

## **Widad FAROKAM – Virtual System**

Mohd Farooq Bin Ibrahim<sup>1</sup>, Norhisyam Bin Ab. Rahman<sup>2</sup>, Muhammad Fahim Bin Zulkafli<sup>3</sup>, Nur Muneerah Binti Kasim<sup>4</sup>, Siti Aminah Binti Harun<sup>5\*</sup>

*Widad Education*

sitiaminah@widad.edu.my

### **Abstract**

Widad FAROKAM is an application based on the system which is compatible with the website surfed by mobile or desktop. The future target user of this system will rehearse the attention of completion the task given and divert their attachment growth by involvement of guardian within the task target. The advantage of internet addiction is being maxim to divert the attention of future users. Internet addiction (IA) is a rapidly growing field of research, receiving attention from researchers, journalists and policy makers. Despite much empirical data being collected and analyzed clear results and conclusions are surprisingly absent. This is key to further exploring the notion of application use as a coping strategy; a proposition often mentioned but rarely investigated. This virtual system is trying to support a coordinated plan with the intent of reducing the ‘intention’ for those suffered and helping government in reducing numbers of commit suicide cases. This proposal is a continuing paper project in supporting the vision of **Widad Community Mental Health Awareness Centre** and **Widad Research & Development Centre**.

**Keywords:** *Attention, Attachment, Psychology, Widad, WPD, FAROKAM, Psychedra*

## 1. Introduction

The study of behavior and emotion will integrate the fact how actually psychology research can define the intervention and possible solutions of peoples within the community or small group. Psychologist far see the issues of suicide as the silent killer to our young Malaysian, which passively concur the cognitive decision from lack of attention from guardian. The data show, in every 40 second at least one people die because of suicide and every year almost 800k people die because of it globally. In fact, in 2016 suicide become second causes of death for teenager age between 15 years old to 29 years old after road accident (Arensman et al., 2020; Organization, 2020: 2019: 2014). In Malaysia, the data from year 2012 up to year 2017 showed the increasing trend of suicide behavior among adolescents (Aishvarya et al., 2014; Griffiths & Mamun, 2020). The increasing trend of suicide are need to be concerned. Since the number of suicidal cases are increase year by year, a productive approach is needed. In this cases, the expertise by an expert especially psychologist, therapist, counsellor is much needed not just for a prevention of suicide, but also to help people with a suicidal intention.

Malaysian, especially psychology officer, certified therapist and licensed counsellor came with various approaches from a such as creating a mental health support group, mental illness and offering programs focusing on life skills can help preventing a suicidal action and also help people with a suicidal though to improve their emotion and psychological well-being (Aishvarya et al., 2014; Griffiths & Mamun, 2020; Razuin Rahimi MD et al., 2015; Peterson, 2018). These professional process that involves helping clients, individually or in groups to deal with various personal problems and include any issues related to mental health that can cause a suicidal intention.

Mental well-being pioneered by the technology and the internet has potential to help and protect mental illness patients from worst mental health problems and also will provide early intervention to them, as well as quality treatment (Chandran, Mathur dan Rao, 2019). In some study shown some people prefer getting help from peers using online discussion platform rather than looking for a professional advice (Stommel and Koole, 2010). It is proving that the availability of online resources for youth mental health should be increased (Wasserman, D. et al., 2020).

One of the productive approach suggested is by diverting the intention of suicide by providing the sufficient attention to those people with a suicidal thought by involvement within the Widad FAROKAM Virtual system. The system will have proportioned time and rule to be abide with the guidance help which at the end the system will provide follow up session until the level of intention to suicide being decreased. The Widad FAROKAM expected to provide a supportive and non-judgmental atmosphere for those people to share their problems and explore more satisfactory ways in receiving the attention from their guardian during completion of task within the Widad FAROKAM virtual system. The goal of this virtual system is not only help adolescents to explore a better way of receiving face to face attention, increase the relationship between both parents or guidance but also improve their well-being and it is delivered by trained practitioners who work with people over a short or long term phase yet using the different platform. In short, this virtual system is a collaborative relationship between experts and technology which focus of the adolescent emotional or psychological current issues and platform interest.

Technology advancement and internet connectivity drastically escalated in over the past years, the problem of excessive internet use has emerged as a global health concern. The growth of internet usage has been reached around the world including Malaysia as it becomes an integral part of human life in education, business, communication, transportation, and others. According to MCMC (2018) the number of internet users in Malaysia in 2018 was at 28.7 million, increased from 24.5 million in 2016. Moreover, internet users allocated their time on average 6.6 hours online per day, however, the average duration of internet accessed by youth users is 8.0 hours daily whereas, 70.7% of internet users are college and university students (MCMC, 2018). With the growing number of internet users has elevated tremendously, the prevalence of Internet addiction (IA) also has been increasing in Malaysia (Haque et al., 2016; Rosliza A.M., Ragubathi M.N., Mohamad Yusoff M.K.A., 2018; Soh et al., 2018; Tong et al., 2019).

## 2. Literature Review

In our daily life, we always experience a variety of emotions. Emotion is a subjective state of being that we often describe as our feelings. The term for emotion and mood such as “attention” and “attachment” are the word that applied to behavior that is motivated solely by the desire to benefit oneself. In other meaning for emotion is a conscious mental reaction (such as anger or fear) subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body (Merriam et al., 2020). An emotion may have pronounced physical accompaniments, such as facial expression, or it may be invisible to observers. Other than that, emotion may be profound, in the sense that it is essential to someone mental health or dysfunctional (Robert et al., 2021:2019).

Human emotions comprise complex interactions of subjective feelings as well as physiological and behavioral responses that are triggered by external stimuli, which are called “personal significant” (Penkrun,1992; Seli et al., 2016). The Widad FAROKAM will illustrated the system based on these components yet must viable with the concept of internet addiction as adolescent is keen to this platform and actively participate as the system will have future friendly user guidance and easily reached through website based and mobile application. Hence, this research is focus on young adult that range of age 15 to 26 years old. Overall, these future results might help to better understand the phenomenon of emotional behaviour and this virtual system expected to increase benefits in public health that focuses on civic engagement and helping behavior within Malaysian communities.

Besides, the Bronfenbrenner’s Ecological model also views emotional and behavioral problems as the outcome of a complex interaction between the child and his/her social environment (Trach et al., 2018). To gain insight on the issues of suicidal ideation, the ecological framework approach (Bronfenbrenner, 1994; Urie Bronfenbrenner, 1979, 1986) assists to identify the possible interconnected layers of protective factors and potential risk that related to the individual differences (gender, age numbers of hours spent in front of the computer or a smartphone, empathy), to the social environment (school and community) as well as to the interpersonal relationship (families, peers) (Baldry, Farrington, & Sorrentino, 2016; Baldry, Sorrentino, & Farrington, 2019).

### **3. Discussion**

The local findings implied that the prevalence rate of IA among Malaysian adolescent has reached an alarming rate. Additionally, these local findings are a cause for concern with converting the AI into beneficial for the individual, family, and society through Widad FAROKAM virtual system. However, it is important to understand the risk factors that leads to IA in order to mitigate the issues of IA (Soh et al., 2018) stressed that parent influence play a critical role in either instigating or mitigating any online activities and IA. Besides, Oldfield,et al. (2016) discovered that the role of parental attachment has a significant impact on adolescent's psychological well-being.

In recent years, an increasing number of studies has been carried out on the influence of family variables (e.g.; parent influence, parental attachment, parent-child relationship, etc.) on AI (Ballarotto, Volpi, Marzilli, & Tambelli, 2018; Soh et al., 2018; Wang et al., 2018), which is motivate the authors to utilize the concept of parental or guidance attachment and gaining attention in this Widad FAROKAM virtual system based framework. Thus, these studies indicated that paternal attachment plays a significant role as a predictor of a child's risky behavior especially in influencing the intention to suicide. As the conclusion, the goal of this Widad FAROKAM virtual system is not only helping adolescents to explore a better way of receiving face to face attention, but also reducing the 'intention' for suicide attempt or so called suicide intention.

### **4. Research limitation/implications**

Researcher had proposed the core argumentation must be considering in developed the system application of Widad FAROKAM. Recommended field studies must be conducted on the future user of the system using the psychological illustration applications such as Widad Psychetra Door (WPD), Oracle Compact RY or any suitable application developed for behavioural and psychological research among adolescent.

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