



الجامعة الإسلامية العالمية  
INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA  
بنيان المعرفة والقيم  
Garden of Knowledge and Values



**STAYING SAFE & STAYING SANE:**

# **REFLECTIONS DURING COVID-19 PANDEMIC**

-----| EDITORS |-----

| Shukran Abdul Rahman |

| Lihanna Borhan |

| Sh. Fatimah Al-Zahrah Syed Hussien Al-Attas |

Publisher:



Kulliyah of Islamic Revealed  
Knowledge and Human Sciences  
International Islamic University Malaysia

Kulliyah of Islamic Revealed Knowledge and  
Human Sciences  
International Islamic University Malaysia, P.O. Box 10,  
50728 Kuala Lumpur, Malaysia.  
Tel.: +603 6421 5051/5053  
Fax.: +603 6421 4870  
Email : webmaster@lium.edu.my

With Cooperation:



**MAJLIS KESELAMATAN NEGARA**  
Aras LG & G, Blok Barat, Bangunan Perdana Putra,  
Pusat Pentadbiran Kerajaan Persekutuan  
62502 Putrajaya, Malaysia.  
Tel.: +603-8872 6817  
Fax.: +603-8888 3021  
Website: <https://www.mkn.gov.my>

Perpustakaan Negara Malaysia

Cataloguing-in-Publication Data

staying SAFE AND staying SANE : REFLECTIONS DURING COVID-19  
PANDEMIC /

EDITORS SHUKRAN ABDUL RAHMAN, LIHANNA BORHAN, SH. FATIMAH  
AL-ZAHRAH SYED HUSSEIN AL-ATTAS.  
ISBN 978-967-19812-0-7

1. COVID-19 (Disease)--Malaysia.
  2. Coronavirus infections--Malaysia.
  3. COVID-19 (Disease)--Social aspects.
  4. Government publications--Malaysia.
  - I. Shukran Abdul Rahman. II. Lihanna Borhan.
  - III. Al-Attas, Sh. Fatimah Al-Zahrah Syed Hussien.
- 362.1962414

© 1st Edition: 2021

All right reserved. No part of this publication may be reproduced or transmitted  
in any form or by any means, electronic, or mechanical, including photocopy,  
recording, or any other information storage, and retrieval system without prior  
permission in writing from Kulliyah of Islamic Revealed Knowledge and Human  
Sciences, International Islamic University Malaysia and Majlis Keselamatan  
Negara.

Printed by:

Attin Press Sdn. Bhd.  
No. 8, Jalan Perindustrian PP4,  
Taman Perindustrian Putra Permai,  
Bandar Putra Permai,  
43300 Seri Kembangan, Selangor.

## CONTENTS

<i>ACKNOWLEDGEMENT</i>	1
<i>FOREWORD FROM RECTOR OF IIUM</i>	3
<i>FOREWORD FROM DIRECTOR GENERAL OF NATIONAL SECURITY, NATIONAL SECURITY COUNCIL, PRIME MINISTER'S DEPARTMENT</i>	7
<i>INTRODUCTION</i>	9
<b>ON COVID19 PANDEMIC</b>	13
<i>Covid19: Malaysia Wherein? Iyad M. Y. Eid</i>	15
<i>One Fate, One Humanity: Lessons From Coronavirus Muhammad Mumtaz Ali</i>	20
<i>The Importance of Cooperation and Unity in Islam: The Case of Covid19 Ramzi Bendabka</i>	24
<i>Covid 19: A Call to Establish the Foundation of Good Life (Hayatan Tayyibatan) Abdelaziz Berghout</i>	27
<i>How Did People Make Sense of Disease Before the Germ Theory of Disease? Mohd Helmi Mohd Sobri</i>	32
<i>Pandemics and the Islamic Sociology of Amanah Hornam Altabaa</i>	36
<i>The Spiritual, Educational and Social Functions of Mosques during Covid19 Pandemic Shukran Abd Rahman</i>	39
<i>When 'New Normal' Becomes a 'Game Changer' Elmira Akhmetova</i>	46

**STAYING SAFE AND STAYING SANE:  
REFLECTIONS DURING COVID19 PANDEMIC**

Reliance and Good Faith toward Allah in the time of Covid19 Pandemic <i>M. Ayman al-Akiti</i>	162
Reflection from the Prophetic Guidance on Plague <i>Zunaidah Mohd Marzuki</i>	166
The Magic of Solat as a Self Pscyhospiritual Therapy <i>Intan Aidura Alias</i>	170
Substantiating the Spiritual Dimension of Solat; Learning from COVID19 MCO experience <i>Intan Aidura Alias</i>	174
<b>Cognitive Fitness</b>	177
Conditioning thought and behaviour with the new normal <i>Mariam Adawiah Dzulkifli</i>	179
The Value of Vulnerability-Myths and Facts <i>Pamilia Lourdunathan</i>	185
Covid 19: The Trial, Tribulation, and Triumph <i>Azlin Alwi</i>	192
<b>Emotional Fitness</b>	199
The Psychology of Covid19: How Your Thoughts Are Determining How You Act <i>Jamilah Hanum Abdul Khaiyom</i>	201
So Long Covid19, We'll Let You Pass With Gratitude. <i>Murni Mahmud</i>	207
The War Against Covid19: Lessons and Response <i>Kabuye Uthman Sulaiman</i>	210
Raya-During-MCO: Learning from the Prophet's Guidance on Celebrating 'Eid <i>Badri Najib Zubir</i>	216

**STAYING SAFE AND STAYING SANE:  
REFLECTIONS DURING COVID19 PANDEMIC**

<b>Social Fitness</b>	221
How to Live with Children during MCO with Peace <i>Nazariah Shar'ie Janon</i>	223
Creating a Safe Space <i>Lihanna Borhan</i>	225
Leadership and the Value of Silence <i>Suzanah Abdul Rahman</i>	229
What does Conditional Movement Order Mean to Us? <i>Nor Juliana Ali</i>	232
Helping Neighbours Through the Spirit of Unity in Facing the Effects of Covid19 <i>Abdul Salam Muhammad Shukri</i>	235
Covid19 and Social Distancing: A Sociological Concept <i>Noor Azlan Mohd Noor</i>	240
<b>Social Media Fitness</b>	245
Knowledge Dissemination in the Time of Crisis <i>Syed Ahmad Muhajir Alhaddad</i>	247
Changing Media Usage in This Fight against Covid19? <i>Nurul Miza Mohd Rashid</i>	251
Upholding Islamic Ethics on Social Media during COVID 19 Pandemic: A Reflection from Verses 6 and 12 of Surah al-Hujurat <i>Nur Suriya Mohd Nor</i>	256
<b>Work From Home</b>	263
Working Mom's Resource: Tips for Work-Home Balance with Children Around <i>Rohaiza Rokis</i>	265

## THE PSYCHOLOGY OF COVID19: HOW YOUR THOUGHTS ARE DETERMINING HOW YOU ACT

Jamilah Hanum Abdul Khayom

**D**o you know that pandemics are essentially psychological phenomena? Yes, it is NOT merely about virus infecting people. It is about HOW PEOPLE BEHAVE! Pandemics can be CAUSED by the way people behave. Pandemics can be CONTROLLED also by the way people behave. Let's take a look at what is currently happening.

Situation: The 14 DAYS of Movement Control Order  
Our thoughts on the 14 days of Movement Control Order: "Oh My Godddd! **Everyone** is rushing to the supermarket! **Everyone** is making sure they have 'enough' food! This **must** be really serious! Things are **definitely** getting worse! I **must** do something!"

(Focus on the **bold** words. These words are TOXIC WORDS. These words are purely perceptions and it is not facts. These words may catastrophize our thoughts and trigger maladaptive feelings. BE CAREFUL with our thoughts.)

Meanwhile, **OUR FEELINGS** in response to the catastrophic thoughts:

We may have (1) Excessive fear (2) Excessive worry (3) Anxious and many other mixed feelings.

In response to the catastrophic thoughts and feeling we may ACT and BEHAVE irrationally. In this situation, we may:

1. Rush to the supermarket.
2. Buy as many 'necessities' as we can.  
*(Please note that I purposely put the quote and unquote symbol for the word necessities).*

What are the **CONSEQUENCES** of the above actions and behaviours?

- We may be involved in panic buying. The definition of 'necessities' are blurred and may be distorted. It may affect our decision to purchase healthy foods that can enhance our immune system in order to protect us from the virus. Instead, we may be unmindfully purchasing foods that have less nutrients. Why? Because we are panicked and stressed. It is very common to find people who are stressful purchasing and eating something that is less nutritious. Stress eating and emotional eating kicks in and the vicious cycles start. Apart from involving in stress and emotional eating, panic buying may impact the economy too.
- We may be involved in poor social distancing. Too many people rushing into the supermarket and the distance of 1-meter away may be difficult/impossible to be adhered to. Most importantly, some of the buyers may be the carrier of Covid19. Some of them may have just gone for Covid19 screening and waiting for the results. To be in a crowded space is another way how the virus can spread.

**This is How People's Behaviour Can Cause Pandemics. This Is How People's Behaviour Can Spread Covid19.**

Therefore,

**What Do We Need To Do Now? How To Behave Adaptively During 14-Days Of Movement Control Order?**

Let's start with:

**1. Acknowledge our thoughts and our emotions.**

In the time of pandemics, it is something usual that people may think, feel, and act in a way that makes them feel protective in nature. That is the reason why the above thoughts, feelings, and actions occur. It is a way to 'protect' us from extinction. However, when it is too much and not acknowledged, it may trigger other problems.

Therefore, learn on how to acknowledge our thoughts and emotions by:

- i. Asking "What am I thinking now that may lead me to act in such a way?"
- ii. Label our emotions (e.g., I am feeling afraid now. I am feeling anxious.)

**2. Help ourselves to be and remain calm.**

How to do that? Below are some of the tips:

- i. Tell ourselves "It is OK to feel this way. I am not wrong if I feel scared."
- ii. Stop or slow down our movements.
- iii. Lower our gaze or close our eyes.
- iv. Breathe in and breathe out slowly.
- v. Mindfully paying attention to our breath.
- vi. Feel that Allah is with us. Yes, Allah is always with us!

**3. Plan how we are going to do most of our activities inside our home?**

*This are the tips on how we can plan our 14 days:*

- i. Ask what are the outcomes of these 14 days in terms of our work, family/social relationships, and self-care?

For example, in this 14 days of MOC:

*In terms of work:*

- I will read and response to my email two times a day (morning and afternoon)
- I will read and response to my WA messages in relation to work two times a day (morning and afternoon)
- I will finalize the draft of my XYZ paper
- I will finalize the review my student's ABC paper/work
- I will finalize the online quiz questions
- I will finalize the final exam questions, marking scheme, and TOT

*In terms of family relationships, I will have a richer relationships:*

- I will allocate 20 – 30 minutes time to be with my children and spouse after every 1 – 1.5 hour of working. The activities are unstructured.
- I will have a richer relationship with my extended family and friends. Therefore, I will reach out to at least one person of my extended family member/friends everyday, either via call or social media. I will do it after *Maghrib*.

*In terms of self-care, I will have a healthier lifestyle:*

- I will cook for myself and family at least for breakfast and lunch/dinner.
- I will eat and prepare fruits for my family three times a day.
- I will do mindful breathing for 3 minutes before *Salat*.
- I will read at least *MathuratSughra* after *Subhand* 'Asr.
- I will exercise between 6 pm – 7 pm (at least for 30 minutes).

- ii. Remember, the more specific our plan is, the higher possibility the plan will be reality.
- iii. However, avoid overwhelmed planning. Many of us are still adjusting.

4. **Only read the documents in relation to Covid19 from the government's website or page.**

When you read the document, read with a calm intonation. Reading it hastily may also trigger unnecessary fear, worry, and anxiety. Schedule the time for reading the news (e.g., two-three times a day only). Too frequent reading may also trigger unnecessary worry. Avoid sharing any information that you can't validate.

5. **Whatever actions that we plan to take during 14 days of Movement Control Order, ask ourselves "Does this bring benefits to me, my family, and my society during this time of Covid19?"**

Remember, Covid19 is not merely a virus issue, it is also a humanity issue.

6. **Follow the government's suggestions on maintaining hygiene by washing hands regularly, following the cough and sneeze etiquette, and exercising appropriate social distancing.**

All the above are behaviours! All the above are related to our psychology! If we take the above lightly, ask ourselves this question "What am I thinking now that made me take the above lightly?"

At the same time, DO NOT OVERDOING IT. It may be counter-productive. It may also trigger unnecessary worry.

6. **Submit ourselves to Allah, ask forgiveness, and ask help from Him.**

He is the Most Powerful. While we exercise our duties as His *Khalifah*, ONLY He can make things happen. To Allah we prostrate and to Allah we submit ourselves.

Together, we CAN DO IT with ALLAH's will!

## References

Egan S. Cognitive behaviour therapy (CBT) strategies to improve mental health during the Covid19 pandemic. World Confederation of Cognitive and Behavioural Therapies, e-News March 2020, [https://www.wccbt.org/Downloads/WCCBT\\_e-News\\_March-2020](https://www.wccbt.org/Downloads/WCCBT_e-News_March-2020)

Khan S, Siddique R, Li H, Ali A, Shreen MA, Bashir N, Xue M. Impact of coronavirus outbreak on psychological health. J Glob. Health. 2020; **10(1)**: DOI: 10.7189/jogh.10.010331

Presti G, McHugh L, Gloster A, Karekla M, Hayes SC. The dynamics of fear at the time of Covid19: a contextual behavioural science perspective. Clin. Neuropsychiatry. 2020; **17(2)**: 65-71. <https://doi.org/10.36131/CN20200206>

Votta-Bleeker L. "Psychology works" fact sheet: psychological impacts of the coronavirus (Covid19). Canadian Psychological Association, 20<sup>th</sup> March 2020, [https://cpa.ca/docs/File/Publications/FactSheets/PW\\_Psychological\\_Impacts\\_Covid19.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PW_Psychological_Impacts_Covid19.pdf) [https://cpa.ca/docs/File/Publications/FactSheets/PW\\_Psychological\\_Impacts\\_Covid19.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PW_Psychological_Impacts_Covid19.pdf)

Taylor S. I've spent years studying the psychology of pandemics. This is what you need to know about Covid19. Independent, 17<sup>th</sup> March 2020, <https://www.independent.co.uk/voices/coronavirus-Covid19-pandemic-psychology-research-predictions-a9406876.html> <https://www.independent.co.uk/voices/coronavirus-Covid19-pandemic-psychology-research-predictions-a9406876.html>




SO LONG COVID19,  
WE'LL LET YOU PASS  
WITH GRATITUDE.

Murni Mahmud



Later, the Covid19 pandemic will be fading, slowly slipping into the world blended with the new normal. The new normal will be 'the normal'. Most parts of the world are affected but soon, we will be released from the prison of Covid19 and shall return to the routine – going to work, going to school, going shopping and going to masjid. Crucially, we will be visiting and hugging our parents, family and friends. Are we excited and looking forward to experiencing them? Are we keen for the new normal?



Different views have been offered to what this pandemic is about: it may be a conspiracy, an accidental mishap from the lab or some have labelled it as a vengeance for the human wrongdoing on the earth. With the modernization, industrialization and advancement of technology, some have accused that humans have been overloading, destroying, contaminating and polluting this world. Therefore, some named Covid19 as *Musibah*; more evil than the *tsunami*, stronger than hurricane, widespread as strong wind, blinds the vision as lightning; yet so tiny it cannot be seen with the naked eyes.