



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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INTERNATIONAL COUNSELING CONVENTION 2022

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Chief Editor:

Assoc. Prof. Dr. Ku Suhaila Ku Johari, UKM

Editor:

Professor Dr. Rusli Ahmad

Assoc. Prof. Dr. Mohamad Isa Amat

Assoc. Prof. Dr Zaiton Hassan

Assoc. Prof. Dr. Rafidah Aga Mohd Jaladin

Dr. Mohamad Hardyman Barawi

Dr. Abdul Razak Yahya Saleh Al-Hababi

Dr. Asmah Ismail

Che Mohamad Padali Che Mat

Noriana Abdullah

Mohd Hatta Othman

Sabihah Johan

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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 1st to 4th 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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**Pembelajaran Atas Talian: Kesan Psikologi dalam Kalangan Pelajar Tahun Satu di
Universiti**

Ross Azura Zahit¹, Mohamad Azhari Abu Bakar¹ & Noorhaslina Senin²

¹Fakulti Sains Kognitif dan Pembangunan Manusia

Universiti Malaysia Sarawak

²Fakulti Seni Gunaan dan Kreatif

Universiti Malaysia Sarawak

zrazura@unimas.my

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.

Head of Scientific Reviewer and Publication:

Assoc. Prof. Dr. Ku Suhaila Ku Johari, UKM

Committees:

Professor Dr. Rusli Ahmad

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Assoc. Prof. Dr. Rafidah Aga Mohd Jaladin

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Dr. Abdul Razak Yahya Saleh Al-Hababi

Dr. Asmah Ismail

Che Mohamad Padali Che Mat

Noriana Abdullah

Mohd Hatta Othman

Sabihah Johan