



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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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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Quran Terapi Jiwa dalam Menghadapi Fasa Endemik Covid-19

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ABSTRAK

Islam adalah 'addeen' atau agama yang syumul. Islam mengatur segala aspek kehidupan penganutnya. Hal ini termasuklah cara bagaimana menguruskan endamik COVID-19 yang masih belum berakhir. Banyak amalan keagamaan termasuk berkaitan dengan Al-Quran, dapat membantu kebuntuan manusia dengan kehidupan yang dihadapi. Malahan didapati, ramai saudara baru di luar sana, mendapat hidayah-Nya hanya dengan mendengar kalimah suci Al-Quran. Dengan membaca Al-Quran akan mendorong lahirnya ketaqwaan serta kesabaran yang mendatangkan kebahagiaan abadi dalam menghadapi segala bentuk cabaran dan segala bentuk ujian, sehingga menjadikan pendinding diri dan tenang jiwa. Diharapkan perkongsian ilmu ini sedikit sebanyak dapat ini memberikan manfaat kepada kita agar mampu menjadi lebih baik. Ini ditambah dengan cabaran COVID-19 yang masih belum tamat sepenuhnya. Semua diminta untuk berhati-hati dalam meneruskan kehidupan yang mencabar dengan pelbagai kejutan yang tidak dapat dijangka. Hubungi kaunselor terdekat untuk mendapatkan bantuan profesional untuk mendapatkan sokongan dan bantuan terutama berkaitan psikologi jika anda tidak dapat membendung jiwa dengan pelbagai permasalahan dalam hidup. Sayangi diri anda dan diharap endamik ini akan dapat memberikan lembaran baru yang lebih baik kepada kehidupan seluruh manusia di dunia.

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