



# 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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**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*

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