

Resilience Shapes a Healthy Self-Concept during the COVID-19 Pandemic Crisis

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Abstract (12 font)

This paper discusses resilience domains in shaping individual's healthy self-concept in crisis, especially during pandemic COVID-19. In crisis, the mental and emotional health are at risk. Resilience domains - such as Basics, Belonging, Learning, Coping, and Core Self- become an important 'booster' to assist individuals in confronting the real self and ideal self. Living in fear due to unseen virus that can cause death, feeling sorrow and grief, may lead individuals to perceive their world in unhealthy. Hence, exploration of protective and risk factors also known as resilience factors, in self may provide a self-intervention to remain calm, positive and living in new norm or new normal. Implication to self-development will be emphasized in this paper in order to perceive and create a healthy self-concept through resilience intervention.

Keywords

Resilience, Self-Concept, Pandemic COVID-19, Self-Development, New Norm

Amalia Madihie is a senior and counsellor educator at Faculty of Cognitive Sciences and Human Development, Universiti Malaysia Sarawak (UNIMAS), MALAYSIA. Currently, she is a Deputy Dean for Industry and Community Engagement at the same faculty. Amalia's expertise is in children and adolescents counselling. She practices her clinical counselling at private clinic in her hometown and also a counsellor panel at one big company in Sarawak. Amalia studies closely in resilience and she is the developer for Resilient Therapy Intervention (RTI) and Rational Emotive Behaviour Therapy (REBT) from counselling perspective and also a counselling module/intervention developer. She has written many articles and presented her works across the globe. In research, Amalia has shown her achievement in producing research products such as Resilience Assessment Tool (RAT-43) and RAT-43 has been used by agencies and ministries to explore resilience in students. On top of that, she has several copyrights research products, mainly for counselling interventions. Amalia is very active in counselling associations nationally and internationally. She was the co-founder for Malaysia International Counselling Conference 2014 (MICC2014), Seminar of Professional Counselling 2016 (ProCoun'16), and International Counselling Conference 2020/2021. During the pandemic COVID-19, Amalia is actively contributed psychoemotional and psychosocial supports to community via online platform till present.