



INTERNATIONAL COUNSELLING CONVENTION 2022

1st - 4th November 2022

Riverside Majestic Hotel, Kuching, Sarawak, MALAYSIA

*Standing Alone
TOGETHER:
Managing
the
PARADOX*

Abstract Proceedings

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Abstract Proceedings

INTERNATIONAL COUNSELING CONVENTION 2022

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Editorial Remarks

All praise to God for the abundance of mercy and love. With His permission, the Abstract Proceedings successfully published for the International Counseling Convention 2022 (ICC 2022) being held from 1st to 4th November 2022, at the Riverside Majestic Hotel, Kuching, Sarawak, Malaysia!

The theme of the convention is Standing Alone Together: Managing the Paradox by highlighting various sub-themes namely Counseling Ethics, Counseling Intervention & Skills, Counseling Supervision, Teaching and Learning in Counseling, Multicultural Counseling, Career Counseling, School Counseling, Organizational Counseling, Mental Health Counseling, Rehabilitation Counseling, Family, Adolescents & Children Counseling, Testing & Measurement Counseling, Technology in Counseling, Spiritual Counseling, Counseling and Human Resource and Wellbeing Counseling.

Through this theme, a total of 118 abstracts have been accepted and successfully published in this proceeding. Of these, a total of 88 full articles have been reviewed and successfully accepted for publication in several indexed and popular publication mediums. Among them are publications in The International Journal for the Advancement in Counseling (SCOPUS), European Journal of Educational Research (SCOPUS), International Journal of Academic Research in Business and Social Sciences (ERA), Journal of Cognitive Sciences and Human Development, UNIMAS (My Cite), PERKAMA Journal, PERKAMA Book Chapter and UNIMAS Book Chapter.

This convention acts as a platform to gather experts in the field through the presentation and publication of research, especially in the field of counseling. They consist of counselor educators, counseling practitioners and trainee counselors from all over the world. Hopefully, with this continuous effort, we can contribute to the development of scientific disciplines and empower the well-being and mental health of the community.

Finally, the highest appreciation and millions of thanks go to all parties involved in this convention, especially the organizing committee as well as the presenters who have participated in contributing research results to be published through ICC 2022. Thank you and see you again. Long lasting greetings.

Associate Professor Dr. Ku Suhaila Ku Johari
Head of Scientific Reviewer & Publications
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ID 015

Validation of Resilience Assessment Tool 25 (RAT-25)

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ABSTRACT

Being resilience in any adversities or crises is crucial especially after the COVID-19 outbreak among the adolescents. Resilience is an ability to adapt psychologically in order to learn bouncing back. The process to balance the protective factors and risk factors in improving adolescents' mental health and wellbeing at school. Recent studies have revealed that identification of resilience domains such Basics, Belonging, Learning, Coping and Core Self influence the resiliency of individuals. There are limited resilience assessments. Hence, this study fills up the limitations by revising the current Resilience Assessment Tool 43 (RAT-43) to a shorter version as known Resilience Assessment Tool 25 (RAT-25) by considering the psychological need in adolescents in responding the items. RAT-25's validity and reliability testing were performed with the recruitment from 13-year-olds, lower secondary students in Malaysia. The Exploratory Factor Analysis and Confirmatory Factor Analysis were performed to examine the construct validity particularly the factorial structure and reliability of this instrument. Results from the EFA yielded 5-factor structure. Similarly, results from the CFA using Structural Equation Modelling (AMOS) also validated the five-factor structure of RAT (B, B, L, C, CS). Findings also indicated that the measured items are reliable. The findings established that all five resilience domains are useful for assessing adolescents' resilience. The implications for psychometric assessment were evident in terms of giving empirical evidence to corroborate theory-based constructs and also validating items' quality to appropriately represent the measurement.

Keywords: *Resilience, Adolescents, Confirmatory Factor* Analysisngqiao.xin@aiasec.net

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