

2021

# Sustainable Livelihood

IUM Takrim

## KICT TAKRIM 2021 RESEARCH SEMINAR



## Happiness Index at Community Level

23 AUGUST 2021 (MONDAY)  
11.00 AM - 12.00 PM

### SPEAKER

Prof. Dr. Roslina Othman  
Head  
Semantic Body of  
Knowledge and Technology  
Research Unit, IUM



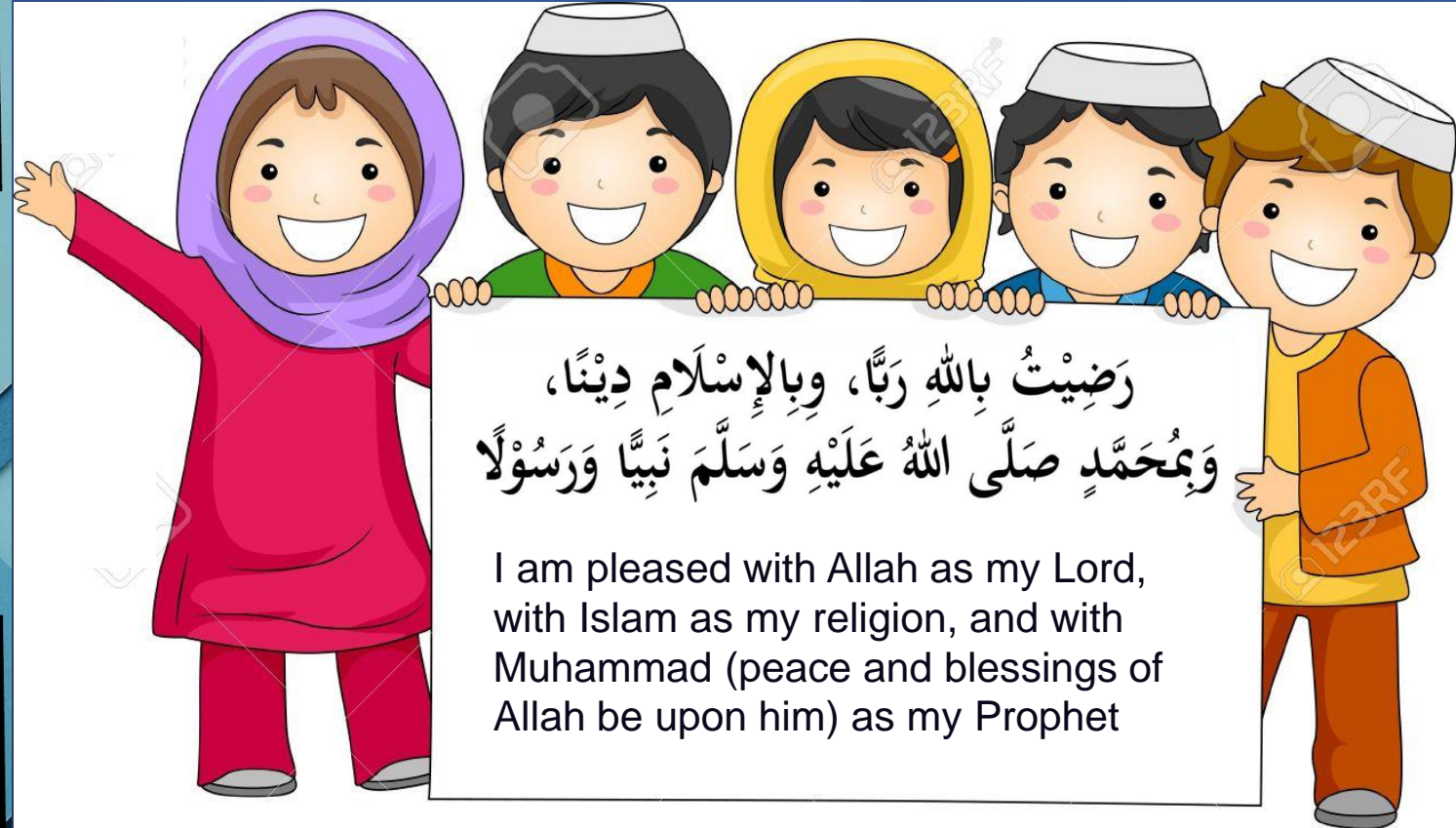
### MODERATOR

Asst. Prof. Dr. Suriani Sulaiman  
Kulliyah of ICT



### SPEAKER

Ahmad Fahmi Mohd Samsudin  
Chief Executive Officer  
Global Peace Mission (GPM)  
IUM ALUMNI



رَضِيتُ بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا،  
وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا وَرَسُولًا

I am pleased with Allah as my Lord,  
with Islam as my religion, and with  
Muhammad (peace and blessings of  
Allah be upon him) as my Prophet

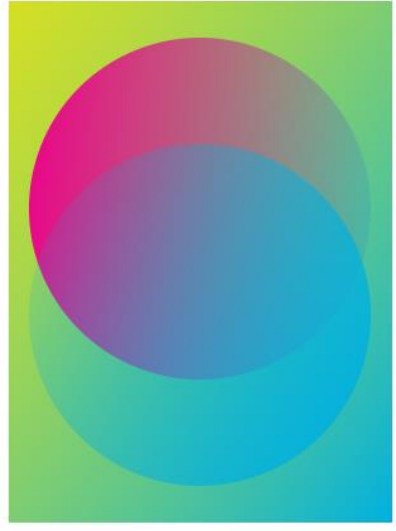
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YouTube <https://youtu.be/-aojv-tQsp4>



KICT Official

World Happiness  
Report 2021



Covid19

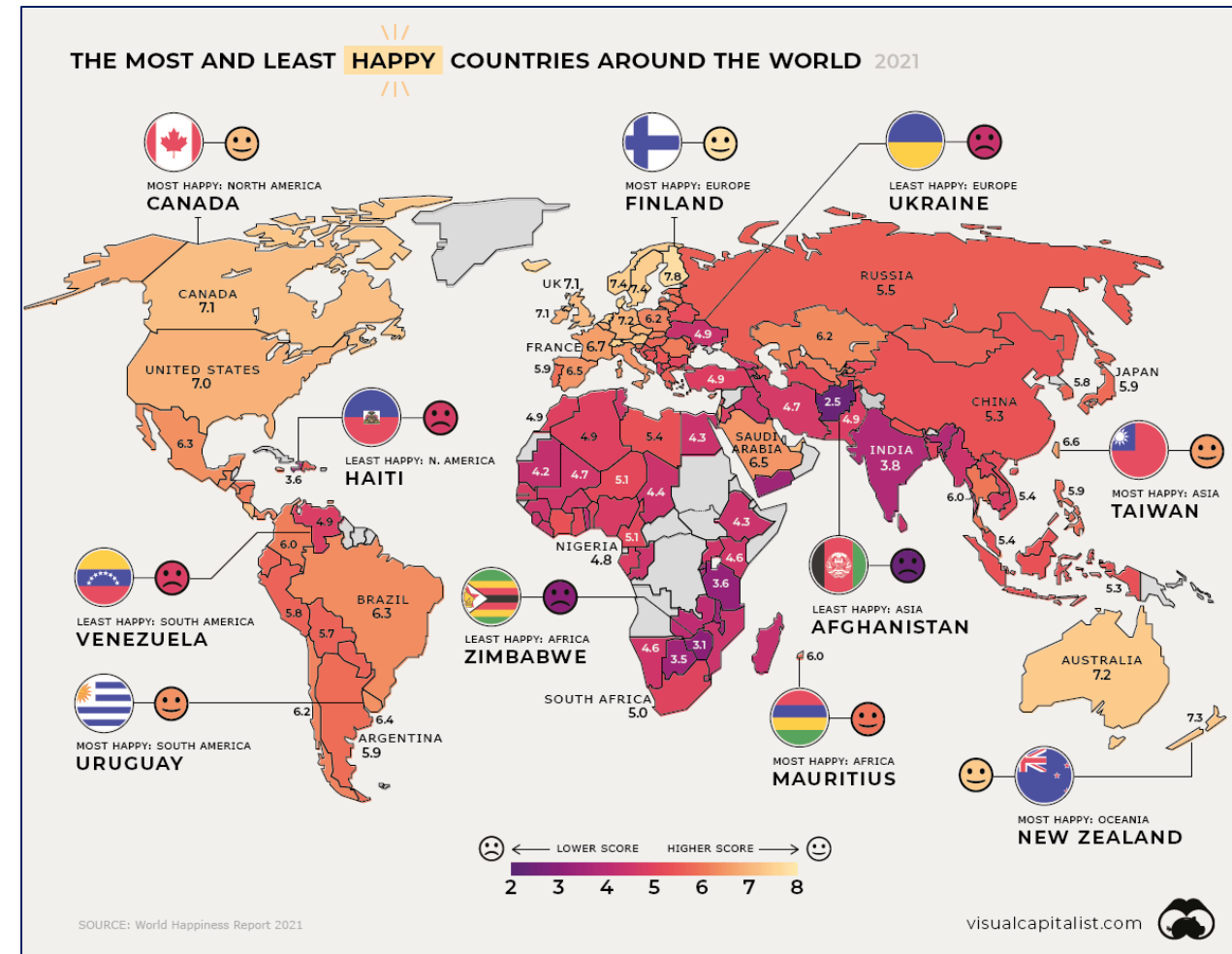
## LIFE EVALUATION

Trusted digital connection is vital and promotes mental health.

- World as a whole, 10% increase in the number of people who said they were worried or sad the previous day
- Trust and the ability to count on others
  - Confidence in public institutions
  - Social trust (expected return of lost wallets)
  - Amount of scientific knowledge
  - Understanding of epidemiology of the pandemic
  - Susceptibility to false information and fake news
- Decline in mental health
  - Groups that already had more mental health problems – women, young people, and poorer people
  - Increased mental healthcare needs
  - Disrupted mental healthcare services
- Social connections
  - Connectedness fell had decreased happiness, sense of loneliness increased, social support was reduced
  - Sense of connectedness included gratitude, grit, prior connections, volunteering, taking exercise, and having a pet
- Labor market inactivity

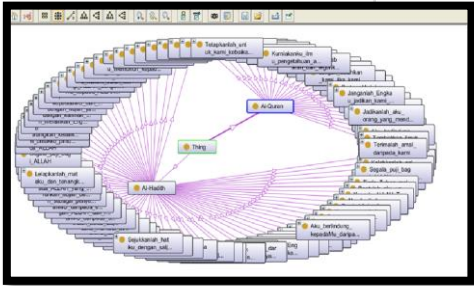
# Sustainable Development Solutions Network (SDSN) ranked 149 countries on how happy their citizens perceive themselves to be.

- Social support (or having someone to count on in times of trouble): If you were in trouble, do you have relatives or friends you can count on to help you whenever you need them, or not?
- Freedom to make life choices: Are you satisfied or dissatisfied with your freedom to choose what you do with your life?
- Generosity: Have you donated money to a charity in the past month?
- Happiness, laugh and enjoyment: How about Happiness? Did you smile or laugh a lot yesterday? How about Enjoyment? – Limited availability of happiness
- Worry, sadness and anger: How about Worry? How about Sadness? How about Anger?"

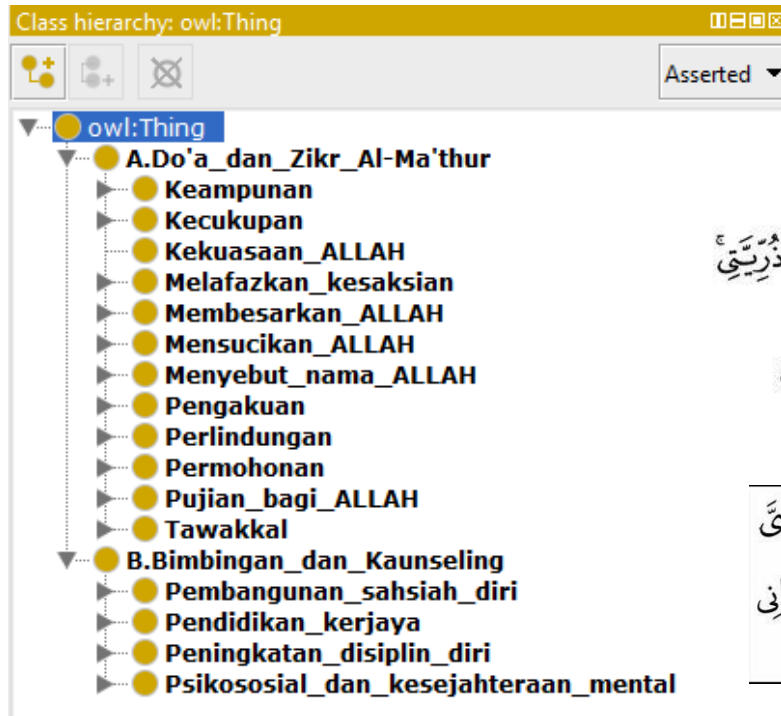




# Doa & Zikr al-Ma'thur for Counselling



- ◆ Biadap dengan guru
- ◆ Bising
- ◆ Buli
- ◆ Cubaan bunuh diri
- ◆ Cukuplah ALLAH bagi kami dan kepadaNYA ter
- ◆ Cukuplah ALLAH bagiku [yang menolong dan n
- ◆ Dan ingatlah serta sebutlah kepada Tuhanmu j
- ◆ Dan tetapkanlah untuk Kami kebaikan dalam d
- ◆ Dan tiadalah sesuatupun dari makhluk-makhluk
- ◆ Datang lewat
- ◆ Dendam dengan guru
- ◆ Dengan nama ALLAH, aku bertawakal kepada \_
- ◆ Dengan nama ALLAH, Ya ALLAH aku berlindung
- ◆ Dengan nama ALLAH kami masuk dan dengan \_
- ◆ Dengan nama ALLAH yang dengan namaNya ti
- ◆ Dengan nama ALLAH yang Maha Pemurah lagi
- ◆ Ditangkap polis
- ◆ Gangguan pembelajaran
- ◆ Gangsterisme
- ◆ Hilang selera makan
- ◆ Homesick



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
 قُلْ هُوَ اللَّهُ أَحَدٌ  
 اللَّهُ الصَّمَدُ  
 لَمْ يَكُنْ لَكَ يَوْمَ تُولَدُ  
 وَلَمْ يَكُنْ لَكَ كُفُوًا أَحَدٌ

Surah Al-Ikhlâs 112

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي  
 رَبَّنَا وَتَقَبَّلْ دُعَاءَ  
 رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيْ وَلِلْمُؤْمِنِينَ  
 يَوْمَ يَقُومُ الْحِسَابُ

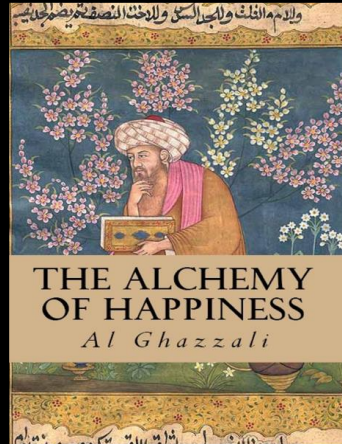
رَبِّ اغْفِرْ لِي وَلِوَالِدَيْ  
 وَارْحَمْهُمَا كَمَا رَبَّبْتَنِي  
 صَغِيرًا

رَبِّ زِدْنِي عِلْمًا

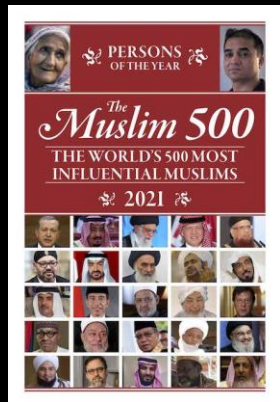


رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيْطَانِ

وَأَعُوذُ بِكَ رَبِّ أَنْ يَحْضُرُونِ



- Knowledge to know
  - what you are; how you are created; whence you are; for what you are here; whither you are going;
  - in what your happiness consists, and what you must do to secure it;
  - in what your misery consists, and what you must do to avoid it.
  - what qualities predominate in your character, and in the predominance of which your true happiness consists
- Human dignity → politics safeguarding humanity



- Happiness is inherently good; thus, it is a measure to assess other things
  - Constructing one's own identity
- What happened when
  - deeply troubled by images of dead children washing up on the Mediterranean coast or being dragged out of buildings destroyed by bombs, will you inevitably start looking for ways to change things rather than merely feel sorry for the victims?
  - In the face of Gazan children recovering from painful wounds or Somalian kids suffering from hunger and extreme poverty, will expressions of sympathy prove inadequate?
  - Engaging in politics allows people to create a more just, more compassionate, more virtuous order with more room for liberty. It gives them an opportunity to make others happy and serve the greater good.

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Thank You

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