



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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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
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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*

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