

PROGRAMME BOOK

International Seminar (Webinar) on the Roles of
University in Responding to Psychosocial Issues in the
Community 2021

ISRUPIC 2021

Theme:
Managing Psychosocial Issues Post COVID-19 Pandemic
28 DECEMBER 2021

Organised by:
Faculty of Psychology, Universitas Islam Riau

MESSAGE FROM THE DEAN
FACULTY OF PSYCHOLOGY, UNIVERSITAS ISLAM RIAU
Yanwar Arief, M.Psi., Psikolog



Assalamu alaikum Wr. Wb

Alhamdulillah, all praises are only to Allah SWT, the most gracious and merciful, whose blessings are uncountable, whose mercy is unlimited, and whose worship is our faith. Blessing and salaam to Muhammad SAW, his family and his companions.

Alhamdulillah, thanks to Allah, the greatest, who has given the extraordinary blessings to all of us, therefore we gather again for the third time of ISRUPIC. At this particular of chance, all participants and myself as the organizers would like to thank to the Chancellor of UIR who has been supported us, the department of psychology, and hope that this activity can run greatly.

The remaining theme of ISRUPIC at this particular time is about Managing Psychosocial Issues Post COVID-19 Pandemic, over this theme, I hope that we always have a strong belief that the pandemic will end soon after. We have faith in Allah SWT that this pandemic is a test of faith so that we can increase our faith in Allah SWT and so that we can be more grateful by providing more benefits to others and this universe. The output of ISRUPIC for 2021 is about to launch a book, hereafter, hopefully it can inspire and has a big impact on both universities, especially for the community.

Last but not least, we from UIR would like to express our deepest gratitude to Prof. Shukron and fellow lecturers from IIUM who have provided encouragement and inspiration for us at UIR. Hopefully, what we do will bring blessings. Amiin.

Hasbunallah wani'mal wakil.

MESSAGE FROM THE DEAN

**AbdulHamid AbuSulayman Kulliyah of Islamic Revealed Knowledge and Human Sciences
(AHAS KIRKHS), International Islamic University Malaysia
Prof. Dr. Shukran Abdul Rahman**



I wish to congratulate Fakultas Psikologi, Islamic University of Riau, Indonesia for hosting the 3rd International Seminar on the Roles of University in Responding to Psychosocial Issues in the Community or ISRUPIC 2021. Thank you very much for having the International Islamic University Malaysia as the partner to this annual Seminar. Indeed, this is an epitome of a good engagement between the UIR and IIUM. I hope such collaboration will result in good impacts to the community, in Indonesia, Malaysia and other places too.

As all of us are aware, universities are institutions in the society which generate, disseminate and apply knowledge for the benefit of the community. They play essential functions in equipping members of the community with life enabling competencies. In the post pandemic era, universities are to further play their roles in helping the society to redevelop new knowledge, or preserve the culture and values of the society. University Community Engagement (UCE) programs, hence, are avenues for academia to educate values, norms, and skills that influence the ways individuals function in the society.

I would like to also welcome all paper presenters and participants to ISRUPIC 2021. I believe it can be an avenue that links the academia with the community, providing them the opportunities to share information on research, services, or community-orientated teaching, including solutions to psychosocial issues in the community during the pandemic COVID19.

Thank you to ISRUPIC 2021 committee members from UIR and IIUM for making this seminar a successful one.

SEMINAR INFORMATION

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INTERNATIONAL WEBINAR ON THE ROLES OF UNIVERSITY IN RESPONDING TO PSYCHOSOCIAL ISSUES IN THE COMMUNITY 2021

ISRUPIC 2021

28 DECEMBER 2021

“Managing Psychosocial Issues Post COVID-19 Pandemic”

PROGRAMME ITINERARY

Tuesday 28 December 2021	
9:00 a.m. – 9:30 a.m.	<p>Recitation of holly Quran by Farhan Muharrom</p> <p>Recitation of Do'a Dr. Sigit Nugroho, M.Psi, Psikolog</p> <p>Welcoming Speech by Yanwar Arief, M.Psi, Psikolog Dean Faculty of Psychology, Universitas Islam Riau, Indonesia</p> <p>Speech by Professor Dr Shukran Abd. Rahman Dean of AbdulHamid AbuSulayman Kulliyah Islamic Revealed Knowledge and Human Sciences (AHAS KIRKHS), International Islamic University Malaysia (IIUM)</p> <p>Opening Speech International Webinar On The Roles Of University In Responding To Psychosocial Issues In The Community 2021 by Rector Universitas Islam Riau</p>
9.40 a.m. – 10:10 a.m.	<p>Keynote Address The role of university in managing psychosocial issues Post COVID-19 pandemic Assoc. Prof. Datin Dr. Aini Maznina A. Manaf Deputy Dean of Academic and Internationalisation, AHAS KIRKHS, IIUM</p>
10:20 a.m. – 11:50 p.m.	<p>Parallel Sessions 1</p> <p>Panel 1a: Mental Health And Well-Being</p> <p>Panel 1b: Psychosocial Issue Post Covid-19 Pandemic</p>
12.00 p.m. – 1.20 p.m.	<p>Parallel Session 2</p> <p>Panel 2a: Organizations, Group And Community</p> <p>Panel 2b: Psychosocial Issue On Multiple Perspectives</p>
1.20 p.m. – 2.00 p.m	<p>Lunch break</p>
2.30 p.m. – 3.00 p.m	<p>Resolution Dr. Ainul Azmin Md Zamin Head of Responsible Research and Innovation, AHAS KIRKHS, IIUM</p> <p>Wina Diana Sari, S.Psi, MBA Universitas Islam Riau</p>
3.30 p.m. – 4.00 p.m	<p>Closing Remarks by the Chair of ISRUPIC 2021 Dr. Fikri, S.Psi, M.Si Vice Dean of Academic Affair and Research</p>

INTERNATIONAL WEBINAR ON THE ROLES OF UNIVERSITY IN RESPONDING TO
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LINKS FOR SEMINAR SESSIONS

Tuesday 28 December 2021			
9:00 a.m. – 10:10 a.m.	Opening and keynote address	YouTube Psikologi UIR Channel https://www.youtube.com/channel/UC2D5Km3tpnDfWk1b0pbXzcA	
		Zoom meeting Meeting ID: 278 742 1768 Passcode: 12345 https://us02web.zoom.us/j/2787421768?pwd=T1BvbmNGZXdlOWt5TVpHUUm8wVWI1QT09	
10:20 a.m. – 11:50 p.m.	Parallel Sessions 1a	Zoom meeting Meeting ID: 278 742 1768 Passcode: 12345 https://us02web.zoom.us/j/2787421768?pwd=T1BvbmNGZXdlOWt5TVpHUUm8wVWI1QT09	
	Parallel Sessions 1b	Zoom meeting Meeting ID: 278 742 1768 Passcode: 12345 https://us02web.zoom.us/j/2787421768?pwd=T1BvbmNGZXdlOWt5TVpHUUm8wVWI1QT09	
12.00 p.m. – 1.20 p.m.	Parallel Sessions 2a	Zoom meeting Meeting ID: 278 742 1768 Passcode: 12345 https://us02web.zoom.us/j/2787421768?pwd=T1BvbmNGZXdlOWt5TVpHUUm8wVWI1QT09	
	Parallel Sessions 2b	Zoom meeting Meeting ID: 278 742 1768 Passcode: 12345 https://us02web.zoom.us/j/2787421768?pwd=T1BvbmNGZXdlOWt5TVpHUUm8wVWI1QT09	
2.30 p.m. – 4.00 p.m	Resolution and closing remarks	Zoom meeting Meeting ID: 278 742 1768 Passcode: 12345 https://us02web.zoom.us/j/2787421768?pwd=T1BvbmNGZXdlOWt5TVpHUUm8wVWI1QT09	

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PRESENTATIONS

PARALLEL SESSION 1a & 1b TUESDAY 28 DECEMBER 2021 10:20 AM – 11:50 AM
PANEL 1a: MENTAL HEALTH AND WELL-BEING
MODERATOR: Dr. FIKRI, S.Psi., M.Si
<p>Adopting Organisational Interventions to Safeguard Employees’ Mental Health Shukran Abd Rahman, Lihanna Borhan, and Wan Zahidah Wan Zulkifl,</p> <p>Psychosocio-spiritual education and support for Individuals with Mental Health Issues via IIUM Mental Health and Psychosocial Care Team (IMPACT) Pamilia Lourdunathan and Shukran Abd Rahman</p> <p>Life Orientation and Mental Health of Millennial Generations Icha Herawati, Syarifah Farradinna, and Arina Manasika</p> <p>Psychological Well-Being of The Caregiver of Children with Special Needs after Pandemic Covid-19 Lisfarika Napitupulu, Sigit Nugroho, and Yulia Herawati</p>
PANEL 1b: PSYCHOSOCIAL ISSUE POST COVID-19 PANDEMIC
MODERATOR: Fauzul Etfita, S.Pd., M.Pd
<p>Working: Redefining after Pandemic Ersaliya Arezah</p> <p>Maqasid Based Social Health Assistance for B-40 in ASEAN: A Systematic Review Saheed Abdullahi Busari, Sabri Zakaria, and Akhtarzaite bint AbdulAziz.</p> <p>Nurturing Positive Values among Young People Post-COVID 19 Pandemic: A Case Study on Gombak Sejahtera Engagement Team (G-SET) Mohd Noh Abdul Jalil</p> <p>The Psychology of Ibn Sina: Language Learning through Play during the Pandemic Nor Faridah Abdul Manaf, Ainul Azmin Md Zamin, Hasnah Abd Kadir, Saodah Wok, Wan Mazwati Wan Yusoff, and Rozailin Abdul Rahman.</p> <p>The perceived educational dilemma of international students during the COVID-19 pandemic in Malaysia Rahmah Binti Ahmad H. Osman, Usman Jaffer</p>

Higher Education, Sustainable Development and the Malay Concept of SEJAHTERA in Times of COVID-19 Pandemic in Malaysia: A Review

Amelia Yuliana Binti Abd Wahab, Zainal Abidin Sanusi, Hazri Jamil.

**PARALLEL SESSION 2a & 2b
TUESDAY | DECEMBER 28, 2021 | 12:00 PM – 1:20 PM****PANEL 2a: ORGANIZATIONS, GROUP AND COMMUNITY****MODERATOR:** Lisfarika Napitupulu, M.Psi, Psikolog**The Effectiveness of Psychological Therapy for Increasing Psychological Well-Being of Elderly Who Become Prisoners**

Icha Herawati, Ahmad Hidayat, Irfani Rizal, and Agnes Rifdasari

Advancing Edification Process to Nurture Individuals' Competencies to Deal with Psychosocial Issues in the Society

Shukran Abd Rahman and Suhailah Hussien.

Unravelling Shame to Address Menstrual Poverty: A qualitative Study of Young Women's Menstrual Beliefs and Practices in Malaysia

Sh Fatimah AlZahrah Bt Syed Hussien

Overcome the Counterproductive Working Behavior at Employee through Gratitude
Fikri**Vulnerability Factors For Sexual Violence Victims**

Yanwar, Bahril Hidayat=

PANEL 2b: PSYCHOSOCIAL ISSUE ON MULTIPLE PERSPECTIVES**MODERATOR:** Fauzul Etfita, S.Pd., M.Pd**A Short Way to Transformation**

Didik Widianoro

Self Compassion on Vocational High School Students in Online Learning Process

Nindy Amita, Icha Herawati, and Wina Diana Sari

The effectiveness Combination of Guided Imagery and Deep Breathing as treatment to Pain Disorder at Woman with Dysmenorrhoea: Narrative Review.

Raihanatu Binqalbi Ruzain, Rosyida, Chairun Nisa, and Evi Astria

Rooting Linguistic Psychology in the light of the Islamic Heritage.

Asem Shehadeh Ali

Religion and Life Satisfaction

Juliarni Siregar

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2	Shukran Abd Rahman, Lihanna Borhan, and Wan Zahidah Wan Zulkifl,	Adopting Organisational Interventions to Safeguard Employees' Mental Health	Shukran Abd Rahman. Email: shukran@iium.edu.my	Department of Psychology, AbdulHamid AbuSulayman Kulliyah of Islamic Revealed Knowledge and Human Sciences, International Islamic University Malaysia.
3	Pamilia Lourdunathan and Shukran Abd Rahman	Psychosocio-spiritual education and support for Individuals with Mental Health Issues via IIUM Mental Health and Psychosocial Care Team (IMPACT)	Pamilia Lourdunathan. Email: pamilia@iium.edu.my	Department of Psychology, Kulliyah of Islamic Revealed Knowledge & Human Sciences, International Islamic University Malaysia
4	Ersaliya Arezah	Bekerja: Redefinisi Setelah Pandemi [Working: Redefining after Pandemic]	ersaliya.arezah@psy.uir.ac.id	Faculty of Psychology, Universitas Islam Riau, Indonesia.
5	Icha Herawati, Syarifah Farradinna, and Arina Manasika	Orientasi Hidup dan Kesehatan Mental Generasi Milenial [Life Orientation and Mental Health of Millenial Generations]	Icha Herawati. Email: ichaherawati@psy.uir.ac.id	Faculty of Psychology, Universitas Islam Riau, Indonesia.
6	Lisfarika Napitupulu, Sigit Nugroho, and Yulia Herawati	Psychological Well-Being of The Caregiver of Children with Special Needs after Pandemic Covid-19	Lisfarika Napitupulu. Email: lisfarika@psy.uir.ac.id	Faculty of Psychology, Universitas Islam Riau, Indonesia.

7	Saheed Abdullahi Busari, Sabri Zakaria, and Akhtarzaite bint AbdulAziz.	Maqasid Based Social Health Assistance for B-40 in ASEAN: A Systematic Review	Saheed Abdullahi Busari. Email: saheed@iium.edu.my	Fiqh & Usul Fiqh Department, AHAS-KIRKHS, International Islamic University Malaysia.
8	Nindy Amita, Icha Herawati, and Wina Diana Sari	Gambaran Self Compassion Siswa SMK Saat Mengikuti Pembelajaran Daring [Self Compassion on Vocational High School Students in Online Learning Process]	Nindy Amita. Email: nindyamita@psy.uir.ac.id	Faculty of Psychology, Universitas Islam Riau, Indonesia.
9	Raihanatu Binqalbi Ruzain, Rosyida, Chairun Nisa, and Evi Astria	Efektivitas Kombinasi Guided Imagery dan Deep Breathing sebagai Strategi Mengatasi Nyeri pada Wanita Dismenorea: Narrative Review. [The effectiveness Combination of Guided Imagery and Deep Breathing as treatment to Pain Disorder at Woman with Dysmenorrhoea: Narrative Review.	Raihanatu Binqalbi Ruzain. Email: raihanatu.binqolbi@psy.uir.ac.id	Faculty of Psychology, Universitas Islam Riau, Indonesia.
10	Mohd Noh Abdul Jalil	Nurturing Positive Values among Young People Post-COVID 19 Pandemic: A Case Study on Gombak Sejahtera Engagement Team (G-SET)	mohdnoh@iium.edu.my	Student Development and Community Engagement, KIRKHS. International Islamic University Malaysia.

11	Shukran Abd Rahman and Suhailah Hussien.	Advancing Edification Process to Nurture Individuals' Competencies to Deal with Psychosocial Issues in the Society	Shukran Abd Rahman. Email: shukran@iium.edu.my	Department of Psychology, AbdulHamid AbuSulayman Kulliyah of Islamic Revealed Knowledge and Human Sciences, International Islamic University Malaysia.
12	Icha Herawati, Ahmad Hidayat, Irfani Rizal, and Agnes Rifdasari	The Effectiveness of Psychological Therapy for Increasing Psychological Well-Being of Elderly Who Become Prisoners	Irfani Rizal. Email: irfanirizal7@gmail.com	Faculty of Psychology, Universitas Islam Riau, Indonesia.
13	Asem Shehadeh Ali	Rooting Linguistic Psychology in the light of the Islamic Heritage.	muhajir4@iium.edu.my	Department of Arabic Language and Literature. AbdulHamid AbuSuleyman Kulliyah of Islamic Revealed Knowledge and Human Sciences. International Islamic University Malaysia
14	Sh Fatimah AlZahrah Bt Syed Hussien	Unravelling Shame to Address Menstrual Poverty: A qualitative Study of Young Women's Menstrual Beliefs and Practices in Malaysia	fatimahalattas@iium.edu.my Corresponding Address: Department of Sociology and Anthropology, International Islamic University Malaysia, 53100, Selangor, Malaysia. Email: fatimahalattas@iium.edu.my	Department of Sociology and Anthropology, Kulliyah of Islamic Revealed Knowledge and Human Sciences (KIRKHS). International Islamic University Malaysia.

15	Fikri	Mengatasi Perilaku Kerja Kontraproduktif Pegawai Melalui Kebersyukuran [Overcome the Conterproductive Working at Employee through Gratitude]	fikri@psy.uir.ac.id	Faculty of Psychology, Universitas Islam Riau, Indonesia.
16	Nor Faridah Abdul Manaf, Ainul Azmin Md Zamin, Hasnah Abd Kadir, Saodah Wok, Wan Mazwati Wan Yusoff, and Rozailin Abdul Rahman.	The Psychology of Ibn Sina: Language Learning through Play during the Pandemic	Ainul Azmin Md Zamin. Email: ainul_azmin@iium.edu.my	Department of English Language & Literature. Kulliyah of Islamic Revealed Knowledge & Human Sciences. International Islamic University Malaysia.
17	Rahmah Binti Ahmad H. Osman and Usman Jaffer	The perceived educational dilemma of international students during the COVID-19 pandemic in Malaysia	Rahmah Binti Ahmad H. Osman. Email: rahmahao@iium.edu.my	Department of Arabic Language and Literature, Kulliyah of Islamic Revealed Knowledge and Human Sciences. International Islamic University Malaysia
18	Juliarni Siregar	Religion and Life Satisfaction	Juliarni Siregar. Email: juliarni.siregar@psy.uir.ac.id	Faculty of Psychology, Universitas Islam Riau, Indonesia.
19	Amelia Yuliana Binti Abd Wahab, Zainal Abidin Sanusi, Hazri Jamil.	Higher Education, Sustainable Development and the Malay Concept of SEJAHTERA in Times of COVID-19 Pandemic in Malaysia: A Review	Amelia Yuliana Binti Abd Wahab Email: yuliana@iium.edu.my	1Department of Political Science AbdulHamid AbuSulayman Kulliyah of Islamic Revealed Knowledge and Human Sciences (AHAS KIRKHS). International Islamic University Malaysia (IIUM) Sejahtera Centre for Sustainability and Humanity, International Islamic University Malaysia (IIUM).

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20	Yanwar Arief, Bahril Hidayat	Case Study: Risk Factors for Child Victim of Sexual Violence	Yanwar Arief Email: yanwar.arief@psy.uir.ac.id	Faculty of Psychology, Universitas Islam Riau, Indonesia.

A Short Way to Transformation

Didik Widianoro

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Abstract

All companies are required to make changes. Dynamic transformation is not the right answer for investors who only think about profit. This is a challenge for the manager in increasing the trust of the owner. Apart from being time-efficient in carrying out the transformation, other factors that greatly influence the success of the transformation process include the company's systems, human resources, facilities, and technology. Several large companies that carry out transformation strategies always encounter regulations, including Gojek, Grab, and several startup companies for online transportation services. At first, they were always hampered due to regulatory problems, but with strategic efforts and high consumer needs. Now they can grow into a giant company. It is undeniable that innovation is the key to the success of some of the above companies and startup companies in Indonesia. Companies that have foresight will be the winners in mastering their respective business sectors. This is because innovation is likened to a box, which depends on how the company in it views the box as big or small. If you feel that the box still has room to innovate, that's the place for the transformation shortcut is.

Keywords: company, human resources, transformation.

Adopting Organisational Interventions to Safeguard Employees' Mental Health

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Abstract

The objective of this paper is to discuss the initiatives taken by the International Islamic University Malaysia to design and implement interventions that support the initiatives to safeguard student and employees' mental health. Mental-health related documents including the University's Constitution and Staff Handbook, the Occupational, Safety and Environmental Policy, and other related policies have been reviewed to gather information that relate to mental health aspects. Interviews and Focus Group Discussion (FGD) have been organised to take stock of the existing services provided by various units in the University in dealing with mental health issues. Information gathered have been clustered into essential themes, namely the nature of mental health among employees, the need for mental health services, the need for holistic approach to promote mental health; and the role of IIUM as a responsible employer in nurturing mental health among employees and students. The findings have served as essential bases to design various level of interventions, aimed at developing individuals' awareness, interest and knowledge on mental health issues among IIUM community (academics, staff and students). The information assist policy makers to design initiatives to provide careful attention to issues of work and employees that may affect one's own and others' mental health conditions.

Keywords: mental health, employee well-being, employee assistance, university.

Psychosocio-spiritual education and support for Individuals with Mental Health Issues via IIUM Mental Health and Psychosocial Care Team (IMPACT)

Pamilia Lourdunathan¹, Shukran Abd Rahman²

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Abstract

Certain facets of life can cause us to experience a myriad of emotional distress. Overwhelming feelings of unhappiness that persist over time can cause a person to feel hopeless and helpless while they lose interest in things. These symptoms if not addressed properly can cause debilitating stress on a person's well-being. This is when it is important for an individual to find the right person with whom they can establish a close partnership to gain relief from their emotional distress. Also, those who already faced various emotional distress prior to the outbreak became the most vulnerable as they strived to cope with their pre-existing emotions during the pandemic. The objective of this paper is to examine the impact of psychosocio-spiritual education and the share the support services provided by the International Islamic University Malaysia for individuals living with mental health issues. Various documents on mental health issues and psychosocial support avenues. The documents will be gathered together with existing mental health policies. Psychosocial support sessions have taken place and have been organized by the IMPACT team in dealing with mental health issues. The paper will help readers understand the themes of mental health issues and concerns faced by various individuals. The reports the impact of the psychosocial support rendered via psychosocio-spiritual education and support through the IMPACT team. The findings will help shed light on addressing the psychosocial challenges faced by individuals which require a collaborative approach between various stakeholders such as mental health care providers and policy makers so that the needs of these individuals may be addressed accordingly.

Keywords: psychosocio-spiritual education, mental health issues, psychosocial challenges

Working: Redefining after Pandemic

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Abstract

At the beginning of the emergence of the COVID-19 pandemic, many changes had an impact on almost all human activities. Concern over the presence of COVID-19 through droplets on food ordered for delivery, public transportation, and crowded places is the biggest reason for people to limit daily activities, including work activities. Working in an office causes employees to interact closely which can increase the probability of spreading the coronavirus. This issue "forces" the company to promote a work from home policy or familiarly abbreviated as WFH. This policy was responded to by various employees, not a few who had difficulty and tended to refuse. The transition from work and interactions that are usually carried out directly to work online makes employees experience work burnout to burnout. As the coronavirus transmission curve increases and the duration of the pandemic increases, the adaptations made by employees during WFH have made employees now prefer to work from home rather than working in the office, even though the current Covid-19 pandemic curve has decreased. Based on a PwC survey on remote working or working from home, the preference of these employees is indicated by maintained productivity and company achievements that have not decreased (PwC, 2021). This condition prompted a redefinition of work effectiveness—which has always been believed to be achieved by working in an office—which was surprisingly found in the work process carried out at home.

Keywords: covid-19, working, Work From Home.

Life Orientation and Mental Health of Millennial Generations

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Abstract

This study aims to look at an overview of the life orientation and mental health of the millennial generation. The millennial generation is a generation that has creative, innovative, passionate and productive personalities. Millennials are more likely to question everything, have higher expectations of themselves, but also have difficulty meeting their career goals. This study used a descriptive quantitative method with a total of 250 subjects. This research was conducted by disseminating the Life Orientation Test-Revision (LOT-R) Scale developed by Scheier, Carver and Bridges (1994) and the Mental Health Inventory (MHI-38) compiled by Viet and War. The same high category with 40.4%. The description of life orientation studied based on gender, age, education level and occupation if viewed on asymptotic importance values, it can be concluded that there is no significant difference in terms of gender, age, education level and occupation in millennial generation orientation life. The picture of the mental health of the millennial generation in Pekanbaru is in the moderate category, at 39.6%. The picture of mental health when viewed from gender, age, level of education and occupation shows that there are no significant differences. For a picture of psychological well-being and psychological stress on the millennial generation, it is in the moderate category with percentages of 40.8% and 37.2%, respectively.

Keywords: Life orientation, mental health, millennial generations

Psychological Well-Being of The Caregiver of Children with Special Needs after Pandemic Covid-19

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Abstract

Nurturing children with special needs have numerous challenges, especially in the pandemic era. There are some reasons why it happened. How to educate them at home, and household problems are two examples of the challenges faced in nurturing them. All these problems impact caregivers' psychological well-being. The aim of this writing is to describe the psychological well-being of caregivers who take care of children with special needs during post-pandemic covid-19. The writing is based on data collected from 20 caregivers who live in a city of Riau Province

Keywords: Caregiver, covid-19, post-pandemic.

Maqasid Based Social Health Assistance for B-40 in ASEAN: A Systematic Review

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Abstract

The upsurge in the morbidity and mortality rate among the bottom 40 categories in Southeast Asia has been attributed to socio-economic inequalities. The potentials of social assistance in alleviating ill-health challenges have been gaining attention in recent times. The underlying rationale is that improving the health and general well-being of low-income earners and the poor will enable them to generate income and contribute to the gross national economic development. Evidence on the health impact of Islamic social assistance initiatives on reducing social health inequality in ASEAN countries is scattered in different literature. Therefore, this is a need for a systematic review of the recent and related literature on the topic to synthesis existing findings and identify gaps for further studies. It is against this background that we propose to undertake this study. Using keywords combinations which include terms such as; “Zakat, Sadaqah, Waqf & Baitul mal” “Islamic social finance,” “Islamic social assistance initiatives,” “Social health inequality,” and “Health insurance services”. The study will explore Embase, Medline, ProQuest, Scopus, Emerald, and Web of Science for peer-reviewed and grey publications on the topic. We will restrict our synthesis to studies, which were conducted on the topic in Southeast Asian countries. Our findings will be drawn upon for policy recommendations and to flesh out agendas for future research.

Keywords: Maqasid, Zakat, Sadaqah, Waqf, Baitul Mal, Social health, B-40.

Self Compassion on Vocational High School Students in Online Learning Process

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Abstract

COVID-19 pandemic that hit the whole world has forced every individual to adapt to the changing circumstances, one of which is the learning method that must be done online. Online learning turns out to have an impact on the stress experienced by students during the learning process. Together with the self-compassion, students can overcome the effects of stress and adapt to stressful situations during the online learning process. The purpose of this study was to get a picture of the self-compassion of Vocational High School (SMK) students when participating in online learning. The research subjects were 144 students on the first year in SMK with various majors. The data collection that used, was random sampling technique and the analysis was carried out using quantitative method. This study obtained the results of the self-compassion of SMK students in online learning with a very high category of 1.4%, a high category of 31.9%, a medium category of 47.2%, a low category of 11.8% and a very low category of 7.6%. This result shows that SMK students can follow the online learning process in accordance with the components of self-compassion are self kindness, common humanity and mindfulness. Students can give a positive point of view of their own abilities during practical learning that is followed online.

Keywords: Self-Compassion, Vocational High School Students, Online Learning

The effectiveness Combination of Guided Imagery and Deep Breathing as treatment to Pain Disorder at Woman with Dysmenorrhoea: Narrative Review

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Abstract

Menstrual pain or dysmenorrhea is one of the most common problems and is even the main reason for a decrease in women's activity during menstruation, for example not coming to work. Handling of dysmenorrhea experienced by women with pleasant coping and relaxation response. The purpose of the study was to conduct a systematic review of research articles that identified the effectiveness of the combination of guided imagery and deep breathing as a strategy to deal with pain in dysmenorrheal women and the frequency of implementation of guided imagery and deep breathing. The research design used was a narrative review with an article analysis research design. The article analysis used in this study was 7 articles that were used as references. The results obtained from the entire article, dysmonere decreased after being given guided imagery and deep breathing therapy or during the post-test compared to the pre -test. The results of the analysis show that there is an effectiveness of the combination of guided imagery and deep breathing therapy as a pain management strategy in women who experience dysmenorrhea by taking 10-20 minutes of treatment 2 times a day for more than 2 weeks. The combination of Guided imagery and deep breathing as a strategy to deal with pain in dysmenorrheal women.

Keywords: *Guided Imagery, Deep Breathing, dysmenorrhea*

Nurturing Positive Values among Young People Post-COVID 19 Pandemic: A Case Study on Gombak Sejahtera Engagement Team (G-SET)

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Abstract

This paper highlights initiatives led by the Office of Student Development and Community Engagement, Abdulhamid Abusulayman Kulliyyah of Islamic Revealed Knowledge and Human Sciences (KIRKHS), International Islamic University Malaysia (IIUM) in extending support services to students and community post COVID19 pandemic. During various Movement Control Order (MCO) period in Malaysia between March 2020 until October 2021 educational activities in the country have shifted virtually. Interactions among people including those who are at the tertiary level were significantly reduced. University students were at their respective homes. Due to the absence of such formal educational activities at university various psychosocial issues have started to cropped up. In response, the AHAS KIRKHS has embarked on various initiatives in ensuring her students are constantly educated on their roles and responsibilities. This paper analyses measures taken by the Office of Deputy Dean, Student Development and Community Engagement, AHAS KIRKHS in engaging with her students during the COVID19 pandemic period. The formation of students-led task force team known as the Gombak Sejahtera Engagement Team (G-SET) enables the Kulliyyah to conduct synergised academic and student activities for the benefit not only to her students but also to entire community local and international. Indeed, these students-led initiatives will ensure students are continuously educated and be able to function well post COVID19 period.

Keywords: Students, community, COVID19, G-SET, psycho-social.

Advancing Edification Process to Nurture Individuals' Competencies to Deal with Psychosocial Issues in the Society

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Abstract

Many scholars have been emphasising on the goals of attaining happiness in the society as the ultimate aim of education process. In this regard, the concept of education incorporates the edification process that is distinctive than the contemporary views of education, which tend to focus on the product or outcome of education. The objective of this paper is to discuss the concept and nature of the edification process, and highlight the important roles that the pedagogue plays in this process. Edification helps in defining what and how education should be like to empower individuals who are capable in responding judiciously to psychosocial issues in the community, hence assisting in ensuring the well-being and happiness of the society. Various documents on education philosophy. The documents will be juxtaposed with several related documents, focussing on the process of edification, the concept of Tarbiah, and the roles of Pedagogue and Murabbi. The paper will help readers understand that education is a comprehensive process or an art of developing knowledge, skills, values and judgment. However, a view of education that can help educators to develop the intangibles of a person such as conscience, values, attitude is the edification process. It is the act of edifying and enhancing the individuals' moral, intellectual, and spiritual self/aspects/potentials through encouragement and pedagogy of the Murabbi. The findings will emphasise edification as a continuous process to be taken by multiple-institutions and agencies- beyond schools and universities.

Keywords: education, edification, education institutions, community well-being.

The Effectiveness of Psychological Therapy for Increasing Psychological Well-Being of Elderly (Elderly) Who Become Prisoners

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Abstract

Living the life of being a prisoner is not easy, especially in old age. Numerous changes including the decrease of abilities may cause the elderly have to experience a lot of decreased functions of their life. So with this situation, a special approach for the elderly is needed in order to maintain psychological well-being. The elderly who become prisoners are relatively around 60 years old and the majority have served more than 5 years. This study aims to see the effectiveness of psychological therapy to improve the psychological well-being of the elderly in Prison Sialang Bungkok Pekanbaru. The method in this study uses an experimental approach. The method of data collection in this study was to use a psychological well-being scale. The results showed that the paired sample t-test statistical test with a t value of 3.673 (sig 0.00 < 0.05), meaning that the psychological therapy approach can improve the psychological well-being of the elderly who are prisoners in Pekanbaru.

Keywords: Elderly, Prisoners, Psychological Therapy, Psychological well-being.

Rooting Linguistic Psychology in the light of the Islamic Heritage

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Abstract

Man is a speaking animal, and it means that man can translate his thoughts and feelings into words and speech that are understandable between people. The words and speech that are meant by language, which is a system of symbols and signs that ultimately constitute one of the tools of knowledge. Language and man cannot be separated between them. Language develops in the mind of a young person; he went through stages. In the origin of psychology and linguistics, there is something different, and then after that, scholars discuss it and reveal that he acquires language. As Allah Almighty said: {Surely, We have created man in the best form}, and by it Ibn Kathir said it means “This is what is sworn by, which is that Allah created man in the best form and erect shape, except for the most beautiful parts”. The person should memorize and benefit from this blessing well. The researcher will discuss how perception, memory and remembrance are related to language according to Muslim scholars and will reveal the relationship of language with learning. The research aims to define the topics of contemporary linguistics. A statement of the position of the ancients on the issues of psycholinguistics. Linguistic psychology was a large and well-known field in the West, and the researcher identifies this research from the opinion of Muslim scholars, especially Ibn Sina, Imam al-Ghazali, Ibn Majah, Ibn al-Jawzi, and others. The researcher identifies topics and issues presented by Muslim scholars on linguistic psychology.

Keywords: Linguistic psychology, language, learning.



Unravelling Shame to Address Menstrual Poverty: A qualitative Study of Young Women's Menstrual Beliefs and Practices in Malaysia

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It is estimated that at any given time 800 million women are menstruating and continue to do so for 30 or so years of their lives, yet menstrual health remains largely unattainable for those living in poverty. This has negative physical and mental health implications and social and economic outcomes for menstruators. Understanding the impact of poverty on menstrual practices of young women is essential to develop strategies for sustainable interventions that will help elevate their life opportunities and outcomes as well as improve their well-being. Despite these concerns menstruation is still considered a taboo topic and thus, remains mostly concealed due to the shame attached to it. A qualitative study was conducted through the thematic analysis of seven focus group interviews with 23 young urban poor women between the ages of 16 and 20 and a roundtable discussion with a group of NGO and NGI working to address period poverty. Shame plays a significant role as a barrier to addressing issues of menstrual health across different societal levels, including families, school or education institutions, community groups as well as at governmental level. Shame is internalized at a very young age and is continued to be perpetuated by many actors including men and other women. Unless shame is being named and acknowledge it will hinder progress in achieving a sustainable menstrual health outcome for menstruating women. The research is funded by the Malaysian Ministry of Higher Learning's Fundamental Research Grants Scheme FRGS19185-0794

Keywords: Menstrual Poverty, Shame, Menstrual Parity, Gender, Poverty.

Overcome the Counterproductive Working at Employee through Gratitude

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Abstract

Counterproductive work behavior is an action that is carried out intentionally and has the intention of harming the company or organization. Counterproductive work behavior consists of four main dimensions, namely: production deviations, property deviations, political deviations and behavioral deviations. This counterproductive work behavior can affect work productivity and have an impact on oneself, co-workers and the organization. Based on previous research, one of the factors that can reduce counterproductive work behavior is to increase the employee's gratitude for the work he is running now. This study aims to examine theoretically and Islamic psychology reviews in overcoming counterproductive work behavior. From this literature review, it is hoped that a module or an appropriate intervention model will emerge in overcoming or reducing counterproductive work behaviors. The method of this study is a literature study that goes through three important processes, namely editing, organizing and finding. The collected data will be analyzed using content analysis. The results of the literature study show that high gratitude from employees can reduce counterproductive work behavior in employees. The implication of this study is that it is hoped that organizations can increase employee gratitude by providing gratitude training to employees.

Keywords: gratitude, Counterproductive work behavior, Islamic psychology.



The Psychology of Ibn Sina: Language Learning through Play during the Pandemic

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Abstract

Teaching and learning during the time of the pandemic is indeed challenging. It is not easy to sustain the interest of especially young children especially when teaching is done virtually. This paper explores the use of Ibn Sina's psychology in teaching young children during this difficult period using both f2f and virtual learning. Past practice that required children to memorize facts and follow rigid instructions no longer worked for 21st century children. Active learning is done through freedom to move and think and very often, this is done through play. Ibn Sina emphasised on fun learning with the combination of music and play at a young age in order to create healthy physical, mental and moral of the children. This study is interested to measure the effect of fun learning in English language subject through online applications among children. A total of 140 middle and low-income school children from Perak participated in this study. The results stated that the children enjoyed learning English through games. Almost all of them were motivated and happy when rewarded for their correct answers done through a game online. Through this approach, they improved their pronunciation and increase their vocabulary. As a result, their overall performance in learning English also increased. The findings of this study echoed what was introduced by Ibn Sina centuries ago that the use of play, music and physical activities was instrumental in young children's overall growth.

Keywords: learning psychology, teaching, English learning.

The perceived educational dilemma of international students during the COVID-19 pandemic in Malaysia

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Abstract

The COVID-19 Pandemic has greatly disrupted the predominant traditional education system, transforming learning to a digital method due to movement restriction. The purpose of this paper is to explore the dilemma posed by the pandemic as well as the avenues for facilitating the tapping of new potential in the context of international students in Malaysia. This study adopted a qualitative research method to generate the thoughts about the phenomenon. The primary data are collected from some of the international students in Malaysia through semi structured interviews and the responses are analysed using content analysis. The findings reveal that the interviewees perceived many dilemmas concerning their education due to the pandemic outbreak and the non-comfort zone, novel digital learning transformation. The digital learning transformation has however broadened their horizons and enlightened them to be exposed to the necessary digital and technological skills which is an innate necessity moving forward. The results have significant implications on and contribution to the policy making measures that are necessary for facilitating the sustainable educational development.

Keywords: COVID-19, Education, Challenges and opportunities, international students, Malaysia.

Religion and Life Satisfaction

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Abstract

Humans who have various needs in life will try to fulfil them. If these needs are successfully met, a sense of satisfaction will be achieved. Satisfaction with life is a feeling of satisfaction that arises as a result of a person's judgment of his success in fulfilling life's needs. During the Covid-19 pandemic, there were significant changes in the lives of most people, where the necessities of life became increasingly difficult to fulfill and there were a sense of uncertainty about the future. Referring to the Maslow's theory, the hierarchy of human needs, the highest human need is self-actualization which is an indicator in the achievement of a fully functioning person. It will only be realized if the individual has fulfilled the physiological, security, love, and sense of worth needs, and already has 16 B- values. However, the researcher found the interesting point on Maslow's theory that someone who has B-values, although unable to meet the needs that are below the self-actualization hierarchy, will still be able to achieve self-actualization. It means B-values are being the important aspects to be a fully functioning person. The B-values referred to by Maslow are relevant to the concept of spiritualism referred to by Frankl, where this spiritualism will be an important factor in achieving meaning in life which is also an indicator of human mental health. The concept of b-values, and spiritualism if it is associated with religion is closely related to religiosity, where various research results show that religiosity is a factor that consistently affects life satisfaction. Religious values and spirituality that are internalized in a person, which are summarized in B-values, encourage a person to achieve life satisfaction. The variables of religiosity that have a positive impact on life satisfaction, based on the results of previous research, include religiosity itself, religious attitude, religious well- being, religious belief, religious practices, religious orientation, religious struggle, religious transformation, religious coping, religious support. and attachments to God. The religious variable that most consistently influences life satisfaction in many studies is religious well-being. finally, it can be concluded that religious well-being is an important factor in increasing life satisfaction, especially during this uncertainty period after Covid-19 pandemic.

Keywords: Religion, Religiosity, Life Satisfaction.

Higher Education, Sustainable Development and the Malay Concept of *SEJAHTERA* in Times of COVID-19 Pandemic in Malaysia: A Review

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ABSTRACT

The outbreak of Coronavirus Disease- 2019 (COVID-19) caused by the infection with severe acute respiratory syndrome Coronavirus 2 (SARS-CoV-2) strain. According to the World Health Organization (WHO), the initial outbreak detected in December 2019 in the Huanan Seafood Wholesale Market, Wuhan, Hubei Province, China. High transmissibility of COVID-19 turns into a global pandemic with a daily reported new cases and death. The disruption caused by the pandemic is devastating. Isolation, fear of contagious disease, loss of family member, income and employment instigate psychological distress that rapidly occurred globally. Higher education (HE) among the sector that badly affected due to the disruption. This paper aims to review the role of higher education institutions, the politics that are entrenched in the 17 United Nation Sustainable Development Goals (SDGs) and the idea of Malay concept known as *SEJAHTERA*. *SEJAHTERA* taken from a Malay word means peace (*aman*), harmony (*harmoni*), prosperity (*makmur*) and safe (*selamat*). The traditional Malay community is characterized by the norm of mutual help (*tolong-menolong*) and cooperation (*kerjasama*) which are manifested in various daily activities both for individual and community based on the consensus (*muafakat*). The review suggested that higher education institutions (HEIs) have a crucial role in assisting the state to strengthen the spirit of resilience by actively engage with the international organizations (IOs) however, element of spiritual (*rohaniyah*) as highlighted in the Malay concept of *SEJAHTERA* is crucial to reorienting the education towards sustainability and to ensure the successful implementation of the Education for Sustainable Development (ESD), the National Education Philosophy (*Falsafah Pendidikan Negara*) introduced in 1989 and the Shared Prosperity Vision 2030 (*Wawasan Kemakmuran Bersama 2030*).

Keywords: *Higher Education, Sejahtera, Sustainable Development, Pandemic, Spiritual*

Case Study: Risk Factors for Child Victim of Sexual Violence

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ABSTRACT

During the pandemic era, the case of sexual violence against children are increasing. In one of the sub-district of Siak (RIAU province - Indonesia), sexual violence occur against 40 children, which are done by their own elementary school's principles. This study aims to determine the description of risk factors in children who experience sexual violence. The researchers use descriptive qualitative with case study method. The data are collected by interviewing subjects and analyzed by qualitative method. In this study there are two subjects who experienced sexual violence by the Principal of the Elementary School. The results show that the children, who are at risk of becoming sexual victims, have a peculiar family background who lack love, lack of attention, lack of affection, lack of supervision, low economy, permissive parenting, and lack of understanding of normal sexual behavior.

Keywords: *child, victim, sexual violence*