



INTERNATIONAL COUNSELLING CONVENTION 2022

1st - 4th November 2022

Riverside Majestic Hotel, Kuching, Sarawak, MALAYSIA

*Standing Alone
TOGETHER:
Managing
the
PARADOX*

Abstract Proceedings

Supported by



Abstract Proceedings

INTERNATIONAL COUNSELING CONVENTION 2022

ORGANIZED BY:

Persatuan Kaunseling Antarabangsa Malaysia (PERKAMA International)

and

International Association of Counselling (IAC)

in collaboration with the

Sarawak State Government

and

Universiti Malaysia Sarawak (UNIMAS)

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

All rights reserved. No part of this publication may be reproduced, stored for reproduction or transferred in any form by any means including electronic, mechanical, photocopying, recording or otherwise without permission from the publisher.

Publish:

Persatuan Kaunseling Antarabangsa Malaysia
(PERKAMA International)

©Persatuan Kaunseling Antarabangsa Malaysia
(PERKAMA International)

2022

ISBN 978-967-XXXX-XX-X

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

CONTENTS

| ID NO | ABSTRACT TITLE | PAGE |
|--------|---|------|
| ID 01 | RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE, MATH ANXIETY AND MATH PERFORMANCE | 1 |
| ID 04 | E-COUNSELLORS IN MALAYSIA : A PROFILE | 2 |
| ID 05 | ENJOYABLE WORKPLACE AND ORGANIZATIONAL EXCELLENCE. REALITY AND THE WAY FORWARD | 3 |
| ID 06 | CHALLENGES OF COUNSELLING OLDER PEOPLE: A CASE STUDY IN MALAYSIA | 4 |
| ID 07 | THE EXPERIENCE OF SPIRITUAL SELF-CARE AMONG MALAYSIAN COUNSELORS IN CRISIS WORK | 5 |
| ID 08 | PSYCHOLINGUISTIC ANALYSIS IN DETECTING SIGNS OF DEPRESSION IN ONLINE COMMUNITIES | 6 |
| ID 09 | THE USE OF CHILD-CENTERED PLAY THERAPY FOR CHILDREN WHO HAVE EXPERIENCED SEXUAL ABUSE | 7 |
| 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. | 8 |
| ID 011 | THE EFFECTIVENESS OF COGNITIVE BEHAVIOURAL THERAPY (CBT) ON STRESS AND RESILIENCE AMONG UNIVERSITY FINAL YEAR STUDENTS | 9 |
| ID 012 | EXAMINING HISTORY OF TRAUMA EXPOSURE AND POST-TRAUMATIC STRESS DISORDER (PTSD). A CROSS SECTIONAL STUDY AMONG STUDENTS OF HIGHER EDUCATIONAL INSTITUTIONS IN SARAWAK | 10 |
| ID 014 | RELATIONSHIPS OF RESILIENCE AND EMOTIONAL INTELLIGENCE ON STUDENTS' MOTIVATION | 11 |
| ID 015 | VALIDATION OF RESILIENCE ASSESSMENT TOOL 25 (RAT-25) | 12 |
| ID 017 | RELATIONSHIP BETWEEN SPIRITUALITY AND HAPPINESS AT WORK | 13 |
| ID 018 | RELATIONSHIP BETWEEN LEISURE AND HAPPINESS AT WORK | 14 |

| | | |
|--------|--|----|
| ID 019 | THE RELATIONSHIP BETWEEN WORK LIFE BALANCE AND ORGANIZATIONAL COMMITMENT : MEDIATING ROLE HAPPINESS AT WORK | 15 |
| ID 021 | THE RELATIONSHIP BETWEEN EMPLOYEE EXPECTATION AND WORK ENGAGEMENT IN BANKING INDUSTRY: JOB SATISFACTION AS A MODERATOR | 16 |
| ID 022 | CULTURAL SHOCK AND ADJUSTMENT OF INTERNATIONAL STUDENTS AT INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA | 17 |
| ID 023 | COVID-19 AND CHALLENGES OF CAREER DEVELOPMENT AMONG YOUNG PEOPLE | 18 |
| ID 024 | ON THE MARGINS AND LOOKING IN: EXPERIENCES OF RELIGIOUS CONVERSION AND IMPLICATIONS FOR SPIRITUAL COUNSELLING | 19 |
| ID 028 | WORK PRESSURE AND EMOTIONAL INTELLIGENCE POST COVID-19 PANDEMIC AMONG UNIVERSITY LECTURERS | 20 |
| ID 031 | THE NEED ANALYSIS OF MARRIAGE COUNSELLING INTERVENTION MODULE | 21 |
| ID 032 | TRANSLATION, VALIDITY AND RELIABILITY ROMANTIC PARTNER CONFLICT SCALE (RPCS) | 22 |
| ID 034 | EFFECTIVENESS OF EXPRESSIVE ART THERAPY MODULE IN GROUP COUNSELING FOR DEPRESSION AND ANXIETY ADOLESCENTS | 23 |
| ID 035 | UNDERSTANDING AND SUPPORTING INDIVIDUALS WITH MULTIPLE SUICIDE ATTEMPTS | 24 |
| ID 037 | PSYCHOLOGICAL WELL BEING, RESILIENCE, AND MENTAL HEALTH AMONG PUBLIC SECTOR EMPLOYEES: A SOCIOECONOMIC STATUS BASED EXAMINATION. | 25 |
| ID 038 | RELATIONSHIPS BETWEEN RESILIENCE AND SELF-CONCEPT AMONG COUNSELLING STUDENTS | 26 |
| ID 039 | RELATIONSHIPS BETWEEN RESILIENCE AND SELF-CONCEPT AMONG COUNSELLING STUDENTS | 27 |
| ID 040 | EUDEMONIA AND CONTENTMENT DURING COVID-19: BUILDING RESILIENCE AMONGST STAFF IN UNIMAS | 28 |
| ID 041 | TEACHERS' PERSPECTIVE ON PERCEIVED BARRIERS TO PSYCHOLOGICAL WELL-BEING: A QUALITATIVE STUDY IN SARAWAK | 29 |

| | | |
|--------|--|----|
| ID 042 | MEMPERKASA KHIDMAT KAUNSELING KERJAYA MENERUSI PENGUASAAN KEMAHIRAN KHUSUS ALAF KE- 21 SERTA PENINGKATAN KEFAHAMAN TERHADAP KOD ETIKA | 30 |
| ID 044 | MANAGING PSYCHOLOGICAL WELL-BEING AMONG COUNSELORS IN TRAINING AND VOCATIONAL EDUCATIONAL INSTITUTIONS (TVET) | 31 |
| ID 046 | PERCEIVED SOCIAL SUPPORT AND SUBJECTIVE HAPPINESS AMONG UNIVERSITY STUDENTS IN MALAYSIA: DOES SELF-ESTEEM MATTER? | 32 |
| ID 047 | IN-SERVICE TRAINING MODEL DEVELOPMENT WITH EXPERIENTIAL-BLENDED LEARNING TO IMPROVE COUNSELOR MULTICULTURAL COMPETENCE. | 33 |
| ID 048 | LIVED EXPERIENCE OF PRE-VACCINATED COVID-19 SURVIVORS IN MALAYSIA | 34 |
| ID 049 | CAREER COUNSELLING FOR THE 21ST CENTURY: ASIAN PERSPECTIVE | 35 |
| ID 050 | THE NEEDS TECHNOLOGY FOR IMPLEMENTATION OF GROUP COUNSELING IN INDONESIA | 36 |
| ID 051 | KESAN MODUL BIMBINGAN KELOMPOK DAN PENCEGAHAN MEROKOK TERHADAP ASPEK TINGKAHLAKU, KONSEP KENDIRI, AFEKTIF DAN SPRITUAL PELAJAR SEKOLAH RENDAH | 37 |
| ID 052 | TAKS VALUE OF MUHAMMADIYAH JUNIOR HIGH SCHOOL STUDENTS KALIWUNGU KENDAL DURING PANDEMIC COVID 19 | 38 |
| ID 053 | DYNAMICS OF SELF-INJURY IN WOMEN (CASE STUDY ON PERPETRATOR AFTER RECEIVING INTERVENTION | 39 |
| ID 054 | ISLAMIC TEACHING-BASED GROUP COUNSELING TO IMPROVE SELF-ESTEEM STUDENTS OF SENIOR HIGH SCHOOL IN NEW NORMAL ERA | 40 |
| ID 056 | GUIDED LEARNING APPROACH IN IMPROVING SELF- DIRECTED LEARNING AMONG FIRST YEAR STUDENTS IN A PUBLIC UNIVERSITY | 41 |
| ID 057 | SELF CONFIDENCE PROFILE STUDENTS SURVEY ANALYSIS; SMA 1 BAE KUDUS | 42 |
| ID 058 | THE VALUE OF RELIGIULITY IN SERAT WEDHATAMA : A HEREMEUTIC STUDY | 43 |

| | | |
|--------|---|----|
| ID 059 | KEMURUNGAN DAN IDEA BUNUH DIRI: TREND YANG MEMBIMBANGKAN | 44 |
| ID 060 | DIALECTICAL BEHAVIOUR THERAPY WITH CHATBOT FOR BORDERLINE PERSONALITY DISORDER | 45 |
| ID 061 | CAREER CONSTRUCTION COUNSELING IN HIGHER EDUCATION: AN ANALYSIS OF CAREER CONSTRUCTION COUNSELING EFFECTIVENESS TO INCREASE ACADEMIC ENGAGEMENT | 46 |
| ID 062 | EXPERIENCES OF FAILURE MARRIAGE: HOW TO STRENGTHEN A NEW RELATIONSHIP | 47 |
| ID 064 | MEMAHAMI PSIKOLOGI REMAJA YANG TERLIBAT DALAM SALAH LAKU SEKSUAL | 48 |
| ID 065 | A DEEP LEARNING-BASED FRAMEWORK IN MONITORING THE COUNSELLING THERAPY PROGRESS | 49 |
| ID 066 | DETERMINATION OF THE MACHINE VISION TECHNOLOGY'S PRELIMINARY PROCESS FOR GRAPHOLOGY ANALYSIS | 50 |
| ID 067 | THE IMPACT OF PARENTING PRESSURE ON MOTHERS OF CHILDREN WITH DEVELOPMENT DISORDERS | 51 |
| ID 068 | VALIDATION OF THE COMPASSION FATIGUE SHORT SCALE AMONG SCHOOL COUNSELOR IN INDONESIA: CONFIRMATORY FACTOR ANALYSIS | 52 |
| ID 070 | RELATIONSHIP BETWEEN CAREER SELF-EFFICACY AND PARENT CAREER BEHAVIOR IN THE CAREER CHOICE OF COMMUNITY COLLEGE STUDENTS | 53 |
| ID 071 | BIOLOGICAL FACTOR OF SEX IN THE EMOTIONAL EXPERIENCE OF SOCIAL AROUSAL: IMPLICATION IN COUNSELLING PRACTICES | 54 |
| ID 072 | EXAMINATION OF INFLUENCE OF ETHNIC IDENTITY DEVELOPMENT ON THE COUNSELLING TRAINEES' MULTICULTURAL COUNSELLING COMPETENCIES | 55 |
| ID 073 | EXPLORING THE PREVALENCE OF MENTAL HEALTH PROBLEMS AND PSYCHOLOGICAL WELL-BEING AMONG MALAYSIAN ADOLESCENTS | 56 |
| ID 074 | CHALLENGES AND OPPORTUNITIES IN GETTING TREATMENT FOR MENTAL HEALTH RELATED ISSUES IN SARAWAK | 57 |

| | | |
|--------|---|----|
| ID 075 | FAKTOR- FAKTOR YANG MEMPENGARUHI PRESTASI PEKERJA MENGIKUT PERSPEKTIF PENILAI DALAM KAKITANGAN PENJAWAT AWAM SALAH SEBUAH KEMENTERIAN DI MALAYSIA | 58 |
| 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 | 59 |
| ID 077 | THE DEVELOPMENT AND EFFECTIVENESS OF SELF-ESTEEM MODULE BASED ON NEO-CBT ON TEENAGE PREMARITAL PREGNANCY | 60 |
| ID 078 | CAREER PLAN ABILITY INSTRUMENT (CPA-I) ON INDIVIDUALS WITH SUBSTANCE USE DISORDERS | 61 |
| ID 079 | THE INFLUENCE OF ROLE CONFLICT AND ROLE AMBIGUITY ON TRAINEE NON-DISCLOSURE (TRAINEE DISCLOSURE AND TRAINEE ANXIETY) AMONG TRAINEE COUNSELLORS IN MALAYSIA | 62 |
| 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 | 63 |
| 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 | 64 |
| ID 082 | SPIRITUAL COUNSELING BY TASAWUF APPROACH TO DEVELOP STUDENTS' PSYCHOLOGICAL WELL-BEING | 65 |
| ID 083 | RESOLVING ETHICAL ISSUES: FACTORS INFLUENCING COUNSELING ETHICS COMPETENCY AMONG MALAYSIAN REGISTERED COUNSELORS | 66 |
| ID 087 | EXPLORING SUPERVISION EXPERIENCES IN PRIMARY SCHOOL GUIDANCE AND COUNSELLING SERVICE | 67 |
| ID 088 | EFFECT METACOGNITIVE BELIEFS ON PERCEIVED STRESS AND RESILIENCE: SELF-EFFICACY AS A MODERATOR AMONG SCHOOL COUNSELLORS | 68 |
| ID 089 | SELF-CARE AMONG FEMALE COUNSELLORS | 69 |

| | | |
|--------|---|----|
| ID 090 | THE DEVELOPMENT AND EFFECTIVENESS OF THE MAQASID SYARIAH INTERVENTION MODULE IN DECISION MAKING PROCESS DURING COUNSELLING SESSION | 70 |
| ID 091 | KONSEP TAWAKAL DALAM KAUNSELING | 71 |
| ID 092 | VALIDITY AND RELIABILITY THE QUESTIONNAIRES OF TEACHERS' SELF-EFFICACY AND TEACHING COMPETENCY IN SCHOOL DRUG EDUCATION | 72 |
| ID 093 | EXPLORING THE BIOPSYCHOSOCIAL HISTORY AND DELINQUENCY INVOLVEMENTS OF FORMER MALE JUVENILE DELINQUENTS | 73 |
| ID 094 | PEER SUPPORT FOR ADOLESCENTS AT BOARDING SCHOOL: A SYSTEMATIC REVIEW OF LITERATURE | 74 |
| ID 095 | SELF-ESTEEM IN TERMS OF SELF-COMPASSION AND HUMILITY OF HIGH SCHOOL STUDENTS: A CORRELATIONAL STUDY | 75 |
| ID 096 | COUNSELING SERVICES IN THE DEVELOPMENT OF CHILDREN WITH SPECIAL NEEDS | 76 |
| ID 098 | APPROACH OF SELF-CONTROL THERAPY BASED ON THE ARABIC TERMS OF 'MAQASID SYARIAH' TOWARDS THE VIEWS OF INDIVIDUALS FALLING IN LOVE AND HAVING SUICIDAL THOUGHTS | 77 |
| ID 099 | MODEL INTEGRASI IMPLISIT PENDEKATAN SPIRITUAL DAN AGAMA DALAM KAUNSELING | 78 |
| ID 101 | KESAN MODUL PENDEKATAN RASIONAL EMOTIF TINGKAH LAKU INTEGRASI SPIRITUAL KE ATAS KEBIMBANGAN PELAJAR MAKTAB RENDAH SAINS MARA | 79 |
| ID 102 | D.A.M.E.S APPROACH IN SUPERVISING FINAL YEAR PROJECT AND ENSURING DEGREE COMPLETION AMONG EXTENDED UNDERGRADUATE STUDENTS | 80 |
| ID 103 | THE FUZZY DELPHI METHOD: CONTENT VALIDITY OF TEACHERS' PSYCHOLOGICAL WELL-BEING INSTRUMENTS IN SCHOOL ORGANIZATIONS | 81 |
| ID 104 | NOVICE LEARNERS' HARDINESS | 82 |
| ID 106 | THE RELATIONSHIP BETWEEN RESILIENCE AND SELF CONTROL AMONG REHABILITATED ADDICTS | 83 |

| | | |
|--------|---|----|
| ID 107 | USE OF TEEN ISLAMIC PERSONALITY QUESTIONNAIRE IN COUNSELOR ASSESSMENT DURING GROUP COUNSELING SESSIONS | 84 |
| ID 108 | RELATIONSHIP BETWEEN PERSONALITY TRAITS AND SUICIDAL IDEATION AMONG MALAYSIAN ADOLESCENTS | 85 |
| ID 109 | A CONCEPTUAL REVIEW ON ASSOCIATED FACTORS WITH EMPLOYEE EMOTIONAL HEALTH EFFECTS DURING WORK FROM HOME | 86 |
| ID 110 | OBSTACLES TO STUDENTS' EDUCATIONAL AND OCCUPATIONAL ASPIRATIONS | 87 |
| ID 111 | EFFECTIVENESS OF COGNITIVE AND HUMANISTIC COUNSELLING APPROACHES AMONG ADOLESCENTS WITH PROBLEMATIC SOCIAL MEDIA USE | 88 |
| ID 112 | THE CHALLENGES AND LIVES OF INDIVIDUALS DIAGNOSED WITH DEPRESSIVE DISORDER CASE STUDIES | 89 |
| ID 113 | THE EFFECT OF EMOTIONAL INTELLIGENCE (EI) INTERVENTION TOWARDS EMOTIONAL INTELLIGENCE, JOB SATISFACTION AND ORGANIZATIONAL COMMITMENT AMONG MILITARY OFFICERS IN MALAYSIA | 90 |
| ID 114 | A TALK ON THE MENTAL HEALTH SITUATION IN MYANMAR | 91 |
| ID 115 | STRUCTURAL EQUATION MODEL COUNSELING SELF-EFFICACY COUNSELORS | 92 |
| ID 116 | RELATIONSHIP BETWEEN LEISURE AND HAPPINESS AT WORK AMONG TVET INSTRUCTORS | 93 |
| ID 117 | THE IMPORTANCE OF RELIGION IN PREDICTING MARITAL SATISFACTION AMONG MALAY MUSLIM COUPLES IN MALAYSIA | 94 |
| ID 118 | KEBERKESANAN PROGRAM INTERVENSI KECERDASAN EMOSI (PIKE) DALAM MENGURANGKAN TAHAP AGRESIF BANDUAN | 95 |
| ID 119 | GROUP GUIDANCE USING REALITY COUNSELING APPROACH TO IMPROVE SOCIAL COHESION IN PREVENTING STUDENT BRAWLS | 96 |
| ID 120 | SANDTRAY THERAPY ADLER FOR CHILDREN ABUSE AND NEGLECT AMONG YOUNG GIRLS: A CASE STUDY | 97 |

| | | |
|--------|--|-----|
| ID 121 | LEADERSHIP COMPETENCIES FOR CRISIS MANAGEMENT: INSIGHTS FROM RETAIL LEADERS DURING PANDEMIC COVID-19 | 98 |
| ID 122 | SARAWAK TECHNICAL AND VOCATIONAL EDUCATIONAL TRAINING INSTRUCTORS: THE PURSUIT OF HAPPINESS AND PSYCHOLOGICAL DETACHMENT ACROSS THE SARAWAK REGION | 99 |
| ID 123 | FACTORS INFLUENCING EARLY RETIREMENT: AM I READY? | 100 |
| ID 124 | TEACHING AND LEARNING DURING COVID-19 CRISIS: CHALLENGES, OPPORTUNITIES AND THE WAY FORWARD | 101 |
| ID 125 | ENJOYABLE WORKPLACE AND ORGANISATIONAL EXCELLENT. IS COVID-19 MATTERS? | 102 |
| ID 126 | PEMBELAJARAN ATAS TALIAN: MOTIVASI AKADEMIK DALAM KALANGAN PELAJAR TAHUN SATU DI UNIVERSITI | 103 |
| ID 127 | PEMBELAJARAN ATAS TALIAN: KESAN PSIKOLOGI DALAM KALANGAN PELAJAR TAHUN SATU DI UNIVERSITI | 104 |
| ID 128 | KAUNSELING KRISIS DAN ANCAMAN COVID-19 | 105 |
| ID 129 | QURAN TERAPI JIWA DALAM MENGHADAPI FASA ENDEMIK COVID-19 | 105 |
| ID 130 | MENDEPANI CABARAN KERJAYA MASA KINI | 106 |
| ID 131 | MENDEPANI FASA ENDEMIK: CABARAN DAN KESIAPSIAGAAN KAUNSELOR | 107 |
| ID 132 | PENDIDIKAN DAN LATIHAN KAUNSELOR KESAN DARI PANDEMIK COVID-19: PENGALAMAN PROGRAM KAUNSELING, UNIMAS | 108 |
| ID 133 | APLIKASI KEPERLUAN KAUNSELING KESIHATAN DI MALAYSIA SEMASA KRISIS | 109 |
| ID 134 | PANDEMIK COVID-19: REALITI KEGUSARAN PEKERJA BERKAITAN JAMINAN DARI PEKERJAAN | 110 |
| ID 135 | PENILAIAN PRESTASI PEKERJA SEMASA PANDEMIK COVID-19: CABARAN TERHADAP PELAKSANAAN PERBINCANGAN PRESTASI DAN GAGASAN PENYELESAIAN | 111 |

| | | |
|--------|--|-----|
| ID 136 | PENDEKATAN PENDIDIKAN ATAS TALIAN KETIKA PANDEMIK DALAM PERSPEKTIF HAL EHWAL JARINGAN KEMASYARAKATAN SETEMPAT | 112 |
| ID 137 | PEDAGOGI PENGAJARAN DAN PEMBELAJARAN TERMA BAHASA ARAB AL-KHAUF DAN AL- RAJA DALAM KONTEKS PENDIDIKAN ISLAM KETIKA PANDEMIK | 113 |
| ID 138 | SPIRITUAL COUNSELING FOR STUDENTS: A SYSTEMATIC LITERATURE REVIEW | 114 |
| ID 139 | A RATIONAL EMOTIF BEHAVIOR THERAPY (REBT) APPROACH TO SELF-REGULATION IN STUDENT LEARNING | 115 |
| 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 | 116 |
| ID 141 | THE CANADIAN COUNSELLING AND PSYCHOTHERAPY ASSOCIATION'S INAUGURAL COUNSELLING AND PSYCHOTHERAPY MONTH | 117 |

ID 056

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

Ida Juliana Hutasuhut^a, Mohammad Azhari Abu Bakar^a, Kartini Abdul Ghani^a & Dorkas Ping Bilong^a

Faculty of Cognitive Sciences and Human Development, University Malaysia Sarawak,
MALAYSIA

hijuliana@unimas.my

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*

Head of Scientific Reviewer and Publication:

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

Committees:

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