

KEBERKESANAN INTERVENSI MODUL
INTEGRASI SPIRITUAL DAN *BIOFEEDBACK*
DALAM PSIKOTERAPI BERASASKAN BADAN
BAGI PELAJAR BERMASALAH DI INSTITUT
LATIHAN TEKNIKAL

NORIZAN BINTI YUSOF

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PENGESAHAN PENYELIA

Saya mengakui bahawa telah menyemak tesis ini dan pada pendapat saya tesis ini adalah memadai dari aspek skop dan kualiti untuk tujuan penganugerahan Ijazah Doktor Falsafah.

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PENGESAHAN PELAJAR

Saya dengan ini mengaku bahawa hasil kerja yang terkandung dalam tesis ini adalah asli melainkan petikan yang telah dijelaskan sumbernya. Saya juga mengaku bahawa hasil kerja ini tidak pernah dikemukakan untuk ijazah ijazah lain di Universiti Malaysia Pahang atau mana-mana institusi lain.

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ABSTRAK

Psikoterapi berasaskan badan “*Body Oriented Psicotetrapi*”(BOP) adalah teknik baru yang digunakan untuk membantu individu membuat perubahan emosi dan tingkahlaku. Sehingga kini, teknik ini masih belum digunakan dengan kombinasi pendekatan spiritual dan *biofeedback*. Tujuan kajian ini dilaksanakan adalah untuk mengkaji sejauhmana pendekatan kaunseling yang dilaksanakan di Institut Latihan Teknikal dan mengkaji sejauhmana penggunaan teknik BOP boleh diintegrasikan dengan pendekatan spiritual dan *biofeedback* dikalangan pelajar bermasalah disiplin di institut berkenaan. Kajian ini dijalankan menggunakan pendekatan campuran kaedah kualitatif dan kuantitatif dengan menggunakan reka bentuk pautan (*embedded*). Kaedah kajian kualitatif menggunakan pendekatan temu bual, analisa dokumen dan pemerhatian yang melibatkan kaunselor di Institut Latihan Teknikal (ILT). Bagi kajian kuantitatif pula melibatkan penggunaan skala *Depression Anxiety Stress Scales* (DASS) dan kaedah kuasi eksperimental yang menggunakan modul BOP dan BOP berasaskan pendekatan spiritual. Untuk melihat kesan perubahan antara dua (2) kumpulan iaitu kumpulan rawatan yang menggunakan pendekatan BOP berasaskan spiritual dan kumpulan kawalan yang menggunakan pendekatan BOP konvensional, kajian ini melibatkan teknik ujian pra dan pasca yang melibatkan kedua-dua kumpulan kajian. Seramai 56 orang sampel kajian terlibat dalam proses kajian kuasi eksperimental ini. Hasil kajian ini menunjukkan pendekatan kaunseling semasa yang digunakan oleh ILT hanya menggunakan pendekatan kaunseling konvensional dan tidak menggunakan pendekatan BOP. Hasil kajian mendapati kesan modul BOP dan spiritual menggunakan instrumen DASS menunjukkan modul ini berupaya memberi kesan perubahan psikologi yang lebih baik berbanding modul BOP. Dapatan ujian *biofeedback* terhadap kesan modul menunjukkan bahawa terdapat perbezaan signifikan antara skor *Heart Rate Variability* (HRV) dan tingkahlaku pelajar yang melalui ujian pra dan pasca yang dilaksanakan. Kajian ini merumuskan bahawa teknik BOP berbantuan spiritual dan *biofeedback* berupaya membantu pelajar membuat perubahan psikologi dan tingkahlaku. Teknik ini boleh digunakan untuk membantu ILT meningkatkan kecekapan pengendalian sesi kaunseling dan intervensi tingkahlaku dalam kalangan pelajar bermasalah disiplin.

ABSTRACT

Body Oriented Psychotherapy (BOP) is a novel technique used to assist an individual to achieve emotional and behavioral transformation. To date, this technique is yet to be administered in combination with spiritual approach and biofeedback. The intent of this study is to investigate how far counseling approach is practiced in Technical Learning Institute (ILT) along with the degree of utilization of BOP that can be integrated with spiritual approach and biofeedback among problematic students in the said institute. This study makes use of an infusion between qualitative and quantitative approaches with embedded design. Qualitative approach study entailed interview, documentary analysis, and observation involving counselors in ILT. As for quantitative study, it utilized Depression Anxiety Stress Scales (DASS) and quasi-experimental approach that made use of BOP module and spiritual inclined BOP. To discern the change between the two (2) treatment groups, namely those were exposed to spiritually based BOP and conventional BOP, this study used pre and post tests that involved both groups. About 56 study sample participants were engaged in this quasi-experimental process study. This study discovered that the counseling approach currently being practiced in the ILT was merely administered conventionally without incorporating BOP approach. The result on the effect of BOP module and spirituality based on DASS instrument attested to its capability in yielding improved psychological change relative to BOP module. The result of the biofeedback test on module effect showed that there was a significant Heart Rate Variability (HRV) score and student behavior through pre and post tests conducted. This study concludes that spiritually assisted BOP technique and biofeedback is capable to stimulate a change in the psychology and behavior of a student. This technique can be applied to enhance the efficiency of a counseling session conduct and behavioral intervention among undisciplined ILT students.

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SENARAI SINGKATAN

SBOP	Spiritual Body Oriented Psychotherapy
BOP	Body Oriented Psychotherapy
ILT	Institut Latihan Teknikal
ADDIE	Annalyze, Desing, Develope, Implement, Evaluate
HRV	Heart Rate Variability
HRVB	Heart Rete Variablity Biofeedback
BFB	Biofeedback
CBT	Cognitive Behaviour Therapy
DBT	Dialectical Behaviour Therapy
BMC	Body Minds Centering
HF	High Frequency
LF	Low Frequency
VLF	Very Low Frequency
MATA	Malaysian Aviation Training Academy
UMP	Universiti Malaysia Pahang
ILP	Institut Latihan Kemahiran
K.K	Kolej Komuniti
POLISAS	Politeknik Sultan Haji Ahmad Shah

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