, career decision making difficulties and revisiting career plan. To overcome the challenges, recommendations related to policy and practice are provided to counselling practitioners, counsellor education programs and university career services and organizations.

**Keywords:** *COVID-19, challenges, career development, career decision making, career plan, young people*

ID 024

**On the Margins and Looking in: Experiences of Religious Conversion and Implications  
for Spiritual Counselling**

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**ABSTRACT**

Religious conversion is a poorly understood phenomenon and converts are often not acknowledged in guidance for the mental health promotion and care directed at those belonging to specific religious groups. There is a strong need for a research-informed and theory-driven understanding into why people turn to different religious faiths or spiritual traditions and how best to support these people; this is especially important as some of these converts may become disillusioned and break away from being converted and go elsewhere as part of their 'conversion careers'. Experiences of some converts are epitomised by feelings of being marginalised and not feeling part of the faith group they are meant to have joined. In this presentation, insights will be shared by the author from autoethnographic reflections of being a religious convert for a period of over 20 years. Survey data from 118 participants will be used to illustrate the motivations, stressors, and benefits experienced by those who have embraced a new religious/spiritual lifestyle and beliefs, but also among those who have moved away from the faith of their upbringing. In-depth qualitative data from two interview studies – one study with people from a range of converted identities and one study with women who converted to Islam – will illustrate common experiences that converts face, but also unique challenges in relation to the faith group that is receiving the new convert into the fold. Through these data, this presentation is aimed at informing counsellors and faith leaders to assist converts to come to terms with a newfound identity and connect to the evolution of a social identity within a range of host faith groups.

**Keywords:** *Religious Conversion, Spiritual Counselling*



**ID 028**

**Tekanan Kerja dan Kecerdasan Emosi Pasca Pandemi Covid-19 dalam kalangan  
Pensyarah Universiti**

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**ABSTRAK**

Isu tekanan dan kecerdasan emosi telah wujud dalam kalangan pekerja terutama semasa dan pasca Pandemi Covid-19, isu ini amat penting untuk dikaji. Dalam kajian ini, pengkaji fokus tentang tekanan kerja, tahap kecerdasan emosi dalam kalangan pensyarah. Tekanan mempunyai kesan tindak balas mental, fizikal dan emosi apabila menghadapi sesuatu situasi yang di luar kawalan individu. Tekanan kerja yang negatif merupakan penyebab kepada tahap kecerdasan emosi terganggu dan prestasi kerja yang menurun. Pertubuhan Kesihatan Sedunia menjelaskan pada tahun 2020 penyakit mental adalah penyakit kedua tertinggi di dunia. Salah satu sebab utama ialah berkaitan dengan tekanan di tempat kerja. Tekanan kerja yang dikaji meliputi dimensi sokongan pihak pentadbir, berurusan dengan pelajar, kekuatan kewangan, hubungan dengan rakan sekerja dan tugas berlebihan. Kajian kuantitatif melalui kaedah tinjauan ini dengan menggunakan borang soal selidik tekanan kerja ini diukur menggunakan alat ujian Occupational Stress Indicator (OSI) oleh Gary Copper (1988) yang mempunyai 25 item. Manakala, untuk tahap kecerdasan emosi pula menggunakan soal selidik yang standard iaitu soal selidik yang dibina oleh Daniel Goleman (1988) ada 50 item. Sejumlah 87 orang pensyarah (38 lelaki dan 49 perempuan) dipilih secara rawak mudah telah menjawab soal selidik tersebut. Dapatan kajian menunjukkan faktor tekanan kerja hubungan dengan berurusan dengan pelajar menunjukkan min paling tinggi iaitu 3.28 dan diikuti tugas berlebihan kedua tinggi nilai min iaitu 3.27 dan paling rendah adalah sokongan pihak pentadbir dengan min 2.73. Seterusnya, hasil dapatan kajian menunjukkan tahap kecerdasan emosi pensyarah berada pada tahap sederhana. Hasil kajian ini diharap dapat menyediakan maklumat berguna kepada pihak pentadbiran fakulti dan pengurusan universiti untuk menyediakan kerangka skop tugas yang bersesuaian dan tidak terlalu membebankan serta program-program yang bersesuaian dengan pensyarah. Dicadangkan kajian akan datang memberi fokus kepada profesionalisme pensyarah dan kepentingannya dalam menjaga serta membantu masyarakat dalam isu-isu kesihatan mental.

**Keywords:** *Tekanan Kerja, Kecerdasan Emosi, Pasca Pandemi Covid-19, Pensyarah*

**ID 031**

**The Need Analysis of Marriage Counselling Intervention Module**

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**ABSTRACT**

This study aims to examine the factors of conflict and stress among married couples and to examine the need for developing Marriage Counselling Intervention Module for conflict and stress among married couples. This study is a quantitative study. Data were obtained from the survey questionnaire. A total of 35 counsellors were involved in the study. The instrument used in this study is the Marriage Counselling Intervention Module Need Analysis Questionnaire. Findings showed all the items found in the construct of marital conflict and stress reached the agreeable level with a mean score of 4.04, where the items of the questionnaire are agreed as factors that contribute to marital conflict and stress. The findings also showed that all items found in the needs construct of developing the marriage counselling intervention module reached the enormously agreeable level with a mean score of 4.54, which shows that the items strongly agree with the development of the marriage counselling intervention module.

***Keywords:*** need analysis, marriage counselling intervention module

**ID 032**

**Translation, Validity and Reliability Romantic Partner Conflict Scale (RPCS)**

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**ABSTRACT**

This study aimed to determine the translation, validity and reliability of the Romantic Partner Conflict Scale (RPCS) by Zacchilli et al., (2009). This study is a quantitative study. Data were obtained from the survey questionnaire. The questionnaire consists of six main subscales were compromise, avoidance, interaction reactivity, separation, dominance and submission. The complete questionnaire contained 39 items. A total of seven experts participated in the validation process of this study. Meanwhile, to obtain the reliability coefficient value of the questionnaire, a total of 33 married individual clients participated in the Counselling Division, Majlis Agama Islam Negeri Sembilan. The results show that this questionnaire has a high level of validity with a coefficient index of .85 based on expert agreement. While the value of Cronbach's Alpha reliability coefficient for the complete item is .78. Next, the reliability coefficient values of the subscale were compromise ( $\alpha = .95$ ), avoidance ( $\alpha = .91$ ), interaction reactivity ( $\alpha = .89$ ), separation ( $\alpha = .83$ ), dominance ( $\alpha = .85$ ) and submission ( $\alpha = .86$ ). In relation to the results of the study, several implications and recommendations have been raised.

**Keywords:** *Translation, validity, reliability, Romantic Partner Conflict Scale.*

**ID 034**

**Effectiveness of Expressive Art Therapy Module in Group Counseling for Depression and Anxiety Adolescents**

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**ABSTRACT**

The aim of this study was to study the effects of an expressive art therapy module in group counselling sessions on delinquent adolescents' depression and anxiety. True-experimental designs with pre and post-test methods are used in this study. A total of 72 delinquent adolescents which is 36 adolescents from the experiment group and 36 adolescents from the control group living in moral rehabilitation institutions, aged 14 to 18 years old were selected using purposeful sampling. Beck Depression Inventory (BDI) and State-Trait Anxiety Inventory (STAI) were used to measure the dependent variable. The results showed that descriptive analysis using MANOVA repeated measured found that the overall validity coefficient of the module, as well as the reliability, was a high Cronbach Alpha value of .658. Meanwhile, levels of depression were low and anxiety was moderate. Research implications are discussed from theoretical aspects, counselling professionals, counsellors and practitioners in the field of counselling, especially those who deal with delinquent adolescents.

**Keywords:** *Expressive Arts Therapy, Counselling, Depression, Anxiety, Delinquency adolescent.*

**ID 035**

**Understanding and Supporting Individuals with Multiple Suicide Attempts**

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**ABSTRACT**

Suicide is a complex and growing issue modern society. Addressing the lived experiences of 14 survivors of multiple suicide attempts, the paper looks at the challenges of firstly understanding and then supporting the complex inner worlds of these individuals. All participants were above 21, they had not attempted for a minimum of six months prior to the research and self-affirmed that they were able to participate in the research. Based on the Surviving Suicide Flow Model, in the cases of multiple suicide attempts negative life events as well as positive life events may contribute to suicide ideation and attempts. Supporting clients with multiple attempts may require therapists to take a step back from common understanding and address unique situations that arise from managing clients with complex life challenges. The paper addresses what helped the respondents survive their attempt and how they managed to improve their lives post attempts.

**Keywords:** *Suicides attempts, Surviving Suicide Flow Model*

ID 037

**Psychological Well Being, Resilience, and Mental Health among Public Sector  
Employees: A Socioeconomic Status Based Examination**

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**ABSTRACT**

The Covid-19 pandemic was an unprecedented global event. The pandemic grew at an alarming rate and the Malaysian federal government imposed the Movement Control Order on 18 March 2020 to curb the number of cases. However, the implementation of these lockdowns severely impacted the mental health and well-being of Malaysians including the civil servants.

The purpose of this study is to examine the psychological well-being, resilience, and mental health of public sector employees in Kuala Lumpur across different socioeconomic statuses during the pandemic.

This research utilized both qualitative and quantitative approaches. Ryff's Scales of Psychological Well-Being and Depression, Anxiety, and Stress Scale (DASS-21) measured the psychological well-being and mental health status of the employees, while resilience was examined using the Resilience Scale (RS-14). The correlation of these variables with socioeconomic status was analyzed using ANOVA.

The results of this research showed significant differences in psychological well-being, resilience, and mental health between those in the B40, M40, and T20 groups. Most significantly, those in the B40 group showed the lowest psychological well-being score among the socioeconomic classes with high levels of depression and anxiety, prominently due to their low level of resilience.

Evidently, public sector employees within the B40 group are the most psychologically vulnerable socioeconomic group. Interventions focusing on building psychological resilience in this group are important to ensure good psychological well-being and mental health especially when facing psychosocial adversities.

**Keywords:** *Anxiety, Depression, Psychological Well-Being, Public Sector Employee, Resilience*

**ID 038**

**ePsyTUNE (Psychometric Test for UNIMAS New Recruits):  
Empowerment of Psychology Application in Managing Human Resource Needs  
in UNIMAS**

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**ABSTRACT**

In this modern and challenging age, a psychology application, namely psychometric testing, is gaining popularity not only among psychology and counseling practitioners, but also government and private agencies. Psychometric tests are generally used for the purpose of selection and placement of employees in an organization. The process of recruiting employees is becoming increasingly complicated and complex due to too many capable and qualified candidates in filling one position. To facilitate the employee selection process to be implemented efficiently and in an orderly manner, UNIMAS is using the application of psychometric testing as one of the initial screening to reduce the number of candidates for the interview. Therefore, the Psychometric Test for UNIMAS New Recruits (ePsyTUNE) has been developed by the expertise of staff within UNIMAS itself. ePsyTUNE test is an assessment of the personality, aptitude, career interests and level of mental health of a candidate who applies for a position at UNIMAS. ePsyTUNE also went through a content validation process by six expert panels and got a high validity score of 90 percent with an average total of .9 (1 decimal point). According to Sidek Mohd Noah and Jamaludin Ahmad in 2005, a quality test set should achieve content validity of more than 70 percent and if less than 70 percent the test needs to be re-evaluated. ePsyTUNE has been registered with the Malaysian Intellectual Property Corporation (MyIPO) under MyIPO Copyright Number: CPLY2022Q01630 In addition, ePsyTUNE has given confidence to UNIMAS to be fully used after receiving the gold medal recognition at the Innovation and Technology Expo 2022 (InTEX22).

**Keywords:** *Psychology Application, Psychometric Test; ePsyTUNE, human resource*

**ID 039**

**Relationships between Resilience and Self-Concept among Counselling Students**

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**ABSTRACT**

Resilience is an individual's ability to adapt and cope with disruptive and distressful circumstances yet they are able to continue in achieving positive outcome despite adversities that tortured them. The objective of this study is to identify the level of resiliency among counselling students, and to investigate resilience factors that are associated with an individual's self-concept. The sample size was 121 undergraduate counselling students of Year One to Year Three. Three instruments were employed: The Resilience Scale, Resilience Assessment Tool-43, and Tennessee Self-Concept Scale. A pilot study was conducted to test the suitability and applicability of resiliency and self-concept by presenting the value of Cronbach's alpha. The finding of this study is resilience factors have significant differences on self-concept among counselling students. It shows that there is no significant result differentiated by gender, year of semester, and family background. This study provided empirical data that counselling students' self-concept and resiliency have greatly associated with their five resilience domains.

***Keywords:*** Resilience, Self-Concept, Counselling Students



**ID 040**

**Eudemonia and Contentment During COVID-19: Building Resilience Amongst Staff in UNIMAS**

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**ABSTRACT**

The COVID-19 pandemic has had a huge impact and changed the way we work. As an employer, UNIMAS is very concerned about the issue of staff well-being affected due to the increase in COVID-19 cases. When the COVID-19 pandemic hit the country, there is no doubt that it was a very difficult time and UNIMAS staff had to deal with uncertainty and worries about the demands of work in the office as well as personal problems that are going through. Implications for mental wellbeing such as stress, fear and uncertainty can affect a staff member. As a caring university, UNIMAS needs to increase its mental strength for the well-being of its staff in the face of this extraordinary global challenge. UNIMAS implemented several proactive measures to help reduce the stress of life by prioritizing the well-being of all its staff. The Personnel Well-Being Unit (UKeP) was established to provide psychological and spiritual support to all the campus community. Staff confidence comes from them being engaged and confident that their concerns are being listened to and acted upon. Through UKeP, we make sure all of our staffs know where to find information, guidance and support for mental health and well-being. A call center was setup to respond promptly to questions and concerns during this ever-changing situation and UNIMAS' Staff Therapy Lounge was set-up to create a holistic and effective therapeutic natural comforting atmosphere while giving helpful self-care advice to keep staff happy and feeling their best. Wellness and balance is the focus. In UNIMAS, increasing social connectedness will offset the negative mental health impacts of the pandemic.

**Keywords:** *COVID-19; staff well-being; UNIMAS' Staff Therapy Lounge; global challenges*

ID 041

## Teachers' Perspective on Perceived Barriers to Psychological Well-Being: A Qualitative Study in Sarawak

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### ABSTRACT

Globally, restructuring and reformation of the education system have led to growing stress to perform among teachers. Assessing psychological well-being is vital to enhancing personal growth and mental wellness in the teaching-learning process. The current study aimed to understand the subjective perspectives on perceived barriers to psychological well-being among secondary school teachers. A consensual qualitative research method was applied in this study. Data was collected through in-depth, semi-structured interviews. To understand better the participants' narrative perspectives, in-depth interviews were utilized to examine the meaning of their experiences, beliefs, and values. Through purposive sampling, seven secondary school teachers were recruited. The collected data were analyzed using an open coding process to derive themes from the participants. Seven themes emerged from the study: negative parents' and students' attitudes, managerial responsibilities, inadequate school facilities, unsupportive colleagues, poor self-management, the poor reputed teaching profession, and discouraging teaching experiences. The study highlighted the practical alternative to enhance teachers' psychological well-being, mental health management, and psychotherapy practice. Future research was also discussed in this study.

**Keywords:** *Perceived Barriers, Psychological Well-Being, Qualitative Study, Sarawak, Teacher*

**ID 042**

**Memperkasakan Khidmat Kaunseling Kerjaya Menerusi Penguasaan Kemahiran Khusus Alaf Ke-21 serta Peningkatan Kefahaman Terhadap Kod Etika**

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**ABSTRAK**

Pandemik COVID-19 yang telah berlarutan hampir tiga tahun menyebabkan cabaran yang sangat besar dalam pelbagai bidang pekerjaan yang secara tidak langsung memberi kesan sama ada penguncupan ketara atau perubahan secara total dalam sector-sektor kerjaya tertentu. Natiujahnya, keperluan kepada perkhidmatan kaunseling kerjaya semakin meningkat dewasa ini kesan penularan pandemik COVID-19 dan implikasi yang dibawahnya kepada pelbagai sektor ekonomi di seluruh dunia. Justeru, penyampaian perkhidmatan kaunseling kerjaya perlu diperkasakan seiring senario semasa ini. Kertas konsep ini mengutarakan syor pemerkasaaan penyampaian kaunseling kerjaya ini menerusi dua kaedah, iaitu menerusi penguasaan kemahiran khusus alaf ke-21, dan peningkatan kefahaman kepada Kod Etika Lembaga Kaunselor Malaysia (LKM) yang terfokus kepada penyampaian khidmat kaunseling kerjaya. Dalam erti kata lain, kedua-dua syor ini wajar diamalkan golongan kaunselor tempatan sebagai strategi pemerkasaaan perkhidmatan semasa dan akan datang. Selain itu, syor-syor ini juga boleh diambil perhatian oleh pihak-pihak berkepentingan dalam profesion ini di Malaysia seperti Kementerian Pembangunan Wanita, Keluarga dan Masyarakat (KPWK), Lembaga Kaunselor Malaysia (LKM) dan gabungan persatuan-persatuan kaunseling tempatan untuk menambah baik aspek pembangunan profesional berterusan (continuous professional development) terutama melibatkan latihan-latihan peningkatan kemahiran kaunseling kerjaya.

**Kata kunci:** *Kaunseling kerjaya, kemahiran alaf ke-21, kod etika*

**ID 044**

**Managing Psychological Well-Being Among Counselors in Training and Vocational Educational Institutions (TVET)**

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**ABSTRACT**

Counselling services are usually provided by counsellors to specific target groups such as students, parents and the community. However, the psychological wellness aspect is also important especially among counsellors. Therefore, this study examines how counsellors manage psychological well-being in the practice of daily life. A total of eight counsellors currently serving in the Institution of Training and Vocational Education (TVET) were involved in the qualitative study. The data was then analyzed using themed methods. The findings of the study found that TVET counsellors preserved personal well-being through healthy food balance, response skills, timeouts, doing therapy, maintaining relationships with God, and expressing to significant people. Implications for counselling and the direction of the study were also discussed.

**Keywords:** *Counselor, practice, well-being, counselling, TVET*

ID 046

**Perceived Social Support and Subjective Happiness among University Students in Malaysia: Does Self-Esteem Matter?**

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**ABSTRACT**

This study examined the relationships between perceived social support, self-esteem and subjective happiness among counseling students in two public universities in Malaysia (N = 324). Perceived social support was positively correlated with self-esteem as hypothesized. Self-esteem was tested as a potential mediator in the relationship between perceived social support and subjective happiness. Structural equation modeling was applied to examine the relationships among these variables. Self-esteem was found to be a significant mediator in the relationship between perceived social support and subjective happiness. These findings suggest that more highly perceived social support could link to greater subjective happiness due to a higher sense of self-esteem.

**Keywords:** *social support; self-esteem; subjective happiness; public university; university students*

**ID 047**

**In-Service Training Model Development with Experiential-Blended Learning to Improve Counselor Multicultural Competence.**

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**ABSTRACT**

Counselor multicultural competence is needed by guidance and counselling teachers or counsellors who work in plural community backgrounds, such as Indonesia. Based on reality, the facts showed a lack of the competence mastery found in counsellors. Thus, it needs to be improved by applying the in-service training model with appropriate, effective, and efficient strategy. Heretofore, the training of multicultural competence has not been recognized by guidance and counselling teachers or counsellors. This research created a hypothetic model of in-service training to improve counsellor multicultural competence with experiential-blended learning strategy, analyze the validity and feasibility, and determine the model's final realization. This research applied Research and Development of Borg and Gall. The data were collected by interview, observation, a document study, and psychological scale. The research data sources consisted of primary and secondary data sources. They were the guidance and counselling teachers and counsellors in Semarang, and the Education Quality Assurance Institution, d/h BPG of Central Java. The validity and reliability were obtained from the experts' validations and perceptual questionnaires of the practitioners and the candidate users. The research result analysis was done quantitatively, with descriptive statistics, and qualitatively, with description, deduction, and verification. The findings showed that the factual model, when reviewed based on CBT standards, still had several weaknesses and limitations. The hypothetic model was a developed model of in-service training that emphasized improving the nonfunctional models' sub-components. The feasibility levels were considered very excellent based on the practitioner experts and the candidate users. It meant that the model could be applied with several revisions. Thus, the model needs to be further examined in terms of effectiveness for field-usage purposes.

**Keywords:** *In-service Training Model, Experiential-Blended Learning Strategy, Counselor Multicultural Competence.*

**ID 048**

**Lived Experience of Pre-vaccinated COVID-19 Survivors in Malaysia**

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**ABSTRACT**

Despite surviving the infection, COVID-19 patients also have to cope with the challenges from different aspects of life, even after their recovery. Using transcendental phenomenological methods, the goal of this research is to study the lived experience of the pre-vaccinated COVID-19 survivors in Malaysia. Five participants were recruited and interviewed individually using semi-structured questions. Data collected were analyzed using thematic coding and content analysis methods. Themes emerged include the “series of unusual challenges”, participants’ “resilience in overcoming the challenges”, and the “roller-coaster-like emotional changes” that came along. This study adds value to past literature by taking into consideration the chronosystem or the time passed and participants’ resilience. Better psychological intervention may be planned by mental health practitioners for related clients.

**Keywords:** *COVID-19 Survivors, Resilience, Transcendental Phenomenological Study*

**ID 049**

**Asian Perspective of Career Counselling**

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**ABSTRACT**

The purpose of this paper is to introduce the concept of Career Counselling with an Asian Perspective. The paper discuss about the history of Career Counselling based John Holland's Interest theory and Donald Super's life span theory. The article introduces the philosophy of Strength Focused Therapy counselling approach within the career counselling realm with the illustration of case study. The concept of Therapeutic Relationship, (ii) Client's Factors, (iii) Hope, and (iv) Empowerment. The necessary and sufficient conditions are Career Counsellor/Therapist genuineness, Career Counsellor/Therapist empathic understanding, Client perception, Career Counsellor/Therapist Role Writer utilizes cases studies to illustrate the effectiveness of these factors.

**Keywords:** *Asian Perspective, Career Counselling*



**ID 050**

**The Needs Technology for Implementation of Group Counseling in Indonesia**

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**ABSTRACT**

Technological developments have a major impact on various aspects of human life. Technology is present as a tool that can simplify human life and work. Counseling services as a process of assistance for individuals with problems, must be able to juxtapose technology in the implementation process. In Indonesia, the implementation of counseling services has slowly introduced technology as a tool in realizing its services. Especially in group counseling, technology tries to facilitate the needs of counselees who have similar problem characteristics. However, whether the presence of technology has become a major requirement in the implementation of group counseling in Indonesia. The author will also discuss the implications of the future role of technology in the implementation of school counseling. The study process involves several previous research results that have been published in the form of reputable journals.

**Keywords:** *Technology, Group Counseling.*

**ID 051**

**Kesan Modul Bimbingan Kelompok dan Pencegahan Merokok terhadap Aspek Tingkahlaku, Konsep Kendiri, Afektif dan Spritual Pelajar Sekolah Rendah**

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**ABSTRAK**

Kajian ini menggunakan reka bentuk kaedah kuantitatif eksperimen. Seramai 120 orang responden yang terdiri daripada tiga kelompok iaitu kelompok rawatan konvensional, kelompok rawatan intensif dan kelompok kawalan. Mereka terdiri daripada pelajar-pelajar yang di pilih daripada tiga buah sekolah yang berbeza melalui proses pemilihan secara bertujuan (purposive sampling). Setiap kelompok mempunyai seramai 40 orang responden (20 orang lelaki dan 20 orang perempuan). Data kuantitatif dikumpul berdasarkan Soal Selidik Amalan Tingkah Laku Merokok Pelajar Sekolah Rendah secara pra ujian dan pos ujian. Data dianalisis menggunakan deskriptif min, analisis trend dan ujian t pada aras signifikan 0.05, ujian Anova dan ujian pos hoc Scheffe. Secara keseluruhan, Gabungan bimbingan kelompok pendekatan Teori Pilihan, keputusan skor min dalam kelompok rawatan konvensional dan kelompok rawatan intensif menunjukkan pengurangan dalam pencegahan tabiat merokok berbanding kelompok kawalan. Keputusan ini menunjukkan perubahan dalam pencegahan amalan merokok dari aspek spiritual berkurangan berbanding aspek tingkah laku, afektif dan konsep kendiri.

**Keywords:** *Modul Bimbingan Kelompok, merokok, pelajar sekolah menengah*

**ID 052**

**Muhammadiyah Junior High School Kaliwungu Kendal's Students during the Covid 19  
Pandemic**

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**ABSTRACT**

Task value is an important factor in the growth of achievement motivation, which is often interpreted as how someone presents the value of meaning for the task at hand. How is the student's task value during the covid 19 pandemic? The covid pandemic raises many complex learning problems, including for students. During the COVID-19 pandemic, school learning was carried out with the Learning From Home (LFH) model, online learning, and continued hybrid learning, a combination of online and offline.

Survey on 98 students of Muhammadiyah Junior High School Kaliwungu Kendal. The survey results were classified and analyzed descriptively quantitatively. The purpose of the research is to find general data on the task value of the Muhammadiyah Junior High School's students.

Based on the question items, the research results of 19 question items to 98 respondents can be divided into three categories: perceived task value, ability/expectancy-related, and perceived task difficulty. The research implication is need for deepening information with a social emotional learning approach to obtain information on the social and emotional background of respondents as well as to use it for counseling treatment.

**Keywords:** *task value, Muhammadiyah Junior High School, social emotional learning, guidance and counseling, covid 19*

ID 053

**Dynamics of Self-injury in Women (Case Study on Perpetrators After Receiving Intervention)**

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**ABSTRACT**

The phenomenon of self-injury behavior without suicidal intentions (Nonsuicidal Self-Injury), or self-injury, or self-harm, is a serious threat to mental health, considering its long-term impact on physical and psychological health. A review of the literature showed that these groups had self-injury: about 18% of adolescents (10–17 years of age) and 13% of early adults (18–24 years of age) had self-injured; about 20% of them were college students; 8% were children; 5% were pre-teens (ages 8–12 years), and 16% were adults (over 25 years old). Self-injury is most often used to get relief from painful emotions. Seeing the phenomenon of NSSI actions and bullying that is widespread in Indonesia, understanding the thought process of victims of bullying until they take NSSI actions is very important. Researchers want to explore it more deeply. The phenomenon of self-injury or self-harm in women, especially those who have received an intervention, this research uses a case study qualitative research method. Informants in this study have the following characteristics: female; self-injury or self-harm perpetrator; has received a certain psychological intervention. Semi-structured interviews are data collection tools. Techniques for Data Analysis Model Miles and Huberman (1994), namely: data reduction, data presentation, and drawing conclusions/verification. Based on the results of data analysis that has been carried out, the following results are obtained: 1. The factors causing the subject to self-injury are: A. Parental divorce is preceded by bickering between the parents. B. Bullying: the subject has experienced bullying of at least one type (physical, verbal, emotional, or sexual). C. The boyfriend cheated on him and left his girlfriend. 2. The subject is filled with negative emotions. 3. The subject's wants and needs (affection, appreciation, acceptance, recognition, and social support). 4. The subject's experience with self-injury (physical and psychological). 5. Attempts to recover (sharing, psychological intervention).

**Keywords:** *self-injury, self-harm, case study*

**ID 054**

**Islamic Teaching-Based Group Counseling to Improve Self-Esteem Students of Senior High School in New Normal Era**

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**ABSTRACT**

The COVID-19 pandemic has resulted in many changes in various sectors of life. One of the sectors affected by COVID-19 is the education sector. New habits and methods in learning make some students experience psychological pressure and cause stress and feelings of inadequacy in solving the problems they face and affect the decline in their self-esteem. Self-esteem is very important for an individual's life, especially in finding his self-image. Self-esteem has a positive direct relationship with academic self-concept and has a positive effect on resilience, as well as one aspect of the emergence of optimism in individuals. Changes that occurred in the education sector resulted in the emergence of several problems experienced by high school students including dropping out of school because of problems related to low self-esteem such as anxiety about learning 38% and anxiety due to the uncertainty of the learning process by 36%. In addition, several other problems also arise from the economic sector, early marriage'and addiction to online games. One of the assistance that can be given by school counselors is by assisting in the form of group counseling based on Islamic teachings to increase self-esteem. The study uses descriptive qualitative methods in collecting data using documentation, interviews, and observations using data reduction techniques in analysis. Assistance with a group atmosphere will assist students by developing interpersonal and intrapersonal communication skills students in overcoming problems, prevention, and self-development, the integration of Islamic religious values will assist students to return to the nature of Allah SWT by empowering faith, reason, and ability given by Allah SWT to be able to encourage increased self-esteem in students.

**Keywords:** *Group Counseling, Islamic Teaching, Self-Esteem*

**ID 056**

**Guided Learning Approach in Improving Self-Directed Learning among First Year Students in a Public University**

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**ABSTRACT**

Many studies agreed that students in the Asian higher education institution, particularly in year one, still rely on teacher-centered learning. They are still very passive in their learning, waiting for the lecturer to spoon-feed them even though they have been at the university level, where they need to be more independent. This study aims to examine the role of the guided learning method in improving the Self-Directed Learning (SDL) level among year-one psychology students of UNIMAS. All the first-year students of psychology programs Group 1, with a total number of around 37, were included in this study. In the first week of the semester, all the students took the assessment to measure their SDL level (pre-intervention test), starting from week TWO until week TWELVE, in every class, the lecturer embedded the guided learning methods, and at the end of the semester, the students took the assessment to measure their SDL level (post-intervention test). This study found that 35 out of 37, or 94.59% of students increase their SDL level at the end of the semester after they experience a guided learning method. Therefore, university management needs to emphasize the importance of implementing guided learning as scaffolding for the students to gradually move away to be self-directed in their learning and further achieve their learning goals.

**Keywords:** *Guided Learning, Self-directed Learning, Student-Centered Learning*

**ID 057**

**Self Confidence Profile Students Survey Analysis; SMA 1 Bae Kudus**

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**ABSTRACT**

The purpose of this study was to describe the self-confidence of the students of SMA 1 Bae Kudus and to find out the factors that influence adolescent self-confidence. This study uses a quantitative approach in the form of correlation. The population in this study is a student of SMA 1 Bae Kudus, totalling 980 students. study sample amount to 4 20 people were determined using the Proportional Random Sampling technique. That instrument is adapted from the self-confidence instrument with a reliability coefficient value of 0.784. Data analysis used descriptive analysis from norm criteria and hypothesis testing use many regressions with SPSS program. The results of the study, most of the adolescents' self-confidence is in that medium category 5 0 %, high category 18.105 and low category 25.785.

**Keywords:** *Self Confidence, Students*

**ID 058**

**The Value of Religiosity in Serat Wedhatama: A Hermeneutic Study**

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**ABSTRACT**

Religious values have been studied in depth, but there have not been many studies from various cultures in Indonesia. The study of religious values from solo cultural relics is something interesting. This study aims to find religious values in Serat Wedhatama. Serat Wedhatama is a serat made by Kanjeng Gusti Pangeran Adipati Mangkunegoro IV of the Duchy of Mangkunegara which has many life values including religious values. This study is qualitative, and the data analysis technique used is the Gadamerian hermeneutic approach. Data collection in this study uses literature and documentation techniques. The results of the study show that the religious value contained in this letter includes teachings about; 1) being Humble and not arrogant, 2) Being kind, 3) Patience, 4) Restrain Lust, 5) Perseverance and Perseverance, 6) Love and affection, 7) Have self-awareness, 8) Have Reason, 9) Knowledgeable and careful, 10) Surrender to God and be sincere, 11) Remember the hereafter, 12) Forgive. These religious values can be implemented in counselling services to develop individual potential. Counselling services integrated into religious values in Serat Wedhatama punch 12 individual prospects.

***Key Words:*** Serat; Wedhatama; Religious; Counselling



**ID 059**

**Depression and Suicidal Ideation: A Worrying Trend**

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**ABSTRACT**

Depression and suicidal ideation are familiar phenomena in the country today. Among the factors that a person has suicidal thoughts and depression is mental health disorders. This situation affects those who have a low level of mental health. This is because mental health disorders will cause a person to be unable to think reasonably and rationally and fail to control their emotions. There is a correlation between a high level of depression and the tendency to suicidal ideation. Identifying the factors and characteristics of a person facing this issue will be able to help them as early as possible for treatment and early intervention from professionals. Policymakers must implement intervention and social support programs more often with smaller and focused groups apart from general and large-scale activities to ensure that the program reaches the target group and the community and successfully creates a healthier environment. Some suggestions have been made to be beneficial and reduce suicide statistics. Collection of research data using previous research such as books, articles, journals, working papers and theses. Signs of depression experienced by an individual need to be because it affects their health, such as suicidal ideation. Keywords: depression, suicidal ideation, mental health disorders, intervention

**Keywords:** *Depression, suicidal ideation, mental health disorder, intervention*

**ID 060**

## **Dialectical Behaviour Therapy with Chatbot for Borderline Personality Disorder**

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### **ABSTRACT**

A person with borderline personality disorder (BPD) can live a normal life if they receive appropriate therapy. Dialectical behavior therapy is one of the most effective treatments for reducing BPD criteria in a person. Individuals with BPD are typically aged 20–40 years and are comfortable with the internet. Therefore, Dialectical Behavior Therapy can be performed via a chatbot (DBTC). The goal of this study is to assess the efficacy of DBTC in reducing BPD criteria in individuals in Indonesia. The hypothesis is that DBTC is useful in lowering Borderline Personality Disorder (BPD) scores. This research is divided into two stages. The first stage is to distribute the BPD scale to 56 individuals. Five participants with high BPD scale scores (above 80) were chosen to participate in the focus group discussion (FGD). Participants in the FGD conveyed questions that they frequently asked when they encountered problems. Furthermore, the questions were compiled and answered by the psychologists based on DBT. The next stage is to build a chatbot using the Sovi Lau app. The A-B design is used in the second stage of this study. Three participants with high BPD scale scores were invited to attempt asking Sovi Lau questions regarding everyday difficulties. In addition, participants were questioned to determine their BPD criteria. As a result, the participants' average BPD score at baseline (A) was 115, dropped to 85 after therapy (B), and increased to 94.5 at follow-up (A2). The findings showed that DBTC can reduce BPD symptoms, notably impulsivity, affective instability, inappropriate behavior, and unstable patterns of interpersonal relationship.

**Keywords:** *Borderline Personality Disorder, dialectical behavior therapy, chatbot*

**ID 061**

**Career Construction Counseling in Higher Education: An Analysis of Career Construction Counseling Effectiveness to Increase Academic Engagement**

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**ABSTRACT**

University dropout is a serious problem. It is one of the international issues in higher education, which has been investigated in several studies. It affects not only the individual who drops out but also the university and society. From the academic point of view, university dropouts not only represent a failure to adapt to the college life and system but also signify a red light to the education system in relation to providing appropriate services for students. One of the most important and immediate factors associated with dropping out in the preceding models is academic engagement. It is because engagement is the main theory for understanding the phenomenon of complete learning and dropout in students. The purpose of this research is to examine the effectiveness of career construction counseling - life design approach, to increase student academic engagement. This research uses literature studies research method. In this research data collection is carried out by studying and exploring several international journals and books that are considered relevant to the research. The results showed that career construction counseling proved effective in increasing academic engagement in higher education.

**Keywords:** *Academic Engagement, Career Construction Counseling, Dropout, Life Design.*

**ID 062**

**Experiences of Failure Marriage: How to Strengthen a New Relationship**

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**ABSTRACT**

The experience of failure in marriage is excruciating especially to those who once undergoes divorce. Unable to resist the urge to be happy, vast number of remarried individuals decided to remarry and shifted their status from single to remarried. This phenomenological study is designed to understand the lived experiences of remarried individuals therefore, the main objective of the study is to explore how remarried women strengthen their new marital relationship. it explores how their previous experiences influences their ways to adjust in a romantic relationship. The data were collected by conducting in depth interview with six Malay remarried women in Selangor. All participants were selected using purposive sampling method and met with the criteria of the study. Interpretative Phenomenological Approach (IPA) were chosen to analyze the data assisted by Atlas Ti. version 9 software. The finding of the study revealed four themes namely be responsible, respect husband, communicate and discussion. In conclusion, every partner needsto be considerate in adjusting and strengthening the marital relationship. For the implication, the findings of the study contribute to the new literature as it gives an insight into the experiences of remarital relationship.

**Keywords:** *Remarriage, strengthen, remarried, experience, relationship*

**ID 064**

## **Understanding the Psychology of Adolescents Involved in Sexual Misconduct**

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### **ABSTRACT**

This study aims to understand the psychological aspects of teenagers involved in sexual misconduct based on five basic needs, namely the need to be loved, wanting recognition, joy, freedom and wanting to survive. This study uses a case study method design involving seven research subjects using a purposive sampling technique. The data collection technique is using the interview technique. The data was analyzed using the method of systematic analysis of the text. The findings of the study show that the most dominant aspect of adolescent psychology is love and the least dominant is power.

***Keywords:*** *Sexual misconduct, interview, adolescent*

ID 065

**GraphoText: A Holistic Framework for Monitoring the Counselling Therapy Progress  
Based on Multimodal Features in Graphology**

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**ABSTRACT**

The COVID-19 pandemic has hit all populations worldwide. It has tremendously changed the landscape of every sector, including counselling practices. The effect of the pandemic has caused the growth of digital counselling to be adopted rapidly. Studies have demonstrated that digital counselling e.g., text-based cognitive behavioural therapy (CBT) treatment significantly impacted the counselling domain. The positive effect of digital counselling causes the clients to be more open and natural when consulting with the counsellor during the therapy session. To evaluate the effectiveness of digital therapy, the work of digital progress monitoring should be further explored. The multi-modal features (i.e., graphology-based and content-based) from one's handwriting could be used to frame one's progress monitoring in psychotherapy. A deep learning approach could be applied to identify the outcomes of therapy treatments.

**Keywords:** *Deep Learning, Psychotherapy, Graphology Analysis, Handwriting, Progress Monitoring*

ID 066

## An Image Pre-Processing Framework in Monitoring Counselling Therapy Session

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### ABSTRACT

The pandemic Covid-19 has hit all populations worldwide. It has tremendously changed the landscape of every sector, including counselling practices. The effect of the pandemic causes the growth of digital counselling to be adopted rapidly. Studies have demonstrated that digital counselling e.g., text-based cognitive behavioral therapy (CBT) treatment brought a significant positive impact on the counselling domain. The disinhibition effect of digital counselling causes the clients to be more open and natural when consulting with the counsellor during the therapy session. The text-based emotion expressed during the therapy could be used to frame one's progress monitoring. Therefore, an AI-based monitoring tool is potentially needed to complement and enhance the process of treatment monitoring. This paper aims to present a digital monitoring framework for analysing the counselling therapy session throughout treatment using a deep learning approach. An AI-based analysis could help to measure and monitor the client's treatment outcome. It could facilitate the effectiveness and efficiency of treatment by tracking the client's current and recurrent views of sentiment. The framework could lead to an inexpensive monitoring tool for evaluating the improvement and progress of treatment by both parties i.e., client and counsellor.

**Keywords:** *Digital Counselling; Text-Based Cognitive Behavioral Therapy; Digital Monitoring Framework; AI-Based Analysis.*

**ID 067**

## **The Impact of Parenting Pressure on Mothers of Children with Development Disorders**

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### **ABSTRACT**

The results of previous studies found that mothers who had children with developmental disorders experienced more parenting pressure than mothers who did not have children with developmental disorders. Mother is more depressed than father. Through the Systematic Literature Review (the Journal Sage, Sciendirect, Emerald Insight and Taylor Francis, between 2011-2021), it is known that parenting pressure can come from internal and external factors. This study aims to determine the impact of parenting pressure on mothers who have children with developmental disorders. To achieve this goal, on November 14-21 2021, researchers conducted a survey using a google form on 79 mothers who had children with developmental disorders (Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, Intellectual Disability and other disorders). Participants were obtained from five therapeutic institutions located in Semarang and its surroundings. The survey results showed that 43 mothers stated that parenting problems had more emotional impacts than physical, mental and social impacts. So it can be said that parenting pressure creates stress on the mother. Suggestions for further researchers are counselors providing counseling services on how to regulate emotion to mothers who have children with developmental disorders. Another suggestion is to involve fathers as research participants.

**Keywords:** mother, parenting pressure, developmental disorders



ID 068

**Validation of the Compassion Fatigue Short Scale Among School Counselor in  
Indonesia: Confirmatory Factor Analysis**

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**ABSTRACT**

This article presents a measure of to examine the psychometric properties of the Indonesia version of the Compassion Fatigue (CF) Short Scale among 2 independent samples of Indonesia school counselor (certified and uncertified counselor). Analyses using confirmatory factor modeling. Study (n = 310) describes the development of potential scale CF 13 items chosen based on results analyses. The findings suggest that the CF Short Scale has good psychometric properties and can be applied to study Indonesia school counselor.

**Keywords:** *Compassion fatigue scale, compassion fatigue, school counsellor, confirmatory factor analysis,*

**ID 070**

**Relationship Between Career Self -Efficacy and Parent Career Behavior in The Career Choice of Community College Students**

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**ABSTRACT**

Career self-efficacy is an individual's ability to identify potential for good and systematic career planning. Meanwhile, parental career behavior involves social support and parental action in educating and helping their children to make the best career choices that will guarantee their future. It also involves the parenting style of the children. This study aimed to identify the relationship between career self-efficacy and parental career behavior in the career choice of Community College students. This study was conducted using a combination of descriptive and inferential study design involving a total of 132 students who took certificates in various fields of specialization from several Community Colleges. The findings show that there is a relationship between the two variables. There was a significant positive relationship for career self-efficacy and career behavior of students' parents ( $r = .597$ ,  $p < 0.05$ ). The resulting level of correlation between self-efficacy and the career behaviors of students' parents was high. The implications of the study explain that good student career planning should be aligned with the support and actions provided by parents and institutions that are sustained so that students are always confident in making decisions that involve their careers and futures. The proposal for further study is to focus on the factors that influence the field of study among Community College students and expand the study location.

**Keywords:** *career self -efficacy; parent career behavior; parenting style; career choice; community college students*

**ID 071**

**Biological Factor of Sex in the Emotional Experience of Social Arousal: Implication in Counselling Practices**

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**ABSTRACT**

Emotional experience in our life is suggested to be influenced by the biological factor such as sex and is strengthened by the emotional element of social arousal. Objective: This study examines the difference in sex in the social emotional experience of arousal of various intensities. Methods: A total of 116 undergraduate students from a local university were invited to take part in this study. Sixty-two percent of them were female. Majority were of the Malay ethnicity (53%). Thirty universal social emotional pictures of various natures, that were randomly selected from the International Affective Picture System (IAPS), were displayed to the participants. The displayed pictures were a mix of social-aroused pictures with different IAPS arousal mean values – 10 pictures for low, 10 pictures for moderate and 10 pictures for high arousal. During the picture presentation, the category of the picture was blinded. The between-subjects effect (the effect of overall social arousal on sex differences) and the main effect (the effect of social arousal intensities, independent of sex differences) was found significant. Conclusion: Sex is a biological and fundamental factor that has significant impact on social perception towards effective counselling strategies to achieve better quality of life

**Keywords:** *Arousal, Sex, Emotion, Social Perception*

**Examination of Influence of Ethnic Identity Development on the Counselling Trainees'  
Multicultural Counselling Competencies**

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**ABSTRACT**

*Background* Ethnic identity awareness has become one of the important variables that impact the counsellor's multicultural counselling competencies and to understand clients in the counselling relationship. *Objective* The purpose of the study was to assess the influence of ethnic identity development on the multicultural counselling competencies of counselling trainees at a public university in Malaysia. *Methods* Two scales were used in this study which include the Multigroup Ethnic Identity Measure (MEIM) and Multicultural Counselling Inventory (MCI). The first instrument measured the process of ethnic identity development of counselling trainees and the second instrument measured the students' multicultural counselling competencies. *Results* The result showed that there was a significant influence of ethnic identity development on the multicultural counselling competencies of counselling trainees. Ethnic identity achievement, ethnic behavior, and multicultural training were the significant predictors of counselling trainees' multicultural counselling competencies. *Conclusion* These results yield useful information for understanding the relative importance of ethnic identity awareness in developing the counsellor's multicultural competencies.

**Keywords:** *ethnic identity development, multicultural counselling competencies, and counselling trainees*

ID 073

**Exploring the Prevalence of Mental Health Problems and Psychological Well-Being  
among Malaysian Adolescents**

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**ABSTRACT**

Adolescents' mental health problems and psychological well-being are viewed as increasingly alarming. The global economic crisis and the presence of numerous deadly diseases have a direct impact on the mental health of the community, particularly adolescents. This study aims to identify and understand mental health problems and psychological well-being among adolescents in Malaysia. This pilot study recruited ten students from public secondary schools in Malaysia with purposive sampling. A 60-minute Focus Group Discussion (FGD) was conducted virtually via the online Zoom platform during the movement control order period in the country. Interview for Assessing Psychological Well-Being According to Ryff's Dimensions in Clinical Populations was administered to the participants and yielded information on their self-acceptance, life development, autonomy, and interpersonal relationships. The session was later transcribed, and qualitative content analysis was used to evaluate the transcribed session. Thematic analysis of the interview revealed the following four themes: (1) self-acceptance – social support, physical appearance, social perceptions, interpersonal conflicts; (2) life-development – learning process, self-development, self-confidence, decision making; (3) autonomy – self-determination, open-minded, self-evaluation; (4) interpersonal relationship – moral support, family, friends. These findings highlight the manifestation of mental health challenges and the psychological well-being of Malaysian adolescents. Self-acceptance and interpersonal relationships are believed to be important dimensions influencing adolescents' psychological development and well-being.

**Keywords:** *Mental health problems, psychological well-being, adolescent*

**ID 074**

**Challenges and Opportunities in Getting Treatment for Mental Health Related Issues in Sarawak**

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**ABSTRACT**

Living with a mental health condition can be manageable with early intervention and consistent treatment. For most people, it is not easy to admit that their mental health needs treatment. Keeping to therapy appointments to learn strategies to cope with mental health conditions can be tough. Many people with mental health related issues do not get the treatment they deserve because they are aware of the negative mindset of society about mental health. In Malaysia, mental health services are relatively new compared to the other developed countries and are lacking in many ways. This study was conducted by interviewing four participants to understand their experiences in getting treatment for their mental health conditions. Firstly, this research identified the challenges to getting proper mental health treatments. Secondly, this research explored the opportunities to get the treatment they needed. Lastly, this research also proposed further exploration on the challenges for people in rural Sarawak to get proper treatment for their mental health. Through the in-depth interview, it was learned that stigma was still very much present in our society. It is hoped that the findings will bring new information regarding mental health treatment in the urban area of Sarawak.

**Keywords:** *Challenges, Opportunities, Treatment for Mental Health, Sarawak*

**ID 075**

**Faktor- Faktor yang Mempengaruhi Prestasi Pekerja Mengikut Perspektif Penilai dalam Kakitangan Penjawat Awam Salah Sebuah Kementerian di Malaysia**

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**ABSTRAK**

Prestasi dalam sesebuah organisasi banyak bergantung kepada prestasi modal insan dalam organisasi. Pekerja merupakan tonggak utama dalam bagi memastikan sesebuah organisasi mencapai prestasi yang cemerlang. Kegagalan pekerja untuk mengekalkan prestasi kerja yang baik akan membawa kepada masalah atau isu kepada majikan serta menjejaskan produktiviti serta pertumbuhan ekonomi negara. Oleh yang demikian, objektif kajian ini adalah untuk mengenal pasti faktor-faktor yang mempengaruhi prestasi pekerja dalam kalangan penjawat awam berdasarkan perspektif penilai. Data primer diperoleh melalui soal selidik dengan sejumlah 295 responden yang terlibat dalam kajian ini. Rekabentuk kajian adalah kajian deskriptif berbentuk tinjauan yang menggunakan borang soal selidik untuk mengumpul data. Borang soal selidik yang mengandungi maklumat responden dan prestasi kerja. Data dianalisis dengan menggunakan perisian Statistical Package for the Social Sciences (SPSS) Version 21 untuk menilai kekerapan, peratusan serta dianalisis secara deskriptif bagi mengenalpasti faktor yang menjejaskan prestasi pekerja. Dapatan kajian telah menunjukkan faktor sikap, motivasi dan disiplin merupakan faktor utama yang telah menjejaskan prestasi pekerja dalam kajian ini. Oleh yang demikian, kajian lanjut serta cadangan penambahbaikan juga turut dicadangkan dalam kajian ini bagi memastikan prestasi pekerja terutama dalam kalangan penjawat awam dapat ditingkatkan dengan cemerlang dan produktif.

ID 076

**Acceptance and Commitment Therapy (ACT) for Stress and Anxious Malaysian Adolescents: Development and Feasibility Study of an ACT-based Protocol and Prevention Program**

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**ABSTRACT**

The call to action to develop and implement a culturally-appropriate prevention program has become an important goal to remedy the growing number of stressed and anxious adolescents in Malaysia. The current study aims to report on the development and investigates the feasibility and acceptability of a culturally-adapted ACT-based prevention program for stressed and anxious Malaysian adolescents. The study consists of four phases. In Phase 1, seven experts were recruited for a semi-structured interview to generate knowledge on the key characteristics of an effective program design and contents. In Phase 2, generated knowledge was integrated with theory and existing evident-based protocol in developing a culturally-adapted protocol for Malaysian adolescents. In Phase 3, five ACT experts were recruited to validate the culturally-adapted protocol for its content validity and ecological validity using a concurrent transformative mixed-methods design. Lastly, in Phase 4, nineteen Malaysian secondary students were recruited to join the culturally-adapted ACT-based prevention program (known as the *Time to ACT* program). The feasibility and acceptability of the program were investigated by assessing stress, anxiety, and psychological flexibility levels pre- and post-program and obtaining feedback from participants. Findings showed no significant statistical differences in the reduction of anxiety, stress, and psychological flexibility levels. Nevertheless, the program showed initial support and acceptability as a youth program amongst participants. This study encourages further examination of the program in a physical school setting with a larger and more representative sample. This study acts as a stepping stone toward future improved trials which will benefit the emotional health of Malaysian adolescents.

**Keywords:** *Adolescents, Adolescent Anxiety, Adolescent Stress, Prevention Program, Acceptance and Commitment Therapy (ACT), DNA-v*



ID 077

**The Development and Effectiveness of Self-Esteem Module Based on Neo-CBT on Teenage Premarital Pregnancy**

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**ABSTRACT**

This article is to discuss the problems associated with teenagers involved in premarital pregnancy in the shelters. This study will conceptually explain the self-esteem module based on Neo-CBT, to improve their self-esteem and to examine the effectiveness of the self-esteem module based on Neo-CBT on teenagers' premarital pregnancy in the shelters. This study will use qualitative design to explore the experiences of teenagers' premarital pregnancy through in-depth interviews. The sample of this study is a total of 12 teenagers between the ages of 14 and 19 who were pregnant before marriage in the shelters in the North of Peninsular Malaysia. This study will also discuss the living environment, the influence of peers and the disclosure of sexual activities that are prevalent in social media which are among the factors that influence teenagers to get caught in cases of premarital pregnancies. This study will prove whether the self-esteem module based on Neo-CBT is suitable for teenagers' premarital pregnancy in the shelters. Implications, limitations and recommendations for future studies are also discussed in this research.

**Keywords:** *Neo-CBT, Self-Esteem Module, Teenagers, Premarital Pregnancy.*

**ID 078**

**Career Plan Ability Instrument (CPA-I) on Individuals with Substance Use Disorders**

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**ABSTRACT**

Addiction counsellors must be able to analyse the client's career planning assessment (CPA). However, stigma and limitations are obstacles for addiction counsellors in analysing CPA. A valid instrument can analyse the client's career planning ability. This study aims to find an accurate and reliable CPA-I with mixed research methods, and the subjects are individuals with SUD. Qualitative descriptive analysis and then Product-moment and Cronbach Alpha formula from CPA-I. Eight CPA indicators regarding career information, discussion of career challenges, training, knowledge of working conditions, education, self-planning abilities, career opportunities, and time utilisation with 32 valid and reliable items. Addiction counsellors can use CPA-I to analyse and provide counselling services. Career counselling services can develop individual career readiness after undergoing this outpatient and outpatient drug rehabilitation program. Career counselling services can help clients prepare for the best careers for clients. The instrument can measure the ability of career planning before and after career counselling services by an addiction counsellor.

**Keywords:** *Instruments; Career Planning Skills; Stigma; Substance Use Disorder*

**ID 079**

**The Influence of Role Conflict and Role Ambiguity on Trainee Non-Disclosure (Trainee Disclosure and Trainee Anxiety) among Trainee Counsellors in Malaysia**

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**ABSTRACT**

This study examined the influence of role conflict and role ambiguity on trainee non-disclosure (trainee disclosure and trainee anxiety) among trainee counsellors in Malaysia. In this chapter, some aspect would be covered such as research background, problem statement, research objectives, research questions, research hypothesizes, significance study and definition of term. From this research, the future direction is the line of research would like provide information on changes in these variables over course of supervision, as well as information on how the influence between role conflict and role ambiguity might change over the trainee non-disclosure experiences. This research focused on influence of role conflict and role ambiguity on trainee non-disclosure in supervision process. This is because an effective supervision between supervisor and supervisee which is trainee counsellor would be generated by willingness to disclose. Trainee counsellor faced the difficulties in order to disclose any issues with their supervisor. Thus, it is giving a negative effect in supervision session between supervisor and trainee counsellor. This research extends the knowledge and understanding on trainee counselor in supervision session that may influence the role conflict and role ambiguity that lead to trainee non-disclosure among them.

***Keywords:*** *Role Conflict and Role Ambiguity*

**ID 080**

**The Influence of Spiritual Counseling Guidance with Devotional Methods of Bible Study, Religious Character and Emotional Intelligence on the Forgiveness in the Workplace**

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**ABSTRACT**

This study uses a quantitative design and involves three independent variables, namely the variable Spiritual Counseling Guidance with devotional method of Bible study (X1), religious character (X2), emotional intelligence (X3) and one dependent variable forgiveness (Y). The purpose of this study was to determine the effect of Spiritual Counseling Guidance (using the devotional method of Bible Study), religious character and emotional intelligence on employees' forgiveness. The survey was conducted on 101 employees of the Terang Bagi Bangsa Foundation, in Timika and spread across various levels such as kindergarten, elementary, junior high, high school and university. Research was also conducted on part-time employees and freelancers who teach online. The three variables show a positive influence on increasing employee forgiveness with a correlation coefficient of X1 to Y of 0.652, and a correlation coefficient of X2 to Y is 0.319, the correlation coefficient of X3 to Y is 0.795. The correlation of X1, X2 and X3 simultaneously to Y is 0.869 and has a positive value. The data above shows a very significant effect of the three variables together on the forgiveness attitude of the employees of the Terang Bagi Bangsa Foundation.

**KeyWords:** *forgiveness, forgiveness at workplace*

**ID 081**

**Measuring Influence of Self-Efficacy, Self-Esteem, and Resilience on Attitudes Toward Seeking Professional Psychological Help among the Orang Asli Secondary School Students in Malaysia**

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**ABSTRACT**

The Malaysian government has been implementing continuous efforts to enrich the living of the Orang Asli. Nonetheless, they remain isolated with their own ways of living and hardly assimilate into the mainstream communities. They hardly seek help from the mainstream communities and professionals too. Thus, this conceptual paper is aimed to identify factors that could help the Orang Asli deal with challenging life situations through counseling perspectives. To achieve the research objectives, a total of four new instruments will be developed to measure self-efficacy, self-esteem, resilience and attitudes toward seeking professional psychological help among the Orang Asli secondary school students. A survey consists of five components including demographic background will be distributed to the Orang Asli secondary school students in selected states of Malaysia. Data collected through the survey will be analyzed to measure the extent of each factor, to study the relationship between factors, and finally, to identify factor that has the greatest influence on the Orang Asli secondary school students' attitudes toward seeking professional psychological help. This study may trigger transformation on holistic aspects of the Orang Asli's living now and future. The psychological aspects of the secondary school students can be improved too.

**Keywords:** *Self-efficacy; Self-esteem; Resilience; Attitudes toward seeking professional psychological help; Orang Asli; Secondary school students*

**ID 082**

**Spiritual Counseling by Tasawuf Approach to Develop Students' Psychological Well-Being**

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**ABSTRACT**

The aims of this study are (1) to determine the implementation of Tasawuf-based spiritual counseling services, and (2) to determine the development of the psychological well-being of students. The research method uses a phenomenal qualitative approach, while the data sources in this study are Madrasa students in Indonesia whose data collection uses a purposive sampling technique with data collection such as observation, interview, and documentation. The data analysis technique uses 4 (four) stages, namely data collection, data reduction, data presentation, and verification. The results showed that (1) the implementation of spiritual counseling services carried out using stages that include (a) connecting, (b) exploring the problem, (c) goal vision, (d) awakening to God, (e) contemplation (f) recognition, and (g) give up with values or the basis of religious moderation that consist of (a) tawassuth (taking a path in the middle) (b) tawazun (balance), (c) i'tidal (upright and straight) (d) tasamuh (tolerance), (e) musawah (egalitarian) (f) syura (deliberation) (g) ishlâh (reform) (h) aulawiyah (i) tathawwur wa Ibtikâr (innovative and dynamic) (j) tahadhdhur (civilized) and (2) the development of psychological well-being to Indonesian students includes (1) self-acceptance, (2) positive relations with others, (3) autonomy, (4) environmental mastery, (5) purpose of life, and (6) personal growth.

**Keywords:** *Spiritual Counseling by Tasawuf Approach, Psychological Well-Being.*

**ID 083**

**Resolving Ethical Issues: Factors Influencing Counseling Ethics Competency among Malaysian Registered Counselors**

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**ABSTRACT**

This research is instrumental as it may bridge the gap in the literature indicating the need to measure counseling ethics education application and comprehension. Enhanced counseling ethics education application and comprehension may improve delivery counseling services to the clients and move the counseling profession forward. Lack of ethical skills, knowledge, and awareness can contribute to poor ethical decision-making process and affect the professional development and wellness of the counselors. Eventually, this research offers an instrument, Counseling Ethics Competency Scale which can be utilized to examine levels of counseling ethics competency among registered counselors in Malaysia. A total of seven instruments including Counseling Ethics Competency Scale were used to meet the following research objectives: (a) to determine perceived level of counseling ethics competency among registered counselors in Malaysia; and (b) to determine factors that may influence counseling ethics competency among Malaysian registered counselors. The analysis revealed that emotional intelligence has greatest influence on counseling ethics competency. This study is conducted to accentuate ethics comprehension towards best practices of ethics application and internalization to become excellent counselors. Future studies may apply the newly developed scale to be utilized in various counseling settings.

**Keywords:** *Counseling ethics competency; Registered counselors; Counseling ethics education*

ID 087

## **Exploring Supervision Experiences in Primary School Guidance and Counselling Service**

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### **ABSTRACT**

Guidance and counselling services are provided to primary school students by guidance and counselling teachers. The services rooted in a proper system serves as a guideline for the guidance and counselling teachers to render the services in ensuring the holistic growth among the primary school students. Nowadays, there are many issues faced by the primary school students which include academic achievements, internet/gadget addictions, relationship, and emotion-based developmental issues. These issues seriously affect their academic progression and negatively influence their holistic development. Guidance and counselling teachers play an essential role to curb this scenario. Therefore, guidance and counselling teacher's self-efficacy must be maintained for the best quality of services rendered; and counselling supervision is required to ensure the effectiveness of the services, whereby support and proper guidance are provided to overcome the difficulties in their services. To date, it is evident that there is a lack of empirical study emphasising supervision in guidance and counselling services at primary schools setting. To bridge the gap as well as to understand further about the phenomenon, this study is intended to explore the supervision experiences of primary school guidance and counselling teachers in Malaysia in rendering their services at their respective work settings.

**Key Words:** *Supervision; Guidance and counselling; Primary school*



**Effect Metacognitive Beliefs on Perceived Stress and Resilience: Self-Efficacy as A Moderator among School Counsellors**

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**ABSTRACT**

The school counsellor's role is seen to have been manipulated by the diversity of task demands, leading to symptoms of stress, empathic fatigue, and emotions. that cause many counselors to drop out of the counseling profession (Mullen & Crowe, 2017; Maslach, 2003; Stebnicki, 2008). However, the stress can be overcome if the counselor has a good level of resilience (Norihan et al., 2011). Those elements are able influenced by these metacognitive beliefs and the self-efficacy of individuals. This study examines the effects of metacognitive influences on perceived stress and resilience and the effect of the person's self-efficacy as a moderator in the circle among school counsellors. A sample of 252 school counsellors participates in this study. Metacognition Questionnaire-30 (MCQ-30), Perceived Stress Scale (PSS-10), Resilience Scale (RS-25), and Sources of Counselling Self-Efficacy Scale-Malaysia (SCSE-M) instruments. The data is analyzed using Structural Equational Modelling (SEM). The study's results showed that metacognitive beliefs significantly influence perceived stress and resilience and the CFA Multi-Group analysis also found that the efficacy of the person acts as a moderator of the relationship between metacognitive, perceived stress, and resilience among school counsellors.

**Keywords:** *Metacognitive, Perceived Stress, Resilience, Self-Efficacy, School Counsellors*

**ID 089**

**Self-care among Female Counsellors**

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**ABSTRACT**

In every aspect of lives, self-care is essential. Females are expected to bear more responsibilities for family duties rather than excel in careers. There are various challenges that exist for female counsellors to maintain their self-care practises. The aim of this study is to explore the literatures related to self-care among female counsellors. A literature review was conducted and the themes that emerged from the review included female and self-care, challenges of practicing self-care, self-care strategies and methods, self-care as a lifestyle; self-care in professional life and tailor-made self-care to suit every individual's need. Despite the significance of self-care for female counsellors, there is limited research in the field of counselling which focuses on this area, specifically among female counsellors. Hence, this study could address the gap by exploring the related literatures on self-care practices and female counsellors; which can be useful in the counselling field. Impact of the study and recommendations for the future research were discussed.

**Keywords:** *Self-care; Female counsellors; Literature on female self-care; Literature on counsellor self-care; Mental well-being*

**ID 090**

**The Development and Effectiveness of the Maqasid Syariah Intervention Module in  
Decision Making Process During Counselling Session**

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**ABSTRACT**

Inefficiency and failures in managing problems that arise between married couples become worrying issues that lead to fights, enmity, and divorce. The main issues are financial problems, third-party interference, physical and mental abuse, and lack of communication with each other. The decision-making process is very important either the relationship can be sustained or turned into divorce. This article is to present the concept of decision-making based on the elements found in Maqasid Syariah as well as the development of modules based on dhururiyat, hajjiyat and tahsinniyat (DHT) model to guide clients in making decisions. The approach of applying the elements of Maqasid Syariah is a religious approach that emphasizes on preservation of life's main aspects in the decision-making process. As a religious approach based on Islamic goals, clients still have the right to freedom of decision. The use of theories and elements in the Maqasid Syariah can be seen to help married couple to make better assessments by putting the concept of dhururiyat, hajjiyat and tahsinniyat (DHT) as a guide for counselors to help clients who have problems in the divorce process. The module will be built based on the Maqasid Syariah concept and will be tested for effectiveness. This article will use a qualitative research method by using a purposive sample to obtain the necessary data. The module names the MSDHT module is expected to be able to guide the client in making decisions for the benefit of himself, his partner and the parties that are close to his life.

**Keywords:** *Decision-making process, elements of Maqasid Syariah, MSDHT Module*

**ID 091**

**Konsep Tawakal dalam Kaunseling**

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**ABSTRACT:**

This concept paper discusses counseling according to the Islamic perspective, tawakal in counseling, the process of counseling the concept of tawakal and the concept of tawakal after striving, the role of Muslim counselors in carrying out counseling sessions in applying the concept of tawakal. The tawakal approach in counseling is a strategy in helping relationships to overcome the problems and issues in their life after making efforts. Muslims are encouraged to pray and strive because there is still room for the divine provision to change.

**Keywords:** *Tawakal, Islamic Perspective, Counseling*

ID 092

**Validity and Reliability the Questionnaires of Teachers` Self-Efficacy and Teaching Competency in School Drug Education**

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**ABSTRACT**

The purpose of this study was to investigate the validity and reliability of instruments Teachers` Self-Efficacy (TSE) and Teaching Competency (TC) in school drug education in Malaysian secondary schools. The English version of the questionnaires was translated into Malay language and distributed to participants. The participants involved in this study were the educational experts from various public universities in Malaysia and classroom teachers. There were 9 expert evaluators and 43 classroom teachers of secondary schools participating in this study. The result of the study showed that the content and construct validity of the instruments were supported items with higher than 70% acceptance rate. However, two items in TC have been rejected by the experts due to redundant and not related with construct. The reliability test showed that .973 Cronbach Alpha value for TSE and .964 is the value of Cronbach Alpha for TC which means that the two sets of questionnaires are reliable. The conclusion of the study appeared that the instrument of TSE and TC in school drug education are valid and reliable to use in actual study. It is recommended the use of technology application to set up the questionnaires of TSE and TC of classroom teachers for data collection due to Covid-19 pandemics these days.

**Keywords:** *Drug Prevention, Instrument, Classroom Teachers, Secondary School, Drug Abuse*

ID 093

## **Exploring the Biopsychosocial History and Delinquency Involvements of Former Male Juvenile Delinquents**

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### **ABSTRACT**

In recent years, the incidence of juvenile delinquency has increased, posing a threat to the well-being of family and society; thus, an interaction between biopsychosocial history and involvement in delinquent behaviours among juvenile delinquents must be understood. This study discovers the biopsychosocial history of former male juvenile delinquents and their involvement in juvenile delinquent behaviours. Main objectives: The main objective of this study is to explore the biopsychosocial history and juvenile delinquent behaviours among former male juvenile delinquents. Research design: A phenomenology qualitative research design was utilised to explore the participants' lived experiences. Research participants: Eight former male juvenile delinquents aged 26 years old and below have participated in this research. Data collection method: An in-depth interview method was used in this study. An intake form was administered to obtain the participants' socio-demographic information. A semi-structured interview question was employed to explore the participants' biopsychosocial history and involvement in delinquency. Data analysis method: The data were analysed using thematic analysis. Main findings: Data collected from the former male juvenile delinquents revealed several themes; educational challenges, divorce and single-parent families, underprivileged families, externalising behaviours, lucrative business, recidivism and peer pressure. The findings demonstrated how the early history of biopsychosocial influences the attitude and behaviour of adolescents. Implications: Analysis of the results helps us determine a high need for preventive intervention actions in inhibiting and preventing the increasing percentage of juvenile delinquency among adolescents in Malaysia.

**Keywords:** *Biopsychosocial, former male juvenile delinquents, delinquency*

**ID 094**

**Peer Support for Adolescents at Boarding School: A Systematic Review of Literature**

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**ABSTRACT**

The success of education in boarding schools encounters various obstacles that become a challenge to find a solution. Meanwhile, teenagers in boarding school tend to tell more about the problems they experienced with their peers compared to their caregivers. Therefore, this study aims to understand the effectiveness of peer support interventions in overcoming the psychological problems of adolescents at boarding schools and the factors that influence them. The Springer Link, Taylor and Francis, Sage Pub, Emerald and Sciences Direct databases were searched to identify articles published between 2017-2021 with the keywords "peer support" OR "peer counseling" OR "peer counselor" for adolescents. A total of 10 journal articles were selected after the inclusion and exclusion criteria were implemented. Peer support intervention effectively overcome adolescent psychological problems at boarding schools such as self-esteem, happiness, self-control, anxiety and mental health in adolescents. Peer support interventions also positively affect the mental health of adolescents and patients undergoing treatment. Factors contributing to peer support are psychosocial pressure, self-confidence, social trust, self-esteem, self-control, presence and mastery of skills and support from stakeholders. Peer support makes a significant contribution in overcoming the psychological problems of teenagers in boarding schools.

**Keywords:** *Peer Support, Adolescent*

ID 095

**Self-Esteem in Terms of Self-Compassion and Humility of High School Students: A Correlational Study**

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**ABSTRACT**

Adolescence passes through various aspects, including psychological and personality milestones, one of which is self-compassion. In addition, adolescents are also in the stage of developing self-esteem related to personal and interpersonal aspects. It is an essential part of the study for school counsellors to understand the characteristics of students in order to be able to increase their self-esteem and be able to develop interpersonal and intrapersonal aspects. This study aims to determine the relationship between self-esteem, self-compassion and humility in high school students in Semarang, Indonesia. This study involved 732 female and male students aged 15-17 actively attending school. The instruments used are the Rosenberg Self-esteem Scale and the humility scale. This research was conducted by accessing online research instruments given by researchers to students. The results showed a relationship between self-esteem, self-compassion and humility ( $p < 0.05$ ), with the influence of self-compassion and humility of 16.1% on self-esteem and 83.9% influenced by other factors. The study's limitations and recommendations for further research are also discussed in this article.

**Keywords:** *Self-Esteem, Self-Compassion, Humility*



ID 096

## Counseling Services in The Development of Children with Special Needs

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### ABSTRACT

Children with special needs are children who need special guidance to be able to develop themselves. Counseling services are provided to improve children's self-development in learning related to cognitive, affective, and psychomotor. The research was conducted to increase the confidence of parents in educating their children, so that children receive proper education like other normal children. The research method used is a qualitative method, in which researchers conduct discussions with parents, participate in children's activities at school with teachers, through research conducted for 2 semesters. Counseling services are provided to children with learning and playing methods to help children from the cognitive, affective, and psychomotor aspects. Respondents of this study with Attention Difficrit Hyperactivity Disorder (ADHD) syndrome aged 5 years. Data analysis uses a coding system for cognitive, affective, and motor development. The results showed that counseling services for children with needs have the power to bring children to experience significant growth or self-development in cognitive, affective, and psychomotor development. In this study, teachers who teach children with special needs can learn how to improve children's self-development, in the cognitive, affective, and psychomotor fields.

**Keywords:** *Counseling Services, Children with Special Needs, ADHD Syndrome, Improving Self-Development*

**ID 098**

**Approach of Self-Control Therapy Based on The Arabic Terms of ‘Maqasid Syariah’  
Towards the Views of Malaysian Students Falling in Love and Having Suicidal  
Thoughts**

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**ABSTRACT**

This article aimed to investigate three (3) objectives, there were five (5) participants involved in present study. The qualitative approach employed by the researchers for the present study via interview protocols. The finding indicated that in ‘Finding 1’ that most individuals preferred that family and friends are closer than anyone else. This relationship could allow seeking help for their problem. Participants 2, 3 and 4 revealed suicides will bring sadness to beloved families. These preferences indicated that family or somebody closer influenced daily life. Lastly, regarding ‘Finding 3’ this finding is that love is also considered a big factor in connecting either family or close friends to seek guidance or advice from suicide or negative attitude. The present study encourages that the individuals’ relationship such as relationship factors such as, beloved family and friends around us influence as control- self therapy to avoid suicidal thoughts from appearing among individuals. A few of them, prefer the religious belief as other factors that influenced them in this kind of situation. Therefore, suicide prevention begins with identifying the notice symptoms and bringing them enormously to a doctor or a psychologist.

**Keywords:** *Approach, relationships, self- control therapy, students, suicide.*

**ID 099**

**The Model of Implicit Integration of Spiritual and Religious Approaches  
in Counselling**

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**ABSTRACT**

Spirituality and religion are culturally significant components that must be considered when conducting counselling sessions. However, little emphasis has been paid in the literature on implicit spiritual counselling to the inclination of counsellors to integrate spiritual and religious elements into counselling sessions. Hence, this qualitative case study explores how counsellors integrate spirituality and religion implicitly. This study involved in-depth interviews with 13 counsellors from three distinct counselling institutions. Using thematic analysis, the data was analysed. Intra-counsellor and inter-client strategies emerged as the primary themes of strategy. Three subthemes arose from the intra-counsellor themes: seeking Allah's guidance and direction; religious empathy; and cultivating compassion. Inter-client strategy emerged as a subtheme to emphasise the present. Findings indicate that when providing services, counsellors consider the client's best interests foremost. Thus, this study was successful in promoting a model of implicit integration that adds value to spiritual counselling. Additional research is advised to strengthen a counsellor's understanding of how to appropriately integrate spiritual and religious approaches.

**Keywords:** spiritual and religious; spiritual counselling; implicit integration; spirituality; integration strategy

ID 101

## Kesan Modul Pendekatan Rasional Emotif Tingkah Laku Integrasi Spiritual ke Atas Kebimbangan Pelajar Maktab Rendah Sains MARA

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### ABSTRAK

Kajian ini bertujuan untuk mengenalpasti kesan Modul Pendekatan Rasional Emotif Tingkah Laku (MREBTIS) ke atas kebimbangan pelajar Tingkatan Empat di Maktab Rendah Sains MARA (MRSM). Reka bentuk kuasi eksperimen digunakan dan seramai 30 orang pelajar Tingkatan Empat MRSM di Negeri Pahang telah dipilih secara persampelan bertujuan. 15 orang pelajar dibahagikan kepada kumpulan rawatan dan menerima rawatan MREBTIS selama sembilan minggu, manakala 15 orang pelajar merupakan kumpulan kawalan dan tidak menerima sebarang intervensi. Soal Selidik Kebimbangan Pelajar Edisi Maktab Rendah Sains MARA (SSKP-e-MRSM) digunakan untuk mengukur kebimbangan pelajar. Dapatan kajian menunjukkan terdapat perbezaan yang signifikan skor kebimbangan ujian pasca antara kumpulan rawatan dan kumpulan kawalan. Dapatan kajian juga menunjukkan terdapat perbezaan yang signifikan skor tahap kebimbangan dan skor sub skala kebimbangan (jenis-jenis kebimbangan dan teknik mengurus kebimbangan) ujian pra dan ujian pasca kumpulan rawatan. Kesimpulannya, MREBTIS boleh digunakan sebagai modul bagi mengurangkan kebimbangan dalam kalangan pelajar MRSM. Kajian ini turut menyumbang kepada perkembangan ilmu perkhidmatan bimbingan dan kaunseling berintegrasikan spiritual dan agama.

**Keywords:** *Modul, REBT, kebimbangan, integrase*

**ID 102**

**D.A.M.E.S Approach in Supervising Final Year Project and Ensuring Degree Completion Among Extended Undergraduate Students**

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**ABSTRACT**

In the COVID-ridden world, university students had to abruptly accustomed themselves to online distance learning, missing out the norm of face-to-face interactions with lecturers and peers. This is particularly challenging for extended undergraduate students who failed to complete their degree due incomplete final year project. Failure to graduate on time contributes to the issue of student attrition, causing extra monetary, time and employability costs to students, parents and university. Supervising these students posed multiple challenges: guidance cannot be face-to-face due to distance learning, students faced various life issues, and students had fragile motivation due to not successfully graduating on time (GOT) with their peers. Thus, including counselling approach was critical to help them manage with their personal issues. Thirteen extended undergraduate students agreed to be in the “Let’s Graduate” project specifically designed for students who did not finish a four-year undergraduate degree due to incomplete final year project. The D.A.M.E.S approach which integrates elements of differentiated pedagogy, affective show of care using the three core counselling conditions, motivation, engagement and scaffolding was used to ensure students received academic guidance as well as emotional support. At the end of the semester, twelve of the students successfully submitted their written work, enabling them to finally graduate and move on with their lives. It can be concluded that certain students do face difficult life challenges that block their progress, thus requiring extra assistance and understanding from lecturers and supervisors. It is recommended that lecturers and supervisors acquire basic counselling knowledge in helping at-risk students to function cognitively and emotionally within the co-existing but dichotomous states of isolation and togetherness. University must provide guidance and support services to undergraduate students to assist them with achieving their academic goals and staying on track until they graduate.

**Keywords:** *D.A.M.E.S, university students, counselling approach*

**ID 103**

**The Fuzzy Delphi Method: Content Validity of Teachers' Psychological Well-Being  
Instruments in School Organizations**

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**ABSTRACT**

The content validity of the instrument is important to ensure that the constructed items are able to measure what are supposed to measure and to discuss the extent to which the items represent the intended content. The purpose of the study is to test the validity of the content of the Instrument of Psychological Well-Being of Teachers in School Organizations or known by researchers as the Instrument of Organization of Well-Being Schools (i-OS) by using the Fuzzy Delphi Method analysis. At the development stage, i-OS items consist of 155 items built on four main constructs, that is Teacher Job Demands, Teacher Job Resources at School, Teacher Personal Resources, and Teacher Holistic Organizational Well-Being. The research design is a quantitative survey method using the i-OS questionnaire that has been distributed to 12 expert panels. Each expert has to determine the level of importance and appropriateness of each item by using a 5-point Likert scale against the four constructs for each item. Data was analyzed using Fuzzy triangle numbering. The findings of the study show expert consensus on items in four main constructs. The findings also show that 130 items were accepted and passed three or two Fuzzy conditions, that is the threshold value ( $d$ ) not exceeding or equal to 0.2, the percentage of expert agreement exceeding or equal to 75% and the Defuzzification value ( $\alpha$  cut) exceeding or equal to 0.5. In addition, there are eight items out of 125 items that only comply with 2 Fuzzy conditions and are accepted with item refinement based on expert recommendations. The implication of this study is to be able to contribute to the field of psychological testing and measurement and counseling as well as provide recommendations for further studies to ensure the construct validity and reliability of this instrument by using a new approach which is Item Response Theory.

**Keywords:** *content validity; fuzzy Delphi method; instrument development; psychological well-being; school organization*

**ID 104**

**Novice Learners' Hardiness**

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**ABSTRACT**

Hardiness is indispensable for novice learners when heading towards independent education in educational institutions. Adults (parents and teachers) have the responsibility of guiding in shaping and exemplifying Hardiness for novice learners. This research aims to describe novice learners profiles and how their profiles develop into Hardiness. This research used qualitative methods with a phenomenological approach. Targeted novice learners, parents, and teachers with data collection methods through observation, documents and interviews. The results revealed that the profiles of novice learners who have Hardiness demonstrate clarity of self-identity and family, friends with positive influences, clearly stated and enthusiastic objectives, educational plans, contentment of elementary school learning, active, cooperative, discipline and tidiness as novice learners. The fostering of Hardiness carried out by parents and teachers among others parents monitoring the academic and non-academic development of novice learners at school, communicative attention within the family, persuasive teachers for novice learning activities, foster a competitive spirit, and proportional recognition of student achievement. The implication of this study is that novice learners need exemplary and external support that motivates achievement, toughness in all potentials (physical, psychic, social and spiritual) that novice learners have becomes a prediction of success in many aspects mastered since elementary school.

**Key Words:** *Novice Learners, Adults, Hardiness, Education*

**ID 106**

**The Relationship between Resilience and Self Control among Rehabilitated Addicts**

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**ABSTRACT**

The aim of this preliminary study is to examine the relationship between resilience and self-control among rehabilitated addicts via the five elements of resilience which are basics, belonging, learning, coping and core self. The number of sample was 113 rehabilitated addicts and aged between 18 - 66 years old. Resilience Assessment Tool – 43 (RAT-43) by Madihie et al. (2019) and Brief Self Control Scale (BSCS) by Tangney et al. (2004) were carried out using online Google Form. Results showed that there are significant relationships between resilience and self-control in the form of basics, belonging and core self, where the null hypothesis is being rejected. There is no significant relationship between resilience and self-control in the form of learning and coping, where null hypothesis is accepted. These findings can be used to design effective counselling interventions within relapse prevention initiatives as well as to promote resilience for rehabilitated addicts. Future research could conduct study on creating a resilience model for rehabilitated addicts which can lead to new contribution to the resilience therapy research.

**Keywords:** *Rehabilitated Addicts, Resilience, Self-Control*



**ID 107**

**Use of Teen Islamic Personality Questionnaire in Counselor Assessment During Group Counseling Sessions**

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**ABSTRACT**

Working parents feel more stressed about the development of their teenage children. They also do not have much time to communicate with their teenage children. Parents are aware of the challenges they will face as they look at the changing behavior of teenagers who often protest with instruction, teenagers no longer listen to advice from parents, teenagers often come home late at night and some even get disciplinary action from the school for skipping school and many else. Parents are shackled and looking for a cause to save the teenager's condition from worsening again, but sometimes the stressful situation causes parents to lose their way and not know what to do first. Therefore, the researchers have prepared a paper discussing the use of questionnaires to measure the level of Islamic personality of adolescents. The teen Islamic personality questionnaire is used because the questionnaire is simple and appropriate according to the teenager's general ability. The items in this questionnaire are divided into three dimensions: the strengthening of faith, righteous deeds, and noble morals. This questionnaire covers the relationship of adolescents with God Almighty and the relationship of adolescents with humans. The data obtained from the answers of adolescents are as information to parents as well as teachers. From this information, parents can decide whether this teenager needs to be helped or not. In this paper, we noted the effectiveness of counseling interventions, especially group counseling to help adolescents who fail to meet the proper level of Islamic personality.

**Keywords:** *Parents, teenagers, questionnaires, group counselling*

**ID 108**

**Relationship between Personality Traits and Suicidal Ideation among Malaysian Adolescents**

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**ABSTRACT**

Suicide rates in Malaysia is alarming as according to the World Health Organization (WHO), Malaysia recorded an average of 5 deaths per day in 2019. Suicidal thoughts could lead to suicidal behaviour; hence factors of ideation should be identified. This study investigated the relationship between personality traits and suicidal ideation among Malaysian adolescents. Participants consist of 132 adolescents, age between 16 to 18 years old, and were randomly selected for this study. Two instruments were used, namely Big Five Inventory-44 (BFI-44) to determine the personality traits, and Revised- Suicidal Ideation Scale (SIS) to measure the level of suicidal ideation. The data was analysed using the Pearson Correlation in Statistical Package for the Social Sciences (SPSS). Findings indicated that neuroticism and openness traits have significant relationships with suicidal ideation, while conscientiousness, extraversion, and agreeableness traits showed insignificant relationship. The findings of this study are able to expand literatures related to suicide ideation among Malaysian adolescents. Moreover, with these findings, counsellors could take personality qualities into consideration when developing suicide prevention strategies. By examining client concerns from the perspective of personality development, counsellors and other helping professionals can refer to personality theories to develop suitable interventions for adolescents.

**Keywords:** *Personality type, suicidal ideation, suicidal, adolescents counselling.*

**ID 109**

**A Conceptual Review on Associated Factors with Employee Emotional Health Effects  
During Work from Home**

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**ABSTRACT**

The world has changed dramatically since a rare disaster, the COVID-19 coronavirus pandemic, has resulted in the tragic loss of a large number of human lives globally. Following government directives, during the period of closure and movement control, most institutions instruct their employees to "Work From Home (WFH)". Drawing upon the role theory, this study aims to investigate the associated factors (job demands and work family conflict) with employee emotional health effects (depression and emotional exhaustion) during working from home. A quantitative research design will involve a questionnaire distribution among women employees who are WFH. It is expected that the finding of this research provides a significant contribution to the corpus of literature concerning factors related to emotional health effects of women employees. In addition, the findings will be a future intervention direction for the counsellor to deal with especially in the new norm of WFH implementation.

**Keywords:** *employee, emotional, health, work from home*

**ID 110**

**Obstacles to Students' Educational and Occupational Aspirations**

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**ABSTRACT**

Educational and occupational aspirations play an important role in realising an individual's wishes and influence one's future educational and occupational attainment. However, students may face challenges in realising their aspirations. This study aimed at exploring the obstacles that impede students' achievement of their educational and occupational aspirations. Qualitative method by means of semi-structured interview was used to gather data through focus-group interviews (an extension of a quantitative study) with 10 groups of Year 11 upgraders and Lower Six students (equivalent Year 12). In addition, individual interviews with 10 parents/guardians were also utilised to elicit information regarding students' obstacles to achieving their children's aspirations. Results show that students faced some obstacles that impede the achievement of their educational and occupational aspirations that include financial constraints, English language proficiency, fear of failure, and lack of information regarding educational and occupational options. Findings of this study provides implications for policy makers, school counsellors, parents, teachers in tackling the discussed obstacles, so as to allow students in achieving their aspirations.

**Keyword:** *Educational Aspiration, Occupational Aspiration, Obstacles, Counsellors, Counselling*

ID 111

**Effectiveness of Cognitive and Humanistic Counselling Approaches among Adolescents  
with Problematic Social Media Use**

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**ABSTRACT**

Spending too much time on social media leads to problematic social media use. This issue has become more prominent in our community as well as among adolescents. This study aims to examine the effectiveness of different approaches in counselling toward problematic social media use. Psychological well-being and social anxiety act as the mediator of problematic social media use also tested as dependent variables. True experimental research will be conducted among adolescents between the age of 10-12. The data will be analysed by the MANOVA test using the SPSS application. The results of the study may contribute to the counselling profession in the prevention of the excessive use of social media become severe.

**Keywords:** *Problematic social media use; cognitive approach; humanistic approach; psychological well-being; social anxiety*

**ID 112**

**The Challenges and Lives of Individual Diagnosed with Depressive Disorder Case Studies**

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**ABSTRACT**

This study aimed to examine the challenges and lives of individuals diagnosed with depressive disorder. In addition, researchers also want to explore the early experiences of individuals who contribute towards depression as well as explore the reactions of the surrounding community to the problem of depression. Next, this study also aimed to identify challenges in coping with relapsed symptoms of depression and understand coping strategies for looking at clients daily functioning. The selected sample is a total of 4 students of Sultan Idris University of Education. The sampling procedure used was purposive sampling. The design of this study was a case study. Social constructivism was chosen as the research paradigm to explore the phenomenon based on the context of the respondents. This study uses a semi-structured interview method for data collection. Data were analyzed using case study qualitative analysis methods. The findings of the study have produced 14 themes that answer the objectives. Examples of themes found in the study findings are the dynamics of relationships in the family, bitter childhood experiences, interpersonal relationships with family and friends, peer acceptance of depression, societal stigma of mental health problems, client support systems, medicine side effects, individual self-dysfunction, uncomfortable professional treatment, getting stimuli from outside (Triggered), self-acceptance, increased social activity and focusing on the positive. This study provides a comprehensive picture to parents, counselors, schools, the Ministry of Women, Family and Community Development and Ministry of Higher Education in handling issues involved with mental health issues. Mental health is an importance that must be taken care of to produce a harmonious and mentally well human being.

**ID 113**

**The Effect of Emotional Intelligence (EI) Intervention towards Emotional Intelligence, Job Satisfaction and Organizational Commitment among Military Officers in Malaysia**

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**ABSTRACT**

Emotional intelligence (EI) is a significant element and has often been related to improvements in emotional wellbeing, thus will increase job satisfaction and organizational commitment among individuals. Although EI has been widely used and studied on other settings especially educational context, there has been limited use on military personnel and settings whereas the wellbeing of military settings is one of the most important things to be taken care of due to the safety of the country. Therefore, this study investigated the effect of Emotional Intelligence intervention towards the level of emotional intelligence, job satisfaction and organizational commitment among military officers. The purpose of the study is to look at the effects of EI intervention by comparing treatment group to control group by utilizing a pre-test post-test control treatment group experimental design. A number of 67 Royal Malaysian Navy (RMN) officers serving on board ships in Perak Naval base in Malaysia was chosen randomly. The EI Intervention consisted of ten psychoeducational group sessions is given to the treatment group in six-month intervention. Descriptive and inferential analysis were used to analyse the data. The effect of the intervention was assessed by the mean scores of the Schutte Self-Report Inventory (SSRI), Job Satisfaction Survey (JSS) and Organizational Commitment Questionnaire (OCQ). Findings showed that EI intervention has significant effect on the level of EI, job satisfaction and organizational commitment among the treatment group at a significance level of .05 ( $p < .05$ ). Moreover, the subject's view on the intervention showed that the intervention helped in increasing their awareness on EI, regulate their emotions and learn to better understand others' feelings.

**Keywords:** *Emotional intelligence (EI); intervention; Malaysia military officers*

**ID 114**

**A Talk on the Mental Health Situation in Myanmar: Why Person Centered Therapy Works Well in the Myanmar culture.**

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**ABSTRACT**

The founder of Counselling Corner Myanmar got interested in person-centred therapy as developed by Carl Rogers at Western Sydney University as it fits in the modern Myanmar society. Person-centred therapy is a non-directive form of talk therapy that emphasises on positive unconditional regard. Myanmar today, is comparable to the US in the 40's (poverty, war and crisis). Besides that, the Myanmar society is top to bottom hierarchy few senior people listen with attention in a non-judgmental and safe environment. Therefore Myanmar clients react very well to person-centered therapy; there is finally somebody who listens and encourages clients to talk. Myanmar people are living in very challenging situations due to Covid, Coup d'état and the ongoing violence and the economic situation. Counselling services are almost non-existent and mental health care traditional. The emotional workshops given by Counselling Corner to over 5000 people are based on the principles of Carl Rogers and work excellent in a group session (online or face-to-face). Through clinical counselling, training, advocacy, research and preventive workshops the aim of Counselling Corner is to improve the mental health situation for 54 million people in Myanmar

**Keywords:** Myanmar, Carl Rogers, Counselling Corner, Mental health situation, Myanmar



**ID 115**

**Structural Equation Model Counseling Self-Efficacy Counselors**

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**ABSTRACT**

Counseling self-efficacy is an individual's belief in the ability to conduct counseling effectively and is also one of the capital for the success of counseling services. However, the importance of counseling self-efficacy has not been realized by school counselors when providing counseling. The purpose of this study was to analyze and test empirically the theoretical counseling self-efficacy model and the influence of emotional intelligence, basic counseling skills, work saturation, cultural skills and school climate on school counselors' self-efficacy counseling. The research method was carried out with a causal design relationship study of 250 school counselors throughout Malang Indonesia. Data analysis techniques used structural equal model (SEM), with calculations using AMOS software program version 24. The results of the study show that the theoretical model that was built has been fit.

**Keywords:** *counseling self-efficacy, emotional intelligence, basic counseling skill, work saturation, cultural skill, school climate, social cognitive theory, SEM*

**ID 116**

**Relationship between Leisure and Happiness at Work among TVET Instructors**

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**ABSTRACT**

Various scholars have investigated the origins and linkages of workplace happiness. However, little is known regarding the relationship between Leisure Satisfaction, Leisure Attitude, and Leisure Motivation in the context of Happiness at Workplace (HAW) among Malaysians' TVET instructors. The purpose of the study is to investigate the relationship of leisure activities and happiness at work among TVET instructors in Sarawak. The study utilizes a survey approach employing a set of standardized questionnaires via Google Form. The sample comprises 122 respondents from a Public TVET institution in Sarawak, Malaysia. Data were analyzed using IBM SPSS Ver 26.0, employing Pearson correlation and multiple regression. Correlation studies revealed that all the components Leisure Satisfaction and Leisure Attitude are positively correlated with Happiness at Workplace. The higher Leisure Satisfaction and attitude will increase the Happiness at Workplace of TVET instructors. The findings revealed that leisure satisfaction have the significant contribution to happiness at work among instructors. The findings enable the organization to broaden their perspective and serve as a reminder that supporting and encouraging leisure activities of their instructors in the workplace can result in Happiness at Workplace.

**Keywords:** *Happiness at Work, Leisure Satisfaction, Leisure Attitude, Leisure Motivation, TVET*

ID 117

**The Importance of Religion in Predicting Marital Satisfaction among Malay Muslim Couples in Malaysia**

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**ABSTRACT**

Relationship standards are the belief about what is important in a couple and they might differ cross-culturally. This study examined four standards (the importance of Couple Bond, Family Responsibility, Relationship Effort, and Religion) in Malay Muslim couples and the association of endorsement of those standards with marital satisfaction. An online survey of 113 Malay couples found they endorsed the relationship standards of the importance of religion in marriage most strongly of the four assessed standards, and there were minimal sex differences in standards. An actor-partner interdependence model (APIM) analysis showed actor effects of male standards on male satisfaction, partner effects of male standards on female satisfaction, and actor effects of female standards on female satisfaction, but no partner effects of female standards on male satisfaction. The religion standard was the strongest predictor of marital satisfaction when all standards were entered into a single APIM. Joint Religious Activities partially mediated the relationship between the religion standard and satisfaction. The findings underscore the centrality of religion in Malay Muslim marriages and suggest attention to the adaptive functions of religion in marriage needs to be part of couple therapy among religious couples.

**Keywords:** *Malay muslim, Marital satisfaction, Online survey*

ID 118

## **Keberkesanan Program Intervensi Kecerdasan Emosi (PIKE) dalam Mengurangkan Tahap Agresif Banduan**

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### **ABSTRAK**

Tujuan kajian ini adalah untuk menilai keberkesanan Program Intervensi Kecerdasan Emosi (PIKE) dalam mengurangkan tahap agresif banduan. Tahap agresif banduan adalah disebabkan kelemahan dalam mengawal emosi negatif dan mekanisma pengawalan emosi yang tidak tepat. PIKE dibangunkan dengan menggunakan kerangka kerja kecerdasan emosi Mayer dan Salovey berdasarkan perspektif kemahiran. Kajian ini dijalankan melibatkan 120 orang banduan di sebuah penjara di Malaysia menggunakan kaedah eksperimental. Banduan dipilih secara rawak mudah dan diasingkan kepada kumpulan eksperimental dan kumpulan kawalan. Banduan kumpulan eksperimental menjalai semua program PIKE selama empat minggu, manakala banduan kumpulan kawalan menjalani modul pemulihan penjara yang lain. Banduan menjawab instrument agresiveness questionnaire yang diadaptasi kepada norma penjara. Alpha cronbach instrument adalah .81 dan sesuai dijalankan kepada banduan. Dapatan kajian menunjukkan perbezaan signifikan terhadap tahap agresif banduan sebelum dan selepas menjalni PIKE. Dapatan kajian juga menunjukkan perbezaan signifikan terhadap tahap agresif kumpulan eksperimental dan kumpulan kawalan. Banduan yang menjalani PIKE dilihat mempunyai penurunan daripada keempat-empat konstruk tahap agresif dan tahap agresif secara keseluruhannya berbanding kumpulan rawatan. Secara keseluruhannya, PIKE dilihat berpotensi dalam dijadikan salah satu program dalam pemulihan banduan.

**Kata kunci:** Kecerdasan Emosi, Banduan, Pemulihan, Modul, Latihan, Agresif

ID 119

**Group Guidance Using Reality Counseling Approach to Improve Social Cohesion in Preventing Student Brawls**

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**ABSTRACT**

This study aims to determine the effectiveness of the implementation of group counseling services using a reality counseling approach to improve social cohesion in preventing student brawls. Two groups of students in class XI SMK N 8 Kota Padang have been selected using random cluster sampling. Each group consists of 15 students. The type of study was experimental research with the control group Quasy-Experiment design. The sample of this research was Vocational High School (SMK) students selected using random cluster sampling. The used instrument was a social cohesion Likert-scale questionnaire in preventing brawls. The data were analyzed using the Wilcoxon Signed Ranks Test and the Statistical Product and Service Solution (SPSS) version 20.00. The results showed that in the experimental group before being given group guidance services using the reality counseling approach, the average pre-test score was 138,6, and after being given group guidance services, the average post-test score increased to 187,33. However, in the control group, the pre-test score was 134,4, and after being given guidance services, the group's average post-test score increased to 136,4. Thus, the study results could be stated that "there are significant differences in students' social cohesion between the experimental and control groups.

**Keywords:** *Group counseling; Reality Counseling; Social Cohesion; Student Brawl*

**ID 120**

**Sandtray Therapy Adler for Children Abuse and Neglect among Young Girls: A Case Study**

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**ABSTRACT**

The purpose of this research is to observe and explore the use of Sandtray Therapy Adler as therapeutic in a counseling session to help children of abuse and neglect express their emotions, cognition, and behavior. This case study was held at a government shelter home in Malaysia. A total of 3 participants aged 13 to 18 years old were involved in the individual session and have experienced abuse physical, abuse sexually, abuse of emotion, and neglect by their close family members. The data collection and analysis information was collected from counseling sessions with the participants' sandtray therapy. The counseling session was audio-taped and transcribed for data analysis. The coding procedures are mainly open, axial, and selective to exact and organize developing themes and therapeutic in counseling. The results of the counseling session were then organized and analyzed by using Nvivo version 12 to construct themes and therapeutic of sandtray therapy. Significant themes regarding the participants' responses to sandtray therapy were reported and discussed. The findings show Sandtray Therapy Adler helps clients deal with feelings of frustration and low self-esteem, build new goals and change wrong motivations.

**Keywords:** *Sandtray Therapy Adler, Children Abuse, Neglect*

**ID 121**

**Leadership Competencies for Crisis Management: Insights from Retail Leaders During  
Pandemic Covid-19**

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**ABSTRACT**

The retail sector is one of the most impacted during the COVID-19 pandemic, however, there is less understanding on the role of retail leaders in business sustainability during lockdown. This chapter presents the findings of nine in-depth interviews of small to mid-sized retail leaders in Sarawak, Malaysia on their business strategies and competencies that helped them overcome their challenges in their respective organizations. Findings from the study show the importance of crisis preparedness and crisis management for retailers. Competencies such as crisis planning and readiness, sense-making, strategic planning, problem solving and decision making, crisis communication, self-management, resiliency and learning ability are suggested as crucial to small retailers. From an HRD perspective, educators, policy makers and related trade associations need to work together with retailers to address retailer development needs.

ID 122

**Sarawak Technical and Vocational Educational Training Instructors: The Pursuit of Happiness and Psychological Detachment Across the Sarawak Region**

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**ABSTRACT**

The study aims to identify the relationship between psychological detachment (i.e., relaxation, mastery, and control of experience) and happiness in the workplace among Technical and Vocational Education Training (TVET) instructors from various TVET institutions across the Sarawak region. Electronic survey was completed by 122 TVET instructors. Pearson correlation coefficient analysis was used, and overall, the findings showed that the TVET instructors' psychological detachment had a significant relationship with their happiness in the workplace. Multiple linear regression was used to further examine the associations between the predictor and outcome variables, with control of experience mostly contributed to the TVET instructors' happiness in the workplace. Thus, it is suggested that TVET institution should strategically creating leisure areas at the workplace for the instructors to relax during their off-work hours, provide skills training, and allow them to have control over own leisure time can increase their happiness in the workplace.



**ID 123**

**Factors Influencing Early Retirement: Am I Ready?**

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**ABSTRACT**

This study applies the main issues identified to influence early retirement and a decision-making process leading from retirement thoughts to retirement plans and from retirement plans to actual retirement. Early retirement plans are highly personalized decision, and it is an individual's opinion on their short term or long-term plan and need to be regarded distinctive. Early retirement can be thought to represent the effect of unobservable characteristics on retirement, such as preference and motivation. Several key factors are associated with early retirement such as excessive physical and psychosocial work demands and poor wellbeing. In addition to the factors such as financial, social issues, work related elements and health has a pronounced effect towards early retirement. The most important way for organizations to extend working lives is to look after the health of their employees. Giving the workers an increased sense of control and lowering job demands helps to prevent early retirement. Supporting employees in their working period need to be gradually reviewed and studied taking into account the inflation rate especially during the COVID-19 pandemic.

**ID 124**

**Teaching and Learning During Covid-19 Crisis: Challenges, Opportunities and the  
Way Forward**

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**ABSTRACT**

The COVID-19 pandemic as a big crisis in quarter one of 21 century has created unprecedented challenges to the all sectors of life. The COVID-19 pandemic has exposed gaps in the digital infrastructure and network performance as internet usage rises. In the education sector, the closure of many educational institutions had resulted in the disruption of face-to-face learning which significantly impacted the majority of students. While it is obvious that online learning provides many advantages like easy access, unlimited access to resources, flexibility in learning and easy collaboration, lack of infrastructure had caused a serious setback to the core principles of traditional pedagogy such as learner interaction, access to study materials, attentional skills, regularity, time management, and assessment. Although online learning faces many issues and challenges among stakeholders, especially students and educators, it also serves as a great alternative for the spread of knowledge and represents a significant benefit when distance is no longer a barrier. COVID-19 pandemic in particular has brought online learning to a new level where its adoption within the education world was not an optional but mandatory for the survival of our new generation. Therefore, it is crucial in the post-pandemic era to integrate the traditional pedagogy approach and blend it with online learning in order to establish a resilient education system capable of fulfilling the demand of all stakeholders.

**ID 125**

**Enjoyable Workplace and Organisational Excellent. Is Covid-19 Matters?**

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**ABSTRACT**

Having an enjoyable workplace is important for employees to help them be more motivated and increase their performance better at work. An enjoyable workplace would also help the employees in reducing their stress level and they can have more fun at work. Having a pleasurable time at work also helps increase the productivity of the employees. Organizational excellence in this study is the perception of the employees on their organization. Thus, this study is aimed to understand the factors of enjoyable workplace for the employees and its correlation with organizational excellence within the context of Covid-19 situation. This study involved the employees to answer a set of questionnaires and participate in the Focus Group Discussion (FGD) with the researchers. Out of the 103 employees, 46 respondents were recorded from the questionnaires, and 49 informants were recorded for the FGD session. From the findings, it can be found that there is a significant positive relationship between enjoyable workplace and organizational excellence. The main factors were also found in this study, in which the factors of enjoyable workplace are relationship with colleagues, experience, work environment, and rewards/recognition. The strategies to improve fun at work are also discussed in this study. The strategies are important as they are based on the discussions done with the employees themselves. Some of the strategies include improvements on work design and having courses and trainings. These findings can help carry out the voices of the employees in order to enhance the level of happiness at work as well as promote improvement to the organization. Is covid-19 matters? Findings show that employees keep looking forward to delivers the best of their job and responsibilities at work. Covid-19, without denied, limits their movement and communication activities but generally they can accept is as challenges need to be handle wisely.

**ID 126**

**Pembelajaran Atas Talian: Motivasi Akademik dalam Kalangan Pelajar Tahun Satu di  
Universiti**

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**ABSTRAK**

Wabak COVID-19 telah memberi kesan besar bukan sahaja kepada ekonomi malah emosi dan psikologi kepada semua lapisan masyarakat di seluruh dunia. Pelajar universiti, khususnya, turut dilaporkan mengalami kesan psikologi apabila terpaksa melalui pembelajaran dalam talian akibat pandemik COVID-19. Maka, tujuan kajian ini dijalankan adalah untuk memahami motivasi akademik, sama ada intrinsik mahupun ekstrinsik di kalangan para pelajar tahun satu yang terpaksa mengikuti sesi pembelajaran dalam talian sepenuhnya sepanjang tempoh Perintah Kawalan Pergerakan (PKP). Seramai 159 orang pelajar tahun satu dari Fakulti Sains Kognitif dan Pembangunan Manusia (FSKPM), Universiti Malaysia Sarawak (UNIMAS) telah mengisi penilaian “Academic Motivation Scale” (Wabash National Study Instruments, 2020) menerusi Google Form secara dalam talian. Secara ringkasnya, hasil kajian ini mendapati bahawa para pelajar mempunyai motivasi intrinsik dan ekstrinsik yang tinggi walaupun ia merupakan satu pengalaman yang baru bagi mereka. Namun begitu, pengalaman akademik yang kurang menyeronokkan turut mempengaruhi motivasi akademik pelajar. Perbincangan dan cadangan penambahbaikan bagi mengatasi isu ini turut dijelaskan di akhir kajian ini.

**ID 127**

**Pembelajaran Atas Talian: Kesan Psikologi dalam Kalangan Pelajar Tahun Satu di  
Universiti**

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**ABSTRAK**

Penularan wabak COVID-19 ke seluruh dunia telah memberi kesan besar terhadap gaya hidup masyarakat. Wabak ini mempengaruhi ketidakstabilan kesejahteraan psikologi manusia dari segi kebimbangan, kemurungan dan tekanan. Antara kelompok yang terkesan ialah para pelajar di institusi pengajian tinggi yang perlu belajar secara dalam talian. Oleh itu, kajian ini dijalankan untuk meneroka hubungan faktor demografi dan tahap kesejahteraan psikologi (kemurungan, kebimbangan dan tekanan) dalam kalangan pelajar tahun pertama yang menjalani pengajaran dan pembelajaran dalam talian sepenuhnya semasa pandemik COVID-19. Seramai 242 orang pelajar tahun pertama, Fakulti Sains Kognitif dan Pembangunan Manusia, Universiti Malaysia Sarawak, telah mengisi borang soal selidik (Depression, Anxiety and Stress Scale, 21-item (DASS-21) yang diedarkan secara dalam talian. Secara umum, dapatan kajian mendapati pelajar universiti turut mengalami masalah kesejahteraan psikologi. Faktor jantina dan program pengajian dilihat menjadi penyumbang kuat terhadap aspek kebimbangan pelajar. Perincian dapatan dan perbincangan turut dinyatakan dalam kajian ini.

**ID 128**

**Kaunseling Krisis dan Ancaman Covid-19**

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**ABSTRAK**

COVID-19 telah memberi kesan yang pelbagai kepada masyarakat dunia, termasuk rakyat Malaysia. Antara isu yang dihadapi adalah seperti isu keluarga, ekonomi, sosial, pendidikan, dan kesihatan mental. Isu-isu ini dikendalikan daripada pelbagai pendekatan, antaranya adalah melalui kaunseling krisis. Bab ini membincangkan mengenai isu-isu yang dihadapi oleh rakyat Malaysia susulan pandemik COVID-19, dan bagaimana pendekatan kaunseling krisis boleh membantu meningkatkan kesejahteraan psikologi.

**ID 129**

**Quran Terapi Jiwa dalam Menghadapi Fasa Endemik Covid-19**

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**ABSTRAK**

Islam adalah 'addeen' atau agama yang syumul. Islam mengatur segala aspek kehidupan penganutnya. Hal ini termasuklah cara bagaimana menguruskan endamik COVID-19 yang masih belum berakhir. Banyak amalan keagamaan termasuk berkaitan dengan Al-Quran, dapat membantu kebuntuan manusia dengan kehidupan yang dihadapi. Malahan didapati, ramai saudara baru di luar sana, mendapat hidayah-Nya hanya dengan mendengar kalimah suci Al-Quran. Dengan membaca Al-Quran akan mendorong lahirnya ketaqwaan serta kesabaran yang mendatangkan kebahagiaan abadi dalam menghadapi segala bentuk cabaran dan segala bentuk ujian, sehingga menjadikan pendinding diri dan tenang jiwa. Diharapkan perkongsian ilmu ini sedikit sebanyak dapat ini memberikan manfaat kepada kita agar mampu menjadi lebih baik. Ini ditambah dengan cabaran COVID-19 yang masih belum tamat sepenuhnya. Semua diminta untuk berhati-hati dalam meneruskan kehidupan yang mencabar dengan pelbagai kejutan yang tidak dapat dijangka. Hubungi kaunselor terdekat untuk mendapatkan bantuan profesional untuk mendapatkan sokongan dan bantuan terutama berkaitan psikologi jika anda tidak dapat membendung jiwa dengan pelbagai permasalahan dalam hidup. Sayangi diri anda dan diharap endamik ini akan dapat memberikan lembaran baru yang lebih baik kepada kehidupan seluruh manusia di dunia.

**ID 130**

**Mendepani Cabaran Kerjaya Masa Kini**

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**ABSTRAK**

COVID-19 telah memberi impak ke atas lanskap pekerjaan sehingga isu pengangguran telah menjadi salah satu isu yang menjadi fokus untuk dikendalikan secara menyeluruh. Kesan isu ini bukan hanya memberi impak ke atas diri pekerja malah graduan dan bakal graduan turut terkesan secara langsung akibat penularan virus ini. Penggunaan teknologi secara optimum seperti urusan dalam talian dan melakukan pekerjaan yang diluar bidang pengajian di universiti antara perubahan lanskap kerjaya yang perlu dihadapi oleh individu secara langsung. Kemampuan individu mengaplikasikan pengetahuan dan kemahiran seperti adaptasi kerjaya, memperkasakan konsep upskilling dan reskilling menjadi elemen penting yang perlu diaplikasikan dalam mendepani cabaran pekerjaan masa kini. Keadaan ini turut memperlihatkan kepentingan beberapa agensi dan organisasi seperti universiti dengan memperkasakan kurikulum semasa agar selari dengan keperluan industri. Sebagai tambahan, kemampuan universiti dan pemain industri mengoptimumkan kepakaran masing-masing menjadi salah satu pendekatan yang mampu memperkasakan graduan semasa.



**ID 131**

**Mendepani Fasa Endemik: Cabaran dan Kesiapsiagaan Kaunselor**

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**ABSTRAK**

Cabaran wabak COVID-19 telah membawa banyak perubahan kepada aspek-aspek kehidupan termasuk gaya hidup dan kerja. Profesion kaunseling turut berhadapan dengan cabaran-cabaran besar terutamanya dalam pengaplikasian perkhidmatan kepada klien. Peralihan ke fasa endemik memerlukan kaunselor untuk lebih bersedia bagi mengekalkan mutu perkhidmatan. Bab ini membincangkan mengenai cabaran-cabaran yang dihadapi oleh kaunselor sewaktu pandemik, dan langkah-langkah persediaan yang boleh diambil oleh kaunselor dalam mendepani fasa endemik.

**ID 132**

**Pendidikan Dan Latihan Kaunselor Kesan dari Pandemik Covid-19: Pengalaman Program Kaunseling, UNIMAS**

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**ABSTRAK**

Pandemik COVID-19 telah menyebabkan perubahan kepada senario pengajaran di Institusi Pengajian Tinggi. Program Kaunseling merupakan salah satu program yang terkesan dengan fenomena dan krisis pandemik COVID-19. Ini kerana, sebagai program yang perlu mematuhi peraturan yang ditetapkan oleh Lembaga Kaunselor, struktur pengajian sepanjang pandemik perlu mengikuti ketetapan yang ditetapkan oleh pihak Lembaga. Walau bagaimanapun pihak Program Kaunseling di UNIMAS perlu juga mematuhi peraturan dari masa ke semasa yang dikeluarkan oleh Majlis Keselamatan Dalam Negeri (MKN), Kementerian Kesihatan Malaysia (KKM), Kementerian Pengajian Tinggi (KPT), Jawatankuasa COVID-19 UNIMAS, dan juga Jawatankuasa Pengurusan Bencana Negeri (JPBNS) Sarawak. Penulisan ini akan memfokuskan kepada pengalaman program kaunseling dalam menyusun pendidikan dan latihan kaunselor dalam melalui fasa pandemik ini.

**ID 133**

**Aplikasi Keperluan Kaunseling Kesihatan di Malaysia Semasa Krisis**

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**ABSTRAK**

Keperluan perkembangan perkhidmatan kaunseling di Malaysia adalah seiring dengan fenomena yang berlaku dalam kalangan masyarakat. Kehidupan yang semakin kompleks menyebabkan timbulnya pelbagai isu dan masalah yang harus dihadapi oleh masyarakat terutama berkaitan dengan krisis kehidupan seperti masalah sosial, ekonomi, pendidikan dan kerjaya menyebabkan perkhidmatan kaunseling semakin diperlukan. Bermula dengan perkhidmatan kaunseling di sekolah yang hanya memfokuskan kepada bidang kerjaya dan isu pembelajaran kemudian perkhidmatan kaunseling komuniti diperkenalkan berikutan seringnya berlaku peristiwa tuntutan kerjaya semakin mencabar menyebabkan ramai yang menghadapi masalah kesihatan mental seperti tekanan di tempat kerja, masalah hubungan, masalah disiplin dan tidak produktif serta berprestasi rendah.

**ID 134**

**Pandemik Covid-19: Realiti Kegusaran Pekerja Berkaitan Jaminan dari Pekerjaan**

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**ABSTRAK**

Pandemik COVID-19 di Malaysia memberikan pelbagai impak yang besar terhadap kehidupan seharian masyarakat. Pandemik yang menular ini secara tidak langsung telah menjejaskan pelbagai sektor dari sudut kesihatan, keselamatan, ekonomi dan sosial. Wabak ini telah menimbulkan perasaan takut dan keresahan seluruh masyarakat dunia apabila hasil kajian mendapati bahawa wabak ini boleh berjangkit daripada seseorang individu ke individu lain dengan cepat melalui titisan cecair dan sentuhan. Pandemik COVID-19 telah banyak memberikan kesan kepada ekonomi Malaysia terutamanya dalam sektor pekerjaan dan kadar pengangguran juga telah menunjukkan trend peningkatan. Kesannya amat menyeluruh terhadap skala dan jenis pekerjaan serta tiada satu pun yang terkecuali. Terdapat perniagaan yang terpaksa ditutup atau diisytiharkan bankrap dan pelbagai jenis skim pemberhentian atau pembuangan pekerja terpaksa dijalankan. Ada juga sesetengah pekerja yang masih berjuang berhabis-habisan agar kekal dalam konteks perkhidmatan dan perniagaan yang mereka lakukan. Untuk itu kekuatan dari kepelbagaian kecerdasan adalah diperlukan. Pelbagai pihak berfikir secara serius dan mencari formula terbaik bagi membantu pekerja-pekerja yang terjejas disebabkan oleh pandemik COVID-19 ini.

**Penilaian Prestasi Pekerja Semasa Pandemik Covid-19: Cabaran Terhadap Pelaksanaan Perbincangan Prestasi dan Gagasan Penyelesaian**

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**ABSTRAK**

Penilaian prestasi merupakan salah satu proses yang penting dalam pengurusan sumber manusia. Antara tujuan utamanya ialah dari segi pentadbiran, pembangunan dan penghukuman. Pelaksanaan penilaian prestasi melalui perbincangan dan maklum balas prestasi perlu diteruskan walaupun dalam musibah COVID-19. Keseriusan wabak ini yang boleh memberi kesan buruk terhadap kesihatan pekerja telah menyebabkan pelaksanaan tugas dan tanggungjawab pekerja di tempat kerja terjejas teruk. Walau bagaimanapun, pelbagai usaha dan keputusan penting telah dilaksanakan oleh pihak kerajaan bagi mengurus situasi kritikal ini. Kerajaan telah meminta semua pihak pengurusan agensi sama ada kerajaan, swasta, badan bukan kerajaan dan lain-lain agensi untuk melaksanakan aktiviti bekerja dari rumah demi kelangsungan organisasi dan bagi memastikan perkhidmatan dan aktiviti ekonomi terus berjalan. Pengenalan norma baharu dalam amalan bekerja turut memberi kesan besar terhadap proses penilaian prestasi. Pelbagai teknik dan kaedah alternatif diaplikasikan untuk mencapai matlamat perbincangan dan memberi maklum balas prestasi. Walau bagaimanapun, terdapat cabaran yang besar dalam pelaksanaan perkara ini, antaranya ketidaksediaan semua pihak yang terlibat, ancaman kesihatan dan nyawa dan ketiadaan prosedur operasi standard yang mantap untuk diikuti. Aktiviti perbincangan dan penilaian prestasi kerja juga terjejas teruk. Keseluruhannya, rata-rata organisasi terpaksa berdepan dengan pelbagai cabaran dalam melakukan penilaian prestasi dan kebanyakannya tidak melakukan perbincangan prestasi secara formal. Teknik perbincangan menggunakan kaedah tidak formal seperti penggunaan teknologi atas talian (online), merupakan alternatif terbaik dan sangat membantu. Amalan perbincangan prestasi juga boleh dijalankan secara 80 darjah, 160 darjah atau secara 360 darjah. Pada sesetengah organisasi amalan perbincangan prestasi kini telah menjadi lebih teratur dan mendalam dengan melibatkan amalan memberi maklum balas prestasi secara 720 darjah.

**ID 136**

**Pendekatan Pendidikan Atas Talian Ketika Pandemik dalam Perspektif Hal Ehwal  
Jaringan Kemasyarakatan Setempat**

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**ABSTRAK**

Bab buku ini merangkumi tujuh subtopik yang memfokuskan kepada kesan pandemik COVID-19 ke atas masyarakat majmuk di Sarawak. Antara subtopik adalah berkaitan dengan pengadaptasian falsafah komunikasi dan keukhwahan (perhubungan) sesama insan dalam mengharungi sebuah gaya hidup yang tidak dijangka. Pendidikan merupakan satu elemen yang sangat penting dalam diri manusia, ditambah lagi dengan penyampaian ilmu dari peringkat umur yang muda hinggalah ke warga emas amat perlu dititikberatkan walaupun dalam keadaan darurat, 'terkurung' di rumah demi kesihatan dan kesejahteraan masyarakat. Apatah lagi, situasi yang memerlukan proses adaptasi yang begitu drastik dan mendadak. Sistem kemasyarakatan perlu berfungsi walau dalam keadaan apa jua sekali pun. Implikasi kepada pendidikan atas talian dan evolusi konsep keukhwahan serta jaringan dalam komuniti semasa penularan virus COVID-19 dibincangkan secara mendalam.

ID 137

**Pedagogi Pengajaran Dan Pembelajaran Terma Bahasa Arab Al-Khauf Dan Al- Raja  
Dalam Konteks Pendidikan Islam Ketika Pandemik**

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**ABSTRAK**

Pelbagai pengalaman yang mencabar telah dihadapi khususnya bagi guru-guru yang melaksanakan pengajaran dan pembelajaran ketika berlakunya era pandemik. Pendekatan ini telah digunakan bagi memastikan pengajaran dan pembelajaran tetap dilaksanakan sesuai dengan situasi yang dihadapi oleh pelajar secara khususnya. Situasi ini merupakan satu cabaran bagi guru-guru untuk memiliki dan mengaplikasikan pelbagai kaedah dan pengetahuan dalam menyampaikan ilmu kepada pelajar lebih-lebih lagi dalam era pandemik. Kajian literatur ini adalah untuk mengenal pasti cabaran dan solusi dalam pengajaran dan pembelajaran terma Bahasa Arab al-khauf dan al-raja dalam konteks pendidikan Islam semasa berlakunya pandemik. Beberapa kajian lepas telah dianalisis secara mendalam. Melalui kajian literatur tersebut, jelas menunjukkan pengajaran dan pembelajaran dalam era pandemik ini merupakan suatu cabaran bagi para pendidik untuk menghadapinya dengan berfikir sejenak, bertafakur dan mendapatkan solusi melalui cara output yang berkesan bagi setiap sesi pengajaran dan pembelajaran. Implikasi dari analisis dokumen yang diperolehi juga menunjukkan terdapat beberapa solusi yang boleh diamalkan oleh para pendidik seperti memuatkan unsur- unsur kerohanian agar pelajar- pelajar memiliki sifat tawaduk dalam diri dengan mengenal Allah dan Rasul, amalan pengajaran kreatif, menggunakan pelbagai platform media sosial sebagai medium pengajaran dan pembelajaran alam maya semasa pandemik, pedagogi gabungan pengajaran Bahasa Arab dan Pendidikan Islam dan beberapa kaedah yang boleh menarik minat pelajar memahami maksud dan istilah tersebut dengan mendalam.

**ID 138**

**Spiritual Counseling for Students: A Systematic Literature Review**

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**ABSTRACT**

In implementing counseling in schools, counselors need to integrate aspects of religiosity and spirituality into the process of guidance and counseling services. Counselors who have high spiritual beliefs will have an impact on the therapeutic process that can be felt by clients. This study is a literature review study that uses *google scholar assistance* in the selection process in accordance with the inclusion criteria of Spirituality Counseling for Students in Schools. There are 6 articles out of 291 that will be discussed in this paper with a publication time span of 2018-2022 and only select articles not research reports. The variety of counseling services that can be done in school settings, especially in Indonesia, can be done as a character development or curative effort, and can be given to students with clinical and non-clinical problems. Spiritual counseling can also be applied to students to improve discipline, efforts to increase spiritual intelligence, learning difficulties, and temperament characters. In addition, spiritual counseling can also be used in the intervention of students' mental disorders and the rehabilitation process for drug addicts' teenagers. Spiritual counseling is one of the developments of the multicultural counseling paradigm that is integrated with the values of spirituality and religiosity in an effort to help students at school.

**Keywords:** *spirituality counseling, students*



**ID 139**

**A Rational Emotif Behavior Therapy (REBT) Approach to Self-Regulation in Student Learning**

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**ABSTRACT**

There are various problems in the realm of education one of which is self-regulation in student learning. Self-regulation in learning is a conscious process used by students to control their own learning process in the form of cognitive, motivational, and behavioral. To overcome the problem of self-regulation in learning students must be able to set goals, choose and use learning strategies with their sources and situations, as well as monitor each other and not the reactive process of students who impersonally want to achieve. Rational Emotive Behavior Therapy is a cognitive behavioral approach that emphasizes the relationship between feelings, behavior, and thoughts. The basic view of this approach about humans is that individuals tend to think rationally, one of which is obtained through social learning. The Rational Emotive Behavior Therapy approach can overcome the problem of self-regulation in student learning, therefore students can think rationally to control themselves in the learning process.

**Keywords:** *Rational Emotive Behavior Therapy Approach, Self Regulation, Learning*

**ID 140**

**Implementation of Cybercounseling based Career Counseling with the Project Based Learning Model to Improve Student Entrepreneurship as a Solution in the Emergency of Covid-19**

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**ABSTRACT**

Learning activities at school have been forced to stop due to covid-19, which usually takes place face-to-face, is now being carried out online learning. No exception counseling guidance services are carried out online or known as cybercounseling, as an alternative to learning in the industrial era 4.0. Based on the results of observations in class VIII SMP Negeri 3 Pamotan, students have not been able to show entrepreneurial behavior after receiving classical guidance services on economic behavior independence through entrepreneurship. This study aims to improve entrepreneurship, through the implementation of cybercounseling-based career guidance with a project-based learning model as a solution in the emergency Covid-19 period. This type of research is Action Research Counseling with two cycles consisting of 3 meetings in one cycle, each cycle consisting of: planning, implementation, observation and reflection. Techniques and data collection tools in this study used descriptive analysis techniques for the results of the GAS (Goal Attainment Scaling) instrument with 5 entrepreneurial scales, namely, achievement motivation, forward orientation, entrepreneurial leadership, business networks, responsiveness and creativity in facing change. The results showed that the implementation of cybercounseling-based career guidance with a project-based learning model could increase the entrepreneurship of Class VIII students of SMP Negeri 3 Pamotan as a solution in the emergency covid-19 period. " This is evidenced by the average value of GAS (Goal Attainment Scaling) which has increased from pre-cycle with a mean of -1.37 increasing to 0.81 in cycle I and increasing to 1.60 in cycle II.

**Keywords:** *career guidance, cyber-based counseling, project based leaning, entrepreneurship.*

**ID 141**

**The Canadian Counselling and Psychotherapy Association's Inaugural Counselling and Psychotherapy Month**

Kathy Offet-Gartner

Canadian Counselling and Psychotherapy Association (CCPA)

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**ABSTRACT**

Since its establishment in 1965, the Canadian Counselling and Psychotherapy Association (CCPA) has provided national leadership and advocacy for the counselling profession. CCPA is a bilingual association of professionally trained counsellors who work in diverse fields such as education, career development, social work, mental health, and in public service agencies, government, and private practice. The association provides members with opportunities for certification, professional development, networking, and research. During April 2022, CCPA created and led an innovative project entitled *Counselling and Psychotherapy Month* with the following objectives: (1) To recognize the important services that CCPA members, counsellors, counselling therapists and psychotherapists at large, provide to Canadians through media releases and the Thank a Therapist platform; (2) To offer support to practitioners via affordable professional development and networking opportunities that to revitalize their practice and reconnect them with their professional community; (3) To increase the profile of the profession through public awareness and advocacy initiatives; and (4) To raise awareness of CCPA's recommendations to the Federal government. Over 2000 members registered for events, and over 3500 members navigated through *Counselling and Psychotherapy Month* related website pages to access webinars, partnerships, advocacy initiatives and outreach tools. This presentation will highlight specific events and valuable outcomes of the highly successful *Counselling and Psychotherapy Month*.

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