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Judul Jurnal Ilmiah (Artikel) : *Employee's Perception of Voicing : Does the Organization Really Provide Voice Channel ?*

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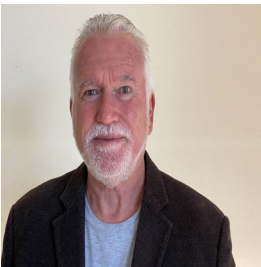
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Ahmad Muhammad Diponegoro, Mujidin

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Psychological Experience Dynamics of Students with Glossophobia through Narrative Counseling as seen from Gender: A Qualitative Study

Ajeng Intan Nur Rahmawati, Imam Ariffudin, Mulawarman Mulawarman

Psychological experience can lead to the fear of speech anxiety (glossophobia). A number of studies explain that 75% people in the world have suffered glossophobia. The studies also revealed that, compared with men, women have higher tendency to experience glossophobia. The aim of the present study was…

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Dian Novita Siswanti, Novita Maulidya Djalal

Mathematics is often considered as one of difficult subject at school. It causes many students feel anxious when facing this subject. One of the factors that can affect mathematical anxiety is students' belief on their own ability which is called self-efficacy. The purpose of this study is to determine…

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Unika Prihatsanti

Innovative behavior is the behavior of creating and combining something new, either in the form of a product or service. Entrepreneurial curiosity is a positive emotional/motivational system oriented toward investigation in the entrepreneurial framework to learn tasks related to entrepreneurship and...

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Career Adaptability: The Influence of Readiness and Adaptation Success in the Education Context: a Literature Review

Wiwik Sulistiani, Seger Handoyo

Late adolescence or by the age of 20, adolescence enter during the transition to early adulthood. One of the developmental tasks experienced by individuals during this period is the establishment of career identities. In an effort to meet the establishment of identity is required career adaptability....

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Zainudin Mohd Isa, Ahmad Zamri Khairani

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Zulfa Febriani, Endang Fourianalistyawati, Riselligia Caninsti

Pregnancy stress is frequently associated with postpartum depression, increased post-partum partner conflicts, and poor quality of mother-infant attachment. Meanwhile, the impacts of pregnancy stress on infants are often related with premature birth, behavioral and emotional developmental problems, and...

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The Effect of Thought Stopping Therapy on The Blood and Pulse

Pressures as an Anxiety Indicator of Injections

Latipun, Yohan Kurniawan, Putri Hevi Mulia

Injection is one of healthcare method. Injection can be used to curing and preventing, but it has negative effect such as resulting in pain, overdose and spreading of infection. It can

result in anxiety. This factorial design 2x2 study investigated the effect of thought stopping therapy in reducing anxiety...

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The Correlation of Self-Construal, Self-Efficacy, and Emotional Regulation Strategy as Cultural Factors with Social Anxiety: Preliminary Study

Cahyaning Suryaningrum

The purpose of this preliminary study is to examine the correlation between self-construal, self-efficacy and emotion regulation strategies as cultural-related factors with social anxiety of college students in the context of collectivist societies (Indonesia). In addition, the present study investigates...

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The Comparison Between Laughter and Seft Therapies Effect Towards Stress for The Elderly People

Diah Karmiyati, Siti Zuhana Sari

The elderly people tend to be prone to stress. It actually relates to life problem, decrease of physical and psychological functions, and loneliness. Laughter and SEFT(Spiritual Emotional Freedom Technique) therapies are effective to decrease stress level. The aim of this research is to compare the influence...

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Loss and Grief Counselling for Flood Victims

Rahimi Che Aman, Syed Mohamad Syed Abdullah, Nor Shafrin Ahmad

Every disaster that happens, such as a flood, will definitely leave impacts on the individuals in terms of the feeling of loss and grief. This inspires counsellors to find the most appropriate counselling approach in dealing with these victims of flood disasters. This paper discusses the nature of loss...

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Element of Community and Drug Abuse Perception

Eny Purwandari, Juliani Prasetnyaningrum, Rini Lestari

Elements of the community consisting of subdistrict head, nationwide (PKK), community leaders, religious leaders, police and community partnership forums (FKPM), community empowerment agencies (LPMK), and youths are synergies on the functioning of social control for drug abuse cases. Data collection...

Effectiveness of Creative Pedagogy in Enhancing the Knowledge and Awareness on Bullying amongst Secondary School Students

Jamalsafri Saibon, Syed Mohamad Syed Abdullah, Amelia Leong Chiew Har

Previous research found that there are a correlation between the level of knowledge on bullying behavior and the level of bullying. Therefore, the Program 2BS: I'm a Buddy not a

Bully, has been planned and implemented with the aim to enhance the knowledge and awareness on bullying among students. In...

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Assessing Resilience among Malaysian University Undergraduates

Nor Shafrin binti Ahmad, Ahmad Zamri bin Khairani, Rahimi binti Che Aman

Resilience is a process of adapting well and bouncing back from difficult experiences. It is an essential coping strategy that individuals need to possess when they are facing stress or difficult situations in life. Resilience helps students to adapt and cope with stressors skillfully. Thus, resilience...

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Exploring Self-Concept on Young Prisoners Using An Appreciative Inquiry Approach

Andromeda, Yogi Swaraswati, Woro Apriliana Sari

Based on the importance of young inmates' self-concept for the success of the reintegration process, this study aims to explore self-concept with other approaches. A qualitative descriptive method was employed using the four-stage Appreciative Inquiry approach. 9 young prisoners participated in 2 focus...

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Development and Validation of Peachful Behavior Scale

Latipun, Ari Firmanto

Individual behavior basically may be assessed from its peaceful side. From this side, individual behavior may be understood from the tendency of peaceful behavior to conflict behavior. Measurement instrument to understand the tendency of such behavior is in a great need. This research was conducted to...

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The Effectiveness of Islamic Values Based Sex Education Training In Teens

Rahmi Lubis, Zahrotur Rusyda Hinduan, Ratna Jatnika, Hendriati Agustiani

Teens need to understand the dimensions and implications of their sexual development. Such understanding will foster adolescent awareness and ability to show healthy and responsible sexual behavior. But not all adolescents have sufficient knowledge of sexuality and reproductive health. Adolescents do...

The Relationship Between Self-Harm Behavior, Personality, and Parental Separation: A Systematic Literature Review

Janice Valencia[1*], Frikson Christian Sinambela[2]

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ABSTRACT

Children who are separate from one or both of their parents (parental separation) have a higher tendency to experience stress, mental health problems, and self-harm behavior. Self-harm behavior is the practice of deliberately injuring body tissue generally carried out by oneself without the intention of committing suicide or without the purpose of social sanctions. Personality is one of the factors that drive an individual to practice self-harm. An individual who has a dominant neuroticism personality has problems in anxiety, hostility, depression, impulsive behavior, self-consciousness, and vulnerability. Moreover, previous studies states that an individual with high levels of openness and neuroticism but low levels of agreeableness and conscientiousness has a higher tendency to practice self-harm. Self-harm behavior occurs because an individual cannot control his/her impulses when dealing with unpleasant conditions. An individual practices self-harm to reduce the negative feelings within his/herself because of the unpleasant conditions. This study reviewed 20 articles with a systematic literature review method. This study found that there was a relationship between self-harm behavior, neuroticism personality, and parental separation. It was due to that impulsivity was a one of the characteristics in neuroticism personality which an individual with a dominant neuroticism personality had a problem to control his/her impulses. Parental separation also causes self-harm behavior because it created trauma on children.

Keywords: *"Self-harm", "Personality", "Parental separation".*

1. INTRODUCTION

Self-harm behavior is the behavior of damaging body tissue by oneself without the intention of committing suicide or without the purpose of social sanctions. Some examples of self-harm behavior are scratching, cutting, hitting, burning, and biting [1]. In developing countries, the number of suicide case is too high. Self-harm behavior can lead to suicidal behavior. In the United States and the United Kingdom, self-harm behavior is categorized into self-harm behavior which has a high risk of suicide, self-harm behavior, and self-harm behavior whose intent is still unclear [2].

Studies find that one of 25 hospitalized patients for self-harm may commit suicide five years later. The cases of self-harm and suicide do not decrease over ten years [3]. The present study found that 17,5% adolescents and 13,4% adults who are known to do self-harm behavior at least once in their lives. Adolescents and young adults in developing stage have a higher risk of self-harm behavior because they have emotional disturbance and immature development of the regulatory system in their brain so that there is a possibility of increased impulsivity that can lead to self-harm behavior [4].

Klonsky states that the prevalence of self-harm behavior in adults shows rates 4% in the general population to 35% in the clinical population. These

The Role of Hindrance Stressor and Distress in Teachers' Work-Life Balance

Pan Lee Ching[1], Chua Bee Seok[2]*, Rosnah Ismail[3]

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ABSTRACT

Excessive workload is appraised as hindrance stressor because it obstructs teachers' achievement in the workplace and then to a negative response like distress, the response would harm the work-life balance. Hence, this study aims to examine the relationship between hindrance stressor and work-life balance through the mediation role of distress. Through a survey, 491 valid questionnaires were collected from public secondary school teachers in Sabah. Challenge-hindrance Appraisal Scale was used to analyse hindrance stressor, Stress Professional Positive and Negative Questionnaire measured distress, and Survey Work-home Interaction-Nijmegan scaled work-life balance. Partial Least Square-Structural Equation Modeling (PLS-SEM) was used to test hypotheses. The result showed the indirect effect of hindrance stressor on work-life balance through the mediation role of distress was significant. A high level of hindrance stressor increases distress, in turn, lead to negative interaction, decrease positive interaction between work and life. These findings could empower education stakeholders to acknowledge excessive workload obstruct positive interaction between work and life. This study implies control workload proportion is essential that may ultimately improve work-life balance.

Keywords: Distress, work-life balance, workload.

1. INTRODUCTION

Psychology is spread to the field of work because the response towards job demands (e.g. workload) could affect organisations performance. The response that trigger harmful stress (distress) lead to negative organisational impact like demotivate, while beneficial stress (eustress) increase positive outcome like engagement towards work [1]. Bakker's [2] research show the negative psychology effect from excessive workload at work intrude employees' personal life. Past studies suggested imbalance work and life affect job satisfaction and performance [3]. McKenna [4] claimed corporate in Western compensated about $10 billion for poor economic due to the work-life balance issue.

Work-life balance is a twenty-first-century working style among employees [5]. Greenhaus [6] explained the concept of work and life domain is a level of satisfaction to invest time and perform desire behaviour in both domains. Failure to reach satisfaction affect the psychological state in two levels, individual and management [7]. Work-life balance has become a human resources strategy to hire and retain potential employees especially in the Western side [8]. Unfortunately, the majority of employers in Malaysia view the interface between work and life are distinct, the two domains shall not be seen as one issue. Perhaps the awareness about work-life balance framework is not refined, actively disseminate to the right channel could hit the right authority. The common practice that view as part of the work-life balance plan is maternity leave, even so, the practice cover partly of demographics [9]. This is against Greenhaus and Allen [10] notion because they opined exploration shall include other demographics like parents, individuals with or without children or family commitment, these people increase the workforce diversity.

Studies found a high volume of workload has a significant link with work-life balance [11]. Spector [12] theorised quantitative workload is referred to as the number of tasks that need to be completed.