

BRIDGING EMOTIONAL INTELLIGENCE AND CYBER LITERACY: A HOLISTIC APPROACH TO MENTAL RESILIENCE IN MALAYSIA'S B40 YOUTH

AUTHORS

Muhamad Rafiqi Hehsan 1, 5 Nathratul Ayesah Zulkifli 1*, Madihah Mohd Saudi 2, Dina Imam Supaat 3 Syahirah Abdul Syukur 3, Rezki Perdani Sawaii 4.

INTRODUCTION

The "DAMAI 2024: Empowering Mental Resilience through Emotional Intelligence and Cyber Skills" program was created to address the rising psychological and emotional challenges faced by Malaysia's B40 youth, particularly in navigating the digital world. Issues like cyberbullying, social media addiction, and online safety pose significant risks to their mental well-being. The program aims to equip these youth with tools to enhance emotional intelligence, manage stress, and build resilience, enabling them to navigate the digital world while maintaining their mental well-being.

The DAMAI 2024 program will engage 500 youth in a series of workshops and practical sessions focused on emotional intelligence, cognitive-behavioral therapy (CBT), stress management, and digital safety. Participants will learn to recognize and counter cyber threats such as cyberbully, body shaming, and online addiction. The program will also emphasize digital balance, integrating healthy habits like exercise, nutrition, and sleep hygiene. Through interactive methods such as role-playing and simulations, the program encourages active listening, empathy, and conflict resolution. Key stakeholders include educators includes counsellings teachers, mental health professionals, and community leaders.

OBJECTIVE

- To provide basic knowledge and skills on cognitive behavioral therapy and cyber skills for youth B40.
- To strengthen understanding and skills in identifying clinical applications of cognitive behavioral therapy, managing emotional crisis and cyber skills among B40 youth effectively.
- To train participants with skills to support empowerment among B40 youth with skills to:
 - increasing self-confidence, building emotional resilience and improving social skills as well as being literate in artificial intelligence (AI) with a combination of humanity in technology and being smart in cyber security.
 - build the ability and resilience to face difficult situations or life events such as the transition period from high school to university/work environment
 - give them the knowledge and skills to improve their health holistically through a balanced diet, physical exercise and regular sleep (sleep hygiene).

TARGET GROUP

This intervention program is for B40 youth that will be organized in secondary schools around Negeri Sembilan.

The target number and participants are TOTAL of 500 B40 youth identified from each school, in the South Zone and the Central Zone. The justification for the selection of target participants is because the number of statistics shows that the focus of most people facing pressure is in that area and access is faster and easier.

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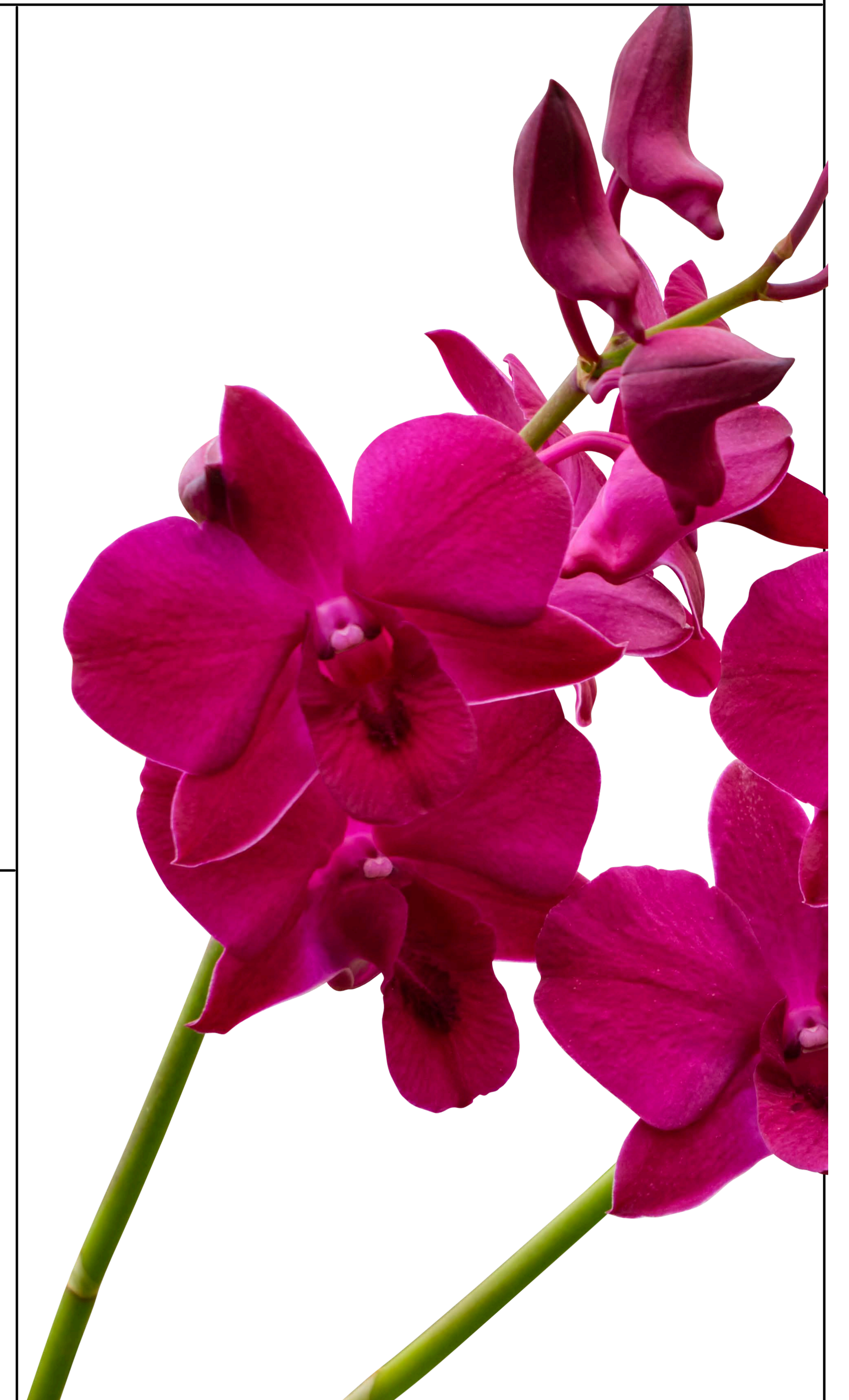
METHODOLOGY

- Youth were trained using 2 module:
- Cyberscurity Modul
 - Super Skills for Life for Adolescents (SSLA)
 - Theoretical lectures
 - Hands on for 8 modules
 - Role plays
 - Games
 - Group work

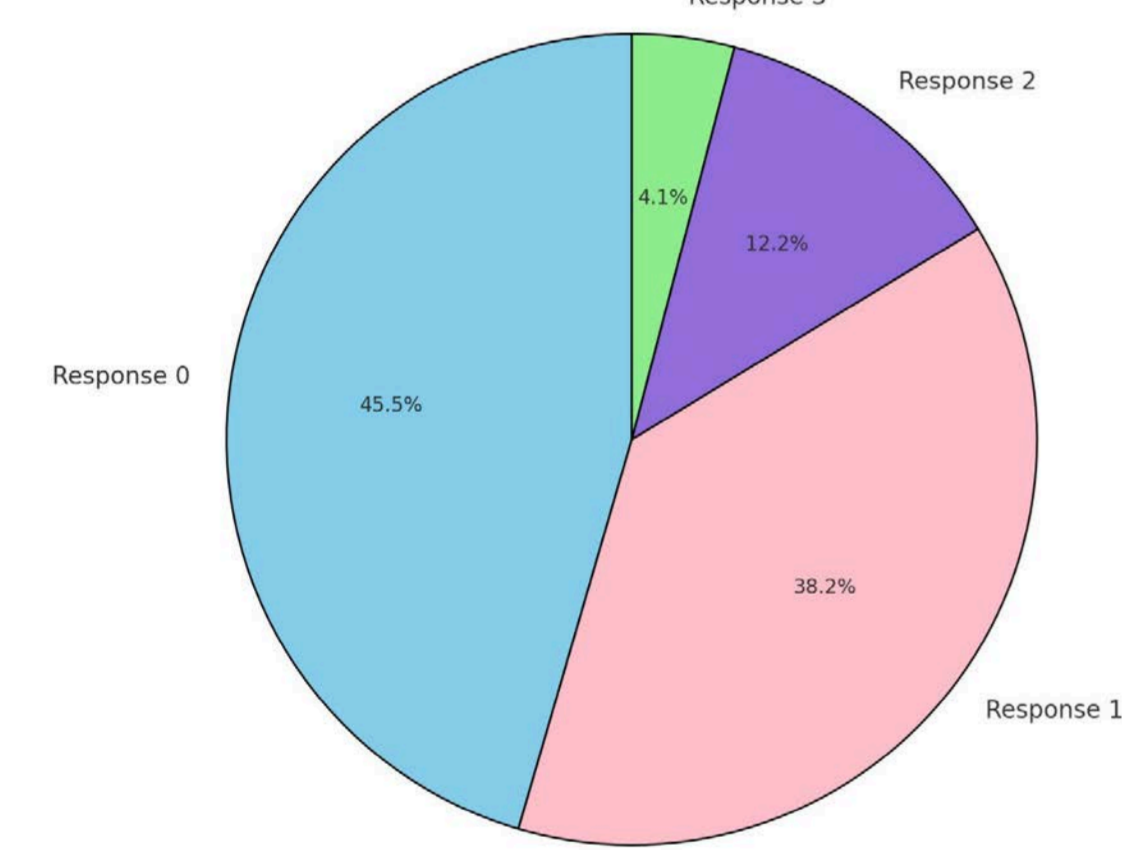
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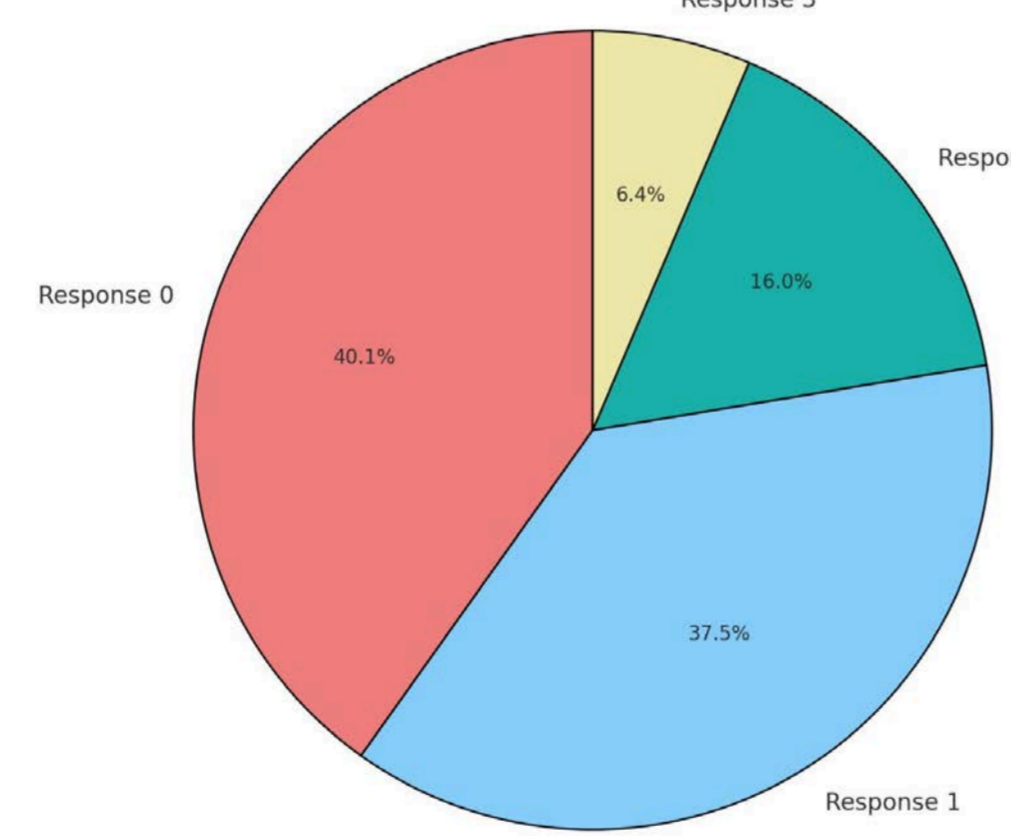
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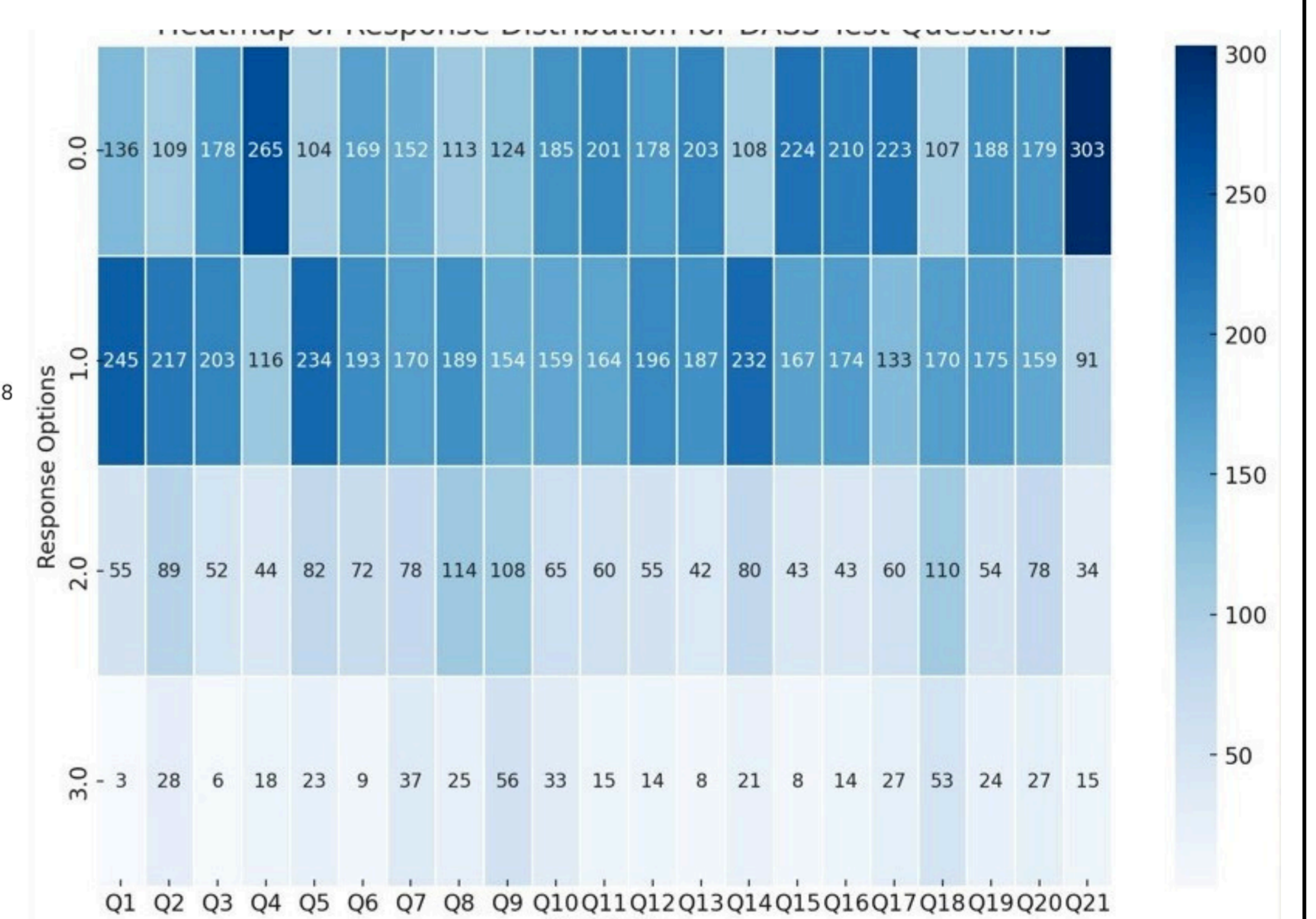
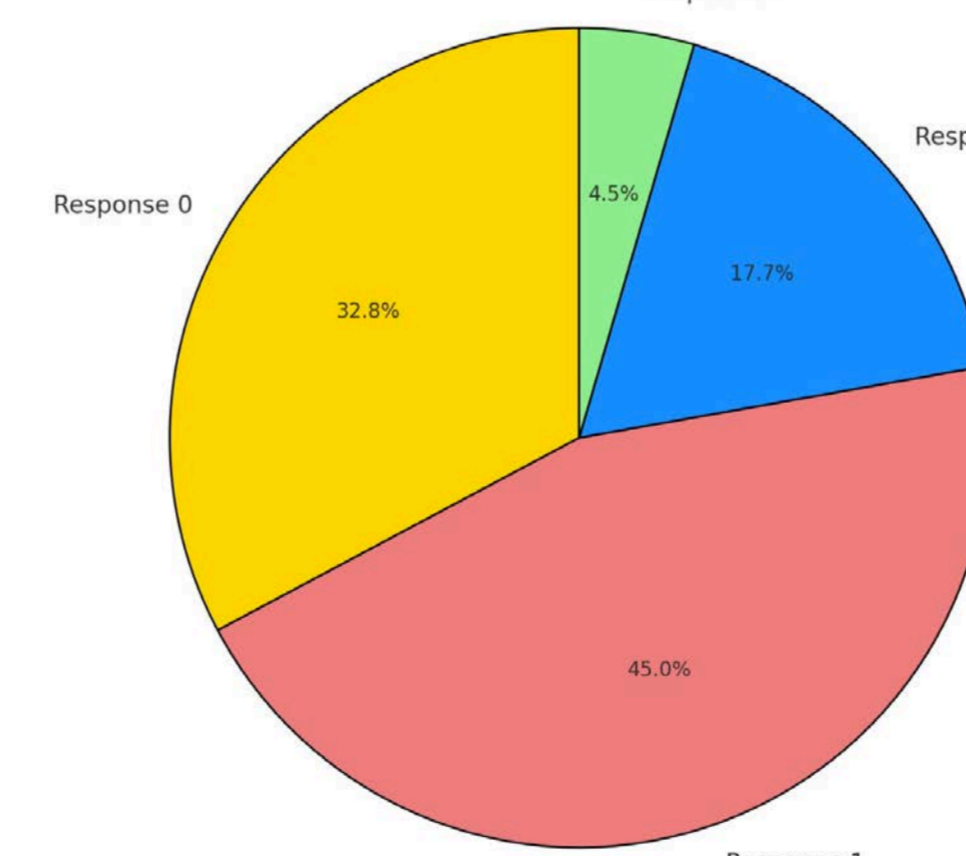
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OUTCOME

Expected outcomes include enhanced emotional resilience, improved self-confidence, and effective coping strategies for cyber-related threats. Based on pretest & posttest result, participants gained critical social skills, AI literacy, and they will adopt a balanced approach to technology use and be better equipped to handle life transitions, such as moving from school to work or university. Resilient youth need to be able to deal well with mood regulation and threats from cyberworld which anticipated full of challenges and tribulation. DASS score showed less than 10% B40 youth having severe depression, anxiety and stress symptoms. Therefore, need to be on further regular monitoring.

CONCLUSION

DAMAI 2024 is significant as it addresses the critical mental health challenges of B40 youth in a technology-driven world. By integrating emotional intelligence with cyber skills training, the program offers a holistic approach to well-being, making it a pioneering model for youth empowerment in the digital age. y implications of the study, and if there are any actions or recommendations for future study.



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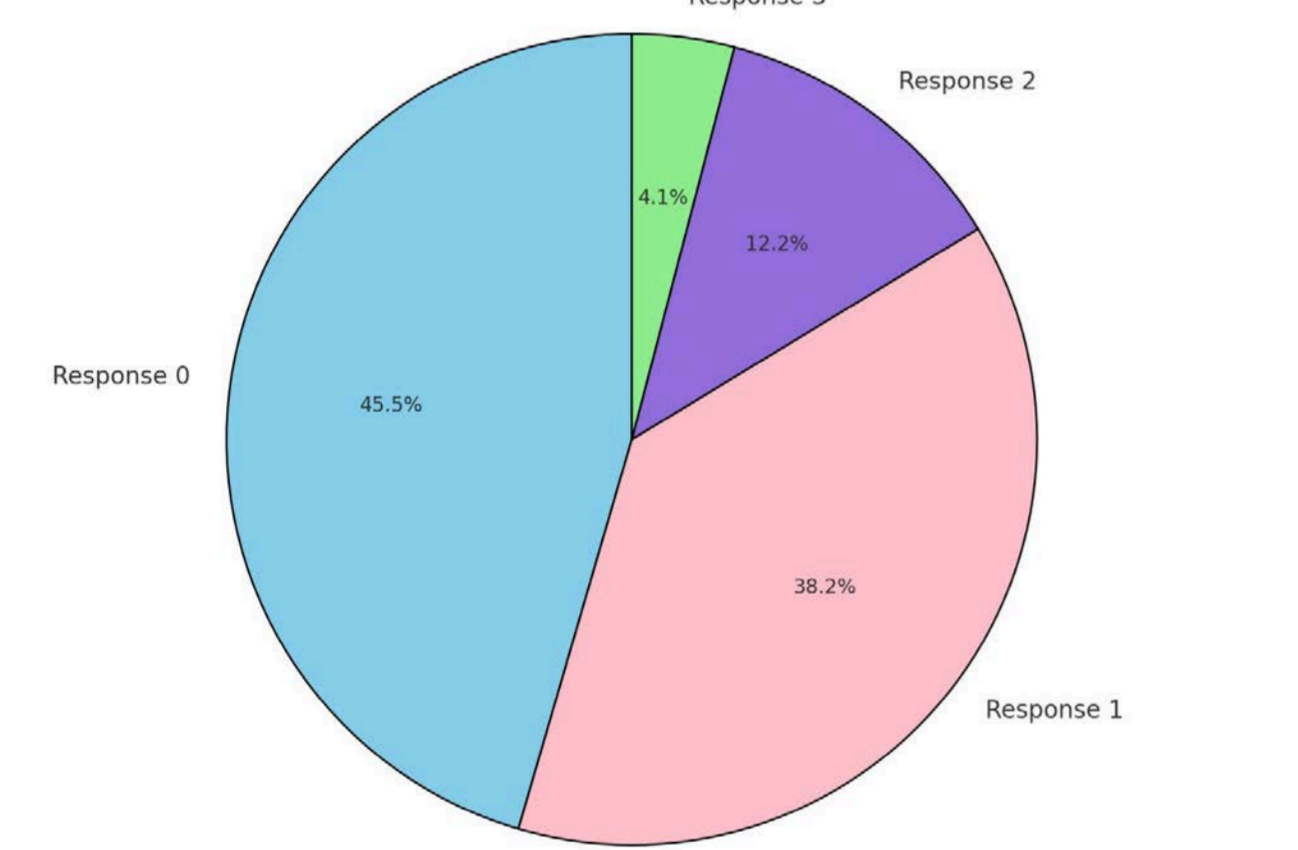
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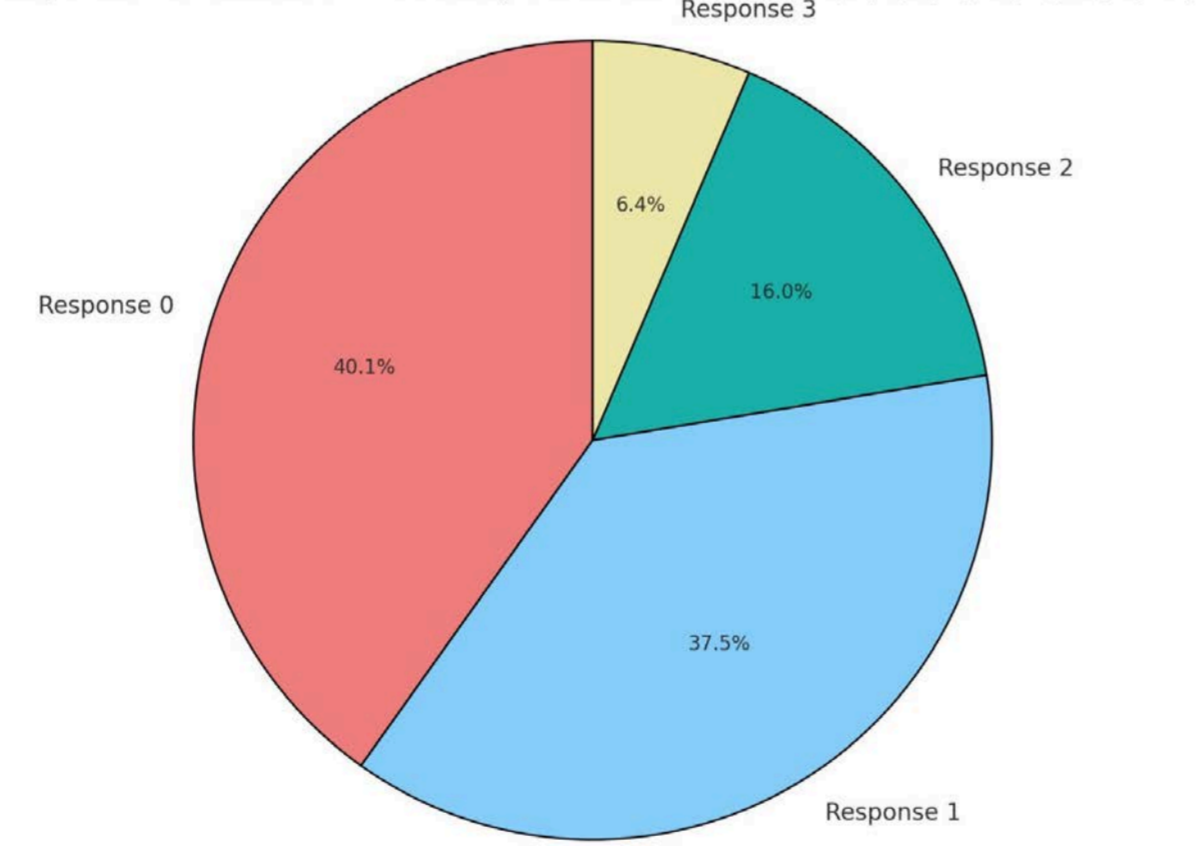
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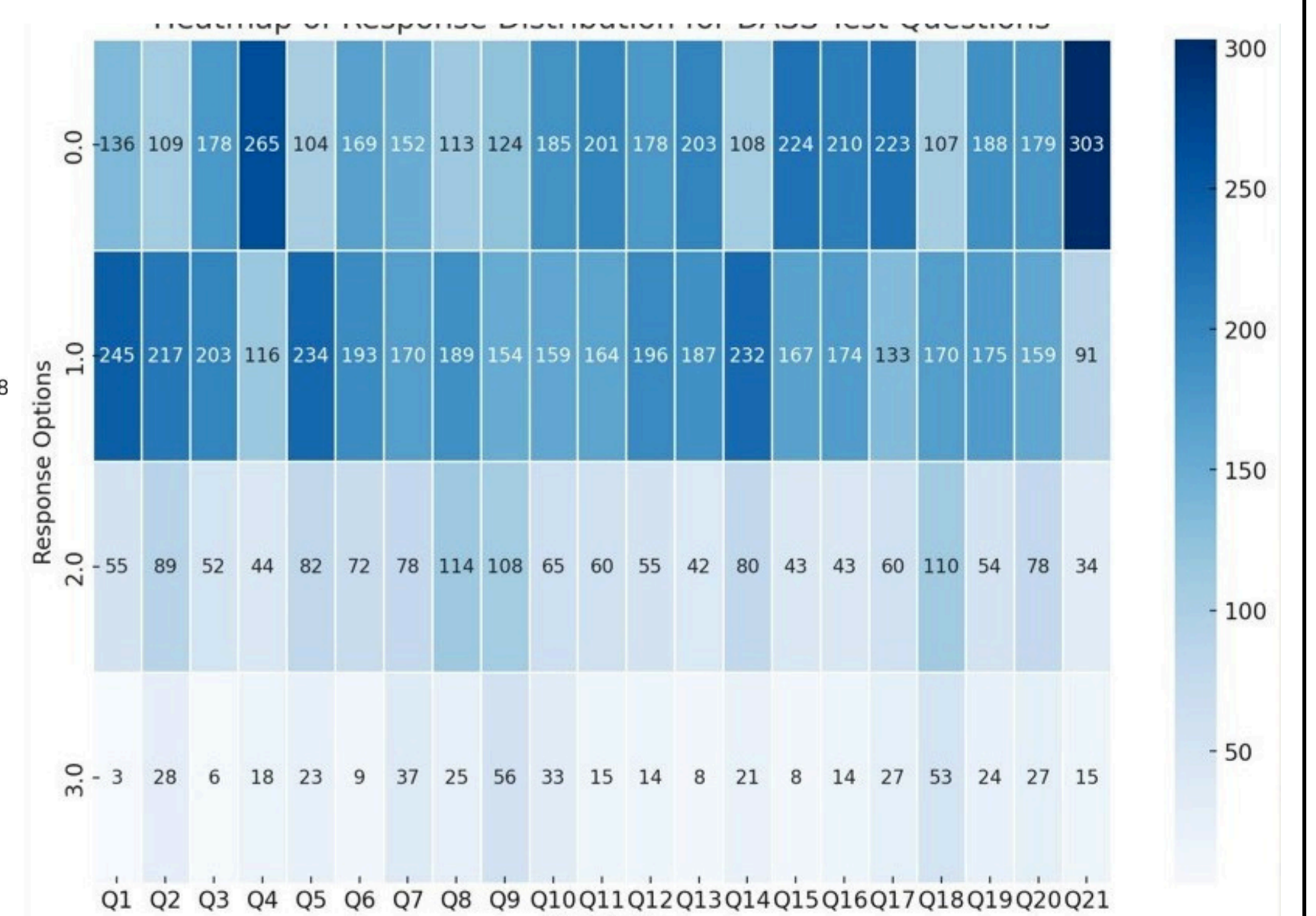
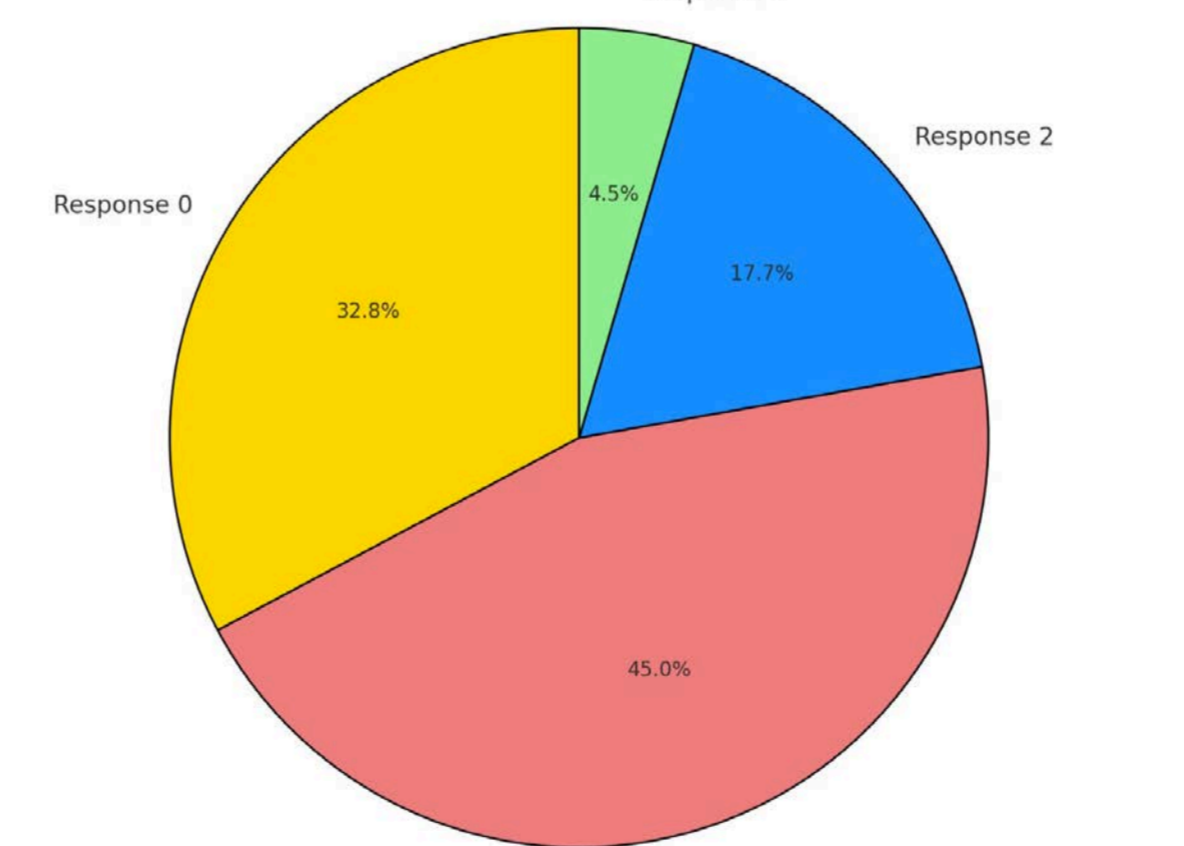
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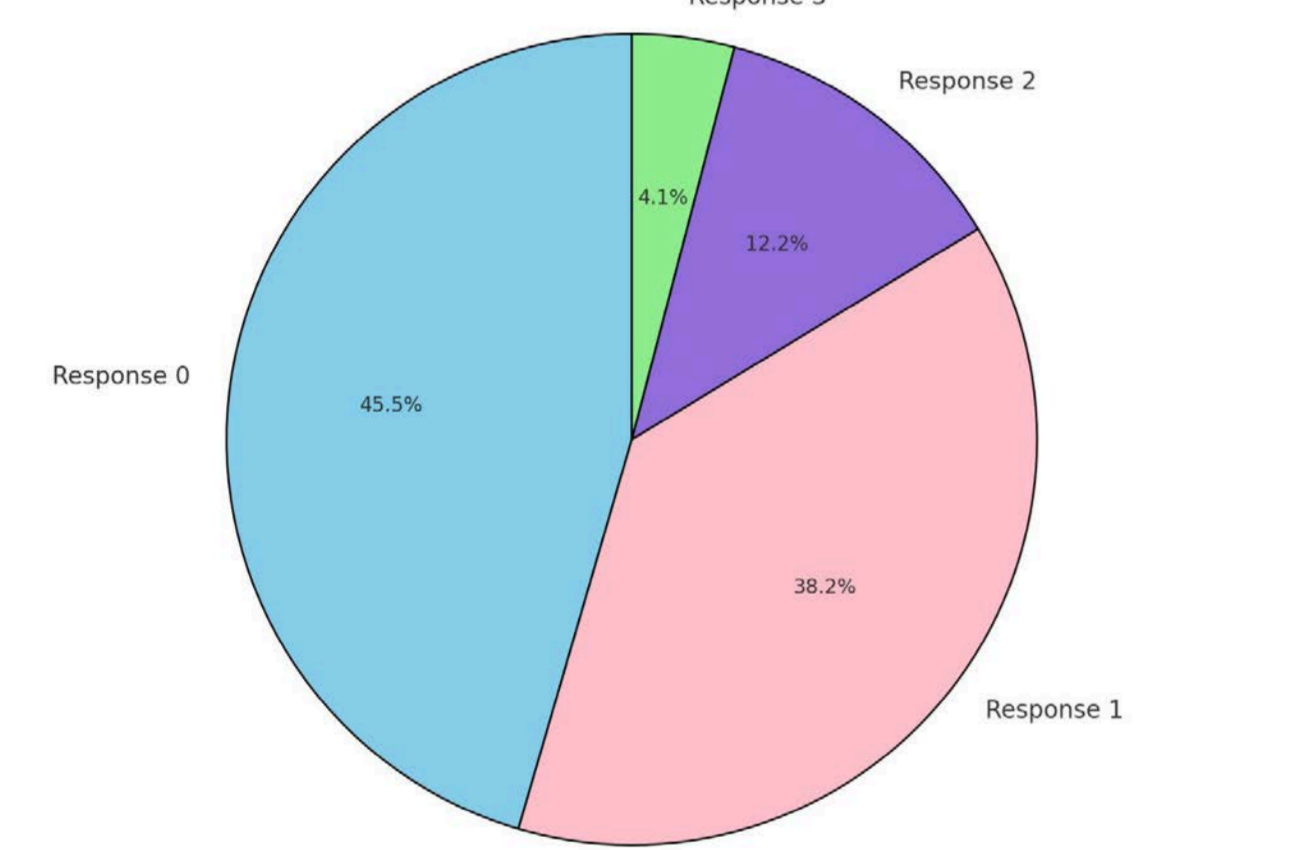
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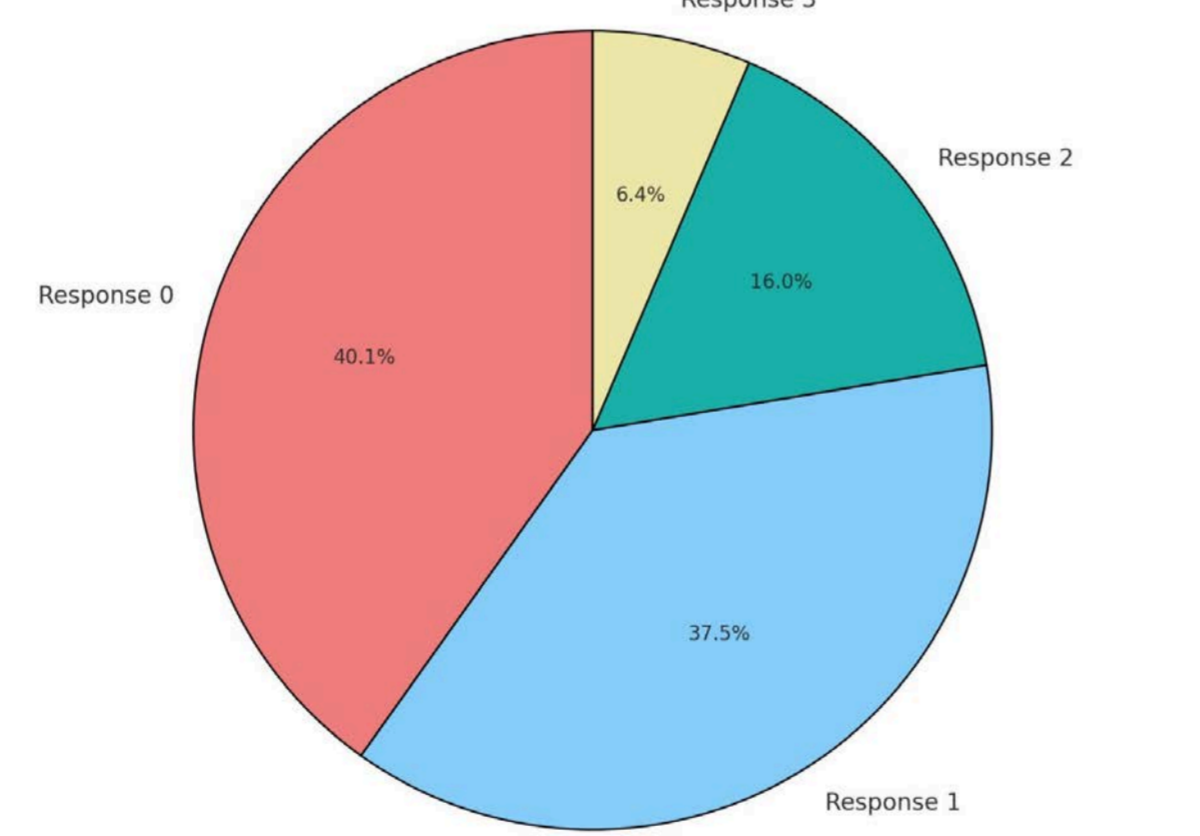
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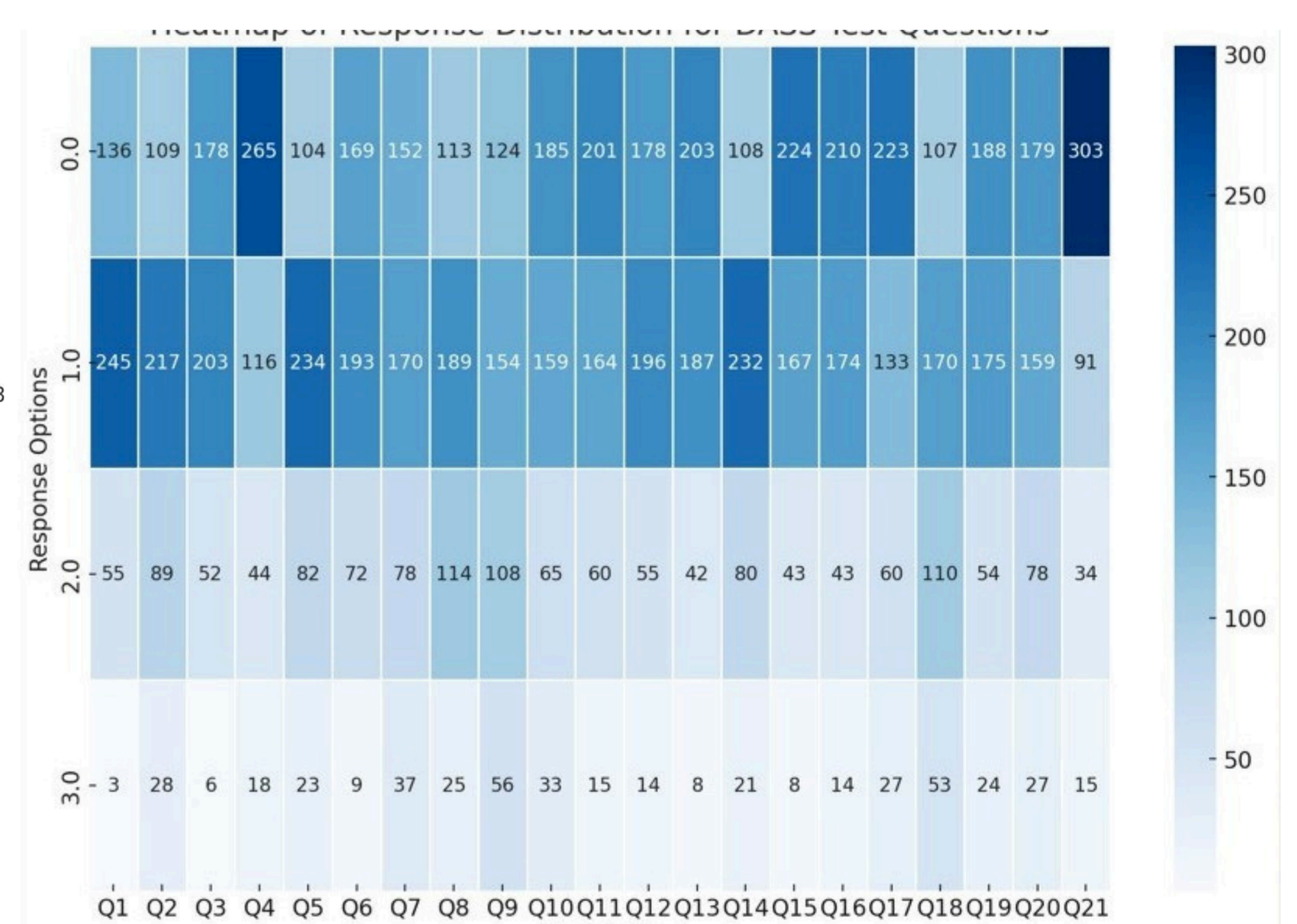
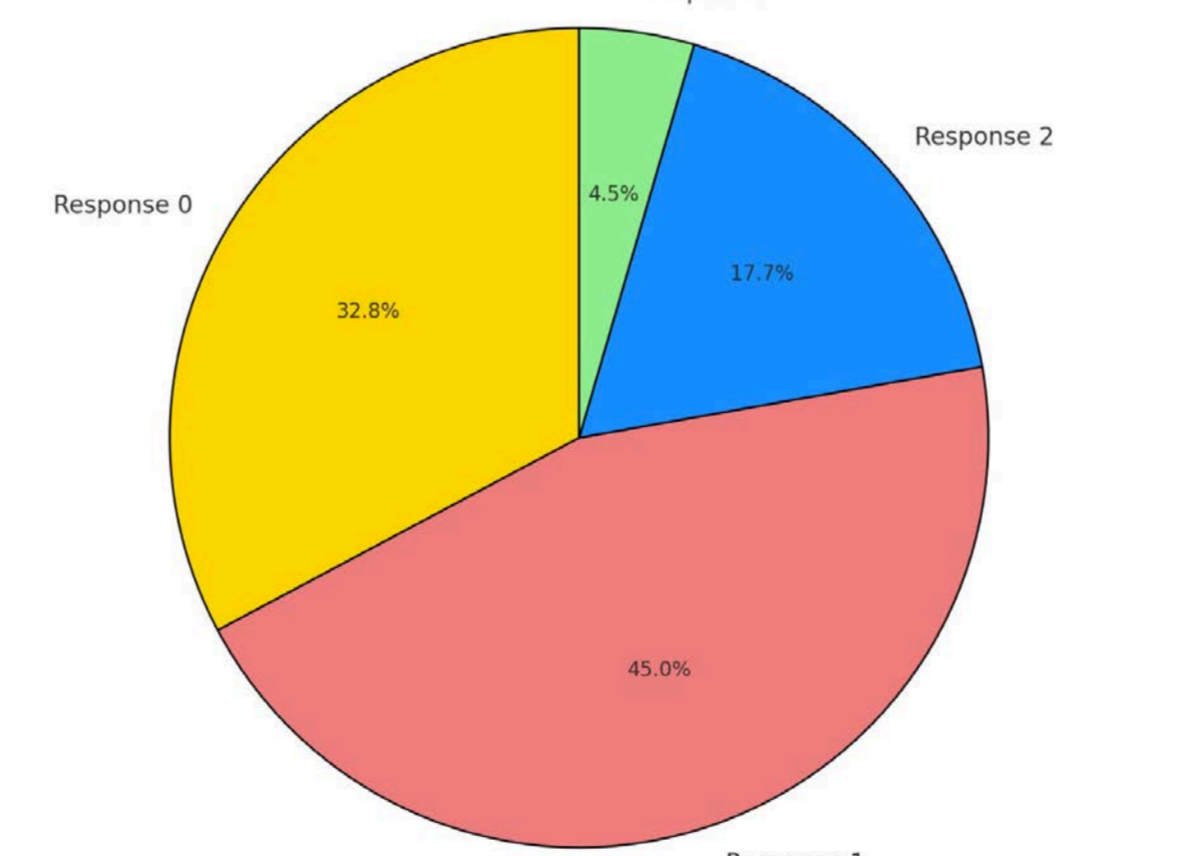
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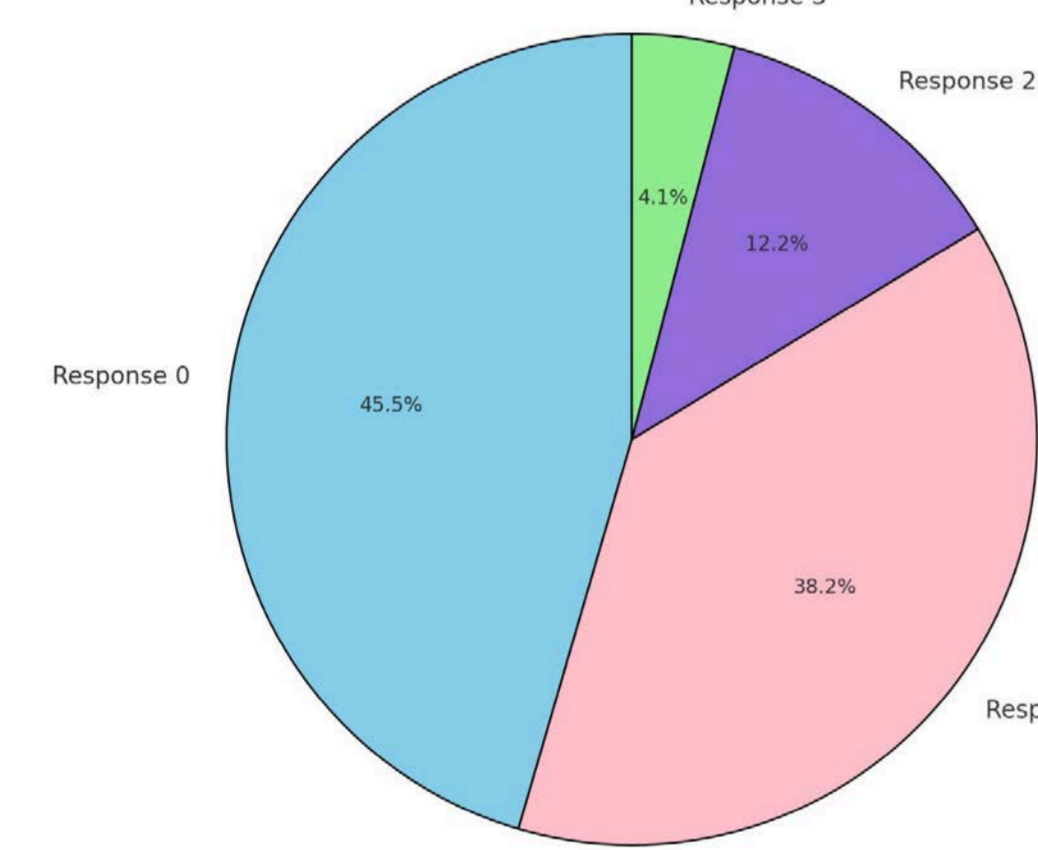
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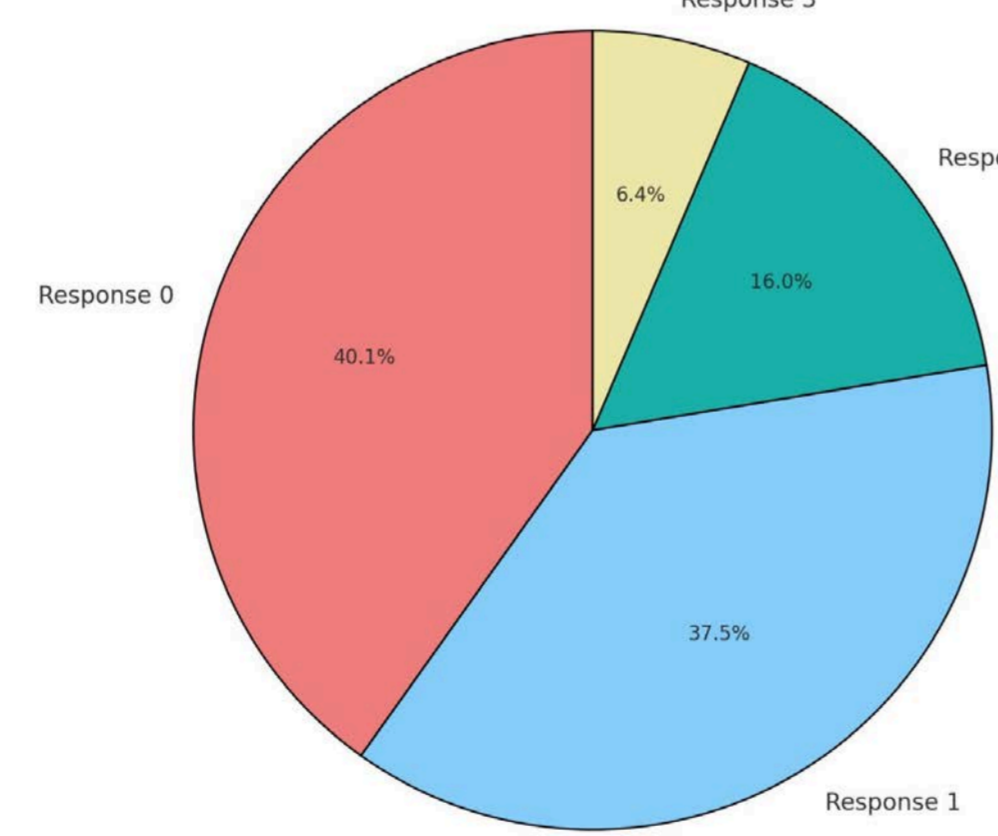
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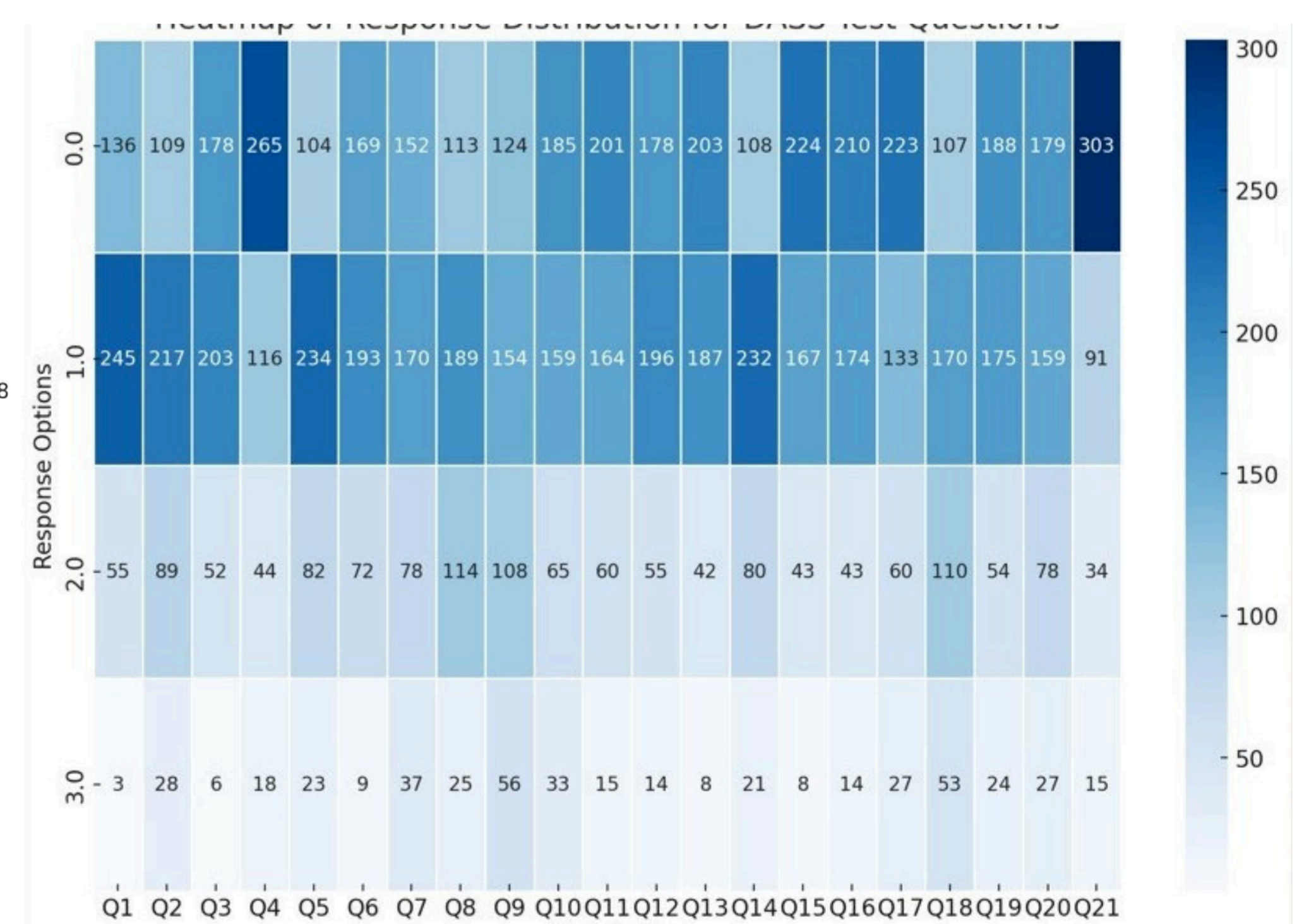
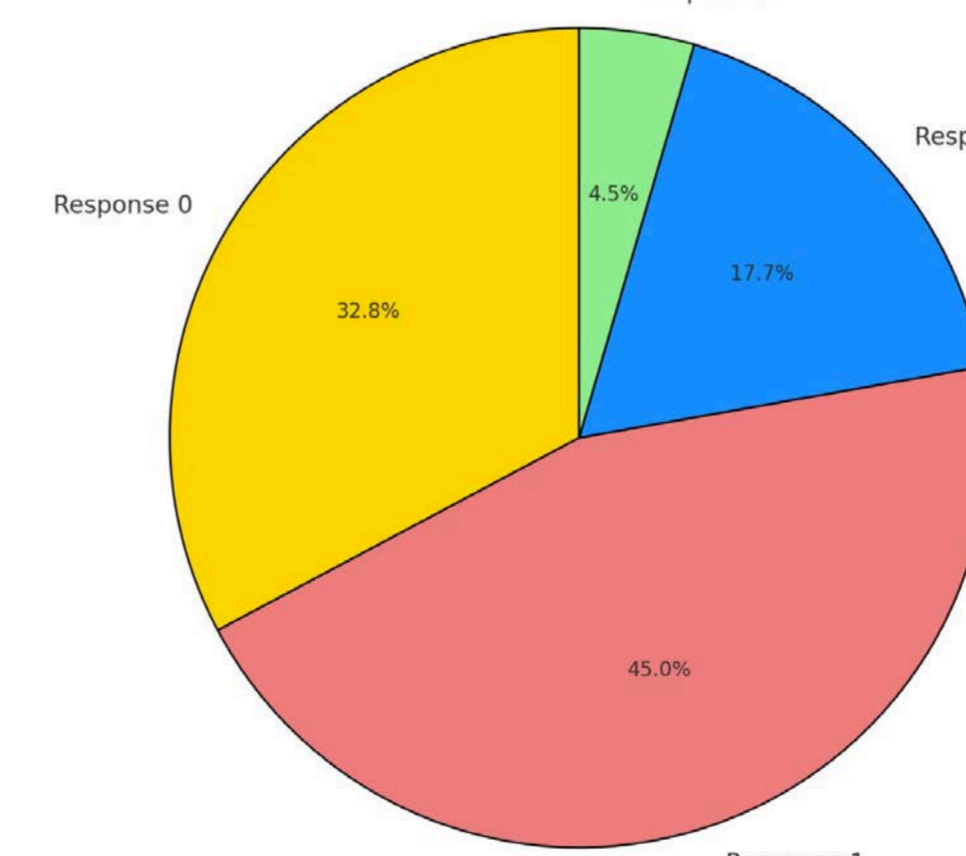
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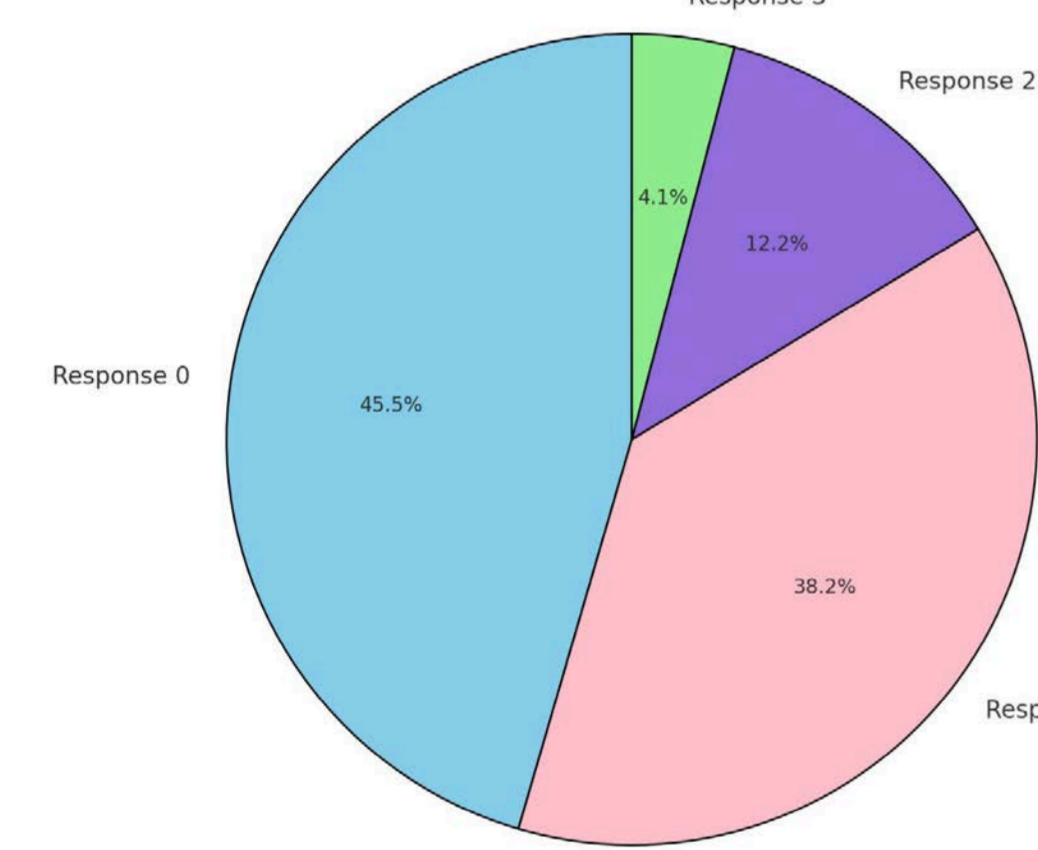
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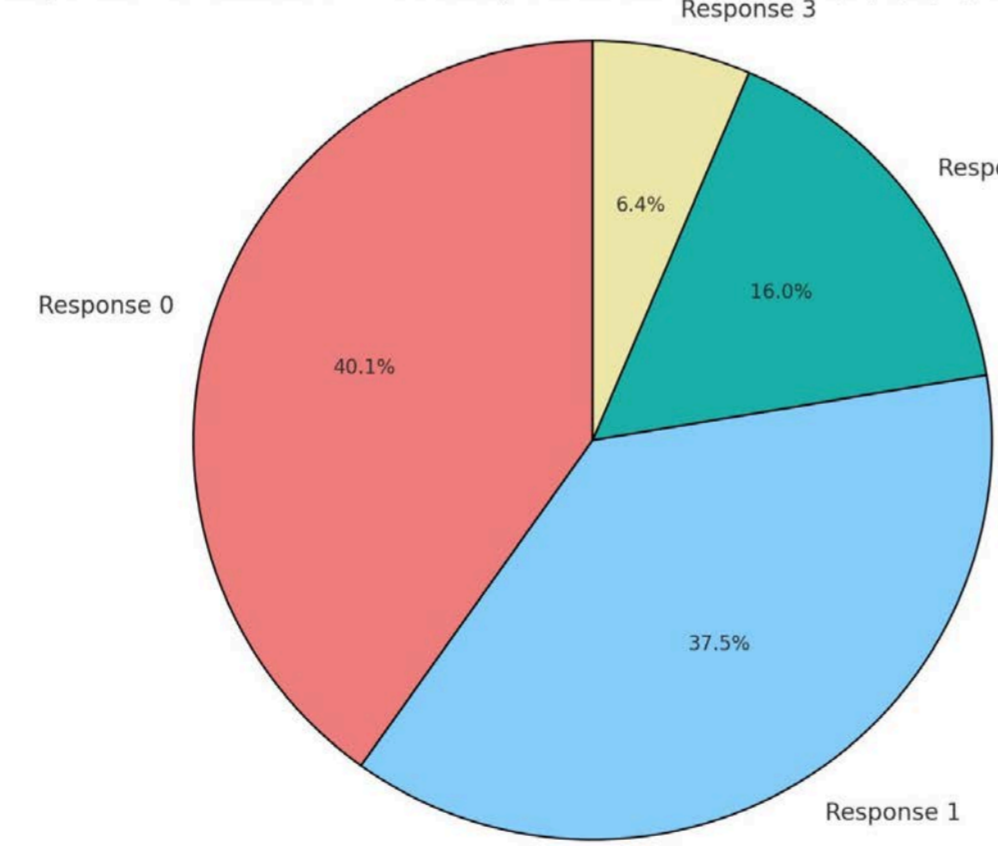
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- This result a cross-sectional study, conducted prior to the activities of the programs
- Respondent reported various severity level of the symptoms
 Depression Q3, Q5, Q10, Q13, Q16, Q17 & Q21 : 4% severe depression
 Anxiety Q2, Q4, Q7, Q9, Q15, Q19 & Q20 : 6.4% severe anxiety
 Stress Q1, Q6, Q8, Q11, Q12, Q14 & Q18 about 4.5% having severe anxiety



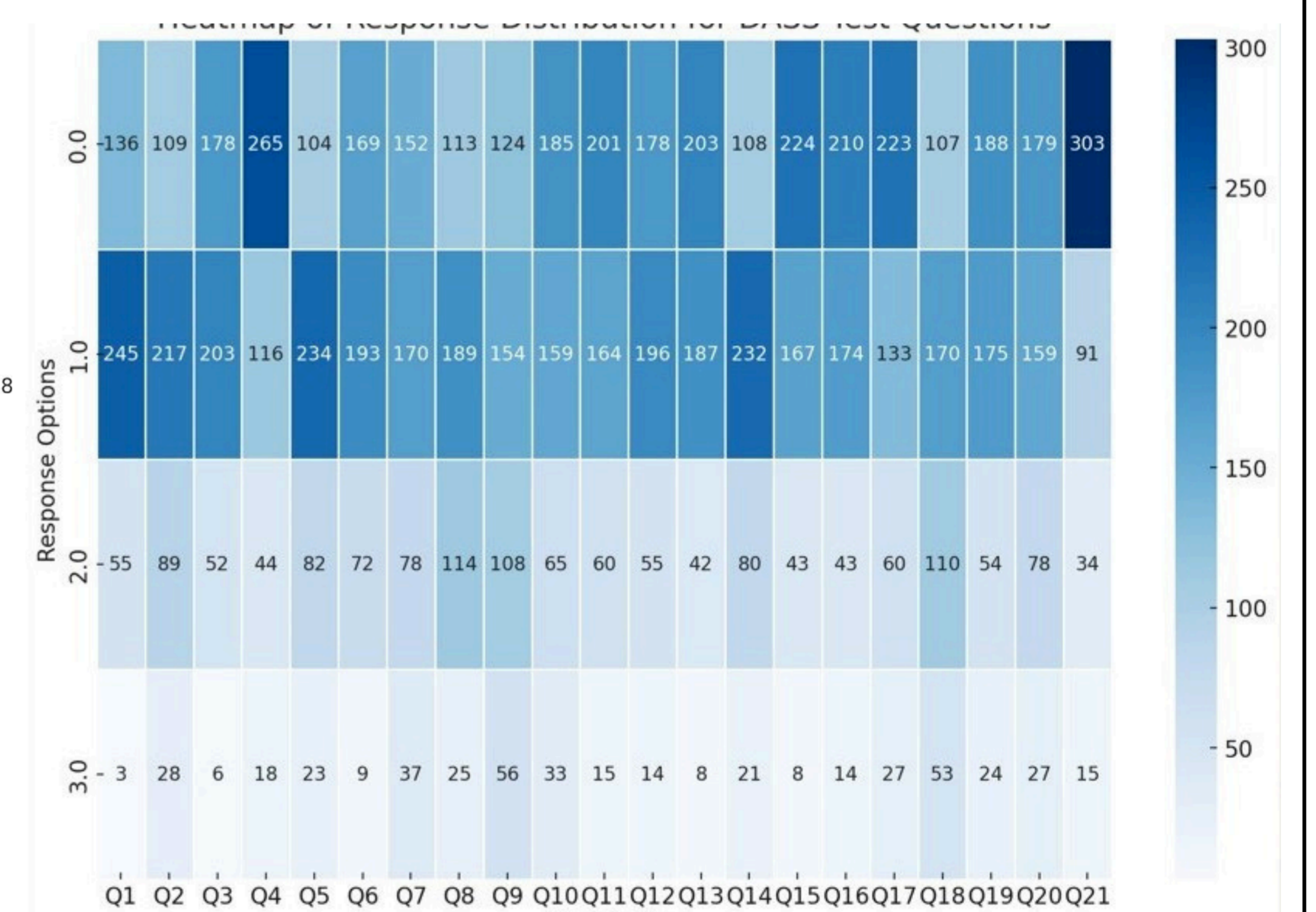
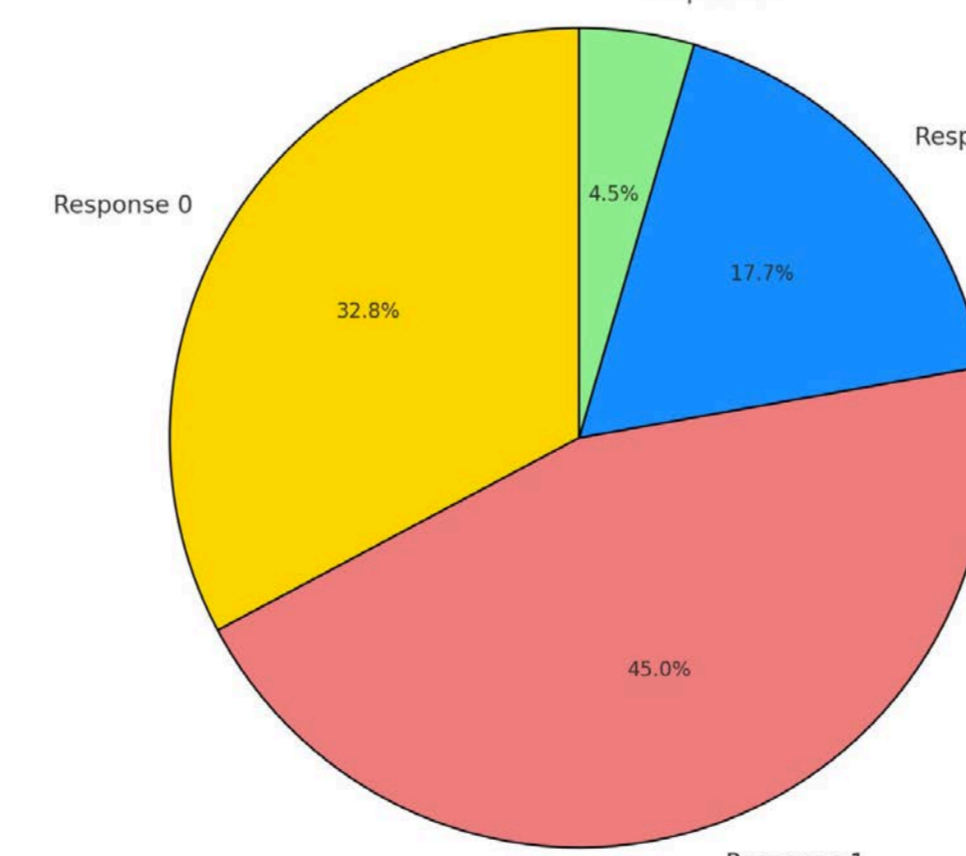
Response Distribution for Depression Subscale (Q3, Q5, Q10, Q13, Q16, Q17, Q21)



Response Distribution for Anxiety Subscale (Q2, Q4, Q7, Q9, Q15, Q19, Q20)



Response Distribution for Stress Subscale (Q1, Q6, Q8, Q11, Q12, Q14, Q18)



OUTCOME

Expected outcomes include enhanced emotional resilience, improved self-confidence, and effective coping strategies for cyber-related threats. Based on pretest & posttest result, participants gained critical social skills, AI literacy, and they will adopt a balanced approach to technology use and be better equipped to handle life transitions, such as moving from school to work or university. Resilient youth need to be able to deal well with mood regulation and threats from cyberworld which anticipated full of challenges and tribulation. DASS score showed less than 10% B40 youth having severe depression, anxiety and stress symptoms. Therefore, need to be on further regular monitoring.

CONCLUSION

DAMAI 2024 is significant as it addresses the critical mental health challenges of B40 youth in a technology-driven world. By integrating emotional intelligence with cyber skills training, the program offers a holistic approach to well-being, making it a pioneering model for youth empowerment in the digital age. y implications of the study, and if there are any actions or recommendations for future study.