



**E-PROCEEDING (EXTENDED ABSTRACT)
MARITAL AND SEXUALITY COUNSELING SEMINAR
MASEC 2021
UNIVERSITI SAINS ISLAM MALAYSIA**

*“Keluarga Sejahtera: Cabaran di Abad 21”
“Family Well-Being: Challenges in the 21st Century”*

22 SEPTEMBER 2021

**Organized by
Counseling Programme, Faculty of Leadership and Management
In collaboration with
Sa'adah Counseling and Consultation Centre for Wellbeing
(Sa'adah Centre)**

MASEC 2021

Marital and Sexuality Counseling Seminar



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MASEC 2021

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MASEC 2021

Marital and Sexuality Counseling Seminar



FOREWORD

HEAD OF COUNSELING PROGRAMME



Assalamualaikumwarahmatullahi Wabarakatuh.

Marital and Sexuality Conference (MASEC) is a bi-annual event that is organized by Counselling Program in the Faculty of Leadership and Management, Universiti Sains Islam Malaysia. The conference is a relevant platform for researchers, practitioners, educators, and students; both postgraduates and undergraduates in the field of counselling, psychology as well as social work and human services to gather, share and exchange their knowledge and experience. For the first time, the MASEC 2021 was conducted in the form of virtual via online means. The event was also an opportunity for those who are interested to present the cases that they have dealt with during counselling sessions amidst the pandemic when tele-counselling is still new to many.

Marriage and family issues during the enduring COVID 19 pandemic has marked a turn to the essential role of counsellors and practitioners in the field. Cases of violence, negligence, separation and divorce, mental health, aggression, and addiction in the family institution are extensively reported as the after-effects of the pandemic. Counsellors and practitioners in the field are also experiencing a difficult time in rapidly adjusting to the new modality of counselling sessions.

The compilation of reports and cases in the conference is hoped to be of help for the counsellors to add to their knowledge and references to continue effectively playing their roles in prevention, intervention, and treatment plan in a safe and protected manner. Selected papers and cases relevant to the issues of family and marriage counselling are compiled in this abstract proceeding is aimed to help and guide counsellors in exchanging information. It is hoped that the compilation is fruitful to all relevant parties.

Thank you.

Dr Nurhafizah Mohd Sukor
Head of Counselling Programme
Faculty of Leadership and Management
Universiti Sains Islam Malaysia

MASEC 2021

Marital and Sexuality Counseling Seminar



FOREWORD

COORDINATOR

MARITAL AND SEXUALITY COUNSELING SEMINAR
(MASEC 2021)



Assalamualaikumwarahmatullahi Wabarakatuh.

Praise to Allah s.w.t for His abundance of blessings, the *Marital and Sexuality Counselling Seminar* (MASEC 2021) has been successfully organized. This program is synonymous with Universiti Sains Islam Malaysia (USIM). It is an initiative inspired by Counseling Programme & Saadah Center to promote family well-being in Malaysia. "Keluarga Sejahtera: Cabaran di Abad 21" was the theme for MASEC 2021.

The seminar focuses on the challenges facing by families in the 21st century which highlight the aspects of counseling in building a prosperous family, as well as sharing local case studies in an effort to provide knowledge and exposure to counselors, psychologists, physicians and the community involved with the issue related to family. In addition, the seminar also opens up opportunities for participants to produce innovative works/products in the form of videos related to designated themes.

Nowadays, we can see the collapse of family institutions emerging from the stressful life environment. Stress is a person's physical, emotional and mental response to any changes or demands. Hence, it is the obligation of counsellors in guiding the community to manage their family in facing the stress through a proper way. Indeed, MASEC 2021 is viewed as an amazing platform for implementation, and participation by counsellors as well as the public in imparting skills improvement, knowledge as well as experience to the participants. Hopefully this seminar can provide knowledge and benefits, especially in ensuring the well-being of family institutions in Malaysia.

Before concluding this speech, I want to congratulate all participants and committee members of MASEC 2021. The success of the seminar is the result of the high commitment and dedication of the committee members, and not forgetting the authors, presenters and participants who have given their best through participation in MASEC 2021. Infinite thanks to the lecturers and students of Faculty of Leadership and Management (FKP) as a main force of MASEC 2021.

Thank you.

Dr. Nor Hamizah bt Ab Razak
Coordinator,
Marital and Sexuality Counselling
Seminar (MASEC 2021)

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Marital and Sexuality Counseling Seminar



FOREWORD

CHIEF EDITOR

MARITAL AND SEXUALITY COUNSELING SEMINAR
(MASEC 2021)



In the name of Allah, Most Gracious, Most Merciful

All the praise to Allah, The Almighty and The Most Glorified, the e-Proceeding with the theme of “Keluarga Sejahtera: Cabaran di Abad 21” can be published. The e-Proceeding (Extended Abstract) contains 18 papers covering various aspects of life in Malaysian society including mental health issues, social problems, sexuality, marriage, addiction and technology. In the widespread and seemingly endless pandemic COVID-19, this seminar indeed provides a platform for dialogue and discussions between academicians, researchers, counselors and graduate students to address current issues, challenges and opportunities across counseling fields in relation to marriage, family and sexuality issues.

This paper has gone through a detailed level of screening and was reviewed by certified evaluators. This collection of paperwork in this e-Proceeding is useful as a:

1. Reference sources for handling counselling cases involving mental health issues, marriage, sexuality and drug addiction
2. Guideline in deciding the best methods in finding a solution to solve the problem faced by clients.
3. Platform to the world of counseling in strengthening counseling skills and techniques which can be obtained by counselors when facing the critical issues in counselling sessions.

I am very honoured and would like to thank the committee members of MASEC 2021 who involved in the editing process of the e-Proceeding. Words of appreciation and thanks are also addressed to the Counseling Program, the Faculty of Leadership and Management as well as University Sains Islam Malaysia (USIM) which provide a very encouraging cooperation throughout the issuance period of the e-Proceeding. Not to forget, many thanks to Sa'adah Centre who makes all the effort for the e-Proceeding publication comes true. Hopefully, it can be disseminated to community and benefit others in finding the best solutions for conflicts that plague in ourselves, family, friends and surrounding communities.

Thank you.

Dr Abdul Rashid Abdul Aziz
Chief Editor,
Marital and Sexuality Counseling
Seminar (MASEC 2021)

MASEC 2021

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INTRODUCTION

Marriage is one of the most important relationship that every human being has, where it involves the commitment of emotional aspects between men and women. It is a relationship which warrant the individual to fulfill the need in terms of material, sexual and psychological aspects. This relationship has a clear goal to develop a happy and permanent family institution towards the 'redha' from Allah SWT. It is known that a family institution needs to be built and create based on Al-Quran and Al-Sunnah to ensure the harmony of the household. In addition, the Prophet Muhammad PBUH is a best role model to each Muslims in forming a mindful and happy family based on the right path. In the Al-Quran, it has been stated in surah Al-Furqan verse 74 which means:

"Oh, our God! Give us our wives and our descendants as comforters and make us leaders for the righteous. "

To unravel the meaning of family, the researcher and the society reach a consensus that building a family is an important asset in shaping a harmony society and the country in the realm of modernity. Without this family institution, the existence of a peace nation will not be achieved. Hence, to achieve the level of a happy family, parents need to play an important role in developing their children at an early stage of life by guiding them morality.

Recently, the issues of family fragility are frequently mentioned in newspaper and mass media. Every family has their own challenges, but if these issues cannot be curbed from the beginning, they can lead to many social problems such as divorce, child abuse, domestic violence etc. A troubled family originated from the family members who are experiencing crisis within themselves and family. Many recent studies revealed that family crisis start from the stress experienced within its members.

Hence, MASEC 2021 takes the initiative to publish the e-proceeding as a compilation of case studies conducted by researchers on issues related to family matters in Malaysia. As an addition to the issues of marriage and family, this e-proceeding also touched the issued regarding drug addiction and mental health. In fact, mental health issues cannot be neglected as it can destroys individual's happiness and well-being. In conclusion, hopefully this e-proceeding can provide enlightenment to the community to have better understanding pertaining to problem related to family. This e-proceeding can also be as a guideline in helping people to ahieve a sustainable happiness and in further creat a harmony and peaceful country.

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