



## Construction, Validity, Reliability and Effectiveness of the Psycho-Educated Module Management of Forgiveness

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### Abstract

This study is aimed at developing and testing the Application of Forgiveness Management Module on University Malaysia Sarawak (UNIMAS) trainee counselors. The main focus of the study is focused on the module development process and the effect of the module on the emotional, cognitive and behavioral aspects of an individual. The study was conducted using a qualitative and quantitative combination method. The sample of the study consisted of 8 UNIMAS counseling students. The Instrument Level of Anger Scale (LAS) and Tendency Forgive Scale (TTFS) are used to identify the appropriate study sample to follow this module. The built-in Forgiveness Management module has a high authenticity value of 82.2%. In addition, the reliability test of this module has a high coefficient of Cronbach's Alpha coefficient of 0.884. This proves that participants have learned new knowledge better understanding the concept of forgiveness than before following the modules that have been conducted.

**Keywords:** Group Counseling, Modules, Forgiveness Therapy, Behavioral Emotive Rational Therapy (REBT)

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### Introduction

The research was conducted on the development of forgiveness management modules and the application of the module which was developed into psychopendidikan group counseling sessions. The counseling approach of the psychopendidikan group that will be conducted by researchers is to help students restore their emotional self through the forgiving management module. Counseling of psychopendiale groups involves the exchange of information between counselors and group members. The information provided by the counselor plays an important role in helping members of the group reach a sense of the issues faced and want to be resolved.

In addition, the research conducted by researchers also aims to develop modules with good validity, reliability and effectiveness. Module is a method of teaching used to convey information or knowledge to an individual. The competence of the individual is a measure of the achievement and effectiveness of the delivered mood (Sidek Mohd Noah and Jamaluddin Ahmad, 2005). The modules developed need to go through certain processes and phases before becoming a quality module. The researcher made the Sidek Module Development Model (Sidek Mohd Noah and Jamaludin Ahmad, 2005) as a guide to developing a forgiving management module.

The main issue of the research conducted by the researcher was appreciation. Kemaafan is one of the processes that helps an individual overcome negative feelings such as anger and hate against individuals who have caused them to experience bitter experiences in their lives (Enright and Fitzgibbons, 2002). Aphrodisiac therapy is one of the mediums used to help the client get rid of his anger and while at the same time learning to understand the situation he faced. According to Enright and Fitzgibbons (2002), this therapy involves four main phases, namely the phase of uncovering your anger, the phase of deciding to forgive, the phase of working on forgiveness, and the deep phase (deepening).

Advances in terms of information technology (ICT) have affected the society, especially young people in Malaysia. The information technology introduced, especially social media such as Facebook, Twitter,