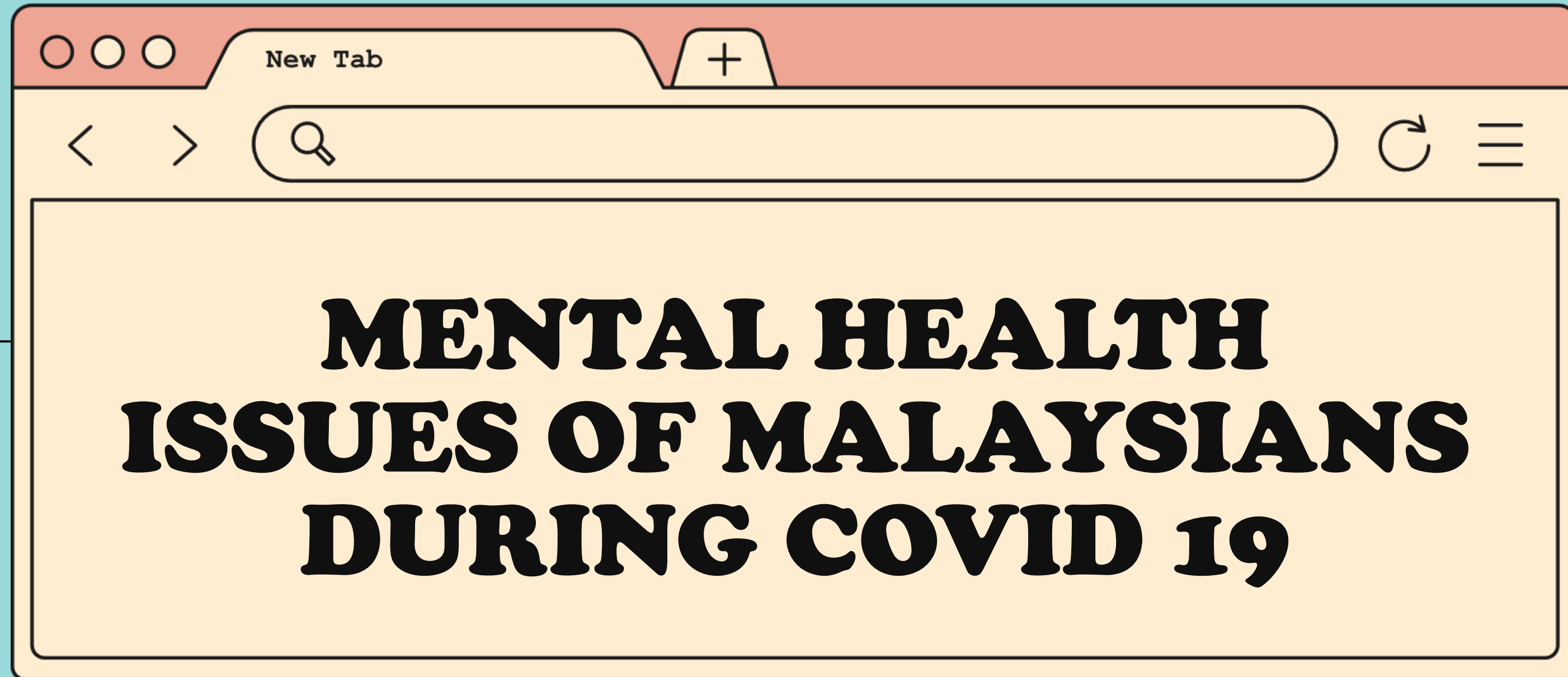
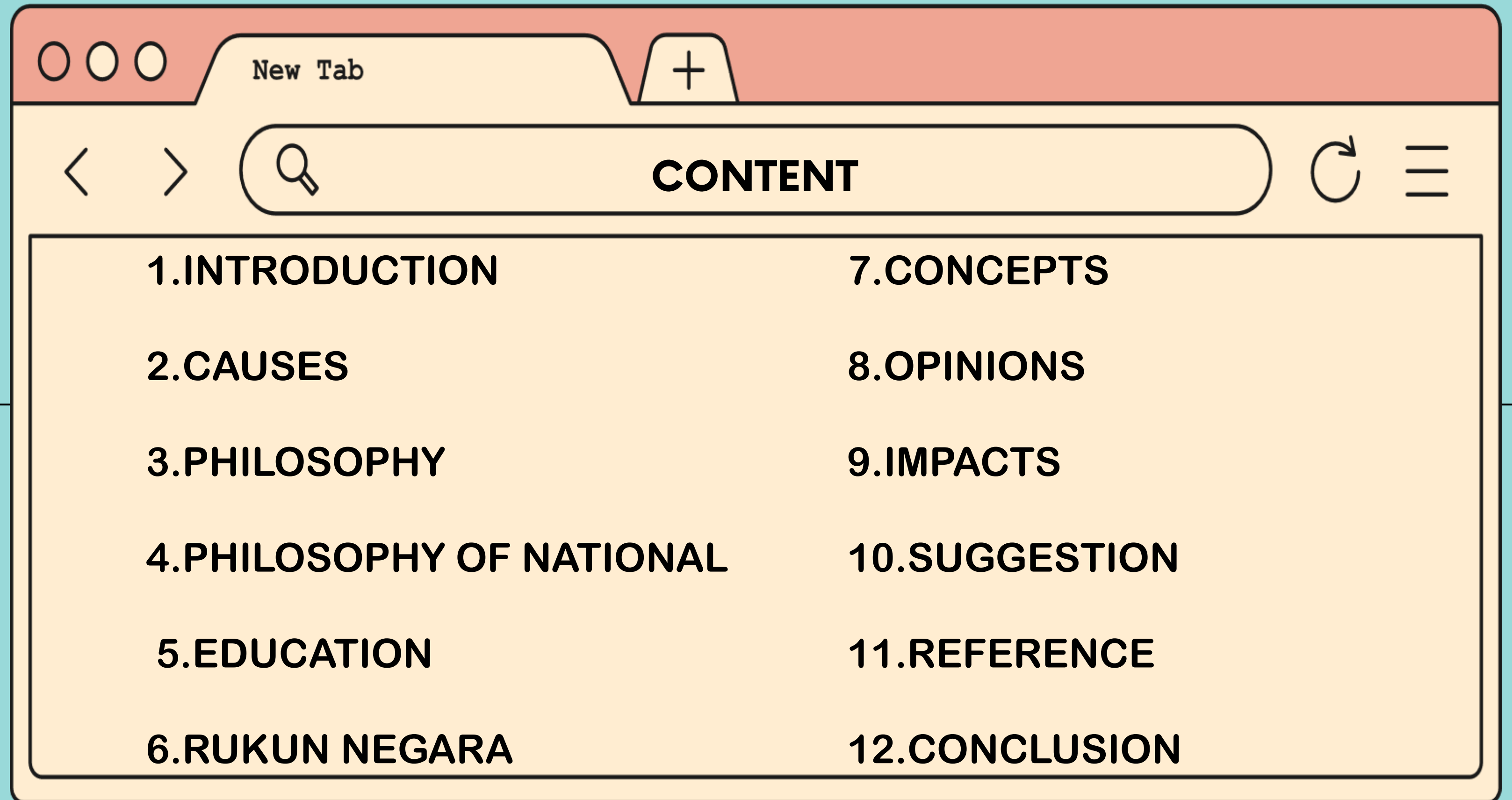


GROUP 3



DR. NORHIDAYU



1.INTRODUCTION

2.CAUSES

3.PHILOSOPHY

4.PHILOSOPHY OF NATIONAL

5.EDUCATION

6.RUKUN NEGARA

7.CONCEPTS

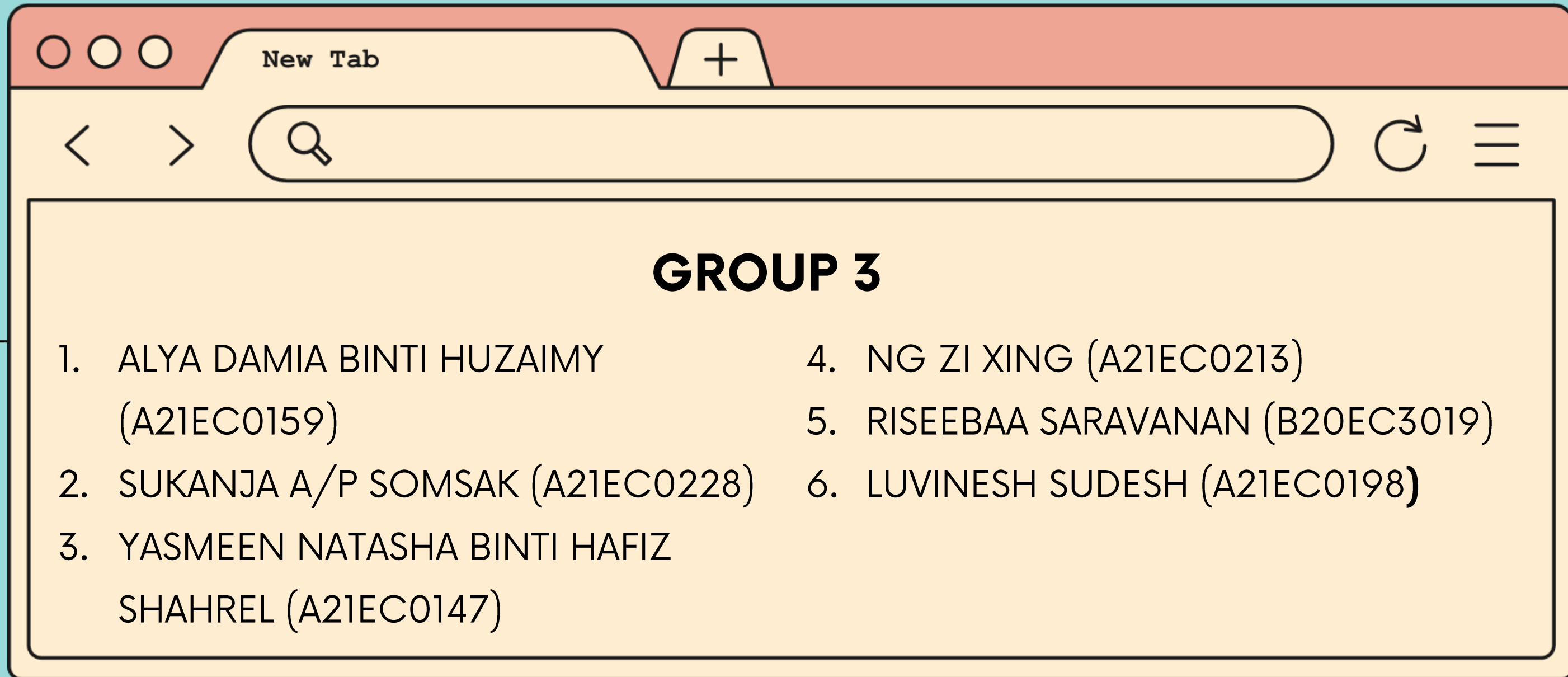
8.OPINIONS

9.IMPACTS

10.SUGGESTION

11.REFERENCE

12.CONCLUSION



GROUP 3

1. ALYA DAMIA BINTI HUZAIMY (A21EC0159)
2. SUKANJA A/P SOMSAK (A21EC0228)
3. YASMEEN NATASHA BINTI HAFIZ SHAHREL (A21EC0147)
4. NG ZI XING (A21EC0213)
5. RISEEBAA SARAVANAN (B20EC3019)
6. LUVINESH SUDESH (A21EC0198)

INTRODUCTION

WHAT IS MENTAL HEALTH



- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.
- It affects how we think, feel, and act and helps determine how we handle stress, relate to others, and make healthy choices.
- Mental health is important at every stage of life, from childhood and adolescence through adulthood.

PART 1: CAUSES

**Causes of mental
health problems in
Malaysians during
Covid 19**

CAUSE

Awesome Web Browser X

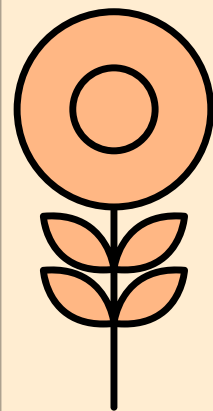


1. Social Isolation- "Being connected to others socially is widely considered a fundamental human need crucial for both well-being and survival" by HoltLunstad(a psychologist at Brigham Young University) The long duration of social isolation will lead to feelings of loneliness. Loneliness can lead to long-term "flight or flight" stress and depression.

2. Economic Insecurity- The unpredictable duration of MCO,CMCO or other lockdown measurements aggravate the economic of Malaysia. There are many of small businesses are meeting the risk of bankruptcy lead to a lot of employer lost their job and monthly income. Without monthly income, they don't have the capability to pay for the roan, rental fee and education fee of their children. This further increase the anxiety and stress of people.

3. Low efficiency online learning -According to a interview in "THE STRAITS TIMES" by Hazlin Hassan, a student express she definitely get more worried about exams, her school held them online recently; it was a stressful experience to her. Online learning difficult to create an atmosphere of learning lead to cannot focus on their academic well further increase their stress when they are not done well in exam.

4. Stress of be infected- Someone who be infected with coronavirus and spread the virus to others like their family members or friend unintentionally has a very high concern and stressful about these people's health condition that infected by them. They will feel very high level of anxiety when the others' situation that infected by them keep getting worse because they can do nothing.



5. Conflict between family members- During Covid-19 pandemic, most of family members stay at home together in the same house and same time will increase the chance of confliction. An increasing body of research demonstrate that negative family relationship can cause stress and mental illness to worsen.

PART 2:

PHILOSOPHY

What is the connection between philosophy
and mental problems?

QUESTION #1

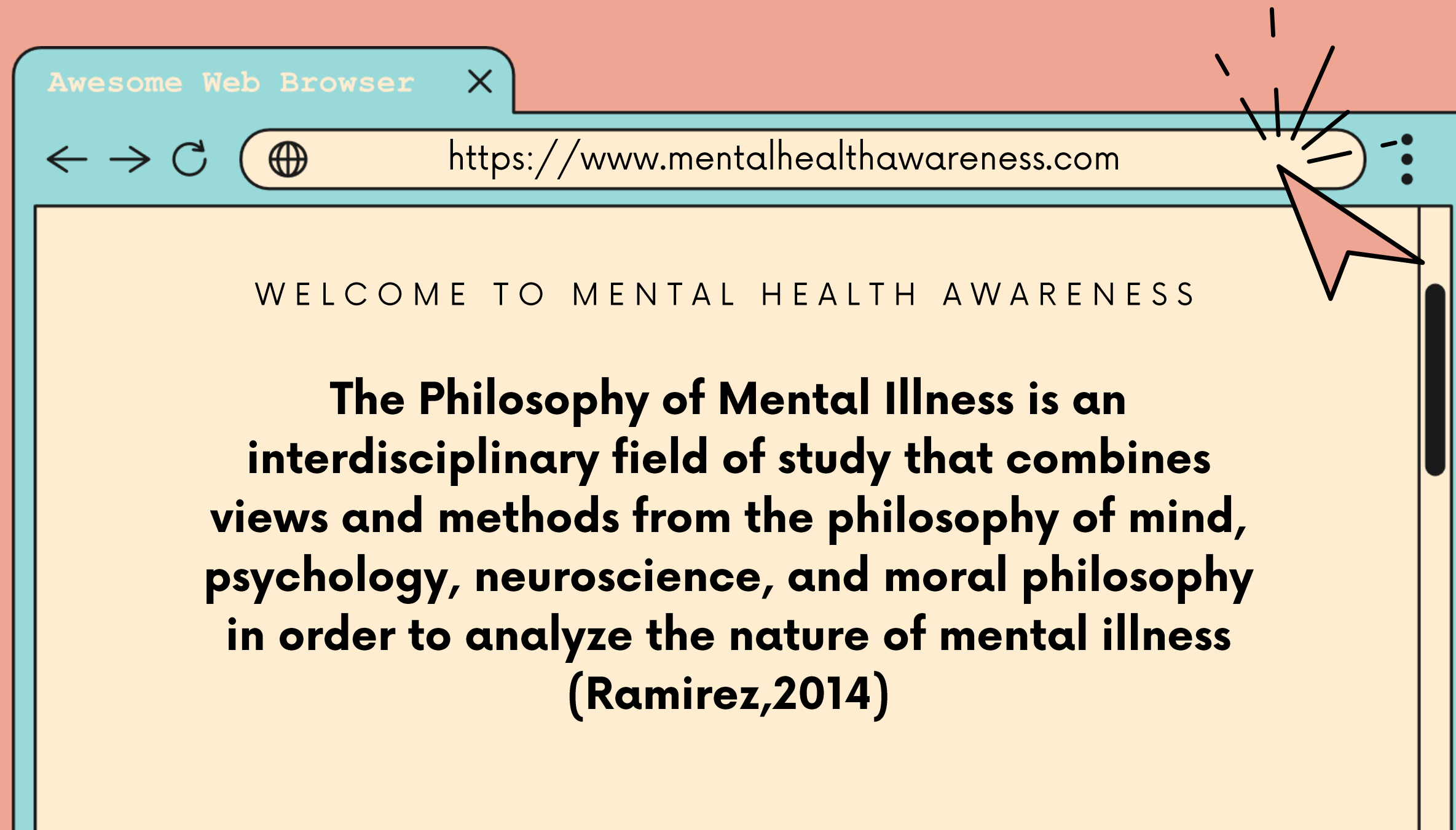
Why mental illness was related to philosophy?

The mental illness was recognized in the ancient philosophical texts which in the era of Plato, Aristotle, The Stoics, The Sceptics and Epicureans

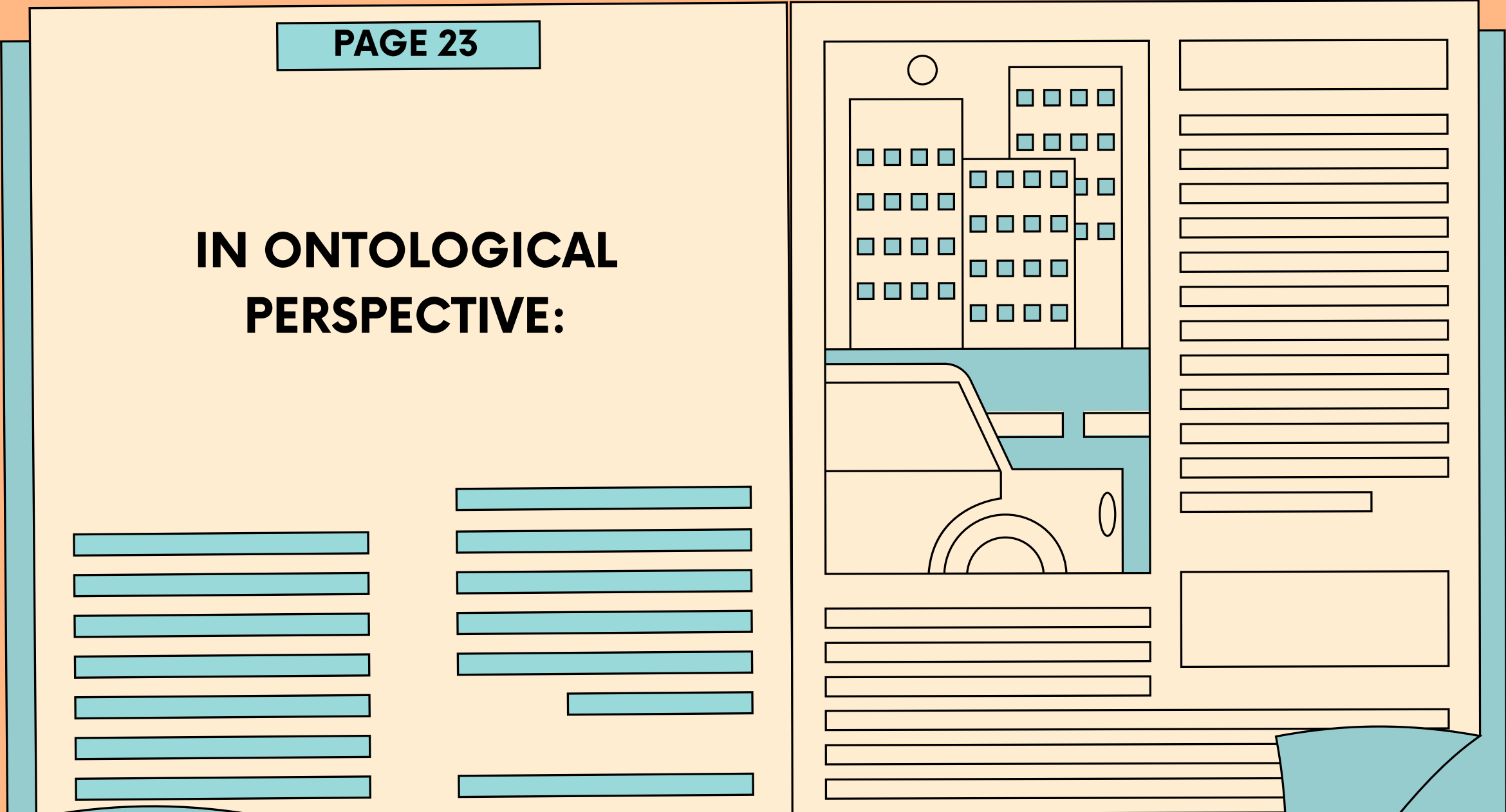
Mental illness in the perspective of ancient philosophers.

QUESTION #2

How philosophy is related to mental illness?



Mental Health in Malaysia during Covid 19



ONTOLOGICAL

- relating to the branch of metaphysics dealing with the nature of being.
- showing the relations between the concepts and categories in a subject area or domain.

1	Statistic of Mental Health Cases in Malaysia
2	How pandemic affect mental health? (Refer Table 1 & 2)

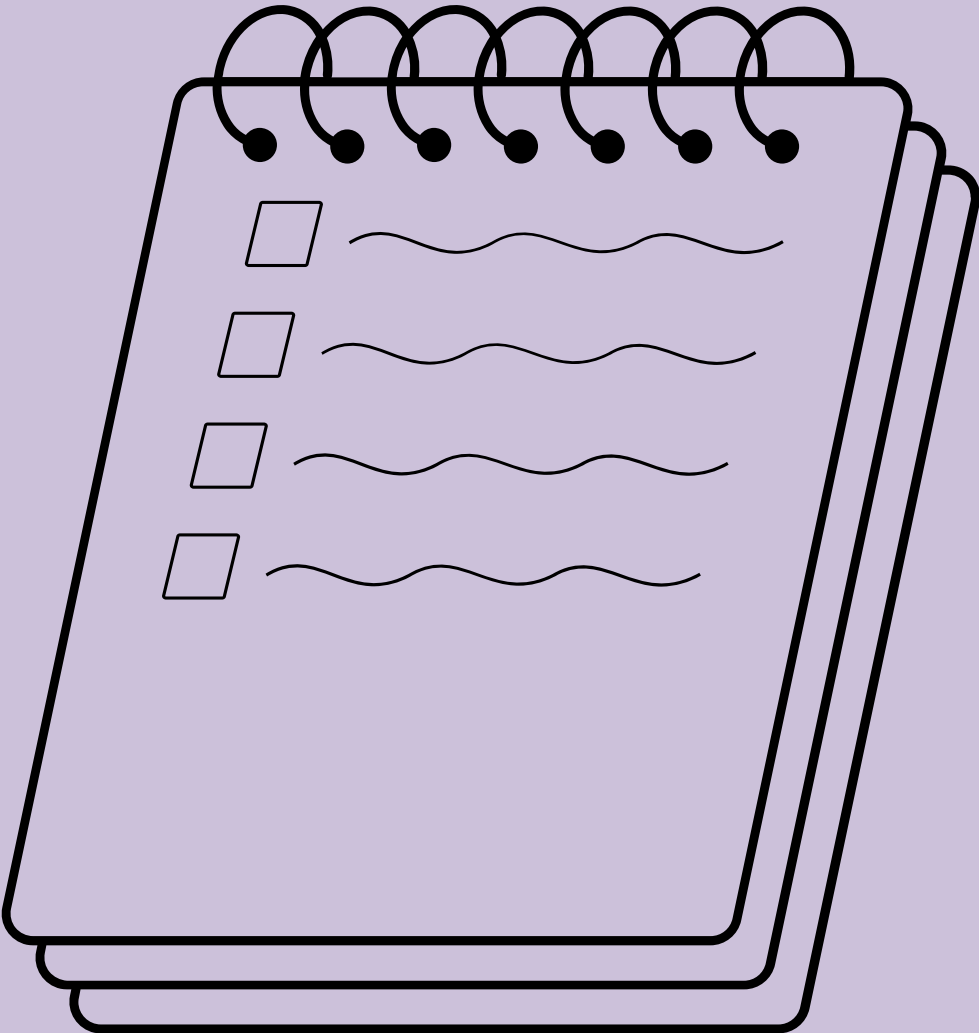


TABLE 1

Anxiety and Depression Checklist (K10) (last 4 weeks)	Total, n(%)
About how often did you feel tired out for no good reason?	720
None	184 (25.6)
A little	182 (25.3)
Sometime	248 (34.4)
Most of the time	83 (11.5)
All the time	23 (3.2)
About how often did you feel nervous?	720
None	229 (31.8)
A little	221 (30.7)
Sometime	206 (28.6)
Most of the time	55 (7.6)
All the time	9 (1.3)
About how often did you feel so nervous that nothing could calm you down?	720
None	378 (52.5)
A little	178 (24.7)
Sometime	129 (17.9)
Most of the time	31 (4.3)
All the time	4 (0.6)
About how often did you feel hopeless?	720
None	361 (50.1)
A little	176 (24.4)
Sometime	120 (16.7)
Most of the time	51 (7.1)
All the time	12 (1.7)
About how often did you feel restless or fidgety?	720
None	296 (41.1)
A little	200 (27.8)
Sometime	164 (22.8)
Most of the time	46 (6.4)
All the time	14 (1.9)
About how often did you feel so restless you could not sit still?	720
None	382 (53.1)
A little	175 (24.3)
Sometime	134 (18.6)
Most of the time	22 (3.1)
All the time	7 (1.0)

About how often did you feel so depressed?	720
None	310 (43.1)
A little	205 (28.5)
Sometime	139 (19.3)
Most of the time	48 (6.7)
All the time	18 (2.5)
About how often did you feel that everything was an effort?	720
None	194 (26.9)
A little	224 (31.1)
Sometime	178 (24.7)
Most of the time	98 (13.6)
All the time	26 (3.6)
About how often did you feel so sad that nothing could cheer you up?	720
None	325 (45.1)
A little	194 (26.9)
Sometime	144 (20.0)
Most of the time	42 (5.8)
All the time	15 (2.1)
About how often did you feel worthless?	720
None	378 (52.5)
A little	178 (24.7)
Sometime	107 (14.9)
Most of the time	34 (4.7)
All the time	23 (3.2)
K10 score (total)	720
Mean (±SD)	20.0 (8.3)
Range	10 to 50
Level of psychological distress (K10 categories)	720
Low (score 10–15)	273 (37.9)
Moderate (score 16–21)	177 (24.6)
High (score 22–29)	151 (21.0)
Very high (score 30–50)	119 (16.5)
https://doi.org/10.1371/journal.pone.0257304.t002	

Bahar Moni AS, Abdullah S, Bin Abdullah MFIL, Kabir MS, Alif SM, et al. (2021). Psychological distress, fear and coping among Malaysians during the COVID-19 pandemic. PLOS ONE 16(9): e0257304. <https://doi.org/10.1371/journal.pone.0257304>.
[Reference.](#)

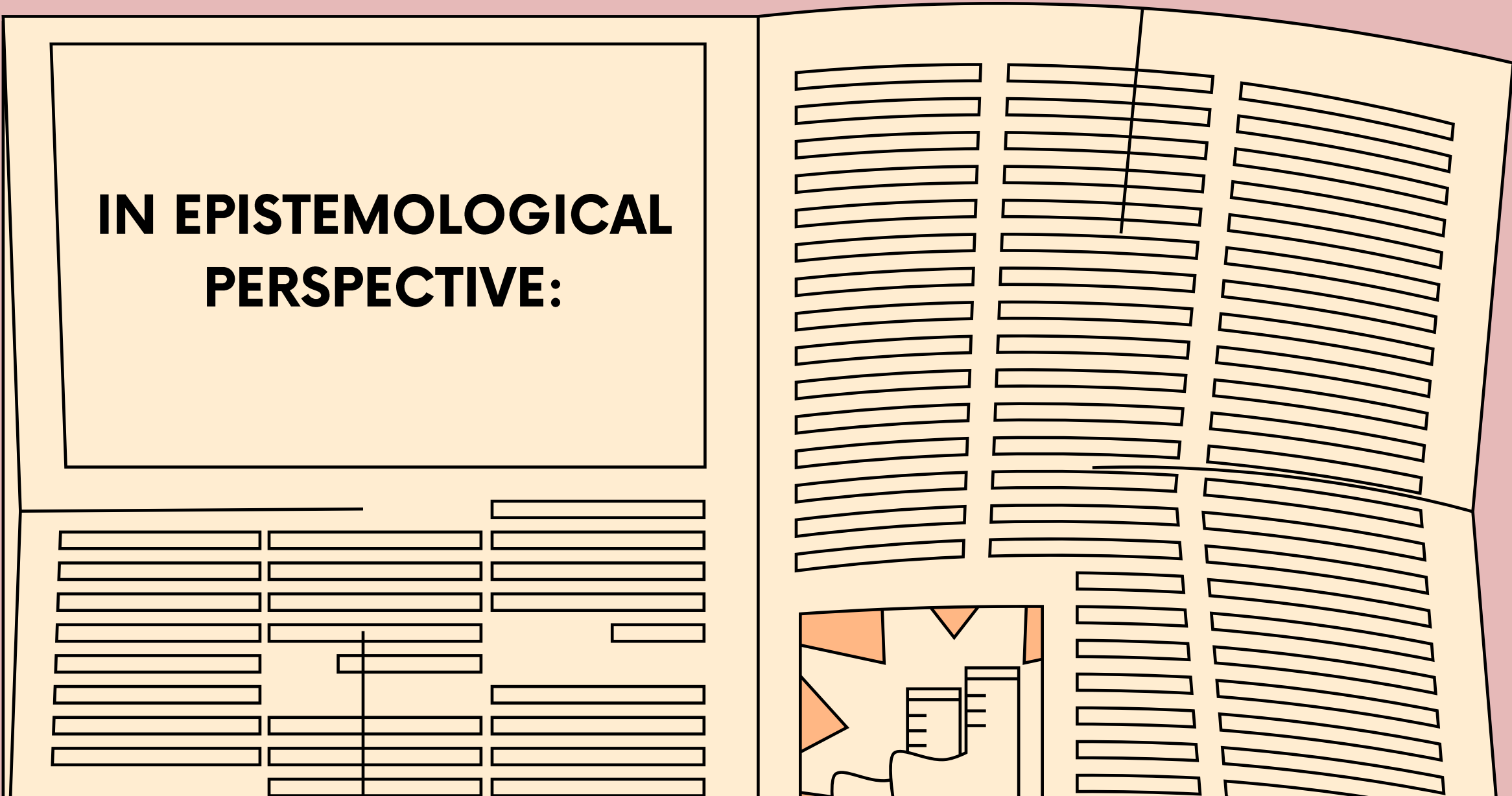
TABLE 2

Fear of COVID-19 Scale (FCV-19S) individual items	Total, n(%)
I am most afraid of COVID-19	720
Strongly disagree	106 (14.7)
Somewhat disagree	109 (15.1)
Neither agree nor disagree	150 (20.8)
Somewhat agree	237 (32.9)
Strongly agree	118 (16.4)
It makes me uncomfortable to think about COVID-19	720
Strongly disagree	136 (18.9)
Somewhat disagree	118 (16.4)
Neither agree nor disagree	165 (22.9)
Somewhat agree	230 (31.9)
Strongly agree	71 (9.9)
My hands become clammy when I think about COVID-19	720
Strongly disagree	333 (46.3)
Somewhat disagree	166 (23.1)
Neither agree nor disagree	164 (22.8)
Somewhat agree	42 (5.8)
Strongly agree	15 (2.1)
I am afraid of losing my life because of COVID-19	720
Strongly disagree	188 (26.1)
Somewhat disagree	113 (15.7)
Neither agree nor disagree	154 (21.4)
Somewhat agree	180 (25.0)
Strongly agree	85 (11.8)

When watching news and stories about COVID-19 on social media, I become nervous or anxious	720
Strongly disagree	165 (22.9)
Somewhat disagree	139 (19.3)
Neither agree nor disagree	161 (22.4)
Somewhat agree	216 (30.0)
Strongly agree	39 (5.4)
I cannot sleep because I'm worrying about getting COVID-19	720
Strongly disagree	413 (57.4)
Somewhat disagree	135 (18.8)
Neither agree nor disagree	129 (17.9)
Somewhat agree	33 (4.6)
Strongly agree	10 (1.4)
My heart races or palpitates when I think about getting COVID-19	720
Strongly disagree	346 (48.1)
Somewhat disagree	123 (17.1)
Neither agree nor disagree	142 (19.7)
Somewhat agree	90 (12.5)
Strongly agree	19 (2.6)
FCV-19S score (total)	720
Mean ($\pm$ SD)	17.5 (6.3)
Range	7 to 35
Level of fear of COVID-19 (FCV-19S categories)	720
Low (score 7–21)	525 (72.9)
High (score 22–35)	195 (27.1)
https://doi.org/10.1371/journal.pone.0257304.t003	

Bahar Moni AS, Abdullah S, Bin Abdullah MFIL, Kabir MS, Alif SM, et al. (2021) Psychological distress, fear and coping among Malaysians during the COVID-19 pandemic. PLOS ONE 16(9):e0257304.<https://doi.org/10.1371/journal.pone.0257304>.
[Reference.](#)

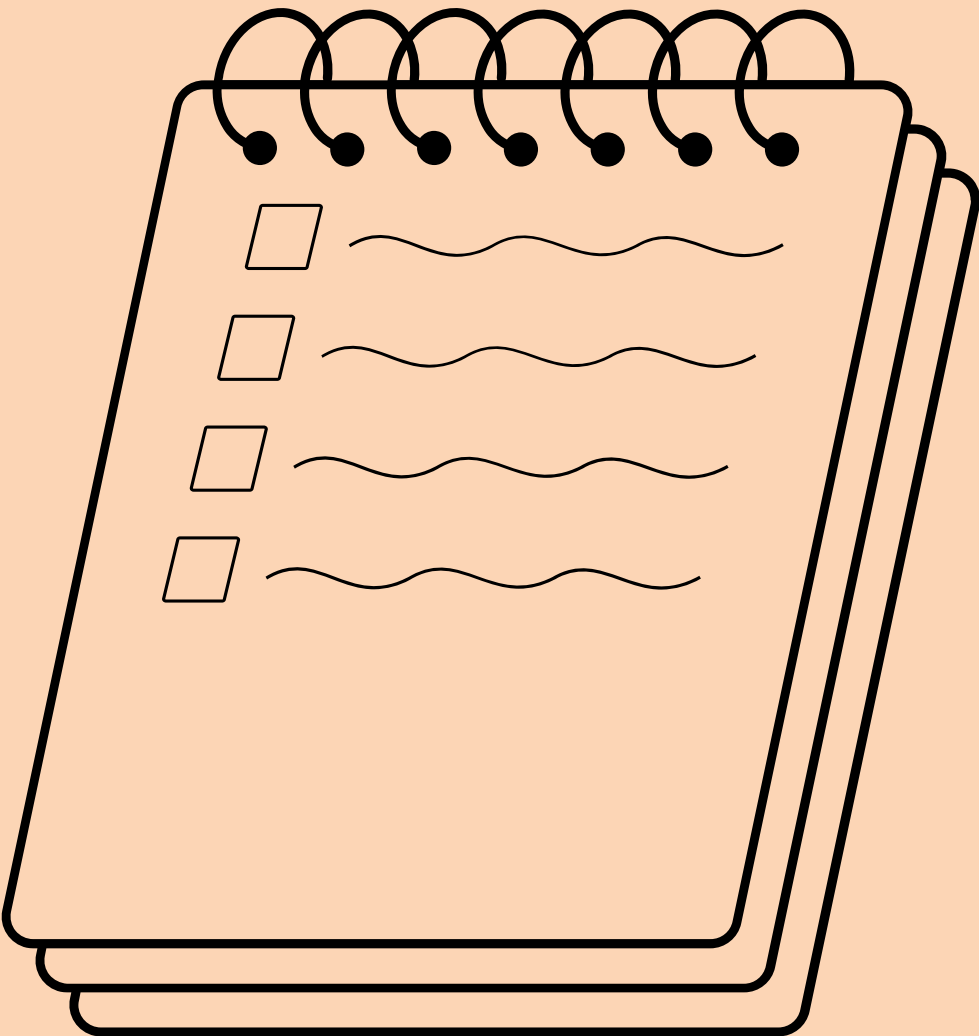
Mental Health in Malaysia during Covid 19



EPISTEMOLOGICAL

- relating to the theory of knowledge, especially with regard to its methods, validity, and scope, and the distinction between justified belief and opinion.

1	Why did mental health issues increase during the pandemic?
	•Announcement of Movement Control Order(MCO) by Malaysia's government
	•Home isolation and social distancing which mean socially isolated is corresponding to psychological wellbeing.



PART 3:

PHILOSOPHY OF NATIONAL

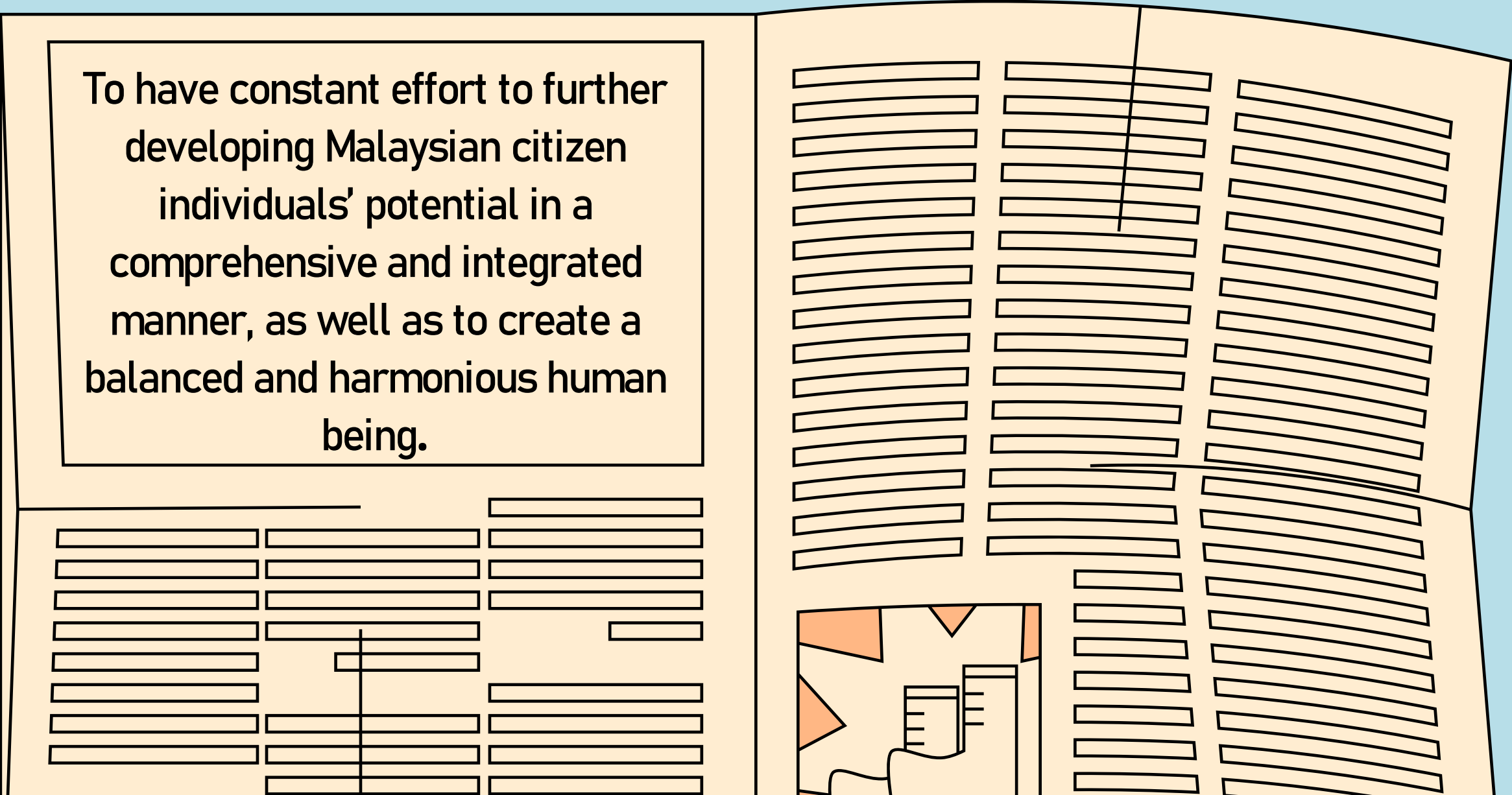
EDUCATION

What is the connection between philosophy of national education and mental problems?

PART 3 #1

National Education Philosophy

To have constant effort to further developing Malaysian citizen individuals' potential in a comprehensive and integrated manner, as well as to create a balanced and harmonious human being.



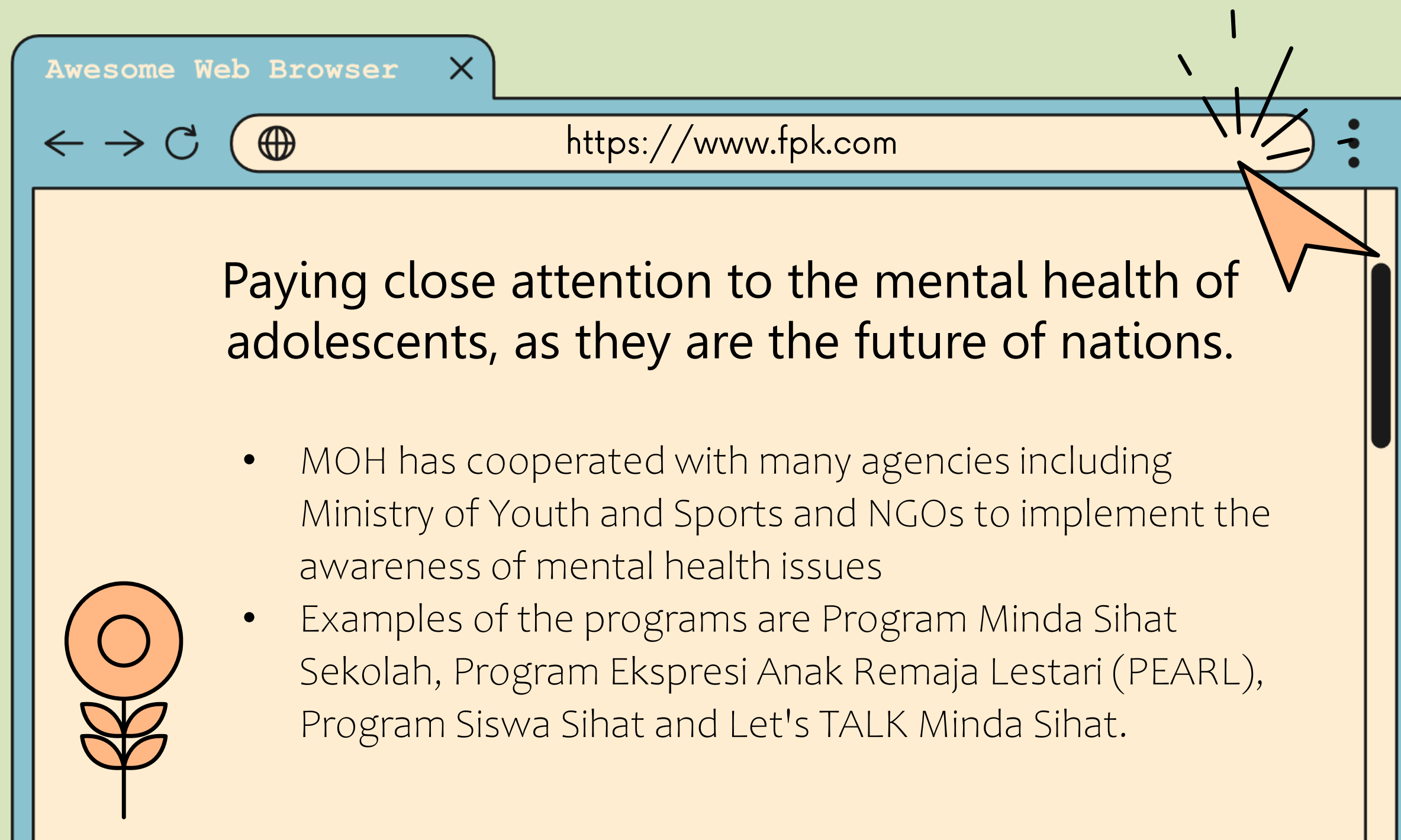
PART 3 #1.1

National Education Philosophy



PART 3 #1.2

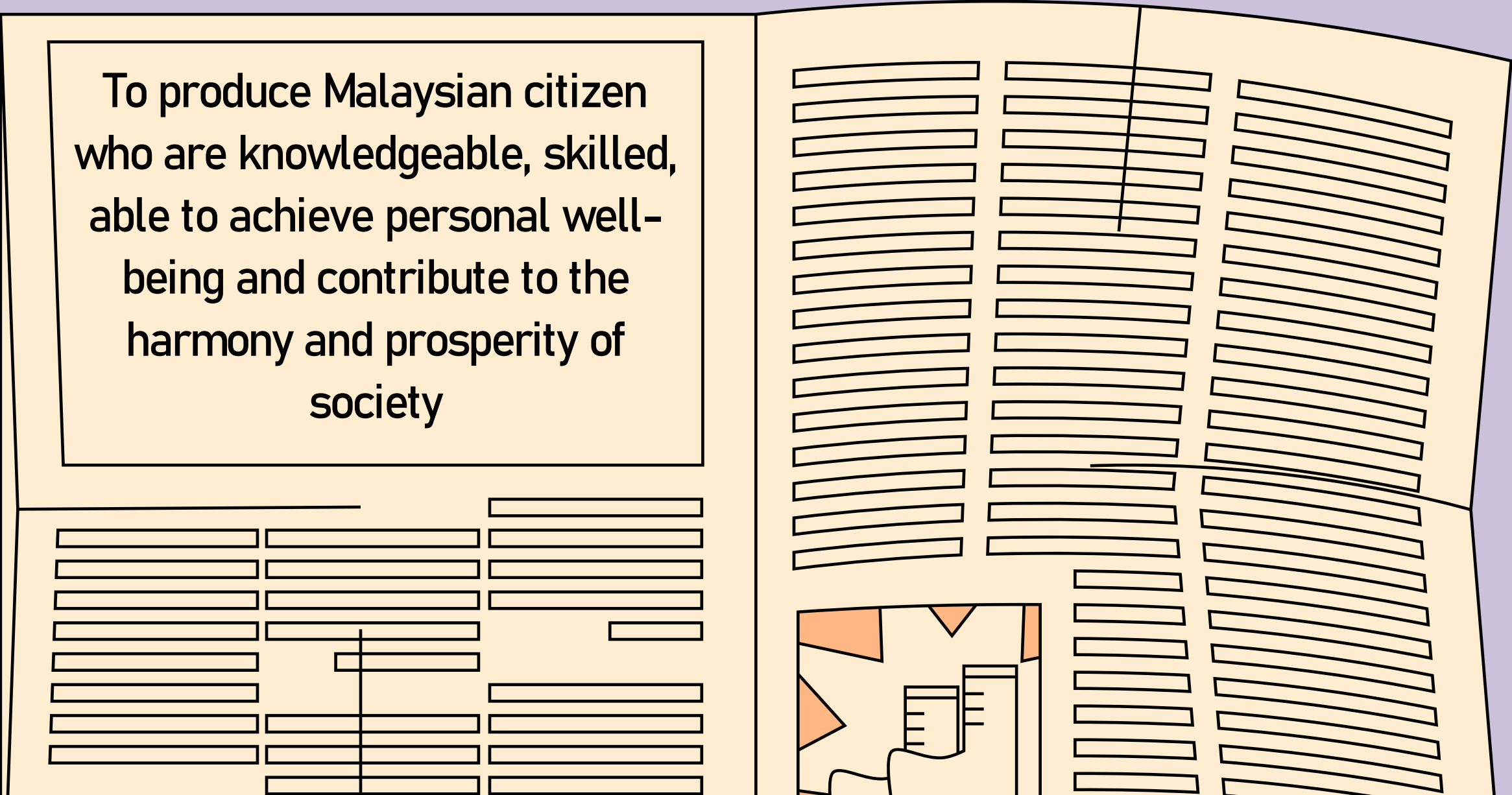
National Education Philosophy



PART 3 #2

National Education Philosophy

To produce Malaysian citizen
who are knowledgeable, skilled,
able to achieve personal well-
being and contribute to the
harmony and prosperity of
society



PART 3 #2.1

National Education Philosophy

Produce more psychiatrists, psychologists and counselors in Malaysia

- In 2017, Malaysia still needs 3000 more psychiatrists to meet the WHO's recommended ratio(1:10000).

- 
- Until 2016, there were around 360 psychiatrists working in the public, private, and academic sectors across the country
 - Counselors are in largest number, with the Malaysian Board of Counselors recording 8,039 counsellors registered in 2018.
 - Approximately 33 clinical psychology officers working in the public sector in 2019.

PART 3 #2.2

National Education Philosophy

Initiative to eliminate stigma of mental health among Malaysia's society

- Mental health experts and the government must work together to provide programmes that engage and treat all patients, especially young adults.

- 
- More open discussions and interactions about mental health awareness are needed, rather than whispering about it, which may have made it a taboo or humiliating topic to discuss.
 - Implement mental health education at an early age, such as in elementary and secondary school, to lessen the stigma associated with mental illness.

PART 4:

RUKUN NEGARA

The connection between rukun negara and mental problems.

PART 4

Relations between Rukun Negara & Mental Health

Kepercayaan kepada Tuhan (Belief in God)

A study conducted by the Mental Health Foundation has proved that the role of religious beliefs in people's lives has instilled the importance of guidance, a sense of purpose, comfort, grounding, the allowance of personal pain and the development of an inner love and compassion for others.

Kesetiaan kepada Raja dan Negara (Loyalty to King and Country)

Malaysia has set a National Health Vision through Ministry of Health to develop a country consists of healthy individuals, families and communities through a health system that is fair, affordable, efficient and appropriate in terms of technology.

Keluhuran Perlembagaan (Supremacy of the Constitution)

Our country Malaysia supports the aspirations of achieving greater unity among all its people and create a just society where the prosperity of the country will be enjoyed together fairly. This will bring peace among the citizens of different nationalities and freedom to practice the teachings of their religion, thus bring a positive impact on their mental health.

Kedaulatan Undang-undang (Rule of Law)

Under the concept of the rule of law carries the meaning of government accountability, equal access to the judiciary, an efficient judiciary and clear laws, generally stable laws and protection of human rights. If you have a mental health problem, the Human Rights Act means you should be treated with dignity and respect by staff and service providers.

Kesopanan dan Kesusilaan (Good behaviour and morality)

Good behaviour and morality should be practiced to form a disciplined and high moral individual and society that will help create a harmonious society. This code of ethics hates and condemns behavior or actions that are arrogant or offensive to a person or a group. This is to ensure that citizens are living in harmony despite the pandemic.

PART 5:

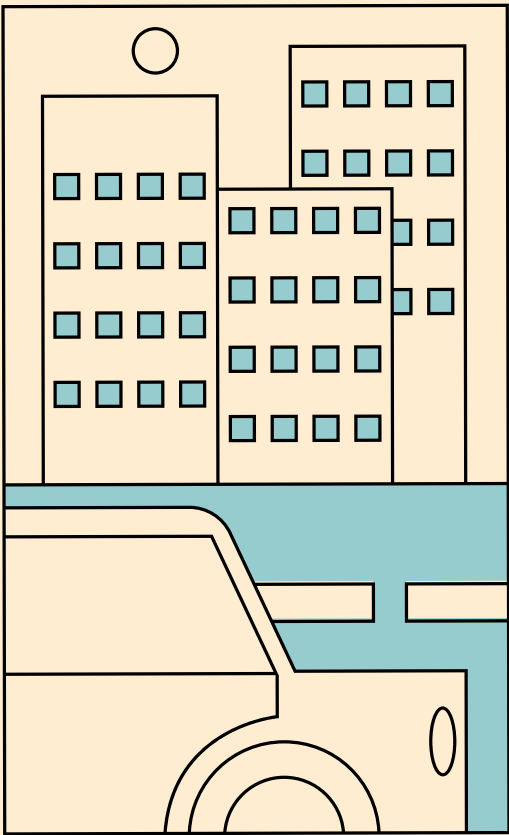
CONCEPTS

PHYSICAL, EMOTIONAL, SPIRITUAL AND
INTELLECTUAL

Mental Health in Malaysia during Covid 19

PAGE X

Patients with the mental health issue have tendency to perform self ijury as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences. They also demotivated to performs any physical activities for healthy lifestyle.



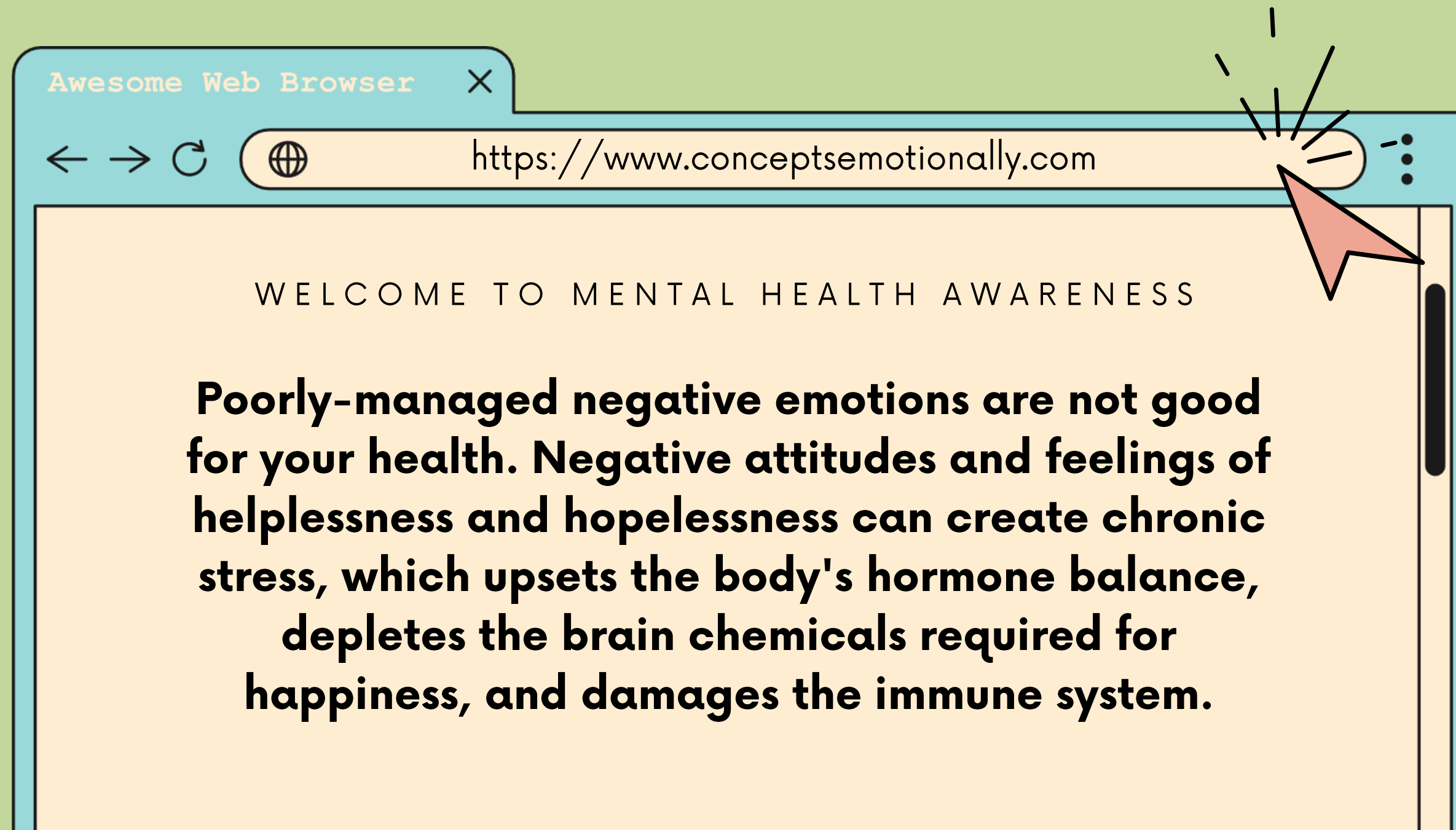
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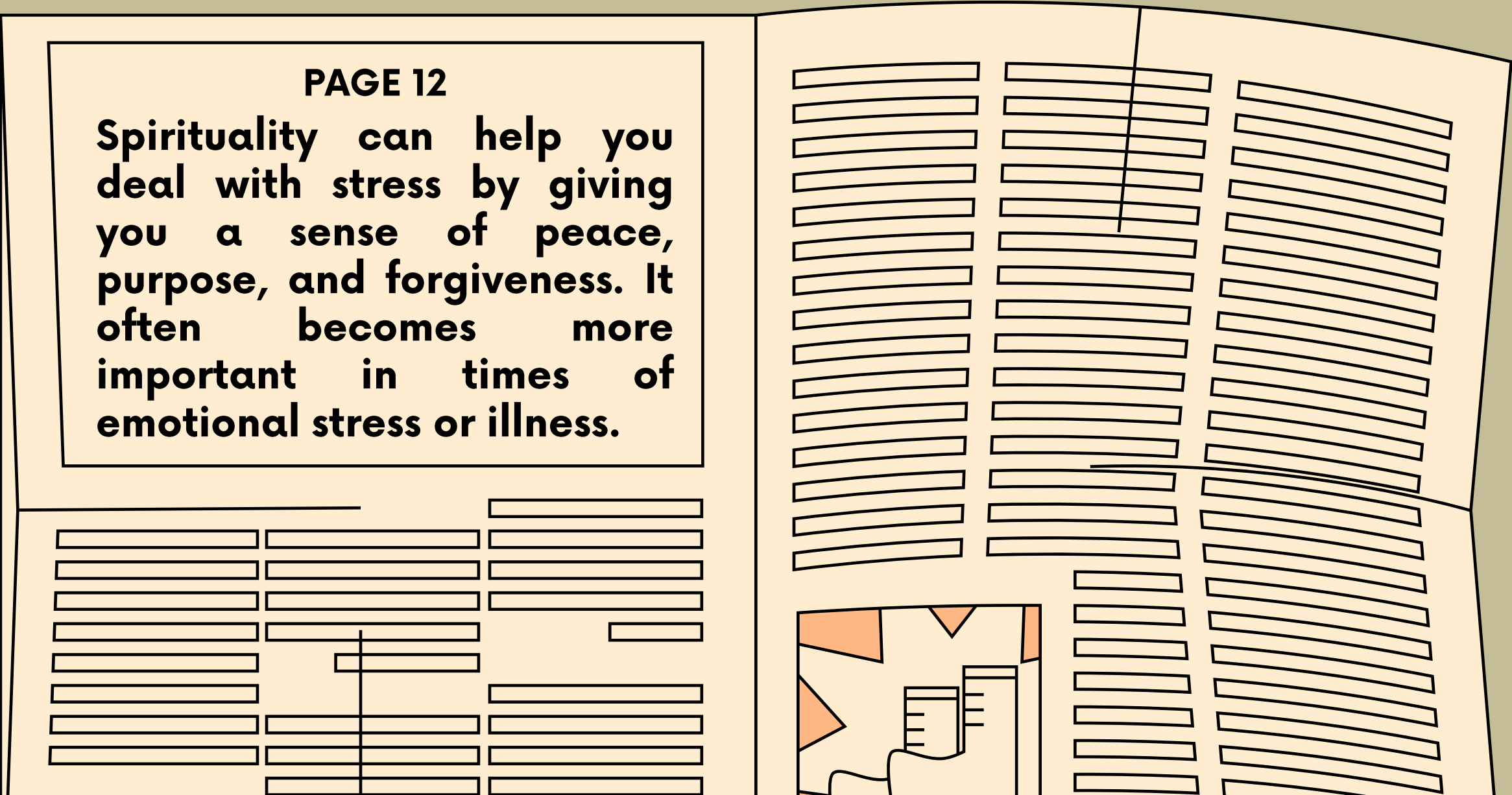
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EMOTIONAL

Mental Health in Malaysia during Covid 19



Mental Health in Malaysia during Covid 19



INTELLECTUAL

Mental Health in Malaysia during Covid 19



PART 6:

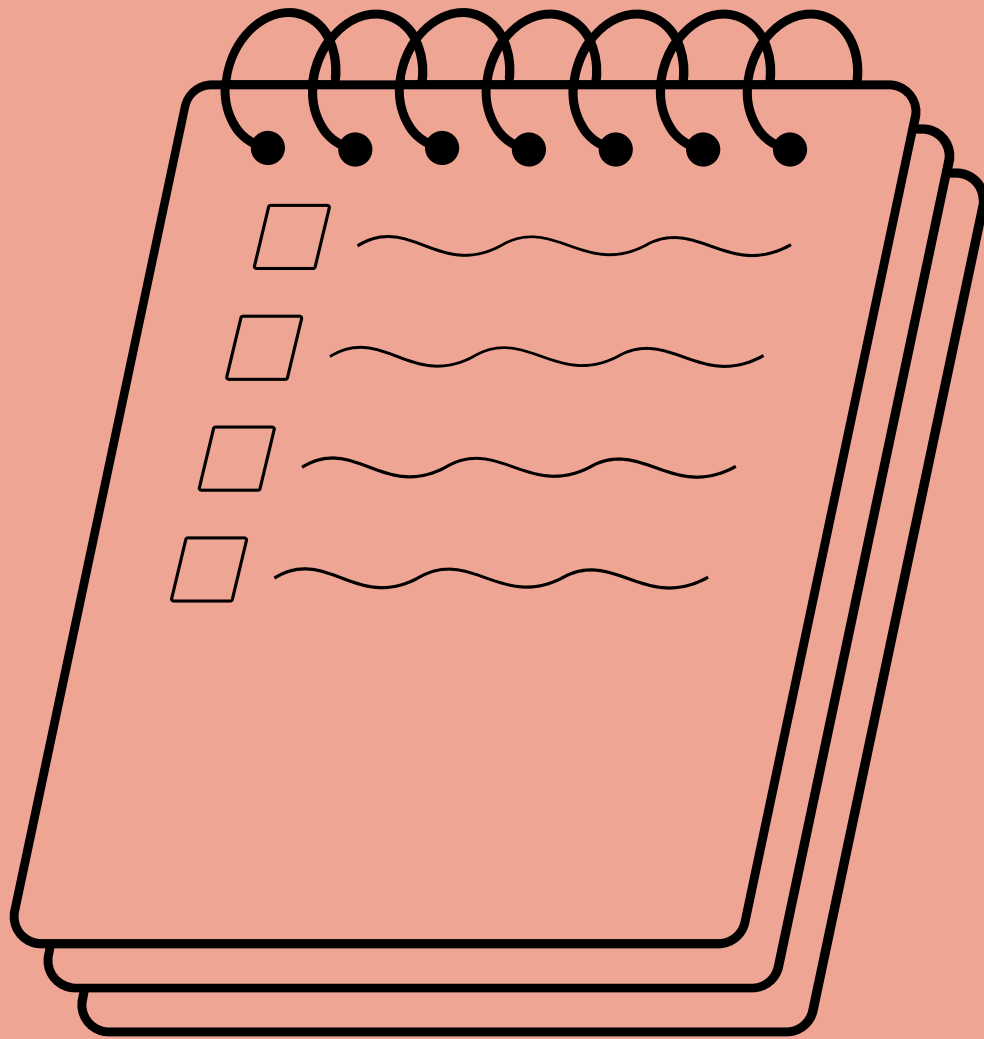
OPINIONS

The views of the figures based on
the issues discussed.

ISSUES

Leaders point of view

1	According to the World Health Organization (WHO), mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”
2	Malaysian Mental Health Association (MMHA) President, Dr. Andrew Mohanraj"The organization has seen a “more than a two-fold increase” in people seeking help related to stress since the emergence of COVID-19. Stress and anxiety can also cause physical conditions which people often treat as though they’re unrelated to mental health."
3	Crisp the frameworker said “that if we don’t spend on getting our primary healthcare system properly responsive, we are just creating a bigger and bigger challenge for ourselves at the end of the day”
4	Dr Paul Chrisp, director of the centre for guidelines at Nice, said: “The Covid-19 pandemic has shown us the impact depression has had on the nation’s mental health”.



PART 7: IMPACTS

Impact on individuals, families,
communities and nations

	IMPACTS	
INDIVIDUALS	Levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behavior are also expected to rise.	
FAMILY	Mental illness often has a 'ripple effect' on families, creating tension, uncertainty, stress and sometimes significant changes in how people live their lives.	
SOCIETY	Impact the productivity of local businesses and health care costs, impede the ability of children and youth to succeed in school, and lead to family and community disruption.	
COUNTRY	Social and economic disadvantage and deprivation, low levels of education, unemployment or insecure employment, discrimination and violence.	

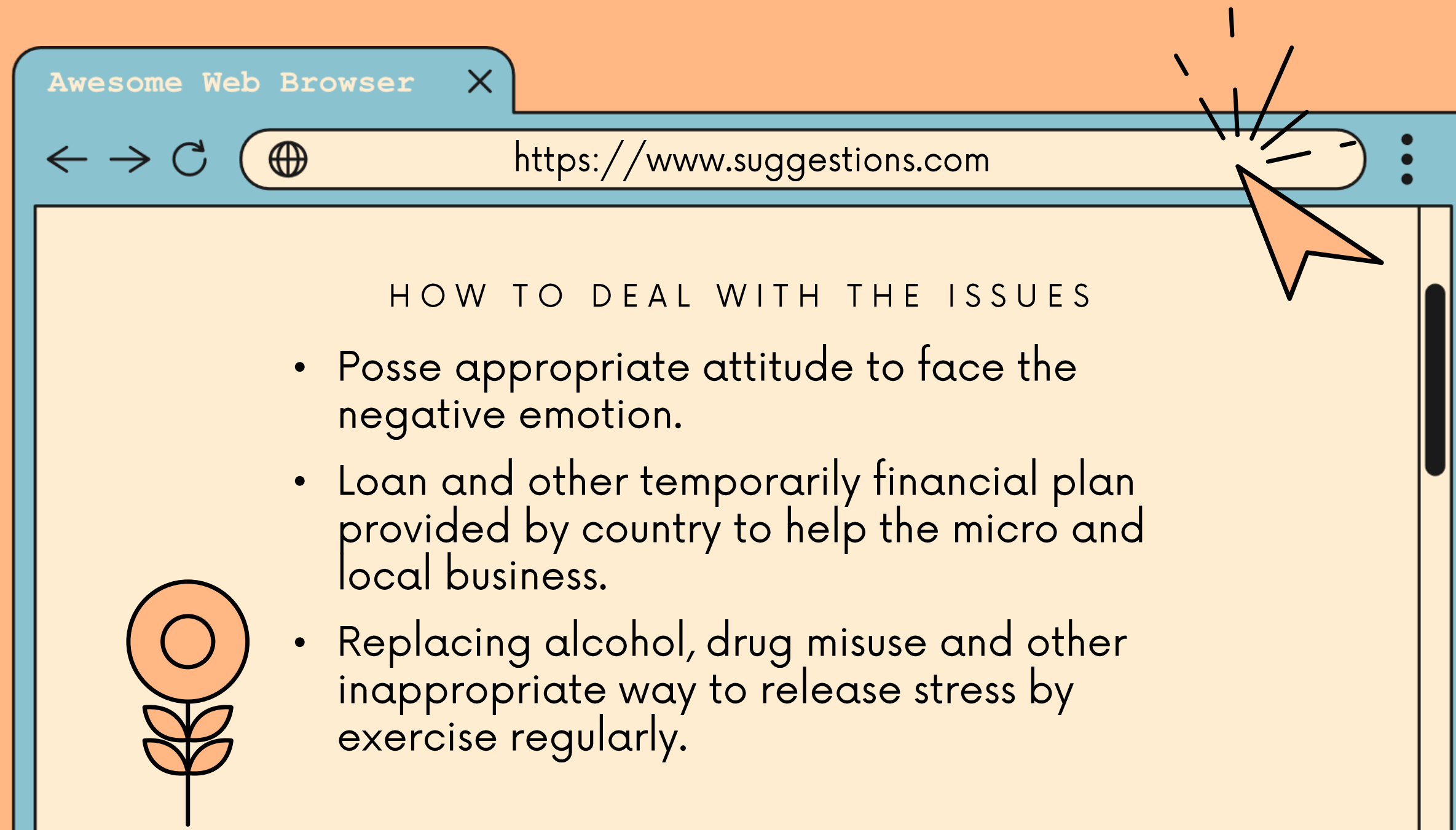
PART 8:

SUGGESTIONS

Suggestions on how to deal
with the issue

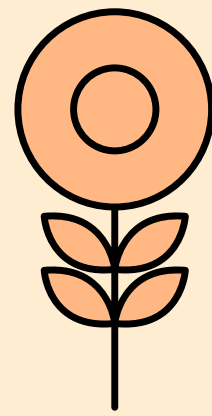
SUGGESTIONS

Suggestions on how to deal with the issue



HOW TO DEAL WITH THE ISSUES

- Posse appropriate attitude to face the negative emotion.
- Loan and other temporarily financial plan provided by country to help the micro and local business.
- Replacing alcohol, drug misuse and other inappropriate way to release stress by exercise regularly.



REFERENCE

1. <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/mental-illness-family-and-friends#:~:text=Mental%20illness%20often%20has%20a,%2C%20fear%2C%20anger%20and%20sadness>
2. <https://www.healthpovertyaction.org/news-events/mental-health-world-health-day-2017/>
3. <https://www.unicef.org/serbia/en/how-protect-your-mental-health-during-coronavirus-covid-19-pandemic>
4. <https://www.mentalhealth.org.uk/sites/default/files/impact-spirituality.pdf>
5. https://www.moh.gov.my/moh/resources/Penerbitan/Rujukan/NCD/Kesihatan%20Mental/8_Dasar_Kesihatan_Mental_Negara.pdf
6. <https://journals.sagepub.com/doi/full/10.1177/0957154X18803508>
7. <https://link.springer.com/content/pdf/10.1007/s11019-020-09961-4.pdf>
8. <https://iep.utm.edu/mental-i/#H1>
9. <https://www.mjphm.org/index.php/mjphm/article/view/826/249>
10. <https://www.mdpi.com/1660-4601/17/15/5498>
11. <https://www.bharian.com.my/berita/nasional/2021/10/875517/tambah-peruntukan-tangani-isu-kesihatan-mental>

CONCLUSION



To conclude, the issue of mental health among Malaysians during COVID-19 must not be taken lightly as COVID-19 has caused rising mental health concerns among people in Malaysia. Thus, by understanding the deleterious effects of a pandemic, mental health professionals must be better equipped to face such events.

GROUP 3

