



FAMILY WELL-BEING IN THE 21ST CENTURY: GUEST EDITORS' NOTE

Mohd Rosmizi Abd Rahman* & Abdul Rashid Abdul Aziz
*Faculty of Leadership and Management, Universiti Sains Islam Malaysia

*rosmizi@usim.edu.my

This special issue reveals pertinent academic discourses of several selected articles that had been presented in the Marital and Sexuality Counseling Seminar (MASEC 2021), organized by Counseling Programme, Faculty of Leadership and Management in collaboration with Sa'adah Counseling and Consultation Centre for Well-being (Sa'adah Centre), Universiti Sains Islam Malaysia.

The current COVID-19 pandemic which strike Malaysia and around the world has been affecting thousands of lives every day and causing numerous implications to various organizations worldwide. Government has taken series of drastic measures such as the enforcement of Movement Control Order (MCO), total lockdowns, closure of many industrial's operation, cross-state or district bans, the closures of schools, universities, business places, social recreational space, and many more in order to curb the spread of this pandemic. Marriage and family institutions, as well as individual person are not being exempted from the effects of COVID-19. Many cases of divorce, child abuse, over stress, and even suicide have been reported during this pandemic COVID-19. These issues are serious issues and therefore research and solution need to be conducted and proposed.

MASEC is among the platform to gather and share thoughts, ideas, research as well as solution to current problem relating to marriage, family, psychology, and counseling, among others. The selected papers have gone through a detailed level of screening and was reviewed by certified reviewers, and they are useful for many purposes such as references for handling counselling cases involving mental health issues, marriage, sexuality and drug addiction. It also acts as a guideline in deciding the best methods in finding a solution to solve the problem faced by clients.

The mother's role is essential in family institution as well as in an adolescent's development due to the challenges of life and exposure to the outside world. The first article focuses on the mother's role in relation to adolescents with unwanted pregnancies. The full title of this article is "*The Mother's Role in Mother-Child Relationship among Adolescents with Unwanted Pregnancies*" and it was written by Noradila Mohamed Faudzi, Melati Sumari, Azmawaty Mohamad Nor and Norhafisah Abd Rahman. This article intends to explore the experiences of the mother's roles in the mother-child relationship among adolescents with unwanted pregnancies. The study used thematic analysis because it is flexible in interpreting the data and allows to approach large data sets more easily by sorting them into broad themes. Findings revealed five themes that emerged from the experiences of the mother's roles in mother-child relationship among adolescents with unwanted pregnancies. This study provided insights on the mothers' struggles in raising their adolescents which were highlighted from two perspectives: adolescents and mothers. This article also discussed the challenges faced by the mothers with various types of family structure (Noradila Mohamed Faudzi, Melati Sumari, Azmawaty Mohamad Nor and Norhafisah Abd Rahman, 2021).

The Use of Motivational Interviewing (MI) in Preventing Relapse on Methamphetamine Drug User by Nazlan Ibrahim, Mohamad Isa Amat and Abdul Rashid Abdul Aziz (2021) investigate the impact of drug addiction therapy utilizing the Motivational Interviewing (MI) approach towards drug addict. This is a qualitative study using interview sessions as a study design. The subject is a drug misuse client undergoing imprisonment in Kajang Prison, Selangor. Client's progression was assessed through direct observations using the Mental State Examination (MSE), client records, and client speech changes. The study revealed that client has gained mental literacy where the client understand that he needs to change his behaviors in preventing all the misery from happen. The use of MI strategies in treatment sessions has been able to help the client to eliminate ambiguities related to addictive behaviors. These strategies have helped client to be more confident to stay recovering and having concrete plans to not to re-addict in the future.

Firzanah Al Zahra Binti Zulkifli, Othman Ab. Rahman and Nurun Najihah Musa (2021) conducted research to explore the relationship between different personality type and level of career decision-making self-efficacy (CDMSE) among pre-university students. Their research is published with the title of *The Relationship between Personality and Career Decision Making Self Efficacy Among Pre-University Student at Machang, Kelantan*. This study used a mixed method design in determining the relationship between personality and self-efficacy in career decision making. This study showed that there is significant relationship between personality and career decision making self-efficacy among pre-university student at Machang

Kelantan. Indeed, this study is very significant for students, counsellor, and parent in helping students related to their careers. It contributes in helping student for better understanding and acknowledge their personality as well helping the counsellor to identify the difficulties and issues that student faced in making career decision.

Early marriage and marital stress are among the issues tackle by researchers of this seminar. Nor Hikmah Ngesan and Othman Ab. Rahman conducted a study to identify the effect of early marriage with marital stress among university students in USIM. They presented their finding in the article entitled *The Effect of Early Marriage and Marital Stress among University Students in USIM*. This study was carried out in order to determine the effect of early marriage with marital stress among students in USIM, and to investigate how the marriage couple students cope with the stress as well as to determine the relationship between stress and marriage satisfaction. This research used Perceived Stress Scale (PSS) to measure the level of stress and Marital Satisfaction Scale (MSS) to measure marriage satisfaction. The finding demonstrated that the effects of early marriage put stress on the marriage relationship and coupled with other factors such as family member intervention, financial problems, and commitment of study.

Love breakup is among the issue among adolescents. It can lead to the disruption of self-concept which eventually leads to a failure to overcome real problems. Abdul Rashid Abdul Aziz, Norizan Yusof and Nor Hamizah Ab Razak through their article entitled *Putus Cinta: Aplikasi Terapi Rasional Emotif Tingkah Laku Mendepani Isu Konsep Kendiri Remaja (Love Breakup: Application of Rational Emotive Behaviour Therapy in Facing the Self-Concept Issue among Adolescents)* attempt to investigate the effectiveness of Rational Emotive Behavioral Therapy (REBT) to address the problem of self -concept among adolescents. The findings show that the Rational Emotive Behavioral Therapy (REBT) was utilized to re-establish the client's self -concept. REBT therapy enables the client to change the negative way of thinking to positive and rationalize her thinking to avoid her from feeling depressed with the issue of the breakup.

Bullying brings many negatives effects on the victims including symptoms of post-traumatic stress disorder (PTSD). Siti Fadhlina Mustapa Kamala, Syed Mohamad Syed Abdullah and Rezki Perdani Sawai conducted a case study to identify the effectiveness of Cognitive Behavioral Therapy-Systematic Desensitization (CBT-SD), a counseling intervention for reducing symptomatology of PTSD. The results indicate a decrease in the symptomatology of PTSD and other psychological issues, particularly on the scales of dissociation and suicide. Reducing PTSD symptoms has a favourable impact on the client's cognitive, emotional and behavioural functioning, as seen by his improved personal functioning in his daily life. Hence, prevention and

early rehabilitation through counseling interventions are crucial in aiding victims of bullying to achieve and sustain psychological balance state.

The next article entitled *Pengurusan Keresahan Mahasiswa IPTA di Musim COVID-19 (Anxiety Management Among IPTA Students during Pandemic COVID-19)* was prepared by Amin Al Haadi Shafie & Abdul Rashid Abdul Aziz (2021). This study used case study design to identify the appropriate counselling intervention to reduce anxiety among students. The counsellor used the approach of Cognitive Behaviour Therapy (CBT) with the objective to restructure the client’s thought and behaviour in facing the adversity during the pandemic of COVID-19. The study found that the approach of behaviour and cognitive therapy are suitable to be applied by the counsellors in helping the client with anxiety issues.

There is a rather unique study was conducted on exploring suicide thought among gay men. Khadijah Nasrah, Rezki Perdani Sawai and Joki Perdani Sawai argue that gay men are among high-risk minority groups that are vulnerable to depression and suicidality. They have three times risk of depression as compared to the general adult population. Therefore, they are at high risk for suicidality. The findings showed that risk factors underlying depression and suicidality among gay men include lack of family acceptance of their sexual identities, low social support, internalized homophobia, and societal stigma.

The last article of this issue entitled *Kesan Terapi al-Quran Terhadap Konflik Warga Emas: Satu Kajian Kes (The Effects of Qur'anic Therapy on Senior Citizens Conflicts: A Case Study)*. The purpose of this study is to identify the real issues, causes and investigate the effective actions in helping the subject who experienced changes in behavior, emotions and thoughts after her eldest daughter had a stroke and unable to take care of herself (Othman, 2021). Following that, the subject has been abandoned by family members and the community of her residential area. She was considered an insane person as a result of her changes. This is qualitative study using Quranic therapy. Among the Al-Quran therapies that the subject underwent were *zikir munajat*, recitation of Surah Yaasin and *tahlil*. Subjects also required to read passages from surahs in the Qur'an such as Surah Al Baqarah by *talaqi* with the researcher. Psychodrama therapy was also administered. The conclusion of the study found that the subject's level of thinking and emotions can be controlled and helped with appropriate therapy by an experienced therapist.

In conclusion, the publication of this special issue entitled Family Well-Being Facing Challenges in the 21st Century is very timely and relevant, given the situation that all individuals are experiencing. Undeniably, many Malaysians are still confused and affected by the problems that exist due to the COVID-19 pandemic scourge. In this special issue, every problem that exists is parsed, debated and compiled carefully. The issues are ranging from individual issue up to couple and family institution. Different problems have been tackled, several studies have been conducted, and some findings and solutions have been shared according to the target group. In this critical period, marriage and family institution must be maintained and strengthened. They are the source of peace and harmony; inner and individual peace, family peace, societal peace, and world peace. The harmonious and peaceful world comes from the harmonious and peaceful family institution.

REFERENCES

- Abdul Rashid Abdul Aziz, Norizan Yusof and Nor Hamizah Ab Razak. (2021). Putus cinta: Aplikasi terapi rasional emotif tingkah laku mendepani isu konsep sendiri remaja. *Al-'Abqari Journal of Islamic Social Sciences and Humanities*, 25(2), 89-106.
- Amin Al Haadi Shafie and Abdul Rashid Abdul Aziz. (2021). Pengurusan keresahan mahasiswa IPTA di musim COVID-19. *Al-'Abqari Journal of Islamic Social Sciences and Humanities*, 25(2), 128-144.
- Firzanah Al Zahra Zulkifli, Othman Ab. Rahman and Nurun Najihah Musa. (2021). The relationship between personality and career decision making self-efficacy among pra-university student at Machang, Kelantan. *Al-'Abqari Journal of Islamic Social Sciences and Humanities*, 25(2), 36-60.
- Khadijah Nasrah, Rezki Perdani Sawai and Joki Perdani Sawai. (2021). Pemikiran bunuh diri dalam kalangan lelaki gay yang mengalami kemurungan: Satu kajian kes. *Al-'Abqari Journal of Islamic Social Sciences and Humanities*, 25(2), 145-160.
- Nazlan Ibrahim, Mohamad Isa Amat and Abdul Rashid Abdul Aziz. (2021). The use of Motivational Interviewing (MI) in preventing relapse on methamphetamine drug user. *Al-'Abqari Journal of Islamic Social Sciences and Humanities*, 25(2), 21-35.
- Nor Hikmah Ngesan and Othman Ab. Rahman. (2021). The effect of early marriage and marital stress among university students in USIM. *Al-'Abqari Journal of Islamic Social Sciences and Humanities*, 25(2), 61-88.
- Noradila Mohamed Faudzi, Melati Sumari, Azmawaty Mohamad Nor and Norhafisah Abd Rahman. (2021). The mother's role in mother-child relationship among adolescents with unwanted pregnancies. *Al-'Abqari Journal of Islamic Social Sciences and Humanities*, 25(2), 1-20.

- Othman Ab Rahman. Universiti Sains Islam. (2021). Kesan terapi al-Quran terhadap konflik warga emas: Satu kajian kes. *Al-‘Abqari Journal of Islamic Social Sciences and Humanities*, 25(2), 161-174.
- Siti Fadhlina Mustapa Kamala, Syed Mohamad Syed Abdullah and Rezki Perdani Sawai. (2021). Desensitisasi bersistem (CBT-SD) terhadap simptomatologi PTSD mangsa buli: Satu kajian kes. *Al-‘Abqari Journal of Islamic Social Sciences and Humanities*, 25(2), 107-127.