



Universiti Malaysia Sabah
Kota Kinabalu
31st October–2nd November 2019

2ND INTERNATIONAL
CONFERENCE ON
PSYCHOLOGY,
COUNSELLING AND
EDUCATION

icpce2019.ums.edu.my

CONFERENCE PROCEEDINGS

2nd International Conference on Psychology,
Counselling and Education (ICPCE 2019)

31st October – 2nd November 2019
Universiti Malaysia Sabah

Special Issue of Psychreg Journal of Psychology

Volume 4, Issue 1

EDITOR-IN-CHIEF

Dennis Relajo-Howell
Psychreg, United Kingdom

ADVISER

Dr Azizi Yahaya
Universiti Malaysia Sabah

ASSOCIATE EDITORS

Berney Wilkinson
Webster University, United States

Richard Marshall
Webster University, United States

Dr Noor Hassline Mohamed
Universiti Malaysia Sabah

Dr Hamidah Binti Mat
Open University Malaysia

Dr Norzihan Ayub
Universiti Malaysia Sabah

MANUSCRIPT ASSISTANTS

Rona dela Rosa
Polytechnic College of the City of Meycauyan, Philippines

Graham Howell
Psychreg, United Kingdom

Maxwell Guttman
Fordham University, United States

Unpacking the self: Exploring the concepts of morality in the lens of digital natives

Alicia Tablizo & Frederick Armand Buendia

Our Lady of Fatima University, Philippines

Correspondence: tablizoalicia@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Morality represents the fundamental beliefs that anchor our behaviours, ethical standards, and laws. The Philippine value system holds a very unique characteristic that magnify its difference from other cultures which make Filipinos admirable. This includes strong and consistent set of ideologies, moral identities, cultural practices, social and personal ethics, as well as strong recognition in the importance of family. The goal of this study is to explore the concepts of morality in the lens of digital natives for they are the ones exposed to some moral misconduct nowadays. Fifteen participants, whose birth year falls within 1996–2010, were invited using non-probability sampling. Grounded theory, as used in the study, is focused on describing the constituent properties of an entity which involves collecting data in a form of naturalistic, verbal reports and the analysis is textually presented. It aimed to develop a theory from the gathered data. A 15-item validated intake interview guide was used to facilitate the extraction of data based from the pool of participants used in the study. Theorising the process of moral construction of digital natives, the researcher have identified that it is rooted from three interconnected categories: (1) the self; (2) the other or the environment; and, (3) and the metaphysical or divine being. In the process of the digital natives' construction of morality through their subjective experiences, these three categories simultaneously interact, both in a complimentary and contradicting nature. Participants construct their concepts of morality based from three interconnected categories which are the self, the others or the environment and through the divine being.

Keywords: digital natives; grounded theory; metaphysical being; morality; self

Adjustment mechanisms and encounters of international students to the Philippines: A critique analysis

Maria Cecilia Carnaje-Sualog & Joseph Sualog

Ridgewood School of Caloocan, Philippines

Correspondence: macel_jjj@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This research is a qualitative meta-synthesis study on adjustment mechanisms and encounters of international students during their sojourn to the Philippines. It has been recorded by the Bureau of Immigration (BI) and the Commission on Higher Education (CHED) that the numbers of international students who are studying in different higher education institutions in the Philippines are increasing in the last five years. Likewise, the numbers of local higher education institutions (HEIs) which are accepting international students are growing. This research is a continuation of the meta-synthesis study made by the researchers. Data were taken from qualitative researches previously made which are available in reputable online sources and journals like Proquest and Google Scholar. Initial findings revealed that international students have enjoyable and challenging experiences and they adapted various adjustment mechanisms with their challenging encounters in studies, socio-cultural, religious and family orientation during their sojourn.

Keywords: adjustment mechanisms; encounter; international students; journals; meta-synthesis

Adjustment problems among university students due to geographic separation

Roy Paul Avila, Mervin Thed Angeles, Precious Jessie Thea Eduave & Riza Manlapas

Our Lady of Fatima University, Philippines

Correspondence: rjavila@fatima.edu.ph

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The number of children having one or both parents geographically separated to them is rising due to different causes, leaving the children to live in a new setting. This research aspires to know if there is a significant relationship among stress, type of attachment, and geographic separation with the adjustment problems of the university students who are currently experiencing geographic separation with either one or both of their parents. This research also aims to explain how the stress, type of attachment, and geographic separation affects the adjustment problems of the university students. The null hypothesis for stress was accepted indicating that there is no significant relationship between stress and adjustment problem. The null hypothesis for geographic separation, secure attachment, avoidant attachment, and ambivalent attachment were rejected indicating that there is significant relationship between secure attachment and adjustment problem, avoidant attachment and adjustment problems, and ambivalent attachment and adjustment problems. The themes that were created are emotional and physiological effects of geographic separation, stresses in separation, coping strategies utilised, transitions of interpersonal connections, and effects of parental absence, adjustments difficulties encountered, as well as importance of parental care and misbehaviours as form of outlet. The findings relate to the university students' sociability, ways of dealing stress, expression of feelings, importance of parental care and presence, and conduct behaviours. This study can influence intervention programmes for university students and can offer a better understanding within this research area.

Keywords: adjustment problem; attachment style; geographic separation; stress; university students

Vertical articulation among selected private higher education institutions in the Philippines

Gilbert Magtibay

Our Lady of Fatima University, Philippines

Correspondence: gilbert.magtibay101@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This study considered selected private higher education institutions as participants through mix-method research design using the adopted, structured and unstructured questions, documentary analysis, and focused group discussion. The study revealed that selected private higher education institutions on vertical articulation in terms of faculty, curriculum, facilities, administration, and research are practiced, and implemented. Best practices employed in private institutions are clearly manifested. Contributions in terms of the performance of faculty, students, and administrators indicate from their high involvements and accomplishments such maintaining high percentage in board examination results and consistent delivery of curriculum and instruction. Problems encountered are alignment and reshuffling of faculty, promotions to some faculty members, resistant to change on the strict implementation of the policies, and no basic salary to faculty members. The researcher recommended that school administration in private education institutions should provide a well-defined system pertaining to criteria that can be considered to its implementation. Commission on Higher Education (CHED) may provide coordinated and uniform system on salary scale for the teaching personnel in different private education institutions and parallel studies may be conducted on vertical articulation so that results of this research may be supported and substantiated.

Keywords: curriculum; educational psychology; higher education institutions; uniform system; vertical articulation

Depression to suicidal ideation: The intermediating effect of self-diagnosis among university students

Jay Errol Baral & Annie Dinh Alfaro

Wesleyan University, Philippines

Correspondence: jay.villadolid@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Depression has been associated to be the biggest cause of suicides and death among 15–29-year-olds in the region of Southeast Asia. The World Health Organization (WHO) has already called for mental health practitioners to put a focus and tackle depression as figures from the region among young adolescents who commit suicide increases every year. The global health organisation called for everyone – individuals, communities, and countries – to work together and talk more openly about depression. This paper aimed to study how depressed university students resort to self-diagnosis and how this leads to suicidal ideation. To understand the external causes of depression among selected university students, Beck Depression Inventory and Hopkin's Depression Symptom Checklist were administered to a group of 35 students. An integration of the findings was used as a basis to screen students with clinically significant depression. The qualified students based on the results of both tests were asked if they self-diagnose to screen participants needed for an in-depth interview which aims to gain insight and deeper analysis on why and how they self-diagnose and how taken altogether, their decisions affect their thinking towards suicidal ideation. Results from the interview were analysed by assigning post priori codes to come up with emerging themes. A focus group discussion was also employed to validate emerging themes that were presented through concept mapping. In conclusion, the study was carried contribute new knowledge that may be used as a basis to draft mental health programmes about depression, self-diagnosis, and suicidal ideation among university students so that they may have an increased mental health literacy about the importance of seeking professional help and support groups that may help them in their condition.

Keywords: adolescents; depression; Hopkin's Depression Symptom Checklist; self-diagnosis; suicidal ideation

How lack of sleep contributes to anxiety among university students

Annie Dinh Alfaro & Jay Errol Baral

Wesleyan University, Philippines

Correspondence: jay.villadolid@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Previous research found out that a person who only sleeps less than the recommended eight hours a night may be found to be associated with intrusive, repetitive thoughts like those seen in anxiety or depression. This study aims to investigate and gain new knowledge on how lack of sleep contributes to anxiety among university students. The study administered Becks Anxiety Inventory to 30 university students as a screening tool to assess and evaluate their anxiety level. The respondents with high scores were invited to participate in qualitative analysis through an in-depth interview of their experienced anxiety. Gathered data from one on one interviews were then be encoded to come up with post priori codes which were used in assigning themes for concept mapping. The concept mapping process consist of three main phases: (1) a focus group of participants brainstorms thoughts or statements in response to a specific open-ended research question; (2) to which the thoughts they were individually sorted by the participants into representative themes thus articulating the interrelationships between the thoughts and ideas; and lastly (c) the underlying themes or categories were identified through the use of cluster analysis which were then validated by the co-author and a third party validator, integration of findings were projected onto a map. Based from the findings of the study, the researchers aim to find the relationship between lack of sleep, to anxiety levels of university students, what the causes why they lack sleep and mostly, how lack of sleep combined with symptoms of anxiety affects them.

Keywords: anxiety; anxiety levels; intrusive thoughts; sleep; university students

An assessment of the spirituality of graduating university students: Basis for a spiritual intervention programme

Marietta Subida, Gemma Rosemarie Gornez, Sonia Janice Pilao, Anita Ramos, & Christine Fresco

Centro Escolar University, Philippines

Correspondence: mdsubida@ceu.edu.ph

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Spirituality can be defined as beliefs that one develops over their lifetime that guides one's view of the world and has the ability to influence one's understanding of a higher power. Spirituality can also influence a person's faith, hope, trust, morals, ability to cope with a loss, and provide meaning and stability to daily activities. This is a pilot study that administered among university students ($n = 102$) come up with the assessment of their spirituality which will be used as basis in proposing new activities that will be anchored in the counselling. This study sought to find out how do the profiles of the participants relate on their general spiritual status. Using the descriptive method, the researchers made a pilot questionnaire to determine the wellness status of the employees. Descriptive and inferential statistics were used for the analysis of the data. Results reveal that spirituality is associated with resiliency and morality that contributed to one's faith. Within Filipino Culture, the concept of *matiisin* is usually associated with resiliency. Regardless of age, spirituality is visible in every aspect of life that the participants' needs to be resilient. Regardless of sex, the presence of spirituality has been observed. This study finds out that religion is not significant with spirituality, because spirituality is a cognitive and behavioural acceptance of a person. Hence, spirituality mainly relates to knowing God and is associated with being resilient. Thus, spirituality is observed each time of life that is needed to be resilient.

Keywords: culture; intervention programme; religion; resiliency; spirituality

International Personality Item Pool (IPIP-NEO): A validation study

Ester Rada¹ & Dorothea dela Cruz²

¹San Beda University, ²Centro Escolar University, Philippines

Correspondence: etor3s@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The study aimed to translate in Filipino the structured survey of International Personality Item Pool (IPIP-NEO) Short Form using Enriquez's translation styles and examine its reliability and validity indices. The translated instrument went through linguistic and statistical validation processes. Content validity was met using committee-approach back translation, bilingual technique, and pre-test debriefing. The translated instrument was administered to university students in all courses from one university in Manila, males and females, first to fourth year levels generating 807 participants. The data gathered were subjected to statistical validation using SPSS version 22 for principal component analysis with Varimax rotation. Cronbach's alpha registered high internal consistency reliability. Alternate forms/parallel reliability was also achieved with the original version. KMO and Barlett's Test is outstanding. Communalities, total variance, and rotated component matrix showed high values and factor analysis proved construct validity. Still, further validation of the translated instrument is recommended.

Keywords: bilingual technique; International Personality Item Pool; personality; university students; validation study

Sleep quality and psychological well-being of adolescents

Daniel John Arboleda

University of Negros Occidental-Recoletos, Philippines

Correspondence: danieljohnarboleda@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This paper assessed the level of sleep quality and psychological well-being of adolescents, specifically senior high school students in a private comprehensive university in the Philippines. This study used a descriptive and correlational research design. Three hundred twenty-eight senior high school students were selected using stratified random sampling technique. The data were collected using two standardised psychological instruments: the Pittsburgh Sleep Quality Index (PSQI) and Ryff's Scale of Psychological Well-Being, and were then analysed through descriptive and inferential statistics. The major findings show that the level of sleep quality of adolescents was poor, and the level of psychological well-being was moderate. Moreover, the present study explored the different dimensions of psychological well-being and found out that the level of autonomy, environmental mastery, positive relations, and self-acceptance is moderate. However, the level of personal growth and purpose in life is high. The Pearson product moment correlation results revealed that there is a significant relationship between sleep quality and sex, year level, and academic strand. There is a significant relationship between psychological well-being and academic strand; and no significant relationship between sleep quality and psychological well-being. The findings imply that sleep quality is not associated with psychological well-being. An adolescent may achieve a good level of psychological well-being with a poor level of sleep quality. Moreover, adolescents are encouraged to manage their time well to maximise sleep duration and increase their level of psychological well-being.

Keywords: adolescents; psychological well-being; sleep; sleep quality; well-being

Gender differences in student achievement and its relationship to students' engagement and learning support

Hanita Mohd Yusoff & Norzaini Azman

Universiti Kebangsaan Malaysia

Correspondence: hanitamy13@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This study was intended to examine the students' engagement in relation to academic achievement based on gender. It also examined whether learning support and student engagement are related to students' achievement based on gender. Cross-sectional surveys were used to collect data on student engagement at school, their learning support and academic achievement. The sample for the study consisted of 800 students aged 16 years old (400 males and 400 females) from secondary schools in urban and rural areas in the district of Kuala Selangor. The Student Engagement Scale (Lam et al., 2009) was the instrument used for data collection. Mean and standard deviation analysis is used to specify the level of relation whereas MANOVA and *t*-test inference was conducted to determine the differences between variables. The findings show there were differences between students' achievement and genders. Female students have more learning support compared to male students. Students' achievement is different between genders. The results of this study can give an understanding of the issue of student engagement in school. It can also be a source of information for the restructuring of existing strategies to plan better programmes to help improve academic achievement and reduce gender gap in achievement among students.

Keywords: academic achievement; gender; learning support; school; student engagement

Flow state, affect, and humour styles among university students

Hannah Maria Sabrina Angeles

Saint Louis University, Philippines

Correspondence: sabyangeles@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The study investigated the flow state and affect of Saint Louis University practicum students as well as the interaction of the two variables to describe the students' optimal experiences during their practicum, internship or on-the-job training. The variables interacted with the moderating variable, and humour styles. The survey method of research was employed through a questionnaire containing the Flow State Scale-2 (Eklund & Jackson, 2004), Positive Affect Negative Affect Schedule (Watson et al., 1988) and the Humour Styles Questionnaire (Martin et al., 2003). Based on the gathered data, it was found that the students frequently engage in a state of flow during their practicum, internship or on-the-job training. Furthermore, students experienced greater positive affect and lesser negative affect during immersion in the field and engagement in a state of flow. The students' humour styles are predominantly affiliative thereby promoting group cohesion and better interpersonal relationships with others. Though humour is used to enhance the students' relationships with others, it does not cause a direct change in their flow state. However, affiliative humour enhances the students' positive affect where feelings of belongingness heightens self-esteem in task performances. Lastly, self-defeating humour was found to enhance negative affect however, the students fostered a more positive outlook on themselves and others thereby causing a reduced experience of negative affect.

Keywords: affect style; flow state; immersion; interpersonal relationship; humour style

Non-cognitive factors affecting the academic performance of Grade 3 students: An integrative perspective on student

Ma. Roselle Bernardine Alay-ay & Marietta Subida

Centro Escolar University, Philippines

Correspondence: amsegovia@ceu.edu.ph

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

For any educational institute students are most important asset. The students' academic performance plays a vital role in creating the finest quality alumnae who will become leader and manpower of a country, consequently responsible for the country's social and economic development. For many years, schools and teachers have focused almost exclusively on student performance. The teaching community is starting to realise the importance of non-cognitive factors such as school climate and family background. The notion of 'non-cognitive' has many phraseological collocations. Among frequently used collocations are constructs, traits, skills, abilities, variables, outcomes, attributes, and predictors. In addition, a myriad of other specific skills has been identified as non-cognitive. Non-cognitive factors are considered multifaceted. Some refer them to soft skills and personal characteristics that fall under the purview of affective domain.

Keywords: academic performance; affective domain; integrative performance; non-cognitive factors; student performance

Multi-approach intervention in enhancing adaptive behaviour of ASD: A within-subject experimental design

Ronadora Deala

University of Mindanao, Philippines

Correspondence: ronadora_deala@umindanao.edu.ph

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This paper evaluated the effectiveness of music, play, and augmentative alternative communication (AAC) with a new found technique called *ilin-ilin* (creatively use of music, play and AAC, along humor and fun), altogether called multi-approach intervention (MAI) to enhance adaptive skills in domains and subdomains of communication, daily living, socialisation, motor and maladaptive behaviour of children diagnosed with autism spectrum disorder (ASD). The study was conducted for 24-hour sessions, three to four times a week involving five children aged 2–5 years. From five, three participants satisfactorily met the inclusion criteria, whose results were reported in this study. Pre- and post-data of each participant were gathered through interview with the participant's mother and teacher using VABS-II. Paired *t*-test was used to examine whether there was a significant change in adaptive skills among the participants after the intervention. Result reveals that MAI has positive effects to the general adaptive behaviour. The helpfulness of the interventions was found statistically evident in enhancing communication (receptive), socialisation (interpersonal relationship, play and leisure time and coping skills), and motor skills (gross and fine), and in impeding maladaptive behaviour particularly the internalising subdomain but less influenced in the daily living skills of the participants (only in personal subdomain). To sum up, the intervention is found most effective in enhancing the socialisation and motor skills including their subdomains.

Keywords: adaptive behaviour; autism spectrum disorder; motor skills; multi-intervention approach; socialisation

It is time for self-care: How mental health professional working with survivor's torture can constructively fight a burnout

Bun Lemhuor

Transcultural Psychosocial Organization, Cambodia

Correspondence: lemhuor@tpocambodia.org

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Self-care is part of self-compassion as more commonly used, which is simply giving the same kindness to ourselves that we would give to others. Compassion for others and self-compassion should guide us professionally as well as on a private level. Therefore, the Transcultural Psychosocial Organization (TPO) Cambodia recognises the importance of taking care of one self to be able to work professionally with clients. It is a proven fact that professionals working with people who experienced trauma can be at risk to present with secondary trauma themselves. Too often people working in the area of social services (like nurses, doctors, psychologists, social workers, etc.) put all their energy in supporting others and at the same time, they themselves overlook emerging signs of stress and fatigue which can lead to burnout. This presentation is split in two parts. The first part will give you a very brief overview on how TPO has managed to integrate Self Care practice into their daily busy work schedule, while during the second part the presenter will encourage you to join him not to talk but to practise self-care by introducing some simple and easy mediation and relaxation exercises.

Keywords: compassion; mediation; self-care; self-compassion; work schedule

Transitional justice in Cambodia: Participation in the Khmer Rouge tribunal and its psychological impact on survivors

Solida Sun

Transcultural Psychosocial Organization, Cambodia

Correspondence: solida@tpocambodia.org

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The aims of transitional justice vary depending on the context. Some features are however similar: the recognition of the dignity of individuals, the reparation and acknowledgment of violations, and the aim of no-reoccurrence. In the case of Cambodia, society has seen decades of insecurity, civil war and suppression. The Transcultural Psychosocial Organization (TPO) Cambodia has committed itself to provide Mental Health Services to community members in need. This includes survivors of the Khmer Rouge Regime (KRR) who were selected as individual Civil Parties (CPs) during the Extraordinary Chambers in the Courts of Cambodia (ECCC) or locally called Khmer Rouge Tribunal hearings. The presentation focuses on these CPs, who experienced and witnessed traumatic events and were part of the court hearings and the verdict in case 002/02. The verdict was announced on 16 November 2018. Twenty-four (24) CPs and TPO clients were interviewed after the verdict announcement. Their impressions around the outcome of the verdict and how it impacted their mental state is being discussed in the presentation. It is now 40 years ago that the KRR has ended and important to see how much the ECCC has contributed to the reconciliation process in Cambodia.

Keywords: Cambodia; mental health; political psychology; survivors; transitional justice; trauma

Construction and validation of the 'Panukat ng ningas kugon para sa mga mag-aaral ng kolehiyo'

Doreen Abigail Barnachea, Lara Melissa Kasingsing & Zhan Therese Zaragoza

Miriam College, Philippines

Correspondence: gayleangel.barnachea@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Ningas kugon is a Filipino value that refers to the temporary interest or eagerness to do a task that eventually wanes because of certain factors such as lack of perseverance or personality traits resulting to little or no work accomplished. This study aimed to develop and validate the *Panukat ng Ningas Kugon para sa mga Mag-aaral ng Kolehiyo* (PNKMK), a unidimensional scale designed to measure the ningas kugon tendencies of Filipino college students, aged 16 to 25 years old. Exploratory factor analysis (EFA) was used to identify the possible components of the scale but results showed that the items only measure one component. The PNKMK obtained high internal consistency of .926 ($n = 375$) and .920 ($n = 376$). For the scale's convergent validity, it was correlated with Tuckman's Procrastination Scale ($r = -0.625$), and the conscientiousness ($r = -0.697$), neuroticism ($r = 0.437$), and extraversion ($r = -0.276$) subscales of the *Masaklaw na Panukat ng Loob* (short-form) with a sample of 345 students. PNKMK is a reliable and valid scale that measures the degree to which Filipinos exhibit *ningas kugon*. The study also offers implications for future research, as well as for use in Filipino and personality psychology.

Keywords: conscientiousness; extraversion; neuroticism; perseverance; procrastination

Psychological profile of community drug rehabilitation patients: Basis for intervention planning

Floyd Batungbacal¹, Fr Edgardo de Jesus², Amor Mia Arandia², Evelyn Gravador², & Michael Edward Buenaflor²

¹ University of Asia and the Pacific, Philippines

² University of Santo Tomas, Philippines

Correspondence: egaidejesus3146@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

As the Philippine government intensified the campaign against illegal drugs, more drug rehabilitation centres around the country were created for treatment and intervention of mild to moderate cases of drug abuse among community patients under short term treatment. Interventions implemented in community drug rehabilitation programs are varied depending on the resource and budget of the municipality. In this emerging setting, the usual treatment protocols and outcomes for drug rehabilitation may not be applicable. Hence, there is a need to study the actual profile of the affected population and adjust intervention protocols and expected outcomes. The participants of the study were the pilot group who have undergone the first year of the intervention. As a preliminary study, the psychological conditions that are usually associated with drug abuse were determined. The levels of depression, anxiety, experience of traumatic symptoms, impulsivity, and self-harming behaviour were measured in 105 patients in a short-term community rehabilitation facility in Central Luzon. A matrix representing the relationship of these variables and a preliminary predictive model were created. Based on the results, the plans of addressing the psychological aspects of the intervention for community drug rehabilitation patients were modified and expected outcomes were clarified

Keywords: community psychology; drug abuse; psychological profile; rehabilitation planning; traumatic symptoms

Principal leadership practices leading to school improvement serving disadvantaged community

Namrata

Sikkim University, India

Correspondence: namrata.edu@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Improving quality of teaching and learning in government schools, especially those serving socio-economically disadvantaged communities, is a key issue of concern for policymakers in India. In recent times, parents have come to strongly believe that private schools will safeguard their children's future; hence, they do not want to send their wards to the government schools. As a result, many government schools have been either closed or cater to a homogeneous and disadvantaged group of children from working class and migrant families. Research has shown that school leaders serving disadvantaged communities face a unique set of challenges, which requires specific qualities, skills and capacities. Positive education is one of the emerging areas that hypothesise of a positive leader who is a fulcrum for producing more positive school outcomes. Keeping this in view, the present study explored the positive school leadership practices that are leading to school improvement serving disadvantaged communities in Sikkim. The study included parents, headmasters, teachers, and students from four government secondary and senior secondary schools serving students of socio-economically disadvantaged community in West Sikkim. Semi-structured interview schedules were used to collect data. The result showed that optimism, self-efficacy, collective efficacy, and trust are the positive aspects of the leader leading to positive school outcomes. A positive leader, thus, can beat 'against the odds' and helps make the realities of change happen.

Keywords: leadership; optimism; positive psychology; school; self-efficacy; trust

Enhancing self-awareness: Focusing on self-aspects

Saifur Rehman Farooqi

University of Delhi, India

Correspondence: saif.farooqi@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Self-awareness is the capacity of being the object of one's own attention. It is being aware of one's various public and private self-aspects. A defining feature of self-awareness is the ability to reflect on the experience of perceiving and processing stimuli. The purpose of this paper was to evaluate the manner in which focusing on self-aspects may increase self-awareness. 8 undergraduate students (females) participated in four self-focused exercises over a period of 5-weeks. These self-focused exercises are self-reflection, word recognition, self-novelty manipulation, and personal narrative. Additionally, the participants were involved in three journal writing sessions, in which they had to write about their experiences in relation to the previous week. The first journal writing session was before the beginning of the exercises, the second one after the first two exercises, and the third journal writing session was after all four exercises were completed. Further, for each participant, the third journal writing was compared with the first one. It was found that all the participants were more descriptive and had more clarity in their self-relevant statements, in the third journal writing session as compared to the first journal writing session; they were more reflective of emotions, perceptions, attitudes, and intentions, indicating a higher level of self-awareness. Finally, the participants also gave descriptive accounts of how the self-focused exercises played a positive role in their self-knowledge, self-evaluation, and self-regulation. Therefore, it can be concluded that being involved in self-focused tasks enhances individuals' self-awareness.

Keywords: personality psychology; self-awareness; self-concept; self-knowledge; self-reflection

A proposed module for the development of resiliency

Donie Alvon Mañosa

John B. Lacson Foundation Maritime University, Philippines

Correspondence: seadude3@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Seafaring is one of the most in-demand professions in the Philippines. With the notion of uplifting the status in life and the luxury it could bring, high school graduates are encouraged to take seafaring courses in college. To be a seafarer, one must be physically, mentally, and emotionally ready to hurdle demands of life at sea; if these are not handled by a seafarer, then he would find difficulty adjusting to and live a life at sea. This study was aimed to develop, implement, and evaluate a module designed to enhance the resiliency of the company-sponsored cadets of John B. Lacson Foundation Maritime University-Molo in Iloilo City. The module was implemented to 86 company-sponsored cadets and designed for an eight-week programme. A multi-method of data gathering was employed using Pret-test for Resilience Quotient, Module Implementation, Post-test for Resilience Quotient, and Sharing of feelings/experiences regarding exposure to the resiliency module. The study used quantitative and qualitative approaches in the analysis of data. The module is effective in the sense that there is an increase in the number of cadets who have obtained higher scores in the posttest which has significant difference. The study will be able to help the guidance counsellors and school authorities to look into the resiliency of their students and the step by step processes found in the resiliency module. Likewise, it will help the teachers to guide their students to be resilient through interactive activities.

Keywords: counselling; counselling psychology; interactive activities; group dynamics; resilience

Parental stress and its effect to ways of coping among parents of young adolescents in Kota Kinabalu, Malaysia

Leoh E Mui, Mazni Mustapha, & Lailawati Madlan

Universiti Malaysia Sabah

Correspondence: leoh_emui@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The purpose of this study was to identify the parental stress among parents of young adolescent children and to examine the effect of parental stress to their ways of coping. This study employed a quantitative research design, which includes a set of questionnaires. The Parental Stress Scale (Berry & Jones, 1995) was used to measure parental stress and coping to stress was measured by the revised version of Ways of Coping Questionnaire (Folkman et al., 1986). A total of 363 parents of 13-year-old children participated in this study. The results showed that these parents were having a high parental stress. The results also revealed that among eight ways of coping, only three ways of coping contributed significantly towards parental stress which were 'distancing', 'self-controlling' and 'escape avoidance'. This finding confirms the theory that coping with stress in negative ways would bring the stress to a higher level.

Keywords: adolescents; coping; parental stress; self-control; stress

The organisational learning of manpower service cooperative as basis for organisational development plan

Sonia Janice Pilao¹, Maria Dolores Dela Cruz², & Dennis Relajo-Howell³

^{1,2}Centro Escolar University, Philippines

³Psychreg, United Kingdom

Correspondence: spilao@ceu.edu.ph

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This study sought to establish that, like other organisations, cooperatives can also benefit from the application of organisational development concepts. The main objective is to improve the quality of life of its members. Some cooperatives initiate expansion into businesses such as providing goods and services to improve members' productivity and income. These ventures however bring new challenges in sustaining business growth and organisational health. To address these challenges, the study utilised Peter Senge's concept of learning and the balanced scorecard perspective were used as basis to promote organisational learning. The descriptive-quantitative case study was applied. A survey among 577 officers and members of Coop-A was conducted, using the Organizational Learning Diagnostics (OLD; Pareek, 1988). Results indicate that there were weaknesses in phases and mechanisms of organisational learning but there were also strengths practiced by the leaders but deficient in the members. The weakness under organisational learning mechanism is competency building. Also, to be addressed are stabilisation and mutuality. There is no significant relationship of organisational learning phases and mechanisms to members' performance evaluation. The correlation between the organisational learning phases to mechanisms was marked to high. It is recommended that a year-round organisational development plan for assessment, revision, and update be conducted on an annual basis. This could be a practice that other cooperatives may adopt for enhanced performance.

Keywords: cooperative; manpower services; organisational development; organisational learning; training and development

Work vs family: Mediating role of dyadic coping on marital satisfaction

Mei San Leong & Rumaya Juhari

Universiti Putra Malaysia

Correspondence: leonglms@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The traditional family structure is shifting as dual-earners couples and families are on the rise in Malaysia. Couples often have to struggle between both work and family in today's society. Role conflict theory suggests that we have limited time, energy, and resources. When we focus our time and energy in one domain, we will have less time and energy for the other domain. Depending on the domain, couples are faced with either work-to-family conflict or family-to-work conflict. This study aimed to examine how work-family conflict influenced marital satisfaction since divorce cases are on the rise. In addition, all of us have different coping strategies dealing with stress. The mediating role of dyadic coping is investigated in this study as well. A total of 134 Malaysian dual-earner couples completed the questionnaire in this cross-sectional study. Work-family conflict was found to be significantly negatively correlated with marital satisfaction. Mediation analysis revealed significant results where dyadic coping mediates the relationship between work family conflict (both work-to-family and family-to-work conflict) and marital satisfaction. The findings of this study suggest struggling to fulfil the needs between the work and family domain is affecting couples' marital satisfaction. Pre-marital education programmes may prepare couples by providing effective coping strategies in juggling between work and family at the same time.

Keywords: couple; dyadic coping; families; marital satisfaction; work-family conflict

Impact of road safety education on parents' willingness to pay on safety equipment via family communication pattern

Nur Afifah Mohd Nor, Dr Low Suet Fin, & Nurfatin Nadia Mohd Suhaimi

Malaysian Institute of Road Safety Research

Correspondence: nurafifah.miros@gmail.com

Copyright. 2020. *Psychreg Journal of Psychology*
ISSN: 2515-138X

Children are the most vulnerable road users as their physical body is small with limited experiences on the road. Parents are responsible to make sure children are being protected and safe on the road. The objective of this study is to investigate road safety education as a contributing factor in parents' willingness to pay (WTP) on road safety equipment based on family communication patterns (FCP). WTP was measured in Ringgit Malaysia (RM) while four types of FCP are laissez-faire: protective, pluralistic, and consensual. This is a descriptive quantitative intervention study and data was collected via a survey during pre- and post-study. The sample comprised of 1,969 parents of primary school children from Year 1 to Year 6 who have been using the revised road safety education activity books during the pilot study. Result revealed pluralistic and protective are two types of FCP with higher increment in WTP among parents on safety equipment to be used on their children during the post-study. As for the pluralistic FCP, increment for WTP are 208.19 (Year 1), 1,675.98 (Year 3) and 215.73 (Year 5). WTP increased by 351.83 (Year 2) and 668.90 (Year 6) for protective FCP. The increment of WTP is the least for laissez-faire FCP which is 2017.96 (Year 4). The findings further explained that road safety education influence parents' willingness to pay on safety equipment for their children based on the type of FCP practiced in the family.

Keywords: family; family communication; parents; road safety education; safety equipment

Self-esteem, grit and resilience as protective factors of positive mental health among children

Marie Judith Cacho

Far Eastern University, Philippines

Correspondence: judzcacho618@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The extent to which self-esteem, grit, and resilience can be considered as protective factors of positive mental health was examined among a small sample of Filipino Grade 6 children aged 11 to 13 (19 girls and 9 boys). In this quantitative descriptive-survey research, the results of the hierarchical multiple regression analysis show the relative influence of self-esteem, grit, and resilience on the composite variable positive mental health (positive outlook and positive emotional state). When self-esteem is the only predictor, 31.3% of the variance in positive mental health is accounted for. Adding the predictor grit explains an additional 3.8% of the variance in positive mental health. Whether alone or combined with grit, self-esteem is a significant predictor for the variance in positive mental health. In the final model, resilience additionally explains 44.7% of the variance in positive mental health. The three predictor variables in the final model accounts for a total of 79.8% of the variance in positive mental health, however, resilience is the only significant predictor, this time explaining 75.2% of the variance in positive mental health. Grit does not predict variance in children's positive mental health and hence cannot also be a protective factor for it. The potential of self-esteem as a significant predictor and protective factor for children's positive mental health weakens in the presence of resilience. Resilience helps protect as well as sustain children's positive mental health. Enhancing resilience in late childhood can make children better prepared to face and overcome challenges and adversities they will encounter in adolescence.

Keywords: grit; positive mental health; protective factors; resilience; self-esteem

Relationship between emotional intelligence with loneliness among students in institutions of higher education

Dr Zaiton Hj Mohamad¹, Prof Madya Dr Balan Rathakrishnan², Dr Getrude Cosmas³, & Nazmi Bin Loh⁴

^{1, 2, 3}Universiti Malaysia Sabah, ⁴ Kementerian Pendidikan Malaysia

Correspondence: zaitonpp@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The main purpose of this study is to get the relationship between the constructs in the emotional intelligence and the loneliness of the students. Among the constructs is the construct of self-motivating emotional intelligence, the constructive understanding of others, the construct of knowing people and the construct of self-knowledge. The number of respondents involved was 599 first-year students on campus and followed full-time learning with average age of 19.9 years and experiencing loneliness. This study is a survey using the questionnaire of the Emotion Intelligence Scale and UCLA Loneliness Scale to measure the relationship between the constructs of emotional intelligence and loneliness. The results showed that there was a significant negative correlation between the construct of emotional intelligence emotionally, the construct of emotional intelligence, recognising people and constructing emotional intelligence. But the construct of intelligence understands people have no significant correlation relationship with loneliness.

Keywords: construct; emotional intelligence; loneliness; self-knowledge; self-motivating

Bending without breaking: Stress and tolerance among Filipino adolescents

Mary Pauline Namoca¹ & Lucila Bance²

¹University of Santo Tomas, Philippines

²Saint Louis University, Philippines

Correspondence: paunamoca@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The stage of adolescence is seen as distinct compared to all the other stages of development because the experiences that an adolescent goes through during this phase has a large impact on who they become as adults. As teenagers' transition from being children to being young adults, cultural mandates, societal dictates, peer influences, academic load, and parental expectations all contribute to the rising levels of stress among this population. Because of the unique strains encountered by this age group, more adolescents engage in risk taking behaviour and self-harm. In order to prevent the increasing number of youth engaging in self-damaging behaviours, the researcher aims to use a mixed method design to develop a psychometrically sound tool aimed to measure the stress and tolerance levels of Filipino adolescents. Since stress is something which is culture-bound, what is stressful for teenagers in the Philippines may be different from the youth in other countries. The construction of the said tool aims to aid Psychology practitioners such as psychologists and guidance counselors identify individuals who are in urgent need for psychological support and guidance. With this in mind, it is hoped that the tool can help organizations and schools develop programs specifically designed to increase stress tolerance levels among the Filipino youth.

Keywords: culture-bound; Filipino adolescents; self-damaging behaviours; stress; tolerance

Interaction between risk factors and musculoskeletal disorders among teachers: A structural equation modelling approach

Ng Yi Ming

Universiti Malaysia Sabah

Correspondence: yimingng31@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

One of the occupations that suffered from musculoskeletal disorder (MSD) is teaching profession. Previous studies suggest that teachers also experienced musculoskeletal disorders (MSD); however not many studies have been undertaken in Malaysia. Given this, it is not clear regarding the magnitude and impact of the problem towards those in the teaching profession. The present study examined the physical factors, psychosocial factors, workload, work-life balance, and general well-being factors whether they influence MSD among primary school teachers in Kota Kinabalu. This cross-sectional study was conducted among primary school teachers in Kota Kinabalu. Information on demographic, physical factors, psychosocial factors, workload, work-life balance, general well-being and MSD was collected using a self-administered questionnaire. A structural equation modeling approach was used in which a structurally fitted model, with satisfactory goodness of fit indices, was developed. The strongest correlation was found between physical factors and general well-being towards MSD among teachers. Physical factors and general well-being are significant predictors of MSD among teachers. Understanding the relationship is valuable and will assist those teachers in planning, designing, or implementing preventive intervention programs to reduce the risk of MSD.

Keywords: musculoskeletal disorder; physical factors; psychosocial factors; teaching profession; teaching workload

Elementary pupils' perception of influencing factors of absenteeism

Ada Rizalina Abulencia

De La Salle Araneta University, Philippines

Correspondence: akhinze@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Free speech is one of the human rights and a guaranteed constitutional right in the Philippines; however it can lead to abuse and boarder to harassment, bullying, cyberbullying, cyber abuse, and negative online experience. Cyberbullying is unwanted and aggressive behaviour among school-aged children that involves a real or perceived power imbalance. It is a form of bullying or harassment using electronic means. It is also known as online bullying and became increasingly common especially among teenagers. The purpose of this paper is to further understand cyberbullying which continues to occur more often as technology becomes more readily accessible by everyone, especially students and to explore ways of preventing cyber bullying before it happens. This research is an initial part of the meta-synthesis study made by the researcher. Data were taken from qualitative researchers previously made which are available in reputable online sources and journals. Initial findings revealed that Online violence, cyberbullying and digital harassment affect over 70 percent of young people globally, according to the United Nations Children's Fund (UNICEF), as it called on internet users to 'be kind online' and prevent this form of violence. According to the consolidated report of Department of Education (DepEd), bullying cases on elementary and high school of both private and public schools on 2014 rose by 21% or a total of 6,363 cases, compare with the 5,236 on 2013. This translates to 31 daily bullying cases from a divisor of 201 school days. The statistics was disclosed by Rep. Gerald Anthony Gullas Jr., a member of the House committee on basic education.

Keywords: basic education; cyber abuse; cyberbullying; educational psychology; school psychology

The influence of school's psychosocial environment and the teacher's self-efficacy on the 21st century teaching and learning practices

Mohammad Azri Bin Amatan & Dr Crispina Gregory Han

Universiti Malaysia Sabah

Correspondence: mazria_2387@yahoo.com.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This research is carried out to identify the influence of school psychosocial environment and teacher's self-efficacy on the practice of 21st century teaching and learning, among secondary school teachers in the district of Penampang. The technique of proportionate stratified random sampling is adopted in this research, with 329 participants, all of whom are teachers. A questionnaire was applied to collect data in this quantitative research. Inferential and descriptive statistical method is used in data analysis. Results found that the level of school's psychosocial environment is found to be moderate, while the level of teacher's self-efficacy is high. The results of the correlation test (Pearson product moment) found a low to moderate significant relation correlation between the school's psychosocial environment, whereas, there is a moderate to high significant relation between teacher's self-efficiency. The result of the multiple regression analysis (stepwise) found that psychosocial environment and self-efficacy contributes 31.8% towards the 21st century teaching and learning practice. As a feedback, the research has put forth some suggestions to be considered by the people in authority. The implication of this research and further recommendations are also discussed and suggested for future research.

Keywords: psychosocial environment; school psychology; self-efficacy; teacher; teaching practices

Challenges to administrators of local colleges in the province of Bulacan

Ernesto Mateo

Polytechnic College of the City of Meycauayan, Philippines

Correspondence: ernestormateo@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The improvement of an educational institution requires curricular reforms and innovations. It is indeed a challenge to administrators of local colleges that curricular projects and programmes should be implemented efficiently. In order to address the various challenges that college administrators in the province of Bulacan, the researcher thought of a way on how to assess the compliance of the five local colleges with the standards set by the Commission on Higher Education as stipulated. The researcher devised a questionnaire to determine the college administrators' compliance based on the following indicators: (1) historical and legal basis; (2) implementation of programmes and operations; (3) compliance with policies and standards; and (4) plans for accreditation. In addition, the researcher developed interview guide questions bearing the same principle. In effect, he used a combination of quantitative and qualitative types of research or the mixed method of research. Two groups of subjects served as respondents for the study: the teaching and non-teaching personnel of the five colleges studied. Furthermore, the researcher used stratified random sampling technique to determine the sample size for quantitative method and purposive sampling technique was used for the qualitative method. The grand weighted mean scores for both groups of respondents indicated consensus that their indicators are 'very satisfactory'. The results were confirmed and validated by the findings of the qualitative approach. With this, the proposed operational intervention plan was formulated to address the gaps and deficiencies.

Keywords: educational psychology; educational standards; higher education; school psychology; university students

Effects of assessment for learning on metacognition and academic achievement

Maricar Ortaleza

Polytechnic College of the City of Meycauayan, Philippines

Correspondence: ortalezamaricar@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This research was conducted to find out the effects of Assessment for Learning (AfL) on the metacognition and academic achievement of students in social studies. It sought to find out the significant difference of metacognition and academic achievement of social studies students who were assessed for learning with metacognition and students who were assessed in the conventional way. It also examined the relationship between the metacognitive skills and academic achievement of social studies students who were assessed for learning. A pre- and post-test on Social Studies Achievement Test and Metacognition questionnaire were given to two intact grade seven classes in Asian History in a private school in Bulacan. The results showed that feedback and reflection before, during, and after assessment are very important for learning and the students who were exposed in AfL significantly improved their grades and their level of metacognition significantly increased as they reflected, decided, and learned on their own.

Keywords: academic achievement; assessment for learning; feedback; metacognition; reflection

Negative behaviour, emotional stress and depressive symptoms of children with substance dependent parents: Basis for an intervention programme

Dr Ronald Yrog-Irog

Cebu Institute of Technology-University, Philippines

Correspondence: rcy.straycat2283@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The study explored the negative behaviours, emotional stress and depressive symptoms of children with substance dependent parents. Fifty children of substance dependent parents whose ages ranged from 11 to 18 years old were the study participants who took the Depression Anxiety Stress Scale-42 and the ten highest scorers were interviewed. Majority of the children came from a low-income, nuclear family where the parents had been into drug use for at least five years. Exploration of the children's experiences revealed that their schooling had been compromised due to continuing drug use of parent/s which in turn was influential on their own drug using activities. The stigma and the problem of being ostracized by society and the disengagement of relationship to friends and other significant people prevailed as caused by the drug using activities of parents.

Keywords: depressive symptoms; emotional stress; negative behaviour; parents; substance dependant

Cyberbullying among Filipino students: Basis for an intervention

Ada Rizalina Abulencia

De La Salle Araneta University, Philippines

Correspondence: akhinze@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Free speech is one of the human rights and a guaranteed constitutional right in then Philippines, however it can lead to abuse and boarder to harassment, bullying, cyber bullying, cyber abuse and negative online experience. Cyberbullying is unwanted and aggressive behaviour among school aged children that involves a real or perceived power imbalance. It is a form of bullying or harassment using electronic means. It is also known as online bullying and became increasingly common especially among teenagers. The purpose of this paper is to further understand cyber bullying which continues to occur more often as technology becomes more readily accessible by everyone, especially students and to explore ways of preventing cyber bullying before it happens. This research is an initial part of the meta-synthesis study made by the researcher. Data were taken from qualitative researchers previously made which are available in reputable online sources and journals. Initial findings revealed that Online violence, cyber

bullying and digital harassment affect over 70 percent of young people globally, according to the United Nations Children's Fund (UNICEF), as it called on internet users to "be kind online" and prevent this form of violence. According to the consolidated report of Department of Education (Dep Ed), bullying cases on elementary and high school of both private and public schools on 2014 rose by 21% or a total of 6,363 cases, compare with the 5,236 on 2013. This translates to 31 daily bullying cases from a divisor of 201 school days. The statistics was disclosed by Rep. Gerald Anthony Gullas Jr., a member of the House committee on basic education.

Keywords: aggressive behaviour; bullying; constitutional rights; cyber bullying; human rights

Evaluating cognitive distortion scale using exploratory factor analysis and reliability analysis

Tan Yao Xiong, Rizal Abu Bakar & Mohamad Azhari Abu Bakar

Universiti Malaysia Sarawak

Correspondence: yaoxiong@ukm.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Despite being used extensively in suicide research, the psychometric properties of Cognitive Distortion Scale has not been examined in Malaysia. This study aimed to study the reliability and validity of this scale. A study was performed on 414 university students. Participants had to respond for each item based on the scale of 1 (never) to 7 (all the time). The reliability and validity of the instrument were analysed with the Cronbach's Alpha and Exploratory Factor Analysis using the Statistical Package for Social Sciences (SPSS), version 25. Finding from the reliability analysis suggested high reliability index value with the overall score was 0.94. Further, the result for instrument validity based on the exploratory factor analysis suggested three (3) main constructs with eigenvalue more than 1 which explained 61.36% of variance. The factor loading values for each criterion ranged from 0.47 to 0.86. Overall, finding obtained from this study has shown that Cognitive Distortion Scale has high reliability and validity, and suggested to load ten cognitive patterns into three patterns.

Keywords: cognitive; cognitive distortion scale; exploratory factor analysis; reliability analysis; university students

The influence of emotional intelligence, spiritual intelligence and family environment towards academic stress among high school students

Andang Andaiyani Ahmad & Abdul Said bin Ambotang

Universiti Malaysia Sabah

Correspondence: danishdaniels720@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Stress brings many impacts to the life of students in their study. This is because in previous research study shown; that stress in academic institutions can cause either caused positive or negative impact to students. This research that will be conducted is to identify the influence and relationship between emotional intelligence, spiritual intelligence and family environment of secondary school students' academic stress in outskirts area of Tawau, Sabah. Understanding the issue of academic stress among high school students is important because they are a group of people who have many commitments such as completing assignments within the given period and occupy with major examinations in their live. This study will look at the level of academic stress among high school students and the influence of emotional intelligence, spiritual intelligence and the family environment towards academic stress of middle school students. The population of this research will be the Form 4 students in outskirts area in Tawau Sabah. The selection of respondents was based on the location of the study where there are 21 outskirts secondary schools in the eligible zone of Tawau Sabah. In the context of this study, a descriptive analysis was used to report data on the study involving the demographic data of respondents presented in the form of frequency and percentages. In this study also, there are four types of inferential statistics namely the T-test, ANOVA, correlation and regression will be use. These statistical analyses are appropriate to determine whether the hypothesis is rejected of fail to reject and to answer all research questions. In this research also the researcher will use Structural Equation Modelling (SEM) to construct causal model based on variables use. This study also hopes to contribute to a discussion on the issue of academic stress among middle school students in Sabah.

Keywords: academic stress; emotional intelligence; family environment; spiritual intelligence; stress

Causality effects between teacher absenteeism and student absenteeism in Malaysia

Sarimah Surianshah ¹, Gianni De Fraja ² & Sarah Bridges ³

¹ Universiti Malaysia Sabah, ^{2,3} University of Nottingham, United Kingdom

Correspondence: sarimah.surianshah@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This study addresses potential causality between teacher absenteeism and student absenteeism. This is because not only might student absenteeism affect teacher absenteeism, teacher absenteeism also might affect student absenteeism, although there are infrequent cases as argued by other authors. A survey by the School Inspectorate and Quality Assurance Malaysia reported that the number of teachers who were absent in three months from at least 11 schools increased by 34% to 157 in May 2010. On the other hand, United Nations International Children's Emergency Fund reported that in 2016, 80% of students in Malaysia suffered from some form of bullying that might significantly affect their willingness to come to school. Using the Trends in International Mathematics and Science (TIMSS) dataset and instrumental variable method, we find evidence that the effect of student absenteeism doubles in size when the causality problem has been addressed. Teacher mentoring as adapted from the District Transformation Program (DTP) of Malaysian Education Blueprint 2013-2020 is another important factor in reducing teacher absenteeism in schools. The policymakers may wish to pay more attention to the important determinants of teacher absenteeism as it may increase the rate of student absenteeism.

Keywords: absenteeism; causality effect; instrumental variable; student absenteeism; teacher absenteeism

Assessing the validity and reliability of a survey attitude towards statistics among rural secondary school students

Siti Shahirah Saidi

Universiti Malaysia Sabah

Correspondence: shahirah1203@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This study was conducted to assess the validity and reliability analysis of the Survey Attitude towards Statistics (SATS-36) instrument from a sample of rural secondary school students. The SATS-36 is a 7-point Likert type scale questionnaire which consists of six components (Cognitive Competence, Value, Difficulty, Affect, Effort, and Interest), which is used to measure students' attitude towards statistics. The SATS-36 instrument was administered to 217 Tenth Grade science stream students from a rural district in Sabah, Malaysia, which comprised of 66 (30.4%) boys and 151 (69.6%) girls. A Confirmatory Factor Analysis (CFA) was performed to assess the validity of the SATS-36 instrument as well as to confirm the 6-factor model of SATS-36. The reliability of SATS-36 instrument was assessed through the Cronbach's alpha value. Overall, the analysis showed that the SATS-36 instrument shows favorable indices for both its validity and reliability. Thus, it can be concluded that the SATS-36 was a valid and reliable instrument for measuring students' attitude towards statistics among rural science stream secondary school students in Sabah, Malaysia.

Keywords: attitude towards statistics; cognitive; confirmatory factor analysis; rural schools; survey attitude

The relationship between emotional intelligence and work performance among public service employees in Malaysia

H. Hartini & A. Fakhrorazi

Universiti Utara Malaysia

Correspondence: h.hartini@uum.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Intelligent quotient (IQ) is not the only factor that influences individual success and performance; as there is another factor known as emotional intelligence, which can lead to an increase in the individual's work performance. The purpose of this study is to investigate the relationship between emotional intelligence and work performance in cross-cultural context. Data were gathered via survey questionnaires from a sample of 174 employees from two government agencies in Malaysia. Data were analysed using the Partial Least Square (PLS) and Structural Equation Modelling (SEM) software. Results from the hypothesis testing showed that emotional intelligence has a significant influence on individual work performance. Finally, limitations of the study and direction for future of the studies are discussed.

Keywords: cross-cultural; emotional intelligence; individual work performance; intelligent quotient; public employees

Perceptions of English as a second language and foreign language learners in Universiti Malaysia Sabah on the use of language games in the classroom

Veronica Atin, Nurul Nazira Hamzah, Nor Ain Manap, Junaidah Januin, Asiah Abas,
Izzatul Fadhilah Ishak & Dr Noor Fadilah Dawi

Universiti Malaysia Sabah

Correspondence: vpetrus@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Games have been used in the language classroom mostly for the purpose of engaging learners, making them feel relaxed and in turn, encouraging a positive learning process. The paper presents the results of a preliminary study on the perceptions of learners of English as a second language and learners learning Arabic, Malay and Spanish as foreign languages on the use of language games. The objectives of the studies are to determine whether or not the learners perceive games positively, and to know the reasons for the perception. Data were elicited using questionnaires which were distributed after a game was conducted in each of the four classrooms. The results revealed that all the learners enjoyed playing the language games, even though a very small number of them found games that require them to speak to be uncomfortable. Based on the findings, some pedagogical implications of using language games are discussed at the end of this paper.

Keywords: language classroom; language games; learner perception; pedagogical implication; second language

A preliminary study on language anxiety among ESL learners based on their foreigner-interview project

Veronica Atin, Nurul Nazira Bt Hamzah, Anna Lynn Abu Bakar & Kwan Yien Yee

Universiti Malaysia Sabah

Correspondence: vpetrus@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Oral skill is one of the language skills that students need to learn in order to master any language. To train students' oral skill, one of the ways which is getting more popular the world over is the usage of real-world interview especially for low proficiency English language students. In Universiti Malaysia Sabah, interviewing native or second language speakers of English is one of the tasks that students with low proficiency of English must complete as their final project for UB00202 Oral Communication in English. This study investigated language anxiety signs among five students (one group) who conducted the project. We focused on the verbal and non-verbal manifestations of language anxiety such as hedging and fidgeting. The data were the students' transcripts of their own interviews, as well as the video-taped interviews. Our findings suggest that the lower the students' proficiency of English, the more obvious the signs are. It is recommended that a further study on language anxiety using the set of established questionnaires that was introduced by Horwitz et al. in 1986 be conducted on students who did the project in order to have a better understanding on the phenomenon.

Keywords: anxiety signs; interview project; language; language anxiety; oral skills

The influence of professional teacher support in enhancing staff development and teaching professionalism in Sabah

Roslee Talip, Dg. Norizah Ag. Kiflee & Soon Singh A/L Bikar Singh

Universiti Malaysia Sabah

Correspondence: roslee_73@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The main purpose of this study was to identify the influence of teaching professionalism support in enhancing staff development and teachership professionalism in Sabah. This study involved a sample of 478 secondary school teachers in Sabah. Study variables were tested using inferential statistics involving regression analysis. Altogether, this study found that support professionalism accounted for 20.6% of secondary school teachers in professional development. Further analysis found that the teaching professionalism support significantly affect professionalism of 2.2% and 3.9% respectively of the variance of professionalism ethics and teaching efficacy. The study also found that professional teachership support contributed significantly (14.5%) to teachership professionalism in teaching and learning management in school. Consequently, a variance of 8.8% in term of the influence of teaching professional support in enhancing teaching professionalism in school. The findings showed that professional teachership support should be integrated in a systematic and continuously focused on improving staff development programme, and teacher professionalism ultimately. As such, holistic teachers' involvement irrespective of locations and professional grades should be propagated. Any restructuring to the professional support programmes at school-wide developmental level should focused on a more holistic development school and classroom development capacity as well.

Keywords: classroom development; professionalism; staff development; teaching professionalism; teachership

Psychometric evaluation of the Malay Psychological Well-being Scale

Jon Jee Leong, Muhammad Idris Bullare & Mohd. Dahlan Abdul Malek

Universiti Malaysia Sabah

Correspondence: jjl6168@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The Ryff's Psychological Well-Being Scale (PWBS) has been widely used throughout the world to measure the dimensions of autonomy (Auto), environmental mastery (EM), personal growth (PG), positive relations with others (PR), purpose in life (PL) and self-acceptance (SA). This study aims to measure the reliability and validity of PWB-Malay (3-item scales) by using the dataset from one of the government agencies in Malaysia (n=331). Partial Least Square Structural Equation Modelling (PLS-SEM) approach was attempted to evaluate the reliability and validity of the instrument. SmartPLS 3.2.8 software was used to run the PLS-SEM analysis. Result shows that the loadings of one of the items in the dimensions of Auto, EM, PR, PL and SA were lower than the recommended value of 0.708. After the said items were subsequently eliminated, all the values of composite reliability (CR) were greater than 0.708 and all the values of Average Variance Extracted (AVE) were exceed the threshold value of 0.5. Thus, this instrument has met the reliability and convergent validity requirement. In determining the discriminant validity, the cross loading for each indicator of respective dimensions had loaded high on its own corresponding dimension and much lower on other dimensions. The result of Fornell-Lacker criterion assessment has exhibited a satisfactory discriminant validity when the square root of AVE for each dimension is larger than the correlations for all reflective dimensions. The outcome of Heterotrait-Monotrait Ratio (HTMT) indicated that all the values fall under the required threshold value of 0.90 and thus discriminant validity was established.

Keywords: discriminant validity; government agencies; psychological well-being; validity

An evaluation of the English language clinic programme in a private college

Kwan Yien Yee

Universiti Malaysia Sabah

Correspondence: kwanyienyee@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Qualitative and quantitative evaluation of academic programs can enhance the development and effectiveness of comparative quality reports as well as quality improvement efforts. By using level 1 and level 2 of Kirkpatrick's training evaluation model, this research seeks to explore the effectiveness of the English Language Clinic Program focusing on the students' overall satisfaction and to what extent the students acquire the intended knowledge and skills based on their participation in the program. This research was carried out in a private college in Kota Kinabalu. This survey research utilized achievement tests, questionnaire and interview as research instruments. A total of 20 students from the English Language Clinic program participated in this research. The sampling method used in this research is purposive sampling. All the accumulated data were processed using SPSS (Statistical Package for the Social Sciences) 22.0 database software. The descriptive statistics based on frequency distribution focusing on the mean, standard deviation, and percentage was used to analyse the questionnaire responses. Meanwhile, the interview responses are analysed using narrative analysis. The results indicate that the English Language Clinic program has achieved its objectives as the students responded positively in the overall satisfaction; students also acquire the intended knowledge and skills as a result of the program and hence prepare them for their core and English courses in the college.

Keywords: English course; language clinic; language clinic program; skills; student satisfaction

Psychometric properties of the Profile of Mood State-Malay Version

Mahadir Amhad, Nur Syafiqah Balqis, Ruthra Devi, T. Normah, Norhayati I.,
Noh, Iknor Azli, Ezad Azraai, Mohd Rizal & Rose Azzlinda

Universiti Kebangsaan Malaysia

Correspondence: mahadir@ukm.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The Profile of Mood State (POMS) questionnaire is being widely used to measure mood state and psychological distress in many languages. However, the questionnaire has never been translated and validated into Malay version. The purpose of this study was to translate and validate the Abbreviated Profile of Mood State (POMS) questionnaire in Malay version among healthy Malaysian adults. The psychometric properties of the POMS-Malay version were tested using the internal consistency reliability and criterion validity methods on a total of 274 healthy adults. The results showed that the POMS-M has excellent internal consistency reliability, (40 items; $\alpha = 0.921$). The ranges of Cronbach's Alpha values if item deleted are between $\alpha = 0.916$ (item 26 and item 29) and $\alpha = 0.931$ (item 12). The result also indicated that POMS-M had high positive correlation ($r = 0.845$, $p = 0.00$) with the State-Trait Anxiety Inventory-Y (STAI-Y), which demonstrated the high concurrent validity of the scale. To assess the predictive validity of the POMS-M, a validated Malay version of General Health Questionnaire 12 (GHQ-12) was used as a criterion in predicting psychological wellbeing of the participants. A linear regression analysis was used to test if the POMS-M significantly predicts participants' psychological well-being. The result of the regression analysis indicated that the POMS-M significantly predicted the proportion of the variance in psychological wellbeing, $R^2 = .485$, $F(1, 273) = 256.6$, $p = .000$. To conclude, this Malay version of POMS is psychometrically sound to be used in Malaysian context.

Keywords: mood; profile of mood state; psychometric properties; psychological well-being; well-being

Mental health literacy and mental health help-seeking attitudes of senior high school students in Tacloban City, Leyte

Julie Marie Eder & Frances Bernadas

Department of Social Welfare and Development, Philippines

Correspondence: julmarieeder@gmail.com

The prevalence of mental illnesses has been a growing concern in the Philippines especially in Tacloban City after it has been struck by super typhoon Haiyan. One of the considered causes of the increasing rate of the development of mental illnesses is the lack of knowledge about mental health and the negative attitude towards help-seeking. This enforces the need to have a mental health policy that will mandate mental health education among students to improve help-seeking. In line with this, the researchers aimed to measure and study the relationship between mental health literacy (ability to recognize mental disorders, knowledge about the causes and risk factors of a particular mental disorder, knowledge on how to seek mental health information, attitudes toward mental disorders, knowledge and beliefs about professional help available and self-help interventions) and attitudes toward mental health help-seeking. The researchers used the survey method which employed a vignette and a questionnaire. These were administered to a sample of 349 Senior High school students from 5 different schools in Tacloban City who were selected using systematic random sampling. This research found that all the components of mental health literacy among Senior High school students are low and in need of improvement. On the other hand, attitudes toward mental health help-seeking were neutral.

Keywords: mental health; mental health attitudes; mental health education; mental health literacy; mental health help-seeking

The effects of word recognition instruction and visual instruction on ESL learners' vocabulary acquisition

Zachary Farouk Chai & Suyansah bin Swanto

Universiti Malaysia Sabah

Correspondence: farouk2210@gmail.com

Vocabulary is considered as central in language learning and teaching, and its mastery is of paramount importance to language learners. The process of learning vocabulary is also known as acquisition of

vocabulary. In relation to this, it is important for teachers to conduct appropriate and enjoyable activities when teaching vocabulary. Effective techniques and interesting vocabulary material are imperative especially for primary school ESL learners. The study aimed to investigate the effectiveness of using Word Recognition instruction and visual materials in teaching action verbs to primary school learners. The total number of research participants was 20 learners and they came from mixed abilities group. They were then randomly assigned into experimental and control groups of ten. The experimental group undertook vocabulary acquisition using Word Recognition instruction and visual materials in learning new action verbs and the control group received classic memorisation-based instruction of the same vocabulary items. After the instruction, the two groups were tested (Post-test). The findings of this study revealed that the experiment group performed compared to the control group. It further implies that Word Recognition Instruction and visual materials should be given attention by English language teachers as effective techniques for vocabulary teaching.

Keywords: learners' vocabulary; visual instruction; vocabulary; vocabulary acquisition; word recognition instruction

Mentor-mentee programme for STEM education at preschool level

Connie Cassy Ompok ¹, Siew Nyet Moi Sopiah Abdullah ², Maria Tambagas ³, Ling Mei Teng ⁴

^{1, 2, 3} Universiti Malaysia Sabah, ⁴ Miri District Education Office

Correspondence: connieompok@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The objectives in this research were i) determining mentors' perspective of STEM mentors on their communication skills, teamwork skills, problem solving skills and social responsibility after joining the program, ii) to identify the difference between the assessment of STEM mentor's perspective on their personal quality before and after joining the program and iii) to identify the problems/challenge that their experienced in mentoring activities in as compared to classroom teaching, opinion before participate in the program, opinion after participate in the program and the challenges faced in the program. Based on the research objectives of this study, a survey research involved collecting data from

53 students (mentors) in the targeted population through questionnaire to appropriately answer the research questions Paired sample t-test was conducted to compare various skills of mentors before and after joining the program. For Communication Skills, the mean score for pre-test is 5.50, while mean score for post-test is 5.00. There was a significant difference in the scores for communication skills in pretest (M=5.00, SD=.86) and posttest (M=5.50, SD=.68); $t(58) = -3.785, p = 0.000$. Teamwork skills also shows significant difference in the scores in pretest (M=5.59, SD=.89) and posttest (M=6.06, SD=.67); $t(58) = -3.325, p = 0.002$. Besides, Problem Solving Skills shows significant difference in the scores in pretest (M=5.00, SD=.99) and posttest (M=5.74, SD=.68); $t(58) = -4.897, p = 0.000$. However, in the social responsibility skills, there is no significant different between pretest (M=5.48, SD=1.11) and posttest (M=5.67, SD=0.85), $t(58) = 1.086, p = 0.282$. These results suggest that the program increase the communication skills, teamwork skills and problem-solving skills in mentors. However, the social responsibility skills do not show significant different although there are increment in mean score of posttest. This can be caused by the social responsibility of mentors already high at the beginning as they are dealing with small kids. The sense of responsibility is higher than handling adults or students in primary or secondary school. In addition to this, some mentors mentioned they are not confident and worried of the STEM program. However, from the analyses from the interview after the intervention it was found that the mentors gain positive improvement and increase creativity. They suggest that the quality of module to be increased, competency of mentors and longer intervention needed. Quality in service instruction over STEM pedagogy best practices is a recommendation for practice

Keywords: communication skills; mentor; mentee; preschool; STEM education

Recovery during off-job time as a moderator of the PSC-job demands interaction for emotional exhaustion reduction: A shortitudinal study

Dr Yulita

Universiti Malaysia Terengganu

Correspondence: yulita@umt.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Psychosocial safety climate is a facet-specific for psychological health which consistently considered as an important organizational resource and safety signal to mitigate the unfavorable work-related outcomes. However, a process to regain the energy expended during job day known as recovery also plays a pivotal role for individuals. The main purpose of this study was to investigate the role of individuals' recovery during off-job time (weekend) in buffering PSC and job demands interaction on daily emotional exhaustion in the following week. Using a shortitudinal study from 178 teachers in

Terengganu (178 x 3 days [Sunday, Tuesday and Thursday] = 524 diary data points) for two consecutive weeks, data were operationalized at both individual (between-individual) and daily (within- individual) levels using hierarchical linear modeling (HLM). The analysis showed the beneficial impacts of psychological detachment*PSC and relaxation*PSC interactions in moderating the impact of daily job demands Week 1 on daily emotional exhaustion Week 2. When both recovery and PSC were high, job demands had the weakest effects on emotional exhaustion. In contrast, the effect of job demands on emotional exhaustion increased when employees were unable to recover sufficiently during off-job time and also when PSC was low. Overall, this present study highlights the importance of individual recovery (psychological detachment and relaxation) during off-job time and building good PSC at work are fundamental to compensate emotional exhaustion.

Keywords: emotional exhaustion reduction; interaction; job-demands; off-job time; psychosocial safety climate

Spiritualism, religiosity and cultural psychology: A case study of ethnomedicine in Kota Kinabalu

David Matanjun, Mohammad Saffree Bin Jeffree, Chrystalle Tan BihYuan, Freddie Robinson, Falah Abbas Mohamed Salih Et Md Shamsur Rahman

Universiti Malaysia Sabah

Correspondence: matanjun@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

As with most parts of the world, ethnomedicine is an important part of Complementary and Alternative medicine (CAM) or Traditional and Complementary (TCM) in Sabah. For many indigenous groups, ethnomedicine may be categorized under three different types, viz. herbalism, manipulative therapy and spiritualism. Spiritual therapy may also be also viewed as a mode of religiosity, and to some, who have reservations about the spiritual component of the therapy, may prefer to regard spiritualism as aberrant notion under cultural psychology. When approaching religiosity and spiritualism from a cross-cultural psychological perspective, one faces questions regarding the universals and the specifics of spiritual therapy across cultural contexts. While the popularity of herbalism and manipulative therapy is undeniable, spiritualism, which may be considered as a peculiar dimension of the mind-body medicine subset of traditional medicine, continues to have its adherents among the natives of Sabah; ritualistic ceremonies, chants and other attendant healing modalities are important components in the traditional health system in some cultures. Hence, some aspects of ethnomedicine in Sabah are deeply rooted in spiritualism, reflecting the multiple character of culture. Peculiar practices of spiritualism with

the main native races in Sabah are described. One brief case study was also made in respect to the attempt by a bobohizan, a Kadazan priestess, to revive and save a dying patient in Kota Kinabalu (K.K.), Sabah.

Keywords: cultural psychology; ethnomedicine; religiosity; spiritual; spiritualism; therapy

The relationship between connectedness to nature and psychological well-being of school students in Johor Bahru

Ezza Mad Baguri, Samsilah Roslan, Aini Marina Ma'rof & Siti Nabihah Md Sahak

Universiti Putra Malaysia

Correspondence: ezzabaguri@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Education system should provide balance education in term of academic achievement, cognitive and emotional competence as well as physical and mental health. However, Inner needs or psychological well-being (PWB) of school students in Malaysia has scarcely been discussed because excel in academic achievement is deemed more important compared to other aspects. PWB found has influence on engagement with nature, through sensory exposure and a sense of connectedness to nature. Therefore, the purpose of this study is to explore the relationship of nature engagement on the PWB of school students. Total of 293 Form Four school students comprised of 178 females, and 115 males in secondary school at Johor Bahru district involved in the study. The respondents completed the survey including Connectedness to Nature Scale by Mayer and Frantz (2004), and PWB Scale by Ryff (1989). In this study, psychological well-being according to Ryff (1989) consists of six dimensions: autonomy, environmental mastery, personal growth, positive relations with others, and purpose in life and self-acceptance. The descriptive and inferential data was analysed by using SPSS 23.0. The finding shows that there is a positive significant correlation between connectedness to nature and psychological well-being $r(,39)$, $p<.01$.

Keywords: connectedness; nature; psychological; Psychological Well-Being Scale; well-being

Need not be loved to be allies: Lived experiences of scholars of internalisation in their host countries

Ma. Elsa Rose Abao

De La Salle Araneta University, Philippines

Correspondence: elsaabao@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

On one's own, there is thought of self-sufficiency only to find out much later that one, as a nation, has been lagging behind neighboring countries, thus the need for internationalization. Such a need becomes a gnawing realization as one sees threats to peace and security prompting the nation to form alliances in the region, this in an effort to share and keep abreast with best practices in social and cultural life, the political arena, economic life made vibrant, and a more advanced and technologically sound education. This paper thus seeks to examine the lived experiences of forty-three scholars of internationalization in their host countries. Demographic profile variables used to test for significant differences in perception of lived experiences were had with F/ANOVA. It was found that age determined perception of the importance of the political aspect of the experience of internationalization ($p = .038 < .05$); likewise, educational attainment determined the perception of the importance of the economic aspect of the scholars' experience ($p = .020 < .05$). Further exploration regarding the latter could be done with a larger sampling population that'd provide more variance. In summary, internationalization showed itself to be a very valuable experience lived with these phenomena observed: the need to adapt to situations in the host country, that there was perceived benefit, that there ought to be stricter policies implemented for compliance on the part of the scholar-recipients, awareness of internationalization and how it can be localized noted, and the problem of re-entry for these scholar-respondents.

Keywords: allies; culture; internationalisation; lived experiences; social life

Parenting practices in Indonesia: A comparative study between urban and rural areas

Inge Uli Wiswanti, Ike Anggraika Kuntoro, Nisa Praditya Ar Rizqi & Lathifah Halim

University of Indonesia

Correspondence: inge.uliwiswanti@ui.ac.id

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Studies in developmental psychology have demonstrated that parenting practices are associated with child development outcomes, particularly children's cognitive, emotional and social development. Therefore, many studies about parenting have been already conducted broadly in western countries. However, studies on parenting practices in non-western countries are still scant. Indonesia, as part of South-east Asia, has a broad ethnic diversity which influences parenting practices among society. Moreover, many countries in Asia including Indonesia are facing changes as a consequence of globalization and modernization. Globalization and rapid cultural change have been shown to influence parenting practices in the urban and rural areas. This study is aimed to investigate and compare parenting practices between urban areas and rural areas in Indonesia. Parents of 4-12 years old child who live in the Jakarta metropolitan area (urban areas), Central Java and West Sumatra areas (rural areas), completed two Parenting Attitudes Inventories that assess their attitudes toward (a) individualist versus collectivist parenting and (b) authoritarian versus authoritative parenting. So far, we are succeeded to collect 229 data from parents who live in the urban (Jakarta Metropolitan) area and 80 data from the rural (West Sumatra) area. We are still collecting more data from the parents of rural area. The result of this study is expected to provide overview of parenting attitude among parents in Indonesia. Particularly, parenting attitude of modern parents in urban area and traditional parents in rural area. The findings will be highlighted the understanding of parenting attitudes diversity in non-western society.

Keywords: child development; family; parenting practices; rural areas; urban areas

Relationship between expatriates' sociocultural adjustments and job performances: Related literature on work and interaction adjustment

Md. Sayed Uddin, Rosazman Hussin & Badariah Ab Rahman

Universiti Malaysia Sabah

Correspondence: sayed@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The significant aspect of the migration process is the adjustment to the socio-cultural as well as work conditions of the host country. Expatriates' by and large, come from quite different socio-cultural backgrounds and different work conditions. They are acquainted with different norms and used to different work ethics which have shaped their performance and relations with persons at work. They have to work in a new situation with new personnel and have to adjust to the entire new socio-cultural and working scenarios. It is interesting yet a problematic phenomenon to study their social life, their adjustment to the new socio-cultural milieu, work environment and adoption to innovation in professional arenas. Thus, if the expatriates in one hand can adjust to the situation, they may perform their job well and complete their assignment; otherwise, their stay in the host country will adversely be affected. Thus, socio-cultural adjustment along with innovation adoption is an important phenomenon that affects expatriates' stay in the host country, their performance at work and relation with co-workers. The research will carry out using the secondary sources; existing literature includes multiple online databases, books, and articles. It will help to rectify the factors associated to suitable candidates for the organizations/institutions to hire the competent and multiskilled expatriates to host country.

Keywords: expatriates; interaction adjustment; job performance; sociocultural adjustment; work

The relationship between collective self-esteem and group trust on academic achievement of university students

Dr Mazni Mustapha & Dr Siti Rahayu Mohd Hashim

Universiti Malaysia Sabah

Correspondence: masni@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This study aims at investigating whether Collective Self-Esteem and Group Trust have a significant association with students' academic achievement. A survey was carried out among 86 non-science students at the Faculty of Psychology and Education, UMS. The questionnaire used was developed with three different sections. The first section consists of 12 items on demographic factors whereas the second and third sections consist of 16 items on Collective Self-Esteem and 20 items on Group Trust, respectively. The Self Esteem items were divided into four variables of Collective Self Esteem which are Membership, Private Collective, Public Collective and Importance to Identity. The highest score in Grade Point Accumulative (GPA) is used to measure the students' academic achievement. Shapiro Wilks tests had been performed on all of the quantitative variables. The linear association between the variables was also measured by Pearson or Spearman correlation coefficients depending on the shape of the variables' distribution. The result shows that even though the variables on Collective Self Esteem are linearly correlated with each other but only two of them which are Membership and Private Collective have a significant positive relationship with academic achievement. Whereas, Group Trust showed a significant relationship with Private Collective only. A multiple linear regression was carried out to measure the influence of Membership and Private Collective upon academic achievement but unfortunately the model is insignificant with p-value = 0.096 even though both predictors are strongly correlated with academic achievement. A simple linear regression was then carried out for both predictors separately and a significant model was obtained (p-value for ANOVA is 0.039) for a model with Membership as the single predictor. The influence of Collective Self Esteem and Group Trust were investigated further by narrowed down the analysis with respect to Gender and Year of study. The results showed that the academic achievement by female students does not associate with any of the Self Esteem and Group Trust variables. On the other hand, male students' academic achievement has a significant association with all the variables except importance to identity.

Keywords: academic achievement; collective self-esteem; group trust; identity; trust

Parents' perception of hybrid homeschooling in Kota Kinabalu, Sabah

Jo Ann Lee

Universiti Malaysia Sabah

Correspondence: joann5667@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This research is a qualitative case study on the perception of parents with children in hybrid homeschooling in Kota Kinabalu, Sabah, which is becoming a rising trend in Malaysia. However, policies around homeschooling is still underdeveloped by the Ministry of Education. Coupled by a lack of locally based literature in this area, there is a need to understand this phenomenon better. Grounded in Homans' (1958) social exchange theory, the research explored the perceived advantages of choosing homeschooling over other forms of education, to understand the challenges experienced and the support needed by parents and students in this pathway of education. Data was gathered through interviews with seven parents from four homeschooling centres in Kota Kinabalu. Findings indicated that aspects of programme, environment and time were perceived to be the biggest advantages in hybrid homeschooling. Environment and time also become major challenges for students, in addition to resources that parents possessed. Parents were mostly self-sufficient but expressed the desire for recognition of this alternative pathway of education by the government in terms of support. Yet, almost all respondents prefer minimal intervention by government in how the homeschooling programme is conducted. This knowledge enables greater understanding of how to develop alternative education in Malaysia towards the goal of ensuring that all pathways is student-focused, leads to better student outcomes, while delicately balancing the interests of the nation with the rights of the individual.

Keywords: alternative education; homeschooling; hybrid; parents; perception

The relationship between self-compassion and procrastination: Mediating role of anxiety

Looh Chiew Pheng

Universiti Malaysia Sabah

Correspondence: bp16110050@student.ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The present study aimed to examine the mediator role of anxiety in the relationship between self-compassion and procrastination in the Malaysian context. A cross-sectional survey research and purposive sampling method were used to collect data. In this study, a sample of 375 undergraduate students (81 males, 294 females) between the ages of 19 and 23 years old completed survey questionnaires of Self-Compassion Scale (SCS), Academic Procrastination Scale (APS), and State-Trait Inventory for Cognitive and Somatic Anxiety (STICSA). The findings showed that there was no significant gender difference in self-compassion and procrastination among the respondents. Besides, it was also found that no significant correlation between age and procrastination. Results in the current study indicated that self-compassion is significantly negative correlated with procrastination and anxiety; that is, the higher their level of self-compassion, the lower their reported level of procrastination and anxiety. Previous research on the relationship between anxiety and procrastination had produced equivocal results, with some studies showing a significant relationship while others showing no relationship at all. On the other hand, current study found that anxiety is significantly positively correlated with procrastination. In addition, findings of regression analyses reported that anxiety functions as a partial mediator in the relations between self-compassion and procrastination. Thus, university administrators could introduce the self-compassion concept to the students by organizing workshops where the main objective is to enhance their emotion-regulation strategy. Finally, future research should examine the psychometric properties of the Self-Compassion Scale (SCS) in the Malaysian context.

Keywords: anxiety; emotion; gender; procrastination; self-compassion

Chatbox class discussion: Its efficacy in teaching specialised subjects of senior high school students

Maria Cecilia Sualog

Ridgewood School of Caloocan, Philippines

Correspondence: macel_jjj@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This research explores the alternative learning strategy in discussing lessons on specialised subjects of Senior High School (SHS) – Accountancy, Business and Management (ABM) Strand of Ridgewood School of Caloocan, Philippines. This study focused on the teaching strategy using E-Learning method, Chatbox Class Discussion (CCD) to be specific, at specified time outside class hours in accomplishing the content objectives of the course. The teachers prescribed the topics and resources to address the content requirements which became the point of discussion via CCD. Outcomes of the strategy to students were assessed using the One-Group Pretest-Posttest design of research. A twenty-item teacher-made multiple-choice test. A twenty-item teacher-made multiple-choice test based on the content coverage for the second quarter of the current school year, validated by content experts on the course. The respondents of the study were the 15 students of SHS-ABM specialized subject. The data gathered were statistically analyzed and interpreted using frequency and percentage, standard deviation and t-test. The result of the study revealed that the students have “Poor” academic performance but became “Excellent” after the strategy’s introduction. In addition, the study also revealed that there is a significant difference between the scores of the students before and after the use of CCD was used. To triangulate the results, individual and focused group interviews of both teachers and students were conducted in the middle of the period and at the end of the period. Furthermore, findings revealed that students find learning with CCD easy, fun and convenient. Teachers pointed out the improvement in students’ attendance, appreciation and interest in learning. Problems encountered by both students and teachers were when internet connection falters.

Keywords: academic performance; chatbox class discussion; E-learning; efficacy; teaching

Association between parent-child relationships, behavioural problems, and emotional problems among children in Malaysia

Dr Nur Farhana Ardillah Aftar

Universiti Malaysia Sabah

Correspondence: farhana@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The number of individuals, including children experiencing mental health problems has been on the rise worldwide. This has called for attention towards the ability to screen for mental health symptoms in order to better provide necessary services. Screening and assessment for mental health symptoms in Malaysia can be challenging given cultural and language factors involved in existing screening and assessment tools. Hence valid and reliable tools are needed in order to better serve the Malaysian population. As such, this research proposal is aimed to: i. Establish measures of parent child relationships, behavioural challenges, depression, and anxiety among children aged 7-12 in Malaysia, ii. Identify association between parent-child relationship and behavioural problems, iii. Identify association between parent-child relationship and anxiety, iv. Identify association between parent-child relationship and depression, v. Identify association between behaviour problems and anxiety, and iv. Identify association between behaviour problems and depression. The methodology of this study will include recruitment of participant by random sampling, selection of screening tools, the process of translation and back-translation of the screening tools, and data collection. The outcome of this study will hopefully produce screening tools that are translated, reliable and valid for use within the context of working with children in Malaysia. This will consequently enable clinicians to better screen and provide services to children with mental health symptoms efficiently. Other than that, the outcome of this study may also provide researchers with insights regarding the mental health of children in Malaysia.

Keywords: anxiety; behavioural problems; emotional problems; mental health; parent-child relationship;

Teachers' and students' perceptions of the implementation of the dual language programme: A case study in Klang, Selangor

Edwin Moses

Universiti Malaysia Sabah

Correspondence: edwinmoses24@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The 'Upholding the Malay Language and Strengthening the English Language' (MBMMBI) policy was introduced in July 2009 after the Malaysian Cabinet abolished the 'Teaching and Learning of Science and Mathematics in English' (PPSMI) policy. Dual Language Programme (DLP) was introduced in 2016 under MBMMBI policy to improve the school students' English proficiency level. This has been a hot topic after the Ministry of Education (MOE) was asked to review the implementation of the DLP as students will face difficulties in learning science and mathematics in English. This study aims to identify the insights of the teachers and students on DLP and the challenges they faced during the implementation of the DLP. The data were obtained through a questionnaire. A total of 146 DLP students comprising Form 1 and 2 students from four secondary schools and 12 teachers from six secondary schools in Klang, Selangor participated in this study. A semi-structured interview was carried out among the teachers. This study shows that even though teachers and students faced difficulties and challenges, most of them support the implementation of the DLP. Furthermore, most of the students are keen to learn science and mathematics in English although their English proficiency still at the unsatisfying level. This study has discussed various issues related to the DLP and could help MOE in identifying and solving the problems arise from the implementation of this new programme. Moreover, the relationship between challenges and perceptions were studied as well. There are some initiatives should be taken as well as improvements need to be done to achieve the objectives of implementation of DLP.

Keywords: bilingualism; dual language programme; educational psychology; teaching; teaching practices

Preferred conflict resolution styles in an ESL classroom

Amali Ahmad Khair, Suyansah Swanto, & Dr Nik Zaitun Nik Mohamed

Universiti Malaysia Sabah

Correspondence: amaliakhair@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

In an ESL classroom, to ensure students undergo a fruitful learning experience, conflict has been an obstacle that occurs among groups and individuals regardless of their gender. This study investigated the differences in conflict resolution styles between male and female students by applying Thomas-Kilmann Instrument (TKI) of the Five Conflict Styles: Competing, Collaborating, Compromising, Avoiding and Accommodating. The study aimed at providing an understanding of conflict resolution and improving communication among the students, respectively. A 25-item questionnaire survey was employed. The research addressed the effect of students' experience on interpersonal conflict resolution styles within an ESL classroom environment and looked at gender as a confounding variable.

Keywords: conflict resolution; ESL classroom; gender; interpersonal; interpersonal conflict

Health-related quality of life among preschoolers with autism in Kota Kinabalu, Sabah, Malaysia

Amelia Inbam Neelagandan & Mohd Dahlan Hj Ab Malek

Universiti Malaysia Sabah

Correspondence: amelia.inbam@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Autism is a neurodevelopmental disorder characterized by impairments in social skills and communication and displays of repetitive behaviour. As a result of these impairments, children with autism in America and UK have been reported to have a lower health related quality of life (HRQoL) compared to their typically developing peers. However, there is yet to be published data on the HRQoL among children with autism in Malaysia. The purpose of this study is to investigate the HRQoL of pre-schoolers with autism, as compared to typically developing preschoolers. A total of 32 pre-schoolers with autism and 33 typically developing pre-schoolers were included in this study. Parents of the children filled up the Paediatric Quality of Life Inventory (PedsQL). The PedsQL consists of 23 items in four subscales; Physical, Emotional, Social and School Functioning. The autism group had significantly lower HRQoL scored compared to their typically developing peers on all the subscales. The autism group had a total mean score of 57.04 as compared to the typically developing group who had a mean score of 82.97, out of a possible total score of 100, which indicated best HRQoL. The difference in scores for all the subscales and the total scores are statistically significant. In conclusion, children with autism had a significantly lower health related quality of life compared to typically developing children. The findings from this study reinforces the need for developing interventions that focus on improving the HRQoL of children with autism.

Keywords: autism; children with autism; pre-schoolers; repetitive behaviour; social skills

Evaluating teacher candidates' professional practice in primary schools

Dk Yusimah Pg Hj Amjah & Dr Hjh Sallimah Hj Mohd Salleh

Universiti Brunei Darussalam

Correspondence: yusimah.amjah@ubd.edu.bn

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

In the world of Education, the teachers are the main contributors to the students' success in learning achievement. A qualified and trained teacher is very much needed in order to assist success for students learning achievement. The purpose of this research is to explore and evaluate teacher candidates' teaching and learning during their professional practice at the primary schools. Through the Initial Teacher Preparation programme will assist teacher candidates by training and providing them with knowledge and skills in teaching and learning for their preparation to be a teacher. A systematic evaluation approach is very much needed in order to help the development of producing a quality teacher. By evaluating teacher candidates on their professional practice at the schools will enable to know whether they are provided with pedagogical knowledge, skills and on what areas to improve on their teaching and learning in which to be aligned with the increase demands for quality teachers and to ensure the development of student learning. In this research, teacher candidates will be observed and interviewed regarding on their teaching and learning experience during professional practice at the primary schools. In addition, the teacher candidates shared and reflected on the challenges possible solutions to improving their teaching and learning skills through biweekly professional practice seminars. The findings of this research will be gathered and analysed by using thematic analysis.

Keywords: primary school; professional practice; skills; teacher candidates; teacher preparation program

Procrastination and anxiety among psychology and social work students in a public university in East Malaysia

Guan Teik Ee & Pang Chee Hong

Universiti Malaysia Sabah

Correspondence: guanteikee@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Procrastination is prevalent and pernicious but not entirely understood. It has been seen as a universal phenomenon that hinders people's ability for accomplishing their goals. Procrastination can be defined as lack or absence of self-regulated performance and the behavioural tendency to delay what is necessary to reach a goal. Procrastination appears to be a troubling phenomenon and yet human beings have been procrastinating for centuries. University students are the backbone of the society. They need to be aware of their procrastination attitude so that they could tackle the problem. Anxiety on the other hand is a negative feeling. Studies show that there is a relationship between procrastination and anxiety. However very few studies investigate procrastination and anxiety, especially in the public university in east Malaysia among psychology and social work students. This study indicated that female students engaged more in major procrastination, whereas male students engaged more in moderate procrastination. However, there were no significant differences on procrastination and anxiety between genders. The finding also showed that there was a significant relationship between procrastination and anxiety.

Keywords: anxiety; gender; procrastination; psychology; social work

The influence of Islamic values on quality culture in Brunei higher education

Witrie Annisa Buys, Gamal Nasir bin Hj. Zakaria & Shamsinar Bt.Hj.Husain

Universiti Brunei Darussalam

Correspondence: 17h0383@ubd.edu.bn

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The study on human capital development in higher Educational institutions is given wider attention nowadays. In Brunei, the long-term development vision for Brunei 2035 has set education and human capital development as the key priorities. To accomplish the country vision, it is urged that higher Educational institution should make continuous improvement by sustaining the quality culture of the institutions. The concept of quality culture was initiated by European University Association (EUA) in 2003 to provide a comprehensive approach that leads to organizational excellence in higher education institutions. In countries where Muslim is the majority, it is believed that the adoption of Islamic values might affect the measurement and quality culture of the institutions. However, the study on the application of Islamic values on quality culture is still scant, especially in the area of higher education management. Therefore, the objective of this paper is to investigate and discuss on the Islamic values aspects that can improve the quality culture in higher education institutions in Brunei. This study adopted a qualitative approach. Data was collected using semi-structured interviews consisting of 9 academic deans and staffs of selected higher educational institutions in Brunei to get more in-depth information on the influence of the Islamic values upon quality culture. The findings identified that the Islamic values that has influenced the quality culture in Brunei Higher Education consist of two aspects. The first one is Hablumminallah or the relationship with Allah that has four significant values which are faith/iman, worship/ibadah, consciousness/taqwa, and sincerity/ikhlas. The second aspect is Hablumminannas or the relationship with others that has nine significant values which are beneficial to others/naafiun lighoirihi, justice/ 'adl, trustworthy/sidiq, tolerant/salamatu sadr, responsibility/amanah, knowledgeable/fathonah, professional/itqon, cooperation/amal jama'i and consultation/syuro.

Keywords: culture; influence; Islamic values; Muslim; values

Why share knowledge? Academics' perspective

Aishath Shina & Shamsinar binti Hj Hussain

Universiti Brunei Darussalam

Correspondence: aishathshina37@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

In this knowledge era, knowledge sharing has been found to be of utmost importance to organisations, especially in Higher Education Institutions where academics are knowledge workers. To keep up with this dynamic new economy where knowledge has become a valuable resource and asset, innovation is essential. This could be achieved by sharing and disseminating the new knowledge its employees create. Though knowledge sharing is one of the fundamental responsibilities of the academics, it is believed that there are academics who like to share their knowledge, and there are academics who don't. As most of the existing literature focus on knowledge hoarding, the researcher felt that it might inspire academics to share their knowledge when they are aware of the benefits of knowledge sharing. So, this study intends to explore academics perception with a focus on why academics share their knowledge. Semi structured

interview questions were used to collect data, a total of 15 academics from five different Higher Education Institutions in the Maldives participated. Participants were selected by utilizing purposeful sampling method. The data were analyzed using thematic approach. The emergent themes are presented and supported with existing literature. It is implied that the findings of this study will aid a larger population of academics to share their knowledge.

Keywords: academics; economy; employees; knowledge; perspective

Non-routine problem solving in Malaysia: Review of upper primary mathematics textbooks

Joyce McDolyna Mojido, Vincent Pang Ah Fook & Denis Andrew D. Lajium

Universiti Malaysia Sabah

Correspondence: arijoy87@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Higher Order Thinking Skill (HOTS) in mathematics can be nurtured through the experience of doing Non-Routine Mathematical Problem Solving (NRMPS). NRMPS item reflects real world problem and has the potential of founding future human capital that are capable of being independent problem solver. It is undeniable that text book is the primary source of reference for both teachers and learners in classroom; hence the present of NRMPS in mathematics textbook is crucial. Including NRMPS task in the primary four, five and six mathematics textbooks may work both as guidance for teachers and to increase learner's

opportunity to experience the novel task. The aim of this study is to explore the inclusion of non-routine mathematical problem-solving task in upper primary national mathematics textbooks. By using document analysis, every task under the learning field of numbers and operation in the upper primary national mathematics textbooks was analysed. The findings indicate that the inclusion of non-routine problem-solving task in the national upper primary mathematics textbooks is still limited to be compare with the straightforward task. In some topics, the given example of NRMPS task only fall under the category of gray area task. This finding has raised concern on the role of national mathematics textbooks as the main resource for both teacher and learners to nurture NRMPS in the classroom. Opportunity of engaging alternative resources to develop NRMPS skill had also being discussed.

Keywords: Mathematics; Mathematical problem solving; non-routine; problem solving; textbook

Relationship between sources of stress and psychological well-being among nurses in Sabah

Chin Lee Mei @ Mary Tan, Mohd Dahlan Malek & Ismail Maakip

Universiti Malaysia Sabah

Correspondence: tmarytan66@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This study examined the relationship between source of stress and psychological well-being among nurses. The causes of stress include inadequate work or high work load, relationship between nurses and other nurses, leadership style and support given to patient. In addition, aim to identify the levels of nurses Sources of Stress and Psychological Well-being. For data collection, a self-administered questionnaires used to assess: Nursing Stress Scales (NSS) and Ryff's Psychological Well-Being Scales (RPWBS) on 637 nurses from nine hospitals in Sabah. Results: The main Sources of Stress among nurses are Conflict with other Nurses with mean 12.64. Whilst, the Psychological Well-being among nurses also scores the highest in Purpose in Life with mean 60.60. The study revealed the relationship between Source of Stress and Psychological Well-being. Conclusions: Sources of Stress and Psychological Well-being among nurses of nine hospital in Sabah was Conflict with other Nurses and Purpose in Life. In order to reduce work stress among nurses, strategies recommended namely Managers should keep themselves aware of the work dynamics and address negative conflict as soon as it is recognized. Education is preferable so that the nurses can learn effective conflict management. In addition, problems solving approach, encourage and reward creativity among nurses in generating ideas and implementation of new practices need also be considered.

Keywords: nurses; psychological; relationships; stress; well-being

The motivation of Universiti Malaysia Sabah students to participating in International Academic Mobility Programme

Soon Singh Bikar Singh, Balan Rathakrisnan, Rosy Talin & DG Norizah AG Kiflee

Universiti Malaysia Sabah

Correspondence: sohan4025@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This study investigated to understand the undergraduate students' perspective of taking part in international mobility program and to give a superior comprehension of interest this experience can bring to their own, proficient and academic lives. This study is exploratory in nature and was conducted by way of a qualitative approach. Semi-structured interviews were carried out and analyzed using qualitative content analysis techniques. Purposive sampling method was used to select five Faculty of Psychology and Education students who have chosen to participate in international mobility program in Indonesia. Analysis of the interviews data indicated personal, academic and professional motivations are the major influence the students to participate in international academic mobility program. The findings show that students who were interviewed indicated personal motivations in first place, as being the most significant element in the decision process for participating international academic mobility. The findings also show that academic motivation such as to improve English language and to experience education differences in Indonesia. The interviews indicated the students motivated to involve in the international mobility programme for professional improvement and look for international internship alternatives. The results of this study can be used to devise educational programs to encourage the students to participate in international academic mobility program.

Keywords: academic; international academic mobility; motivation; professional; professional improvement

Using senses to evoke sensational writing

Roseline David ¹ & Joseph Alagiaraj Thambu Raj ²

¹ SM Lok Yuk Kota Kinabalu, ² Universiti Teknologi MARA Sabah

Correspondence: joerose1@hotmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Most Malaysian secondary school students face difficulty writing narrative and descriptive essays. A research was carried out to find a way to increase the performance of writing skills among upper secondary school students especially in narrative writing. This research was carried out in SM Lok Yuk Likas (CF) Students are exposed to creative expressions under various topics which were then emphasized to be utilized in continuous writing during the research. The findings showed that the students were able to express situations meaningfully thus minimizing inaccuracies in sentence structure by producing suitable lexical phrases in their essays. This paper explains on the aspect of improvements that the students have made on writing before and after the treatment.

Keywords: descriptive essay; narrative writing; sensational writing; senses; writing

Influence of creative leadership on leading creativity among medical students: Study for shift model in leadership 2017-2019

Maher Sefein, Tin Sabai Aung, Hamed Sayed Abdelmoula, Mohamed Firdaus, Fairrul Bin Masnah@Kadir, Yeap Boon Tat, Mohammad Safree Bin Jaffree, D. Kamarudin D Mudin

Universiti Malaysia Sabah

Correspondence: mahersefein62@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Shift model of leadership aims to develop a platform for transforming the faculty organization into a dynamic creative one. In this ShIFT model, (Sh) is an abbreviation of “Shared Leadership” where a committee is formed to lead creativity in the faculty. (Sh) style is a collaborative and democratic leadership style among lecturers and students as well. (I) is related to “Ideation” which is encouraging the new ideas to solve the problems that emerged due to the complexity of the 21st century. (F) For “facilities as this platform arranges working spaces and workshops to expose the learners to new technical skills. Eventually, (T) is meant to “transform the students’ attitude towards creativity and transform the created ideas into feasible prototypes. This model was implemented from 2017 to 2019 in a continuous and sustainable process following the eight steps described by Kotter. Yearly, the committee organized three competitions, two workshops, and a symposium to motivate the faculty of medicine members. The committee members increased yearly to include 70 students and 17 lecturers in 2019. The number of students who participated in the competitions increased gradually in two of them but dropped from 150 to 55 candidates in 2019 in one event. ShIFT model was responded by shock at early stage, but it got (high) acceptance after negotiation when continuously implemented. However, limited cases of rejections were also faced. The diversity without conflict in this creative leadership model was the key for inculcating the culture of creativity in the faculty.

Keywords: creative leadership; creativity; leadership; medical students; transformation

Self-esteem, anxiety, and depression on the academic performance of bullies and victims

Janice Gemao¹ & Lucila Bance²

¹University of Santo Tomas, ²Saint Pedro Poveda College, Philippines

Correspondence: janicegemao@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This study aims to analyze significant relationships between self-esteem, anxiety, depression and academic performance among the identified bullies and victims' participants. Further, it intends to identify the predictor variable of academic performance, respectively. Out of the 110 student-participants, 65% (72) were identified victims of bullying, while 35% (38) were identified as bullies. A significant positive correlation although low is found between anxiety ($r=.306$, $p<.01$) and academic performance. The positive correlation indicates that as anxiety increases, academic performance also increases. This result provides that students who have higher levels of anxiety put efforts in studying as an attribute of their academic performance. This finding gives a unique highlight emphasizing anxiety as a complex behavior in optimizing the victims' academic performance. It gives an interesting finding that the victims seem to compensate with anxiety, thus increasing their academic performance.

Keywords: academic performance; anxiety; bullying; depression; self-esteem

Review of clinical neuropsychology profession and services in Malaysia

Noor Hassline Mohamed

Universiti Malaysia Sabah

Correspondence: hassline@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Clinical neuropsychology is designated to enhance the understanding of brain-behaviour relationships and the application of such knowledge to human issues and problems. It is considered as a specialty in professional psychology that applies principles of assessment and intervention based upon the scientific study of human behaviour as it relates to normal and abnormal functioning of the central nervous system (CNS). Therefore, clinical neuropsychologist is a professional psychologist who trained to treat patients with neurological disorder, which often referred by physicians, pediatricians and neurologists. For example, patients who show cognitive and behavioural dysfunctions related to a brain injury or disease, and patients with developmental disorders, such as pervasive developmental disorders, dyslexia, attention deficit hyperactivity disorder (ADHD), and nonverbal disability. In Malaysia, the field of clinical neuropsychology is still in its infancy as a career or profession. However, an increased awareness of psychology in general and the younger generations now are more open to get psychological help, it is believed that there is a high demand for the growing specialty of clinical neuropsychology profession in Malaysia. As such, this article will review clinical neuropsychology in five main aspects, including, (i) specialised knowledge and training in the applied science of brain-behaviour relationships, (ii) problem addressed in neurobehavioural related to developmental disorders of the nervous system, (iii) population served under clinical neuropsychology, (iv) skills and procedures utilised to treat patients with neurological disorder, and (v) suggestions for integrating this field into school-based psychological services. The article will explore a number of aspects in regard to clinical neuropsychology and provide recommendations for future research in the field which may involve a collaborative team, education professionals knowledgeable about brain action and recovery.

Keywords: brain; brain-behaviour; clinical neuropsychology; neurobehavioural; neuropsychologist

The relationship between personality types and the propensity to morally disengage

Nur Nadhihah Kamarulaznan¹ & Noor Hassline Mohamed²

¹ International University Malaya Wales, ² Universiti Malaysia Sabah

Correspondence: hassline@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This study investigates the relationship between personality types and the propensity to morally disengage among students of International University of Malaya-Wales (IUMW). Furthermore, it seeks to determine which personality type can be a predictor of one's tendency to morally disengage. Therefore, the objective of this study is investigating whether any significant relationship is present between personality types and the tendency to morally disengage. Taking a quantitative and correlational approach, data were collected using standardised questionnaires including the Moral Disengagement Measure developed by Moore (2012) and Big Five Inventory (John & Srivastava, 1999). Evidently, the questionnaires were administered to a convenient sample of 60 students at IUMW. Three hypotheses are tested, and a Multiple Regression statistical analysis is used to analyse the hypotheses. Results revealed that only Conscientiousness ($r = -.52, p < .05$) and Neuroticism ($r = .49, p < .05$) are significantly correlated to the propensity to morally disengage and that Conscientiousness is a constant significant predictor of the propensity to morally disengage among the population sample. Between the predictor variables themselves, Neuroticism was positively correlated to Openness ($r = .32, p < .05$). Findings along with limitations and implications of this study are discussed. Further studies are recommended on this topic.

Keywords: disengagement; morally disengage; propensity; personality; personality types

Effects of self-expressive writing as a therapeutic method to relieve stress among university students

Noor Hassline Mohamed & Tanjina Ashraf Khan Mou

Universiti Malaysia Sabah

Correspondence: hassline@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Expressive writing is a therapeutic intervention which requires a person to write about stressful life events and their emotional responses to these experiences. The use of expressive writing has shown to positively improve physiological and psychological outcomes in various populations especially with stressed individuals. Greater self-disclosure during writing tasks has been linked to reduced stress (Brewin & Lennard, 1999). The present investigation examined the following hypotheses, H 1 : students will show a decrease in stress after practicing expressive writing for a week; H 2 : there will be a change in confidence scores over the time period of 1 week; and H 3 : students will report improved general therapeutic relief in current life after practicing expressive writing for a week. After completion of stress and well-being questionnaires, 100 university students were assigned to written expressive homework tasks where they spent 10-15 minutes a day evaluating aspects of their daily stress, emotions related to stress and possible ways to overcome it for 7 days. Same post-test questionnaires were administered again after the 7-day expressive writing intervention. The scores were then compared and analysed. Participants showed significant decreases in stress from pre- to post-intervention. In conclusion, findings of the current research suggested that 7-day sessions of expressive writing reduce stress in these university students. In addition, expressive writing significantly effected and improved therapeutic well-being in participants also. Further investigation into how expressive writing affects different groups is warranted to clarify its efficacy in students' populations

Keywords: expressive writing; self-expressive; therapeutic relief; well-being; writing

Effectiveness of using Project-Based Learning (PBL) in enhancing understanding of a literature text

Lily Natasha Abdullah

SMK Tebobon, Malaysia

Correspondence: gahalytha@yes.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

In this action research, Project-Based Learning (PBL) was implemented with the purpose of enhancing and improving students' understanding and achievement in their literature lesson i.e. for the novel, 'Captain Nobody'; A class of Form 5 students in 5 Plus was being selected for the study. The PBL that I have chosen was a group task to produce a video of the chapters that were assigned to each group to read, discuss, act and produce within the time frame given which at the end of the dateline were presented during their literature lessons and then compiled as a video presentation of the novel. A Pre-test and Post-test was used to differentiate the before and after the completion of the project to find out if there is a difference in their literature marks. In addition, students' understanding, and achievement were measured through on-going assessments, observations and interviews. After the implementation of PBL, changes were seen in their class assessments and exam marks from low to better achievements compared

to their previous marks especially to students who usually get below grade level. It is obvious that there was a statistical difference between their scores. The scores difference has proven the effectiveness of PBL as an effective approach in teaching literature. Moreover, students have shown great improvement in their interest towards literature lessons and able to engage themselves in class discussion and involved more actively in presentation and thus, helped students to have a deep and long-lasting understanding of the novel.

Keywords: learning; literature text; novel; project-based learning; teaching literature

Emotional expressivity and emotion regulation in young marital relationship among Chinese ethnics in Kota Kinabalu, Sabah

Crystal Ling & Agnis Sombuling

Universiti Malaysia Sabah

Correspondence: agness@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The current study was designed to examine the gender differences in emotion expressivity and regulation, as well as, the influence of these two variables in marital relationship. The study group comprised of 58 married young Chinese couples (N = 116) residing in Kota Kinabalu, the central capital of Sabah. Berkeley Expressivity Questionnaire (BEQ), Emotion Regulation Questionnaire (ERQ), and Intimate Relations Questionnaire (IRQ) were provided to the married couples for analysis. Independent t-test analysis indicated the significance in gender difference in emotion expressivity but not in emotion regulation. In addition, regression analyses showed that there was a significant influence of husbands' and wives' positive emotion expressivity in marital relationship (love and maintenance) while husbands' negative emotion expressivity was a significant predictor on ambivalence and conflict. Wives' impulse strength was indicated to have significant influence on conflict. Compared with suppression, cognitive reappraisal for husbands and wives significantly predict the love context of marital relationship but not conflict and ambivalence. The findings thus suggested that the use of positive emotion expressivity and cognitive reappraisal have positive effect on the marital relationship, diminishing the distress that threatened the marital life.

Keywords: couples; emotion expressivity; emotion regulation; ethnics; marital relationship

Powerman participation motives and performance: An investigation between age categories

Mohamad Nizam Nazarudin · & Zakiah Noordin ·

Universiti Malaysia Sabah, Institute of Teacher Education

Correspondence: drnizam.ums@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Powerman is considered the pinnacle of duathlon competition and the sport of duathlon as a natural progression for runners and cyclists. The objective of this study is to identify the duathlon athletes' participation motives and performance between age categories. A survey of 120 duathletes varying in age, sex and ability was conducted to assess motivation for competing in duathlon. The instrument used was an altered version of The Motivation of Marathoners Scale (Masters, Ogles & Jolton, 1993) which found competition, self-Esteem, personal goal achievement, and health orientations to be the main motivators for competing. Less important variables proved to be psychological coping and weight concern. Five of the motivation motives showed significant difference between the age categories of top performance groups ($p < .05$). In comparison of genders there is significant difference was found in five of the motivation motives.

Keywords: athletes; motivation; performance; sport psychology; triathlon

Triathletes' motivation motives participating in triathlon competition

Mohamad Nizam Nazarudin ¹ & Zakiah Noordin ²

¹Universiti Malaysia Sabah, ² Institute of Teacher Education, Malaysia

Correspondence: drnizam.ums@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Triathlon has become increasingly popular in recent years and among the fastest growing sports in the world. The study aims to examine the participant's motivation in a triathlon event. The instruments used in this study is The Motivations of Marathoners Scales ($\alpha = .71$ to $.86$). It is administered to 120 participants (mean age 37.19 ± 7.27 years, BMI 22.76 ± 4.21 , 60 males and 60 females) who participated in Putrajaya International Triathlon 2019. Descriptive and Inferential statistics (t-test and oneway ANOVA) were employed to analyses the data. Psychological, Physical Health and Achievement motives are at the highest level, but Social Motives are only at a high level. No significant differences were observed between gender except Affiliation, Personal achievement and Life Meaning motives. There were significant differences between the event category except for achievement and competition motives. There were no significant differences between the Body Mass Index (BMI) except for Weight Loss motives. The value of the mean difference showed that female motives were higher compared to male. In conclusion, future research should study the effectiveness of motivational involvement in increasing participation in the triathlon event.

Keywords: motivation; sports; sport psychology; triathletes; triathlon

Module for appropriate gadget usage among children: A conceptual paper

Hon Kai Yee ¹, Chua Bee Seok ², Yap Chin Choo ³ & Gan Su Wan ⁴

^{1,2} Universiti Malaysia Sabah, ³ Universiti Sunway, ⁴ Universiti Tunku Abdul Rahman

Correspondence: honkaiyee@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Adoption of digital technologies has been more prevalent among young people than adults, and this trend has been growing rapidly in Asian countries. In recent year, meanings of play and medium used has changed. Due to many reasons including safety, parents and children prefer indoors play activities, and with the advancement in the field of technology these indoors activities mostly involve the use of gadgets. The advantages and disadvantages of using gadget among children are still in debate. The positive sides of using gadget among children are having better motor skills, improved cognitive skills, and competition skills, while the negative sides are speech or language delay, attention deficits, learning problems, anxiety and childhood depression. To date, there is lack of a standard guideline of using gadget among children, especially in Malaysia. Hence, a module of appropriate gadget usage among children is needed to become a platform for parents to monitor the gadget usage of their children. A self-report questionnaire was used to collect the prevalence of gadget usage among children during phase one. Besides, focus group is conducted to interview the parents and teachers. Data will then analyze by using Program IBM SPSS statistic version 21.0 and Smart PLS version 3. After gathering the data, a module is designed which aimed to 1) promote awareness about appropriate gadget use, 2) enhancing time management skills, 3) teaching children ways to select appropriate content and prevent cyberbullying. The outcome of this module helps to reduce the gadget usage among children and better control on time management in Industrial Revolution 4.0.

Keywords: cognitive skills; gadget usage; industrial revolution; module; technology

Exploring the narratives of heartbreak among Filipino university students

Dr Philip Manuelson Arandia & Elaine Rose Salansan

PsychPros, Philippines

Correspondence: philmanuelson24@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Heartbreak is a ubiquitous word heard from people who are sad, upset, sometimes, grieving and bereaved (Prigerson & Jacobs, 2001; Field, 2001). Often, being heartbroken is associated with emotional pains. But how does it really feel? How does one's heart break or tear apart, metaphorically speaking? This study explored the context of heartbreak, the symptoms observed among the university students in heterosexual relationships who experienced heartbreak and how these heartbreaks affected and changed their lives. Through the life narratives of the participants, a process of expectation to life disorganization surfaced. Other themes include the participants' experience of grief and bereavement, difficulty in functioning after the breakup, depression-like symptoms and even suicidal ideation and intent. Coping strategies of the heartbroken were also examined. A supportive environment from friends and families were expressed as one of the important coping strategies in dealing with the pain of heartbreak. Heartbreak mapping was then proposed as a conceptual framework in understanding the phenomenon of heartbreak.

Keywords: emotional pains; heartbreak; heterosexual; narratives; relationship

Sexual harassment at work: Gender or power?

Malvin Tan Ping Chieng & Sharon Kwan Sam Mee

Universiti Malaysia Sabah, University of South Australia

Correspondence: malvintanpc@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Many past research studies found that females were the potential victim of sexual harassment. However, statistics by the Royal Malaysian Police showed that male faced sexual harassment too. Perpetrators in recent sexual harassment incidents were those people with high social power that have supported the idea of power inequality. Powerful people have higher tendency in risk taking. We intended to explore whether power or gender is the underlying factor of sexual harassment incidents in Malaysian organisation. We approached various organisations in Kota Kinabalu to recruit 20 participants through purposive random sampling. Data has been collected by semi-structured interview and has been analysed using grounded theory methodology (Glaser and Strauss, 1976) to identify the underlying factors of sexual harassment in Malaysian organisation. Findings suggested both genders have potential to be sexually harassed. Nonetheless, most victims were women. Workplace sexual harassment involved those with higher social power over the weaker target as most workplace sexual harassment involved co-worker rather than high-ranking individual and customer. In addition, organisations that supported their employees have either never encounter or lower sexual harassment incident. Power can be the new trigger of workplace sexual harassment as contrast to gender due to both genders facing the same issue in workplace. Therefore, organisation should formulate better intervention in balancing the power inequality in the organisation itself.

Keywords: gender; inequality; sexual harassment; social power; workplace

The effects of spiritual intelligence on academic achievement and psychological well-being of youths in Kanibungan, Pitas

Dr Getrude Cosmas, Melley Magdalena Midi & Stephencie Sinik

Universiti Malaysia Sabah

Correspondence: getrudec@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Youths today deal with many challenges, such as gaining better academic success and maintaining psychological well-being. In dealing with these challenges, one of the factors that might predict youths' academic success and psychological well-being is spiritual intelligence. Therefore, a study was conducted to examine the effects of spiritual intelligence on youths' academic achievements and psychological well-being. 250 youths from the Emmanuel Christian Fellowship group of Kanibungan village, Pitas took part in this study. A set of questionnaires, which consisted of four sections, were used to measure the youths' demographic profiles, academic achievements, spiritual intelligence, and psychological well-being. The research hypotheses were analysed using the simple regression test. Results showed that spiritual intelligence can stand as a predictor for both academic achievements and psychological well-being. Spiritual intelligence can be explained for 40% of the variance on academic achievement ($\beta=.64$, $F(1, 248) = 169.677$, $p < .05$). In addition, spiritual intelligence explained 25% of the psychological well-being ($\beta=.50$, $F(1, 248) = 84.656$, $p < .05$). The results revealed that the higher a youth's spiritual intelligence, such as when applying spiritual values when dealing with problems and adapting to new environments, the higher a student's academic achievements and psychological well-being. The findings allow us to reflect on how, aside from the intelligence quotient, spiritual intelligence is important for youths' academic success and psychological well-being. Instilling spiritual intelligence in youths may give them strength and faith when meeting the challenges of today's world.

Keywords: academic achievement; psychological; spiritual intelligence; well-being; youth

Effects of attitude towards cigarette consumption and the frequency of smoking on university students' psychological well-being

Mohd Faqrullah Bin Khamis & Dr Getrude Cosmas

Universiti Malaysia Sabah

Correspondence: getrudec@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

There is a belief that smoking may reduce stress and positively increase students' psychological well-being. To understand this phenomenon, a study was conducted to examine the effects of attitudes towards cigarette consumption and the frequency of smoking on students' psychological well-being. In addition, the study also examined the difference between smokers and non-smokers in terms of their psychological well-being. Three hundred twenty-five university students from one of the higher institutions in Sabah took part in this study. A set of questionnaires, which consisted of three sections, were used in this study to examine all research variables. Research hypotheses were analysed using simple regression and an independent sample t-test. Results showed that the attitudes towards cigarette consumption contributed positively and significantly on students' psychological well-being at 5% ($\beta=.23$, $t(324) = 4.17$, $k=.00$). In this study, higher scores in attitudes towards cigarette consumption indicated negative attitudes towards smoking. The study also showed that the frequency in smoking contributed 3% on students' psychological well-being ($\beta= -0.16$, $t(324) = -2.89$, $k=0.00$). In addition, the study also showed that there was a significant difference between the students who were categorized as smokers (mean=63.08; SD=7.02) and non-smokers (mean=66.25; SD=8.98) in psychological well-being. These findings may help to answer researchers' concerns of the effects of smoking habits on one's psychological well-being. We hope that these findings may create awareness in society, particularly among university students, concerning the negative effects of smoking on psychological well-being.

Keywords: cigarette consumption; psychological; smoking; society; well-being

The influence of treatment intervention towards the level of self-esteem among youth at high-risk

Stephencie Sinik, Meta Melanie Godfrey & Dr Getrude Cosmas

Montfort Youth Training Centre, Malaysia

Correspondence: stephenciecornelius@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

One aspect that contributes to the state of the quality and well-being of the youths is their own self-esteem. Self-esteem is a complement to individual interactions with other individuals in which it affects the ability to feel sensitive to other individuals. Therefore, a treatment was conducted to selected Montfort Youth Training Centre trainees. A treatment or an intervention is an analysis of the decision-making problems to treat effectively in a situation in order to achieve a secure desired outcome. Treatment intervention addresses the question of when it is desirable not to intervene and when it's appropriate to do so. Its also examine how every course of intervention and treatment will give different outcome and result. This study is to investigate the role and the influence of a treatment or intervention towards high at-risk youth. Self-esteem is a good feeling about our own self, people with high self-esteem feel liked and accepted by others have the sense of feeling proud and believe in their self. This study involved a target group with 15 youth who are came from problematic family background and have the low self-esteem, to conduct this study a pre and post of Shamsiah self-esteem questionnaire have been distribute to the target group. The are few activities that have been implemented during the intervention or treatment session. The result analysis shows that there's no significant differences between pre and post questionnaire, ($Z = -1.71$, $p > 0.05$). Data obtained for the preshowed that 7 respondents had higher self-esteem scores than post questionnaire, eight respondents showed higher self-esteem scores after treatment was given. The activity was implemented to improve the self-esteem of the trainees.

Keywords: intervention; self-esteem; treatment; treatment intervention; youth

Counselling at-risk students in dropout prevention: Challenges and strategies

Peter Soo

Sempurna Counselling Center

Correspondence: sempurnacounsel@hotmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

One aspect that contributes to the state of the quality and well-being of the youths is their own self-esteem. Self-esteem is a complement to individual interactions with other individuals in which it affects the ability to feel sensitive to other individuals. Therefore, a treatment was conducted to selected Montfort Youth Training Centre trainees. A treatment or an intervention is an analysis of the decision-making problems to treat effectively in a situation in order to achieve a secure desired outcome. Treatment intervention addresses the question of when it is desirable not to intervene and when it's appropriate to do so. It also examines how every course of intervention and treatment will give different outcomes and results. This study is to investigate the role and the influence of a treatment or intervention towards high at-risk youth. Self-esteem is a good feeling about our own self, people with high self-esteem feel liked and accepted by others have the sense of feeling proud and believe in their self. This study involved a target group with 15 youth who came from problematic family backgrounds and have low self-esteem, to conduct this study a pre and post Shamsiah self-esteem questionnaire have been distributed to the target group. There are few activities that have been implemented during the intervention or treatment session. The result analysis shows that there are no significant differences between pre and post questionnaires, ($Z = -1.71$, $p > 0.05$). Data obtained for the pre showed that 7 respondents had higher self-esteem scores than post questionnaire, eight respondents showed higher self-esteem scores after treatment was given. The activity was implemented to improve the self-esteem of the trainees.

Keywords: intervention; self-esteem; treatment; treatment intervention; youth

Role of secondary students' attitude towards chemistry in the structural model of chemistry achievement

Adeline Leong Suk Yee & Lay Yoon Fah

Institut Pendidikan Guru Kampus Kent, Universiti Malaysia Sabah

Correspondence: alsy_82@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This study aimed to examine the mediating role of four dimensions of attitude towards chemistry for the relationships between chemistry self-efficacy, chemistry self-concept, and chemistry anxiety and chemistry achievement. Quantitative data were collected using questionnaires and Chemistry Achievement Test from 603 Form four science stream students selected from 21 school in Sabah. Cluster and random sampling techniques were used in this study. The data were analyzed using SPSS statistical package Version 22.0 and Smart PLS M3 software Version 2. Research findings showed that behavioural tendencies to learn chemistry serves as a mediator for the relationships between chemistry self-efficacy, chemistry self-concept, chemistry anxiety, and chemistry achievement. Overall, this study proposed a structural model (via PLS-SEM) that can be used to predict chemistry achievement using affective domains in learning chemistry.

Keywords: attitude; self-concept; self-efficacy; structural model of chemistry; students

A discursive psychology approach to understanding teacher attitude towards digital education

Wan Syukriah Wan Mohamad, Mohd Fazry A Rahman, Radzuwan Ab Rashid & Hani Yusof

¹Selayang Community College, ²Shah Alam Community College, ³Universiti Sultan Zainal Abidin

Correspondence: radzuwanrashid@unisza.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The arrival of Industrial Revolution (IR) 4.0 era has brought digital learning to the fore in our education landscape. Fundamental to the successful implementation of digital education is teacher attitude in embracing this technology. How do the teachers feel about bringing digital learning into their classroom? Are they ready for it? Do they have all the support needed to implement this digital education? Most research to investigate teacher attitude towards digital education has employed quantitative approach which fails to closely analyse the attitude reflected in the teacher talk. This research, which is part of a nation-wide study on the future and direction of digital education in Malaysia, was conducted to fill in the gap in the literature by employing discursive psychological approach so that psychological issues (i.e. blame, accountability, and identity) in the teacher talk about digital education can be closely scrutinized. Data which were generated from 15 teachers in Terengganu were analysed using Edward and Potter's (1990) discursive action model. The findings reveal that the teachers are not fully ready to implement digital education though they acknowledge its benefits. Top management at the school and ministry levels are blamed for not providing enough support for them, and they are made accountable to make digital learning works well in the classroom despite the very limited support received. They construct the identity of a determined teacher but with limited opportunity to express their concerns and needs to the top management. This study concludes that the teachers are aware of the importance of digital education and its benefits, but they need more comprehensive support from policy makers and the top management at school to enhance their readiness in integrating digital learning in their classroom.

Keywords: education; digital education; discursive psychology; readiness; teacher attitude

Learning to write using emotion-based game

Ummu Hani Yusof ¹, Mohd. Fazry Rahman ², Radzuwan Ab Rashid ³, & Wan Syukriah Wan Mohamad ⁴

^{1, 4}Selayang Community College, ² Shah Alam Community College, ³ Universiti Sultan Zainal Abidin

Correspondence: radzuwanrashid@unisza.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

The main purpose of this study was to investigate whether an emotion-based game named COLLA-TALE could be used to develop writing skills of second language learners of English. This study was also carried out to explore the perceptions of the learners and their teacher regarding the use of the game in developing writing skills. The study involved 30 students in a secondary school in Terengganu, Malaysia. All of the students were 17 years of age and had learned English as their second language. This study employed a one group pre-test and post-test experimental design. Triangulation, involving semi-structured interviews and writing tasks, was used. Findings showed that the emotion-based game did contribute to the development of the learners' writing skills. They showed improvements in five main aspects which are narrative focus, organisation, elaboration of the narrative, language structure and vocabulary, and convention. The use of the game in developing writing skills was also perceived positively by both the learners and the teacher as determined by the interviews. This study concludes that the emotion aspect of the game is useful in motivating the learners to creatively engage in the writing tasks as they have the autonomy to choose different emotions which are relevant to them.

Keywords: emotion; emotion-based game; games; learning; writing skills

The concept of sleep among children

Suwaibah Zakaria¹ & Suzana Mohd Hoesni²

¹Universiti Malaysia Sabah, ²Universiti Kebangsaan Malaysia

Correspondence: suwaibah@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Sleeping may be one of the easiest aspects of the child's life to manage or it may be the most difficult. Many difficulties arise because the child is put to bed too early, or maybe because he is expected to take a nap when he wishes only to rest. The child is usually a winner in any battles which occur. Sleep is not a state that you can force a baby into. A more appropriate approach is to create a sleep-inducing environment that allows sleep to overtake the baby either going to sleep or staying asleep. Sleep contributes to body growth, since growth hormone is released during the child's sleeping hours. A well-rested child is better able to play, learn and contribute positively to family functioning. As parent or person who always dealing with children, understanding the basic concept of child sleep is very important. This article will review the basic concept of child sleep, the child sleep cycle, the developmental sequences in child sleep, the importance of sleep and how to set a child sleep routine.

Keywords: children; child sleep cycle; sleep; sleeping hours; sleep routine

Out-of-school time STEM programme: What challenges teachers face

Denis Andrew Lajium, Chew Yen Seng & Jasmine Tea Chin Peng

Universiti Malaysia Sabah

Correspondence: denisadl@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

A study was conducted to explore teachers' challenges in mentoring in out-of-school time (OST) STEM programme, the Young Innovators Challenge (YIC). YIC is an OST STEM programme that was organised at the national level. In the YIC STEM program a group of teachers were assigned to guide their students in YIC programme which then participate in the state-level YIC exhibition aiming to obtain medals. Beforehand, they were equipped with skills such as with the related skill set, which includes technical skills (such as embedded system, electronics, coding and prototyping) and other competency skills. At the end of the programme the teachers were asked to write reflections to share their challenges throughout the programme which were then analysed through a thematic analysis. The analysis showed how the teachers have played their roles in mentoring their students to prepare for the YIC competition, challenges they face and some ideas to move forward for such future OST STEM programme. Further discussion on the teachers' experience in mentoring YIC programme is included in this paper.

Keywords: competency skills; mentor; out-of-school time, STEM education, teachers' experience

Social support and religiosity to psychological well-being between Indonesian students and Malaysian students

Nur Eva, Nur Hidayah, Pravisni Shanti, M. Khairul Anam & M. Iqbal Fakhru Firdaus

State University of Malang, Indonesia

Correspondence: nur.eva.fpsi@um.ac.id

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Psychological well-being refers to positive mental health for college students, but the psychological problems of college students cause decreased psychological well-being. Numerous studies indicate social support and religiosity are essential for maintaining psychological well-being for university students. The purpose of this study was to determine the effect of social support and religiosity on psychological well-being between Indonesian students and Malaysia students. The method used is quantitative correlational. The sample was 350 students from the State University of Malang and 220 students from the University of Malaya. Data were analyzed by regression. There are differences in influence social support and religiosity between Indonesia students and Malaysia students. The psychological well-being of Indonesia students influenced social support than religiosity and Malaysia students aren't by both. Thus, social support is more needed by Indonesian students to improve psychological well-being.

Keywords: psychological problems; psychological well-being; religiosity; social support; well-being

The changes of self-concept among pre-university students in Johore

DK Zainab PG Hj. Tuah, Azizi Hj. Yahaya, Koay Ting Yin, Halimah Maalip, & Norhayati Mohd. Taib

↳ Kolej Universiti Peguruan Ugama, Brunei, Universiti Malaysia Sabah,
Universiti Teknologi Malaysia

Correspondence: azizi.yahaya@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

This study investigated the relationship between general intelligence, emotional intelligence, spiritual intelligence, and style of parental care on the behaviour of students. Two dimensions of general intelligence, which are interpersonal intelligence and intrapersonal intelligence, were used to measure the most important factor in the general intelligence of the participants. The five dimensions of emotional intelligence are: self-awareness, self-regulation, motivation, empathy, and social skills in the Model of Emotional Intelligence (Goleman, 1998) was used to measure the main factors in the emotional intelligence of the participants. In addition, the items related to spirituality are religiosity were used to evaluate the spiritual intelligence of the participants. Thus, the style of parental care such as authoritarian and authoritative were used to identify the style of parental care as practised by the parents of the participants. Finally, it was used to identify the misbehaviour of the participants. Questionnaires were distributed to 320 participants from secondary school in the district of Pontian. Data were analysed using SPSS 16.0. Analysis of the frequenct distribution, percentages, means, Pearson correlation and multiple regression analysis used to answer the proposed research objectives. The results showed that self-awareness is a significant factor of misbehaviour among students and explained by 2.4% variation. Aside from that, empathy ($\beta = -0.155$), spiritual intelligence ($\beta = -0.256$), and motivation ($\beta = -0.147$) has significant impact towards the style of parental care through authoritarian style and explained by 32.5% variation. Finally, spiritual intelligence ($\beta = -0.323$), motivation ($\beta = -0.180$) have significant impact towards the style of parental care by using an authoritative sytle and explained by 31.1% variation.

Keywords: emotional intelligence; general intelligence; motivation; self-regulationl; spiritual intelligence

ABSTRACTS IN BAHASA MALAYSIA

Hubungan efikasi sendiri dengan mindset guru sekolah rendah

Nancy Leong & Dg. Norizah Ag. Kiflee

Universiti Malaysia Sabah

Correspondence: ncforphd@gmail.com

Copyright. 2020. *Psychreg Journal of Psychology*
ISSN: 2515-138X

Kertas konsep ini bertujuan membincangkan tentang efikasi sendiri dengan *mindset* guru sekolah rendah di Negeri Sabah. Kecemerlangan akademik tidak akan mampu direalisasikan sekiranya barisan guru hari ini tidak mempunyai efikasi yang merujuk kepada strategi pengajaran, pengurusan bilik darjah dan penglibatan pelajar. Dalam mengejar kecemerlangan ini, guru-guru perlu sedar akan tanggungjawab dan peranan mereka. Apabila guru yakin dan sentiasa bermotivasi dalam pengajaran, maka proses pengajaran dan pembelajaran berjalan dengan berkesan bagi mencapai matlamat sekolah iaitu melahirkan pelajar yang cemerlang. Sejak lima dekad terdahulu, kajian menunjukkan bahawa efikasi sendiri guru berkait rapat dengan pencapaian pelajar. Semakin tinggi efikasi guru semakin besar kesannya kepada pelajar. Tambahan pula, guru yang mempunyai *mindset* pertumbuhan (*growth mindset*) berbanding *mindset* tetap (*fixed mindset*) menunjukkan lebih besar impak positifnya kepada pencapaian akademik pelajar. *mindset* tetap (*fixed mindset*) adalah kepercayaan bahawa trait individu adalah sesuatu yang telah ditetapkan. Setiap insan mempunyai kelebihan otak dan bakat yang tertentu dan tidak ada apa yang boleh dilakukan untuk mengubahnya. *mindset* pertumbuhan (*Growth mindset*) ditakrifkan sebagai kepercayaan seseorang individu bahawa trait seseorang seperti kecerdasan dan bakat boleh diperkembangkan melalui usaha dan sifat dedikasi. Justeru tidak hairan bahawa efikasi sendiri berkait rapat dengan *mindset* guru dalam melahirkan pelajar yang cemerlang.

Keywords: efikasi sendiri; guru sekolah rendah; *mindset* pertumbuhan; *mindset* tetap; strategi pengajaran

Kepimpinan pengetua berdasarkan atribut semula jadi dalam memartabatkan profesionalisme keguruan di Smk St Michael Penampang Sabah

Rohani Binti Marasan, Dg. Norizah Ag. Kiflee & Colonius Atang

Universiti Malaysia Sabah

Correspondence: rohanimarasan@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kajian ini menganalisis cabaran impak globalisasi kepimpinan pengetua dalam memartabatkan profesionalisme keguruan di negeri Sabah. Kepimpinan pengetua diterokai berdasarkan atribut semula jadi yang memfokuskan aspek ketegasan kepimpinan pengetua dalam lapan bidang amalan pengurusan di sekolah. Kerangka teoritikal adalah bersandarkan Teori *The Great Man* dan model pengetua berkesan diaplikasikan dalam menjalankan kajian secara kualitatif iaitu melalui kajian kes tunggal. Data kualitatif ini diperolehi dengan menemubual pengetua, barisan pentadbir, guru kanan mata pelajaran, murid, dan ibu bapa. Data kualitatif dianalisa secara manual. Dapatan menunjukkan atribut semula jadi pengetua berdasarkan aspek ketegasan adalah mencerminkan kewibawaan sikap pengetua dalam amalan pengurusannya di sekolah. Temu bual mendalam ini menjelaskan amalan pengurusan kepimpinan pengetua dalam lapan bidang utama di sekolah didapati menyokong dapatan sebagaimana dalam teori dibangunkan serta model pengetua berkesan.

Keywords: atribut semula jadi; cabaran impak globalisasi; globalisasi; kepimpinan pengetua; profesionalisme

Keberkesanan kaedah pembelajaran 'mobile learning' terhadap pencapaian

akademik subjek seni visual murid tahun 5: Satu kajian rintis

Malini Binti Kamlin & Dr Tan Choon Keong

Universiti Malaysia Sabah

Correspondence: tini_0117@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Tujuan kajian ini dijalankan adalah untuk mengkaji keberkesanan kaedah pembelajaran 'Mobile Learning' terhadap pencapaian akademik murid sekolah rendah di kawasan Bandar Kota Kinabalu, Sabah. Penyelidikan yang dijalankan menggunakan metod kuantitatif kuasi- eksperimen melibatkan 60 orang murid tahun lima. Kumpulan rawatan terdiri daripada 30 orang murid akan menerima intervensi kaedah pengajaran 'Mobile Learning' menggunakan (App) Digital PSV manakala 30 orang lagi terdiri daripada murid kumpulan kawalan dalam kelas pembelajaran konvensional. Instrumen ujian pra dan pasca subjek Pendidikan Seni Visual digunakan untuk menguji tahap pencapaian akademik dan keberkesanan intervensi yang dijalankan berdasarkan kepada DSKP Pendidikan seni Visual Tahun Lima, Kementerian Pendidikan Malaysia. Kajian rintis telah dijalankan ke atas 30 orang murid. Menerusi hasil dapatan ujian t yang dijalankan, didapati nilai $t = -9.621$, $P = .000$ ($p < .000$) menunjukkan terdapatnya perbezaan yang signifikan antara ujian pra dan pasca. Data menunjukkan keputusan ujian pasca adalah lebih baik dengan min = 57.5 berbanding dengan ujian pra dengan min = 44.8. Daripada dapatan tersebut, dapat disimpulkan bahawa kaedah pembelajaran 'Mobile Learning' memberikan kesan yang positif terhadap pencapaian akademik murid.

Keywords: akademik murid; digital; mobile learning; pencapaian; pendidikan seni visual

Interaksi kepimpinan perkongsian mentor melalui motivasi kerja guru terhadap tekanan kerja guru

Dadymus Upin Lonsiong & Dg Norizah Binti Ag Kiflee

Universiti Malaysia Sabah

Correspondence: devil_jackal07@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kertas konsep ini membincangkan interaksi gaya kepimpinan perkongsian 'mentor' terhadap tekanan kerja guru melalui motivasi kerja guru sekolah rendah di Sabah. Dalam proses mencapai matlamat untuk meningkatkan pencapaian murid, perkembangan dan pengukuhan kualiti guru perlu diberikan perhatian yang lebih lagi terutamanya motivasi dan pengurusan tekanan kerja di sekolah. Guru-guru juga memerlukan bantuan atau bimbingan daripada 'mentor' iaitu pegawai SISC+ untuk menjalankan pengajaran yang berkesan. Melalui bimbingan mentor tersebut, kualiti pendidikan yang lebih baik dapat dipelajari oleh murid-murid di sekolah rendah. Kepimpinan perkongsian terbentuk daripada faktor berorientasikan tugas seperti perancangan dan pengurusan serta penyelesaian masalah, dan faktor berorientasikan hubungan seperti sokongan dan pertimbangan serta pembangunan dan pementoran. Kepimpinan perkongsian semakin berkembang dan digunakan di dalam organisasi sebagai struktur berasaskan pasukan menggantikan struktur hierarki. Maka, motivasi kerja akan merangsang individu untuk mengambil tindakan tertentu untuk mendorong pekerja mencapai hasil yang berkesan. Motivasi bermula daripada keperluan, matlamat yang ingin dicapai dan haruslah mempunyai pertimbangan dan guru yang bermotivasi sentiasa berada dalam suatu ketegangan. Bagi mengurangkan tekanan ini, mereka harus lebih berusaha. Tekanan kerja adalah pengalaman yang berkait rapat dengan emosi guru tersebut terutamanya perasaan negatif dan berkaitan dengan kerja guru.

Keywords: kepimpinan perkongsian; menjalankan pengajaran; motivasi; motivasi kerja guru; tekanan kerja guru

Pendidikan inklusif: Efikasi sendiri guru prasekolah

Mohannad Azman Bin Jongkulin & Roslee Bin Talip

Universiti Malaysia Sabah

Correspondence: m_azmanab2002@yahoo.com

Kajian ini dijalankan untuk mengenal pasti efikasi sendiri Guru Prasekolah terhadap pelaksanaan Pendidikan Inklusif. Kajian kuantitatif ini menggunakan kaedah tinjauan yang melibatkan 100 orang Guru Prasekolah di Zon Pantai Barat Sabah. Pemboleh ubah kajian telah diuji menggunakan statistik deskriptif dan inferensi dengan menggunakan perisian SPSS (Statistical Package for Social Science version 25.0). Berdasarkan analisis deskriptif, dapatan kajian ini menunjukkan efikasi sendiri Guru Prasekolah secara keseluruhan adalah berada pada tahap tinggi ($M=3.7367$, $SD=.5938$) dengan dimensi pengajaran ($M=3.8000$, $SD=.6168$) pada tahap paling tinggi diikuti oleh kerjasama ($M=3.7417$, $SD=.6579$) serta pengurusan tingkah laku ($M=3.6683$, $SD=.6562$). Ujian-t dan ANOVA menunjukkan tidak terdapat perbezaan efikasi sendiri Guru Prasekolah terhadap pelaksanaan Pendidikan Inklusif yang signifikan berdasarkan jantina dan pengalaman mengajar. Oleh yang demikian, peningkatan profesionalisme secara berterusan berdasarkan pengalaman mengajar perlu diperkasakan untuk membantu meningkatkan efikasi sendiri Guru Prasekolah mengendalikan Murid Berkeperluan Khas (MBK).

Keywords: efikasi sendiri guru prasekolah; kerjasama; pendidikan inklusif; pengajaran; pengurusan tingkah laku

Analisis sem kepimpinan instruksional, motivasi kerja dan prestasi kerja guru sejarah

Soon Singh A/L Bikar Singh, Dg Norizah Ag Kiflee, & Roslee Talip

Universiti Malaysia Sabah

Correspondence: dndz@ums.edu.my

Tujuan utama kajian ini adalah untuk mengkaji hubungan dan pengaruh tidak langsung kepemimpinan instruksional, motivasi kerja dan prestasi kerja guru sejarah. Kajian tinjauan ini melibatkan sampel seramai 334 orang guru mata pelajaran Sejarah negeri Sabah yang dipilih secara rawak mudah. Kajian ini menggunakan soal selidik PIMRS, QMAT dan prestasi kerja sebagai alat pengukur bagi variabel-variabel kajian. Variabel kajian telah diuji menggunakan analisis lintasan AMOS. Analisis laluan Model Persamaan Struktur (SEM) menunjukkan model regresi yang dicadangkan adalah sesuai dan merupakan variabel peramal yang signifikan bagi motivasi kerja guru mata pelajaran Sejarah. Dapatan analisis juga menunjukkan motivasi kerja dan dimensi kepemimpinan instruksional iaitu menyelia dan menilai pengajaran merupakan variabel peramal yang signifikan bagi prestasi kerja guru mata pelajaran Sejarah. Analisis hubungan dan pengaruh tidak langsung yang signifikan kepemimpinan instruksional iaitu menyelia dan menilai pengajaran, memantau kemajuan murid, mengawal masa pengajaran dan pembelajaran dan penggalakkan perkembangan profesional terhadap prestasi guru mata pelajaran Sejarah.

Keywords: guru sejarah; kemajuan murid; kepemimpinan instruksional, motivasi kerja, prestasi kerja guru

Profil kesihatan mental pelajar ijazah pertama di sebuah universiti awam

Shaiful Bin Mohammad Bakri, Yuslina Johari, Mohd Nazri bin Mhd Nasir, & Mohd Izwan Mahmud

^{1,2,3}Unit Kaunseling, (SISWA-UKM), Universiti Kebangsaan Malaysia

Correspondence: shaifulbakri@ukm.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kesihatan mental merupakan elemen yang mengukur berkaitan kesejahteraan individu yang melibatkan aspek emosi, fizikal dan pemikiran. Kajian ini menggunakan reka bentuk jenis tinjauan bagi

menganalpasti pola kesihatan mental pelajar khususnya pelajar ijazah pertama di sebuah universiti awam. Responden yang terlibat adalah seramai n=3305 orang pelajar baharu sesi 2018/2019 daripada keseluruhan populasi yang berjumlah N = 4300. Bagi mengukur konstruk kesihatan mental menggunakan ujian Depression, Anxiety, Stress Scale (DASS) versi 21 item. Keputusan kajian mendapati tahap tekanan teruk adalah 1.63% (n54 orang), sederhana 9.59% (n317 orang) dan normal 88.7% (n2934 orang). Sementara konstruk kebimbangan menunjukkan 14.4% (n476) berada tahap teruk, sederhana 17.9% (n593 orang) dan normal 67.6 (n2236 orang). Dan bagi konstruk kemurungan di tahap teruk menunjukkan 3% (n98 orang), sederhana 7% (n240 orang), dan normal 89.7% (n2967 orang). Manakala dapatan secara perbandingan mengikut fakulti mendapati terdapat perbezaan signifikan konstruk tekanan $F(12, 3292) = 2.665, p < .05$; kebimbangan $F(12, 3292) = 3.734, p < .05$; dan kemurungan $F(12, 3292) = 3.814, p < .05$. Kajian ini memberi implikasi bagi keperluan intervensi kaunseling terhadap pelajar yang berada pada tahap kesihatan mental teruk dan sederhana.

Keywords: kebimbangan; kemurungan; Kesejahteraan; kesihatan mental; tekanan

Profil kesediaan kerjaya pelajar ijazah pertama di sebuah universiti awam

Tan Yao Xiong, Mohd Izwan Mahmud, Nurul Nadia Rosli, Nur Syafiqah Adira Khidir, Nurul Ashikin Zainuridin, Chang Peng Kee, Zalinda Othman & Sharifah Nurina Alia Syed Abdullah

Universiti Kebangsaan Malaysia

Correspondence: yaoxiong@ukm.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kesediaan kerjaya pelajar universiti menjelaskan persediaan berkaitan dengan perancangan, pemilihan dan membuat keputusan kerjaya. Kajian ini bertujuan untuk mengenal pasti profil kesediaan kerjaya dalam kalangan pelajar ijazah pertama. Di samping mengukur perbezaan efikasi sendiri kerjaya antara

gugusan. Kajian ini menggunakan gabungan reka bentuk jenis deskriptif dan perbandingan. Seramai 1,391 orang pelajar ijazah pertama berdasarkan pecahan gugusan, iaitu sains dan teknologi (n = 247), sains sosial (n = 892), dan sains kesihatan dan perubatan (n = 252) terlibat sebagai sampel kajian. Instrumen yang digunakan adalah Career Decision Self-efficacy – Short Form (CDSE-SF). Data dianalisis secara deskriptif dan ANOVA sehala menggunakan perisian SPSS versi 22. Dapatan kajian menunjukkan tahap efikasi sendiri kerjaya berada pada tahap rendah (1.5%), sederhana (37.1 %) dan tinggi (61.4%). Di samping analisis ANOVA satu hala menunjukkan tidak terdapat perbezaan signifikan antara sains dan teknologi, sains kesihatan dan perubatan dan sains sosial [$F(2,1388) = 2.81, p > .05$]. Implikasi kajian menjelaskan bahawa pelajar ijazah pertama mempunyai tahap kesediaan kerjaya rendah dan sederhana yang memerlukan intervensi yang bersesuaian. Cadangan kajian lanjutan hendaklah memberi fokus terhadap kajian intervensi kerjaya bagi meningkatkan kesediaan kerjaya dalam kalangan pelajar.

Keywords: efikasi sendiri kerjaya; gugusan; keputusan kerjaya; kesediaan kerjaya; pelajar ijazah pertama,

Kesan kursus persediaan alam pekerjaan terhadap efikasi sendiri kerjaya pelajar ijazah pertama

Tan Yao Xiong, Mohd Izwan Mahmud, Nurul Nadia Rosli, Nur Syafiqah Adira Khidir, Nurul Ashikin Zainuridin, Chang Peng Kee, Zalinda Othman Et Sharifah Nurina Alia Syed Abdullah

Universiti Kebangsaan Malaysia

Correspondence: yaoxiong@ukm.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kesediaan kerjaya pelajar universiti merupakan proses transisi yang berlaku antara pendidikan dan kerjaya yang melibatkan perancangan, pemilihan dan membuat keputusan kerjaya. Kajian ini bertujuan untuk mengukur kesan kursus Persediaan Alam Pekerjaan terhadap efikasi sendiri kerjaya pelajar ijazah pertama. Kajian ini menggunakan reka bentuk jenis kuasi eksperimen satu kumpulan ujian pra dan ujian pasca. Seramai 231 pelajar terlibat dalam kajian ini yang mendaftar kursus LMCR 3422 Persediaan Alam Pekerjaan sesi 2018/2019. Instrumen yang digunakan untuk mengukur efikasi sendiri

kerjaya adalah Career Self Efficacy – Short Form (CDSE-SF). Data dianalisis menggunakan ujian berpasangan, yang bertujuan untuk menentukan perbezaan antara ujian pra dan ujian pasca. Kursus LMCR 3422 Persediaan Alam Pekerjaan bertujuan untuk membantu pelajar mengaitkan kemahiran berkaitan persediaan alam pekerjaan dengan peluang kerjaya di pasaran dan pelajar berkeupayaan menghasilkan profil kerjaya. Kandungan kursus dalam tempoh 14 minggu merangkumi penulisan resume, penggunaan portal pencarian kerja seperti Jobstreet, LinkedIn, dan juga persediaan menghadapi temu duga (Mock Interview). Keputusan keberkesanan ujian pra dan ujian pasca mendapati terdapat perbezaan signifikan antara ujian pra dan ujian pasca bagi pemboleh ubah efikasi sendiri kerjaya $t(230) = 6.30, p < .05$.

Keywords: efikasi sendiri kerjaya; kesediaan kerjaya; kursus persediaan; pelajar ijazah pertama; persediaan alam pekerjaan

Hubungan sikap dan kemahiran ICT terhadap penggunaan aplikasi VLE Frog dalam pengajaran dan pembelajaran

Shalini Sinniah & Ruslin Amir fakulti Pendidikan

Universiti Kebangsaan Malaysia

Correspondence: shalins_25@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kemajuan teknologi internet telah mengubah lanskap dan kualiti kehidupan komuniti dan masyarakat dari segi sosial, politik, ekonomi dan juga pendidikan. Selaras dengan itu, kerajaan telah melaksanakan konsep pembelajaran maya iaitu menggunakan aplikasi VLE Frog (Virtual Learning Environment) di sekolah mulai tahun 2012. Tujuan aplikasi ini adalah untuk memudahkan serta mewujudkan suasana pembelajaran yang lebih kondusif dan efektif dalam proses pengajaran dan pembelajaran. Bagaimanapun dapatan awal menunjukkan tahap penggunaan aplikasi ini agak rendah dalam kalangan guru dan murid. Pelbagai faktor yang telah dikenalpasti diantaranya sikap, minat, kemahiran ICT dan kemudahan ICT. Oleh itu, kajian ini dijalankan untuk meninjau hubungan antara sikap dan kemahiran ICT dalam kalangan guru dengan tahap penggunaan aplikasi VLE Frog dalam pengajaran dan pembelajaran. Kajian ini berbentuk kuantitatif menggunakan kaedah tinjauan menggunakan

instrumen borang soal selidik yang diedarkan kepada 106 orang guru sekolah menengah. Data ini dianalisis secara deskriptif dan juga analisis korelasi Pearson turut digunakan untuk menunjukkan hubungan antara pemboleh ubah-pemboleh ubah kajian. Kertas kerja ini akan melaporkan kajian yang akan dijalankan ke atas sampel guru sekolah menengah di daerah Subang Jaya, Selangor. Diharap kajian ini dapat memberikan gambaran yang jelas berkenaan isu-isu dalam penggunaan aplikasi VLE Frog khususnya dalam proses pengajaran dan pembelajaran.

Keywords: kemahiran ICT; mengajar; pengajaran dan pembelajaran; psikologi pendidikan; VLE Frog

Impak penggunaan animasi dalam pengajaran dan pemudahcaraan sejarah terhadap motivasi dan pencapaian pelajar

Lucy Anak Tambi & Mohd. Mahzan Awang

Universiti Kebangsaan Malaysia

Correspondence: lucytambi84@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Pembelajaran yang berkesan berlaku apabila pelajar terlibat secara aktif dalam proses kognitif. Pengajaran dan pembelajaran tradisional menghadkan kemahiran belajar kerana hanya menekankan konsep hafalan bagi membolehkan pelajar memahami sesuatu fakta Sejarah. Pembelajaran yang disesuaikan dengan perkembangan semasa seperti penggunaan animasi merupakan salah satu pendekatan yang bukan sahaja berupaya menarik minat, namun dapat meningkatkan pemahaman mereka mengenai peristiwa Sejarah. Peningkatan pemahaman pelajar seterusnya dapat meningkatkan pencapaian akademik. Paparan animasi yang menarik juga membolehkan pelajar menggunakan pelbagai kecerdasannya dalam proses belajar. Lantaran itu, penggunaan animasi dalam pengajaran

dan pembelajaran Sejarah merupakan salah satu pendekatan yang wajar digunakan bagi mempelbagaikan kaedah pengajaran di samping mengoptimumkan kemahiran belajar Sejarah.

Keywords: animasi; motivasi; pembelajaran; pencapaian pelajar; sejarah

Ciri personaliti berkualiti guru sejarah tingkatan enam

Rosy Talin, Sabariah Sharif, Soon Singh a/I Bikar Singh & Mohd Shahaudin Bin Karim

^{1,2,3}Universiti Malaysia Sabah, ¹SMK Pengalat

Correspondence: rostalin@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Penjenamaan semula Tingkatan Enam yang bermula pada tahun 2012 membawa kepada perubahan dalam pentaksiran dan penilaian prestasi pelajar. Ini bermaksud apabila berlaku perubahan dalam pentaksiran dan penilaian prestasi maka berlaku juga perubahan dalam kurikulum. Kumpulan yang menerima impak daripada setiap perubahan yang terjadi adalah guru dan pelajar. Oleh itu, kajian ini, yang menggunakan pendekatan kualitatif, dilakukan untuk meneroka ciri personaliti berkualiti guru tingkatan Enam, khususnya bagi mata pelajaran Sejarah. Pengetahuan ini sedikit sebanyak dapat membantu guru dan pelajar menangani impak perubahan kurikulum yang dihadapi. Model the Big Five Personality telah dijadikan sebagai benchmark untuk menerangkan ciri personaliti berkualiti tersebut. Setelah data yang diperolehi menggunakan kaedah temubual, pemerhatian dan tinjauan dokumen dianalisis, kajian ini mendapati terdapat beberapa keadaan yang menjadi ciri personaliti berkualiti guru sejarah tingkatan Enam di tempat kajian dilakukan.

Keywords: pentaksiran; penilaian prestasi; personaliti berkualiti; personaliti guru sejarah; sejarah tingkatan enam

Pengaruh kualiti perkhidmatan institusi, kepuasan latihan industri, dan pembelajaran terarah sendiri terhadap kebolehgajian dalam kalangan pelajar kolej vokasional di Sabah

Asrin Gili & Abdul Said Ambotang

Universiti Malaysia Sabah

Correspondence: egavriil2112@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Isu pengangguran graduan kesan daripada kepesatan perubahan pasaran buruh yang disebabkan oleh ketidaktentuan sosioekonomi, perubahan organisasi serta kemajuan teknologi telah mendapat perhatian bukan sahaja di Malaysia, bahkan juga di peringkat global. Isu yang sangat sinonim dengan kebolehgajian ini perlu ditangani oleh semua pihak termasuklah institusi pendidikan tinggi, pihak industri yang menawarkan kolaborasi latihan serta individu pelajar sendiri. Justeru itu, kajian ini bertujuan untuk mengenal pasti pengaruh kualiti perkhidmatan institusi, kepuasan latihan industri, dan pembelajaran terarah sendiri terhadap tanggapan sendiri tentang kebolehgajian khususnya dalam kalangan pelajar kolej vokasional di Sabah, Malaysia. Antara teori dan model yang digunakan sebagai panduan kajian ialah Model SSPE (Students Self-Perceived Employability), Model HESQUAL, Model Kepuasan Internship dan Model PRO-SDL (Personal Responsibility Orientation-Self-Directed in Learning). Kajian kuantitatif yang mengaplikasikan kaedah tinjauan cross-sectional ini menggunakan satu set soal selidik berstruktur yang diadaptasi. Kajian rintis melibatkan 105 responden mendapati

bahawa kesemua instrumen yang digunakan mempunyai kesahan dan kebolehpercayaan yang tinggi. Analisis deskriptif seperti min, kekerapan dan peratusan akan digunakan bagi merumuskan data, sementara analisis inferensi bagi menguji hipotesis pula akan menggunakan alat statistik seperti ANOVA, korelasi Pearson dan Structural Equation Modeling (SEM) dengan perisian IBM SPSS 24 dan IBM AMOS 24.

Keywords: Kebolehgajian; kepuasan latihan industry; kualiti perkhidmatan institusi; pembelajaran terarah sendiri; tanggapan sendiri tentang kebolehgajian

Hubungan antara pengetahuan pentaksiran bilik darjah dengan motivasi pelaksanaannya dalam kalangan guru sekolah rendah di daerah Tenom

Ronald James Ajis & Crispina Gregory Han

Universiti Malaysia Sabah

Correspondence: ivan_roy3108@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kajian ini bertujuan untuk mengkaji hubungan antara pengetahuan PBD dengan motivasi pelaksanaannya dalam kalangan guru sekolah rendah di Daerah Tenom. Kajian kuantitatif bukan eksperimen ini menggunakan instrumen ujian untuk mengukur pengetahuan PBD dan soal selidik untuk mengukur motivasi pelaksanaan PBD. Seramai 269 orang responden dipilih menggunakan kaedah persampelan rawak mudah. Alat statistik bentuk deskriptif dan Korelasi Pearson digunakan dalam pemprosesan data kajian menggunakan perisian Statistical Package for Social Sciences (SPSS) versi 20.0. Nilai Alfa Cronbach untuk kedua-dua instrumen adalah .70 dan .96. Tahap pengetahuan dan motivasi pelaksanaan PBD adalah pada tahap tinggi. Analisis kajian mendapati tidak terdapat hubungan yang signifikan antara tahap pengetahuan PBD dengan motivasi pelaksanaan PBD guru-guru sekolah rendah ($r=0.05$).

Keywords: motivasi; pentaksiran; pentaksiran bilik darjah; tahap motivasi; tahap pengetahuan PBD

Pola komunikasi guru dan tingkah laku murid sekolah menengah

Nuraingnee Ya & Ruslin Amir

Universiti Kebangsaan Malaysia

Correspondence: nuraingnee@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kualiti dan hala tuju sesebuah sekolah dapat diukur melalui kurikulum, kokurikulum dan sahsiah diri. Salah satu elemen penting dalam melaksanakan ketiga-tiga aspek tersebut adalah komunikasi yang berkesan. Komunikasi di sekolah merupakan suatu proses di mana guru berkongsi pengalaman dengan murid-muridnya dan begitulah sebaliknya. Setiap guru mempunyai ilmu dan pengalaman tersendiri yang ingin dikongsikan dengan murid agar inti pati perkongsian itu dapat dijadikan teladan dan mendorong kepada perubahan tingkah laku yang lebih positif. Oleh itu, kajian ini bertujuan untuk meninjau sama ada kepelbagaian pola komunikasi guru dapat mempengaruhi tingkah laku murid dan mengenal pasti perbezaan factor demografi guru iaitu jantina dan pengalaman mengajar mempengaruhi komunikasi dan tingkah laku murid. Kajian yang berbentuk kuantitatif ini menggunakan kaedah tinjauan di mana borang soal selidik akan diedarkan kepada 346 orang guru sekolah menengah. Data akan dianalisis dengan menggunakan analisis deskriptif, ujian ANOVA sehalu dan analisis Korelasi Pearson. Kertas kerja ini akan membentangkan laporan kajian yang bakal dijalankan di kalangan guru di daerah Kota Bharu, Kelantan. Adalah diharapkan, kajian ini dapat mengatasi masalah komunikasi antara guru dan murid yang wujud di sekolah dan sekaligus meningkatkan tingkah laku murid.

Keywords: komunikasi dua hala; komunikasi guru; komunikasi pelbagai hala pola; komunikasi satu hala; tingkah laku murid

Tingkah laku mencari maklumat kerjaya dalam kalangan graduan di universiti awam

Nurul Nadia Rosli, Tan Yao Xiong, Mohd Izwan Mahmud, Nurul Ashikin Zainuridin, Chang Peng Kee, Zalinda Othman & Sharifah Nurina Alia Syed Abdullah

Universiti Kebngsaan Malaysia

Correspondence: nurulnadiarosli@ukm.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Tingkah laku mencari maklumat kerjaya merupakan keupayaan individu untuk menyediakan diri terhadap pendidikan dan kerjaya sebagai satu proses pembangunan kerjaya mereka. Kajian ini bertujuan untuk mengenal pasti persepsi pelajar terhadap perkhidmatan bimbingan kerjaya yang ditawarkan di universiti. Di samping menentukan tingkah laku pelajar dalam proses mencari maklumat kerjaya. Kajian ini menggunakan jenis reka bentuk tinjauan berdasarkan soal selidik Sistem Kajian Pengesanan Graduan (SKPG) 2018. Seramai 6,550 orang graduan dari Universiti Kebangsaan Malaysia Sesi 2017/2018 terlibat sebagai responden kajian. Data dianalisis menggunakan jenis statistik deskriptif seperti min, sisihan piawai, peratusan, kekerapan dan crosstab. Keputusan kajian mendapati persepsi pelajar terhadap perkhidmatan bimbingan kerjaya berada pada tahap memuaskan ($M = 4.05$, $SP = .828$), terutamanya penyediaan maklumat mengenai peluang pekerjaan dan kerjaya mendapat kepuasan yang paling tinggi ($M = 4.19$, $SP = .86$). Manakala tingkah laku mencari maklumat kerjaya dalam kalangan graduan yang belum bekerja menunjukkan sebanyak 57.2% responden pernah menghadiri temuduga dan 42.8% responden tidak pernah menghadiri temuduga. Kajian ini memberi implikasi terhadap perkhidmatan yang disediakan oleh pusat kaunseling dan kerjaya di universiti awam. Kajian lanjutan hendaklah memberi tumpuan terhadap kajian yang berbentuk longitudinal dengan membandingkan sampel kajian dari beberapa tahun yang berbeza.

Keywords: kerjaya; perkhidmatan bimbingan kerjaya; persepsi pelajar; tingkah laku mencari maklumat kerjaya; tingkah

Pengaruh motivasi terhadap pelaksanaan pengajaran dan pembelajaran STEM

Aminah Binti Jekri & Crispina Gregory Han

Universiti Malaysia Sabah

Correspondence: aminajekri@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kajian kuantitatif berbentuk tinjauan telah dijalankan untuk mengenal pasti pengaruh motivasi seramai 138 orang guru sains dalam melaksanakan pengajaran dan pembelajaran (PdP) STEM di sekolah menengah. Instrumen yang digunakan adalah Soal Selidik Aspek Motivasi (SSAM) yang mengandungi komponen motivasi intrinsik dan ekstrinsik. Data dianalisis menggunakan SPSS versi 23.0. Dapatan kajian menunjukkan 64.5% guru sains mempunyai tahap motivasi yang sederhana dalam melaksanakan PdP STEM. Selain itu, terdapat korelasi linear positif sederhana kuat dan signifikan ($r = .646$, $p = .001$; $p < .05$) antara motivasi dengan pelaksanaan PdP STEM. Secara keseluruhannya, motivasi mempunyai pengaruh terhadap pelaksanaan PdP STEM ($\beta = .458$). Dapatan kajian ini membuktikan bahawa guru-guru sains memerlukan motivasi dalam melaksanakan PdP STEM.

Keywords: motivasi; pelaksanaan; pembelajaran; pengajaran; STEM

Hubungan antara penyesuaian kerjaya dan sokongan sosial dalam kalangan guru pelatih di sebuah university awam

Siti Hashimah Ghazali, Mohd Izwan Mahmud, Maisarah Mohd Wahed & Fakulti Pendidikan

Universiti Kebangsaan Malaysia

Correspondence: shemahghazali.sg@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Penyesuaian kerjaya merupakan suatu proses yang perlu dilalui oleh setiap individu merangkumi sikap, kompetensi dan tingkah laku yang digunakan oleh individu bagi menyesuaikan diri dalam persekitaran pekerjaan. Sokongan sosial pula adalah sokongan dari keluarga, rakan dan individu signifikan yang menyumbang kepada kesejahteraan diri dalam proses membuat penyesuaian kerjaya. Seramai 83 orang guru pelatih di sebuah universiti awam yang sedang dalam persediaan untuk menjalani internship terlibat sebagai responden kajian. Instrumen yang digunakan adalah Career Adapt Ability Scale (CAAS) bagi mengukur penyesuaian kerjaya dan Multidimensional Scale of Perceived Social Support (MSPSS) untuk mengukur sokongan sosial. Statistik yang digunakan untuk menjawab objektif adalah secara deskriptif (Min, sisihan piawai, peratus dan kekerapan), dan inferensi (Pearson Correlation). Dapatan kajian mendapati secara keseluruhannya penyesuaian kerjaya dan sokongan social dalam kalangan guru pelatih berada di tahap yang tinggi. Keputusan kajian menunjukkan terdapat hubungan signifikan antara penyesuaian dan sokongan rakan) $r = .216$, $p < .05$. Bagaimana pun tidak terdapat hubungan yang signifikan antara penyesuaian kerjaya dengan sokongan keluarga $r = .127$, $p > .05$ dan sokongan individu signifikan, $r = .048$, $p > .05$. Kajian ini memberi implikasi terhadap peranan kaunselor dalam membangunkan program kerjaya pelajar dari aspek penyesuaian dan sokongan sosial. Cadangan kajian ini adalah (i) kaunselor perlu mengetahui dan berkemahiran dalam penggunaan sesuatu instrumen; dan (ii) kajian lanjutan hendaklah memberi tumpuan terhadap kajian berbentuk eksperimen bagi mengukur kesan terhadap sesuatu program kerjaya yang dilaksanakan.

Keywords: guru pelatih; hubungan; kerjaya; penyesuaian kerjaya; sokongan social

Pola minat kerjaya dan penyesuaian kerjaya pelatih kor sukarelawan polis siswa/ I di universiti awam

Maisarah Mohd Wahed, Mohd Izwan Mahmud, Siti Hashimah Ghazali & Fakulti Pendidikan

Universiti Kebangsaan Malaysia

Correspondence: maisarahmohdwahed@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Pemilihan kerjaya yang selari dengan minat kerjaya mampu memberikan penyesuaian kerjaya yang baik pada masa hadapan. Penyesuaian kerjaya melibatkan keupayaan individu berkaitan dengan cakna diri (concern), kawalan diri (control), sifat ingin tahu (curiosity) dan keyakinan diri (confidence). Kajian ini bertujuan untuk mengenal pasti pola minat kerjaya dan penyesuaian kerjaya pelatih Kor Sukarelawan Polis Siswa/i (SUKSIS) di sebuah Universiti Awam di Malaysia. Kajian ini menggunakan reka bentuk kajian deskriptif iaitu analisis yang digunakan adalah min, sisihan piawai, peratus dan kekerapan. Sampel kajian ini terdiri daripada 102 orang pelatih Kor SUKSIS di sebuah Universiti Awam di Selangor. Instrumen kajian yang digunakan untuk mengukur pola minat kerjaya adalah Vocational Preference Inventory (VPI). Manakala, bagi penyesuaian kerjaya instrument yang digunakan adalah Career Adapt Ability Scale (CAAS). Data dianalisis menggunakan perisian Statistical Package for Social Sciences (SPSS) versi 23.0. Keputusan kajian mendapati majoriti responden mempunyai minat kerjaya dominan bagi kategori Sosial (S), Investigatif (I) dan Enterprising(E). Walaubagaimanapun, terdapat perbezaan minat kerjaya antara jantina perempuan dan lelaki di mana lelaki lebih dominan kepada Sosial (S), Enterprising (E) dan Investigatif (I). Manakala perempuan lebih dominan kepada Sosial (S), Investigatif (I) dan Konvensional (K). Di samping itu, tahap penyesuaian kerjaya responden berada pada tahap sederhana dan tinggi. Namun begitu, terdapat segelintir pelajar berada di tahap yang rendah. Kajian ini memberi implikasi kepada pihak pengurusan Kor SUKSIS terhadap cara pengambilan dan pemilihan pelatih yang memiliki tret personaliti yang lebih sesuai dan diperlukan untuk menjadi seorang anggota Polis Diraja Malaysia.

Keywords: dan keyakinan diri; kerjaya; minat kerjaya; penyesuaian kerjaya; pelatih;

Hubungan sikap terhadap sains dan penguasaan kemahiran proses sains asas dalam kalangan murid tahun lima sekolah luar bandar di daerah kecil Sook

Vivyan Rinusin & Crispina Gregory Han

Universiti Malaysia Sabah

Correspondence: vivyanrinusin@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kajian ini bertujuan untuk mengkaji hubungan antara Sikap Terhadap Sains dan penguasaan Kemahiran Proses Sains Asas dalam kalangan murid Tahun lima sekolah luar bandar di daerah kecil Sook. Kajian ini adalah penyelidikan kuantitatif dan menggunakan kaedah tinjauan untuk mengumpul data dengan menggunakan instrumen soal selidik dan instrumen ujian kertas pensel. Responden dipilih dengan menggunakan teknik persampelan berstrata. Dengan menggunakan instrumen soal selidik yang diadaptasi daripada 'Attitude Toward Science in School Assesment' (ATSSA) dan Ujian Kemahiran Proses Sains Asas (UKPSA) yang digubal oleh penyelidik sendiri untuk menilai 6 komponen kemahiran proses sains asas, kedua-dua instrumen ini telah ditadbir kepada 180 murid daripada 19 buah sekolah rendah di Daerah Kecil Sook sebagai responden. Data dianalisis dengan menggunakan Ujian-t sampel bebas dan Ujian Korelasi Pearson menggunakan perisian Statistical Package for Social Sciences (SPSS) versi 25.0. Nilai Alfa Cronbach untuk kedua-dua instrumen adalah .78 dan .80. Tahap sikap murid terhadap Sains adalah tinggi manakala murid gagal mencapai tahap dua pertiga atau 67% dalam UKPSA. Analisis kajian mendapati terdapat hubungan yang signifikan tetapi lemah antara tahap sikap terhadap Sains dengan penguasaan kemahiran proses sains asas murid Tahun lima ($r=.182$).

Keywords: kemahiran; Sains, sikap terhadap Sains; tahap penguasaan; tahap sikap

Kesan penggunaan peta minda berbantuan Xmind terhadap kreativiti saintifik murid-murid tahun

Steve bin Jiniti

Universiti Malaysia Sabah

Correspondence: sjiniti@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kajian ini bertujuan untuk mengenal pasti keberkesanan penggunaan peta minda berbantuan Xmind terhadap kreativiti saintifik murid-murid Tahun 5. Seramai 32 orang murid Tahun 5 terlibat sebagai responden di salah sebuah sekolah rendah di daerah Penampang, Sabah. Kajian ini menggunakan rekabentuk penyelidikan kuantitatif kuasi-eksperimental yang terdiri kumpulan tunggal ujian pra dan pos. Satu ujian pra dan pos kreativiti saintifik membuat peta minda yang setara digunakan untuk mengukur empat trait dimensi kreativiti saintifik murid menggunakan Penskoran Kemahiran Berfikir Kreatif (Torrance Tests of Creative Thinking–TTCT). Dapatan kajian menunjukkan terdapat perbezaan yang signifikan antara skor min ujian pra dan pos kreativiti saintifik membuat peta minda. Selain itu, dapatan kajian juga mendapati terdapat perbezaan yang signifikan skor min ujian pra dan ujian pos dalam dimensi kelancaran, keaslian dan keanjalan. Walaubagaimanapun, tidak terdapat perbezaan signifikan dalam dimensi penghuraian. Pelaksanaan penggunaan peta minda berbantuan teknologi dalam pengajaran dan pembelajaran sains adalah satu pendekatan baharu yang boleh diintegrasikan dalam mata pelajaran sains.

Keywords: kreativiti; kreativiti saintifik; peta minda; teknologi; xmind

Pengetahuan dalam Kemahiran Berfikir Aras Tinggi (KBAT) terhadap pelaksanaan KBAT dalam kalangan guru sains

Marcella Lai & Crispina Gregory Han

Universiti Malaysia Sabah

Correspondence: msmarcellalai@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kajian ini bertujuan untuk mengkaji hubungan antara pengetahuan KBAT dan pelaksanaan KBAT dalam kalangan guru sains di Daerah Keningau. Kajian ini menggunakan instrument ujian untuk mengukur tahap pengetahuan dan instrumen soal selidik untuk mengukur pelaksanaan KBAT dalam kalangan guru sains. Seramai 93 orang responden yang mengajar subjek sains dari Sekolah Menengah di daerah Keningau dipilih menggunakan kaedah persampelan rawak mudah. Alat statistik bentuk deskriptif dan

Korelasi Pearson digunakan dalam pemprosesan data kajian dengan menggunakan perisian Statistical Package For Social Sciences (SPSS) versi 20.0. Nilai Alfa Cronbach untuk kedua-dua instrumen adalah .68 dan .80. Tahap pengetahuan dan pelaksanaan KBAT adalah pada tahap baik dan tahap yang tinggi. Analisis kajian mendapati terdapat hubungan positif yang sederhana dan signifikan antara tahap pengetahuan KBAT dengan pelaksanaan KBAT dalam kalangan guru sains. ($r=0.43$).

Keywords: guru sains; kemahiran; kemahiran berfikir aras tinggi; tahap pengetahuan; tahap pelaksanaan

Pendekatan kaunseling kelompok untuk mengurus emosi dalam kalangan remaja perempuan sekolah agama

Ummur Radhiah Hussin, Zuria Mahmud, Siti Suria Bahrudin, Siti Noraisah Mokhtar & Siti Rokiah Tharin

Universiti Kebangsaan Malaysia

Correspondence: ummuhussin@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Emosi yang tidak diurus dengan baik boleh menyebabkan pelajar mengalami masalah untuk memberi fokus kepada akademik dan mengalami masalah perhubungan dengan rakan-rakan. Artikel ini melaporkan satu pendekatan kaunseling psikopendidikan yang dilaksanakan bertujuan untuk membantu pelajar meningkatkan tahap pengetahuan dan kemahiran mengawal emosi diri dengan cara yang lebih berkesan. Kajian kes ini menggunakan pendekatan kualitatif. Peserta kelompok terdiri daripada 19 orang pelajar perempuan tingkatan empat di sebuah sekolah menengah agama. Sebanyak lima sesi kaunseling kelompok pengurusan emosi telah dijalankan secara bersemuka bersama dengan fasilitator dari Program Sarjana Pendidikan Bimbingan dan Kaunseling. Setiap sesi mengambil masa selama 40 hingga 45 minit. Sesi kelompok ini melibatkan pelbagai aktiviti seperti kaunseling kelompok, melukis, menjawab senarai semak kestabilan emosi dan aktiviti menggunakan belon. Dapatan kajian menunjukkan kaunseling kelompok psikopendidikan ini memberi impak yang positif dalam membantu mereka mengurus dan mengawal emosi sendiri. Kajian ini menyokong penggunaan aktiviti psikopendidikan kelompok oleh kaunselor dalam menyediakan program yang berkualiti untuk kesejahteraan psikologi remaja.

Keywords: kemahiran mengawal emosi; kaunseling kelompok, modul pengurusan emosi; pengetahuan emosi diri; psikopendidikan

Pendekatan pendidikan psiko terhadap pelajar Program Pendidikan Khas Integrasi (PPKI)

Fatin Athirah Azman, Salleh Amat, Siti Khadijah Hashim & Tee Yin Ai

Universiti Kebangsaan Malaysia

Correspondence: trahazman@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Artikel ini melaporkan satu pendekatan kaunseling pendidikan psiko yang dilaksanakan untuk meningkatkan kemahiran sosial, kemahiran psikomotor dan kesedaran dari aspek pengurusan diri pelajar Program Pendidikan Khas Integrasi (PPKI). Kajian ini merupakan kajian kes yang menggunakan pendekatan kualitatif. Sebanyak 4 kali sesi kaunseling kelompok telah dijalankan dan setiap sesi mengambil masa selama 40 hingga 45 minit. Peserta kelompok terdiri daripada 13 orang pelajar PPKI di sebuah sekolah kebangsaan. Kesemua pelajar PPKI yang terlibat mempunyai perbezaan kecacatan iaitu autisme dan masalah pembelajaran. Dapatan kajian menunjukkan ahli kelompok semakin terbuka dan selesa untuk berinteraksi dengan individu yang asing bagi mereka. Penemuan hasil kajian juga mendapati pendekatan pendidikan psiko dalam kaunseling kelompok sangat berkesan untuk membantu pelajar menggunakan kemahiran sosial dan kemahiran psikomotor mereka serta dapat mengetahui tahap kesedaran pengurusan diri pelajar. Penerapan elemen-elemen kaunseling kelompok pendidikan psiko untuk meningkatkan kemahiran interaksi social pelajar dilihat berjaya membantu pelajar untuk berani membuat pendedahan sendiri dan berinteraksi dengan individu yang baru mereka kenali. Pelajar juga mampu membuat pendedahan sendiri berkaitan pengurusan diri sekaligus dapat mengetahui tahap kesedaran pengurusan diri bagi setiap pelajar. Perubahan dalam kemahiran psikomotor melalui pendidikan psiko ini memberi implikasi kepada guru PPKI untuk menjalankan pembelajaran dalam bilik darjah dengan lebih mudah.

Keywords: kemahiran; kemahiran social; kesedaran pengurusan diri; psikomotor; psikopendidikan

Hubungan kerenah pelajar dengan stress guru kolej vokasional di negeri Sabah

Morris Anak Lat & Crispina Gregory Han

Universiti Malaysia Sabah

Correspondence: morriskeningauvokasional18@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kajian ini bertujuan untuk mengenal pasti hubungan kerenah pelajar terhadap stress guru Kolej Vokasional di negeri Sabah. Responden kajian terdiri daripada guru-guru Kolej Vokasional di negeri Sabah. Seramai 371 responden telah dipilih menggunakan kaedah persampelan rawak mudah. Kajian ini merupakan kajian kuantitatif yang menggunakan kaedah tinjauan. Tahap stress guru dan kerenah pelajar diukur menggunakan instrumen soal selidik Teacher Stres Inventory dan Self Report Teacher Stres. Data dianalisis menggunakan perisian Statistical Package for Social Sciences (SPSS) Versi 21. Dapatan kajian berdasarkan nilai skor min kerenah pelajar dan stress guru adalah pada tahap sederhana. Dapatan kajian juga mendapati terdapat hubungan positif yang sederhana ($r=.514$) dan signifikan antara kerenah pelajar dengan stress guru ($k=.000$, $k<.05$). Implikasi dapatan kajian menunjukkan kefahaman tentang stress dalam kalangan guru membolehkan mereka menilai dan melihat dalam diri mereka sendiri, tujuan serta matlamat sebenar hidup mereka. Di samping itu juga guru-guru di Kolej Vokasional dapat mempersiapkan diri dari segi mental dan fizikal supaya sentiasa kuat berhadapan dengan perubahan dalam sistem pendidikan semasa di samping kerenah pelajar yang semakin mencabar pada masa kini.

Keywords: guru; karenah pelajar; kolej vokasional; stress,

Harapan ibu bapa terhadap anak berkeperluan khas di Sarawak

Dayang Dayana Abg Abd Nasir & Ahmad Zamri Mansor

Universiti Kebangsaan Malaysia

Correspondence: dayana_0307@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Sejak daripada anak di diagnosis dengan keperluan khas sama ada fizikal, pendengaran, dan pembelajaran, pelbagai inisiatif telah diambil ibu bapa bagi membantu perkembangan anak mereka agar dapat membesar dengan baik bagi memenuhi harapan ibu bapa terhadap anak, terutamanya harapan agar anak boleh berdikari tanpa bantuan penuh daripada individu lain. Kajian ini bertujuan untuk mengenalpasti harapan ibu bapa terhadap masa depan anak berkeperluan khas dan mengenalpasti faktor yang mempengaruhi harapan ibu bapa. Kajian kualitatif ini mengumpul data melalui temu bual yang telah dijalankan Bersama seorang bapa dan 7 orang ibu kepada anak yang terlibat dalam Program Transisi ke Kerjaya Individu Berkeperluan Khas. Anak-anak mereka terdiri daripada keperluan khas fizikal, keperluan khas pendengaran, dan keperluan khas pembelajaran. Hasil temu bual mendapati harapan ibu bapa terdiri daripada 4 tema iaitu harapan terhadap diri anak, harapan terhadap pendidikan anak, harapan terhadap kerjaya anak, dan harapan terhadap hubungan anak dengan individu sekeliling. Faktor yang mempengaruhi harapan ibu bapa pula terdiri daripada 3 tema iaitu lokaliti, sosioekonomi ibu bapa, dan pengetahuan ibu bapa tentang kemudahan yang ada untuk individu berkeperluan khas. Melalui dapatan kajian ini, adalah dicadangkan agar ibu bapa berkolaborasi dengan ahli profesional pelbagai disiplin dalam merancang masa hadapan anak yang realistik bersesuaian dengan keadaan anak dan keperluan pasaran kerja semasa.

Keywords: anak berkeperluan khas; berkeperluan khas; harapan; ibu bapa; pelbagai disiplin

Kepimpinan distributif dan klim organisasi institut latihan Kementerian Kesihatan Malaysia zon Negeri Sabah terhadap kepuasan kerja pengajar

Zainullah Bin Jubkar & Crispina Gregory Han

Universiti Malaysia Sabah

Correspondence: zainullah@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kajian rintis Kepimpinan Distributif dan Iklim Organisasi Institut Latihan Kementerian Kesihatan Malaysia terhadap kepuasan kerja pengajar telah dilaksanakan di Institut Latihan Kementerian Kesihatan Malaysia, Kuching, Sarawak. Teknik pensampelan rawak mudah digunakan terhadap 50 orang pengajar sebagai responden. Kajian kuantitatif tinjauan dilakukan melalui pengumpulan data menggunakan set borang soal selidik. Tiga set instrumen kajian yang telah diubahsuai mengikut kesesuaian kajian adalah SSKD, SSIO dan SSKKP. Statistical Package for Social Science (SPSS) Versi 25.0 digunakan untuk menganalisis data yang diperoleh. Jenis kesahan instrumen yang digunakan dalam kajian ini adalah kesahan kandungan dan kesahan gagasan. Nilai kebolehpercayaan alpha Cronbach untuk tiga set instrumen soal selidik adalah .860, .708 dan .729. Nilai kebolehpercayaan untuk tiga set instrument kajian ini adalah tinggi dan boleh digunakan dalam kajian sebenar.

Keywords: iklim organisasi; kepimpinan distributive; kepuasan kerja pengajar; organisasi institut latihan; pengajar

Pengaturan sendiri dan tingkah laku melayari laman seksual dalam kalangan pelajar universiti

Norsimah Dasan, Mohd. Mahadzir Rahimi Bin Mohamed Nawi, Balan a/I Balakrishnan & Norkiah Arsati

Universiti Malaysia Sabah

Correspondence: norsimahdasan@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Asakan teknologi komunikasi yang semakin canggih memberi ransangan kepada pelajar universiti melayari kepelbagaian laman seksual sehingga boleh menyebabkan mereka terdorong melakukan aktiviti-aktiviti seksual sebelum bernikah. Pengaturan sendiri diyakini sebagai salah satu faktor yang membantu seseorang individu itu mengawal diri dan merancang tindakan daripada terjerumus dengan aktiviti melayari laman seksual. Oleh itu, kajian tinjauan ini bertujuan untuk menentukan tahap tingkah laku melayari internet seksual, tahap pengaturan sendiri, dan perbezaan tingkah laku melayari laman seksual dan pengaturan sendiri berdasarkan jantina serta mengenalpasti hubungan di antara pengaturan sendiri dengan tingkah laku melayari laman seksual dalam kalangan pelajar universiti. Sampel yang terlibat adalah 882 orang pelajar yang dipilih menggunakan persampelan rawak mudah. Data dianalisis menggunakan perisian statistik SPSS 25.0. Analisis deskriptif menunjukkan tahap tingkah laku melayari internet seksual dan tahap pengaturan sendiri berada di aras sederhana. Manakala analisis inferensi dengan menggunakan Ujian-t menunjukkan perbezaan tingkah laku melayari internet seksual dalam kalangan jantina. Manakala tiada perbezaan pengaturan sendiri berdasarkan jantina. Kajian ini juga mendapati, pengaturan sendiri mempunyai hubungan yang signifikan dengan tingkah laku melayari laman seksual dalam kalangan pelajar universiti. Keputusan kajian ini dapat memberi maklumat kepada pelajar dan universiti agar mempertingkatkan pengaturan sendiri pelajar dan membentuk peraturan yang boleh mengawal tingkah laku melayari laman seksual.

Keywords: internet; jantina; pengaturan sendiri; tingkah laku melayari; tingkah laku melayari laman seksual

Pengaruh latihan dalam perkhidmatan terhadap profesionalisme guru tingkatan enam di Sabah

Wee Fwen Yep dan Abdul Said Ambotang

Universiti Malaysia Sabah

Correspondence: fywee@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Konsep latihan dalam perkhidmatan merupakan satu alat pembangunan staf untuk meningkatkan profesionalisme guru secara berterusan. Latihan dalam perkhidmatan bertujuan untuk meningkatkan keupayaan guru terutamanya mengajar dengan lebih berkesan dan meningkatkan profesionalisme guru-guru. Profesionalisme guru merujuk kepada sejauh mana seseorang guru memiliki aspek-aspek keprofesionalan dalam profesion keguruan. Oleh itu, aspek-aspek profesionalisme guru dalam penyelidikan ini merangkumi pengetahuan professional yang merujuk kepada pengetahuan dan keilmuan; kemahiran profesional yang merujuk kepada kemahiran melaksanakan pembelajaran dan pemudahcaraan (PdPc); dan nilai profesional yang merujuk kepada nilai, sahsiah, dan potensi yang ada pada guru. Program pembangunan profesional dalam bentuk latihan dalam perkhidmatan berupaya membangunkan profesionalisme guru. Persoalannya, sejauh mana keperluan, kesesuaian, dan keberkesanan latihan dalam perkhidmatan yang dihadiri oleh guru-guru dapat memberikan kesan terhadap profesionalisme seseorang guru. Hal ini telah mendorong penyelidik menjalankan satu kajian berbentuk tinjauan dan deskriptif untuk mengkaji pengaruh keperluan, kesesuaian, dan keberkesanan latihan dalam perkhidmatan terhadap profesionalisme guru-guru tingkatan enam di Sabah. Diharapkan dapatan kajian ini dapat dijadikan panduan kepada pihak Kementerian Pendidikan Malaysia (KPM), Jabatan Pendidikan Negeri (JPN), Pejabat Pendidikan Daerah (PPD), dan sekolah-sekolah untuk membangunkan pengetahuan, kemahiran, dan nilai professional melalui pelaksanaan latihan dalam perkhidmatan yang dapat memenuhi keperluan latihan guru, kesesuaian sumber, dan latihan yang betul-betul berkesan serta relevan di peringkat kebangsaan, negeri, daerah, dan sekolah.

Keywords: keberkesanan; latihan dalam perkhidmatan; profesionalisme guru; program pembangunan; profesional

Pengaruh penerimaan terhadap penggunaan Frog VLE dalam kalangan guru sekolah rendah daerah penampang

Glen Denver Mensulius & Crispina Gregory Han

Universiti Malaysia Sabah

Correspondence: glendenver89@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kajian ini dilaksanakan bagi menentukan pengaruh penerimaan terhadap penggunaan Frog VLE di sekolah-sekolah rendah daerah Penampang. Reka bentuk kajian kuantitatif bukan eksperimen yang menggunakan kaedah tinjauan digunakan untuk mengumpul data dalam kajian ini. Seramai 413 orang guru, iaitu 96 orang guru lelaki dan 317 orang guru perempuan daripada 24 buah sekolah rendah di daerah Penampang ditentukan sebagai responden menggunakan kaedah persampelan rawak mudah serta kaedah persampelan berstrata. Statistik deskriptif dan inferensi digunakan dalam pemprosesan data kajian menggunakan perisian Statistical Package For Social Sciences (SPSS) versi 23.0. Nilai Alpha Cronbach untuk kebolehpercayaan instrumen penerimaan Frog VLE dan penggunaan Frog VLE adalah .96 dan .95. Tahap penerimaan guru dan penggunaan Frog VLE adalah pada tahap sederhana. Analisis kajian mendapati terdapat hubungan positif dan kuat antara penerimaan dengan penggunaan Frog VLE ($r=.594$, $k < .05$) manakala terdapat pengaruh yang lemah penerimaan Frog VLE terhadap penggunaan Frog VLE ($R^2 = .352$).

Keywords: Frog VLE; penerimaan; pengaruh; tahap penerimaan guru; tahap penggunaan guru

Amalan kepimpinan instructional penyelia operasi pendidikan awal kanak- kanak dan hubungannya dengan kepuasan kerja pemaju masyarakat tabika/taska kemas

Mary Jipin dan Abdul Said Ambotang

Universiti Malaysia Sabah

Correspondence: mjipin48@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Pendidikan awal kanak-kanak merupakan satu agenda penting dalam Pelan Pembangunan Pendidikan Malaysia PPPM 2013-2025. Dalam era globalisasi yang pesat dengan pembangunan teknologi alam maya, pemimpin dan peneraju pendidikan awal kanak-kanak perlu mempunyai kompetensi seiring dengan tranformasi pendidikan yang dirancang. Kepimpinan instruksional dalam kalangan Penyelia Operasi Pendidikan Awal Kanak-kanak Jabatan Kemajuan Masyarakat KEMAS perlu di implementasikan untuk mencapai tahap kepimpinan optimum yang selaras dengan Standard Kualiti Kurikulum Prasekolah Kebangsaan. Kajian tinjauan ini dilaksanakan bagi tujuan untuk mengenalpasti tahap kepimpinan instruksional Penyelia Operasi Pendidikan Awal Kanak-kanak dan hubungannya dengan kepuasan kerja, Pemaju Masyarakat Tabika/Taska (guru) KEMAS. Seramai 24 orang Penyelia Operasi Pendidikan awal Kanak-kanak dari 24 Parlimen dan 240 Pemaju Masyarakat (guru) Tabika/Taska KEMAS di Sabah akan dipilih dalam kajian ini. Seterusnya kajian ini memberi implikasi bahawa pengaruh tahap kepimpinan Penyelia Operasi Pendidikan Awal Kanak-Kanak dalam memastikan keberkesanan KEMAS sebagai penaraju utama perkhidmatan pendidikan awal kanak-kanak sejajar dengan misi Kementerian Pendidikan Malaysia.

Keywords: instruksional; kepimpinan; kepuasan kerja; pendidik awal kanak-kanak; penyelia operasi

Pembelajaran berasaskan masalah dan pencapaian akademik murid sekolah rendah Daerah Penampang, Sabah

Anidah Ziella Binti Anton & Madya Dr Sabariah Sharif

Universiti Malaysia Sabah

Correspondence: anidahziella@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Objektif utama kajian ini adalah untuk mengenal pasti hubungan Pembelajaran Berasaskan Masalah terhadap pencapaian akademik murid. Selain itu, kajian ini juga cuba untuk melihat pengaruh Pembelajaran Berasaskan Masalah ke atas pencapaian akademik murid. Kajian ini juga cuba mengenal pasti perbezaan Pembelajaran Berasaskan Masalah dan pencapaian akademik murid berdasarkan kelayakan akademik guru. Seramai 176 orang guru sekolah rendah tahun 6 di daerah Penampang telah dipilih untuk mengikuti kajian ini. Alat kajian Pembelajaran Berasaskan Masalah berbentuk laporan sendiri digunakan untuk mengumpul data dan laporan pencapaian UPSR dari PPD A digunakan untuk memperoleh pencapaian akademik murid. Analisis statistik ANOVA Sehalu, Korelasi Pearson, Regresi Mudah dan Regresi Pelbagai digunakan untuk mengenal pasti hubungan, perbezaan dan pengaruh antara pemboleh ubah. Hasil analisis mendapati bahawa terdapat hubungan yang signifikan antara pembelajaran berasaskan masalah dengan pencapaian akademik murid. Hasil dapatan seterusnya mendapati terdapat pengaruh signifikan pembelajaran berasaskan masalah dengan pencapaian akademik murid. Dapatan kajian juga menunjukkan terdapat perbezaan signifikan pembelajaran berasaskan masalah berdasarkan kelayakan akademik guru. Hasil kajian dibincangkan dengan terperinci dalam kajian ini. Kaedah kajian kualitatif dicadangkan untuk kajian lanjutan bagi melihat pembelajaran berasaskan masalah dari sudut berbeza.

Keywords: akademik murid; kelayakan akademik guru; pembelajaran berasaskan masalah; pencapaian; pencapaian akademik

Hubungan antara penggunaan ICT dan pembelajaran koperatif dengan pencapaian pelajar sekolah rendah di Daerah Penampang, Sabah

Sabariah Sharif, Anidah Ziella, Rosy Talin & Soon Singh Bikar Singh

Universiti Malaysia Sabah

Correspondence: sabariah@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Dalam era IR 4.0 ini kemahiran menggunakan teknologi informasi dan teknologi (ICT) dan pembelajaran koperatif adalah penting bagi meningkatkan pencapaian pelajar. Tujuan kajian ini adalah untuk mengkaji samada terdapat hubungan antara penggunaan teknologi dan pembelajaran koperatif dengan pencapaian dalam kalangan pelajar sekolah rendah di daerah Penampang, Sabah. Seramai 176 orang guru telah menjawab soal selidik yang diedarkan. Pencapaian UPSR pelajar diperolehi dari PPD. Ujian korelasi Pearson dan regresi mudah telah digunakan untuk menguji hubungan dan pengaruh antara ketiga-tiga pembolehubah. Dapatan mendapati terdapat hubungan yang positif dan pengaruh yang signifikan antara penggunaan teknologi dan pencapaian pelajar. Walaubagaimanapun, pembelajaran secara koperatif didapati tidak mempunyai hubungan dengan pencapaian pelajar. Dapatan menunjukkan kepentingan kemahiran penggunaan teknologi guru ke atas pencapaian pelajar selaras dengan perubahan era IR 4.0.

Keywords: ICT; pembelajaran; pembelajaran koperatif; penggunaan ICT; pencapaian

Efikasi sendiri dan kesediaan guru dalam menangani salah laku murid

Nora Aliemarina Binti Ibrahim

Universiti Malaysia Sabah

Correspondence: aliemarina14@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Golongan pendidik sering berhadapan dengan dilemma apabila berhadapan dengan cabaran menguruskan salah laku murid. Tekanan untuk mengekalkan keharmonian bilik darjah dan dalam masa yang sama perlu menangani tingkah laku murid yang mencabar kewibawaan turut mempengaruhi kestabilan emosi guru. Kajian korelasi ini bertujuan untuk mengenalpasti tahap efikasi sendiri dan kesediaan guru dalam menangani salah laku murid di bilik darjah serta perkaitan antara kedua-dua konstruk tersebut. Sampel kajian meliputi 4 buah sekolah Zon Bangi, di daerah Hulu Langat yang melibatkan saiz sampel 210 orang guru. Kaedah pengumpulan data secara kuantitatif (soal selidik) digunakan untuk tujuan menganalisis yang melibatkan dua sumber skala pengukuran iaitu; (a) subskala Teachers' Efficacy Handling Student Misbehaviour (adaptasi dari Brouwers & Tomic, 2001) dan (b)

subskala Teachers' Readiness Scale for Managing Challenging Classroom Behaviors (adaptasi dari Baker, 2002). Hasil dapatan kajian ini diharapkan dapat memberi gambaran yang lebih jelas tentang hubungan antara efikasi sendiri guru menangani salah laku murid dengan kesediaan mereka untuk menangani isu tersebut di bilik darjah. Turut dibincangkan ialah cadangan dalam mencari solusi terbaik menangani isu salah laku murid ini oleh pihak-pihak yang berkepentingan.

Keywords: efikasi sendiri; guru; kesediaan guru; pengurusan kelas; salah laku murid

Impak keganasan dalam media terhadap tingkah laku agresif remaja

Hanun Ahmad¹, Zaleha Yaacob², Azizi Yahaya³, Balan Rathakrishnan⁴, Zeliha Hj Mohamad Ali⁵, Pg Razmahayati Pg. Hj Mahmud⁶, & Halimah Ma'alip⁷

1, 3, 4, 5, 6Universiti Malaysia Sabah, 2, 7Universiti Teknologi Malaysia

Correspondence: hanunahmad03@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kajian ini bertujuan untuk mengkaji keganasan dalam media dan kesan terhadap tingkah laku agresif pelajar-pelajar. Responden kajian terdiri daripada pelajar-pelajar daripada 3 buah sekolah menengah di Zon Permas Jaya. Daerah Pasir Gudang, Johor. Seramai 190 orang pelajar yang terdiri daripada 81 orang pelajar lelaki dan 109 orang pelajar perempuan telah dilibatkan dalam kajian ini. Maklumat dikumpulkan melalui Soal Selidik The Attractive Media and The Effect on Audience Questionnaire (Heinichi, Molenda, Russel dan Ely, 1991), Soal Selidik The Effect by Violent Media on Aggression Questionnaire (Bush and Perry, 1992), Soal Selidik General Aggression Model (Anderson dan Dill, 2002) dan Soal Selidik Television Violence and The Adolescent (William, 1978). Kaedah uji- ulang digunakan dalam kajian ini untuk menentukan kebolehpercayaan instrument. Nilai Korelasi Pearson bagi soal selidik The Attractive Media and The Effect on Audience Questionnaire ialah 0.833, Soal Selidik The Effect of Violent Media on Aggression Questionnaire ialah 0.831, Soal Selidik The General Aggression Model ialah 0.832 dan Soal Selidik Television Violence and The Adolescent ialah 0.828. Statistik deskriptif yang digunakan untuk menganalisa data ialah min, peratusan, kekerapan dan ujian t. Hasil kajian menunjukkan program-program media yang menjadi daya tarikan untuk ditonton oleh pelajar-pelajar ialah program-program media berbentuk informasi. Kajian ini mendapati tidak wujud perbezaan yang signifikan antara pelajar-pelajar lelaki dengan pelajar-pelajar perempuan dalam daya tarikan pemilihan 2 jenis program media iaitu media menggambarkan siaran secara langsung sesuatu peristiwa dan media memiliki gerakan secara lambat, cepat dan berulang-ulang. Kajian ini juga mendapati wujud perbezaan yang signifikan antara pelajar-pelajar lelaki dan perempuan dalam daya tarikan pemilihan 2 jenis program media iaitu media menggambarkan kewujudan secara asli dan media berbentuk informasi. Keganasan dalam media didapati tidak menyebabkan pelajar-pelajar bertingkah laku agresif dalam bentuk fizikal, verbal, emosi dan seksual dan hanya menyebabkan pelajar-pelajar bertingkah laku agresif dalam bentuk permusuhan.

Keywords: agresif remaja; keganasan; keganasan dalam media; media; tingkah

Pembangunkan aktiviti permainan digital dalam persekitaran pembelajaran konstruktivisme sosial bagi menggalakkan berfikir kritis

Mad Noor Madjapuni & Jamaluddin Harun

Universiti Malaysia Sabah

Correspondence: mdnoormj@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Perkembangan dunia digital sebagai media interaksi menawarkan persekitaran pembelajaran bercorak hiburan yang menarik dan berkesan. Kaedah ini bukan sahaja dapat memotivasikan pelajar malah dapat menggalakkan keupayaan berfikir aras tinggi selaras dengan tuntutan global seperti aplikasi permainan digital dan media sosial yang boleh dimanfaatkan bagi mendidik generasi abad ke-21. Kajian ini bertujuan mereka bentuk dan menghasilkan aktiviti pengajaran dan pembelajaran melalui Permainan Digital Dalam

Persekitaran Pembelajaran Konstruktivisme Sosial (PD-PPKS), satu tinjauan dalam kalangan 200 orang pelajar program pendidikan di sebuah universiti awam telah dijalankan bagi tujuan mengetahui ciri-ciri permainan digital yang dapat menggalakkan kemahiran berfikir secara kritis. Mata pelajaran Komputer dan Multimedia dalam Pendidikan menfokuskan tiga tajuk, iaitu; Asas Perkakasan dan Perisian Komputer, Asas Internet, Rangkaian dan Keselamatan Teknologi Maklumat dan Komunikasi, serta Konsep dan Reka bentuk Pengajaran Multimedia dijadikan sebagai isi kandungan pembelajaran. Model instruksi oleh Hannafin & Peck digunakan sebagai panduan dalam penghasilan aktiviti PD-PPKS. Rumusnya, data-data yang diperolehi membentuk kerangka pembelajaran PD-PPKS dan ia diharapkan dapat membantu dalam melahirkan pelajar yang mempunyai kemahiran berfikir aras tinggi.

Keywords: aktiviti permainan; digital; kemahiran berfikir kritis; konstruktivisme social; persekitaran pembelajaran

Analisis penerokaan faktor bagi Sleep Habit Inventory (SHI) versi Bahasa Melayu dalam kalangan toddler

Suwaibah Zakaria, Suzana Mohd Hoesni, Roseliza Murni Ab Rahman & Zainah Ahmad Zamani

Universiti Kebangsaan Malaysia

Correspondence: suwaibah@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Tidur merupakan satu keperluan penting bagi toddler. Tanpa tidur yang cukup, perkembangan mereka secara keseluruhannya akan terganggu. Ia dapat dipengaruhi oleh tabiat tidur yang dibentuk oleh ibu bapa atau penjaga mereka. Tabiat tidur merujuk pada tingkah laku toddler pada waktu malam, panduan ibu bapa tentang waktu tidur dan waktu berjaga, masalah tidur dan penggunaan sebarang peralatan untuk tidur. Memandangkan toddler adalah individu yang masih bergantung sepenuhnya kepada ibu bapa atau penjaga mereka, maka penetapan tabiat tidur yang sihat oleh ibu bapa atau penjaga akan mempengaruhi kuantiti dan kualiti tidur mereka. Kajian ini bertujuan untuk menilai aspek psikometrik bagi instrumen Sleep Habit Inventory (SHI) versi bahasa Melayu. Instrumen ini digunakan untuk mengukur tabiat tidur dalam kalangan toddler. Instrumen ini terbahagi kepada tiga komponen yang mengukur rutin tidur (5 item), keiramaan (6 item) dan pemisahan afek (6 item) dengan keseluruhan skala mengandungi 17 item. SHI telah diterjemahkan ke dalam bahasa Melayu dengan menggunakan prosedur back to back translation yang diperkenalkan oleh Brislin. Responden dalam kajian ini terdiri daripada 150 toddler di sekitar Kota Kinabalu, Sabah. Keputusan menunjukkan nilai Ujian Bartlett adalah signifikan (P -Value < 0.05). Nilai kecukupan pensampelan (Measure of Sampling Adequacy) oleh Kaiser-Meyer-Olkin (KMO) pula ialah 0.860 iaitu melebihi nilai minima 0.6. Ini menunjukkan bahawa data-data ini layak untuk prosedur seterusnya di dalam Analisis Penerokaan Faktor. Selain itu, keputusan juga menunjukkan tiga komponen tersebut dapat mengukur 69.81% dari konstruk tidur. Nilai ini adalah mencukupi kerana ianya melebihi keperluan minima sebanyak 60%. Kesemua item pula mempunyai nilai pemberat faktor (factor loading) melebihi 0.6 dan kesemua komponen berkenaan mempunyai nilai Alpha Cronbach melepasi nilai minimum 0.7. Dapatan ini membuktikan bahawa instrumen SHI dapat digunakan dalam konteks tempatan.

Keywords: analisis penerokaan faktor; sleep habit inventory; tabiat tidur; tidur; toddler

Pengaruh kepemimpinan instruksional pengetua, iklim sekolah dan pengurusan bilik darjah terhadap kepuasan kerja guru sekolah transformasi di negeri Sabah

Hosmah Binti Abdu Raji dan Abdul Said Ambotang

Universiti Malaysia Sabah

Correspondence: hosmahabduraji71@gmail.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kepimpinan instruksional adalah gaya kepemimpinan yang relevan untuk diaplikasikan dalam pentadiran dan pengurusan di sekolah kerana amalan gaya kepemimpinan jenis ini dapat membantu pengetua mendepani dan seterusnya melangkah seiring dengan perubahan dasar serta kehendak pendidikan semasa, terutama dalam mengurus tugas hakiki seorang guru di sekolah. Hal ini sangat penting dalam memastikan peningkatan kemenjadian murid dan kewujudan sekolah yang berkualiti. Pengenalan Program Transformasi Sekolah 2025 (TS25) adalah merupakan sebahagian daripada usaha Kementerian Pendidikan Malaysia (KPM) dalam merealisasikan hasrat yang terkandung dalam Pelan Pembangunan Pendidikan Malaysia 2013–2025 (PPPM) dan Naratif Baharu Pendidikan ke arah peningkatan kemenjadian murid dan sekolah yang berkualiti. Oleh hal yang demikian, pengetua sekolah TS25 tentunya berhadapan dengan isu dan cabaran yang memerlukan mereka meneliti dan memahami serta berupaya menangani semula pelbagai isu dalam dunia Pendidikan dalam konteks pengurusan di sekolah. Memahami dan mengetahui isu kepuasan kerja guru dan hubungannya dengan iklim sekolah dan pengurusan bilik darjah merupakan salah satu indikator untuk memastikan kewujudan sekolah yang dapat memenuhi aspirasi murid seperti yang terkandung dalam PPPM. Selaras dengan itu, kajian tinjauan ini bertujuan untuk mengenal pasti tahap kepemimpinan instruksional pengetua, iklim sekolah dan pengurusan bilik darjah terhadap kepuasan kerja guru sekolah TS25 di Negeri Sabah. Pengkaji memilih kaedah penyelidikan kajian tinjauan dan bersifat kuantitatif serta pensampelan rawak mudah digunakan untuk mengumpul data di kalangan populasi yang telah ditetapkan. Populasi kajian adalah terdiri daripada guru-guru sekolah menengah TS25 di Negeri Sabah.

Keywords: iklim sekolah; kepemimpinan instruksional; kepuasan kerja guru; pengurusan bilik darjah; sekolah

Kehendak dan harapan remaja etnik Idahan terhadap peranan dan tanggungjawab ibu bapa di negeri Sabah

Dr Habibie Bte Hj Ibrahim, Dr Nurul Hudani Binti Md Nawi, Dr Puteri Hayati Binti Megat Ahmad, Joki Perdani Sawai & Dr Mazni Mustapha

Universiti Malaysia Sabah

Correspondence: hibrahim@ums.edu.my

Copyright. 2020. *Psychreg Journal of Psychology*
ISSN: 2515-138X

Umumnya peranan dan tanggungjawab ibu bapa dalam mendidik anak pada zaman kini adalah pelbagai. Ini termasuklah peranan dalam membentuk disiplin dan peribadi anak-anak. Kecuaian ibu bapa untuk memahami peranannya yang sebenar menjadikan anak-anak hilang panduan dan keliru dalam menjalani hidupnya. Didapati juga konflik di antara anak remaja dan ibu bapa biasanya berlaku atas beberapa faktor seperti sikap ibu bapa, tahap pengetahuan ibu bapa, harapan ibu bapa dari segi pembelajaran dan persepsi ibu bapa pada jangka masa panjang. Dipercayai juga salah satu cabaran yang

dihadapi oleh institusi keluarga di dalam memberikan penjagaan dan perlindungan pada masa ini adalah di dalam memahami kehendak anak-anak apatah lagi anak remaja. Ini merupakan cabaran ibu bapa dan keluarga di dalam membesarkan anak-anak remaja. Justeru, objektif utama kajian yang telah dijalankan adalah untuk meneliti dan mendapat pemahaman mengenai kehendak remaja etnik Idahan terhadap peranan dan tanggungjawab ibu bapa/penjaga di sekitar daerah Lahad Datu, Sabah. Seramai 35 remaja dalam kalangan remaja berbangsa Idahan berumur dalam lingkungan 14-16 tahun telah ditemubual menggunakan temubual semi struktur. Data temubual telah dianalisis dengan menggunakan analisis tematik oleh Clarke dan Braun (2006). Hasil kajian mendapati bahawa perhatian daripada ibu bapa adalah sangat diharapkan oleh anak remaja. Perhatian oleh ibu bapa yang diharapkan oleh anak remaja seakan-akan sama dalam kalangan remaja samada ibu bapa yang berkerjaya dan tidak berkerjaya, remaja yang mempunyai keluarga sejahtera dan kurang sejahtera dalam kalangan remaja Idahan di daerah Lahad Datu, Sabah. Hasil kajian mencadangkan agar program-program kesedaran, pengetahuan dan kemahiran peranan perlu diberikan kepada ibu bapa bagi mencegah berlakunya peningkatan masalah sosial dalam kalangan remaja di negeri Sabah.

Keywords: etnik Idahan; ibu bapa; kehendak; peranan; tanggungjawab ibu bapa

Aplikasi model Rasch dalam pengujian instrumen Inventori Konsep Daya

Denis Andrew Lajium & Afiqah binti Basran

Universiti Malaysia Sabah

Correspondence: denisadl@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Inventori Konsep Daya merupakan sebuah instrumen yang telah diadaptasi daripada Force Concept Inventory (FCI). Instrumen ini merupakan instrumen yang terdiri daripada 30 item diagnostik berkaitan konsep daya dan gerakan. Instrumen ini digunakan secara meluas dalam pendidikan fizik. Walau bagaimanapun, kesahan instrumen ini dalam Bahasa Malaysia tidak begitu dikaji bagi memastikan item-item dalam instrumen tersebut berfungsi dengan baik. Berdasarkan penelitian kajian-kajian sebelum ini, antara isu utama yang sering dipersoalkan dalam FCI adalah kebolehpercayaan instrumen tersebut apabila ditadbir pada kumpulan yang berbeza. Apabila kajian dijalankan dalam negara, pengkaji sering kali menggunakan analisis kebolehpercayaan yang terdapat di bawah Teori Ujian Klasik. Pelbagai kelemahan yang dikesan apabila penilaian menggunakan analisis yang terdapat di bawah teori tersebut diaplikasikan. Oleh yang demikian, tujuan kajian ini dijalankan adalah bagi mengaplikasikan model Rasch yang terdapat di bawah Teori Respon Item dalam menganalisis item-item Inventori Konsep Daya yang diterjemahkan daripada Force Concept Inventory (FCI). Berberapa analisis dipilih bagi menentukan kesahan item dan instrumen. Kajian ini akan dijalankan terhadap tiga peringkat pelajar yang terlibat dengan pembelajaran dan pengajaran konsep daya dan gerakan. 300 sampel akan diambil daripada pelajar sekolah, pelajar asasi atau matrikulasi serta pelajar ijazah sarjana muda yang telah mempelajari topik ini. Data kajian akan dianalisis menggunakan perisian Windstep. Kajian ini akan mengenal pasti item yang baik, item yang perlu diperbaiki dan item yang perlu disingkirkan dalam Inventori Konsep Daya. Kajian ini penting dalam memberi maklumat kepada pengkaji lain yang menggunakan FCI sebagai instrumen dalam kajian mereka. Selain itu, dapatan kajian ini juga dapat digunakan untuk membuat perbandingan dengan kajian yang telah dilaksanakan sebelum ini untuk menghasilkan kesimpulan yang lebih tepat.

Keywords: diagnostik; instrumen Inventori Konsep Daya; model Rasch; pendidikan fizik; pengujian

Persekitaran pembelajaran dan minat terhadap STEM

Denis Andrew Lajium & Nursyahirah Ahmad

Universiti Malaysia Sabah

Correspondence: denisadl@ums.edu.my

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Masalah nisbah sains-sastera 60:40 dalam penyertaan pelajar sekolah menengah dalam bidang sains yang belum pernah mencapai nisbah tersebut sehingga kini, Malaysia sama seperti negara-negara lain telah mengorak langkah untuk bergerak seiring dengan kemajuan teknologi dan pemikiran komputasional, justeru, terdapat pelbagai program yang berasaskan STEM telah direalisasikan. Walau bagaimanapun, seperti kebanyakan program pendidikan yang berhasrat untuk menarik minat pelajar, sejauh mana ia berkesan atau tidak, tidak begitu jelas dalam gerakan STEM ini yang bersifat lebih kepada “di luar bilik darjah”. Maka, perkara ini tidak sesuai untuk dinilai dengan hanya berdasarkan kepada keputusan akademik ataupun prestasi pelajar di bilik darjah sahaja. Walaupun, persekitaran pembelajaran merupakan salah satu indikator kualiti pendidikan, persekitaran pembelajaran dalam bidang STEM kurang diberi perhatian dalam kajian dalam pendidikan STEM terutamanya di Malaysia. Dengan ini, sebuah instrumen persekitaran pembelajaran dibina iaitu CLES Berasaskan STEM. Instrumen persekitaran pembelajaran ini diperlukan untuk membantu para penyelidik menilai sejauh mana persekitaran bilik darjah tertentu selaras dengan epistemologi konstruktivis dan STEM, sekaligus, membantu guru untuk merefleksi tanggapan epistemologi mereka dan memperbaiki semula sesi pembelajaran pelajar. Sehubungan itu, tinjauan CLES Berasaskan STEM digunakan untuk mengenal pasti

hubungan antara persepsi pelajar terhadap persekitaran pembelajaran STEM dan minat pelajar terhadap kerjaya STEM. Hubungan signifikan antara persekitaran pembelajaran dan minat terhadap kerjaya STEM akan menunjukkan persekitaran pembelajaran memainkan peranan dalam mempengaruhi minat dan pencapaian pelajar. Oleh itu, kajian ini juga mengukur perbezaan dalam persekitaran pembelajaran STEM mengikut jantina, dan lokasi sekolah; serta, hubungan antara persepsi pelajar terhadap persekitaran pembelajaran, pencapaian akademik, dan minat pelajar terhadap kerjaya STEM. 400 sampel pelajar Tingkatan empat yang mengambil aliran sains tulen di sekitar sekolah daerah Sandakan. Data dianalisis dengan menggunakan statistik deskriptif dan inferensi (ujian-t dan korelasi).

Keywords: pembelajaran; persekitaran; persekitaran pembelajaran; sains; sastera

Pengaruh kepemimpinan instruksional pengetua dan kepuasan kerja guru terhadap efikasi sendiri guru di Sabah

Pan Fui Lin

Open University of Malaysia

Correspondence: fuilimpan@yahoo.com

Copyright. 2020. Psychreg Journal of Psychology
ISSN: 2515-138X

Kajian ini bertujuan untuk menentukan pengaruh tingkah laku kepemimpinan instruksional pengetua dan kepuasan kerja guru terhadap efikasi sendiri guru di sekolah menengah Sabah. Penilaian dibuat ke atas guru-guru di sekolah menengah sebagai subjek kajian berdasarkan jantina, umur, kelayakan ikhtisas dan pengalaman mengajar. Sampel kajian terdiri daripada 377 orang pelajar dari dua puluh lima buah sekolah Sabah dengan menggunakan pensampelan rawak strata, pensampelan kelompok dan pensampelan rawak mudah. Instrumen kajian mengandungi 99 item dalam bentuk soal selidik tertutup yang diubah suai daripada instrument "Teachers Sense of Efficacy Scale" (TSES). Data kajian dianalisis menggunakan 'Statistical Packages for Social Sciences' (SPSS) versi 23. Dapatan kajian menunjukkan variabel tingkah laku kepemimpinan pengetua, kepuasan kerja guru dan efikasi sendiri guru mempunyai nilai pekali alpha Cronbach adalah tinggi iaitu melebihi 0.70.

Keywords: efikasi sendiri; kepemimpinan; kepuasan kerja guru; laku kepemimpinan instruksional; tingkah laku;

DISCLAIMER

The publisher, Psychreg Journal of Psychology, and editors cannot be held responsible for errors or any consequences arising from the use of information contained in this journal. The views and opinions expressed do not necessarily reflect those of the publisher and editors.

CONTACT

editor@pjp.psychreg.org



Open access publication of Psychreg
ISSN: 2515-138X

www.pjp.psychreg.org