

THE IIUM PSYCHOLOGY NEWSLETTER

DEPARTMENT OF PSYCHOLOGY



الجامعة الإسلامية العالمية ماليزيا
INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA
يُونَيْتِي سَلَامًا، أَنْتَ رَاغِبًا مَلِيصًا

VOLUME 4, NUMBER 2

ISSN: 1394-8040

SEPTEMBER 2012

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Applicants' Reactions

The story of Qabil and Habil (surah al-Maidah, verses 27-31) and the dialogue between Allah and the angels (surah al-Baqarah, verse 30) have special meaning for Dr. Alizi. In those narrations, he found the inspirations for the focus of his scholarly works.

During a Ramadhan *tazkirah* at the Department, he related the story of Qabil and Habil to the inevitability of having 'reactions' to a selection process and the importance of soul factor in explaining mixed results.

In contemporary research, applicants' reaction could be understood as the psychological outcomes of hiring process. One type of reaction that had been examined is perceived fairness of the se-

lection process and he had related it to the stories of Ansarite's reactions to Prophet Muhammad's SAW seemingly unfair distribution of the war booty (*ghanimah*) after the Battle of Hunayn to explain the moderating effect of soul factor.

In addition to his PhD work and post-PhD research, he had supervised undergraduate and postgraduate students theses on applicants' reactions to several selection methods, applicants' reactions to interview content, applicants' reactions to interview structure, and applicants' reactions to interview media

To further expand his mastery of the topic, he is pursuing research on applicants reaction at the University of

Gloucestershire during a planned sabbatical leave. He is scheduled to fly to the UK in October. A project that he will be focusing on is a meta analysis and qualitative study of applicants' reaction to interviews.

The Department wishes all the best to Dr. Alizi and his family. Hopefully, not too long after his sabbatical leave, the Department will have another Associate Professor!



9th IPRC Delegates are Coming

For the next issue of the Newsletter, there will hopefully be a space for a glowing report for the 9th edition of the International Postgraduate Research Colloquium. As of the time this article is written, the students committee, under the guidance of

the academic staff, are handling a hectic schedule in doing the final preparation of the IPRC. The role of Chairman of the Steering Committee has been passed on to Dr. Shukran due to the appointment of Dr. Harris as the Head of Department.

The organizer are anxiously waiting for the arrival of the delegates from Thailand and other countries like India, the Phillippines, and Iran, as well as the Malaysian delegates from outside of IIUM.

Welcome to IIUM!



HOD Highlights

Patience is a virtue.

Being patient is a challenge.

The outcome of patience is contentment.

The new semester started on 10th of September. A new set of challenges lies ahead. However, the main core business remains the same: providing academic services to students.

Playing the role of a lecturer and educator is challenging, but not insurmountable. With experience, and paying heed to what has been learned, being an educator can be a very satisfying role. You can relish in knowing that your students have benefitted from

your interaction with them.

Of course, the rate of success is not 100%. Academic staff have to be mentally prepared to observe failures, in terms of grades and attitude, among students. Frustration, if allowed to flourish, will dampen the spirit to continue doing the best.

A way to inoculate oneself against the damaging effect of frustration is by taking on the role as a *daei* in reflecting

upon this verse: "And if you turn away [from my advice] then no payment have I asked of you. My reward is only from Allah, and I have been commanded to be of the Muslims (Surah Yunus: 72). One ought to find satisfaction in being a good *daei*, not in seeing positive outcomes among the *mad'u*. Perhaps the ultimate learning outcomes of university education not about the students, but about the lecturers themselves.

Workshop: Revisiting Vision and Mission

Q: How should an organization know where it should be heading to?

A: By knowing where it stands at the present time.

A workshop was organized on 28th August 2013 to help members to delineate the current position of the Department in order to draw the direction for moving forward. In the tranquil setting of Kelab Darul Ehsan, Ampang, a series of activities were conducted to revisit the vision and mission of the Department.

Dr. Nur Anisah from the Kulliyah of Economics and Management facilitated the team activities. Members were encouraged to identify current problems against the backdrop of the University's blue print for future development.

The problems and challenges identified by the members were clustered into themes. Major themes that emerged from the workshop were grouped under strategic programmes related to stakeholders, finance, process, and learning and growth.

By the end of the workshop, a set of destination statements were compiled. It was followed up with a team discussion at the Department on 30th August. Dr Shukran, who had played the supporting role at KDE, took the lead in helping members to develop action plans based on the destination statements. The action plans were intended to

cover the next five years. The ideal features for the Departments is embodied in the follow tenets of strategic plan.

1. Collective participation and togetherness.
2. Community orientated (learning community, professional community, professional community, and community at large)
3. Quality work life among members
4. Best served students
5. International outlook
6. Seamless operations

The workshop managed to create awareness among members of the current situation of the Department, given the wider context of the University environment. This will discourage the development of business-of-usual mindset among members of the Department. Given the rate of change in the academic world, business-as-usual is not a viable mode for survival.



The Book has Arrived!

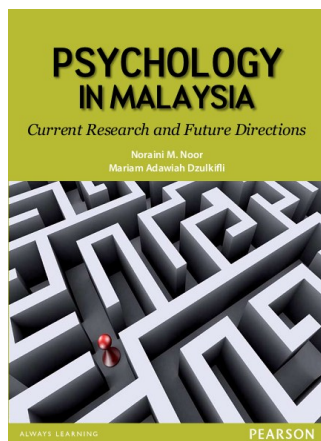
The previous volume of the Psychology Newsletter highlighted a book that will be published in September 2012. Alhamdulillah, it was published by Pearson and made available in the market.

Congratulations is in order to the editors: Prof. Noraini and Dr. Mariam Adawiyah. The book with the title **Psychology in Malaysia: Current Research and Future Directions** is a follow-up to the edited book (Contemporary Issues in Malaysian Psychology) which was published in 2005. The latest book explores contemporary issues that are relevant to the life of Malaysians in the new decade.

Starting in Semester 1 of the current academic session, the book will be used for teaching in different courses. Students who buy this book would find it useful for multiple courses. It would be

well worth the RM58 price tag. Given the dearth of scholarly books on psychology that focus on Malaysia, this book is a welcome addition to the literature.

This book is divided into three main parts which are Current Research, Non-Empirical Papers and Psychology in Malaysia: Future Directions. Out of 14 chapters in the book, 10 were written by lecturer from the Department. The following are chapters contributed by the Department's members.



The Self and Shame in the Malay Context: A Qualitative Study. (*Nadjet Aknouche & Noraini M. Noor*)

Multiple Effects of Rail Passenger Crowding: Evidence from Malaysia. (*Nor Diana Mohd. Mahudin*)

Industrial and Organisational Psychology in Malaysia: A Review of Research Areas and Research Variables (*Maisarah Mohd. Taib & Alizi Alias*)

Demographic Predictors of Family Relationships during Adolescence. (*Lihanna Borhan*)

Person-centred Approach to Counselling: Indicators of Personal Growth Experienced by Malay Clients. (*Mardiana Mohamad & Asnarulkhadi Abu Samah*)

Patient Safety. (*Harris Shah Abd Hamid*)

Play Therapy with Children: The Malaysian Context. (*Junita Nawawi*)

Memory, Ageing, and Alzheimer's Disease: The Case for Malaysia. (*Mariam Adawiyah Dzulkifli*)

Psychology in Malaysia: Current Trends and Future Directions. (*Shukran Abdul Rahman*)

Psychology in Malaysia: Looking Ahead (*Noraini M. Noor*)

Undergraduate Students by Numbers

As of Semester 1 2012/2013, there are 460 students who are majoring in psychology. The table (see right) shows the statistics of the current students by sex and CGPA. 81.7% of the students are females making the ratio of males to females approximately 1 to 4.

In terms of academic achievement, the majority of students are in the second class

LEVEL	SEX		CGPA			
	MALE	FEMALE	>3.6	2.8-3.59	2.4-2.79	2.0-2.39
LEVEL 1	21	97	5	51	24	13
LEVEL 2	28	103	4	91	31	5
LEVEL 3	18	90	1	76	29	2
LEVEL 4	17	86	1	71	28	3
TOTAL	84	376	11	289	112	23

upper band. A very small number of students (2.5%) achieved CGPA that would put them as first class degree

graduate. At the other end of the continuum, there is more than double the number of students in the third class category. Concerted efforts should be done by lecturers and students to shift the distribution towards the positive side.

News Bite

Dr. Abdul Hameed al-Qudah, a professor of microbiology from Jordan and an expert in STD gave a lunch hour talk on 12 September 2012 at the Main Auditorium. He is an executive director of Youth Protection Project from STD and AIDS. He shared his observation that the number of sexually transmitted diseases increases with the increase in the variety of sexual behavior among humans.

Call for contributions

No, we don't need your money (though we won't refuse). We need textual and pictorial contributions from our readers. If you have opinions, academic materials, announcement, or just want to share something interesting, please contact the Editor at harris@iium.edu.my. We are especially looking forward to reach the alumni of Department of Psychology. Share with us your development since leaving the Department.

Recent Journal Articles: Weight Loss Strategies

Based on a review of the literature, consuming diets lower in energy density is one effective strategy for managing body weight in children, adolescence and adults.

Perez-Escamilla, R., Obbagy, J.E., Altman, J.M., Essery, E.V., McGranne, M.M., Wong, Y.P., Spahn, J.M., Williams, C.L. (2012). Dietary energy density and body weight in adults and children: A systematic review. *Journal of the Academy of Nutrition and Dietetics*, 112(5), 671-684.

Any weight loss messages and programmes have to be specifically tailored according to weight status (i.e., under weight, normal weight, overweight and obese) as research has indicated that different weight practices are associated with weight status.

James, D.C. (2012). Weight loss strategies used by African American women: Possible implications for tailored messages. *Journal of Human Nutrition and Dietetics*.

Also, a study has found that a moderate-intensity physical activity (PA) between 150 and 250 minutes per week could effectively prevent weight gain, provide moderate weight loss but does not prevent weight regain after weight loss. On the other hand, greater amount of PA (>250 min/week) have been associated with clinically significant weight loss and the ability to improve weight maintenance after weight loss.

Donnelly, J.E., Blair, S.N., Jakicic, J.M., Manore, M.M., Rankin, J.W., and Smith, B.K. (2009). Appropriate physical activity intervention strategies for weight loss and prevention of weight regain for adults. *Medicine and Science in Sports and Exercise*, 41(2), 459-471.

Academic Mass Gathering

Academic Mass Gathering is one of the compulsory programmes for students majoring and minoring in psychology. For this semester, on 12 September 2012, the Department of Psychology held the Academic Mass Gathering in collaboration with PSYCTA. It was held at Main Auditorium, IUM from 4.30 pm to 6.30 pm. Around 300 students from the Department of Psychology filled up the auditorium.

The purposes for the Academic Mass Gathering are to welcome the new students of Psychology Department, to give a brief on study plan and registration of subjects, and to strengthen the relationship

among the undergraduate psychology students and the lecturers.

The Head of Department, Dr. Harris delivered his welcoming messages. On top of the welcoming message, Dr. Harris conveyed the message of PEACE as a reminder for the students. He encouraged students to **Pray, Eat well, be Attentive, Communicate, and Evolve**. This was followed with a

briefing from Dr. Mardiana, the Academic Advisor. Changes to the course offering were highlighted to assist students in making their decisions regarding adding and dropping subjects.

During the Q&A sessions, there were questions by students that were addressed on the spot, mainly concerning course registration. This reflects the importance of the gathering in getting the Department to help students. For future events, which normally would be held before the pre-registration exercise, it is hoped that students will continue to support the gathering, regardless of the availability of refreshment at the end.

