







AN INTERNATIONAL AWARD-WINNING INSTITUTION FOR SUSTAINABILITY

3rd WORLD CONGRESS ON INTEGRATION AND ISLAMICISATION 2021:

MENTAL HEALTH & WELL-BEING IN THE

4th INDUSTRIAL REVOLUTION

AND

8th INTERNATIONAL CONFERENCE ON

8th International Conference on Information & Communication Technology for the Muslim World



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11	1105H- 1110H	261- T4P- 141	Preliminary findings of auditory brainstem response using Dhikr stimulus on a healthy- normal hearing adult	Noor Alaudin Abdul Wahab
12	1110H- 1115H	267- T4P- 143	Understanding Crisis from Various Religions' Perspective: An Exploratory Study towards Developing a Religious-Based Self-Care Practices for Wellbeing	Nur Husna Mohd Hafiz, Mohd Zaliridzal Zakaria, Wan Mohd Fazrul Azdi Wan Razali & Muhammed Fauzi Othman
13	1115H- 1120H	143- T4P- 089	اثر الإرشاد الطبي والروحي على الصحة النفسية للأم والأب الثناء مرض الطقل	Mossad Abdelhak Shaban Mohamed
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18	1140H- 1145H	029- T1P- 026	Creation of the Islamic Self for Sustainability: Can Muslim Entrepreneurship Positively Contribute to the Sustainable Development Goals through Tazkiya (Self-Restraint) and Tarbiya (Self Discipline) of the Muslim Youth	Amana Raquib, Omar Javaid & Gulnaz Anjum
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20	1150H- 1155H	102- T1P- 067	Modelled after the Quran and Sunnah: Sustainable Healthy Lifestyle Behaviour	Mohammad Arif Shahar & Mahd Faiz Md Tahir
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2	1030H- 1045H	2F2	Secure Expense Manager: A Mobile Application for Managing Expenses	Muhammad Faris Ahmad Sabri, Muhammad Luqmanulhakim Sa'Ari and Nurul Nuha Abdul Molok
3	1045H- 1100H	2F3	Themes and Topics in Information Dissemination Models adopted by Muslim Scholars on Cryptocurrencies	Roslina Othman, Mohamad Fauzan Noordin, Nadzrah Ahmad, Salina Kassim and Muhamad Aizat Nazmi Mohd Nor Hamin
4	1100H- 1115H	2F4	Blockchain-based Zakat Collection to Overcome the Trust Issues of Zakat Payers	Muhammad Nur Aqmal Khatiman, Muhammad Salikin Ismail and Norzariyah Yahya

			BREAKOUT ROOM 7 TRACK 5: Computing Technologies and Appl	lications.
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2	1030H- 1045H	2G2	Identifying Stress Level among Gamers using Electroencephalogram (EEG) Machine	Sheik Dawood Mohamed Rafi, Norzaliza Md Nor and Muhammad Arif Othman
3	1045H- 1100H	2G3	Analysis of Video Game Design Styles Based on Neuro-Affective Computational Model	Ayub Abdul Rahman, Hamwira Sakti Yaacob and Mohd Syarqawy Hamzah
4	1100H- 1115H	2G4	Improving Requirements Quality by Boilerplates Conformance Checking	Siti Syara Aiman Sch Wali, Sarah Husna Haizad and Azlin Nordin
5	1115H- 1130H	2G5	Respecting Patient Privacy with Federated Artificial Intelligence	Mohd Adli Md Ali, Edre Mohammad Aidid and Hafidzul Abdullah

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JUNE 4th- 6th 2021

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PLENARY SPEECH

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Abstract ID: 237 Integration of Spirituality & Mental Health

3¹⁰ WORLD CONGRESS ON INTEGRATION AND ISLAWICISATION 2021, 4⁷⁰ -6⁷⁰ JUNE 2021
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Abstract ID: 239 Integration of Solrituality & Mental Health Post

Patient Trying to Tell Something Else: Severe Stress during COVID19 Pandemic

*Fa'iza Abdullaha, Mohd Zhafri Mohd Raziba & Mohd Basri Mat Norb

"Department of Family Medicine, Kutiliyysh of Medicine, International Islamic University Malaysia.

*Department of Anaesthesiology and Intensive Care, Kutiliyyah of Medicine, International Islamic University

*National Conference of Care Conference on Care Con

*Corresponding author: drfaiza@lium.edu.m

Introduction: Identifying mental health illness poses a dilemma, particularly the distinction between heart disease and severe stress. Without early intervention, it can be escalating into psychiatric disorder and suicide. Case: A 44-year-old man sought cardiologist consultation for the "heart disease" symptoms. As a medical laboratory technician in-charge, his commitments and extensive responsibility during the COVID-19 pandemic add to his hypertension and dyslipidaemia comorbidities. Despite non-significant investigations related to heart disease, he returned with the same intense unresolved symptoms. His Depression-Anxiety-Stress-Score (DASS) assessment revealed severe stress. Stress management counselling intervention includes detecting the underlying stress impacted by the COVID-19 pandemic, behavioural changes, and stress coping skills. Reassessment of stress level showed significant improvement at twelve-week follow-up with no similar symptoms. Discussion / Conclusion: This case highlights the clinical complexity and diagnostic challenges in detecting mental health illness. Diagnostic acronym PROMPT with the PT refers to Patient Trying to Tell Something Else' demonstrated; without a high index of suspicion, mental health aliment may be

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Keywords: Mental Health, Covid19 Pandemic, Severe Stress, Heart Disease

Tele-Counselling Services for Clients During Covid19 Pandemic

"Muhammad Ali Equatora", Rachmayanthy", Saralah Devi Mariamdaran Chethiyar', Odi Jarodit' & Nila Susantit'

^aDepartment of Community Guidance, Politeknik Ilmu Pemasyarakatan Depok, Indonesia.

^bDepartment of Correctional Technic, Politeknik Ilmu Pemasyarakatan Depok, Indonesia

^cSchool of Applied Psychology, Policy and Social Work, Universiti Utara Malaysia, Malaysia.

^dDepartment of Correctional Management, Politeknik Ilmu Pemasyarakatan Depok, Indonesia.

^eDepartment of Language, Communication, and Tourism, Politeknik Negeri Jember.

*Corresponding author: banetora1973@gmail.com

Introduction: Tele-Counselling Service for Clients during the Covid-19 Pandemic period becomes a very efficient and effective service model. The limitations of the Covid-19 pandemic situation encourage counsellors to find the most reliable alternative in conducting guidance and counselling activities to continue to be held. So, social media becomes one of the most likely alternatives to guidance and counselling to continue so that clients can get good service even though the Covid-19 pandemic still haunts us. Method: In this study, researchers researched with a qualitative descriptive approach whereby that approach can draw the source of the study can observe well even though the media used based online. Results: With Tele-Counselling services, counsellors can get client information from time to time well or in real-time, a counsellor can still monitor client information. With Tele Counselling services, various messages and information will be provided by counsellors to clients to be motivated to stay active properly during the Covid-19 pandemic. Conclusion: Tele Counselling Service provides a model of online-based counselling services that is undoubtedly a model of guidance and counselling services from the counsellor even if he or she is at home or when he or she has to work, the client can still consult with his counsellor.

Keywords: Tele-Counselling, Clients, Covid19

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