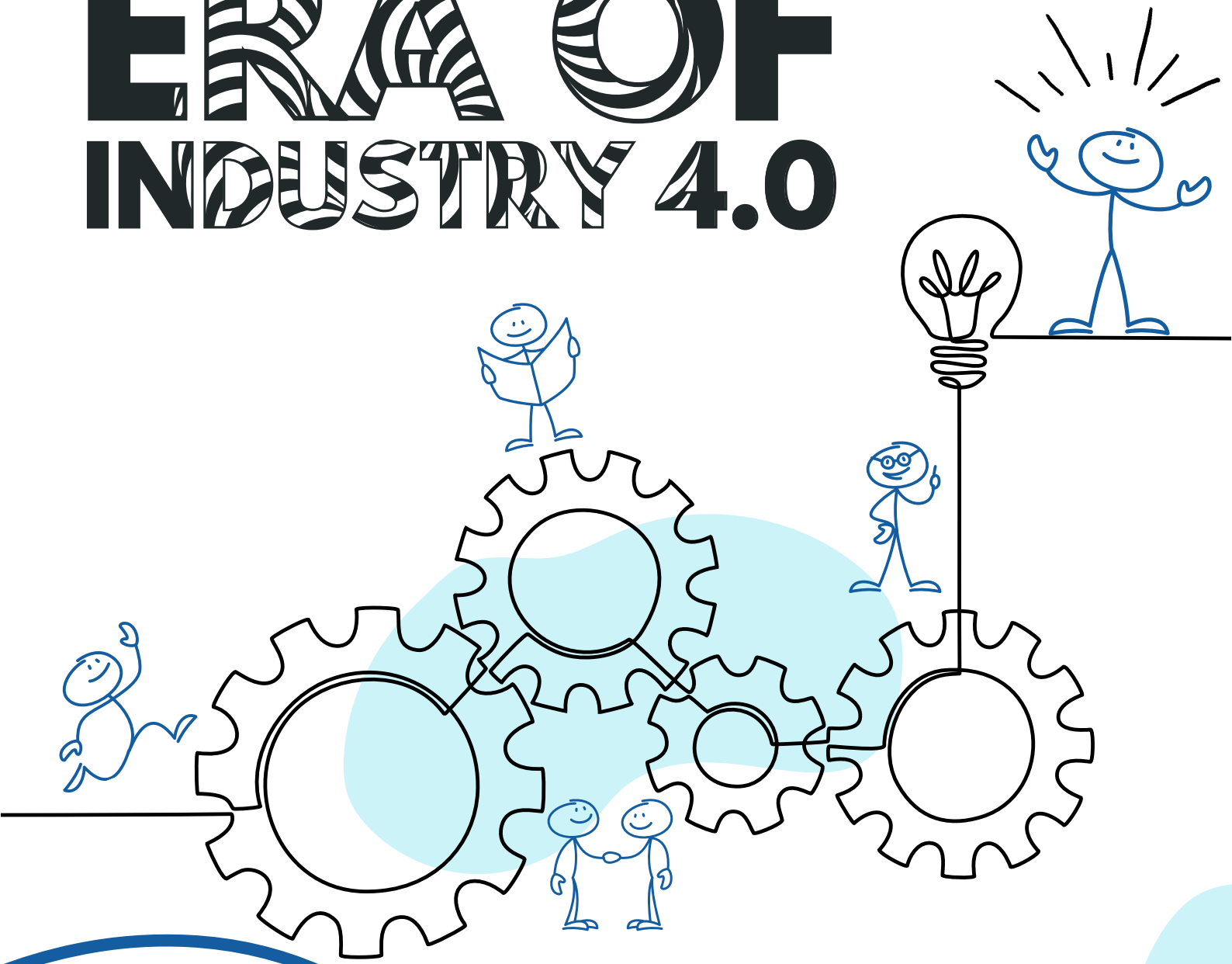
INTERNATIONAL YOUTH CONFERENCE 2021
E-BOOK

THE ROLE OF YOUTH IN THE ERA OF INDUSTRY 4.0



EDITED BY

DAISY MUI HUNG KEE
SAI LING GWEE

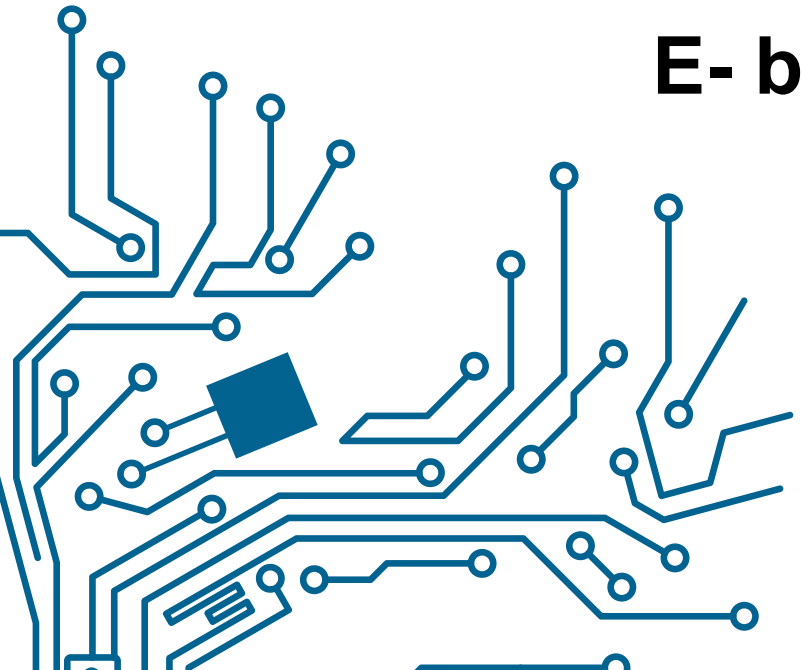
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SYLVIA RUTH

1st International Youth Conference 2021

PENANG YOUTH DEVELOPMENT CORPORATION

The Role of Youth in the Era of Industry 4.0

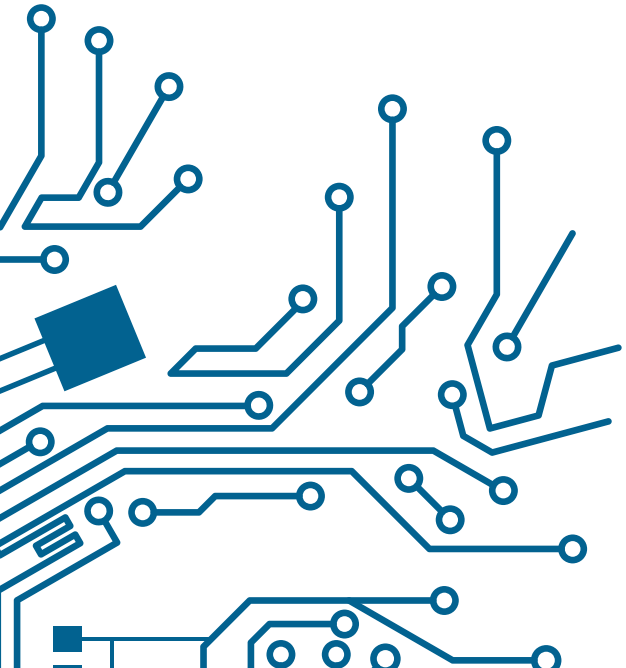


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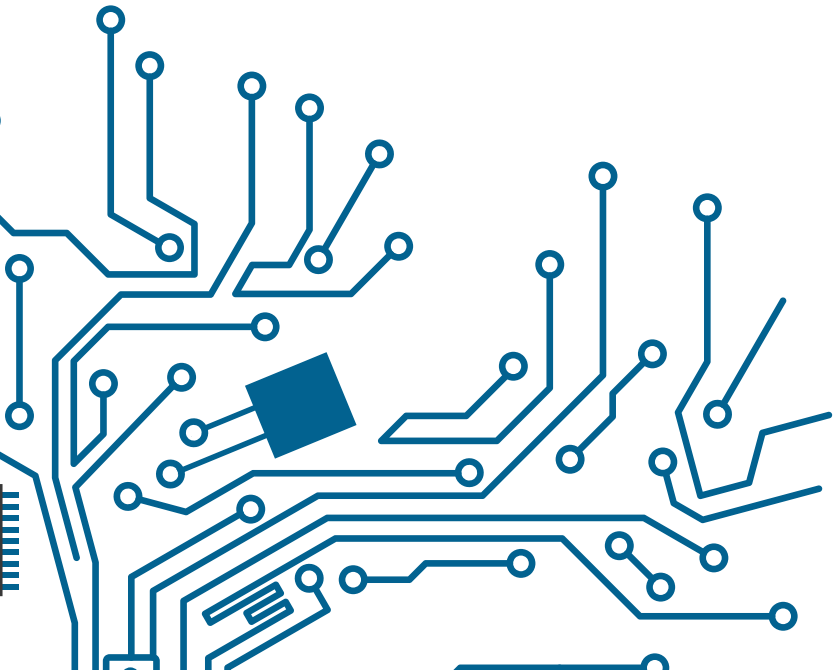
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PENANG 2030 ❤PENANG YOUTH for Future USM UNIVERSITI SAINS MALAYSIA

PENANG YOUTH DEVELOPMENT CORPORATION

PENANG YOUTH DEVELOPMENT CORPORATION



Penang Youth Development Corporation

PYDC is a state agency established on 14th March 2012, to realise the official collective vision of transforming Penang into an advanced and progressive society through youth developments. PYDC aims to develop youth holistically, encouraging universal collaboration to strengthen youth development in terms of well-being, prosperity, sustainability, unity, competitiveness in order to lead towards Malaysia MADANI. In addition, PYDC committed in providing a platform for youth which enable them to play their influence, find their voice and place in society, hone their talents and reach their full potential.

VISION

Towards integrity, marketability and competent youth

MISSION

To educate, cultivate and empower youth towards holistic development

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The youth is the pillar of the country's future and an important asset for national development. The "Youth For Future" initiative is a long-term plan implemented to develop the youth in Penang and to prepare our youth to face the challenges the future and contribute to the development of the country. The "Youth For Future" initiative was launched by the Penang State Government under the Penang State EXCO for Youth and Sports in November 2019.

The implementation of "Youth Foe Future" requires collaboration between different sectors such as government agencies, educational institutions, NGOs, and the private sector in order to achieve the objectives of this initiative more effectively. Under this initiative, various programmes have been launched to develop the youth in Penang and to prepare themselves to face the challenges in the future and contribute to the development of the country.

1st International Youth Conference 2021

The Penang International Youth Conference 2021 (IYC21) is initiated by Penang Youth Development Corporation (PYDC) to enhance interaction among the youth in Malaysia and youth from abroad. This conference is jointly organized with Universiti Sains Malaysia (USM), Association of International Business & Professional Management (AIBPM), StarScholars Network (SSN), Han Chiang University (HCUC), Tunku Abdul Rahman University College (TARUC), Penang Skills Development Centre (PSDC), SEGi College Penang (SEGi), Batu Lanchang Vocational College (BLVC) and Tech Dome Penang.

In this era of Industry 4.0, the modern technologies are creating a massive threat to jobs and creating job shortages, and even now some jobs are unfilled because of mismatch between youths' skills and employer needs. Today, companies are changing the way they do business. They are shifting towards digitalization. They need professionals who should know in-and-out of technologies, their applications, and also implications.

Now, it's time for youth to pursue courses based on the advanced technologies formed. Hence, this conference were held in order for the youth to explore through writing, the new world of digitalization. Some topics of interests for the paperwork are Youth and Industry 4.0,Youth Talent and Digital Talent, Youth Leadership, Cyberbullying Among Youth, Challenges faced by youth such as Depression, Bullying, Self-Harm, Teen Pregnancy, Suicidal, Youth Health, Youth Volunteerism, Youth Engagement, Career path for Youth tomorrow, Youth Learning and Education, and TVET Education.

However the topics are not limited, thus participants were encouraged to search more for interesting topics. It is time for them to be re-skilled or up-skilled and prepare themselves for the new requirements. This not only helps them to get through the jobs but also helps employers' to look for young talents.

The main objective of this platform is to provide a platform for youth, young researchers, professionals, scholars, and academicians to exchange and share their knowledge, information, and new ideas as well as to meet and interact with local and international participants. Besides that, to promote Penang as a hub for higher education and establish networking or engagement among the youth, young academicians, and community.

In addition, International Youth Conference encourage collaborative research and projects amongst higher learning institutions and industries in addressing youth and Industry 4.0. Participants are able to find international linkage for future collaborations in their career path.

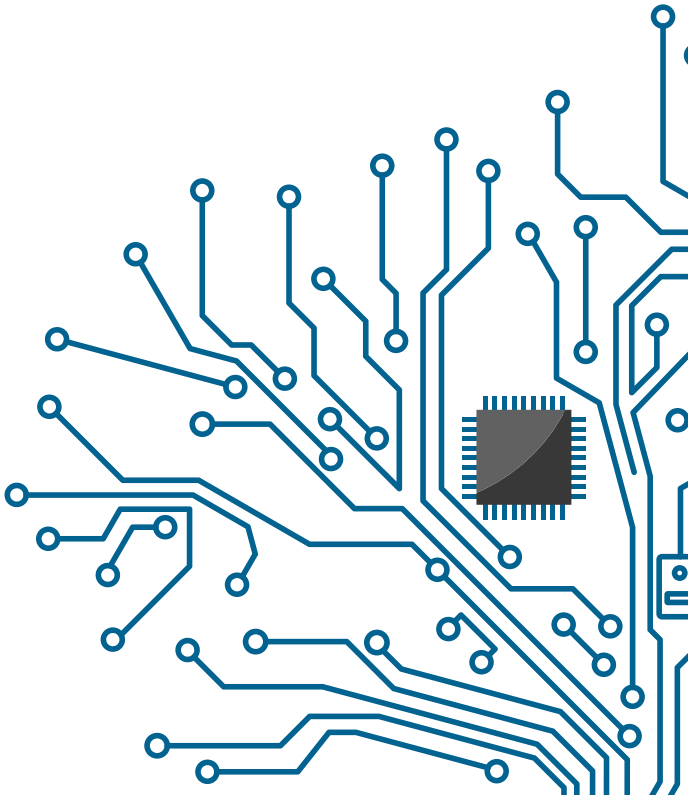


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1 Impact of Unemployment on Mental and Physical Health

Abdul Hakkim Mohammed Gory, Adiputra Manjalela, Afiqa, Ahmad Irfan Syauqi

Abstract

The high unemployment rate among young adults in Malaysia is becoming more worrisome by the day. Data from the Malaysian Bureau of Statistics shows that the unemployment rate among Malaysia's youths, which averaged 3.42 percent from 1998 to 2021 and peaked at 5.30 percent in May 2020, is a serious social and health concern. The risk of suffering from mental and physical health problems is higher among the unemployed than the employed. Based on data obtained by the Department of Health from the Crisis Preparedness and Response Centre (CPRC), 46.8% of calls received were related to mental health problems. However, little study was done on the impact of employment status on young adults' physical and mental health. Therefore, the aim of this study was to investigate the relationship between employment status and physical and mental health of young adults in Malaysia.

Keywords: Impacts, Unemployment, Mental, Physical, Health

Introduction

Unemployment is a situation when an individual is looking for a job but is unable to find a job. Without a job, one is more prone to fall into depression, mainly due to financial constraints as they are not getting any income. Some people also end up feeling useless as getting employed is somehow a personal achievement and makes them feel independent in life. In this case, youths, especially fresh graduates have become the most vulnerable group of people when it comes to employment due to their lack of work experience. It became more challenging for them to secure jobs with decent payments.

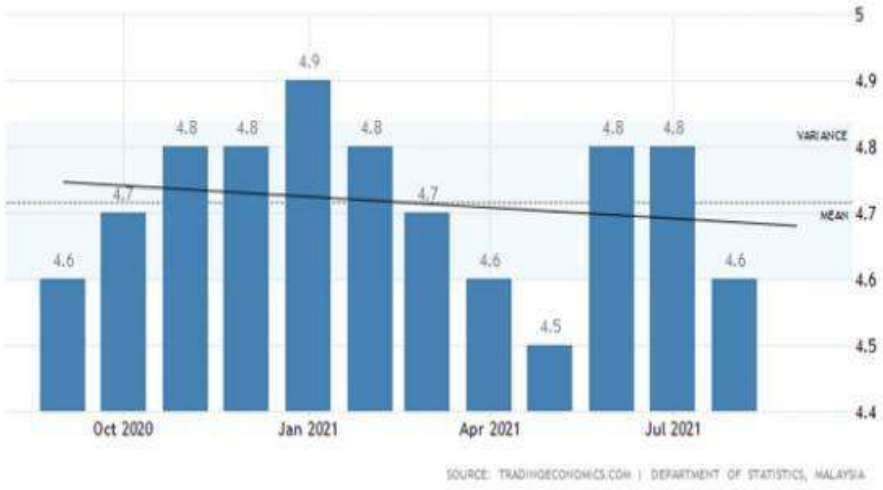
In the year 2021, the unemployment rate in Malaysia is averaging 4.5%, as July recorded a slight upward trend in the number of unemployed, which is 4.8%. During this pandemic, many have been facing losing jobs due to the constantly prolonged lockdown. This has led to many of them falling into a great depression, suffering from anxiety, and even severe mental illness. Many also chose to end their lives as they could not meet their daily household living expenses and pay loans. Some committed suicide by hanging themselves, jumping off the building, poisoning themselves with pesticides and even car exhaust gas. There are too many people out there who are struggling with suicidal thoughts but choose to bottle them up to themselves, which is one of the factors to an increase in the statistics of suicide cases.

How does unemployment lead to poor physical health? As we all know, stress will result in negative consequences such as long-term physiological health issues such as cardiovascular diseases, hypertension and musculoskeletal disorders (Jennifer, Sheniz, Timothy, 2012).

A previous study in the United States found that the unemployed tend to have higher annual illness rates, lack health insurance and access to health care, and have a higher risk for death (Athar, Chang, Hahn, Walker, Yoon, 2013).

Statistics/ Facts

Malaysia's unemployment rate averaged 3.42 percent from 1998 to 2021, with a high of 5.30 percent in May 2020 and a low of 2.70 percent in August 2012. (Key Statistics of Labor Force in Malaysia, The Department of Statistics, Malaysia, June 2021).



It is highly plausible that unemployed people may experience psychological tension, mainly depression and anxiety, which may adversely affect their health, their family's security, and society's stability in general. The global economic crisis and the pandemic have made a large number of educated persons unemployed in our country. An unemployed person may suffer from mental illnesses. Also, they may face difficulty in getting and continuing the necessary treatment.

Like all other nations, the pandemic had a tremendous impact in Malaysia also, and the country is in crisis both from an economic point of view and healthcare, which includes the mental health and wellbeing of Malaysians. The impact of Covid-19 has burdened each level of society from every imaginable angle. The country was struggling with the physical effects of Covid- 19 a few months ago, but now it has to deal with a tsunami of economic implications and disastrous mental health sequelae.

Ever since the Movement Control Order (MCO) was implemented in March by the Malaysian Government, several non-essential businesses have ceased functioning. Scores of Malaysians experienced a shortfall in their income or were fired from their jobs. Being unemployed inhibits one's mental health, causing the development of an array of feelings which includes depression and anxiety. The impact of unemployment is closely related to financial difficulties, insecure housing facilities and strong emotional bonding between family members. All of these negative impacts will eventually cause an increase in crime rates that may possibly crumble the family institution (Mariana, Syahriah, Siti Aisyah, Nurul Izzati, 2014). Unemployment may

possibly lead to lower self-esteem and produce adverse health consequences. The studies show that physical symptoms such as loss of appetite, sleep, and sexual interest may occur as a result of unemployment (Khaled, Makmor, Ahmad Farid Osman, 2020). With these rising mental health issues and physical factors, we could observe that there might be an increase in negative coping mechanisms that one might engage in, and this in turn can lead to substance abuse and suicide would be seen as the last resort.

According to the Social Security Organization (SOCSO), the job losses in the country have increased by 42% year on year for this first quarter due to this pandemic. According to the available data, there has been 61% of job losses among workers aged 40 and below. The possibility that male workers to be retrenched than their female counterparts are at 60%, and this may reflect the fact that there are more men than women in the entire workforce. In 2019, there were 7.5 million active employees who were registered with SOCSO. Out of this, 1.458 million employees were in a tourism-related sector which was one of the most highly impacted business sectors. Furthermore, the unemployment rate is forecast to hit 4% in 2020 as compared to 3.2% in the 1997 Asian financial crisis. Although Malaysia has been prosperous in containing the Covid-19 outbreak, this has not been translated into economic performance.

Depression may result from fear, worry and anxiety, and this may eventually lead to suicidal tendencies. Various Government departments have been actively involved in handling this. Following the partial lockdown, the Fire and Rescue Department of Malaysia have been busy handling cases of people threatening to commit suicide. Crisis Preparedness and Response Centre (CPRC) activated by the Ministry of Health along with Mercy Malaysia, a non-profit organisation, initiated the launch of a support hotline for anyone affected by the current crisis. Out of the calls received in the helpline, 46.8% were related to psychological issues. The imminent losses associated with the MCO, and the spread of Covid- 19 have led to a sudden increase and aggravation of mental health issues.

Conclusion

We discovered in this study that the conclusive effects of unemployment on mental and physical health have many adverse effects on such individuals, with the unemployed becoming more anxious, depressed, and worried about body symptoms than individuals who are working. Therefore, various initiatives that we need to look for to get positive results can thus reduce the percentage of unemployment in Malaysia and, in turn, can overcome the individual's mental and physical health problems during unemployment, especially when there is an epidemic such as Covid- 19 Pandemic. Hit the world. In addition, mental support, financial assistance, and training programs during higher education should also be emphasized to reduce the high risk of mental issues among unemployed individuals in Malaysia. Every person or organization should always be sensitive and play a role in the surroundings and find appropriate initiatives to avoid mental and physical health issues due to unemployment. All this can give positive results to mental and physical health if emphasized to the public as this disease will be a killer in the future if ignored.

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2 Stop Be Mean Behind The Screen

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Ain Najwa Binti Mohd Azmi

Abstract

In this technologically advanced era, cyberbullying has emerged to become a severe issue and more prevalent among youth. Cyberbullying has been shown to have a negative effect on the mental health of the victims, leaving them feeling solitary, despondent, and abandoned. Specifically, the goal of this research was to discover the causes of cyberbullying and implications it has on the victim. A survey has been done via google form by asking relevant questions about the causes of cyberbullying and direct experienced that face by the victim. Spending more time on social media increases one's risk of becoming a victim and the perpetrators of cyberbullying without being aware of it. Furthermore, many respondents are acutely aware of cyberbullying. Additionally, 60% of respondents said that they are the victim of cyberbullying before. The most often cited reasons for cyberbullying are for entertainment and enjoyment, as well as lack of empathy towards others, with 72% of victims experiencing depression as a result being harassed on the internet.
Keywords: Cyberbullying, Youth, Mental health, Causes, social media

Introduction

Cyberbullying is a type of bullying that happens when someone bullies you via the use of electronic technology such as messages, phone calls, emails, and social apps. Cyberbullying is not a new concept in this era, since the majority of people now own a smartphone with an internet connection, making it possible to perpetrate cyberbullying everywhere and any time, especially youth. They remain as the primary user to use the Internet and social media to communicate with each other via the social networking sites such as WhatsApp, Instagram and Facebook. Typically, the person who bullies a victim in traditional bullying is well-known to the victim. On the other hand, those who utilize screen identities on the internet do not necessarily portray themselves in the same manner they do in person. The perpetrators can just simply set up a new account and use it to cyberbully others without concern about the real identity being revealed.

As with traditional bullying, cyberbullying is all about gaining and maintaining control over the victim through the keyboard and make the victim feel weak. This causes tremendous shame and humiliation. When youth are bullied to a physical trait or an allegation over something they did, they are typically too humiliated to speak out. The most prevalent form of cyberbully approach was the distribution of inflammatory or obscene files to its victims. There are instances when the victim is frequently made feel uneasy and tormented with disparaging pictures or texts that are specifically addressed at the victims. In such a short period of time, disparaging picture and text can easily spread to the public and impossible to exterminate. According to the google form

survey, the most common reason for cyberbullying to occur is because the perpetrator lacks empathy for others. Cyberbullies are blind to their own grief and hence cannot comprehend their victims' anguish. Many cyberbullies who were later caught and interrogate that the conduct made them fun and feel the entertainment.

The use of social media has led to an increase in cyberbullying, which has the potential to harm young people's mental health and potentially lead to suicidal ideation and behavior. Additionally, cyberbullying has committed a huge impact on the level of mental discomfort that a person suffers. As instance, victims of cyberbullying usually experience stress and depression, which has a negative effect on dropping their grades. The insults and lies propagated by anonymous via email, the internet, and phone calls have resulted in some victims want to hurt themselves because they were helpless to take a stand to it. While these technologies have become an integral part of many people's social lives, it is critical to prevent or put an end to cyberbullying in order to fully benefit from electronic communication. This research aims to contribute to the body of knowledge on the causes that led to cyberbullying and how its impact the victim especially youth in Malaysia.

Methodology

As cyberbullying is now a new phenomenon, many studies are available regarding the topic and few measures have been developed for people to assess through cyberbullying and the main focus is the causes of cyberbullying. Therefore, it is necessary to continue exploring some of the contributing effects of this type of bullying. This study collected data using quantitative methodologies to gain a clearer and stronger insight into it including accumulated evidence and arguments about the causes and effects of cyberbullying. A survey was designed with 9 questions regarding cyberbullying to explore 50 respondents* experiences and also their understanding of cyberbullying. All the questions consisted of limited choice where their choices were based on their experience and will lead to this study.

Cyberbullying and Technology

Regardless of the convenience of accessing and using online technology, especially social media, its constant exposure to various online interactions can put users at risk. Cyberbullying is a common example of this type of behaviour. Cyberbullying has also been linked to negative effects on individuals and organizations. For instance, it has been linked to a variety of negative effects on academic performance and health (Beran & Li, 2008). The first studies on cyberbullying focuses on the impact of technology on traditional bullying. Cyberbullying is a social problem that involves the use of digital devices to harass or intimidate another person with any kind of reason behind that. Out of 50 responses, 68% spend 6 hours and above engaging on social media with 64% using Facebook and others using Twitter, Tiktok, and Instagram. It shows that cyberbullying can happen throughout time by commenting or posting anything. Although it is not considered a traditional form of bullying, its effects are still very visible. Internet and social media networks such as Facebook and Twitter recently have made policy and privacy changes to ensure safety for their users. However, the

effectiveness of these tools and efforts in preventing abuse and cyberbullying needs constant monitoring and research.

Entertainment and Enjoyment

Some adolescents believe that cyberbullies are attracted to attention and are trying to get it. They also stated that they often write mean things about others to make them feel better and for the sake of entertainment. Based on 50 responses from the survey, 76% think that bullies keep bullying because of fun and entertainment. Bullies are commonly targeting on appearance related. The adolescents perceived that anyone potentially be a victim of appearance-related cyberbullying and the victims are usually girls. They underlined that it is something they have to be prepared for when they start interacting on social media sites like Facebook and Instagram. Mostly, cyberbullying targets those who differ in their appearance or social life. Adolescents believed that a cyberbully might be anyone, just as anyone may be a victim of appearance-related cyberbullying. Furthermore, they stated a variety of motives for penning derogatory remarks about someone's appearance. For example, one of the main motivations for cyberbullies is that they can achieve higher social standing at the expense of others. Another comment was that cyberbullies aim to get as many "likes" (a "like" is when someone presses the symbol "Like" on an item on Facebook to show admiration) as possible by posting hurtful things about others. For enjoyment, adolescents believe that bullying is thrilling as they are seeking attention. Writing about mean things about people's appearance because they do not feel good about themselves and to make them feel better, they make other people else feel bad.

Cyberbullying and Empathy

Empathy is defined as sharing another person's emotional state such as when witnessing another person in distress (Eisenberg & Strayer, 1987). Empathy is defined as a feeling that is more suited to another person's situation than to one's own, but this feeling does not have to be identical to the other persons. Empathic people, for example, may observe an angry friend and feel angry, sad, or compassionate, depending on the situation and the reason for the friend's anger. Cyberbullies usually remain anonymous and distant from traditional bullies and hence, will less likely see the immediate consequences of their behaviour. Therefore, cyberbullies may experience less empathy.

The Consequences

Bullying, including cyberbullying, is associated with significant short- and long term mental and physical health problems, as well as academic achievement problems. Cyberbullied youth, like traditionally bullied youth, have higher levels of depression and anxiety, emotional distress, suicidal ideation and attempts, somatic complaints, poorer physical health, and externalizing problems like increased delinquency and substance abuse than their non-bullied peers. It is common to find a relationship

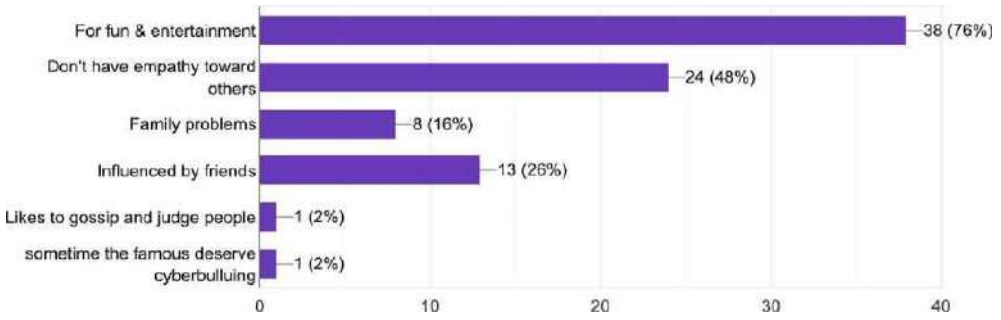
between being cyberbullied and the severity of the consequences — youth who are bullied the most suffer the most. Cyberbullying and traditional hits are different for the victims. Victims who were both cyberbullied and bullied at school fared the worst on all outcomes such as suicide attempts, depressive symptoms, or self-injury are highly recommended to get medical treatment. Besides, the negative effects of cyberbullying were worse than the effects of traditional bullying which is depression.

According to the transactional model of stress and coping theory, how people cope with the level of induced stress influences their individualistic appraisal of a stressful event (Lazarus, R.S. 1984). Cyberbullying has been shown to cause stress. However, the Transactional model of stress and coping has been used extensively in cyberbullying research. Cyberbullying threatens belonging, which is one of the basic human needs that can lead to stress (Willian, K.D, Carter-Sowel, A.R., 2009). Negative stressors that are repeated over time can cause emotional distress and degrade performance. Social support, on the other hand, has been shown to reduce negative feelings associated with stressful situations. Stress has been shown to impair performance, and cyberbullying elicits both immediate emotional responses and subsequent stress reactions. Repetitive cyberbullying events elicit immediate emotional responses as well as long-term consequences. As a result, cyberbullying can have both chronic (long-term) and acute (short-term) consequences.

Findings

In this globalization era, the internet has become one of the most powerful technologies to gather people around the world into virtual reality. It gives a lot of benefits to human beings such as connectivity to people around the world and also making money. Besides, it also can lead to cyberbullying. Based on Feinberg and Robey (2009), “Cyberbullying involves sending or posting harmful or cruel text or images using the internet. It can involve stalking, threats, harassment, impersonation, humiliation, trickery and exclusion”.

To examine the knowledge about cyberbullying among people, the questionnaire about Cyberbullying has been distributed to University Sains Malaysia students. There are 50 respondents who answered the form. As the results, 94% of the respondents had heard about cyberbullying while 6% of them never. Surprisingly, there are 94% of the respondents never involved in any cyberbullying while six percent of them did. The third question is about the involvement of cyberbullying among close acquaintances. Seventy-two percent of them have no contacts that involve cyberbullying while 28% of the respondents choose yes. Among 50 respondents, there are 60% of the respondents who had been the victims of cyberbullying while another 40% never experienced any. Sixty-eight percent of the respondents spend their time on social media for 6 hours and above. 26% of the respondents spend 3 to 5 hours and only 6% spend less than 2 hours.



Based on the chart above, 76% agreed that cyberbullying is just for fun and entertainment. Nowadays cyberbullying against someone does not give satisfaction to be considered as strong. They wanted to be respected (Nur Farhanah, 2019). Next, 48% of the respondents said that someone who cyberbullied does not have empathy towards others. Based on The Empathy Project (2017), “cyber bullying has a damaging impact more so on younger minds, as teens and children are affected so much by the online world in which they are growing up” Besides, 16% of them choose that they had family problems, the broken family also can lead to cyberbullying since someone had lack of attention from their family. Twenty-six percent of the respondents choose it is caused by friends' influences, 2% choose they like gossip and judging people through the internet and 2% also said that sometimes famous people need to be cyberbullied.

Cyberbullying is associated with considerable negative mental and psychosocial consequences in children and young people, making it a serious public health concern (Irene Kwan et al, 2020). Cyberbullying gives mental health effects towards the victims. Based on the respondents' experiences, 46% of the respondents faced lack of confidence, 72% of them faced depression, 14% respondents thought about harming themselves, 8% of them dropped grades in their studies, 2% had thought of killing someone and 2% of them have never experienced any. Based on the respondents, sixty-eight percent cried and stayed silent when they faced cyberbullying. 28% had courage and responded to them and only 8% spoke out and asked for help.

Discussion

In the nutshell, cyberbullying has a lot of negative impacts towards the victims and also the perpetrators itself. This is because the victims will face harmful effects such as depression, anxiety, fear, low-self-esteem and behavioral issues for a long term. It has been shown to have a negative effect on the mental health of the victims, leaving them feeling solitary, despondent, and abandoned. Besides, a research paper from Tarpul et al (2018) said that those who are bullied mostly have negative peer relationships and pro-social problems with their circle. By doing bullies it gives them self-satisfaction and desire to be respected. To prevent cyberbullying from occurring you must understand exactly what it is. Research what constitutes cyberbullying, how and where it occurs, and talk with your friends about what they are seeing and experiencing (De Lench, n.d.). Next, raise awareness about cyberbullying through events or campaigns. Speak out, friends or family who know there are perpetrators in

their circle should advise and talk to them. Someone who bullies also has their own personal matters that lead them to do something bad. Asked them to seek help from their close people. So sometimes it's important to give them space to do that and let them know we have their back.

Conclusion

In conclusion, cyberbullying has veritably dangerous consequences to individualities. It disrupts academic life, causes great emotional damage, and may have fatal consequences. Though technology has brought new openings for scholars and teenagers, it's important that everyone learn to use it responsibly. Programs should also be put in place to ensure that technology is used responsibly. School operations should put in place ways of relating, precluding, and responding to cybercrimes in seminaries. Parents should also take up the liabilities of guarding their children. Teenagers, on the other hand, should take the first measures necessary to help cybercrimes and bullying. Cyberbullies are eyeless to their own grief and hence cannot comprehend their victim's anguish. Numerous cyberbullies who were latterly caught and interrogate that the conduct made them fun and feel the entertainment.

In summary, cyberbullying can be stopped through different measures. Given the availability and accessibility to technology today, it's getting to be hard to stop cyber bullying completely. Children have access to the web, computers, mobile phones and other means of digital communications both reception and in schools. However, it might be vital to require measures to scale back it. First, Children should ask an adult whom they trust about the bullying. However, Cyber bullying can take different forms, which can include one or variety of the subsequent acts. Cyber bullying also can be as simple as continuing an email sent by someone and sending it to somebody else with unfriendly information about somebody else. If everyone comes together including educators, enforcement and therefore the biggest role, the oldsters, then cyberbullying is often stopped.

On a final note, hopefully the statistics for victims of cyber bullying will drop due to increased knowledge of possible consequences for perpetrators and issues and counteraccusations of its victims. It all comes down to who people are as individuals. You can teach someone on a certain subject, like cyberbullying, although that may not stop them from making it. It will continue to be, but hopefully not as important as it is now. As you can see causes a lot of detriment. People constantly suffer from it and occasionally it leaves a ruinous effect. However, don't be hysterical to ask for help if you or someone you know is being cyber bullied. It can emotionally damage you and master your social capability.

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3 The Impact of Technological Advancement Among Youth: A Conceptual Paper

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Abstract

In the present era of globalization, technology advancement has been playing a fundamental role among all citizens regardless of age. Technology advancements help us to reduce human efforts in accomplishing a work. The purpose of this study is to find out the positive and negative impact of technology advancement among youth. The result from findings shows that technological advancement does greatly affect youth both positively and negatively. One of the positive impacts is widen social circle while the negative impact is oversharing on social networking sites. It also implies that technological advancement plays a big role in youths' daily lives.

Keywords: Technology Advancement, Youth, Positive, Negative

Introduction

In the present era of globalization, technology advancement has been playing a fundamental role among all citizens regardless of age. Human beings are almost using technology in every part of daily lives with or without realizing it. Technology is certainly a boon for human beings as it makes our lives way easier compared to ancient times. Technology development is not thriving on one sector rather technologies have been developed in every sector based on their needs and requirements. Technology advancements help us to reduce human efforts in accomplishing a work. According to (Bulao, 2021), there are about 1.35 million technologies around the world. Nevertheless, it is pointless if technology is evolving rapidly but there is no one using it as well as possible. Older generations commonly have been outdated and show no interest in using technology as much as youth do. Therefore, let us emphasize the positive and negative impacts of technological advancement among youth. The Positive Impact of Technological Advancement Among Youth

Widen Social Circle

The positive impact of technological advancement in mobile technology among youth is that it widens the social circle. Youth are exposed to make new friends via online through social media such as Facebook, Instagram, and Twitter. Making new friends online help the youths to make their network wider. They can make new friends from the same region and internationally. It is almost impossible for making new friends from other countries without these technologies in the past. According to (Siddique & Singh, 2016), social networking sites allow youths to get online support that they do not get in traditional relationship in their real lives. This is very closely

related to the youths' personality itself. Some of the youths who are introverts seem crucial to find and make friends in person. This may cause by lack of communication, less friendly, shy, and so on. Hence, youths with the introvert personality are highly suggested to make friends online. Friends are very important in one's life as equal as family members because they can be our biggest support system after family. Apart from that, those youths who are shy and has low self-esteem may use the chatting features that is available in social media to make friends. Therefore, it can be concluded that advancement in mobile technology makes youths' life easier in making new friends on online platforms.

Stay Connected with Friends and Family Members

In addition, mobile technology advancement helps youth to stay connected with their friends and family members. No matter how many miles we are apart from each other, mobile technology has always kept us closer to each other through social media. Compared to ancient times, we tend to wait for months or even years to get back with someone who is far away from us. As we are in the modern times, we should certainly be beyond grateful for the technological advancement. Youth are also able to keep in touch with their childhood friends even after many years without any lost contact issues. For instance, one can create a group in WhatsApp application and add their friends for any discussion or keep in touch purpose. Apart from staying connected and making new friends online, youths are also exposed to current issues that happening around them. There is no need for a youth who is busy working to make time to sit in front of television to watch daily news. This is because social media help the youth to access to trustworthy information or current issues that happen all around the world, (Riddle, 2017). For instance, Facebook is one of the famous platforms among all social media in spreading important news such as politics, economy, and social issues time to time. Thus, social media can be a good platform to spread news way faster than any other platforms.

Build Young Entrepreneurs Among Youth

Another key point of the positive impact of mobile technology advancement is that it helps to build young entrepreneurs among youth. Mobile technology is a wide platform to earn money through online businesses. Youth who has high skills in entrepreneurship may utilize these online platforms to make money. The best part of this online business is that one does not need expensive models to start a business. Youth who are interested to get into a business field with zero experience are highly recommended to become agent of any well-known businesses to get valuable experience. On the other hand, youth can also make money by uploading their videos on online such as YouTube. For instance, Jimmy Donaldson, a 22-year-old boy also known as M. Beast upload videos of giving away millions of dollars to strangers on his YouTube channel (Paige Leskin, 2021). This kind of content in his videos have successfully grabbed 53 million subscribers' attention and he is one of the highest paid creators on YouTube. This was only possible due to technological advancements. Hence, it is proven that mobile technology helps a lot in building young entrepreneurs.

Easy to Access Information

The positive impact of technological advancement in educational technology among youth is that easy access to information. Technology has provided abundance of quality information to students that ease their learning process way quicker than before. Students no longer need to go library to get information since all their information can be accessed via Internet. Information in Internet are organized efficiently. It is the matter of effort taken by one to search the information. There is nothing that one cannot find on the Internet. For instance, students may get information from any part of the world via the Internet. Students can also access e-books instead of bringing heavy printed textbooks to school or universities. E-books are the electronic version of a printed book where one can read by only using one device. Students are exposed to thousands of e-books on the Internet that they may download for free. The best part of e-books are students can share the content of the books to multiple users, which is quite complex to do with printed books. Thus, technological advancement in education helps youth to get ample of information just in a click and indirectly helps youth to instill reading habits in them.

Encourage Youths' Individual Learning

Furthermore, technological advancement in education technology encourages youth for individual learning. Technology helps youth to sharpen their skills in their own field that they are interested in. The generation these days should no longer wait for their parents to spoon-feed everything. As we are in the era of globalization, youth should try to improve their skills on their own with the accessible technologies. For instance, one can learn mandarin or any other foreign languages online which will be very useful for their career. Apart from that, education technology has smoothened the teaching and learning process of students during this Covid- 19 pandemic. Students are still blessed to continue their studies online with many interesting websites such Quizlet, Google Classroom and so on. With doubt, these kinds of interesting websites have boosted the students' interest to study online. Therefore, technological advancement has certainly made youths' lives better.

Transportation technology

Technological advancement gives a lot of benefits for transportation technology. Transportation technology innovations are primarily motivated by three requirements: efficiency, convenience, and safety. Scientists and transportation industry experts collaborate to ensure that these new technologies bring more people (or goods) to their destinations faster, safer, and with the least number of resources.

Saves Times

Transportation technology has become one of the world's fastest growing and most competitive areas due to the huge possibilities of these technologies. The impact of technological advancement in transportation technology among youth can save time. In the past, transportation was limited, and the speed of many types of transportation was slow, causing us to spend a lot of time going to a place, and if there was a traffic jam, it would take even more time. We used to go out only by bicycle, car, and train, now we have subway, light rail, and maglev train. This saves a lot of time for us to travel, making efficient use of our time, so that we do not have to spend a lot of time because of transportation. And many of these types of transportation are fast, so

you don't have to squeeze with crowded vehicles. And most of the transportation will go at a fixed time, so if they pay attention to the departure time, we can properly arrange our time. Vehicles will grow more advanced as AI, data science, manufacturing, and deep learning become more advanced. These domains serve as the foundation for everything from driverless vehicles to space travel, as well as transportation companies such as Uber and Lyft.

Public Transportation Increases Freedom and Mobility

Transportation technology has increased freedom and mobility among youth. The availability of public transportation allows everyone to have personal mobility, allowing them to go nearly anyplace. In addition, there are many people who do not have a driver's license, but, with convenient transportation, they can go wherever they want to go. When we go out with a group of people in a car, if something comes up, youth can go home on their own without bothering them to bring home. Although some people can drive, there are times when they want to enjoy the feeling of being driven. This time they can have the option of choosing public transportation.

Easy Access to One Place

In addition, the advanced technology in transportation technology allows youth easy access to one place. This is because youth can use Waze or Google Maps to get to the places they want to go. Before these, if we don't know how to go to a place, we must bother others to lead the way or ask around for directions, which is very time-consuming. The point is, if you have a smartphone, youth can access those applications. Now, we just need to write where we want to go, and the exact route will appear, so we won't get lost. Both Google Maps and Waze can show the location of the business you're searching for along with their operating hours and contact numbers. This way we can know if a place is open before we go there. When Waze users are driving, they can easily submit a variety of real-time information to Waze. This includes things like the location of police speed traps, stalled cars, wrecks, debris on the road, and a variety of other things. When other Waze drivers pass by the same spot and see the barrier, they can upvote or downvote it to tell Waze if it's still there. This makes it easy for youth to go wherever they want. Another one is youth can book a grab car through online app. Grab application is quite convenient and accessible in the city. Just type your location and where you want to go in the grab application, and it will find the closest driver for you immediately. And it doesn't matter if you forget your cash, you can pay through grab pay, which is very easy and convenient.

E-commerce technology

Electronic commerce, also called E-commerce or e-commerce, is the exchange of goods and services over computer networks like the Internet. E-commerce is the term used to describe the buying and selling of goods or services over the Internet. Electronic funds transfer, supply chain management, Internet marketing, online transaction processing, as well as electronic data interchange are all examples of mobile commerce (EDI). Inventory management systems and automated data gathering systems are just a few technologies being used in e- commerce. It's a market entry approach in which the company has no physical presence. Youth can buy many things through online. E

commerce refers to an electronic marketplace where merchants can buy and sell goods, services, and information over the internet.

Start a Business from Home

In the age of advanced technology, e-commerce has been taken for granted. If the funds are available, youth can do so. Youth can start their online business from home because of e- commerce technology. In this way, youth have the freedom to determine their own working hours and organize their time properly. Youth can be more flexible with their work hours when they run a home business. They are the one who decides when to work and when to rest. Your work schedule is completely under your control. You can work part-time and fit your personal life around your business. When running an e-Commerce business, they can be free from worries about their personal appearance and grooming as they just need to reply to the messages of their customers. For most youth in college, they don't want to reach out to their families for money, but they don't want to neglect their studies neither, so e-commerce is the best way to earn money. People may now send and receive messages, transmit data, conduct research, and carry out advertising operations from their homes. A big thanks to the availability of computers, the internet, and communications technology. Youth have complete control over all income as the proprietor of their home-based business. Because they keep all the profits, they may be able to raise their income and save more. On the contrary, ifyou go to work, then you can only geta fixed salary. Finally, if they want to stop, it's easier because it doesn't require a lot of complicated procedures.

Enable Online Shopping

In addition, youth also can online shopping because of the E-commerce technology. They don't have to go to a brick-and-mortar store to buy anything like they did before. Examples of online shopping are Shopee, and Lazada. There are all kinds of things for sale in those applications. There are many benefits of shopping online and one of them is convenience. Online stores enable us to buy stuff whenever we want and provide us with a "pollution-free" shopping experience. There is no better site to buy informational products like e-books, which are instantly available once your money is processed. Online purchases of downloadable things eliminate the need for any form of physical material, which is good for the environment. Many times, we want to buy things that we can't find in physical stores, so that e-commerce help to solve our problems. Online shopping enable youth to have better prices because things are sent directly from the manufacturer or seller to you, there are no middlemen involved. It's more straightforward to compare costs and get a better offer. Online shopping enable youth to have many chosen compared to physical shop. Each product has details attached and they can choose what they want to buy. The money can be paid through online, and the purchased items can be delivered to us in a very short period. During this epidemic, staying home is the best way to protect themselves. So, they can buy their daily necessities and supplies online, so they don't have to risk going to a crowded supermarket.

The Negative Impact of Technological Advancement Among Youth

Oversharing on Social Networking Sites

Many youths tend to overshare when they engage with others through technology, especially social media. Sharing on social media is normal, but things can go wrong by oversharing it. Oversharing is an act of revealing an excessive amount of information. According to the Oxford Dictionary, 'overshare' means giving more information about an individual's life than people would like to hear. A person's identity can now be discovered only using social media. A person should share information that is only necessary. This is important because oversharing can put one's life in jeopardy. According to Michael Kaiser, executive director of the National Cyber Security Alliance, "The more people know about you, the easier it is for them to piece together elements of your identity, such as your birthdate, grandchildren' names, and even the name of your dog". He added, "Personal information might be used to assist someone to crack passwords or answering security questions".

Oversharing on social media has given the opportunity to the criminals such as scammers, hackers, and stalkers. Hackers can invade an individuals' privacy and even steal one's identity for their use. As a result, an individual is likely to be arrested for something he did not do because the identity has been used by irresponsible people. Scammers can access someone by impersonating organizations like banks or government agencies. They claim to know names, addresses, and other personal information but in fact, they obtain the information through one's social media account. If a person, especially the youth, is not alert and unaware of the situation, he can be deceived. Excessive social media sharing can threaten the youths' safety. There may be stalkers waiting for the right time to take advantage of them. Stalker is a person who harasses or persecutes someone by paying unwelcome and excessive attention to them. According to the Oxford Dictionary, a stalker is someone who follows and monitors another person for an extended length of time in an unpleasant or frightening manner. Youths love to update their daily lives on social media such as Instagram and Facebook without realizing that they are being watched. This gives the stalker a chance to do bad things to them. One strategy to avoid this is to not update one's location, instead, it is advisable to share it once one has left the place.

Due to the outbreak of Covid- 19, the use of social media has increased significantly among the youths. This is because social media eases communication between a person and another person even if they are miles away from each other. During the festive seasons such as Chinese New Year and Eid celebrations, many of them share their bank account numbers on social media as trade to receive green and red envelopes. It is understandable why the youths act like that because this pandemic prevents them from seeing friends and family. However, in social media, we never know if someone's intentions are good or bad. The sharing of personal information on social media has exposed the youths to danger.

Oversharing also may be caused by the 'Fear of Missing Out' or also known as FOMO. According to Laird (2012), almost 8 out of 10 people believe that the primary use of social media is to boast. People want to feel like they belong to any social circle, whether it is virtual or actual. As a result, understanding what the members of the group

are doing at any given time is important to everyone. As the number of interactions grows, the person receives more attention. Simple access to technology can drive individuals to readily compare their own lives with those of others through online postings and observation through pictures on social media. As a result, they may be dissatisfied with their lives and behaviors. (Abel J.P, Buff C.L., and Burr S. A., 2016). Ones, particularly the youths, might be influenced by the sensation of 'missing out' while making purchasing decisions. One situation in which an individual could choose to acquire something pricey above their ability to ‘blend in’ in one social group. According to a poll conducted by JWT Intelligence (2012), 70 percent of adult millennials aged 18 to 34 years old can connect to the concept of FOMO, and 36 percent of them admit to experiencing FOMO (Abel J.P, Buff C.L., and Burr S. A., 2016). In short, this FOMO phenomenon among youths drive them to overshare on social media.

Cyberbullying

Cyberbullying is an electronic form of harassment that occurs through the use of various digital platforms. It can be initiated through short message services (SMS), social media platforms such as Facebook, Twitter, TikTok, Snapchat, and Instagram where people can view and participate in cyberbullying. Cyberbullying occurs through digital devices such as smartphones, computers, and laptops. Also, sharing a content that could embarrass others is also counted as cyberbullying. Cyberbullying is a behavior that occurs when someone sends, uploads, or spreads offensive or misleading content. This includes anything that could embarrass or humiliate someone else by disclosing intimate or private information about another individual. Cyberbullying can even extend to illegal and criminal activity. With the growth of the digital environment and advances in technology, cyberbullying is becoming more and more prevalent, especially among youths. The growth of the use of social media and digital forums among youths allows strangers and acquaintances to view comments, photos, posts, and shared content.

Cyberbullying has a great impact on victims. Most cyberbullying victims suffered from mental health issues such as depression. According to the findings of The European Cyberbullying Intervention Project Questionnaire research, high levels of depression and stress enhance the likelihood of being a cyberbullying victim (Martínez-Monteagudo MC, Delgado B, García-Fernández JM and Ruíz-Esteban, 2020). Victims of cyberbullying can experience depressive symptoms such as fear, misery, loneliness, anxiety, low self-esteem, academic failure, feelings of not belonging, suicidal ideation and behavior. Many youths suffer from depression due to cyber harassment. Nude photo sharing, falsehood, and false allegations are cases of cyberbullying that many youths are suffering nowadays, and someone can even be attacked because they are poor. Close friends are sometimes the ones that reveal humiliating pictures or videos of an individual. Thus, selecting the right individual for one's social media is essential.

Besides, someone might become a target of cyberbullying because their appearance or images doesn’t suit the bullies’ preference. People with different sexual orientations and people with physical disabilities are often the target of cyberbullying. These ‘keyboard warriors can harass others on the Internet for no reason. They dare to do it because they are hiding behind a screen without thinking about the consequences on the victims. Typically, these people impersonate others and create fake accounts to post misleading information about others. They also can make mean, harmful,

humiliating comments about someone and even can threaten to hurt the victim or even order suicide.

According to Eric Alcera, Medical Director of Hackensack Meridian Behavioral said that “People will do and say harsh or insulting things online that they would never say in person”. He also added, "When cyberbullying spreads articles on social media or posts embarrassing photos, words and images can become viral and attract the attention of many teens within minutes. A study also shows that victims of cyberbullying are twice as likely to attempt suicide or engage in self-harm (M Laubscher and WJ van Vollenhoven, 2016). Even after the bullying has ceased, victims may experience the long-term emotional consequences of cyberbullying. In summary, cyberbullying can be more persistent, vicious, and harmful than traditional forms of bullying.

Mobile Technology Weaken Youths’ Communication Skills

Communication refers to the process of transferring messages from sender to recipient, provided that the transferred content is transferred from sender to recipient or vice versa (Ahadian, 2001). By having communication, youth can build an interpersonal relationship with others. Interpersonal relationships can be defined as the exchange of information, feelings, and thoughts between people via verbal and nonverbal messages. In any interpersonal communication, four main skills are used to have effective communication which is probing, listening, observing, and telling. These four skills are very significant in enhancing youths' communication skills. Communication skills are essential for youth, especially among university students. It is one of the generic skills that youths must have to fulfil the market needs when they are seeking a job.

Mobile technology is diminishing youths’ ability to communicate face to face. The widespread use of technology encourages youth to use technology such as mobile phones and laptops in everyday life. It is making it difficult for youth to have a face-to-face interaction as they prefer to interact more on any online platform. The feelings of being comfortable not being seen when socializing has made youth nowadays to lack confidence especially when doing a face-to-face conversation. A study showed that youth often prefer to use communication media over physical interaction as it provides them more control over the interaction.

When communicating via text messaging or instant messaging, one can pause and reflect before responding. It permits more socially acceptable gaps in the conversation where one can even conceal the truth (Madell & Muncer, 2007). These findings are also supported by a study conducted by Martha Munoz. She discovered that computer use lacks the nonverbal and environmental cues found in face-to-face communication, making one feel less burdened when interacting with others in an online context rather than a face-to-face interaction (Munoz, 2013). According to a study, it is easier to manage one’s impression when using computer-mediated communication (CMC) instead of face-to-face since social information is almost completely communicated through language in the former case, which is easier to control than the nonverbal that would also on display in the latter situation (Walther, 1996).

According to research, those who generally prefer internet communication were recognized as having less socialization skills than those who generally prefer face-to-face communication (Munoz, 2013). It is due to the fact that in face-to-face communication, one has to pay attention to increased levels of psychic, sensory, and emotional involvement, as well as engagement. Hence, youths’ communication skills can be weakened by technological advancement whereby using online communication, one is unable to see the other party in a conversation. It will be hard to see or interpret

their body language as well as facial expressions. It will be hard to exchange information and trust others since one can hide their expression.

The lack of preferred face-to-face interaction by youth can lead to social intimacy issues (Larissa, 2012). Online communication using the Internet can reduce the youths' ability to interact and socialize. It will be harder for them to build a stronger relationship through online communication. When one viewing any text messaging negatively, one can easily be misunderstood, especially when reading any comments of a sarcastic nature. Strong social ties are relationships that generally protect people from life's stresses, resulting in better social and psychological outcomes (Kraut, Patterson, Lundmark, Kiesler, Mukopadhyay, & Scherlis, 1998). With the increased use of technology and the potential of the Internet diminishing the importance of physical proximity, social ties may deteriorate, leading to health issues.

Internet Technology Impacting Youths' Health

Health is defined as the overall condition of physical, mental, and social well-being, rather than simply wellness (WHO, 2017). The existence of Internet technology has been impacting youths' health, especially their mental health. Mental health is known as a condition of well-being where an improved his or her own abilities and can deal with life's normal stresses.

Technology advancement such as the Internet is the reason why social networking sites (SNS) have been widely used among youth. It has been a part of their life. Online social networking has changed the way people communicate and interact over the last decade. Several studies have proven that prolonged use of SNS like Twitter, Facebook, and Instagram may be related to depression which is a state of unhealthy mental health. Hence, it is said that there is a connection between the use of technology such as SNS with mental health issues such as depressive symptoms, changes in self-esteem as well as Internet addiction (Pantic, 2014).

The use of technology can affect poorer sleep quality which can lead to depression or anxiety. Sleep deprivation is not unusual in today's world. It has been a serious concern, especially among youth. Youth who struggle to set boundaries around their technology use may be more vulnerable to psychological health issues. Sleep deprivation is usually caused by bright light as well as active forms of technology that raise physiological arousal while suppressing melatonin production. As a result, it will delay one's sleep. In addition, excessive use of computers and mobile devices in the bedroom causes bedtime and wake-up times to be delayed (Pantic, 2014).

Youth who experienced sleep problems and have poor sleep quality will have a higher risk to experience issues with mental health. Overuse of technology such as the high use of mobile phones is usually associated with insomnia that can highly lead to depression. Moreover, youth who experience technology-related sleep problems, on the other hand, may experience or perceive more life stressors which will lead to another type of mental health issue which is anxiety. People with anxiety tend to feel more anxious about their ability to perform the next day.

Since the outbreak of the Covid- 19 pandemic, technology was widely used especially among university students where online learning was implemented throughout the nation. It encourages youth to explore more technology. However, it can greatly affect youths' physical health. Physical health can be defined as the normal body functioning at all levels. It is also related to the body's ability to adapt to the constantly changing conditions of the environment.

The effect of technology on physical health is that having to sit in front of a laptop for a long time for online learning or working from home, can cause fatigue and exhaustion. With the increase in screen time, the mind is being bombarded with

information, the brain will find it hard to register all the information. As a result, it will cause brain exhaustion. The lack of physical activity can also result in other physical health issues such as back pain as well as obesity.

Apart from that, the increased screen time can strain the eyes. It can cause cybersickness. Cybersickness occurs when there is a mismatch between what your eyes see, and the motion sensed by your body (Gavgani, 2018). Cybersickness, like dizziness, is a set of symptoms that occur in the absence of physical movement. Several cybersickness symptoms such as difficulty concentrating, and blurred vision can last for hours and have an impact on sleep quality. Youth can develop cybersickness symptoms while using everyday devices such as computers, mobile phones as well as televisions. It can cause one to feel extremely uncomfortable.

Conclusion

In conclusion, the development of science and technology is closely related to our social life. Our life is changing every day and getting better and better, this is due to the integration of technology into life, enriching life, bringing convenience and comfort to our life, without the development of technology, there would be no happiness and satisfaction in life that we have today. There are both good and bad impacts of technological advancements among youth. Technological advancements give benefits in mobile, education, transportation, and e- commerce technology. The other side, it also causes bad effects which are oversharing on social networking sites, cyberbullying and weaken youths' communication skills. In fact, the invention of technology is to bring a person's convenience. Hence, we as responsible citizens should make good use of technology, and do not abuse it. Let us all use technology wisely and enjoy its maximum benefits.

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4 The Consequences of Youth's Exposure to Negativity on Social Media: Factors That Drive to Suicide

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Abstract

Today, everyone should agree that the internet is what keeps our world spinning. Social media allows individuals worldwide to communicate with one another, posing both substantial new obstacles and thrilling new opportunities. Regrettably, our generations, particularly adolescents, have embraced the usage of social media to the point that, if not watched and limited, it can have serious consequences. In terms of public mental health, young individuals commit suicide at a higher rate than older persons. As a result, we require a thorough understanding of the risk factors contributing to young suicide behavior. The current literature on the effects of social media on teenagers and the variables which lead to suicide are reviewed in this study. According to an evaluation of the research, cyberbullying is a hazard to teenage health and well- being. Cyberbullied adolescents have a greater depressed affect, anxiety, loneliness, suicidal behavior, and physical symptoms. To improve our understanding of the impacts that might arise due to cyberbullying, we need to expand our exposure.

Keywords: Consequences, Adolescents, social media, Suicide, Suicidal Behavior

Introduction

In recent years, the technological environment has expanded significantly, with social media increasingly playing a key role in the lives of young people. The term "youth" refers to those between the ages of 15 and 29 (Division, 2019). Specific social media experiences may impact teenage mental health, according to research. Digital technology has become an inextricable part of the life of today's youth. For many children, screen exposure begins early in life, with youngsters under the age of two in the United States spending an average of 42 minutes per day with screen media. Most teenagers are completely involved and well-known in a world of cell phones, laptops, and social media platforms by the time they reach adolescence. Adolescence is the most important period of cultural and social development for children and teenagers. A series of Internet-based apps that build on the conceptual and technological roots of Web 2.0 and allow the production and exchange of user-generated content are referred to as social media (Kaplan, 2015). Social media has grown in popularity and growth over the last two decades to the point where many researchers are now interested in learning more about these social platforms and their effects on the community.

The phenomenon of social media's effect on suicide-related behavior is known as "social media and suicide." Suicide is one of the top five causes of mortality among teenagers and one of the leading causes of death globally. Suicide has been characterized as a phenomenon impacted by societal and environmental elements as well as an individual phenomenon. Furthermore, there is mounting evidence that the internet and social media might have an impact on suicidal behavior. As the internet becomes increasingly established in people's daily lives, the potential for mental and emotional harm to an individual grows. Social media has evolved into a widely utilised component of the internet that has grown at an exponential rate over time. There are

several sources available to the public in various formats. Facebook, Instagram, MySpace, Twitter, YouTube, Google+, Snapchat, TikTok and more sites are among them. These platforms were created to allow individuals to communicate virtually, but they may also lead to cyberbullying, insecurity, mental discomfort, and, in the worst-case scenario, death. Bullying, whether it occurs on social media or elsewhere, and whether it is physical or not, raises the likelihood of suicide behavior in victims. Since the introduction of social media, several people have committed suicide as a result of cyberbullying, including those who have live-streamed their suicide on various social media platforms. As social media has become a common way of life, suicide rates among teens have risen dramatically from 2007 to 2017.

The Source of The Problem

Exposure to smartphone use at a young age

It is well known that earlier and more exposure to multimedia has a significant negative impact on children's health and wellbeing. Nowadays, smartphone usage has been widely popular among the younger generations at an earlier age as 3–5 years old. Smartphones enable us to communicate with anyone in the world on a daily basis at the moment. They provide us with the ability to identify whatever information we need and are a terrific source of pleasure. While this technology was intended to empower us, it has instead dominated us.

The number of smartphone users in Malaysia is expected to reach 29 million by 2021. With an increasing population, Malaysia's smartphone user base is predicted to expand by 1.74 million more by 2025. Statistics show there is an increase in the psychological deterioration of youngster psychology in parallel with the increase in smartphone use. Smartphone addiction includes not only physical consequences but also psychological and intellectual consequences. Sleep deprivation, anxiety, stress, and depression, all of which have been linked to internet overuse, have also been linked to smartphone use (Müller, 2021). Almost every smartphone user has been so addicted to their gadgets these days.

An addiction to social media

Social media addiction or internet addiction is characterized by excessive concern about social media, an irresistible desire to log on to or access social media, and investing so much time and effort in social media that it affects those certain essential life activities (Hilliard, 2021). According to (David. D Luxton et al., 2012), interactive social media technologies such as Instagram, Twitter, TikTok, Facebook, and many other social sites allow the community to communicate online, post pictures and videos, comments, etc. many other features designed. The features designed of the social media gives people, especially teenagers to be more addicted and could lead them to change their rationality.

A number of cross-sectional, statistical, and studies have linked smartphone and social media consumption to a rise in mental distress, self-injurious behavior, and suicidality among younger generations. The consequences appear to be greatest among girls. (Abi-Jaoude et al, 2020). Social media do impact young people's self-esteem and social interaction through social comparison and interpersonal conflict, such as

cyberbullying; correspondingly, social media platforms frequently normalize and even support self-harm and suicidality among many young generations. According to research, there is an apparent connection between social media addiction, poor mental health, and low self-esteem. Social networking networks have certain advantages but using them excessively might cause people to become gradually depressed and lonely. These unpleasant emotional reactions are caused not just by the social pressure to share items with others but also by the comparison of physical possessions and lifestyles that these sites promote.

Data Cases of Suicide Attempts Caused by social media.

Since youth social media use has increased significantly in recent years, so has the suicide rate among youths, with suicide being the second major cause of death among people aged between 10 to 34. Many people believe that social media is to blame for the increased suicidal behavior. However, because social media is still in its initial phases, it's impossible to assess its long-term consequences on mental health. As part of the Flourishing Families Project, studies examined the digital usage patterns and mental health of 500 youngsters through yearly online questionnaires from 2009 to 2019. They discovered that, although social media use had minimal influence on boys' suicidality risk, there was a critical point for girls. Girls who used social media for at least 2 - 3 hours each day at the start of the research, when they were around 13 years old, and then significantly expanded their usage through time, had a greater clinical risk of suicide as young individuals (University, 2021).

In seven studies, an independent direct connection was established between extensive social media/internet usage and higher suicide attempts (adjusted ORs varied from 1.03 to 5. 10), though still developing for cyberbullying victimization and sleep disruption decreased this association. Two studies discovered that some social media/internet use, as opposed to no use, may be related to fewer suicide attempts. There was no research that looked at the link between social media/internet use and suicidality (Sedgwick, 2019). In addition, the issue of suicide among youths also occurs in Malaysia. For example, as happened in 2019, a 16-year-old teenager in Sarawak committed suicide after she uploaded an opinion poll on Instagram and got as many as 69% of respondents about her decision to commit suicide (Chung, 2019). This evidence is supported by the alarming rate of growth in suicide among adolescents from year to year. For example, a total of 872 teenagers in Malaysia from January 2019 up to May 2021 were reported by the Royal Malaysian Police (PDRM) to have taken their own lives, and most of them were between the ages of 15-18. This situation represents 51% of 1,708 suicide cases in the period shown (Rashed Mustafa Sarwar, 2021). Many victims were proven to have suffered as a result of the negative effects of social media.

Cyberbullying

Cyberbullying has been one factor that leads to suicide indirectly or directly, can be named cyberbullying (David, 2012). Cyberbullying is a serious issue when it's a multifaceted problem with only one goal in mind: to injure people and cause damage. It must be treated as a critical concern since it has several harmful consequences for the

sufferer. "Aggressive, purposeful conduct carried out by a group or individual, utilizing electronic means of interaction, frequently and overtime against a victim who cannot readily defend himself or herself," according to the definition of cyberbullying (Menesini & Nocentini, 2009). Bullying has traditionally entailed behaviors such as striking or punching, which can be considered physical bullying. Cyberbullying is now referred to as online social cruelty or electronic bullying as time passes. Because kids can hide behind a screen and don't have to be bold enough to say harsh things face-to-face, this new kind of cyberbullying is growing more popular than conventional bullying.

Bullying that occurs via digital devices such as mobile phones, laptops, and tablets is known as cyberbullying. It may also happen through SMS, Text, and other social media apps that allow individuals to see, engage in or share material. Sending, uploading, or spreading unpleasant, damaging, misleading, or nasty content about someone else is considered cyberbullying. Some of them use their account media or fake account media to commit cyberbullying. For example, media account has been described as the one way for adolescents to expose their adverse reactions to harm other feelings and proven by US statistics that show 59% of teens have been bullied or harassed online through social media accounts (Monica Anderson, 2018). It might involve shame or humiliation caused by disclosing intimate or private information about another individual. Adolescents have really grown to tolerate and anticipate this type of behavior. Furthermore, when cyberbullying abusers cannot see their victims' faces, they may not realise the full extent of their conduct.

Cyberbullying may sometimes cross the line into illegal or criminal behavior. One of the most serious issues is that they can cause bullies to over the line. Cyberbullying may push people to their breaking point, leading to suicide. According to research conducted at Brandeis University, over 4,400 people have committed themselves as a result of cyberbullying. This is evidence that cyberbullying has damaged a lot of people's lives. Hence, there is no doubt that the issue among suicide youth has been arising through these recent years due to the increasing number of cyberbullying.

Mental Health Conditions

When looking for reasons for youth suicide, it is tempting to point the finger at social media and after all, it is a multifaceted medium for adolescents to communicate, entertain and for their creativity that many parents didn't have as teenagers. Some parents and experts believe that using social media exposes children to cyberbully, unrealistic beauty and performance standards, and peer pressure, not to mention the physical effects of sacrificing sleep and exercise, which can lead to poor mental health or exacerbate an existing mental health condition. According to We Are Social, there will be an estimated 4.66 billion people in 2021, accounting for half of the global population. From the findings of the study, people suffering from mental illnesses are increasingly gaining access to and using mobile devices as well as the internet, which includes social media.

Despite the fact that social media allows many people to reach out and connect with one another, it can also make some people feel worse, particularly those suffering from mental illnesses such as depression or anxiety (Keles, 2020). According to the findings of the study, nearly 25% of adolescents believe that social media has a mostly negative impact (Anderson, 2018). The data from the National Institute of Mental Health stated the lifetime prevalence of any mental disorder among adolescents is 49.5 percent, with 22.2 percent experiencing severe mental impairment. Furthermore, young adults (ages 18 to 25) have the highest rate of mental illness of any adult age group: 25.8 percent, compared to 22.2 percent for those aged 26 to 49 and 13.8 percent for those aged 50 and up. These adolescents are predisposed to mental health problems, especially during adolescence (Orbach I, 2006). Depression is especially common in women, and some researchers believe that the rise in mental illness is linked, at least in part, to the rise in social media use among adolescents and young adults (Twenge JM et al., 2018) despite the fact that in another study of young adults with serious mental illness, the majority said they used social media to feel less isolated (Gowen et al, 2012).

Young people with mental health issues are more likely to spend a lot of time on social media. More time spent on social media is associated with more anxiety symptoms. Also, people who suffer from mental illnesses such as depression, anxiety, and overstress have a natural tendency to compare themselves to the people they interact with on social media. If they take it positively, it can be detrimental to a healthy self-image, but they will overthink and lower their self-esteem if they take it negatively. As a result, they become more depressed and anxious, which can lead to suicidal ideation. In addition, youth with mental illnesses are prone to believe that they are unfit for public life and a nuisance to those around them. According to a study, undergraduate women felt worse about their own appearance after viewing the social media page of someone they thought was more attractive, and the results were consistent whether the women had a positive or negative impression of their appearance prior to viewing the page (Hogue, J. V. et al, 2019).

This "social comparison" factor manifests itself in a variety of ways online, which can have a negative impact on young social media users, particularly those suffering from mental illnesses, and can lead to suicide. Recent studies have found that social media use has a negative impact on young people's mental health, including social comparison pressure with others and a greater sense of social isolation after being rejected by others on social media (Rideout & Fox, 2018). As a result, youth suicide is a major public mental health issue. Adolescents, in particular, are a particularly vulnerable group for mental health issues. While suicide is uncommon in children, its prevalence rises dramatically during adolescence. Thus, we need to raise awareness about mental health among youth in order to reduce the number of suicidal youths.

Media Accounts That Dramatized the Description Of Youth Suicide

Currently, the media account has become one of the main issues that are often the focus of the world community because it is one of the factors or sources that impact the increase in suicide cases (Lankford & Madfis, 2018). The immense information regarding the description of suicide through media account that teenagers own also influences them to obtain suicide. Given that suicide is one of the most causes of death

among teenagers and young adults, and these groups have a high risk of seeing suicide-related content on the internet, focusing on these populations makes sense. (David. D Luxton et al, 2012). An example is a case in the United States where a person committed suicide by overdosing clomipramine from an unregulated online pharmacy that provided it without a prescription (David. D Luxton et al, 2012). In addition, suicidal behavior is influenced by the media, especially the suicidal methods used, which may increase the risk of transmitting media effects to young people.

A recent study has examined suicidal behavior through the individual's social media accounts can lead to the contagious effects of suicide. The study found that 59% of 719 individuals aged 14-24 were reportedly exposed to suicide-related media content through internet sources (David. D Luxton et al, 2012). These issues drive the media's influence on content that leads to suicidal behavior does exist and could influence teenagers who have depression or extreme anxiety to commit the act of suicide. This situation might happen if they are out of their rational thinking because youth age is the age where young adults fight for themselves to deal with many life challenges such as workload, mixed emotions, studying, relationships, family issues, and other matters.

Conclusion

The worldwide of the internet and social media use give no limitation for people nowadays to use them as they please. Victims of suicide have been cyberbullied and have developed mental diseases such as severe despondency, which would have a huge impact on a person's life. The media contents that depict some extreme behaviors may influence youth who are contemplating suicide to engage in such risky activities as a method to end their life. Suicide is the worst way to choose in order to end everything; in fact, it would just complicate things further. This is very crucial for us to prevent this issue from worsening among youth in this country. As teenagers and young adults, media technologies are essential in life as they are the source of information and communication for learning and social matters. However, they should be exposed to the right way of knowledge in handling media accounts in the proper direction; hence teenagers need to be literate and more vigilant with this advanced technological challenge as it is all just at their fingertips. Therefore, in this sophisticated age, the role of the media account today is significant to be emphasized by all levels of society, especially the youth because they are the backbone to the community who need to have high morale and good mental health.

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5 Social Media: How People, Especially Gen-z, Use Social Media to Put Up a Facade

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Abstract

In the novel coronavirus pandemic, our dependence on social media is also on the rise. This article focuses on the impact of social media on people's lives and mental health. When using social media, they are likely to put their attention on other's life. For some people, they envy what others have and completely forget about their blessings. The words on the internet seem to be just words between people, but it reflects people's emotional expression of life. They would cyberbully strangers online, even send death threats to hurt them. Our study shows that the emergence of social media is both good and bad, but society should lead people to a positive direction or put some restrictions on social media. This allows others to pay more attention to their own lives instead of focusing on other people's lives. After understanding the influence of social media, we advocate for people to walk into their own lives, not to compare with others, let alone bully others on the internet.

Keywords: Social media, gen z, mental health, coronavirus

Introduction

Social media is undoubtedly one of the most powerful platforms nowadays. It has grown so massively over recent years and more upcoming social applications such as TikTok, bigo, etc. In October 2021, it is reported that there are currently over 4.55 billion social media users around the world. That is approximately 57.6% of the total global population (Global Digital Insights, 2021). You can say that 9 of them will have social media for every ten people you meet.

As social media grows, it becomes one of the essential things that can impact people's lives, especially the younger generation. There are so many benefits that social media brings into our everyday lives. You can connect with your friends and family virtually, even if you are across the world (Akram & Kumar, 2017). You can share your lifestyles on platforms such as YouTube, TikTok, and Instagram, and people will be able to see and comment on them. Social media is especially important during the covid-19 pandemic. It helps people, particularly the youngsters, not feel lonely and more connected with the world when the world was practically shut down in March 2020 (Monroe, 2021). And because of that, there has been a surge in online influencers, for instance, Charli d'amelio and Bella poarch, who found fame after posting videos of them dancing on TikTok (Perelli, 2021).

While there are many benefits of social media in our lives, social media can also be detrimental to people's mental health (Twenge et al, 2018). People are often exposed to various lifestyles they have seen online and indirectly started comparing certain lifestyles with how they live in real life. In return, some people even began to create an entirely new personality just to fit in online. They are constantly trying to find

a way to present to the world that they are living a perfect life when they have only been sharing the good news but not the struggles behind it. Not that it is unnecessarily a bad thing for only sharing the good thing, but this creates a perspective on how they have been living a perfect life all along. Problems also started to arise with self-esteem and anxiety (social media: A teen's perspective, 2018). This is due to the comparisons and feedback they are getting from what they have posted online. For instance, if they posted a photo and the photo is not getting the attention they wanted, this will cause them to think that the picture they have posted is not the standard of what people like.

Some efforts are made by the popular sharing platform Instagram, which is suppressing the number of likes by giving them the option to hide the amount to dissociate popularity with shared content (Criddle, 2021). But do these efforts help in reducing social media pressure or just putting a bandage on the wound? Our research aims to study how social media impacts the life of gen z and how gen z reacts to the influence on their everyday lives.

Literature review

1.1 influence social media has on gen z

The influence of social media is growing up very fast, especially among generation z worldwide. In this technologically advanced era, social media has become more and more indispensable. This is because mobile devices allow everyone to connect with other people from anywhere, at any time, on any devices. This is also why mobile devices dominate the total amount of time we spend online (Simplilearn, 2021). People can spend up to 7-12 hours online alone.

There are a lot of pros when it comes to the influence social media has on gen z. One of them is how social media brings everyone together. Social media has evolved into a tool for social engagement. It can bring us closer together as a community by enhancing communication and bridging the gap between us and others who live far away. It has supplanted our earlier communication such as mail, telephone, and so on with much faster ways, for instance, video chats and phone calls (Ttmind author, 2018). Through social media such as Facebook, Instagram, and snapchat, we can reconnect with our old classmates or friends and even stay in touch with our relatives who live far-flung from us. Thanks to social media as well, people can share their viewpoints or stand on specific topics. By sharing their views, they may find people who have the same stand and will not feel alone anymore. When these people connect on social media, they may create memes, magazines, and entire online worlds that support their viewpoint and eventually burst into the mainstream (Simplilearn, 2021).

Next, mass media in social media also can change people's viewpoints on specific topics. Mass media is essential in spreading awareness as well as gaining new knowledge. For instance, the first covid-19 outbreak in Wuhan, China, caused people to panic, and many false conspirations circulated among the people. This caused harm to people as they believe in wrong information about the deadly virus. By using mass media, such as spreading the correct information about the virus, people will know what to do to combat the virus (Mehraj, Bhat & Mehraj, 2014).

Not only that, but social media also can change someone's life in a short span. This is possible because social media allows people to identify the latest trends and create their content based on the trends. For social media platforms such as TikTok, people can share their short, interactive videos with other people. A great example to confirm this point is Bella Poarch; a new social media influencer turned singer-songwriter who rose to fame overnight due to her video lip-syncing to a famous trendy sound. This allowed her to turn her life around, as right after her video went viral, countless famous brands were eager to make brand deals with her (Haasch, 2021). And because of that, people, especially gen z, can be seen trying their shots to become social media influencers and hopefully turn their lives too.

Last but not least, as the usual medium used on social media is English, this allows people to learn the language quicker and enable them to communicate with other people using the English language. This does not only apply to the English language but also other foreign languages such as Korean and Japanese (Pikhart & Botezat, 2021). Application such as google translate and Papago too help them to understand a specific word in another language to their primary language for a better understanding. Thus, you can see that people's ability to communicate in a second language has increased in recent years (Pikhart & Botezat, 2021).

However, there are always two sides to every coin; it is the same story for social media. Sharing photos or videos on social media platforms are supposed to be fun and not burdensome. But what happened in recent years was when people started to develop a compare and despair attitude. When people constantly see other people enjoying their lives or enjoying a night out, they begin to feel as if they were missing out in life. Not to mention when people also start to develop anxiety after posting their photos online. Most of the generation z are easily annoyed by their appearance. This includes how they think their body posture in the pictures look weird or their messy hair that would "Ruin their look," As they quote. While some of them accept these defects and continue with their daily lives, people with body dysmorphic disorder (bdd) will pursue perfection and focus on this defect (Alsaidan et al, 2020). This idea will cause them to spend too much time trying to conceal or hide their flaws. Patients with bdd cannot control their negative minds. This makes them start using virtual methods to make up for their shortcomings, such as photo editing software to beautify their selfies and retouch their bodies until they are satisfied.

Moreover, social media, at least for generation z, has become a significant area of concern. This generation value different types of social affirmation in the form of digital praise such as "Like," "Followed," And "Subscribed." Most of their peers are active online; undoubtedly, they are no longer seek physical gain recognition in face-to-face conversations but seek to be the most followed person on social platforms or people who like them. The internet provides its users instant "Positive reinforcement" In the form of likes and concerns so that the experience is addictive. Users want to have continuous high effectiveness and appreciation of digital space (Carr & Hendricks, 2011). It has come to an extent where they create a whole new profile on social media, such as faking their age or creating a whole new personality they wished they had so that they will appear likable and therefore receive the attention they want online

(Schroeder & Cavanaugh, 2018).

When using social media, most generation z is best at posting their selfies on social media. This invisibly formed a comparison of the appearance of generation z. They feel as if it is necessary to compete for "Likes" Online. For example, generation z may want to keep up with famous Facebook celebrities and trends followed by models to get the same number of "Likes" Or attention as famous people. Generation z may feel the needs to pursue other "Net celebrities" Because they may already feel bad about themselves, or have low self-esteem, and want to be as popular as others to become "Happier" Or more satisfied with themselves (Kbriluna, 2017).

Spending more time online can better understand the beneficial and harmful aspects of social media's impact on young people (Cyberbullying is claiming lives and it needs to end -light, 2020). Just like face-to-face communication, gen z seeking attention between peers may become violent and eventually lead to cyberbullying, stalking, as well as the development of social anxiety and an intense fear of not adapting. During the pandemic, cyberbullying has increased exponentially. A report found that children and young people's hate speech in various communication channels on social media and popular chat forums have increased by 70%. It has become so common that someone may start a hatred page, especially to cyberbully a specific person, even inciting others to say negative things about them. Cyberbullying's ramifications are becoming increasingly lethal, making the matter even more concerning. Cyberbullying has evolved from past generations' childhood taunts. It has started to take people's lives.

Last but not least, the development of the internet provides a multi-faceted view. The world is open to anyone logging into Facebook or Instagram, and users can hear the opinions of people who may have similar, different, or new views on various topics. Disagreement or inconsistency of beliefs will cause controversy and, therefore, causes cyberbullying. For example, in 2013, a series of suicide cases were related to the social network ask. Fm, where users could ask questions anonymously. A teenager who was abused on the site ask. Fm, died from suicide (Pappas, 2015). The use of social media is widespread among young people, but the health effects of cyberbullying on social media sites are unknown. The studies show that frequent face-to-face bullying during youth may be a higher risk than depression in adulthood, and the effect of bullying may be as profound as or even more severe than child abuse.

Conclusion

In conclusion, social media is a beneficial medium because it can provide many advantages to social media users. However, such advantages should be used wisely and with caution. It is the responsibility of every people to use social media prudently and not abuse the available technological facilities. What is worrying is the attitude of some social media users now. They dare to post videos that are not suitable for children's viewing just for the sake of popularity and want to get a lot of "Likes" From other users. As social media users, the city needs to know our limits as users where we as the younger generation do not need to follow what is on social media because it is different from the real world. It is just like what they said, it is not always sunshine and roses.

As the younger generation, we also do not need to spend our time with social media excessively because it can make us addicted to it. This problem leads to a negative impact on our future generation. So young people need to make sure the videos or photos they want to display have benefits. Undoubtedly among the disadvantages,
There are also advantages that the younger generation can enjoy. One of them is that they can use social media as a good platform for business marketing. In addition, they can also become "Social media influencers" To generate online income. The use of social media in a borderless world either leads to pros or cons. The answer lies with the social media users themselves. Maturity of thinking is vital for every individual who uses social media to evaluate the pros and cons of each activity in cyberspace. As stated by Erik Qualman in "We don't have a choice on whether we do social media, the question is how well we do it" (Cruz, 2011).

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6 Bullying Among Malaysian High School Students

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Abstract

Bullying in schools is not a new phenomenon; it has been for a long time. Bullying concerns are frequently highlighted in the media, gaining attention not just in Malaysia but also internationally. Moreover, bullying is no longer regarded as a minor societal issue to be dismissed. If this problem is not addressed, it will have negative effects for students in particular. Bullying is a disciplinary concern in the classroom that can disrupt the teaching and learning process. However, the purpose of this study was to examine the effects and the causes of bullying among Malaysian high school students as well as prevention methods can be done. This mini review provides a quick rundown of the most relevant causes and effects of bullying among Malaysian high school students.

Keywords: Bullying in schools, minor societal issue, causes, effects prevention methods

Introduction

Bullying is a serious issue in the society of Malaysia. "Bullying" Is defined as an aggressive mission act that causes violence to another person in a power imbalance. (Volk, a. A., Dane, a. V., & Marini, z. A., 2014). Bullying in school is among the most popular types of youth crime. In addition, bullying is also defined as repetitive violent behaviors that occur between individuals of generally equal ground, such as schoolmates or employees, in general, according to the specialty literature (Curelaru, Lacob, & Abalasei, 2009).

However, in Malaysia there are recent statistics show an average of 210 sexual harassment cases, 2250 molestation cases, and 300 incest cases annually (Rebecca, Sandhya, 2021). Basically, there are 4 types of bullying that are involved in youth which are physical, verbal, cyber, and relational. In fact, verbal bullying is the most common in school. Many bullied students describe violent environments in their schools. Civil rights protections against harassment, on the other hand, only apply to children who are part of protected classes, such as communities of color, students with disabilities, or victims of gender harassment or religious discrimination (Cornell, & Limber, 2015).

Bullying can happen in the public, family, workplace, and even at school. According to the data, the cases of bullying increased from 5% to 15% which is reported by victims worldwide (Australian institute of psychology, 2011). However, the actual data might be more than the reported data because there might be some victims yet to report. According to the report, the report also highlights the significant amount of respondents (64%) who have been bullied but have not reported it (Petrosino, Guckenburg, Devoe, & Hanson, 2010).

There are many reasons why they did not report to the relevant authorities such as the school and parents. These include not being trusted, personal reputation,

psychological pressure, fear of being exposed, and so on. Most students would rather deal with school bullying on their own or with their friends than tell their parents or lecturers, who might limit their access to technology (Stacey, 2009). Meanwhile, according to UNESCO, one-third of youth in schools worldwide are the bully-victims (UNESCO, 2018).

If school bullying is not taken seriously, it will bring negativity to the youth in terms of social skills, academic performance, mental health, and so on. Bullying can be fatal to some extent if the victims suffer more than what can be. Hence, it is the bigger issue that should education institutions and the government take charge of it in order to decrease the number of bullying cases and provide a safer environment to the youth in school across the country.

Bullying among Malaysian high school students: What causes it?

Exhibiting low self-esteem

Youth with low self-esteem tends to bully other people. This is because bullying other people provides them a sense of power and control, they look for self-esteem by bullying people. According to the study, for narcissistic youth, low self-esteem is more closely correlated to bullying (Fanti, & Henrich, 2015). By bullying other people, they feel that they are stronger than other classmates. Usually quiet and well-behaved students are their bullying targets. They exhibit low self-esteem due to a few factors such as failure in academic performance, lack of parents' attention, and so on. Usually, bullies will bully other classmates to get satisfaction. However, most bullies hope to get the attention of teachers and parents through bullying classmates.

Being raised by the aggressive parents

Children's role models are always their parents. The way of parenting is very important because parenting practices have an impact on emotional functioning and developmental outcomes in the following generations (Stack & Serbin, 2010). Every movement or every action done by parents will be seen by their child and practiced to it. When parents often conduct bad behaviors in front of their children, their children will follow their parents to do so when they get used to it. Parents, for instance, frequently yell at and complain to their neighbors in front of their children. It will be accepted as normal by children, who will commonly discuss others or defame others in front of or behind them. Hence, the school bullying started here.

Being raised by the permissive parents

Growing up in a home that is exceedingly tolerant is not a positive idea. This is because parents have endless tolerance for children to do anything in their life. When the child gets into trouble or has done anything wrong, there are parents who step up to help and solve the problem for their kids. The youth would become irresponsible as a result of this. Furthermore, when blindly pampering children will make them misunderstand that everything done themselves is right, and parents will definitely support it. As a result, school bullying will occur if parents are not educating them and correcting them regarding school bullying.

The effects of bullying among Malaysian high school students

Increased dropout rate

Looking at school bullying from a social point of view, school bullying will

increase the dropout rate. Selangor accounted for 35.3 percent of the 1,176 students who dropped out of school nationwide in the first two months of the year. Many students' concerns were linked to economic disparity, their home environment, family support, and mental well-being (Nora Mahpar, 2021). Being bullied at school can make victims feel anxious and insecure. Because of being bullied at school, the original schoolwork pressure was heightened. They will start to resist going to school when they are bullied, and staying at home will make them feel safe. The dropout rate across the country will rise as more and more victims refuse to attend school.

Inflict trauma to the student's physical and mental life.

Because of the various forms of campus bullying, from spreading rumors to physical violence, it is likely to cause irreversible harm to students and students. For example, depression may develop into suicidal tendencies, and students will also be physically injured in the process of being bullied. This kind of experience will often leave a shadow on the students for a lifetime and will make a huge change in the student's personality, becoming timid, indifferent, selfish, etc.

Turn the bullied person into a bullied person.

Some students who are bullied may turn into bullies for self-protection, thus causing more harm to their classmates. Because the students who are being bullied either quit school and never come back to school again, or they follow the surrounding environment and ask them to move the bully away from themselves, to please the bully, or even turn into the bully, and turn to hurt more classmate.

Prevention methods

School bullying is a vicious phenomenon that occurs in the whole society. When this happens, parents or teachers of students are unaware of it, and some parents or teachers are even the perpetrators who participate in or promote the campus (Charach, Pepler, & Ziegler, 1995). Therefore, this is a problem for the whole society. We are doing some measures to reduce or prevent this kind of thing from happening at the same time from the family, school, and teacher, not just focusing on the abuser and the bullied.

Family level

Parents are often the most advantageous backing and support for children. When experiencing school violence, the attitudes and practices of parents are very important to their children.

In a study in south Australia, children who were bullied were divided into two parts. One is that they think they won't get the support of their parents when they are bullied at school, and the other is that they think they can get support from their parents when they are bullied. The health of children who believed they could rely on their parents for help if they had a significant problem at school was found to be generally unaffected by bullying. The health consequences for those without support from either their mother or their father were far worse (Rigby, 1994). This finding leads us to believe that if there is parental support when school violence occurs, the child will overcome the worst situation.

Schools can regularly hold seminars with parents, both online and offline to publicize the harm of school violence to students, and at the same time tell parents how to recognize their children's emotions, or how parents should handle such things

correctly when children encounter such things. Let the family and the school unite more closely to protect the children's physical and mental health together.

School level

At the same time, the school must control the morality and concept of teachers. Formulate relevant school regulations and never allow teachers to promote or participate in school violence. Once such a phenomenon is discovered, severe penalties must be imposed. At the same time, teachers should be given relevant training. For example, psychological courses can be carried out to teach teachers how to ease the mood of bullied students.

Teacher level

The teacher is the person closest to school violence except for the students. The teacher's identity in campus violence is very important. If the teacher can find out in a timely manner and deal with the conflicts between students, the probability of campus bullying will be greatly reduced.

Teachers can interact with students in their classes to develop anti-bullying regulations. Many programs involve students participating in a series of formal role-playing exercises and related assignments, which can educate young children who are directly involved in bullying different methods of dealing. These programs can also educate other students on how to help victims and how everyone can work together to establish a bullying-free environment at school (Sjostrom & Stein, 1996).

In addition, you can increase teamwork and reduce the occurrence of isolation. Increase the supervision of teachers or adults during student breaks or lunch.

Regularly carry out relevant education and class entertainment activities to create a good campus environment for students and let students realize that campus bullying is a very bad thing.

Conclusion

Bullying can make students feel overwhelmed, unhappy, or anxious. If your child is having academic difficulties or with his or her peers as a result of bullying, a mental health professional, such as a psychologist, can help him or her overcome obstacles and confidence. Your child will be able to achieve more social and academic success as a result of this. Bullying is an issue that requires a lot of effort from parents and teachers, as well as intervention from the state education department and the ministry of education. Each aspect must interact in a professional and efficient manner, with no emotion conflicting with the process. Before it spreads to the macro level, bullying must be tackled at the micro level in schools. Because negative activities like bullying may wreak havoc on inter-ethnic relations in schools, schools must create programmes that nurture youngsters of various ethnic groups. To develop high-quality human capital for the sake of our beloved country, a complete programme including the entire school apparatus, including teachers and parents, must be carried out with a full sense of responsibility. The school's governing board must also be forthright in reporting disciplinary issues to the ministry of education, particularly those involving bullying and fighting, so that the ministry can be more proactive at the national level.

It will more effectively facilitate the development of human capital. The member's home institution might also play a significant role in improving their well-being. The family is an important locus in the process of recognising and improving personal character and the communal environment among family members, particularly students. The parental guidance in the home will shape the personalities of individual students. We don't want schools as educational institutions to foster aggressive and harsh behavior, so all parties must work together to overcome problems like bullying. Instead, they should provide instruction aimed at developing people who will benefit our community, nation, and religion.

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7 ``Cyberbullying Among Youth: A Silent Killer

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Abstract

According to studies, being cyberbullied is connected to an elevated risk of suicidal ideation, hence there is a significant association between suicide and bullying victimization or offence, as evidenced by many study instances and specific event reports. Cyberbullying has the potential to negatively impact a person's physical, mental, emotional, and educational health. Youngsters who have been victims or perpetrators of cyberbullying have more suicidal thoughts and are more likely to commit suicide than those who have never been subjected to such abuse. Youth who are cyberbullied have higher levels of depression, anxiety, isolation, homicidal behavior, and physical symptoms. Additionally, kids are more prone to experience suicide thoughts, depressive symptoms, and PTSD, according to this research. Furthermore, in order to reduce incidents of cyberbullying, preventative and intervention components should be widely communicated.

Keywords: Cyberbullying, youth, suicide behavior, depression, ptsd, prevention and intervention.

Introduction

Cyberbullying affects millions of teenagers around the world. One study suggests that about 2040% of youths have been cyberbullied in their lifetimes (Tokunaga, 2010). The trend shows no signs of deceleration. However, there are many scenarios of cyberbullying. Even though cyberbullying may not sound as threatening as physical bullying, it can have just as serious psychological consequences, including reduced self-esteem, loneliness, depression and, in some cases, suicide. First and for most, commonly a cyberbully will harasses someone through degrading text messages, emails or humiliating images. Moreover, another type occurs when online bullies steal a person's identity and smear their character through misbehavior in the social media platform. In addition, the seriousness of the incident must be considered in the context of and among the circumstances surrounding it (Campbell et al, 2012). By receiving harassing emails or messages and sexting may not be a significant issue in itself. However, when cyberbullying is combined with other abusive behaviors, it can create a toxic and frustrating environment for the victims (Reed et al, 2015). Bullying has become more sophisticated and vicious as the rise of internet-enabled mobile devices has made internet access easier and social networks have become more integrated into youths' daily lives. When we see bullying, we have a responsibility to stand up against bullying, stand with the victims, do everything we can to support them, and teach our children what it means to be responsible digital citizens (Bauman, 2013). Therefore, this study is aimed to seek the influence of cyberbullying on suicidal behavior and the mental health problem that triggers suicidal ideation and action.

Definition of youth:

There is no international definition of the age group of youth. However, for statistical purposes, without prejudice to any other definitions made by member states, the United Nations defines "Youth" As a person between the ages of 15 and 24. This definition was developed in the context of preparations for the international youth day and was endorsed by the general assembly in its resolution 36/28 of 1981. All statistics published by the United Nations on youth, such as the statistical yearbook on population, education, employment and health published annually by the United Nations system, are based on the above definition. This statistically oriented definition of youth requires that children be considered as persons under the age of 14. However, it is worth noting that article 1 of the United Nations convention on the rights of the child defines a "Child" As a person under 18 years of age. Therefore, in this study, we will set people aged 14-25 as the main research objects ("United nations - world youth report (wyr) | united nations for youth," Nd).

Definition of cyberbullying:

Different from hurting others through violence, cyberbullying is a type of bullying that occurs on the internet. It refers to a person or group using common technology to maliciously insult, attack and ridicule another person or group. It is a new form of bullying that has emerged under the rapid development of information technology. Cyber bullying has the basic characteristics of bullying, but it also has its own unique characteristics. The essence is to vent personal emotions or out of other retaliatory thoughts. In short, cyber bullying is very different from traditional violent behavior. Cyber bullies only need to access to the internet to bully individuals or groups in the online world. Therefore, compared to traditional bullying, cyber bullying may be more harmful. Not only that, but the monitoring is also more difficult, and the crackdown needs to be stronger.

According to the different forms of cyberbullying, it can be roughly divided into the following categories:

1. Verbal attacks: Continuous verbal attacks on others through insulting and offensive vocabulary.
2. Behavioral aggression: The act of humiliating and ridiculing others through imitative actions or behaviors.
3. Personal attacks: Expose the privacy of others privately and maliciously through the internet, such as personal information to cause trouble to others' lives.

Discussion

Cyberbullying and suicidal behavior

According to researchers, cyberbullying can easily cause people who are cyberbullied to suffer different degrees of psychological trauma, ranging from anxiety or depression to suicidal thoughts (The annual bullying survey 2016, 2020).

Why do young people have such serious consequences when they are cyberbullied? We found that in a survey published by Vodafone in 2015, 41% of people said that cyberbullying made them feel frustrated or helpless (41%); 26% felt “completely lonely” And 18% said that people have suicidal thoughts (S.s, 2017). It can be seen from this that cyberbullying by teenagers can lead to many bad consequences, especially on teenagers and their psychology and character. They will gradually become depressed and anxious psychologically; they will easily become timid in character. Low self-esteem, so it is very easy for them to have suicidal thoughts.

When teenagers suffer cyberbullying, why don't they have a better solution? According to the “analysis and forecast of China’s social situation in 2019” Released by the Chinese academy of social sciences (Social science literature press, 2020). 60.17% of young people in China responded to cyberbullying by “treating it as if they didn't see it and ignoring it.” This shows that young people are online. In bullying incidents, due to their immature mental development and lack of correct coping methods, they are prone to extreme practices, hatred to hurt others, or self-isolation leads to suicide. For example, in the United Kingdom on January 3, 2018, a 14-year-old girl named Amy chose to commit suicide because she was overwhelmed by cyberbullying for eight years.

In summary, when young people are subjected to cyberbullying, it is likely to increase the risk of suicidal behaviors among young people. Therefore, it can be concluded that cyber bullying is one of the inducements leading to suicidal behaviors among young people.

Cyberbullying and depression

Experienced with cyberbullying is one factor that can cause the victims to feel hopeless and contribute to depression which could then lead to suicidal ideation among youths. Besides that, youths who are bullied or bully others are most likely to suffer depressive symptoms and suicidal thoughts. In the study, depression which is triggered by cyberbullying, is a stimulator to suicidal ideation and behavior (Hinduja & Patchin, 2018). Depression is a common and serious mental illness that affects how youth feeling, thinking and behavior. Luckily, depression is treatable (Torres, 2020). Frustration, low self-esteem, sadness, loneliness, annoyance, and hopelessness about the future are common emotions and depressive symptoms reported by most victims of cyberbullying (Turliuc et al, 2020). The effects of depression on youth's behavioral changes are unexplained crying, loss of energy, social isolation, insomnia, lower academic achievement, decreased appetite and weight loss (Bruce, 2008).

It should be highlighted that several of the youths who committed suicide because they suffered from cyberbullying and had other mental problems and depressive symptoms. Youth who are victimized by cyberbullying are more likely than their peers to have suicidal thoughts and to attempt suicide. For instance, a 13 year old girl in Los Angeles ended her own life, and she faced a cyberbullying incident. She was suffering from poor self-esteem and depression, and she was on medications and visited a psychologist on a regular schedule (Zetter, 2008).

According to the study, the results would clearly show more significant depressive symptoms and more difficulty with emotional reactions due to cyberbullying. Depressed youths who had never tried to commit suicide were compared to those who

had tried to commit suicide once and those who had tried to commit suicide numerous times (Bonanno & Hymel, 2013). The suicidal youths experienced notably more significant depression than the no-suicidal youths. Several studies have shown that many bullies have been victims in the past and consequently suffer from mental and physiological problems that significantly raise suicide behavior (Bottino et al, 2015).

As mentioned in this study, 27% of the respondents had suffered cyberbullying in university, and 17.4% of all respondents faced the requirement for depression. Cyberbullying was related to a higher risk of depression, with those who had received unwanted sexual advances online or by text message having the highest risk (Selkie et al, 2015). The study had stated that the occurrence to cyberbullying is unlikely straight to result in youths' suicide ideation. Nevertheless, it worsens instability emotion and depression in the minds of youths who are already dealing with difficult life and avoidance of social interaction due to worries about being insufficiently connected (Hoge et al, 2017). If mental and psychological problems such as depression would not be treated it would trigger the commit suicide problem among youths.

Cyberbullying and PTSD

Post-traumatic stress disorder (PTSD) is a mental health illness brought on by seeing or encountering a horrific incident. Episodes, insomnia, intense anxiety, and uncontrolled thoughts about the incident are all possible symptoms. (Arlington, 2016). People who have been subjected to violence, attempted rape, or serious injury, or who have witnessed or experienced a traumatizing event such as a natural disaster, a tragic event, a bomb act, combat, cyberbullying, or assault, may develop posttraumatic stress disorder (PTSD). Every year, about 3.5 percent of adults are diagnosed with PTSD, and one out of every 11 people will be identified with it at some time in their life (Felix Torres, 2020). Generally, males endure more stressful incidents than females, but girls are more likely to get PTSD.

People with PTSD have powerful, unsettling thoughts and sensations about the traumatic incident that continue long after it has occurred. They may have flashbacks or dreams about the experience, and they may feel sad, fearful, or angry, as well as disconnected or estranged from others. Individuals who suffer from PTSD may try to escape situations that remind them of tragic experiences, and they may have strong negative reactions to seemingly benign things like loud sounds or inadvertent touching. Furthermore, cyberbullying may have an influence on a child's iq performance since the severity of posttraumatic stress disorder (PTSD) symptoms has been linked to iq tests by certain scientists (Kasey m. Saltzman).

According to the research, cyberbullies had much more PTSD symptoms than cyber victims, as well as more intrusive thoughts and avoidance behaviors (Mateu, 2019). Teens who were cyberbullied exhibited much greater PTSD symptoms than those who were not bullied in any way. Based on observational research, causation and effect cannot be established. It also relied on subjective accounts and omitted a comprehensive clinical evaluation of potential PTSD symptoms.

In a study of 353 teenagers who visited emergency rooms for various reasons, 47 percent said they had been victims of cyberbullying and physical peer assault (Ranney ml, 2016).

In a mixed effects model, cyberbullying victimization, physically peer hostility, and alcohol or other drug use have all been found to relate to PTSD. Cyber victimization was linked to PTSD symptoms, despair, and self-harm in a larger sample (n=18,341) from six Chinese cities (Chen q lo, 2018).

Prevention and intervention

Cyberbullying could bring many negative impacts for teen's mental health, such as depression, PTSD, rising suicidal thoughts, and so on (Bottino et al., 2015). As observed in the study, we discovered that victims of cyberbullying rated the highest on depressive coping when compared to other groups. After being cyberbullied, the youths internalize their problems and end up feeling meaningless and helpless. This is aligned with the study, which found that a huge number of cyberbullying victims are using passive emotion-focused coping strategies to cope with their experiences (Yollink et al, 2012). Therefore, some effective actions should take immediately to deal with the cyberbullying that happened among youths.

Parents have a great responsibility to stop cyberbullying before it begins or continues to worsen. Most parents make guidelines for their children about how they should browse the internet, but they are unaware of cyberbullying. They are blind to their own children's abusive actions and have mistaken perspective of their children as bullies (Dehue et al, 2008 & Cassidy et al, 2018). According to a study involving 177 students from the schools in western Canada and interviews with 15 educators employed at the same school to discover about the perspectives of students and educators on the ways of preventing cyberbullying and promoting cyber-kindness. From the perspective of the students, parents should cultivate a close relationship with their children to show love and care and get their trust. Parents can also talk and discuss cyberbullying specifically and encourage children to inform parents instantly if they become victims of cyberbullying to forestall any serious implications (Makri & Karagianni, 2014). According to educators, parents can offer their children access to technology while failing to control their children's online presence and actions. Parents should also restrict the time and number of their children using computers and other technological devices. Additionally, parents should focus on supervising and educating their children's online behavior and encourage them to have positive behavior. Parents must also ensure that their children have access to technology devices under their supervision and pay more attention to their children's recent communications if there is any cause for concern (Ybarra & Mitchell, 2004). They also stated that enhancing awareness about the definition and effects of cyberbullying will encourage partnerships between schools and parents to have discussions about the actual problem (Campbell et al, 2018).

Health professionals and health care providers (hcps) should highlight the violent character of interactions existing in the virtual world and the harm it triggers to youth's mental illnesses (Moreno & Vaillancourt, 2017). Health professionals and health care providers (hcps) should be on high alert for the signs of cyberbullying as early as possible because they can seek to control and treat the victims of cyberbullying, which might also help to address and reduce suicide cases. The mental problems and suicide due to cyberbullying which are the third main reason of death among young people in

the United States. Youth who require additional professional assistance can ask for help, such as having a conversation with a mental health professional through various channels, including online or face-to-face (Hoge et al, 2017).

Additionally, health care providers (hcps) also provided support and resources to the youth who are the victims of cyberbullying. They try to develop rapport, present love and trust and show concerns to communicate with patients. They make the patients feel comfortable to express the experience of cyberbullying and the patients can receive all this support, care and understanding from the hcps (Wiederhold, 2016).

Victims of cyberbullying should not fight back, as this could stimulate more serious harassment from the cyberbully and confuse who created this violence (Veronika & Alena, 2011). Victims ought to block the bully's account instantly to prevent the bully continue sending the harassing message. Victims of cyberbullying must report and block the harmful and harassment message report to the site administrator or site host. They must not delete the materials from the system so that they can make a hard copy as the evidence to report to police if the contents are related to threats of harm (Charles e. Notar et al, 2013). This is the best protection for the victims to keep all the records as the materials present to the court or the relevant authorities.

According to a study, an individual interview about cyberbullying with forty students who had exposure to and commonly used technology. Most of the students had indicated that improving online security is vital because it can bring benefits to their peers and they will become more aware of the cyber-environment and self-protection when socializing online. The students also mentioned the difficulties in limiting online activity thus, minimal people can do to reduce cyberbullying when referring to the prevention strategies provided (Parris et al, 2014). For example, conducting internet security tutoring sessions and professional speakers delivering speeches about cyberbullying and aimed interventions for responding to cyberbullying (Agatston & Limber, 2018).

Cyber bystanders are the most widely recognized group of youth involved in cyberbullying. They have the potential to decrease the impacts and occurrence of cyberbullying. According to the research, there were 37 out of 863 (4.2%) adolescents are reported being bystanders to cyberbullying incidents and 356 out of 863 (41.7%) adolescents showed that they would be offered direct help to the victim of cyberbullying and 467 out of 863 (54.1%) adolescents not providing any help (Van Cleemput et al, 2014). Higher levels of emphatic concern will help reduce the number of reposted and forwarded harmful messages about criticizing peers. Empathy also bounded the engagement of the bystander in cyberbullying. The findings indicated the significance of cognitive empathy in deciding to eliminate involvement in cyberbullying behavior reinforcement (Barlinska et al, 2015). In the media heroes' program which had promoted empathy, awareness of risks and impacts of cyberbullying, and aimed to provide useful solutions that enable the bystanders to protect victims against cyberbullying. The study conducted measured 722 students assigned to a long intervention and a short intervention. The outcomes of the program were more significant for the longer version than for the shorter version (Chaux et al, 2016).

There are a wide range of resources that have been established and proven by experience. Moreover, none of the methods can meet all the requirements for preventing and tackling cyberbullying in its entirety (Charles et al, 2013). A customized and targeted program must be generated to change the situation while also addressing the issue of cyberbullying. In a word, media can be used as a weapon if we misuse it. However, I remain that it is mostly good things because all the negative effects are caused by some irresponsible individuals. As long as we use social media in a responsible manner, cyberbullying among youths will not occur.

Conclusion

According to the above analysis, network is a double-edged sword that can be used for good and bad. On the one hand, the rapid development of science and youth brings convenience to people's lives. Moreover, the negative effects of the internet also profoundly affect the mental health level of youth. As a negative product of network development, cyberbullying has a profound impact on the psychological and behavioral development of youth as cyberbullying can cause negative effects such as suicidal intention, depression and PTSD on youth.

Cyberbullying should arouse the concern and consideration of the whole society. Researchers and relevant departments should pay attention to the seriousness of cyberbullying and take relevant measures to protect young people. First of all, we should strengthen youth understanding of cyberbullying and cultivate their correct network moral values. Teenagers should learn how to protect themselves from cyberbullying. Secondly, parents, teachers and schools should form an interconnected environmental system to provide a healthy online environment for youth. Since cyberbullying may have more negative consequences for youth's mental health, effective actions should also be developed from the psychological perspective. Let youth learn how to use the internet correctly and avoid the negative influence of the internet or people on it.

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8 Rising Wave of Juvenile Crime In Malaysia: A Conceptual Paper

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Abstract

Recently, juvenile crime is illustrating a gradual upward trend in Malaysia, and this social problem has plagued our community as more and more involvement of minors in juvenile crime. Most of the research results show an alarming increase of youth involved in delinquency in Malaysia, which results in corrupting communities for the future. In this paper, we aim to identify and understand the factors contributing to juvenile crime. The factors that push young people to get involved in criminal activities include family, school institutions, personal and mass media. Furthermore, the researchers conducted more in-depth and specific discussions from the perspective of each factor, providing explicit explanations. This study leads to the conclusion that juvenile crime is not caused by a single cause. The influence of the internal environment (personal factor) and the external environment (family, school institution and mass media) raise the risk of juvenile delinquency.

Keywords*:* Juvenile crime; family; school institutions; personal; mass media

Introduction

Egging cars or houses, breaking windows, graffiti, shoplifting, damaging road signs, defacing walls of commercial property are the most common crime committed by juveniles. However, there are also some severe crimes that would commit by juveniles such as robbery, drug possession, raping and etc. When those terms are being mentioned and the criminal that first comes to our mind will definitely be the adult. However, the facts are that those crimes are also committed by youngster in our country. Research that analyzed case outcomes between a sample of older adolescents and young adults discovered that when aggravating circumstances were present, (lengthy prior record, gun use, violent prior, etc.), juveniles were just as likely to be convicted and sentenced to state time as the young adult (greenwood, 1986). The term "Juvenile delinquency" Can be interpreted from a variety of theoretical perspectives (World Youth Report Juvenile Delinquency, 2003). Zembroski (2011) thinks that "Juvenile delinquency" Refers to a wide range of legal and social violations ranging from small to major infractions. "Juvenile delinquency," According to criminologists, refers to all public wrongdoings committed by those aged 12 to 20. Antisocial conduct can either represent the start of a long-term culture of criminal activity or a natural component of the growing-up process (Petrosino, Petrosino, & Buehler, 2005).

Juvenile crime also known as youth crime and it's specifically pointing to the individuals who are under the age of 21 and committed the crimes. A juvenile or young offender is defined as "A prisoner under the age of 21 years" Under the prison act of 1995. Malaysia's prison department holds juveniles aged 15 to 24 years in prison as young prisoners or as pupils at henry gurney school (an authorized school). To be clarify,

henry gurney schools are special schools. Because they are rehabilitative institutions for condemned children, they are sometimes known as "Bad boy's schools." Even if the kid is over the age of 18, a children's court might order that he or she be held at a henry gurney school.

Recently, the rate of juvenile crime in our country was increased yearly. This problem is getting serious in our country. According to the children statistic Malaysia (2020), there were 5,294 cases regarding the children involved in the crime in 2018, and this number has decreased slightly at the next year, leading to 4,833 cases in our country. Although the number of juvenile crimes is decreasing in 2019 however it's still considered a severe problem in our country. In comparison to the previous year, the number of juveniles participating in crime has decreased by 8.7%. According to the data, the first and repeated offenders saw a decline of 8.0 and 13.3%, respectively.

Recent research into adolescent brain development has shown that juveniles tend to ignore long term outcomes much more than adults and are poor decision makers when under stress (Scott & Steinberg, 2008). As a result, many juveniles renounce their right to counsel and are considerably more likely to plead guilty to a crime they did not commit. There is no single root cause of crime. Hence, this paper is mainly focus on the factor with the reason that has led to this unfavorable situation.

Factor of juvenile crime

Family

Family is one of the main factors that cause youth to commit crimes because family is the most influential institution in a youth's development (Price & Kunz, 2003). Family duties can be a powerful stabilizing force in the lives of grownups. One of the essential purposes is to provide structure and guidance in order to promote and assist children in the development of their socialization and identity. They aid in developing children's ability to regulate undesirable behavior, delay gratification, and respect the rights of others. Children learn essential values and beliefs from their families, which will impact them for the rest of their life. Families, on the other hand, can teach their children aggressive, antisocial, and violent conduct. Given these possibilities, family play a direct role in developing criminal and delinquent tendencies.

Divorced families

According to Wardle (2004), children require a stable mother-father marriage in order to have the finest preparation and possibilities for life success and happiness. Marriage appears to have a strong, beneficial, and persistent influence on children's happiness, health, and security, and hence appears to play an essential part in providing them with optimal life possibilities (Waite, 1995). Thus, it's known that a complete family will shape the child's character perfectly. On the other hand, parental divorce has been identified as a reliable predictor of juvenile delinquency and a significant parent-related risk factor for criminal development in childhood and adolescence (Burt et al, 2008). Hence, it leads the youth to become a criminal and have antisocial behavior. According to Weijer et al. (2015), disciplinary and behavioral concerns, particularly the emotional distress caused by parental divorce, have been researched from a variety of theoretical viewpoints. Children from one-parent families tend to be more likely than children from two-parent families to be unemployed, drop out of school, have worse

psychological well-being, and participate in sexual assault. This condition results in the loss of financial support and also decreases in the supervision of kids. Many children who have experienced divorce are not as connected to their parents as children who have two biological parents. If a juvenile grows up in a broken household, he or she will struggle socially. They may have strained relationships with their parents and others, which may lead to deviant behavior. Thus, the chances of committing crimes and misbehavior will increase.

Poverty

Besides, poverty also become the vital issue in leading the rate of juvenile crime. Poor youth are under pressure to survive in low socioeconomic communities that lack financial assistance, mental health care, medical services, education, etc. The absence of resources in these communities makes it difficult for these young people to succeed in a society that rewards those with money. Those who lack financial resources are more prone to be drawn into criminal activity. In addition, the inability to afford some necessities, such as food and clothes, has also been demonstrated to play a substantial role in adolescent criminality. Poor areas have a significantly high percentage of juvenile criminality. Juvenile delinquents are concentrated in urban areas with low poverty indices, whereas they are widely distributed in better-off neighborhoods. Juvenile delinquents can be found in big cities' areas, where they are connected with great poverty, poor housing, overcrowding, and a severe lack of leisure activities.

Parental attitudes

Other than that, parental attitudes also play an important role in shaping youth's personality. This stage in a youth's development is thought to be critical for optimal nurturing. For them, parents will be the person that they first contacted, and they almost spend the whole childhood with their parents. Companionship, affection, and reassurance come mostly from family. A juvenile who is born in a supportive, affectionate and understanding home will definitely lead to a healthy personality development. Conversely, lacking parental care, parental indifference, anger or rejection makes the juvenile feel emotionally insecure and leads to poor personality development which will foster antisocial or criminal conduct.

Uninvolved parenting

During youth's upbringing, parents are obliged to provide warmth, protection, and guidance. As a result, lack of affection and insufficient monitoring have been identified as factors of juvenile misbehavior. Hearne (2015) describe that "Uninvolved parenting" Refers to situations in which parents are emotionally distant from their children, show little warmth and love for them, provide little or no supervision, intentionally avoid them, have few expectations or demands for their behavior, never attend school events, and are generally too preoccupied with their own problems to deal with their children. Poor supervision positively links juvenile delinquency, which allows youngsters more time to engage in criminal behaviors. Adolescent criminals are more likely to originate from families where the parents are uninvolved than from families where the parents are involved. According to Sarandakos (1997), he discovered that almost two-thirds of offenders came from families where the children believed their parents were uninterested in them, whereas only one-third came from families where their parents

were interested in them. It is critical for a youngster to form a relationship with their parents who will influence their activities and teach them the difference between right and wrong. When a family is unable to provide this crucial direction and support, a youth's development will be stunted, with juvenile delinquency as a potential consequence.

School institution

School is one of the essential agents since the beginning of school marks a turning point in a youth's social, intellectual, and psychological development (Sampson & Laub, 1995). School is the first and most crucial place where success and failure are judged and reinforced through interaction with teachers and peers. Therefore, school is a root cause of delinquent behavior since so much of a youth's time is spent in school.

School failure

According to Hawkins et al. (1998), youth who suffer failure in school is susceptible to developing delinquencies. Failure in school includes poor academic performance, poor attendance, truancy, school drop-out. Maguin & Loeber (1996) found that students with low school achievement and who do not perform well academically are more likely to commit criminal offenses than those performing adequately or well. Many of the young people involved in illegal activities are illiterate and have display academic problems. They also have a track record of truancy and grade retention. There is a significant increase in the youth's likelihood of being involved in crime when expelled from school (Fabelo et al, 2011). It is more difficult for a juvenile to maintain up with academic subjects if he or she is excluded from school. With more time off from school, youngsters are more likely to have more time unsupervised, increasing criminal behavior (Arum & Beattie, 1999). Thus, it indicates that school failure is a predictor of delinquent behavior among youth.

School climate

Furthermore, the school climate, its organization and administration and its rules are also a fundamental cause of psychological and behavior dysfunction because these patterns of behaviors can potentially lead to a crime. A poor school climate is associated with a poorly organized, malfunctioning school as well as high rates of teacher and student absenteeism. For instance, teachers who are frequently late to class, students who are left unsupervised, insufficient teacher training, poor enforcement of school rules, and allowing rule breakers back to school without punishment. An unhealthy school climate contributes to academic failure and can contribute to students' violent behavior (Edwards, 2001). As a result, such tremendous influences lead to criminal offending.

Peer influence

Youth value their peers more since they usually spend more time with their friends and classmates inside and outside of school and have less adult supervision. In that way, peer influence is all- pervasive during adolescence. Peer influence occurs during adolescence through peer socialization or peer affiliation. A juvenile accepts or changes his or her conduct in response to perceived peer norms or peer pressure. Such reliance on peer groups may obstruct the adolescent's ability to discern the optimal future path and lead him or her down the incorrect one, which is why peer groups are thought to

have a substantial impact on criminal behavior (Scott & Steinberg, 2008). This implies that if one's chosen friends exhibit criminal tendencies, the higher the likelihood of assimilating to such tendencies (Rokven et al, 2017). It is because they may be coerced into joining the peer group since they may otherwise be isolated and labelled as a coward. They need to conform to the group's actions or risk being ostracized. As a result, they are forced to become an active participant in the wrongdoings of the crowd in order to fit in and keep friends around. Furthermore, youth are immature and shortsighted. They are evidently not fully developed like adults; hence, they are more likely than adults to be influenced by criminal peer behavior (Chien et al, 2011). Youth may initially underestimate the severity of the criminal offence because it is difficult to comprehend the implications of legislation and legal laws for a particular behavior. Peers frequently inculcate the mistaken assumption that if they commit an act as a group, they would be able to prevent getting arrested.

Personal

Next, another significant factor in contributing to juvenile crime is the personal factor. Personal factors refer to the individual-level risk factors that are associated with the development of juvenile crime rates. According to q treasury (2021), they defined the personal risk factors as the individual characteristics that have influence on the risk and engagement in criminal behaviors. The predominant personal factors may include mental health disorder (Underwood & Washington, 2016), poor use of leisure time (Miric, 2016) and motivational hedonism (Van Staden, 2015).

Mental health disorder

Not all youth will experience a wonderful childhood. Mental health disorders may be a stumbling block that ruined their childhood and led to juvenile delinquency. Some statistics have reported the link between mental health illness and criminal behavior among youth. According to Vesperman (2016), the prevalence of disruptive behavior disorders among youth in juvenile justice systems is 60%. Additionally, about 40% to 80% of imprisoned youth suffered from at least one mental health disorder (Timmons-Mitchell et al, 1997). Additionally, approximately 10% to 25% of youths in the juvenile justice system suffer from mood disorders, the most common of which is depression. Hence, there is no denying the fact that a causal relationship exists between mental disorders and juvenile delinquency. Generally, psychology concerns that youth suffered from depression or other mood disorder, Attention-Deficit-Hyperactivity Disorder (ADHD), substance abuse disorders, anxiety and others. According to Eme (2008), she found that around 20% to 50% of all detained youth suffer from ADHD. If these mental disorders are not properly treated, it is very likely to increase the rate of juvenile delinquency. When a teenager presents the symptoms of mental disorder such as sadness and anger, due to the lack of treatment and self-control, the teenagers will use improper methods to decrease their psychiatric symptoms such as vandalism, drug offenses, alcohol offenses and violent crime. In general, youth's mental health disorders pose a threat to the bright future of adolescents when they habitually take criminal actions to solve their illnesses. As a result, the assistance of the police is required to resolve the consequences and leading to stigmatization in the lives of youth.

Poor use of leisure time

Leisure time gives young people more free time to experience activities they are interested in. In the research paper of Miric (2016), it mentioned that the purpose of leisure time is to relaxation, recreation and energy recovering and supports people to improve their life quality. Generally, parents hope that their child can effectively use their leisure time to do some meaningful activities which can improve self-quality and establish more positive behavior. In fact, due to the less supervised from parents, young people may use their leisure time inappropriately and commit to criminal activities. Based on the research of Hoeben et al (2016), they claim that leisure time spent without the unsupervised by adults is the risk factors for youth crime. Unorganized free time opens teenagers the opportunities to satisfy their unhelpful desire to be involved in some stimulating youth gang activities. Undoubtedly, unorganized leisure time will leave a great negative impact on the shaping of adolescent behavior. Even worse, it allows them to develop various juveniles, delinquent behavior through the criminal activities.

Motivational hedonism

According to Veenhoven (2003), in Veenhoven words, he believes that hedonic behaviors are particularly suitable for the pursuit of sensory pleasures. The examples of hedonic behaviors are drinking alcohol, abundant sex and undertaking risky activities. Veenhoven (2003) summarizes the purpose of motivational hedonism is to maximize happiness. Hedonism behavior makes them seek to engage in some antisocial activity in order to achieve short-term happiness and joy. As claimed by Henderson et al (2013), activities that drive hedonism or risk behaviors can increase the life satisfaction, positive emotions, and carefreeness; while reducing stress, depression, and negative affect. Risk behaviors include drugs abuse, alcohol, violent gang, larceny, and illegal street racing, etc. Additionally, this phenomenon is most likely because committing criminal acts is a symbol of adulthood for young people. On the other hand, in the process of pursuing hedonism, young offenders enjoy the sense of superiority or powerful since they have experienced risk behaviors that their peers have not experienced. Unfortunately, youth who commit criminal acts to satisfy hedonism desire will eventually end up in the tragedy of juvenile delinquency.

Mass media

Mass media plays a significant role in disseminating information and ideas and influencing a huge number of people nowadays. Mass media such as television, movies, radio, the internet, and video games dominate during adolescence as a potent communication, socialization, and development tool. A brief statistic showed that the average daily time spent on the internet by Malaysian was roughly 9.17 hours, 3.01 hours on social media, 2.55 hours watching television, and 1.02 hours playing video games (Muller, 2021). At the other end of the spectrum, there is a lack of ethics in the media, which has a terrible influence on young people's psychological and social situations. The expansion of media has made it easier to access vast information and be exposed to violent portrayals (Smith & Richard, 2013). It is ubiquitous and pervasive while youth are constantly exploiting multiple media sources in which indirect messages might affect their behavior within society. The impact of violent television programs and video games is largely underestimated in society (Enyinnaya & Ezinne, 2015). There is a lot of violence, manipulations, negative role models, and deviant

behavior models in the media, which might influence the establishment of warped lifestyles among the young generation. According to Anderson & Warburton (2012), youth exposed to violent visual media are more likely to engage in criminal activities. They see images, films and video games that legitimize crimes, including robberies, murders and other forms of violence through the media. The media violence scenes harm them because they consider and believe everything that shows up in these programs to be reality. Youth are immature and wisdom about the world. They couldn't tell the difference between real life and fiction since it appeared true to them.

Social media influence on materialism

Crime is increasingly associated with materialistic possessions, as people are prepared to go to any length to obtain wanted commodities. One of the leading drivers of a materialistic mindset among youth is social media. Such tremendous media influences permanently form the idea of materialism, which extends to youth (Pickett & Chiricos, 2012). For example, a young thief breaks into a residence to steal a new laptop or phone because he wants to enjoy the latest technologies, a youngster steal someone's money to buy luxury goods. The common motive behind these crimes is the desire for a sense of satisfaction (Dittmar, Bond, & Hurst, 2014). Youth respond positively to media advertisements and media celebrities. With the rise of social media influencers, many encourage a materialistic and luxurious lifestyle as a means of happiness or self-preservation (Vernon & Jack, n.d.). Influencers depict themselves as having a perfect life. According to Dittmar, Bond, & Hurst (2014), it has become a general tendency for a person with more materialistic possessions to have a higher level of life satisfaction. It drives some people to assume that they need to have identical items to the influencers to be perfect, which is a highly harmful perspective. It affects the young people act like celebrities and other notable figures they see in the media. To copy and mimic the celebrities' ways of life, they commit crimes and fraud to increase their wealth. Therefore, it has encouraged unethical influence in developing illusory security on the juvenile by taking advantage to conduct illicit acts.

Television programs and movies

The entertainment sector, particularly television and movies, are a significant source of hazardous exposure for youth. It is a source of entirely factual information about how the world works in the mind of young people. Action films, including murder and robbery, are popular among youth. Rycker et al. (2017) indicates that the more violent the film, the more interesting it becomes. Every crime film has resulted in bad perceptions and violent behavior toward individuals, particularly young people, drawn to action-oriented programming. It is easier for youth to become more violent from time to time if they are continually exposed to violence such as brutal scenes in movies or television. These kinds of films contribute to an increase in criminality among the young generation as they attempt to imitate what they have watched in the movie. For instance, people who usually watch action movies will be harsh and involved in criminal activities than those watch instructive tv programs. It is because the struggle between the hero and the villains involves antagonistic activities and harmful forms of equipment, which will result in murder and death. Every tv show's behavior can easily encourage youngsters to emulate and apply the actions they watch on tv in their daily

life, whether at home, outside the house, at school, or at a shopping mall (Mrug, Madan, & Windle, 2016).

Video games

Moreover, video games that are played by juvenile promote violence such as murder, assassination, rape, and burning. Counterstrike, grand theft auto, and Wolfenstein 3d are some of the most well-known games with violent features, bloody images to attract the players. A study established a causal link between habitual violent video game playing and increased long-term aggressive behavior (Kutner & Olson, 2008). Anderson & Warburton (2012) also says that juvenile who play m-rated games are more likely to bully or cyberbully their friends and display aggressiveness towards their peers. During the video games session, players are frequently required to perform violent activities such as stabbing, shooting, or dismembering someone with a hatchet, blade, chainsaw. Chang & Bushman (2019) proposes that youth are more prone to mimic the acts of violent characters in video games, making it difficult for them to discern reality from fantasy. For example, two adolescents said they were acting out of the game and got the idea to shoot at passing cars and kill the driver while playing grand theft auto iii. Thus, it shows that violent video games raise a youth's aggression and eventually lead to criminal activities.

Conclusion

In summary, this study has argued that the factors of juvenile delinquency or youth crime i.e., family, school institution, personal and mass media. The results showed that youth crime is not only caused by the youth themselves, but also influenced by their family, school institution and the mass media, thus contributing to youth crime. It indicates that personal factors are not enough to push the young people to engage in illegal activities. The negative impacts from environment also significantly raise the chance of the youth to engage in criminal activities. When the overlap of various negative factors which makes youth unable to deal with these problems rationally and effectively, it led youth get lost and go astray.

Nevertheless, understanding the causes of juvenile delinquency is unable to stop the problem from rising. Shader (2003) reveals that crime prevention is a complex task with no simple solution to prevent it from happening. Therefore, the cooperation between the various roles around the teens is crucial, the roles include parents, social figures, teachers, peers, the government, and relevant authorities. Parents are not only responsible for supervising and monitoring their children ‘s day- to-day activities, but also teaching emotion management and conflict resolution methods are needed because these knowledge and skills can effectively prevent the risk of developing aggressive behavior problem. As peers, it is essential to report gang fights, violence and vandalism in the school area to teachers, instead of choosing to shelter friends due to fear of losing friends. School institutions and the government provide skill training such as social skill and cognitive skill or educational programs to enhance youth's awareness of juvenile delinquency. Websites, video games dan movies which contain violence or criminal actions should be banned to be seen by the youths. Since youths are curious, they would

be easier to be attracted and carry out those criminal actions and may be result in juvenile crime. This study has provided several factors of youth crime which will be considerable insights for future work. It is necessary to conduct future research on solutions to the problem of juvenile delinquency because today's youth need proper guidance and support to ensure that they are well-equipped and able to face the challenges in the future.

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9 Cyberbullying Against Youth: Consequences and Precautions

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Abstract

Nowadays, cyberbullying has become a common phenomenon in this advanced technological globe. Advancing technologies have offered many opportunities to people to perpetrate cyberbullying by harassing, bothering, threatening, and embarrassing others through using the online network. There are a lot of factors such as personalities, social rules and the legal, education level, environmental causes, and family structure that can lead to cyberbullying happening among youth. This type of behavior successfully influences and erodes the moral value of society. Therefore, the aim of the study is to study the consequences and precautions of cyberbullying among youth. All the data are collected from secondary resources to understand and get more insight into the prevalence of cyberbullying among youth in this study. Lastly, from the resources gathered, we discuss and present qualitative data about the most determinants, consequences, and precautions used in cyberbullying among youth.

Keywords: Cyberbullying, determinants, consequences, precaution, youth

Introduction

The internet is widely regarded as the most influential technological invention of the twenty- first century, as it cuts over geographical boundaries and overcomes time constraints (Dholakia & Kshetri, 2004). The internet has now penetrated every area of people's life. While the internet has provided numerous benefits, it has also resulted in several social issues such as addiction to the internet and cyber-crime. Based on Dholakia and Kshetri (2004), there have approximately 50 million users worldwide for the internet in just three years, whereas radio took 13 years and television took 38 years. Around 2.9 billion individuals have access to the internet worldwide, which is growing (Kenda, M, 2014). In the past few years, cyberbullying has gained prominence to be representation of deviant internet behavior in many nations, prompting the formulation of countermeasures and preventive actions against cyberbullying (Zhong et al, 2021). With the development of the digital environment and technology development, cyberbullying has become more and more common, especially among youth.

With the advancement of technology, the experience of cyberbullying in multiple forms and methods has increased significantly and has become the main tool for interaction (Richards et al, 2015). Cyberbullying means continuous and systematic negative impact caused by the application of computers, smartphones, as well as other modern gadgets (Hinduja & Patchin, 2009). Cyberbullying can happen on social media, forums, places where people can share content, and through text messages. Sending, uploading, or disseminating negative, misleading, or annoying the other person's content is considered cyberbullying. It could include humiliation or embarrassment as a result of revealing another person's personal information.

In recent years, cyberbullying has had an upward trend in some countries, such as Malaysia. Abu Bakar, H. S. (2013) has statistically substantiated that cyberbullying's problem is a harmful and silent issue in Malaysian society. According to the survey, most Malaysian children spend up to 19 hours weekly on the internet. (Nofr, 2010). This brings a huge challenge to the parents who want to protect their children from cyberbullying. Furthermore, a report shows that one out of every five children online is experiencing cyberbullying each year in Malaysia (Hariati Azizan, 2012). The number of minors being sexually harassed online is on the rise. 30% of girls report that they have been sexually harassed while chatting with someone.

In addition, multiple cyberbullying incidents have occurred on the internet, leading to homicide, violence, embarrassment, and sexual assault in the previous year. Cyberbullying is on the rise worldwide, posing a serious effect on youth and their parents (Neging et al, 2013). According to Baier et al (2019), there is no denying that offline and online bullying have a variety of psychological, social, academic, family relations, financial, physical, and other consequences. Cyberbullying is believed to have a more painful effect than conventional bullying. In extreme cases, the experience of cyberbullying can lead to suicide, called cyberbullicide (Hinduja & Pachin, 2009). To avoid the increased cases of cyberbullying, precautions against cyberbullying become very important. In previous research on cyberbullying, the most frequently reported coping strategy was avoidance. Avoidance strategies include deleting harmful information or preventing cyberbullies from posting on online profiles to ignore negative emotions (Parris et al, 2011). Through the information gathered, the purpose of this research will highlight the consequences and precautions of cyberbullying against youth.

Literature review

Prevalence of cyberbullying

Cyberbullying is a unique kind of organized violence that has emerged in recent years. It has been labeled a "Social problem" And focuses on various fields of study (Brown et al, 2006). Cyberbullying's prevalence varies substantially based on how it is understood and evaluated. Due to the lack consistent measuring tool, prevalence rates of cyberbullying vary substantially (Shapka & Maghsoudi, 2017). According to Tokunaga, R. S. (2010), between 20% to 40% of youth have been cyberbullied at least once in their life. An interview found out that, approximately 32% of adolescents have experienced cyberbullying at least once. (Lenhart, 2007). In addition, in a study of 159 research worldwide, prevalence rates for cyber victims ranged from 1% to 61%, cyberbullies from 3% to 39%, and cyberbully victims from 2% to 72% (Brochado et al, 2016). Furthermore, longitudinal data on cyberbullying trends from 2010 to 2014 shows that the percentage of getting negative messages rises from 13% to 20% and being cyberbullied increases from 7% to 12% (Hasebrink, U, 2014). A poll of 131 students in the United States revealed that 11% of them said that they have experienced cyberbullying in the university they study in, and 54% of the students disclosed they discovered somebody around was the victim of cyberbullying (Walker at al, 2011).

Besides that, by interviewing students from the university of New Hampshire, Finn, J. (2004) concluded that 1/10 of the students have the experience of being harassed, humiliated, or intimidated via e-mail or text message (SMS). Although the cyberbullying prevalence activity differs throughout studies, they show that cyberbullying is a wicked and serious issue among youth.

Types of cyberbullying

Cyberbullying may happen at any time, every day, seven days a week, and from any location (Willard, n, 2007). According to Garinger (2008), since cyberbullying can happen anytime and, in any location, it empowers the bullies to a higher level than conventional bullying.

Cyberbullying allows for more victims to be harassed with less effort on the bully's behalf. The type and severity of cyberbullying behaviors vary greatly. Willard, n. (2007) has mentioned a few types of cyberbullying: Flaming, exclusion, impersonation, harassment, outing, denigration and, cyber stalking, and trickery. Flaming defines a brief dispute between two or more individuals. "Threats or other inappropriate actions addressed directly towards youth using latest technological platforms (e.g., online, sms) or posted to social media about youth for others to view" Is how online harassment is defined (jones, et al., 2012). In a survey of internet harassment, there has a researcher found that 7% of young internet users were the victims of online harassment (Ybarra, M. L., & Mitchell, J. K., 2004).

Willard, n. (2007) pointed out that denigration is a negative, misleading, and offensive speech about an individual. It may contain defamation or breach of privacy. Asides from that, the exclusion is the act of deliberately excluding someone. An exclusion cyberbullying can usually happen in an online gaming environment or even a group blogging environment. According to Raskauskas and Stoltz (2007), SMS, the internet and pictures or photos are the most common way the victims are cyberbullied. Pictures were used to capture incriminating photos of youth and then disseminate them to others. Similarly, a study also stated that the most popular method of cyberbullying is via instant message (sms) (Juvonen, J. & Gross, E. F., 2008). Furthermore, cyberbullying based on sexuality is also a typical type of cyberbullying. According to Abu Bakar, H. S. (2013), harassment from online and sexually related cyberbullying are Malaysia's two major types of cyberbullying.

The determinants of cyberbullying against youth

“netiquette” Is derived from the merging of network and etiquette (Balar, 2016) and is one of the determinants of cyberbullying against youth. Netiquette refers to the moral value and ethical behavior that a person should apply when using the computer network. For instance, an internet user should comment politely and share relevant posts that will not hurt people. Based on research by nor Azian Abdul Rahman (Nor Azian Abdul Rahman, 2020), netiquette has the most significant influence on cyberbullying behavior among youth. This is because the meaning of netiquette is closely related to ethical and moral behavior (Baker and Baker, 2014). According to baker and baker, people with a low level of moral education are most likely be becoming cyberbullies in the network world. This is because they will not care about other people's feelings. At the same time, they like to conduct the action they think is appropriate, but such action could cause

others to feel uncomfortable. Those who lack moral values usually do not know how to identify and differentiate the correct or wrong actions to respond to the tricky situation they might face. Therefore, they will choose unreasonable behavior called cyberbullying to release their feelings on others' feelings.

Besides that, those who conduct cyberbullying usually have no ideas about their actions that can immediately impact the person (Sticca & Perrens, 2015). As an illustration, cyberbullies write comments on other people's posts using obscene language or sending threatening messages to the person without caring or considering others' feelings. This behavior makes the person feels ashamed and embarrassed in front of other's people. They abuse technology and use it as a weapon to hurt someone anonymously (Park & Kim, 2014). For example, they perpetrate cyberbullying by using an anonymous account or phone number to bother and threaten the victim. It is one of the reasons that the cases of cyberbullying among the youth increase continuously due to the abusing of anonymity benefits.

Another determinant of cyberbullying among youth is the emotional feeling of loneliness. Children who feel a lack of companion or loneliness will tend to conduct cyberbullying on the network. It is because loneliness emotion makes them angry and unpleasant. Hence, they will hurt other people by cyberbullying them to respond and mitigate loneliness emotion (Larranagaa et al, 2016). In addition, the lack of communication among children and parents is one of the causes of loneliness. The lack of communication causes the children not to know the right action to take when they face something unpleasant. However, other researchers agreed with the statement. According to Easterbrooks & Biesecker (2000), children involved in emotional communication with parents will help to sharpen a good personality and behavior. It is because parents can educate their children with their experiences or do some simulation to build the understanding trait among the children. Children who always involve emotional communication with parents will develop good traits and personalities because they will feel loved and appreciated throughout communication. Therefore, they will have less likelihood to conduct cyberbullying compare with children with a lack of communication.

Meanwhile, the emotional availability of parents also will contribute to cyberbullying behavior among youth. Low emotional availability leads to cyberbullying (Biringen, 2008) because they thought no one could or would protect them. Thus, they decided to conduct cyberbullying to defend themselves or to reconnect with society. While based on Cacioppo and Hawkley (2003), loneliness, or in other words, is also known as social isolation that might cause the person to commit cyberbullying. Lonely people have a low chance to engage with positive peers who can stimulate and change their minds that cyberbullying is not a reasonable action to reach their goals. For example, lonely people usually have no friends to discuss with when they are facing problems. This situation will cause them to decide to use an aggressive action to achieve their objective instead of seeking someone's help. They will commit cyberbullying to demonstrate their power and aggression to people who reject their advances (Srasbstein & Piazza, 2008). Thus, it clearly shows that loneliness is one of the factors of cyberbullying among youth.

Empathy is also known as sharing and understanding people's emotional status. According to Hoffman (2001), empathy is an emotional feeling that people try to match their feelings and experience other people's feelings such as anger, happiness, excitement, or relaxation. For instance, people with empathy are willing to understand other people's feelings depending on the situation they face. Thus, empathy has a significant influence on cyberbullying among youth (Jolliffe & Farrington, 2011). Based on the findings of casas (Casas et al, Barlinka et al, 2013), empathy with cyberbullying has a negative relationship. People with a low level of empathy tend to perpetrate cyberbullying compared to those with a high level of empathy. The reasons behind this are those with low empathy feel more comfortable with an anonymous identity which becomes a benefit to them to commit cyberbullying (Brewer and Kerslake, 2015; casas et al, 2013). Besides that, an unknown identity will assist cyberbully in concealing identity and making it the victims hard to detect their real identities. For example, cyberbullies can sign up many accounts in an application and use multiple identities to bother the victims without putting any effort. Moreover, some researchers also found that people with a low level of empathy are more aggressive. Hence, this type of personality leads to cyberbullying behavior (Casas et al, Barlinka et al, 2013).

On the other hand, revenge is another factor of cyberbullying among youth. The victim of cyberbullying will be inclined to become a cyberbully (Balakrishnan, 2015). It is because the victim would like to fight the bully back. Therefore, they choose to perpetrate cyberbullying on the bully for revenge. The reason that decides to use this action is that they can hide their identity in the virtual world. At the same time, they can retaliate against the bully by sending threatening.

Videos or messages. The purpose of this action is to let the bully understand the feelings of victims of bullying.

Lastly, one of the determinants of cyberbullying is the family structure. The family structure will influence a child whether to become a cyberbully or victim. According to a study from Norway, boys raised by single mothers will have a higher probability of becoming the target of cyberbullies in the future. On the other hand, boys and girls who were bullied during their childhood usually live without their father's care (Fosse & Holen, 2002). It is because children who are raised from a single-parent family will be more independent and understanding compared to children who live with both parents. However, some studies showed that single parenting would bring more negative consequences to the children (Bryce et al, 2006). For example, many studies depicted that children from single-parent families usually would have lower education and supervision. It is because their parents will be busy with careers for the reason of earning money. Due to this reason, the parents would not spend much time accompanying their children. Furthermore, a family's socioeconomic status also is the one contributor to cyberbullying behavior. Youth from poverty families will most likely become a target of cyberbullies due to their weaker financial ability.

The consequences of cyberbullying against youth

It is undeniable that both offline and cyberbullying have a variety of psychological, social, intellectual, familial, financial, physical, and other consequences (Baier et al,

2019). Nonetheless, as noted in Vaillancourt et al. (2017) research analysis, several studies find that cyberbullying has a greater consequence than conventional bullying. Cyberbullied youths were found to be 1.81 considerably more probable than conventional bullying youths to attempt suicide. Furthermore, research has shown that online conversations are more emotionally and psychologically loaded. As a result, it is apparent why cyberbullying might have more serious emotional consequences than offline conversation (Bowler et al, 2014). Cyberbullying has more detrimental mental health consequences than conventional bullying, particularly among youth worldwide (Musharraf & Anis-Ul-Haque, 2018).

Frison, Subrahmanyam, and Eggermont (2016) found that unpleasant cyberbullying encounters had immediate and long-term psychological consequences. The quick emotional responses that a victim or offender may have in the aftermath of an occurrence are short-term psychological repercussions (Kopecky & Szotkowski, 2017). Farhangpour et al, (2019) researched Limpopo, south Africa found that the majority of cyber victims' prevalent instant sentimental responses were fear (19%), sadness (31%), and humiliation (18%). Several researchers have discovered that short period cyberbullying consequences contain technology avoidance or the suspected offender, physical diseases such as tenseness, sweating, headaches, and a 'drop of heart' sensation, frustration, and hopelessness (Hoff & Mitchell, 2008; Slattery et al, 2019). It can be internalized by the short period psychological and behavioral effects, resulting in significant long-term psychological problems (Cowie, 2013).

Long-term consequences include despair, sleeplessness, stress, suicidal tendencies, alcohol and drug abuse, eating difficulties, mental instability in general, and a diminished life quality and life satisfaction (Hinduja & Patchin, 2019; Vaillancourt et al, 2017). For example, despair is a continuous sense of disappointment and melancholy, as well as a lack of interest and weariness (American Psychiatric Association, 2013). Boulton and hawker (2000, as quoted in Bottino, Regina, Correia, & Ribeiro, 2015) discovered that despair is the most significantly associated consequence of cyberbullying in their conceptual of 23 countries. Numerous research have shown that greater frequencies of cyberbullying are linked to higher rates of despair, somatic symptoms and diagnosis. The focus of study for long period consequences is classed as psychological problems that are further explored in terms of the prevalence.

Numerous long-term consequences are milder and are not classified as serious illnesses. However, they may induce a strong sense of helplessness and the inability to control (Hoff & Mitchell, 2008). Long-term consequences for a youth's self-perception, including self-pity, self-esteem, self-worth, as well as confidence, may occur because these perceptions have a detrimental impact on another life areas since the youth has lost their self-sense (Hoff & Mitchell, 2008; Price & Dalgleish, 2010; Johnson, 2011; Farhangpour et al, 2019). Another area of life that is impacted among the youth is academic performance. Cyberbullying occurrences may lead to worse academic achievement and eventual dropout (Price & Dalgleish, 2010; Sticca & Perren, 2013; Farhangpour et al, 2019; Slattery et al, 2019). Besides, since the youth is experiencing various unpleasant feelings, they may begin to retreat and disassociate, resulting in a decline in the quality of family and friend interactions, as well as increased solitude and

social withdrawal (Price & Dalgleish, 2010; Johnson, 2011; Sticca & Perren, 2013).

Every type of cyberbullying against the youth is distinct, while their long period consequences and responses may vary. These might consist of any of the symptoms mentioned above, such as malicious or aggressive behaviors, tension, antisocial traits, self-harm, or other psychotic conditions (Price & Dalgleish, 2010; Ortega et al, 2012; Cowie, 2013; Musharraf & Anis-Ul- Haque, 2018; Hinduja & Patchin, 2019). Furthermore, for the cyberbully psychological and non- psychological consequences to the youth, cyberbully abusers are more inclined to engage in violent actions, which are domestic abuse, lack of anger control, and criminality in the future (Musharraf & Anis-Ul-Haque, 2018; Slattery et al, 2019).

The long period consequences of cyberbullying differ depending on the amount, duration, and the intensity of the incidents and social, cultural, and personal aspects (Tokunaga, 2010). According to cyberbullying studies, the frequency and intensity of a terrifying cyberbullying encounter predict the chance of developing health care issues. As an outcome, the chance of acquiring issues rises as the number and severity of problems rises (Ortega et al, 2012; Tokunaga, 2010). Youths who have been cyberbullied often develop social difficulties such as disobedience, alienation, and aggression, in addition to the potential mental health consequences (Tokunaga, 2010).

The broad personal, social, and emotional consequences of cyberbullying victims and potentially certain cyberbullying offenders' isolation and alienation behaviors indicate that cyberbullying influences well-being and psychological stability (Wolke & Lereya, 2015; Singleton, Abeles, & Smith, 2016). The case in Tshwane about the 13 years old female youth who committed suicide on the February 18 of 2019 as a result of ongoing cyberbullying with a threatening by grade 7 student to disseminate a video about her nakedness is an example of these pervasive psychological consequences of cyberbullying (Kubheka, 2019). It is the only one of numerous examples of cyberbullying's pervasiveness, intensity, growing concern, and repercussions towards the youth.

In conclusion, the short- and long-term consequences are internalized, resulting in the youth being alienated and guarded in their conduct. As a result, the people around may go unrecognized by their mental pain (Tokunaga, 2010; Vaillancourt et al, 2017). Therefore, consequences in many life components must be considered within the mental health context and where the youth is impacted overall in terms of health care to grasp the short and long period consequences.

The precaution of youth for cyberbullying

In this category, we concentrate on a study regarding cyberbullying precaution measures. The research about cyberbullying precautions is indeed extensive. Nevertheless, rather than real empirical data on the use and effectiveness of precautionary methods, it mostly presents conclusions and inferences for such interventions (Perren et al, 2012a). There are two methods to cope with the cyberbullying precaution problem. The first contends that the precaution method must be based on what has been learned from offline bullying (Campbell, 2005; Gradinger et al, 2012). Some researchers claim that these methods may be expanded to avoid cyberbullying without requiring massive reforms (Slonje et al, 2013). The second

method builds on the first by highlighting the unique nature of cyberbullying and the importance of dealing with it (Tangen & Campbell, 2010). Precaution methods such as positive parenting tactics and internet safety awareness are suggested.

Conventional bullying precaution measures place a strong highlight on the involvement of the school, particularly teachers, who believe that there is critical for the school environment to their safety (Dibasilio, 2008). According to some scholars, numerous teachings, curricular, and policy solutions created to combat conventional bullying might effectively combat cyberbullying. The primary point for this is that cyberbullying is directly linked to conventional bullying, and just a tiny percentage of youth engage in only online bullying types (Raskauskas & Stoltz, 2007; Gradinger et al, 2009; Slonje & Smith, 2010; Sticca et al, 2013).

Researchers agree that youths need to be taught how to build social skills, which may be done by curriculum or specific behavioral interventions (Campbell, 2005; Dranoff, 2008; Mason)

For instance, there has been evidence that a general social competency strategy for reducing violent conduct was also beneficial in preventing cyberbullying and cyber victimization in their research. Similarly, a study of one broad anti-bullying program, kiva, found that it had a good impact on decreasing cyberbullying (Salmivalli et al, 2011).

In contrast, some previous research is shown that combating conventional bullying would not prevent cyberbullying. Particular attention must be directed to the phenomenon's peculiarities, such as technology (Campbell, 2005). Youths frequently claim the right to see those adults, such as parents or lecturers, acquainted with the latest technology and cyberbullying (Mishna et al).

It seems to be related to the first method, which is to raise lecturer, parent, and youth awareness of cyberbullying and its repercussions (Campbell, 2005; young, young, & Fullwood, 2007; li, 2007; Juvonen & Gross, 2008 Wright, Burnham, Inman, & Ogorchock, 2009). All actors and their duty for internet/mobile phone safety are emphasized in the literature (i.e., preventing cyberbullying). This issue stems from research that suggests certain cases of cyberbullying have anonymity and a large audience that make them worse than conventional bullying (Sticca & Perren, 2012).

Moreover, parents should be urged to supervise their children's adoption of mobile to a greater extent (Rosen, Cheever, & Carier, 2008). Some researchers also believe that the computer's location at home should be taken into account (Rosen et al., 2008). However, the recent large- scale eu kids online ii study found nothing about computer placement on cyberbullying reduction (Livingstone et al, 2011). In terms of lecturers and education, schools' curriculum and policies should include a variety of precative measures, which are explicit learning of morals and empathy and 'netiquette' (Stacey, 2009). The concept 'netiquette' is mentioned in the determinant part, derived from 'network' and 'etiquette' (Scheuermann & Taylor, 1997). This refers to the proper judgment for interpersonal internet communication (Katsura et al, 2011). Many cyberbullying safety precautions reinforce the need for privacy and caution youth against posting potentially embarrassing photographs or videos online. Although this precaution method is a vital cyber safety step, we must remember that it will not directly

protect youth from bullying. Furthermore, we need to be conscious that many youths blame themselves for bullying, which is considered self-blame that may aggravate the harmful effects of cyber victimization (Machmutow et al, 2012).

Lastly, schools and universities should encourage all youths to intervene in cyberbullying (Campbell, 2005; Stacey, 2009). The research on cyberbullying emphasizes the need to empower youths as major decision-makers of precative methods and necessary psychosocial treatment (Ybarra & Mitchell, 2004; Young et al, 2007). To summarize, conventional anti-bullying programs, including youth and parent engagement geared at systematically treating cyberbullying, can be a good chance to prevent cyberbullying. Therefore, particular systems that take into consideration aspects of cyberbullying are required.

Conclusion

Cyberbullying has become increasingly frequent as the digital environment and technology have evolved, particularly among youth. The prevalence of cyberbullying in various forms and ways has increased as technology has advanced. Cyberbullying can occur on social media, forums, websites where people can share content and even text messages and also defined as sending, uploading, or disseminating negative, misleading, or annoying content about others. It might include humiliation or discomfort because of disclosing personal information about another person. There have been several cyberbullying events on the internet, which have resulted in death, violence, embarrassment, and sexual assault. This is a significant difficulty for parents who want to safeguard their children against cyberbullying.

The determinants of cyberbullying among youth are generated from various aspects. Internet users lack netiquette because they do not know how to distinguish between the proper and wrong behaviors to take in response to a potentially difficult circumstance. Besides, a low level of empathy is a personality trait that contributes to cyberbullying because they might feel comfortable attacking someone with an anonymous identity. As a result, they would engage in irrational conduct known as cyberbullying to express their anger on the feelings of others. Parents indirectly become a determination of cyberbullying among youth as well. Lack of communication or education from parents causes their children to feel alone and lack emotional availability. Hence, they are unlikely to engage with positive individuals who may excite and persuade them that cyberbullying is not a viable option for achieving their goals. At the same time, an imperfect family structure would cause their children to become cyberbullies or victims. The lack of support from parents or some financial problem leads their children to become negative thinking so that their children might start to get involved in cyberbullying.

Cyberbullying among youth creates long-term and short-term consequences for youth. Unpleasant cyberbullying interactions have both direct and long-term psychological effects. The immediate emotional reactions that a victim or offender may have in the aftermath of an incident are short-term psychological consequences. Long-term consequences also include despair, insomnia, stress, suicidal ideation, alcohol, and

drug misuse, eating issues, general mental instability, and a decrease in life quality and satisfaction that could be classified as mental issues. Furthermore, because the youth is experiencing a variety of negative emotions, they may withdraw and detach, affecting academic performance, a decrease in the quality of family and friend.

Interactions, and increasing loneliness and social withdrawal. At the same time, the wide psychological, social, and personal implications of cyberbullying victims and the potential isolation and alienation actions of certain cyberbullying offenders show that cyberbullying has an impact on well-being and psychological stability.

To reduce the rate of cyberbullying among the youth, precautions for the youth are compulsory. The involvement of the school has played a big impact in reducing cyberbullying. Several educational, curricular, and legislative measures developed to prevent traditional bullying, according to some experts, may also be useful in combating cyberbullying. At the same time, youths must be educated on developing social skills, which can be accomplished through curriculum or behavioral strategies. Besides, it is imperative to encourage parents to monitor their children's mobile device use more carefully. Educating youths regarding netiquette could reduce the cyberbullying rate.

Cyberbullying against the youth creates a lot of negative consequences for youths and society. Hence, precautions must always be performed to prevent or reduce cyberbullying among the youth.

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10 Undergraduate Students' Mental Health Problems

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Abstract

The paper intends to investigate the factors which caused mental health among undergraduate students. Besides, this paper also examines the impact of mental health problems towards undergraduate students and the solutions on handling these problems. Entering university and experiencing university life seems fun but actually this can be a stressful matter for most of the undergraduate students due to this is their first time leaving their home and parents. Other than academic pressures, some students having financial issues have to do part time jobs to ease their family burdens. Stress levels among undergraduate students keep rising after the covid-19 pandemic started to destroy their daily life. Students are forced to study at home. Some of them might even lose their jobs due to this pandemic. This study's findings serve to raise awareness and deliver useful information about mental health problems towards people, especially undergraduate students.
Keywords: Undergraduate students, mental health, problems, pressures.

Introduction

The terms “epidemic” And "Crisis” Have been used by the experts and researchers currently to describe the mental health issues facing by the undergraduate students. The most 5 common mental health problems facing by undergraduate students are depression, anxiety, suicide, eating disorder and addiction. Mental health problems among undergraduate students have become a common phenomenon in today's world. Students not only have to focus on their academic work, but they also have to expand their social circles, handle internships and plan to look for jobs after graduation. The pressures of managing everything can have a negative impact on one's mental health. According to the research, one in five undergraduate students are having depressions and suicidal thoughts due to college stress (Shannonhouse et al, 2020). A student survey has been carried out by the American college health association (acha) in 2018 and 2019, statistics shows that about 60% of the respondents were having serious anxiety while the other 40% were depressed to the point of being unable to function (Writers, 2021).

Undergraduate students who are having mental health problems, for example depression will have the persistent feelings of sorrow, hopelessness, and a loss of interest in formerly pleasurable activities. Mood disturbance, sleep disorder, headaches and changes in appetite are all common symptoms of depression among undergraduate students. Depression symptoms vary from person to person. Depression is ultimately caused by a chemical imbalance in our brains. The way one person manifests depressive symptoms is not always the same as how others manifest symptoms. According to the American psychological association, symptoms of depression can be divided into three

categories, which are physical well-being symptoms, emotional symptoms and thinking symptoms (American psychological association, 2013). Physical well-being symptoms refer to the changes in sleep habits and appetite, while emotional symptoms include feelings of powerlessness and hopelessness. Having reading difficulties, hard to concentrate and completing tasks given are the thinking symptoms of depression.

Mental health problems become a more serious issue after the covid-19 pandemic occurred. Life has totally changed unlike what it was before covid-19. Stress level among undergraduate students have risen to another level. Students are forced to attend online classes every day at their home. Online class surely is an effective way to prevent the spread of covid- 19 viruses. However, the feeling of loneliness started to arise among them due to the online class. Facing their laptops from morning until midnight to complete their daily tasks is the only thing they can do every day. Students start to experience anxiety from time to time due to the lack of communication with other people frequently. They feel panic easily when communicating with their teammates or friends online. So, mental health problems must be taken seriously by everyone including the students themselves. Be brave to admit the mental health problems they are facing and try to search for help from other people is the only way they can do to help themselves out.

Factors of mental health problems among undergraduate students

Academic pressure

Mental health problems are very common among the undergraduate students. There are several factors responsible for the fact why undergraduate students are facing mental health problems. First and foremost, the most common reason is because of their studies. They are always stressed out with their studies. According to a new study, when students face an academic setback, such as a poor grade, their cortisol level, which is also known as the stress hormone, will increase. Most students' levels return to normal the next day, while these students' levels remain elevated. These students have trouble going forward because they are preoccupied with setbacks (Hae Yeon Lee et al, 2018). Having a lot of homework and assignments are a very common reason why they are stressing out themselves. They do not know how to manage their time properly. Moreover, in this covid-19 pandemic era, most of the undergraduate students have to do online classes. This is also one of the reasons that can contribute to their mental health problems. As a result of the covid-19 pandemic, schools and institutions around the world switched to online classes. During the pandemic, everyone's health and safety are of the utmost importance, and online learning is the only viable alternative. For example, before the pandemic, students need to attend their classes physically, they can meet their friends and participate in extracurricular activities. On the other hand, online learning is not the same. Students are unable to concentrate well in class due to a lack of separation between home and school life, a failure to adhere to a timetable, and distractions at home. Students will experience pressure, stress, and anxiety as a result of this.

Parental pressure

Next, students are also being stressed because of their parental pressure. As Shirley Henderson said, “there is such pressure on kids these days to be the best at everything”

(Shirley Henderson, 2020). It is undeniable that every parent desires to help their children to achieve their full potential. Some parents, on the other hand, place undue pressure on their children. According to Kou Murayama and his colleagues Analysed data, they discovered that high parental aspiration was associated with higher academic achievement, but only when it did not exceed reasonable expectations. When children's aspirations exceeded their expectations, their achievement fell accordingly (Kou Murayama, 2015). Anxiety can be a problem for children who feel under continual pressure. Children who are under a lot of stress are more likely to develop depression or other mental health problems. Having high expectations for children can be beneficial, constantly putting pressure on them can be destructive. (Counseling Centre, 2020).

Financial worries

Moreover, the other factor that can contribute to mental health problems for the undergraduate student is having financial worries. According to research by the university of Southampton, experiencing financial troubles and worrying about debt while at university increases the risk of mental health issues like depression and alcoholism. Anxiety and alcoholism symptoms grew over time for those who were struggling to pay their payments. Stress, anxiety, and despair levels worsened among those who were more anxious about their debt (University of Southampton,2016). Covid-19 interruptions have now weakened their financial capabilities and ambitions even further. For example, undergraduate students have to spend a lot of money on their studies. Tuition and fees have long been a source of concern for undergraduate students across the spectrum of higher education. They have to purchase books, pay for university fees and so on. While tuition and fee increases have levelled off in recent years, the pandemic has put a strain on family and student incomes. Other people will say “you don't need to worry because you can apply for a student loan to help you”. Yes, it is undeniable that applying for a student loan is very helpful in order to pay the college or university's fees. But once they take the student loan, they would feel very pressured in their studies as they already know that they will have a debt to pay after they have graduated later. They will feel like they must get a job no matter what after they have graduated. Additionally, we do not know what will happen in the future. We can take the covid-19 pandemic as an example. During this pandemic, it is so hard to get jobs as every company is struggling a lot to pay their workers' salary. Not only that, according to the star news, Malaysia's unemployment rate increased in June this year as a result of the tougher restrictions imposed to stop the spread of the covid-19 outbreak (The Star Malaysia, 2021). This kind of situation will make them think “will I be able to find job in the wake of the pandemic and am i able to repay my student loan?” According to a recent survey by the American psychological association titled stress in America 2020: A national mental health crisis, two out of three college students think the pandemic makes planning for the future seem to be impossible (Robert f. Meenan et al., 2021). Thus, students' financial worries would drive them to have mental health problems.

Impacts of mental health problems towards undergraduate students

Depression

Mental illness can have an impact on students' motivation, concentration, and social interactions, all of which are important factors in their success in higher education. The common mental health issue that university students face is depression. Depression is a type of mood disorder marked by despair, hopelessness, and losing interest in previously pleasurable activities. Individuals suffering from episodes of depression may also experience mood swings, sleep disturbances, appetite changes, and unexplained headaches and body pains. According to the world health organization (World Health Organization, 2012), one out of every four adolescents aged 12 to 24 suffers from a mental health problem such as depression or schizophrenia in a given year. To begin, depression can place a strain on college students' ability to earn good grades, which can result in stress. For instance, if no solution is provided, students suffering from depression may begin using drugs and behaving erratically. Drum et al. (Drum,d.j et al., 2009) studied 26,000 students from 70 colleges and universities. His findings revealed that mental health issues like suicidal thoughts, intent, and actions impact students' professional and personal lives. Around half of students with untreated depression will attempt suicide, which continues to be the third leading cause of death in this age group. This depression has a detrimental effect on their academic performance, family relationships, and self-esteem. Two of the more prevalent symptoms of depression are inability to concentrate for long periods of time and an inability to focus. This can result in a decrease in grades and decreased involvement in group projects or presentations. For some, their depression may be severe enough that they struggle to get out of bed and go to school, resulting in increased absences. Certain individuals may find themselves in trouble more frequently. Additionally, depression can cause them to pull back from other students and teachers. It also affects a large number of students and frequently goes unnoticed and untreated.

Anxiety

Anxiety is primarily caused by diverse issues such as exam anxiety and difficulties while studying. Everybody experiences anxiety on occasion. However, persistent, mounting feelings of worry, tension, and panic can impair daily functioning. This disorder may manifest as phobias, feelings of insecurity, or even social anxiety, all of which deplete one's energy reserves and keep the body in a state of constant stress. When your daily life is disrupted, anxiety becomes a medical condition. University education is very demanding, and for some students, it can be a very energy-consuming activity. Students are also expected to achieve a certain score in order to pass a class. As a result, some students may become anxious about their performance, which may have an impact on their mental health. According to research, university students struggle with low grades and academic performance while also attempting to manage depression and anxiety (Falsafi, 2016). Social anxiety can deter students from participating in activities and prevent them from learning. Although the effects of anxiety on academic achievement are not always obvious, they can have a detrimental effect on academic performance. Various studies have shown that mental health problems among undergraduate students cause a variety of physical, emotional, and social disturbances (Melaku,l et al, 2015). Despite the fact that some research has been done into anxiety and how it affects a person's academic achievement, more research is

needed in order to understand the relationship between the two betters.

Stress

Stress is another major mental health issue among university students. According to research, the sources of stress that students experience and how they affect their performance change as a result of the diverse stressors they face at university. People are subjected to stress on a regular basis, and it is one of the most common emotions they can experience (Alansari, 2006). Stress among university students is influenced by a variety of factors. University students experience a great deal of stress as a result of the high demands of their studies. Exams, deadlines, and rigorous coursework are all sources of stress. When a student is subjected to chronic or high stress levels, irrespective of age or grade level, their capacity to learn, memorize, and post strong academic achievements can be jeopardized. Stress could also have a negative impact on a student's academic, emotional, and physical wellbeing. High levels of

Stress exacerbates students' poor management skills. As a result of their difficulties managing their time and responsibilities, students suffering from high levels of stress may become poorly organized and unsure of their priorities and goals. As a result, their ability to effectively budget and manage their time may be hampered even further. Furthermore, stressed-out students have a proclivity to procrastinate and neglect important duties such as meeting deadlines and completing assignments (Hales & Hales, 2016). This, of course, has a negative impact on their academic performance and ability to learn new things. When this happens, students lose faith in their abilities, which has a negative impact on their academic success because they are unable to perform to their full potential. The impact of not giving thought to mental health issues will not only fundamentally impact an understudy's current state of mental health and academic performance, but it also jeopardizes students' potential and future performance.

Ways on handling mental health problems among undergraduate students

Prevention and intervention

Prevention of mental health problems is an attempt to prevent the occurrence of mental disorders and their impairment. Preventive therapies are focused on reducing risk exposure and enhancing the individual's coping abilities. Prevention and early detection are widely recognized as critical components in reducing the effect of any possible mental severe health condition among students. However, despite being a significant area of achievement, early detection in undergraduate students' mental health is a goal that has yet to be fully implemented (Shonkoff Jp & Meisels sj, 1990). Given the negative consequences of mental health problems, effective prevention and intervention efforts should be initiated. This is particularly the case of undergraduate students' mental health. Mental health support has traditionally been focused on providing health benefits to adults during catastrophic events. In this approach, mental health diagnoses are often made in emergency rooms (Hiscock h et al, 2018). Although treatment and rehabilitation policies have primarily addressed this issue, it is still a complex and often underfunded issue. This issue is mainly due to the varying implementation of mental health services in different countries (Thornicroft g et al., 2016).

Parental relationship and support

In terms of parental relationships, parents should be active in their children's education and health care. They should also monitor their children's activities and offer emotional support and guidance. Parents have a crucial part in their children's development as they reach adulthood and learn to cope with life. One of the most important responsibilities that a parent may have in their child's life is to encourage how education should be pursued and done. Being a good parent can help their children avoid mental health problems. It may also boost their chances of overcoming these illnesses.

Besides, it is also essential to consider parents' influence in these two aspects of academic and well-being. The current study examines the impact of parents on an undergraduate student's academic well-being since parental participation positively influences academic wellness and engagement at all age levels, particularly during adolescence (Upadyaya & Salmela, 2013). Whenever parents participate in their children's academics and extracurricular activities at home, their children have better levels of self-esteem and academic accomplishment. Furthermore, students who felt that the elders in their life would hold them responsible for their role in their mental health problems would be less likely to experience one.

Despite peer support becoming more critical at this stage, parental love remains viable (Robinson, 1995). Additionally, researchers have identified four distinct parenting styles to help parents ensure their parenting style promotes healthy growth and development for their children's mental and physical health. These styles include authoritarian parenting which emphasises obedience and punishment over discipline, authoritative parenting which fosters positive relationships and enforces rules, permissive parenting which does not enforce rules because kids will be kids, and uninvolved parenting which does not enforce rules provide little guidance, nurturing or attention (Amy Morin, 2021). Nevertheless, research shows that authoritative parenting is the most effective parenting style.

Social support

Mental health issues are becoming more prevalent among university students, related to financial, academic, and commitments. Social support has been shown to be a significant risk factor for mental health issues. Globally, university students were diagnosed with much higher mental health issues. Numerous experts link this to economics, social, and intellectual difficulties (Larcombe, 2016). Depressive symptoms have been linked to personal decision making, such as being able to manage their everyday lives independently and financial concerns among university students (Andrews & Wilding, 2004).

It has been shown that social support benefits mental health and acts as a buffer from difficult situations (Dollete & Phillips, 2004). Social support refers to the caring and assistance provided by others that a person may experience, perceive, or embrace (Wang x, 2014). Support also protects people's physical and mental health against the negative consequences of stress exposure. However, other studies have focused almost entirely on perceived or received support from a spouse or partner, other relatives, or friends, examples of support from significant others. Only a few studies have questioned respondents about the support they have received from individuals who

have gone through the same traumatic event as those who are presently going through it (Thoits, 2011).

Undergraduate students' lack of social support contributes to mental health difficulties, notably depressive symptoms, and endangers their welfare (Dafaalla, 2016). Academic pressure, defined as disappointments, pressures, and self-imposition, was demonstrated to have a proportional effect on psychological well-being about perceived social support from peers (Glozah, 2013). Social support has a significant influence on an individual's physical and mental health and behavior patterns, and it is strongly associated with depression prevention (Peng, 2013).

Conclusion

In conclusion, mental health problems are not an issue which can be discovered and settled immediately. However, the rise of mental health problems have increased awareness from people all over the world, especially among undergraduate students. The nature of psychopathology is chronic due to the students' pessimistic attitude towards mental health problems. Low treatment seeking has exacerbated students' mental health problems. Students who are suffering from mental illness, especially undergraduate students, are encouraged to counter this problem by learning how to deal with stress and calm their mind. Besides, the general community can help those students with mental health problems by creating multiple communication channels to contact with students at risk, organize online motivation talk, seminars and more. Being aware of the onset of mental health problems will assist undergraduate students in taking the essential steps to prevent it from worsening. Trying to look for mental health resource centers that support people with mental health problems and get assistance can help undergraduate students to prevent from dropping out of school or giving in to suicidal thoughts.

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11 Is Cyberbullying a Crime?

Jia Poh Gan, Pei Ting Goh, Wei Kei Leong, Zi Yun Goh

Abstract

The improvement in technology has changed every person's life, either better or worse. Mobile phones and the internet are playing an important role in cyberbullying especially among the youth. Youths are using social media platforms such as “Facebook”, and “Instagram” to inflict harm upon each other with the increased utilization of the internet is not surprisingly. Cyberbullying is a significant general health concern that leading mental health likes depression and thought of suicide among youths now. However, cyberbullying is a relative phenomenon because online interactions make everyone talk to the keyboard but not face to face. This paper is related to what causes the young generation to get involved in cyberbullying, the impacts of cyberbullying. Besides, the prevention of cyberbullying among youths in order to reduce the cases of cyberbullying by corporations of multi units.

Keywords: cyberbullying, mental health, causes, impacts, prevention

Introduction

In this era of rapid growth of information and communication technology (ICT), a variety of new privacy-related risks have begun to emerge, especially cyberbullying. The emergence and existence of social networking sites have attracted young people to use the Internet, which also means that young people will be at risk of cyberbullying. Nowadays, cyberbullying is no longer rare and has frequently appeared on various online platforms such as Facebook, Twitter, Instagram. Calvete, Orue, Estevez, Villardon, Padilla (2010) and Ang & Goh (2010), showed that cyberbullying is carried out in various forms, among which the common ones are posting hurtful comments, spreading rumors, and posting hurtful pictures online to the target.

Compared with traditional bullying, cyberbullying causes the same or even greater harm to the victims. It is because cyberbullies will attack a victim in relation to aspects that a person cannot change such as religion, skin color and appearance. This also left a deep and lasting negative impression on the victims. Sometimes these behaviors can cause victims to self-harm or commit suicide. According to Hinduja and Patchin (2010), adolescents' suicidal ideation will continue to increase as they are exposed to different types of cyberbullying. Even if people introduce various preventive facilities and programs, the rehabilitation of victims of cyberbullying is a great challenge to society and families. In addition, cyberbullying can cause the victim to fall into unhappiness and predicament.

Statistics on global cyberbullying show its severity. According to The Star newspaper (2020), it reported that the Ministry of Communications and Multimedia received a total of 10,406 complaints about cyber harassment from 2016 to September 2020 and the complaints included cases of cyberbullying, sexual harassment, threats

and misuse of personal information to defame individuals. However, this statistic is not enough to reflect the real situation of cyberbullying in Malaysia. We firmly believe that the actual number of cyberbullying cases is much higher than reported cases.

As some young people in Malaysia still have many unknown aspects of cyberbullying, many questions have arisen. For example, what causes young people to be involved in cyberbullying? What are the consequences of cyberbullying for young people? These issues are closely related to young people. First, we believe that every young person will be exposed to computer and Internet knowledge to study or work. This has also led to a high probability of young people becoming victims of cyberbullying. Secondly, the transformation of learning or working methods from traditional to online has led to more frequent exposure of young people to the online world. Therefore, it is worthwhile for young people to investigate the issue of cyberbullying. In general, the project aims to (i) determine why young people are involved in cyberbullying (ii) understand the consequences of cyberbullying on victims (iii) discuss ways to prevent cyberbullying.

Definition of Cyberbullying

Cyberbullying is an intentional behavior performed by a group or an individual. It is an aggressive and intentional behavior that uses electronic contact information to repeatedly and long-term target victims who cannot easily defend themselves (Smith, et al., 2008). Cyberbullying is the use of information and communication technology as a threat, sexual harassment, or social exclusion (Hinduja S and Patchin JW, 2009; Williams KR and Guerra NG, 2007). For example, disseminating pictures that embarrass others or deliberately offending others to cause psychological harm to others. In addition, cyberbullying is unique in that it can increase exposure to an unlimited audience by spanning time and space, preserve text and images in a more permanent state, and lack supervision (Slonje R and Smith PK, 2008; Patchin JW and Hinduja S, 2006; Campbell MA, 2005).

Cyberbullying is very similar or almost the same as bullying in real life, but the difference is that cyber bullying involves new communication technologies. According to Potha N and Maragoudakis M (2014), cyberbullying may occur on personal websites, or through emails, social networking sites, message boards or mobile phones. However, cyberbullying has the same characteristics as traditional bullying, that is, both are continuous or repetitive harm to the victim. This also proves that cyberbullying is also spread by traditional bullying. There are many types of cyberbullying content, such as harassing text messages, sexual abuse, insulting others, threatening letters, defamation and so on.

In addition, cyberbullying is a continuous intrusion into people's private lives. As long as people have access to new media, they may encounter cyberbullying. These cyberbullies act anonymously, and this anonymity prevents the victim from knowing the true identity or age of the other party. And in most cases, the identity of the cyber bully is very different from reality.

For example, in reality, the cyber bully may be a good student or a successful entrepreneur. In general, external image and age cannot be used as important criteria for cyber bullies. Cyberbullying can happen between people of the same age or different

ages (Slonje R, Smith PK, Frisen A, 2013). Cyberbullying may also have the possibility of accidents, because cyberbullies may not realize that the indiscretion of the consequences will cause serious chain reactions to the victims. For example, a simple joke may not be accepted by some people. The incident that led to cyberbullying occurred.

The Causes of Cyberbullying

As we know, cyberbullying is becoming serious among the young generation because IT has exposed everyone in this case. Cyberbullying is usually regarded as bullying implemented through electronic media (Olweus D, 1993). The young people have been in touch with technology since they were kids. Therefore, youth get involved in cyberbullying due to several causes. One of the causes is that the younger generation has experienced being bullied. They might have been bullied when they were kids, so they may seek revenge from others to make them feel better. Their motivation is to retaliate for the pain they have experienced. It is because the cyberbullying victims might have Post Traumatic Stress Disorder (PTSD) and make them enjoy bullying other people in order to have joy to forget they have been bullied before. Furthermore, the cyberbullying victims also want other people who are weaker than them to experience their suffering. Thus, the experience of cyberbullying in kids will give them self-relief and forget the trauma.

In addition, the young generation is involved in cyberbullying because of peer pressure. Peer pressure is one the major causes because youth is spending most of the time in school or university with their peers. They are learning from each other and it is easier to get influenced while they do not realize that. Peer pressure also differs in two types which are positive or negative ways (Millicent Kelly, 2021). The positive peer pressure is always to help, support, encourage each other when needed and make them become a better person. Whereas the negative peer pressure will make them relate to drugs, alcohol, and bullying. Peer pressure is pressure from others to conform to the behaviors, attitudes and personal habits of a group or clique (Sherri Gordon, 2020). Sometimes youth within a clique will force other people to participate in bullying. So bullying is also an act of self-protection. Besides, ‘everyone is doing it, this idea is kept in the youth mind and cyberbullying occurs because they lack judgement of bullying. For example, posting a comment or video embarrassing someone. Thus, it is easier for the younger generation to get involved in cyberbullying due to peer pressure.

Moreover, the lack of empathy also creates cyberbullying concerns among the youth. Empathy can be defined as sharing another person's emotional state, feelings, or experiences by imagining what it would be like to be in that situation (Hodges and Myers, 2007). The lack of empathy that comes with online interactions means everyone is seeing more examples of cyberbullying taking place in gaming, politics, movies, sports, and every type of online discussion (The Empathy Project, 2017). Youths often do not understand how their interactions can harm others unless they experienced it. Youths also often cannot put themselves in the place of the cyberbullying victims actions to think about their thoughts, perspectives, and feelings from cyberbullying sides. On the other hand, the young generation's lack of empathy might be because of the genetic defect, or response to the environment. For instance, absences of religious

teaching in youth resulted in the development of ignorance behavior among the bullies. Thus, lack of empathy in youth makes them tend to bully others through social media.

According to the former president of the United States of America, Barrack Obama quotes, “It's the lack of empathy that makes it very easy for us to plunge into wars, it's the lack of empathy that allows us to ignore the homeless on the streets”.

Effects of Cyberbullying

The consensus across different studies is that moderate (less than once a week) or severe (more than once a week) young people experience a high percentage of cyberbullying. Between 20% and 50% of youth said that they were victims of cyberbullying, although only 2% to 7% of those were serious (Sherri Gordon, 2021). The greater the use of ICTs, the greater the risk of being both an aggressor and a victim of cyberbullying. What we get is that the percentage found in cyberbullying is increasing. So, as we have already said, the problem is increasing among young people. Cyberbullying has a negative impact on all concerned and logically, the person who suffers the most is the victim. Different studies have shown that cyberbullying has the same effect as traditional bullying, and that such aggression is virtual, rather than direct or physical, and does not constitute a protective effect for victims. Although there is no physical harm of any kind to the victim, non-physical bullying can be a great threat (Hackensack Meridian Health, 2020).

Cyberbullying victims are more likely to suffer from symptoms of depression and anxiety, behavioral and social adjustment problems, and drug use (Amanda Dudley, 2020). Cyberbullying can leave victims feeling angry, sad, depressed and helpless. It affects victims' mental health and causes youths to struggle in their daily lives. If the stress is too great or severe, it can lead to suicide. In reality, cyberbullying has seriously interfered with teenagers' lives and study and affected their healthy growth. When cyberbullying reaches a certain level, it can turn into online violence, such as exposing others' privacy, cyber intimidation, and excessive verbal attacks. Victims of cyberbullying feel angry about what has happened to them. As a result, they plan and take revenge. This strategy is risky because it keeps them trapped in the victimization cycle of bullying.

Victims of cyberbullying see their self-esteem and confidence drop, their academic performance deteriorate, and their social relationships diminish (Amanda Dudley, 2020). Students may perform poorly because they lose interest and energy in study. Cyberbullying can sometimes lead to youths being ostracized and excluded at school. Friendships are especially important at this age; therefore, the experience is extremely difficult. When youngsters do not have friends, they are more likely to be bullied. Furthermore, the majority of people would advise shutting down their computers or turning off their phones in the event of a cyber-attack. However, for teenagers, it frequently entails severing ties with the outside world. One of the most essential ways people communicate with others is through their phones and laptops. They may feel isolated and shut off from the rest of the world if this means of communication is removed. Children who have been cyberbullied have a higher rate of school absenteeism than children who have not been tormented. They skip school to avoid confrontations with bullies or embarrassment and humiliation as a result of the

information shared with them. Their grades worsened as a result of their inability to concentrate or study due to nervousness and the focus on bullying. They may drop out of high school or lose interest in continuing their education.

Victims of cyberbullying may suffer from health problems. When they are subjected to cyberbullying, they frequently suffer from headaches, stomachaches, and other bodily complaints (Sherri Gordon, 2021). Bullying stress can result in stress-related illnesses such stomach ulcers and skin disorders. In addition, Internet paralysis can cause eating patterns to shift, such as missing meals or overeating. It's possible that their sleeping routines will be disrupted. They may have insomnia, sleep more than they should, or have nightmares.

Suicide rates rise as a result of cyberbullying (Sherri Gordon, 2021). Children who are frequently bullied by their peers via texting, instant messaging, social networking, and other means sometimes feel helpless. They may even believe that the only way to end their suffering is to commit suicide. As a result, individuals may fantasise about taking their own life in order to be free of their suffering.

Cyberbullies are more likely to have moral disconnection, lack of empathy, personality and antisocial behavior, school absenteeism, drug use and the likelihood of criminal behavior (Sherri Gordon, 2020). Cyberbullying has a negative impact on both the mental and physical health of bullies. Bullies are often short-tempered and irritable. This may cause them to lose control of themselves when they are angry.

How to Prevent Cyberbullying

First, keep evidence of cyberbullying (Sherri Gordon, 2021). Take screenshots, or keep all emails, texts, instant messages, social feeds and any other evidence you see of cyberbullying. Take note of the time and date of each message, and if you can't take screenshots of offensive messages, paste and copy them onto your hard drive. By tackling the bully's behavior as much as possible, you'll have a better idea of how to stop them. You can also turn in evidence of bullying to the authorities.

Don't share sensitive personal information online (Sherri Gordon, 2021). Any personal information we share online, such as name, age, address, school and personal photos, can also be shared. Cyberbullies often harass their targets with pictures, status updates and personal information found online. Try to make this information available only to your contacts. Be careful what you disclose in chat rooms or public forums, don't give out information about yourself and don't know who's on the other side of the screen. Even if you want to have a serious but personal conversation with a friend, do it face to face and don't use WeChat, moments comments. For example, don't post explicit photos of yourself on private social media pages. Information posted on social media comments, moments and other places can also fall into the hands of cyberbullies.

Report serious bullying to law enforcement (Sherri Gordon, 2021). Some cyberbullying can be defined as a crime, which falls outside the purview of schools and service providers. Such as violent or death threats, explicit sexual images, or depictions of sexual activity. If there are minors in the picture, it can be considered child pornography. A photograph or video taken secretly without the person's knowledge. Hate text messages or online messages that discriminate based on race, gender, religion or sexual identity and target or harass the victim.

Conclusion

Cyberbullying is the use of electronic communication tools such as text messages, emails, instant messaging, social media updates to threaten or insult another person. Cyberbullying can happen to people of any age, but teenagers are the most common targets. The consequences of cyberbullying are just as serious as real-life bullying. To sum up, it is clear that with the growth of ICTs, cyberbullying has become an important manifestation of the problem of youth bullying. The problem of adolescent bullying is not only in the geographical space inside and outside the campus, but also in the virtual network space, which deserves the attention of educators and parents. Compared with traditional bullying, covert bullying on the Internet is more difficult to detect. Cyberbullying is no longer physical, and thanks to the anonymity of the Internet, the risk of bullies being reported and punished is minimized. Moreover, teenagers tend to be silent and tolerant after being bullied online, rather than being physically hurt. The damage is cumulative, and the consequences cannot be underestimated.

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12 A Silent Crisis: Adolescent Suicidal Behaviour

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Abstract

Life is unique and enormously precious for each and every one. However, suicide cases have been reported frequently in recent years. Even worse, the suicide rate of young people is increasing yearly and becoming one of the main leading causes of death for youth. It is not just a tragedy and enormous trauma for a family but also an impact on the country as youth are the pillars of the country. Hence, it is crucial for our group to comprehend the risk factors contributing to adolescent suicidal behavior and further insight into the warning signs given and ways for prevention. The literature review findings revealed that several risk factors lead the youth to commit suicide and warning signs will arise before the action. Discover warnings of suicide and their behaviors are the greatest predictors and prevention for youth suicide.

Keywords: Suicide Prevention, Adolescent, Risk Factors, Mental Health, Warning Signs.

Introduction

Suicide is established as a deadly self-injurious action followed by an expression of a desire to die. (Turecki et al, 2016). World Health Organization (WHO) claimed that there are over 800,000 people committing suicide every year, and there are several times of suicide attempts taken by each death case. Tragically, suicide is quite often ignored as a huge public health crisis. Suicidal behavior is a complex occurrence which impacted by some other factors, including interpersonal, sociological, emotional, cultural, biological, and ecological aspects (World Health Organization, 2014). Not only may a huge number of teenagers be impacted by suicide, but there have also been concerns expressed about suicide spread and psychological morbidity among bereaved adolescents (Andriessen, K. et al., 2016).

According to research performed by Nock et al. (2013), age-at-onset curves show that the lifetime frequency of suicidal thoughts is relatively low until the age of 10. Nevertheless, WHO had mentioned that suicide has become the world's second-highest reason for the death of youths around 15 to 29 years old. Even though we all know that suicides can be avoided and prevented, however, a person dies by suicide every 40 seconds somewhere within the globe, and plenty more of them are attempted suicide (World Health Organization, 2014). Suicides happen in all places around the world and at all stages of life. Therefore, suicidal behavior is a significant illness burden between youngsters, and the invention and implementation of practical suicide preventive actions are urgently required (Torok, 2019).

Adolescents are unwilling to identify themselves as in need of assistance. Thus, to do so early enough, there will be some requirements to develop risk identification ability among those who spend a lot of that time with adolescents and would be well

prepared to respond in crisis circumstances (Torok, 2019). Adolescence is in a stage of growth that is especially susceptible to troubled family relationships. It is indeed a stage when a desire for freedom is natural, but it may also give rise to or intensify issues with parents (Hooven, 2013).

However, if the family members try to apply terms like kindness, empathy, and tolerance in the communication, researchers found that these characteristics are quite important in teenage suicide risk explanatory models (Huhman, 2002).

On the other hand, teachers in schools need to take responsibility to handle the suicide crisis. According to a study by Crawford S. et al. (2009), 34 percent of teachers indicated that they are having poorly knowledgeable on teenage suicide. Besides, the majority of school educators, which is 89%, were not aware of the high frequency of psychiatric disorder among suicidal adolescents. As a consequence, training parents and teachers on how to notice and protect adolescents so that they are able to keep away from self-harm and suicidal thoughts might play a vital role in preventing suicide (Torok, 2019).

Risk Factor of Adolescent Suicide

‘Suicide' is a word which is oppressive and full of sadness at any time, let alone when is a youth who commits suicide. Each and every case is a tragedy of great sadness and sympathy. The age range defined for youth is varied from different region or countries from time to time. However, the United Nations has defined youth as those between the ages of 15 and 24 years. Regrettably, according to World Health Organization (WHO), suicide was the world's fourth-biggest cause of death among youth in 2019. In this stage of the lifespan, youth has started to increase independence and autonomy as they begin the decision making for their future path. They will reach new milestones and take on new challenges as they have digested the explosion of information from different sectors. As a result, youth at this stage almost always exhibit mood swings, moodiness, and depression, which can lead to very violent behavior, such as suicide. It is hard to define or predict whenever a youth will become suicidal. However, there are some factors that will make them more vulnerable.

Mental Disorder

Mental disorders are illnesses that may be short-term or long-term that will impact youth' thoughts, feelings, emotions, and behavior. The ability of youth to interact with others and function on a daily basis. According to the research of Bradvik, (2018), nearly 90% of people that committed suicide are simultaneously enduring mental disorders. behavior. Examples of mental disorders are depression, anxiety disorder, bipolar disorder, Post- Traumatic Stress Disorder (PTSD) and so on. Youth who suffer from depression often report that they have lost their ability to anticipate a bright future or recall a joyful past (SAVE, 2018). Youth who suffer from depression or PTSD are often consuming excessive alcohol or a mix of drugs, which is fatal for them as these can raise the risk of suicide by compromising judgement and increasing impulsivity. Nierenberg, A. A., Gray, S. M., & Grandin, L. D. (2001) claimed that the probability of patients suffering from bipolar disorder has a higher risk of suicide attempts in their lifetime compared with depression, which is 25% to 50%. This is because the youth of bipolar disorder will undergo different phases of mania and sadness and these episodes

may switch often, even many times in a week.

Emotions, as well as physical suffering, can become intolerable subsequently leading to patients who suffer from mental disorders committing suicide as they believe suicide is the only way their suffering will be relieved (SAVE, 2018). They often aren't aware that they have a treatable ailment and seeking help may not even occur to them. Based on the research of Nock, M. and other researchers (2013), there are 77.5% of respondents who suffer from mental disorders planning on suicide while 79.65% of them attempt. On the whole, mental disorders will increase the risk of suicide.

Family Factor

Suicidal conduct in youth is usually linked to family factors. According to Simpson Millar (2020), the lack of constant communication between family members will increase the risk of committing suicide in youth. This is because the youth cannot find a way or person who can listen to their sadness or matters of their heart and enlighten or comfort them which in turn leads them to constrain their emotions and not be able to suppress them. These will result in an increase in the risk for youth to commit suicide. Poor communication between youth and family members and failure to meet communication demands has a significant influence, as does the conflict between family members. Newman, K (2020) stated that family conflict for example fighting, criticism, abuse, competitiveness, and rage will highly increase the risk of suicide ideation and non-suicidal self-injury in youth. Other than that, lack of parental supervision or even over-surveillance on adolescents will also increase the risk of youth who had suicidal ideation and attempts. This is because the majority of parents who less supervise their children are unaware of their children' suicidal thoughts or behaviours, in contrast, over-surveillance from parents may result in their children getting rebellious. In other respects, Rihmer, Z. and other researchers (2013) claimed that the risk of people will attempt or commit suicide is obviously higher (15.4%) once their family have the history of commit suicide compared to people who have no family history (4.0%). As a summary of what had been delivered above, the family factors will increase the risk of suicide in youth.

Previous Suicide Attempt

The previous suicide attempt is one of the main risk factors of suicide in youth. Based on Life In Mind Australia (2020), the risk of attempting suicide again is highest on the first day after an attempt and remains high for the following week, regardless of whether the person is admitted to psychiatric or medical care. At all stages of age, youth are more impulsive, less self-controlled and more carefree than others which leads them to re-attempt suicide. This can be proved through the research of Iorfino, F. et al (2018), which youth who have attempted suicide before are more likely to engage in suicidal behaviour in the future compared to youth who have no attempted suicide. In addition, adolescents who have suicide attempts must be concerned as they might have another suicide attempt in more brutal ways as they have failure try before. According to Goni-Sarries, Adriana & Blanco, et al. (2018), 63.5% of their research respondent who has prior suicide attempt tend to occur suicidal behavior again with a high- lethality option, which is hanging. Therefore, prior suicide attempts had become one of the risk factors that we should concern about adolescents' future suicidal behavior.

Personality characteristics

One of the risk factors that caused adolescents to suicide can be personality characteristics. We know that suicidal process will take about a week, but suicide may also happen suddenly. Not all adolescents are able to control their own feelings, emotions, and mood when they are facing the problem. Difficulties in managing the various and mixed emotions or mood fluctuations accompanying the confrontation with new and ever-changing challenges in different domains is the risk factor for the adolescents to suicide. Many adolescents who choose to suicide is has poorer problem-solving skill than others. They found that it will be difficult to solve and maintain their emotions when they face any obstacles. Their behavior is marked by a rather passive attitude in which they will be waiting for other people to solve the problem for them, for simple problems or more complex problems (Johan Bilsen, 2018). The inability to solve the problem in the adolescent will cause them to have very low self-esteem. They will start to judge their problem-solving ability and this will also lead to anger behavior, a suicidal crisis which they think that they can't solve the problem and the only way to solve the problem is suicide.

Contagion-imitation

Contagion-imitation can be the risk factor that caused adolescents to suicide. Young people are more believable to contagion by the behavior of other people. Contagion-imitation is the revelation to suicide or suicidal behaviors within one's family, one's peer group, or through media reports of suicide and can cause an increase in suicide and suicidal behaviors (Digital Communications Division (DCD), 2019). Adolescents tend to learn or follow the new pattern of behavior by observing the model's behavior. The characteristic of the model is important because they play a big role that will affect other people, especially adolescents. The model has a stronger imitating effect when they and the adolescent have similarities, which when the model they admire the most is famous celebrities (Johan Bilsen, 2018). Adolescents will think that all the things that their celebrities do are correct, and they will start to imitate them. But we need to learn how we can differentiate the good and bad things in our model's behavior. Not all things that our model does are correct. We also need to know the importance of the manner of presentation of the model's behavior such as the real story or fiction (Johan Bilsen, 2018). Some celebrities will create a fake story just to get more likes in their video or to become more famous, but they don't know that some adolescents will believe in their story and start to imitate them. Sometimes, imitation behavior can take on large dimensions, which is the suicide clusters, which are a chain of actual suicides, usually among adolescents. Stressful life event

Stressful life is also the risk factor that caused the adolescent to suicide. Adolescents are starting to accept their new challenges, build their own identity or establish self-confidence. They have to make decisions about important concrete directions in their life, for example school, living situation or in the peer group. They need to be part of their peer group or develop new relationships in their daily life. Therefore, it is not a surprise that they need to face the relationship break up or rejected by their peer group (Johan Bilsen, 2018). This will have a great impact on them especially the adolescent because they will feel sad and unable to receive the result. For

adolescents, they also need to face the school problem or academic stress which will make them more stressed in their daily life. They will start to be absent for a long period. They will also start to avoid all their friends. This matter will cause them to become depressed and suicide. Many adolescents will choose to hanging or jump from a very high building to end up their life because when they do such things, they just want to feel free from their stressful life. Other stressful events associated with suicide were bullying or cyberbullying. The adolescent is the person who is closer to the internet era. They will explore many things in their life especially when they are using social media such as Meta or Instagram. Adolescents who fail to report to adults and the relevant authority figure has led to many adolescents committing suicides, which results from cyberbullying. They feel hopeless because nobody is going to help them. They think that suicide is the best way for them to end up their life. A small conflict with their parents will also make them feel stressful in their life. Adolescent will think that their parent is not care and love about them. This will cause them to suicide just to get their parent's attention.

Warning Signs

Historically, a warning sign has been used to describe anything or a symptom, implying that maybe something will occur. A warning sign of suicide is the very first observable indicator that discovers any high chance of suicide in the near future, which is a short amount of time, hours, or even days (Rudd, M. D. et al., 2006). For example, the most typical warning sign of heart attack disease is chest pain or discomfort, which spreads to the other parts of the body (Bullet, 2019). The classification and distribution of suicide warning signals have significant appeal from both healthcare and therapeutic perspectives, and now this topic has attracted public attention (Rudd, M. D. et al., 2006). After that, Rudd and other researchers (2006) observed a significant difference between risk factors and warning signs of suicide. The risk factor has a better-defined construct such as DSM-5 diagnosis as a standard psychological disorder categorization. By contrast, a warning sign has a relatively weak defined construct with much more unstable factors. An example of what is meant by warning signs is behavior such as threatening to commit suicide, avoiding contact with people, and feeling anxiety. Basically, this work contributes to existing knowledge of suicide by providing three aspects of warning signs which occur in the person who suffers from suicide, including emotion, behavior, and talk or thinking. Each of the warning signs is giving out different extensive actions in their intentions of suicide.

Emotion

According to research from Adler, A. et al. (2016), the first issue that appeared from the treatment of recognizing the Early Cognitive Symptoms of suicide attempts is feeling hopelessness. Hopelessness has been observed often in research of suicide grownups also, further generally, in research of suicidal adolescents (Crumley, F. E. et al., 1991). Respondents in the research of Adler A. et al. (2016) stated that they thought they could not improve their quality of life and also that everything has always been unpleasant. Many patients mentioned feeling worthless overall, and while some reported feeling helpless in regard to a particular situation, including drug consumption, job or income, living environment, and unemployment (Adler, A. et al., 2016).

Furthermore, a study by Crumley, F. E. et al. (1991) claimed that immensely changes in emotion, feeling of anxiety, shame, and a lousy self-image were all linked with increased suicidal thoughts.

On the other hand, suffering in suicide behavior which having self-loathing and shame feeling, were frequently recorded, as was what was referred to as "a mental sickness" (Everall, R. D. et al., 2006). Everall and his colleagues found that respondents frequently mentioned a desire to keep their emotions and issues concealed in order to prevent embarrassment and shame. In addition, most respondents indicated themselves as "terrible people" due to their failure to cope with their anxiety issues, and many had strong emotions of self-hatred. The gap between their self-imposed ideals of managing powerful emotions and dealing with daily struggles is a lack of support from people, and this actually led to a fear to request assistance and guidance. Apart from this, the majority of participants penalized themselves for self-harming and dangerous actions because they hated and despised themselves so much. Most respondents voiced concern that others might find out they were suicidal and criticize them as a consequence. Besides, plenty of them was afraid that someone else would leave them because they had been considered as "ill" and "strange."

Talk and Think

The way of talking or thinking might show a warning sign of suicidal behavior, including preparing to suicide and expressing the feeling about death, suicide in the method either spoken or textual (Rudd, M. D. et al., 2006). The study by Adler A. et al. (2016) implied that there are some of the respondents mentioned that suicide is a way to "stop suffer and anguish," "gain serenity," and solve other issues in their lives. They think about some situations such as the idea that the participant's kids might be happier without him or her, suicide stop them from using drugs or alcohol, from avoiding prison, from keeping people from being harmed by them, stop to bringing pain to others, or escape from choosing their life. As a result, we could know that the people who are suffering from suicide are using this way to get away from the challenges or problems.

Furthermore, Adler, A. (2016) and other researchers emphasized that those patients facing suicide fixation. Participants commonly expressed a wish to die (fixation on suicide) as their last cognition before trying to commit suicide. Participants consistently reported that they "simply wanted to disappear." If they chose to act on their suicide ideas, their belief and persistence contributed to them is not considering other possible options or paying attention to those attempting to assist. This seemed like when other parts of the respondents' life were out of their control, but only suicide was considered to be controlled by themselves.

Behavior

Typically, suicidal persons show warning signs, and accurate awareness of such hints is fundamental in reducing the harm of suicide attempts. The warning symptoms of suicide thoughts and plans include going to give away valued belongings, withdrawing from friends and family, making final plans, lack of enthusiasm in habitual pastimes or sports; unable to sleep or always to sleep (Bailey, R. K. et al., 2011).

Everall, R. D. et al. (2006) show that alienation or withdrawing from activity with friends and family is one of the warning signs of suicidal thoughts. Respondents

indicated themselves to be separate from people with those whom they communicated, they did not match into the societies that surrounded them, and no one accepted them as an individual. Most respondents admitted feeling unwanted and rejected at home. Parents were considered as unreachable support because the parents are giving out a rejecting attitude, unwilling to confess family issues, or having poor communication skills.

Moreover, the sleeping issue is also a warning sign to a person who has suicidal thoughts. The research claimed that since managing for depressive severity, suicide participants were found to be ten times more to have sleep issues at the emotional episode, four times more to have sleep problems in a week before suicide, and five times more having insomnia in a week before committing suicide (Goldstein, T. R. et al., 2008). Furthermore, an increasing or usage of alcohol and drug is also a warning sign of suicide. Both self-reported and observed alcohol consumption were quality and effective to suicidal ideation. This is crucial in detecting the danger of suicide in health care settings (Crumley, F. E. et al., 1991).

Ways to Prevent Suicide

To prevent something from happening, the best way is not to make a temporary remedy, but to take preventive measures in advance. What we need to know about the prevention of suicide among teenagers is: A study (Zong, S., 2015) shows that depression in teenagers is closely related to suicidal ideation. If family, friends, and teachers see their depression earlier, it can prevent suicide among teenagers. According to a survey by the World Health Organization (2021), suicide is the fourth leading cause of death among adolescents aged 1519. Preventing youth suicide has become an urgent problem. In order to prevent youth suicide, surgeons called for action to prevent suicide (Reproductions supplied by EDRS) they proposed a blueprint to solve the suicide problem: awareness, intervention and methodology (AIM, 2021). Therefore, the following aspects can effectively prevent youth suicide:

Education Institution

According to related reports (National Association of School Psychologists, 2021), school staff are supervisors of young people, and their various behaviors should be paid attention to. They should reduce excessive homework and focus on enriching their after-school life, which is more conducive to them maintaining a good mood. Secondly, schools should develop mental health education as a compulsory course for students at all levels. Due to the fragile psychological endurance of young people and the inability to control their behavior and emotions, the development of psychological counselling training helps students cope with various pressures in study and life. And to help them establish trustworthy interpersonal relationships; teach them how to deal with their emotions, such as transfer method, emotional venting method, etc. through the psychological teacher; offset the behavior of psychological suicide rooted in the students' minds.

Not only from adolescents' spoken language but also from behavioral changes, such as playing truant, not interacting with others all day long and other abnormal behaviors; finally, attention should be paid to the adolescent's body. Once find signs of suicide, the school should immediately contact the parents and the school and provide

key psychological assistance to help them release bad emotions and ease their psychological concerns.

Schools should pay attention to the treatment of mental patients, actively carry out drug treatment and psychological counselling at the same time to avoid serious consequences.

Parents

A large part of the pressure of adolescents comes from early family experiences. Parents should find out realistic expectations and requirements for their children's own situation. Otherwise, this will not only increase the excessive psychological burden on youth but also create barriers with their parents. So, parents should pay more attention to communicating with their children. Respect their wishes while communicating, understand their ideas, and be good at listening and encouraging them. This will not only help them overcome their worries but also teach them the courage to face difficulties. While enhancing family affection, it also allows them to form a cheerful personality. Of course, the results should not be taken too seriously. In after-school life, young people should be actively involved in the extracurricular activities held at the school and enrolled in art classes other than cultural classes. This will not only learn one more skill but also benefit the communication between young people.

Organization

The diversification of modern society has produced many new things. Everyone in society should be more tolerant and accept every different individual in the face of new things. According to survey statistics (Centres for Disease Control and Prevention, 2020), the rate of suicide is four times greater for lesbian, gay, and bisexual youth, and two times greater for questioning youth compared to straight youth. It can be seen that these youth groups are not very human. It is just that they have their own orientation, and perhaps because of this, they have been treated differently, which has caused them to have self-doubt and suicidal behavior. In fact, everyone is an independent individual. When anyone faces individuals who have different choices from themselves, we just need to understand and tolerate instead of interfering or even slandering. So, this type of problem can be properly resolved. Teenagers will not think of suicide because of this. At the same time, preventing youth suicide requires the cooperation of multiple authorities in society: the propaganda department should be committed to spreading the dangers of suicide to citizens and the urgency of preventing young people from committing suicide; law enforcement agencies should be committed to targeting young people Personnel involved in harmful behaviors should be educated and punished whenever necessary to solve the problem fundamentally.

Conclusion

The research of the above suicide behaviors of youth can conclude that several risk factors such as mental disorders are the reason that the suicide rate of teenagers increases year by year. There are also various pressures from the school, society, and family. Therefore, schools and teachers should not only pay attention to it. Youths' learning should pay more attention to their mental health and reduce their academic

pressure; youth may encounter various difficulties in the process of growing up. Their attitude when facing difficulties is an important factor in determining whether they can grow up healthily. Parents are the most important teachers on the growth path of youth. It should teach youth how to face pressure correctly and release their own pressure reasonably. The emotions of youth are changeable. When they show abnormal behaviors, or appear emotional depression, they are closed to themselves. At times, they should take the initiative to provide them with help immediately to relieve their pressure. On the one hand, it is possible to reduce the occurrence of suicidal behaviors among youth through effective communication with youth and provide timely help. On the other hand, all sectors of society should also actively provide necessary assistance: government agencies should improve relevant laws and regulations to induce youth to cause suicide. Relevant persons responsible for suicide conduct criticism or punishment; NGOs should devote themselves to publicizing the harmfulness of youth suicide and improving the urgency of this issue. However, scientific medical methods can also be used to prevent youth from committing suicide.

In summary, juvenile suicidal behavior has become an increasingly serious problem, and it can even be said to be a public safety issue. If it is not controlled and resolved in time, it will be difficult for a society or even a country to develop and progress. Therefore, the whole society should pay more attention and adopt effective methods to solve the suicidal behavior of the youth.

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13 Leadership Development Build the Future Leaders: A Conceptual Paper

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Abstract

Leadership development has become a challenging endeavors among youth which is an important period for the development in today's world. This paper reviews leadership development and the current issues of leadership development among youth in this era. The definition of leadership development is often influenced by the viewpoints, personalities and beliefs of individuals who define leadership styles. Parents' overprotection of their children to show the great lengths will prone to incapacity to lead youth as a leader. Specifically, the paper elaborates on the skills needed to develop future leaders among youth and the types of leadership styles. The development of leadership skills can be implemented through teaching and learning curriculum subjects. The findings revealed that parents, schools and the community play an important role in shaping youth's leadership skills to allow them to demonstrate their position of power and leadership, rather than just conducting youth camping activities or training programs.

Keywords: Development, Leader, Leadership, Skills, Youth.

Defining Leadership

Leadership is a form of social influence that utilises the efforts of others to accomplish a goal (Kevin, 2013). Leadership theories focused on control and concentration of authority from the late nineteenth century to around 1930. The "Great Man" theory asserts that leaders are born, not made, suggests that some unknown qualities are vested in a select individual and passed down through generations (Donald, Dale, & Sonya, 2006). Functional leadership is no longer viewed as a permanent position in today's world, but rather as a short-term service role, with people entering and exit of leadership roles as altering change.

Leadership may also be defined as a set of behaviours that encourage others to follow the leader in accomplishing goals rather than simply obeying. It is a broad practical activity, which necessitates a high level of abilities and attributes. It is the necessary ability to solve problems and difficulties as a leader and guide team members to reach their objectives. Therefore, leadership is the comprehensive application of various abilities.

In a professional or organizational setting, leadership is about having the power to influence colleagues, peers, and supervisors (Leadership: What Is It?, 2018). It is hard to be a leader without having clout and it will be difficult for a leader to give an order to subordinates and the team's task and vision that have been set will be tough to realize. With more power comes, greater responsibility on the side of leaders have to use it ethically but not abuse it and do something illegal. The importance of a leader's ability to influence change is a prevalent issue among the youth, it requires persuading others to follow a common goal that is important or useful to the group.

Nonetheless, different people have varied perspectives on what it means to lead.

The concept of leadership is typically affected by the individuals who define it, their viewpoints, personalities, beliefs, goals, and jobs. According to Mary (2017), " The capacity of an individual or a group to influence and guide followers or other members of an organization is referred to as leadership." It requires making solid judgements, creating and conveying compelling visions, setting attainable objectives, and arming followers with the information and resources necessary to achieve those goals. H. Koontz and C.O'Donnell (1980) said: “Leadership is the process of persuading people to work freely toward the attainment of group objectives.”

Problem Statement

The development of leadership skills in children is a challenging endeavor. The phrase "helicopter parent" is becoming increasingly popular as children are sheltered rather than pushed to attempt new things, particularly when there is a risk of failure. A recent Forbes Magazine article also emphasized the difficulties that teenagers confront in developing their leadership skills. They are overprotecting their children and going to great lengths to make their children's lives easier, but they may be jeopardizing their child's capacity to grow into a strong leader as there is a limitation for children to voice out their opinion and realize their full potential (Caprino, 2014). Their personality may be prone to change and unwilling to learn and attempt new things (Moguel, 2015). As a result, they are unable to take an official position of power and leadership in order to demonstrate their capacity to lead.

In addition, youth's voices and potential, on the other hand, are frequently ignored or ignored entirely. Furthermore, they continue to face several issues, including a lack of access to high-quality education, unemployment, a lack of adequate employment prospects, and political involvement. Youth are frequently subjected to discrimination and inequality based on their gender, sexual orientation, disability, ethnicity, and race, restricting them from developing talents. OECD report 2016 stated, just around a third of the 183 countries achieved gender equality in secondary school enrollment in 2015 (The Development Co-operation Report 2016, 2016). According to the Global Young Population Report 2016, the world's youth population will exceed 1.8 billion between the ages of 15 and 29, with about 90% of them residing in developing nations, while youth unemployment is on the rise, according to IOL trends (Commonwealth Secretariat, 2016). It is critical to address the needs, rights, capacities, commitment, and active involvement of youth in reaching the United Nations Sustainable Development Goals (SDGs), which were approved by the United Nations General Assembly in 2015 (International Summit Youth to Youth Summit 2018, 2018).

Objective

The primary objective of this study is to investigate how leadership development builds the future leader. As a result, it aspires to the following objectives:

To determine the common leadership styles that can be developed into youth according to different scenarios.

To identify the skills that shape future leaders among youth and the importance of leadership skills.

To investigate the ways and ideas in developing youth leadership.

Why Does Leadership Matter for Youth?

Leadership development is needed in producing our nation future leader. Youth participation in decision-making has the potential to enhance people's lives, offer better and more responsive public services, promote democracy and civil society, and foster the development of more peaceful and tolerant societies (Commonwealth Secretariat, 2016). It is crucial to know that even without a "followership," youth may demonstrate leadership. Just as important as leading a group of people or changing the greater community is taking responsibility for oneself and displaying the ability to make personal changes (Andrea et al, 2004).

However, this leadership development by equipping useful skills for lifelong learning. The leader is the core, if not the deciding element, in the survival and development of an organization. A leader's choices and decisions have a direct impact on the enterprise's survival and development. Not only that, the leader's management and competency also have a direct impact on the team's survival and development because they are the ones to control the decision-making process. In general, great leaders are multidimensional.

Youth belong to a key period of growth and development, people live in this period, dare to try new things, and gradually form character, including leadership, all kinds of important skills, is, of course, leadership development and growth of the best period, pay attention to the cultivation of the youth leadership of adolescent individual growth and social development has positive significance. From the perspective of individual youth, youth is the transition from childhood to adulthood. They gradually develop and mature physically and mentally. During this process, there are great changes, especially in many aspects such as behaviour, attitude, self-knowledge, emotion, interpersonal relationship and the sense of responsibility.

Moreover, leadership is an indispensable part of youth leadership, which has a great influence on the formation of other abilities or qualities. From the perspective of society, the comprehensive quality development of teenagers has a direct impact on the country's talent cultivation and development and shoulder the important task of training future leaders. Youth leadership development is required to help youth develop self-awareness, a healthy personality, personal career objectives, self-confidence, and an ability system. It has the potential to develop youth into a target and also to provide them with an idea, quality holistic development by directing their behaviour and activities in ways that benefit society as a whole.

Leadership Styles

The traits of a leader that define how they lead, inspire, guide, and manage groups of people are referred to as their leadership style. Great leaders have the potential to launch political revolutions and societal transformation. They may also serve as an inspiration for others to create, innovate, and perform. Generally, common leadership may be classified into five distinct styles.

Authoritarian Leadership

Authoritarian leaders, alternatively referred to as autocratic leaders, create understandable expectations for what, when and how it must be completed (Cherry, n.d.). Authoritarian leadership is comparable to transactional leadership in certain ways.

This leadership style emphasizes the leader's authority as well as the followers' control. Additionally, a distinct division between the leader and the followers, and only the leader makes choices on their own, with little or no involvement from the rest of the group because followers are not allowed to participate in the decision-making process. This approach enables the imposition of expectations and the definition of results. While this strategy works well in time-sensitive situations, creativity suffers as a result of the team's limited participation (Leadership & General Management, 2021). Additionally, it is employed when team members want explicit guidelines. As a result, followers are limited in their ability to advance their expertise inside companies, as they are only obliged to fulfil the duties assigned (Grubi et al, 2014).

Participative leadership

Democratic ideology underpins participative leadership approaches, and the objective is for team members to participate in decision-making. Participating leaders convey their priorities to subordinates and include them in setting achievable goals. They assist followers in improving their abilities and give required resources (Grubi et al, 2014). As a result, team members feel included, engaged, and compelled to participate (Leadership & General Management, 2021). Typically, the leader has the last word in decision-making procedures. However, if there are conflicts within a group, reaching a consensus might take a long time. Leaders with a participatory leadership style include followers in decision-making and other processes in order to solicit various perspectives and reach a consensus. Participative leaders motivate their subordinates to seek out new possibilities, develop fresh knowledge, and perform. Thus, it may be claimed that participatory leadership conduct influences organizational citizenship behaviour that is change-oriented (Sagnak, 2016).

Delegative leadership

Delegative leadership, often known as "Laissez-Faire Leadership", places a focus on delegating initiative and responsibilities to team members (Leadership & General Management, 2021). This may be a successful strategy if the followers are talented, accept responsibility, and like working alone. This leadership style of leader provides little or no assistance to group members and empower them to make their own decisions and contribute to the creation of a pleasant work environment. While this approach can be useful in cases when group members are highly skilled or have competence and experience in a certain field, frequently leads to a lack of clear duties and motivation (Cherry, 2021) Nevertheless, disagreements among members, on the other hand, can fracture and split a group, resulting in poor motivation, morale and the command responsibility is not properly defined (Leadership & General Management, 2021).

Transactional leadership

Transactional leadership, alternatively referred to as management leadership, is involved with the duties of supervision, organization, and group performance. (Xenikou, 2017). Transactional leadership theory originated by examining individual transactions and the existence of leadership within those relationships (Carole, 2006). This leadership paradigm is based on a dialogue between the organization's leader and the members of the group (Van Linden et al, 1998). The theory focuses on the actions that

a leader takes to entice followers to follow them and examines whether incentives are effective in persuading the group to believe in the leader. transactional leaders are typically visible and audible. (Van Linden et al, 1998).

Transformational Leadership

Transformational leadership involves instilling a vision in followers and then encouraging and enabling them to realise it. Additionally, the vision's leader serves as an inspiration. (Leadership & General Management, 2021)**.** Transformational leadership is a model of integrity and fairness, focusing on the process of maturing into a leader and aiding in the comprehension of that process (Van Linden et al., 1998). Transformational leadership happens when leaders captivate, encourage, and comprehend those they lead, broadening and elevating their workers' interests (Bass, Bass and Stogdill's handbook of leadership, 1990). These categories of leaders have different personal leadership styles, according to research (Bass, From transactional to transformational leadership, 1990). Self-determination theory is a notion found in transformational leadership philosophy. According to Bass, many transformative leaders demonstrate attributes of self-determination and self-confidence (Bass, From transactional to transformational leadership, 1990). However, the creativity is limited since the goals and objectives have been set and it led to poor leadership development as there is no long-term vision.

Skills Needed in Shaping Future Leader Among Youth

Shaping a future leader among the youth is somewhere that can be influenced and developed as not everyone is born with it. In this full of global challenges, it is more important to cultivate leaders and leadership to achieve an outstanding result in the future. They will have an easier, more successful, and productive future if they develop leadership qualities and self-confidence from an early age. These individuals become influential members of society, and one day they will manage successful businesses and non-profit organizations, therefore changing the world (HOW DO YOU DEVELOP YOUTH LEADERSHIP SKILLS?, 2019). There is a number of skills that can be developed into youth and to get prepare for their tomorrow.

Good Communication Skills and Energetic

Communication is the most critical component of effective leadership. To be a great leader, one must be an excellent communicator, but this does not imply being a great talker who lacks information and becomes confused when engaging with others (Luthra, 2015). Leaders with good communication skills can easily convey their information with confidence through written or oral communication. The error-free information transfer to followers or teams will be conscious and accessible. It will not be expressed to other people and even their follower will not even admit that he owns it. To attain the change agenda, cultivating positive relationships among diverse and often competing groups in today's society and environment is a must. When having a conversation or giving a public speech, a leader with good communication skills will pick the words and earn the comment carefully.

Besides, an energetic leader is a good salesperson and effective communicators (Kamran, n.d.). They have a sense of humor and use effective communication skills to attract followers' attention and motivate them by using energetic words and phrases.

When encountering obstacles, the leader's ability to inject energy into others can be the ability to push them forward and provide them with determination and motivation so they will not feel lost and develop team spirit.

Pace of Change, Flexibility and Globalization

In a rapidly changing world, things are changing so fast and changing all the time, leaders need to be able to keep up with the trend. The leaders of the future are different from the leader of today. The huge change will impact the leader in a few years and beyond. Future youth leaders must be aware of the changes in the world and listen to their voices attentively. They need to reflect on what the public needs constantly and know that the culture subscribes, and the culture support are becoming less and less important. Information, people, ideas are spreading all over the world at the speed of a click. If there is change, no matter how big the obstacles or challenges are, the youth leaders of the future should be flexible and seen as opportunities for change (Morgan, 2019).

A strong leader will adjust his or her leadership style or approaches in response to uncertain or unpredictable events. Additionally, adaptable leaders may revise their strategies in order to embrace new ideas and overcome obstacles while still accomplishing their objectives. Flexibility encompasses more than the ability to adapt to and thrive in novel conditions. Adaptive leaders are also capable of implementing new behaviours in already established scenarios. This enables individuals to demonstrate their ingenuity and devise novel solutions to issues in their job (Anderson, n.d.).

In addition, artificial intelligence is affecting the future of almost every industry and human. According to Saluky (2018), applying AI may increase the quality of technologies, including governance. AI enables intelligent machines to assist in the provision of public services. According to experts, the future of the world seems to be dominated by artificial intelligence. When almost every aspect of our lives involves AI help in some way, it is assumed that time is not far away. Youth leaders need to figure out how these technologies will affect them, teams and the country. Leaders with artificial intelligence and technology definitely will replace leaders without these skills and make it obvious.

Capacity and Mindset

The capacity and mindset to operate like a start-up while maintaining daily large-scale operations. Accepting the fragility and a growth mindset is critical for leaders not only to build universally recognised values, perspectives on life, and management but also to maintain a positive and proper attitude in order to lead by example and manage interpersonal connections at all levels (Morgan, 2021). The leader's mindset could not be always fixed but have to adapt according to the situation. Characteristics and mentality that accept vulnerability and authenticity, encourage learning, experimentation, and curiosity will lead to honesty and growth of individuals and organizations. Feedback or suggestion given by others can make into consideration when seeking advice and suggestion is the growth-minded leader. With this kind of leader, they are also willing to change or admit his mistake. However, the person with a fixed mindset is always focused on looking smart and they believe that people who

cannot change themselves is worse.

Besides, future youth leaders should have the ability to withstand stress and pressure, to inspire and lead the team with a clear and achievable vision. They must be able to work with diverse teams and empower individuals to solve the problem. As far as everyone knows, conflicts occur in all aspects of life. A leader who understands how to resolve disagreements with others and how to resolve conflicts with others can assist an individual in transitioning from occasional family or friend quarrels.

Morality, Ethics, and Transparency

Moral leaders prioritise honesty, selflessness, and generosity, and they never exploit others, which may increase subordinates' sense of identity with the leader, which the sense of oneness with the leader is reflected in the follower's sense of belonging needs (Cheng, B. S et al, 2000). In a study on youth and their moral values, George and Uyanga (2014) revealed that as young people are preparing to assume leadership roles, it is necessary to acquire moral standards and values so that they can become personalities that are ready to contribute to social progress.

According to Business News Daily (Kuligowsi, 2020), ethical leadership requires corporate executives to conduct themselves appropriately both in and out of the office. Leaders will need to take a stand and advocate for social issues and values since followers want to work for leaders and companies that take a stand and advocate for social reasons. Getting rid of the shade and grey region and adopting a position is one of the characteristics of being a good leader, and they also need to be transparent in what they believe in, care about.

Besides, Diana found that wise leaders recognize that increasing transparency is the basic first step. Broadly speaking, transparency should refer to the degree of free flow of information in order to lead the entire team to build morale. Leaders must be accountable and transparent in making any decision and communication and cannot play favourites based on any biases such as gender, race, nationality or age and have to consider all options equally and keep each member of the team in mind. They also should observe and understand each person,s strengths and let them play a role in the team (Diana, 2011).

How To Create Opportunity in Developing Youth Leadership

Leadership is a skill that can help an individual for the rest of his life in all aspects. Every youth has the potential to be a leader, they can be nurtured and groomed with leadership skills. It is important to start to develop leadership skills in youth. The earlier leadership skills are developed, the more naturally they will acquire these skills. It evolved gradually and was shaped by upbringing, life experiences, immediate societal conventions, and training. In developing leadership among youth, there are a variety of ways and ideas to develop youth leadership.

The development of leadership skills among youth can be implemented through teaching and learning curriculum subjects and also extracurricular activities in their education. They can develop their potential and have initial training on relevant aspects of the personality, the community and the important one, leadership skill. Through these activities, they have the ability to lead teams through the involvement of school activities, uniform activities, clubs and sports and it will implement the leadership skill

to themselves if they are the participant or committee. The collaboration between university society is also able to sail and build a strong network and develop skills, but only enhance the relationship between both societies (Salsabella Mohd Fizol, 2016). For example, Universiti Sains Malaysia has a range of uniform activities, clubs, sports teams and student representative councils for students to join and participants in to get more explore about future insight. Besides, it can encourage team activities, foster teamwork, develop a healthy and positive mindset and so on. Based on Polytechnic Malaysia's research, they found that extracurricular activities can develop leadership skills, which will help students pursue careers. They also pointed out that their students will participate in extracurricular activities, such as the technical skills of playing hockey in extracurricular sports and games, introduce specific skills to students according to the type of extracurricular activities, and try to develop leadership skills (Salsabella Mohd Fizol, 2016).

In addition, producing opportunities is one of the ideas to develop leadership among youth. The youth camping activity or leadership training program can help spread the word about the value of effective communication. While many may argue that youth must develop leadership skills, they must also be given an opportunity to learn from others around them and in community leadership positions. Youth Leadership Training is referring to experiential learning in which adolescents or youth spend a few days engaged in a hands-on atmosphere (HOW DO YOU DEVELOP YOUTH LEADERSHIP SKILLS?, 2019). Youth are subjected to an inordinate amount of lecturing at school and at home. This form of training aims to equip them with engaging experiences that teach them leadership skills necessary for navigating their life. However, parents and schools have support and give them a chance to explore their potential to join these activities and programs while the organizer can publicize their event on social media, blog or do publicity in school. This training will emphasise collaboration activities, the development of effective communication skills, the ability to persist in tough situations, the ability to generate the bravery necessary to achieve, and most significantly, the ability to believe in oneself and one's talents. They will be pushed beyond their comfort zones and taught to confront and overcome their concerns which can be instilling in them the beneficial characteristics of a greater leader.

In a study conducted by Power Skills, eighty-three percent of participants indicated that volunteering enabled them to acquire, improve, or build leadership qualities (Nisa Patel, 2010). Volunteerism activities provide lots of chances to share valuable information. In a volunteer role for youth, they gain more opportunities to interact with people at multiple levels of an organization which allow them to step out of their comfort zones to learn how to work and interact with different people. It also challenges the way of thinking as a person and opens the mind and helps youth to learn to better communicate and connect with different types of people. With these, youth have a better prepared to make a positive impact on family, school, organization, country and world. For instance, AIESEC is a non-political and not-for-profit international volunteerism organization, act as a platform for youth to explore and develop their leadership potential to become great leader. They have successfully produced world leaders including Martti Ahtisaari, which is a Nobel Peace Prize

laureate.

Youth who commit to leadership roles in volunteer groups, on the other hand, may face difficulties as they develop individually and acquire these abilities, often the hard way. However, anybody can learn to be a successful and empathic leader with enough patience and determination. Volunteering with others helps increase self-confidence, consensus-building abilities, and the capacity to speak more effectively with sailing and develop skills. With experience, they realise that in order to lead others effectively, they must have sound ideas and the ability to convey them clearly and convincingly in order to elicit favourable responses. Additionally, in order to motivate other volunteers to act on their ideas, excitement and the ability to develop morale are required.

Conclusion

As time is evolving, leaders have to face various new challenges in handling organizations and groups. The new environments becoming increasingly complex and uncertain to manage. As a result, a complete transformation is required. Youth, as future leaders, must equip themselves with the ability and capacity to lead in decision making as well.

as a quick reflex in seeking a suitable solution to any problem that arises. Implementing leadership in youth as a skill is important because many young people already have excellent technical skills, so leadership is a must for youth to be ideal leaders. Leadership is not something we can learn in a day, but it is something we have to learn by continuous influence. Developing leadership in youth will take time and effort because the ability to lead must be cultivated on a regular basis. It is evident that their involvement in education, volunteerism, youth camping activity and leadership training programs tend to produce future leaders among youth in terms of skills, abilities and attributes. By doing so, youth is equipped with good communication skills with sailing, the ability to persist in tough situations, generate the bravery necessary to achieve, and develop morale. This paper identified skills that most likely need to be mastered by youth and differentiate the various types of leadership. Furthermore, this paper also described how youth can be the ideal future leaders that are able to manage the current environment. However, youth should commit themselves to leadership roles and explore more exciting programs or knowledge for family, school, community, country and lifelong learning, Hence, parents, schools and community play a vital role in shaping leadership skills in youth and become a great leader.

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14 Youth Suicide: A Cry or A Crime?

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Abstract

Youth suicide has been an issue concerned by the world as it is becoming the leading cause of death globally. From the perspective of law, suicide was linked with crime as some countries criminalize suicide in terms of fines and jails. On the other hand, most religions criticize suicide as they believe that human life is primarily God's property. Individual factors, relationship factors, community factors and societal factors are some suicide factors that can be related to our daily life. Besides, many studies also reveal that there is a relationship between mass media and social media with suicide cases. Suicide cases will also leave a huge impact in two different categories namely others and family members. Therefore, certain ways must be taken to achieve suicide prevention such as identifying the suicide warning signs, evaluating the level of suicide risk, seeking professional help and creating meaningful social connections.

Keywords: Suicide, Law, Religion, Suicide factors, Impact, Suicide prevention

Introduction

Suicide. Most people do not know how to feel when someone utters this word. Sad or scared? Suicide is defined as death caused by self-harming actions with the intent to end their life as the result of taking the self-directed injuries actions (Klonsky et al., 2016). Suicide is also divided into several stages which are suicidal ideation, suicide attempt, and suicide. Suicide attempt is defined as actions that will potentially cause self-directed injuries to the person who attempts to kill themselves even though it does not result in injury to the person who attempts suicide, and suicidal ideation refers to the situation a person is only planning to suicide but not yet carrying out the suicidal plan (Klonsky et al., 2016).

Suicide does not occur by one single factor most of the time. Instead, it can be caused by a combination of factors such as mental disorders, social isolation, drugs, exposure to violence, etc. (U.S. Office of the Surgeon General, National Action Alliance for Suicide Prevention, 2012; Ekpendu, 2020). WHO stated that the connection between suicide and mental disorders was verified in high-income countries, but many suicides occurred are due to the disability to deal with their life issues such as financial issues, divorce and illness (World Health Organization, 2021).

The suicide issue has always been one of the topics of concern by society due to its severity as suicide is one of the leading global death causes for the past decades (World Health Organization, 2021). The number of deaths by suicide in the year 2019 is greater than 700,000 which is higher than death caused by HIV, breast cancer, and war (World Health Organization, 2021a; World Health Organization, 2021). It can be said that 1 in every 100 deaths is died by suicide. The possibility of suicide is even higher among those vulnerable groups that are usually not accepted by society such as gay, lesbian, transgender, LGBT because of experiencing discrimination, abuse or

violence (World Health Organization, 2021c; Ekpendu, 2020).

In the world of law, at least 20 countries still criminalize suicide and the fine could go up to thousands of pounds or even jail time (Sarah Johnson, The Guardian 2021). The very fact that even Malaysia was part of the contribution to criminalize suicide was a big disagreement among the people in the society. Section 309 of the Malaysian Penal Code states that those who attempt to commit suicide and perform any act towards the commission of such offence shall be punished with up to one year of imprisonment or with a fine, or both. Currently, the World Health Organisation identified that there are already 59 over countries that have chosen to not criminalize suicide anymore. Every four seconds someone, somewhere around this world dies of suicide (WHO, 2014).

The criminal conviction of suicide has always been controversial which many bodies such as the Malaysian Mental Health Association, the Human Rights Society and the Malaysian Mental Health Promotion Advisory Council are appealing to repeal Section 309 continuously (Aziff & Idlan, 2020). After a long-term of appealing, Malaysia finally abolished Section 309 of the Penal Code which suicide will be punished with imprisonment or fine and the new act will be launched on 10th October 2021 (Chung, 2021). However, this is not the end of the suicide issue instead this is the initial step to eliminating the suicide issue in Malaysia.

Suicide, a crime bv law.

One of the leading causes of death globally is suicide. The controversial nature of this study has focused on the link between crime and suicide. The Indian Penal Code, which is also known as Section 309, was enacted in 1936. It is a colonial legacy that deals with mental health and substance abuse (Aziff & Idlan, 2020). With today's improved understanding of mental health, this regulation may no longer be appropriate. It's past time for us to reconsider our legal approach to suicide, which ignores the mental problems that drive people to take or try suicide.

Malaysia's Penal Code, which codifies the majority of criminal offences and processes, was modelled after the Indian Criminal Code. India, like Malaysia, was previously a crown colony of the United Kingdom. (Megan Choong Jieh Yue, 2020). Religious organizations have also had a role in developing today's legal system, so it's no wonder that religious beliefs are reflected in our laws. Suicide is absolutely considered wicked and destructive to one's spiritual journey according to Islamic doctrine, which is Malaysia's predominant religion (Megan Choong Jieh Yue, 2020).

On 2 February 2020, a 38-year-old disabled man was sentenced to 6 months of jail due to a suicide attempt (The Guardian, 2020). The man was found trying to kill himself at home when the police arrived after his family members reported to the police (The Guardian, 2020). When a person attempts to commit suicide, it probably means that one's mental state has reached a very high depressed level. However, the man was jailed instead of getting help. This is just one of the suicide cases in Malaysia. A 28-year-old unemployed man was fined RM3,000 or else will be jailed for 3 months (Bernama, 2020). Another 42-year-old man was jailed for 1 month (Moharaj, 2020). These are what happened in Malaysia before decriminalizing suicide. A suicide study from World Health Organization (2014) stated Suicide attempts are frequently

disguised when suicide is considered a criminal offence. Criminalized suicide does not help to deter people from suicide instead it becomes a barrier that stops people to get help.

Although the discussion about the abolition of Section 309 has risen up in the parliament many times, only in the year 2021, recently, the Home Ministry has agreed to decriminalise suicide (Nicholas Chung, The Star 2021). The coming repeal of the decriminalisation of suicide attempts will be a success for mental health activists, as it will allow suicide to be a more open topic of conversation and preventive efforts to be focused on the most vulnerable. At last, Malaysia too has now come to an agreement that suicide is not to be seen as a crime.

Suicide, from the view of religions.

Many religions across the globe have always condemned suicide because they believe that human life is primarily God's property. Let's look at the 4 main religious views here in Malaysia which are Islam, Christianity, Buddhism and Hinduism.

The rule against suicide may be traced back to Genesis 9:5, which states, "And for your lifeblood, I will require a reckoning." This suggests that humans are responsible to God for their decisions. Life, in this view, belongs to God and is not yours to take. Christians frequently believe that suicide is an unforgivable sin and that individuals who commit suicide will go to hell immediately. That is a common fallacy held by those who believe in a transactional view of sin and forgiveness, in which the sin of suicide cannot be forgiven unless it is confessed after it has occurred. That notion, however, is derived from Augustine and mediaeval theology rather than the Bible (Morgan LEE, 2017)

“And do not kill the soul which Allah has forbidden [to be killed] except by [legal] right. This has He instructed you that you may use reason” [Qur'an 6: 151]. It is forbidden to kill oneself in order to avert atrocities such as physical abuse or molestation. A person/girl is not permissible to even kill herself/himself in case of any physical torture/rape. They must do anything in their strength even if it means murdering the attacker. (Dar al-Iftaa Al-Missriyyah, 2021). It would be a different case if he/she was murdered during the attack. They must oppose their attackers, and it is forbidden for them to commit suicide under the pretence that killing themselves is more honourable than accepting captivity and torture (Dar al-Iftaa Al- Missriyyah, 2021).

Suicide is not always viewed as a bad thing from a Buddhist perspective; some suicides are ethically acceptable. All Buddhist sects agree that death is simply a life change and that we live to die and die to live again. As a result, suicide is considered differently than in other religions that do not believe in an afterlife or immortality of the soul (Somparn & Prakarn, 2011)

In terms of suicide in the Hindu faith, Hindu texts speak very little about it or its spiritual ramifications. The problematic passage "All who murder the self-go after death to demonic worlds veiled in blind darkness" is found in the Isha Upanishad. (Verse 3 of the Isha Upanishad) It appears to be a simple denunciation of suicide, claiming that a suicide victim's future reincarnation will be in a painful, hellish state. (Suicide -The Hindu Perspective, 2009).

Factors of suicide

What is Suicide? Suicide is an act in which a person takes action to kill themselves or end their life (American Psychological Association, 2021). Nowadays, suicide has become one of the public health problems among people (World Health Organization, 2021). These few years, the suicide rate among youth showed an upward trend. This situation makes people worried about it. However, suicide happened due to several factors which closely related to us and our daily life.

Several factors of suicide include:

1. Individual Factor
2. Relationship Factor
3. Community Factor
4. Societal Factor

The individual factor is one of the factors which commonly caused suicide (Centre for Disease Control and Prevention, 2021). Suicide commonly happened due to some individual factors such as mental disorders and mental illness (Centre for Disease Control and Prevention, 2021). Mental disorders such as depression which refers to a serious mental illness that affects the way you feel, think and act (American Psychiatric Association 2021) are closely linked with suicide. This is probably because people who are depressed usually have a depressed mood and some of them might even have suicidal thoughts in their daily life. This situation also commonly happens among youth who are depressed due to study pressure.

Therefore, we might commonly see news about suicide cases that happened due to depression in the newspaper or social media. Besides, some other individual factors such as job loss and financial crisis are also the individual factors that caused suicide (Centre for Disease Control and Prevention, 2021). When a person faces job loss or financial crisis, it would bring huge pressure on their life. People would struggle to find ways to go on with their daily life. This situation would be fine if a person managed to find a new job or solve the financial crisis. However, if a person faced the same situation and did not manage to find a new job or solve their financial crisis, the situation might become even worse and very depressing. So, a person might choose to commit suicide as a way to get rid of all of these problems. In addition, lower problems solving skills are also one of the individual factors (Centre for Disease Control and Prevention, 2021). People with lower problem solving usually feel stress easily when they face a problem or task. Sometimes it might cause them to become depressed as they cannot solve the problem they faced and try to get away from the problem. Therefore, when their mental state reaches a highly depressed level due to the problem or task faced by them, they would probably try to commit suicide due to the depressed mood.

Besides individual factors, relationship problems are also one of the factors of suicide (Centre for Disease Control and Prevention, 2021). Relationships among people can be the relationship with friends, family, loved ones or other people. One of the most common relationship problems among youth is bullying (Centre for Disease Control and Prevention, 2021). Bullying is an action that causes physical or psychological harm (National Centre Against Bullying: NCAB, 2021). It usually happens due to the misuse of power in a relationship, and it may happen physically or online. The reason why

bullying as a relationship problem caused suicide is that bullying is a behaviour or an act that would be repeated on the same victim. When bullying happens, the victim would be harmed continuously whether physically and psychologically. The victim might feel scared, ashamed and try to get away from certain people or places or even have unstable emotions or depressed mood. When the victim has been harmed until he or she cannot stand with it, they might probably commit suicide so they can put all the harm to the end. In addition, other common relationship problems related to suicide also include conflicts with family (Bilsen, J., 2018). Conflicts among family members might be common for all of us but sometimes it gave a direct impact on a person to commit suicide. Sometimes, some people commit suicide after conflicts with family because they cannot control the anger or sadness gained from the conflicts with their family. They usually feel hopeless, and they are nobody they can talk with or share their emotions with. Therefore, suicide happened and committing suicide after conflict with family is also one of the popular news nowadays.

Furthermore, community factors that refer to community influence are also one of the factors of suicide and should be taken note of by everyone in the community (Centre for Disease Control and Prevention, 2021). This is probably because the community means a group of people who share their interests (Cambridge Dictionary, 2021). Therefore, a community has a huge impact or influence on certain problems or things including suicide. It is closely related to certain beliefs of a community such as some community belief that committing suicide is a noble action to solve any problem faced. However, this belief might not be correct, but it has a huge influence on the people in that community and therefore, suicide would keep happening among that community with such beliefs.

Last but not least, the societal factor is also one of the most common factors of suicide (Centre for Disease Control and Prevention, 2021) especially the youth generation. Societal factor mostly refers to social media influence because technology is advancing day by day and social media has become one of the normal of daily life. Social media is a technology with internet-based technology which provides a platform for communication, sharing ideas and thoughts through the virtual world (Maya Dollarhide, 2021). Social media influence is closely related to suicide because the post or video posted on social media influences people who watched it. Some of the posts and videos might spread negativity or suicidal thoughts to the audience. For example, there is a scene in the movie in which a person's suicide action when facing difficulty in life might have an impact and influence some of the audience. Therefore, when some of the audience might do the same ways when facing difficulty in life as they are influenced by the videos. Besides, some of the posts or articles might also share wrong information about suicide such as suicide is not a big issue which should take note by others might influence the readers and cause suicide to happen.

In conclusion, individual factors, relationship factors, community factors and societal factors are factors of suicide. These factors are closely related to us and our daily life. It should be taken note of by all of us and prevent it from happening among us, our friends or even family.

Findings

Table 1 Findings from the literature about what causes suicide all over the world.

Cite	Year	Causes of Suicide	Country
American Foundation for Suicide Prevention	2021	Mental health problems, access to lethal, previous suicide attempt	United States
Beyond Blue	2021	History of mental health conditions, Relationship problems	Australia
Bilsen, J.	2018	Conflicts with family	-
Bukit Aman CID director Comm Datuk Seri Abd Jalil Hassan	2021	Depression family problem, financial problem	Malaysia
Boston Children's Hospital	2021	Mental illness, family history of suicide	United States
Centers for Disease Control and Prevention (CDC)	2021	Individual factor, relationship factor, community factor, societal factor	United States
K.C. Wei & H. C. Chua	2008	Mental Illness, Divorce	Asia
Kentaro Iwamoto	2019	Family pressure	Japan
Mayo Foundation for Medical Education and Research	2018	Experience a stressful life event, attempted suicide before	United States
MediLexicon International	2021	A family history of violence or suicide, mental health issues	United Kingdom
Mind	2021	Mental disorders, financial problems, bullying, relationship problem.	United Kingdom
Nancy Schimelpfening	2021	Mental illness, hopelessness, accidental suicide	-
Mind	2021	Mental disorders, financial problems, bullying, relationship problem.	United Kingdom

Nancy Schimelpfening	2021	Mental illness, hopelessness, accidental suicide	-
Neo Chai Chin Gosia Klimowicz	2021	Job loss, financial problem	Singapore
Stanford Children's Health - Lucile Packard Children's Hospital Stanford	2021	Change in family, change in friendship, mental health problem	United States
Thailand's Mental Health Department director-general, Boonreung Traireungworar	2019	Mental health, Job Loss	Thailand
The ASEAN Post	2019	Mental health problems, financial problems, sexual harassment	Malaysia
U.S. Department of Health and Human Services	2021	Previous suicide attempt, mental illness, family history of suicide	United States
World Health Organization	2021	Mental disorders, financial problems, relationship break-up	-

The impact of suicide on society

Mass media refers to the media that could approach a large number of audiences and offer information including entertainment, persuasion, and cultural transmission (Vandenbosch & Eggermont, 2016). It is more to a one-way or centralized communication technologies to spread information (Warren, 2015). Since the 1920s, mass media such as newspapers, radio, and movies have become popular and become the mainstream of people's acceptance of information at that time (Ferguson, 2015). At the same time, society has begun to focus on how mass media affects people's behaviour which included one's mental health (Ferguson, 2015). There are many studies that have shown that mass media and social media have a certain relationship with suicide cases (Phillips, 1974, Gould et al., 2003; Gould, 2006; Niederkrotenthaler et al., 2010). Gould (2003) even stated that there is evidence of how the media influence suicide rates and make suicide “contagious”. Gould (2003) studied the suicide cluster incidents as well as literature and come out with a infer that mass media did influence a person's decision on suicide. People who intends to suicide will imitate the suicide case reported on the news or other social media platform (Carmichael & Whitley, 2019). This situation is also defined as the "Werther effect" in which suicide cases will affect others depending on how the cases were reported on the news (Jack, 2014). The Werther effect was origin from a novel in 1774 which tell a romantic story that ends with suicide, the novels are spread over many countries and cause widespread imitate which people will suicide when disappointed in love (Jack, 2014). This is what happened in the 17th and 18th centuries, "Werther effects" were induced and causes more suicide cases.

The other thing that needs to be noticed is the media at that time was not as developed as it is now. The mainstream of mass media in the 17th and 18th centuries

are newspapers and books which are mostly in written form. However, the mass media nowadays is on a totally different level from the past. The existence of the internet, social media, digital media, television, movies, radio, etc enable the speed of spreading the information to reach a reached an unprecedented level. This makes the spread of the "Werther effects" becomes faster compared to the past. Besides, the suicide of celebrities has a higher probability to induce the "Werther effects" (Ha & Yang, 2021). In the year 1962, Marilyn Roemon, a famous American actress suicide with a barbiturate overdose at home. In the same year, Seeman (2017), a psychiatrist stated he is providing emotional support to the three women in a therapy support group and they did discuss Marilyn Roemen's death. After a week, three women attempt suicide after being exposed to the suicide news, this situation was eventually considered as Werther effects (Seeman, 2017). Seeman (2017) noticed afterwards gathering patients into a group and exposing them to suicide information are dangerous actions.

Ha & Yang (2021) examined the number of daily suicide data from 2005 to 2018 in Korea and created a Poisson regression model to calculate the differences in suicide cases between a normal day and the short period after a celebrity suicide. Ha & Yang (2021) found the average cases increased 16.4% after the media reports celebrity suicide. It is a tragedy that advanced technology has contributed to promoting Werther effects and increasing suicide cases. Apart from the Werther effects, the biggest victim in a suicide case is the family members. Spillane et al (2017) stated the family members in a particular suicide case are usually felt intensely stressed as they lost a family member. The side effect of suicide cases is not only mentally but physically affecting the family members which will have a higher risk of getting illnesses such as CVD, hypertension, pancreatic cancer, etc (Spillane et al., 2017). Furthermore, family members also have a very high risk of getting depression which might lead to another suicide case in the family (Spillane et al., 2017).

The impact of suicide cases on society can be divided into two directions which are the others and the family members. On the one hand, the suicide cases will induce "contagion" suicide cases especially when a celebrity committed suicide, the consequences will be more serious than ordinary people committing suicide. On the other hand, those family members left behind will have to deal with those negative emotions which might endure for a long time.

Suicide prevention.

There are many ways that we can take to stop our loved ones from committing suicide which are identifying the suicide warning signs, evaluating the level of suicide risk, seeking professional help and creating meaningful social connections.

First and foremost, we should identify the suicide warning signs and quickly react to them. Most individuals give warning signs and signals before they commit suicide. One of the best ways to prevent suicide is to recognize and respond to those warning signs. Most of the warning signs include depression, preoccupation with death, and self-destructive behavior. When we spot symptoms of depression in others such as helplessness, hopelessness, and feeling of being trapped, we should pay attention to their feelings as they might slowly lose hope in their life.

Depression often causes individuals to have pessimistic views of their future which

might lead to them committing suicide. Next, preoccupation with death by someone might also signal that the individual has a high risk of committing suicide. Such actions include but are not limited to saying goodbye to family friends, giving away belongings and deleting profiles, pictures or posts online. Besides, individuals with self-destructive behavior or self-injury behavior such as jumping from heights, the use of drugs and alcohol, running into traffic also signals a high risk of them committing suicide. Any potential means of suicide such as guns, knives and pills should be removed from them in this case.

Secondly, we should immediately evaluate the level of suicide risk as soon as we identify the suicide warning signs. It is necessary to evaluate the level of suicide risk so that we know the chance of the suicidal person committing suicide. The following questions help in assessing the immediate risk for suicide:

1. Do you have a suicide plan?
2. Do you have what you need to carry out your plan (pills, gun, etc.)?
3. Do you know when you would do it?
4. Do you intend to take your own life?

Based on the questions above, the level of suicide risk can be categorized as follows:

- Low - Some suicidal thoughts with no suicide plans.
- Moderate - Suicidal thoughts with a vague plan that is not very lethal.
- High - Suicidal thoughts with a specific plan that is highly lethal.

In short, an individual has a higher risk to commit suicide soon if he or she has a specific suicide plan, the means to carry out the plan, a time set for doing it, and an intention to do it (Smith et al., 2019).

Thirdly, we should seek help from trusted adults or professionals as they are trained to recognize warning signs of suicide as well as how to deal with a crisis (National Association of School Psychologists, 2015). For instance, teachers, counsellors and principals are the ones to reach if we think certain students are having suicidal thoughts. Besides, we could also encourage them to make an appointment with a psychiatrist or doctor if the situation is getting worst. We should also make sure they continue to maintain contact with the psychiatrist or doctor once they have made the appointment. Next, we should also make sure that our loved ones follow up on treatment plans to prevent any possible side effects especially if the doctor prescribes medication.

Last but not least, helping our loved ones to create meaningful social connections helps them to live longer, stronger and happier (Suicide Awareness Voice of Education, 2021). However, we should not be confused that the more the connection, the better our life (Suicide Awareness Voice of Education, 2021). The number of connections we have is not important as how connected we feel, and we should strive for quality and meaningful connections instead of quantity of connections (Suicide Awareness Voice of Education, 2021). There are 5 tips to create meaningful social connections namely making friends, prioritizing family time, finding a mentor or becoming one, getting involved with hobbies and giving back to the community (Suicide Awareness Voice of Education, 2021). By making friends on social media or in person, it increases our social contact while reducing social isolation which at the same time, reducing the risk of depression and suicidal thoughts (Suicide Awareness Voice of Education, 2021). By

spending time with family such as having meals and going for a trip together, we will feel close with our family and this closeness will provide a source of love to us (Suicide Awareness Voice of Education, 2021). Besides, joining a mentorship program enables us to seek support and advice from a more experienced person (Suicide Awareness Voice of Education, 2021). We could also feel the satisfaction of helping others by giving support and advice to others in a senior role (Suicide Awareness Voice of Education, 2021). Next, hobbies can bring excitement and satisfaction to our life, increase self-confidence and relieve stress as we are doing things that we enjoyed and love (Suicide Awareness Voice of Education, 2021). Last but not least, we could also contribute to the community by joining the volunteerism program as it provides a sense of purpose and compassion for others which make us feel better (Suicide Awareness Voice of Education, 2021).

Conclusion

We could infer that suicide is a topic that is rarely discussed. Suicide does not just impact adults; it also affects teenagers. Suicide may strike anybody at any time. Youth are the age group that is most affected. A kid may commit suicide as a result of anything that has happened in his or her life or as a result of a chain of feelings. Even though some kids may experience this dark period in their lives, teen suicide may be avoided by gaining awareness about the subject and learning how to aid a suicidal youngster.

Suicide is a crucial factor that will influence the future. Especially for youth, they are more prone to submit to the pressures of life and often think suicide is the only way out. People everywhere should realize this destructive issue leading the younger generation to a place of no turning back will affect the upcoming generations physically and mentally as well. All the countries that still figure that criminalizing suicide is an effective way to reduce the suicide rates should rethink their decision as the causes of suicide affects someone mentally. A psychiatrist is needed, not the police. People/youth who have tried to attempt suicide and failed should receive treatment as needed.

Religion should also play a big role in reducing suicide rates. Strong believers of religion should not guilt-trip suicide attempters instead understand and show gentleness and support. There are so many leading factors of suicide that causes people to give up on life. Bullying, abusive families, personal failure and so many more. The only way to move forward on this issue is to reduce the risk of someone even thinking of attempting it. Key preventative interventions can be population-based for instance, promoting mental health, knowledge, campaigns to raise awareness. Training gatekeepers in several sectors and offering crisis management. Monitoring and counselling people that have problems via hotlines and internet resources families or even individuals that have been diagnosed as suicidal. For example, enhancing mental health care and suicide follow-up efforts and coping skills for stress and sadness.

We think we know a lot about suicide, but not nearly enough. What we do know isn't being shared as effectively as it could be. We need to raise public knowledge about how common deadly suicide is, as well as the signs and treatments for depression and

other psychiatric problems linked to suicide (Kay Redfield Jamison, 2001) Homes, universities, religions, and communities, as well as instructors and university officials, must all learn and do more. We need a society that seems to be aware of this avoidable horror and that does not accept the unbearable. Finally, we need to come to a sense where suicide is a cry and not a crime.

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15 Youth Talent: Effectiveness of adapting digital marketing strategies.

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Abstract

This study has identified the effectiveness of adapting digital marketing strategies and their functions. Besides, reasons for the young generation to adapt to digital marketing and the challenges confronted by the youth are determined in the study. Digital marketing has played an important role for the company to promote merchandise at a targeted market, notably the young consumer as they gradually dominate the market. Strategies of digital marketing are divided into six branches. In the discussion section, the efficacy of digital marketing might be influenced by the purchasing patterns of consumers as well as the costing effect. The shortage of digital marketing specialists and the possibility of companies expanding worldwide has compelled the next generation to acquire digital talents. Last but not least, the inability to identify the most effective channel for boosting brand awareness and the unexpected breakout of the pandemic has caused digital marketing difficult to cope with.

Keywords: challenges, digital marketing strategies, digital talent, effectiveness, youth.

Introduction

There is an evolution taking place in the marketing field, a shift from direct, conventional marketing towards internet-based, innovative marketing methods via multiple channels. The term, digital marketing, is defined as a collection of techniques developed on the internet to encourage and promote customers to purchase a product or service (Mayer & Cukier, 2013).

Recent technological advances and diversifying strategies in digital marketing have led many to conclude that internet and digital marketing are relative complements. As such, a relationship that exists today has prompted companies to shift their focus to new buyers, including a particular category called Generation Y, namely the buyers who will make up their highest contribution to the international market by 2030 (Jamie, C., et al., 2020). According to this view, companies in the upcoming years should imply digital marketing in their strategies because it has the ability to reach vast groups of youth at the same time.

Based on the report published by the Department of Statistics Malaysia (DOSM), in 2020, one of the five popular activities of internet use by Malaysians is searching for information about goods or services. The growth in the percentage of people who obtain information about goods or services from 83.5% in 2019 to 85.4% in 2020 demonstrates the significant potential of digital marketing (Mahidin, 2021). The information presented above has encouraged the implementation of digital marketing strategies through different channels as it is hugely profitable. Hence, companies tend to hire employees that are equipped with digital marketing skills.

Additionally, Malaysia Digital Economy Corporation has stated that the in-

demand careers for digital marketing are more focused on digital marketing executives, content writer specialists, social media specialists, and others. The specific positions are required to have specific and professional certifications and fundamental abilities to survive and thrive in the roles (Malaysia Digital Economy Corporation (MDEC), 2021). Malaysia is still working hard on digital transformation to Industry revolution 4.0 and this encourages youth to be well qualified in the early phase before joining the employment market.

As a result, the study generated the following research questions:

RQ1: What are the primary functions of digital marketing strategies, as well as the efficacy of these techniques?

RQ2: What are the motivations for young people to embrace digital marketing?

RQ3: What are some of the difficulties that the younger generation is facing in the digital world?

This study aims to analyze various digital marketing strategies implemented among businesses to engage with young customers in the new millennium. Apart from this, it discusses the effectiveness of digital marketing and why youth should adapt to digital marketing. Lastly, challenges faced by the new generation while adapting digital marketing.

Strategies Of Digital Marketing

Digital marketing is the promotion of goods or services to customers via digital channels. Digital channels include online advertising, email marketing, social media, text messaging, affiliate marketing, search engine optimization, and pay-per-click (7 Digital Marketing Strategies & How to Launch Yours in 2021, 2021). These are marketers' strategies for reaching customers through various types of digital marketing channels.



Email marketing.

The objective of email marketing is to keep current clients as well as obtain new ones. It's a great way to raise brand recognition, keep our business in front of customers' minds, and encourage repeat purchases (Morris, 2019). The core of email marketing is to be developing and improve the campaigns and expand the audience. Email marketing, like content marketing, relies on supplying consumers with valuable material;

otherwise, people and consumers would not remain subscribed. While these people may not need our services or goods right now, the goal is that they will remember our brand when the time comes to make a purchase. When they're ready to purchase, they'll be more likely to pick our firm because of their brand recognition.

For instance, an HVAC marketing plan may tend to create a relationship with individuals and homeowners, and businesses by utilizing email. They might offer ideas on how to maintain a heating and cooling system, the ways to save expenses on energy bills, and so forth. Therefore, when the subscribers had the necessary, they needed a service like maintenance or installation, including emergency, the HVAC business may pop out in their mind, and they are having a higher opportunity to be chosen. This is due to the company,s proving themselves as knowledgeable and trustworthy. The goals to set the email marketing are to increase customer engagement, raise their royalty and create and maintain a B2C (Business- to-Consumer) relationship with clients.

Social Media Marketing

Social media marketing is a type of online marketing that involves distributing content through social media networks in order to achieve marketing and branding objectives (Vidisha, 2013; Social Media Marketing for Businesses, 2021). Social media marketing includes measures such as text and image updates, video content, and other content that encourages public participation, as well as paid social media ads. Depending on our target demographic and their platform preferences, a social media marketing strategy may include one or several social media sites. There is some popular Internet marketing strategy such as Facebook, Instagram, YouTube, Twitter, and others. There is a majority of marketers that reach 90% of marketers verified the importance of social media to their company (M & J, 2014). Besides, according to 89 percent of marketers, their social media campaigns have resulted in improved visibility for their businesses. Social media marketing could help marketers to increase brand awareness, drive traffic to the company's website, generate new leads, and so forth.

Facebook: Social Media Marketing

Facebook's informal and friendly setting make the necessary to have an active social media marketing plan. Marketers should create a Facebook Business Fan Page to get things started because the visual component of the Facebook experience is so important, we will want to pay close attention to the layout of our page (Assimakopoulos, Antoniadis, Kayas, & Dvizac, 2017). Maintain a light and welcoming tone on Facebook, since it is a place where people go to relax and communicate with their friends. Keep in mind that organic reach on Facebook may be quite restricted, so consider implementing a cost-effective Facebook advertising campaign, which can have a significant influence on our organic Facebook presence as well!

PPC Marketing

PPC (Pay Per Click) is an abbreviation for pay-per-click, which refers to an online marketing approach in which advertisers are charged a fee each time one of their advertisements is clicked (What Is PPC? Learn the Basics of Pay-Per-Click Marketing, 2021). Essentially, it's a method of purchasing visits to our website rather than having to "earn" those views organically via search engine optimization. It enables marketers

to compete for ad placement in a search engine's sponsored links when someone searches for a term that is relevant to their company's product or service. For example, if we place a bid on the term "PPC software," our ad may appear at the very top of the Google search results page in the first position.

Everything from researching and picking the best keywords to arrange those keywords into well-organized campaigns and ad groups to creating PPC landing pages that are geared for conversions is involved in creating a successful PPC campaign. By charging advertisers less for ad clicks, search engines recognize and reward marketers that are able to construct relevant, intelligently focused pay-per-click campaigns. If the product or service's advertisements and landing pages are helpful and gratifying to customers, Google will charge the company less per click, resulting in more earnings for our company. So, if we want to get started with PPC, it's critical that we understand how to do it correctly.

Companies selling school bags for children, for example, may pay to advertise in the search results when a user types in "children's school bags". Since it's pay-per-click advertising, we want to see a quick return on our investment, thus this term has a higher transactional value (ROI). PPC attempts to target searchers who are ready to purchase our items or services, i.e., transactional inquiries. Clicking on our ad will take them to our landing page, where they'll see a CTA encouraging them to take action, such as buying a product or subscribing to our email newsletter.

Search Engine Optimization (SEO)

Search engine optimizing (SEO) is one of the most common types of pay-per-click (PPC) advertising. However, PPC advertising is the practice of paying for people to click on search engine ads that direct them to your website while SEO is the process of paying a marketing agency to create and promote content in order to obtain links, which helps our site rank first on Google.

SEO is an effective marketing strategy in the digital marketing world, with the main goal of increasing the business's reach to the targeted consumers. SEO is an essential component of digital marketing strategies and has become an essential part of the industry. The primary goal of SEO is to make our website accessible to our intended audience. When customers use Google or the other popular search engines to find specific products or services, SEO ensures that the majority of our potential customers find our website. To accomplish this, various website optimization strategies have been implemented in order for our company to achieve one of the top rankings.

SEO embraces many elements, ranging from the words on our web pages to how other sites link to us on the web to how our website is structured (Neil & Ritika, 2021). While paid advertising, social media, and other online platforms can all keep driving website traffic, search engines push the vast majority of online traffic. Organic search results occupy more digital real estate, appear more trustworthy to savvy searchers, and receive far more clicks than paid advertisements. For example, only 2.8 percent of people in the United States click on paid ads.

Content Marketing

Content marketing is a strategic marketing technique that focuses on developing and delivering useful, relevant and consistent content with the goal of attracting and

retaining a well-defined audience and, eventually, driving lucrative consumer action (Angel & Rashad, 2015). Content is the present and future of marketing. That is the distinction between content marketing and the various forms of information we get from businesses attempting to sell us "things." Businesses always provide us with information. It's just that most of it is irrelevant or useless. That is why, in today's world of hundreds of marketing messages per person per day, content marketing is so alluring.

The vast majority of marketers use content marketing (Rowley, 2010). Indeed, it is used by a number of well-known companies around the world, including Procter & Gamble, Microsoft, Cisco Systems, and John Deere. Furthermore, it is created and conducted by small businesses and one-person operations all over the world. For example, if a corporation is in the business of selling health items, they may create an essay explaining why it is so vital to maintaining excellent health. They might also write articles on how to take better care of their health and what products are available to assist them in living healthier and more fulfilling life.

In terms of digital media strategy, the main purpose of content marketing is to give relevant information to our target audience while simultaneously increasing traffic and generating conversions. When it comes to the technical aspects of content marketing, it is concerned with optimizing material for search engines in order to increase our presence in search results.

Marketing Analysis

A newly combined company, for instance, could invest in a much more comprehensive digital marketing analysis than a company that has managed its digital marketing quickly and effectively. The organization's status, goals, strategy, and audience will determine the depth of their analysis.

To analyse digital marketing, issues from happening marketing strategy, goals, and audience personas. investigating competitors' marketing strategies and target audiences; conducting online research on target audience habits, desires, and language Based on the findings, rebuild the marketing plan. Each evaluation, on the other hand, is unique. An organization's marketing strategy can be strengthened with the help of a digital marketing analysis, which can make a significant difference in the plan's success and return on investment (ROI).

Digital Marketing: Effectiveness

Companies must rethink their marketing strategy in the digital sphere because of changes in customer behaviour and purchasing patterns. Now, a large amount of the linked research is focused more on the consumer than it is on the company itself. It is the second generation of Internet-based apps that helps businesses improve their marketing efforts by enabling them to employ creative forms of communication and co-create content with their consumers. The companies are under pressurized conditions to have a digital presence on social media platforms (M & J, 2014). Firms' digital marketing participation may be divided into two categories: those who see advantages and those who use digital marketing. In order to increase digital marketing engagement, marketers must place a strong emphasis on building relationships with their consumers.

Companies may keep their customers up to date on their goods and services via digital marketing. Consumers can keep up to speed on corporate information thanks to

digital marketing tools. In today's world, many consumers may use the Internet from anywhere at any time, and businesses are constantly updating information about their goods or services (Folcut, 2013). Once we've committed by traditional processes, it's impossible to back out. The ad can't be changed once it's been printed or placed on a billboard until the conclusion of our campaign. Because we can't make changes to our campaign after it's running to improve outcomes, this is costly. Investing in internet marketing gives us the freedom to adjust our strategy at any time. If we need to, we may make changes to our PPC campaigns, social media advertisements, SEO strategies, and even our content. As a consequence, we have the flexibility to change our campaign to get the greatest results possible.

Digital marketing is cost-effective (B.M.S.O., 2021). Larger organizations have an advantage when it comes to conventional marketing strategies. Large corporations have the resources to pay for television commercials, radio advertising, and other forms of publicity. As a result, it's difficult for smaller enterprises to stay competitive in the marketplace. Digital marketing, on the other hand, equalizes the playing field for all firms. It's a low-cost method of reaching potential customers. Digital marketing and advertising may be done on a budget using a variety of low-cost strategies. Online marketing has the distinct benefit of allowing us to do this. The amount we spend will, however, have an impact on the effectiveness of our campaign when using this strategy.

Digital marketing could make users share product or service material on social media. By using digital marketing, customers are given an opportunity to spread the word about the product or service they purchased to their friends and family. Digital media makes it simple to share and receive information about a product's or service's features with others. It's critical to create an impression as soon as they begin browsing for a product. We want people to learn about our firm and choose it over the others. Digital marketing has several advantages, one of which is that it may assist us in reaching customers at the beginning of their purchasing process. When it comes time to make a purchase, many people turn to the Internet first. Once they've done their homework, they start shopping around for a solution that works well for them. It's the appropriate moment to create a favourable influence if we supply what people desire. Our target market wants to get better informed about our goods or services. We may drive these people to our page, where we can provide them the information they want, by using web marketing. By doing this, we increase the visibility of our brand. These people come across our profile and discover more about what we're all about via it. People will learn about our business and brand if we use our social media account or other material to promote it.

Digital Marketing Influenced Today'S Life

The digital marketing landscape changes so rapidly nowadays. It is hard to predict what the future of digital marketing may hold in terms of opportunities. However, digital marketing strategies have matured because they have the inception as a viable and powerful marketing channel in their own right. More companies raise their money for sales and marketing. For example, the revenue of the largest market cap which is Google AdWords during a recession is kept growing up from 2002 to 2018 (Google, 2018). The new generation starts moving their traditional ad dollar to performance-

based marketing during recessions. So, it had taken an important role in the future business field.

Unlike traditional forms of mass media marketing, the Internet can both broaden and narrow our marketing scope. By adjusting the strategy of digital marketing, we will be able to make more informed decisions about entering the digital marketing field and ensure that our efforts are focused on the digital marketing aspects that are highly relevant to our business. This is an essential step in getting to know how the ever-changing digital market relates to us and how the way it affects the relationship between our business and the potential customers. Whatever type of business career that we are interested in for our future, more and more target markets are certainly using digital technology every day to evaluate, estimate, do research and purchase the products and services consumers use. Without a unified strategy for participation and retention via digital channels, our company risks missing out on opportunities. In the worstcase scenario, we will fall behind as our competitors widen the digital divide.

In this technology era, the new generation, or modern consumer, is increasingly gravitating toward more digital flexibility when it comes to exploring and making purchases. Nearly 90% of consumers read online reviews before visiting a business (Trustpilot, 2019). This speaks to the importance of developing trust and optimizing customer service, as our potential customers have numerous other options. For example, the new generation likes to use a search engine such as Google and this allows the seller to detect and track the information they need. These digital searches allow business to engage their consumers and work to influence their purchasing decisions by providing valuable information. So, this is one of the effects that bring by digital marketing to this generation. Digital marketing is considered an essential part of the future industry and companies. Companies without a digital strategy will lack a clear strategic goal for what they want to achieve online in terms of gaining clients or building relationships with existing customers. Nowadays, even small business owner needs to provide digital marketing to promote their product. Digital marketing has no boundaries. Any social media and technology gadgets such as smartphones, computers, televisions, and billboards can be used to promote the products when we use the strategy of digital marketing. As a result, youth should actively take part in the digital marketing campaign and learn the digital marketing's approaches.

Digital marketing is a great career path. It didn't even exist until the 1990s when the internet revolutionized the way, we communicate. As a result, the way businesses sell their products and services has changed. Any marketing campaign is worth its salt today and in the near future involves digital marketing. For example, in Malaysia, many businesses start to invest in online advertisement since 2020. With these changes, the new generation should learn to adapt to digital marketing trends through concepts to start their business.

Why Should Youth Adapt Digital Marketing?

In today's world, everything is being digitally transformed. Every industry is putting effort into establishing a strong internet presence. And to do this, they're bringing onboard digital marketers from outside the company. Digital marketing is also a fast-growing field in terms of employment opportunities. That's why digital marketing

is so popular as a professional path.

According to Marketing Hiring Trends' report, approximately 69% of companies are hiring more marketers (McKinley, 2019). The study also discovered that there is a significant shortage of digital marketing specialists. There was a 59 percent demand, but only a 19 percent supply. It implies that businesses are clamoring to employ digital marketers. A talent that is in high demand can never hurt, either. Having learned such a highly sought-after talent, youth will be able to secure better-paying employment with more stability in the future.

The digital marketing firm has a great growth prospect. The need for people with digital marketing talents will continue to rise soon. Organizations are well aware of the advantages of the internet and digital platforms. With digital marketing, they can reach a larger audience, expand their company, and increase their income all at once. Youth as a digital marketing expert could set up a business online. Developing content strategies and running ad campaigns. This task needs a trained digital marketing professional to be completed, therefore youth should adapt digital marketing to fulfil the demand.

It's a constantly evolving world, and there's plenty of variation. Was Instagram a part of our daily routine back in 2011? If not, did we ever use internet shopping apps? No, that's very likely going to be the case. These instances demonstrate the rapidity with which the internet is evolving. It varies from year to year, even from second to second and these variations are not insignificant; on the contrary, they are significant. Digital marketers, on the other hand, must adjust on the fly to these shifting conditions. As a result, they are constantly expanding their knowledge base and acquiring new skills. Digital marketing is a great choice for the youth if they want a career that is always changing and always interesting.

Digital marketing is going on the channel, and it has a bright future. Companies and industries are well aware of the benefits of the internet and digital platforms. They can reach a larger audience, expand their business, and increase their income all at the same time by using digital marketing. As a digital marketing expert, a young person could start a business online. Youth should take the experience to join the creating content strategies and running advertising campaigns meanwhile to increase their marketability too. They should adapt those strategies of marketing to meet the demand. A digital marketer can take many different directions. The digital marketer can work as just a digital nomad, a freelancer, our own business, or for a company. Whatever path the marketer decides, they can be sure that they'll be learning and growing all the time as the internet evolves and new challenges and opportunities come to the fore. In conclusion, digital marketers are constantly broadening their knowledge and developing new skills. Digital marketing is just going to grow exponentially as the years go. So, youth should jump for it as soon as possible as this can help our business connections with our clients online. If we are interested in a career that is always changing and interesting, digital marketing will be a good choice for us.

Digital marketing could be a Domain of Expertise and Creativity. When it comes to digital marketing, we need both creativity and technical know-how (Afrina, Sadia, & Kaniz, 2015). We'll write catchy headlines for ad campaigns and keep an eye on the

campaign's statistics. Because of the vastness of this discipline, there are several sub-sections, each requiring a certain set of skills. A content marketer, for example, should be able to craft outstanding blog posts meanwhile a social media marketer must know how to manage a successful marketing campaign. Youth is now categorized as creativity, and they should really adapt digital marketing as their major to a better future!

Challenge Of Digital Marketing to New Generation

Digital marketing will only expand. It will become overwhelming and even more competitive. There is over one-third of CMOs believe that digital will account for 75% of marketing spending in the next five years and the content of marketing costs just a third of the cost of traditional marketing (Hoffmann, 2014). So, it might include a lot of data in the system. However, this might contribute to the problem of data overload in the future. The organization might need to spend a lot of costs to invest in technological solutions for the management, analysis, system protection, and other important information.

The digital world is booming, and almost all businesses are putting their products and services online to reach a wider audience. Most new marketers are now faced with the challenge of making their brands stand out among the many available on the Internet. This will eventually make launching brand awareness campaigns or acquiring new consumers difficult. However, although some of the products or services might be similar to those offered by other companies, there is still a secondary aspect that distinguishes the marketers. So, youth might need to discover their products or service's unique selling point and always find a way to convey that information.

COVID-19 has caused marketers to spend more time planning their brand activities and different advertising methods. So, youth might be under more pressure today than ever before as they need to be empowered to embrace the future generation of marketing and achieve more than was ever done previously possible. Those businesses need to quickly create new ideas and formulate new strategies to meet the new habits of consumers. Youth should learn to be innovative and creative while they plan for the marketing strategy so that they can have the best path for driving up digital marketing performance. For example, they need to be innovative to plan digital roadside advertising to attract consumers and always think of a new strategy.

The new generation must rely on software to do the heavy lifting so that they can plan their strategy well. For example, create engaging content and identify opportunities to deliver value to the customers.

The new generation might face the challenge of spreading brand awareness in the appropriate target market. This makes it more difficult for them to attract targeted traffic to their company's website. Understanding which channel to use and how to attract their future customers to their website to convert them into customers is thus becoming ongoing for the new marketers. So, youth should know and learn to examine their online behaviour and determine which strategy they will use to reach out to their target audience and achieve the goal.

Digital marketing is not an easy job as it needs to keep on practicing, learn how to communicate with the clients, and the most important is gaining experience. The job scope of digital marketing will always be a challenge for the youth. Youth that is

interested to take part in this job or starting up their own business should not wait to become digital marketer. They should begin learning the skills today to increase their marketability and make successful marketers in the future.

Conclusion

In conclusion, digital marketing strategies like email marketing, social media marketing, PPC marketing, SEO marketing, content marketing and marketing analysis are widely used in companies nowadays. Companies started to adapt these digital marketing strategies because it benefits their businesses and makes continuous improvement. Digital marketing strategies really play an important role as the technology is improving day by day and to make high engagement in marketing, companies should know their consumers well and understand the needs of the market. Therefore, digital marketing is found as one of the most effective ways to approach the consumers and make advance improvement in marketing. The effectiveness of adapting digital marketing strategies is that companies can easily update their consumers, lower the cost of doing marketing and increase engagement in publicities. Digital marketing strategies have influenced today's life as we are living in the era of digital and most people rely on the technology in daily lives. Therefore, the youth are highly encouraged to adapt to digital marketing because there is a high demand for digital marketing specialists in the market due to great growth prospects in the future. There is a very bright future for digital marketing because the advance of technology could make much more improvement in the future and digital marketing could play an essential role in the market. Therefore, the youth who are innovative, creative, highly interested, skilful and expert in digital marketing have a very high chance to make a great success in the industries. However, there are also challenges faced by the youth which are the ways to make their product stand out in the market, easily adapt to new situations like COVID-19, effectively spread brand awareness, communication skill and experiences. Therefore, the youth should adapt themselves to digital marketing from today and explore more knowledge to make more improvement in this field and be successful marketers in the future.

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16 Youth Unemployment In Malaysia: A Conceptual Paper

Pei Xuan Lee, Swee Yi Lee, Wei Qian Lee, Wen Xuan Lee

Abstract

From 2016 to 2019, the young unemployment rate has risen annually. According to research, the youth unemployment rate has grown in the last ten years. Graduate unemployment and the problem of class stratification induced by disparities in higher education access and quality remains a national concern. The purpose of this study is to study the factors and implications of youth unemployment. Data on the unemployment rate by age group from 2018 to 2021 has been compiled based on a survey of the literature on youth unemployment. It shows that the unemployment rate of youths aged 15 to 24 in the five age groups is significantly higher than that of other age groups. The lack of soft skills and employers' preference for foreign workers are among the main causes, according to this study. On this basis, it is suggested that the government, colleges and universities, and youth work together to combat young unemployment.

Keywords: Youth unemployment, class stratification, soft skills, foreign workers, combat

Introduction

Based on Ruth, Emmanuel et al. (2014), unemployment means the person at the working-age who is willing to find an occupation but he or she is unable to get one. Youth unemployment also refers to the people aged between 15–24-year-olds expressed as a percentage of the youth labour force (Evanezza & Caroline, 2020). Youth unemployment is a widespread issue in both developed and developing countries. Moreover, youth unemployment is an unwanted issue that may occur in every nation throughout the world, including Malaysia. According to Ramli, S. F., Fidaus, M., Uzair, H.,Khairi, M. and Zharif, A(2018), unemployment among youth is the main key of the policy subject for many countries. While unemployment is an issue in and of itself, especially in the context of COVID 19, youth unemployment is fast worsening.

Youth or young employees are defined as those aged between 15 and 24. In Malaysia, this age group accounted for 2.6 million people, or 16.7% of the labor force, in 2020. The 2020 Covid-19 recession and subsequent travails in 2021 have exacerbated tricky conditions for young workers and recent graduates. Prior to 2020, Malaysia's young unemployment rate was lower than the global average of 13%, but it was six times greater than the adult working population (aged 25-64) in Malaysia (compared to the global average of three). Over the last decade, the ratio of youth unemployment to the national average has risen, and graduate unemployment has remained a national concern, including issues relating to disparities in access to and quality of higher education perpetuating class stratification (Zhang, 2021).

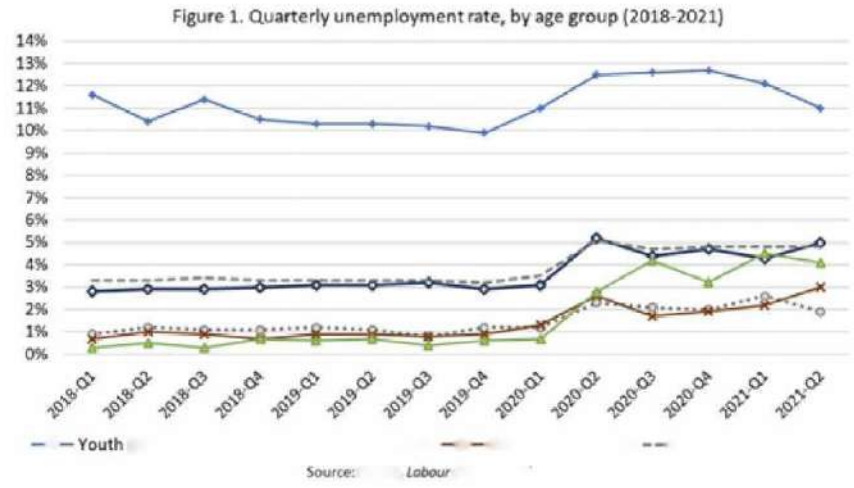
The 2020 recession will be tough on young workers due to an unprecedented and catastrophic economic shutdown. In 2020, youth unemployment reached 12.5%, up

from 10.5% in 2019 and 10.7-10.9% between 2015 and 2018. Apart from this headline figure, additional data shed significant light on Malaysia's youth's tribulations. Employment declined most precipitously among young workers and disproportionately impacted those with low incomes. There is evidence that youth employment is contracting more rapidly in the middle- and low-skilled occupations (Zhang, 2021).

Apart from the aftermath of Covid-19, youth unemployment is significantly higher than that of other age groups due to a lack of local experience and networks (EPAC, 1996). Additionally, they lack skills as new entrants to the labor market. Further, they must compete for jobs with more experienced workers. This population is in the process of transitioning from school to the labor market. As a result, there is a possibility that they will be unemployed for an extended period. Long-term unemployment (LTU) is detrimental to youth because it is a less efficient source of labor supply (EPAC, 1996).

As such, the current study will examine the factors, implications, and provide recommendations associated with youth unemployment in Malaysia.

Malaysian Youth Unemployment: Facts and Figures



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The graph showed the report of quarterly unemployment rate by age group from 2018 to 2021. From the report, youth from 15 to 24 years old had the highest unemployment rate compared to others in the 3 years. Ibrahim D.H.M. and Mahyuddin M.Z (2017) stated that the unemployment rate among youth is mostly in Malaysia. The findings in Malaysia also reported that six out of ten of those unemployed are below 24 (Law, 2018). This means that more than 250 000 students graduate every year but only a few of them successfully apply to a satisfactory occupation. We can conclude that many of the youth faced the dilemma of finding a job.

The rate of youth unemployment became more critical from the beginning of 2020 (11%) when Malaysia was attacked by the pandemic shutdown from the year 2020. In Malaysia, this age category numbered 2.6 million (16.7%) of the labor force (Zhang,

2021). Many of the fresh graduates holding tertiary-level qualifications also do not have the opportunity to escape from the dilemma. A statistical finding carried out by Ministry of Higher Education (MoHE), there are 57% of first-degree graduates from Public Universities earn RM 2000 and below in 2014 and continually to stay at 40% by end of 2016. (Che & Rajoo, 2016)

In fact, the fresh graduates' entry had already got attention pre-pandemic as the youth unemployment rate was three times higher than the nation's unemployment rate in 2019. The reason for the issue was the employers could not find the youth which fulfil the skills needed for the industry. They also suffered with the lack of the opportunity to obtain a high-skilled job in the current labor market (Frances, 2021) Therefore, they need to enter the market with middle or low-skilled occupations.

The situation of recession turns better from the beginning of 2021. The youth unemployment also upturned to 12% compared to the previous year. According to the announcement from the Department of Statistics Malaysia (DOSM), the unemployment rate declined to 4.6% in July 2021 compared to January after more sectors were stepping out of the first phase of the Covid-19 vaccination programme. However, the unemployment rate of youths also remained at 9.2%. The former prime minister, Najib Razak also expressed his concern about the rise of unemployed youth in a Facebook post (2021).

Youth unemployment is higher than the general population.

According to figures by the Department of Statistics Malaysia, the International Labor Organization, and ISIS Malaysia, the overall unemployment rate is around 4%, while the youth unemployment rate is around 10%.

Teens have a lower rate of employment than young adults.

From 1982 to 2021, teens (15-19) had a much greater unemployment rate than young adults (20-24). Teenage job seekers are nearly 1.7 times more likely than young adults to be unemployed, and nearly five times more likely than the general population.

Unemployment among those with a bachelor's degree is high and rising.

Degree holders should, logically, be in more demand by the labor market than people with lower education levels because they have more skills and may be better suited to handle employment. As a result, it's difficult to understand why so many of them are jobless after graduation.

The highest vacancy rates are found in low-skilled positions.

Skilled and semi-skilled jobs have vacancy rates of 2.4 percent and 2.1 percent, respectively, while low-skilled jobs have a 3.6 percent vacancy rate. (Cheng, Juita M., 2020)

Lack of Soft Skills

In the competitive era, soft skills are essential and also can be identified as the necessary skills toward the employee, especially the youth employment. Tahlin and Westerman (2020) also highlighted that the recruitment criteria remain different based on the personal skill level. There are also many surveys of US employers that show the shortage of soft skills in young job seekers in getting a job (White, 2013). It will be difficult and hard to compete and differentiate with the others if they have little skills.

The main soft skills that lead to becoming more competitive are teamwork skills, time management skills, decision making skills, critical thinking skills and also communication skills. The reason why the companies nowadays emphasize soft skills is that soft skills are non-measurable. They show the ability of a person to interact well with others. This is very essential as all the reactions of an employee will represent and affect the image of a company. Not only that, the soft skills also can improve one's value as the company does not need to spend a lot on training their employees. Based on a National Association of Colleges and Employers survey, they found that the employers are paying more attention to leadership and teamwork skills when recruiting new employees (2021).

Also, in another famous survey, a Wall Street Journal survey of over 900 executives shows that about 92% of them prefer to emphasize the soft skills including critical thinking and curiosity from the technical skills. From the survey, 89% of them stated that they faced a dilemma to find the employees with well-being personality or full of soft skills (Miranda-Wolff, 2018).

This dilemma leads from the stereotypes of many of the youth employees, especially the fresh graduates as they do not realise the importance of it. They spend a lot of time in the university to study hard to get the flying colour result and believe it can become an advantage. Besides, many of the education systems in Malaysia also prioritize academic achievements and do not teach their learners the soft skills or just focus on technical skills. This means that Malaysia tertiary institutions are not creating the workforce that is required by the market (Law, 2018). These systems make the youth believe these skills are useless to them. Some of them may find the importance of these skills. Unfortunately, the questions of who can help to answer my question? How can I start to learn? always bear in their minds. They do not have any idea on how to get started to improve themselves or prepare for the workforce. Therefore, they need to spend a lot of time to involve themselves in various campaigns, webinars or events to search and collect the information. This action will consume a lot of their energy and patience and start to be curious about their actions whether correct or not.

Not only that, but they also lack the chance to train and experience the things needed in the real market. Usually, the employers want their employees to be able to develop solutions before a problem arises. However, this is quite difficult for them as they lack experience in it. Therefore, they need to ensure they have enough critical thinking skills before seeking a job. If not, it will be hard for them to escape from the dilemma (Martinelli, 2019).

Employers Prefer to Hire Foreign Workers

On 30 June 2020, the number of foreign workers in Malaysia was as high as 2 million based on the statistics of the Temporary Work Visit Pass from the Ministry of Home Affairs. (MOHA, 2021) It clearly shows that Malaysian employers prefer to hire foreign workers compared to local workers.

Most of the youth, especially youth in urban areas, do not have any relevant experience or the ability to work in a specific industry for a long time, but they still have very strict requirements for the wages and benefits they should receive. According to Abdul-Rahman, Wang, Wood, & Low (2012), employers in the Malaysian

construction industry have similar thoughts. They prefer foreign workers because their wage rates are much lower than local workers. (Abdul-Rahman, Wang, Wood, & Low, 2012) For example, the daily salary for plasterers or carpenters is RM100, if employers hire local workers, they need to pay a higher salary such as RM150. If the 10 foreign workers hired by an employer are replaced by local workers, the employer will pay more than RM500 a day. To be concerned with cost reduction, employers will choose to hire foreign workers compared to local workers.

On the other hand, due to the impact of the pandemic Covid-19, the cost of hiring foreign workers has soared. This is because employers must bear the cost of foreign workers' coronary disease detection and isolation. Employers must bear recruitment fees ranging from RM15,000 to RM20,000 for each foreign worker. Malaysian Employers' Federation ED Datuk Shamsuddin Bardan stated that hiring legal foreign workers is never cheap because recruitment and related costs are indeed much higher than hiring locals. (AZMAN, 2021) Nevertheless, it is difficult to recruit local workers in certain industries such as agriculture, plantation, manufacturing, and construction. The industries mentioned above can be defined as 3D industries which are dirty, dangerous, and demeaning. This leads to the reluctance of youth to engage in this type of industry. These industries are very dependent on foreign workers, not only because of salary issues but due to local workers being unwilling to try and being incompetent.

In addition, foreign workers are more diligent and efficient than local workers. Malaysian employers also believe that local workers' willingness to “keep their jobs” is not as strong as foreign workers' willingness to adapt to any working conditions. This has also left a considerable problem between local employers and workers. Employers believe that local workers are not willing to engage in this job to make ends meet. According to a survey conducted by the Malaysian Employers' Federation on the management of foreign workers, 85.2% of the interviewed companies believe that the high turnover rate of local employees is the main reason for choosing to recruit foreign workers. (Federation, 2016)

Thus, employers prefer to recruit foreign workers not only because the salary is cheap, but also other reasons which are certain sectors difficult to hire local workers and turnover rate of local workers higher than foreign workers.

Youth between the ages of 15 and 24 who are unemployed or do not have the necessary knowledge and skills at this age will face difficulty entering the labor market. At the same time, long-term unemployment is also detrimental to the skills and knowledge acquired by youth and the government's investment in youth training. The financial and social costs to individuals and governments increase with the duration of unemployment, as the value of qualifications and prior experience can deteriorate as they become outdated (EPAC, 1996). Retraining obsolete skills is costly for both parties, the government, as well as individuals. Unemployed young people should invest in human capital to improve their career prospects.

Unemployment rates among youth that are unusually high or increasing could have an impact on the economy that is extremely severe. Youth unemployment, particularly long-term unemployment, is a waste of valuable resources. Unemployed youth will be unable to make a meaningful contribution to the country's economic

progress, particularly at this critical juncture in their financial lives when their propensity to consume is most remarkable (ILMIA, n.d.).

For long-term unemployed youth, securing new jobs may be difficult, as employers may be hesitant to hire them due to their length of unemployment, casting doubt on their suitability (EPAC, 1996). The evidence from industrialized countries with high youth unemployment rates indicates that when young people are unemployed, the psychological consequences include feelings of shame, rejection, loneliness, depression, insecurity, isolation and being unloved (ILMIA, n.d.).

Unemployed youths are more prone to health issues, friendship problems, and family problems than those studying or working. As a result, they are more likely to abuse drugs, have lower confidence levels in the future, and perceive that their lives have no meaning. Suicidal thoughts were expressed by several long-term unemployed youth. These feelings are occasionally referred to as the "scarring effects" of youth unemployment (ILMIA, n.d.). Increased youth unemployment may also be related to social problems such as substance abuse, crime, and suicide (EPAC, 1996). These issues raise the expense of a country's attempt to address them.

Recommendation To Overcome the Youth Unemployment

There are several actions that can be taken in order to overcome youth unemployment which is ever-growing. Three parties should carry the grave responsibility to overcome this issue, that is, the government, youth themselves and education institutions.

First of all, the government might encourage youth, particularly undergraduates, to start a business. There is a growing trend among young people to start their own businesses. Many companies have reported mass layoffs as a result of the Covid-19 outbreak, and more individuals are losing their employment. As a result, many of them begin to look for ways to supplement their income, such as starting a business on a shoestring budget. However, starting a firm and growing it into a thriving business is not easy. In this instance, the government may be able to grant subsidies to those who plan to launch micro, small, or medium businesses. This measure inspired the youth to be more confident in starting their own firms since they will be able to cut costs because the government will share a portion of their load. People will have more work chances as a result of the government's efforts, which will help to lower the unemployment rate.

Youth who lack soft skills have a higher chance of being jobless, according to one of the factors indicated in the preceding paragraph. That is something a young person should be aware of and strive to improve. The reason for these recommendations is because, in addition to key skills that are directly relevant to the work function, employers value the personal traits that young people possess. Youth, particularly recent graduates, are frequently unemployed for long periods of time because they lack the graduate skills that companies seek. Time management and outstanding teamwork, for example. As a result, youth must not only be well-educated, but also possess exceptional soft skills in order to succeed in the workplace.

Youth can prepare well in advance if they are aware of the employer's expectations. At this moment, educational institutions play a critical role in assisting youth in reaching their full potential. It is advised that schools and universities provide students

with a variety of activities, such as entrepreneurial programmes and team projects. Students will learn how to work well with others and will gain practical experience in running a business. They would develop better characteristics as a result of the exercises, allowing them to adapt into the workplace. Furthermore, we have one additional piece of advice for educational institutions to implement in order to reduce youth unemployment: inform the youth about industry requirements and basic salaries. This effectively prevents youths from having larger wage claims than the actual basic compensation offered by one industry. Youth will have a better understanding of industries and will be able to choose their preferred industry while preparing for their first job.

To summarise, there are numerous steps that can be performed to reduce youth unemployment. The aforementioned actions are simply the tip of the iceberg. To prevent this issue among youth, all parties should make an all-out effort.

Conclusion

Youth unemployment is a critical concern for any economy. Malaysia's young unemployment challenges are particularly acute during these difficult economic times. This research has highlighted the factors that influence youth unemployment in Malaysia. Lack of soft skills, such as teamwork skills, time management skills, decision making skills, critical thinking skills, and communication skills, is one of the crucial aspects that contribute to a youth's inability to compete and differentiate themselves from other applicants. Additionally, employers favored foreign or migrant labor since their wages were far lower than those of local workers, and foreign workers are more conscientious and efficient than local ones.

Long-term unemployment has a deleterious effect on the skills and knowledge obtained by youth and the government's investment in youth development. Youth unemployment, particularly long-term unemployment, is a waste of valuable resources. Unemployment rates among youth that are unusually high or increasing could have a particularly negative economic impact. When young people are unemployed, they may experience feelings of shame, rejection, loneliness, depression, insecurity, isolation and the unloved. Moreover, unemployed youths are prone to health issues, friendship problems, and family problems and have even expressed suicidal thoughts in extremely dire situations.

However, the government may encourage youth, particularly undergraduates, to create their own business by providing subsidies to those who start small or medium-sized businesses. Furthermore, youth should be aware of and enhance the soft skills that those employers or companies highly value to become more competent. Youth can prepare well in advance if they are aware of the employer's expectations. It is proposed that schools and universities train students with various activities such as entrepreneurship programs and team projects. Students will learn how to work well with their teammates and learn how to run a business. Additionally, youth should be informed about the industry's criteria and basic salary in order to effectively prevent youth from having higher wage claims than the industry's actual basic salary.

Accordingly, we outline several near-term solutions for resolving youth unemployment. However, for the economy's general development, both the government and individuals must take proactive measures to boost productivity and raise the standard of life.

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17 Political Apathy among Malaysian Youth: A Conceptual Framework

Kai Kien Leong, Ren Jin Leong, Yi Xin Liang, Yi Ling Liao

Abstract

Political apathy is defined as the lack of interest or indifference towards politics. Malaysians are committed to upholding democracy through regular participation in electing a government through casting votes. Most of the research results show a tremendous decline in voter turnout, particularly the young generations, which is a serious problem that has plagued Malaysia for a long time. Based on Malaysia's demographic change, the young generation has gradually become the mainstream of society. Thus, political apathy among Malaysian youth may hinder the nations' democratization, bringing serious legality crisis in the foreseeable future. The study aims to analyze why youth are disinterested in politics by reviewing the paper published by previous researchers. This study's findings serve as a guideline to help people better understand the contributing factors to political apathy among Malaysian youth.
***Keywords**:* Youth Political Apathy; Political Landscape; Mass Media; Education; Socioeconomic

Introduction

According to the Theory of the Social Economy by Friedrich von Wieser (1928), one must understand society before understanding history, which indicates that society is the root of a nation's present and future. When it comes to voting or election, the destiny of a country is often inseparable from our young people, who are the pillars of the country. In every sense, youth play a vital part in building a stronger society, as seen by today's fast-paced environment adaptation to new technology, where ideals are crucial for advancement (Bhatt, 2021). New Straits Times reported that the word "youth" is used to describe those between 15 and 30 years old in Malaysia based on Youth Societies and Youth Development Act (Amendment) 2019 (Act 668). Unfortunately, political apathy among Malaysian youth is undeniably a troublesome issue recurring over the years.

According to a new survey of Malaysian youths by public opinion pollster Merdeka Centre, more than two-thirds of young people are uninterested in politics (Malaysia Now, 2021). Besides, the Election Commission of Malaysia also reported that there are 4.5 million eligible voters 21 years of age or older in Malaysia who have not yet registered. Most of them are young people (Lim, 2017), which implies the young generation is politically motivated inactive. The political commentator, Darwin Lim Zhi Ping, said young people are generally indifferent to politics as Malaysia's political situation has been ruled by one party for the past six decades. The deadlock has not improved until the historic Malaysian 14th General Election (G.E. 14) in 2018. The youngster's determination in election participation is visible during the 14th General Election (Chinnasamy & Azmi, 2019). As a result, participation of young voters in G.E. 14 is as high as 41%, which was the main reason for the collapse of the long-sitting

party, Barisan Nasional (B.N.), that governed the nation ever since Malaysia gained independence from the British in 1957.

However, a recent survey conducted by Malaysia Now reported that 2520 youth aged between 18 to 30 from different socioeconomic backgrounds were interviewed through a phone call between February and March, which is a few days before the Election Commission lowered the legal voting age to 18. It resulted that more than two-thirds of youth show no interest in participating in politics as political interest has an excellent effect on their political participation (Holt et al., 2013). Therefore, it is undeniable that the political participation rate among Malaysian youth is still dispiriting even our country has experienced significant political change that was once acknowledged as the light at the end of the tunnel. Therefore, this paper aims to conduct a study to understand further how the various factors (e.g., political landscape, education, mass media, and socioeconomics) lead to political apathy among Malaysian youth.

Political Landscape

During the British colonization of Malaysia, the 'divide and rule' policy was implemented (Azmi, 2013). The Malays were assigned to live in the countryside and work in subsistence economic activity, farming and fishing; Indians were mainly assigned to live in an estate and work as labor while the Chinese worked in the business sector and were assigned to live in cities and towns. It depicts that the society was compartmentalized into different economic sectors according to races which later caused inequality in socioeconomic status. Consequently, our country was developed into an ethnically divided country, which created a single race party in the future.

Political parties usually only defend or help fight for the interests of their ethnic group. According to Welsh (2020), United Malays National Organisation (UMNO) is an ethnonationalist party that defended special privileges for Malays. This causes some politicians to racialize issues and make irresponsible remarks to maintain their voting base (Malik, 2019). Recently, a politician made a publicly insulting and abusive comment towards our Malaysian badminton player Kisona Selvaduray by calling her "keling" on social media after her loss in Sudirman Cup (Martinus, 2021). Compared to the previous generation, the youth had a greater political and ethnic identification which causes young people to be politically disgusted and indifferent (Nandi & Platt, 2018).

Next, political scandals will also disappoint voters. In July 2021, the Malaysian United Democratic Alliance (MUDA) founder, Yang Berhormat (Y.B.) Syed Saddiq was charged with a criminal breach of trust (Yatim, 2021). MUDA is a youth-based party that ensures youth representation in the party's leadership and candidacy (Bangkok Post, 2020). According to Tun Dr Mahathir, political pressure and the tactic of 'killing' a character in politics (Awang, 2021). However, a survey of 13,078 young people from various regions showed that they would be more supportive of honest and trustworthy candidates (Mohd Hed, 2017). In addition, Noordin et al (2010) also stated that youth would vote based on the political career record, and they will more likely choose those who are 'clean' from scandal. As a result, this will leave a wrong

impression on the people, especially young people, as YB Syed Saddiq is president of MUDA and has many young followers. Thus, this has caused young people to fear politics and form political indifference.

Thirdly, politicians are not loyal and like to fight for power. According to Mohd Hed's (2017) research, young people dislike politics because politicians seem selfish and just care about their own agendas. Furthermore, they are unable to keep their commitments and do not respond to the demands of young people. According to research about the political participation of Malaysian youth, the results show that the major reasons for youth's separation from politics are due to the closed political climate and the belief that politics is for the personal gain of politicians (Su & Wan Ahmad, 2021). On May 9, 2018, Malaysians exercised civil rights and voted for the candidate that they supported. Malaysia usher first-party rotation after independence. Nevertheless, the government collapsed because a member party and some party members cooperated with the opposition party to form a government called the Sheraton Move (Ong, 2020). A few months later, the Sabah and Melaka state government also collapsed due to state legislators turning to support the central government. As a result, the Chief Ministers announced the dissolution of the state legislative assembly (Zhang & Dr Lee, 2020) (Zulkifli, 2021). Sultan Sharafuddin Idris Shah, Sultan of Selangor, has voiced dissatisfaction with the never-ending political wrangling that produces unrest among the people (Rahim, 2020). His Royal Highness urged politicians to reflect on their actions because this makes people fed up with the political situation in Malaysia, especially during the downfall of our economy amidst the pandemic.

Lastly, the unfulfilled government's promises yield distrust from the people and cause political apathy. For instance, Minister in the Prime Minister's Department (Parliament and Law) Datuk Takiyuddin Hassan announced the implementation of the 18-year-old voting age and automatic voter registration would begin at the latest July 2021 (Malay Mail, 2020). However, on March 28, 2021, the Election Commission Chairman announced that automatic voter registration (AVR) and the initiative of lowering the voting age to 18 would only be implemented by September 1, 2022 (Borneo Post Online, 2021). Subsequently, most Malaysians vent their anger on social media and hashtag #PNipu, and the hashtag was trending number one on Twitter (Vethasalam, 2021). The hashtag refers to the postponement to implement the lowering of the voting age to 18 years old. YB Syed Saddiq also criticized this issue on his Facebook. He said this government opposes young participation in the nation-building process (Lee, 2021). Hence, it will indirectly create trust issues between the young people and the government. Where there is distrust, there is not much harmony as the bidirectional relationship has broken down, eventually causing political indifference among Malaysian youth.

Mass Media

People's lives are becoming increasingly closely related to social media as information technology develops. Social media is quite significant in the political arena. With the rapid distribution of information and interaction, social media constantly

enters people's daily environments and political life, changing the social-political climate. It is undeniable that social relationships will be more public due to social media, and there will be more "invisible" supervisors in social corruption. The impact of social media on political communication is evident to the naked eye. However, according to a survey of Malaysian youth survey, many eligible voters in Malaysia, including a sizeable number of young people, are hesitant to register as voters (Merdeka Center, 2006). It reflects a broader tendency among young people to focus on practical issues in life rather than the more abstract and less satisfying nature of active political engagement. Besides, the international media, BBC, interviewed some young people. One of interviewee, Low Chi- e, said political information is restricted to social media for the person who was not actively sought out (Lin, 2018). In other words, young people have very little exposure to politics hence they are not interested in politics.

Currently, the formation of young people's political opinions and willingness to engage is inextricably associated with social media. On the other hand, social media brings people who share similar ideals and values. People that consume a lot of political news dramatically enhance their initial political predisposition. From the other perspective, hedonism in modern culture has an impact on young people's political apathy. Under the influence of covid-19, the economic setback makes many people lack employment opportunities, and the working environment is also greatly affected (The Star, 2021). Facing the heavy reality, young people will be more vulnerable to the influence of the news media in the complex and chaotic political situation. In a pluralistic Malaysian society, different social media hold different views on politics. The unpredictable direction of public opinion also makes young people feel the complexity of politics (Lee, 2018). For them, developing personal interests, being active on social networks, or traveling to experience culture can better find their spiritual pursuit. But they still occasionally express their opinions on certain events on social media, but they don't want to participate in politics to change the situation directly.

Trending news is heavily influenced by entertainment and rumor when we open up the mainstream news sources. The growth of entertainment content in the media harms individuals' political participation, and the distinction between news and entertainment is becoming increasingly uncertain. Especially compared to serious political news, entertainment news is much closer to people's lives, and some scandals, ethics violations, and celebrity anecdotes grab the public's attention (Freeman, 2013). Young people, in particular, are the main driver behind surfing the web. As a result of the aforementioned elements, entertainment media has become an obstacle to young citizens' political participation.

Education

Youth is the new generation who are proactive and are important for a healthy democracy. The difference between youths with college experience and those without college experience creates political indifference among youths. Individuals with higher educational qualifications are more likely to vote and each extra year of formal education is associated with a significantly higher participation rate (Lanning & Hoyle, 2008). The Prime Minister stated that political education such as cultural values and

political knowledge is essential. These should be implanted in youth's souls to prevent them to believe that they are powerless to affect the political situation (Choo, 2019). Based on the research from Malaysia Now, P Tharma had said that The Ministry of Higher Education in Malaysia must give efforts for planning more educational programs to enhance young people's political consciousness (Zulkifli, 2021). They must make sure the young generations learn more about the political situation and development, leading them to grow into Malaysia's good citizens. Youths must be encouraged to engage with political issues through education to gain experience. They must participate in youth engagement programs to boost their abilities and leadership skills since they are the country's new generation to create a better future (Harder & Krosnick, 2008).

According to a finding from Dewan Negara, there are 4.2 million people aged 21 and above who haven't registered themselves as voters (Bernama, 2020). The majority of Malay youths in Malaysia are not registered to vote. The Malay-to-Non-Malay voter ratio of 1:40 created political indifference and indicates that Malay youths avoided their responsibility as a citizen in the future national political establishment (Ismail et al, 2016). Some reasons were highlighted which caused political apathy. Lack of political education causes a huge misunderstanding among youth about their qualifications to vote in elections. P Tharma stated that the educational system in Malaysia failed to establish effective democratic principles and comprehension of government, leading many young peoples to assume that politics is about selecting their preferred politician or party in the election. Youth first exposed to political knowledge at the age of 18. However, the new survey made by Merdeka Center shows that young people are uninterested in politics, which could indicate whether Undi18 that lowering the legal voting age to 18 years old will affect the election (Zulkifli, 2021). This causes students to feel unfamiliar and uninterested in the election. A survey shows that 20% of youths think that their understanding of politics is insufficient for them to vote, and they believe that their votes have little impact on the election outcome. They lack knowledge about the ways the government operates the civic process and the significance of voting. As a result, political education can affect political apathy among youth.

In addition, there are various laws that restrict student movement and cause political apathy. The Malaysia Youth & Student Democratic Movement (DEMA) has been confined to avoid political influence. DEMA has been launched to foster an innovative, and aware Malaysian youth's social issues. However, the student movement put strong pressure on Malaysia's ruling coalition, the government formed by the National Front (BN). Therefore, in order to avoid the further integration of the student movement and the civil society movement, subverting the existing social system and threatening the National Front, strict laws were implemented by the government to control the student movement, inhibiting students' fundamental human rights (Fortify Rights, 2018). This was evidenced by the College Act 1971, the government amended the College Act and imposed stringent provisions to restrict students' civil liberties to participate in politics and freedom of speech. From 1975 to 1998, the Malaysian student movement gradually diminished (Karim, 2002). Student activism has always been restricted by government educational institution regulations, and it resulted in a

significant increase in youth indifference to politics, thus affecting their political involvement (KOEY, 2020).

Socioeconomic

Variables such as income, psychological factors, and family background will be studied in the socioeconomic model. According to the World Bank's Malaysia Economic Monitor study in 2019, the median monthly income for 20 to 29 who have completed secondary education has stagnated between RM 2000 to RM 2500. While people aged 40-49 and 50-59 years old possess the most significant increase in median wages, rising from RM 5000 to more than RM 6000 approximately. Besides, Bank Negara's Economic Development (2018) reported that the starting salaries for fresh graduates in tertiary education had declined between 2010 and 2018, implying that youth are overwhelmed with the financial burden. Meanwhile, the average living cost in the city is RM 2036, which occupies almost 81.44% of the youth's salary (Wise, 2019). Thus, it expounds a positive effect of the underlying income disparity towards voter participation as spending attention on politics and voting has a higher opportunity cost for them (Franzese, 2001; Frey,1971). This is due to resources such as financial well-being, time, and education required for a politically active citizen. Moreover, Rosenstone and Hansen (1993) also stated voting provides more extensive psychological or social benefits to the wealthy. They perceived that they were positioned at a more significant stake during the election day to spend more time on politics and voting. Similar trends were also found in Ahmad S. (2015) and Gordon and Taft's (2011) study that lower monthly family incomes are more likely to be political apathy. The data, as mentioned earlier, also depicts that youth primarily focuses on other important life matters and survival activities such as starting a family or a career. However, they will participate in politics once these issues are resolved and settled down, especially during adulthood (Wolfinger & Rosenstone, 1980). For instance, those who start a family will start thinking about the responsibilities as a parent by providing a brighter future for their offspring. Therefore, they will value their civic obligation by turning out to vote. In addition, Omar (2010) illustrated that Malaysian youth are particularly apathetic towards voter registration. Reasons given by those unregistered voters include they are facing time constraints, overwhelming work, and most importantly, voting does not benefit them. Again, this has consolidated why Malaysian youth are inactive in politics.

In terms of psychological aspects, Zhelnina (2019) suggested that emotions and cultural norms influence political indifference, especially their feelings and expression. For example, the researcher spoke with two teenagers who expressed their views on the political apathy crisis, stating that they found it difficult to mobilise their peers into social change initiatives because their peers had little sympathy for social concerns that do not immediately affect them, which later developed into cynicism. However, when respondents talk about politics, negative emotions such as dread and distrust are the prevalent feelings (Zhelnina, 2019). The edited book titled "'Governing Youth Politics in the Age of Surveillance" by Grasso and Bessant (2018). The chapter ""Effects of the regime in Malaysia on youth political participation" by Mohd Hed (2018, p.14). She

examined how the Malaysian government's efforts to suppress democratic opposition correspond to Malaysian youth's willingness for being politically active. Repression is also said to be carried out in the guise of criminal legislation and violence. Furthermore, the report also claimed how interviewees felt confined and awful, which caused them to withdraw from formal and informal political engagement. Thus, Bessant (2016) and Rosenberg (1954) stated that young people are reluctant to express their political contradictions that challenge the status quo as it deemed as an act of crime that comes along with risky consequences such as being alienated by the community, endangering wedlock, jeopardizing their jobs, and future. These findings align with previous research that claims that governmental repression reduces citizens' interest in political involvement.

Besides, a sense of citizenship is defined as a psychological feeling of how a citizen attaches themselves to improve the quality of community affairs and public morality. (Muluk, 2010). The unfair state policy such as educational institution quota, real estate, civic service employment, business permits, and a tender project inclined towards mono-ethnic could also lead to the lack of sense of citizenship among Malaysian youth. It despairs the other minorities as they were treated like second-class citizens, which later caused talent loss and migration to seek better jobs and life. A survey conducted by Oxford University reflects no strong attachment between our country and the youth itself. Some respondents justified that politics is the main reason to emigrate as corruption and racism had entrenched the political system, which seems perpetual. According to Anindya and her colleagues (2014), the lower the sense of citizenship, the lower the spirit of an individual to improve public area and life. Muluk (2010, p.19) reassured that a shared understanding of citizenship would affect the public policy process as the ill-advised formulation process from the very beginning is biased of interest during the decision-making. Thus, the paper hypothesized that citizenship and political indifference have a negative relationship is rational and plausible.

Not only that, but socioeconomic factors also found to be causing Malaysian youth to be political apathy, including the social milieu of the youth being raised and how their accessibility to political socialization at every stage. The process of political socialization has been proved to get people interested and participating in politics (Grasso & Bessant, 2018). Meanwhile, Grasso (2014) further demonstrated that political socialization explains why part of the youths is actively engaged in politics or certain political activities while the others are not. Family background is the utmost important agent of socialization as well as an educational institution. Ahmad and Zain (2021) highlighted that parents and personal interest were ranked third and fourth among ten factors that encourage respondents to be active in politics which is 59.4 % and 51.9%, respectively. Hence, parents play an influential role in building children's perspectives on politics (Zuhri, 2010). However, young adults do not necessarily mirror their parent's political orientation (Giugni & Grasso, 2021) as a result of recent societal changes and political issues, which differ their political views from the old generations.

Conclusion

In conclusion, political apathy among Malaysian youth constitutes various leading factors such as political landscape, education, mass media, and socioeconomic. Some of the research findings reviewed in the paper are consistent with the general idea that a youth will be politically inactive when the political landscape is in upheaval, ethnocentric, and lack credibility as the political system functioned as a fundamental ground in building a harmonious multiracial country. Political wrangle such as politicization or racialism to disintegrate the society will only cause young people to be indifferent towards the government, especially the millennials who were considered the most unprecedented, educated generation ever who possess the ability to alter and challenge the status quo of our country. However, the lack of emphasis on delivering political knowledge in our education system has reduced the political consciousness among the youth. Apart from that, repression imposed by the government towards the students through the enacted Universities and University Colleges Act 1971 to oppress the freedom of speech and restrict the students' civil liberties. Besides, any verbal or non-verbal acts that contradict to government's will be criminalized and punished.

In addition, social media has dominated every youth's life. Nonetheless, the point of view of every news media is not uniform. It can be seen when the headlines in those prominent local newspaper publishers of all different languages are polarizing and sometimes even provoke or exaggerate one issue that ignites hatred among the races. Apart from that, young people are often easily influenced by the content reported before seeking validation. Therefore, the news provided in social media primarily related to politics is usually full of negativity such as corruption, party-hopping, politician sex scandals, and so on, causing young people to prefer less complex but more enlightened content such as entertainment. Hence, social media could be one of the leading factors that caused political apathy among Malaysian youth.

Lastly, the socioeconomic status of youth could also be the reason why they are disaffected by politics. Youth is often overwhelmed with works and studies. They prioritize survival activities more than anything else. Meanwhile, a politically active person would require time and energy to keep themselves updated with the current political situation. It becomes even more complicated when Malaysia's political situation is continually undergoing political change. Other variables such as how the public policy treated minorities will leave a psychological impact. They believe that whether they turn out to vote or be politically active will not benefit or be satisfied as they believe there will be no difference in their daily lives. Family influences and personal interests are vital because they will motivate and persuade people to participate in political matters. To sustain a democratic and liberal political system, the government should uphold its youth by allowing them to voice their opinions about politics openly and learn from them rather than repressing them. When citizens are politically informed and there is fair social justice, a democratic system is thought to be meaningful. (Portelli & Solomon, 2001).

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18 Impact of Social Media on Youths: A Conceptual Paper

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Abstract

In recent years, the technological landscape has swiftly developed, with social media increasingly playing a significant role in the lives of youth. In Malaysia, youth are aged 15-30 years old. Social media affects the youth in many ways; it can let them easily communicate with others and get support by social media. It is also an opportunity to achieve unprecedented success by using it, and it allows the youth to participate in politics and social issues from the social media platform. However, there still has a destructive impact on it. Overly using social media might cause the youth to become addicted to it, and it also will make the youth have incorrect self-consciousness. If the youth doesn't use social media correctly, it will drag into online fraud by believing the fake news. Therefore, youth must've correctly used social media and utilized all the functions that can improve themselves.

Introduction

The World Health Organization state that the age of youth is between 15-24 years old. Malaysia defined youth age as between 15-40 years old based on Malaysia's National Youth Development Policy, but in 2019 the youth age in Malaysia was amended to 15-30 years old. Youths are Gen X and Gen Z generation people that are born between the 1990s to 2010.

Nowadays, youth mostly live in the internet era and spend their time on social media every day, even every hour. Social media is a type of internet-based communication that allows youth to have quick chats, share information, and produce web content. There are many types of social media like blogs, podcasts, virtual world social networking sites, photo sharing, and more. Social media can be reached by a computer, tablet, laptop, or smartphone by application or website. The most popular social media platforms are Facebook, Instagram, Twitter, Pinterest. Based on the Multimedia Communication and Multimedia Commission, the internet usage among the youth is 67.2%, and most of them spend 5-12 hours on the internet. Due to the Covid-19, the youth spent more time on social media.

Social media has affected or given an impact to the youth in many ways. There is a lot of valuable information or knowledge that can be received via social media. Still, there is also the potential of harmful consequences for youth who do not use social media correctly.

Positive Impacts

Feel supported and connected.

Youths feel that social media helps them to feel supported and connected to each other. Based on research by Pew Research Center on teens' social media habits and

experiences, most of the respondents agree social media has a positive effect on different aspects of their lives. A majority of respondents, 81% of teens, say that they are being more connected to what is going on in their friends' life with the use of social media. Likewise, 69% teens feel that these sites can keep them in touch with their friends while 68% feel using social media, they feel like people can support them through hard times, says the survey.

Especially during the Covid-19 pandemic in the recent few years, social media have been playing an important part for youths as it acts as a platform for the young generation to interact and connect with each other. The pandemic has stopped people from physical interactions as social distancing, lockdowns and other precautions are needed to avoid people getting infected with the virus. Social media allows for personal expression. Youngsters are able to share their feelings by posting it on social media. By uploading videos, photos and status, they are able to express themselves and at the same time, friends can know what they are going through by viewing the posts or connecting through social media.

Online communication through social media provides an antidote during the Covid-19 pandemic to keep youths in touch and connected. People who often spend their quality time with friends, especially youths, can only rely on using social media to communicate and connect with their friends. Being able to still communicate with friends during the pandemic through social media gives the teenagers a strong mental support as they can share the problems and challenges, they face. It is a big help for youths to reduce stress and anxiety. Social networking sites can also strengthen friendship. Based on a survey done by Common Sense Media, more than half of the respondents, specifically 52% of teens felt that social media strengthened their friendships and only a small minority of 4% felt it hurt them. Moreover, the study has shown that almost 30% of users for social media believe that social networking makes them become a more confident and outgoing person.

Opportunity to achieve unprecedented success.

Social media can bring a lot of benefits to youth when it is used in good ways. First, it can be a tool to earn money. Social media can be a cheap and effective way for youth to start their business. Social media has a big impact in this era. According to Kepios, in October 2021 there were 4.55 billion social media users accounting for 57.6% of the entire global population. (Datareportal, 2021) As of 2021, around 65.86% of users on big platforms like Facebook are logging in daily. In 2020, the average amount of time spent on social media per day will be 2 hours 25 minutes/145 minutes globally. (Dean, 2021) How about Malaysia? In January 2021, over 86 percent of Malaysia's population was active on social media. (Muller, 2021) In 2020, it is recorded that Malaysians spend an average of seven and half hours a day on the internet. (Digital influence lab, 2021) These statistics show how widely used social media is.

The youth can promote their products or services on social media widely. They can just post their product and service on social media that can help them to reach new and potential customers. According to the survey, 83 percent of Instagram users are using the platform to discover new products. Therefore & Newberry, 2021) Therefore

youth can be fearless because they can start at a low cost. According to the 2021 Edelman Confidence Barometer, “while there has been a recent movement toward distrust of government, NGOs, as well as the media, for business is an institution with a 61 percent degree of trust." People seek brands for information, and there's no better place to deliver that information than social media. (Edelman, 2021) The youth can attach to the customers faster and easier. It can receive real feedback in real-time via customer reviews and chat, the youth can use this advantage to improve their products and services. No matter what business youth want to operate, social media will help it a big step.

The youth also can be a blogger, vlogger or a Youtuber. They can share their life and perspective from time to time. The youth can plan to manage their social media. They can create some content that is suitable for the targeted group. There's a variety of content that perhaps will gain some popularity. Starting something like an Instagram, Facebook page, or a YouTube channel does not happen overnight and it progressively takes some time. However, the overall growth of social media is becoming unique as there are pages run by some youth that have a lot of followers such as 50,000 and there are even pages with millions of followers. (Freidkes, 2021) This indirectly brings business opportunities to young people and even earns profits through the views of a post or a video.

When youth utilise social media wisely and purposefully, they may be able to achieve their goals and be a successful person. "The future for social media is unpredictable, I believe that businesses will continue to flourish as long as they can keep up with new social media platforms." said Courtney Nolz, a junior at South Dakota University and a 20-year-old business owner. (Harrah, 2012)

Improvement on politics and society

As we know, social media is not only for the entertainment of youth, but it can also improve politics and society in-country while youth can use social media in the right ways. Social media can increase youth's political interest due to Youth can get much knowledge of the change in politics Malaysia even no need to pay a newspaper cost immediately but by using a phone. Based on the research of BBC news, increasing 10% of interested youths on politics there are 40% voters from those aged between 21 to 39 in 2018 but a decrease to 30% youth voters in 2013 of general election in Malaysia, and it is shown that more youths prefer to use their phone to get news of the country on YouTube than Newspapers.

Increasing the interest of youth in politics is important because Millennials have a good chance of becoming the most influential group of voters and it will change the politics of a country, but a large number of young people are not registered. Thus, the government of Malaysia has done some policies to focus on social media to encourage the interest of youth since 2013. For example, the government created "MySejahtera" and provided assistance as BPR 2021, especially during the Covid-19 pandemic in recent years, and young people could apply for the assistance right away when the news was posted on the government's Facebook page.

Social media has revolutionized civic involvement and engagement: "Citizens

may now more easily than ever be the source of ideas, plans, and projects thanks to social media," says the report. which means that youth can give their opinion or idea to help develop the country through social media such as Facebook, and the government can get more opinion or idea on development from youth as well. Governments, along with conventional media, were the gatekeepers of knowledge before the advent of social media. They are able to support individuals and organisations all across the world because of these critical challenges. They will then feel like they are a part of something significant. For example, the government can advocate Spreading Peace in a World of Conflict to youth through social media to have world peace.

Negative Impacts

i) Possible addiction to social media

Social media addiction is known as a type of behavioral addiction that can be defined as overly concerned towards social media activities, devoting too much of unnecessary time and effort towards social networking sites that it interferes and disrupts one's daily life. The young generation spend their time mostly on social networking sites besides gaming during their free time. Checking outposts, comments and scrolling through social media has gradually become a trendy activity over the last decade. A survey has shown that social media addiction has a definite impact on about 12% of users across social networking sites (Alabi, 2012; Wolniczak et al., 2013; Wu, Cheung, Ku, & Hung, 2013).

Addiction to social media might lead to stress and anxiety. Based on a study conducted by California State University found that people who used any social networking sites more than 58 times in a week were 3 times more likely to feel that they lack social connections and stressed in comparison to those who used social media not more than 9 times in a week. A lot of research on the usage of social media and mental health have shown that the overuse of social media such as Facebook is positively related to mental health issues like anxiety, depression and stress which means that too much use of social media is negatively associated with long-term well-being. (Eraslan-Capan, 2015; Hong, Huang, Lin & Chiu, 2014; Malik & Khan, 2015; Marino et al., 2017; Pantic, 2014; Shakya & Christakis, 2017; Toker & Baturay, 2016).

The downsides of social media addiction to youths include poor grades, ignoring relationships in "real" life, insufficient sleep time and declining health. The younger generation should spend their time exploring and experiencing their life in real life instead of devoting most of their time on social media, scrolling through Facebook, Twitter, Snapchat and others. They should spend their time by enriching themselves with knowledge and being active in real life by participating in sports and so on.

In the meantime, where most people can use social media on a daily basis without problems, those who are addicted, especially youths should control their time on using social media. A great way to cure addiction is by reducing screen time. However, if the addiction to social media is too serious, he or she should get help from the professionals by consulting a psychologist and so on. Parents can also give a helping hand by taking control over their children's time spent on social media to cure their addiction. It is also important to take regular breaks from social media and get in touch with our friends

and family in real life.

ii) Incorrect self-consciousness

Definition of self-conscious is a “conscious of one's own acts or states as belonging to or originating in oneself: aware of oneself as an individual.” (Meriam-Webster.com Dictionary, 2021) social media is a platform that provides us with a place to voice out our perspective freedom. Everyone can post their opinions, even their life just at their fingertips. This shows how easy it is to share our daily life on social media. However, do you think that sharing our life on social media and watching others post about their life is a good or a bad thing?

Does social media truly affect one's self-consciousness? 48% of 1000 people in the UK said that social media made them feel self-conscious and 41% said it makes them feel lonely. (PushOn, 2021) According to several studies and research, social media has been connected to higher levels of jealousy, anxiety, tension, despair, and loneliness. What made this happen? Most social media users focus on gaining Tikes” or followers to increase their self-worth and value. (Wardleigh, 2021) As long as the youth do not get attention from social media, they possibly get caught into the stage of self-denial. More than that, when the youth see other's lives that are better than themselves, they perhaps will compare with others. A survey shows that almost 88% of Facebook users make social comparisons. 98% of the comparisons are upward social comparisons, out of the 88%. (Muqaddas, Sanobia, & Ahmad, 2017) When people are subjected to upward comparisons, they feel inferior and have unpleasant thoughts about themselves. (Morse & Gergen, 1970)

As we know, the comparison is a good thing when it is used to investigate some improvement. However, when comparing others with oneself it will be a contributing factor to low self-esteem. According to a statistic, an individual's self-esteem can be predicted by how much time they spend on Facebook. When an individual spent one hour on Facebook, his self-esteem dropped by 5.574 points. The result is that an increase in social media usage would decrease the youth self-esteem. (Muqaddas, Sanobia, & Ahmad, 2017) Some youth rank lower than others, which may enhance mental access to negative self-evaluation and self-imagery during interactions with others, which will lead to increased social anxiety (Stein, 2015).

Besides that, the youth may be lost in their body image, especially young women. The pictures and videos they posted and watched on social media are may unrealistic. The youth rely heavily upon those pictures and videos to represent themselves, giving a surplus of meaning to their physical appearance. (Steinsbekk, et. al, 2021) This makes them unable to face their true self. When youth self-perception is distorted, their values are gradually being destroyed. They lose the things that should really be important and valuable. Therefore, we need to use social media cautiously and always remember that our value is not affected by external things such as others' lives, including social media posts.

iii) Spreading of fake news and personal information

Social media was used to distribute bogus news and personal information, and it was impossible to keep track of who was spreading the fake news. Thus, in democratic systems, false news and sophisticated disinformation efforts are particularly

problematic. This is because sharing stuff online has become so easy thanks to social media that most people don't even realise about it. Most individuals do not think to examine the author's or news organization's reliability, let alone whether or not the report is real. It has become the norm to only share content that we agree with, no matter how accurate it is. According to a Malay Mail study, 63 percent of Malaysians can't tell the difference between rumours and excellent journalism, which means they prefer to rely on social media sources, putting them at risk of being fooled by false news. Fake news can also bring a negative impact to our politics. Besides that, a study found that Malaysians used bots to spread fake news. In order to mislead voters, cybertrooper accounts are made which are mainly fake bots that can be found on Facebook, WhatsApp, YouTube, and Twitter, the study said. Some of the problems that social media users face includes stalking, identity theft, personal assaults, and data exploitation. The majority of the time, it is the users who are to blame, since they publish content that should not be made public. The confusion arises from a lack of understanding of how the private and public elements of an online profile work. According to Malay Mail's study, Malaysians have been victims of online fraud, particularly fake news, since 2016, with a rising number of people being victims of cybercrime. Cyber fraud accounted for 1,963 of the 2,977 reported events from January to April this year, followed by malicious code (390), intrusion (339), content- related (100), cyber harassment (88), spam (37), intrusion attempt (34), vulnerabilities (21) and denial of service (21). (five).

Conclusion

On the whole, social media has a significant impact on the youth nowadays. It helps the youth feel supported and connected with others while using social media. Due to the pandemic, Covid-19 social media is the only way to let the youth connect with others, no matter friends or family. Social media is also a good platform for them to start a business and earn money at a low cost. Beyond that, social media can let the youth participate and be a platform to discuss politics and society in the country. There is no doubt on the usefulness of social media to the youth, but it also negatively impacts it. Most youths spend a lot of time on social media that possibly causes them addiction to social media. It will also make them have false self- consciousness and make the youth spread or believe the fake news, and their information will also be leaked out if they didn't keep one's eyes open that might make them be a fraud. Thus, youth must be intelligent and utilize all of the positive aspects of social media while avoiding the negative aspects.

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19 Challenges Faced by Youth Today

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Abstract

In this 21st century, we live in a fast-growing and rapidly developing life, and we started to recognize serious challenges that affect the youth. Youth play an essential role in the development of a country and therefore bear a heavy responsibility. This indirectly causes pressure, and youth cannot let off the pressure. Challenges occur when there is pressure, and most important is because of technological advancement. Youth are easily influenced by online material and do not even know how to distinguish between right and wrong. This study is to study the challenges faced by youth in this new millennium. Some of the challenges have always been there, but new challenges are beginning to occur in this new millennium. This study shows that the rate of drug abuse, bullying, teen pregnancy, and depression among youth has become common challenges among youth in this 21st century.

Keywords: Challenges, Drug Abuse, Bullying, Teen Pregnancy, Depression

Introduction

Every generation has its own set of difficulties. However, it might be difficult for one generation to connect to another at times. Understanding the fears and concerns of youth in 2021 is a minefield unlike any other. While parents may want to understand and support their kids, it may be challenging to know where to begin. With the advancement of science and technology, humanity's challenges have also increased, especially youth. Unlike in the past, the progress of science and technology has brought many benefits, and of course, many disadvantages. Criminal methods are becoming more sophisticated and challenging to detect, and the number of victims is increasing, especially youth who lack judgment.

While specific concerns are not particularly novel, electronic media has altered or intensified youth's difficulties. Youth's interactions with their classmates and romantic interests have changed due to the availability of digital communication. As a result, many youths lack crucial interpersonal communication abilities, such as detecting social signs. Much of this dysfunction may be attributed to excessive usage of technology. With the communication gap being the most major problem between the youth of today and their elders, the temperaments are rising more often. Today's youngsters are pretty outclassed but entering the new Millennium, and peoples behaviors are beginning to realize and recognize severe concerns that our youth face today (Dorling, 2021).

Researchers have discovered that the prevalence of criminality among adolescents and the rate of suicide among youth have both grown in recent years. Since then, professionals have begun to place more emphasis on the education of children and adolescents. As I previously said, the difficulties that youth confront have increasingly intensified, and some of these issues have gotten significant attention from the general

public. Bullying, teen pregnancy, despair, and teenage drug abuse are just a few of the problems that need to be addressed. Specifically, the present research attempts to contribute to what is already known about the specific obstacles encountered by youngsters and the responsibilities played by society in assisting them in overcoming such challenges.

Teenage Drug Abuse

^According to the UNODC World Drug Report 2018, it is estimated that over 31 million people who use drugs suffer from drug use disorders, and many of them are young people.3 Drug use has a significant economic and social impact for countries, families, and communities, in particular the impact it has on the future opportunities of young people" (Report of the International Narcotics Control Board for 2019, 2020).

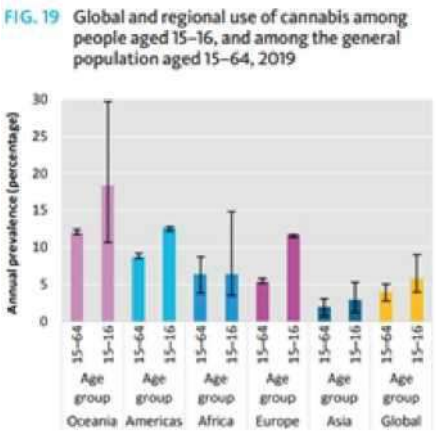


Figure 1: Global and regional use of cannabis among people aged 15—16, and among the general population aged 15—64, 2019.

According to World Drug Report 2021 (United Nations publication, 2021), adolescence and early adulthood are critical transitional years in one's development. It is a period of physical and psychological growth, with changes taking place in the brain and a period of cognitive and emotional development. For others, it is also a period of vulnerability when it comes to substance abuse. Adolescence (12-17 years of age) is considered the most dangerous period for drug abuse. The most significant rates of drug use are seen among individuals between the ages of 18 and 25 among the population aged 15 to 64.

Cannabis is the most often used illicit substance among adolescents and young adults. In 2019, it was projected that over 14 million kids aged 15-16 had used cannabis in the previous year on a global scale 2019. 5.7 percent of the population aged 15-64 uses cannabis on a yearly basis, which is greater than the total population aged 15-64 (4 percent) and reflects regional differences in usage.

Teens are now more likely than adults to use cannabis, which surpasses cigarette consumption. In fact, many teenagers feel that marijuana is less hazardous now than it was in previous years. This shift in opinion may be related to the shifting rules around cannabis.

Having a drug in your hand was considered a fashion statement. It was connected

with 'being a tough one,' and it was even depicted in movies as such. In a nutshell, it was and still is regarded as cool. As a consequence, everyone wanted to experience it, even children and teenagers. For some, there is no going back. Not only is it exceedingly harmful to one's health and sometimes fatal but wandering about in an alcoholic stupor leads to reckless and immature conduct. Teens that use drugs are often related to poor academic performance, aggressive conduct, anti-social behavior, and other illegal behaviors.

From the standpoint of the environment, the school should engage in prevention efforts between the school and the family and between the communities. To begin, all youth are targeted for prevention from a population-wide perspective. This is the first level of prevention. There are more crucial 'vulnerable people' in the world. The third category of individuals consists of youth who have developed a drug addiction. Youth prone to drug usage, drug addiction, and drug acquisition are considered vulnerable populations. These teenagers may not live at home, may not attend school, and may otherwise be on the periphery of society. They are the primary groups of people who are concerned.

Teenagers who are susceptible to environmental hazards are growing up in a toxic atmosphere. In contrast to societal instability and poverty, the good atmosphere is surrounded by addicts and dealers from his little milieu, including his family, peers, social circles, and the school's learning environment. There are also drug addicts, those who commit crimes at home, people who have a hostile school ethos, and so on. Youth exposed to such an atmosphere are more likely to use drugs and become addicted to them.

Not everyone will become addicted to drugs after ingesting a single dose or after consuming a large number of drugs. A biological basis exists for drug addiction, which is not merely a societal problem. Those who are predisposed to addiction may become addicted more than once. Genetics may play a role in this type of population structure. Believe it or not, drug usage and addiction are not only social and psychological problems; they may also be biological problems. For example, the heredity of alcoholism is approximately 68 percent in most cases. It is possible that people with this genetic constitution are more sensitive to addictive substances and that taking addictive substances makes them feel more joyful and comfortable.

Bullying

Bullying has been a more prevalent occurrence faced by youth in the twenty-first century, with estimates ranging from 5% to 15% of people globally being bullied, with some cases resulting in death (International Journal of Environmental Research and Public Health, 2021). Bullying is described as aggressive behaviour directed at someone who has less power than the attacker regularly. According to the PACER's National Bullying Prevention Center (NBPC), the bullying statistics in 2019 found that one out of every five (20.2%) students report being bullied, and a third of those who are bullied report they are bullied at least once or twice a month (National Center for Education Statistics, 2019). In addition, 24% of middle school kids say they have been victims of cyberbullying or bullying that occurs through the internet.

Bullying can also be classified into six types: physical bullying, verbal bullying, cyberbullying, sexual bullying, relational aggression, and prejudicial bullying (Gordon, 2021). However, the most famous and common type of bullying reported by youth today is cyberbullying. For example, a study of adolescents in Istanbul, Turkey, found that 18.0% of those surveyed were bullies, while 27.0% were victims of cyberbullying (Arslan, nd). This is because advanced technology has led most youth today to spend more time on social media such as Instagram, WhatsApp, Twitter, Facebook, etc. As a result, most teenagers will quickly become the target and victims of the bully through online social media. For instance, the bully usually will send threatening messages, including posting negative comments about somebody or spreading rumors to defame someone. In addition, cyberbullying can occur anyplace that people engage online.

Consequently, bullying or cyberbullying can bring and cause adverse mental and physical effects to the victim. For instance, bullied victims or cyberbullied teenagers may experience physical bullying, such as disordered eating, sleep disturbances, and a higher risk of illness. Apart from this, teenagers also will experience mental effects of bullying such as chronic depression, suicidal thoughts, anxiety, and low self-esteem.

Therefore, bullying must be prevented and curbed by implementing several effective measures to prevent and avoid bullying from happening. For instance, teachers and school authorities should always consider that bullying can occur in various places, including the toilet, playground, busy halls, school buses, and social media. Besides that, parents, educators, and school authorities might encourage positive behavior in students and teach them skills for intervening when bullying occurs. Last but not least, each person has their responsibility to voice out and report bullying or cyberbullying when happening.

Teen Pregnancy

Teenage pregnancy is also recognized as a serious societal concern in many parts of the world, and one of today's young face challenges. According to the World Health Organization (WHO), approximately 16 million girls between 15 and 19 give birth each year, and about one million girls younger than 15 give birth every year (Adolescent pregnancy, 2020). The World Health Organization defines teenage pregnancy as pregnancy among adolescent girls aged 10 to 19. For instance, Sub-Saharan Africa has the highest adolescent pregnancy rate globally, with roughly 143 per 1,000 girls aged 15—19 years.

Nevertheless, teenage pregnancy is a global societal problem with various adverse health and social consequences for youth. Most of these pregnancies are unintended, and minors are unprepared to take on the obligations of parenthood. Besides that, researchers have found that several significant factors contribute to teenage pregnancy (Kirchengast, 2016).

First and foremost, a lack of knowledge and education on sexual awareness leads teenagers to seek help from their peers, which eventually leads them to have wrong notions about sex. Furthermore, higher teenage pregnancy rates still occur in developing countries such as Sub-Saharan Africa, Liberia, and Afghanistan due to the region's cultures, customs, and traditions leading to early marriage. In addition, low

socioeconomic status, peer pressure, and sexual abuse are also major factors contributing to the rising rate of teenage pregnancy in many developing countries. For instance, low-income family backgrounds may force adolescent girls to engage in sexual activity to obtain money.

On the other hand, adolescent mothers aged 10-19 years will face higher risks of puerperal endometritis, difficult labor, eclampsia, high blood pressure, and systemic infections than women aged 20-24 years. Additionally, the babies of adolescent mothers will also face higher risks of preterm delivery, low birth weight, and severe neonatal conditions (Effects & Consequences of Teenage Pregnancy, nd).

In a nutshell, teenage pregnancy social problems must be prevented and coped with by governments. Governments must take several effective measures to strengthen and enforce laws relating to underage pregnancy, implement comprehensive sexuality, and improve education about sex in and out of schools to raise awareness and knowledge about teenage pregnancy's adverse effects and consequences.

Youth Depression

Depression is one of the most critical concerns that are confronting today's youngsters. In the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (also known as the DSM-5) (American Psychiatric Association, 2013), numerous physiological characteristics of depression are listed, including an abnormally pessimistic or distraught mood, avoidance of social activities, insomnia, or excessive sleeping, anxiety, fatigue, and changes in appetite. According to the World Health Organization (WHO, 2021) depression impacted 3.8% of the population, with a higher rate of 5.0% among adults. Roughly 280 million individuals are suffering from depression across the globe.

People's behavior about social media has shifted because of the growth of social media platforms, and the globe is becoming more connected. People's exposure was previously constrained to their natural surroundings, but technological advancement has elevated this to a more prominent feature, and more opportunities are attainable in today's environment. Students may, for example, continue their studies in another country or even work in a foreign country permanently. Therefore, the competitive environment among students arises.

Apart from studying overseas, the rising population and limited student intake for university contribute to the increasing tension among students. Academic performance is one of the most significant reasons for depression in youth. To secure a seat at university, students tend to become perfectionists because the higher the cumulative grade point average (CGPA), the greater the likelihood to enroll in a university. It makes them feel restless, and the mere mention of "rest" or "take a break" makes them feel guilty. This restless state of mind, along with an overworked lifestyle, contributes to youth depression.

Furthermore, when their academic achievement does not fulfill their expectations, students get frustrated. Some of them are overwhelmed by their previous academic performance, which causes them to be unable to do well in their exams, resulting in a vicious cycle of deficient performance and obsessive emotions. They felt discouraged

and worthless when they were trapped in the vicious loop, which triggered the development of depression-like symptoms.

The financial constraints imposed by university tuition fees and study loans caused the youth to feel suffocated. They were demotivated by the rising expense of living, which was worsened by them already in debt before securing a job. Cyberbullying, physical abuse, the usage of drugs and alcohol, and not being able to find work after graduating have all been vital incidences that have stressed them out and served as triggers for youth depression.

The implications of untreated depression will drive youth to retreat from social engagement and repercussions on their daily lives. Some people may rely on alcohol or drugs to escape reality, which may have a variety of severe societal consequences. At its worst, depression may result in self-harm or even suicide, which is one of the top four causes of death among youth (World Health Organization, 2021).

When it comes to dealing with depression, youth should try to live a healthy lifestyle. It involves engaging in regular physical exercise or practicing mindfulness activities daily to boost mental health. To be more productive and healthier, youth need to shift their thinking away from restlessness towards viewing rest as a time to recharge. Whenever suicidal thoughts emerge in youth, they should seek professional assistance from counselors and specialists. Early intervention and therapy may make depression less severe.

Conclusion

To conclude, youth today are confronted with teenage drug abuse, bullying, teen pregnancy, and depression. Keep in mind that consuming drugs is undoubtedly not a fashionable or smart approach to promoting themselves as cool figures. Furthermore, as "curiosity kills the cat," youth must be alert that their curiosity might lead to costly and undesirable consequences. When it comes to cyberbullying, advanced technology should be utilized sparingly and effectively rather than as a tool for committing cybercrime. Freedom of voice and accessibility of digital communication was never intended to be used as a weapon to harm another individual.

While teen pregnancy is a source of concern among youth, sex education should be implemented to promote awareness. Parents, on the other hand, play a crucial part in the education of their children. Parents should encourage their children to explore more possibilities for their future instead of becoming pregnant and a parent at a young age. In terms of depression, prevention is usually better than treatment in most cases. As a result, youth should create objectives and work toward achieving them one at a time, at their own pace, rather than hurrying to cross the finish line all at the same time. Every person has their own pace and time frame for achieving their goals; do not compare yourself to others in this respect.

To summarize, challenges faced by youth today need to be overcome by all efforts regardless of race, religion, ethnicity, or nationality; it is the concern and responsibility of humanity to overcome these obstacles. "The power of youth is the commonwealth for the entire world. The faces of young people are the faces of our past, our present,

and our future. No segment in the society can match with the power, idealism, enthusiasm, and courage of the young people." said Kailash Satyarth, the corecipient of the Nobel Peace Prize. In addition to the above, parents, schools, society, and youth must all work together to ensure that youth have a bright future and thus contribute to a better world.

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20 Mental Health Among Youth

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Abstract

The purpose of the study was to examine the issues of mental health among youth. The types, factors, impacts and solutions of youths' mental health have been studied and discussed in this paper. This is surprising given that mental health illness impact around 8% of the world's population. The mental health crisis was worsening with time, especially during this COVID- 19 pandemic period. This study was carried out by gathering information from many sources, either written or electronic, and it has demonstrated that physical and mental abuse generate trauma, which is directly connected to the level of mental health of youth. Besides, since the number of cases of youths suffering from mental illness is increasing, thus, numerous institutions should provide various treatments and assistance to aid the youths with mental illnesses in order to rescue our society and country, as the youths are the country's cornerstone.
Keywords: Mental health, Types, Youth, Factors, Impacts, Solutions, COVID-19

Introduction

COVID-19 has been spreading across China since December 2019, with Malaysia having the first case in January 2020. When the virus started to spread across Malaysia, the government decided to implement the Movement Control Order (MCO) by the month of March 18th, 2020. Malaysia's socioeconomic environment has been significantly impacted by the COVID-19 outbreak. Lockdowns, physical separation measures, economic breakdown, a jump in job losses, and changes in education for children and young people have all exacerbated Malaysians' anguish. This has started to cause the mental health issues such as phobias, depressions, anxiety disorder and stress towards the youth and adults, as seen by an upsurge in suicide cases since March 2020 (Relate Malaysia, 2021).

Mental health is a condition of well-being in which a person recognizes his or her own potential, can cope with everyday stressors, works effectively, and contributes to his or her community (World Health Organization,2021). Mental health problem is anticipated to be the second most common health concern afflicting Malaysians by 2020 after heart diseases. (Hassan MF, 1685-1696). According to Malaysia's National Health Morbidity Survey (2015), one out of every three youth aged 16 and above suffers from mental health problems. The mental health disorders are anticipated to be the second most serious health concern afflicting Malaysians after heart disease by 2020. According to a nationwide study conducted by the Ministry of Health, one in every three Malaysian persons who are at youth aged time (29.2%) has a mental health issue, which nearly representing 11.2% in 2006. According to the research, the states with the greatest frequency of mental health issues in Malaysia are Kelantan, Kuala Lumpur, Sabah and Sarawak. The outcomes were show that one out of five Malaysian youths

who aged between 13 to 17 are mostly suffers from depression, two out of five was suffering from anxiety, and one out of ten suffers from stress. Unfortunately, there are over 10.1% of teenagers have attempted suicide when faced with adversity in life (Our Better World, 2019).

The loss of family members, new COVID-19 variations, loss of employment and money, loss of a source of dependency, persistent financial difficulty, and family troubles stemming from protracted isolation were all the variables that contributed to mental health problems among the youth. Furthermore, the new trend of studying online may cause tension among youngsters as a result of poor internet connectivity, resulting in a negative learning experience. Furthermore, students who work part-time are more likely susceptible to stress owing to time constraints in a day. Fidgetiness is a common symptom of persons suffering from this mental condition. In such a circumstance, the only option to avoid such conduct is to seek competent medical advice and get it addressed as soon as possible.

With the mental health problems, it will have some obvious symptoms and it will cause the consequences. One of the common characteristics is, they will often get affect by the physical illnesses and person's personality. It can be difficult to clearly understand their thoughts due to their mental disorder. The main symptoms are classified as panic disorder, which is characterised by frequent incidents of extreme worry about something dreadful happening or a sense of impending doom. Youths who have mental health problem will have a hard time excelling in school. It's seldom because they don't want to be successful. Instead, their diseases' actions, ideas, and emotions obstruct their capacity to perform properly. Even if the root of the difficulty may be connected to their mental health, these issues frequently result in disciplinary proceedings at school. In addition, they will also more likely to fail or drop out of school. If they feel socially alienated or rejected, they are more prone to participate in high-risk behaviours such as drug and alcohol misuse, as well as suicide attempts.

“The future of the world belongs to the youth of the world, and it is from the youth and not from the old that the fire of life will warm and enlighten the world. It is your privilege to breathe the breath of life into the dry bones of many around you” (Tom Mann,1941) As a result, the society have the responsibility to protect the youths and assist the youth from overcoming mental health problem in order to build a better world.

Types Of Mental Health Among Youth

According to our world data by year 2018, mental health problems among youth has becoming more drastic. According to a national survey conducted by the Ministry of Health (MOH), mental illness affects one of every three Malaysians, with the highest rates among those aged 16 to 19 which are youths, as well as those from low-income households. Individuals with mental health issues might be noticed at any point in their lives. In the same survey, it shows one out of five youths are in depressed, two out of five are in anxious and one out of ten are in stress. Moreover, the prevalence of suicidal thoughts among youth has increased by nearly 3% since 2012 from 7.9% to 10% (Ministry of Health, 2016).

The highest population of mental health problem that is currently happening

around the world is depression. It is referring as one of the key major mental disorders. Sadness, lack of interest or pleasure, feelings of guilt or low self-worth, interrupted sleep or appetites, exhaustion, and impaired concentration are all symptoms of depression. Depressed people may also have a range of bodily ailments that have no clear physical explanation. Depression can be chronic or recurring, impairing people's ability to perform at work or school and deal with daily life. In its most extreme forms, depression can lead to suicide. According to the estimations by World Health Organization, Ukraine has the highest prevalence of depression with 6.3% which 2,800,587 cases out of 43,466,819 population and following by United State with 5.9% which 17,491,047 cases out of 332,915,073 population (World Population Review, 2021).

Anxiety disorders are distinguished by constant anxiety, fear, and tension that disrupts one's daily life. Breathing, sleeping, being stationary, and focusing can all be challenging when one person has anxiety issues. Anxiety disorders are further classified into particular phobias, social anxiety disorder, panic disorder, agoraphobia, and generalized anxiety disorder. Depending on the type of anxiety problem that one person has, he or she will have various symptoms. Anxiety disorders are predicted to affect 24.9 percent of young people globally. However, it is estimated that over 7 million Malaysians suffer from some type of anxiety disorder. (Relate Malaysia, 2021).

Schizophrenia is a persistent mental disorder characterized by distorted views of reality. Schizophrenia can induce hallucinations, delusions, and profoundly disturbed thought and behaviour, making daily functioning challenging. Even though schizophrenia is not as common as other mental illnesses, its symptoms can be extremely debilitating. Schizophrenia affects roughly 1% of the world's population, and it affects around 1.2 percent of Americans (3.2 million). Approximately 1.5 million people will be diagnosed with schizophrenia worldwide this year. This equates to around 100,000 persons in the United States being diagnosed with schizophrenia, or 7.2 people per 1,000, or nearly 21,000 people in a town of 3 million people. While in Malaysia, Schizophrenia affects about 1% of Malaysia's population, or about 300,000 people (Mental Help, 2021).

Obsessive-Compulsive Disorder (OCD) is a common, long-term disorder characterized by uncontrolled, repeating thoughts (obsessions) and/or behaviours (compulsions) that a person feels forced to repeat. Obsessions, compulsions, or both may be present in people with OCD. Work, school, and personal relationships can all be negatively impacted by these symptoms. Obsessions are anxious-inducing ideas, desires, or mental pictures that reoccur. For example, fear of filth or germ contamination, fear of causing harm to another person, or fear of making a mistake. Some typical obsessions include dread of shame or of behaving in an unsocially acceptable manner, as well as worry of having devious or wicked ideas. On the other hand, compulsions are compulsive behaviours that an OCD patient feels compelled to engage in in response to an obsessive thought. Common compulsions include handwashing or cleaning excessively, putting things in a specific, precise order, checking things on a regular basis and counting on a regular basis. According to the data, OCD affects roughly 2.3 percent of the population, or about one in every 40 adults and one in every

100 children in the United States. In Malaysia, it is estimated that 3.0 percent of the population, or around 900,000 Malaysians, suffer with OCD. (Single Care Team, 2021).

Bipolar disorder also known as manic depression or bipolar depression is a mental health condition marked by extreme mood swings. A person with bipolar disorder may be extremely 'high' and overly excited, or extremely 'low' and depressed, with periods of normal mood in between. Due to the obvious severity of the condition, it may be hard to keep a job and relationships may could also become tense. Bipolar disorder is a neurobiological brain disorder that affects about 2.3 million people in the United States, or nearly 1% of the population. According to Dr. Kadir Abu Bakar, president of the Malaysian Psychiatric Association and senior consultant psychiatrist, bipolar disorder will affect about 3% of the Malaysian population (Relate Malaysia, 2021).

Post-traumatic stress disorder (PTSD) is a psychiatric illness that affects people who have been subjected to violence, sexual abuse, or serious injury, or who have seen a traumatic event such as a natural disaster, a fatal accident, a terror incident, military conflict, or rape. People suffering with PTSD have intense, unpleasant thoughts and sensations about the traumatic event that continue for a long time after it has occurred. They may have narration of earlier episodes or nightmares about the incident, and they may feel terrible, afraid, or furious, as well as disconnected or estranged from others. Individuals suffering with PTSD may avoid situations or people that remind them of the traumatic event, and they may also have profoundly unfavorable reactions to seemingly innocuous activities like loud noises or unintended touches. According to the percentage of PTSD, United States has affected with 3.5% of youths every year, and an estimated 1 in 11 persons will be diagnosed with PTSD in their lifetime (American Psychiatric Association, 2020).

Factors Of Mental Health Among Youth

In this last 2 years coronavirus also called COVID-19 crisis has led to a tremendous impact on human wellbeing and livelihoods. The epidemic has stolen the lives of many people, and even countless people have lost their jobs and went bankrupt due to the economic crisis. Plus, government execution MCO executes the stay-at-home order, prohibit outdoor activities, and close all except for a few designated basic services and natural resources (Lim, 2021). This has led to many layoffs in various industries, especially the aviation industry and tourism. The overall number of labour hours lost because of COVID-19 is equal to two hundred and fifty-five million full-time jobs lost around the world. (International Labour Organization, 2021). The pandemic has killed the lives of many people, and even countless people have lost their jobs and went bankrupt due to the economic crisis. Some people even committed suicide. Global unemployment rate among young people was 13.6% in 2020 (International Labour Organization, 2020). The effect is that retrenched young workers experience financial stress when they lose income to make a living especially young people working abroad.

Emotional, physical, and sexual and physical abuse all seem to be forms of abuse. Bodily abuse occurs when a person sustains physical harm as a result of the treatment of a family member, a classmate, a coworker, or another known or unknown individual

(Cheah, 2020). Most of the youth who have experienced severe physical or sexual abuse led to mental illness in various forms be it anxiety, depression and stress. Behaviors such as self -harm, suicide or taking drugs and alcohol are the result of mental disorders. A total of452 respondents in an Icelandic sexual abuse study of 9,085 16-19-year-old high school students reported the most serious type of abuse. Only 854 people said they had experienced the least severe form of abuse, while 909 said they had experienced the most severe form of abuse (Asgeirsdottir, Sigfusdottir, Gudjonsson & Sigurdsson, 2011). The study showed that sexual abuse led youth to depression, sadness and anger. Physical abuse not only causes physical injury but mental injury. Excessive feelings of fear, sadness and anger impair brain function and eventually lead to insanity.

Childhood trauma is also associated with mental illness in adolescents. Victims of child abuse may experience post-traumatic stress disorder (PTSD). Typically, the abused child's attitude or habit is anti-social, lifeless, forlorn, and pensive. The impacts of childhood maltreatment have had a substantial impact on victims' physical and mental health. In a study of the prevalence of child abuse among homeless people conducted in western countries has mentioned that the prevalence of physical abuse of children in the United States, Australia and the United Kingdom is estimated at 37% in general populations. In the study has proven childhood physical abuse is a factor of homelessness among young people associated with mental health problems (Sundin, 2014). Those with mental illness usually live in the streets or under bridges. Childhood trauma not only affects the development of mental health in childhood, but it also affects personality and behavior in adulthood. Suffering in childhood is a substantial risk factor for the development of later-life psychiatric and behavioural issues. Adults who experienced childhood maltreatment have been found to have higher incidences of depression, anxiety disorders, PTSD, and aggressive conduct. (Baracz, 2018).

Cyber bully causes victims fear, suffering, stress and more seriously can cause depression or self-injury. In fact, some teens end their precious lives due to harassment, insults, negative and toxic comments from online users. Cyber bullying also includes several forms such as spreading rumors, tarnishing one's name and image and to intimidate, anger, or embarrass those who are targeted. In a statistic of cyber bullying between year 2018 to 2021, Malaysia ranked sixth among 28 countries in a survey on cyber bullying around the world and rank second place in Asia in cyber bullying experienced by youth. Between 2008 to 2015, the number of children hospitalized for suicide attempts doubled and this was linked to an increase in cyber bullying. (Cook, 2021). Cyber bullying differs from traditional bullying in that it can occur at any time on social networks and has a broader scope. Illness, humiliation, solitude, and depression are mostly suffered by the victim.

One of the variables contributing to mental health disorders in young people is a lack of access to quality support and services. Lack of mental health education, limited availability and affordability of mental health care services, and an insufficient mental health care policy in the country are among the difficulty in getting mental health treatment. Only 10 nations, out of a total of 66, certify that more than 25% of their pediatricians have undergone mental health training (World Health Organization, 2005). As a result, patients diagnosed with mental illness are not receiving timely treatment.

There are differences in the presence of psychiatrists, nurses, psychologists, and social workers in high, low, and middle-income countries. The global average of psychiatrists, which is 3.96 per 100,000 people, has been a barrier to patients' access to mental health services. (S. Rathod, N. Pinninti, Muhammed I, P. Gorczynski, P. Rathod, L. Gega & F. Naeem, 2017).

Last but not least, family conflict has been connected to mental illness in children and adolescents. A person's mental health can be harmed by unsupportive and bad familial relationships. Emotional security is feeling safe, confident, and free from anxiety. It has been examined as a higher-level construct and as a specific pattern of emotional security levels in the family system. its moderating the relationship between family conflict and mental health disorders. Auto-regressive control was used to treat early stages of emotional insecurity as well as a variety of adjustment issues. (E. M. Cummings, K. J. Koss & P. T. Davies, 2018). Family structure also linked to child mental health. Emotional and behavioral problems are more prevalent in divorced families (Behere, A. P., Basnet, P., & Campbell, P, 2017)

Impacts Of Mental Health Among Youth

Many people experience mental health issues at times. Mental illness affected youth from different aspects for a long time. According to a new study released by the American Psychological Association, the rates of health disease have risen dramatically in the previous decade (Jaime Rosenberg, 2019). Depression, anxiety disorders, schizophrenia, eating disorders, and addictive behaviors are the examples of mental health disease. Mental health illness has been more prevalent with today's youth, especially after the Covid-19 crisis happened. Mental health illness will influence a person’s thinking, attitude, mood and behavior of their daily lives. Mental health is very important because it can help people to have a happy and cheerful life. Mental illness is one of the most common causes of disability. Youth with mental illnesses frequently face challenges in a few contexts, including their own homes, in school, and in the community. What are the impacts of mental health illness among youth?

A mental health illness may make you unhappy and create a lot of issues in your day- to-day life. There are many impacts of mental illness among youth. Mental illness will influence the relationship and interaction between each other. First, youth with mental health illness will make challenges to families especially parents and siblings. It is because we will stay with our family members for the longest time. Sometimes we will single out and blame for the grief and disturbance with our family. Thus, the relationship between family members will be drifted apart and become stiffness due to the conflict occurs. In addition, parents unclear about the ways to help their children. The relationship between parent also will be damaged in a long-term. It also will lead to marital discord if the problem become serious. If a family always immersed in the situation, it may cause the social isolation.

Besides, youth who are facing health mental illness will become hard and difficult to get along with classmate in school. They are unable to perform properly because of negative behaviors, thoughts and emotions. These kinds of problem also bring out some discipline problem in school (Youth.GOV, 2021). Youth with mental illness like to

absent because they are unhappy in school. They will feel hard in study because they are had to focus and concentrate on matter. Thus, they will get poor grades in their academic studies. Youth with serious mental illness will drop out from school because they are more likely to be alone or engage in high-risk activities such as alcohol, tobacco and drug abuse to release their stress.

Next, social isolation also is one of the impacts of health mental illness. Social isolation is a condition in which a person is completely or almost completely cut off from communication with individual or society. It is no same with loneliness. Youth with mental illness will pose health risks such as smoking and obesity. They are no interest in their daily life activities even eating and cleaning home environment. Loss of reality become a common symptom of the mental illness youth. They will immerse themselves in the social media, games and cyber world. In addition, social isolation also damages the health of youth, the risk of health issues such as heart disease, Dementia, high blood pressure and other diseases. According to a study from the University of Chicago Medical Center, isolation can increase tumor risk and abnormal growths. Thus, social alienation could deplete physical health and possibly lead to cancer (PTSD Journal, 2021).

Lastly, youth with mental health illness are poor self-esteem. Youth will lose the confidence on everything. They afraid to communicate with people and become negative thinking an attitude. Besides, their sense of empathy decreased. They will become sensitive, critical and judgmental. It is because they loss the interaction between people, so that they are hard to express the feelings. High levels of stress also lead the mental health illness to youth. Youth who are overload with stress will face anxiety and depression. People will face stress in different condition. Thus, youth should handle stress properly to prevent suffering from mental health illness.

In conclusion, mental health illness will bring a lot of impacts in our life. Youth should lead the problem out when they are ongoing with the symptoms of mental health illness. It is because the impacts of mental illness are very serious and uncontrollable. Youth can recover from the mental illness if they get the treatment as soon as possible (Medline Plus, 2021). Parents should always care about the emotion of their children and give a lot of warmth, love and attention on their children. A good mental health will make us live in a happiness and enjoyment lifestyle. Mental health is linked to a people's whole personality and life. People should awake on the impacts of mental health illness, so that we can live without worry and emotion. We must give utmost importance to keep the mind healthy like the way we keep our physical body healthy (Swiflearn, 2021). We will be liked by the public. Taking care and looking after one's mental health preserves an individual's ability to enjoy life (Prasanna, 2021).

Ways To Overcome Mental Health Among Youth

The outbreak of corona virus disease is causing significant disturbances in the lives of everyone. We can notice that the physical distancing and industry closed had affect all the movement of the families. Thus, the parents are the only ones who truly care about their children and should play an important role in assisting youth in taking excellent care of their mental health throughout this pandemic. For instance, the

unemployment diminishes a youth potential to reach many marks of adulthood, potentially damaging their feeling of confidence and independence. It will make them feel like they've already lost everything and will have some sort of mental health problem since they always feel as whether they are useless. Therefore, as the parents, the support is a tremendous and vital source of encouragement and confidence building for the youths. Besides, parents can help to lower the youth's burden in the family which can financially assist their unemployed youth counter such expenses by changing their behaviour, specifically by consuming less, working more, and lowering retirement savings (keds_economist, K. A. E., 2020). Parents should be encouraged to aid the youth, such as by allowing them to live together, comfort them and giving other assistance when they lose their jobs to protect them in avoiding mental illness.

Moreover, stress is also one of the causes of mental health problem among youth. Everyone experiences various levels of stress. According to the research, we discovered that the majority of the youth are stressed and having difficulty determining what to do after finishing secondary school. As we all know, not all youths come from a wealthy household, and some of them may face financial concern in their family. Therefore, some of the youths are hoping to get a job that would help to relieve the family's financial burden. But we all know how tough it is to find a job and a lack of skill and experience makes it difficult for newly graduated youth to enter the labour market. Indeed, parents may help the youth to cope with stress more effectively by listening to them and it will be making them feel understood and appreciated. The parents are also urged to congregate and discuss the financial, emotional, and spiritual implications of the career path. Make a strategy for how each person can participate and how to go ahead. As the older youth frequently benefit from knowing the influence of job on family life, the parents may provide a wealth of expertise in these employment fields (Employment Service, 2021). In addition, the industries should give more job opportunity and implementing some training programme for the youths. It is an excellent chance for them to broaden their knowledge and understanding and develop their job abilities in order to be more productive at work. In fact, the training programme will assist a lot in building confidence and avoiding feelings of anxiety and depression among youth who believe they will accomplish nothing for the organization.

To put it another way, maintaining excellent mental health is also related to the youths themselves too. It is because they are the one who know what they should need and what should they want. Besides, we are often heard from the news that youth suicide in the face of failure and hurdles. Sometimes, when the youth hear some negative comments from others, they might get depressed. Actually, the youth should always think positively about themselves to boost their self-esteem. The celebration of their achievements and consider failures as chances is for their personal growth and advancement. This helps the youth to keeps away from getting depressed, feeling that others are better than them, or perceiving themselves as failures in life when things don't go their way (W. F. 17, Juma, V., Mutua, J., & Ngugi, B, 2021). Significantly, if a youth finds themselves thinking or worrying excessively on a regular basis, it is important to seek psychologist help to address their mental health issues. It is because they have the professional training and therapeutic abilities to assist youth in learning

how to manage more successfully with life issues and mental health concerns. The psychologist will understand more about how the youth thinks and feels and will implement a variety of evidence-based therapies to help the youth manage with the stressful situation and stabilize their mood (American Psychological Association, 2021). Besides, psychologists also will share their professional knowledge and idea in order to help the youths to manage the negative emotion as well.

In today's environment, technology is becoming increasingly advanced, and everything is now possible to be done online. As a result, most of the today's youth spend a significant amount of time on their devices to unwind, such as watching dramas or videos, playing games, and chatting with peers until the wee hours of the morning. This excessive use of technology not only interferes with good sleep, but it also contributes to mental health issues that are likely to increase anxiety (W. F. 17, Juma, V., Mutua, J., & Ngugi, B, 2021). Additionally, some youths will feel depressed and anxious as a result of cyberbullying on social media. These irrational comments should not be taken seriously by the youth as all of us are live our lives for ourselves, not for others, thus youths should not be concerned with what others say or criticize about them. To address these issues, the youths are encouraged to participate in activities that they enjoy and are interested in, such as yoga or cooking lessons, in order to find happiness. It is because doing activities we enjoy is the key to relaxing our minds and bodies.

Apart from these, family conflict also strongly linked to youths' mental health. As we all know, family members are the people with whom we have the closest relationships. Indeed, conflict in families may affect children in a variety of ways, and long-term conflict exposure can be mentally detrimental. For instance, the depressive symptoms may manifest in the youths, such as feeling lonely or unhappy, blamed themselves for the argument between their parents, or locking themselves in their bedroom for extended periods of time and it will directly lead to mental health problem too (ReachOut Parents, 2021). Hence, the family members especially for both parents should play a good role model for the youths to let them feel loved in the family position as well. The decreasing chronic inter-parental conflict and stress provides children with the emotional stability they require for strong mental health (Child and Family Blog, 2021). Parents should also take the time to listen to youths as they relate their stories in order to prevent family conflict and also improve the relationship between each another.

As parents, they should constantly take good care of their children and be aware of any childhood traumas that they may have had. If the parents have no clue on how to help the

youths, they might seek for expert advice and therapy to help them overcome the mental health condition. Besides, parents should always increase awareness among youth about the term of "sexual abuse" in order to safeguard and prevent their children from falling victim to it, as well as to know what to do if it does occur accidentally.

Conclusion

A health individual can also suffer from mental illness. It is common for youths to suffer various forms of emotional anguish as they grow and mature. For example, it is

normal for young people to undergo brief severe depression. When symptoms linger, it is time to seek professional assistance. Mental health among youth is seasonal, not consistent, and research has shown that most youth can effectively negotiate the obstacles that come with having a mental health illness by treatment, family and professional supports. So, mental health issues have a substantial influence on youth's ability to form secure and healthy connections with their friends, parents, and partners. In a nutshell, everyone is encouraged to take a good care of the mental health especially in the youth age time. To maintain a good mental health, we should always think positively and not be embarrassed to share out the problems and express the feeling to the people we love, trust, and respect. Besides, youths are the pillar of the country's future, thus it is everyone's obligation to take care of their physical and mental health. As the saying goes: “there is no health without mental health” ， the youths should understand it better and take good care of it to enjoy a longer and happier life.

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21 Youth Health: Suicide Awareness

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Abstract

With the progress of humanity, human health problems also appear. To illustrate, a high standard of living, additional social stresses, and more reasons, people are struggling with depression anxiety and thus causing suicidal ideation. Since the world has begun and until today, the mental health issue, especially the issue of suicide, is still needed by people to be concerned. Although older suicide is more than youngers, it still is the leading cause of death in youth. Consequently, for youth health, youth prevention of suicide awareness needs to be aware. Thus, the community needs to know the issue of youth suicide. In this paper, an introduction of the youth suicide issue, some of the typical suicide methods, signs and behavior, factors causing them suicide, the preventions, and challenges have been explored.

Keywords: Suicide, Youth, Young People, Mental Health, Factor of Suicide, Prevention

Introduction

Adolescence is a stage that every human must go through in growing up to the stage of adulthood. The people who are currently in adolescence can be called youth. As the public knows, youth may face a hundred problems and issues in adolescence. The problems can be academic, peer pressure, bullying, sexual activity, drug use, depression, and suicide. In particular, all of these problems can affect youth's health, and the most severe issue is youth suicide.

What is suicide? According to the National Institute of Mental Health (2021), suicide is defined as death induced by self-injurious activity with the intention of dying. Suicidal ideation or suicide thoughts would appear in the minds of the people who are trying to suicide. However, not every person that has suicidal ideation will kill themselves. Some people might only think they would be better off dead, while some people are really thinking of suicide; they would make specific plans to die. A report from the Center for Behavioral Health Statistics Quality had summarized a survey from 2009 to 2014. And the result showed a total of 6% of 18 to 25-year-olds respondents had responded affirmatively to the survey question, “At any time in the past 12 months, did you seriously think about trying to kill yourself?”. While for the respondents aged 65 years and above, only 1.6% think seriously about killing themselves.

Moreover, the statistics stated, every 31 Americans with suicidal ideation, one person will attempt suicide. (Harmer et al., 2021). From the above statistics, people know that youth between 18-25-years-old are easily suicidal ideation, thus committing suicide. Youth suicide affects their families, the community, and the country and has long-lasting effects on the people left behind. (World Health Organization, 2021). According to World Health Organization (2021), more than seven million people die

due to suicide every year, and suicide was the fourth leading cause of death in 15-29-year-olds in 2019. An estimation by World Health Organization stated that approximately one million people die from suicide each year, which represents a worldwide mortality rate of 16 people per 100,000 or one death every 40 seconds. It is predicted that by 2020 the death rate will increase to one every 20 seconds (Befrienders Worldwide, 2021). From the perspective of youth, a report from the Samaritan of Singapore (SOS) stated that the rate of suicide in Singapore for young adults remained the highest last year compared to other age groups. In 2019, 71 persons aged 20 to 29 committed themselves, keeping suicide as the main cause of death for youth aged 10 to 20 years old (CNA, 2021). In short, the prevalence of youth suicide has been increasing.

The news of youth suicide can be read and seen on articles, television news, and online media from time to time. “In May 2019, a young 16-year-old Malaysian girl asked her followers on Instagram to help her choose whether to L (live)/ D (die). When most respondents on Instagram chose "D”， she ended her life several hours later.” (Fullerton, 2019). “A fifth of girls aged 17-19 and one in 10 boys the same age has self-harmed or tried to kill themselves.” (Campbell, 2018). According to research that mental health experts said was “very worrying”， one in five girls and young women in England aged 16 to 24 have cut, burned, or poisoned themselves (Campbell, 2019).

All youth suicide cases prove that youth suicide is not a simple issue and can be ignored. The lack of suicide awareness problem is an issue that needs to be concerned in all countries. It is whole nations, not limited to gender, ethnicity, regions, education level, and age. Implementation of the prevention of suicide, especially youth suicide, should be carried out by the government, community, and public.

Method Of Suicide

Knowing the method of suicide will help people from recognizing the sign that people are suiciding. The method of suicide has been documented as suffocation, self-poisoning, firearms, jumping from a height, self-harm, drowning, and transportation.

Suicide by suffocation occurs when a person restricts their breathing or the amount of oxygen they take in, resulting in asphyxia and, finally, hypoxia. People that have suicidal behavior may prepare a rope or cloth. Moreover, people who are trying self-poisoning may abuse medications, drugs, and chemical substances. The World Health Organization (2021) estimates that around 20% of global suicides result from pesticide self-poisoning, mostly in low-middle-income countries and rural agricultural lands. The other standard methods of suicide used by global are hanging and firearms. According to the National Center for Health Statistics (2019), the most common way of suicide in the United States is a firearm, accounting for 50.39% and followed by suffocation, 28.55%, poisoning, 12.80% in 2019.

Self-harm is defined as causing pain or injury to one's body by cutting, burning, scratching, or engaging in any other conduct that causes pain or damage (Hull, 2021). Self- injurious actions are most common among adolescents, with roughly 17% confessing to doing so at least once in their lives (Hull, 2021).

The other standard method of suicide is by transportation. People that attempt suicide typically will lie down or fling themselves in front of a fast-moving car, either on the road or railway tracks. This method is highly prevalent in Japan, Europe, and

North America.

Sign And Behavior

Suicidal behavior refers to any action or thought that could cause a person to die by their attempts. The sign of suicide is an indicator or predictor that a person might be in danger, such as a person who attempts to die and might urgently need help to solve this before it happens.

Based on BMC Public Health, the studies show suicidal behavior among youth from 90 countries to examine the suicidal ideation and thoughts among youth between 13 to 17 years old. It can be proven that there are 397,299 youths, which is 51.3%, representing higher female youth than male youth. (Campisi et al., 2020). Based on Mental Health. gov, suicide is the second leading cause of death among people aged 15 to 24 years old in the United States due to several factors such as traumatic stress, family factor, and mental disorder within the past 12 months. Besides that, more than 9.4 million adults in the United States had severe thoughts or attempts of suicide due to several factors such as impulsivity, hopelessness, and chronic illness. In general, almost 112 Americans die by suicide each day. Plus, one person dies by suicide about every 11 minutes in the United States. (MentalHealth.gov, 2018). In fact, studies indicate that suicidal ideation and thoughts are significant indicators of suicide. These suicidal ideations include thoughts of wanting to die, recurrent thoughts of self-harming behavior. According to Statistics in 2019 from CDC, 8.9% of high school students are recorded as attempting suicide while 18.8% of high school students were recorded as "seriously considered" attempting suicide. (Boston Children's Hospital, 2021)

Thus, there are numerous common suicide warning signs and behaviors that can contribute to suicide among youth. Ultimately, these are some potential warning signs that are clear and easy to observe or identify, such as threats or talk about killing themselves, talk about feeling hopeless or living without reason, social withdrawal, and making preparation for death. Otherwise, some warning signs of suicide are hard to observe, such as changes in behavior, personality, appearance, sleeping patterns, emotional distress, etc. Nevertheless, it is undeniable that numerous warning signs and behaviors are clearly associated with an increased risk and rate of suicide among youth. Lastly, early detection of warning signs and behaviors of suicide can lead to suicide can be prevented immediately.

Talking about suicide or dying

One of the signs of showing suicidal behavior from youth is talking about suicide or dying. Most studies agree that suicide establishes a strong link between a sign of talking about suicide or dying. About 50% to 75% of the person considering suicide will give or display someone such as family, friend, or relative a warning suicide sign prior to performing the actions. (Casarella, 2020). For instance, they, especially youth, might talk an unusual frequency about death or talk openly about committing suicide like "I am going to kill myself," "I wish I had not been born in the world," and so on. Nevertheless, not everyone attempting suicide will talk about suicide or death to someone because they avoid their family, relatives, and friends will extremely be worrying about them.

Besides that, a person, especially a youth considering suicide, might also say they

feel like a burden to their others, particularly their family. The finding shows that children or youth between ages 10 to 19 years old who live in high poverty levels or rates are more likely to die by suicide, representing 37% because children who live in high-poverty households will experience a lot of worse health crises such as chronic illnesses. (Smith, 2020)

Withdrawing from others and isolation

First and foremost, a sign of suicide and suicidal behavior among youth is closely linked to a sign of withdrawing from others and isolation. Social withdrawal is not only to depression, and it is also be linked with other disorders such as mood disorders, anxiety, and personality disorders among youth. (DiMaria, 2020). This can be proven that the person who wants to be alone and keep away from friends or social activities entirely are symptoms or signs of anxiety and depression and lead to a symptom of suicide. For example, the youth lose their interest and pleasure in enjoying social activities like hanging out with friends and exercising with friends. They will also stop returning phone calls and messages from their friends. As a result, they will ruin their relationship without communicating and interacting with their friends. (Cleveland Clinic, 2021).

In addition, youth might also withdraw from daily routines such as resisting going to school and resisting communicating and interacting with their family or friends. Thus, the person showing this level or rate of isolation is at a high probability of attempting suicide. (Corbett, 2018). Thus, without social relationships, the youths might feel lonely and isolated, which leads to suicide risk will increase.

Any unusual changes in behavior, personality, or appearance

Furthermore, this is a common or popular action for someone attempting to end their own life. However, it is easy to ignore or neglect because the changes will not obviously look or seem related to anxiety, depression, and hopelessness that a person is facing. A person considering suicide might exhibit or show a change in their attitude or behavior compared to previous behavior such as speaking, moving, thinking or reacting. As a result, their speaking or moving will change with unusual speed like slowness or quickness. (Ellis, 2019)

In addition, someone who is considering suicide might change their personality suddenly, such as a person who is kind may become irritable and aggressive. Research indicates that 55% of youth who died by suicide had a personality disorder or sudden changes in personality because of depression and anxiety. (Townsend et al., 2021) However, the person might also suddenly be less concerned about their appearance. For example, the person was unshaven with an unkempt and messy appearance for the whole day.

However, many studies showed that up to 60% of the person with changes in eating patterns or behaviors would engage in suicidal thoughts and attempts. As a result, the rate of suicidal attempts and ideas for people with bulimia nervosa and those with anorexia are much higher than those who simply restrict or control the amount of food they eat. (Smith, 2019)

Changes in sleeping patterns.

The changes in sleeping patterns among youths are a sign of suicidal behaviors,

but also it is a sign of depression among youth that they are facing. Research shows that about 75% of youth had less than 8 hours of sleep at night.

This study revealed that the data from YRBSS in 2017 shows 13,659 youth aged 14 to 18 years old will record as 51.8% for female youth were analyzed as an insufficient sleep as the main suicide sign and behavior. For the 13,659 youth, total of 10,244 youth representing 75.2%, experienced insufficient sleep at night, while 2,409 youth representing 17.6%, experienced suicidal ideation and thoughts during the past 12 months because of insufficient sleep. (Baiden et al., 2020). For instance, people who are considering suicide might sleep less than average, like less than 8 hours because of traumatic stress, mental health disorders and depression. This leads to experiencing insomnia, staying up until all hours, and feeling exhausted in next day. As a result, lack of enough sleep cause slowed thinking, poor decision making, and lack of energy to do anything they want and increases the risk of early death. For instance, the youths will decrease performance in their school due to insomnia, which leads to a lack of energy to do anything and hard to concentrate on their studies. In addition, a person who is feeling suicidal might sleep more than usual and struggle to get out of their bed. As a result, they become lazy and spend their time running idle for the whole day.

Emotional distress

Research shows that suicide attempts are closely linked to emotional distress such as depression, a feeling of hopelessness, sadness or moodiness, and mood swings. The finding

indicates that the rates of depression among youth ages 14 to 17 years old increased more than 60%, which increases among youth ages 12 to 13 years old represents 47%, and 18 to 21 years old represents 46%. In comparison, the rates of depression among youth ages 20 to 21 years old have roughly doubled. (Heid, 2019).

When a youth suffers from depression, it can influence their work, eating patterns, resist going to school, and the ability to enjoy or do anything. Depression also can affect the ability to do the simplest things such as going to school, eating a meal, and speaking clearly. It is because depression makes a person unable to focus or pay attention to do any activities and makes it hard to get through the whole day.

Research shows that the data from the national YRBSS in 2013, there are 29.9% of high school students in the United States expressed a feeling of hopelessness or sadness almost daily. Besides that, the data also showed that female youth who feel hopeless or sad represents 39.1% at nearly twice the rate of male youths that feel hopeless or sad, representing 20.8%. (Kroning & Kroning, 2016). As a result, a person who is considering suicide might feel a deep sense of hopelessness about their future and might also have no or little expectation in their future. A person with obsessive confusion about the future will reckon that death is the only way to escape their pain.

Making preparation for death

Active suicide ideation is a person who has developed a plan to perform it when a person has thoughts or attempts of suicide. According to the research, approximately half the total sample representing 51.6%, reported recent suicidal ideation, including almost 32.2% reporting active suicidal ideation among secondary school students aged 13 to 16 years old in Australia, such as seriously considered suicide or developed a plan.

It can be shown that active suicidal ideation is closely linked to greater depression severity among youth; represents Odds Ratio (OR) is 1.11, 95%, and Confidence Interval (CI) is 1.04 to 1.19. (McGillivray et al., 2021). For example, a person who is feeling suicidal will make some preparations such as getting their business or affairs in order, giving away their items, making a will and giving away their essential possessions. Besides, some people will write a suicide note and say goodbye to their loved ones, such as friends and family, before attempting suicide.

Factors Of Suicide

Social factors

Adolescent suicide is closely connected to the overall environment of social change. Many social theories of suicide believe that the drastic change in the social environment is the most important factor affecting the suicide rate. Emile Durkheim, a French sociologist in the 19th century believed that suicide was not a simple individual behavior, but a response to the transformation and fission of society.

According to Tosti, G. (1898), a person's suicide is caused by a sense of social disappointment in the outside world. Due to the rapid development of the 21st century, rapid social change has caused social and cultural instability, destroyed the essential social support and communication for individuals, weakened the confidence and will of some people to survive, and led to the increase in suicide rate. The world is now in a pandemic period; the COVID-19 pandemic has influenced all people's mental health and also physical health. Thus, the increase in social anomie phenomenon tends to influence and impact teenagers' lifestyle and behavior patterns; the damage is essential for their social support and communication. It weakens young people's ability, confidence and will to survive, leading to higher suicide rates.

According to Pridmore, S.et al., (2013), different nationalities and cultural backgrounds have different attitudes towards suicide. For example, some religions forbid suicide, such as Catholicism and Judaism. Because life is sacrosanct in Arab culture, suicide is considered sacrilege. Of course, some cultures support suicide, such as bushido in Japan, which encourages suicide and believes that committing seppuku is a brave act of atonement. Traditional Chinese religions, Buddhism and Taoism, are also tolerant of suicide. All these to some extent or more or less affect whether teenagers take suicidal behavior.

Appropriate stories in the media have an apparent psychological infection of various news media publicity for other suicides. Various books and television programmers in improper attitude towards suicide may also mislead the youth and leave a wrong view in their hearts. Individuals may feel hopeless when confronted with problems and disappointments as a result of such negative views, and the only way out is self-expression and destruction. Furthermore, prolonged media coverage of celebrity suicide will have a subtle impact on youngsters who are unable to manage their difficulties and emotions well. For example, some teenagers imitate the suicide behavior of the leading characters in movies, TV shows, and novels at home and abroad. Consequently, the World Health Organization stated the media should play down reports of suicide and has set out guidelines for media coverage. (Fu, K. W.et al., 2008)

School factors

According to Joe, S.et al., (2007), the imperfection of the school education mechanism is one of the reasons why adolescent suicide has not been effectively contained. To begin with, schools overlook the value and significance of mental health education. For a long time, the school prioritised students' physical health and academic performance, ignoring their psychological or mental health needs, and failing to properly guide students' life values and cultivate teenagers' accurate life consciousness, all of which are still present to some level. The cause could have been in the early stages of a teenager's psychological aberrant difficulties, which could not be resolved quickly, and some indicators of suicide that were not discovered in time, resulting in tragedy. Behind the complex causes of suicide are teenagers seeking care, equality, and dignity, but they do not know that they are taking such a way to end their own lives. Therefore, it is necessary to educate teenagers to treat life and death with an objective attitude to love life more and cherish and respect life.

According to Miller, K, E. et al. (1992), increasing academic burden and unpleasant learning environment can also lead to adolescent suicide. The introduction of the school teaching competition mechanism, test scores, ranking determines all the honor, survival of the fittest. All these warnings can undoubtedly bring great mental pressure and psychological burden to teenagers. In addition, learning itself pressure, interpersonal tensions, low-income family conditions, emotional setbacks, being framed or misunderstood, had thought serious disease, factors such as improper teacher way of teaching and can lead to students' tension, anxiety, inferiority, injustice, retreat, fear and other psychological problems and obstacles in his heart. These culminated in irreparable tragedies.

Family factors

According to Miller, K.E.et al., (1992), the family factors, whether the family relationship is harmonious, the family structure is reasonable, the family members are healthy, and the family affairs are handled democratically, all these affect the healthy physical and mental growth of adolescents.

Suicidal ideation among teenagers is influenced by poor mental health and home environment, with the family psychological environment of suicidal adolescents being worse than that of the control group, notably in two indexes measuring family intimacy and conflict. People can gain the most fundamental sense of security and social support from a typical, healthy family setting. On the other hand, because family is the most intimate relationship with a person's social organisation, the malformation of low-income family relationships can cast a long shadow and generate anxiety. The parents' words and deeds to every teen impact are the most profound and enduring. According to Adam, K.S. et al., (1996), many studies have shown that adolescents with a history of suicide in their families are more at risk of suicide and more likely to commit suicide in the face of frustration than others. At this point, the behavior pattern of family members may become an example for them to learn and imitate and become an additional risk factor for suicidal behavior.

According to Simons, R.L et al., (1989), adolescent suicidal conduct is linked to parents' educational approaches and expectations of their children. Teenagers' psychological pressure will be increased if there are too many requirements or

expectations. Some children believe themselves useless and feel apologetic to their parents or fearful of being blamed if they fail to match their parents' needs and expectations. Therefore, they commit suicide themselves. On the other hand, a spoiled education will have many negative consequences, such as forming a fragile, dependent, and self-centered personality, increasing the likelihood of encountering setbacks and significantly diminishing their ability to tolerate setbacks. At the same time, even if they have excellent financial, mental, or emotional support from their families, there is still an important factor affecting the risk of suicide. Research shows that when a person is in a mood of severe psychological imbalance, and there is no organization to help them remove the shadow, there is a high risk of psychological breakdown and even suicide. Teenagers who choose to commit suicide result from a lack of spiritual strength and social support. If the youth can get such effective support from parents and families on time, many tragedies can be avoided.

Prevention

How to prevent youth suicide? The public can prevent youth suicide from three perspectives, which is from the social side, school, and family.

From the social perspective, the first prevention is when finding that the people have suicidal signals, do not easily ignore any of the signals because the risk of suicide exists. (Augenstein et al., 2021).

As a part of the community, people should identify suicide behavior signs in online networks such as social media and real life. The community should do their best to help the person who wants to commit suicide. Attentively listen to them. Calm their emotions so that they can vent their long-suppressed negative emotions. Do not criticize or blame them, and do not simply provide solutions for them using their prejudice. Calm and patiently hear their thoughts and feelings, rather than refusing to discuss the topic of suicide. Even as a stranger for them but as a part of society, people are encouraged to accompany them, give empathy and support, and let them know that they are not alone, which they also need most.

Moreover, the public can listen to them and reduce the mental pain they cannot endure and allow them to circulate their painful emotions during this period. In addition, ensure the parties turn to mental health professionals. People at high risk and with suicidal ideation can be encouraged to seek help from psychological professionals such as psychiatrists, clinical psychologists and counsellors. At the same time, a suicide helpline can also be shared with those involved. (LaMotte, 2021). They can go to a mental health facility or hospital for evaluation and get help.

Secondly, prevent youth suicide from the school aspect. The school should provide students with an environment that encourages healthy personality development. Schools should make mental health education a compulsory course for students at all levels, preparing students to handle a variety of stressors in school and in life, guiding stable interpersonal relationships, teaching student self-emotional regulation techniques such as thorough relaxation, anxiety transfer, emotional discharge, and self-suggestion, and valuing youth life. (National Association of School Psychologists, 2015). Furthermore, the schools should concentrate on extracurricular activities and reduce the student's excessive academic burden.

The school should extensively carry out various activities to adapt to student,s psychological characteristics and needs, change closed education into open education, and create space for students to develop their physical and mental potential. All educational methods and means should conform to the principles of pedagogy; the teachers should be strictly trained with mental health requirements, excluding any school social environment that causes, enhances and expands youth suicide from the sociology of education. Besides that, schools should pay attention to students' diagnosis and active treatment of neurological and psychiatric patients. When the school finds mental abnormalities, physical and mental abnormal symptoms, they should cooperate with parents timely and please psychological doctors or psychological experts for differential diagnosis. After the diagnosis of depression, anxiety, obsessive-compulsive disorder, schizophrenia, and other neurological and mental diseases, actively undertake the treatment of referral drugs for psychological counselling and cure the root and avoid the occurrence of suicide. (American Academy of Child and Adolescent Psychiatry, 2018)

Apart from the prevention from the perspective of social and school, the perspective from family also should be carried out. Cultivating and maintaining healthy intimate relationships can improve individual tolerance and combat youth suicide risk. (Pelkonen & Marttunen, 2003). The closest social circle of individuals, partners, family, companions, friends and beloved are the most influential in times of crisis; they are the significant source of human's social, emotional and financial support and can buffer the effects of external stress to support individuals. (Bilsen, 2018). Hence, the youth in the stage of adolescents, in a stage of immature mind, need this kind of support.

Furthermore, the family's education environment should be optimized for ensuring their child's health is in good condition. Parents are one of the sources of stress on their children. Parents should change their expectations toward their children to prevent the youth from being stressed in education or anxious about their academic problems. Otherwise, there is nothing else but to increase the child's excessive psychological burden and pressure. Second, adjust the family atmosphere and the parent-child relationship. Unfortunately, parents, especially in Asia, are willing to spend money on their children's culture and artistic credits rather than on their own personal development and family relationships. They only concern with their children's learning ability but ignore the significance and role of nourishing their children's hearts that can brought by important family education. Therefore, parents should learn how to communicate with their children, respect, understand, tolerance, and believe them.

As a result, the parent will understand the troubles in their growth and are able to help and support their children in bravely facing difficulties and setbacks in life, which is conducive to enhancing the parent-child relationship and forming children's good personality characteristics, thus lead the child to have a happy life and not be overwhelmed by stress.

Challenges

Availability

Although a comprehensive network of mental health services is available, some

young people still have trouble seeking professional help. (Goh, 2020). In the article of CNA (2021), a 23-year-old patient service associate at a local hospital found out in the network site do not have narrow options for the patient for reaching a helpful message and does not give a proper treatment that is appropriate when she was searching "Singapore counseling session" and "affordable counseling."

Moreover, a patient points out that the awareness of the availability of health and resources has not increased significantly over the last five years, neither has the "ease of search" (CNA, 2020). To illustrate the case, people might confuse what phone number to call with instead of knowing the '999' for calling the police when they face a mental health problem. "Finding the appropriate mental health service can seem like an overwhelming experience." (Goh, 2020)

Price of treatment

The price of treatment also is a challenge for the patient seeking help. A patient from a low-middle income family may face a problem paying a massive cost for the mental health treatment. For instance, according to Raffles Medical Group (2021), a session with a counsellor or psychiatrist will cost at least S$160.50 and S$214, respectively. Although the community has more and more medical social workers for them, and they may provide financial assistance to the patient, the patient still has to be brave to seek help and overcome the issue of high selfesteem and face.

Self and Social Stigma Still Exist

The stigma of mental disorders such as depression, anxiety and other risk factors that cause suicide from society still exists.

"In order to avoid being evaluated or connected with perceived negative stereotypes, youngsters may try to hide their troubles in order to avoid being labelled 'weak'...even if they have suicidal thoughts." (Goh, 2020) The people struggling with depression, anxiety, being stressed in academics, and being bullied repute that they are weak, losers, and may hiding their problems instead of seeking help.

Although some of the patients will seek help, they may still not be understood by others. A voice from a 27-years old patient, Yi Wei, stated that she was very disheartening whenever she brought up the topic of mental health with her parents. She said they do not understand what she is currently struggling with, and parents just see it as something difficult that they have to overcome, like everything else in life. (Goh, 2020)

Conclusion

In many countries, suicide is a leading cause of death among youth aged 15 to 24 and adults over 24; the number of deaths from suicide exceeds the war and murder combined. (Mennicke et al., 2021). The causes of suicide are varied, with close ties due to age, gender, society, and culture. In the light of Brian Mishara, the chairman of the International Organization for Suicide Prevention (IASP), stated the risk of suicide increases with age. (United Nations, 2007). Thankfully, suicidal behavior is not an inevitable social burden, and it can be prevented in several ways.

The Health Organization and the International Suicide Prevention Organization hope that suicide prevention workers working in various fields can arrange activities on

World Suicide Prevention Day, which is on September 10, to increase public understanding that the problem of suicide throughout life is a preventable public health problem. (LaMotte, 2021). In conclusion, youth suicide is a severe and heartbreaking issue. Suicide is on the rise, especially amongst the youth, and often through social, school and family. Thus, as a part of the community and for youth security, national progress, the youth suicide issue should be aware among all people.

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22 In the Framework Of The Industrial Revolution 4.0, The Implications Of Big Data On Students.

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Abstract

The emergence of IR 4.0 has wreaked havoc on the education business. Big data is one of the standard technologies that Industry 4.0 has produced that substantially impacts the education system in the education industry. Especially in this technological era, they are increasing the volume of data generated by big data. Structured, unstructured, and semi structured data are three types of Big Data, based on the three Vs rule of volume, variety, and velocity. Simultaneously, the education industry is beginning to use big data since it may assist educational institutions in interpreting information and making more informed judgments. Achievement data, demographic data, program data, and student perception data are four educational data that can positively or destructively impact on students. This article will look at how the benefits and drawbacks of using big data in the education business will aid and affect students' learning.

Keywords: Big Data, Students, Learning and Education, Impact, Industrial Revolutions

Introduction

The globe and its populations have gone through four industrial revolutions as the times have progressed. However, each revolution has accelerated social growth, and these changes have benefited human development in a variety of ways. As the industrial revolution was founded between the late 1700s and the early 1800s, in the manufacturing sector manual work that was performed manually and supported by animals has been substituted by the water and steam-powered engines and other types of machine tools. The use of steel and electricity in factories did not take place until the early twentieth century. The second industrial revolution expanded manufacturing efficiency and invented the concept of mass production. The third industrial revolution started in the late 1950s and it is characterized by digital technology and automation software, and the manufacturing industry engages more in computer technology than in electronic technology (What Is Industry 4.0—the Industrial Internet of Things (IIoT)? nd). However, the third and fourth industrial revolutions are still ongoing, these industrial revolutions 4.0 have bridged the gap between the real world and the virtual world by the use of cyber-physical systems as well as the Internet of Things (IoT) to concentrate more on the digital technologies, these inventions have raised digitization to a new higher level.

A 250-year journey from the first to the fourth industrial revolutions has led to significant changes in education and learning styles among students. These shifts have occurred from teacher-centered education 1.0, in which books served as the primary source of information and students served as listeners, to education 2.0, in which students were at the focus and multi-faceted communication and collaboration were

encouraged (Jayalekshmi, 2021). Due to the development of technology websites were invented, the learning mode entered education 3.0 during this period, as the internet and mobile learning became more widely used by the general public in the early 21st century, and the internet's generality also played a significant part in the Era of Z. Students have progressively become the focus of knowledge as information has been more widely available, with the educator serving as a facilitator of learning to encourage student social engagement. In addition, education has become Education 4.0 as a result of Industry 4.0, new trends in education have emerged which interpret the teaching as different from in the past. Students are required to be future-ready students with the skills of creative thinking, innovation as well as problem solving ability (Jayalekshmi, 2021). In order to achieve these outstanding abilities, students are also assisted in numerous current technologies established in Industry 4.0.

Industry 4.0 ushers in the modern era while also bringing significant improvements to a variety of industries. Industry 4.0, in particular, introduces widespread technologies invented in the education sector, such as big data, cloud computing, 3D printers, mobile learning, MOOCs, robots, Makers, as well as others (McGinnis, 2020) which enable students or even self-study young people to improve their learning progress in a quick and reliable manner both in daily life and in class. Especially under the impact of the COVID-19 pandemic, the intelligent invention of industry 4.0 to the learning and education sector is more obvious (Javaid, M. et al, 2020). Consequently, Big Data is also assisting in the improvement of education, with the emergence of Big Data for education has broken the shackles of the original, it provides several online educational courses which are no longer limited to the physical confines of the classroom (Rai, 2020). To illustrate, MOOCs (massive open online courses) are one of the types of free online courses created by a leading university in the United States that also use interaction logs to determine student behaviour and allow educators to create a better learning method (Kvartalnyi, 2020).Therefore the academic institutions are expanding in digital courses that use Big Data technologies to enable students to develop comprehensively (Rai, 2020).

Again, according to the term "Big Data," we're talking about data that is too vast, rapidly, or complicated to handle using traditional methods. There is evidence to show that John Mashey popularised the term “Big Data” in the early 1900s, meanwhile, the notion of big data gained traction in the early 2000s, when industry analyst Doug Laney made it famous (Big Data: What It Is and Why It Matters, n.d.). In the initial periods of big data, volume, variety, and velocity were the three primary notions connected with the term which so-called 3V's. To give an illustration of what it means, volume is a measure of the quantity of data present in a given space, as data travels and processes it's known as velocity coupled with the variety that stands for many different kinds of data (Kvartalnyi, 2020).

Then again, it is expected that the amount of data created will continue to grow in the future. Since the 1980s, the world's technological per-capita capacity to store information has nearly quadrupled every 40 months; until 2012, 2.5 exabytes (2.51018) of data were created per day. Also according to recent IDC research, the global data volume is expected to rise significantly between 2013 and 2020, going from 4.4

zettabytes to 44 zettabytes, with 163 zettabytes of data being generated in the globe by 2025, according to a recent report (Michael Z. Zgurovsky, Yuriy P. Zaychenko, 2019).As can be seen, the amount of this data is rather big, as are the categories to aid in comprehension of the source of the raw data and to maximise its value throughout the data cleaning and transformation process, measure the big data in the world is classified into three separate categories which are structured data, unstructured data, and semi structured data (Allen, 2021). Similarly, as the popularity of online education grew in the new millennium, so did the number of educational academics turn to big data analysis. and established the International Educational Data Mining Society in 2011 (Kvartalnyi, 2020).

Indeed, it's important to note that the kinds of big data used in educational institutions are also classified into different types. Achievement data, demographic data, programme data, and student perception data are all sorts of educational data that may be used to analyse a school's progress and performance. For your information, achievement data is collected using standardised test scores, class-based exams, rubric-score writing portfolios, and class grades to indicate whether students have mastered course information and abilities and met the academic criteria of their school. Second, it is necessary to gather demographic data such as their statistical rate (gender, ethnicity, rural economic status, etc.) and sources relevant to a particular trend in order to guarantee that the school data is updated to understand and help fulfil the requirements of pupils. Third, the participating school also produces program data to determine the quality and quantity of students enrolled in the school's academic programme. As a result of this data, which includes everything from a teacher's training and experience to a class's scope and programming before and after class, the school can clearly see the school's online competitiveness and level. Besides, perception data may be used by multiple stakeholders, like as school officials, to standardise teaching quality and environment, and so on. In addition to helping academics better understand their students and the views of their parents, survey data may also help the school continue to improve but provide a better learning environment for the next batch of students (Fitzpatrick, Michele, Ed., 2004).

Not only collect the data but also organise the data in order to use the data to customize student's lesson plans, anticipate learning outcomes, and even assist students with finding institutions and majors that really match their interests and talents (Schroer, 2018). Nevertheless, like with any coin, there are two sides to every storey, and cognitive enhancement can have severe consequences for the younger generation. Hence, we will have more discussions about Industry 4.0 that developed the application of big data technologies as the learning and education of youths evolves.

With the development of the method of learning and education, the application of big data will go deep into all aspects in the future. Big data can achieve more accurate learning situation examination, personalized learning analysis, and intelligent decision support. This is not only conducive to meet the more individualized teaching needs of students but also conducive to greatly improving the quality of teaching. It plays an important role in promoting education fairness, improving education quality, and optimizing education management. It has become an indispensable part of realizing

education modernization (Wang Jin, 2021). The future applications of big data are rough as follows:

Based on big data, analysing students' personalities and learning habits make it clear to understand students' learning characteristics, gain insights into students' learning needs, guide students' learning process, and diagnose students' learning results (Murzin A.D & Rostov-on- Don & Zhang X & Repina E.A, 2019). Through the measurement, collection, and analysis of various data related to the learning background and process of learners, the individual learning styles and learning behaviors can be summarized and analyzed from massive amounts of student-related data, thereby providing personalized learning support.

Besides, teachers can realize differentiated teaching based on the use of big data. Big data can realize teaching differentiation based on students' existing points of interest in the process of guaranteeing to teach so that education can better meet the needs of different talents. Teachers can recommend suitable learning resources according to the different needs of students, and further help students find their real points of interest.

Not only that, but big data is also conducive to the implementation of refined management. In the traditional education environment, the data used by education management departments or decision-makers is limited, and many times they can only manage and make decisions based on experience. Based on comprehensive data sources from all aspects of society, big data can realize real-time accurate observation and analysis, and promote education management to be refined, intelligent, and visualized.

Last but not least, it is conducive to providing intelligent services. Big data can collect and analyse the behaviour records of managers, parents, teachers, and students in all aspects, comprehensively improve the quality of services and provide better services for learners, teachers, parents, etc. The comprehensive collection, accurate analysis, and rational use of education big data have been used by schools to improve their service capabilities and form comprehensive intelligent management that uses data to speak, use data to make decisions, use data to manage, and use data to carry out precise services.

This is a story about the future of big data serving student learning: Bob is a first-year elementary school student, and today is his first day to go to school. He is a lovely and cheerful child who loves singing and dancing. "I have a strong desire to express myself, and I often greet people around me enthusiastically. As long as you hear the music, you will jump together with the rhythm.” Today he was walking on the way to school, admiring the plane trees on the boulevard. He stopped for a long time and didn't want to leave. Suddenly he realized that today was the first day of school and he had to hurry to school. Entering the school gate, the school's access control system automatically identified Bob's identity and recorded the track of Bob's walking route and sent it to parents and teachers. As soon as he entered the classroom, the teacher greeted enthusiastically: "Dear Bob, good morning. Is there anything interesting that happened today? The boulevard must be beautiful, right? What has caught your attention?" Bob happily Said: "Teacher, good morning, today's sycamore tree is very beautiful, its green is the most beautiful color in the world." The teacher began to call

the name, there are 20 children here. In the summer vacation, the teacher has been familiar with the information data report of each child, and clearly knows what subjects they are interested in in the kindergarten study, in which areas each child has unique advantages, what is his usual performance and what his personality is. Next, each child has the right to choose his own favourite courses. Then a separate teacher will lead to the corresponding class. Bob feels so happy because there are painting and biology classes that he is very interested in. Bob did not hesitate to choose painting, biology class, English, acting, speech, music, dance class. After a while, the teacher came to the classroom and led the freshmen to the independent classroom. After a while, the teacher of the drawing class came. She already knew all the personal information of Bob in advance, and she also knew Bob's wonderful experience this morning in advance. When Bob was in formal class, after the teacher talked about basic drawing skills, the assignment topic was Draw what you think is the most beautiful and interesting thing today. Bob was very happy and happily drew his favourite plane tree. After a while, the teacher received the assignment from Bob and gave him the best grade A. In the afternoon, Bob went to biology class. The teacher will also talk about the growth of big trees, which also includes the growth and knowledge of plane trees. After returning home from school in the afternoon, the teacher distributed related learning tasks, most of which were learned through the computer network. The computer will record the mouse clicks of Bob and the trajectory of Bob activities and discover how Bob reacts differently to different knowledge points, how long it took, and which knowledge points need to be repeated or emphasized. Through the after-school learning tasks, teachers and parents have already learned in the background what knowledge Bob has not mastered, and which types of problems are most likely to make mistakes. And in the future teaching, it will help Bob to repeat the weak knowledge. After completing one day's learning tasks, parents and teachers have received all the learning process and learning performance of Bob and will better help Bob to learn in the future.

Having said that, there is a dark side to big data. If you combine education with technology for a long length of time, you will see the drawbacks of big data's rise in popularity. In terms of both benefits and drawbacks, it's a great help, but it also has its drawbacks. It takes time for many big data technologies to develop sufficiently to be extensively used in other technological disciplines, as well as for certain technical aspects to be improved, since big data is still a relatively new technology. With big data systems in place for a length of time, most schools now face the following issues.

Among the several data systems that are often used in education, standard data systems are typically constructed on the basis of typical student standards. Students' fundamental data analysis is built using student information, consumer behaviour, activity monitoring, and grades. This implies that the data system is developed by computation and comparison in light of current student learning and personal life situations. However, such statistics do not capture the complete picture of students' lives and learning in the actual world. Concerning the processes and techniques for processing student data, under normal conditions, the system will process aberrant data first. This stage may be used to resolve the issue of being unable to assess data by standard, and then particular analytic techniques such as regression and NULL

modelling can be used to study the statistics of students in order to determine the link between various factors. Finally, thorough study enhances the accuracy of identifying the values of various features and predicting factors, resulting in a more robust prediction capacity and increased analytical accuracy. For instance, when the NULL model assesses the effect of a person's friends on their performance, it progressively disrupts the data between students in social networks, resulting in aberrations in the real social interaction between this individual and his or her friends.

Despite this, in reality, many of the main feature variables now employed do not accurately represent students' individual states and learning settings. For instance, the threshold for defining sleep as an auxiliary indication of pupils' classroom mood is not rigid. This is because some students make time sacrifices, such as doing assignments in the early morning hours, as a last-minute preparation for the test. They do this for a variety of reasons. They are susceptible to being influenced by willpower or a variety of unjudged factors, and some of the more abstract student moods are more difficult to anticipate. For instance, this sequence of standardised systematic processes cannot predict if a student's inner thoughts are lonely or the student's mental condition. Finally, utilising this case as a benchmark for performance results in the inverse conclusion. Thus, this also demonstrates that the outcomes of big data analysis are not always indicative of its current state. Both need offline particular monitoring due to the goal of pupils' short-term conduct. Although the research's analytical points, such as failure warnings and life norms, do get educators' attention. While the findings of big data analysis are typically credible and have reference value, they cannot be guaranteed to be error-free. When assessing a person, the conclusion of data encryption will be quite thin. With the purpose of maintaining a solid digital record, this technique destroys the natural richness of academic life. Students' emotions, interests, and goals may be obliterated by this cold data.

Big data continues to cause hidden threats in terms of protecting student privacy and managing students. At the moment, the big data system collects data on students' everyday lives and studies, as well as their behavioural information. The student's role is twisted in this case since the student has no influence over the data. Thus, if school administrators gather, analyse, and use data without the students' complete or partial awareness, this is a violation of the students' right to privacy. Indeed, the use of big data in education has significant legal and moral hazards. Schools must exercise prudence and keep a closer eye on these facts. Just in case thieves exploit this data for other objectives or even acquire and use illicit data through big data platforms. (Li LIANning, 2016)

In the era of big data, the multi-dimensional, fragmented, transmutation, virtual and explosive massive information is washing everyone's mind, which not only provides infinite possibility of "omniscience", but also causes difficulties in learning and cognition. On the one hand, the flood and sharing of big data information seems to induce people to think that there is only what they do not learn, and there is nothing they cannot learn or cannot learn. For example, successful people who jump from one field to another or work in an interdisciplinary field will always be grateful for the vast amount of information available. However, more and more people are turning to new

technologies and tools for help when faced with a surfeit of indigestible information.

Nicholas carr outsourcing is put forward in the shallow memory, die of civilization: a “when we are abdicating memory tasks to external database, thereby circumventing consolidate memories of internal process, empty we will face the risk of brain treasure, and imperil the depth of the individual and unique individual character and we share the depth of the social culture and unique personality." In fact, fragmented learning threatens the maintenance of attention, while the massive amount of information makes the brain tired, loneliness and anxiety of cognitive overload, even the feeling of incompetence, frustrates the confidence, motivation and self-efficacy of young people in learning, and may eventually lead to the tragedy of self-abandonment. Data explosion crushers teenagers' limited time and energy, which only leads to their learning and cognitive difficulties. Even though industrial big data can give young people more aspects to understand and operate, it is still important to remember that too much complex and useless information will quickly destroy the thinking ability of the human brain, and make young people lose their ability to make independent decisions when doing things according to data. It can be expected that our life depends on data, and we are eager to get more information. However, data may also be false and forged. Why can't robots do all kinds of things instead of human beings? Why do companies need people to manage them, even if industrial software runs them? People cannot be replaced, and young people should not lose confidence in life because of this. In the face of industry 4.0 and the changes of The Times brought by it, we should adjust our mentality, learn new knowledge, and do things well so that machines relying on algorithms and formulas cannot replace young people.

Conclusion

The Industrial Revolution 4.0's widespread Internet coverage has resulted in an increased usage of big data in the twenty-first century. Not only has big data facilitated several improvements in the industrial and medical sectors, but it has also improved educational institutions. Localized learning system that enables pupils to choose the educational path that is best for them. However, the aberrations and risks associated with big data will have a detrimental influence on students. However, with the continuous innovation and development of science and technology, humanity will undoubtedly extend beyond Industrial Revolution 4.0 to Industrial Revolutions 5.0 and 6.0 in the future, and numerous previously unimaginable technologies will continue to emerge to improve the quality of human life. In general, automation technology will alter the world, and it is believed that data scientists will be able to increase the safety of big data and mitigate hazards.

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23 Youth and the Age of Artificial Intelligence: Revolution of Opportunity

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Abstract

Artificial intelligence (AI) is currently at the forefront of the global policy and research agenda as the representative of the fourth industrial revolution. All human behaviour and actions are based on anticipated futures. We cannot apprehend the future because it does not exist yet, but we can use our latest knowledge and data to imagine futures and realize them. AI will create a revolution of opportunity for society, involving various topics such as economics, ethics, policymaking, and philosophy. The domain of education, health, creativity, and the future of work that empowers the youth's lives to interact with AI-powered technologies will be the main focus. This research may provide youth with insight and a prospective angle on relevant AI opportunities for the future of these domains.

Keywords: Artificial Intelligence, Youth, Opportunity, Education, Health, Creativity, Future of Work

Introduction

The next generation of youth will enter work at a time when the labour market is radically changing. The emergence of new technologies will change the skill sets needed to succeed at work. By 2030, a higher share of professions will require university degrees, and more work activities will require socio-emotional and technology skills. Over the next two decades, we expect around 127 million young people to enter the region's labour force (International Labour Organization, 2020). Due to advances in automation, by 2030, nearly 29 million jobs or about 17% of current jobs are at risk of being replaced. This trend has been accelerated by the COVID-19 pandemic, where many of these low-skilled occupations are being automated at a faster rate.

Emerging technologies such as Artificial Intelligence (AI) reshape the world and impact the economy and employment. By 2030, artificial intelligence has the potential to bring about US$13 trillion in additional global trade and economic activity (McKinsey, 2019). In addition, according to data from the World Economic Forum, by 2025, artificial intelligence can create 97 million new jobs, including data analysts and scientists, artificial intelligence and machine learning experts, and outstanding data experts (World Economic Forum, 2019).

The author is optimistic about the positive impact of artificial intelligence on improving the lives of youth and creating opportunities for revolution because youth are proficient in technology. There are several definitions of AI in the literature that can be found in various dictionaries and studies. It can be understood as a special ability of

computers and a branch of science about this ability. The Oxford English Dictionary defines artificial intelligence as "the theory and development of computer systems capable of performing tasks that normally require human intelligence, such as visual perception, speech recognition, decision-making, and language translation." (Oxford University Press, 2021).

The core issue right now is that many people are uninformed of the potential and opportunity of AI, which can bring AI to the bright and dystopian future everyone wants. Informing the people is of utmost importance because the development of AI affects many aspects of the world, such as education, health, creativity, and the future of work. Proactive insight can empower youth to interact meaningfully with AI-based technologies to promote creative expression and better future opportunities.

Purpose of the Study

This study aims to explore the potential and opportunities that artificial intelligence (AI) creates for youth. The author will introduce what artificial intelligence is and have a clear understanding of this emerging technology revolution. Finally, the author will also elaborate on how young people can enrich and empower AI-based technologies to improve their lives in the future.

Discussion

3.1 Education

The landscape of education had been rapidly evolved for the past few years, paralleled with the emergence of Artificial Intelligence (AI). Artificial Intelligence will play a significant role in the future of education, where it creates significant opportunities for youth to level up their education performance. Artificial Intelligence in Education (AIEd) is primarily focused on the development of "computers that perform cognitive activities associated with human minds, such as learning and problem-solving" (Baker et al., 2019).

In 2019, the Ministry of Education collaborated with the Malaysian Digital Economy Corporation to teach lecturers at the Institutes of Teacher Education (IPG) (Hani, & Dharmaraj, 2019). The ministry intends to train approximately 500 instructors and equip them with sufficient coding abilities. Finally, in 2020, the Ministry of Education introduced a new subject of Design and Technology (RBT) that related to Artificial Intelligence, computer programming, and robotics (Sharon, Hani, & Dharmaraj, 2019). The introduction of the new subject shows that the Malaysia Ministry of Education had started to recognize the importance of Artificial Intelligence knowledge and implement it in the Malaysia education syllabus. As a developing country, this is important for Malaysia not to be left behind and prepare our youth to meet the future demand where Artificial Intelligence would be a new norm.

In this section, we will discuss how Artificial Intelligence has carved a more distinct path in education. In other words, Artificial Intelligence has offered many opportunities to youth in matters of education.

In an interview with Education Destination Malaysia, Dato Albert Ong, Chairman

of the Orbix Education Group, said, "Digital literacy is the new literacy - an essential part of staying competent and relevant in an ultra-competitive world. With this initiative, we are determined to play our part in ensuring that Malaysian students be prepared to fit into the new norms of the future, especially as the nation moves towards the Fourth Industrial Revolution" (2021). Dato Albert Ong is the founder of the first Malaysia Artificial Intelligence (AI) and Robotics Curriculum in Schools. Recently, he successfully convinced the world-renowned IFLYTEK, one of China's top AI-based technology companies, to partner with Malaysia's Orbix Group to create Malaysia's first-ever AI syllabus for students aged 6 to 18. The schools give students opportunities to expand their robots in ways that may improve our way of life — and to have virtual assistants such as Alexa, Siri, and Bixby aid us in our daily lives. The schools' mission is to develop proficient students who will meet future demands increasingly entangled with technology. The schools' mission is to create talented students who will meet future needs that are becoming increasingly entangled with technology.

In Poland, under Intel® AI For Youth program, four 17 years old students, Jakub Florkowski, Antoni Marcinek, Wiktoria Gradecka, and Wojciech Janicki, had successfully created Hey Teacher! - an application that matches students with personal tutors that meet all their requirements. The idea to build this application derived from their daily problem as students, whereby seeking a private tutor needs much work. They use the knowledge they learn from the program to build AI apps that locate private tutors using simple-to-navigate filters such as subject, education level, availability, location, and price. This application is suitable for learners who still want one-to-one human tutoring but with a more accessible platform to quickly locate competent tutors that can help explain or broaden their knowledge.

One-to-one human tutoring has long been considered the most effective approach to teaching and learning (Holmes & Luckin, 2016). However, as time passes, it becomes clear that one-to-one human tutoring is untenable for all students in the modern world. The lack of human tutors is not the only problem in one-to-one human tutoring, the price was also not affordable for all people, and the approach sometimes is not the best one needed by the tutee. The question arises: How could we provide one-to-one tutoring to all learners across the subjects?

This is where the Intelligent Tutoring System (ITS) comes in. ITS simulates one-to-one human tutoring by delivering learning tasks that are optimally matched to a learner's cognitive needs and offering targeted and timely feedback, all without the presence of an individual teacher (Holmes & Luckin, 2016). Learners will experience personalized tutoring where they can control their own study pace and develop self-regulation skills. ITS is programmed to be more attentive to students' needs, and it would also save time. Unlike traditional tutoring, where humans need time to process the info they receive, we depend on the tutor time to reply to their tutee question, which could take one to three days. Rather than using models, many current ITS make suitable decisions about what learning content to provide to the student using machine learning approaches, self-training algorithms based on big data sets, and neural networks (Holmes & Luckin, 2016).

3.2 Health

Within the health domain, Al-driven technologies have a significant impact on the community and massive upside potential. For instance, it is growing mobile connectivity and the popularity of wearable devices as well as advancements in technologies such as health IoTs (Internet of Things). IoTs use medical device integration that has provided opportunities for clinicians and public health researchers better to understand the physiological variability in individuals and populations to diagnose and deliver care and better plan implement preventive and therapeutic measures (Arash Shaban, 2018). Through the advancement of mobile connectivity, it is possible to track health-seeking behaviours through cell phones and short message services (SMS) during the Ebola outbreak and to measure the utilization of facilities in the public and private sectors (Chunara, 2018). These vast amounts of data should be analyzed in detail to provide advice to patients who need lifestyle advice and generate information to improve Healthcare. At present, the main goal of most people is not to make artificial intelligence operate like a human brain but to use its unique capabilities to improve society.

In the context of young people, current diagnostic artificial intelligence tools enable clinicians to use natural language processing to assess suicide risk, creating opportunities for early intervention and solutions for vulnerable youth.- The COVID-19 crisis has exacerbated these health care problems, and policymakers, health care providers, and individuals are under tremendous pressure as they navigate the pandemic and plan for the future of health care. AI- based technologies available through Internet-enabled devices, such as chatbots and avatars, can deliver tailored mental health therapy to youth, allowing for increased user engagement and access to therapeutic services. AI systems can increase awareness of major health issues in high-risk groups, such as human immunodeficiency virus (HIV), at the broader community level. For example, a recent innovation in the field of public health is the use of AI-driven technology to select peer leaders in homeless youth communities to increase awareness of HIV testing and preventive measures. Therefore, the efficiency of online therapy extends the clinical benefits of a dedicated face-to-face youth mental health program to long-term improvement through online psychosocial intervention. This shows that the powerful AI-driven technology in the healthcare sector is facing both demand-side and supply-side challenges.

AI also will help those who are suffering in external health. This domain addresses skin and hunger issues, such as early-stage diagnosis and food distribution optimization. A diseasedetection Al-system had been created using the visual diagnosis of natural images, such as images of skin lesions, to determine whether they are cancerous, and it has outperformed professional dermatologists. This project was led by the University of Heidelberg and Stanford University's researchers (Preese A.F, 2018). AI-enabled wearable devices can already detect people with potential early signs of diabetes with 85 percent accuracy by analyzing heart-rate sensor data. If these devices are affordable, they could help more than 400 million people worldwide afflicted by the disease (Michael Chui, 2018). AI for personal use will stay with us much as genetics will

continue to provide personal services. It is therefore essential to consider how AI will also serve the development of our health care systems. Bear in mind; the implies that AI will have 3000 times the impact upon society as the industrial revolution, one of the most disruptive periods in human history. Hence, medical technological improvements that have occurred have enabled the growth of healthcare-related applications of AI. This shows how AI-driven solid technology in Healthcare faces both demand-side and supply-side challenges in the near term.

3.3 Creativity

Creativity is the intelligence of using the mind for humans, and it is an unavoidable difficulty for AI. Humans, particularly youth with innovative ideas and the ability to innovate in the use of technology by further improving AI in order to provide future innovation and progress. Financial organizations, scientists, psychologists, medical practitioners, design engineers, urban planners, security services, and others can all benefit from artificial intelligence. Artificial intelligence (AI) has been implemented in computer programmers and systems capable of executing more complex tasks than regular computer programmers. AI can assist people in various fields, and if it is further developed, it will be able to facilitate the work of youth in the future. Although AI is still a long way from thinking like a human, it can help speed up and simplify human tasks. Take, for example, the AI inventiveness employed by youth in the arts. Artificial intelligence has been used to generate a variety of works of art, usually by researchers attempting to push the boundaries of technological capabilities in the field, but with intriguing results. Previously, AI could create jazz boats that could produce jazz music in a specific style. Another effort from the University of Toronto's computer science department has developed an algorithm that can convert photos into tunes. In general, AI can significantly assist youths in improving their creative talents because our creative abilities are derived by evaluating the environment around us, which contains a large amount of data. Young people may be able to collaborate with AI systems in the future to create a variety of creative output, including music, painting, and other forms of expression.

AI has been widely used nowadays, especially by the youth, which can open up opportunities to improve the quality of themselves and the country's future. The new ideas that have been generated have had an enormous impact on the current generation. AI in video games is often found in various games such as shooting games, strategy, racing, and games related to computers, logic, and robotics. Different video games are produced using AI, such as Overwatch, Quick Draw, Giorgio Cam, Uncharted, and Mario Kart. At this time, it features AI-powered virtual characters that can interact with players as they navigate the game environment. Video games and other forms of interactive digital media innovations, on the other side, the platform is now transforming young people from consumers to AI-driven content creators. In terms of simulation and manufacturing structure, today's video games make use of AI technologies. As a result, video games have evolved into three-dimensional simulations of real life. AI also plays a vital role in reading the user's playing strategies and altering

the approach to combat the user at different levels. For example, youth can develop AI-based games, simulations, and chatbots in the Scratch online learning community. Creators of the Minecraft video game is working on a platform that will allow young people to train AI agents in the game's virtual world, allowing them to grasp better how machine learning algorithms function. Artificial intelligence has the potential to be an equally important agent of change in the creative world and opens up opportunities for youth in the future and now to make an innovation to the world of technology if it continues to be developed comprehensively around the world.

3.4 Future of Work

The institute estimates that between 400 and 800 million jobs globally might be automated by 2030 due to technological advancement. Advances in AI-powered technology also open up chances in developing occupations, generating a demand for new skills such as encoding and distinctively human qualities such as empathy, creativity, and community building to flourish in this changing professional environment. Artificial Intelligence contributes to the simplification of workforce development provisions in a multitude of ways. Compared to people, automated systems can process thousands of applications more quickly and effectively, with less unconscious prejudice. Artificial Intelligence can boost a company's chances of recruiting the best individuals by identifying the characteristics of successful personnel, hence increasing productivity and retention rates.

It can also relieve human staff of time-consuming paperwork and provide answers to frequently requested inquiries. Artificial Intelligence can also assist firms in improving their diversity and inclusion efforts. Machine learning, on either hand, usually uses massive datasets to learn, and the data sets will contain inherent human biases. Many future tasks will be able to profit from Artificial Intelligence involvement. However, rather than replacing people, the combination of Artificial Intelligence with humans will likely bring the most significant advantages to the working world. The way Artificial Intelligence 'interacts' with people will influence its status in the future workplace. We can avoid human values if they are explicitly defined and implemented into Artificial Intelligence systems.

As AI-based robotics advances, future humans will be stronger, quicker, and less prone to damage. We can develop human abilities beyond their natural physiological levels. Robotics, for example, has already progressed wearable supernumerary limbs and enabled extra limbs to increase physical capacities beyond traditional limitations. This location has been highly beneficial to disabled people. Interactions between humans and machines are becoming more familiar with the advancement of Artificial Intelligence; the Internet, eye-tracking, and neurotechnology are all examples of cutting-edge technology.

As robotics improves, it becomes increasingly vital to create a valuable and considerate robot for its people. Artificial Intelligence needs a new human-machine symbiotic relationship. As a result, the distribution of employment between robots and people is altering. According to prevalent human-machine cooperation beliefs,

technology should perform tedious chores, enabling humans to focus on more creative endeavours. As a result, we may conclude that how Artificial Intelligence 'interacts' with people will influence its place in the future world of labour. People were forced to participate in life-long learning, improve their skills, and change professions more frequently than in the past as Artificial Intelligence continues to alter the workplace.

Recommendation

Microsoft had invented the tablet a decade before Apple, where Bill Gates projected at the turn of the century that his tablet would become "the most popular type of PC sold in America within five years," only for it to suffer a quick death. Nevertheless, now, we can see tablets anywhere in the world. Most new inventions would not get the recognition they deserve right away after being introduced to the world, and some would take time to be known. The same goes for Artificial Intelligence; even though it is proven to carve many opportunities for youth, it is still a distant idea. Nobody can deny that Artificial Intelligence will have a massive social impact. However, the actual difficulty is how to bridge the gaps between Artificial Intelligence and Youth.

To begin, we must acknowledge the social hazards associated with Artificial Intelligence. The first step toward resolving a problem is to recognize its existence. According to The Economist Intelligence Unit (EIU), Artificial Intelligence poses a real threat to the future of work and privacy. When confronted with this truth, complacency or resignation are out of the question. By then, we should determine the most appropriate answer to our concerns and decide on the most suitable solution to our concerns.

Next, the best way to break the barriers between youth and Artificial Intelligence is to explain, educate and boost transparency. Demanding complete faith in algorithms guarantees the spread of misinformation and misunderstanding concerning Artificial Intelligence. As the head of the machine learning department of Carnegie Mellon University, Manuela Veloso, said, "The biggest challenge facing AI is the possible lack of confidence in the technology due to a lack of transparency on how machines arrive at their decisions." Those at the forefront of the AI revolution must communicate their work and future goals for youth in the most straightforward manner feasible. They wield considerable influence, which entails considerable responsibility, the EIU notes.

A final point would be an effort to break the barriers and enhance communication with the youth. A new analysis published by The Economist Intelligence Unit (EIU) in cooperation with Google identifies numerous gaps in our knowledge of the development of Artificial Intelligence. It is conceivable that sound public policies could mitigate the negative consequences of Artificial Intelligence without restricting its beneficial impacts.

Conclusion

The intelligence of computer processors has evolved in recent years, allowing them to learn human life patterns and so ease daily tasks. The issue is no longer a theory but is already widely used in several developing countries, including Malaysia. This AI

technology has the advantage of storing information and data that is uploaded or fixed on a very significant volume of data. It can increase learning and education outcomes that are very attractive to young people these days. For young people, they must have intelligence in the field of technology to provide the platform for the best careers. Young people with high-quality education have the potentials to help democratize access towards advanced education by the support of artificial intelligence. Education can help young people more in developing cutting-edge technology because they can deliver the knowledge to the people on how technology receives feedback in online learning. Thus, artificial intelligence-based technology can adapt the resources and content into daily learning, and also it can help in approaching the knowledge access gap among youths. For health and well-being, artificial intelligence-driven technology can facilitate the delivery of knowledge through mobile platforms. The health sector can boost public awareness by providing diagnosis and medical treatment knowledge with technology. Young people can also study health to create opportunities to treat patients with the availability of advanced technology. In addition, technology is the standard tool used in medicine. The powerful technology of artificial intelligence can deliver appropriate health therapies to youth through Internet devices that facilitate hearings between youth and health authorities. Sophisticated technology can provide a revolution of opportunities in health and wellness to the local community and the next generation of youth.

Revolutionary technology based on artificial intelligence transforms the labour market to a higher level. According to research, about 400 to 800 million jobs worldwide can be automated by 2030. Such technology can create new job opportunities for the workers serving in an organization. The technology also creates new and unique skills that can be imparted to employees to attract their interest in the working industry. These skills can provide opportunities for employees to help in operating the drive to a higher level. It is because artificial intelligence-based technologies push a lot towards developing the employment landscape for the youth or young people. In terms of creativity, technology is giving a new look to young people who love online games very much. It allows them to interact with friends or players virtually. Technology has exciting creativity that can help young people advance online and digital information retrieval games. These generations also have the opportunity to create their games online with the support of advanced technology based on artificial intelligence. Creativity technology can also help to close the gap between each other in online platforms. Thus, young people with creative thinking can collaborate with online technology to produce various creative content such as games, music, and more. The advancement of AI technology has brought many great socio-economic changes to the country. It is time to improve AI initiatives by increasing public awareness of AI, especially among the youth. The government should also continue the financial assistance scheme to organize workshops and training to train graduates, digital entrepreneurs, and the public.

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24 A Study of Mental Health Among Youth: A Conceptual Paper

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Abstract

The growing numbers of mental health cases among youth and adolescence have caught the attention of people all around the world. This mental health problems have been affecting many people lives since they were at young age. A lot of studies regarding mental health disorder are being carried throughout the past decades until today to find the root cause and ways to handle the diseases. Research found that people suffering with mental illness often inherit them from their families, mismanaging stress as well as abusing the use of alcohol and drugs. All of these resulted into mental disorders such as anxiety, depression, bipolar and ADHD which are very common among youth. Hence, the importance of early education on mental health is very crucial for everyone. The study findings are focused on the basic knowledge of mental health disorders and how to deal with these conditions.

Keywords: Mental health, youth, mental illness, depression, mental disorder

Introduction

Mental health problems are a major public health issue, particularly among youth. Mental health among youth in our country are not a weird thing anymore. It can encourage them to do unexpected like commit suicide and can change their life in the future. They have a very negative effects to the youth's development, academic achievement, and ability to live a productive life. It also gives a lot of effect since COVID-19 pandemic started and changing a whole world in many aspects. This COVID-19 pandemic gave people a new angle to look at the world and it has changed the world structure such as in economics, lifestyle and especially it has been giving negative impact to people's mental health. Mental health does not happen to adults only but to the youth in our country. It is because this sudden pandemic gives youth more problem in their daily life especially for the student who faces online learning nowadays. Online learning has force student to find suitable gadgets to access the class and download study materials from their teacher.

Today, it is very difficult for them to have gadgets due to their family economic factors. Many people have lost their work because the company must lay off their employees because they need to cover their company from shut down and bankrupt. Based on the statistics by The Star, 99,696 Malaysians have lost their jobs since the implementation of the movement control order (MCO) in March up till Nov 27, 2020 (Tarrence, Martin, Hemananthani & Rahimi , 2020). This critical situation has left many problems especially to the youth. They are forced to faces this problem in very young age and this can cause them to mental health problems. In this COVID-19 era, youth such as student and people who only started working are the most affected group that has caused occurrence of mental health problems. Mental health problem among youth is very serious problem because many suicide cases happen cause by mental health

issues. There are many suicide cases among student happen because of stress that led to mental health. For example, a student from UiTM Merbok, Malaysia Nurul Natasya Ezreen, 22, has found death due to stress from studying and second case involved Muhammad Adham Hazim, 21 who often burning the midnight oil and sleep late to complete his assignments. This sample cases shows that mental health disease is a serious problem for youth. According to police statistic, the resulting MCO due to the COVID-19 pandemic saw 266 cases between March 18 and Oct 30, 2020 (The Star, 2020).

First and foremost, what is means by good health? According to the World Health Organization (WHO), good health is not merely the absence of disease; it is also a reflection of the social and mental well-being of people in a community. Another good health definition by WHO is "A resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities." (World Health Organization, 1986). Health is a state of complete emotional and physical well-being. Healthcare exists to help people maintain this optimal state of health (Felman, 2020). So, people in good health can easily enjoy their lives every day and go about their daily routines without difficulty; in other words, good mental health in children entails them meeting age- appropriate developmental and emotional milestones while also learning healthy social skills and how to cope when problems arise. In general, being mentally healthy means having a good quality of life and being able to function well at home, school, and in their communities.

Therefore, Mental health also have problem, or it's known as a mental illness or also called mental health disorders that can give big impact to our mood, thinking and behavior. Mental illness has many examples that we can look including depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors. In our country, there are numbers of youth that have mental health concerns everyday as reported in Television, Online methods, and others platform. Serious mental illness is a mental, behavioral, or emotional disorder (excluding developmental and substance use disorders) resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities. Examples of serious mental illness include major depressive disorder, schizophrenia, and bipolar disorder (Ranna Parekh, M, D., M.P.H., 2018). This is the serious illness especially if happen to youth, they need more attention and the right treatment from the hospital or psychiatry.

Based on the statistic, 10% of children and young people (aged 5-16 years) have a clinically diagnosable mental health problem. 20% of adolescents may experience a mental health problem in any given year. 50% of mental health problems are happen by age 14 and 75% by age 24. Otherwise, 70% children and youth who experience mental health problems have not had appropriate interventions at a sufficiently early age (Me~ntal health statistics, 2016). It is very serious numbers of mental health problems that happen among youth. It's shows that people have to faces the problem in a very young age and it happen to them before their maturity phase.

Causes And Effects

There are wide range of causes than can lead to mental health issues. Though some of the causes effect certain people differently. Others may suffer and deeply affected with the causes of mental health and some of it can be very complicated as the causes can be in some combination that can lead to bad symptoms and dangerously be harmful especially to youth with little experiences handling it.

Research that had been made stated that if mental health problem does run in families if one of them are having or showing the symptoms. Especially with person that are suffering from schizophrenia which a possible cause to mental problems. A child living together with parent that have schizophrenia may have a chance of mental problems occurring at a young age. If any of family members are having these symptoms which are lack of interest, disconnected from emotions, having a hard time concentrating, dislike having people around and delusions like believing that other people are paranoid towards them. These symptoms need to be check and to be receive treatment as soon as possible. People with schizophrenia will be experiencing that they are not being able to do their daily works even things about selfcare like taking a bath or eating breakfast and lunch. They often upset over tiny things and being suspicious when in groups with people that they thought are judging them while they are not. The worst thing that could happen is they themselves are not even feeling worried and feel bad and scare to ask for help, leaving them in a hopeless feeling that no one may care about their wellbeing.

One of the other majorities of causes is lack of social interaction and like being in isolation or certain having a feeling of loneliness. Everyone sometime will feel lonely. The feeling of loneliness is held more to being personal and each person have different feeling toward being lonely. The feeling of being lonely is common when someone is not having enough interaction in social life. However, some people take being lonely is a happy gesture for them. Other people too do isolate themselves and be alone so they can focus on their work better. People can feel happy and live through life without having much social. Do loneliness count as a cause of mental health? Being lonely is not a mental problem and not the cause. Those people with mental health problem are experiencing social phobia or a synonym to social anxiety. A person with anxiety being lonely because that are afraid to communicate and even if they are having social contact, it is meaningless and yet cause them to feel anxiety and then lead to the feeling of loneliness. For example, people that are just having a breakup in their relationship with their partner may isolate themselves from people. Then having anxiety and afraid to talk to others because of feeling of being betrayed or look down towards them since the breakup. For youths, entering university may lead to anxiety to some people since they may have no friends and no one to talk to. Migration to another country because of family also may lead to anxiety because they have to learn a new language and talk to people that are very different than them. All of these can affect their self-confidence and feeling useless and not helpful.

When it comes to stress, we know how it felt. Different people handle stress differently. To be exact, stress is not really a symptom of mental problems since we ourselves normally went for it. Go to work, students get their assignment, parents with

many children to take care of, there is no really medical definition of stress. It is on how to deal with it. Stress is personal. For example, two persons doing to same work but one of them get stress by it. Sometimes doing too much work can get overwhelming. It is normal to be overwork or under pressure. However, too much stress can lead to mental health problems. If the person is bad in managing his stress, this will lead back to anxiety and then depression. Other than that, having mental health problems are stressful. When there are too much to think about, having mental health issue can get worse over time because of the stress thinking about it. When a person already having mental problem than having works be place on that the person find to be hard to settle can make the mental problems even worse.

The effects of stress can be bad when it affects a person physically. The signs are the feeling of tiredness and having severe headache. The person could find that they are having difficult time to sleep and eat. Lack of sleep and not having proper diet will eventually affect mental and physical health. This will lead to more stress and then lead to mental problems. One major cause of mental health problem is depression. Almost anything and all symptoms of mental health are also come from depression. From loneliness and stress, to having bad mood and no interest in life are some of the symptoms of depression that is one of the causes of mental health. The range of depression is wide and have many conditions such as suicidal thought, lethargy, and fatigue. There is another wilder version of depression that is called dysthymia which is a form of depression that occur for a longer period of time than normal. Centers for Disease Control and Prevention (CDC) reported that 9.1 percent people currently are having minor and major depression. If these people do not receive help, it could drive them to attempt suicide. There are many types of depression some of it are major depression, chronic depression or so-called dysthymia that come from Greek word that means “poor mood”, atypical depression is a depression that had lasted for years, bipolar depression or manic depression, seasonal depression, postpartum depression and psychotic depression. There are so many causes that can lead to depression. It is also can come from genetic of parents that at least once suffer from depression or having personal traumatic experiences and stress.

Depression can be detected by observing some behaviors of a person if its change from socially active to like being isolated and their physical health. The effects of having depression to a person are they find a loss of appetite that also will lead to severe weight loss and more physically ill. Insomnia may also develop so a person with depression will find it hard to sleep. The effects also can be opposite to each other. Some will eat too much and become obese. They may also experience hypersomnia which is they attend to sleep too much. Depression may cause loss of short-term memory, making it difficult to remember and forget some things. In the long term, depression will most likely lead to suicide. Over 66 percent of suicide cases recorded by Everyday Health stating that depression is the factor.

Mental health problems can occur by using recreational drugs and alcohol. Drugs are well known for the use in medicine. However, if wrongly use or using without supervision from doctors it can lead to bad consequences. There are many reasons why people take recreational drugs and alcohol. Most common reason is to feel pleasure

because of those substances contain in the drugs can give a very pleasurable experience to them. Some people take it when they are feeling downright emotion or having a bad day. The drugs they take can

make them feel cheerful from the pleasure just by inhale, consume or swallowing it. The worse thing that could happen is that some people just want to try it and see what it feels like. This is a very bad decision since it can lead to addiction then at one point it can be uncontrollable. These people also take drugs because of social influences. When they need to fit in and ask to use the drugs it has become a starting point of an addiction. Not only those drugs are very dangerous cause of mental problems. There are laws that prohibited the misuse of drugs. Stated in Misuse of Drugs Act 1971, which it is illegal to possessing certain drugs and even worst if they are supplying them to others. The use of drugs is bad to the body physically and also affecting your mind. The substances such as tobacco, heroin and cocaine can lead to brain damage like stroke and seizures.

One more major factor of mental health is sexual abuse, it is difficult to seek for help while being abuse. Whoever in their past had been abused several times will have difficult time coping with outside world. It is also not easy to help someone that had been abuse since not every response has been a real help. While there is very hard evidence on the causes of sexual abuse since the victims are not willingly wanted to be abuse but however this action will surely affect their mental health. There are many types of sexual abuse counting from rape a type where it is a forced contact with someone that is not willing and who does not give any permission to do so, child molestation is a sexual contact with a child mostly younger than 18 years old, incest is least common but does happen between family members, non-consensual sexual contact is like an attempt to rape and lastly non-contact sexual abuse that is a type of sexual abuse without contact for example revenge pornography by exposing or publishing inappropriate pictures of the victim to the public. The effect to the victim mental health is the trauma of the horror they experience will affect their lifestyle such as the feeling of shame and scare being mentioned by others. These events will lead the victims to fall to depression and anxiety. They may also experience Posttraumatic stress (PTSD) because of the assault and the memories from the past. They will become less focus in life by being easily distracted because of the flashbacks. PTSD will cause them to lose track of their surrounding and may be harmful towards them if it occurs in wrong situation.

One dangerous effect is when the victim adapts to the behavior of the abuser and might lead to them to abuse others. The victim may have attachment issues which mostly happen to children. The fear of being abuse may affect their attachment patterns. They might have difficult time to find friends or struggle in a relationship by being afraid to form a close bond with someone. While there are many people suffering from mental health issues, there are also survivors. Having problems on mental health never means the person is broken or weak, it is how people cope and solve it before it is too late.

Common Mental Disorders

Mental disorder in youth is a significant issue that is relatively common and treatable. Anxiety disorders, mood disorders, and attention deficit hyperactivity disorder are considered as mental disorders.

The first common mental disorder among youth is anxiety disorder. 1 out of 8 youth meet the clinical criteria for anxiety disorder at any given time (Rockhill C, Kodish I, DiBattisto C, Macias M, Varley C, Ryan S., 2010). People with anxiety disorders experience fear and dread in response to certain circumstances, as well as physical symptoms of stress or panic, such as increased heartbeat and sweat. When a person's response is inappropriate for the circumstances, they are unable to regulate their response, or their anxiety interferes with their ability to act normally, they are diagnosed with an anxiety disorder. Generalized anxiety disorder (GAD), panic disorder, and specific phobias are all anxiety disorders, as well as social anxiety disorder.

Furthermore, mood disorder also a common mental disorder among youth, also known as affective disorders. It includes depression, bipolar disorder, and cyclothymic disorder. At any given time, 1 out of every 20 youth have mood disorder and the most frequent experience mood disorder is late adolescence, which is up to 1 out of every 4 people experience it (Tang MH, Pinsky EG, 2015). Mood disorders are defined by persistent feelings of sadness, periods of excessive happiness, or fluctuations between extreme happiness and extreme sadness. The person who with mood disorders show fatigue and low energy, also can defined as fewer vegetative symptoms. The most common mood disorder nowadays is depression. According to World Health Organization (WHO), depression affects an estimated 264 million people worldwide (World Health Organization, 2019). Sadness, loss of enjoyment, guilt or poor self-worth, insomnia or hunger disturbances, fatigue, and lack of attention are all signs of depression. People with depression will also have a number of physical complaints that have no obvious physical cause. It can be chronic or recurrent, negatively impacting people's ability to function on their daily life, and its most severe is lead to suicide.

The third common mental disorder among youth nowadays is attention deficit hyperactivity disorder (ADHD). Approximately 1 out of every 20 youth is diagnosed with ADHD, the ratio same as mood disorder (Clinical practice guideline, 2000). The person with ADHD has symptoms of inattention, hyperactivity, or impulsivity that are impaired and inconsistent with developmental level have been occur for at least 6 months. Youth with ADHD have a lot of behavioral and educational issues because they are inattentive to something, easily distracted, and emotionally immature. They are more likely to engage in risky behavior.

In conclusion, the mental disorders state above is the most common mental disorders that happened among youth. Other than that, there are also many fewer common types of mental disorder among youth such as disruptive behavior disorders, borderline personality disorder, somatization disorders, impulse control and addiction disorders, post-traumatic stress disorder (PTSD) and so on (Jennifer Casarella, MD, 2021).

5 Things to Do For Mental Health

As the saying goes, prevention is better than cure. It is important to us to keep our mental health to avoid several bad effects that harm us physically and mentally. There are several tips for us to rebalance ourselves such as value yourself. The way to value yourself is treat yourself with kindness and respect, and also prevent self-criticism. Tell yourself that you matter. Set aside time throughout the day to remind yourself that you are a wonderful person. Tell yourself you are unique, wonderful, lovable, and cherished. Also, make time for your favorite projects and hobbies, or broaden your horizons by learning what you are interested in.

Secondly, the things to do is surround yourself with positive people. As we can see from our surrounding, the person who surround with good and positive people will get healthier mental. People who have a strong social or familial network are also generally healthier than those who do not (Ten things you can do for your mental health, n.d.). Thus, make plans or arrangements with supportive family and friends, or look for activities and the chances where you may meet new friends, such as joining a club, taking a class, or joining a support group.

Besides that, take care of your body also the key point to keep your mentally healthy. The taking care of physically are including eat nutritious and balance meals every day and drink plenty of water. It seems a very easy action, but majority cannot achieve it since we are busy for our academic or our work. Exercise which also help us improve our moods and reduce depression and anxiety to keep our mental health. Other than that, we also need to be sure to get enough sleep. There are a lot of researchers believe that sleep deprivation is thought to play a role in the high rate of depression among college students (Ten things you can do for your mental health, n.d.). Therefore, take care of your mental health by taking care of yourself physically.

Another tips to boost your mental health is break up the monotony. Although our routines help us be more productive and rise our emotions of comfort and security, a change of pace may help to liven up a tedious and dull schedule. Those changes are like modify your jogging routine, try a different restaurant, plan a road trip, go for a walk in a new park, or hang some new artwork.

Last but not least, the things to do to keep mental health among youth is set realistic goals and work your strengths. It can be done by jot down the step to get there after determining what you want to accomplish academically, professionally, and personally. You can aim your goals high, but don't over-schedule and be realistic. Those goals you set need to be something you,re good at to build self-confidence. As you get closer to your goals, you will feel a great sense of achievement and self-worth.

Overcome Mental Illness

There is no sure method to prevent mental illness. So, if you experiencing mental disorder, take some steps to overcome it before it gets worse over time and cause a serious problem.

First and foremost, the most important steps to overcome mental illness is to seek treatment such as talking therapies. It's only natural to seek help when we fall or physical injury because it pains, and we want to feel better. Just like if you get sick, you

will do schedule an appointment with doctor to have a treatment. This situation same as mental illness, don't let the anxiety of being classified you with mental disorder stop you from getting help. Treatment is essential for providing relief and minimizing symptoms that lead to problems at home and in the workplace.

The next steps to overcome mental illness is pay attention to warning signs. You need to learn the factors that causing your symptoms with the help of your doctor or therapist. After that, you must make a strategy or a plan to secure yourself if symptoms reappear. If you spot any changes in your symptoms or conditions, you should seek assistance from your doctor or therapist. Also, you must consider involving the help of parents, siblings, or friends to take attention for warning signs.

Moreover, get routine medical care also an important way to overcome mental illness. Many patients skip their appointment cause his or her mental illness getting worse. So, Checkups and consultations with your primary care physician should not be skipped, especially if you aren't feeling well. It is because you might be suffering medications side effects or may have another health problem that needs to be addressed (Mental illness, 2019).

In addition, the method to overcome mental illness is you may get help when you need it. It is a way to prevent symptoms get bad. If you wait until symptoms get bad, it may be more difficult to manage and treat the mental illness. Also, long-term maintenance therapy has the function of avoid symptom relapse.

In a nutshell, treat your mental illness with proper ways. Don't simply neglect your symptoms and never give up. “Keep smiling, because life is a beautiful thing and there's so much to smile about”, a famous quote of Marilyn Monroe.

Conclusion

The increment of mental health cases in Malaysia really brings a huge impact towards the society especially youngsters. Nowadays, mental health issue is one of the biggest challenges as we are in a development country and the rises in the number of cases affect the good image of a country. However, there are some causes and effects that lead to mental disorders among youth. These causes and effects that stated in this research was a critical thing that everyone must focus because it can happen to anyone who cannot control their self when have a problem. To overcome this issue, the government should take a drastic action to help those people who suffering the mental illness. As a part of community, people should alert to any symptom or sign of this illness that shows by the youth as a precaution especially during this COVID-19 pandemic. Everyone must play their part as a people of this country to find a right solution to ensure these problems can be solved. In this paper, it focused on how serious mental health issue among youth that affects our life in the future.

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25 Covid-19 Impact on Education in Malaysia

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Abstract

The current Corona Virus Disease 2019 (Covid-19) outbreak has had a global impact on society, notably in the domains of social sciences and behavioural elements. Despite the virus's worrisome rate of transmission, potential vaccinations and treatments are still being tested in research trials. As a result, social separation would be the most appropriate method for dealing with this problem. Throughout this discussion on the effect of Covid-19 on virtual education in the context of the Malaysian education system, the many concerns, obstacles, and pending solutions due to the epidemic were emphasised on. In this concept paper on the impact of Covid-19 in Malaysia, the findings on teaching and learning from home, employing technology innovation, readiness in education, internet access and government alternative option were highlighted.

Keywords: Covid-19, Learning, Education, Impact

Introduction

Since the whole world has been struck with the new universal disease which is Covid-19, everyone has to accept the new norms of life for every single day. The medical team of the country are striving with all they got in order to fight with the virus. Fortunately, recently there were few of Covid-19 vaccine are in use. The vaccination programme begins on early December 2020 in a large size and now there are at least 13 different type of vaccine name that were list on Emergency use listing (UEL). For instance, The Pfizer-BioNtech on 31 December 2020. The Covishield and AstraZeneca vaccines that been developed by AstraZeneca and then the Covidshield been manufactured by Serum Institute of India and Astrazeneca by SK Bio were on 16 February. The Janssen were developed by Johnson & Johnson on 12 March 2021. The Moderna on 30 April 2021 and the Sinopharm that were produce by Beijing Bio-Institute of Biological Products Co Ltd on 7 May 2021. The Sinovac-CoronaVac on 1 June 2021. In Malaysia there were 5 type of Covid-19 vaccine that being use which is mRNA by Pfizer- BioNtech, viral vector by AstraZeneca, inactivated by Sinovac-CoronaVac, recombinant viral vector by CanSino and viral vector by Gamaleya.

Back to 2019, the first discovered of Coronavirus infection on human or SARS-CoV-2 were in Wuhan China. The early people that get infected by this virus were the workers at the Huanan Seafood Market. By then, many suggested that the virus were originate from there, but other research shows that the virus came from the visitors that visit the market that cause a rapid growth of the infection. The most plausible explanation, according to a World Health Organization (WHO) gathered reports is human spillover via an intermediary animal host which us the bat. Another potential event, but less likely, route was through the food supply chain and the Huanan Seafood

Market.

Locally, the first Covid-19 case in Malaysia was reported on January 25, 2020, involving three Chinese citizens from Wuhan, and has since spread swiftly, cresting the second wave with 8266 cases. (Abdullah, 2020). The situation became even worse when the Covid-19 cases spread beyond imported cases to reach people from the local population. In addition, multiple examples showed that Covid-19 may infect people who had no direct contact with the Wuhan market, where the virus originated, resulting in a ban on all physical activities, including education. (Lan et al., 2019; Malaysian Ministry of Health, 2020).

Bad impact covid-19 on education

The increase of covid cases in Malaysia is having a detrimental effect on the country. The increasing number of covid infections in the community has caused many sectors to be closed especially in the field of education. The step has been taken by the Malaysian government to break the covid-19 chain. The total number of covid cases was 2,471,642 million recorded as of October 31, 2021. This has caused many adverse effects on students regardless of the level of children or adults in the field of education.

Affect reading, writing and counting (3m) for children.

First, the bad impact of covid-19 on education is to cause the skills of reading, writing and counting (3M) students to be affected. This greatly affects year 1 primary school students in Malaysia when the classes are taught online instead of face to face with the teacher in the classroom. This will slow down the children's learning process to develop and improve the 3M in themselves. According to Berita Harian, kids have missed 54 days or 3240 hours of classroom time since October 2020, leaving them with no opportunity to strengthen their 3M abilities. (Hazhari, 2020).

Obstruct communication between student and the instructor.

Secondly, online learning has several flaws in the way it is implemented, such as the fact that it might obstruct communication between the student and the instructor. That is to say, direct communication and personal contact are no longer possible. The teaching-learning process can be hampered and slowed by a variety of technological issues. (Shivangi, 2020). Some people struggle to learn online because they are uncomfortable, resulting in irritation and misunderstanding. Inadequate compatibility between the design of technology and the psychological components required by the learning process, as well as insufficient customization of learning processes, can block the teaching process and produce an imbalance.

Limitation of technology

Finally, limitations of technology. Most primary school students do not have devices that can help them cope with online classes, such as computers and mobiles phones. This is because, most students cannot afford to buy the equipment due to its expensive price. Therefore, it will cause the learning process of students will be stunted and will further complicate the process to understand what is taught by the teacher.

According to the Harian Metro website, 36.9 percent of students do not have any device to enable them to follow online learning. (Hayati, 2020). Covid-19 is a major distraction, and many support services have seen their expansion slowed or halted. Furthermore, lockdowns limit the ability of non-governmental organization (NGO) to visit vulnerable communities. Orang Asli youngsters have lost focus, and critical community nutrition programmers have stalled in their execution positive impact of Covid-19 on Education

Improving in Technical Skills

As it is known that schools and children's education must undergo a significant digital transformation to meet the needs of future generations and their digital future. The COVID-19 pandemic has forced schools and education to undergo such a rapid and drastic transition. We look at how the COVID-19 pandemic is causing digital change in the basic education of young people, the various digital gaps that are emerging and reinforcing, and potential barriers encountered along the way. For the past 18 months, the epidemic has taken away the classrooms of nearly 77 million children. “Schoolchildren worldwide have lost 1.8 trillion hours and counting of in-person learning due to COVID-19 lockdowns.” (UNICEF, 2021).

Even though, COVID-19 pandemic drew the entire globe indoors. As a result of the quarantine, the students were no longer able to continue learning face to face. Therefore, students had to move on to acquire new skills in order to keep their minds bright and alive. Since their birth, today's children have been surrounded by digital technology; their daily lives and activities have been linked to the use of social media, smartphones, tablets and the Internet. Digital technology has become ingrained in the way they live and learn. They have been dealing with digital technology since they were children. So, most students have no problem in using digital technology. “Children in this era have been exposed to digital technologies for their entire lives and are the most frequent users of emerging online and digital services.” (OECD, 2016).

Throughout this virtual learning, students can improve their knowledge in technical skills. “Malaysian respondents says that 57% have improved their digital skills since the pandemic began (vs 40% globally)” (PwC's ‘Hopes and Fears Survey 2021). Besides, they will also be able to obtain new skills that will be useful when starting a new profession later. Students will need to learn how to use a variety of digital learning tools. They will have the experience of communicating remotely, which is becoming more common in today's world of education. Students will also gain experience with technologies such as Skype, Cisco Webex Meetings, Zoom Meetings, and Google Meet.

Other than that, self-discipline, self-motivation, and communication are all necessary skills for online learning. Students will be able to swiftly improve and develop these crucial skills. For example, you'll need to communicate with your teachers and classmates on a frequent basis, whether vocally or in writing. Your communication abilities will improve as a result of this. added Flexibility and Self-Paced Learning

“Flexible learning is not a new concept and has been a core issue in distance education for some time.” (Bates, 2001; Hill, 2006). Thus, “flexible learning involves

loosening logistical and educational constraints, and is often related to student-centeredness as well as to individualization in teaching and personalization of the learning process." (Collis & Moonen, 2001). Self-paced learning refers to the ability for students to begin working on their goals at any time and to choose a learning plan that best suits their needs. They can make progress at their own pace. Online learning does not require you to attend live sessions; you can view the contents whenever it is convenient for you. This is a benefit that the regular educational system can't match. It also enables schools to access a bigger network of students than would otherwise be possible due to geographical constraints. Also, for easy review, online lectures can be recorded, saved, and shared. This gives students the ability to access teaching materials at their leisure. As a result, online learning allows students to study at their own pace and from any location.

Also, forget about sitting in an uncomfortable chair for hours and hours and suffering from back discomfort at the end of the day. All lectures and required materials are delivered via online platforms. Students won't have to take public transportation to school, they won't have to pay for petrol in your car, and they also won't have to get up early to be ready for class. Other than that, online learning gives students a better chance of fully understanding and remembering the content in the assignments. Video and podcasts will be used for discussions and lectures, which can be watched, paused, and repeated as needed to ensure that you are following along. Also, students do not compete with anyone else, so they won't feel rushed or restricted. Instead, they can go over the content as many times as you need to be satisfied with their understanding.

Online learning has no specific classroom times and students have the flexibility to develop their own schedules, it is up to the student to reach out to instructors, submit assignments on time, and plan ahead. "Flexible learning is based on the recognition of differences among students, which are addressed by providing varying degrees of choice to learners regarding what, where, when, why, and how to learn." (Bergamin, Ziska, Werlen, & Siegenthaler, 2012; Collis & Moonen, 2002; Hill, 2006). Online classes keep you on a consistent schedule with deadlines to meet, helping you to learn time management and being productive week after week. "With the freedom comes responsibility, which requires real commitment and discipline." (Hill, 2006).

Lower costs.

Due to accompanying expenditures and money spent on commuting, a face-to-face learning is substantially more expensive than its online counterpart. Students have saved money since they do not have to stay on college for online learning because of the Covid-19 pandemic. They can take online classes from the comfort of their own home. Not only are the housing and commuting costs avoided, but online learning is also more cost saving. Students will save money on public transportation and cab rides. "Students who stay on campus or near campus may not incur any cost of travelling to and from classes. However, other travelling may cost approximately RM80-150 (US$20-37.50) per month." (StudyMalaysia.com, 2020)

Online classes typically include online lectures that may be accessed on their convenience as well as information on the course material. There isn't much of a need

to buy pens or notebooks. Students who are concerned about the environment can study the notes online or listen to lectures several times without having to buy pricey school supplies.

Instead of textbooks, many online classes feature downloadable materials. The cost of books can add hundreds of Ringgit Malaysia. “The estimated cost of books and stationery should be around RM50-100 (US$12.50-25) per month, but it would largely depend on the course you have signed up for and the number and nature of projects in your course.” (StudyMalaysia.com, 2020). Best of all, because the content is on the computer, students may not need to worry about finding their class book when you need it.

Besides, online learning allows students to take classes without spending campus rent because they don't have to come to campus. Thus, students avoid campus rental and meal expenses that can increase their education costs. Because they are not on campus, online students can enjoy home-cooked meals from their families and are not responsible for the cost of food. Personal expenses will also decrease. “Your monthly personal expenses largely depend on your personal lifestyle. However, the cost can be estimated to be between RM100 (US$25) and RM200 (US$50). This includes your socialising needs, toiletries, haircut, clothes, movie, etc. Using the estimate above, the total cost of living for a student will average at RM2,000 (US$500) per month or RM24,000 (US$6,000) per year.” (StudyMalaysia.com, 2020). This living arrangement allows students to save a lot of money.

Alternative given by government.

This assistance is provided by the government to assist students in their studies regardless of primary level or at the level of higher learning institutions. This incentive is taken by the Malaysian government to ensure the welfare of students so that they do not fall behind in their studies. The assistance provided by the government covers various aspects either in terms of financial assistance or equipment that can help students to stay focused in their studies during the covid-19 pandemic. During the year the COVID-19 epidemic swept the country, the Ministry of Higher Education (MOHE) invested more than RM270 million on numerous projects to assist students at Institutes of Higher Learning (IPT). (Astro Awani, 2020)

Synchronous and Asynchronous Lesson

Asynchronous means that teachers post the materials on the platform and students can access it whenever it is convenient for them. “Google Classroom is the most common platform, as it is the official LMS platform used in Malaysia.” (MOE, 2019). Teachers can, however, provide offline learning activities using textbooks, workbooks, reference books, or activities that are often done in the classroom. “The action of having Google Classroom and using the social media platform is in line with what recommendations in the OECD report suggested creating a medium of communication among teachers, students, and parents for the delivery of curriculum, activities, and learning resources.” (Reimers & Schleicher 2020). “Those mediums are crucial in enhancing remote teaching strategies during sudden school closure.” (UNESCO,

2020b).

While synchronous interaction allows professors and students to communicate in real time even if they are in different locations. Video conferencing, for example, enables teachers to conduct real-time lessons with students while remaining in their separate locations. Teachers have traditionally used Google Hangouts and Zoom as video conferencing systems for synchronous online teaching and learning. Furthermore, in order to overcome online teaching and learning challenges, teachers could use any medium, such as social media platforms (Whatsapp, Telegram), to communicate with students. “The Ministry of Education has provided a platform that links to Google Classroom and Microsoft Team for online teaching and learning. Digital textbooks and YouTube channels referred to as EduwebTV and CikgooTube are among the prepared platforms supporting the learning materials.” (MOE, 2020). “Various online learning platforms can provide varieties of learning resources to be used by teachers and students.” (UNESCO, 2020).

Pedagogical Flexibility

Each school was given latitude in determining the proper class schedule, online class mechanism, verifying students' duties and assignments, and learning assessment technique by the education ministry. “The flexibility strategies in continuing class sessions are considering staying at home with other external factors that may influence the effectiveness of the targeted lesson.” (Reimers & Schleicher 2020; UNESCO, 2020b; Zhang et al., 2020). “Teaching remotely from home may also be influenced by housework and its complex environment, which is different in teaching in the physical classroom.” (MOE, 2020a). “Flexible schedules and pedagogy have a positive impact on the online teacher as it offers an opportunity for self-satisfaction.” (Reimers & Schleicher, 2020).

Free data plan

Following the COVID-19 epidemic, the Ministry of Higher Education (MOHE) has granted RM24 million for Data Plan Assistance to 320,396 students in category B40, ensuring that they have a suitable learning environment using online teaching and learning (PdP) techniques. This can make it easier for students to access the internet to prepare assignments given by teachers during online classes. For example, during the MCO time, students and instructors will receive 1 Gigabyte of free bandwidth per day to help their virtual education. (S. Aisyah Sufian, N. Adilah Nordin, S. Shafia Nazar Tauji & M. Khalid M. Nasir, 2020)

Conclusion

The influence of Covid-19 on Malaysia's educational sector necessitates careful attention while dealing with the problem. Due of the worldwide Covid-19 pandemic, over 1.5 billion kids from over 156 nations were unable to complete physical education. (UNESCO, 2020).

Furthermore, it was expected that physical and societal limits in stopping the

spread of Covid-19 would be a long healing process with no obvious answer in sight. As a result, teachers' efforts in providing pupils with online learning platforms became critical. (Ali & Nasir, 2019). Other stakeholders, such as universities, schools, and the government, were also required to play active roles in terms of support, commitment, and financial assistance. For example, financial help was required to allow students to purchase IT equipment. However, not everyone can afford computers or tablets, especially families with financial and geographical constraints.

As a result of the influence of Covid-19, the challenges of virtual education from home, the use of technical equipment, internet capacity, and evaluation methodologies were recognised, particularly in the Malaysian educational system.

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26 Understanding Bystander Behaviour in Cyberbullying Among Youth

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Abstract

As technological advancements are rapidly rising, several problems have emerged in the world nowadays. We cannot doubt that technology brings a lot of advantages to us in our daily lives, but it also has certain drawbacks. The most widespread issue is cyberbullying. Cyberbullying is usually perpetrated through texting, video games and social networking sites, where someone may send or share the negative content with another. It will affect the victim's emotional and mental health which can lead to suicidal thoughts. A bystander in cyberbullying is defined as someone who witnesses something but does not engage in it. For example, they take no actions towards the bully's abusive comments towards the victim on social media platforms and they don't do anything to try to stop it. However, bystanders play an important role in preventing cyberbullying. In this conference paper, we will focus on understanding bystander behaviour in cyberbullying among youth.

Keywords: cyberbullying, social media, bystander, behaviour, youth

Introduction

Cyberbullying has become a major global concern by the public in recent years. The rate of cyberbullying is increasing drastically compared to the last few years. According to the statistics from the United States in 2019, approximately 37% of youth aged between 12 to 17 have experienced cyberbullying and 30% of youth have suffered it more than once (Patchin, 2020). This is due to the fact that social media has grown more integrated into our daily lives. We use social media for a variety of purposes, including entertainment, communication and education. The usage of social media keeps increasing especially during the pandemic Covid-19 spreads around the world. This is because everyone is confined at their home and cannot travel anywhere they want. At this time, social media acts as a vital tool for keeping in touch with one another and staying connected with their loved ones (Sopariya D, 2021). Besides, most schools and institutions are using online learning platforms and social media to conduct learning lessons with their students (Gautam P, 2020). This will cause the students to spend most of their time on social media, especially the youth. As the youth spend excessive time using social media, there are rising concerns about the occurrence and implications of cyberbullying as a public health issue (National Academies of Sciences, Engineering, and Medicine, 2016).

In cyberbullying events, three different roles are often involved: bullies, victims and bystanders (Bastiaensens, S., Vandebosch, H., Poels, K., Van Cleemput, K., DeSmet, A., & De Bourdeaudhuij, I, 2014). Most of the research only focuses on the roles of bullies and victims, but we tend to overlook a very important role in

cyberbullying which is bystander. According to Cambridge dictionary and Wikipedia, a bystander in cyberbullying among youth is someone who stands beside and watches something happen but does not participate in it (Bystander, 2021). Foreign scholars also consider that bystanders are not involved in the specific actions of bullying and being bullied. While another one of the foreign scholar states that bystanders who depart the site of a bullying incident contribute to the spread of bullying by allowing bullies to enjoy disproportionate freedom at the expense of others, as well as nurturing further conflict.

There are four main types of bystanders, which are followers, supporters, defenders and outsiders. First of all, the followers do not initiate, but they actively participate in cyberbullying. Second, supporters do not aggressively assault the victim, but they provide positive comments to the bully by laughing and giving encouragement. Third, defenders oppose cyberbullying behaviour and they will try to assist the victim by intervening, obtaining assistance from teachers or lecturers and giving direct help to the victim. Fourth, the outsider will stay themselves away from participating in the bullying, but they allow this awful behavior to continue with their “quiet consent” (Assistant Secretary for Public Affairs, 2021).

In fact, bystanders can play a wide variety of roles in cyberbullying. All youth have the responsibility in reducing the occurrence of cyberbullying. Bystanders also should be aware that actively intervening can be an effective method to lessen the effects of bullying behaviour among youngsters. They must participate in strategies to better understand bullying and how to deal with it properly.

Objectives And Problem Statement

As technology has advanced over the last two decades, cyberbullying has become a major concern that impacts individuals all around the world, especially youth. Cyberbullying can bring a significant negative impact on the emotional, mental and psychological health of not only the victims but also the bullies and bystanders. As a result, we should take measures to mitigate such tragedies from occurring and reduce the cases of bullying online among youth.

Besides that, the objective of this paper is to understanding bystanders' behaviour in the cyberbullying event. There are two types of bystander behaviour after witnessing bullying occur, which are prosocial behaviour and antisocial behaviour (Huang, Chu, Liu, Zhou, Fan, 2019). Prosocial behaviour is the activities made by the bystanders that are beneficial to the victims and society, such as giving help to the victims or reporting the bullies, while the antisocial behaviour may bring harm to the others and society, such as acting as reinforcers or supporters for the bullies (Cao, & Lin, 2015).

Apart from that, bystander intervention and their responsible roles in preventing cyberbullying are essential. They can take some proactive steps to avoid bullying and handle it when it occurs. As the parents and teachers of bystanders, they should always educate their children and teach them appropriate techniques for intervening in cyberbullying that they witness. For instance, bystanders can intervene in the bullying by reporting it to the site where it is happening and by encouraging and supporting the victims, they would be able to help with the cyberbullying situation. Thus, the victims

will be able to bravely speak out for themselves regarding the cyberbullying concerns to their parents or any authorities to put an end to cyberbullying.

However, most bystanders choose to overlook rather than intervene in cyberbullying. One of the reasons is Asian culture values collectivism more than Western culture which favours individualism. Individuals who prioritize collectivism are more likely to conform to societal pressures or norms (Sittichai & Smith, 2015). For example, if someone is being bullied on social media, the majority of bystanders will not interfere or provide assistance to the victims to avoid getting themselves into trouble.

Second, the bystander effect occurs when a group of individuals observe a bullying event, but nobody intervenes. If only one person witnesses a bullying occurrence, then he or she is more likely to assist the victim. However, if there are three or more individuals, then no one thinks it is their job to respond to it (Darley, & Latane, 1968). As a result, they are less inclined to come forward and assist the victim.

Third, bystanders fear that they may say or do something inappropriate and exacerbate the cyberbullying. Thus, they keep quiet and ignore. Meanwhile, the vast majority of bystanders are frightened of getting hurt or becoming the next target if they interfere to defend the victims. They are afraid that if they help and protect the victims, then someone else will mock and ostracise them (Forsberg, Thornberg, & Samuelsson, 2014).

In conclusion, cyberbullying is a growing international public health issue that is linked to physical, emotional and mental health problems among youth. Therefore, bystanders should play their roles and responsibility to intervene in cyberbullying occurrences to reduce the number of incidents of online bullying. Parents and teachers should educate youngsters with the proper attitude towards cyberbullying and equip them with skills to assist victims when witnessing cyberbullying.

Bystander Behaviour In Cyberbullying Among Youth

According to foreign studies, ‘Network Psychology: Journal of Social Psychology in Cyberspace' conducted on German's adolescents stated that 36% to 46% of youths have witnessed cyberbullying. While another study published in Bullying UK's ‘National Research on Child and Adolescent Bullying' states that 79% of youths have witnessed cyberbullying (Huang, & Cai, 2020). Moreover, the results of a national study also showed that the proportion of bystanders among Malaysian youths aged 17-35 increased from 61% to 70% in these few years (Balakrishnan, 2015). These bystanders may be friends of the person involved or strangers.

In addition, previous research has found that various ways in which bystanders behave can affect the development of the bullying incident in cyberbullying among youth. Some behaviours will exacerbate the bullying through likes and retweets, increasing the harm to the victim and promoting bullying. In contrast, others are protective and helpful behaviours that reduce the harm of the bullying to the victim. Besides that, some bystanders will also be outsiders that only give attention but do nothing in response and this will make the similar cyberbullying cases happen more frequently. Thus, bystander behaviour plays a very significant role in the development of cyberbullying incidents. A study found that bystander interventions can stop 57% of

cyberbullying behaviours within 10 seconds (Patterson, Allan, & Cross, 2017). It is effectively curbing the bully's behaviour and the victim's anxiety and depression in a timely manner (Slonje, Smith, & Frisen, 2013). Nevertheless, most bystanders choose to do nothing. For example, 91% of U.S. teens choose to ignore the incident (Lenhart, Madden, Smith, Purcell, & Zickuhr, 2011), 85% of Chinese and Taiwanese high school students remain passive and reactive behaviour (Huang, & Chou, 2010), 61% of college students do nothing (Gahagan, Vaterlaus, & Frost, 2016) and 54% of Belgium elementary and middle school students also choose to remain silent (Panumaporn, Hongsanguansri, Atsariyasing, & Kiatrungrit, 2020) when cyberbullying among youth is witnessed on social media.

Theoretically, bystanders must indeed voice up to help and support the victims. However, people's ability to think independently decreases when they are in a group and they become even more "callous", causing most people to choose silence, "failing" to stop or even fueling the bullying. There are several reasons why some youths decide to be the bystanders in a cyberbullying situation.

The bystander effect is the first reason that causes youths to choose to be the bystanders in cyberbullying situations. The more bystanders there are, the fewer people will reach out to help, and the slower the helper's response. This effect may arise because of the number of bystanders, which distracts from responsibility. It may also be because of the fear of misjudging the situation and fear of ridicule from others who choose not to respond (Latan, & Darley, 1970). Research findings confirm this effect, with bystanders more likely to intervene when the number of other bystanders is less than two (Machackova, Dedkova, & Mezulanikova, 2015). While they are more likely not to help the bullied when the number increases (Obermaier, Fawzi, & Koch, 2014). Alternatively, bystanders may tend to rely on the reactions of others and conclude that no action is needed if other bystanders do nothing. The failure of other bystanders to intervene in cyberbullying may be attributed to the fact that the bullying was not severe enough to intervene (Song, & Oh, 2018).

The second reason for youths to decide to become a bystander is that youths fear being bullied or ostracized. They fear that they will become a new target for the bullies if they intervene or be ostracized by the group they belong to if they defend the "outsider". Besides that, they fear that their involvement will worsen as they will not know how to handle the situation. In addition, youths are largely influenced by their peer groups, and they are more averse to being ostracized by their peers and desire approval among them, even if they have to do something they don't like for that reason. A psychological experiment simulating hide-and-seek showed that youths are more upset than adults when they are rejected by their peers (Sebastian, Viding, Williams, & Blakemore, 2009). This is because the brain area that processes negative emotions is still developing in youths and has less emotional regulation than adults.

Thirdly, bystanders will worry about becoming snitches themselves. In reality, many victims tend to keep quiet about cyberbullying because if they report it to their teachers or counsellors, it will give them the reputation of being a "snitch" which is an act of betrayal of their peers. We may not be as psychologically comfortable with "betraying" our peers when we grow up and be an adult as it is not that important, and

we can simply ignore it. However, most of the youths cannot do it as they are still growing up and can be easily influenced by their peers. Fourthly, some of the youths do not trust anyone to solve the cyberbullying problems. They do not trust teachers or other adults and do not think that asking for help can overcome cyberbullying among youth (Huang, & Cai, 2020). Thus, they may feel powerless to do anything. It is quite passive behaviour for youth to think like this way and they finally decided to be a bystander in the cyberbullying situation.

Lastly, most of the youths choose to be a bystander is because they experience a sense of ‘geographic' and ‘temporal' distance, which mean that the victim may live thousands of miles away and they cannot be sure when the message was posted when the cyberbullying among youth occurred in online (Huang, & Cai, 2020). This made them feel powerless to stop the bullying and therefore, they chose not to react in this situation. At the same time, bystanders can only see what is presented on the Internet and lack physical, verbal, and distance cues instead of traditional bullying, which is face-to-face, and the bystanders are present at the scene of the bullying. This may let the bystanders feel nothing and do not recognize the attack for what it is. Thus, all the factors stated above are the reasons causing the cyberbullying among youth to derive continuously.

In fact, witnessing bullying can be emotionally charged and stressful. Research shows that youth who witness bullying can suffer the same harm as the victim, and their mental health, physical and even academic performance can be affected. A study of 7,522 Irish youths aged 12 to 18 found that bystanders were at higher risk for psychological and physical symptoms than nonbullying bystanders, including depression, irritability, nervousness, difficulty sleeping, headaches, stomach pain and back pain. In addition, they have lower life satisfaction levels. Thus, it is essential to pay more attention to bystanders in cyberbullying among youth instead of only focusing on the bullies and victims. Bystanders can bring a lot of effects to someone or the cyberbullying situation.

Bystander Intervention and Their Responsible Roles In Cyberbullying Among Youth

Bullying has deep cognitive, developmental, and social consequences, making it a public health issue. When it comes to prevention, many people, especially bystanders, can play a vital role in intervening. Anyone who witnesses bullying through digital or in person means such as internet, social media, text messaging and gaming is considered a bystander. Bystanders are present 80percent of the time when bullying occurs. In a bullying incident, a bystander could make a positive impact, especially for the victimized youth. Youth who are bullied feel less apprehensive and despondent when their peers protect and defend them. Youths who witness bullying are sometimes unaware of their roles or what they can do to stop it (Bystanders are Essential to Bullying Prevention and Intervention, 2018).

Bystanders can help to avoid bullying and address it while it is occurring or after it has occurred. Teachers, parents and other caring people can advise bystanders on how to prevent, intervene, or resolve bullying in a safe manner. Even though many

bystanders may witness an incident, only a tiny fraction of bystanders will intervene and assist. Bystanders are less prone to intervene as the number of more witnesses to the occurrence expands, according to the bystander effect, which has been observed in both emergency and non-emergency conditions. Cyberbullying among youth on social media has been subjected to the bystander effect. According to one analysis, when there were few observers during cyberbullying on Facebook, people were more likely to intervene. Other studies, on the other hand, revealed no link between the number of bystanders and their willingness to intervene in cyberbullying, but rather that fewer bystanders led to cyber bystander indifference when opposed to intermediate or massive numbers (Hackett, 2021).

BIM expands on bystander effect studies by describing five steps that bystanders go through when determining to intervene. First, notice the situation, assess it as an emergency, accept responsibility for assisting. Afterwards, identify an authorized intervention action and conduct everything out. This model's offline application has recently been enhanced by applying it to online circumstances in a recent survey. Cyber bystanders, for instance, were shown to be more willing to intervene if they noticed cyberbullying taking place. Similarly, the likelihood of intervening rises as the severity of the cyberbullying episode is assessed. Furthermore, rather than direct involvement, such as commanding the bully to stop, cyber bystander intervention is more likely to take the form of indirect intervention. Such an example as reporting information for an administrator. It is more cost-effective because intermediate intervention involves less energy, manpower, and strength than direct engagement. They can also support the victim of bullying by intervening as a group, utilizing comedy to lighten a severe situation, and expressing acceptance by affirming the victim's social position. Accepting personal responsibility reduces the number of bystanders who observe cyberbullying and increases the likelihood of intervention (Difranzo, 2018).

Cyberbullying among youth has now been correlated to a wide range of psychological issues. When compared to peers who were not cyberbullied, cyberbullied youth reported higher levels of anxiety, suicidal thoughts, emotional distress, aggressiveness, and misbehavior. While bullying can cause psychological disorders, youth who already have mental health issues seem to be more prone to be affected. As a result, this is a complicated cycle that is difficult to observe and comprehend (Nixon, 2014).

The current study extends earlier research by aiming to comprehend how cyber bystanders evaluate cyberbullying based on certain aspects of repetition found on social media. It is because taking responsibility and intervening are preceded by appraisal. Then, we will look at how their responsibilities play a role in cyberbullying among youth. We have responsibilities to defend and preserve the rights of others, just as we have social justice. Bystanders who are supportive will conduct steps to defend the rights of others. Bystanders who are supportive will use words and actions to assist someone who is being bullied. Bullying is less likely to end and the individual who is bullied is more likely to gain if bystanders feel confident in taking safe and effective action to support victims. People admire individuals who defend others who are being bullied yet being a sympathetic spectator can be difficult. Although bullying occurs in

a variety of ways and places, such as online, at work, and in schools, it can be difficult to reach out and help in a safe and effective manner.

Furthermore, there is no one-size-fits-all strategy when it comes to being a supportive bystander. Here are some ideas for bystanders who want to help in a safe and effective way. To begin, make it clear to your pals that you will not participate in cyberbullying. Next, you must not stay along and observe or support bullying. Above all, never harass, taunt, or spread rumors about people, including on social media platforms like Facebook, and never forward or respond to unpleasant or disturbing messages including videos. We must encourage the person who is being bullied to seek assistance. For instance, accompany them to a place where they can seek assistance or offer them with information about where they can get support (Australian Human Rights Commission, 2008).

As a result of the foregoing, it can be concluded that little is known about how bystanders respond in cyberbullying circumstances, necessitating the need to continue collecting data on the topic (Garaigordobil, 2016). Furthermore, research addressing different forms of bystander actions denominate them in several different ways. Thus, the goal of this paper was to identify the roles of bystanders and what is the responsibility to avoid adolescent cyberbullying.

Discussion:

How Does Bystanders' Intervention Bring the Positive Effect To Cyberbullying Among Youth?

With the development of network technology and the popularization of social networking sites such as Facebook, Twitter, Instagram, cyberbullying has gradually become an adverse trend and a serious social problem sweeping the world. Especially for underage teenagers, because cyberbullying is not in the sight of school and family, it is difficult for teenagers to grasp the boundaries. Whether it is bullying or being bullied by others, it will often bring immeasurable consequences. Therefore, eliminating bullying in the virtual world is what we need to do. In particular, preventing young people from cyberbullying has become a very urgent social and educational issue (Bystanders are essential to bullying prevention and intervention, 2018). In terms of prevention, many people can play an active role in the intervention, especially bystanders. When the bystander intervenes in the bullying behaviour, the bullying behaviour will stop. Therefore, we can see the positive effect of preventing and protecting teenagers from cyberbullying among youth through bystanders' intervention.

First, the positive effect bought by bystanders' interventions in cyberbullying among youth is bystanders' intervention can stop the wait-and-see attitude. People will no longer witness bullying and will intervene in it. This is because if we do not take the initiative to prevent cyberbullying, the difference will not be seen until sometime. Therefore, when someone or a friend tells you they have been cyberbullied, please don't ignore it but listen to them because being there is also a form of support (Cyberbullying: What is it and how to stop it, 2021). Tell her there are many people out there who want to help her. Give support to victims of bullying so that they stay positive. For example, talk to them and always listen to them, care about the victim's condition. Family and

friends need to play an essential role in cyberbullying among youth. Personal communication between family members and close friends with the victim is also very important, especially in listening to the victim's problems and providing moral support to them to deal with cyberbullying situations that occur because the issue of cyberbullying should not be addressed individually. The cyberbullying faced by victims will become more serious if they face it alone without support from family members and friends.

Besides that, when bystander interventions stand up for the victims, such as stating approval of the victim and validating their social status during a bullying incident, the victim will also bravely stand up for themselves. There is no need to be afraid to ask for help from a sibling, parent, or teacher when the victim is being bullied online. The bystanders' intervention which is encouraged the victim to be brave enough to ask others for help and not be afraid of bully forces because they let the victims know they are not left alone. Therefore, when someone comes forward to help the victims, they stand up to help themselves too, and we can truly stop this when we stand together. For example, the victims can collect or save all the messages that make you feel uncomfortable or threatened via the internet related to cyberbullying (Say no to cyberbullying, 2020). It can be used as proof to take action against the bully and inform the parents, teachers, and other adults. To the victims who faced cyberbullying, always remember that you are not alone and will never be alone.

Accordingly, many people today ignore the apparent bullying which pushes people into the abyss. Still, the deeper level is the indifference and isolation of those around them. The feeling seems like a wave in the ocean, pushing the hopeful victims floating into no man's land without directly committing violence. Such bullying is crueler than direct bullying. Therefore, the intervention of bystanders will bring more people together to defend and protect the target of bullying who was being cyber-bullied. For example, they will do something to stop the tragedy. This behaviour called Bandwagon Effect as a psychological concept refers to the phenomenon that individuals, under real or imagined group pressure, use the behaviour of the majority or authority figures as the criterion in cognition or action and then strive to be consistent with it in behaviour (The Investopedia Team, 2020). The positive Bandwagon effect can arouse people's emotions and motivate everyone to make brave actions conducive to the establishment of a good society and enabling individuals to achieve psychological balance. For example, if someone had stepped in to help the victims when they were being bullied, the first person steps up to help, there will be a second, a third, and more, the outcome would be different. Thus, when bystanders intervene, they signal to the abuser that their behaviour is unacceptable and question the bullying behaviour. If these messages are continually reinforced in our communities, we can change acceptable behaviour and stop the problem behaviour.

Moreover, successfully preventing victims from harming themselves on cyberbullying is another positive effect of bystanders' intervention to cyberbullying among youth. When cyberbullying occurs, victims know that they are not facing it alone but that someone stepped up to help them. Thus, stopping the bully's behaviour may have prevented the worst from happening, such as suicide. For example, we can see

that a lot of news now is about teenagers who were faced with cyberbullying, unable to bear the tremendous mental pressure, and finally ended their lives by jumping off a building or cutting their wrists. Cyberbullied teenagers are more likely to be depressed, have suicidal thoughts, and have emotional pain, hostility, and criminal behaviour. The fact, all the victims want is someone who might stand up and help them when it happens, not be a bystander. "No snowflake is innocent in an avalanche" refer to silent bystanders are the invisible assistants of the bullies, fueling their bullying arrogance. Therefore, not be indifferent bystanders and have the courage to say "no" to cyberbullying. Together we say no to cyberbullying! Together, let's stop the online hate! (Say no to cyberbullying, 2020).

Furthermore, we can make a comparison. The intervention of bystanders prevented some bad things from happening. For example, the victim might commit suicide or hurt themselves. However, if no one was willing to stand up to help at the time, then the victim might be affected by trauma. Cyberbullying can cause teenagers to suffer from post-traumatic stress disorder (Gordon, 2021). They will involuntarily reproduce traumatic scenes in their minds, unable to concentrate when doing anything, and nightmares at night, often accompanied by anxiety and depression. Compared with other teenagers, these teenagers are at higher risk of depression, eating disorders, bipolar disorder, and even schizophrenia. Then, some of them have self-harm behaviour because of the inner pain and troubles, so their suicide risk is higher than ordinary teenagers. Unfortunately, they may choose extreme ways to vent, such as smoking and drinking, to relieve their inner pain, leading to drug abuse problems. Their personality development may also be affected. The harm that cyberbullying can bring to youth is it must not be neglected. However, the negative impact of this kind of injury on young people's psychology is often not temporary, but long-term, extensive, or even life-long.

Next, one of the positive effects of bystanders' intervention that brings the positive effect of cyberbullying among youth strengthened how schools, teachers, parents, and young people prevent and respond to youth cyberbullying, particularly for vulnerable teenagers. For example, a crackdown on youth cyberbullying and standardized youth's unhealthy cyber behaviour or bystanders' intervention can be simplified and applied flexibly by intervening, interrupting, or changing a situation when teens face cyberbullying such as we can deal with the problem before it worsens by using humor to lighten the problematic situation or changing the subject to divert all attention. Also, parents need to know what their children are doing online, and they need to help their children to conduct online activities correctly. Parents can limit the age at which children can enter social networks and prevent children from contacting social networks prematurely to protect them from cyberbullying. When cyberbullying occurs, parents should also know what methods to take to protect their children.

In addition, although social media and technology bring many benefits and greatly promote virtual interaction and communication between people without geographical restrictions, people must use social media and technology wisely and use them in a positive direction. Everyone has the right to be respected, safe, and free from violence, assault, and bullying, as well as the right to be free from torture, inhumane treatment, and humiliation. One of the positive effects of bystanders' intervention is bringing back

a safe internet and harmonious online world. Therefore, online bystanders play a crucial role in developing, sustaining, or preventing the "vicious cycle" (Leung, 2021). We can improve the situation by intervening when cyberbullying occurs openly, objecting to bullying. Everyone stands together to end violence online, stop online hate, and bring back a safe internet and harmonious online world. In contrast, bullying will not go away if we do nothing! But it can if we do something. (The Bystander Effect: Why so important, 2021)

In conclusion, cyberbullying incidents are becoming rampant with the development of technology and the internet nowadays. Not long ago, a teenage girl committed suicide after being bullied by the Internet. People felt so heartbroken and helpless when they saw the news. The girl was in her youth, and her live was gone because of cyberbullying. Why can't we choose kindness, tolerance, and respect each other to write good words instead of bad comments in the comment section? Everyone should know that the power of language is underestimating, it is like an invisible sword stabbed in your heart. If you were the person being bullied by the internet, can you accept and bear it? Therefore, do not criticize others at will, do anything to think before you act, always think carefully. In this 21st century, an Internet age, any irresponsible word can be a sharp knife that destroys someone's life. Do unto others as you would have them do unto you. Last but not least, when the bystander intervenes in the bullying behaviour, the bullying behaviour will stop successfully. Therefore, be an active bystander together. Stop cyberbullying now.

Conclusion

Cyberbullying is a contemporary form of bullying or harassment that has taken possession of bullying behavior. The internet and social media have aided in the spread of cyberbullying. Cyberbullying has evolved into a severe problem afflicting today's youth. A substantial number of adolescents have been victims of cyberbullying, whether because of harmful texts or inappropriate exposure. The downside is that preventing cyberbullying is tough. It is extremely difficult to manage once it has occurred because the things that have been uploaded online cannot be easily deleted. Cyberbullying has caused a great deal of devastation to youth. Their academic performance has suffered the consequences.

Throughout reality, experiencing cyberbullying can be traumatic and emotionally draining. According to research, adolescents who witness bullying can experience the same injury as that of the perpetrator, affecting their mental wellbeing, physical wellbeing, and even school performance. Therefore, rather than focusing solely on bullies and victims, it is critical to give greater attention to bystanders in cyberbullying among youth. Bystanders can have a significant impact on a person or a cyberbullying scenario. As a result of the above mentioned, it can be stated that nothing has been known about how bystanders react in cyberbullying situations, prompting the need to continue obtaining knowledge on the issue.

Furthermore, bystanders could indeed create a wide range of roles in cyberbullying available on the internet. Every adolescent has a role to play in limiting the prevalence

of cyberbullying. Bystanders should also be aware that voluntarily intervening can contribute to counteracting the effects of bullying behavior among youth. Even though past studies demonstrate that bystander intervention can significantly decrease cyberbullying, cyber bystanders are less likely to be proactive. As an outcome, understanding how cyber bystanders respond to a cyberbullying scenario is crucial in combating this prevalent and extremely troubling epidemic. We discovered that the rate of violent crime and their previous infractions had a multiplicative effect on cyber bystanders' perceptions of emotional pain, appraisals of cyberbullying, acceptance of responsibility, and direct intervention actions, spreading our knowledge of cyber bystanders' attitudes and expectations in social media. Finally, whenever the spectator intervenes in online bullying, cyberbullying is effectively prevented. As an outcome, work together and be an attentive bystander. Now would be the time to put an end to cyberbullying.

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27 Pandemic Education Crisis - The Impacts Of Covid 19: A Conceptual Paper

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Abstract

The outbreak of the coronavirus (COVID19) pandemic has been declared a global emergency and seen as a health crisis. Not only that, but it has also introduced uncertainty into major aspects of national and global society, including for schools. With this immediate shift away from the classroom in many parts of the globe, Covid-19 has brought significant disruptions to education. The education crisis solidifies the dilemma policymakers are facing between closing schools and keeping them open. Temporary closing schools would reduce contact and save lives while opening schools would allow the labor to continue working and maintaining the economy. The literature review findings revealed that there are several impacts of the Covid- 19 on education.

Keywords: COVID-19, Education crisis, Schools, Global, Impacts.

Introduction

According to the World Health Organization (WHO), Coronavirus disease, or Covid-19, is a viral infection caused by the SARS-CoV-2 virus (World Health Organization, 2020). The outbreak spread to nearly every country globally, prompting WHO to declare the covid-19 virus as a pandemic. The first case of COVID- 19 was reported on the first of December 2019, and China was the first country to declare a covid-19 outbreak (Public Health England, 2020, March 14). Within a short period, the virus had spread to all seven continents and over many countries. Covid-19 was a dangerous virus because it could be spread through the mouth or nose of an infected individual in small liquid particles when they coughed, sneezed, spoke, or breathed. People also can be infected by touching surfaces that the virus has landed (Cleveland Clinic medical professional, 2020, Nov 12). The crisis of the covid-19 has thrown the world into disarray, which has killed thousands of lives. In Malaysia, 2,481,339 confirmed cases of COVID-19 from the third of January 2020 to 5:21 pm CET, the third of November 2021, with 29,045 deaths reported to WHO (World Health Organization, 2021).

As the covid-19 pandemic spreads rapidly, It has impacted people from all walks of life, regardless of nationality, education levels, or economic status. Pandemic covid-19 have changed man's daily life. Many sectors, including economic, social, and political, are susceptible to negative effects. Education is also not an exception to it. Over one year to pandemic covid-19, a student in Malaysia especially was affected by nowadays education system. Not only Malaysia but other students in the entire world were also affected. In Malaysia, to halt the spread of pandemic covid-19, the government tried by ordering the closure of all high schools, primary schools, kindergartens, and universities after the movement control order (MCO) was announced (The Strait Times, 2021). In this pandemic, people cannot gather in groups for any purpose, including classes, so students have been forced to pursue their education entirely online. All classes are relocated to a remote format, while digital platforms are utilized, such as Cisco WebEx Meeting, Google Meet, Zoom, and many

more. Physical education classes are prohibited because the government has commanded people to remain at home to break the chain of covid-19.

This pandemic has revealed many flaws and inequities in our educational institutions. Pandemic covid- 19 has an emotional as well as a physical effect. The online education that has been conducted has been challenging for parties, such as students, parents, and teachers. Many parties have suffered losses throughout online learning. Students have been forced to rely more on their resources to continue learning remotely via the Internet. Teachers were also required to adapt to new teaching and learning concepts and ways of instruction to ensure no one would be left behind, including students who lack access to digital learning tools. In addition, all parties must work together twice as hard during online learning as they do during physical learning to ensure that students do not leave behind in their learning. Parents also must pay greater attention to their children's education and ensure proper equipment. This has made it more challenging for families who are unable to afford it, as they must spend more money to ensure their children can follow their learning precisely. A few actions need to be taken to overcome the challenges associated with online learning. All parties must work together and not just rely on the government to provide adequate resources and the best education to every student. The government is in its commitment to providing the best education possible to students despite numerous obstacles.

The impact of covid 19 on youth education

The amount of people who are infected with Novel Coronavirus (covid-19) has shown the rise and fall trend since 2020 in Malaysia. Many sectors of all sizes have been affected due to covid 19 include education sector also in the list of falling sectors. The closure of the schools and universities has a bad impact on youth education. Referring to the statistics from 2020, it is said that 1.5 million students are affected by this covid- 19 issues (Szmigiera, 2021). This pandemic situation has changed the whole educations system all over the world such that online learning is the only choice for students to always catch up with their school lessons. Although online learning gives the student flexibility to attend the lecture class, the bad impact happens when students are not comfortable and feel it sucks using technologies to study.

First, the drastic changes from traditional learning to online learning make students feel it is not effective for most of them. Many students are facing the same problem since online learning was implemented which is lack of motivation. They feel unmotivated to study because the vibe does not exist like they are in school or university. They faced the challenges alone and there is no social interaction between them with their lecturers and friends. For example, it gives pressure on students who face e-learning at their house because none of their family members have the same problem. Otherwise in school, they do share the same situation or problem. The suitable space and surroundings are also important for students to keep themselves motivated. But it is quite hard to achieve when the student is raised with a big family and has limited space in their house. There will be too many distractions and they can easily switch their attention to other things. Next, poor social networks also make someone lack the motivation to continue their studies. Every student has different technical difficulties

such as some of them having low internet coverage, especially in rural areas. It forces them to go somewhere else just to attend their online classes. Like every tertiary student in Malaysia went through right now everything was done online such as classes, presentation videos, and submitting an assignment or homework. There will be a new problem when students must invest a lot of money to buy an internet connection and it is tiring for them when the speed of the internet becomes low. These kinds of situations make students at a high risk of being left behind in the class and indirectly cause them to be demotivated.

Furthermore, online learning during this pandemic situation increases the financial burden on students. It can be proven when students are required to buy modern gadgets like laptops and handphones to go through online learning smoothly. It is important especially for university students that need them to record the video presentation and download the learning application on their device. Many parents are also worried about their expenses since the school closure and their children must attend the online classes. It is giving more pressure and burden for parents who have many children that go through online classes, they need to purchase multiple devices too for their children (David et al., 2020). For instance, according to the Malaysian ministry of education, Dr. Radzi Md Jidin said that most of the students were not able to follow the online learning sessions during the period of the Movement Control Order (MCO) because they did not have a suitable device (Berita Harian, 2020). Student absenteeism in class can have a detrimental effect on their academic performance because they are being left behind in the class and they need to study on their own, they will also miss the important information about certain subjects that were given by the lecturers or teachers.

The transition from traditional learning to online learning makes students nowadays stressed. The problem is, what makes online learning so challenging although students are not required to attend physical classes and co-curricular activities? Since e-learning was imposed in 2020, several death cases were reported involving students who are higher in stress level. This situation happens when students feel unfamiliar and cannot adapt to the change in the education system. According to the Clinical Psychologist International University of Malaya-Wales, Dr Mimi Fitriana Zain said increasing time to screen exposure makes students have the emotional disorder and the effect is, they will not be able to think online learning is a positive side (Sinar Harian, 2020). The increasing workload is one of the causes that make students become stressed during online learning. Lecturers and teachers expected their students to understand and adapt to the technologies while in real life they do not. It can be so stressful when they do not understand what is being taught, especially in calculation subjects. There was feedback from a high school student in Sacramento, California regarding the online classes, he said that it was stressful. This is because most of the students feel like they are not learning anything in virtual classes, and they just received a pile of assignments to complete (Larry Ferlazo, 2020).

Recommendation To Overcome the Disruption In Education Of Youth In The Era Of Pandemic Covid19

One cannot just do the same as in the face-to-face environment and expect the same results in the online environment. The following are some best recommendations

generated from 19 years of online education and gathered from some of the world's leading instructors with online institutions, along with my doctoral studies in educational and organizational psychology.

Recommendations to create effective online learning:

Lectures should last 18 minutes or less: There's nothing more boring than to listen or watch someone talk for 45 minutes or more in a virtual classroom. On the educator's side, it's a lot of work to prepare for such lectures and presentations. On the student side, most of it won't be remembered. In the online environment, designing lectures that are 18 minutes long can be challenging when there's so much content. One must balance the need to cover content with how much students will remember. Break the lecture into small segments of 18 minutes or less and design some activities in between to make them more meaningful and emotionally engaging for every student. This leads to the next best practice.

Create meaningful learning: The human brain will consciously choose to process information when it is meaningful. Otherwise, it gets lost in the 400 billion bytes of information per second that it is receiving. To make learning meaningful, let's start with a student inventory. Consider this as an investment portfolio, except with data relevant to learning. Content such as personal goals, core values, and interests should be gathered and made available to the educator. The specific skills that the student wants and needs to develop, along with their learning modality preferences, should also be available in this inventory. Using this information, the connection between course materials and one's interests and needs can be made easily by the educator. Just as various leadership studies speak to the need to make work meaningful, learning that is meaningful gets remembered. In the online environment, there's more time and a place for students to contribute to their inventory. Educators can take the time to gather and analyze the information in the student inventories to effectively design the class to be meaningful.

Recommendations on how to build motivation during online learning:

Think About the Reasons You're in School. You enrolled in online courses for good reasons: perhaps you want a better job, are preparing for a new career field, or want to earn a credential, such as an associate or bachelor's degree. How will each course move you closer to fulfilling your goals? You might learn valuable new information that will enhance your career prospects or learn how to think more critically. You'll have an easier time staying on track when you remind yourself of how great you'll feel when you complete the course and move on to the next phase of your life or career (Mohd Nasaruddin Parzi, 2020).

Create Realistic Goals. Setting goals is an important part of being a student. Big, audacious goals are great, but it's also wise to keep your goals realistic, or you risk disappointment. Set smaller, achievable goals at first, such as completing a chapter of required reading or writing an outline for an assignment. You'll be more motivated to keep going when you've achieved some short-term goals. When setting goals, focus on your strengths and seek support for weaker areas.， Visualize the Outcome. Classwork, studying and writing papers can keep you so focused that it's easy to lose sight of the

outcomes of all your hard work. Take time to zoom out and look at the big picture. When you visualize your future, what do you see? A new job that you love. A bigger paycheck that will make your life more comfortable? Just knowing that you completed a big goal can bring a great deal of satisfaction. When you're struggling or feeling overwhelmed, visualize the positive outcomes and you'll want to continue (Top Universities, 2021).

Create a Sensible Schedule. Keeping your goals realistic and attainable requires a sensible schedule. It might help to make a list of everything you have going on, from online courses and work to family obligations and social time. Prioritizing your work by ranking everything from “very important” to “not important,” is also helpful. Remember that online courses allow you to set your schedule, so avoid the “out of sight, out of mind” situation by logging in regularly (Floridadateonline, 2021).

Recommendations on how to reduce financial problems during online learning:

•Check your direct debits to prevent unnecessary spending. Check your direct debits. Monitoring the money leaving your account each month is one of the easiest and most effective ways to reduce your spending. Perhaps you're still paying for that magazine subscription you never use. Maybe you planned to end your app payment after the free trial was over but forgot. Have you remembered to cancel or freeze your monthly gym membership? You can find out which direct debits are leaving your account directly from your online banking. Alternatively, try an app like a smart bill which will help you find and cancel unwanted subscriptions and track your monthly outgoings. This is especially useful if you have multiple bank account. You can sometimes freeze payments on services you aren't currently using, such as your gym membership. This may cost you a monthly fee, but it will be lower than your regular monthly payment. You can then restart the payment when everything goes back to normal (Top Universitie, 2021).

•Use a money managing app. Online banking apps can be a major time saver when it comes to managing your money. They can help you budget, save and track your spending. Monzo is a popular money managing app. Known for their fluorescent coral cards, the bank helps you easily split your money into bills, savings, and spending money. You can easily open savings pots, where you can earn interest on your saved money. If needed, you can also set up an overdraft of up to £500 and loans up to £3,000. Snoop is a free app that identifies ways to save money based on what you're already doing. It is authorized and regulated by the Financial Conduct Authority. The app also takes note of the stores you shop in and will let you know if there are any voucher codes for next time. Yolt gathers information from your bank accounts and displays your spending history on charts so you can easily see what you're spending. It allows you to earn rewards from various retailers and compares your utility and insurance providers to help you save. Save money on your entertainment. Long gone are the days where you could pop out to the cinema and end the night with a few drinks in your local bar. Coronavirus-friendly entertainment is generally focused on your favourite streaming service, which although is generally less exciting, can be a very effective way to save money. Recreating your restaurant food is a fun way to be creative and learn some new culinary skills. Although, if you do decide to give in and get the occasional takeaway,

you will generally spend less than you would on a restaurant meal, as you can save money on drinks. If you're on a budget, here are 25 productive things to do while social distancing (Top Universities, 2021).

Make an emergency budget. To make an emergency budget, you first need to make a note of any income you have coming in (including maintenance loans, grants, and cash from parents) and then note everything you need to spend money on (such as rent, bills, travel, etc.). Compare this with your actual bank statement to see what extra you're spending your money on. If this seems too daunting, download one of the apps we mentioned earlier, which will do most of the hard work for you. Once you've identified what you're spending on, you can start to compile an emergency monthly budget. Which of these things do you need to spend money on each month? What can you go without? Be brutal. Remember, this is your emergency budget, not a standard monthly budget. When you've done this, you have a plan to fall back on if you ever fall short on money. It will also make you aware of where you can cut down on spending (Top Universities, 2021).

Recommendations on how to avoid stress during online learning:

Get enough sleep. Teaching yourself how to manage stress begins with something simple: getting enough sleep. A good night's sleep is critical not only for online learning success but for keeping your stress levels manageable. The National Sleep Foundation recommends 7-9 hours of sleep for both young adults (18—25) and adults (26-64).1 Find the amount that's right for you and then try to stick with it •Exercise. Exercise may not always easily fit into your schedule, regardless of whether you're earning your degree online or just overly busy, but it's a time-tested way to manage stress for a reason: it works. Even a brisk 10-minute walk can boost endorphins (your body's feel-good neurotransmitters), improve your mood, and more. It's a stress management technique that's not only good for your online education, but it's also good for your body and mind as well.

•Eat well. Another simple stress management tip? Eat well. While it's tempting to treat yourself to high-fat, sugary “comfort foods,” these foods decrease your energy — and your academic performance. Feed your online education with healthy high-fiber foods, including fruits, vegetables, protein, and whole grains. •Get organized. Between academics and everyday commitments, you're going to be busy while earning your degree online. A can't-lose stress management technique for busy students is to get organized — and stay organized. Keep your desk neat. Create folders on your computer. Map out your quarter or semester and set reminders for important dates. Once you get organized, you'll feel stress levels go down immediately.

Conclusion

To conclude, pandemic covid-19 is a severe issue that should be taken seriously as a large scale of people die every day. The pandemic has hit the country for more than a year, many people have suffered losses and lost loved ones. As the saying goes prevention is better than cure, so, all parties must take this virus seriously and play their respective roles to ensure that the government's efforts to break this covid-19 chain

were successful. The younger generation is a priority for catalysing and developing the country. It was everyone's responsibility to ensure that all students from every tier achieve complete education as the most important factor in determining one's success and path is education. Perfect education is also important for every student to develop the knowledge, skills, attitudes, and values that will enable them to make a positive contribution to society and their country. Lastly, everyone should follow all the government rules to stay at home so that this MCO can end, and everyone can continue their daily life as usual.

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28 Challenges Facing Youth: Twist and Turns of Life

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Abstract

Youth feel overwhelmed when confronted with enormous pressures related to school and college, as well as career uncertainty scenarios. This research paper analyzes the challenges faced by the youth to live their life. We launched a questionnaire about the obstacles to answering this question, and 102 respondents aged 15-35 were involved. Our result showed that youth's two most serious problems are depression (52.9%) and burnout (40.2%). Results are discussed in terms of causes, impacts and ways to overcome the top 2 challenges faced by youth. The evidence suggests that the government should give more exposure to the community and take this issue more seriously, followed by other recommendations.
Keywords: Youth, Depression, Burnout, Youth.

Introduction

At some point in life, surely, we will have some period where it is so challenging and very hard to go through it. Depression and burnout are the highest problem that are detected from the survey. Depression is a very frequent and serious medical disorder that has a significant impact on how you feel, act, and think. (Felix Torres, 2020). Based on the statistic in 2018, an adolescent commit suicide every 100 minutes and it is the third highest cause of mortality among persons aged 15 to 24. Almost 20% of today's adolescent and young people suffer from depression before reaching adulthood. Only 30% of children and teens suffering from depression receive effective treatment. (Vicky, 2018)

Based on the data of 2020, depression is a widespread condition around the globe, affecting an estimated 3.8 %, including 5.0 % and 5.7 % of persons over the age of 60. Around 280 million individuals worldwide suffer from depression. Depression is distinct from normal mood swings and short-lived emotional responses to life's stresses. Depression may be dangerous to one's health, especially if it is recurring and of moderate or severe level. It can cause a great deal of suffering and poor performance at work, school, and in the family. Depression, at its worst, can lead to suicide. Suicide kills over 700,000 people each year, and it is the fourth most significant cause of death in those aged 15 to 29. Even though there are proven, effective therapies for mental diseases, more than 75 % of people in low- and middle-income nations do not obtain treatment. A lack of finances, a shortage of skilled healthcare practitioners, and the societal stigma associated with mental diseases are barriers to successful care. People suffering from depression are frequently misdiagnosed and given antidepressants in nations of all financial levels. (Organization, 2021)

The second highest according to our survey is burnout. Burnout is a prolonged condition of stress that causes physical and emotional tiredness, sadness, alienation,

cynicism, and a sense of failure, as well as feelings of ineffectiveness. Though most teenagers experience stress and tension, persistent stress and accumulated stresses can lead to depression, violent conduct, or suicide ideation. To manage and deal with their anxiety, some teenagers may engage in fighting, drinking, smoking, or other harmful activity. (Witmer, 2020) Since we are facing COVID19 pandemic, people are having a bad time because of the movement control orders, quarantine and other issues too. According to a recent Indeed report, employee burnout is rising: 52% of the whole workforce are feeling burned out, up +9% from a pre-COVID questionnaire. Employees of all ages and backgrounds feel the effects of stress, fatigue, and mental health issues. (Morrison, 2021)

Making time for all your commitments in college is a source of worry for many students. They must study, attend class, complete heaps of homework, participate in any extracurricular activities, and make time for a social life for students to not go nuts. Nobody can handle that without finally burning to exhaustion. "Students may feel overwhelmed, unhappy, less motivated, and have a more negative outlook on life," said Danielle Green, a therapist at Drake University Counseling Center. Burnout affects more than just students. Faculty members might also feel the flames of burnout coming up on them. On many college campuses, the struggle against COVID-19 leads students out of the classroom and into their dorm rooms, residences, and childhood homes. For many college students, the experiences, people, and atmosphere provide a much-needed change of pace. Many new first-year students in 2020 will not be able to experience it in the same way. COVID left fewer parties, club meetings, and opportunities to interact with the university community. (Newman, 2021)

Depression and burnout are already massive issues, has suddenly become more prominent than ever in the lives of students, employees and even housewife. There appeared to be no way out of the never-ending flood of online meetings and online homework. Everything was done through a virtual interface, from class to advisor meetings to chapter meetings. Suddenly, the long walks across campus and workplace could not be blamed for tiredness. Instead, it was the result of sitting in a desk chair all day and not moving.

What Is Depression?

Depression is one of the most dangerous mental illnesses, frequently affecting people in their twenties and thirties. The majority of people do not understand what depression is because depression is simply stress, which all human experience. According to the American Psychiatric Association, depression is a prevalent and serious medical illness that impairs one's ability to feel, think, and behave. Women are more likely than men to suffer from depression. According to some studies, one-third of women will experience a major depressive episode during their lifetime. Depression is frequently characterized by persistent sadness, loss of interest in activities, loss of appetite, feelings of worthlessness, and restlessness.

The root cause of depression in young people

When examined in depth, there are numerous causes of depression that can lead

to young people developing this mental illness. This problem is due to the group's exposure to things or issues such as stress while studying or working, family problems, relationship problems, and even social media can also contribute to depression. According to Dr Gurdeep Singh, a Sessions Psychiatry Consultant at Tropicana Medical Center, he once received clients who were depressed. His client's issue is that he quickly feels restless at work, which causes him to work overtime, resulting in only 3-4 hours of sleep per day, and he is also overly concerned about the mistakes made in his work. As a result, he has trouble sleeping, headaches, muscle tension, and fatigue. He also has low self-esteem and a sense of helplessness. This problem has affected his marriage and family life as well (AIA MALAYSIA, 2021).

As a result, social media has been identified as a contributing factor to depression. These platforms are risky because people nowadays spend an increasing amount of time on social media and are more truthful about their lives. Individuals who are lonely or do not have a good life like the rest of the world may feel sad when they see a few people uploading happy pictures or videos. According to Steven Gans, those who limit their time on social media are more at ease than those who do not. Additionally, he suggests that social media platforms may elicit a range of negative emotions in users, thereby contributing to or exacerbating their depression symptoms. Social media was linked to depression because a study conducted at the University of Pennsylvania on 143 students discovered that limiting social media use to 30 minutes less than usual resulted in a significant reduction in depression while improving overall well-being (Mammoser, 2018).

Finally, communities in urban areas, compared to communities in rural areas, contribute more to depression. Young people who have recently moved to the city to work or study are prone to depression due to a lack of adequate living necessities stemming from the high cost of living. Urban life is also less enjoyable when they are frequently involved in traffic congestion, and pollution due to factories located in residential areas or a lot of vehicle smoke has affected their health. Furthermore, when Covid19 hit the country, people couldn't go to work, they couldn't go out for fun, and some people had to be laid off because their companies couldn't afford to pay their employees. Besides, young teens or children cannot go out and meet friends or play; they are often depressed. They had to live in cramped quarters, especially those who lived in flats. This situation contrasts with the life of a rural community, which has a large yard for recreation and can even spend their free time farming. As a result, the stress they have been experiencing can be effectively managed. (Liu Liu, 2020) has conducted a study on a company of branches for both urban and rural areas; the data obtained showed 15.3 % depression statistics for urban employees, while 12.4 % depression statistics for colleagues in rural branches during the pandemic.

Depression's Side Effects

If depression is not treated properly, it can be extremely dangerous. Several psychiatrists have identified a variety of negative consequences of prolonged depression in adolescents. Suicide attempt is one of the most severe and fatal side effects that a person with depression may encounter. Suicide is the second leading cause

of death among people aged 15-34 in the United States, with depression accounting for the majority of suicide cases (National Institute of Mental Health, 2021). Tan Sri Dr Noor Hisham Abdullah, Director-General of Health, stated that according to a report from the Royal Malaysian Police (PDRM), suicide deaths in Malaysia increased to 631 cases in 2020, up from 609 cases in 2019. Suicide, he asserts, is one of the world's top ten leading causes of death and the fourth leading cause of death for people aged 15 to 29. Additionally, the global COVID-19 pandemic has a profound effect on the mental health of every individual, including Malaysian society. Excessive stress has been associated with social factors such as job loss or income loss, as well as the death of a family member (Suraya, 2021)

Individuals who are frequently depressed more often refuse to engage in educational activities. They are prone to be perplexed, poorly organized, distracted, and irritable. Simple daily tasks can also become difficult. Students who suffer from these disorders are at risk of academic failure. This situation may reflect a lack of interaction in the classroom, strained relationships with peers and instructors, and a lack of enthusiasm for pursuing interests or making plans. Additionally, depression can damage working memory, making it difficult to recall new knowledge and recall past experiences; their ability to learn is frequently harmed. Online learning contributed to depression during the Covid19 emergence. Online education does have an effect on students' mental health because staring at a laptop screen for an extended period of time, up to 4-5 hours, can make sleeping difficult (Aida, 2020). They will also experience emotional disturbances when unable to focus due to drowsiness or the body becoming lethargic, as well as not understanding what the lecturer is teaching.

In turn, severe depression can lead to people using illegal substances such as drugs to feel calm or forget what they are going through. The substances can also become addictive, with the body becoming more reliant on their effects as a person uses them more frequently. However, depressants such as alcohol can amplify feelings of sadness or fatigue. Individuals with this disorder have a 10% lifetime risk of suicide, which increases to 25% if substance abuse occurs. As we all know, drug use has a negative effect on the mind and is detrimental to human organs. (Sally Robertson, 2020). So, if we find or know someone who is depressed, we must ensure that they receive the proper care so that something unfavorable does not occur.

What is the most effective method for avoiding or overcoming depression?

While depression is a serious mental illness, it is also a disease that is easily treatable and preventable. When closely examined, there are numerous methods we can adopt in the circumstance that our acquaintances or ourselves experience difficulty, such as sharing concerns with family or friends, engaging in recreational activities, consulting a counsellor, or, better yet, knowing an expert in the field. Furthermore, parents play an essential role in dealing with adolescent depression. Positive relationships with parents and caregivers continue to be crucial for adolescent mental development and well-being (Unicef, 2021). Parents should keep an eye on their children if there are any changes in their behaviour, such as feeling very sad or withdrawing for more than two weeks, engaging in fights, facing extreme fear for no

apparent purpose, and so on. When this takes place, parents must encourage their child to see a specialist. Most importantly, show them your love and support.

Regarding that, college students can try talk therapies such as cognitive behavioural therapy and interpersonal psychotherapy. Psychiatrists also noted that this group could use antidepressant medications under professional supervision and at recommended doses. College students should exercise at least three times per week to improve brain fitness or lead a healthy lifestyle because this group is very concerned with self-image, which has a significant emotional impact and adverse effects on their mental health. Another treatment that college students should follow is getting enough rest and participating in social activities, as this can bring fun while reducing stress while studying and give wonderful memories when meeting friends or new people.

Also, did you know that allowing negative thoughts to come out of your mouth or mind can lead to depression? Simple words or sentences such as "I'm not smart," "no one cares about me," or "there's nothing I can do" put us in danger. So, we must reconsider the positive aspects of the situation to avoid a negative outcome. According (Renewing Life Center, 2020), positive thought must be built on what we believe. Several verses are shared and can be practiced, including the following:

God cares about you, and you are important to Him. He likes you and is rooting for you.

Your life has meaning. God has created and specially gifted you to make a difference in the world. Your life is meaningful.

3) You might indeed breathe. God is in control. Whatever is troubling you is not unstoppable if you surrender it to God and ask for His guidance.

4) You have been absolved. If you entrust your life to God and ask Him to forgive all your sins, failures, and shortcomings, God will forgive you. As a result, every day was a new chance.

If we live this, we will believe that this is the truth about ourselves, individually and specifically. So, if negative thoughts are haunting you, take your time and re-read slowly. This treatment is the fundamental truth of life, and we believe this truth will shine in our lives once we begin to think and possess it. Everything that happens is within our control and will, so let's love ourselves.

What Is Burnout?

According Freudenberger 1974, “The term ‘burnout' first appeared in the literature in the early 1970s to describe feelings of emotional overload, mental exhaustion, and a ‘jaded, or cynical reaction to those needing help in the human service fields” (Sean, 2010). Furthermore, Burnout is a mental, emotional, and even bodily weariness caused by prolonged or repetitive stress. Though it's most commonly triggered by a large number of jobs that must be accomplished. (Workahlolic, 2021). Burn out often likely be compared with stress because of their similarity but they have their own differences. When people stress, they still can struggle to cope with pressures but when burnout takes over, you've given up on ever overcoming your difficulties. It's more than just exhaustion when you're suffering from burnout. You are disillusioned and hopeless,

believing that your efforts have been in vain.

Types of Burnouts

From Maslach & Jackson (1981a, 1918b), burnout have three type that is Emotional Exhaustion (EE), Depersonalization (DP) and Personal Accomplishment (PA) (miyaya, 2012). First, Emotional Exhaustion is a sign of burn out condition in the form of emotion characterized by loss of feelings and attention, trust, interest, and enthusiasm. Next, Depersonalization (DP), a person who has depersonalization problems feels that none of the activities they do are of value or meaning. This attitude is shown through ignorant behavior, being cynical, heartless and not paying attention to the interests of others. Lastly is Personal Accomplishment (PA). Personal Accomplishment can be defined as measures of lack of self -actualization, low work motivation and decreased self-confidence. This condition always seen in low achievement tendencies. (Riadi, 2016).

Factors become Burnout.

Burnout is frequently caused by working harder than usual or having too many responsibilities. In addition, the current situation is that pandemic Covid-19 youth will study via online learning or work at home, this will make more work at the same time, especially for those who are married, an illustration female employee carries a lot of responsibilities such as do house chore, handling their children and also have to finish their office's work. According to research, workers who worked from home more often than on-site were 41% more stressed than those who only worked on-site, compared with 25% of those who only worked on site. (Elizabeth, 2021). Meanwhile, students had to work harder to complete the assigned assignments, especially students who had uncomfortable home conditions and internet problems. Most students are more stressed learning online than face to face this can be proven through a study that 75% of college students reported feeling more anxious and stressed because of the online learning. (Zalaznick, 2020).

Another factor is time management; all youth need to manage their time as well so that they are mentally and physically stable. When a person does not contain time wisely, the chances of getting stressed are high. For instance, most students, especially university students, cannot do their tasks according to the time and date given. They spend a lot of their time with useless things like surfing social media until late at night. There are also students who use their vacation time to complete their assignments given by their teacher or lecturer. Because of this, they don't have the right time to calm their minds and spend time with their loved ones in this situation. In addition, there are also employees who are not good at managing time such as working beyond their means or working outside of working hours without paying more. This is not fair to yourself. Therefore, youth should create an efficient schedule that can help them in their daily life.

Furthermore, lack of self-confidence also can be a cause to get burned out quickly. Why? When one feels that they are not good enough, they will try to handle too many things than one can do. This is because they want to improve to be better, but the path

they choose is in the wrong way. Unfortunately, this will cause them to feel mentally exhausted and eventually, they will try to separate themselves from the social environment considering that they are not good enough. The endless thought of them being lack in self-confidence will always haunt them, and this will lead them to feel burned out as days goes by.

Next, lack of self-reward for great work. Some people think that self-reward is not essential to them. It's just getting the job done as well as possible without thinking about the fatigue that has gone through. This will cause yourself never to get any pleasure or special items for yourself. Self-reward does not necessarily require a lot of money. It just makes us happy and re-energized to do daily life. Gretchen Rubin once said, “When we give ourselves treats, we feel energized, cared form and contented, which boost our self-command and help us maintain our healthy habits”. (Lim, 2019). Therefore, from the statement, busy no matter what, we need to appreciate and love ourselves with self-reward even if the case seems simple.

Effects from Burnout

Everything has their own side effects, as will burnout. There are some negative effects of burnout when not curbed. The first effect is loss all motivation. When a person gives up or is too tired, they no longer think about their life and career. In this case, indirectly, work performance or their result can be reduced. This case, job losses for employees while for students their future will be affected if their burnout is not controlled from the beginning. Additionally, daily responsibilities at work or home also be affected. Individuals that are burnout have a bad attitude about their duty. They have trouble concentrating and are typically lacking in inventiveness.

The following effect is physically disturbed like often get sick. Since exhaustion, sleep time will be disrupted and loss of appetite. This happens because they think too much about the problems they face and what is in their minds is negative and does not need to be thought about. This thought will make them have no time and no mood to enjoy the food, and they think about the problem until late at night without any action. Because their sleep is disturbed and they lose their appetite, they will often get pain such as prolonged headaches and stomachaches. Besides, people who suffer from burnout usually prefer to confine themselves indoors without doing anything. It will cause them to breathe less fresh air and do leisure, and it may be easier to get diseases such as heart disease and migraine.

Unstable emotions such as negative moods also can be an effect of burnout. Burnout can be debilitating. Feel angry, frustrated, and tired, and there is cynicism and negative moods. Unstable emotions occur because many things need to be resolved, especially in a short time, in addition to the lack of support from certain parties such as family and friends. The environment also plays a role in controlling our emotions. For example, the boss or a friend in the workplace puts constant pressure, which will make the burnout worse meanwhile, the students often get pressure from teachers or lecturers who often give assignments non -stop and do not understand students. This situation will cause a person to cry and get angry suddenly and so on because he has lost his judgment and the way of solution. In addition, overthinking that is shackled by life will

also make emotions unstable. As an example, always think that they and what they do is not good in the eyes of others. If not avoided, it will cause burnout to occur unnoticed.

How to Overcome Burnout?

Like the words from David DeNotaris, “A problem is only a problem if you refuse to look for a solution. If you don't take action to fix it, then it will remain a problem”. (Pulsifer, 2021). So, the meaning is every problem has a solution, as well as burnout have their solution. The first solution to overcome burnout is better support from the surrounding. Strong support is important for a person, whether mentally or physically. When a person does not have support from any party, it will feel lonely and easily fibrous. The person who gives support also plays an important role, such as being a loyal listener and often helping the person if in trouble. People who are prone to burnout need to be given words of encouragement so that they keep getting up and don't feel weak to get on with life. For example, when a person is a burnout, friends or family must be a good listener and full of attention. Suppose family or friends do not want to be a listener or do not give any support. In that case, a person can refer or see counselling to curtail the problems because social relationships are a natural antidote to stress and expressing something hidden face to face is one way quick to calm the nervous system. In a burnout situation, people around need to stop being negative people because people who think negatively will incite and only complain will affect the mood of others. Because of this situation, a supporter is very important in our life.

Second, re-evaluate self -priorities. Re-evaluating or reviewing self-priorities is essential for each individual so that the workload does not increase. Every individual needs to know how to manage time well, such as prioritizing their own over other things — for example, preparing your task before helping or accepting a job from others. Not because we are selfish, but mental and emotional problems also need to be taken care of as best as possible. This issue often happens in the youth generation as they usually just accept people's instructions without looking at their abilities. For example, employees often comply and never object if asked or given work that exceeds their ability by the employer. Youth must have the courage to say "no" to demands beyond their ability. If they find the task very difficult, they have the right to say "no" or discuss it well. In addition, giving priority to the body to rest, for example, when working hours, holidays or weekends they have the right to turn off the phone and put away the laptop. No need to think about work or other people during the holiday. This is because the holiday needs to enjoy the time to get rid of all the burdens. Besides, it is necessary to think about feelings, take care of yourself first, and then think about others. If a person overthinks about other people's problems in his sleep, he realizes that the problem will increase and indirectly, burnout will occur in the blink of an eye. Therefore, take care of your health, significantly to help others.

Last but not least is exercise regularly. Make exercise a hobby or a priority for yourself. While exercise may be the last way for you to reduce burnout, but it is a powerful antidote to stress and fatigue, exercise can also improve one's mood indirectly. For example, walking for 10 minutes can improve mood for two hours. (HelpGuide, 2020) Furthermore, Exercise is especially important for our body so that our body is

healthier, fitter and more energetic as well as the brain will become smarter. In addition, not only can we maintain energy, but we can also breathe fresh air when we jog or walk for 30 minutes in the surrounding area. Exercise outside the house is good for our mentality, which is already burdened with so much work because when we are outside the house without thinking about the work of our brain will relax. Exercise can be done at least three times a week, if a person does not have the time, they can do indoor exercise or exercise in their free time such as weekends. Moreover, preferably when doing exercise, stay away from mobile phones such as social media and so on, this is because it is feared that the gadget will cause the mood to change immediately when exercising. For instance, while exercising, getting an assignment from an employer or anyone suddenly will affect a person's mood at that time. Assume that this exercise time is a time to rest the mind from the workload.

Actions Should Be Taken: Governments

The respondents who are mostly from 20 to 25 years old with a total of 102 respondents answered this survey also stated their suggestions or recommendations for the government to take action so they can raise awareness to the citizens about these problems that often happened among the youngsters. The government should raise awareness about these issues since primary and secondary schools. How? The government can implement these topics in one of the subjects' students were taught in school such as ‘Pendidikan Sivik dan Kewarganegaraan' or they can add a new subject, so our younger generation already gain knowledge about these matters. Another suggestion is counsellors and teachers in school should be aware of the condition of their students. Some students might feel shy to share the issues they are experiencing but counsellors can guide them and have a counseling session with them so that the students will not feel left alone, and they are happy that they are being appreciated. Based on the survey, none of them, that consists of 102 respondents, would feel comfortable in telling their teachers about their problems. Therefore, this reason should be enough as to why the government needs to implement this knowledge to teachers and students in school. Honesty was built after people trusted in one another. Without trust, people will live in an uncomfortable situation as they have no one to rely on. Ultimately, their days will be more meaningless, and they will not be productive. The problems will always linger around them, and the government will fail to produce a productive young generation.

Conclusion

In conclusion, everyone faces their own problem but the matter of it is how badly they were affected. Young people also need to handle their own problems just like how adults do. In addition, with the current situation of Covid-19 we are facing, which makes it far worse especially for youth to adapt because these are the ages where they want to explore everything. Their twists and turns of life have caused them to be burned out and some even got depressed. Both depression and burnout have causes as well as effects. Therefore, people should be aware of what activity they did and take actions or

seek medical treatment immediately to make them feel better.

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29 THE EFFECT OF SOCIAL MEDIA ON YOUTH

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Abstract

Cases of mental health among youths are increasingly being reported in the mass media especially during the Covid-19 pandemic season. In this study, it has been identified that the burden and stress faced by youths is that they are more prone to mental health problems such as depression and anxiety, sleep deprivation, envy and low self-confidence. Hence, some steps need to be taken to give awareness to the youth to address the problem of social media use leading to mental health. Among the steps that youths need to take is that youths need to set a time to use social media, be careful about how social media makes you feel, assess addiction to social media use, always remember the main purpose of using social media and do leisure activities in their free time. From this assignment it was found that the main causes of mental health problems are from the excessive use of social media resulting in mental problems such as depression and anxiety.

Introduction

Youth are defined as a generation born from 1998 to 2009 and they are a generation of technology exposed to the internet and the web since they were babies again (Don Topscott, 2009). A study by INTI University showed that 80 percent of youths spend an average of 8 hours a day with the internet.

Mental health is defined as the ability of individuals, groups and environments to interact with each other to optimally promote subjective well -being and cognitive, effective and relational abilities toward the achievement of individual and group goals. There are many studies that show that passive use of social media has a negative impact on mental health. Active and passive use of sites and social networks have different effects on each individual.

Mental health issues have gained attention among professionals in the field of mental health and scholars in the fields of psychology and psychiatry. According to a report from the World Health Organisation (WHO), there are over 350 million people in the world will suffer from mental health problems, especially cases of depression. Some of the figures recorded by the organization involve youths as young as 14 years old. In Malaysia alone, 1 in 5 youths aged 13 to 17 years are reported to suffer from depression while 2 out of 5 suffer from anxiety (National Health and Morbidity Survey, 2017)

This study will reveal the negative effects of social media on mental health among youth and the approach that needs to be taken to prevent the problems faced by youth from continuing.

Mental Health

Most youth that uses social media are having a mental health problem. Mental Health actually represents all our emotional, psychological, and social well-being. It has a massive effect on how we communicate with others, handle conflicts, and make decisions since mental health affects how we feel, act and think. Reports can see in The National Institute of Mental Health reports that the lifetime prevalence of any mental disorder among adolescents is 49.5%, and 22.2% of adolescents will suffer from severe cognitive impairment in their lifetimes. Furthermore, young adults (age 18 to 25) have the highest incidence of mental illness of any adult age group, 25.8%, compared to 22.2% for ages 26 to 49, and 13.8% for ages 50 and up. From another view of the National Center for Health Research, around 86% of 18 to 29-year- olds use social media while 80% of people aged 30-49 and 64% of people aged 50-64 are on social media. While, what is more, concerning is how many teenagers use these platforms.

Physical Health

Social media is one of a kind that can make physical health worsen, especially for teenagers. One of the problems when people use too much social media, one of the problems is that their posture will not be in good condition. Many medical and scientific research has revealed worrying findings when comparing those who use smartphones for more than four hours per day to those who do not use smartphones at all. Those who use smartphones are more likely to acquire rounded shoulders, spine curvatures, vertebrate problems, and neck pain and headaches that come with these conditions. It makes perfect sense because when we use our cell phones, we frequently find ourselves bent over. Our posture deteriorates, and the muscles and bones in our torsos change as a result of this throughout time. Besides that, Smartphones emit blue light, which is highly intense to our eyes and is harmful to our health. It is terrible to look at our smartphones in bed because the direct exposure to light can be toxic to our retinas, leading to macular degeneration like worsening eyesight. In addition, an increasing number of ophthalmologists are beginning to feel that there is a correlation between smartphone use and cataracts, with younger and younger patients developing cataracts instead of the normal 75- and-older demographic who previously experienced cataracts.

Depression and Anxiety

Depression is one of the common things that happen when someone uses social media. But from a survey found that 97% of teenagers between the ages of 13 and 17 have at least one account. It is because some of them have a fear of missing out (FOMO). FOMO is when everyone else is using social media sites, and if someone doesn't join in, there's concern that they'll miss jokes, connections, or invitations. Fear of missing out or FOMO will make the teenagers grip their phone every time and everywhere they go without caring about others thought. Even though they are still young still, most of them already have their private phone, which means they can install anything they want on their phone. From this view, we can already tell that they will communicate more from their phone rather than face-to-face. Therefore, we know that face-to-face contact is necessary for the mental well-being of humans. Nothing calms your nerves and lifts your spirits like making eye contact with someone who genuinely cares about you.

Anxiety and despair are more likely to develop or worsen if you place a high value on social media activity over in-person connections. Depression can happen when something like cyber bullying or receive some threat. Some examples of cyber bullying between teenagers are body shames or receiving explicit images that they do not ask for.

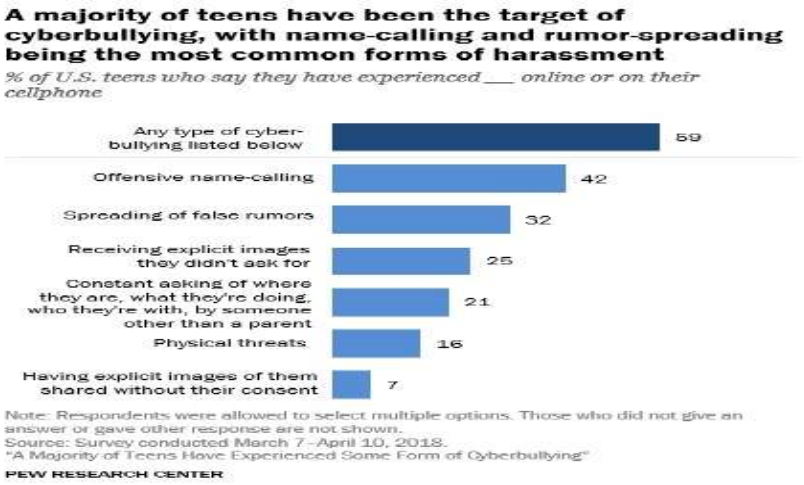


Figure 1 From Pew Research Center, we can see the percentage that majority of teenagers gets when they use social media. It can be more dangerous if this teenager that have experience cyber bullying take them to their minds because it for sure can lead them to more explicit action like suicide.

Meanwhile, social media also can lead youth to anxiety. Anxiety is a mental and physical condition of expecting something terrible could happen. Increased arousal and concern, twisted into uncomfortable worry and unpleasant activation of numerous body systems, define it mentally and physiologically, all to facilitate response to an unknown danger, real or imagined. It even has its name, social media anxiety disorder, as reported by the Anxiety and Depression Association of America (ADAA). According to the ADAA, anxiety disorders such as panic disorder and social phobia are among the most common mental illnesses in the United States. Some of the symptoms that teenagers have when they feel anxious such as they need to spend six hours or more each day using social media. Some of them can even sacrifice their time to sleep or eat to check their phone so that they do not leave anything behind.

Besides that, when teenagers or youth have family time, they even need to stop the conversation in the middle to check social media. This action will lead them to withdraw from their family and even from their friends. When we talk about anxiety to social media, they may fail to cut back on social media use and, lastly, affect their studies. In addition, they would like to neglect their studies because even when they study, they will experience severe nervousness, anxiety or withdrawal symptoms when not able to check social media and have an overwhelming desire to share on social media feeds. Another example when people tend to get depression and anxiety include individuals suffering from Generalized Anxiety Disorder who tend to make upward comparisons - comparing themselves unfavourably with others - which causes them to become even more nervous than before.

Sleep Deprivation

Access to social networks for 24 hours also appears to affect the bedtime schedules of most youths on a daily basis. Indeed, it has become a must for them to obtain new information and news on any social network. Yet addiction in surfing social media will disrupt the natural sleep cycle. In fact, the use of electronics at night can consistently affect sleep through the effects of light stimuli from digital screens. While all light can interfere with the circadian rhythms that control the sleep-wake cycle process, yet the blue light emitted from electronic screens has the greatest effect on sleep. The blue light from the gadget stimulates the part of the brain that makes a person feel alert and makes him energetic at bedtime even though it is time for them to rest. Placing the phone nearby while sleeping already is a habit. It is very troubling because young people are often tempted every time a notification sounds, lights flicker or vibrate. Approximately 21% of adults say that they wake up to check their phone during the night, leaving them at an even higher risk of losing sleep and developing a sleep disorder like insomnia.

The attraction of checking social media before bed may be too hard to resist. A survey of hospital employees and university students found that 70% of people reported using social media after bed with nearly 15% spending an hour or more doing so each night. Moreover, another researcher at the University of Pittsburgh studied the social media habits of 1,700 adults between the ages of 19 and 32 and found that they spent more than an hour a day on social media. It can prove that majority of youth will spend an hour or above per day surfing social media before going to bed. According to physicians, the recommended amounts of sleep for adolescents are 9 to 10 hours a day while adults are 7 to 8 hours a day. Yet according to the Center for Disease Control and Prevention (CDC), more than one-third of American adults don,t get enough sleep on a regular basis which is 7 hours or more a day. Wayne Giles the director of the CDC's Population Health Division once said, as a nation, we don't get enough sleep.

Sleep deprivation can be classified into two levels, acute sleep deprivation, and chronic sleep deprivation. Acute sleep deprivation refers to a short period of sleep time or a significant reduction. While chronic sleep deprivation is defined as uncontrolled sleep that persists for three months or more. Sleep deprivation also encompasses the context of the quality of sleep a person acquires. This is because just meeting the recommended number of hours of sleep may not be enough if a person wakes up frequently at night. Most often replace insufficient sleep with excessive sleep on other days however in fact this method disrupts the circadian rhythms of the body and may prevent the body from a deeper level of sleep. Lack of sleep is a high risk of causing a person to become obesity. This is because sleep plays an important role in regulating two important hormones namely ghrelin and leptin. Ghrelin is closely associated with hunger while leptin is associated with satiety.

Lack of sleep can increase ghrelin levels and lower leptin levels in the body and directly increase Body Mass Index (BMI). Sleeping deprivation can cause youths to experience mental fog, fatigue, irritability, and lack of focus. When the brain is unable to rest for a sufficient period of time or minimally based on an individual's needs, the mental faculty can decline drastically. People who lack sleep also have problems with balance, reflexes, and impaired motor skills. They are also at risk of injuring themselves

such as driving while sleepy which eventually results in a car accident. We are aware that part of self-care, of course, is relieving stress.

But your health is still a great reward for you, and you will probably reap additional benefits which are more than the rare and precious gift. It called "joie de vivre." in French.

Envy

Envy is a feeling of dissatisfaction or longing evoked by the possessions, qualities, or wealth of others. It is also a desire to possess qualities, ownership, or a desire for the things of others. When the feeling of envy arises while surfing social networks, it is called the phenomenon of social media envy.

There is an excerpt from Will Storr in his work Selfie: How We Became So Self-Obsessed and What It's Doing to Us, “We live in an age of perfectionism, and perfection is a killing idea. Whether it's social media or the pressure to be an iteration of the twenty-first century impossible for us, or the pressure to have a perfect body, or the pressure to succeed in our careers, or any of the various ways we place too high expectations on ourselves and others, we create a toxic psychological environment ". This is what we can see littered on social media. Social media sites are always showered with updates about friends, family, or acquaintances. Apart from being a medium of communication, it is also a place for users to share life stories, holiday stories, luxurious lifestyles, romance or wedding stories and much more good news that they want to share. Yet the original intention of simply wanting to share and exchange stories can turn into feelings of envy in the blink of an eye. Studies show nearly 60% of users feel that their friends have a better life based on what they see on social media while more than 60% of social media users feel worse after knowing someone “unfollow or unfriend” them online. Although like and comment buttons exist as a sign sharing the happiness, but some people are very worried because as many as 54% of social media users feel frustrated when no one ‘likes or comments” on the photos they post and almost half jealous when seeing friends have more likes from them. Only 31% which is a small number of users do not bother by the number of likes they receive on the post.

Many of us judge someone's happiness based on their popularity on social media without care about their true condition. Sometimes we forget that all individuals do have their own problems but there is no need for them to leverage their sad stories on social media. We often compare our lives with theirs and start obsessed with each of their posts. By constantly comparing our lives with friends, we may lose sight of the amazing things about our own life. It causes us to overlook that we get a deliberately chosen and highly refined -dimensional view of one's life. Comparisons are toxic to one's creativity and affect well-being. Honestly social media-based comparisons are a game that has no endpoint.

Low Self-Confident

Self -confidence can be interpreted as the ability of an individual to trust and be confident in his or her ability to do something. It does not depend on one's appearance or clothes that can attract people's attention. Youth who have self -confidence will not

depend on the acceptance of others. They don't care what other people do or what the surrounding community wears. But in this context will discuss about low self-esteem among youth influenced by social media. Youths who are obsessed with the use of social media will cause them to lose self -confidence which can lead to negative effects on their lives and jobs. In fact, the use of social media in the long run is a type of disease and more than 100 patients will seek treatment each year.

Nowadays, social media such as Instagram, Facebook, Snapchat and Tiktok have "filters" used by youths so that the photos or videos uploaded look beautiful compared to the originality of the original face. Among the examples of "filters" found on Instagram are "You're A Queen", "Bem Natural", "Iphone 13 cam" and others. This has caused a feeling of "low self-confident" in some youths who feel that they are not beautiful or handsome. Especially for women, they often use "filters" found on Instagram or Facebook when they take photos and videos. This is because they want photos or videos taken and uploaded on Instagram or Facebook to look beautiful and flawless. In addition, the "filter" used can remove acne, freckles, brighten skin tone and glow in the pictures and videos taken by them. As a result, women who often use "filters" will feel less confident when meeting their friends in reality because their faces are not as beautiful as the pictures and videos uploaded on Instagram and Facebook.

Scenario that can be associated with this situation where there are some instafamous among young women who often use "filters" when uploading photos and videos on Instagram and Facebook to look beautiful on social media and want to increase "likes", "viewers" as well as "followers". In addition, there are also youths who are willing to invest their money to perform surgery on the face and body to be seen by their "followers" to risk their own lives to look beautiful. This is a bad effect when youths have less self-confidence on social media, so they are willing to waste time to edit every picture and video taken to get high "likes" from "followers".

The Ways to Avoid Mental Health

Assess addiction.

There is no denying that social media has many platforms that exist and can draw us into that world. But did you notice? You may be wasting more time at social media than interaction with real human. You also may not be able to refrain from repeatedly checking messages, emails, or apps on a smartphone even if it has a negative impact on your life. It may be time for you to reassess addiction in social networks use. At the beginning, fight to addiction to social network, understand how you use them by observing what you publish in last few weeks or months.

For example, you share something about food or news in Facebook or other social media. After that, write down how much you send to evaluate its frequency. And also do the same if you want to post something on other social media platforms. Is what you are sharing able to bring someone happiness? Think wisely. If you're still doing those things, think of a relationship eroded by social media addiction. When you have a lot of social media platforms related to learning such like Messenger and WhatsApp. Yes we know, that this is a good platform for us to connect with other friends considering

this time is a time of pandemic, many are not able to meet face to face. However, once we are fed up with the platform, it can lead us towards other social media apps. Therefore, it is very important for us to assess our addiction.

Be Aware of How Using Sosial Media Make You Feel

Do you how to handle? Let me explain about it. When you do something or use something, you must know how to use it properly, just like you use social media. When you see a social media friend's post, you'll automatically make a comparison with your post. It will be even worse when you make a body image comparison. In general, we in modern world, most young people have an attractive body shape will get attention compared to those who have a fat body shape. This part, you must remember that, everyone has an own beauty, so make sure that you did not compare you and others.

Besides that, when you get a negative comment, don't reply to the comment. If you reply to those comments, you will fall into a negative trap. Traps fall like friend relationships on social media will be severed, social media friends will hate you and so on. If you're in a situation where your social media friends have set up a group, but when having a meeting or chatting, you're always being ignored. This can also make you feel very angry and out of control. I like to remind you that in social media is not the real world, let's not be too obsessed with that world. Therefore, you have to focus on the real world and live it well.

Do Healthier Activities

The other way is to replace the use of social media with healthy activities. By just surfing social media, will have a negative impact on your health. Can be proven when surfing social media, blurred vision, frequent headaches and many others. Now our country is facing a very dangerous pandemic, and most people will stay at home. Then, often you surf social media from doing other activities. Come on, youth! Do healthy activities so as not to cause dangerous diseases in later life, there is a saying that "prevention is better than cure".

Being at home can also do healthy activities and we need to stay active so that our bodies do not get tired easily or get dangerous diseases. Healthy activities can be categorized into several categories.one of categories is physical activities. These activities that can be done at home such as gardening, doing homework without the help of machines, using a lot of hands and so on. Without us realizing it, there are actually many activities we can do in our daily lives.

As a result of being too obsessed with surfing social media, our thoughts are already in the world of social media. Besides that, you can also do activities that you like or do hobbies. Everyone has their own hobbies, why not do such an activity instead of surfing social media. For example, you like reading. By reading, you gain new knowledge that can be learned in life can even improve your memory. You can also do outdoor activities. There are many interesting places in Malaysia. If you like extreme activities, you can go Gua Damai Extreme Park, Skytrex Shah Alam, Paragliding Bukit Jugra and others. If you are a person who loves beauty, you can visit places like beaches, waterfalls, or do camping in the woods. You must spend more time in the environment

to see the miracles bestowed by God. If you are bored or lonely, the level of desire to surf social media can be something very difficult. Therefore, you must control the use of social media properly so that social media does not result in your health being affected. Remember the Main Purpose Always remember your main goal is one of the steps to reduce social media usage. In the age range of the youth, of course some are still studying, and some are working. Hence, the use of electronic device tools is high. This is because, without electronic devices, students cannot complete assignments and even an employee cannot complete a job well. The presence of a good device, then all tasks can be completed quickly. Of course, a student wants success in education, which is, getting a dean in every semester or an employee who wants to be the best employee. However, using the device with the wrong purpose, it leads you to the wrong path. So, if you want to turn on the laptop, first, set your intention that you want to complete the task and that is your main goal. Therefore, you are not easily stuck towards social media. If you can't control it too, remember your success or your dreams that you want to achieve. So that it can improve you to achieve something. If you continue to surf social media, work will be interrupted, then you will easily feel stress. Then you will lose focus to handle your work. Therefore, you must order yourself, so as to continue to pursue dreams and not fall or encounter failure. Always remember that social media is not the guardian of our lives, instead we should control ourselves so that we are not distracted by social media. And we also need to be vigilant and careful so as not to be left behind with our main purpose. In addition, you need to implement a laptop usage schedule, that is, what is the purpose of your laptop and also the time when you want to use the laptop. The right time is very important because when you want to complete a task, set the time correctly so as not to interfere with other schedules.

Set Limit on The Time Spent on Social Media

In 2020, the average daily social media usage of internet users worldwide amounted to 2 hours 25 minutes a day. It showed an increase of 3 minutes over the previous year. The Philippines got the highest chart with an average of three hours and 53 minutes on social media per day. Based on a global online consumer survey conducted in February 2019, the majority of respondents stated that social media has improved their access to information, ease of communication, and freedom of speech. But there were also adverse effects where respondents also felt that social media had worsened their personal privacy and increased daily harassment.

According to a 2018 study published in the Journal of Social and Clinical Psychology, limiting consumption to 30 minutes a day can led to better health outcomes. When a person thinks social media can be addictive, it helps students avoid falling into the trap of overuse. Like other addictive behaviour solutions, the key to avoiding the amount of unhealthy social media use is to make sure we always being the medium master and not the other way around. Youth need to set limits on time spent on social media to overcome these social networking challenges. Set a technology expiration time before bed. Make sure to not touch all the devices 30 minutes before bedtime. This is important for us to get quality sleep and avoid lack of sleep.

All individuals should also be familiar with the rules of a no-phone dinner. It can

provide minimum satisfaction in offline interaction as well as train individuals to stretch from electronic devices. Make it a discipline that should be applied in all institutions regardless of family, among friends, or at any gathering. Indirectly the use of social media will gradually be limited and the addiction of carrying the phone anywhere can be eroded. Sometimes one always makes the device as a medium to keep a schedule of daily tasks, work, or learning. This makes it difficult to control the time allocated for using the phone. Therefore, try to train yourself to list daily tasks on a book or whiteboard so as not to rely too much on the phone.

There is no denying there are individuals who are highly disciplined but sometimes we will start to slip into social media unintentionally. It can influence the use of social media compulsively. In addition, possible keep the technology away from the bedroom or adjust the phone settings to sleep mode if it is difficult to blind it. We can also keep phones and computers in other rooms to avoid checking social media near bedtime. Nevertheless, it's all about baby steps. It might be too drastic to switch from spending two hours 25 minutes a day on social media to 30 minutes at a time. We can start by reducing it to ten minutes a day and then check the progress in a week. What matters is the effort taken to limit social networks on an ongoing basis.

Conclusion

The existence of social media has to some extent influenced the pattern of society's life. In conclusion, the use of this social site brings various advantages and disadvantages to the youth. However, the negative impact that arises as a result of social media must be given serious attention by us to take appropriate measures. The constant use of social media will create negative effects on us such as mental health, depression and so on. This will be worse if you can't control it well. Among the steps that can be done is to assess the addiction when browsing social media, you must be aware of how using social media makes you feel and many others. Social media has become a new necessity nowadays. With that, I as one of the youths hope that other youths will be able to take advantage of the benefits that can be obtained through social media and avoid the negative impact of social media.

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30 Youth Leadership Programs Contribute to Future Value Enhancement

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Abstract

The Youth Leadership Program is training for young people under the age of 18 and above who want to gain practical experience in developing various skills such as communication and accountability that will contribute to their work performance in the future. In this program, youth learn a variety of skills including assessing speaking ability, how to deal with people, which can have a positive improvement effect on their work performance. Leadership skills training is an excellent approach for managers at all levels to strengthen their capabilities, motivate their teams and produce exceptional business results. This concept paper discusses how these leadership programs can assist in future improvement. Specifically, this paper elaborates on the benefits of leadership programs to individuals, families, and the community. The country not only needs leaders who have high leadership, but it is also important for society now to have good leadership.

Keywords: Youth Leadership, Youth Leadership Program, Benefit Leadership Program, Leadership Skills

Introduction

This paper discusses the importance of youth leadership programmes in preparing the younger generation to be influential leaders to make future more value enhancement. The Youth Leadership Programme (YLP) aims to establish the region's most active network of youth, innovators, and advocates for sustainable development. Leadership has been defined in public relations as "A dynamic process that encompasses a complex mix of individual skills and personal attributes, values and behaviour that consistently produces ethical and effective communication practice" (Berger & Meng, 2014)."Youth leadership development" involves providing youths with the skills and experiences necessary to obey as change agents in their communities. Youth Leadership programmes often include travel, intercultural interaction, outdoor education, event planning, sports, intergenerational knowledge sharing, job experience, public speaking, and life skills development. A youth leadership programme may offer dedicated young people the opportunity to take responsibility for skateboarding initiatives.

Leadership training programmes as a way of equipping our young with the necessary set of abilities to be productive. The purpose of developing such young leadership programmes is to exploit the potential, productivity, and influence of youth, as well as to enhance leadership capability and contribute to the empowerment of future leaders (Way, 2021). Youth leadership programmers may help develop strong youth development principles by emphasizing the development areas and programming components that support young leaders in order to create a more responsible future with more responsible leaders. However, the feature of young leadership is also tied to some

aspects of youth personality. Indeed, the nature of young leadership is often linked to adolescents' experience, knowledge, motivation, and abilities. It is based on leadership definitions developed via research with an adult population. (Hogan & Kaiser, 2005).

Youth programmers address the fundamental physical, developmental, and social requirements of youth. By providing leadership training to youth, we teach them how to manage their time, operate in a team environment, establish objectives, initiate discussions, organize meetings, and give excellent presentations; all of these are valuable life skills that they will take into adulthood. (School-Based Health Alliance, 2021) Leadership programmers aim to establish students as community leaders capable of taking on leadership roles in organizations, companies, and professional associations. Young people learn the skills and information necessary to lead civic engagement, education programs, and community organizing activities via youth leadership programmers. Youth leadership is a process that occurs both inside and outside. Youth leadership programmers are important for transforming youth energy positively and preparing the next generation of workforce and community leaders. Youth leadership programmers provide youth with the essential skills to guide others, influence public opinion and legislation, and serve as role models for their peers and future generations. (Strahle, 2013).

Youth, according to Oxford Languages, refers to the period between childhood and adulthood. However, for statistical purposes, the United Nations defines 'youth' as individuals aged 15 to 24 years old, regardless of any alternative (Member States). In Malaysia, the age for youth is defined as those between 15 and 40 years old but the main focus of development programs in the country are for those aged between 18 to 25 (Yunus). Youth development is a process that aids young people in navigating adolescence and realizing their adult potential. Leadership programmes are an important part of youth development. Travel, intercultural exchange, outdoor education, event planning, sports, intergenerational knowledge exchange, work experience, public speaking, and life skills development are all common activities in youth leadership programmes. The training of leadership helps substantially to the good development of young people and their communities.

SWOT analysis as potential indicator.

This type of program actually helps the youth to build the ability to identify their own strengths and weaknesses. Knowing these will allows them to find the next best step for them to polish their leadership skills. Leadership program usually will teach them the right technique to do the SWOT analysis. SWOT analysis refers to a strategic planning technique that helps to find one’s area of their own Strength, Weakness, Opportunity and Threat (SWOT). A great leader must be fully aware of their capability to help them to plan their way of leadership as there are a few types of leadership that need to be used in different situations. Some examples of these leadership styles will include autocratic, democratic, Laissez-Faire and so on. By knowing themselves really well and being aware of their own personalities through this SWOT analysis, this can help them to figure out the leadership style that suits them the best. This can be a good platform for them to clearly see their potential in so many ways. This also can let the leader acknowledge their power and to let them have the space to polish and upgrade

their skill by time to time. It also helps to clearly point out on the unseen weakness and threat for them to work on to improve. This can create self-awareness to them to be careful with and notice the ignored threat that might lead their leadership towards failure. There is saying that goes working on your weaknesses actually contribute a lot to our personal growth (PILLAY, 2014) Having something that we are not good at and focusing to improve it even slightly will result in a really huge change in a leader's overall performance. This can help them to set a really good example to be followed by their fellow team.

Rising Together as a team

“We rise by lifting others" is one the famous saying from Robert Ingersoll. As we know that there will be no leader without the other follower, team spirit is the one of the most important things that need to be taken care of really well by someone who will be accounted as a leader. A good leader must be aware of the fact that they should have the capability to improve the team spirit and make a conducive surrounding for their team to work together. Leadership program is one of the platforms that allows the youth as future leader to work in a group. This is really a good opportunity for youth to train themselves on how to work in a group. Working in a group will really develop a better and wider perspective for the leader as we can pool our ideas and see any situation from the different point of view of several people and realize different way of thinking that each individual had. It is really common to see that leadership programs will include some activity that requires work in a group such as team building and group interview. By doing this, it helps the leader to be familiar working with a lot of people and manage to build great connection with everyone from different background. Working in a group to solve any problem raised, will require a lot of patience and critical thinking to ensure that everyone got to agree and avoid any other conflict. This actually trained the youth to prepare them with a bigger scale of problem and how to tackle it while working in a group.

Developing confident to influence other team members.

In managing a team, youth need to have a self-confident attitude, especially when being a team leader. Confidence is very important because when managing a team, the leader will be seen as a leader who will be emulated by team members. Therefore, in the leadership program, youth will be taught how to be more confident in various aspects such as confidence in decision making, confidence in front of people, and confident in communicating. With leadership skills, youth will be more confident in making a decision either in the team or their own decisions. The youth does not have to depend on others in making a decision. Leadership skills help youth develop leadership competencies make them better able to solve community problems and enhance their civic participation (O'Brien & Kohlmeier, 2003). Leadership skills are not only applied to the youth in a country who want to develop but leadership skills are very useful to the individual and the family. Leadership skills, such as goal setting, problem-solving and sound decision-making, are not just necessary for leaders - these skills are needed for success in today's world (MacNeil, 2000). Therefore, youths need to prioritize and engage in programs that involve leadership. Apart from that, the responsible party plays an important role in ensuring that young people are now aware of the importance of

leadership skills. Now leadership skills need to be applied by young people since primary school, this is to make it easier for young people to get used to themselves more quickly and allow them to use the skills learned in daily life. By exposing various skills to young people earlier, it can produce more innovative young people.

Enhancing communication skills, mastering the art of negotiation, and conflict management.

The study concluded that effective communication was crucial in winning organizational confidence and trust. This can be achievable through assisting employees to comprehend the business strategies, their contribution to the achievement of principal business objectives, and sharing with them information about the company's progress and employee division about the business strategies (Giuliani & Kurson, 2002). Communication is very important when wanting to deal with people especially when in a large organization. To be a great and professional person no matter whether his job is as a teacher, doctor, or even an engineer they need very fluent speaking skills to deal with others so that others trust us more. For example, now many young people take the opportunity to become entrepreneurs. Therefore, by participating in the program, they will be more confident to talk and offer their products to others without hesitation. If they do not have the right skills, they will not be able to attract customers to buy their goods. Communication skills are very important in our daily lives; therefore, it is appropriate that young people are now involved in such programs because they will be exposed to various techniques and ways to communicate properly. To be a consultant, a young person must be proficient with the right techniques. Young people need to have a deep understanding of how to organize negotiations and how to deal with them. Being a master consultant requires a solid foundation in the concept of negotiation with the ability to structure and execute complex negotiations strategically. In the leadership program also, the youth will learn about strategies for analyzing and preparation in negotiations. Youth need to know the information needed to negotiate more effectively.

Benefit for the future.

Assists you in reaching your dreams.

Think again if you believe that great leaders are born, not made. Leadership training employs a variety of techniques and examples to emphasize the point that we all have the potential to be great leaders with a little effort. Young leadership programmes will help them reach their objectives by enhancing youth leadership abilities, which will increase their future prospects if they lead the country. Leadership skills, such as goal setting, problem-solving and sound decision-making, are not just necessary for leaders - these skills are needed for success in today's world (MacNeil 2000). They will be able to be the great leader when their lead the community or their company because they have known and practising all about the leadership skills since they were young. They will know how to handle and stay cool in the tough situations to comprehend the essential accountability and to learn about a full array of other things which make up leadership in the professional world. They have a greater understanding of the problems facing other youth, and fresh perspectives for how to address these problems (Des Marais, Yang, & Farzanehkia, 2000; Zeldin, McDaniel, Topitzes, &

Lorens, 2001; McGillicuddy, 1991).

Conclusion

Thus, youth leadership programmes in preparing the younger generation to be effective leaders is very crucial issue. Efforts to attract youth to participate in youth leadership programmes and empower youth through decision-making through activities organised by youth associations can indirectly create quality, credible, moral, and moral values in youth, elevating their roles and participation in society and future development. Developing such young leadership programmes aims to maximise youth potential, productivity, and impact while also increasing leadership ability and empowering future leaders (WAY, 2021). Youth leadership programming may help promote strong youth development principles by emphasising the development areas and programme components that support young leaders. This will help construct a more responsible future with more responsible leaders. Helping youngsters in transition develop leadership skills is an important part of preparing them for adulthood and the responsibility of leading their individuals, families, and the community. In leadership training programmes, more emphasis should be placed on the value of youngsters in cultivating and encouraging a leadership spirit.

In addition, for the recommendation, the government should encourage and instil leadership qualities in young people via courses and exercises focused on pure concepts and high representative. A specialized training on values like youth leadership programmes will also be held in order to prepare youngsters to be leaders and role models in society. Well- designed programs promote positive relationships with both peers and adults (National Collaborative on Workforce and Disability for Youth, 2004). Parents must also play a role in helping their children by allowing them to engage in activities that will help them develop their leadership abilities. Schools and universities also play an essential role by hosting leadership programmes to expose students to the skills they will need to become outstanding leaders in the future and contribute to the development of the nation. Then, teachers/lecturers might form a leadership club for students to help them polish their skills and develop into outstanding leaders. Furthermore, today's youth will be the successors to the country's prosperity and state leadership. Youth is a vital resource in the development of a nation with high-level leaders. As an outcome, Malaysia's youth are expected to be seen as a more educated generation capable of creating high-skilled youth in association leadership and NGOs, and a younger generation will inherit the country's leadership. (Yeon).

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31 Future is vulnerability: Suicidal Behaviour in Youth

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Abstract

During the covid-19 pandemic, various groups were affected as a result of the symptoms of this epidemic, including adolescents, adults and the elderly. It is no stranger that youths are also exposed to the various effects of the covid-19 epidemic which led to suicidal behaviors. This paper relates the causes faced by youths leading to suicide attempts and also making their lives more burdensome. Therefore, we approach various prevention methods to prevent these accidents from happening. And this paper also gives various examples of treatment that should be given to the youth in need. This is because the youth are very important to make a country in the future developed and continue to be harmonious. In conclusion, all parties play an important role in taking care of themselves or concern for the closest individuals who are exposed to the problems they face.

Keywords: suicide, suicidal behavior, youth, causes, prevention, treatment

Introduction

The World Health Organization (WHO) stated on March 11, 2019, that the novel coronavirus that caused COVID-19 has progressed from epidemic to pandemic level. Given the constantly increasing number of instances globally. As a result, WHO recommended that all nations use the social isolation strategy as the primary approach to halt the spread of the epidemic. Instances of coronavirus infection in the news have increased day by day, causing people to be unable to leave the house and live normally. However, suicide among adolescents have increased in line with coronavirus cases due to mental disorder. Mental illness is predicted to be the second highest serious health concern impacting Malaysians after heart disease by 2020. According to the most recent National Health and Morbidity Survey, one in every three Malaysian adults aged 16 and above suffers from mental health problems. In Malaysia, mental diseases are estimated to increase for 8.6 percent of total disability-adjusted life years (DALYs). According to the 2015 National Health Morbidity Survey, the prevalence of mental health problems among adults and children was 29.2 percent and 12.1 percent, respectively. According to the news, suicidal cases are highly common in Malaysia, and the number of recorded suicidal cases among students has been increasing over the years, as has the age of students who attempt suicide. It is clear from these numbers that financial concerns can influence a person's emotions and produce high stress levels, which can lead to mental health issues, cost of living pressures, and difficulty finding well-paying jobs. With the epidemic, job possibilities have decreased, and challenges have increased. The issues that today's youth face include depression, bullying, suicide ideation, and peer pregnancy and much more. Also, the survey reported that The Industrial Revolution 4.0 era is rapidly approaching. Teenagers' lives are being influenced by Industry 4.0. This

is a difficulty for the generation of young people who will live in this era. Stress is more prevalent among young people nowadays, making them more vulnerable to mental disorders and causes them to have suicidal thoughts. They must battle much harder to preserve their future. Before slipping behind others, they must sacrifice energy and mentality in order to stay on track. Therefore, the current study seeks to add to what is known about the factors of suicidal behaviour among teenagers under the influence of the Covid-19 pandemic in Malaysia.

Unhealthy Lifestyle

Teenagers are consuming unhealthy lifestyles and unmanaged their dieting eating pyramid. They are getting many implications whether on mental health or physical condition. Not consuming a good healthy eating pyramid by eating more protein, carbohydrates, vitamins, fat and much more. Taking too much sugar in their meals which include fried food, soft drinks, oily food, sweet snacks and much more. The high consumption of these foods can lead to increase stress among teenagers. According to the National Health and Morbidity Survey (NHMS), 41% Malaysian teenagers living in rural areas drank carbonated soft drinks. Teenagers who overconsumption of high fat and sugar containing food and beverages contribute to the development of obesity generally experience mental stress when they are under diabetes. The study shows taking more unhealthy food can cause less sleep. Teenagers having poor sleep can put them at risk of heart disease and obesity and also short-term memory. They are supposedly having bedtime of at least seven hours. Teenagers who are consuming unhealthy lifestyles by taking drugs and alcohol lead to depression and stress. According to the Star News, the 19 years old is facing 2 years in prison for driving under the influence of drugs and causing the death of a man. Teenagers have been facing suicidal attempts because of alcohol misuse. The study shows alcohol consumption can influence the response of stress. In addition, teenagers who are under stress prefer alcohol as a faster way to avoid pressure. However, teenagers nowadays generally become overweight or obese because of lack of physical activity. They spend more time on gadgets or television rather than exercise. Especially in the era Covid-19, teenagers cannot attend school and face online learning at home. They cannot have physical activities in school. Also, the online learning causes them cannot get some fun to release tension. This behaviour can cause stress when the body's energy turns into physical tension. Besides, it can lead to anxiety and panic attacks. Half of teens surveyed are reported skipping their lunch or dinner regularly. Skipping meals also release stress hormones and increases anxiety, as well as depression, diabetes and high blood pressure. Skipping meals can make teenagers feel irritable, confused and fatigued. Also, their metabolism slows down and can begin to be stressed and angry. When all of these factors come together, it can lead youths to have suicidal thoughts to release their tension.

Mental illness

Mental health illness can refer to a range of mental health conditions. This illness can impact teenagers thinking and behaviour. Mental illnesses include depression, self-harm, panic, anxiety disorders and much more. Mental health issues among teenagers

are a major growing health concern. According to the National Health and Morbidity Survey, almost half a million Malaysians experience symptoms of depression. Mental illness instigates by the age of 14 until middle 20. Anxiety is another mental health issue that youths suffer. Anxiety is typically induced by a number of issues, such as exam anxiety and trouble studying. University education is demanding, and it may be a high-energy activity for some teens. Teenagers are also required to get a specific grade in order to pass a class. As a result, some teenagers may get concerned about their academic achievement, which can have a negative impact on their mental health. Furthermore, teenagers who have suffered rejection throughout their lives are more likely to experience anxiety. Some youngsters are more vulnerable to social rejection than others. Rejection sensitivity is a personality trait in which people are so fearful and averse to rejection that it interferes with their daily lives. These people are always anticipating being rejected. They frequently act in ways that push other people away as they frantically hunt for evidence that someone doesn't want to be with them. When there is no place to vent feelings and a family crisis, pessimism and helplessness can lead to suicide of the consequences of stress and depression. Loneliness is a psychological condition. Lonely people feel empty, alone, and unwanted. Lonely people often crave human interaction, but their mental state makes it more difficult for them to form partnerships. As loneliness has been linked to social isolation, poor social skills, introversion, and depression, loneliness is said to be one of the causes that lead youths to suicide.

Anxiety Sensitivity/ Physical Sensation

Anxiety sensitivity is the fear of anxiety-related sensations, with the assumption that these sensations may cause harm, either psychologically or socially. Anxiety's physiological symptoms, such as beating heart, perspiration, and shaking are dangerous and can have disastrous consequences. The strong inclination to interpret nervous experiences negatively. High anxiety sensitivity may be afraid of the dizziness that comes with worry, believing it may cause them to snap and have a mental breakdown. They may be terrified of the racing heart that comes with entering a room full of strangers, or they may be afraid of having a heart attack. They may interpret worried trembling as a sign that they are losing control of their faculties. Anxiety sensitivity is a biological intolerance to worry paired with ideas about anxiety's negative consequences. According to studies, individuals with a high anxiety sensitivity level become anxious, they may incorrectly explain or understand the symptoms caused by the anxiety, and they may believe that these symptoms will have harmful consequences. As a result, pure anxiety has a different anxiety type, which can eventually turn into a panic attack. Individuals who have a high level of anxiety sensitivity often believe that they will experience some negative emotions and the vulnerable one often think of suicide as they can't handle it well.

Environment Factors

Family Problems

Family life where young people or adults live together is one of the most important sources of help in dealing with various problems that youth will face. A mental history

that is often linked such as depression, substance abuse among immediate family members is a major risk. Such diseases have a direct and indirect effect on children's suicidal behavior through mental disorders triggered by the home environment. Not surprisingly, suicidal behavior has also been shown to be more prevalent among young family members who have committed suicide, according to various studies. The process behind this discovery has sparked much debate. While there may be some imitative behavior in the child, adoption studies have found that siblings have a higher suitability in suicidal behavior than adopted siblings, pointing to a genetic cause. In turn, direct disputes with parents also have a significant influence, as does a lack of communication with children and a failure to meet social demands. Furthermore, domestic violence appears to be prevalent in the background story of juvenile suicide cases, not only against the child, but also as a way to resolve conflicts among family members. In various studies on this problem, it is clear that conflict in family life also has a major impact on children.

Life stress

Life stress is one of the leading causes of all suicide accidents. In a recent study it was clearly found that stress such as career challenges, trauma, learning and so on were consistently associated with suicidal thoughts and attempts among youth. Adolescents are characterized by disruption in peer groups, increased parent-child conflict, and the emergence of frequently frustrated early romantic relationships, and the type and frequency of stress experienced by youth differ between children and adults. At the same time, there are some critical stress related concerns that need to be addressed further. First, while the theory of ideas for suicidal acts includes assumptions about the types of stress most associated with suicidal thoughts and behaviors (STB), these stressors are rarely explicitly tested. Second, the relationship between subsequent stress exposures is not well characterized in terms of time. Third, several studies have directly compared life stress exposure in suicidal ideation and suicide attempts, so it is not known what type of stress is associated with general suicidal thoughts vs. suicide attempts in particular. The current study addresses this need by examining the extent to which life stress categories are involved in suicide theory, namely, Interpersonal Loss, Physical Hazard, Humiliation, Traps (difficult to escape from situations), and Role Change, distinguishing adolescents with a history of mental disorders but no STB, the idea of teen suicide, and an adult suicide thinker.

Cyberbully

Anyone who has ever been a victim of cyberbullying has had a profound effect on an individual. Accidental suicide is also one of the consequences of cyber bullying. According to the authors of the first study, men have a higher suicide rate than women. But according to some authors, women are also more burdened than men because they are more exposed to emotional factors that contribute to suicide accidents (Nikolaou, 2017). According to another study, cyber bullying is a serious issue in developed countries such as the United States, with almost 40% of students in the country have become victims of cyberbullying, with some of them threatening to commit suicide because they could no longer stand the insults and slander spread by schoolmates and irresponsible people via email, websites, and SMS (Noh & Ibrahim, 2014). Victims

were overly upset, embarrassed, skipped school, became sad, and could not sleep, and led to suicidal and or suicidal thoughts (Schenk & Fremouw, 2012). And it is not surprising that in Malaysia there are also various cases of attempted suicide as a result of cyberbullying from close people or a handful of irresponsible individuals.

Biological Factors

Gender

Based on research, male is more likely to commit suicide compared to female (Barlow, Durand & Hofmann, 2018). The World Bank has revealed Malaysia's suicide mortality rate for female (per 100000 female population) in 2019 is 2.3% while Malaysia's suicide mortality rate for male (per 100000 male population) in 2019 is 8.9%. Most of the females only tend to have suicidal thoughts. Centers for Disease Control and Prevention (2021) has discovered that suicide among males is higher than females while females attempt suicide is higher than males (Suicide Awareness Voice of Education, 2021). This can be related to the differences between girls and boys in problem-solving skills. Males value independence and decisiveness more but females are more prone to consult their peers and quickly accept assistance. Males may experience hopelessness, peer suicidal behaviour, parental separation or divorce, and access to means. For female, eating disorders, interpersonal issues and post-traumatic stress disorder, and depressive symptoms are all risk factors for them to suicide.

Serotonin

Low serotonin level and suicide have been linked. Serotonin will affect a large portion of our behaviour, especially the way we interpret information. Our behaviour, moods, and mental processes are regulated by serotonin. Low serotonin levels have been linked to psychological symptoms such as depression, feeling of sadness, and low mood. As serotonin is important in

mood regulation, youth can't regulate their mood well if the serotonin level is low. When youth can’t regulate their mood well, they feel low in mood and lead to a possibility for suicide attempt. As we know that the major cause of suicide is mental illness, and the very common is depression, the low serotonin level has been associated with suicide behavior.

Genes

There are evidence that genetic and familial relationships have contributed to suicidal behavior. Suicidal behavior is more likely in those who have psychiatric diseases, such as major depression, which runs in families. In other words, such individuals may be more vulnerable to have suicidal behavior if they have a sibling die from suicide and should take precautions to lower their risk. Interaction between gene-environment has the possibility in increasing the risk of suicide. Individuals who inherit tendencies to particular traits such as depression, may subsequently be triggered under stressful situations according to the diathesis stress model. Each inherited tendency is a diathesis, a condition that has the possibility of causing a person to develop disorder. When there is a life event known as a certain type of stressor, the disorder will occur. Lim, for example, inherited a tendency of depression. This is referred to as a vulnerability or diathesis. It would not be seen unless specific environmental phenomena happened. The stress of bullying by others may activate his genetic

tendency to depression. All these factors have led her to develop a disorder called depression and this will lead to suicide behavior.

Prevention

Providing A Save Environment/ Reducing Access to Lethal Means

In Malaysia, the two most common methods for suicide among youth are self-poisoning and self-harm. Based on the annual report from National Suicide Registry Malaysia (NSRM) 2019, the most common method of suicide was hanging that take up to 56.66% from 328 youths, selfpoisoning by pesticide (13.11%) and followed by jump from a high place which is 10.37%. In order to prevent access to self-harm methods, a safe physical environment should be ensured at all times. Besides, minimize the number of hanging points in the room, such as fan, curtain rods, and light fixtures. Family members should also practice safe storage. Medicine, pesticide, knife or other weapon which can lead to self-harm must be kept in a locked cabinet. Furthermore, building specifications must also be taken into consideration to reduce the access for jumping as a way to suicide. The walls should be built at a suitable height which make it more difficult to commit suicide. The installation of a close circuit camera at the 'blind spots might also be beneficial. Tall buildings, bridges, and railway lines are examples of suicide hotspots. Action should be taken to prevent suicide at these spots are restricting access or installing barriers to avoid people from jumping. For example, the suicide rates at Jacques-Cartier bridge in Canada has decreased from 10 suicide deaths per year to 3 deaths per year after erecting a barrier (Perron, Burrows, Fournier, Perron & Ouellet, 2013).

Early Detection/ Look out for warning signs.

Many suicides prevention programs emphasis on screening to educate the general community about suicide signs and symptoms and to identify who is in risk. Although suicide can,t be completely avoided, risks can be decreased with quick intervention. The best method to prevent suicide is to be aware of the risk factors, to be vigilant and recognized the warning symptoms of suicide, and to intervene before the individual proceed with deeper self-destruction. Based on the annual report from National Suicide Registry Malaysia (NSRM) 2019, 328 youths who died by suicide, 110 cases had expressed their intention to commit suicide. 58 of them had expressed their intention verbally. Other way in expressing their intention to commit suicide is having suicidal method preparation which take up to 16 cases, writing suicide notes (16 cases), rehearsing fatal behaviour (10 cases) and making efforts to learn about the means of death (2 cases). If you suspect someone you know is expressing the warning signs, contact your local suicide prevention hotline, bring them or ask them to see a mental health professional. Besides, caring and support is very important. People who receive support and who have access to mental health services are less likely to suicide compare those who are socially isolated.

These organisations provide emotional support to those who are lonely, in distress, and having suicidal thoughts. These helplines may help youth to alleviate their distress and lead to a reduce in the risk of suicide through emotional support and public education. Although the volunteers are not certified to administer therapy, they can just listen and provide a loving shoulder to cry on. In an examination of the National Suicide

Prevention Lifeline's efficacy in preventing suicide, 1,085 suicidal persons who phoned the helpline completed a conventional risk assessment for suicide, with 380 completing a follow-up assessment after the first assessment. Researchers discovered a substantial decrease in psychological pain and suicide intention among follow-up participants between the start of the conversation and the end of the call (Gould, Kalafat, Harrismunfakh, Kleinman, 2007)

Teach Problem-Solving and Coping Skills: Social-Emotional Learning Program

Social-emotional learning programmes emphasise the development and reinforcement of problem-solving skills, conflict resolution, emotional regulation, assistance seeking, and abilities in coping. This programme solved various suicide risk as well as strengthening protective factors for suicide. Youth will be taught on how to overcome difficulties in school, relationships, with friends, as well as how to deal with other negative influences that are related with suicide. Suicide risk behaviours such as depression, anxiety, conduct issues, and drug abuse will be reduced when social competence, problem solving, emotional regulation, and conflict management abilities increase. For example, the Youth Aware of Mental Health Program (YAM) is a programme designed for youths aged between 14 to 16 that uses roleplaying and interactive dialogue to teach about risk factors as well as protective factors that associated with suicide. (Wasserman, Hoven, Wasserman et al., 2014).

Challenges Of Suicide Prevention in Malaysia

Unethical Suicide Reporting in Media

In Malaysia, media reporting of suicide is based on sensation headlines and images of actual suicides. Although there is a guideline from the Ministry of Health (MOH) for media reporting on suicide, Malaysian media outlets have neither incorporated nor followed these standards. This is troubling since it is a risk factor for people to learn and copy the behavior of suicides. Media censorship or improved reporting quality have been linked to a decrease in suicidal behaviour. As part of a national comprehensive suicide plan, resources must be invested in journalist training, monitoring of adherence and evaluation of guideline effectiveness.

Unavailability Of Evidence Based Suicide Prevention Campaigns

Suicide prevention's campaigns are undertaken on a regular basis, but there is little evidence on their effectiveness. A public campaign, at its best, will promote awareness and reduce the stigma. In the worst-case scenario, it will normalise suicide and encourage suicidal desire. An assessment of public health initiatives in the United States found that effective campaigns follow a set of best practises (Chua & Rao, 2021):

Establish evaluation strategies for campaign progress and outcome assessment of the campaign. When establishing the campaign message, campaign organizers should account for various risk factors associated with varied demographic groups either target or nontarget groups, since different groups may have different responses to the campaign message. Preliminary test in campaign materials with diverse groups and focus on the most effective campaign messages. Deliver solutions that are realistic and helpful that can be adopted by most of the target population.

Poor Data Quality

There are limitations in the NSRM 2009 report. One of the limitations is it only

records the number of suicides that is verified by a qualified medical practitioner and causes under-records. Besides, NSRM only registers cases when there is clear evidence of suicide intent and ignore the cases where the intent was ambiguous. The real suicide rate has been distorted because only sudden deaths with clear intentions are consider as suicide. Previous studies suggested that most cases with ambiguous intent are considered as suicides and will be included in the registry. In short, the limitation must be improved to ensure the data collected is valid and reliable as it has an impact on the effectiveness of suicide prevention plan (Yeoh, 2020).

Treatment

Antidepressant

As we know that depression is a major cause of suicide, the increasing number of antidepressant drugs surprisingly help lower the risk of suicidal behaviour. All those antidepressant drugs that clinical use is practically safe and have been approved by FDA, however with strict warning prescription. The antidepressant drug has been developed since the 19th century and there are five basic categories of antidepressant medications which are selective serotonin reuptake inhibitors (SSRI) such as Celexa, Lexapro, Prozac, Luvox and Paxil. Psychiatrists and doctors often begin by prescribing this type of antidepressant because SSRI are less likely to cause problems at higher therapeutic doses than others and they effectively moderate mood. Second, selective serotonin and norepinephrine inhibitors (SNRI) such as Cymbalta, Effexor, Fetzima and Pristiq helped by preventing serotonin and norepinephrine from being absorbed by neurons. The effects of these neurotransmitters linger in the brain longer, allowing for altered neuronal communication and elevated mood.

Third, tricyclic antidepressant (TCA), for example, Elavil, Tofranil, and Pamelor cause more side effects than SSRI and SNRI and generally aren't prescribed unless you've tried other antidepressants first without improvement. These medications raise serotonin and norepinephrine levels in the brain by inhibiting reuptake and changing neurotransmitter output.

Fourth, monoamine oxidase inhibitors (MAOI), which are rarely prescribed unless other medications are failed because they tend to have serious side effects. They work by preventing the enzyme monoamine oxidase from removing neurotransmitters from the brain, particularly norepinephrine, serotonin, and dopamine. It also requires a strict diet because of dangerous interaction with certain foods that can cause death such as certain cheese, pickles and wine. In addition, it also reacted to medication including birth control pills, decongestants and certain herbal supplements. These MAOI such as Parnate, Nardil and Marplan cannot be combined with SSRI.

Lastly, other medications. Psychiatrists and doctors may recommend combining two antidepressants or other medications to enhance antidepressant effects. In order to make antidepressant work, you need to be patient because the medications need six weeks or more for them to be fully effective. Also, take your antidepressant consistently and at the correct dose and if the medication doesn't work, you may contact your doctor for some changes. Don’t stop taking an antidepressant without talking to your doctor first, it may cause a sudden worsening of depression and make sure to follow the doctor's advice and avoid alcohol and recreational drugs.

Psychotherapies

In clinical practice, psychotherapies play a critical role in the management of suicidal behaviors. Additionally, research of psychotherapies in recent years have proved their usefulness in treating disorders that are associated with the increasing of risk of suicide, such as depression and borderline personality disorder.

Psychodynamic therapy focuses on the patient's internal experience by creating a therapeutic space for an open-ended exploration of thoughts, fears, and fantasies as they emerge through interactive dialogue with an empathic therapist. This is one of the treatments, giving hope to the patient by focusing on the internal affective experience and giving attention to improving tolerance and sense of continuity.

Conclusion

The suicidal thoughts in youth are very concerning to the future and in order to secure a healthy future we need to take precaution at an early age. Although the prevalence of suicide in youth is lower than in the elderly, it still remains as a primary cause of mortality among the young globally, causing a great deal of unnecessary pointless suffering and social loss. Individual

efforts to predict and prevent suicide tend to fail since each suicide is the consequence of a highly dynamic and unique interaction of numerous contributing factors. On the other hand, our knowledge of risk factors is growing rapidly. The key risk factors include previous suicide attempts, mental disorders, genetic as well as familial issues. Also, it is becoming serious if there is combination with triggering psychology stresses and the availability of means of committing suicide. One such way ahead is to provide comprehensive and multi-sector preventative strategies to lower these risk factors and improve protective factors as much as possible. Conducting awareness campaigns on mental resilience, providing mental health education, proper media reporting, providing crisis hotlines as well as online help, limited access to means of suicide are all examples of population-based prevention strategies. Lastly, by improving mental health treatment, follow-up after suicide attempts, and strategies for coping with stress and grief are important in decreasing the rate of suicide or suicidal behavior in youth.

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32 Challenges Facing Youth: Life Goes On

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Abstract

Our new culture, now well into the new millennium, has begun to acknowledge severe issues that impact the youth. Some concerns have always existed, but new challenges have begun to emerge in the public's view. The change of the world increases the challenges that could be faced by youth in this era. The increase of requirements in school or in society has led youth nowadays facing depression. Depression that happened also led to self-harm to increase. In the serious stage, depression and self-harm would contribute to suicidal acts by youth. Bullying also became one of the challenges facing youth because bullying did not just happen face to face, it also happened in online social media platforms called cyberbullying. On the other hand, teen pregnancy also increases due to the changes in culture nowadays. Youth should be strong to overcome these challenges as life still continues even in a bad stage because they are all the future of the country and the world.

Keywords: Depression, Bullying, Self-Harm, Teen Pregnancy, Suicidal

Introduction

Majority of the issues confronting today's youth are not unique to any one group but affect all of them. Some issues have always been there but there have been new challenges beginning to surface in the eyes of the public. As times change and progress, young people are facing more and more challenges in this current modern era. Their challenges are no longer limited to poverty, crime, violence or drug abuse but also about the negative impact of the electronic media, ambiguity concerning moral issues, their mental development and mental health.

Everything has been said to young people. They are pitied, despised, worshipped, stereotyped, and mocked. Some criticize them for refusing to mature, while others bemoan the fact that they mature too soon. One thing is certain: the youth are a highly conflicted part of society (Adam Lalak, 2019). Young people may be under greater pressure than others think, which can bring physical and even psychological harm to them. The tragedies of depression, suicide, self-harm and other challenges facing young people today are played out in the news or on social media almost every day. This not only leads to the direct loss of many young lives, but it also has devastating psychosocial and socioeconomic consequences. Challenges facing young people today need to be overcome not only for the new generation but also from the perspective of public mental health.

According to studies, today's youth face increasing mental health issues. In some developed countries, life expectancy has slowed or even reversed (Sean Fleming, 2020). A mental health worker named Grace Gatera described the tragedy that happened in this generation which today's youth have always been ignored although the decisions almost about them. She says, "It's the time to pass the mic" (Sean Fleming, 2020).

Challenges Facing Youth

Some of the more common challenges faced by today's youth are depression, bullying, self-harm, teen pregnancy, suicidal, etc. The most recent available data from academic researchers shows that the challenges mentioned as the major problem among young people. Youth today always have a lot on their minds. The challenges they have to face do not always get others to understand because the world keeps changing at a rapid pace as the problems experienced by the old generation in their youth may be totally different from young people today.

Depression

Depression is a widespread and dangerous medical illness that affects the way you feel, think, and act. It's treatable, thankfully. Some of the symptoms of depression include sadness and a loss of interest in previously appreciated activities. It brings a lot of mental and physical problems to a person, as well as a decrease in one's capacity to perform at work and also at home (Felix Torres, 2020). Sadness is different from depression in which sadness is a normal feeling for a person experiencing some difficulties such as loss of a job or death of a loved one. It’s not the same as having depression but only sharing some of the same features of depression.

Youth today are now placed with heavy and unrealistic expectations which may lead to serious mental stress. Depression is more common in youth today than it has ever been. National Institute of Mental Health reported that more than 15% of young people may develop depression before reaching adulthood (Susan Dorling, n.d.). Therese J. Borchard, author of Beyond Blue, speculates that hectic lifestyle in this modern generation, toxic substances in the environment, as well as other problems, may raise the stress factors that contribute to depression. She had mentioned some of the common indicators or symptoms of depression among the youth. For example, hopelessness, loss of energy, loss of interest to do the thing they once liked to do, feeling worthless, difficult to concentrate or make decisions. “Most experts agree with me that today's generation is under more stress than old generations,” writes Ms. Borchard, “Stress causes depression and mood disorders, thus people who are prone to depression due to their creative wiring or DNA are almost certain to experience symptoms of depression during the confused and challenging adolescent years” (Depression Symptoms in Teens: Why Today's Teens Are More Depressed Than Ever, n.d.).

Bullying

Bullying has been around for a long time and has taken many lives of young people. Bullying is unwelcome and aggressive behavior among today's youngsters. In this modern generation, when the emergence of social media has aided in raising awareness of the effects of bullying, it is also the platform where an idea “bullying” is becoming more prevalent and public on the other (Susan Dorling, n.d.). Bullying includes making threats, spreading rumors, physically or verbally harassing someone, and purposely excluding someone from a group.

A federal government website managed by the U.S. Department of Health and Human Services shows that bullying can be classified into three types: verbal, social,

and physical bullying (What Is Bullying, 2020). Teasing, name-calling, improper sexual comments, and other forms of verbal abuse are all examples of verbal bullying. The employment of different methods to harm or destroy someone's social relationship is known as social bullying, it includes excluding someone on purpose or embarrassing someone in public. Finally, physical bullying occurs when someone's body or goods are harmed which includes breaking someone's things, pushing or kicking, etc. Bullying always happens and it can occur anytime and anywhere such as school, playground, bus or on the internet.

Self-Harm

Self-harm is no longer uncommon among today's youth as some of the young people take it as an action to relieve stress and anxiety. When they hurt themselves as a way of dealing with traumatic memories or some difficult feelings, that is self-harm. They characterized self-harm as a technique to convert mental distress into physical pain, relieve overwhelming feelings, or express suicidal ideas without really killing themselves. For the youth who take the action of self-harm, they may feel a short-term sense of release but their painful memories or the overwhelming feeling would not go away.

Self-harm always occurs and is done privately in a controlled situation. There are many forms of self-harm which include burning themselves with cigarettes, piercing the skin with sharp objects, etc. Most frequently, self-harm targets the legs, arms and any part of the body that can be utilised by the person for self-harm. Most people may try only a few times and wouldn't keep this action becoming long term and repetitive behaviour, but there are also people that will take self-harm as a long-term habit. Self-harm always begins in early teen years, when emotions are more volatile, and teens are exposed to increased peer pressure, loneliness, and disagreements with parents.

Teen Pregnancy

Pregnancy in a female under the age of 20 is known as teen pregnancy or adolescent pregnancy. It is a global problem occurring in every country, whether high- or low-income countries. It may happen due to education gaps, poverty or other reasons. Teens take higher risk than other average age mothers and it can make them feel tired which may also affect the health and development of the baby. As such, early pregnancy may lead to a lot of health consequences for both mother and baby (Adolescent pregnancy, 2020).

If the youngsters get pregnant, they may be afraid to inform their family and friends. They may feel more alienated and depressed if they cannot tell someone or receive the aid and support that required when early pregnancy happens. This may also cause issues at home and at school. Many pregnant adolescent girls drop out of school and lead to many of them who become pregnant as teenagers are poor (Teenage Pregnancy, 2018).

Suicidal

Suicidal is also one the challenges facing youth today. They may suicide which is

ending their own life to escape from suffering or pain. Today's youth are always facing strong and overwhelming feelings that they feel hard to deal with and the feelings even make them feel out of breath. Suicide thoughts are frequently an indication of their desire to escape from some thing or they want to end the situation they are facing.

There are signs of suicide which include when person express the desire want to kill themselves, consume more drugs than usual, say that they have no reason to live or does not want to interact with others. Youth today are facing more and more challenges which cannot be understood by their parents, and this may make them feel lonely. Some people can discuss suicidal ideas publicly, but many people intend to keep their feelings as secret (Canadian Mental Health Association, 2012).

Reason Why These Challenges Happen

Nowadays, youth often face a lot of challenges in their life. They will feel stress and have no idea about how to solve the challenges that happened in their livelihood. As a youth, we must solve these challenges based on the real root causes. In fact, why are these challenges happening? Who causes these challenges? All right! Let us see what the reasons are.

As for the youth that have been diagnosed with depression, there are several reasons that cause them to be depressed. They might be due to environmental factors or biological factors. Take for example, youth who have just graduated are facing unemployment especially in the pandemic COVID-19 situation have high risk for depression. According to the Statistics Department, the unemployment rate for youth among 15 to 24 years old grew by 0.4% to 13.9% which reached 347,600 persons in Malaysia (FMT Reporters, 2021). This circumstance will make them feel anxious and depressed as they require the job to maintain their family’s economy. Over time, the feelings of anxiety and depression will evolve into depression and will continue to haunt the youth if not treated in time. We need to know that not all the youth’s families are rich. Conversely, they might need to work after they graduated from universities or secondary schools. However, due to the closure of many companies or enterprises, some youth lost their jobs during the COVID-19 pandemic. Besides that, depression is not only caused by this environmental factor, which is unemployment, it also can be caused by biological factors such as inherited traits and hormones. If the parents or siblings of the youth are diagnosed with depression, the youth may be more likely to develop depression (Meredith Chapman, 2018). Moreover, changes in the body's hormonal balance of the youth may have a role in leading to or provoking their depression.

Furthermore, today's youth are not only bullied physically, but also bullied verbally. Why will some of the youth be bullied by peers? This is because the bullies need to gain or sustain their social power or promote their status among peers (Why Some Youth Bully, 2021). Not only this reason, the bullies might be also envying those youth with excellent achievements. Apart from the excellent youth, some of the groups such as the youth which have disabled, or LGBTQ may be more vulnerable to bullying (Who Is at Risk, 2021). These youth will be mocked by others as they will think that these youth are abnormal and different from them. Therefore, verbal abuse will happen to

these youths. In the era of well-established networks, cyberbullying frequently happened in the youth's world. According to the United Nations Children's Fund (UNICEF), three out of every ten youth became victims of cyberbullying in Malaysia and Malaysia was ranked second in Asia for youth cyberbullying (Yap Wan Xiang, 2020). At the moment, most people like to attack others with words in social media such as Facebook, Instagram and so on. For instance, some people like to comment vulgar words to criticize the appearance of the youth who like to post selfies on social media. Cyberbullying occurs particularly in the present situation that is pandemic COVID-19 as all the people must stay at home and they will be cyberbullying others when they are free. Youth not only will be a victim, but they will also become bullies. This case will happen because they cannot control their emotions and are required to bully others to vent their negative emotion. In addition, the youth will become a bully because of the violence from their parents. After they suffer from domestic violence, they will bully others to obtain psychological pleasure.

Based on the survey done by YouGov, 26% of respondents had participated in self-harm, and one-third of them were youths (Martin Carvalho & Allison Lai, 2019). From this survey, we can see that the action of self-harm among youth will become a common thing in current society. But most people do not understand why youths like to self-harm themselves. Is it because they just want to crack a joke? The answer is no. Some of the youth will self-harm themselves when they are being depressed and stressed. They are lacking ideas to manage and solve their negative emotions. Besides, they have no one to share and express.

their feelings with. Thus, they had to hold everything in their hearts. With the lapse of time, they had to vent their feelings through self-harm. Additionally, the self-harm cases happen among youth as they want to divert their attention away from overpowering emotions and challenging life environments. People who are less confident about themselves or who are prone to self-blame will use self-harm to express their anger towards themselves and punish themselves for what is wrong (Addiction & Mental Health, Alberta Health Services, 2020). If parents often give the youth excessive demands and criticisms, this will make them self-abased and will easily punish themselves with self-harm when they encounter setbacks, or their performance does not meet the parents' requirements. When the other party wants the youth to do something that they do not want to do, they will self-harm to show that they are the only one that can control themselves and the other party cannot control him.

We can see some news about teen pregnancy through newspapers or social media. We will see this challenge facing youth might be due to lack of education about sexuality from parents or schools (Teenage Pregnancy, n.d.). They have their other halves at a young age, and they might have sexual relationships with their spouse as they are unaware about the sexual. This will cause the high risk of teen pregnancy. Moreover, the youth's friend instigates them to have a sexual relationship with others and bring about the pregnancy (Amy Morin, 2021). Likewise, their friends may also take them to a party and give them the alcohol to drink. Excessive drinking can result in an unplanned and accidental pregnancy as they will have a sexual relationship with others when they are unconscious. Apart from these, the teen pregnancy will also be

caused by the sexual assault. We often can see this sexual assault befall to many youths nowadays in the news. And they are afraid to talk to their parents or report to the police as they think that it is a shame. On the other hand, inadequate parental oversight makes the case of teen pregnancy occur. This means that parents do not care enough about their children. The parents did not tell their children that they cannot stay alone with the man and cannot follow them to the hotel or back to their home. The lack of concern from parents will cause their children to lack love and the youth will seek love from others such as amativeness with others and have a sexual relationship.

Lastly, the suicidal is a common incident for today's society as 67 cases of suicide among youth occurs in Malaysia (Sandhya Menon, 2021). When we saw the news about suicide, we will always think that why they must end their lives. We must think about this issue from their standpoint. The suicide had been happened as the youth have the feelings of despair or helplessness. They feel confused when facing a difficult problem and no one can help them. At this moment, they thought of an extreme method to solve the problem which is suicidal. For example, when a youth suffered the financial problem and nobody want to lend him money, this will cause them commit suicide. Besides that, the common reason of suicide of the youth is depression. If the youth who suffer from depression did not obtain treatment in time, this mental health will continue to be bothering them. When to the point of being intolerable, they will choose to commit suicide. In addition to this, the youth commit suicide due to the stress from the family or their work. Their parents often ask the youth to do the things that they dislike such as asking them to choose the course which they dislike when studying in the university or always control their life. This will make the youth feel stressed and depressed even though they have been trying to communicate with their parents and their parents are still unchangeable and finally end their lives. The youth will also feel stress when they have a lot of work, and this will be pressing on them. Due to some of the youth unable to bear too much stress and they have weaker problem-solving skills compared with others such as their peers, then they will commit suicide (Johan Bilsen, 2018).

Statistics

Depression

Depression is the leading cause of disability in the world. It contributes significantly to the global illness burden. According to the World Health Organization's (WHO) "Depression and Other Common Mental Disorders" report released in 2017, more than 300 million people worldwide are anticipated to suffer from depression (Depression, 2021). Depression affects roughly 4.4 percent of the world's population.

Furthermore, 1.9 million young people have been diagnosed with depression (Data and Statistics on Children's Mental Health, 2021). Although depression is a self-limiting disease that can be cured without medication, the natural course of the disease is long, lasting several months or even more than a year. It reduces the quality of life of young people and their families and has serious consequences for their learning and health. The youth's mind is traumatised as a result of development. Moreover, depression has a high recurrence rate with suicide being the most dangerous and difficult to prevent result. According to statistics, 50% to 70% of depression patients have attempted

suicide and 15% will die by suicide. As a result, it is critical to seek medical help as soon as possible and continue to receive therapy on a regular basis. At present, there are numerous approaches for treating depression with excellent results.

According to the National Health and Morbidity Survey 2019, almost 500,000 young people aged 16 and up in Malaysia suffer from depression. The outbreak is likely to increase the number of people this year. Furthermore, approximately half a million young people will be depressed in 2019 (National Health & Morbidity Survey, 2020). Since the virus erupted, everyone has had a rough year. Individuals will endure social isolation, instability, and uncertainty while the movement control order continues, as well as the risk of tragic events such as emotional issues such as anxiety and despair brought on by the loss of loved ones and unemployment. As a result, the number of depression cases increased.

Bullying

According to data issued for the first time by the UNESCO Institute for Statistics (UIS), which is the official data source for the Sustainable Development Goal on education, almost one-third of youth around the world have experienced bullying. Besides, according to the UNESCO "School Violence and Bullying" report, about 246 million students worldwide suffer from school bullying each year. In general, boys face slightly higher rates of bullying than girls, although girls are more vulnerable in countries where bullying is most prevalent. Low socioeconomic level is the most important factor in determining whether or not young teenagers in wealthy countries will be bullied in school. Immigrant adolescents in wealthy countries are more likely than native-born youth to be bullied in schools.

One out of every five (20.2%) students report being bullied (Bullying statistics, 2020). From 2007 to 2019, the percentage of people who have encountered cyberbullying at some point in their lives has more than doubled (18% to 37%) (Bullying statistics, 2020).

According to a report released by Comparitech, Malaysia's global cyberbullying ranks sixth out of 28 countries and second in Asia (23%) while India ranks number one, accounting for 37% (Sam Cook, 2021). Last but not least, cyberbullying is not a problem that can disappear in a short time. When youth are faced with such a situation, the only way is to strengthen your heart and not be easily affected.

Self-Harm

Youths have the highest incidence of self-harm, with about 17% admitting to self-harm at least once in their lives. The average age of the first self-harm event was 13 years. 45% of youth use cutting as a method of self-injury. About 50% of youth seek help for self-harm but only seek help from friends rather than professionals.

Self-harm is reported by roughly 15% of college students, according to studies. Males may account for at least 35 percent of all self-injury cases, despite the fact that women are more likely to do so. Men are more prone than women to underreport self-injury and have others injure them (Tori DeAngelis, 2015).

The average age at which self-injury begins is 13 years. This age appears to be in

accordance with the additional stressors and demands of the school and home when the youngster reaches puberty. The age of thirteen marks a significant phase of growth and change in the body, society and mind. This time period is also linked to the onset of mental health issues such as anxiety and depression, which can fuel the impulse to self-harm (Megan Hull, 2021). Moreover, unemployment, lack of income, family conflicts, and interpersonal relationships can easily lead to mental health problems. It cannot be ignored. Data from the Ministry of Health in Malaysia show that between January and December 2020, hospitals of the Ministry of Health admitted 1,080 cases of self-harm.

Teen Pregnancy

Among the babies born in the world each year, 11% of the babies' mothers are youth between the ages of fifteen and nineteen. These girls have not yet grown up but have begun to raise children.

According to estimates by the United Nations Population Fund, 16 million girls under the age of 18 give birth each year, and 3.2 million girls undergo unsafe abortions. Because of being too young, girls have a much higher risk of developing diseases, including obstetric fistulas, death or disability during pregnancy and childbirth than mature women. At the same time, due to the lack of nursing knowledge and other reasons, their babies are at a higher risk of death-babies born to underage girls are half the risk of dying within the first month than other babies (Ooi, 2013).

The United Nations Population Fund and other relevant agencies hope that young people will be aware of the negative effects of premature pregnancy. At the same time, they also hope that every pregnancy that occurs in the world is what both parents expect, that every childbirth is safe and that every young person is safe.

Suicidal

According to the latest estimate in the World Health Organization study "The State of Global Suicide in 2019," more than 700,000 individuals died by suicide in 2019, accounting for one out of every 100 fatalities. Suicide remains one of the world's leading causes of death. Every year, the number of individuals who die by suicide outnumber those who die from HIV, malaria, breast cancer, conflict, and homicide combined. As a result, the WHO developed new guidelines to assist nations in improving suicide prevention and care (Suicide, 2021).

In 2019, an estimated 703,000 people worldwide died of suicide. The global age-standardized suicide rate in 2019 was 9.0 per 100,000 people. Suicide rates vary in different regions of the world, ranging from less than 2 per 100,000 to more than 80 per 100,000. Besides, In Malaysia, the Royal Malaysian Police (PDRM) released other statistics showing that the number of suicides increased from 609 in 2019 to 631 in 2020, an increase of 2% (Ramkarpal Singh, Kasthuriraani Patto & Sangeet Kaur Deo, 2021).

How Do Youth Overcome These Challenges?

As we know, most of the common challenges that youth face are depression, bullying, self-harm, teen pregnancy and suicide. Although we already find out what

challenges they are facing, it is still not enough if we just find out what challenges are being faced by youth nowadays. We should figure out some way that could overcome all these challenges so we could minimize the threat that is facing by youth as we still have to live for our future.

Depression has already become a common problem that is faced by everyone in society and now it already widens up to youth. Facing depression will have signs such as loss of interest in everything around, uncontrollable emotion, anxiety, looking at death and more that will cause a problem in a person's daily life routine (Timothy J. Legg, 2019). Therefore, there are some tips and ways to overcome the challenges that causes from depression to youth. Everything must start with us, so the first step to overcome depression is to focus on positive thinking. The focus of positive psychology is not on sadness or depression. Positive thinking is always the key to solve a problem that we are facing. Having a positive feeling, positive relationship with friends and family and positive emotion towards everything will let us get away from all the negative thoughts that will slowly lead us to depression. Controlling our feelings will always be hard but we could participate in programs or activities that will make us feel happy, fulfilled, forget all the negative thoughts and be motivated. Engaging in positive, self-esteem-building activities such as sports will assist youth to develop self-esteem while also keeping them safe and occupied. Team sports also provide youth the opportunity to make new, healthy friends (Six Strategies to Help Your Troubled Teen Overcome Depression, 2016). Other than that, youth could choose to accept a therapist for depression. Cognitive Behavioral Therapy (CBT) and Interpersonal Therapy (IPT) are two of the most often used evidence-based treatments for depression. CBT is a kind of therapy in which patients learn to recognize and regulate negative thinking and behaviors patterns that might lead to depression while IPT is a type of therapy in which individuals learn to better express their feelings and solve difficulties in healthy ways in order to strengthen their relationships with others. Both of this therapy could be effective in helping to overcome depression (Laura Mufson, PhD, Lynn Bufka, PhD, and C. Vaile Wright, PhD, 2016).

Bullying is not hard to find around us and we should take action to overcome these challenges. By overcoming this bullying, we should start with preventing bullying. Bullying often happens around youth especially in school. In this situation, school staff, parents and friends play an important role in preventing bullying. The first way is to help every student to understand what bullying is. Some students do not realize what they are doing is called a bully and the victims may not know that what they are facing is called a bully. Letting students know how to stand up to seek help such as reporting to school staff immediately when they or others are facing a bully. Students should know that bullying is an unacceptable act for everyone (How to Prevent Bullying, 2019), we could build a safe environment that could let youth feel safe to talk about what they are facing. When they are telling and expressing their feelings about being bullied, we should not show much emotion in it because this would let them start to stop sharing. Instead of asking questions furiously, we should calmly get as many details as possible about the incident. Then applaud your adolescent for having the bravery to inform you about what happened (Sherri Gordon, 2021). Other than that, youth should never go

through bullying in silence. When you're dealing with a stressful or tough circumstance, your thoughts might become clogged, and your vision will become unclear. If we keep it all to ourselves, we will just be letting the situation became worse. Do not ever let embarrassment and fear become the reason to stay in the dark. As a youth, you should be brave enough to stand up and talk to the person that you believe in the most so that this situation will not happen again (Label, 2021).

Self-harm is common in youth today. Self-harm is an action that youth could harm themselves without attempting to die. This is not a good sign for the individual's mental health. We should take action to stop this. When a self-harm reaction appears on us, we should identify the reason and emotions that trigger this action. We could ask ourselves what situation makes us feel uncomfortable in our emotions until we have this reaction. After we know the reason for this action, we should try to find someone that we trust the most and could help us overcome this challenge to share this problem (Jayta Szpitalak, 2016). Next, parents should also play an important part in it with ways such as creating a coping kit. Parents could prepare something that could make them calm down when they have the feeling of self-harm including something that soothes or inspires them such as a photo of family (Margarita Tartakovsky, 2013). Other than that, there is also some other alternatives that could keep the person safe when they feel overwhelming that urge them to self-harm such as punching pillow which could avoid them from hurting themselves or do some exercise that is strenuous that could let them release their negative emotions (Natasha Tracy, 2019). Lastly, youth should seek professional help such as psychotherapy. Youth can utilize psychotherapy to work through the triggers that lead to negative thought patterns and acquire healthy coping strategies instead of self-harming acts. There are also other treatment options such as Dialectical Behavior Therapy (DBT) which learn to handle unpleasant emotions, rejection, control worry, wrath, and develop constructive coping abilities (Katie Hurley, 2018).

Teen pregnancy has caused lots of problems for teens themselves. As a teen they should educate themselves about pregnancy. When they have the knowledge about how pregnancy happened, they will tend to avoid all possible situations that could lead them to pregnancy. As a teen also should stay away from drugs and alcohol. Alcohol and drugs will lead us to make poor judgement of everything because when we take alcohol and drugs, our brain will not function like normal, and we will be totally out of control after taking alcohol and drugs. Next, parents should discourage early dating. Parents should make it clear about what will happen when they start to date a person too early. Knowing ahead of time will assist youth understand that you are not reacting to a certain person or invitation (Pat Tanner Nelson, 2012).

Suicidal acts are not a rare act that could be seen around everyone, and it is increasing around youth. should take action to stop this suicidal act before everything is too late to be done. First, when someone share about their thought and feeling that having a suicide symptom, do not discount their feelings. Sometimes you may feel that their difficulties aren't severe enough to warrant suicide thoughts or actions, but suicide may appear like a viable choice to them if it is essential to them. Next, we should be good listeners to them. Being a good listener does not need a special ability, we have to

be patient and listen to what they want to bring out to you. Avoid any remarks that focus on fast solutions. Such efforts may appear disrespectful and minimize what a person is going through. Just show up and demonstrate that you care. Other than that, we should not leave them with suicidal symptoms alone because it is dangerous for them to be alone as they may hurt themselves (Nancy, 2020). We should also recognize the symptoms of suicidal thoughts. When someone discuss injuring themselves or having thoughts of suicide, we must not believe they are "joking" or "not serious" because someone that do not have this thought will not trying to talk about this topic. Take action immediately when there is a sign of suicide from someone to prevent suicide (Kailey, 2019).

Conclusion

As youths grow up, they will encounter many challenges that belong to them, and they cannot escape them. On the news, we can see various bad cases occur in Malaysia every day, especially the incident that happened to the youth. When we visit Facebook by phone, we will also always see bad things that are a nightmare for youth. Not only the challenges that are stated in this study, but also several challenges that are faced by youths in their life. In fact, the challenges that facing youth will cause Post-Traumatic Stress Disorder (PTSD) for them. Some of the youth might have this disorder after experience with bad things such as facing sexual assault in their livelihood. This will make them unable to live a good life as those experiences linger in their minds. We need to know not every youth is strong after facing some matter, they will find the extreme way to solve the problem when they are desperate. Therefore, we must help the youth when they are facing challenges; for instance, gain professional advice from experts or seek help from related government agencies. We can also stay with them and give positive thinking to the youth to avoid them ending their lives. In short, every challenge should have its solution. Thus, the youth must find the solution to solve their problems in order to let life go on. Actually, we want to emphasize that every life is precious, so everyone must cherish it and we cannot give it up easily.

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33 Youth Volunteerism: How Volunteering Impacts Youth's Life

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Abstract

Volunteerism is essential in today's society, since it provides critical assistance to those suffering, and a tremendous number of people will benefit from it. The impact of volunteerism on youth life is discussed in this study. The target audience is Malaysian youths of diverse genders and races. The impact on youth can be divided into two major categories, which is soft skills development and youth self-fulfillment. Soft skills included learning to take responsibility, enhancing social and relationship skills, boosting teamwork spirit, and increase their adaptability to various situations. From the perspective of self-fulfillment, it was associated with the desire to release leadership potential and feel rewarded in helping others. Besides that, the motivation driven youth to volunteering included gaining new experience and enhance their confidence and self-esteem. Youth that's participate in volunteering activities also expect to have a better empathy than youth do not participate in volunteerism.

Keywords: Youth, Volunteerism, Youth life.

Introduction

Volunteering is actions performed by people that are not primarily for remuneration. It can benefit people and animals in need or the environment. Volunteering is beneficial to both the society and the volunteers themselves for a variety of reasons. Even though there is no monetary reward for volunteering, it allows an individual to participate in the act of reciprocity. Research has shown that volunteers expect other benefits in exchange for their efforts. According to studies, most youths engage in volunteer processes to achieve their personal needs while also assisting others in their community (Gage & Thapa 2012).

Government institutions and non-governmental organizations (NGOs) in Malaysia have made significant efforts to encourage volunteerism. In fact, many Malaysians are aware of and agree with the rewards of participating in volunteer activities. However, a sizable portion of the population remains to refuse to take part in voluntary activities (Azizan, 1995). Characters with strong personalities, skills, and leadership traits are valuable assets to youths. These characteristics cannot be obtained solely by listening to lectures in class; thus, youths should actively engage in extracurricular activities and volunteer activities to hone a stronger character and becomes pillars of the nation. (Nordin, 2011).

Because most people who engage in volunteering activities are seniors, the number of youths who volunteer is still low. So, we must be aware of the reasons and elements that can motivate or inspire youths to volunteer to attract their commitment. Although the earlier study has provided some broad concepts on youth involvement in volunteers, there is still a lack of research into the impact of volunteerism on Malaysian youth. As a result, the focus of this research was to investigate the impact of volunteering on

young people.

I. Problem statement

Youth volunteer recruitment is becoming more crucial as their passion and energy are higher than seniors, which can result in better outcomes. (Hj Hussin & Mohd Arshad, 2012). But many young people in our society do not understand or realise the importance of volunteering, which is disappointing. Serving society is critical in solving various issues, particularly those overlooked by the government and other social programmes. Volunteering in the community not only benefits the individuals involved, but it is also essential for improving societies. This report is made to attract the youths to participate in volunteering activity and have a more concrete understanding of what volunteering can bring to them.

II. Research objectives.

The main goal of this study is to figure out how volunteering impacts youth's life. As a result, this research aims for the specific objectives:

1. To identify the impact of volunteerism on the youth**.**
2. To comprehend the motives of youth while participating in volunteering activities.
3. To find out the differences between youth that participate in volunteerism and those that do not participate in volunteerism.

III. Research hypothesis.

H1. Volunteerism is beneficial to the youth in terms of mental health.
H2. Youth that participate in volunteerism have better empathy than others.
H3. Youth who have a higher volunteer hour will have a higher CGPA than others.

Literature review

For this research our team have made some literature reviews which it includes the article "Empowering Youth Volunteerism: The Importance and Global Moving Factors" which is written by Mardhiyyah Sahri, Khairudin Murad, Asmidar Alias and Mohd Dasuqkhi Mohd Sirajuddin from Academy of Contemporary Islamic Studies, Faculty of Communication, Media Studies and Civil Engineering, Universiti Teknologi MARA Shah Alam. This article told us about the importance of youth volunteerism, the global overview of motivating factors of volunteerism, Malaysia and youth volunteerism, and some recommendations on what ways should be made to improve volunteerism in youth. The benefits that youth can gain from volunteerism, including youth, can train their humanity and inculcate pro-social behavior. They will be inclined towards social issues in their future work career and others. Next, youth will have a place that gives them a chance to practice, active learn and provide experiences to expand their educational background and learn how to serve the communities better. Through practicing volunteerism, youth can build their own self-confidence, skills, social activism, and knowledge that will affect their future that they would not learn from their university academic. Youth will learn how problem-solving skills, teamwork with others, leadership skills, communication skills, creation of opportunity and others. From the article the global overview of motivating factors of volunteerism includes the "participation motivation". The "participation motivation" means that the youth would not want to miss a chance to learn those skills or get some benefits such as the relevant

experiences and knowledge from practicing volunteerism as it was a unforgettable memory to them. From the research that they made, in United States there are a survey that being filled by the youth. The result show that there are 3083 youth says that they want to learn social experiences, improve their skills, and learn the things that they would not from the school. Beside than United State, the team also do their research on Turkey, Australia, and Africa. Most of the reason or factor that they found in those countries is the youth they want to have more information and practice for those skills, so they join volunteerism. As in Malaysia, the author team also found out that the youth who would practice volunteerism are not affected by their family situation. As the research show us that most of the youth in Malaysia will being persuaded to practice in volunteerism by government, NGO and others. For the recommendation, the article told us that the since most of the youth practicing volunteerism is because of they want to learn some skills and gain some experience so the voluntary organization, NGO, government, teacher and parents should teach and encourage them to do so in order to have more youth who practice volunteerism. In my opinion, this article told us many benefits that the youth can gain while practicing volunteerism. But the factor did not tell us much about it, so we can research to improve this part on it.

The motivational factors that drive volunteers have been researched throughout the years. One why *Youths Choose to Become Volunteers: From the Perspective of Belief,* has put the discussion on youth volunteers and how their beliefs affect the rate of volunteerism. As the discussion starts, the study has laid down how volunteering started with religious commitments and charitable altruism to help people suffering from various world conflicts, and also stated that most of the volunteers are from retired groups compared to youths (Siti Hawa, 2002). Thus, this study wanted to provide insights on how volunteering agencies can have more youth volunteers by understanding their belief in volunteerism. Youths choose to volunteer because of their self-belief, according to (Lopez-Garrido, 2020) - "a person's belief in their ability to complete tasks and to achieve their goals", while also because of normative, which is defined as a person's belief of how their important people perceive they should or should not do. For example, how selfless people priorities the happiness and welfare of others drive them to engage in volunteering activities. (Arif Shah et al., 2014). Basically, this study only revolves around individuals' beliefs to engage and sustain their volunteering activities as a motivational factor. Hence, it cannot be a major takeaway for volunteering agencies to get more volunteers in a larger scale. Our study will help strengthen the understanding not only on belief factors, but other major motivational factors, specifically behind youths' participation in volunteerism. As an overall, our study will be a great resource for Malaysian Government Agencies, Non-governmental Organizations, and youths in Malaysia to get hands on with igniting the desire to volunteer, and hence impact their own lives and the lives of millions in a tremendous way.

For this youth volunteerism research, the literature review cited the article "The Multidimensional Benefits of University Student Volunteering" and "Understanding the Reasons for Malaysian Youth Participation in Volunteering Activities". These articles mentioned the reason and importance of youth volunteerism and described in detail the

benefits and impact of youth volunteerism. Youth volunteerism can bring multidimensional benefits (Basit et al. 2015), Some studies indicate that through volunteering young people could "continue to learn throughout their lives" (Hamilton & Fenzel, 1998). Specifically, through youth volunteerism, young people can gain valuable life skills and experience personal development, and greatly improve leadership, critical thinking skills, self-confidence, and conflict resolution (Kilgo, Sheets, and Pascarella, 2015).Similarly, volunteering could result in higher levels of employability, which is a "psychosocial construct that embodies individual characteristics that foster adaptive cognition, behavior, and affect, and enhance the individual-work interface" (Fugate, Kinicki, & Ashforth, 2004). In addition, youth volunteerism helps to develop positive civic values, social responsibility, and service (Wagner & Mathison, 2015). In support of this argument, Primavera (1999) emphasises that young volunteers develop higher levels of empathy because they engage with the community, including disadvantaged groups. On the other hand, Hall (2009), Musick and Wilson (2008) Research shows that voluntary service can improve personal skills development, civic responsibility, career choice and employability. Youth volunteerism also help to stimulate leadership skills, shape good values, develop mental health, expand social circles, enhance self-confidence, help solve problems, and improve students' CGPA. Thus, to conduct the research comprehensively, we should consider the benefits and impact of youth voluntary service mentioned above and consider the motivation of young people to participate in voluntary activities and other benefits and prove and improve our point of view through further research.

Methodology

The data for the study was gathered via questionnaires. The target audience is identified as youths in Malaysia that are made up of all genders and races. The majority of those who responded are recent undergraduates and young people with bachelor's degrees. A survey was carried out to determine the youth's willingness to participate in volunteerism as well as the benefits they would obtain. The survey is conducted from the 1st of November to the 3rd of November 2021. The questionnaires were distributed to youths via a google form.

We distribute the survey to a different group on WhatsApp. And around 50 respondents respond to the survey. The questionnaire is divided into two parts, which is section A, consists of questions related to the demographics of the respondents. Section B contains six questions to identify the impact of volunteerism on the youth, comprehend the motives of youth while participating in volunteering activities, and find out the differences between youth who participate in volunteerism and those who do not participate in volunteerism.

On the other hand, secondary data is also used in this report by review the literature. There are a variety of published sources available for this research topic. We clarified the research objective before gathering secondary data for analysis. That specifies what data we should collect and how this data will assist in achieving our goals. Researchers will utilize the research purpose as a guide to find relevant data. The data will be analyzed to see whether it genuinely addresses the problem statement and answers the research objectives.

Result Explanation and Deduction

Our team has surveyed Goggle Form and sent it to youths. We have 50 respondents who answer our survey. From the survey we know that 60% or 30 respondents are female, and 40% or 20 respondents are male. 92% or 46 of the respondents are in the age which is 20-25 years old while the rest 8% or 4 respondents are in the age 15-19 years old. Among 50 respondents, 94% or 47 of the respondents are studying and are a student, while 2% or 1 of the respondent are employed and 4% or 2 respondents did not employ yet. We also know that 56% or 28 respondents have.
volunteering experiences and have participated in volunteering before, 14% or 7 respondents do not have volunteering experiences before. Meanwhile, 30% or 15 respondents did not participate or practice in volunteering before, but they are interested in practicing volunteering in the future.

From the survey, we know that all the respondents think that practicing volunteering will give a positive or a good impact on the youth's life. This means that all our respondents agree that practicing the volunteering action will benefit them, such as developing their soft skills. In the survey, we know that 84% out of 100% (42 out of 50 respondents) agree that they can learn how to take responsibility through practicing volunteerism. Next, 80% out of 100% (40 out of 50 respondents) told us that they can enhance their social and relationship skills through practicing volunteerism. Besides that, 76% out of 100% (38 out of 50 respondents) say that they can boost their teamwork spirit by practicing volunteerism.

Furthermore, 62% out of 100% (which is 31 out of 50 respondents) say that through practicing volunteerism they learn how to sharpen their problem-solving skills. Meanwhile, youth can learn how to manage their time well is one of the soft skills that 56% out of 100% (28 out of 50 respondents) agree on. Finally, 68% out of 100% (34 out of 50 respondents) choose that practicing volunteerism can help them increase their adaptability to various situations.

From the survey, we know that 56% or 28 respondents strongly agree that volunteering instigates the desire in youth to release their leadership potential, while 40% or 20 respondents agree on it and 2% or 1 respondent feel it is normal. 70% or 35 respondents strongly agree that volunteerism makes youth feel rewarded in helping others., while 26% or 13 respondents agree on it and 4% or 2 respondents feel it is normal. As for the motives or factors why youth practice volunteerism, we know from the survey that youth can gain new experience got the highest vote, which is 72% out of 100%. The second highest motive of youth practicing volunteerism is to enhance their self-esteem and confidence, which have 66% out of 100%. Other reasons or factors such as to make the community a better place, to utilize leisure time productively, to meet likeminded and positive people, to set a good example for others, merely for the sake of building resume gains 38%, 32%, 28%, 22%, 10% and 2% votes out of 100% respectively. Finally, 88% or 44 respondents agree on which volunteering youth will have better empathy than the nonvolunteering youth. Meanwhile, 8% or 4 respondents say that volunteering youth will have a better CGPA than the non-volunteering youth, and 2% or 1 respondent vote that there are no differences between youth who practice volunteerism and youth who do not practice volunteerism.

Limitations and recommendations

A limitation of this survey is that the sample size of the survey is not large enough. Another uncontrollable factor is the time limit. Because the research time is relatively short, the sample size of the survey is not large enough. Thus, in a short time, the information obtained by the survey is relatively one-sided, which will have a relative impact on the comprehensive analysis. In addition, the generalizability of these results is limited. For example, 92% or 46 responses in the study are 20-25 years old, and 94% or 47 responses are students. Because the scope of our research is limited to the survey of students spread through the online questionnaire and does not involve the social and other youth groups. The most important limitation lies in the fact that the limitations brought by the experimental design itself, that is, collecting data by disseminating Google Form through the Internet, resulting in a small number of respondents providing false information to the questionnaire. In addition, the online questionnaire survey lacks flexibility, and the pre-designed response range may limit the respondents' response, and some other information may be omitted.

More work needs to be done to increase the sample size of the survey. In addition, more research time should be provided to the research to increase the number of respondents and collect more comprehensive information. In addition, more significant efforts need to be made to ensure that the generalizability of the experiment is improved, that most of the data do not come from the same group, and to collect information and data from different youth groups. Further research may be done through a combination of online and offline questionnaires to gather more true, detailed and in-depth information.

Conclusion

Volunteering is actions performed by people that are not primarily for remuneration. Even though there is no monetary reward for volunteering, it allows an individual to participate in the act of reciprocity. But many young people in our society do not understand or realise the importance of volunteering. This report objective is to identify the impact of volunteerism on the youth, comprehend the motives of youth while participating in volunteering activities, and find out the differences between youth that participate in volunteerism and those that do not participate in volunteerism.

From the survey, all the respondents believe that practicing volunteering will giving a positive or a good impact on the youth's life. From the soft skill perspective, the majority of the respondent agree that practicing volunteerism will allow them to learn how to take responsibility, enhance their social and relationship skills, boost their teamwork spirit, and increase their adaptability to various situations. From the standpoint of self-fulfillment, most respondents agree that volunteerism makes them feel rewarded in helping others and instigates their desire to release their leadership potential.

According to our findings, for the motives of youth, while participating in volunteering activities, most of the respondents thought that they are driven to participate in volunteerism to gain new experience and enhance their self-esteem and

confidence thought it. Besides that, most respondents agree that youth who participate in volunteering will have better empathy than nonvolunteering youth.

In conclusion, volunteers make a significant contribution to society, but youths can also benefit by engaging in volunteering. It gives youths the experience of giving back to the community while also improving their soft skills and getting valuable memories. Therefore, we strongly recommend that youths who have spare time try to volunteer to help the community.

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34 Social Media Controls the Lives of Youth: A Conceptual Paper

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Abstract

Youth are today's most profuse users of social media. Social media provides us a platform to share information, communicate, and also enjoy entertainment. However, social media is controlling our lives, especially youth. This paper aims to uncover how social media controls youth's lives. The method used for this conceptual paper is based on literature reviews from journal articles, conferences, books, and online news which are related to the keywords and research area. It is found that the usage of social media is simple and free which leads to addiction among youth. Besides, youth easily fall into the temptation of social media, and they are being behaviorally and ideologically controlled by social media. Furthermore, social media has become a necessary existence in youth lives for several purposes, but it also brings some negative impacts to youth. Therefore, youth should have self-control and utilize the use of social media.
Keywords: Social media, Youth

Introduction

Like technology in general, social media will also be taken into account which is a hot topic that everyone's talking about nowadays. Social media can also be considered as social networking seems to play an imperative part of people's lives around the world especially youth's life. Social media is a collective term for websites and applications which are interactive technologies that allow the creation or sharing/exchange of information, ideas, interests, and other forms of expression via virtual communities and networks and mainly focus on communication, community-based input, interaction, content-sharing and collaboration. (Wikipedia, 2021) There are many ways of using it for different types of purposes. For example, people usually use social media to stay in touch and interact with friends, family and various communities. Meanwhile, businesses use social applications to market products, promote brands, connect to customers and foster new business. (Ben & Ivy, 2021).

There are four main categories of social platforms when it comes to the types of social media. Firstly, social networks connect with one another and share information, thoughts and ideas at any time. The focus of these networks is usually on the user of social media. For example, Facebook and LinkedIn. Secondly, media-sharing networks which focus on content like TikTok, Instagram and also YouTube interact with videos that users create. Streaming platforms like Twitch are considered a subset of this category. Next, Community-based networks. The focus of this type of social network is in-depth discussion, much like a blog forum. Reddit is an example of a community-based network. Finally, Review board networks focus on a review of a product or service. For example, on Yelp, users can write reviews on restaurants and endorse each other's reviews to boost visibility. (Ben & Ivy, 2021). Whenever it comes to this topic,

there are some who debate about the positive impacts and negative impacts or advantages and disadvantages. Some might be thinking social media is improving or crippling communication skills which means communicating with cyber friends can be easy and fun. While others think that social media can weaken a person's verbal communication skills and destroy real life human relationships. There are more than thousands of surveys or articles about the good and bad of social media for youths currently.

According to a report released by Common Sense Media in 2021 on social media effects on teens, about half of them around 1,500 young people surveyed said social media is very important for them in order to get support and advice when they feel low, reduced in loneliness, and express themselves more creatively, as well as for keep in touch with friends and family while social distancing because of this pandemic. And about 43% of youths said that using social media makes them feel better when they are depressed, stressed, or anxious. Among LGBTQ youth, 52% said social media helps them feel better when they are experiencing these difficult emotions, especially during this time. (Newport Academy, 2021)

On the other hand, the report, titled “Coping with COVID-19: How Young People Used Digital Media to Manage Their Mental Health,” also showed a strong association between social media and teen depression. Youth with moderate to severe depressive symptoms were nearly twice as likely to say they used social media almost constantly in daily life: One-third of teens with depression reported constant social media use, as compared to 18% of teens who did not have depressive symptoms. Furthermore, the more severe their symptoms were, the more anxious, lonely and depressed they felt after using social media. Clearly, social media does not help teens who are already feeling depressed and seems to contribute to their negative outlook. (Newport Academy, 2021). Therefore, we can't simply conclude that social media contributes more in good effects or in bad effects.

In my opinion, social media is not about giving a good impact or bad impact to people, especially to youngsters. It is all about how far youths get influenced by the way they're using social media. Youths will start to react according to what they get influenced by the trend in social media day by day. That is why, youths might choose a good path to survive in this modern world or the bad path which will affect their lifestyle. It's just a reflection of social media use among the youths. From this, we can say that social media is controlling youth's life. We all can't deny that social media has a good face and also a bad face in controlling youths. And when it comes to the social media effects on teens, those pros and cons are particularly significant. It all depends on what they're searching for and looking for. How do we say social media controls the lives of youth?

Usage of social media is simple and free.

Mainly, youths always get influenced and addicted easily when something interesting, free and simple to use. This has been proven by the research conducted by the Chicago Booth School of Business which indicated five years ago that Facebook, Twitter and other social media can be more addictive than tobacco and alcohol because,

among other things, access to them is simple and free. (Iberdrola, 2021). The use of social media that includes instant messaging services which is free to excess and also interesting to interact with people all around the world can lead to serious addiction. Addiction in this can control youths in good ways and also bad ways. It can help youths to find more friends and teach them to be more social, which will be really helpful for them to communicate with people either virtually or physically. In other ways, it can control youths from talking to people in person and they will try to hide their identity from the outside because they wouldn't show their face or speak directly when communicating via social media. It will control them and restrict them from contacting people.

Moreover, social media creators will always update their social media platforms and always come up with new interesting features according to youth's desires to attract more youth people to use them to make profit. As per their expectation, youths also will fall for it and get influenced by their new interesting features that control them to use it more than average usage time. Then they will spend more time on it to get to know all about it as fast as they can just to be up to date. Here what we can do is parents should play their roles properly by restricting their children's usage time of social media for a day. And also watch them for what they're using it for. Parents also have to be up to date with the latest trend of social media in which children can't fool them easily because there is a high chance of youths telling lies to their parents when social media controls youths when they are addicted to them.

The temptation of the social media to youth

Evidently, social media has a powerful temptation for youth. According to statistics, some youth can spend up to nine hours a day on social media, and 71 percent of youth either sleep with their phones in bed or within arm's reach next to them. (Guttman, J. 2019) Why is social media so enticing to youth? Firstly, it is an external factor that social media is good at capturing the psychology of users and making them immerse in the world of social media. The next factor is the psychological factor of youth. Some youth want to escape from the real world, so they choose to immerse themselves in social media, and some youth are full of ambition to use social media to make great achievements.

According to psychology, in most cases, people are deeply seduced by a thing due to the interest and preference it inspires within them. Many social media software have firmly grasped this point, cleverly using big data to analyze users' psychology and what interests them. For example, TikTok will push and present the same type of videos according to the type of videos users have liked and the keywords they searched. When the videos they like and are interested in are constantly offered, young people will fall into them without realizing it. Another example is Facebook and Instagram, where young people are constantly following and browsing bloggers in their neighborhoods of interest, while the platforms accordingly display content that users might like to continue their browsing time. We have to admit that as technology evolves and people demand entertainment, more and more social media software of an entertaining nature is being developed and programmers are consciously designing the social media

experience to make it highly addictive. People's self-control is limited, especially young people who are not particularly mature, they have a strong desire to know about the world and their neighborhoods of interest, so young people can easily fall into the temptation of social media.

Another important factor in the lure of social media for youth is the desire of youth to escape from real life or to enjoy the attention that social media brings. When youth find themselves entering the online world, their lives are not as exciting. When youth are bored, lonely or want temporary relief from stress, they tend to spend an hour browsing our Facebook or Twitter feeds rather than talking to real parents and friends (Robitaille, 2021). All these are the expressions of youths' inner escape from reality. As the pressure of study and life increases, most youths do not choose to express themselves in real life. They feel that real life seems to have an invisible framework that makes it difficult for them to express themselves, so they choose to relieve their stress in social media, such as browsing TikTok videos to distract them from their worries for a while. Besides, some youth want to get satisfaction from social media, they want more followers and more attention. Based on the large number of users, some videos or posts on social media are more easily liked. Research shows that there is a latent desire for recognition within the 18-22 years old. When they find that their random videos and posts on social media platforms are liked and their accounts are followed, this desire for recognition is satisfied and stimulated more. That's why it's hard for youth to have self-control when faced with the lure of social media.

The concrete manifestation of youth being controlled by social media.

The control of social media over young people is very deep. According to some surveys, 95% of youth have their own smartphones and 45% of youth say they are online "almost all the time" on social media apps (Anderson & Jiang, 2018). The specific behaviors of social media control on youth can be planned in behavioral and ideological aspects. Behaviorally, young people have developed the habit of not leaving their cell phones more than 5 meters away from them, and some of them are keen to imitate some dances or movements that are popular on social media. On the other hand, in terms of thinking, young people have gradually formed a sense in their minds that if they do not browse social media from time to time, they will not be able to keep up with the trends and their lives will become uninteresting.

It has become a habit for most young people to browse social media from time to time. As we know, it is a gradual process to develop a habit. Most of the social media developers have caught on to this point and have introduced some content presentation models that take advantage of the user's fragmented time, as the user's body and subconscious mind have developed the habit of browsing social media when they are bored or free. Most young people have plenty of free time in the day, which results in them being online almost all the time on social media. Although sometimes youth are immersed in their studies, this habit leads them to look at their phones from time to time. And they will find that if they restrain their desire to look at their phones, they will feel uncomfortable or lose something. More often than not, social media such as TikTok and YouTube, which are video based, will at some point have videos of dances

or funny language that will be imitated by most video creators and users. The control of social media on the behavior of young people is shown at this time, and young people find the words and actions in these videos funny, so they will imitate them in their daily lives.

What's more, social media seems to have a more serious control over the minds of youth. People have a herd mentality, especially most young people who are afraid of not fitting in because they don't know what others are talking about because they can't keep up with the internet. Also, with the increasing pressure of school and other aspects of life, youth are becoming more and more accustomed to social media to relieve their stress. Most of them are in their adolescence, partly because they are afraid of the social and stressful aspects of real life, so they escape into the world of social media to find temporary happiness and release stress, and partly because they are afraid of not keeping up with the trends, so they browse social media. As a result, social media has become an escape from reality and an indispensable social tool for young people in a spiritual sense. For young people who post their own videos and pictures on social media, they want to get likes and attention to satisfy their desire to be recognized, while sharing their lives or creating videos is already part of their perceptions.

Social media has become a necessary existence in youth's lives.

Social media and youth are inextricably linked. As we know, social media was created and designed for entertainment purposes. However, social media has also become a very essential and functional tool for youth in solving their daily stuff. Previous research has established that the purposes of using social media among youth include creating a connection with others through texting, sharing photos, and videos. Besides, social media is the platform for youth to share academic-related information, their thoughts, and feelings. Even booking tickets for movie shows, flights, hotels, and trains also can be done via social media. (Umarani Padmalosani, 2019) Consequently, youth nowadays spent most of their time using social media. According to the survey carried by Auxier and Anderson (2019), the result shows that the majority of the social media users in the United States visit 49 times on Facebook, 45 times on Snapchat, 38 times on Instagram, 36 times on Youtube, and 30 times on Twitter. The research also stated that the percentage of using social media among the American adults with age from 18 years old to 29 years old was the highest which are Youtube (95%), Instagram (71%), Facebook (70%), Snapchat (65%), TikTok (48%), and Twitter (42%). Thus, these studies provide strong evidence for the indispensability of social media in youth's life. They spend a lot of time on social media for several purposes, and this causes their lives to be invisibly controlled by social media.

Therefore, it raised the question of how social media is necessary for youth's daily life until youth are being controlled? First, social media play a very important role as a communication channel among youth. As emphasized by Baboo, S. B., Pandian, A., Prasad, N. V., and Rao, A. (2013), social media is essential in young people's daily lives. They use social media for establishing familial and friendship ties, as well as keeping in touch with the people who are dear to them. This research found that Facebook is the most popular platform among youth to chat with their friends and also express their

thoughts.

Additionally, social media is also a communication channel that is used for educational purposes. Students use social media for discussions, submitting assignments, tests, and quizzes. (Trisha D. B., 2012) In this case, Yahya M. and Zaidatun T. found that the interaction of higher education students via Facebook has a positive relationship with their academic performance. By using Facebook, students can conduct discussions for their assignments, ask questions, and also share information. This can assist students in better understanding their course content and as a result, improve their academic performance. Furthermore, this study also found that students are willing to continue their learning tasks and collaborate with their classmates through Facebook interaction to improve their academic performance.

On the contrary, when social media become the main communication channel for youth on their education or work, a lot of information and messages may lead to FoMO (Fear of Missing Out) among youth. Youth with FoMO will often feel anxiety and check their phone's notifications frequently as they are scared that they may miss some important information and messages. (Tandon, A., et al, 2021) Furthermore, communication through social media may also lead to misunderstanding, feeling of insecurity, and also loss of face-to-face communication skills. (Drahosova, M., & Balco, P., 2017) In addition, it has been argued that social media is also a superficial distraction because when students visit social media platforms, they may easily become hooked on the trending topic and get distracted away from learning. (Alison P., Helen R. & Sue B., 2016) In this case, social media brings negative impacts to youth who are unable to have self-control. The use of social media also faces many challenges in education which are security problems and promotion of antisocial behavior which discourages face-to-face communication among students. (Zanamwe N., 2013)

Overall, these studies illustrated that youth's lives and social media cannot be separated as social media is the main communication channel for youth whether it's for social purposes or educational purposes. Thus, even though social media may bring negative impact to youth, without social media, their daily communication will become difficult and inconvenient.

Youth are keen to be social media influencers.

According to Vaxjo (2017), the social media platform initially was not created for business marketing purposes but was a platform for content creators or bloggers to share their opinions and information. Nevertheless, the increase in the number of followers on a social media account which has the potential to have a good impact on the audience had built up a new market for people to earn their livelihood, especially youth. Therefore, social media influencers are a new breed of independent third-party endorsers who shape audience attitudes via social media platforms such as Instagram, TikTok, Facebook, and so on. (Freberg, et al., 2010)

Recently, social media influencer marketing is said to be more effective than social media sponsored advertising as it can help the marketers to reach a huge number of target consumers in a very short time and increase consumers' desire to buy the product. This is because youth nowadays are more likely to support the same brands that are

endorsed by the influencers. In this case, based on the survey conducted by Morning Consult, 88% of Gen Z and millennials learn about products they're interested in buying on social media and 56% of them have purchased a product after seeing a post from the influencers that they followed. Similarly, it also has been noted that there are more sales generated by social media influencer marketing posts than social media sponsored advertisement posts. (Jarrar, et al, 2020)

Furthermore, a social media influencer can earn a monthly income near US$3000 on average. (The Star, 2021) In this case, Morning Consult found that 88% of Gen Z and millennials in the United State are interested in becoming social media influencers and all of them are willing to post sponsored content for earning money. The study also found that the motivation of Gen Z and millennials for becoming social media influencers also include flexible working hours, the work is interesting, they can share their ideas to a large audience, and also, they have the opportunity to try new products or services. (Morning Consult, 2019)

However, being a social media influencer is not that easy. People nowadays spend more time looking at hyper-curated and beautiful images. Therefore, the influencers always have to show their most perfect self on social media. They need to spend a lot of time thinking about their posts' content, photos, and videos to attract more “Likes” and also to maintain and raise their popularity. They think that "Likes" is equal to other people's recognition of their existence on social media, and it is also a factor that affects personal satisfaction. As a result, they may face social anxiety where they may over-consider and worry about others' views when their posts and photos only received a few Tikes”. Otherwise, a study established that image-centric social media platforms such as Instagram will impact influencers' mental health which leads to body dissatisfaction, eating disorder symptoms. (Griffiths, et al, 2018)

Besides, we can't deny that there is always cyberbullying happening on social media. The haters may send harassment messages such as body shaming or even threatening messages to the influencers that they dislike. It has been noted that cyberbullying such as harassment, flaming, masquerading, and so on will bring negative impacts to the influencers. The influencers lost their job opportunities and lost their followers as cyberbullying will damage their reputation and directly affect their job as an endorser for some sponsored products. Besides, cyberbullying also brings physiological effects on the influencers. In this case, the influencers will experience higher levels of stress, suffer from anxiety and depression, low self-esteem, and sleep disorders. (Hassan S., Yacob M. I., et al., 2018) Thus, even though the influencers' lives look glamorous, their lives are actually being controlled by social media.

Social comparison on social media among youth

According to Leon Festinger (1954), people have an innate drive to evaluate themselves, often in comparison to others. People make a variety of judgments about themselves, and one of the most common ways is through social comparison or analyzing the self with others. There are two kinds of social comparison which are upward social comparison and downward social comparison. The upward social comparison occurs when people compare themselves with those who they think are

better than themselves. While the downward social comparison takes place when people compare themselves with someone who they think is worse off than themselves. In the previous study, Lockwood, P., and Kunda, Z. noted that upward social comparison can be beneficial when people are inspired to become their comparison target who are better than them. However, upward social comparison more often brings negative effects to people such as poor self-evaluation and feeling inadequate. (Marsh, & Parker, 1984)

Therefore, since social media is a platform for people to share their photos, videos, and thoughts, we can see that upward social comparison always happens on social media among youth. When they are notified of others' life updates through social media postings, they will unintentionally compare themselves with others. (Gilbert, et al., 1995) Besides, it has been assumed that people tend to believe that other social media users have better lives than they do, so the study found that people who use Facebook frequently will be most exposed to such upward social comparison. (Chou & Edge, 2012) Thus, these studies highlight the contribution of social media toward youth's upward social comparison.

Consequently, the upward social comparison will control and impact negatively on youth's lives. Feinstein, B. A., et al. (2013) found that people who always do the social comparison on social media will have greater depression symptoms. It also has been noted that people who spend more time on Facebook will have lower well-being. (Kalpidou, Costin, & Morris, 2011). In addition, the previous research also established that more frequent Instagram use was associated with a higher level of social comparison. Them, the social comparison will lead to social anxiety and lower self-esteem (Jiang, Ngien A, 2020) This is because the social media users who do social comparison will often compare themselves with others' appearance, ability, popularity, and social skills. Therefore, this kind of upward social comparison can elicit negative emotions, contributing to poor psychological well-being towards youth.

Conclusion

In conclusion, the paper discussed the indispensability of social media in controlling youth's lives. Since most of the social media platforms are free, social media has become the main channel for youth to share information and communicate with others. Even though initially social media platforms were created for information sharing and communication, now social media platforms have also become a source of entertainment for people especially youth. Therefore, social media has a very powerful temptation for youth which will lead to addiction. Social media as a platform for sharing social postings has also built up a trend of social media influencers marketing recently. However, this may cause social comparison among youth where they too focus on their appearance, popularity, and social skill. Thus, youth should have better self-control to manage their time spent on social media. They should also utilize the use of social media and not be controlled by social media.

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35 Body Dysmorphic Disorder (BDD) in Youths: The causes, symptoms and impacts

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Abstract

Today, mental health disorders in youth are highly prevalent yet undertreated. Some of the most common mental disorders are depression, anxiety, eating disorder and Attention Deficit Hyperactivity Disorder (ADHD). These mental illnesses tend to be long lasting, and cause serious emotional, behavioral and physical health problems in youth. Unfortunately, an estimated 10-20% of adolescents globally suffer from mental health conditions, but they are still poorly diagnosed and treated. Body Dysmorphic Disorder (BDD) is a psychiatric disorder characterized by excessive preoccupation with imagined defects in physical appearance. In short, BDD patients can spend a lot of time worrying about minor and unnoticeable defects in their appearance. BDD is not uncommon, but it is often misdiagnosed as another disorder. Hence, more research is needed to effectively evaluate the cause and consequences of BDD. With that, this paper highlights the possible causes, symptoms and impacts of BDD, especially in youth.

Keywords: Mental health disorder, Body Dysmorphic Disorder (BDD), physical appearance, unnoticeable defects, youth

Introduction

Body dysmorphic disorder (BDD), also known as body dysmorphia, is defined as a preoccupation with an imagined defect in appearance. The flaw usually goes unnoticed by others but is however very prominent for someone suffering from BDD. Body Dysmorphic Disorder (BDD) was first described as “dysmorphophobia " by the Italian psychiatrist, Enrico Morselli in 1891 (Morselli & Jerome, 2001). This convinces us that BDD is not just a phenomenon in modern society, but a fundamental mental problem that has existed for a long time. Body Dysmorphic Disorder (BDD) affects 1.7% to 2.9% of the general population, which is about 1 in 50 people (Phillips, n.d.). The number of people who suffer from BDD is estimated to rise as beauty standards continue to soar. The consequence of this phenomenon is catastrophic as public resources are drained and labour supply will be limited. BDD affects both men and women equally. Surprisingly, people of all ages can suffer from BDD, but it is most common in teens, where concern over physical appearance is common. In this following paper, we will look into the causes of this disorder, the symptoms it presents and the negative effects it brings.

Possible Causes Of Body Dysmorphic Disorder (Bdd).

Childhood traumatic events

According to the Traumatic Stress Institute Life Event Questionnaire (Treat Abuse Today 1992; 2:9-11), results showed that individuals with BDD have self-reported more experiences with traumatic events than those who have mentally healthy controls. (Buhlmann et al., 2012) Most of the individuals who suffer from BDD have experienced

many historical traumatic events, especially during their childhood and adolescence. Even if they are not physically injured, the traumatic events in their past still bring them either emotional, spiritual, or psychological harm. The impacts of traumatic events on them include a range of unusual mental, emotional, physical, and behavioral responses. This is because their body's defense has taken effect and created a stress response, therefore one will behave differently, and experience more intense emotion compared to before. (Mental Health Foundation, 2020)

In a recent study of the prevalence of childhood maltreatment among individuals with BDD, 78.7% of the respondents who completed the “Childhood Trauma Questionnaire” have admitted to suffering from childhood abuse or neglect. Emotional neglect (68.0%), and emotional abuse (56.0%) are the most common form of perceived maltreatment, followed by physical abuse (34.7%), physical neglect (33.3%), and sexual abuse (28.0%) (Didie et al., 2006). The relationship between individuals who suffered from BDD, and their childhood neglect and abuse are comprehensible. As a child or adolescent, they are not mature enough to deal with the continuous stress and sadness without the guidance of an adult. Therefore, a child who is stressed out has a high potential to develop a range of emotional and mental health issues, such as depression and low self-esteem (Franco, 2019).

Body image and self-esteem directly influence one another (Jessie, 2017). Children with low self-esteem are more likely to have negative thoughts about their worth and value as a person. They usually lack self-confidence and feel bad about themselves (Firestone, 2020). In addition, they criticize themselves harshly because they feel that they are inferior to others. As they grow up, they may begin to feel ashamed of their bodies. As a result, this may cause them to have a distorted self-perception in terms of physical appearance, which is called the Body Dysmorphic Disorder (BDD).

Societal pressure or expectations of beauty

With the advancement of new technology, the standards of beauty have changed more rapidly than ever before in human history (Ponti, 2018). Coupled with the prevalence of photoediting skills through applications such as Snapchat, Meitu, and Facetune, the level of physical "perfectness" on an individual has become the norm in today's society (Boston Medical Center, 2018). The visual representations that are conveyed to people, primarily through social media, are usually idealized and heavily engineered, thus setting high expectations of beauty in current times. Today, social media is one of the most important factors contributing to a person,s mental, emotional, physical, and spiritual health (Henriques & Patnaik, 2020). Therefore, there is no doubt that social media can have a significant impact on the perception of beauty, as it can be changed based on the opinions of others.

Coupled with the power of social media, where youth are often bombarded with flawless pictures of their favourite models and influencers, the new and younger generation is forming an unrealistic view on looks. Sadly, human genetics is usually imperfect, and most people find themselves in the middle of the bell graph. As a result, social media has become increasingly dangerous, especially for teenagers who chose to blindly follow their idols in order to meet the beauty standards and achieve social

acceptance. They are easily deceived into thinking that models are always walking around with perfect skin and fitness influencers have shredded bodies year-round, which is impossible in reality. Therefore, constant exposure to altered ‘perfect' images or videos can lead to unhealthy pressures such as depression and anxiety which can lead to body dysmorphic behaviors (Adkins, 2018).

When social media constantly portrays ideal beauty and body image comparisons, our cultures have put a greater emphasis on the importance of looking attractive. According to an online survey conducted by the Mental Health Foundation, 22% of adults and 40% of teens say images on social media cause them to worry about their body image (Mental Health Foundation, 2020). The result has highlighted that teenager are more susceptible to the influence of social media compared to adults because of their immaturity and hence they are more likely to conform to social norms rather than their own preferences (Li et al., 2021). By being exposed to such a high standard of beauty, it is understandable that teens try to realize the expectations of beauty in society. In short, with the advancement of technology, combined with the influence of social media and other triggers, youth are more vulnerable to developing BDD.

Psychological and biological factors

Psychological factors play a huge role in dictating the actions of humans, and many studies have been conducted to prove the relation between psychological illness with Body Dysmorphic Disorder (BDD). According to the Self-Discrepancy Theory (SDT), depression, social anxiety, eating disorders, and paranoia result from different types of conflicting selfbeliefs. (Veale et al., 2003) This theory may be applicable to patients with BDD as selfdiscrepancies can distort the perceptions of appearance. People who possess self-discrepancy can easily feel ashamed, embarrassed, and guilty when they think they failed to meet their ideal beauty expectations. Therefore, there is evidence which shows that people with other mental health problems, specifically depression, anxiety, and obsessive-compulsive disorder (OCD), are more likely to have BDD (What causes body dysmorphic disorder (BDD)? 2018). As mentioned earlier, Body Dysmorphic Disorder (BDD) is a distinct mental disorder in which a person is preoccupied with an imagined or minor appearance defect (Bhandari, 2020). Studies have shown that psychological illnesses are tightly associated with BDD, especially major depression. Based on a study, 80% of test subjects diagnosed with BDD present with depressive symptoms and 32.5% of the cases are related to eating disorders (Soler et al., 2018).

Furthermore, recent studies have also suggested that biological factors may also be one of the causes of Body Dysmorphic Disorder (BDD). Studies have been conducted to show that patients with BDD can process visual information differently than normal people (Soler et al., 2018). It is noticed that they tend to over-focus on details of their appearance rather than viewing it as a whole. Patients with BDD also appear to have a hyperactive front striatal system that is specific for own-face viewing, which may be the reason for their obsessive thoughts and BDD behaviours. Other than that, it observed that the hormone serotonin might have a hand in the trigger of BDD. It was found that by altering the mechanisms of serotonin, it either caused an onset of BDD symptoms or decreased it (Soler et al., 2018). Therefore, this test also suggested

that serotonin also had a role in causing BDD. However, the test was not conclusional as the mechanism was not well understood. Moving on, the research shows that BDD may be an inheritable trait. Based on the data, 8% of BDD patients have a first-degree family member who has been diagnosed with BDD for a lifetime (Feusner et al., 2010). Although unconfirmed, genetic studies of test subjects have shown that the allele GABAA-y2 is more common in BDD patients than in normal subjects.

Symptoms of Body Dysmorphic Disorder (BDD)

Extreme self-consciousness of physical appearance

Individuals who suffer from Body Dysmorphic Disorder (BDD) are often obsessed with ‘flaws' in their appearance. Approximately 40% of BDD patients admitted that they think about their disliked body parts for 3 to 8 hours per day, and 25% reported thinking about them for more than 8 hours per day (Bjornsson et al., 2010). Although most of them possess an appearance that is considered average if not attractive, they are intensely dissatisfied with one or more aspects of their looks and believe that these areas of the body are ugly and unattractive. The most common body areas of concern are the skin (73%), hair (56%), and nose (37%) (Bjornsson et al., 2010). In some extreme cases, problems with asymmetry such as uneven eyebrows and hair length can also trigger patients with BDD too.

Feeling anxious, depressed, ashamed, or having low self-esteem.

Body dysmorphic disorder (BDD) can cause various mood swings, which can lead to extreme emotional distress such as anxiety, depression, and shame (Body Dysmorphic Disorder Foundation., 2021). In some specific cases, patients with BDD generally feel ugly in themselves rather than defects in certain areas of the body. This is most likely linked with low self-confidence as they constantly look down upon themselves, clouding their ability to recognize their worth. In addition, BDD is more likely to develop at a more vulnerable stage, particularly during adolescence because this is the age at which youths start comparing themselves to others. For example, if someone looks more feminine or masculine, they might feel embarrassed and shameful because they do not look the same, which develops a sense of inferiority within them. Studies have shown that BDD is significantly correlated with lower self-esteem and higher depression (Taziki et al., 2015).

Perceiving self as “ugly” or “unworthy” because of appearance

Body Dysmorphic Disorder (BDD) involves very negative thoughts and beliefs about oneself. "I have a horse fkce,” is a common phrase that can be used to refer to someone who is suffering from BDD (Understanding the difference between body dysmorphia, self-esteem, and negative body image, 2019). This means that they have a long face, large teeth, a gaping mouth, and other horse-like facial features. With that, individuals with BDD may feel worthless and unloved. They feel that their flaws are their only aspect and that they have no other recognizable talents. Many BDD patients believe that other people hate or anti themselves based on their appearance (Phillips, 2009). They assumed that the flaw was the only one that others had seen, which would cause others to judge their appearance negatively. However, the visual defects they perceive are actually minimal or non-existent in reality. This can be explained when

brain studies have shown that BDD patients process visual information differently in their brains. Therefore, their perception of physical appearance is different from normal people (Dashtban, 2021)

Avoidance of social engagements because of the anxiousness when around others

On weekends, hanging out with friends and family is a regular occurrence. Before meeting someone, today's youth will put on make-up and dress up appropriately. They strive to present people with the most perfect version of themselves. Unfortunately, for young people with body dysmorphic disorder, this type of ordinary activity has turned into a nightmare. When they meet someone, they experience anxiety and discomfort due to their body dysmorphic condition. They are disguising themselves in order to hide their physical appearance from others by shunning social contacts (Body Dysmorphic Disorder Foundation., 2021). This is because they consider themselves to be unattractive. They place an excessive amount of emphasis on body attributes such as the face, hair, skin, muscular size and breast size, and compare them with others (Mayo Clinic, 2021). When people believe that others, appearance is superior to theirs, they will lose confidence in themselves. When they are with other people, they get irritated. In this situation, all they want to do is hide from people. According to the result of a survey that was conducted towards youth, 66 percent of them feel anxious when around others at social gatherings. As a result, youth will show the symptoms of avoidance of social engagements because of the anxiousness when around others.

Constantly judging and comparing yourself negatively with others

Body dysmorphic disorder is associated with low self-esteem in adolescents. They are self-conscious about their physical appearance. This predicament is made worse by the fact that K-pop is now popular all around the world. Many people, particularly young ones, idolize K-pop idols for their music, dance, and, most notably, their facial features. Most of the young people aspire to look like their favorite K-pop idols, who have a petite and attractive face, fair skin, and a thin frame with a flat tummy. Youth may spend their time comparing themselves to K-pop idols in order to emulate their idols' flawless bodies. Youth may compare themselves to others and make negative judgements about themselves. For example, at the gym, youth will stress over how they have a large tummy while everyone else has a flat stomach (Tschinkel.A, Nov 27,2018). Youth are more susceptible to develop body dysmorphic disorder in this setting. According to a survey of young people, 73 percent of them suffer from the symptoms of constantly judging and comparing themselves negatively with others. As a result, when youth begin to assess and compare themselves harshly to others, they may be suffering from body dysmorphic disorder.

Negative impacts of Body Dysmorphic Disorder (BDD)

Disruption in social life

Body dysmorphic disorder can have a significant impact on one's general quality of life and make it difficult to carry out regular activities. Many people who suffer from body dysmorphic disorder are unable to attend school, work, or even form relationships. According to studies, more than 40% of people with BDD have been psychiatrically hospitalized because they are overly concerned with their appearance. Because of the embarrassment they feel about their appearance, this fixation often becomes

incapacitating, and the person is unable to function normally. This can cause serious problems in one's life, such as job loss, financial difficulty, broken relationships, and so on. On the other hand, they spend hours each day thinking about their real or perceived defects. They are unable to control their negative thoughts and do not believe those who tell them that they appear to be in good health. Their ideas may give them great mental discomfort and make it difficult for them to operate on a regular basis. Because they are afraid that others will see their defects, they may skip work or school, avoid social situations, and isolate themselves, even from family and friends. These habits may stop them from leaving their home or bedroom entirely. This will affect their social life engagements with people.

Suicidal thought or self-harm

Due to anxiety and sadness, body dysmorphic disorder can be devastating, with a high rate of suicidal ideation and attempted suicide. BDD patients are frequently upset, unacceptable to themselves and others, socially isolated, and have various risk factors for suicide thought and conduct. Individuals with BDD are often prone to suicide and can be at an increased risk of committing suicide. Negative beliefs about their appearance are often rooted, so they are unable to find solace by realizing that their thoughts are incorrect or irrational. Furthermore, people with BDD often experience low self-esteem, as well as anxiety, depression, anger/hostility, and impulsivity. Based on available information, 80% of BDD patients have had suicidal thoughts at some point in their lives, and 24% to 28% attempt suicide. Suicidal thoughts were reported by 57.8% of the respondents per year, and 2.6 % committed suicide. (Phillips & Menard, July 2006).

Occurrence of health problem

Other conditions may coexist with body dysmorphic disorder. Eating disorders, anxiety disorders, depression, and obsessive-compulsive disorder (OCD) may also affect some people. Body dysmorphic disorder resembles eating disorders in certain ways. People with body dysmorphic disorder and eating disorders including anorexia nervosa, bulimia nervosa, and binge-eating disorder are usually concerned about their physical appearance. A person with an eating disorder, on the other hand, is preoccupied with their weight and body form. A person suffering from body dysmorphic disorder is concerned about a particular body portion.

Individuals with both BDD and eating disorders have persistent negative thoughts of what they look like and how it defines their perceptions of self-worth. A total of 32.5% of BDD patients had a co-existing lifelong eating disorder: 9.0% had anorexia nervosa, 6.5% had bulimia nervosa, and 17.5% had unspecified eating disorders. (S. Ruffolo et al., 2006). Therefore, the occurrence of BDD will definitely affect their health. In addition, people with BDD are also prone to pick their skin in hopes of making it smooth or to remove the perceived defect. Picking your skin compulsively is unhealthy, as it leads to injury. Skin picking may also be a symptom of obsessive-compulsive disorder (OCD). However, if it is done to improve the appearance, it more likely to indicate BDD. Approximately 44.9% of subjects reported lifetime pathological skin picking (PSP), and 36.9% reported current PSP as a result to BDD. BDD patients with PSP are more likely to have skin preoccupations, comorbid trichotillomania, and

personality disorder. They will try to camouflage with makeup and disguised as seeking non-psychiatric such as dermatological treatment for their skin preoccupations. (Grant et al., 2006).

Conclusion

Body dysmorphic disorder (BDD) in youth is a serious mental illness that deserves more public attention. According to a study, the average annual rate of attempted suicide is 2.6 percent. This suggests that those with BDD are more likely to commit suicide (Phillips & Menard, 2006 Jul). As a result, youth with BDD are at higher risk to commit suicide. According to Mental Health America, a person's symptoms of BDD begin in adolescence, which is around 12-13 years old. If a child or teen becomes stressed and critical about little imperfections in their appearance, they may be suffering from body dysmorphic disorder. (Mental Health America, 2021) Youth may suffer from BDD if they feel anxious, depressed, ashamed, and are constantly judging themselves negatively. They might also try to stay away from joining social engagements. Individuals with BDD will continue to suffer since they are not receiving the necessary treatment owing to a multitude of factors that result in being underdiagnosed (Singh, A.R. & Veale, 2019). Therefore, if parents notice their child exhibiting symptoms of BDD, they should take early action and seek therapy. Treatments for BDD include Cognitive behavioral therapy (CBT) and serotonin reuptake inhibitor (SRI) medication. In a nutshell, the public should be aware of the prevalence of body dysmorphic disorder among youth. To avoid youth continuing with this terrible attitude, which will lead to body dysmorphic disorder, the public should cease criticizing others based on their appearance.

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36 Youth Suicide, The Hidden Suffering: A Conceptual Paper

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Abstract

Suicide is one of the problems affecting youth, and for the past decades, the issue has been progressively discussed in literature. There are negative judgements from society surrounding the issue and misunderstandings as to why youth commit suicide. The aim of this paper is to review important key findings about suicide, as established by research on this topic. The paper discusses the statistics of youth suicide, warning signs, influential factors and prevention methods. Presently, it can be seen that suicide rate differs by age, gender and socioeconomic status. Suicidal talks, depression, dangerous acts and changes in behavior are the main warning signs of suicide. Many factors that affect youth suicidality are societal and environmental. Youth suicidality can be mitigated with psychotherapy, medication and better social support from the community.

Keywords: Suicide, Suicidal thoughts, Suicidal behavior, Youth, Suicidality.

Introduction

1.1 Definition

A deadly self-injury act with some indications of intent to die is characterized as suicide (Turecki & Brent, 2016). This is different from attempted suicide, which means an attempt to commit suicide was made but failed, and self-harm which is an umbrella term for self-inflicted non-fatal harm regardless of purpose (Gulati et al., 2014). Suicidality is another umbrella term for suicide ideation, suicide planning, and suicide attempts (Borders, 2020). Suicide is a global public health issue that claims over one million lives each year and is the top cause of mortality among teenagers.

The majority of epidemiologists agree that the actual number of suicides might be two or three times greater than what has been recorded in reality. Many of these suicides go unnoticed (Blumenthal & David, 1990). Suicides are underreported for various reasons, including cultural and religious beliefs, as well as varied classification and reporting systems. Suicide can be misdiagnosed as a variety of different causes of death, and people may ascribe suicide deaths to medical conditions out of respect for the deceased (Marcus, 2010).

Between suicide attempts and suicide deaths, there is a significant difference. While successful suicide is almost always the consequence of a strong desire to die, most suicide attempts are unlikely. Many suicide attempts, on the other hand, might best be viewed as a move taken by youngsters to settle disputes within themselves, with their parents, or with others. Suicide may appear to some youth as a viable option for resolving their problems in life. It has been connected with depression, as well as their challenges with hyperactivity and attention. Stressful life event, disappointment,

pressure to succeed, financial uncertainty, and other related issues have all been connected and motivate the suicide attempts among youth. (Chan et al., 2016; Ibrahim et al., 2017).

It is a major global issue that the World Health Organization has designated as a priority among youth. Further investigation and understanding of the intricate interaction of suicidal elements are critical for creating successful juvenile suicide prevention strategy plans.

1.2 Statistics

The most significant rise in the incidence of suicide fatalities occurs between early adolescence (Nock et al., 2008). Suicide is the world's second most significant cause of mortality among young people aged 10 to 19, with suicide rates rising by 33% between 1999 and 2014 (Centers for Disease Control and Prevention, 2020). About 50% of 1708 suicide cases recorded from January 2019 to May 2021 in Malaysia were adolescents between 15 to 18 years old (Sarwar, 2021). Suicidal ideation is the act of pondering, contemplating, or planning suicide. Self-report surveys and real-time monitoring technologies have revealed that community-based youth who have suicidal thoughts do so on a regular basis, such as one thought per week, with ideas varying in severity from mild to moderate (Miranda et al., 2014; Nock et al., 2010 as cited in Cha et al., 2017).

The ratio of suicidal thoughts to attempts among adolescents is similar between 3:1 and 6:1 (Nairne, 2013). To put it another way, between 16 and 30 percent of adolescents who contemplate suicide actually go through with it. In most parts of the globe, males commit suicide more frequently than females, although females attempt suicide at least three times as often (Berman & Jobes, 1991). In addition, women have a 40% to 60% greater prevalence of non-lethal suicide thoughts, intentions, and failed attempts than males (Nock et al., 2011). The majority of youth who attempt suicide either have an undiagnosed and untreated mental health issue or are at risk of developing a psychiatric problem such as depression, mood disorder, anxiety disorder and many others (Nock et al., 2009).

Hanging or suffocation, overdose or ingesting, and firearms are the most prevalent methods taken by youth to commit suicide (Beautrais, 2003). Hanging or suffocation is becoming a more common cause of death among females (Centres for Disease Control and Prevention, 2016). It's concerning that an increasing number of female teenagers are opting for this more aggressive and devastating approach, given that females have more excellent rates of attempted suicide than males (Karch et al., 2013). A continuous pattern of female adolescents using a deadly method like this might lead to severe public health repercussions and lead to an increase in female suicide rates. Firearms account for about half of all suicides among youth in the United States, the United Kingdom, and other Western countries (Centers for Disease Control and Prevention, 2016). Unfortunately, teenagers at risk of suicide have the same easy access to weapons as those who are not.

Suicide is also a global health problem that occurs in every part of the country. In fact, not only in high-income countries, low-income and middle-income nations also accounted for more than 77% of suicide cases (Uddin et al., 2019). Based on data

from the Global School based Student Health Survey from 2003 to 2015, the suicide attempts were most common (20.5%) in the western Pacific area among youth, while the African area had the most significant incidence of suicide ideation (23.7%) and suicidal thoughts (20.4%) (Uddin et al., 2019).

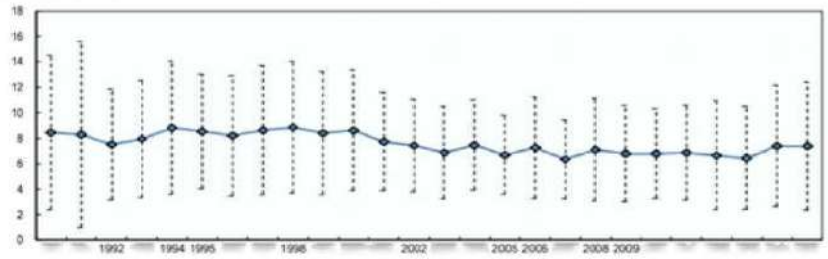
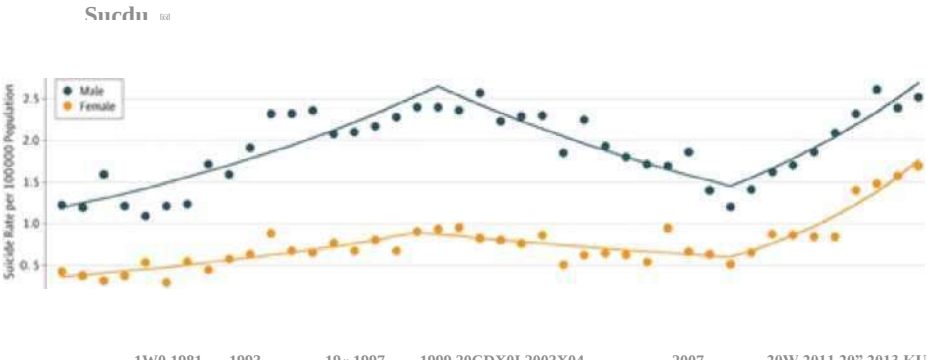
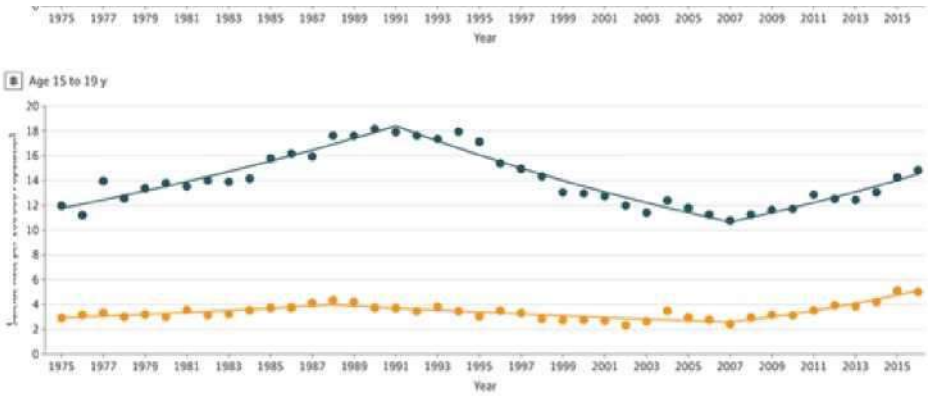


Chart ('04.4^1. Averiigc trends in teenage \uicidr、1990-20)5

Suicides by people aged 15-19 years old per 100,000 people aged 15-19. OECD-34



Source: World Health Organization Database



Source: World Health Organization Database

2.0 Warning Signs Of Suicidal Tendency

There are several warning signs of suicidal tendency. Emotional and behavioral changes are among the warning signs. Suicide is commonly done by those who face stress, either mentally or physically. Changes in behavior can also be seen through various things such as experiencing changes in eating or sleeping habits, irritability, not enjoying activities that they used to enjoy and so on (Ellis, 2019). Individuals who intend to commit suicide usually talk about experiencing the feeling of shame, guilt and self-loathing (Ellis, 2019). In this case, the individual's thoughts tend to be negative and lead to suicidal ideation.

Another major warning sign of suicidal tendency is when the person talks openly about wanting to commit suicide (Suicide Awareness Voices of Education, 2021). Individuals who express or make suicidal threats are more likely to commit it. Even if it is simply threatening words, such threats should be taken seriously. Threatening words like this should not be seen as a joke. These individuals may also talk about not having reasons to live. Usually, individuals who say so feel hopeless with their lives and may search for ways to end their suffering.

Depression and anxiety are found to be one of the major warning signs of suicidal ideation, in both females and males (Ibrahim et al., 2017). Youths who have attempted suicide generally meet the diagnostic criteria for these mental illnesses (Ibrahim et al., 2017). Not only this is the case, but suicidal ideation can also increase the likelihood of these psychiatric problems becoming worse, which turns it into a never-ending cycle. Thus, people in the community such as parents, friends and teachers should pay more attention to youth who has been diagnosed or has been showing symptoms of depression or anxiety, as these can very well lead to suicidal ideation and suicide attempts.

Committing dangerous acts is another obvious warning sign of suicidal tendency (Cleveland Clinic, 2021). This can be seen when an individual deliberately performs dangerous actions to threaten himself or herself. There are various dangerous actions that can be committed by individuals who intend to commit suicide, such as driving in dangerous conditions, engaging in unhealthy social activities such as drug abuse as well as alcohol consumption. This behavior clearly indicates that it is a sign that a person is no longer thinking about his or her safety. Furthermore, this can also be linked to suicide attempts as such actions can be life threatening. Individuals who commit such actions may have been experiencing severe problems in life, especially stress in terms of family problems, romantic relationships, peer pressure and so on (Ibrahim et al., 2017).

3.0 Factors Influencing Youth Suicidality

There are many factors that contribute to suicide cases among youth. The factors are mainly societal and environmental, such as interpersonal problems with family and peers, studying stress and expectation, and abusive environment at home or at school.

Interpersonal problems in the family unit is one of the factors that influence youth suicidality. Being around parents who are stressed by work, or parents who often quarrel with each other can increase the suicidality of the child (Dube, 2001). These parents may also vent their anger on their children. Being the receiver of negative emotions

from parents can affect youth's mental health and self-esteem, which can increase suicidality (Dube, 2001). Due to COVID-19 pandemic, parents' stress may be compounded by the fact that they have lost their employment. For youths who have younger siblings, they are asked to take care of the younger

siblings while their parents work from home, which can cause more stress for them. For children who experience parental divorce, things may be complicated. Not only the divorce has an emotional impact on the children, but the child's suicidality can also be influenced by physical, financial, and socio-economic consequences of living in a single-parent family, as well as relational background issues related to the divorce (Wagner, 1997).

Family violence and abuse appear to be prevalent in the background history of young suicide cases (Dube, 2001). There are many types of abuse, such as physical abuse, verbal abuse and sexual abuse. Sexual abuse is when one person engages in an abusive sexual activity toward another person and it is frequently carried out with the use of force. Sexual abuse can make the victims consider taking harmful actions due to the stress and pain, such as self-harm and suicide attempts (Beckinsale et al., 1999). The worst-case scenario was when youths were forced to stay at home with abusive family members during lockdowns in the recent COVID- 19 pandemic (Sarwar, 2021). Many young people were denied the social contacts that are so important at this stage of life due to the protracted lockdown. Youth who are abused by their family members may develop loneliness, sadness and hopelessness which can lead to suicidal ideation. With prolonged stress, they may isolate themselves and engage in harmful behaviors (Ellis, 2019).

Problems in peer relationships are also another factor that can increase the risk of suicidality among youth, especially adolescents. Adolescents tend to not have good coping skills and not enough experience in life to navigate stress and problems in friendships, romantic relationships and other kinds of relationships (Ibrahim et al., 2017). Peer pressure can lead to risky behaviors such as drug uses, destructive actions, bullying, underage sex and many more (Allen et al., 2006). Adolescents may feel the need to engage in those behaviors for social acceptance and regret it once the consequence sinks in and the stress builds up. For example, underage and unprotected sex may lead to unwanted pregnancy and sexually transmitted diseases, which can increase the stress of the youth and lead to suicidal ideation (Chan et al., 2016).

Stress in studying or educational stress can also increase youth suicidality (Ibrahim et al., 2017). Due to COVID-19 pandemic, school and university students had to experience the shift from physical learning to online learning at home. Not only can the change be uncomfortable to adapt to, noises and weak internet connection at home can disrupt the learning process which makes online learning more stressful. These stress factors mixed with a lack of social closeness due to online learning can cause a plethora of negative feelings in students such as loneliness, hopelessness and anxiety, which can increase suicidality (Chan et al., 2016). A student in India, Devika Balakrishnan, reportedly died and was believed to be suicidal because of the stress of online learning (Harian Metro, 2020). The student was unable to attend her online class because her family could not afford to provide internet facilities and the student was worried that

she would miss lessons. She was found dead with an empty bottle of toxic liquid (Harian Metro, 2020). This proves that educational stress can lead to suicide and thus should be taken seriously.

4.0 Ways To Prevent Suicide

Suicide has many negative effects, not only on the victim but also the victim's social circle. There are many warning signs of suicidal tendency that can be seen and factors that can influence suicide. Therefore, effective ways must be identified to curb suicide cases so that they do not continue. Silence can have tragic results; knowledge can save lives. It is important that everyone is educated about suicide prevention. Effective methods of prevention can help mitigate suicide problem.

Psychological counselling or psychotherapy has been proven effective for preventing suicide (American Psychological Association, 2020). Sessions may take 1-2 times a week with a psychologist or a therapist to explore the issues that make an individual feel suicidal, and the individual will learn skills to manage their emotions more effectively. The professional will work together with the individual to develop a treatment plan and goals that can help the individual work through his or her problems. There are several types of psychotherapy for depression and suicidal ideation such as problem-solving therapy, cognitive behavioral therapy and supportive therapy.

Problem-solving therapy is a type of treatment that provides tools for patients to identify and solve problems caused by life stress. The purpose is to reduce the negative effects of mental and physical illnesses and improve your overall quality of life (Cuncic, 2021). The skills learned in this therapy can help the suicidal individual be able to identify which stressors trigger their negative emotions, help the individual find a systematic way to deal with problems in life and be able to make effective decisions.

Cognitive behavioral therapy is a form of treatment that helps people learn how to recognize and change destructive thinking patterns that negatively affect emotions and behaviors. (Cherry, 2021). Cognitive restructuring is the core of cognitive behavioral therapy which can effectively treat many mental health conditions. When thinking patterns become self-defeating and disturbing, cognitive restructuring can explore ways to interrupt and redirect them. Being able to control and change the negative thinking patterns will bring many benefits such as reducing stress, relieving anxiety and rebuilding confidence (Stanborough, 2020).

Supportive therapy is a type of psychotherapy approach that depends on therapeutic alliance such as cognitive behavior to improve self-esteem, enhance the ability to deal with life,s stress and adjust negative thoughts (Porter & Guilbeault, 2021). The therapist will help patients reduce anxiety by normalizing, rationalizing and restructuring their thinking. When the therapist helps the patient realize that anxiety is a normal part of daily life, therapist and patient can rethink the situations together.

Besides therapy, taking medication can also be a way to lower the risk of suicidality. As mentioned before, one of the factors that can lead to suicide is the common mental illness, depression (Ibrahim et al., 2017). Fortunately, medicine is prosperous nowadays. There are many medications that can be used to treat depression, the most common are antidepressants (UC Santa Cruz, 2021). The person who is

depressed should discuss their medication options, ways to take it and potential side effects with their doctor. It may take time to find the most effective medications with the least side effects. When the best medication is used to reach the optimal dose, antidepressants may take four to twelve weeks to get the maximum benefit, but within the first few weeks, few symptoms may improve (UC Santa Cruz, 2021).

Although therapy and medication can help, to reduce youth suicidality and suicide rates, social support is also needed. Schools or educational institutions are vital to suicide prevention. Counselors, teachers and all staff who interact with students on a regular basis play an important part in ensuring their safety and wellbeing. Among great ways educational institutions can help prevent suicide are by promoting the emotional health of students, identifying students who are dealing with depression and helping them, and providing a healthy environment for students (Dyregrov, 2009). Educational institutions can also implement suicide prevention programs or workshops that involve both staff and the students. In the program, staff can learn how to effectively recognize the warning signs of suicidal tendency and the intervention process with students.

A good relationship can open up communication between youth and their parents, which is important in addressing any suicidal thoughts before it is too late (Nevada Division of Public and Behavioral Health, 2021). For frustrated and depressed youth, this may be a lifesaving safety valve. Before an individual considers suicide, support and early intervention can be provided. Parents can achieve this by keeping in touch with the emotional state of their children. Their children want understanding, a listening ear and appropriate suggestions from the parents. Parents should encourage their children to express their emotions appropriately whether it is happiness, anxiety or sadness.

Conclusion

It is not enough to tell suicidal people to seek help without society collectively being a part of that help. Suicide, more often than not, is not an individual's problem. It is clear that suicide is a social problem that is influenced by what happens in a society such as peer pressure that can lead youth to drug uses and underage sex, abusive environment that can cause anxiety and depression, poverty and many more. It is nearly impossible to eradicate suicide, unless these other problems are solved. The warning signs of suicidal tendency can also be noticed if the social circle of a suicidal person knows what to look for. Thus, the next best and realistic effort is to mitigate the problem by providing both medical and social support that can help prevent suicidal people from getting worse. For a social problem, it is only logical that society wide solutions are needed.

Although the Ministry of Health has published the latest National Strategic Plan for Mental Health 2020-2025 in which shows a lot of optimistic targets for the future of Malaysia, Malaysian society and the country has yet broken the infamous obstacle, which is the criminalization of suicide. Only recently that the Ministry of Home Affairs and attorney general,s chambers (AGC) agreed to look into decriminalizing suicide and bringing the matter to the cabinet (Yusof & Yunus, 2021). At the moment, those who

attempt suicide but fail, still could face penalties and charges such as a fine, imprisonment of up to a year, or both, according to Section 309 of the Penal Code (Ghaza et al., 2021).

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37 Raising Social Awareness towards Youth's Challenges: Bullying, Depression and Suicide

Wei En Tan, Su Chi Tan, Suk Yi Tan, Seok Theng Tan

Abstract

The rising number of incidents of mental illness and suicidal attempts among the youth has become a major concern around the world. In this era of gadgets and gizmos, more and more youth are addicted to social media, and they prefer engaging with one another via digital devices rather than in real life. As a result of this problem, the risk of bullying has increased, especially cyberbullying, which occurs through online platforms. Bullying among youth, particularly cyberbullying, has resulted in mental health issues, with victims experiencing depression and attempting suicide. The youth are suffering in a lot of agonies, and it's harming their families and communities. Social awareness towards bullying, depression and suicide among youth should be raised up to overcome the challenges. In the content below, it will be stated the factors, effects, and ways to overcome the challenges faced by youth.

Keywords: Youth, Bullying, Depression, Suicide, Social Awareness

Introduction

In Malaysia, the definition of youth has been changed from a person between the ages of 15 and 40 to a person between the ages of 15 and 30 after the amendment to the Youth Societies and Youth Development Act was passed by the Dewan Rakyat on July 3, 2019 (Shahriman, 2019). The time between the age of reason and adulthood of one person's life is called youth and these are the people that have the most powerful energy and spirit. They form the most important group for our society because they are the forthcoming generations that become our leaders in the future (Fr. Paulino Mondo, 2020). However, they also struggle with various challenges and nowadays, advances in technology indicate that youth will face new issues. In this study, we will focus more on these three challenges: bullying, depression, and suicide.

Dozens of bullying news have been reported in our daily life. Bullying normally happens among youth because they are not mature, more emotional and impulsive. In this era of technology, the rising usage of the internet and social media has caused increasing cyberbullying incidents, which occur through the use of digital devices such as smartphones and laptops. It includes sending, uploading, or sharing harmful content or private information about someone else. The victims of cyberbullying may experience anxiety, depression, and fear. Some of them may also self-injure to relieve stress and regain control of their minds (Assistant Secretary for Public Affairs (ASPA), 2021).

Furthermore, everyone in our world has experienced depression at some point in their lives. Depression is always neglected among the youth since youth are not always willing to share and express their feelings to others as they are afraid of being judged

and discriminated against by other people. Hence, it is crucial to raise social awareness towards youth with depression as depression may increase the risk of contributing social issues such as alcoholism, eating disorders, suicide and others.

During the period of a pandemic of COVID-19, suicide is known as a public mental health issue. In the year 2020, 631 suicide cases occurs, and there were 468 reported suicides between January and May 2021, which is an average of three suicides per day for the previous five months. This situation is alarming because previous research has shown that for every suicide. The job-hunting pressure, study status, relationship with others, love and family background functioned obviously among the factors (World Health Organization, 2014).

In recent years, numerous experimental psychology studies have linked exposure to nature with increased energy and a heightened sense of well-being (Lasgaard, M., Goossens, L. & Elklit, A., 2010). It is natural to feel stress, anxiety, grief, and worry during traumatic events such as mass shootings, natural disasters, or pandemics. Society needs to focus on prevention, building resilience in youth and creating communities. Suicide is illegal in Malaysia, and it cannot be a solution to any problem. According to section 309 of the Penal Code of Malaysia, anyone who attempts to commit suicide and does anything to aid in the commission of such an offence is punishable by imprisonment for up to one year or with a fine or both.

Bullying

Generally, bullying is defined as unwanted, aggressive behaviour with an actual or perceived power imbalance. Individuals who bully use their power such as physical strength and popularity to control or harm others. The bullying behaviour is typically repetitive, which has the potential to happen more than once (Assistant Secretary for Public Affairs (ASPA), 2021).

Forms of Bullying

There are several types of bullying that may be faced by youth. First, physical bullying is the most common bullying in our daily life. This includes the action that will hurt someone like hitting, kicking, slamming and others. Bullies that bully others in this form normally will be bigger and stronger in physical appearance (Jonny Shannon, 2021).

Second, verbal bullying is the type of bullying that uses the power of words to tease, abuse, spread rumours or others. Verbal bullying is hard to identify by teachers or parents if compared with physical bullying. Most victims will ignore it since it does not bring any substantial harm but this is an incorrect way to deal with verbal bullying.

Forms of Cyberbullying

One of the forms of cyberbullying is social exclusion. Although social exclusion is one of the mildest forms of cyberbullying, it can cause significant distress and anxiety. It includes excluding someone from a group to which they should be automatically admitted. This might be as simple as an entire class not accepting a friend request from a certain student. It can also happen when the whole class refuses to add a particular student into their online discussion group on social media apps such as Messenger, Telegram and Whatsapp (Elizabeth Hartney, B. S., 2020).

Next, outing is also a form of cyberbullying. It involves sharing personal or

humiliating information about someone on the internet. This sort of cyberbullying usually occurs on a larger scale, such as sharing information in a group or posting on social media. Cyberbullying also includes spreading false rumours. Cyberbullies spread false rumours and makeup stories about individuals, which they then disseminate online (Cuncic, A., 2021).

Factors caused by Bullying.

There are numerous reasons for the action of bullying. First, bullying may happen because of the desire for power. Young people who desire to have power and authority will engage in bullying incidents (Shetgiri R., 2013). The bullies want everything under their control and go their own way. If not, they may start using violence to get agreement and obey others. However, there are some cases of bullying that happen because of peer pressure. They are scared their friend will squeeze them out if they do not participate in the bullying group. People who are scared to be the next victim will also choose to join in to prevent themselves from becoming the next target (Doehne M., 2018).

Moreover, bullying brings attention and popularity to the bullies. According to Shetgiri R. (2013), bullying can represent someone's social status in a school, workplace or any environment. Typically, bullies will get known by everyone in that specific place. Therefore, bullies feel proud because they get known by everyone and enjoy the feeling of respect from everyone. Next, one of the factors may be caused by the environment of a home. People who come from a rude, abusive or aggressive family are more likely to bully others because they learn and imitate their parents (Tippett N & Wolke D, 2014). Youth will be affected by their parents because they think that violence is the right way to solve problems as what their parents did. Other than that, the issue of sibling bullying in the house will also lead to bullying. For example, if a younger brother is constantly being bullied, his older brother will try to express his anger by bullying others. These kids will then bully others to regain their power (Plamondon A et al., 2021).

Factors caused by Cyberbullying.

In the era of gadgets and gizmos, it is undeniable that cyberbullying has become more and more of an issue. The anonymity of the internet is the first reason people may become bullies online while not bullying in real life. According to a survey, Instagram is the social media site where most young people report experiencing cyberbullying, with 42% of those surveyed experiencing harassment on the platform (Ditch the Label, 2017). Hiding behind the screen, a person can bully others online and remain entirely anonymous. Cyberbullies are also unaware of the agony and suffering they cause to the victim. Cyberbullying has no barriers to entry is the second reason that pushes someone to become a cyberbully. They do not need to be physically dominant or popular. Through social media, they can hide behind the screen and vent their feelings and harmful comments against others without being physically forceful or powerful. As a result, anyone may easily become a cyberbully on the internet, regardless of their status in real life (Cuncic, A., 2021).

According to the statistics, the most common reason for cyberbullying is mainly on one,s appearance, which accounts for 61% of all cases. The second factor is academic achievement, according to which 25% of victims are cyberbullied. The other

cause is race, which accounts for 17% of cases, and sexuality, which accounts for 15% of cases (BroadbandSearch, 2021). According to a research report, about half of LGBTQ+ students experience online harassment, which is a rate higher than average (GLSEN, 2015). In addition, financial class and religion are two other factors that may lead to cyberbullying (BroadbandSearch, 2021).

Effects of Bullying and Cyberbullying

An official website of the United States government called “stopbullying.gov” state that the effects of bullying have some influence on three different groups which are people who bring out the action of bullied (bullies), people who are being bullied (victims), and the people who witness the process of bullying (bystanders). There are two types of effects: psychological effects and somatic effects toward those three groups of people which are bullies, victims, and bystanders.

Psychological effects

One of the studies showed that victims would face some problems like “low self-esteem, loneliness, depression and anxiety” (Smokowski & Kopasz, 2005). Those negative emotions will increase the rate of absenteeism of students from school or workers from office and decrease the concentration and finally result in poor performance. For example, the author Beheshti (2010) states that academic performances will be influenced by the victims' unstable emotions and unusual social life. Then, the main reason for students being absent from school is that the victims wish to escape from bullying. Victims avoid going to school toilets to keep away from bullying (Smokowski & Kopasz, 2005). Other than that, psychological effects like nervousness and anxiety will cause long-term trauma toward the victim's life. Some researchers indicate that people who have experienced bullying in their childhood will be unable to overcome their fear and finally convert to anger, then explode it by bullying others when they grow up (Neser et al., 2003). Olweus (1993) studies have noticed that non-bullies will have less chance to take part in vandalism than bullies. Besides that, the person who brings out the action of bullying (bullies) will form an aggressive personality. However, the action of bullying not only affected the victims and also the bystander. Research finds that a person who has not witnessed the incident of bullying will be less depressed than a person who has witnessed bullying.

Somatic effect

Some somatic effects indicated by the victims are headache, tiredness, stomachache, sleeplessness, or inversely facing insomnia. One of the doctors from the Emergency Department stated that the three common symptoms of patients are headache, stomachache, and lack of interest or energy (Manno, 2010). According to the view of Koers (2005), bullying causes symptoms like headaches and stomach aches. Victims will commit suicide when they don't get proper treatment and concern and support from others (Olweus, 1993). Usually, victims will not only face one symptom but two or more symptoms and suffer from those symptoms at least twice a week (Sentenac M et al., 2012). In addition, Wolke D, Lereya ST. Arch Dis Child (2015) has somereviews of the somatic effect on victims and bullies. Victims will have a slow recovery ability to get rid of illness in their young adulthood while bullies will have minor physical health problems.

Ways to Overcome Bullying

According to stopbullying.gov, they show that parents play an essential role in preventing the issue of bullying. The environment of one family plays a key role in shaping youth's physical, behaviour, and emotions (David-Ferdon, 2016). Parents can give some exposure about what bullying is and how to deal with it since the children are young. This can help them have a better identifying ability about whether they are experiencing bullying or not. Next, parents should always observe and be concerned about children's emotions and behaviour. Then, try to communicate with them when parents notice any abnormal action. Other than that, encourage victims or witnesses to inform someone or report to a particular organisation. This is the only way to protect yourself and helps others to get rid from bullying.

Next, schools should also strengthen the punishment to avoid bullying. Schools can give warning letters at least 3 times to the bullies or meet their parents if they still do not repent. Schools should also block the bullying culture in school while encouraging students to instil love and caring among them. In addition, the government can sponsor programs or seminars about bullying content to raise public awareness (Sherri Gordan, 2020). This program can also work together with the related organisation or centre and invite some celebrity to increase the attention from the public. Lastly, the vital way that everyone should imply is to be brave and say no to bullying. Remember continuous tolerance with the bullies will just make the situation even worse.

Ways to Overcome Cyberbullying

As a victim, you must recognise that not everyone shares your beliefs or viewpoints. Thus, the victim needs to be open-minded in order to accept others' thoughts and opinions. Sometimes, a comment that seems rude is just a way someone expresses their perspective. Hence, try not to reread the offending comments, and instead, if possible, report the offending comments to a group moderator or admin. Next, taking a technology break is another method to deal with cyberbullying. During your leisure time, try not to rely on digital devices. Sometimes, we can turn off our smartphone and laptop for a few days, enjoying doing something free from technology such as drawing, gardening, jogging and hiking. Furthermore, the victims should reflect on themselves by making a 30-second rule. Take a 30-second break from your digital devices after you have written anything but before sharing it. When you return, take a look at the message you wrote and consider how you would feel or think if someone wrote this to you. Then, simply erase the caption you wrote if you don't think it's appropriate to share (Kimberly Hershenson, 2017).

Most of the time, the victims of cyberbullying are emotionally upset and unable to seek help. According to the National Crime Prevention Council, 60% of youth have witnessed cyberbullying but only 1 in 10 of the victims will report their abuse to a trusted adult. According to The Children's Society, a national charity website, 83% of youth believe social media companies should be doing more to tackle cyberbullying on their platforms. As a community, - we must be concerned about our social circumstances, and we can help to report the offending messages and false rumours. Besides, public awareness efforts should emphasise that cyberbullying is unacceptable and that it is a sign of weak social status. As a result, cyberbullies will stop when social

rejection of cyberbullying becomes widespread, and they have nothing to gain from it.

Depression

Depression was defined as a mental disorder characterised by a persistent feeling of sadness and a manifest lack of interest in enjoyable activities (WHO, 2019). Everyone can relate to depression including the youth as depression is a common emotional disease among people in today's hectic world. According to the National Institute of Health, depression is to be the most disabling disease in Malaysia as it is an intangible disorder and people find it difficult to emphasize (D. KANYAKUMARI, 2017). Hence, it is crucial to alert the early signs of depression among the youth to avoid tragedy. A psychiatrist, Aaron T. Beck, has invented the Beck Depression Inventory (BDI). This instrument is widely utilised to measure the severity of depression which includes a 21-question multiple-choice self-report inventory. With this invention, youth who are suffering from depression get to know their condition as well as the level of their depression to seek timely medical treatment (Beck et al., 1961).

Symptoms of Depression

Youth with depression experience various symptoms in which only a minority of the symptoms can be recognized while most of the symptoms are hard to observe. Depression is not always obvious as people who are subjected to depression usually attempt to hide the signs of depression from the people surrounding them. An individual is determined to have a major depressive disorder when he or she consistently experiences symptoms such as persistent feelings of sadness, fatigue energy, lack of pleasure in activities once enjoyed, insomnia, a dramatic change in appetite which leads to weight change, self-destructive behaviour and other negative emotional feelings (Goldman.L, 2019). However, there are also youths with hidden depression which is called smiling depression. Smiling depression refers to those appearing cheerful to conceal their true painful emotions to avoid being judged by other people although they feel worthless inside (Amy Morin, 2021).

Factors caused by Depression.

Multiple factors lead to depression among youth. For instance, a youth being bullied can be depressed. As an explanation, victims of bullying often bear both physical and mental health problems such as bruises, wounds, depression, anxiety, and so on. Besides, a family history of depression may increase the genetic risk of an individual to suffer depression. Notwithstanding, having a hereditary inclination to a condition doesn't generally mean an individual will get the disease from family members. Moreover, severe health illness can also lead someone to be depressed. Long-term health issues, chronic illnesses, or physical injuries that caused a significant change in someone's lifestyle can lead that person to suffer depression. Furthermore, some people experience depression when they feel over-stressed in school or the workplace. For instance, students are over-stressed to achieve flying colour results when the examination is around the corner. Thus, they start to stay up late or even stay up all night to study. Lack of sleep and an unhealthy lifestyle increase the risk of triggering depression among the students. Then, a negative working environment, unemployment, and overwhelming workload are also the factors that lead youth to

depression. On the other hand, traumatic events during childhood such as physical or mental abuse, loss of a parent as well as being bullied can leave the youth a lasting impression which contributes to depression.

Effects of Depression

Consequences resulting from depression negatively affect someone's life. Depressed youth are riskier to poor performance in academic, low productivity in the workplace, weakened interpersonal relationships, impairment in overall function, and increased suicide ideation. Usually, youth who suffer from depression are unable to concentrate, possess poor memory, and have difficulty in making decisions. Hence, all these symptoms affect their performance and productivity at school or the workplace. Then, depressed youth also experience fewer social interactions as they feel hopeless and unwilling to interact with other people because depression destroys their self-esteem and overall functions. Moreover, depression induces someone to increase suicidal thoughts as they feel trapped, a burden to others, and they think there is no solution to solve their problems and emotional disorders. With all of these negative mood disorders, they may decide to quit the world in the end as they think this is the only way to relieve their pain.

Ways to Overcome Depression

Seeking Help. O Depression

Seek help from someone you trust such as your family members and friends to share your current circumstances and express your true feelings with them. Sometimes, depressed youth need a good listener to interact with, cheer them up, and help to prevent depression from lingering. Besides, for severe depression, sufferers must immediately seek a doctor or therapist to get timely medical treatment.

Cultivate a Healthy Lifestyle

As mentioned above, depression may lead to insomnia, change in appetite causes depressed youth to eat unhealthily or overeat. Thus, it is crucial to cultivate a healthy lifestyle among depressed youth who intend to reduce depression. To cultivate a healthy lifestyle, they can spend at least 15 to 30 minutes exercising twice a week as exercise regularly contributes to better circulation of blood flow which promotes better sleep at night. Besides, remember to consume food according to the food pyramid to avoid health issues that may enhance the degree of depression. For example, avoid a high intake of food that affects your brain and mood, such as alcohol and caffeine.

Stick to Schedule

In order to cope with depression, people with depression ought to maintain a healthy daily routine and fill up the time with some enjoyable activities. Stick to a healthy schedule prompts people with depression to keep motivated and boost their daily mood. Through healthy daily activities, depression sufferers will feel a sense of purpose when they spend time conducting meaningful activities according to the schedule created by themselves. Following a schedule helps manage emotional well-being.

Reach Out and Stay Connected

Staying involved and trying to push yourself to stay connected with your friends and society is one of the effective ways to reduce depression. Socializing helps to boost

self-esteem and enhance mood among depressed youth to avoid isolating themselves from society. For instance, when people with depression participate in volunteerism, they get to reduce the feeling of loneliness and find out the value of themselves in the community. Additionally, they will also experience that their hard work is being appreciated by the people who they help, which helps to improve their mood and boost their self-confidence.

Suicide

Suicide is defined as self-inflicted death with the purpose to die. A suicide attempt occurs when someone intentionally damages oneself to end their life but does not die due to their actions (Crosby AE, Ortega L, Melanson C, 2018). Nowadays, people living in the densest social networks tend to flourish, while people with few social bonds are more prone to depression and suicide. In recent years, more and more events with very adverse effects have affected the youth, which has caused a lot of social issues, such as committing suicide, crimes, and so on. Symptom Assessment Scale Methods investigate the cases of suicide in patients with psychological conditions, compare with the norm, and analyse the reasons for suicide (Posner et al., 2011). Suicide is a profound side effect of treatable mental diseases such as major depression, bipolar disorder, post-traumatic stress disorder (PTSD), and eating disorders like bulimia and anorexia nervosa. Mental health difficulties range from depression to post-traumatic stress disorder to suicide, and many people who are currently suffering do not undergo treatment (Steven Reinberg, 2011).

Signs and Symptoms of Suicide

People from all walks of life have to attach great importance to the warning signals of suicidality. Some indicators are apparent, such as talking about suicide and death, while others are subtle and easy to ignore. It is crucial to recognise the warning signs, especially for people who are at risk of suicide. Early detection of the symptoms of suicide can be treated at an earlier stage and lead to professional assistance and mental health therapy and even save a life. Most people are more likely to report the symptoms of suicide. The signs of suicide can turn into two distinct categories physical or emotional. Some people do have noticeable physical symptoms, including scars from a past suicide attempt, changes in eating and sleeping habits, and changes in personality and appearance. A person contemplating suicide may change their attitude or actions, such as speaking or moving at an unusually fast or slow pace. Besides, the individual may seem less worried about their looks. In contrast, the emotional symptoms range from irritability, lethargy, mood swings to hostility, confusion, and depression. The most resilient symptoms are always talking about "I'm going to kill myself", saying goodbye to loved ones and even threats or comments about killing themselves.

Risk Factors cause Suicide.

Open talk and genuine concern about someone's thoughts of suicide are a source of relief for them and are often the key elements in preventing the immediate danger of suicide. There is a modest connection between how much a person wants or intends to die and the method they use. The preventive efforts concentrated on single factors are not likely to reduce suicide rates substantially, and suicide intervention should focus on the combined effect of multiple factors. Hence, an assessment has to be carried out to

evaluate the risk level based on the clinical judgment.

after reviewing the risk and protective factors and conducting a direct inquiry of suicidal thoughts and actions. The youth's suicidal risk assessment scale comprises five dimensions: suicide ideation, suicide preparation, despair, suicide recognition, life recognition.

Ways to overcome Suicide.

Since 2003, World Suicide Prevention Day (WSPD) has been commemorated on the 10th of September every year to promote worldwide commitment and action to prevent suicides through various activities around the world (Ketchikan, Alaska, 2004). World Suicide Prevention Day is coordinated by the International Association for Suicide Prevention (IASP) in collaboration with the World Health Organization (WHO) and the World Federation for Mental Health (WFMH). The commemoration of World Suicide Prevention Day is aimed to draw attention to the wide range of suicidal people and their circumstances around the world. Most people who are experiencing suicidal ideations do give off warning signs that they intend to die by suicide. The best way to prevent this tragedy is to recognise and act upon any warning signs that a loved one or family member is considering death by suicide.

Suicide is the most common cause of mortality among school-aged children and adolescents. However, suicide is preventable. Suicidal youth will show indicators of anguish. Parents, teachers, and friends need to acknowledge these warning signs and seek assistance. The most important thing is never to dismiss or pledge to keep these warning indicators hidden. When all adults and students commit to making suicide prevention a priority, we are better equipped to intervene before youth engage in behaviour that has irreversible repercussions.

Parents and family members

Who is more knowledgeable about life than your parents were at your age? Parents play an essential role in a suicide risk evaluation. They are more aware of things that happened to their family members, such as mental health status, family dynamics, recent traumatic experiences, and previous suicidal behaviour (A.T.A. Cheng, T.H.H. Chen, C.-C. Chen, R. Jenkins, 2000). Understand family members' medical history as accurately as we can. Next, trying to listen and understand the circumstance that our family is undergoing. Besides, we might disagree with family members during communication, but this process would better understand each other. Parents have to know the best way to nurture and raise their children to adulthood. "One of the biggest problems for children is not that they are vulnerable but that their parents don't know what they're doing." Parents should pay closer attention to their children, and it is best not to pass judgement on them right now. Being the children's friends will assist in developing communication. After gaining an awareness of the situation, it is the parent's responsibility to seek mental health help for their child. Early diagnosis and timely treatment were keys to cure.

School and Educators

Most of the youth spend a substantial part of their day in school. The education should not only pay attention to their study but also their mental health. Long-term stress might reduce juvenile immunity, such as being bullied at school or worrying

about future examinations. If youth encounter this situation, they can ask for help from their homeroom teacher or guidance counsellor if it worsens. The interactions between teachers and students can significantly influence students' performance (Robinson et al., 2016). Suicide and violence prevention is most effective with supporting mental healthcare, involves the entire school environment, and positive learning environment through appropriate student behaviour and a compassionate and trustworthy adult-student connection.

Friends

According to psychologists, boundaries are beneficial, and it is necessary to reveal yourself to friends, family, and lovers at opportune moments. When you've had a stressful day, it's crucial to have someone to vent to so that they can show compassion and sympathy. Enjoy your interconnections, friends, and family throughout the holidays. It's beneficial to your heart and overall well-being. If your friend seems unable or unwilling to seek help, offer to go with them and tell your friend that their health and safety is important to you (Abrutyn S, Mueller AS, 2014).

Conclusion

Bullies lead to depression, and depression causes suicide. Bullying victims frequently suffer from both physical and mental abuse. Physical bullying leaves the bullying victims bumps and bruises. Besides, bullying can precipitate depression among the bullying victims, which causes them to be subjected to mood disorders simultaneously. Although most of the bullying victims who experience depression do not commit suicide, depression disorder prompts them to increase the risk of suicidal ideation based on their severity of depression. It was stated that youth who experienced cyberbullying are at a higher risk than those who don't for both self-harm and suicidal attempts (John, FFPH, Ann., 2018). Bullying, depression, and suicidal behaviours have become a growing international public health concern in our generation. In fact, it is not something that only youth have to deal with, but the communities must face these challenges to build a better future for our world.

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38 Youth Suicide: The Rapid Increase of Suicidal Case of Generation Z

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Abstract

Youth suicide is a critical issue that generally happens in generation Z. Generation Z refers to the millennials born between the late 1990s and early 2010s. Currently, this severe issue refers to the second leading cause of death in youth worldwide. In the United States, research shows that the rates of males involved in youth suicide are higher than the female youth, with 80.1% of males compared to 19.9% of females across all age groups. Since the cases of youth suicide increase so rapidly, which means that prevention and awareness are not sufficient to meet the needs of youth people to engage with their health system. In this paper, future research is to identify what has caused youth to attempt suicide, which youth are at risk for suicide, the warning signs of youth suicide, and the most important is the prevention for the youth from attempting suicide.

Keywords: Suicidal case, Generation Z, Warning Signs, Cause and Prevention, Risk Group.

Introduction

Suicide is the act of taking one's own life. It can be a means for people to get away from sorrow or hardship. We call an individual "died by suicide" if they terminate their own life. Whereas "suicide attempt" is if an individual wants to take their own life but does not succeed (Canadian Mental Health Association, 2012). The World Health Organization (WHO) describes “youth” as those between the ages of 15 and 24 (World Health Organization, 2019).

Each year, 703,000 individuals commit suicide, with several more attempting to commit suicide. Suicide is a sorrow that impacts family members, cities, and nations. Suicide has long-term consequences, and it also occurs at all stages of life. Besides, suicide is a worldwide problem that occurs throughout all parts of the globe, not only in high-income nations.

In reality, low and moderate-income nations accounted for more than 77 percent of the world's suicides in 2019. Chemical self-poisoning is assumed to be involved in roughly 20 percent of worldwide suicides with most cases occurring in the countryside of low and moderate-income nations. Whereas suicide by hanging and weapons are two more typical ways of suicide. Suicide is a significant issue but on the other hand, it can be avoided with early measures. A systematic suicide precaution plan is required for a successful reaction.

Besides, suicide is a major health concern according to the WHO. The first WHO World Suicide Report, "Preventing Suicide: a Global Imperative," was released in 2014 with the goal of raising community consciousness about the health consequences of committed suicide and making suicide precaution a primary focus on the worldwide

health agenda. The health strategy also attempts to guide and inspire nations to take or expand effective suicide precautions.

Moreover, suicide is one of the crucial situations in the WHO Mental Health Gap Action Programme (mhGAP), which was established in 2008. It offers concrete proof assistance to care for mental, neurological, and substance abuse. WHO Member States have pledged to strive for the worldwide goal of a one-third reduction in suicide rates by 2030 under the WHO Mental Health Action Plan 2013-2030 (World Health Organization, 2021).

In addition, suicidal ideation by many youngsters has escalated based on Befrienders KL, a suicide prevention NGO, depending on the number of calls they have obtained. Between 2015 and 2016, the number of people that reported experiencing suicide ideation increased from 5,739 to 7,446. According to the National Health and Morbidity Survey 2015, the incidence of mental illness for people in Malaysia increased from 10.7 percent in 1996 to 29.2 percent in 2015.

According to the National Suicide Registry Malaysia, the suicide mortality rate in Malaysia in 2009 was 1.18 per 100,000 people. In contrast to the national scale, this statistic is significantly lower than the real rate in our nation. This seems to be because of the underreporting of cases of mortality in medical records. Suicide is widely recognised as a significant issue in Malaysia, specifically the youngsters. However, suicide mortality can be avoided, and youngsters provide a critical window of opportunity for prevention, possibly saving much more years of life. We can give a chance to assist towards this issue earlier in life if we obtain a better knowledge of why suicidal behavior develops in youth. Therefore, all the authorities should work together to tackle this issue (Mohanraj, 2018).

Methodology

We are based on extensive literature review to complete this research. Literature review is defined as “a piece of academic writing demonstrating knowledge and understanding of the academic literature on a specific topic placed in context” (The University of Edinburgh, 2021). We have reviewed the online article, journal and newspaper to get the information. We evaluate all the information that we had obtained before starting to write the paper. It is to ensure that the information is usefulness and reliability.

Causes that lead to Youth Suicide

One of the most essential springheads of support in dealing with many challenges that children experience is the familial environment in which they live or have grown up. Several risk factors relating to family structure and dynamics have been linked to suicide behaviour in various studies. In 50 percent of teen suicide occurrences, family conditions are likely to play a factor. There is a lack of communication in the family in many suicide cases, not only with the child or about the child's problems, but also with family members in general. Conflicts with parents, as well as a lack of communication and a failure to meet communication requests, have a substantial impact. Besides, violence at home regularly is by all accounts found behind the background history of

youthful self-destruction cases, explicitly against the kid, however more as a method of managing family issues. Parental divorce is associated with the suicide of the children involved.

There are a variety of factors that lead to teenagers attempting suicide in response to big life events, however certain types of event stressors have been found to be more frequently connected with juvenile suicide than others. As they face new difficulties, form their own identities, and establish self-assurance, younger individuals value belonging to peer groups, forging new close relationships, and gaining confidence and security. As a result, it's unsurprising that interpersonal losses such as breakups, buddy deaths, and peer rejection can have a big effect on the youth. Other key suicide-related pressures are connected to the essential areas of education and family. School difficulties and stress from academic were detected in suicide instances. Young people who are "drifting," that is, not attending school or working, have a much-increased risk of suicide. Suicide is commonly performed after a phase of absence from school, especially among young people under 15 years old. More specific stressful conditions connected to suicide included bullying and disciplinary issues.

According to Relate founder Dr Chua Sook Ning and Ideas senior CEO Vaisnavi Rao, age, gender, psychological concerns such as stress, depression, interpersonal difficulties and anxiety, and social circumstances, all are risk factors for suicide. "Public knowledge of suicide, its risk factors, and evidence-based suicide initiatives are lacking." (Sandhya Menon, 2021)

They stated that young people are more vulnerable to suicide since adolescence is a vital developmental stage for shifting from childhood to adulthood. "As the pandemic spreads, the increased rate of suicides has become a growing source of concern. Research done during the MCO by (a Kuala Lumpur-based think tank) revealed that 48 percent and 45 percent of respondents, respectively, showed high ranks of fear and despair. The use of emotional support hotline services has risen dramatically across the country, which is unsurprising. Suicidal thoughts were expressed by 40 percent of callers between January and July in 2020, compared to 34 percent in 2019. (Sandhya Menon, 2021)

According to the Health Ministry, 465 cases are attempted on suicide were handled at the ministry's hospitals between January and June in 2020. (Sandhya Menon, 2021)

Country	Total Suicide Rate	Male Rate	Female Rate	2021 Population
United States	16.1	25	7.5	332915.073
Malaysia	5.7	8.9	2.3	32776.194
Austria	14.6	22.8	6.7	9043.07
Japan	15.3	21.8	9.2	126050.804

China	8.1	9.8	6.2	1444216.11
Sweden	14.7	19.9	9.5	10160.169
South Korea	28.6	40.2	16.9	51305.186

Suicide Rate by Country 2021
Source: World Population Review

According to the World Health Organization (WHO), South Korea is the fourth highest rate of suicide in the world. Suicides among the elderly are one of the factors in the high suicide rate in the country. Children were once supposed to care for their elderly parents; but, because this system has mostly disappeared in the twenty-first century, many elderly individuals commit suicide rather than feel like a financial burden on their families. (World Population Review, 2021). Students, like the elderly, have higher suicide rates than the overall population, owing in part to the high pressure to excel in the academics. If they do not reach their aims, they may feel as if they betrayed their kin. Students who don't get enough sleep, are anxious, or have poor social relationships are more likely to commit suicide.

Suicide is a major worry in Japan, despite the fact that its total numbers rank it well outside the top 10. Between the ages of 20 and 44, suicide is leading to the death for both males and females. The government has made initiatives to lower suicide risk, particularly among vulnerable groups. Suicide is twice as common among Japanese males as it is among Japanese women, especially after a divorce. Males who just lost their works and unable to support their families are more vulnerable to suicide. People are under a lot of pressure to stay married to a single person and work at a single position for their whole life, and this stress can cause a divorce or job loss. Consider yourself a failure.

Warning Signs of Youth Suicide

A person who may be drawn into the mire of the suicide thought can be different from among the gen-z youth by observing the warning signs that show up on them in various ways. It could be the weakness in mental and physical health, sudden changes in behavior and talk compared to usual or expression in one's eyes. These warning signs are the distress signal delivered by the one before suicide. According to the research, about 50% to 75% of people who attempt suicide will express their suicidal thoughts to others (Jennifer Casarella, 2020). Taking these signs seriously, reasonable response and enlightenment may save a youth.

Mental and physical health are both important for the overall health of a person. The occurrence of mental health disorders can affect physical health, and vice versa. There is a research figure suggests that at least 90% of the number of people who have died because of suicide are suffering from mental disorders (Bradvik, 2018). Thus, majority of youth attempting suicide can be said that having significant mental illness, mostly like depression. Having hallucinations in which everyone is treating him badly,

making fun of him, or belittling him. Serious mental illness makes one have insufficient sleep, stress or losing appetite. It causes someone to look much haggard than usual. Mental health disorders bring along physical health problems, for instance headache, difficulty concentrating and planning in studies or work, always seeking for medicine, digestive upset and so on.

Youth who have the sign of suicide will show up abnormal behavior like making preparation for testament, buying pills and weapons, or visiting the one missed so much in this world. One who used to be very enthusiastic may start to act alienated or irritable to relatives and friends, and vice versa. Becoming emotional in certain situations that we do not understand why he has such actions and emotions as those situations seem common for us. Some youth may even have self-destructive actions. When this matter comes to self-harm, it is quite critical ones because the thought of suicide has been deeply imprinted in the mind which no longer values for life.

Besides, from the way of talking with people, posted up of words and comments in the social media are easy for us to identify the existence of a suicide problem. A person may speak out and write directly or indirectly about suicide, self-harm or even death for unusual amount like “I do not want to live anymore”，then emergency mental healthcare should be recommended to someone showing these warning sign (Washington State Department of Health, 2016). Nothing happens but saying goodbye suddenly and weirdly to everyone. We can know that this person is having the lost unexpectedness to continue living through these matters. One may also focus on the deep tendency to learn or talk about the somber literature and film.

The heart's letter is read in the eyes. The eyes are the crucial sensory organ in our body as sight may be processed and deliver up to 83% of various information gathered from the world compared to the other four senses (Thomas Politzer, 2008). Consequently, the inner emotions leaked out in the eyes for sure are the authentic ones. We can be conscious of despair, depression, anxiety, hopelessness or even loneliness feeling through the eyes of one that may have the suicide thought. From the eyes, we can conjecture one must have been experienced countless struggles that is why he or she will reveal such negative emotions.

Group of Youth that have Risked in Suicide

According to the U.S. Center for Disease Control and Prevention, research shows that teen suicide is now a growing health concern. It's also the second-leading cause of death for youth ages 15 to 24. Mental health disorders, especially depression, has a significant impact in affecting the majority of children and adolescents who have the mindset of attempting suicide. (Psychiatry, 2018)

According to the 2018 National Survey on Drug Use and Health, it reports that there are 2.2 million American adolescents ages 12 to 17, which is 9% of that population have used alcohol in the last month. Furthermore, around 4.2 million American adolescents ages 12 to 17, about 16.7% of that population, have used illicit drugs in the last month.

Why are those youth at risk for suicide? Several factors may lead the youth to suicide. First, youth that faces mental and substance abuse problems are at risk for

suicide. There are diverse addictive substances like underage drinking, illicit drug use, and misusing prescription medications. These various addictive substances lead them to escape their daily pressure. They think this would help them. Unfortunately, these substances would only end up with harmful effects. Those substances like illegal drugs, alcohol, and medication could affect a person's brain and behavior. It increases the intensity of their depression. (Focus on the Family, 2019). When they face mental and substance abuse, they will lose their thinking abilities and cognitive health processes, which would lead them to make a lot of bad decisions.

In addition, a stressful life would also cause youth to have suicide ideation. As they are always thinking about, considering, or planning suicide, they are in the risk group of youth suicide. A stressful life is like others are always bullying them, or they have experienced something incredible suddenly. This would affect a person's emotional health.

A cognitive constriction concept would help us better understand what happens in the brain during a suicidal crisis. As refer to Dr. Christine Moutier (2021), chief medical officer of the American Foundation of Suicide Prevention has said that the actual physiological functioning of certain parts of the brain changes in this acute suicidal moment. In this suicidal moment, the brain would have a narrowing of coping options, making it hard to fight with your own brain. (Today, 2021)

Suicidal ideation was like an ingrained part of a person's thought process. It makes the person always sad, and this mood makes them desire not to be around. They think they should separate from society. In addition, the stress has made them feel like there was nothing worth doing for them to continue living in this world.

According to the National Institute of Mental Health, the most prevalent risk factors for suicide in the United States are the family history of suicide and mental or substance abuse disorder. (Qin, Agerbo, & Mortensen, 2002) Nowadays, generation Z faces many challenges. It,s a very high risk for the youth to be involved in youth suicide when their family has a history of mental or substance abuse problems. This would eventually lead them to follow their family members. For those youth whose family has a history of suicide, these groups of youth are at high risk of suicide. This history has unintentionally created trauma for them since they were young. This trauma would lead them to suicide if they didn't have a good psychological diathesis.

Family plays a significant role in building a youth's psychological diathesis. If the youth grow in a bad environment like family violence, physical, sexual, or verbal or emotional abuse. Their feelings would always be hurt, and when this continues, this will ruin their self-esteem and somehow break their self-esteem. In the long run, those youth will lose their life motivation and start to think of suicide. As they believe, they are nothing to this society, and they contribute nothing.

Prevention for the Youth from Attempting Suicide

Suicide is the main cause of death among youngsters but actually, it can be avoided. Suicide-minded youngsters usually show alert messages of their suffering. Therefore, parents, teachers, and peers are in an important position to recognise these early symptoms and seek assistance as well as always be there and give support to them. The most essential thing is to never dismiss these early symptoms or commit to keeping

them hidden as this can lead to lifelong consequences. All of us should make suicide prevention a top issue and always be prepared to take any appropriate measures to avoid any serious implications happened.

The majority of the youngsters' day is spent in school or university, where they are monitored by education authorities. Suicide awareness programs are very useful when it is combined with assisting mental health programs that involve the whole school. Besides, it should be established in a conducive school environment where there are kindness and understanding among the youngsters and the school authorities. Therefore, it is essential for all the school authorities to be aware of the potential risks and warning indications of suicide behavior and always monitor them in case anything happens. The whole school authorities should strive together to create an atmosphere in which youngsters feel comfortable to express their emotions. When a youngster is determined as having a potential for suicide, school counselors and other school authorities should always be prepared, and they should know what to respond so that it will not trigger the youngster. The school authorities should notify their parents, offer suggestions and advice as well as frequently give follow-up guidance and help to make sure the youngster is in good mental health (National Association of School Psychologists, 2015).

Besides, parents play an important role to prevent youth suicide. Parents should build a strong rapport with their children. Children normally will have a strong and trustworthy relationship with their parents when they were young. However, when they grow up, they tend to believe in the outside community and view it as a secure environment in which they can seek to evolve and thrive. However, the majority of the youths desire to have a tight rapport with their parents even if they do not acknowledge it. Youngsters often recognise and appreciate their parents' ideals, and they seek their opinion and assistance, especially during moments of hardship. In fact, a strong rapport between the youth and his or her parents will make them interact more easily especially when the youth feel depressed. Thus, early prevention can be done to prevent the youth from committing suicide.

Moreover, parents should spend quality time with their youngsters in order to improve the relationship between them. Spending quality time together is important as it can help to increase the understanding and trustworthiness between them. For instance, parents can exercise together with their youngsters during the weekend. Besides, parents can also have some holiday with family members once or twice a year. Thus, when the youngsters encounter problems, they will be willing to talk and discuss with their parents.

On top of that, parents should always be there and listen to the youngsters. However, youngsters frequently claim that their parents are eager to offer advice and they do not listen to their opinions. Therefore, parents should pay attention to what they are saying to get a sense of how they are feeling as well as always be there and convey that you care about them. Thus, parents can know about the youngsters' feelings and identify their suicidal ideas and prevent suicidal behaviors. Even though the youngsters are not open about their thoughts, it does not simply imply that they are not worried about their personal tragedy. Parents should show compassion to them as they want

their parents to understand them. Parental and other forms of support are extremely crucial in preventing depression and suicidal behavior.

Furthermore, parents should be supportive to their youngsters but without being obtrusive. There is a difference between supportive and obtrusive. It is crucial for parents to understand their youngsters' sadness and pain rather than probing and seeking to know the "secrets" of their sadness. Once they are prepared, they will speak to their parents regarding their issues. Support should always be available there to them, but it should not be forced upon them.

Nowadays, many youngsters either suppress or express their feelings in an exaggerated way. This will cause their parents to make complaints about their grumpiness. Parents should motivate youngsters to express and convey their pleasure, delight, and enjoyment over their accomplishments. They can then express their sorrow, fear, pain, and disappointments by displaying and expressing them. Both "happy" and "sad" emotions should be managed in order to prevent them from becoming uncontrollable.

Apart from that, parents can get expert guidance or assistance if they are unsure. It is normally difficult for parents to believe that their youngster is mentally unstable or even attempted suicide. Parents are prone to regretting themselves and pondering several scenarios such as "what if", "why", "how" and others. Not just the youngster, but the parents themselves also require professional help. Whenever there is concern that a youngster could be at risk of committing suicide, counselors, psychologists, and psychiatrists are some of the experts eligible for counseling and guidance (Healthy Children.org, 2019).

On the other hand, there are some methods of therapy that can help to avoid the youth from committing suicide. The first one is Attachment-Based Family Therapy (ABFT). This therapy is particularly meant to treat anxiety as well as the possibility of youth suicide by restoring damaged ties between parents and youngsters. As a consequence, the youngsters will feel more comfortable approaching their parents if they are having suicide ideation. The next therapy is Cognitive Behavioral Therapy (CBT). This therapy explains a youth's thoughts and emotions. CBT highlights the feelings that lead to solitude. As an outcome, it pinpoints the inner conceptions that exacerbate life's obstacles. This therapy can also help a pessimistic youngster to get a better and positive thought.

In addition, Motivational Enhancement Therapy (MET) is able to aid in the development and recovery of youngsters. It can assist youngsters in making optimal decisions. Besides, art therapy and sound therapy are also recommended for the youngsters to convey their feelings. For instance, they can express their feelings by drawing and it can indirectly prevent the youngsters from suicide ideation (Monroe, 2021).

Sometimes, it is difficult for parents to understand what their youngsters are doing and experiencing. When do the natural highs and lows of youth become a cause for concern? The most critical thing is to understand the elements that can lead to a youth's suicide attempt and prevention is needed to be taken to avoid suicide behavior. As the saying goes: “prevention is better than cure”, therefore, everyone should play our role

and work together to reduce the youth suicide cases as the youth is our new young generation who has a bright future, and they are going to develop and thrive for a better country and society.

Conclusion

Suicide significantly affects far too many generations Z. This phenomenon in particular has a negative effect on young people's health and well-being. It is therefore vital that we improve our ability to detect and intervene in these situations. We need to identify the group of youth that have risk in suicide. Current research evidence suggests that the strongest risk factors for youth suicide are mental disorders (in particular, affective disorders, substance use disorders and antisocial behaviors) and a history of psychopathology, indicating that priorities for intervening to reduce youth suicidal behaviors lie with interventions focused upon the improved recognition, treatment and management of young people with mental disorders. (Australia & New Zealand Journal of Psychiatry, 2000) There are several causes may lead the youth to suicide that we address at above. We should alert with the warning signs and symptoms that show up on youth who have suicide thought. Majority of youth are attempting suicide can be said that having significant mental illness. Youth who have the sign of suicide will show abnormal behaviors like making preparation for testament, buying poison and tools or visiting the one that missed so much in world. Except for the responsibilities of parents and school authorities, we also point out some therapy methods as a potential resource in suicide prevention. Therapy such as Attachment-Based Family Therapy (ABFT) can treat anxiety as well as the possibility of youth suicide by restoring damaged ties between parents and youngsters. Besides that, art therapy and sound therapy also are recommended for youths to convey their feelings. Various parties must pay their role in ability for decrease youth suicide cases in their own country.

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39 Youth Depression: The Pain Behind A Smile

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Abstract

The most common mental health problem in the social environment is depression. Over the years, the prevalence of depression among young Malaysians has risen, especially among those between 25 and 29 years old. During the COVID-19 pandemic, youth depression and suicide problems have gradually increased. This paper will discuss the risk factors that cause youth depression, the impacts of youth depression and the prevention that may reduce the risk of worsening depression. Online research is conducted to search for information about youth depression on the Internet. Therefore, we can gain insight into the factors that lead to depression in youth. Youth depression has also brought several bad impacts and even leads to suicide. Providing social support, counseling services, therapy and family interventions may reduce the deterioration of depression. Further clarification and understanding of these discussions are very important for the development of an effective youth depression prevention strategy plan.
Keywords: Youth, Depression, Mental health, Factors, Suicide, Prevention.

Introduction

Depression is one of the leading causes of suicide among young people nowadays. We cannot deny that depression is the primary cause of disability-adjusted life years. According to World Health Organization (WHO), depression is a widespread mental illness that affects over 264 million people globally. Depression is a leading cause of illness extensively and contributes fundamentally to the worldwide prevalence of depression. It is a critical public health issue that has a detrimental influence on many parts of life, particularly among adolescents (13-17 years old) and young adults (18-32 years old).

It is very natural for us to feel down or sad at times. However, continual sadness, despair, or hopelessness are the main causes of depression. Depression can continue for weeks or months in someone and affect the person's ability to go through their daily activities. Physiological changes, frequently known as somatic or vegetative indications (Bech, 2009 are the foremost imperative signs of a full major depressive episode. Depression affects youth attitudes, mindset, thinking, and actions. It will also cause some side effects such as fatigue, irritability, lack of appetite, headaches, insomnia and others.

Youth with depression always view the world in a negative way. Some of them might be harsh on themselves because they keep feeling they are useless and unwanted. Besides, they also will withdraw from people by stopping participating in activities and staying away from the crowd, thus this action only makes their depression worse. At an individual level, many activities that specify criteria, direction, and a daily rhythm for youth, such as school extracurricular activities, social connections, and physical exercise, will have almost vanished. Over a sustained period, these losses may

exacerbate depressive symptoms and deepen the social isolation, depersonalization, and pessimism that are already existent in these disorders. There is no doubting that depression has the potential to negatively impact a person's behavioral, cognitive, social, and physical well-being. Protracted depression can lead to risky behaviors, including suicide and serious mental illness.

Even though it seems as if the dark cloud of depression will never lift, there are plenty of ways to deal with symptoms, regain balance, and feel more positive, energetic, and hopeful again. So, let's work together to overcome depression.

Methodology

Online research is conducted to search for information about youth depression on the Internet. We are able to get numerous information as well as expertise through web research, which will help us better grasp all of the doubts and questions we have concerning youth depression. National Health and Morbidity Survey 2019 is a report issued by the Institute for Public Health, Ministry of Health, Malaysia. The report was searched and referred for more information about the prevalence of depression and health literacy in Malaysia. The prevalence of depression in the report is determined by Patient Health Questionnaire (PHQ-9), which is a valid and reliable self-report questionnaire that has been widely used to determine and evaluate depression based on DSM-IV major depression criteria.

Discussion

Mental illness is expected to overtake heart disease as the leading cause of death by 2020 (Lee & Lai, 2017). Depression, anxiety, and stress are all correlated with mental health. Depression is the most frequent type of mental illness, associated with impaired general functioning, lower quality of life, and a number of health issues (Johansson et al., 2013). Referring to the National Health and Morbidity Survey 2019, the majority of youth suffer from depression. In other words, depression is commonly higher among youth, with youth aged 25 to 29 (3.9 %), followed by those between the ages of 20 to 24 (3.1%), and those aged 30 to 34 (1.8 %).

Being depressed is similar to contracting a cold, only by acknowledging its presence can a solution be found. People don't realize that simply listening carefully is actually enough. Speaking of: I will stay with you. That's enough. When a patient is trying to save oneself, he or she is narrating and divulging. They merely ask for acceptance and tolerance of his condition from others, not a bombardment of accusations. Patients would increasingly question themselves, distrust the world, entirely isolate themselves in a confined location, and eventually go towards suicide. As a result, it is important to comprehend the signs and symptoms of depression, as this will aid in the early diagnosis of depression:

Being in a low mood

Despair, gloomy disposition, and pessimism are the most common symptoms of early depression. At first, the patient was depressed because of a minor issue, but the mood was not relieved. Instead, they stayed to reminisce in their heads and fell into the

horns, as well as behavioral and enthusiastic "shutdown" as proven by low behavioral enactment (Dimidjian, Barrera, Martell, et al, 2011). With the development of the disease, the patient's mood of pessimism and despair worsens day by day, and no matter how positive the surrounding environment is, he cannot fit in.

Insomnia or excessive sleep

In the past decade, several studies have shown that insomnia, instead of being a form of depression, may be a medical disorder in itself, with a significant level of association with depression (Luc Staner, 2010). Depression is a common cause of insomnia. Some patients wake up very early and once they wake up, they are no longer able to fall asleep. They only feel upset and irritable and feel bad. Then, they will think that the next day is about to start again, and they don't know how to pass these time periods. Others frequently discover that other people are sleeping too much, leaving them feeling isolated and hollow.

The decline in both thinking and cognition.

Although emotional changes are the biggest manifestation of depression, as the disease progresses, it will also damage ones' thinking and cognitive ability. The patients are not capable to respond, they will be uninterested in work and life, and cannot frequently think independently when confronted with complex issues. Besides that, they will regularly fall into the "fear of choice", and memory is deteriorating, even if it was once a useful job. In addition, patients will be extremely vigilant, and even appear suspicious, suspect that someone is following or harming themselves.

Factor

To understand the causes of mental health problems in young people, it is important to understand lifestyles. Many of the symptoms of severe difficulties that signal depression in adulthood or in childhood are considered a normal part of adolescence.

Life Events

Childhood adversity is one of the reasons that can lead the youth to adult depression such as neglectful parenting, having mental, physical and sexual abuse, or unequal parental treatment of siblings (Heim C, Newport DJ, Mletzko T, Miller AH, and Nemeroff CB, 2008). Studies have also found that children that have undergone physical or sexual abuse particularly to be linked to a future risk of getting depression.

The global COVID-19 outbreak had caused depression levels to skyrocket to hazardous levels with many people struggling with their mental health because of stress. This has shown that COVID-19 has a huge influence on young people and was investigated by the University of Surrey between Autumn 2019 and May/June 2020. When compared to the previous fall in 2019, the study found a substantial increase in depressive symptoms and a decrease in overall welfare during the lockdown in May/June 2020. This emphasizes the relationship between specific life experiences and the development of depression.

Bullying

Bullying and other forms of social abuse are described as activities that target and injure vulnerable people. A study was conducted to investigate if people would be more depressed if they were exposed to easily repeatable of negative conduct. The intention was to record a day- to-day observation of the correlation between the negative impacts of social abuse, the victim's mental health, and gloomy mood. The findings revealed a significant association between being exposed to harmful behaviors such as bullying on a frequent basis and having a negative tone the very next day. It was discovered that being a victim of bullying can be a traumatic experience that leads to depression. On the other side, depression implies victimization and being abandoned against one's will (Riittakerttu Kaltiala-Heino, Sari Frojd & Mauri Marttunen, 2009). Depression may wreak havoc on a youth's social skills and self-esteem, making him or her a victim of peers and disrupting social interactions.

Personality

Personality or social environment changes might have an impact on depression levels. High scores in the neurotic personality area make the onset of symptoms of depression and all varieties of depression are more likely to be diagnosed, and depression is linked to a low degree of abduction (Kotov R, Gamez W, Schmidt F, & Watson D, 2010). All the possible personality indications included are quick mood changes, short-term despair, lack of interest in life, insomnia, withdrawal from others, and difficulties focusing.

Brain chemistry

Depression is associated with an imbalance of neurotransmitter norepinephrine and a low level of the neurotransmitter serotonin in the brain (Roxanne Dryden-Edwards, 2020). Neurotransmitters such as dopamine, serotonin and norepinephrine have a huge impact on mood. Neurotransmitters will transfer signals to various parts of the brain and body. When these brain chemicals are aberrant or unbalanced, the function of nerve receptors and nerve systems changes that may cause depression (Mayo Clinic, 2021) Females are more prone than males to suffer from depression as a result of a mix of biological variations based on gender.

Stress

Stress is one of the most common factors that lead to depression. Stressful life events such as household pressure, studying pressure and financial worries that exceed a youth's ability may cause stress. Stress will probably bring a lot of negative emotions to a youth's mind. A stressful youth will be more likely to experience depression. A researcher suspects high levels of hormone cortisol during periods of stress may affect the neurotransmitter serotonin and contribute to depression (Nancy Schimelfening, 2020).

Heredity

Youths will have a large chance to get depression if they have a family history of

mental disorders. It is still uncertain which genes have an impact on depression, but researchers do know that a variety of genes play a vital role. For the family that has a history of mental illness, the youth will not necessarily get depression. However, 20% - 50% of youth who suffer from depression do have a family history of mental health conditions. If parents or grandparents have depression, the youth will have doubled the risk of depression.

Impact

Depression is a common disease that impacts the ability of individuals to carry out life activities, including those required in the workplace (Hysenbegasi, 2005). It can cause the patient to have some psychological, physical and other symptoms. Personal temperament, whether there are coexisting diseases and substance use will affect the depressive symptoms of each teenager differently. There are several common symptoms of youth depression.

The first is behavioral symptoms. Young people suffering from depression will suddenly worsen their academic performance and be absent from school for no reason. They are also prone to irritability, increase destructive and risk-taking behaviors, and lose interest in everything. They are more willing to be alone and reduce social interaction, which leads to increased conflict in interpersonal relationships. In addition, patients with depression have obvious physical symptoms. For example, some patients may sleep too much while some may suffer from insomnia. Their appetite will suddenly change. Some patients may overeat and some patients may have anorexia and weight loss. The next one is about cognitive symptoms. For instance, depression affects young people's memory and slows down their thinking, speaking and movement. As for the psychological symptoms, depression patients often feel sad and worthless, feel hopeless about life and future, and may even have self-harm and suicidal ideation. If teenagers with depression do not seek or receive therapy, it may cause more issues in their later lives. Untreated depression can affect teenagers such as self-abasement, social isolation, academic problems and failures, conflict with family and other relationship difficulties, alcohol and drug abuse, self-harm and suicide (Village behavioral health, 2019).

The rise in the prevalence of depression has also affected the rise in the suicide rate among youth. This is because many teenagers with severe depression can't bear it and choose to end their lives. Depression is one of the important characteristics of suicidal ideation (Brown et al., 2000). Suicide attempts among those suffering from serious depression is closely related to the existence and severity of depression symptoms (Sokero et al., 2015). Depression and hopelessness, particularly lack of desire are important factors that contribute to the increasing suicide rate (Ibrahim, N., 2017). From the completed suicide information provided by the National Suicide Registry of Malaysia, depression is the most common mental illness among suicide victims with a history of mental illness. Several news articles about suicide due to depression have been published in various newspapers and online media in Malaysia. For example, an article about a teenage girl committed suicide after 69% of pollsters supported her death on her Instagram poll (The Star, 2019). Another article is on the day of PT3, a student was discovered dead (CHOW, T. S., 2019).

In 2020, the COVID-19 pandemic has also led to an increase in mental health problems among Malaysians. A survey conducted during movement control orders (MCO) found that 48% and 45% of the respondents respectively expressed high levels of anxiety and depression (Menon, S. 2021). According to the National Health and Morbidity Survey 2019 (NHMS 2019), about half a million Malaysians suffer from depression symptoms (New Straits time, 2020). Tan Sri Lee Lam Thye, a Befrienders Kuala Lumpur sponsor, noted that the NHMS 2019 identified 424,000 children with mental health difficulties, with half beginning at the age of 14 and three-quarters beginning in their mid-20s (New straits times, 2020). Moreover, the police documented 468 suicide cases in Malaysia in the first five months of2021, increasing from 631 in 2020 and 609 in 2019 (CodeBlue, 2021). The director of Bukit Aman Criminal Investigations Department (CID), Abdul Jalil Hassan said that from 2019 to May 2021, a total of 1,708 suicide deaths were reported of which 1,427 victims (83.5%) were women and the remaining 281 victims (16.5 %) were men (CodeBlue, 2021). Among the 1708 victims, 872 victims were between the ages of 15 and 18, 668 were between the ages of 19 and 40, and the remaining 168 were 40 years and older (CodeBlue, 2021). So, we can see that more than half of the suicide deaths come from teenagers. Therefore, the high incidence of mental health problems among 16-29-year-olds needs to be solved by mental health intervention, because young people are more likely to commit suicide.

Prevention

There are several obstacles towards mental health issues in Malaysia, especially public attitudes towards mental illness problems (Yeap & Low, 2009). The sufferers of mental health problems such as depression could have a detrimental effect on themselves and are more likely to engage in suicidal behavior. Depression is an emotional disease that comes from unstable feelings such as low self-esteem, sadness, lack of fun and self-guilt. Thus, the proper assistance and guidance need to be provided to them (Rotenstein et al., 2016). There are some factors that may lower the risk of deterioration of depression and increase resilience in the face of this catastrophe.

Providing social support to youth suffering from depression

It is unsurprising that the surrounding societal variables might cause the youth to become depressed (Beach et al., 2009). For instance, it can be claimed that the solo has a nearly 80% greater risk of depression than those who live with others (Pulkki-Raback et al., 2012). The benefit of social support in avoiding depression is well recognized in China (Wang, Wang, & Shen, 2006) as well as in almost every country researched. Social support can be provided by family members, friends and from social networks. For example, social support is one's being cared for, having help accessible from others and being a part of a supportive social network. Social support may provide youth a sense of belonging, security, and self-worth, which can improve self-esteem and lower the risk of depression. Youth, family and careers should be provided accurate information on depression, including its causes, predicted course, potential benefits and recurring episode prevention and early intervention approaches (Zuckerbrot, 2007). Receiving a large amount of support may protect youth from experiencing self-doubt

and poor self-worth as a result of the idea that they are unable to care for themselves (Lepore et al., 2008). As a result, it is significant to engage and develop supporting surroundings for the young.

Seek counseling service.

Counseling for depression will focus more on current thoughts, feelings, and actions, as well as how these things are influencing your life. For example, most consultation takes place between the school guidance counselor and the instructor, with the purpose of contributing to enhancing the student's mental issue. Consultations can help students who are depressed, as well as evaluate depression, give assistance, and make a referral for the students (Brown, Oryzwansky, & Schulte, 1995, and Conoley & Conoley, 1992). As a result, students will be better equipped to deal with different sorts of issues and problems by matching effective coping mechanisms, and they will have improved overall functioning.

Therapy

According to the World Health Organization, 60-80% of persons suffering from depression can be adequately treated with psychotherapy or medication in primary care (Nicola Ridgway & Chris Williams, 2011). It is undoubtedly to say that consulting with a therapist is often an essential part of alleviating depression. The therapist will conduct talk therapy to help youth in order to help them understand and work through the problems that are affecting their lives. Besides that, a mindfulness-based cognitive therapy can be conducted by the therapist which is a type of psychotherapy that combines cognitive therapy, meditation, and the cultivation of a nonjudgmental and present-oriented mindset. It has been shown to be capable of treating depression and reducing retrogression and recurrence in the future (Kuyken et al., 2015). Their goal is to listen, provide feedback, and cooperate so that coping mechanisms may be developed. Among the issues, youth can address how to boost confidence, shift from pessimistic to positive thoughts, and develop emotional stability with the help of a therapist.

Family interventions

The family breakup, loneliness, disconnection, poor problem-solving capabilities, and low confidence are all changeable risk factors that contribute to youth depression. Family members are closest to youth and are in a prime place to provide positive support that can help them get appropriate mental health care. Since the family system is the top focus of intervention, a family cognitive-behavioral program is often said to be practical to involve the family in treatment in order to reduce depression. Interventions that involve family members may hold promise in encouraging parental support participation (Shochet, 2004). Family participation can produce favorable parent and youth outcomes such as positive changes in parents' attitudes and behaviors toward youth, family functioning improvements, and decreased depressive symptoms.

Conclusion

To summarize, depression is a widespread and major mental illness that affects how youth feel, think and behave. This study looked at the symptoms, factors, impact and prevention of depression. There are few biological, psychological and environmental risk factors that contribute to the development of depression. It also brings numerous bad impacts to youth. For example, youth may lose interest or sensation in daily activities, sleep too much or too less and decrease in appetite. However, depression is treatable through social support, counseling, psychotherapy and family interventions. In addition, some simple steps like maintaining a healthy diet and getting adequate sleep are useful for youth to prevent depression. Let's work together to fight depression; even the darkest night will end and the sun will rise.

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40 Implications of the Pandemic on Youth's Mental Health

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Abstract

The Covid-19 pandemic has devastated both the world and countries' economies, industries and businesses, but it has also exacerbated the mental health crisis among the people, namely youth. The paper seeks to study how the aftermath of the pandemic has impacted youth's mental health. We can conclude that lockdown measures and social distancing initiated by many countries to contain the spread of the virus have triggered the extreme concerns of contracting the virus and feelings of loneliness, eventually turning into anxiety. The quarantine orders have also impeded young adults from escaping distractive, stressful or abusive living conditions at home. The loss of jobs and closure of businesses during the economic downturn caused by the pandemic had induced symptoms of anxiety and depression among youth from the constant worrying about their finances and the pessimistic outlook on their life as well as their future.
Keywords: Covid-19, pandemic, implications, youth, mental health

Introduction

Covid-19, an infectious pneumonia-like disease that was first detected in Wuhan, China in December 2019 was declared by the World Health Organisation (WHO) an international health emergency on the 30th January 2020 when the number of cases climbed and started to appear in different parts of the world. Weeks later, the disease soon exploded into a full-fledged epidemic that threatened the entire world as WHO declared Covid-19 a pandemic and a global health emergency (Moore, 2021). Malaysia and other countries imposed national lockdown to contain the outbreak while scientists worked around the clock to create the vaccines (Moore, 2021). The Malaysian government issued a movement control order on March 18, 2020 (MCO) (J. Public Health, 2020). Borders have been closed, economic activity has ceased, and all academic institutions have been closed.

The pandemic has brought many drastic changes to various sectors and industries. The lockdown comes with the implementation of strategies like social distancing and travel restrictions that impact businesses and their revenue negatively. According to the website Flanders Investment and Trade (2021), industries that are adversely affected by Covid-19 include the key sectors like entertainment, retail, markets, hospitality and tourism that thrive on personal interactions and travel. Apart from businesses, the general public had to forgo many aspects of the life they knew before and accept the new norm of self-isolation and conduct daily activities online. People learned to adapt to huge changes in their lifestyles such as staying at home and avoiding any social gatherings or activities that require physical interactions. Many started working from home and as for students, they had to attend classes online.

Online learning has become the alternative for students to continue with their

studies due to closure of physical classes (Selvanathan, 2020). The online classes are conducted either synchronously or asynchronously through devices like computers, laptops and smartphones that have internet access (Selvanathan, 2020). This type of teaching mode allows flexibility for the students to learn independently at their own pace and time. However, online learning has also proved to be challenging for students. Problems such as inadequate online learning facilities and limited internet accessibility disrupts the learning process, specifically at the rural places in Malaysia (Lee, 2020). It will also be difficult for students to get in touch with their lecturers and conduct discussions with their friends as well as access their study materials online. Along with physical class closures, students struggle with loneliness and isolation as they are confined to their rooms, focused on their screen for most of their day and unable to hang out with friends.

Although the timely implementation of strict measures has aided in the containment of the disease outbreak, a hidden and more difficult problem to tackle during these troubled times is mentally and emotionally coping with the situation itself. The pandemic has greatly impacted the youth's lives in terms of their academic work and life, social lives, financial situation and it has been taking a toll on the youth's mental health. Mental health disorders are already becoming more and more prevalent among young adults and during the pandemic, mental health issues observed an even higher increase (Guintella et al., 2021). Mental health issues among students hinder them from achieving academic success as they feel discouraged and unmotivated to study, have poor concentration and tend to withdraw to themselves (Sasangohar, 2020). It seems that the precautionary measures that have been implemented to ensure the collective public health may have placed them in a vulnerable position of suffering from mental health issues.

Youth's Perception Towards the Future

The emergence of Covid-19 has plunged the nation's economy into a recession, making it a challenging time for young workers to find jobs and earn enough income as young workers will more likely have a hard time securing a job compared to workers from other age groups according to Lee and Zhang (2021) in their news article. Companies that were severely impacted by the pandemic had to lay off a portion of their workers or even close down, leaving their workers jobless. Unemployment rate has also risen to 4.55% in 2020 from 3.31% in 2019 and stood at 4.8% as of July 2021 according to Department of Statistics Malaysia Portal (2021). Apart from that, the transition to online learning as well as the new waves of outbreak have caused school delays and closures. Students feared that they were not able to graduate on time, that it would become impossible to obtain the certificate or that they could have contracted the virus which could prevent them from sitting for the exams, thus reducing the already-slim chances of getting a job upon graduation (Gutterer, 2020). These circumstances have led young adults to feel that their future career seems bleak and unpromising and holds many uncertainties. They would feel less motivated to work hard in their studies when they could not guarantee if they would be employed despite graduating with a degree or a master.

Financial Worries

In addition, the job loss that resulted from the pandemic led to financial worries that could affect their mental health. “A KFF Health Tracking Poll conducted in mid-July 2020 found that, compared to households with no lost income or employment, a higher share of households experiencing income or job loss reported that pandemic-related worry or stress caused them to experience at least one adverse effect on their mental health and well-being, such as difficulty sleeping or eating, increases in alcohol consumption or substance use, and worsening chronic conditions.” (Nirmita Panchal et al., 2021) Throughout the pandemic, many youth people have experienced job or income loss, which has generally affected their mental health. This is due to the fact that the pandemic causes them to not go to work or call work from home (WFH). In addition, companies that are facing financial problems need to fire some employees to minimize their expenses or loss. Thus, youth have no income to cover their expenses and costs of living.

Besides that, youth also lack financial stability. Pandemic has influenced their current emotions economically. Todd Christensen said, “creating a spending plan, prioritizing spending, and using the resources efficiently will always be critical to your financial stability”, youth have no extra money to plan and do other things such as investment and saving. On the other hand, the pandemic somehow encourages people to spend more, especially on ecommerce platforms and mobile apps (Gu et.al., 2021). The Movement Control Order that was imposed which restricted the public from visiting physical stores had led to a significant shift to online shopping and also caused an increase in the frequency of shopping. The rise in spending levels were the response of consumers' way of coping with the pandemic, namely boredom, stress and loneliness. Careless and impulsive spending for the purpose of retail therapy causes inefficient financial management among youth and leads to financial instability. Subsequently, young adults become worried about their finances and if they have enough to feed themselves, mainly the students that are staying at campus or renting outside or the graduates that are still looking for jobs that could impact their mental health.

Concerns over one's health and the health of others.

The Covid-19 pandemic has also developed a paranoia among citizens, including youth. From this reason, adolescents are constantly worrying about their health and the health of others. (Son et.al., 2020). They are always bothered by the possibility of getting infected by Covid-19. On the other hand, they also are also worried about their family's health as their family members may go out to work, thus are at risk of contracting the virus. The risks are infinitely higher when their family members are working as the frontliners such as health care workers because they are always in contact with those who are Covid-19 positive. In addition to that, they could also be worried if they might be carrying the disease and somehow had transmitted the virus to their family members that are of old age, pregnant, have chronic illnesses or are merely children. Aside from that, there are also some people who could be infected with coronavirus but are unwilling to isolate themselves, especially those that travelled by flight and breached the mandatory quarantine, fueling the paranoia. The Pasai Cluster

in Sarawak was one of the clusters that broke out because one of the attendees of a funeral did not abide by the mandatory quarantine policy upon returning to Sarawak from Johor via flight.

Furthermore, the paranoia could also stem from the government's failure in preventing the nation's third wave of Covid that started in September. The third wave occurred due to the state election held in Sabah, Malaysia. The number of cases swelled in other states when those involved in the election returned to Peninsular Malaysia from high-risk areas in Sabah have tested positive (Rahman, 2021) (Hashim et al., 2021). The surge in Covid-19 cases coupled with the political tension caused distrust towards the government, leaving the public in panic with assumptions that the virus is everywhere. Therefore, adolescents are overcome with this overwhelming fear for their family member's health who have to go out for work and are scared that they themselves will get infected as well. The unpredictable nature of the virus feels uncontrollable and prompts excessive and irrational worrying in adolescents.

The Emotional Outcome from Social Isolation

The Malaysian government implemented MCO on 18th of March 2020 to curb the rapidly rising number of Covid-19 cases in the country according to the Tang (2021) in The Star news website. The MCO aims to restrict movements and interactions among people in hopes of breaking the Covid-19 chain and flattening the curve. Citizens were to stay at home during the MCO period and practice social distancing with other people to avoid increasing the number of Covid-19 cases. This also means that the public is prohibited from venturing out unless they are working at essential sectors or to buy necessities, should not organize gatherings as well as meet up with friends and relatives. Undeniably, adolescents also had to stay at home during this pandemic period. However, social distancing comes at a cost. Most young adults that are still studying are unable to go to school and are forced to take online learning classes at home and this may lead to adolescents losing interactions with their friends (Drillinger, 2021). It becomes harder to maintain contact with their friends. Furthermore, young adults also lose interaction with their educational supporters such as teachers or coaches due to the lockdown period. So, they may feel lost and helpless when they have problems regarding the academic aspect. (Molano, 2021). There are also some young adults that were either stranded in the city, in campus and away from their families when the MCO had just begun.

Unable to meet with friends and family, the youth may be consumed with loneliness and loss of social connection. Although they are still able to get in touch with each other, interactions were limited to digital communication like social media, video calls and text messaging. This form of communication feels unnatural and is lacking in social and verbal cues and may result in misunderstandings (Okabe-Miyamoto et al., 2021). It also does little to enhance social connectedness and provide feelings of companionship. With the presence of social relationships and connections, youth are able to balance out their emotions, cope with stress, and stay resilient throughout these stressful times whereas social isolation and loneliness provoke stress and may have negative effects on the body as well as mental health (Naser et al., 2020).

Unconducive and Unsafe Environment at Home

The lockdown or known as MCO imposed on the nation was intended to make sure the public health is safe from the pandemic, but it could also be harmful to some young adults that could not escape the chaos at home. Even if they have a roof over their heads, the living environment could be stressful for youth with everyone trapped at home. For young adults that are attending online classes, the environment at home can be unconducive for learning due to many distractions and disturbances that disrupt the learning process. Creating a positive learning space for these students at home has always been a challenge for online learning, especially for poor households (Rotas & Cahapay, 2020). Distractions like noises or arguments among family members can be detrimental to the students' learning process. Respondents from a study conducted on college students stated that their home is a distractive environment and more suited as a place for relaxation and not for studying (Son et al., 2020). Young adults are also expected to participate in house chores which can impact their learning productivity and academic performance, feeling torn between responsibilities at school and responsibilities at home.

Aside from that, youth that are trapped within the confines of their home could be vulnerable to abuse and family violence. Home is not always the safest place to be as it is usually the place where the violence takes place, out of the public eye and scrutiny (Bradbhury- Jones & Isham, 2020). Social isolation policy has built an environment where victims and aggressors are unable to separate themselves physically, at the same time limiting access to the outside world for help and support (Nikos-Rose, 2021; Usher et al., 2020). The lockdown measures have left these households, young adults included, at a disadvantage and unable to flee their abusive family members. When the quarantine orders were enforced, an increasing number of cases of family violence were reported all around the world. Evidence from the United States, Brazil, Australia and China have shown an increase in violence towards women and children from quarantine measures and isolation. The UK has also observed concerns regarding the increasing family violence (Usher et al., 2020). Factors like job loss, financial problems and economic stress resulting from the pandemic have compounded the risks of adolescents becoming the target of violence and abuse.

Anxiety, Changes in Behaviour, Depressive and Suicidal Thoughts In Youth

The repercussions of the pandemic and lockdown measures that are discussed above eventually led to anxiety, depression, and thoughts of suicide among many young adults. Excessive worrying about getting infected or if their close ones would get infected may trigger anxiety. In the process of adapting to the new norm, they might unconsciously develop compulsive behaviours such as repeated washing and sanitising as their coping mechanism. Due to social isolation, being separated from their families, as well as the uncertainty of being reunited with them, the perpetual loneliness that haunts them causes the youth to exhibit signs of anxiety and depression such as having negative thoughts, changes in sleeping patterns as well as eating habits and feelings of hopelessness. (Scripps, 2021). Stress and anxiety build up when adolescents are unable to concentrate in their studies, affecting their academic performance. Adolescents

would also be scarred and traumatised from the abuse and violence they had to witness or experience at home and may resort to self-harm, alcohol or substance abuse.

A study conducted by the University of Malaya observed a consistent increase in the prevalence of stress, anxiety and depressive symptoms across several movement control orders (MCO) that have been implemented in Malaysia. In this study, the 18-25-year-old group and the 26-45-year-old group, reported more symptoms of anxiety, depression and stress as compared to other age groups in the study. The 18-25-year-old respondents were mostly college or university students. From the study, several major reasons given by the students that were experiencing heightened psychological distress include economic effects, changes in academic activities, difficulties in adapting to online learning and uncertainty regarding their academics and future careers (Wong et al., 2021). Other population-based surveys that have been conducted have also revealed that students report a higher prevalence of depression, anxiety and stress symptoms. Studies carried out on students throughout the world, including in Malaysia, have shown that the pandemic has put a strain on their mental health.

In addition, depression is a disabling illness that increases the risk of suicide. Based on Boston University's research published in the medical journal The Lancet Regional Health, depression rates have tripled during the first year of the pandemic. According to the American Psychological Association, depression is often described with symptoms like having little interest and pleasure in daily activities, sleep problems, low energy levels, difficulty in concentrating, feelings of worthlessness, and recurrent thoughts of death or suicide. “Suicidal behaviour has been projected to increase globally as a sequela of the anticipated mental health crisis stemming from the COVID-19 pandemic.” (Hajar Mohd Salleh Sahimi al et., 2021) “Police noted three main reasons for suicides, including troubled family relationships, emotional pressure and financial constraints.” (Idrus, 2021). Malaysia has observed a rise in suicide cases and attempts during the COVID-19 pandemic, reporting 451 suicide cases in the first five months of 2021 (Idrus, 2021). Unsurprisingly, there has also been a surge in the number of calls received by emotional support hotline services in the country. In between January to July of 2020, 40% of callers had expressed suicidal thoughts, compared to 34% in the previous year. According to the Ministry of Health, a total number of 465 suicide attempt cases were treated in Ministry of Health hospitals in the first half of 2020. From the start of the MCO, which is in mid-March up to 30th October 2020, 266 people have died by suicide, which is equivalent to around 30 suicides per month. Around 1 in 4 of these preventable deaths were adolescents (Chua & Mogan, 2021).

How The Youth Have Been Coping So Far During the Pandemic

Young adults have found some ways and solutions that help them cope with the anxiety, depression and suicidal thoughts they have been experiencing. From the study conducted on college students, most respondents cope with the pandemic repercussions by managing themselves, their lives and their time. The students had used positive and negative coping methods, the positive coping methods being meditation, exercising and keeping to routines whereas the negative being ignoring news related to pandemic, distracting themselves with other tasks, and smoking or drinking (Son et al., 2020).

They also indulge themselves in hobbies that are relaxing such as journaling, listening to music, playing with pets and many more (Son et al., 2020). Aside from that, one third of the participants from the study also stated that seeking support from others has also helped alleviate the stress and anxiety they had been feeling during the pandemic like their friends and family members (Son et al., 2020).

Measures to Overcome Mental Health Issues Among Youth

Various preventive measures can be implemented in response to the mental health crisis in young adults. School and academic institution authorities can organise skill-building workshops, advocacy campaigns as well as violent-prevention programs either online or physically which are beneficial in promoting good mental health and well-being among youth (Sokolovic, 2021). Youth would be equipped with skills that enable them to overcome and react to stressful events in a positive way. Some of the aspects that these activities emphasise on are resilience, mental health literacy, socio-emotional skills and many more (Sokolovic, 2021). Counseling centres can host virtual discussion groups where students can talk about what is happening and express how they feel instead of bottling up their feelings and problems. These sessions may help them realise that keeping physical distance does not necessarily mean losing social contact. It has provided opportunities for students to foster social connections via online study groups or online learning partners and encourage youth to maintain friendships and stay in touch with classmates. Teachers, lecturers and professors may also be available to encourage and support their students virtually.

Clinicians should screen for social determinants of health, namely food insecurity and housing stability, especially for families who may be impacted disproportionately by Covid-19 (Jenco, 2020). Assessment of suicide risks and aggressive behaviours and development of strategies for risk reduction and safety planning in the context of stay-at-home policies are important components in the role of psychiatrists and other mental health professionals in providing care to individual children and adolescents during this crisis (Rousseau & Miconi, 2020). Inquiries on the well-being of parents and caregivers are also important as they could affect their ability to support and care for their child. Clinicians should be alert for signs of abuse and provide support and resources for families and refer concerns of maltreatment to child protective agencies (Jenco, 2020). Thus, governments should allocate more fundings for these groups, organisations, and health sectors that advocate for mental health, particularly for youth. Governments should also invest in building facilities and online resources where youth could easily and conveniently access these support services like telehealth or telepsychiatry.

Parents and caretakers play the most crucial role in nurturing and caring for their children's mental health. As a parent, they should be attentive to changes in their behaviour and habits and also acknowledge that their child's behaviour may be a way of expressing emotional distress, especially during the pandemic period. Parents ought to make an effort to listen and understand the struggles adolescents are undergoing and engage in these conversations proactively as communication is key in solving any issues. Parents and caretakers can be educated about age-appropriate communication around what is happening, ways to access social support, and how to re-establish a sense

of security, safety and normalcy through routines, physical exercise and learning (Rousseau & Miconi, 2020). Available guidelines on how to speak about the pandemic in ways appropriate to the child's age and developmental level can be recommended to parents. Support and guidance may be needed for vulnerable families and parents that are grappling with anxiety and stress to apply these guidelines in a reassuring manner (Rousseau & Miconi, 2020).

It is also undoubtedly important to start discussions on mental health in order to eradicate the stigma that surrounds the subject. The stigma is what has been deterring those suffering from mental disorders to seek the help they really need. Educational, anti-stigma programmes and shows in the media are helpful in raising mental health awareness among the general public and normalise discussions on mental health which will eventually prompt those experiencing depression, anxiety, thoughts of suicide to reach out for help. The community's support and empathy during this time can help protect adolescents' mental health and reduce their risk of suicide.

Conclusion

The COVID-19 pandemic has brought about many global crises, but one that is overlooked is the mental health crisis, especially among young people. Burdensome measures such as lockdown, quarantine and stay-at-home orders have been distressing the youth mentally. Along the way, this paper discusses the effects of the pandemic on youth's mental health based on literature review and past research. Young people are inherently vulnerable to mental health problems, even more so during this challenging time. Their perceptions of the future have also been negatively affected, especially for young adults who are struggling to find work. They have also lost their jobs or income, which generally affected their mental health. As the pandemic continues, innovative approaches can be explored to increase access to mental health services, as well as promote mental health and resilience, such as maintaining social bonds despite isolation and renewing social relationships during the recovery period can be explored. Likewise, increased support for children, young people and families experiencing disproportionate impacts, as well as the implementation of general precautions, can reduce long-term effects on mental health among youth. Despite the great hardships, many adolescents have found ways to face new challenges and deal with their emotions. Governments and authorities should not turn a blind eye and start addressing the detrimental effects of the COVID-19 pandemic on youth's mental health anymore. It is time for them to prioritise initiatives that help protect the youth's mental health in these unprecedented times.

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41 Youth Health: A Priceless Wealth

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Abstract

The youth can be considered the most critical yet exciting transitional stage in the lifespan development of humankind since various unknown challenges and significant life events await to be explored by the young adults. Big decisions needed to be made, and heavy responsibilities needed to be carried by them. Not only are family and job responsibilities required to be taken over, but young adults also undertake efforts to lead the planet towards a sustainable future. The health status is highly vital to fulfilling their potential as future leaders. More young adults nowadays are exposed to several health issues that may interfere with their daily life once it gets severe. Backing up with inadequate participation in looking after their health, the situation could get worse beyond our expectations. Some youth health issues, factors influencing young adults' health issues, and strategies to combat those issues will be discussed.
Keywords: Youth, Young adults, Health issues, Factors, Strategies, Health care.

Introduction

In the past few years, young adults have failed to break through bad habits of taking their health for granted. Countless work checklists and personal life goals constantly replenish young adults' daily lives. Hence, quality health care is found to be less prioritized among the youth. However, this phenomenon does not last long once the Covid-19 pandemic joins the room recently. A recent survey towards millennials by Deloitte revealed that health care has become millennials' greatest concern due to the emergence of the Covid-19 virus since 2019 (Deloitte Touche Tohmatsu Limited, 2021). Up to now, this virus remains in charge of dominating most regions of the world. Situations became worse this year since the dominance of the fast-spreading Delta variant of Covid-19 has been detected in 187 countries worldwide (Kavya & Roshan Abraham, 2021). As a result, cases of infections skyrocketed rapidly in those countries and yet continue to expand globally.

Lesson learned as more young adults begin to recognize the importance of investing in their health before it is too late. Acquiring physical and mental health care is the major key to creating, unlocking, and paving their way towards full potential and endless possibilities. Moreover, a strong sense of identity can be well-established among those young adults who possess good mental health (Ministry of Health, 2002). As part of the holistic concept of wellbeing, physical and mental health are inseparable in fostering young adults as well-adjusted members of society. The youth population should be appreciated, and their health development should be aware of since the population aged 15 to 64 一 which included the youth, comprised the most (65.1%) of the world's total population in 2021 (United Nations Population Fund, n.d.).

However, young adults' health conditions and development are still being left out

by the government and even youth. So do the health communities that respond slowly to young adults' needs in terms of health. Early pregnancy and childbirth, obesity, mental health, and substance use such as alcohol and drugs are amongst the foremost young adults' health issues that capture society's attention as it has worsened in recent years (World Health Organization, 2021). For instance, one out of three young adults in Malaysia has dealt with obesity since 2018 (Kasirye & Wahid, 2020). In this chapter, those four main health issues will be elaborated, followed up with various factors that contribute to youth health issues and promising strategies to address health issues, encourage initiatives from government and health communities, and participate from the youth in investing their health.

Health Issues

The upsurge in health problems has affected the daily life of young people. The public should be conscious of the health issues as health is more important than wealth. Following are the four main health issues among the youth:

Early pregnancy and childbirth

One of the significant health issues among the youth is early pregnancy and childbirth. Approximately 21 million adolescent girls between the ages of 15 and 19 become pregnant each year in low- and middle-income countries (LMICs) (Sully et al., 2020). Pregnant adolescents in developing countries are more likely to undergo unsafe abortions than adult women (WHO, 2014). According to the WHO (2020b), unsafe abortion is the termination of unintended or unwanted pregnancy by an inexperienced person or in an environment that does not meet the minimum medical standards or both. Darroch et al. (2016) stated that an estimated 3.9 million adolescent girls in the 15-19 age group experience maternal mortality, morbidity, and long-term health problems due to unsafe abortions each year. Infants may face low birth weight and life-threatening neonatal conditions (WHO, 2020).

Early pregnancy and childbirth have severe impacts on adolescent girls, including physical and psychological effects. Their bodies are not well-developed and are more vulnerable to pregnancy and childbirth complications such as anemia, gestational diabetes, and miscarriage (Cafasso, 2016). In India, the leading causes of death among girls aged 15 to 19 are pregnancy and childbirth complications (Patra, 2016). Adolescent mothers may also suffer from preeclampsia, which is a type of pregnancy-related high blood pressure. It may cause liver damage and kidney failure in young mothers (Herndon, 2016). However, adolescent mothers have a higher risk of postpartum depression (PPD) and low self-efficacy in psychological impacts. PPD usually lasts for a few days or even months after giving birth. The symptoms of PPD include sleeping difficulties, changes in appetite, severe fatigue, and mood swings (Bruce, n.d.). If PPD was left untreated, adolescent mothers might have social relationship problems and persistent depression throughout their lifetime (Slomian et al., 2019).

Obesity

Obesity is a common global health issue among the youth. According to the WHO (2021), the definition of obesity is an excessive or abnormal accumulation of body fat. Body Mass Index (BMI) measures an individual's total body fat based on weight and height. A person with a BMI of 30 or more is classified as obese, while a person is considered morbidly obese if his BMI is 40 or higher (Baker, 2021). Based on a study in England, Dr. Michail Katsoulis, the lead author, said that age was the most significant sociodemographic factor contributing to BMI changes (Young Adults at Highest Risk of Weight Gain, 2021). The study showed that 19244 young adults aged 18 to 24 had the highest absolute risk of being obese, which accounted for 37% among all age groups (Katsoulis et al., 2021). Another research conducted in Malaysia revealed that the prevalence of obesity among undergraduate students from five selected universities is 16.3% (Radzi et al., 2019).

Obesity can lead to health complications such as cardiovascular diseases, strokes, type 2 diabetes, low levels of high-density lipoprotein (HDL) cholesterol, high levels of low-density lipoprotein (LDL) cholesterol, and breast cancer (CDC, n.d.). The deterioration in health- related quality of life greatly affects health expenditures. Some severely obese patients need to spend a whopping sum of money on medical treatment, which will increase their financial burden. Moreover, the social impacts of obesity should not be neglected. Weight-related discrimination still exists today, especially among young women. It can occur in the workplace, schools, and healthcare settings (Sherrell, 2021). The public often ridicules obese women because of their unattractive physical appearance and weight (Djalalinia et al., 2015). The likelihood of getting low self-esteem, mood disorder, or interpersonal difficulties is higher when obese women have negative body image on themselves.

Mental health

Mental health issues have risen substantially among the youth. In 2015, the National Health and Morbidity Survey (NHMS) conducted by the Ministry of Health Malaysia reported that young people aged 16 to 19 had the highest prevalence of mental health problems, which accounted for 34.7% (Ministry of Health, 2015). Common mental health disorders include depression, anxiety, eating disorders, and post-traumatic stress disorder (PTSD). Most youngsters develop severe mood changes, insomnia, excessive fear, and an inability to concentrate (Rohini Radhakrishnan, 2021). In the United States, the rate of mental illnesses among young adults aged 18 to 25 rose rapidly from 19.1% to 26.3%, which largely contributed to the overall increase in the rate of mental illnesses (NIHCM, 2020). Therefore, young adults are more susceptible to mental illnesses than the rest of the adult population.

Recent studies have also shown that the Covid-19 pandemic has significantly affected the mental health of young people. The new normal in education has become one of the most significant challenges for students. Since high school and university students need to adapt to the online learning environment, they might feel stressed or fed up with a heavy workload. A study conducted in Malaysia depicted that 67.1% of university students felt stressed during the Covid-19 lockdown due to five primary

reasons, including too many online tasks, weak internet connection, unfamiliarity with the study environment, limited subject resources, and fear of being a Covid-19 victim (Al-Kumaim et al., 2021). Depression and anxiety are important risk factors in youth suicide. Not to mention that suicide cases have increased drastically in recent years. Excessive use of the internet and social media is associated with a higher rate of suicide attempts among the youth. The WHO (2020) states that suicide is the third leading cause of death among older adolescents between 15 and 19 years old.

Substance abuse

Substance abuse is one of the critical global health concerns which frequently occur among the youth. According to the WHO (2021), substance abuse is the illegal use of psychoactive substances, including alcohol and illicit drugs. The most common types of illegal drugs are marijuana, cocaine, and heroin. As far as we are concerned, many young people use drugs to cope with challenges they face during adolescence and young adulthood. Excessive alcohol consumption and drug addiction bring detrimental effects on youth health. Overconsumption of alcohol increases the risk of heart diseases, hypertension, brain and liver damage, and health problems associated with intoxicated behaviours and withdrawal (Rural Health Information Hub, 2021). Binge drinking is a form of alcohol abuse in which people consume a large amount of alcohol within a short period, and it must have happened on at least a day in the previous month (NIAAA, 2021). In the United States, binge drinking often occurs among young adults aged 18 to 34 years (CDC, n.d.). On the contrary, excess intake of drugs affects the physical and mental health of the youth. Drug addiction disrupts the cognitive functions of the brain. For instance, marijuana use impairs the short-term memory, sustained attention, and learning skills of an addict. Drugs can weaken the body's immune system, resulting in low resistance to infectious diseases like HIV and AIDS. Uncontrollable drug use can also increase the risk of suicide, homicide, violence, and unintentional injuries.

Factors That Contribute To Health Issues

We have just discussed the health problems faced by youth. In addition to understanding the health problems mentioned above, we must also profoundly understand what causes these problems to find the best solution to avoid them or reduce them.

Early pregnancy and childbirth

Let's first discuss what factors lead to early pregnancy among youth. The most common is the lack of parental care and supervision. In today's families, both parents work to maintain huge expenses, and such a situation has led to a lack of communication and supervision between parents and children. At this time, young people will do some immoral behaviours such as doing sex with their partners. Apart from that, young people nowadays are more open- minded. They will have sex with their partners before they get married. At this moment, their actions are only for temporary happiness and neglect the necessary safety measures, such as wearing condoms and taking contraceptives (Vincent & Alemu, 2016). Then, the consequence

of this behaviour is that it leads to early pregnancy and not only affects the body of young mothers, but the newborn babies will also suffer from low birth weight, which is less than 2.5 kg (Wan Fadhilah, 2012). In addition, poverty is also one of the factors leading to early pregnancy among youth (Vincent & Alemu, 2016). Most of this situation will often happen in conservative and least developed countries. The people in these countries are practising forced marriage which will force girls at a young age to marry older men to get money. Moreover, lack of education has also become a factor leading to early pregnancy. Young people that do not get a high education will cause them to lack sex knowledge and death among older adolescents between 15 and 19 years old.

Obesity

The most common factor that causes obesity among youth is bad lifestyle habits, including excessive junk food intake. Junk food has many chemical components, high calories, high sugar, and high fat. Junk food is prevalent among young people because it does not take much time to prepare and is convenient to consume. This also leads to the regular consumption of junk food among youth, which leads to obesity over time (Gunnars, 2018). Besides, most of the young people now spend their time playing mobile phones or studying. Prolonged sitting and lack of exercising have slowed down their metabolism, affected digestion, and caused excessive fat to accumulate inside the body, leading to obesity. According to research, the stress of life and lack of sleep can lead to the release of the fat-storing hormone cortisol, which promotes appetite and leads to eating more. In addition, many young people now have the habit of dieting because they think this will succeed in weight loss and are ignorant that such an action will fail to lose weight and lead to obesity. Dieting will cause them to become hungry later, which results in overeating, eventually obesity (Rushlow, 2021). Finally, a result based on scientists' research shows that genes cause obesity because a BMI of 25 to 40 can be inherited. For example, no matter whether the mother or the father is obese, the child will have a higher chance of becoming obese. Genetic inheritance also affects appetite, satiety, and metabolism (Sahoo et al., 2015).

Mental health

Mental health is a topic that needs to be paid attention to and cannot be ignored for young people because it can affect life and cause young people to have suicidal tendencies. According to a study conducted in Malaysia, there is an increasing trend of mental health among youth (Sahril et al., 2021). The first factor that causes the mental health of young people to be in a state of tension must be stress and their stress comes from study, work, financial, and family problems. For example, domestic violence has caused young people to lose care and love and make them feel that they are not worthy of love in this world. The consequence is that youth will have mental problems for a long time. In addition, financial difficulties and problems with friends can also affect the mental state of young people (Whitesell et al., 2013). For instance, they may face living expenses or lose the support of their friends. Over time, they will have mental problems like facing anxiety and low self-esteem. Apart from that, the loss of parents

at an early age can also cause young people to face mental health problems because they grew up without their parents' love.

Substance abuse

The final factor that leads to substance abuse among youth is peer pressure (Alhyas et al., 2015). Young people are easily tempted because they have a strong sense of freshness, or they may be threatened by friends and try drinking alcohol and taking drugs because they are afraid of losing friends. As a result, this has led to substance abuse among young people. Prolonged misuse of substances will not only lead to addiction, health problems but also ruin the future. In addition, youth are unprofessional in the knowledge of drugs and new things do not tempt them. They will think that only trying once will not cause huge problems, but it will be the next time if there is the first time. Apart from that, family factors can also cause young people to become involved in substance abuse (Cheryl, 2020). To make an illustration, in the absence of parental supervision, young people will be too daring to try illegal things they dared not do before.

Strategies To Overcome Health Issues

As mentioned above, a variety of factors contribute to health problems among youth, some of which are truly controllable and manageable. Every issue is particularly important and effective action must be synchronized to resolve the issues.

Early pregnancy and childbirth

According to the WHO, at least 10 million unplanned pregnancies occur each year in underdeveloped countries among adolescent females aged 15 to 19 (WHO, 2020a). As seen, teen pregnancy is a major issue that the entire social society should be aware of it. The study shows that youth should be educated about sex and love as early as possible. Talking about sex with children will not inspire them to engage in sexual activity. Kids require just as much guidance in comprehending how relationships work. According to research, just 64% of girls are aware that they may become pregnant after menarche, and only 60% are aware that penile penetration can lead to pregnancy (Mohmad Iqbal, 2021).

The table below shows how little women understand about pregnancy. However, when it comes to early pregnancy and childbirth, most people blame the feminine for not adequately safeguarding herself. This is a misleading stereotype. Meanwhile, males should be educated about early pregnancy and the need to take personal responsibility. The influence of education on both parties will be more substantial in preventing early pregnancy and childbirth issues from getting worse. Youth who have only recently opened the wider world need more guidance and assistance from all parties to choose the appropriate life path.

S. No.	Questions	Overall (Correct Responses) (n = 326)	Boys (Correct Responses) (n = 155)	Girls (Correct Responses) (n = 171)	*P* Value
1	Females who reach menarche (have menses) can become pregnant after having sex.	65% (n = 211)	66% (n = 102)	64% (n = 109)	>.05
2	Pregnancy can occur if there is penetration of vagina by penis.	68% (n = 221)	76% (n = 118)	60% (n = 103)	>.05
3	For pregnancy to occur, ovum should be fertilized by sperm.	64% (n = 209)	72% (n = 111)	57% (n = 98)	>.05
4	One may become pregnant even after 1 act of sexual intercourse.	65% (n = 213)	68% (n = 106)	63% (n = 107)	>.05
5	Pregnancy does not occur after having sexual intercourse with only 1 partner.	83% (n = 270)	80% (n = 124)	85% (n = 146)	>.05
6	Sexual intercourse before marriage can never lead to pregnancy.	83% (n = 272)	85% (n = 131)	82% (n = 141)	>.05
7	Pregnancy can be prevented by using condoms.	62% (n = 203)	69% (n = 107)	56% (n = 96)	>.05
8	Having no sex is the best method to prevent pregnancy.	80% (n = 261)	79% (n = 123)	81% (n = 138)	>.05
9	One can get pregnant by kissing.	87% (n = 284)	84% (n = 130)	90% (n = 154)	>.05
10	Abortion done by a quack or an unauthorized person is illegal.	62% (n = 202)	56% (n = 87)	67% (n = 115)	>.05
11	Illegal abortion may be responsible for infection.	64% (n = 209)	61% (n = 94)	67% (n = 115)	>.05
12	Illegal abortion can cause severe bleeding.	57% (n = 187)	53% (n = 82)	61% (n = 105)	>.05
13	Illegal abortion can cause mother's death.	59% (n = 191)	57% (n = 89)	60% (n = 102)	>.05

Table: Knowledge Regarding Pregnancy and Abortion (Mohmad Iqbal, 2021)

Obesity

Obesity can be considered to have affected people at all stages of their lives. As a result, people must be aware of the implications and take steps to avert them, especially among the youth, who will be our future leaders. As is well known, lifestyle issues are at the root of most obesity cases. As a result, youth should live healthy lifestyles. The key three practices to a healthy lifestyle are sufficient physical exercise, healthy nutrition, and obtaining enough sleep. What causes do young people believe help in motivating them to engage in physical activity? According to research, parental support was vital for creating incentives for physical exercise, encouragement, and financial assistance for young women (Rees et al., 2006). Meanwhile, social support from friends helped try out new activities (Rees et al., 2006). Three days of physical activity per week are recommended for youth to maintain muscle and bone strength. As a result, the body metabolism level will improve, assisting in the burning of body fat and preventing obesity.

Mental Health

"With Teen Suicides on the Rise, Tucson Educators Struggle to Prioritize Mental Health," a December article in an Arizona newspaper, reported a 67 percent rise in teen suicides in 2020 compared to 2019 (Rettew, 2021). This indicates that mental health difficulties increase the number of teenagers who commit suicide, particularly during the Covid-19 pandemic. People are more worried about physical health issues and somewhat concerned about mental health issues. As a result, to take care of mental health, close relatives such as parents, friends, or cousins should always show concern

for one another and speak out about their problems. Positive words from a close relative will provide you with a feeling of comfort and relieve your distress. In addition, schools or even other public bodies should raise awareness as well. If institutes track health symptoms, which they almost always do, they should also track emotional health (Copeland et al., 2021). If they have detailed guidelines for supporting physical health, they should have corresponding guidelines for supporting mental health (Copeland et al., 2021).

Substance abuse

Youth are more likely to start taking illegal substances due to peer pressure from their peer group. As a result, parents should begin teaching their children how to choose their companions while they are young. Parents should continually develop children's ability to make their own considerations and decisions to be more sensible and realize the consequences of their actions. Research shows that parents who interact openly with their children and include them in conversation, the children are less likely to use drugs or alcohol (Bireda & Pillay, 2018). Parents play an essential role in their children's healthy development, according to this research, since they express their feelings and ideas about substance use as well as expectations for proper behavior directly to their children (Bireda & Pillay, 2018). Hence, parent-child communication, parents' guidance and education are imperative in addressing substance abuse.

Conclusion

Healthy young adults gain broader opportunities for tapping into their undiscovered skills. Early pregnancy and childbirth, obesity, mental health, alcohol, and drug use by young adults should be paid attention to and addressed. Lack of parental care, supervision, and education, bad lifestyle habits, genetic inheritance, numerous hardships around youth's surroundings that trigger tension, and peer pressure are factors that the whole society should acknowledge to address youth health issues. Revaluating the ongoing and new strategy for coping with young adults' health issues is much required to increase successful attempts in addressing the youth health issues. All members of policymakers and international bodies are encouraged to work together in constructing more effective policies and practice towards young adults' health provision. On the other hand, they could also work jointly with young adults to stimulate the growing realization of health as a priceless wealth that is worth investing by young adults themselves, in addition to motivating action of young adults nowadays in practising quality health care.

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42 Youth Mental Health During Covid-19 Pandemic: The Challenges and Its Effect

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Abstract

Mental health is no longer a taboo subject especially during this COVID-19 pandemic era. Many of us are affected due to new norms that has been implemented by government to curb this virus from spreading and worsen. But somehow, some people are unable to cope with these new norm and youth are one of them. In this pandemic era, lots of challenges that they need to face and to some extent it will also affect their mental health due to unable to control their stress level. When this thing happens, for sure there are some effects that they need to deal with. One of the literature reviews find out that there is increase in statistic of depression and suicide cases because of COVID-19 towards youth. Due to that, this paper will explain more on the challenges and the effect of Covid-19 pandemic towards youth mental health.

Keywords: COVID-19, Youth, Mental Health, Challenges, Effect.

Introduction

Two years have passed since COVID-19 was announced as a pandemic. Many things had happened between these two years, either the good or the bad one. Unfortunately, this pandemic has brought many harmful effects to people and the world itself. If we see positively, this pandemic had brought people together because of the Movement Control Order (MCO) that had been imposed by the government. Families that have little time to spend time with their families can use this opportunity to bond among them. Nevertheless, Covid-19 had brought many changes either from the economy or social. This can be seen where many shops, restaurants, and schools need to be closed, which may lead to the worst scenario, mental health. Due to this situation, people need to end their business, and students need to do online learning. They need to sit at home without knowing how the new norms can affect their daily life, and all of this will contribute to their mental health without them realizing it.

According to World Health Organization (WHO, 2018), mental health can be defined as a degree of well-being in which a person recognizes his or her potential, can cope with daily stressors, works productively, and contributes to his or her community. Recently, Tan Sri Dr. Noor Hisham Abdullah, Director General of Health Malaysia said in Berita Harian (2021) social is one of the factors of extreme stress such as loss of job or income, loss of family support and friends will impact some people at high risk of mental health problems, including depression. He also mentioned that if depression cannot be identified and well-treated, it will be at risk for suicidal behavior, including suicidal ideation, suicidal plan, and suicidal attempt. Furthermore, according to Polis Diraja Malaysia (PDRM) in Berita Harian (2021), 638 suicides were reported, which

has increased to 143% or 1.4 times more compared to 2020.

The quick study amplified the voices of 8,444 teenagers and young people in the region, ranging from 13 to 29, in nine nations and territories (UNICEF, 2020). The report shows the feelings they faced in the first months of the pandemic. 27% of young women reported feeling anxiety, and 15% have depression, and the main reason that influences their current state is the economic situation. On top of that, this pandemic led to 46% of young people having left motivation to do activities that they enjoyed — for instance, a suicidal case reported by Kosmo Online (2020) is taking place at Indonesia involving teenagers. According to the paper, this attempt happens to the teenager due to poor internet coverage and the inability to absorb or adapt using a new learning method which is online distance learning (ODL). This learning method is quite tough for some students to adapt to since they need to strive more to succeed in their studies than the face-to-face learning method. Due to that, we will further discuss the effect and challenges of the COVID-19 pandemic on youth mental health in the next section.

Challenges Towards Youth Mental Health during COVID-19 Pandemic

New Learning Methods (home-based learning)

The changes in the education system, especially the online learning process, are drastic with most educational institutes still not having the infrastructure and availability of academics or students to fully transition to this new norm. Previously, the learning process had to be physically implemented; however, due to the rise of the COVID-19 epidemic, the learning process had to be switched to online home-based learning methods or other appropriate ways. The implementation of this new concept of learning changes the paradigm of how students and lecturers interact and relate in seeking knowledge in the school. It also creates new practices in the daily routine of students throughout their online studies.

Students' Mental Health and Motivation During COVID-19 Pandemic Online Learning

According to the United Nations Educational, Scientific, and Cultural Organization, or UNESCO, the COVID-19 epidemic has disturbed the learning process of almost one billion adolescents in 129 nations throughout the world (UNESCO, 2020). Many students have been blown away by the process of learning this new manner, which has resulted in several of the psychological issues such as stress, anxiety, alexithymia, emotional disturbances, and depression. Furthermore, there are various other factors that are detected in putting pressure on students such as interruption in obtaining a stable internet access, limited usage of internet quotas, and financial constraints to provide suitable devices for online learning. Coupled with external factors such as a home environment that is not conducive to concentrating on online learning and assignments, as well as a lack of family members to play a part and provide support throughout the duration of online learning, the affected students experience increased stress. This epidemic may also have an impact on student motivation. Various learning challenges must be confronted independently without guidance from the

school or institution, adding to the current difficulties and decreasing motivation in seeking knowledge.

Postponement of Graduation and Employment

In the face of the news of the epidemic, they are very worried and afraid. They excessively worry about their own health and their family members. Once they feel uncomfortable, they will associate with COVID-19. It is worried that the postponement of school term and online teaching may affect normal study and even lead to the postponement of graduation and employment. The unreasonable arrangement of courses and the amount of after-school homework during online courses also increase the pressure of teenagers (Wang, 2021). According to the survey over two thirds of young people confess that they face employment-related challenge with the risks of a ‘lockdown generation' all too real. According to ILO (International Labour Organization) studies, almost one out of every six young people has ceased working since the pandemic began and those who is continue work are working less hours than usual. On top of that, in educational field they had to delay their studies or shift to online learning without intention. Disruption to work and school has reduced the youth's prospective career chances and future wages, and this circumstance has contributed to their mental health issues since they will continue to be concerned about their future (International Cooperative Alliance, 2021).

Adolescent Psychology Was Affected

During this period, the mood of teenagers was tested. A survey in 2019 showed that in the United States, the incidence of children's mental health disorders has been increasing for decades. More than one tenth of teenagers are facing mental health problems, and half of millions of children suffering from mental diseases have not received professional treatment; On the other hand, health problems directly related to COVID-19 should not be underestimated. According to the Research Report of the United Nations Children's Fund on Latin America and the Caribbean, the psychological state of teenagers in the epidemic is worrying, which is specifically manifested in anxiety and depression, loss of interest in participating in activities once keen and even daily affairs. More than 30% of the respondents are pessimistic about the future, while three-quarters of the respondents say they need help such as spiritual counseling (UNICEF,2020). In health insurance claims in the United States, the number of patients aged 13 to 18 increased significantly after the outbreak of the epidemic in 2002, with frequent occurrence of a variety of diseases, including severe depression, suicidal and self-mutilation tendency, drug abuse, obsessivecompulsive disorder and hyperactivity disorder. A survey also pointed out that in Canada, 70% of children's mental health deteriorated during the first ban against the epidemic.

Rises in Domestic Violence and Abuse Cases

Recently, many cases regarding domestic violence and abuse had increase. This all starts when Covid-19 pandemic had come. People forced to stay at home to avoid getting infected and reduces the case. For people who have a happy family will not see

this as a problem. Nevertheless, families who have trouble family does not have the same privileged because women and children who live with domestic violence have no escape from their abusers during the quarantine. According to the reported case domestic violence in Hubei, there is increasing more than threefold in one country alone during the lockdown in February from 47 last year to 162 this year and 90% causes of violence are related from COVID-19 (Graham-Harrison et al., 2020). Because of this pandemic many families have lost their job and at the same time they need to stay at home, and due to that children will be victimized to vent their anger. On top of that, most of the children need to witness their family fighting and witness their mom being abused. All these things will be contributed to children's mental health development.

Effects Towards Youth Mental Health during COVID-19 Pandemic

New Learning Methods (home-based learning)

Unable to carry out offline social activities, it is easy to lead to adolescents' personality withdrawn and alienated; In addition, due to the special factors of "online courses", teenagers are too addicted to online social networking, too dependent on electronic media, their attention and concentration in learning are transferred, and they are too addicted to online videos or online games, which affect their study and sleep. As a result, students will struggle to achieve the required level of mastery in each subject.

Students' Mental Health and Motivation During COVID-19 Pandemic Online Learning

This happens when these students are unable to move actively because of lockdown orders and spend a significant amount of time in the room and in bed. Students who are preparing for tests are also unable to engage in activities that might help them cope with stress during the exam season, which leads to an increase in symptoms of depression. Previously, students could study in groups to exchange information about poorly understood subjects, but currently they must deal with the matter on their own in their own houses. Although social media may be used to communicate, it is not the same as speaking face to face. Anxiety about infecting other family members also prevented these students from leaving the house or spending lengthy periods of time outside, despite their desire to interact with their peers. Among the learning factors that generate stress are students' inability to understand what the lecturer has taught them and their fatigue after the lesson. In managing time, students are stressed out since they have to divide their time between several of the academic tasks and homework since they must study online. In terms of selfmanagement, they are able to regulate themselves despite the difficulties of adapting to new norms.

Postponement of Graduation and Employment

In 2020, graduate volumes have been reduced everywhere by which many employers make a decision to delay the number of graduate students that they are recruiting. As a result, the aggregate number of jobs in the official graduate labour market has decreased in all 21 countries that took part in the study. Furthermore, this issue will not recover straight away since in the next year 15 countries had expected for

the numbers of graduates recruited will be decline. Canada, South Africa, and New Zealand as the only country to be expect the market will stabilize while Belgium, Poland and the UAE is the more anticipate growth (Institute of Student Employers, 2020). On the other hand, a survey had been conducted at United States, which contributed approximately 1500 students at one of the largest public institutions in United States to identify the impact COVID-19 to students. The results show that 13% of students had delay graduation, 40% have lost their job, job offer or internship whilst 29% expect to earn less at the age 35 (Aucejo et al., 2020).

This problem will affect their mental health, such as depression or panic anxiety. Which by, they become too worried about their future plan is not going as they plan since they need to delay studies and graduation. The fear of become a ‘lost generation' and need to graduate at the age where they supposed to get a job will make them excessively stress.

Adolescent Psychology Was Affected

The change that can directly affect teenagers is the change of teaching methods. Campus closure, uneven quality of distance teaching, restrictions on hardware and software facilities, and consideration of sharing economic pressure for families may make school-age teenagers face the risk of academic interruption, and the resulting increased educational inequality indicates potential problems such as economic inequality, which will increase the mental pressure borne by teenagers. In addition, the centralized and unified epidemic prevention policy leads to that students' wishes are often ignored in the decision-making on campus opening and academic arrangement, which may increase teenagers' sense of isolation. Moreover, due to the loss of important social contact carriers such as classroom and campus, and the restriction of travel and gathering by Ban measures, teenagers have to face social interruption, which makes them more likely to feel "social isolation" with high demand for collective activities. Communicating with peers and participating in collective activities that can be regarded as "milestones" of growth are very important in the process of teenagers gradually moving towards independence. The lack of such a sense of participation and ritual will inevitably have a negative impact on it. It has caused psychological panic and anxiety among teenagers: in the face of the news ravaged by the epidemic.

Rises in Domestic Violence and Abuse Cases

An increase cases in domestic violence and abuse during COVID-19 has led to children mental health development. Most of them had been traumatized when they are being a witness and being a victim to domestic violence almost every single day. The children will tend to be quiet and like to be alone. Neurobiological studies also have revealed the effect of chronic stress due to an abusive child. There is also a potential to them to have a long-term consequence such as may cause damage to the nervous, endocrine, circulatory, musculo-skeletal, reproductive, respiratory, and immune systems. The child also has a high risk to get infected with health diseases such as heart disease, cancer, lung infection, obesity, high blood pressure, and high cholesterol (Isa, 2019).

Conclusion

COVID-19 have given a big impact to people around the globe in which everyone was affected with this new virus. In this research it can be seen that how COVID-19 has impacted everyone especially the youth where they were very affected in these two years. They need to go through many challenges and for sure each of the challenges will affect them especially in the terms of mental health. We could see that the youth are really struggling in their studies during the implementation of new teaching method which is online distance learning (ODL). They need to cope with their studies and at the same time they need to help their parents with the house chores. If they fail to keep it balance, it will lead to stress, and the worst part is they might encounter depression. On top of that, for those who almost complete their studies, they also having problems in secure job so that they will have a stable income. All in all, we need to play our part in highlighting this issue to other people so that they are aware on how serious this issue will be if they failed to overcome it.

To summarise, the COVID-19 pandemic is indeed putting pressure on all parties and is capable of causing concern; in fact, the number of infections and deaths continues to rise worldwide. It is very important to improve mental and emotional health among students who need to be given awareness in society. Prevention is better than cure. As a result, one of the most effective preventive measures is to raise students' awareness of the importance of developing inner strength in order to encourage the formation of positive emotions and thoughts, as well as the development of more friendly and harmonious social relationships. As a consequence, all parties must work together to address this worsening mental health issue while maintaining physical health from being infected by this epidemic.

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43 Unhealthy Lifestyles Among Youth: Factors and Negative Impacts on Mental and Physical

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Abstract

Youth are more solution-oriented than other age groups, especially when it comes to education and employment. Nowadays, modern life is full of frustrations and demands on the youth. They spend too much in success life leading to an unhealthy lifestyle. An unhealthy lifestyle is explained as a lifestyle when a person takes part in activities that are detrimental to mental and physical health. Youth repeatedly skip meals, smoke, and do not keep going with a healthy weight. In addition, we are closed to thousands of chemicals every day. Youth prefer burgers, fries, and junk food for their meals. An unhealthy lifestyle is influenced by lack of physical activities, unhealthy diet behavior, drug abuse, staying in a high-stress environment, unhealthy habits, and insufficient sleep. These factors will have a detrimental effect on mental and physical. People with consequential mental health conditions are at dangerous risk of encountering chronic physical conditions.

Keywords: Youth, Unhealthy lifestyles, Factors, Impacts

Introduction

Lifestyle is a routine of individuals. Lifestyle is a way of life adopted by individuals, groups, and nations that are shaped by geographical, economic, political, cultural, and religious contexts (Farhud, 2015). Lifestyle refers to the population of a domain at a specific time and place. It surrounds the everyday habits and purpose of individuals in terms of work, activities, and diet. In current decades, investigators have become more concerned about lifestyle as a main determinant of fitness. According to World Health Organization, about 60% of people's health and standard of life are related to lifestyle (Ziglio et al., 2004). Millions of people follow an unhealthy lifestyle. Thus, this situation will lead them to encounter illness, disability, and even death (Farhud, 2015). Issues such as metabolic diseases, cardiovascular, and obesity can be affected by an unhealthy lifestyle.

Nowadays, everyone's life has changed a lot, especially the youth. Today's youth give on to more education and community pressure since there are many assumptions and complications when they have to make school projects. Living conditions and standards of the present day, youth have been exchanged too fast during former decades. Today's youth surroundings vary in many methods from the past. For example, nutritional deficiencies, unhealthy diet, smoking, drink consumption, and pressure are examples of unhealthy lifestyles that are widely practised as the main form of their lifestyle. Moreover, the lives of citizens are faced with new challenges. For example, emerging new IT technologies, such as smartphones, the internet, and virtual communication networks, were leading our world with a high dilemma that threatens individuals' physical and mental health. The challenges are the overuse and misuse of

the technology (Farhud, 2015). In short, there are several factors that cause the youth to implement an unhealthy lifestyle, and these factors also will have a detrimental effect on their mental and physical health.

Factor And Effect

1.0 Not Enough Exercise

Physical activity in youth is very important. Regular physical activity is essential for mental and physical health. Positive exercise habits formed in childhood are usually maintained in adulthood, helping to reduce death and disease in the future. Developing and teaching the importance of exercise through education is of great value to youth.

However, most youths around the world do not exercise enough on a daily basis to be healthy. Youth have learned to scroll quickly and type using only their thumbs with the explosion of smartphones. The rest of their bodies are woefully inactive. Computers, televisions, and smartphones encourage an inactive behaviour. Sitting in front of a screen for hours every day is part of the normal daily routine of youths. Online apps like Facebook, Instagram, YouTube, and Tic Tok are replacing their daily exercise.

Youths frequently lack the inspiration and aspiration to exercise. Whether a youth is obese or unaware of their physical potentials, they might feel less to exercise. Some young people are embarrassed to play the sport in public. Lack of access makes it difficult for them to do physical activities commonly. For example, they need to prepare exercise instructors, sports members, and areas to participate in physical activity. Young people who are still studying at university or university always give the excuse that they do not have time for sports. Their daily activities are filled with school projects and assignments. Those who have just graduated are busy with their achievements. For example, they are busy with work life, which is full of social and environmental challenges. They also have to work late into the night and sit in the air-conditioned rooms to complete the tasks within the stipulated time. This leaves them no room for exercise.

2.0 Unhealthy Diet Behaviour

Besides that, the factor that causes the youth to adopt an unhealthy lifestyle is unhealthy diet behaviour. Unhealthy diet behaviour is an action that the people who prefer to eat or drink the food and beverage that contains high in calories, sugar, fat, and salt, low intake of fruits and vegetables, and excessive intake of nutrients and calories that they need in their daily life. An unhealthy diet also is a primary public health concern among youth around the world. According to the World Heart Federation 2017, unhealthy diets have been related to four of the world's top 10 main causes of death. However, the flourishing of ICT, shopping malls, food delivery services, and fast-food restaurants, such as Pizza Hut, Macdonald's, and Marrybrown, have changed most people's lifestyles and generated an alarming situation for youth to practice unhealthy diet habits (Ganasegeran et al., 2012; Elias et al., 2020). For example, one of the common foods that most of the youth will choose is fast food, such as hamburgers, french fries, soft drinks, pizza, and so on. Fast food is more attractive and often selected

by youth is because it is very tasty, quick to be served, affordable, and convenient (Elias et al., 2020). Thus, this situation will make fast food become the best choice among youth, especially when they have limited time for meals or they are busy with their work and study (Chowdhury et al., 2018). Next, most of the youth also often failed to reach the suggested intakes for vegetables and fruits (Moy et al., 2009; Ganasegeran et al., 2012; Rezali et al., 2012). Consequently, if the youth continue to choose to intake and consume a large amount of food that is high in calories, sugar, and fat, and intake less amount of fruits and vegetables in a long period, it will cause some adverse effects on their health. For example, the individual will be overweight, have high blood pressure, heart attack, diabetes, obesity, digestive problems, and metabolic syndrome (World Heart Federation,2017; Elias et al., 2020).

Besides that, most of the youth also have experience in meal skipping. Meal skipping can be defined as the omission of one or more of the traditional main meals during a day, such as breakfast, lunch, and dinner (Pendergast et al., 2016). According to the National Health and Morbidity Survey (NHMS) 2017, in 2017, approximately seven out of ten Malaysian youths skipped their breakfast regularly and followed by lunch and dinner. Thus, we can see that breakfast is the meal that is most often ignored by youth. The reason given by youth for skipping breakfast is because of lack of time to eat, lack of time to prepare breakfast, no appetite or dislike eating early in the morning, and oversleeping (Moy et al., 2009; National Health and Morbidity Survey (NHMS), 2017). Furthermore, some of the youth also plan to skip breakfast as a weight-loss strategy. For instance, according to the research conducted by Shaw (1998) which showed that youth, especially females are more likely to skip breakfast in their daily life compared with males. This is because females are highly concerned and pay more attention to their body shape and weight; thus, they are more likely to restrain their eating behaviour and skip breakfast in order to control their body weight (Shaw ME, 1998; Westenhoefer, 2005). However, skipping meals will have some negative impacts on our health. For example, the person who is skipping meals can lower their body blood sugar level, which can cause them to become more tired, moody, and have less energy in their daily life (Reliford, 2018). Besides that, skipping meals can also slow the metabolism of the body, reducing the body's ability to burn calories and thus increasing the probability of being obese (Tatahealth, n.d.).

3.0 Drug Abuse

Furthermore, drug abuse is also one of the factors that cause the youth to adopt unhealthy lifestyles. Drug abuse, as known as substance abuse, refers to an action that people misuse use of dangerous and harmful chemicals such as cocaine, alcohol, and other illicit drugs in larger amounts, in the wrong way, or for a long period in order to obtain a pleasurable effect on their mind especially when they feel stressed or desperate on their life (Mandal, 2021). Drug abuse is also one of the critical public health issues and fastest-growing problems among youth around the world. Nevertheless, the total number of drug users in the world, including young people, is still gradually rising every year.

Unfortunately, Malaysia is also not excluded from this phenomenon. According to

the United Nations Drug Control Programme (UNDCP), from the total population of 28.3 million Malaysians, approximately 1.2 million (4.24%) of Malaysians are drug addicts. This situation caused Malaysia to be located in the fifth rank among the Southeast Asian nations regarding drug addicts (Asbah & Zainal, 2016). However, most of the drug cases in Malaysia are mainly dominated by youth aged between 19 to 39-year-old. According to the Malaysia Country Report on Drug Issues 2019, youth aged 19 to 39-year-old have dominated about 72.9% (18,417) from the total of 25,267 drug addicts that have been reported at the end of 2018. Similarly, this situation also occurs in 2020, in which young people accounted for approximately 73.09% (15,087) of a total of 20,643 new drug users (National Anti-drugs Agency (NADA), 2020). Therefore, this problem has become critical, especially among youth, because they have a higher number of drug abuse than other age groups in Malaysia.

There are several factors that influence and lead the youth to adopt drug abuse and affect them to implement an unhealthy lifestyle. The top contributing factors for youth drug abuse are family influence, peer influence, and curiosity (Tam & Foo, 2013). According to Fauziah et al. (2018), the family is responsible for acting as a role model for the youth. Because the family is the closest person to the youth, the action taken by the family will directly influence the personality, attitude, and behaviour of the youth. For instance, if the parent is a drug abuser, that would be exposed to a higher probability that their youth would follow their parent's footsteps and become a drug abuser (Sulaiman & Zainuddin, 2021). Besides that, another research also has found that genetics from the families who have the historical record of drug abuse can also become one of the reasons that lead the youth involved in drug abuse (Muzaffar, 2020).

Aside from family influence, peer influence is also one of the factors that cause youth involved in drug abuse. According to the National Anti-Drugs Agency (2020), in Malaysia, peer influence has been recognized as the main contributory factor of drug abuse, which is around 39.48% of the total number of reported cases in 2020. Generally, youth need peers to obtain motivation, opinion, affection and reduce the feeling of isolation that they face in their daily life (Sulaiman & Zainuddin, 2021). In the youth phase, they usually prefer to spend most of the time with their friends and peers rather than with their family members. Thus, lacking parental supervision and poor communication from parents will cause peers to play a significant role in determining and influencing the youth's behaviour. For example, if their peers and friends are drug addicts, they are more likely to encourage and persuade the youth to take drugs. Thus, to avoid losing friends and fear of not being accepted by their friends, youth will typically attempt and get involved in drugs because most of the time, they are not able to say "no" to their friend's encouragement (Sulaiman & Zainuddin, 2021). As a result, this situation will cause them to be more willing to follow and do everything that is required by their friends and peers, even though the action they take is full of hazardous.

Next, curiosity. Curiosity is a behaviour in which people show a strong desire to learn, know and understand something in their minds. This behaviour has been innate in an individual since childhood and becomes strong during their youth (Asbah & Zainal, 2016). Thus, without sufficient knowledge and awareness of drugs' addictive power and negative impact, they will be more curious about the drugs and build a strong

desire to experience and use the drugs (Foo et al., 2012). For example, when they try the drug out of curiosity, they will directly become addicted, and this situation can cause them hard to prevent themselves from stopping drugs. Finally, they will be failing to control themselves and become drug addicts.

However, drug abuse also brings many effects on youth mental and physical health. For instance, when a person continuously engages in drug abuse such as cocaine and heroin after a long time, their physical appearance will change dramatically. They will become lethargic, grow thin, feel dizzy, weak, depressed. Next, they will be exposed to various cancers and diseases, such as kidney damage, heart attack, Hepatitis B, HIV, AIDS, and eventually lead to death (Asbah & Zainal, 2016). Moreover, drug abuse also brings severe problems to the society, such as kidnapping, robbery, and other forms of crimes that the drug abuser will commit in order to obtain money to buy drugs (Asbah & Zainal, 2016). Besides that, the youth who are addicted to drugs can also make them lose interest in their studying and working. Consequently, this situation will cause them to leave school earlier or quit their job (Asbah & Zainal, 2016).

4.0 Staying in high-Stress Environment

With the development of the economy and the continuous improvement of living standards, contemporary youth are the hope of families and even the country. Examining the lives of young people today, we can find that young people are under unprecedented pressure. Local youth are often willing to pursue self-improvement and self-growth in life practices such as study and work. However, young people often encounter stress from the social level when they have high demands on themselves. When the social pressure is too great, it will significantly impact the youth's psychology and behaviour.

High pressure has almost become a basic fact encountered by contemporary young people in their growth. In order to obtain better opportunities and development space, young people need to study hard and work hard from the basic levels of society. Academic pressure, employment pressure, and career development pressure are the most important pressures for young people. In Maslow's hierarchy of needs, physiological needs are the most basic human needs. For contemporary urban youth, they need to survive and earn money to obtain food, clothing, and shelter for themselves and their families and use money as a resource to survive (BCcampus open publishing, 2018). Thus, this situation will cause the youth to study and work hard in order to pursue a high-income career and a high standard of living in the future. When these needs cannot be met, a kind of pressure will form objectively to them.

Consequently, if the pressure cannot be effectively guided, or the youth is still in a high- stress environment for a long time, it can adversely affect their physical and mental health. For example, young people who cannot release their pressure will tend to be tense, anxious, depressed, and self-mutilated. Besides that, some of the young people also choose to adopt some anti-social behaviours such as vandalism and violence to vent their dissatisfaction and release their stress, which will undermine the safety of our society. In short, being in a high-stress environment for a long time has a hugely adverse effect on young people.

5.0 Unhealthy habits

Implementing healthy habits can bring many benefits to our physical and mental health and protect us from serious health problems such as obesity and cancer. However, most of the youth have unhealthy habits in their daily lives, for instance, lack of physical exercise, lack of sleep, internet dependence, irregular eating, alcoholism, tobacco dependence, and smartphone addiction.

There are several major factors in the generation and development of youth's bad living habits: psychological, parental, and environmental factors. First, in the psychological aspect, young people are still in a transitional stage, and their judgment, execution, and resistance to temptation are not as good as adults. In addition, they are also not strong in autonomy and have a high level of curiosity. Thus, when they see other people smoking and drinking, they are more likely to be influenced and try those things out of curiosity. Besides that, environmental factors also can affect the youth to adopt unhealthy lifestyles. Recently, youths faced a lot of pressure and stress in their daily lives, such as studying and working. Therefore, when they are in a very stressful situation, they often use smoking and drinking as methods to vent their emotions and gradually form unhealthy lifestyle habits.

Aside from environmental factors, parental factors also can lead the youth to adopt unhealthy habits. In modern society, most parents are busy at their workplace. Thus, lack of parental supervision and communication with their youth and child will indirectly affect them developing a more introverted personality and increase the probability that their child and youth will implement some unhealthy habit in their daily lives. Introverted children and youth often face a situation where there is nowhere to release when facing bad emotions. Thus, lack of parental supervision and lack of the choice to release the bad feeling will lead them to develop bad habits to reduce and release their stress and bad emotions such as smoking and drinking.

Consequently, when the youth start getting involved in smoking and drinking, it can negatively affect their health. For example, when the youth get involved in smoking and drinking for a long time, it can directly destroy and influence their health and increase the probability of getting liver cancer, lung cancer, heart disease, stroke, and chronic bronchitis (Centers for Disease Control and Prevention, 2019; Centers for Disease Control and Prevention, 2021). However, these diseases are often difficult to discover early when the youth get these diseases. This situation will continue to affect the youth's health until these diseases gradually deteriorate and affect the function of the body's organs. Thus, if the youth did not realise and detect these diseases at the early stage and rescue them as soon as possible, these diseases will eventually lead to death. Besides that, alcohol can also cause mental illness, including memory loss, depression, anxiety, and suicide (Mutalip et al., 2014).

Aside from smoking and drinking, smartphone addiction among youth also is a factor that leads the youth to implement unhealthy habits. Mobile phones can be seen as an essential communication tool that helps us communicate with family, friends, and colleagues more easily. Nowadays, mobile phones play a significant role in people's lives, and they have also become an integrated part of Malaysian society (Goh et al., 2018; Zulkefly & Baharudin, 2019). The efficiency and convenience of the mobile

phone have made Malaysians increasingly use the mobile phone rather than the feature phone. According to the Hand Phone User Survey 2018 by MCMC, the percentage of smartphone users among Malaysians has risen from 68.7% in 2016 to 78% in 2018, while the percentage of feature phone users decreased from 53% in 2016 to 25.9% in 2018. This survey has also found that most smartphone users are dominated by younger people aged below 20 to 49 years old. However, as the applications and functions of the mobile phone become more interesting and comprehensive, it will directly cause people to become addicted, and they will spend a lot of time in front of their phones. This situation can be defined as smartphone addiction. According to the Smartphone Personal User Report (SUPR) 2015, on average, Malaysian smartphone users have spent about 187 minutes or three hours and seven minutes on their phones every day, which is longer than their neighbours such as the Philippines, Indonesia, and Thailand.

However, smartphone addiction has become a public health concern because it leads to poor physical and mental health. As the owners and users of new knowledge and new technologies, young people naturally become the most important people who use the internet. Therefore, the problem of smartphone addiction is more serious among young people. For example, when they spend many hours planted in front with their devices, it will lead to some adverse effects on their physical health such as eye dry, muscular pain, headache, hearing loss, neck pain, tiredness, and increased risk of being De Quervain's tenosynovitis, that is the pain or tenderness on their thumb and wrist (Parasuraman et al., 2017; Baabdullah et al., 2020). Besides that, smartphone addiction can also increase the chance of suffering mental illnesses, such as stress, depression, and anxiety, which can cause an individual to lose self-control, self-esteem, and ability to communicate with others (Ithnain et al., 2018). Thus, this situation will build serious obstacles to interpersonal relationships, and people addicted to smartphones will begin to isolate themselves from society and continue to rely on their mobile phones.

6.0 Insufficient Sleep

Adequate sleep is critically important for our mental and physical health. Sleep accounts for nearly 1/3 of the time of human life, and the quality of sleep is closely related to human health. Generally, an adult is required to sleep about seven to nine-hour each night, while teenagers need about nine hours and thirty minutes each night (Lai & Say, 2013). However, insufficient sleep is one of the most significant problems in modern society, especially among youth. There are many factors that contribute to sleep problems among young people.

The main factor is the use of electronic products for a long time. Nowadays, electronic products have become a necessity in our daily life. Youth are more likely to spend many hours in front of these electronic products such as TV, smartphones, and computers before going to bed at night. Therefore, this situation will cause young people not to have enough time to rest and sleep. As a result, lack of sleep will have a significant impact on youth's health. For example, when a person lacks sleep time at night, they will be more likely to be sleepy and lethargic, which can affect their productivity and the ability to respond and think during the day at the workplace and school.

Besides that, environmental factors also can contribute to sleep problems among youth. For example, when the youth enter college life or in the workplace, they would like to face some new challenges in their daily lives, such as being accountable for themselves, burdened with work obligations, social duties, a strange environment, academic stress, and work stress (Lai & Say, 2013). Thus, excessive academic workload and burdened work obligations will cause them not to have enough time to rest and cause them to have a later bedtime, shorter total sleep, and poor sleep quality. For example, according to Malaysia's Healthiest Workplace by AIA Vitality 2019 survey, the employees aged between 18 to 40 years old have reported poor quality sleep in their lives compared with other age groups. Besides, from the survey, based on the 17,595 employees, around 53% of the employees had less than seven hours of sleep in their life (The Edge Markets, 2020). As a result, inadequate sleep and poor sleep quality will make it difficult for youth to concentrate on study and work, reducing their productivity and thus affecting their work and academic performance. Furthermore, inadequate sleep also can bring severe effects on their health, such as high blood pressure, depression, stroke, heart disease, cardiometabolic dysfunction, and increase the probability of heart attacks, especially in people who already have heart problems (Owens & Weiss, 2017; Healthessentials, 2020).

Conclusion

In conclusion, the factors that cause the youth to adopt an unhealthy lifestyle can be divided into two kinds. The first one is the internal factor, which is made up of our life habits such as spending a lot of time on TV and smartphones, smoking, drinking, lack of exercise, lack of sleep, unhealthy eating habits, and meal skipping. The other is external factors, which is the surrounding of the living environment such as a high-stress environment which can make us feel a lot of pressure in study and work. Consequently, these factors have brought many adverse impacts on our physical and mental health. However, there is not a complete consensus among young people who can maintain a healthy lifestyle for a long time in their real life. This is because many people do not know the specific definition of a healthy life; perhaps they know it is a regular life, no bad habits, usually pay attention to health care and are sick in time to see the doctor, but often few people can implement it. Once a person starts to implement an unhealthy lifestyle, it will form a vicious circle, which will make it difficult for the person to stop that unhealthy lifestyle over time. Therefore, if young people want to get rid of unhealthy lifestyles, they must first set clear goals, know what kind of life they want, and cultivate good living habits in their daily life in order to achieve them.

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44 Stand Up for Awareness: Depression Is Not A Joke For Youths

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Abstract

Depression is a common mood disorder, characterized discrete episodes lasting at least two weeks conditions and marked by distinct alterations in affect, cognition, and neurovegetative processes, as well as inter-episode remissions. Nonetheless, the number of youths suffering from mental illnesses, particularly depression, has been gradually rising. It is well-known that the phase of youth is critical for brain development, emotional skills develop, learning expands, and coping abilities improve. However, developing depression during this time in one's life can have serious and perhaps lasting consequences. The purpose of this research aims to investigate the factors of depression, their impact on youth, and treatment methods for coping with depression. Depression is frequently associated with stressful life and genetic and physiological factors. Untreated depression impairs one's ability to pursue education, emotional control and maintain good physical health. Treatment options for depression in youth included exercise regularly, sleeping well and getting close to nature.
Keywords: Depression, Mood Disorder, Youth, Mental Illnesses

Introduction

Human civilization is continually improving but still several problems underneath those beautiful surfaces. Among these, the mental health of youth has received an increasing amount of attention during the last few years. Owing to the rapid advancement of science and technology, human life has been significantly enhanced. Youth has greater opportunities to develop themselves in a more thorough way, but the increased competitiveness and challenges coming along has put youth under strain, causing them to feel disoriented and depressed. Eventually, depression has a tendency of becoming increasingly younger. According to the World Health Organization, one in six people suffering from mental health problems are adolescents aged 10-19 years old and half of all mental health disorders start by the age of 14, however the majority of instances go undiagnosed and untreated (Adolescent Mental Health, 2020). One survey revealed that depression and anxiety are most prevalent among young Malaysians aged 16 to 29 years old (Ministry of Health Malaysia, 2015). Youth mental health should be granted more attention than it has been in the past. In 2016, depressed Malaysians (above 16 years old) made up 1.8 percent of the population, females made up 2.3 percent of the population, compared to males who made up 1.4 percent, and highest prevalence was among Indians. (Ministry of Health Malaysia, 2017). Depression prevalence grew to 2.3 percent at the national level through 2019, approximately half of a million Malaysians (Ministry of Health Malaysia, 2019).

Depressive disorder or depression is defined as a common mood disorder,

characterized discrete episodes lasting at least two weeks conditions and marked by distinct alterations in affect, cognition, and neurovegetative processes, as well as inter-episode remissions (American Psychiatric Association, 2013). There are three types of mood disorders, including single episode depressive disorder, which refers to the individual's first and only episode, recurrent depressive disorder, which refers to the individual's history of at least two depressive episodes, and bipolar disorder, which refers to the individual's depressive episodes alternated with periods of manic symptoms. All these disorders share similar features, the appearance of a sad, empty, or irritated mood, progress to physical and cognitive abnormalities that significantly impede the individual's ability to function considerably. Depression affects all age groups, with Global Health Data Exchange (GHDX) estimating that 3.8 percent of the global population was afflicted in 2019, including 5.02 percent of adults (age over 20). More women than men are affected by depression. However, some literature could be discovered relating to not only adults affected by depression but even adolescents. Hence, it is undeniable that the real-world situation might be worse than the figures shown, as depression is notoriously difficult to identify and individuals with depression tend to isolate themselves.

However, people frequently confuse depressing with depression or depressive disorder, although the two are distinct. Depressed feelings are a usual mood fluctuation and short-lived emotion. Feeling depressed for a couple of days is nothing more than a normal occurrence as humans are capable of self-readjusting low emotions, but only if they are in a healthy mentally state. Yet, individuals suffering from depression are unable to self-readjusting their emotions. The fundamental distinction between feeling depressing and depressive disorder is the duration of emotion, timing or presumed etiology. As a result of this misunderstanding, the individuals and those around him might miss a perfect opportunity for early-stage treatment and so exacerbate the depression, at the worst may lead to suicide. In the early phases of depressive disorder, depressed individuals are frequently overlooked or underestimated by others around them or even by themselves, which one of the factors results in further deterioration of their condition. Therefore, it is important to gain as much insight as possible into depression, as it must increase awareness of youth mental health.

Symptom

According to the American Psychiatric Association (2013), the common symptoms of major depression are nine and occur nearly every day. The first symptom is depressed mood most of the time. People with depression constantly feel sad, gloomy and empty. One should be noted that youth can be in an irritable mood rather than sad. The second sign is feeling worthlessness or excessive guilt; they always blame oneself although it is not their fault, this might be related to delusion. The third, change in appetite or weight, individuals suffering from depression can observe a significant weight change due to change in appetite. The fourth is sleep disturbance in the form of insomnia or hypersomnia. Fifth, diminished interest in anything or inability to enjoy happiness, including works, hobbies, social activities, and sex. Sixth, having impaired ability to think, concentrate and memorization. Seventh, being sluggish in speech,

thinking and body movement, or agitation manifested by unable to sit still, pacing, handwringing, pulling or rubbing skin. Eighth, task efficiency may be diminished as individuals with depression are perpetually feeling lack of energy, fatigued, and exhausted practically every day, regardless of the adequate sleeping. The last one is frequent suicidal thoughts and attempts; they can believe that death is the only way to free them and others from suffering. Suicide ideation may range from short but recurrent thoughts to a specific suicide plan.

Risk Factor

Youth depression can result from traumatic childhood experiences. Childhood has a profound impact on the potential risk of developing a depressive disorder as it has a significant influence individual on the growth and maintaining of past and future social and emotional habits. In particular, when there are several experiences of different sorts, adverse childhood experiences can serve as an extremely strong combination of potent risk factors for depressive disorder. Traumatic experience of childhood which prevalent in our society such as neglect, physical abuse, and sexual abuse have a significant influence on social and emotional habits that are crucial for mental well-being in adolescence. According to one study, females who have a history of childhood abuse have a four-fold greater chance of getting depression when compared to females who have never experienced abuse (Saveanu & Nemeroff, 2012). One in ten Malaysian children are sexually abused, usually by those they trust (INDRAMALAR, 2019). This may potentially result in those children acquiring depression as they grow up.

Furthermore, events in youth's life that are stressful are believed to be trigger of depressive disorder. Stresses may stem from a variety of sources, including social status, interpersonal relationships, academic performance, career, finances, marriage, and original family. Overloaded stress make youth feel anxious, discouraged, tense, afraid, depressed, irritable, hopeless, disoriented, temperamental; when youth unable to release those stress in adequate manner to self-readjusting mood as a result of this, the condition deteriorates and leads to early-stage depression and other mental health problems. Moreover, those early-stage symptoms may be overlooked and underestimated by youth, miss out the perfect treatment timing and might further lead to the worst-case scenario. In 2020, Malaysians experienced an increase in mental health concerns as a result of COVID-19 pandemic-related movement control orders (MCO). According to a survey conducted by The Centre during the MCO period, more than 60% of individuals aged 18-24 and 25-34 had symptoms of depression, and approximately 50% of the same age groups reported signs of anxiety and stress (Aziff Azuddin & Idlan Zakaria, 2020). Yet, the figures could not fully explain whether the respondents had depression due to stress, but it further proved that stress and depression appear to have a certain connection.

The American Psychiatric Association (2013) revealed that genetic and physiological factors appear to be inseparable linked to youth depression. First-degree relatives of people suffering from major depressive disorder have a two to fourfold increased risk of obtaining major depressive disorder compared to the general population. Early-onset and recurring types of the disease tend to be associated with

increased relative risks. Moreover, the sensitivity of individuals responding to the same stressful environment are different due to the genetic factors. Numerous genetic variants appear to exercise influence on an individual's susceptibility to bad occurrences throughout childhood. Caspi A and colleagues revealed a substantial relationship between the SERT gene promoter region (5-HTTLPR), stress, and depression. Individuals with the s gene are disproportionately susceptible to the depressive genic effects of childhood stress (Saveanu & Nemeroff, 2012).

Implication Of Depression To Youths

Depression in youth is commonly accompanied by plenty of other factors that enhance the chance of negative behaviours and outcomes, making it difficult to assess the consequences. Depression has the potential to have very harmful implications to youths, especially if it is left untreated. It's crucial to understand that youths with depression go through the same awful emotional experiences as adults. However, people may anticipate youth to be moody, diagnosing depression in them can be challenging. Left untreated, can severely restrict an individual's right to enjoy life and may cause everything from little discomforts to dying.

Emotional Change

Emotional changes are the most visible effect of youth depression. First, they will feel sadness, which might include uncontrollable crying bouts for no identifiable reason. Feeling hopeless or empty also often happens in youth depression leads to the loss of interest or pleasure in daily life. Furthermore, depressive youth usually have poor self-esteem and are easily hurt by rejection or failure. Even worse, they will be overwhelmed with a sense of impending dread and gloom, leading to thoughts of death, dying, or suicide (Teen Depression - Symptoms and Causes, 2021).

Physically Changes

Depression is commonly considered as a mental disorder, but it also results in bodily manifestations. Depression can cause physical symptoms such as pain, stomach discomfort, exhaustion, and restlessness. Even some anti depression medicine which will cause physical side effects such as nausea, weight gain, and sexual dysfunction (National Institute of Mental Health, 2018). Moreover, depression leads some of the youth to cope by bingeing or overeating which affects the digestive system. This can contribute to weight gain and obesity-related disorders in youth. They may even lose their appetite or eat insufficient amounts of healthful food. Symptoms of eating disorders include stomachaches, cramps, constipation, malnutrition and even thought of anorexia (Pietrangelo, 2019).

Stress and depression are inextricably linked. Stress hormones cause long-term problems in the body such as affecting the blood vessels to constrict and the heart rate to rise. (Pietrangelo, 2019). This can eventually lead to heart disease. Depression and stress can cause the immune system to dysfunctional, making children and youth more susceptible to infections and disorders. Although more study is needed, one analysis looked at studies and found that there appeared to be a link between inflammation and

depression. Inflammation has been related to a variety of disorders, including stress, by altering how mood-regulating chemicals in the brain operate (E. Leonard, 2010).

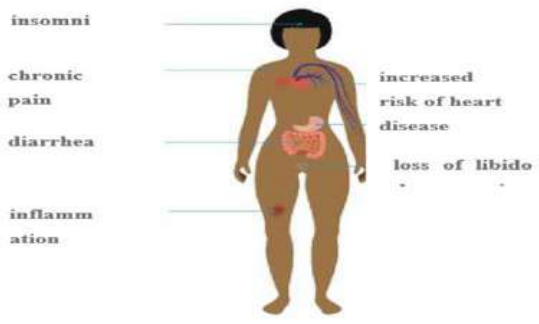
Youth with depression are prevalent having insomnia or sleeping problems and result in difficulty maintaining both their physical and mental health. For major depression, the link between insomnia and depression was greater and more constant than for depressive symptoms (Roberts & Duong, 2013). Insomnia will have a significant impact on youths which links to behavioural problems in youth. Sleeping problems affected the next day's mood stability and increased irritability and frustration among youths. Sleep disturbances are also linked to a higher risk of suicidality in youth (Clarke & Harvey, 2012). According to the World Health Organization (WHO), suicide occurs in all age groups and was the world's fourth-biggest major cause of death among 15 to 29-year-olds in 2019. Youth with depression usually come from low-income families, broken family or single-parent families, and experiencing conflict, tragedy, violence, abuse, or loss, as well as a sense of loneliness, are all highly linked to suicidal behaviour (World Health Organization, 2021).

Depression also contributes to school absenteeism and affects academic performance due to the decline of concentration (Hysenbegasi et al., 2005). Besides, depressed students are less motivated in school, which leads to inefficiency and low academic performance. Their learning is further impacted when depression affects memory performance, making it difficult to retain new knowledge and recall previously learned knowledge (Kraft et al., 2019). Education is such an important driver of adult wages, if depression has a significant impact on school attendance and performance, youth may lose future earnings (Glied & Pine, 2002).

Other aspects of well-being may be impacted by depression. Such consequences might be caused by a link between depression and risky behaviours such as alcoholism, overeating, having several sexual partners, and smoking (Glied & Pine, 2002). Addiction to drugs and alcohol can also influence the mood and lead to depression, and many youths use these substances to cope with their moods. Furthermore, depression increases the likelihood of drug abuse and leads to involvement with the juvenile justice system in youth. (D. Ford, 2007). However, exposure to mental health difficulties is generally ignored in the evaluation and treatment of youth participating in the juvenile justice system.

Effects on the Body

Depression



Preventing Depression

The early death of people suffering from depression is a serious public health problem, made worse by the current inability to provide effective therapies. Even after a past experience of depression, prevention may be still achievable in certain situations. To treat depression, many individuals turn to medications such as antidepressants. Apart from antidepressants, a variety of natural approaches may also help control symptoms and minimize risk of recurrence.

Youths may prevent or avoid depression by making a variety of lifestyle adjustments in their daily lives. For instance, exercising regularly and having a good sleep. Exercise has been found to be useful in both lowering mortality and alleviating significant depressive symptoms (Belvederi Murri et al., 2019). On the other hand, getting enough good quality of sleep helps in regulate our emotions and hence is critical for both physical and mental wellbeing (Seymour, 2020).

Exercise regularly.

Physical exercise has been shown in research from Ranjbar et al. (2015) to have antidepressant properties, and medical professionals are urged to prescribe it to their patients. They also claimed that the combination of exercise and psychotherapy appears to be even more effective than either alone in lowering depression symptoms, even if other research suggest it is no different from traditional treatment like antidepressant medication or psychotherapy.

Physical activity can help relieve depression, but it is ideal to exercise on a regular basis. Meditative Movement such as Qigong (Chi Kung), Taijiquan (Tai Chi), and various kinds of Yoga are forms of exercise that has consistently resulted in decreased levels of stress and depression (Payne & Crane-Godreau, 2013). Payne and Crane-Godreau noted that if Meditative Movement was compared to an active therapeutic intervention such as exercise, it typically performed similarly, seldom worse, and occasionally better. They also found that in critically sick patients, meditative movement reduced anxiety and depression less, but in healthy or somewhat affected people, it reduced anxiety and depression more.

Another way to increase physical activity by making some lifestyle adjustments in our daily lives is to avoid using the elevator in favour of the stairs. In addition, we could also replace driving by cycling or walking if we wished to go to a close destination. Besides, joining a sports team or studio such as yoga or trampoline where people will be active, and part of a group is another good way to get more exercise (Gotter, 2017). In short, consistent exercise is the best way to keep our fitness level high and so avoid depression.

Sleep well.

An earlier article from Nutt et al. (2008) claimed that there is a substantial correlation between depression and sleeplessness, which means getting too little or too much sleep might exacerbate depression's symptoms. Another research also showed that patients who are depressed are more likely to experience sleep disturbances.

Insomnia may occur before the onset of major depression, and it increases the risk of relapsing into depression (Howland, 2011).

People nowadays especially youths usually hold their smartphones since they wake up on the day until they go to bed. Avoiding screens like watching TV or smartphones for half an hour before bed is a way to get our sleep better. Moreover, it might be tough to keep to a schedule when suffering from depression. Maintaining a consistent bedtime and waking time allows our body to get the required 7-9 hours of sleep and allows it to recharge (Newsom & Dimitriu, 2021). Aside from that, heavy meals, coffee, alcoholic beverages, and excessive amounts of liquids should be avoided before bed to ensure that we won't be often waking up during our night sleep. Furthermore, better sleep may also be achieved by sleeping on a comfortable mattress, keeping the room dark, quiet, and at a suitable temperature (Seymour, 2020). Additionally, relaxation exercises and soothing music such as the sound of rain are also effective sleep aides.

Curing Depression

In research from Cheung et al. (2006), up to ten percent of young people suffer from major depressive illness and the challenging job of depression treatment in this population confronts clinicians. According to them, in ninety percent of cases, youth recover from depression within a year or two, sometimes even without treatment. However, 40-70% of people will experience recurrences of their symptoms. They also stated that depressed youths have a higher lifetime risk of depression and other mental health difficulties than those who do not suffer from it. Although adult antidepressants are used to treat youths who are depressed, there are still some relatively natural approaches to treat depression, such as getting close to nature.

Getting close to nature

Our mother nature may have a tremendous impact on depression. According to research from Berman et al. (2012), individuals with Major Depressive Disorder gain cognitively and emotionally by spending time in nature. Besides, a dose-response association between sunshine exposure and cognitive performance was discovered among depressed participants, with lower amounts of sunlight linked with impaired cognitive state (Kent et al., 2009). This means that sunlight exposure can give us a short mood boost as it can improve our serotonin levels.

As a result, nature therapy may be an additional effective treatment for people suffering from major depression. Lunchtime walks amid the trees or time spent in our neighbourhood park are both viable options (Holland, 2018). Over the weekend, we could consider going on a hike with our friends instead of facing screens on electronic gadgets. All of these outdoor activities could help people to get back in touch with nature while also allowing them to get some sun.

Conclusion

As the national depression prevalence rose to 2.3 percent in 2019, and is continued rising in 2020 due to the COVID-19 pandemic, young mental health should be given more attention than in the past. People should be educated about the signs of depression and preventive actions from a young age in order to raise their awareness of depression. Depression risk factors such as traumatic childhood experiences, stress from a variety of sources, genetic and physiological variables must all be considered in order to lower the risk and number of individuals suffering from depression as a result of these risk factors. This is due to the fact that depression may significantly restrict an individual's opportunity to enjoy life and can result in everything from minor discomforts to death, especially in young individuals whose compressive ability is not as strong. Youth depression can also produce mental and physical changes that interfere with their daily life. Although depression could be difficult to diagnose and cure at times, people can reduce their risk of being depressed by leading a healthy lifestyle that includes frequent exercise and adequate sleep. Young people who are already suffering from depression can actively receive treatment to get healed. In summary, depression is not a joke for youths. Everyone needs to pay greater attention to depression and always be aware of their own and others' emotional states in order to avoid getting into depression.

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45 Readiness among Youth towards Industry Revolution 4.0

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Abstract

Since the 21st century, the popularization of mechanized automatic production and the Internet has not only accelerated the transformation of the manufacturing industry, but also promoted the birth of emerging industries and technological concepts. Combine the network with physical entities and develop innovative industries, so as to create higher value for mankind. In this regard, the concept of Industrial Revolution 4.0 was born. As the main group of people facing Industrial Revolution 4.0, young people are facing all aspects of changes and challenges brought by coming to industry 4.0 for daily life. It is still doubtful whether their ideas for the transformation of new industries are ready and whether their skill needs can meet the standards. This paper will analyze whether youth readiness towards Industry Revolution 4.0 from the aspects of challenges, interests, and efforts.

Keywords: Youth, Industry, Revolution, Technology, Transformation, Economy

Introduction

Nowadays, millions of young people around the world face a predicament aggravated by a rising mismatch between their abilities and the needs of employers. As the Fourth Industrial Revolution (4IR) affects society, economics, jobs, and people's personal lives, if left unaddressed, the situation will inevitably increase. Furthermore, the Fourth Industrial Revolution (4IR) has been compared to a looming rainstorm, a sweeping pattern of change seen from afar that arrives at a breakneck speed, leaving little time to prepare. While some people are ready to confront the challenge, having the abilities to face change and capitalise on its effects, others are completely oblivious that a storm is approaching.

The Fourth Industrial Revolution (4IR) is the process of transforming industries through intelligent networking and the utilization of technology. It has begun to spread globally with the support of technology instruments that have simplified the current lifestyle. The four primary components of this revolution are the generation of massive amounts of data, the availability of connectivity and computer capacity, the advent of analytics and smart business capabilities, and the presence of human-machine interaction and augmented reality.

According to Mrugalska and Wyrwicka (2017), Industry 4.0 enables the manufacturing sector to become digitised by embedding sensing devices into nearly all industrial components, products, and equipment. The analysis of relevant data within this ubiquitous system, which combines digital data and physical objects, appears to have the potential to improve every industrial sector around the world much faster and more effectively than any of the previous industrial revolutions, which include Industry 1.0, Industry 2.0, and Industry 3.0. Thus, Industry 4.0 is a current issue that is intended

to alter today's industrial production as a whole. At the Hannover Fair event in 2011, Germany unveiled Industry 4.0, symbolizing the beginning of a completely new stage of economic development. Once the idea was initially presented, European manufacturing researchers and corporations made significant attempts to embrace it. Their interest in this project or concept stems from the notion that production will become more efficient and cost-effective under Industry 4.0. This is accomplished through the easy exchange of information and the integrated control of industrial goods and equipment that work together in interoperability simultaneously and intelligently (Qin, Liu & Grosvenor, 2016). Thus, there are several interests, challenges, and efforts that youth have to face in the Industrial Revolution 4.0.

Discussion

2.0 Challenges

The construction of Industrial Revolution 4.0 combines the traditional manufacturing industry with modern digital technology and proposes the development of innovative industries (genetic engineering, Cloud Computing). The manufacturing industry has entered the intelligent era, and the requirements for managers are not limited to the control of basic equipment, but also skilled application of Internet technology. Innovative industries have opened up new markets and created new theoretical concepts. Then for the new generation of young people, the challenges they have to face will become more diverse but difficult. They should not only face the problems faced in real life (education and employment), but also solve the difficulties encountered in virtual networks.

Education and job opportunity

The popularization of education and the promotion of talents are the first driving force of scientific and technological development. Industrial Revolution 4.0 is facing a shortage of talents. Schwab, K. (2016). As the main driving force of talents, the most basic requirements for young people to master basic theories and be able to use them in real life. Firstly, the transformation and upgrading of the traditional manufacturing industry has changed from previous mechanized production to digital mechanized production. The requirements of industrial chain upgrading for workers have also changed.

The deep integration of industrialization and informatization needs more Specialized talents. Mian, S.H. (2020), Familiar with each link and accurately combines modern technology with tradition to complete each production. Secondly, in-depth modern science and Technology (cloud computing, big data, genetic engineering) needs professional talents to develop in this field. Therefore, young people are facing a serious employment problem. For Industrial Revolution 4.0, it is the current policy of every country to cultivate talents with high specialization and in-depth, Major universities have also actively opened many more carefully distributed majors and more cutting-edge science and technology majors, so as to cultivate talent groups that can adapt to

future development. Therefore, for the current youth, only by completing specialized and professional education can they better adapt to the transformation of manufacturing industry and the development of cutting-edge science and technology and obtain employment opportunities in the trend of the fourth industrial revolution.

Understanding and application of emerging industries

Over the past decade, emerging industries have become the dominant position in the market, and new industries such as the Internet of things, cloud computing, genetic engineering, and big data have flourished. These industries are based on strong technology and profound theoretical knowledge. Therefore, for many young students, the threshold of these new industries will be very high and difficult to understand. In a current survey, 173 young college students will be surveyed about their knowledge and theoretical knowledge of emerging industries, Isa, K., Rosni, N., & Palpanadan, S. (2021). The result is a mean of 2 (1 ∽2.3 low 2.4 ∽3.66 medium 3.67 ∽5 high).

Most people can't explain the concepts and operation principles of the so-called "cloud computer" and "genetic engineering" but these industries have begun to penetrate today's market and apply them in our daily life. For young people to come to these emerging industries, they need flexible thinking to think about problems and an innovative attitude to face these new things. A full understanding and application of these new technologies will enable them to play their corresponding role in life or work, so as to enjoy the convenience brought by science and technology, especially for the youth.

Network security issues.

Industrial Revolution 4.0 integrates the Internet of things model of physical entities and network systems, so it is highly dependent on the network, which also leads to many network security problems and vulnerabilities Xu， M， Davial. (2018), including cybercrime, cyber bullying and personal information security. As the most frequent group of electronic technology products, the emergence of a large number of software and social platforms is a test for the safety of young people's network use. Every user should learn how to avoid cybercrime and cyber bullying when using these internet products. In addition, the prevailing era of big data will make services more perfect and personalized, however, the basis of big data is to collect users' personal information and living habits. The transparency of personal information is becoming higher and higher. Li Da Xu & Lian Duan (2019). Industry 4.0 has brought a variety of network security problems, which must be paid attention to by young people. Therefore, youths need to be wise to use the internet for beneficial purposes especially to get involved in the field of Industrial Revolution 4.0.

Interest

Youth is an important group in ensuring that the Industrial Revolution 4.0 continues to move vigorously. Highly skilled youths are in great demand as the Industrial Revolution 4.0 unfolds. This is because the jobs that existed during the

Industrial

Revolution 4.0 were very challenging and highly competitive. Unskilled individuals will find it difficult to compete in the job market and will result in the occurrence of underprivileged youth or the occurrence of a shortage of manpower resources thus hampering the Industrial Revolution 4.0. Here are some of the interests between youth and the Industrial Revolution

4.0. To meet the demand of the highly skilled labor market.

The implementation of cutting-edge automation and digital technologies in manufacturing, such as Big Data, cloud computing, the Internet of Things, and Cyber-Physical Systems is expected to have a substantial impact on work processes and the work environment. Employee roles are projected to alter in terms of substance, and new job kinds will be developed especially for the youth. As a result, new skill requirements are expected.

According to the McKinsey Global Institute (2017) it estimates between 400 million to 800 million existing jobs to be replaced by 2030 will be replaced by robots. However, the labor force being replaced in the industry is the labor force on which the country relies largely on foreign labor at present. According to Ban Hong via Sinar Harian (2021), Industry 4.0, although we see the use of technology in manufacturing, services and other industries, it will also create highly skilled jobs. This will increase demand and create employment opportunities for a group of highly skilled technology -based manpower. According to Nook, C. The new job opportunities are based on the nine pillars of the Industrial Revolution 4.0 such as autonomous robots, Simulation, Horizontal and vertical system integration, internet of things, cybersecurity, additive manufacturing, augmented reality,big data and analytics.

To develop the social and economic status of the youth.

Based on the Malaysian Youth Policy (2015), the Malaysia Government is continuously committed in implementing various policies to ensure the potential and capabilities of youth are optimized as much as possible to be in line with the contribution and role of youth in determining the country's political, economic, social and technological direction in the future. The policy has outlined the preparation of the youth to face the Industrial Revolution 4.0 in terms of education, skills and to strengthen the youth economy. According to Ban Hong via Sinar Harian (2021) also stated that workers in highly skilled fields during the Industrial Revolution 4.0 will also likely have high incomes. If the youths have high incomes, this will cause the poverty rate among the youths to decrease. When youths have jobs and good sources of income, then social problems among youths such as the issue of crime and drug addicts can be reduced. This will also be able to create a harmonious state society.

To develop and advance the country.

The Industrial Revolution 4.0 will accelerate the development and progress of a country. Based on the Department of Statistics Malaysia (2020), the Industrial Revolution 4.0 allows the productivity of an enterprise to increase. Not only that, the Industrial

Revolution 4.0 can also help increase innovation capacity and capability in the production of a product. In addition, the Industrial Revolution 4.0 can also reduce operating costs thus increasing revenue and income. According to the McKinsey Global Institute (2017), 60% of all jobs have at least 30% of activities that can be automated. Automation is estimated to increase global productivity growth by 0.8% to 1.4% per year.

Industry 4.0 enhances industrial efficiency by collecting data intelligently, making sound decisions, and carrying out decisions without hesitation. The procedures for gathering and evaluating data will be simplified by the use of cutting-edge technologies. In Industry 4.0, the interoperability operational capability serves as a "connecting bridge' to provide a dependable manufacturing environment. This total awareness is the most important aspect of artificial intelligent functions in Industry 4.0. (Qin, Liu & Grosvenor, 2016). Furthermore, Industry 4.0 is distinguished by a few new technology characteristics such as physical, digital, and biological worlds. The advancement of technology has a considerable impact on the development plans of industries, economies, and governments. According to Schwab, one of the most essential concepts in the development of global industry and the global economy is Industry 4.0. (Schwab, 2016).

Efforts

There seems to be a global employment crisis, and it is based on jobs that are either quite new or do not yet exist. Technology is improving at such a rapid speed that hundreds of millions of young people are at risk of falling behind unless they acquire knowledge and skills. It is called the Fourth Industrial Revolution (4IR) that threatens to touch billions of young people, putting them at danger of losing future careers. There are some efforts that youth can make in order to make them ready for the coming Industrial Revolution 4.0. For example:

Awareness about the technologies used in Industry 4.0

Industry 4.0 includes sophisticated GPS and real-time systems, augmented reality, cloud computing, autonomous robotics, embedded systems, big data analysis and the Internet of Things, among other technologies. Youth must be informed of the technologies employed in Industry 4.0 in order to improve their readiness for the Fourth Industrial Revolution.

However, Industry 4.0, on the other hand, was sparked by advances in information and communication technologies (ICT). Its technological foundation is based on intelligent cyber-physical production system automation with decentralised control and improved communication (IoT functionalities). Traditional hierarchical automation systems are restructured into self-organizing cyber physical production systems, allowing for flexible mass custom production and production quantity flexibility, as a result of this novel technique for industrial production systems. Based on a study conducted by the Boston Consulting Group and quoted in Baldassarre, Ricciardi, and Campo (2017), there are about nine enabling technologies that used in Industry 4.0 which is advanced manufacturing solutions, additive manufacturing, augmented reality,

simulations, vertical and horizontal, big data, cybersecurity, the cloud, and lastly the industrial Internet of Things. As an encouragement and preparation to spur the Industrial Revolution 4.0. The Malaysian government has also allocated a total of 45 million ringgit in the 2022 Budget to encourage technological transformation towards the Fourth Industrial Revolution or Industry 4WRD among SMEs as well as mid -level companies in the manufacturing and services sectors.

Adoption of skills

Understanding the changes that Industry 4.0 will bring to the current manufacturing setup is important. This includes new tasks that employees need to perform, how they will be different from what youth are doing and additional skills that will be required to complete those tasks successfully. While employees are expected to acquire new talent as part of Industry 4.0, the core qualifications and skills provided in today's technical and vocational education will remain relevant and need to be updated in line with industry technological developments. Furthermore, the essential competencies required can be divided into two groups: soft skills and technical skills.

Additionally, technical skills, as well as non-technical skills such as cognitive skills, soft skills, leadership skills, problem-solving skills, and communication skills, are all crucial, and youth are on the verge of adopting the aforementioned skill sets. Complex problem solving, critical thinking, creativity, management, coordinating with others, emotional intelligence, judgment and decision making, service orientation, negotiation, and cognitive flexibility are among the top ten essential skills of youths.

Invest on education and training.

Youth must be trained to make use of emerging technologies. According to the Malaysian Youth Policy (2015), one of the nine sectors focused on promoting Malaysian youth is education and skills training. Furthermore, youth may require additional time and large educational inputs in order to make both a cultural and an operational jump. Education is critical in ensuring that the youth are skilled and ready for Industry 4.0. Both general and vocational education plays an important role in preparing the youth for their future careers in business.

Based on the 2021 Budget, the Malaysian Government will implement tax relief for expenses to attend skills improvement or personal development courses increased from 1,000 to 2,000 ringgit until 2023 in an effort to encourage the community, especially youths to participate in training programs and venture into new fields. Not only that, The Government intends to extend the tax incentives for the Structured Industrial Training Program until the year of assessment 2025 and also extend it to students at the master’s degree, Professional Certificate and Malaysian Skills Certificate Level 1 and 2 levels. Not only that, to produce quality, highly educated and highly skilled youths, the Government intends to extend the tax incentives for the Structured Industrial Training Program until the year of assessment 2025 and also extend to students at the master’s degree, Professional Certificate and Malaysian Skills Certificate Level 1 and 2.

Conclusion

In conclusion, the Industrial Revolution 4.0 encourages companies in various sectors to use automation and data exchange in technology to create smart work systems that are connected to the internet. Therefore, youths must be prepared to face the Industrial Revolution 4.0 in order to compete in the job market. Without highly skilled youth, the Industrial Revolution 4.0 will be slow. Therefore, youths need to seize this opportunity in order to increase their personal income and also improve the country's economy. The future of a country also depends on the quality of the youth who are the backbone of the next generation. Indeed, the youth need to master technology and not the technology that dominates the youth.

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46 Issues and Challenges for Companies and Youths in the context of Industry 4.0

Peng Bao, Zoe Zhi Xin Loh, Zhi Yuan Zhu, Kai Zhu

Abstract

With the help of information and communication technologies (ICT), machines, and augmented reality, people working in labour-intensive industries, such as accountants, assembly factory line workers, and bricklayers, are beginning to fear for their future. These laborious jobs will soon be destroyed and disappear from this technology-driven world. There are several questions, such as how much understanding there is of Industry 4.0. As mentioned earlier before, if all the projects are launched, it will cause a lot of damage great to the socio-economic system and industrial systems of the country. The purpose of this research article is to understand the problems and challenges that exist in some Asian countries at this stage of the narrative between youth and employers.

Keywords: Industry 4.0, youth, companies, employment

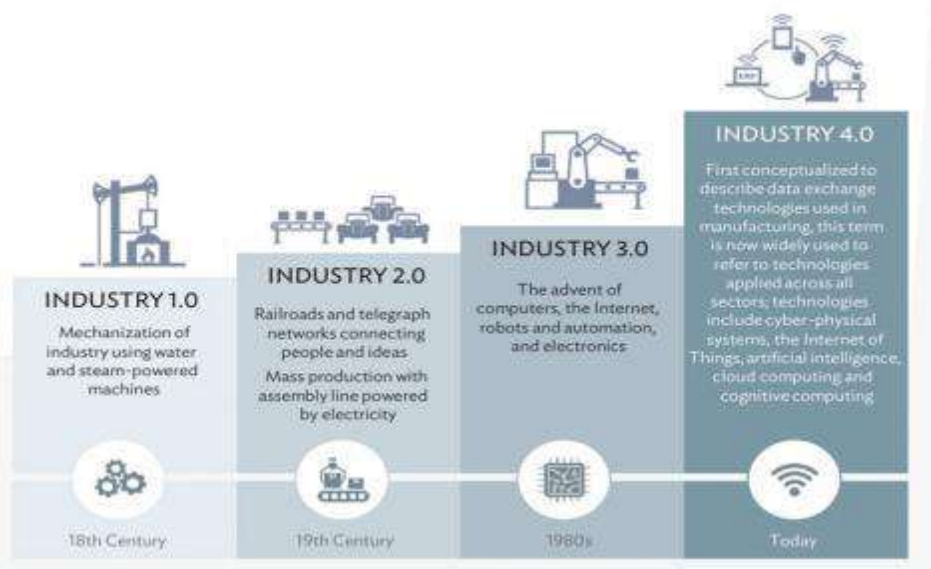
Introduction

The first Industrial Revolution took place around 1760, driven by the rise of steam power, railroads, and mechanized forms of production. In 1890, electricity and new manufacturing methods based on assembly lines and mass production are starting to gain popularity. In the 1960s, semiconductors and the Internet are invented. Today, in the 21st century, the technology of the Fourth Industrial Revolution was pioneered by Germany with its associated concepts. technologies of this revolution include artificial intelligence and machine learning, advanced robotics and new forms of automation, mobile internet, blockchain, and distributed ledgers, autonomous vehicles, 3D printing, new materials, new energy, and storage technologies, quantum computing, etc.

The term Fourth Industrial Revolution was coined in 2016 by Klaus Schwab, the founder of the World Economic Forum. "The Fourth Industrial Revolution is creating a world in which virtual and physical production systems cooperate flexibly on a global scale". The Fourth Industrial Revolution is not only about smart and connected machines and systems, but its scope is also much larger. Other areas also have major breakthroughs ranging from gene sequencing to nanotechnology, from renewable energy energies to quantum computing. It is the emerging fusion of these technologies and their interaction across the physical, digital, and biological domains that fundamentally distinguishes the fourth industrial revolution fourth revolution from the revolution of the previous revolution. (Iberdrola, 2021)

Not only do manufacturers need to attract employees who are skilled in technologies, but they will also face competition for data scientists and database managers who can interpret data and harness new data streams. The competition for

new data streams will become increasingly intense. Manufacturers will also need to look internally and externally for entrepreneurial talent that can thrive in an emerging, dynamic business environment.



Source: K. Schwab. 2017. The Fourth Industrial Revolution. New York: Currency

Background

Due to the pandemic COVID - 19, the unemployment rate in Asia has reached a new high. The average unemployment rate for countries in Asia will increase from 5.54% to 6.71% from 2019 to 2020 (The Global Economy.com, 2020). Global youth employment is also affected as competition for a job increases when the unemployment rate has increased. Even if the youth found a job in this pandemic, it may not meet their expectations and hopes. (International Labour Organisation, 2020). The International Labour Organisation also estimates that youth unemployment will double by the end of 2020 as many youths will remain unemployed. (International Labour Organisation, 2020)

Industry 4.0 has also caused a massive upheaval in the future of work. In Industry 4.0, the process of data collection and analysis will be faster, more efficient, and more flexible with the help of machines. Companies will be able to produce higher-quality goods with higher productivity and lower costs (Ruessmann, 2015). According to the World Economic Forum's Future of Jobs Reports 2020, the number of jobs that will be lost will be higher than the number of new 'Jobs of Tomorrow' created. Industry 4.0 will trigger a trend that favours widespread automation, and this will lead to the displacement of low-skilled workers who perform repetitive tasks. On the other hand, workers with skills in data mining, statistics, and programming techniques are in high demand in Industry 4.0 (Agolla, 2018). As a result, young people in Asia are beginning to worry about whether they have the necessary skills to secure a job in Industry 4.0. As with previous industrial revolutions, it takes decades for a new generation of

workers and students to emerge with important skills suitable for the job market. But unlike previous industrial revolutions, young people must adapt quickly to these disruptive changes. Otherwise, they will become slaves to the gig economy, i.e. people who work in the gig economy (ride-hailing drivers and food delivery people), even though they have university degrees. (A H M Adnan, A M Rahmat & N M Mohtar et al, 2021)

There are also concerns when young people think about their future career plans. According to a survey, young people are concerned about whether their degree will still be relevant to the industry after graduation (A H M Adnan, A M Rahmat & N M Mohtar, et al., 2021). For example, accountants are considered risky professions as they may soon be replaced by computerization (Frey and Osborne, 2013).

Issues And Challenges for Companies And Youths

In preparing the workforce and educating youths for Industry 4.0, it is important to address the career readiness, the lack of relevant knowledge and information for young people, the fact that the knowledge provided by various training institutions, schools, etc. is not up to date with global developments, and the asymmetry of information sources.

1. Artificially intelligent robots can do procedural tasks better and faster than humans with the help of intelligent devices of industry 4.0. While this can reduce costs and increase productivity, it can cause various issues, including employment rates, wages, food, clothing, and housing. It will cause more harm to workers who perform low-skill and repetitive tasks (e.g., assembly line workers, service-oriented industries).

2. Underutilization of artificial intelligence is seen as a major threat. Missed opportunities in the EU may mean poor implementation of key projects such as the EU Green Deal, loss of competitive advantage over the rest of the world, economic stagnation, and reduced opportunities for people. Under-utilization could be due to public and business mistrust of AI, poor infrastructure, lack of initiative, low investment, or a fragmented digital market due to the data- dependent nature of machine learning. Overuse can also be problematic: Investing in AI applications that turn out to be useless, or applying AI to tasks for which it is not suited, such as explaining complex social problems. AI applications that have physical contact with humans or are integrated into the human body can pose security risks, as they can be poorly designed, misused, or hacked. Inadequate regulation of the use of AI in weapons could lead to a loss of control over dangerous weapons. (European Parliament, 2021).

3. Cybercrime is a growing industry. The rewards are great, and the risks are low. We estimate that the annual cost of cybercrime to the global economy could exceed $400 billion. A conservative estimate is $375 billion in losses, while the maximum could reach $575 billion. Even the smallest of these figures exceeds the national income

of most countries, governments and businesses has underestimated how great is the risk they are facing from cybercrime and how quickly that the risk is growing. (In 2012, it reached $72 trillion).

4. An international agreement on a standard definition of cybercrime would improve the ability to collect consistent data. However, even a broad definition ignores the important non- monetary effects on innovation, defense, and the long-term competitiveness of countries and firms.

Our sources include estimates from the German Office for the Protection of the Constitution, the Netherlands Organisation for Applied Scientific Research (TNO), the People's the Public Security University of China, the European Commission, the Australian Institute of Criminology, Malaysia's Chief Technology Officer, as well as government agencies in other countries and consulting and cybersecurity firms around the world.

India's CERT reports that 308,371 websites were hacked between 2011 and June 2013, and India's experience is not unique. If you were to add up the losses from the known incidents, you would come up with billions of dollars, but that only gives an incomplete picture. (McAfee, 2014)

5. Why do young people who have graduated from university not know what 4IR is?

Some teachers are not digitally literate; many schools are underfunded; there are gaps in the quality of education; schools have not kept up with technological change; some students believe that education can provide them with everything they need for a career; lack of access to the right tools needed to develop these skills; inability to afford basic tools such as computers, electricity and the internet; some young people do not have access to use computers, and some have access to computers but do not know how to use them. (Ewan Watt, 2019)

Industry 4.0 is slowly changing business models which lead to the changing of skillset needed by employees. For instance, having a machine to package products will eliminate the need of having factory line workers, which allows them to be relocated to another department. Therefore, these workers have to equip themselves with other skillsets to avoid being fired. In a few years' time, the changing of the ecosystem will cause fields that might not be affected directly by technology such as marketing and supply chain to employ workers with different skill sets. (World Economic Forum, 2020) Soft skills such as critical thinking, emotional intelligence and cognitive flexibility that is considered inferior in the past are now important elements for an employee. These skills will be necessary for youths to survive and thrive in their workplace. (Rahmat, Ainol & Adnan, Airil & Marini, et al., 2019). A study by Bongomin, O., Gilibrays Ocen, G., Oyondi Nganyi, E., et.al. shows that engineering students are more focused on technical skills while employers preferred to have workers with personal and behavioural attributes. This example of skill mismatch has resulted in youth unemployment in the future.

In this data-driven era, the ability to analyse data and make data-based decisions is important to industries of all fields. Furthermore, social skills, critical thinking and creativity are equally important as technical skills. Thus, high education institutions such as universities play an important role to shape these important skills that are necessary for Industry 4.0 (Bongomin, O., Gilibrays Ocen, G., Oyondi Nganyi, et al., 2020). However, participants from a survey conducted by A H M Adnan, A M Rahmat & N M Mohtar et al. (2021) has projected worries about this issue. Even though youths are aware of the importance of Industry 4.0 and the impact it will bring, however, nobody has taught them how to prepare themselves for it. A lot of students in university are confused and ignorant about Industry 4.0 and the university is teaching it as a normal subject. Participants are not well equipped with critical skills and are not ready for the job world. (A H M Adnan, A M Rahmat & N M Mohtar et al., 2021)

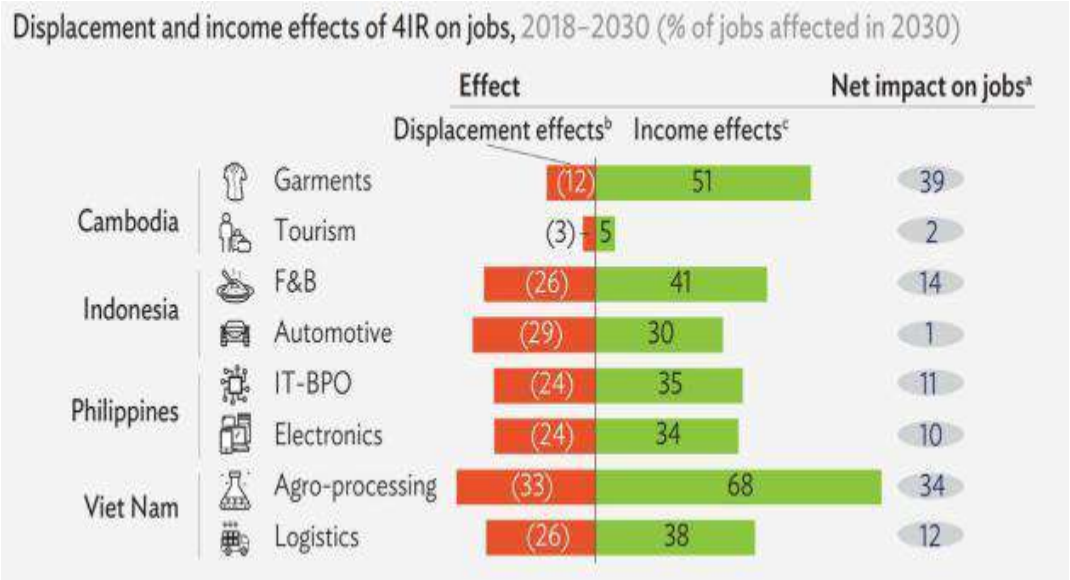
Furthermore, youths are more likely to work on more automatable and repetitive tasks compared to workers who are adults. This is because youths are more likely to start off their career with more routine jobs and subsequently, they will be promoted and assigned jobs that require more analytical skills as they are more experienced. The transition from jobs might be more difficult in the context of Industry 4.0. (International Labour Organization, 2020).

6. What are the most computerizable jobs and least computerizable jobs?

Most Computerisable Jobs	Least Computerisable Jobs
- Telemarketers - Bookkeeping, Accounting, and Auditing Clerks - Cashiers - Budget Analysts - Accountants and Auditors	- Psychologists - Human Resources Managers - Computer Systems Analysts - Graphic Designers - Marketing Managers

Source: Frey and Osborne, 2013

7. Contrary to some perceptions that 4IR will bring mass unemployment, this study informs a more positive assessment that foresees net gains in employment. Net employment may arise with the adoption of4IR in each of the industries studied, as employment is linked to productivity gains, and a resulting income effect offsets displacement effect from 4IR. (ADB, 2021.)



Source: National employment statistics; World Bank STEP survey 2015

RAND Indonesian Family Life Survey: Employer surveys conducted in the four countries (n=393) in 2019; and AlphaBeta modelling.

8. Another source of information asymmetry is the lack of awareness of upskilling and retraining opportunities. The same survey on attitudes towards 4IR training revealed that employers in SEAP had limited knowledge of such opportunities in their countries. Not knowing what courses their employees should take to acquire knowledge of AI is a common reason for not providing formal training to workers.

Similarly, in-country consultations with training providers in four countries revealed that where relevant courses were available, employers were generally unaware of them. In Cambodia, a national survey of employers found that a lack of information about courses and trainers was one of the main reasons for low training rates. Market-driven economic incentives for employer-led training efforts are weak due to the small budget available for training and the strong reliance on short-term contracts in some labour markets. In the Philippines, the biggest challenge faced by surveyed business leaders in retraining workers for AI was the inability to afford training courses.

Recommendations

Employment needs special attention, even more in South Asia, where the youth labour force is expected to grow in an environment where economic growth is not necessarily matched by the growth of employment opportunities. Risk is high to testify to an increase of under- employment and working-poor youth.

To address the challenges discussed above at the national level more youth-friendly policies need to be developed and implemented. For this to become a reality, Governments across the Asia-Pacific region, many of which are yet to formulate national youth policies, need to commit themselves to invest more in young people,

working with other relevant stakeholders and creating opportunities for young people to contribute to the development process more actively in the region.

Furthermore, evidence from relevant analytical studies is needed to support policy development and implementation. This, together with technical enhancement, institutional development, coordinated implementation, and appropriate funding constitutes the current challenges that need to be overcome by governments to take full advantage of the region's youth potential. (The United Nations, 2011)

Conclusion

Industry 4.0 is different from the previous Industrial Revolution as industries and youths have to adapt to the changes quickly to thrive and survive in the business world. Education institutions should be aware of the industries needs and prepare youths with the necessary skills and behaviour to enable them to be successful in their future careers. Youths should be more initiative in understanding the concept of Industry 4.0 and start preparing themselves at a young age. They should also be proactive in upgrading themselves by joining more co-curricular activities and utilising free resources available on the internet. In this way, youths who are the pillars are the future will be well prepared would make the world a better place to live in.

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47 Suicidal Thoughts Among Teens: A Conceptual Paper

Vivekka Puvaneswaran , Zhichai Cheng, Zhengang Li

Abstract

The COVID-19 pandemic is a global challenge that is not just limited to the physical consequences but also a significant degree of a mental health crisis. Most teenagers have experienced some degree of stress during this pandemic whether it's missing friends, or more serious stressors like a parent losing a job, someone getting sick or an unstable home life. Such stressors can make teens more vulnerable to depression, anxiety and other mental health issues. Pre-COVID-19, suicide was already a leading cause of death among teenagers. Mental health experts are concerned that suicide rates will increase during the pandemic. Young adults reported having worse mental health outcomes, increased substance use and elevated suicidal ideation. Suicide does not discriminate, and anyone can be at risk. Some factors that increase risk include a current mental health disorder or substance use disorder, family history of suicide, violence including physical or sexual abuse, bullying and having firearms in the home. The risk increases during a crisis like the COVID-19 pandemic, when teens may be more likely to experience feelings of social and emotional isolation. The findings revealed that suicide and self-harm had increased during the lockdown. This study highlights the causes of suicide and ways to prevent suicidal thoughts among teens.
Keywords: COVID-19, Suicide, Mental Health, Teenagers, Depression, Stress.

Introduction

The COVID-19 pandemic is presenting a global challenge not just in terms of infectious disease but also for mental health. Suicide remains one of the leading causes of death in the world, according to the World Health Organization (WHO), accounting for one in every 100 deaths. Each year, more people die from suicide than from HIV, malaria or breast cancer, or from war and homicide. Suicide is also the fourth leading cause of death worldwide among young people aged between 15 to 29, after road traffic accidents, tuberculosis and interpersonal violence.

Malaysia has seen a rise in suicide attempts and deaths over the course of the first movement control order last year. According to police statistics, the resulting MCO due to the Covid-19 pandemic saw 266 cases between March 18 and Oct 30. Worryingly, suicide is the leading cause of death among young people in the country, a recent report revealed.The report, conducted over three months, reported that one in four of the 266 suicide cases was committed by teenagers aged between 15 and 18. Debt issues, family and marriage problems, relationship breakdowns and work pressures were the reasons cited in the “Youth Suicide in Malaysia” report. The report, which highlighted the status of youth suicide in Malaysia and provided policy recommendations for its prevention, was published on Feb 19 by Relate Mental Health Malaysia (Relate) in collaboration with the Institute for Democracy and Economic Affairs (Ideas).

Relate founder Dr Chua Sook Ning and Ideas senior executive Vaisnavi Rao said the risk factors of suicide include age (youth), gender (men), psychological factors (depression, anxiety, stress and interpersonal difficulties), and social factors (ethnicity and unemployment).

There is a lack of public awareness of suicide, its risk factors and evidence-based suicide campaigns. Unethical media reporting of suicide is an obstacle in correcting misconceptions and debunking myths. While the effectiveness of existing platforms for prevention of youth suicide remains unclear, the criminalisation of attempted suicide has further hindered the development of a comprehensive suicide prevention strategy through social and public health interventions. High prevalence of mental health problems among those between the ages of 16 and 29 needs to be addressed through mental health interventions as young people are more vulnerable to suicide as the teenage years are a critical developmental period of transitioning from childhood to adulthood. The rising number of suicides during the pandemic has become increasingly worrying. A survey carried out by (a Kuala Lumpur-based think tank) during the MCO found that 48% and 45% of respondents reported high levels of anxiety and depression, respectively. Not surprisingly, there has been a significant increase in the use of emotional support hotline services in the country. In 2020, 40% of callers between January and July expressed suicidal thoughts, compared to 34% in 2019. According to the Health Ministry, a total of 465 suicide attempt cases received treatment in the ministry's hospitals between January to June 2020. There is an urgent need for Malaysia to view youth suicide as a social, economic and public health issue that requires a long-term comprehensive strategy. While youth suicide caused economic losses of RM346.2mil in 2019, with an estimate of 382 young men and 141 young women ending their lives by suicide the same year, the value of each of these individuals can never be measured in monetary terms alone.

Factors Of Suicidal Thoughts in Youth

Suicidal ideation among teenagers is usually caused by untreated depression or drug abuse and must be taken seriously. Suicidal thoughts and depression usually have many reasons. Social difficulties, stress, academic pressure and other problems faced by teenagers may lead to suicidal ideation. Other risk factors include:

Bully
Health problem
Lack of family support
Physical or sexual abuse
Bad social relations

Genetic factors may also play a role in depression and suicide risk. Teenagers with suicidal thoughts are generally more likely to have family members who die of suicide. Physiological needs are to meet the basic needs of individual survival, such as clothing, food, accommodation and so on. The survival needs of most teenagers can be met. However, a small number of teenagers have forced them into a desperate situation because of major family events and the inability to guarantee a basic life. In addition,

some people suffer from diseases, such as teenagers who are unable to take care of themselves and have average family conditions. In order to lighten the burden on the family, they will take the road of suicide. There are also some teenagers with mental illnesses such as depression due to stress and other reasons. Create a sense of helplessness in life, lose hope in life and make suicidal decisions.

Teens Are Increasingly Suicidal, Depressed and Anxious.

How Can We Help?

Restricting access to weapons and drugs can clearly prevent suicide.

The simplest, bluntest, most wide-reaching policy tool to reduce suicide deaths is also the one that's the most rarely used: simply reducing access to lethal means. If people can't access tools like firearms and drugs to harm themselves, there will be fewer deaths. We hear a lot in the news about how guns cause incidents of mass murder or homicide. But guns are implicated in more suicides than homicides every year. Studies shows that youth who live in a home with access to a firearm are significantly more likely to die by suicide. There is good evidence that stricter gun control would save lives in regard to suicides.

Another, simpler option is something called “lethal means restriction counseling” for families who have a child who may be at risk for suicide. That counseling, which usually takes place in a hospital setting after a psychiatric emergency, involves discussing with parents how much access their kids have to firearms or poison, and then suggesting ways to make their homes safer. Reducing access to lethal means isn't just limiting access to firearms. It could also mean limiting access to lethal drugs. Confronting the opioid epidemic could mean reducing access to pills to potentially overdose on. Just having opioid drugs in the home, prescribed to any family member is associated with an increased risk of overdose. But it's not just prescription drugs that are potentially dangerous. Over-the-counter pain medicines can be very dangerous if taken improperly and are the most commonly used drug in self-poisoning attempts.

Strengthening psychological screening

It can be seen from the results of foreign studies on suicide risk factors that the risk of adolescent suicide crisis is not the function of one factor, but the result of the comprehensive effect of multiple risk factors. However, when teenagers have psychological crises, they seldom seek help from teachers or mental health educators, which brings difficulties and challenges for mental health educators to prevent and intervene in psychological crises. Based on this, it is necessary for the mental health education department of the school to carry out routine screening of students, understand their family history of mental illness, family environment, parent-child relationship, family economic status and personality factors, and establish a crisis database for high-risk students, and dynamically monitor the mental health status of these students.

Enrich the forms of mental health education and enhance the consciousness of mental health care. In the growth process of a person's life, there are some crisis risk factors that cannot be selected and avoided, such as family history of mental illness,

family atmosphere of conflict, disharmony between parents or divorce, etc. However, schools can improve students' mental health care ability through mental health education and change the adverse effects of many risk factors on students.

Provide mental health education courses.

Different types of schools may, according to student's psychological development, for they may encounter in the process of growth of a variety of learning, adaptation, interpersonal communication and emotional management, set up mental health course for students, spread knowledge of mental health, improve the students' psychological health care consciousness, effectively prevent the happening of the psychological crisis.

The Role of the School in Suicide Prevention

Children and adolescents spend a substantial part of their day in school under the supervision of school personnel. Effective suicide and violence prevention is integrated with supportive mental health services, engages the entire school community, and is imbedded in a positive school climate through student behavioral expectations and a caring and trusting student/adult relationship. Therefore, it is crucial for all school staff members to be familiar with, and watchful for, risk factors and warning signs of suicidal behavior. The entire school staff should work to create an environment where students feel safe sharing such information. School psychologists and other crisis response team personnel, including the school counselor and school administrator, are trained to intervene when a student is identified at risk for suicide. These individuals conduct suicide risk assessment, warn/inform parents, provide recommendations and referrals to community services, and often provide follow up counseling and support at school.

Parental Notification and Participation

Even if a youth is judged to be at low risk for suicidal behavior, schools may ask parents to sign a documentation form to indicate that relevant information has been provided. Parental notifications must be documented. Additionally, parents are crucial members of a suicide risk assessment as they often have information critical to making an appropriate assessment of risk, including mental health history, family dynamics, recent traumatic events, and previous suicidal behaviors. After a school notifies a parent of their child's risk for suicide and provides referral information, the responsibility falls upon the parent to seek mental health assistance for their child.

Resiliency Factors

The presence of resiliency factors can lessen the potential of risk factors to lead to suicidal ideation and behaviors. Once a child or adolescent is considered at risk, schools, families, and friends should work to build these factors in and around the youth. These include: -Family support and cohesion, including good communication.

-Peer support and close social networks.

-School and community connectedness. -Cultural or religious beliefs that discourage suicide and promote healthy living.

-Adaptive coping and problem-solving skills, including conflict-resolution.

-General life satisfaction, good self-esteem, sense of purpose.
-Easy access to effective medical and mental health resources.

Conclusion

Most of us can hardly imagine the suffering that precedes suicide and the pain left in its wake. When the person who dies is young, the devastation is even more profound. The public, however including most parents remains disturbingly unaware of the prevalence of suicide among young people. We found an increase in the number of patients presenting with suicide and self-harm during the pandemic which is likely to reflect an increased prevalence of mental illness in the community. Efforts to prevent the COVID-19 spread should be extended to raise awareness about dealing with mental health issues, recognizing warning signs of suicide and providing support to those needed. Suicide and self-harm are a serious public health problem. However, it is preventable with timely, evidence-based, and often low-cost interventions. The challenge of the COVID-19 crisis might be an opportunity to advance the suicide prevention efforts in our country and thus to save many precious lives. We require a society with its eyes open to this preventable tragedy, a society that does not tolerate the intolerable.

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48 Youth in Covid-19: Withstanding in the hardness

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Abstract

The COVID-19 pandemic has affected practically every aspect of life for all groups in society. Children and youth are adapting to the evolving changes in their daily life caused by the COVID-19 pandemic. This pandemic poses significant threats to young people, especially vulnerable youth in terms of education, social environment, mental health and disposable income as they become more challenging. However, some of them manage to survive as they feel secure and safe in their home environments during this pandemic. In this article, pros and cons will be elaborated to identify the impact of youth living in new norms due to COVID-19 pandemic.
Keywords: COVID-19, Youth, New Norms, Education, Social Environment, Mental health, Pros and Cons.

Introduction

COVID-19 was originally discovered in December 2019 in the Chinese city of Wuhan. COVID-19 is a real disaster for the whole world, and no one can stop it from spreading from one person to the other person. In order to prevent the spread of COVID-19 the governments have taken radical measures to manage the situation by closing public venues and requiring people to stay at home. In March 2020, more than half of the world's population had been subjected to a rigorous containment lockdown. They were only allowed to leave house for essential activities such as grocery shopping and medical treatment while the non-essential industries have been ordered to close or operate from home. They are also not allowed to leave the nation and all foreigners are not allowed to enter. The majority of people were obliged to adapt to the new norms, including the changes of everyday living routines due to the pandemic.

The worldwide economic recession has come from government's reactions to the unusual and rapid spread of COVID-19. The effects on people, employment, and business are expected to be long-term and the most vulnerable populations such as young people will be most heavily struck. During a lockdown, some people may find that spending more time together with their family brings them closer together and develop a sense of well-being. However, some people especially children and youth vulnerable to the changes as they having a hard time struggling with something that they are unfamiliar with and several concerns have emerged including rising youth unemployment and the implications of rising debt for issues of intergenerational justice, as well as threats to youth and future generations' well-being. In this study, issues arise from the impact of COVID-19 towards our youth need to be addressed to make sure young people around the world emerge from the pandemic stronger than before.

Online Distance Learning

The abrupt switch to online distance learning to contain the COVID-19 pandemic has drastically changed the lives of youth all across the world. Digital learning has become an essential resource for students and educators around the world. This is a whole new form of learning for many educational institutions. Morrison, Ross and Kemp (2007) stated that online distance learning has additional advantages over standard lectures and teaching methods. Students can still attend classes even if they are not at the campus. It is possible to serve huge audiences even if they are thousands of miles away (Morrison et al., 2007). Sitze and Shank (2004) states that despite the number of people who are eager to use technology for learning, it is still here to stay. Technology has evolved into a critical tool for meeting and extending the knowledge society's education, training, and retraining needs.

Online learning is significantly more affordable as compared to physical learning. This is due to the fact that online learning reduces the costs of student's food, transportation and most importantly some universities offer discounts on learning fees as students do not have to return to campus. More students are enrolling in online programmes because it lowers the student's opportunity cost of education. (Dziuban, et al., 2005). Aside from that, the virtual classroom's accessibility makes it interesting to student. The capacity for students to participate asynchronously, synchronously, or in a blended learning format is one of the many adaptable features of online learning. Teaching online can take a variety of formats, ranging from Web sites to email groups to course management systems like Blackboard. Students can communicate in real time in chat rooms or asynchronously through bulletin boards and forums (Morrison, et al., 2007). According to a study conducted by Kupcyznski, Stallone Brown and Davis (2008) the increased participation in asynchronous classes is because students became more engaged in the asynchronous environment due to the time needed to respond to and interpret messages. However, in face-to-face classes, this would not be the case.

Major issues with online learning are computer literacy. Consider one of the basic facts about online learning, according to Ratliff (2009): students and educators must possess a minimum level of computer knowledge. As difficult as it is to believe in this day and age, there are still people who are unprepared for a technology-rich learning environment. Besides that, computer proficiency and internet connectivity are both essential for online learning. The lack of internet access will exclude participants from online classes. While internet coverage has risen by leaps and bounds in recent years, maintaining a stable connection ar a sufficient speed in smaller cities and villages remains a difficulty. If a student does not have frequent access to the internet, they may experience a loss of learning continuity. This is a restriction that applies to all online programmes that rely on internet access. Another challenge with the telecommunications system and other resources required to communicate successfully is transmission quality. Although it's possible to communicate two-way, poor quality of communication can lead to frustration and distraction, which difficult to follow aurally and visually (Morrison, et. al., 2007).

Social Environment

Family relationships play an important role for a well-being human in order to

have a positive lifestyle especially in this pandemic. Children react to stress in a variety of ways including having difficulties in sleeping, bedwetting, stomach-aches and headaches, being anxious, withdrawn, angry, clingy, or fear of being left alone. (Ramaswamy and Seshadri, 2020). The pressure of working and learning at home are one of the main reasons of stress during this pandemic. Safety and fairness may be the key components for parents in order to keep harmony among family members. It can be express as respect each other time and work for every person so that the tension cannot be grown over. Furthermore, a healthy family can be a good listener among their family members such as giving an advice of how to handle the problems. Communication is the most important thing in a family in order to reduce stress from work and have a great social environment to balance between family. As risk increases, the body experiences wear-and-tear as a result of recurrent physiological mobilization to adapt to external challenges, a condition known as allostatic load. (Evans et. al., 2013). If repeated stress is a result of accumulated risk, the physiological mechanisms that control stress responsiveness may be depleted and recalibrate. This is important during COVID-19 as changes in stress responsiveness may affect how kids respond to future problems.

The negative impact of social environment changes triggered by the COVID-19 pandemic may disproportionately affect individuals living with long-term painful conditions. Living with chronic pain can put a person's social needs for autonomy, belonging, and justice at jeopardy. N.A. Megahed and E.M.Ghoneim (2020) states that the past decade has shown that various aspects of the social environment affect both physical and mental health. These effects have been impactful to the already existing burdens of illness (Saarloos, Kim & Timmermans, 2009) such as lack of detailed and quality data as well as location- based built environment data. As a result, individuals are judged based on their social roles. This is because they are more sensitive to stress in the social environment as some parts of the population appear to be more vulnerable to anxiety, depression, and post-traumatic stress. Moreover, SARS, EBOLA, H1N1, Equine Flu, and the current COVID-19 pandemic have shown that the psychological impacts of contagion and quarantine is not limited to the fear of getting the virus. (Barbisch et al., 2015). As the result, individual effects are more to negatively afraid going and socialize to ensure that they want to keep distance and hygienic. On the contrary, having infected family or friends causes anxiety problems to develop. Youth demonstrate a superior understanding of how to handle situations to avoid the spread of infection towards themselves and those around them. The subject of youth mental health is quickly evolving with an emphasis on prevention, early detection, and therapeutic innovation. In this perspective, the effects of COVID-19 on youths are discuss. Loneliness and poor mental health are two symptoms of mental illness. As a result, anxious and depressive will develop in the individual. In this context, the negative psychosocial consequences of lockdown may have a greater impact on young people as they are also having a hard time to cope with the current crisis. Following a traumatic experience, an individual's response may result in negative evaluation of the trauma and its consequences in general. These negative responses were found to be the most important indicators of psychological discomfort and a poor socialisation of

mental health. Thereby social environment also can affect mental health and physical of youth during pandemic in order to cope with the new situation that happened in their live.

Financial

Individuals who are confronting a COVID-19 pandemic are found to save money more than whose are not. This is due to the fact when people are uncertain about the future, they make more precautionary savings. (Kimball,1990). Besides that, due to the lockdown people must stay at home which helps them to save more money as they do not have to spend money on fuel, transportations, and paid parking as most of them are working from home, but we cannot deny that some of them still facing it. Most of the young people live with their family and they tend to save more money as they can receive allowances from their parents or by working part-time. Moreover, the pandemic itself not just locked people from going anywhere but also the business from running outdoor like they used to. Because of that, there are many platforms offered to help business owners starting from micro, small and medium to digitalize their business online such as Go Digital ASEAN. “Go Digital ASEAN, a regional initiative of The Asia Foundation supported by Google.org. The program provides training in basic digital skills to those most vulnerable to the economic shock of the pandemic: workers and small entrepreneurs, especially women in the female-dominated hospitality and tourism sectors and young people, groups who are facing a severe loss of income and a lack of new opportunities.” (Sharifah Shahirah Idid, 2021). This shows that youth is one of the targeted groups focused by government and ministry to help them in increasing more of their income. When they have more income, their net income tends to have a bit of a considerable proportion for them to save in unit trust, savings account, and investments. Furthermore, personal savings rate may reflect people's expectations for how long a recession will last. Savings can help young people to feel more secure during these challenging times especially those who comes from low-income families. (Dolphin, 2012).

OECD (2020) states that the most affected group in the rise of unemployment is young people from age 15 to 24 between February and March. Young people are more likely to slip into poverty if they lose their job or their income drops since they have less savings to fall back on (OECD, 2020). Furthermore, as previous economic shocks have demonstrated, young individuals graduating during time of crisis will find it more difficult to secure quality employment and income and will likely to delay their journey to financial independence. Aside from that, since pandemic hits people across the world the usage of digital become more important than ever which has led to changes in shopping habits. Hence, they especially among young people tend to be involved more in online shopping which introduces a variety of payment options for users worldwide. In Indonesia, the COVID-19 pandemic has spurred the expansion of digital enterprises. However, this beneficial economic growth has had unexpected implications, such as a significant increase in online shopping addiction. “Individuals who spend more than they can afford to gain social status from their purchases or to satisfy unmet needs, such as that for love and affection, are prone to compulsive buying behaviour or shopping

addiction" (Ketchell, 2021). The rapid rise of e-commerce marketplaces during the pandemic has exacerbated the risk of shopping addiction, particularly in digitally aware cultures like Malaysia, where youth and adolescents frequent online shopping platforms like Shopee, Lazada, and Zalora. The massive buying among youths occurred when there are a bunch of promotions offered by the platform such as saving vouchers, discounts, and free shipping. Youth whose primary purpose is to project a distinguished and high-status image to the rest of the world will spend excessively without regard for their future. With their "live-in- the-moment" mentality, millennials can put in a lot of effort to stay up with the latest trends, flaunting them on social media to earn praise and increase self-esteem.

Working From Home

Employment is essential in everyone's life, particularly young people's lives. Work provides people with a sense of self-actualization, financial security, and societal utility (Lambovska et al., 2020). The decree ordered the closure of public and private sectors as well as the suspension of most economic operations in the country with the exception of a few essential services in order to combat the spread of COVID-19. Many employees were forced to work from home as a result.

Although the isolation strategy was eventually replaced by a rehabilitation period during which people might return to work, some workers may continue to work from home (Aiysyah, 2020). According to the Bailey and Kurland (2002), working from home has two distinct characteristics. To begin, employees work outside of the workplace and lastly, there is a connection between the home and the office. Through the use of information exchange and communication with colleagues can be achieved. Nowadays, working outside of the traditional workplace is becoming more common. Telecommunicating, virtual office, telework, location independent working, remote work, and home office are just a few words use to describe the phenomenon (Aczel et. al., 2021). According to Wheatley (2016), working from home provides a number of obvious advantages, including commutes and making household obligations easier to handle. Besides, it is also savings the whole thing. The ability to work from home allows employee to save time by not having to drive through rush hour traffic to get to work, as well as money by not having to spend it on gas, clothing, accessories, and grooming. Employees who have the flexibility and autonomy to balance their work and personal lives are more likely to be satisfied with their jobs. This finding is consistent with Song and Gao's (2019) research, which found that non-fixed workers were more satisfied with their jobs when their employers allowed them to work from home.

Meanwhile, in reports from Economic Policy Institute (2020) regard to the types of jobs that young people hold, the relative scarcity of options for working from home has led to a higher number of job losses among young people. The relative lack of work-from-home options for young workers has contributed disproportionately to job losses because young workers are less likely to have jobs that they can do from home, they are more likely to have lost jobs during the recession and have been exposed to COVID-19 at work. Working from home also has a big and detrimental impact on workplaces stress. Workers are being forced to do extra work, including working overtime in order

to fulfil the job they were hired to do due to this pandemic. Employees get separated from their work environment as a result of social isolation, which causes work stress. This finding is in line with Gajendran and Harrison's (2007) research. When employees work from home, their work effort increase significantly and lastly, as expected it has a greater impact on productivity the longer employees stay at home also discovered evidence that the frequency with which people work from home influences their productivity. They more frequently put in three times the effort than those who only work from home occasionally or in an office (Bailey and Kurland 2002).

Conclusions

The Coronavirus (COVID-19) pandemic is having a significant impact on people, s lives in general. Everyone on the planet is directly or indirectly affected by the disease's severe consequences especially the youth. Many countries have declared unprecedented state of emergency and lockdown. The educational institutions, working place and shopping complex are among other things. It has created both positive and negative impact in developed and developing societies. The World Health Organization (WHO) and all member countries have issued advisories on the Novel Coronavirus's impact. However, because of its extreme isolation and lockdown, this disease measure more negative effects including produce stress, distraction and unproductive environment. An effective and efficient emergency response can help top reduce preventable mortality and morbidity, as well as the economic and social effects. To deal with disease outbreaks and pandemics in the present and future, governments will need to figure out how to create an effective and efficient emergency management system.

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49 DEPRESSION AND ADOLESCENTS NEVER APART: A CONCEPTUAL PAPER

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Abstract

Out of the blue COVID-19 pandemic for this year, it creates new norms for us. Especially among youths in terms of working and study culture. It is stressful for youths who have been in this situation. For them, understanding the new culture is stressful and it can lead to serious depression. Thus, depression cases among youth enhance significantly due to new norms that hit youths' life differently. The pooled prevalence estimates of clinically high adolescent depression were 20.5 percent globally, based on 29 research involving 80,879 adolescents. However, the outbreak of this pandemic has worsened many of the factors that contribute to poor mental health. As a result, the purpose of this study is to explain why teenage depression is so common and how to avoid it from happening to our loved ones.

Keywords: COVID-19, Depression, Mental health, Youths, Prevention ways.

Introduction

Has one of your precious people been involved in depression illness? If you are experiencing this issue, then this article is for you. According to the American Psychiatric Association, depression can be defined as " a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and home." (American Psychiatric Association, 2021).

In line with the Millennium decades, most of us have heard about the coronavirus that led to the pandemic. This scenario has triggered new norms uniquely among studying and working culture. Hence, this pandemic has created an enhanced urgency to tone up mental state systems in most nations. Mitigation strategies could incorporate ways to push mental wellbeing and target determinants of poor psychological state and interventions to treat those with a folie. Taking no action to pander to the burden of major depression. (Lancet, 2021). However, "Emerging research suggests that the global prevalence of child and adolescent mental illness has increased considerably during COVID-19. However, substantial variability in prevalence rates has been reported across the literature". (Nicole Racine et al, 2021).

On the other hand, depression could be so high among youths due to peer pressure, academic expectations, and changing behaviour can bring a lot of ups and downs for adolescents. (Mayo Clinic, 2021). What can be concluded from these statements is that there are millions of factors that affect youth depression nowadays. So, as their parents, guidance, co-workers, or lecturer they must know how they should treat their students, colleagues, and children, especially during a pandemic so that the

cases of depression among youth could be reduced significantly.

Symptoms Of Depression

A Significant sign of a disease or mental health problem can be seen by someone,s behaviour and their lifestyle. Nevertheless, symptoms cannot be seen in medical tests. Consequently, that,s why when someone shows a symptom or sign, we tend to take it lightly, but the fact is it's a hint to show someone is experiencing something.

Someone experiencing depression can show symptoms such as inability to sleep or oversleeping. It can either be any of the way depending on the affected adolescent. Oversleeping can be because depressed adolescents don't want to face reality or live their life. They choose to shut off their life rather than facing it. In some other cases, they tend to not sleep at all because of the mental health issues that keep tiring them and making them sleepless.

Secondly, loss of interest in everything she/he used to do is also a sign of depression. As an illustration, someone who used to have hobbies or activities to do in their leisure time suddenly decides to stop doing it even though it is something they love to do. This may contribute to a slight back off from the teenager from everything they were doing in their normal days before they are into depression.

Other than that, loss of appetite can be a sign of depression too. Decreased appetite occurs when someone has a reduced desire to eat and soon will cause many other problems such as weight loss, fatigue, and malnutrition.

Next, low motivation on everything she/he does. Feel like these people tend to give up easily due to the mental issues they are going through all alone. They couldn't say or express to anyone because they always have a thought that no one will ever understand what's going on in their own fantasy mind.

One of the most dangerous symptoms is thinking about death. This symptom shows up when someone is already in the critical stage of depression. They seem to have no one beside them to sit and listen so they come to a decision of ending their life. In worse cases, depressed teenagers do a suicidal attempt. At that one moment of taking decision, a person who is into depression only thinks about themselves and not their family members when they decide to kill themselves.

In addition, feeling agitated is also a hint. Feeling of agitation is nervousness or sadness that prolongs than the reasonable time. Teenagers that undergo depression feel sad for no reasons and cry over small things because whatever that comes seems to be a ‘bad luck'. “It is part of the cure to wish to be cured” (Seneca, n.d.)

Implications Of Depression

As the saying goes “Depression is a prison where you are both the suffering prisoner and the cruel jailer.” (Rowe,n.d). The emotion of sadness is normal to be felt in our daily hectic life especially in this 21st era of globalisation when everything is running fast forward. The major problem or issue arises when this feeling of grief prolongs than the reasonable period. Grief can be felt upon losing someone you love or having a financial crisis etc, yet everything needs to have an end point and there comes a stage where everyone needs to get up and continue their life. When there is no getting back up and cramping oneself with their problems, depression begins.

There are various implications that contribute to depression. The most supreme reason of depression among adolescents is family conflicts. It may seem to be common to most of us, but little did we know that family conflicts in a household could really affect the mental health of the youths. Waking up and facing only problems, scolding, arguments, fights will make them feel extremely exhausted mentally and emotionally. The fact that this youth has no one to share problems and what's going on in their mind could lead to depression. Mental health gets disrupted only when there is a big load that has been put on. Sharing is an option but to whom is the question. As for everyone family plays a massive role in life to be happy or sad. “Home should be a happy place and not the battlefield.

Thereafter, one's physical health issues could also lead to depression. This often occurs due to inability to share their health condition or disease to loved ones. Hiding and surpassing their health conditions that's getting worse will create a mix of emotions that they could be happy for a while and grief attacks. For an instant, someone could have found that they are diagnosed with a serious disease such as cancer but couldn't share with anyone because they are very much concerned about avoiding their family members or friends to be sad. Thus, waking up every day and thinking about their worsening disease could affect their mental health because all they can see ahead of them is a dead end.

Physical and sexual abuse among adolescents has been a crucial issue all over the world. When a child grows up to 18 years old, they are free to make decisions and take actions upon anything that happens to them. However, we are often exposed with the news of sexual abuse by biological father which brings us a great shock “jump out of one's skin. “How could such thing happen? When all this happens, all they can do is cramp themselves in a room and cry their heart out even though they are eligible to take actions. Sexual abuse could give an enormous effect to mental and emotion of a teenager. Subsequently, physical abuse has the same amount of upshot just as sexual abuse. Physical abuse by their own parents can really hurt youth emotionally, mentally, and physically. Working parents or parents having marriage conflicts tend to show their anger and stress to their child. Children deserve only love and care from parents, but a depressed adolescent only receives negativity from the parents. This physical abuse can make adolescents jump into suicidal thoughts which are correlated to depression. The abuse and injuries caused by an adult could cause a very harmful effect around in general and in youths' personality. As days pass by, the victim adolescent will get into severe mental issues that affect their daily life. This reason of depression can only be solved when this affected adolescent chooses to voice out rather than being silent just as the saying says” Our lives begin to end the day we become silent about things that matter.” (King Jr, 1965)

Furthermore, cyberbullying could also be a reason for depression. Cyberbullying is dangerous and comes in various forms. As we all know the common form of cyberbullying someone is hacking and posting about someone else negatively. There also comes a very serious stage of cyberbullying which is posting nudes of someone publicly by editing their picture. Majorly this happens among youngsters because only youngsters are at the highest rate of getting accessed to social media.

Cyberbullying has become a very unornamented issue since there is no serious law executed against it. Somehow the bitter truth is cyberbullying is happening all over the world widely which results in depression. Adolescents are depressed by not being able to do anything when such thing happens to them. They are either afraid to inform to their parents or lost in the middle of the way not knowing action to be taken. Obviously, there is a simple solution that is available which is reporting the profile that has been hacked yet this is only short-term solution. To investigate the long-term solution there hasn't been a proper or adequate solution yet. The more the authorities and the government takes this thing simply, the higher the rate of depression could rise in later days.

"Nothing holds you back more than your own self insecurities." (Kushandwizdom). As the saying says consequently another contributor to depression is low self-esteem. What is low self-esteem? Low self-esteem is the lack of confidence. The feelings of unloved and incompetence occur in a person with low self-esteem. How could we relate low self-esteem with depression is when a person always feels downgraded compared to others and they feel unmotivated. This comparison may happen in terms of looks, appearance, family background and performance in studies or work. What puts someone with low self-esteem into depression is thinking that they are always less than the others. To give an instance, a person with acne could feel so many constraints in themselves due to the question he/she needs to face regarding their situation. This may look unadorned yet could lead to teenager depression. This is due to lack of confidence to face the public or anyone in their family because of the weakness.

Genetics loads the gun, lifestyle pulls the trigger (Stein.S, 2015). The saying clearly shows that some causes are not to blame the victim because some reasons cannot be avoided. Though there is no unified answer to the root of the causes of depression, what we don't seem to know is genetics can also be the reason for depression among adolescents. Special gene may run among family members that could affect youngsters. For an example, the ancestor that carries the same gene with us could have experienced mental health issue during their younger times that directly transmitted to youngsters now. Somehow statistics shows the causes of depression among youngsters caused by genetics is statistically less than the other causes.

Solution To Depression

To every problem, there is a most simple solution. (Christie, n.d). As it says above, it is impossible to not have a solution to a problem. Where there exists a problem, there is a solution. Mental health issues likewise have its solution and prevention.

One of the most common solutions is medications. It may sound to be unsafe to take pills when someone is experiencing mental issues but taking pills such as antidepressant can slow down and give mental issues a break. Drugs in this medicine form work by balancing chemicals in brain called neurotransmitters that affect mood and emotions. There are several types of antidepressant pills and not everyone can take all the pills. The type of antidepressant pills to be taken should be consulted with the psychiatrist or obtaining prescriptions. Upon meeting psychotherapist, patient will also receive guidelines of taking the medications because overly taking a medication has its

cons too.

Next, having or taking therapy sessions can also be a solution for depression. Therapy is said to be the most effective treatment for depression. Therapy requires the patient to meet the therapist personally regularly according to the schedule. In this therapy session, affected individual are free to talk and express issues that is going on in their mind and life. When adolescents are suffering from depression goes for a weekly session, it can really help them deal with difficult situation, cope with challenges, and increase low self-esteem. It can be said to be a full 2 hours of relaxation and healing process for patients during this therapy session. “Solution only comes when you decide to heal” The next solution is making changes in their lifestyle. This can only be done when the affected teenager chooses to make changes.

Spirituality

Submissively, the next cure to depression is getting closer to spirituality. Problems may come and go in life but only one remains that is God. Belief in God is essential because only when someone has the trust, a truthful way of life can be maintained. Getting spiritually strong can help teenagers to think wisely and feel hope within them. Relying on God for whatever that has happened is important. Meditation plays a predominant role in spirituality. Meditation has been proven to alter the reaction to those unwanted feelings. When the body is in a stressed condition, it produces a hormone called cortisol and meditation lowers that hormone. During meditation the brain relaxes just like when you are asleep. Mediation is the natural treatment for reducing depression.

Finally, the easiest solution that teenagers with depression can do is reaching out to the official body that helps with depression such as Malaysian Mental Health Association (MMHA), Community Mental Health Centre (MENTARI), National Suicide Prevention Lifeline-Substance Abuse and Mental Health Service Administration and many more. Reaching out to the official bodies by sending an email or giving a call can notify them to help you with all that you need. Teenagers often do not choose this way because they don't want their details to be found out, but these official bodies only help us as a friend to listen and the details of the depressed member will not be found out. The privacy is emphasized regardless of whatever situation. This way is the simplest for teenagers because they don't have to move or inform anyone, it is just a conversation between the email and teenagers.

How Common Is Depression Among Youth?

“Teen depression can be defined as a serious mental condition where the teen experiences prolonged feelings of sadness, negativity, and irritability. These feelings permeate through their social and personal life, causing them to become withdrawn and lonely, thus affecting their self-image and physical life”. (Sarah Fader, 2020)

As we know ‘youth' defines those persons between the age of 15 - 35 years. In this 21st century, we often see, read, and even hear about someone suffering from depression, especially a teen. It can be said to be different from the previous century because the issue of depression was not something common in those days. we can see how prevalent depression is among youth through teen and adolescent suicide have continued to rise dramatically in recent years.

“Teenagers of this generation are required to create a mark for themselves and rise from the choices they make. Choices that are confusing, stress filled and chaotic. Very often teenagers themselves don't understand the gravity of the consequences of the choices they have made. Pleasure seeking and impulsiveness are honoured by the media often causing teenagers to make the wrong choices and slide down the road of depression and guilt”.

“Teenagers are bound to go through a series of emotional ups and downs. However, there is a difference in behaviour when they are experiencing their occasional blues and, in the behaviour, when they are unknowingly slipping into depression. Recognizing and identifying these symptoms early on may lead you to help your teenagers before their situation becomes critical”. Lack of interest in normal activities, poor grades and complete neglect of studies, prolonged feelings of sadness, and other symptoms are examples of symptoms, (Sarah Fader, 2020).

Every Hundred minutes, a teen attempts suicide, world's third most cause of deaths aged 15 to 24. Before they reach adulthood, the younger age group experience depression, and some of them experience symptoms at any given time, affecting their daily routines such as going to school or work. (Discovery Mood & Anxiety Program, 2021)

Some teenagers are more vulnerable to depression and suicide than others. These are referred to as factors. Female adolescent depression is twice as common as male adolescent depression because females express their emotions more frequently. Teens who have been abused or neglected are especially vulnerable because their mentality is still immature and not strong enough to overcome negative thoughts around them. The situation will get worse if they come from a broken home family or family history of depression or mental illness. They lost a place to express their problems and get protection.

After the world was hit by the covid-19 disaster, I believe the cases of depression are on the rise especially after all the activities are done online. There is no denying that many new things need to be adopted by society, especially teenagers. We often hear that the stress that teenagers experience is due to the tasks they must complete in their studies.

Problems in socializing can also cause depression in adolescents such as bullying. Some teenagers do not enjoy their youth because they are not accepted by society, causing them to shut themselves off from associating with society. Loneliness is not good for mental health, especially for young people.” Not only that heavy social media use can be linked to depression and other mental disorders in teens” (Asmelash, L. 2019)

The way to deal with depression that teenagers can do is to get help from an expert in the field. Depression is a serious disease and is very much given attention by society nowadays. It is highly recommended for people suffering from depression to seek help as this is important for survival. Depression is also very rare to cure on its own. They can get help online or at government or private medical centres. Finally, don't be afraid or embarrassed to get help.

Top 5 Countries Having Highest Depression Among Youth

Ukraine (6.3%)

Psychology students in Ukraine are using online chats to help vulnerable teenagers overcome suicidal, bullying, and anxiety thoughts. Olia Kaira, Sasha's colleague and fellow psychology student, advises teenagers on breathing meditation, art therapy, and intense stressrelieving techniques. She claims that even jumping or beating a pillow can help relieve stress. (Yullia Sillina, Kate Bond, 2021). “In the lockdown, there are much more negative emotions, and now there are much more requests for consultations,” (Olia, 2021)

United States (5.9%)

People in the United States take very little time to relax. The United States is the world's most employed developed country. In contrast to the United States, approximately 134 countries have rules establishing a maximum length of the working week. Employees in every country (except Canada and Japan) are entitled to 20 days of paid leave. Workers in Finland and France are entitled to a paid month's leave each year. However, the United States is the world's only living industrialized country that does not have legally mandated annual leave. "Every year, Americans work 499 hours more than French workers, 260 hours more than British workers, and 137 hours more than Japanese workers. “More work, for most Americans, means more stress and a lower quality of life. This also demonstrates how difficult it is for young people to compete with one another as students. (Preza N Shah, 2016)

Estonia (5.9%)

“Depressive symptoms in the Estonian population were strongly related to socioeconomic functioning. Results emphasize that subjective social adjustment and perceived control are important characteristics of depression and should be considered in assessment and treatment.” (Anu Aluoja , Mall Leinsalu , Jakov Shlik , Veiko Vasar , Kersti Luuk , 2004)

Australia (5.9%)

In 2017-18, one in every five (20.1 percent) or 4.8 million Australians had a mental or behavioral condition, up from around 4.0 million (17.5%) in 2014-15. This increase was primarily due to an increase in the number of people suffering from anxiety and depression or experiencing depression symptoms. (Australian Bureau of Statistics, 2017)

Brazil (5.8%)

“ The World Health Organization (WHO) in its latest report has stated that Brazil leads Latin America with the highest number of people suffering from depression (regarding absolute and relative terms). Depression is a mental illness characterized by deep sadness, despondency, low self-esteem, loss of interest in everything, as well as a decrease in psychic functions. Over 300 million people across the globe are currently suffering from it, with a higher incidence in women (5.1%) than in men”. (World Health Organization, 2018)

Who Is Affected The Most When Youth Having Depression?

Firstly, must be the people that are closest to the individual. For example, their parents. When a person suffers from depression, they will experience some difficulties such as not being motivated to go through the daily routine. As parents they want their

child to be cheerful and energetic. Otherwise, this will make them worried.

The second person is their partner. As we all know, depression can have an impact on one's emotions, thoughts, behaviour, and physical appearance. Mood swings are the most common emotional manifestation of depression. Sadness, fear, shame, anxiety, guilt, and anger are some of the emotional symptoms of depression. A lack of emotional responsiveness, as well as feelings of helplessness and hopelessness, can occur. Most people who are depressed are also irritable. Depression-induced emotions can be extremely overwhelming, leaving some people completely numb to what they are feeling. (Patricia Oelze, 2020). This will cause their interactions and relationships to be problematic.

Lastly, people surround them. It could be friends, teachers, employers, or others. They will find it difficult to cooperate and respond to things that need to be done or resolved. They will also be difficult individuals to approach. It will bring difficulties and hardships to others.

Conclusion

Despite several limitations, this research demonstrates the first actual findings about a huge number of adolescents have been struggling with depression during the current pandemic. In addition to academic and professional uncertainty, financial insecurity is rising as a result in depression among adolescents, notably during the Covid-19 pandemic. Parents are supposed to create a friendly and positive family environment for their adolescents without putting pressure on their future academic and working careers, as they are too concerned about money these days, to reduce the growing mental health problems. Depression is a horrible disease that must be eradicated. It also affects many teenagers. Depression manifests itself in a variety of ways, all of which should be addressed as soon as they appear. To avoid depression, adolescents should seek help right away. As it says above, it is impossible to not have a solution to a problem.

Mental health issues likewise have its solution and prevention. Medication is one of the most popular solutions. These medications work by rebalancing chemicals in the brain known as neurotransmitters, which influence the mood of adolescents. Abused and neglected adolescents are especially at risk because their mentality is still immature and not strong enough to overcome negative thoughts around them. They lost a place to express their problems and get protection After the world was hit by the covid-19 disaster, I believe the cases of depression are on the rise especially after all the activities are done online. Adolescents should acknowledge that depression is a mental disease that can ruin their lives for decent. As a result, they should implement the proposed solution into action to mitigate the negative effects of depression. Treatment should be sought by adolescents because it will help in their healing. To educate depressed teenagers, awareness should be raised on all social levels. Depression is a serious problem that requires immediate attention.

Adolescent depression may affect the teen's socialization, family relations, and performance at school, often with potentially serious long-term consequences.

Adolescents with depression are at risk for increased hospitalizations, recurrent depressions, psychosocia impairment, alcohol abuse, and antisocial behaviours as they grow up. Of course, the most devastating outcome of concern for adolescent depression is suicide, the third leading cause of death among older adolescents (Centre for Diseases Control, WISQARS).

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50 Youth Mental Health is a Good Long-Term Investment

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Abstract

This paper talks about how the Youth's mental health is a good long-term investment and what factors play a key role in it. Besides the social support, influence, lifestyle, and the environment are the factors that will be mentioned. In almost every aspect not only the positive ways of how it influences the young people's mental health but also the negative sides will be mentioned. That is because it must be stressed that some aspects can go both ways and it depends on how a young person acts and what they are surrounded with if their mental health is in a good or a bad state. The conclusion then sums up what each paragraph accomplished and highlights why the mental health of young people is a good long-term investment.

Keywords: Social Support, Influence, Lifestyle, Environment

Introduction

Mental health is essential for every human being in the world. Happiness is the feeling we all strive for. However, many people struggle to feel happy which sometimes results in life long lasting mental illnesses, which is especially awful for people of a young age. Bad mental health is a severe public health concern, especially in adolescents. In Malaysia, according to the Ministry of Health's Healthy Life-Style Campaign National Mental Health Survey in 2000 49% of teenagers are struggling with emotional problems (Hsien-Jin, n.d.).

It is no surprise that big events such as the Covid-19 pandemic have a big impact on everyone's mental health. Especially young people who are influenced a lot more by the outcome of the pandemic seem to struggle with mental illness. In Malaysia, 266 cases of suicide were reported between March and October of 2020. One in four was committed by teenagers between the age of 15-18 (Choong, 2021).

For young people it is even more important to be happy since they are still developing and trying to find themselves in the community. If their mental health is in a bad place, the chances of them struggling with it for the rest of their life are high. Sad to know that for example in the US “half of all lifetimes mental illness[es] begin by the age 14, and 75% by the age [of] 24” (Solomon-Maynard, 2020). In addition to that, one of six kids in the US between the age of 6-17 experience a mental health disorder each year. That is why it is important to invest in the mental health of young people (Solomon-Maynard, 2020).

Since there is not just one aspect that influences the Youth's mental health in a positive way but many, the following paper will concentrate on the most important. Not only the social support but also aspects like the lifestyle, the environment and the influence young people face from all sides of society, are features that need to be investigated when it comes to the mental health of the Youth.

Social Support

Social support is an important aspect that can impact on one's mental health especially to the very vulnerable age group which is the youth. Social support can come in many forms which includes emotional, instrumental, informational and appraisal. Youth is one phase of life that is the initial stage of life, growth and development which mould an individual before turning to an adult. This is where social support play as a key role on improving youth quality of life and provides a barrier against the negative impact on their mental health. After all, it does not only take days but years for one's to undergo this phase of life that help them to nourish, build and learn from past life events to become a better adult which can be challenging for them to overcome on their own without any social assistance. Much research also shows the effects of social support on youth mental health have been studied in recent years.

Social support helps youth to cope with stress that can be from various aspects of stress which are biological, social, cultural, economic, spiritual and etc. Social support helps youth loosen up and reduce the chances of negative impact on their mental health. "Social support is derived from a network of people drawn from family, friends and community" (Awang, Kutty, & Ahmad, 2014; Zimet, Dahlem, Zimet, & Farley, 1988). Social support from people or community around a youth provides comfort to handling the stress that a youth is experiencing. However, in this developmental stage of adolescence or also known as youth, friends are increasingly more important as a source of social support compared to family (Kugbey, 2015), as youth strives to individuate themselves from family, the focus shifts from parent to peers.

Social support can also give negative impact on one's mental health. If the youth are surrounded by negative social support, their perspective on things that affect their mental well-being will shift. Negative consequences on youth mental health might even occur if they go unnoticed. According to a study, "an estimated 10-20% of adolescents globally experience mental health conditions, yet these remain underdiagnosed and undertreated." (Kessler, Angermeyer, Anthony et al., 2007) according to the study, about 20% of youth worldwide suffer from mental health issues that go unnoticed and untreated due to the absence of care and social support.

"Social support provides physical and psychological advantages for people faced with stressful physical and psychosocial events and is considered as a factor reducing the psychological distress when faced with stressful events" (Harandi, Taghinasab, & Nayeri, 2017). Continuous negative impact on youth mental health due to various events will actually slowly affect their life, health and lead to serious mental health issues so to prevent this. Youth need adequate social support in their life that helps their mental health and wellbeing in the long run.

Influence

Youth is a sensitive phase whereby a young adults are easily influenced by their surroundings to a particular way, which could alter their mental health in either a positive or negative way. At about this age, they have more tendency to be influenced by all sort of things such as cultures, attitudes, media and so on. At the most basic level, social influence "comprises the processes whereby people directly or indirectly influence the thoughts, feelings, and actions of others" (Turner, 1991, pg. 1). Influence

can be from various sources such as family, peers, teachers, role model, community, leader and the list goes on.

Influence is not all bad but there is good side of that may also help youth as they replicate from the good example that may be beneficial for the wellbeing and mental health. Positive side of influence is that when a youth a impersonate a decent role model that will lift their mental health to a better way that will be beneficial to them in not just their youth but also as adults as they shift their perspectives on the world. It actually lies on how the youth react to the events that occur in their lives. By letting youth being exposed to a healthy social norm such as school event participation, peer cooperation, contributing money to donations or charity, and volunteering for a good cause help them achieve a satisfaction that lead to positive implications towards their mental health.

Not just that even the negativity that surrounds them can be projected into a bright side that can serve as a living example about how these awful events should not be replicated. But if these young people can't distinguish between what's good and what's terrible, things will get complicated. For example, a youth thinks illegal racing sound very exciting and be eager to explore without considering the potential implications, which may include physical and physiological harm that they would regret for the rest of their lives, with no way of going back.

For instance, one boy said, “If they're your teammates, that would probably have a bad influence. I mean, everybody wants to party every now and then. So you give in and you do what they do. That's probably bad.” (Dworkin & Larson, 2007) described that he was being indirectly forced to adopt it. All these adverse influences that may gradually evolve into habits, beliefs and attitudes of the youth as they adapt to it, that might be a silent killer towards their mental health which may slowly kill their mental health in a quite bad or even horrifying way. “Second, as we and others have frequently noted, the weight of evidence indicates that violent actions seldom result from a single cause; rather, multiple factors converging over time contribute to such behavior.” (Anderson, Berkowitz, Donnerstein, Huesmann, Johnson, Linz, Malamuth, & Wartella, 2003) described that the negative media's influence is better defined as one of many potential elements that assist to shape youth attitude, such as violence, anger, abuse and so forth which also will influence both parties which are the offender that act in such a manner or the victim that is being hurt. Also “Due to the fact that engagement with digital technologies has also increased rapidly during this period, many have asked whether screen time, and social media more specifically, is to blame for rising rates of mental health problems” (Odgers & Jensen, 2020).

Lifestyle

Despite social support and influence, the lifestyle also has a strong connection with the youth's mental health. The pattern of their lifestyle has a big impact on their mental health. These lifestyles include how they choose to live, whether they smoke, what they consume, whether they take regular exercise, or take part in risky activities, such as illegal motor or car race and taking drugs. Thus, a constant and consistent healthy lifestyle should first present among youth in order to maintain physically and mentally fit.

Healthy lifestyles are made up of two components, according to Principal Component Analyses on these data previously published elsewhere: Physical activity and a balanced diet are considered as "energy-balance related behaviors," while "addictive behaviors and sleep duration," includes alcohol intake, smoking, and perceived sleep duration. (Rodelli M, De Bourdeaudhuij I, Dumon E, Portzky G, DeSmet A, 2018). The practice of sufficient sleep, physical activity and a healthy diet results a better mental health outcome, such as lower depression, anxiety, stress and higher self-esteem. (Kaneita Y, Ohida T, Osaki Y, Tanihata T, Minowa M, Suzuki K, et al, 2007).

What happens when you sleep? According to brain imaging research, getting a good night's sleep can help you become more mentally and emotionally resilient. This is because adequate sleep, particularly rapid eye movement (REM) sleep, aids the brain's processing of emotional data. Poor sleep, on the other hand, during the adolescent years can lead to negative thinking and emotional vulnerability. (Yoo S-S, Gujar N, Hu P, et al, 2007). It will cause tiredness at the start of the day. If the youth are involved with studies, perhaps they will lose focus, and this is a damaging effect to academic performance. Sleep deprivation appears to be particularly detrimental to the processing of pleasant emotional content. Sleep deprivation also makes it more difficult to use the regions of the brain that help you manage your emotions. This can have an impact on a teen's mood and emotional reactivity, which are linked to mental health disorders and their severity.

Physical activity need not necessarily be high cardio exercises like jogging or cycling. Starting the day with simple and basic on-mat exercises or yoga would activate a fresh morning and positive mood too. A healthy diet is measured by assessing the time frame of the consumption, the portion of the food according to the diet pyramid and also the ingredients. A good engagement between youth and nutritionists is also vital because it will contribute to the daily recommended intake of essential nutrients. Normally, the nutritionist would explain the relation between emotions and consumption. For instance, how to cope with stress and avoid overeating. On the other hand, unhealthy high alcohol consumption and smoking leads to less beneficial mental health outcomes, such as higher psychological distress, depression, anxiety, stress, and lower self-esteem. (Scheier LM, Botvin GJ, Griffin KW, Diaz T, 2000). Therefore, such bad habits should be avoided because it will not only spoil the mental health of youth but will cause the physical health to deteriorate too.

Youth participation in mental health programs will assist them in managing their mental health by improving everyday health practices, empowering, and building strong self-esteem, and can have a huge impact at a cheap cost at the population level. At this point, they will be able to reach an optimal mental health development. (Cairns KE, Yap MBH, Pilkington PD, Jorm AF, 2014) Their involvement in mental care programs especially engaging with various kinds of people, exchange thoughts and opinions with them will develop a healthy social interaction. In fact, they will not surround themselves with unhealthy lifestyle practices and habits. It is because after family and peers, the community is also one of the major factors that has a great effect on youth's lifestyle. A good community would shape a positive living among youth. For

instance, youth who lack supportive families will start seeking outsider's support. (Administration for Children Youth and Families, www.ncfy.com/youth devlp.htm). That is why the community, especially institutions and organizations once aware of this situation, should take a fast action by providing care and assigning adult mentors to consult them on dealing with emotions, lifestyle and family. The community's concern towards youth will ensure that they do not take false action and receive negative opinions from the outsiders. They will also be able to fit in various types of society. Through their involvement in mental health programs and consultations, their relationship and the perception of adjusting to live with families who are not supportive will also have improvement. Instead of running away from families, they will learn on how to unite and mend the gap among families. This indicated that healthy lifestyles are also one of the important factor among youth and therefore ensure a balanced mental health.

Environment

The environment is also associated with youth mental well-being. It is anything that surround us. The term environment consists of three major areas, the built environment, natural environment and social environment. The built environment, which refers to structures, spaces, and objects made or modified by people, is one of the three major sectors covered by the term environment. Houses, roads, traffic noise, transportation systems, buildings, public spaces, and urban greenspace are all included. Air, water, landscapes, natural green space such as woods and fields, and chemical contaminants and pollutants in these places make up the natural environment. The physical surrounds, social ties, and cultural circumstances in which people function are referred to as the social environment. It encompasses social and economic processes, attitudes about location and community, as well as factors such as income, race, cultural practices (including religion), community relationships, stress, social inequity, networks, family influences, and power interactions. (Barnett & Casper, 2001). In this context of youth, most of these environmental factors affect mental health of youth in the all stages of life cycle.

The built environment, especially the house is linked to everyone's life most of the time. It is where people live, sleep, eat, drink, study and build their family. The housing environment is a primary factor and has a lot of interactions with the youth. A house which is conducive, clean, organized and well-arranged will create a relaxing and calm environment. The built environment is also associated with the social environment. Youth will have social interactions among family members and spend a quality time in the house. They will have a motivation to study well and do the activities in the house with a positive mood. The bond among their family members will be strong too especially when there is a particular space in the house, like the living room for the family members to have a meeting and communicate each other. At the youth growing stage, they would experience emotional and belief changes. A time spent in the living room by talking to them and listening to their expressions is a great opportunity to strengthen the relationship with them. On the other hand, if the environment of the house is messy and not hygiene, it will bring down the mood and losing interest to stay

in the house. Such environment will also lead to a stressful life. That is why it is important to tidy the house regularly because a well-managed house will maintain a healthy mentality. Too much exposure to noise and traffic will cause poor mental health outcomes too. Getting used to higher levels of traffic noise at home will increase hyperactivity (Tiesler et al, 2013) as well as emotional symptoms and generate problems (Dreger, Meyer, Fromme, & Bolte, 2015). Decision to be made in terms of residential area surrounding should be a high priority before buying a house. A house that is located at a peaceful residential is away from sound pollution. This long-term decision would ensure the physical and mental health are well taken care of.

Other than establishing a good built and social environment, youth must also learn to interact with nature. They should know to appreciate the Mother Nature. Instead of staying inside the house for all day long and playing video games, they should spend some time with the nature. The simplest activity to do is brisk walking in the morning or evening while inhaling the fresh air. By practicing this regularly, it could release stress and reduce other mental health barrier such as depression and anxiety. The tiredness of studying and restless mind, the time they spend with nature can help them to reduce their worries. Access to urban green space close to homes and schools has also improved concentration, self-control, and reduced ADHD symptoms. (Flouri, Midouhas, & Joshi, 2014; McCracken, Allen, & Gow, 2016). Green space usage and presence in the immediate vicinity of a child's home has been linked to lower ADHD scores. (Amoly et al., 2014). When compared to those in less green communities, young children in poorer homes having access to a higher percentage of green space in their community had less emotional difficulties (including conduct disorders and hyperactivity). (Flouri, et al., 2014). Positive emotional well-being are discovered among youth who live in villages and rural area because they have a lot of exposure to the greenery. That is why they are physically and mentally healthy. (Huynh, Craig, Janssen, & Pickett, 2013).

Conclusion

All in all, we can say that the Youth's mental health does not depend on just one aspect but many. Social Support plays a big role and comes in many ways like social, culture or economic. It can help reduce stress and make young people feel more comfortable with themselves. If the Youth surrounds themselves with bad social support, it can however have a negative impact on their mental health, especially if it goes unnoticed. To prevent that good social support from friends, family and the community is necessary. Next to that, influence can have good and bad effects as well. Young people need to have good role models in order for them to be in a good mental state. People who take drugs or others illegal activities should not be impersonated. The only good thing about having a bad role model is having the urge to make it better than them which results in not wanting to make the same mistakes or act in the same bad ways as them.

Lifestyle choices are important for someone's whole life so also for the mental health of young people. Eating a balanced diet and exercising regularly makes you

happy and healthy not just physically but mentally. Besides that, mental health programs help them manage and understand their mental health. Again family, friends and the community need to encourage and support those types of programs.

Finally, the environment a young person grows up in is essential for their mental wellbeing. Not only a clean house will help improve their mood, willingness to study and make them interact with their family members more often and better, but green areas near young people since spending time in them reduces stress, depression, and anxiety. Not only that but spending time in nature helps the Youth with self-control. In solution, young people who do not have a clean house or access to nearby green spaces are not in a good mental state. If young people would have all these aspects influence their lives in a positive way, their mental health would be good. Sadly, not everyone has access to all the above or is surrounded by them. Since the current Youth is the future of this planet and humanity it is important to support their mental wellbeing and pay more attention to it.

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51 Challenges Facing Youth: Exploring the Challenges of Adolescent Mothers, A Conceptual Paper

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ABSTRACT

For many women all across the world, motherhood is a big and crucial component of their lives. Teenage motherhood, which occurs at a critical developmental phase in a teenager's life, has been linked to adverse social and health consequences. Adolescence motherhood also has its own impact on mothers, family, children, and communities. The objective of this study is to identify and look at the challenges that adolescent mothers face during the transition to motherhood. The difficulties and challenges adolescent mothers experience are detailed in this study according to the data analysis. This study's findings show that adolescent mothers face numerous physical, psychological, mental, and social challenges. As a result, health care practitioners should pay extra attention to them and provide additional support.

Keywords: adolescent mothers, parenting, challenges, motherhood

Introduction

According to the World Health Organization (WHO), adolescents are any person's age range between 10 - 19 years old. Adolescence is one of the most important stages throughout human life. This is the phase where the transition from childhood to adulthood happens that involves significant changes in the brain and body. In addition, this is a period in which human beings acquire several qualities such as knowledge, skills, and the ability to manage relationships between one person and another. Adolescent mother is defined as a young woman who has a child at a young age regardless of whether she is married or legally an adult.

Motherhood is an extremely crucial event in a woman's life. Mother role development is a process that necessitates the acquisition of basic skills, the learning of proper behaviour, and the establishment of maternal identity. The preparation for accepting the parental role has a significant impact on maternal adjustment and adulthood transition. However, in many nations, the rising number of adolescent mothers is a major source of concern. Every year, over 16 million teenage girls give birth around the world, according to the World Health Organization.

Early motherhood affected not only adolescent girls, but also their spouse, family, and society. Transitioning to motherhood necessitates physical, psychological, social, and cognitive readiness; nonetheless, many teenage moms are unprepared to be mothers. For adolescent mothers, who must balance the maternal function and the developmental job of adolescence at the same time, motherhood becomes difficult and perplexing. They must adjust to adult social roles, puberty-related physical changes, major cognitive growth, and infant caring. Because the majority of adolescent mothers are not

in a good socio-economic condition the transition to motherhood is difficult for them.

Adolescents who become parents lack critical life skills and other resources that are essential and vital to the parenting process. In addition, when compared to elder new mothers, the transition to parenthood for teenage females has been linked to several additional obstacles. These young women must deal with several big life events at once, including the transition to maturity, the possibility of marriage, pregnancy, and parenthood. An overview of the experiences of adolescent motherhood throughout pregnancy and childbirth, as well as the factors related with the transition to successful adolescent motherhood, should be addressed for effective adolescent motherhood transition.

Increasing Burden of Responsibility

Restrictions on spending on personal interests

Happy teenagers should spend their time exploring the world, having a warm relationship, trying new things, have goals and focus on positive things in life. Following childbirth, teenagers were faced with a plethora of obligations and a significant increase in workload. As a result, they were physically and mentally exhausted because being an adolescent mother increased responsibility and they required assistance and support from others. The majority of teenagers were unable to deal with the challenges because they have to struggle in managing time and planning after becoming mothers. When confronted with the varied obligations of parenthood, many teens feel limited and imprisoned because instead of spending their teenage time enjoying the world, they devote all their time to do all the childcare and housework at the same time. Considering they can't go anywhere and do anything, can't neither go out for recreation nor travel, some of the teenage mothers feel they have become an unhappy person because they can't think and walk freely. They must think about their duties as a wife and as a mother instead of thinking about how they want to build their future, career and exploring new things with their friends. (Mangeli, Masuod, Ali, Tirgari, 2017).

Duties as a mother and as a student

Taking care of a newborn child takes a lot of time as well. The average infant nurses for 20 to 45 minutes, 8 to 12 times per day and more than 2 hours will spend on feeding the baby. Teenage moms will complain of tiredness as a result of waking up many times each night and they have to stay up until late night to take care of the baby. Changing clothes, bathing a child and playing with them will take time as well. Most of teen parents struggle to concentrate between taking care of their baby and studying while finding time to rest as well. According to the Centers for Disease Control and Prevention (CDC), pregnancy and childbirth play a substantial role in girl's high school dropout rates. Only around half of teen mothers graduate from high school by the age of 22, but nearly all women who do not have children during their teen complete high school. Teenage moms are more likely to have lower academic success and drop out of high school, as well as to have greater health problems and to suffer unemployment as a young adult. (CDC, 2019)

Financial burden

Infant care that comes at a high price also creates a heavy financial burden for teen moms who do not have the back of an accomplice or family individuals. Other than finding out how to manage time in taking care of an infant, it's also crucial to consider the financial investment as well. If they are using formula entirely or supplement with formula, they have to budget for this expense. Another cost to consider is baby food, which most babies start eating at the age of six months. In addition to healthcare bills, teenage moms have to consider bottles, diapers, clothing, basin, soap, detergent and toys. Larger ticket equipment such as crib, highchair and stroller are also required for an infant. Adolescents who did not have the support of their spouse or family faced significantly greater difficulties in preparing for childbirth. In other circumstances, pregnant adolescent moms were forced to sell their personal belongings in order to provide birth-preparation supplies for their daughters. (Texas Adoption Centre, 2020)

Physical Problems

Health problems related to pregnancy.

Being a mother when you are a teenager has been linked to a slew of health issues. Pregnancy, labour, postpartum and breastfeeding may all be factors in these issues. Teens during pregnancy appear to be at increased risk of high blood pressure, anaemia, hyperemesis gravidarum, eating problems, puerperal endometritis and systemic infections, haemorrhage, and preeclampsia during pregnancy than women aged 20 to 24 years old. According to WHO, complications during pregnancy and childbirth are the leading cause of death for 15-19-year-old girls globally with low- and middle-income countries responsible for 99 percent of global maternal fatalities among women aged 15 to 49. (Revere Health, 2016)

Health problems related to childbirth.

The majority of teen moms had a difficult birth, dystocia, disruption of the normal childbirth process, non-elective caesarean birth and physical effects of long labour. Premature birth and low birth weight can be caused by gestational hypertension, or high blood pressure produced by pregnancy. When elevated blood pressure becomes preeclampsia, a life-threatening illness, both the mother and the unborn baby are at risk. After the 20th week of pregnancy, this abrupt spike in blood pressure is unavoidable and necessitates constant monitoring by an obstetrician. Pregnant teenagers are twice as likely to have a low-birth-weight baby due to a lack of early and regular prenatal care, as well as the fact that they are more likely to smoke, drink, and use social drugs while pregnant than women over 25. Smoking also raises the chances of problems during pregnancy, early birth, and stillbirth. A "preemie" is a baby born before the mother has finished 37 weeks of pregnancy; a full-term pregnancy lasts 40 weeks. Preemies miss out on the crucial growth and development that occurs in the latter weeks of pregnancy, and they frequently experience health difficulties as a result of their organs not having enough time to develop. These can include asthma, cerebral palsy, vision or hearing problems and Sudden Infant Death Syndrome (SIDS).

Health problems related to postpartum and breastfeeding.

Postpartum depression (PPD) is twice as common in adolescent mothers as it is in mature mothers. PPD can have serious effects for women, infants, families, communities, and society if it goes misdiagnosed and untreated. Adolescent moms are shown to be at a larger risk of developing PPD than their adult counterparts, with research estimating that adolescent PPD rates range from 15% to 50%, whilst adult rates are around 10%. The biological, developmental, and psychological changes that come with becoming a mother are numerous. Physical tiredness, sleep loss, diminished financial resources, and isolation are key stressors that all new mothers endure. The upheaval during this crucial period can be so overwhelming for some mothers that they are ill-equipped to deal with the challenges. Certain risk factors that are particular to adolescents and predispose them to getting PPD worsen the problem. Adolescence is a period of profound developmental and behavioural changes in and of itself. Adolescents' brains change dramatically as they mature and develop. Adolescents, particularly adolescent moms, are more likely to experience depression as a result of these developmental changes. They must immediately learn to adjust to their new maternal role in addition to their other responsibilities when a baby is born (i.e., daughter, student, wife, etc). Even for the most competent and well-supported women, the physical, emotional, and mental demands of parenting can be daunting. The abrupt and irreversible changes, on the other hand, can be crushing to adolescents who are still figuring out their place in society.

Receive Insufficient Support

Receive inadequate support from spouse, family and friends.

The majority of adolescent mothers require assistance due to new duties, greater obligations, health issues, rising costs, and a lack of information. They had a difficult time adjusting to parenthood without proper assistance. Teenage moms anticipated their husbands to support them in all child-related obligations, and the lack of such support was a painful experience for them. Teen mothers were reliant on others and expected help from their mothers, other family members, friends, and school training teams in their roles as mothers. This lack of support has caused issues for the teen in terms of childcare and raising, child-related fees, continuing education, and community involvement. In the worst-case situation, parents have forcibly removed their pregnant daughters from the home. Adolescents were stigmatised and rejected by their parents, communities, and relationships, leading them to condemn themselves. Parents and communities did not approve of adolescents being pregnant at such a young age, as they wanted their offspring to wait until marriage to engage in sexual activity. Adolescents' partners frequently disputed responsibility for pregnancy, making the females appear promiscuous because they couldn't reveal the father of their pregnant kid to their family. As a result, the communities and parents used derogatory and aggressive rhetoric toward the pregnant teenagers. This kind of wording led to 13 out of 15 teenagers avoiding antenatal care or seeking it in the last trimester, as well as five adolescents attempting unsafe abortions. Pregnant adolescents who were rejected by their parents or partners lacked the emotional support they required during pregnancy, delivery, and

the postpartum period. Even in the best-case situation, with supportive parents, family relations are likely to shift with the addition of a new family member. Parents may place restrictions on how much time and money they will devote to the new mother. She may be requested to relocate to another part of the house to satisfy her siblings' requirements, making it more difficult for her to rely on her parents whenever she faces a new issue.

Receive inadequate support from health care providers.

Teenage moms' educational and care needs are anticipated to be met by health care practitioners, who are the most professional source of assistance. If health care practitioners fail to provide support to adolescent moms, they and their children will face health problems. The majority of the teenagers admitted that health personnel used incorrect language in some circumstances, demonstrating their negative attitude toward pregnant adolescents. Some health care providers used remarks that made adolescents feel belittled and self-condemned because they were pregnant. Some teenagers avoided obtaining health services such as prenatal, delivery, and post-natal care as a result of the unsuitable terminology. Even if they were not married, the younger (13—15 years) unmarried adolescents reported facing more stigma (both self-stigma and from the community around them), such as inappropriate language from others, blaming, rejection, and isolation, than the older (16-17 years) adolescents.

Inefficiency in maternal role

One of the main demanding situations faced by the adolescent mother turned into ineffectiveness. Adolescent mothers usually lack sufficient expertise and capabilities for a hit maternal position and consequently depend on others. Many of them have a deficit in knowledge about parenting, especially to take care of maternal and baby care. They confirmed confined ability on the subject of motherhood together with prenatal care and breast-feeding. At their age, they still cannot take care of themselves. Taking care of a baby is a simple thing to do. It takes time and the average of baby nurses about 8 to 12 times a day for 20 to 45 minutes. Overall, 2 hours for adolescents have to spend feeding their child each day. In addition, adolescent mothers also need to wake up multiple times each night. This routine is challenging and can make them more exhausted. They also need to take care of the child's development either physically or brain. The balance of the baby's growth needs to be emphasized. Changing, bathing and playing with a child all take a lot of time as well. By doing all these activities, most adolescent mothers have difficulty concentrating and finding time to rest. About 50% of them do not graduate high school or get the equivalent formal education by the time and far fewer attend or graduate from university. This is one challenging thing that adolescent mothers have to face. It is important for them to consider their life goals when having a child and need to think about raising a child.

Emotional and mental distress

In transition of motherhood adolescent mothers face unique challenges including higher levels of depression compared to adult mothers. Only 10% to 15% of older mothers experience postpartum and prenatal depression which can have a big impact

on mental health, this fact means that the risk factors for adolescent mothers having depression is even bigger. The want to integrate their maternal role with their individual development can create role conflict, confusion and emotional distress. There are several reasons for mental health changes in adolescent mothers. One of the reasons is the complications of being an adolescent mother. The added stress can impact mental health. They did not have enough time to exercise, sleep and have me time that they may have before being a mother. New mothers are regularly susceptible to the negative results of sleep disruptions throughout the postpartum duration. Inadequate sleep is associated with more psychological misery and vulnerability to mood issues, consisting of tension and depression. Researchers have observed that depressive signs at one month postpartum predict worse sleep satisfaction at 6 months, which predicts greater depressive signs and symptoms at six and 365 days postpartum. Disrupted sleep amongst postpartum mothers can develop into a ‘vicious cycle' of negative sleep quality and despair. This can also affect their mood and outlook negatively.

Conflict facing by adolescent mother.

Not all parents want their child to become a mother at a young age. They want their child to succeed in life. Not all adolescent mothers have the support from their families and friends. This is a challenging situation that is faced by adolescent mothers because they might feel alone without caring and guidance. In addition, telling their parents that they are pregnant is not easy. All of the parents are understandably upset when they know that their child is pregnant. The worst scenario that we can find in the reality of this world is that the adolescent mother has been kicked out of the house by their parents without any support. They also might have a big conflict between being their family, child and study. Even in the best-case scenario, some parents are supportive and acceptable, but it might take time. Parents will be calm from time to time. Adolescent mothers might not have conflict with their parents in future, but they will have conflict with financial support. They cannot raise the child without money. It will take a big ‘investment' to follow up the development of the child. They need to buy new clothes because the baby grows up day by day, diapers, milk and other things. Adolescent mothers will also have conflict between their studies. They will not have enough time to do homework, revision or tests. They need to raise a child while studying. So, this is proved that being the adolescent is not that easy and very challenging to youth.

Conclusion

In conclusion, the results of this study have proved that adolescent mothers face a lot of challenges both physically and mentally. Through this study, we can explore in more depth about the challenges that adolescent mothers face. Adolescent pregnancy should not be taken easily because it's adversely affecting mental issues, physical health and social problems. This study concludes that adolescent mothers need full support from their families, friends and healthcare providers. Families can help through childcare and financial support while friends can help by being supportive and give

mental support. Healthcare providers can help these young mothers through childcare education, consultation, and mental support. Adolescent pregnancy not only will affect the mother but it will also affect the child and people surrounding them. However, not all teen pregnancies are similar. There can be many factors that will contribute to their situation whether it is positively or negatively. Moreover, the future of the mother and the child are in the hands of the mother. For example, if the mother is willing to improve her life, the future of her child may be better compared to the mother who decides to give up. Lastly, full support from the mothers surrounding may be the most helpful in the baby's growth and the health of the mother both physically and mentally.

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52 Cyberbullying Is One Course To Become The Most Significant Social Issue Among Teens, Posing a Threat To Future Generations.

Roobbasri Shanmugam, Santhiya Murrily, Saundarya Sivalingam, S M Atik Hasan Rohan

Abstract

The new technology became the platform of cyberbullying among the youths. The use of the technology is replaced by the negative activity which is known as Cyberbullying. Social media used to be a connectivity platform between friends, family and so on. Unfortunately, modern technology and social media can also serve as a setting for victimisation. COVID-19 increased the usage of the new technology and social media among youths. The purpose of the research is to know the youths' involvement in cyberbullying. Due to the COVID-19 pandemic, greater usage of social media has resulted in an increase in cyberbullying events, according to the findings of the research topic.

Keywords: Technology, Social Media, Cyberbullying, Mental State, Youth

Introduction

Cyberbullying is described as the intentional and repetitive infliction of harm through computers, cell phones, and other electronic devices. In other words, cyberbullying occurs when someone makes fun of another person online, or when someone targets another person via email or text message, or when someone posts something negative about another person online. The faceless evil of the internet is a growing threat for everyone nowadays since almost 63.2% of the world population uses the internet. Since the pandemic, we can see that there's a sharp rise in toxicity and bullying happening on the internet. Out of many social media platforms, Instagram may be the worst social media site for cyberbullying. Therefore, this is an issue that hasn't sufficiently been addressed and it may pose a threat to future generations. Technology is indeed very much useful to most of us during these times, but unfortunately, it also leaves some gaps where certain deviant behaviours that violate the normative rules, understandings, and expectations of social systems worms it's way through. Any problem intended to be solved has to be tackled from its root cause. Victims of cyberbullying are unable to concentrate on their academics due to high levels of emotional stress, and their academic success suffers as a result (Akcil, 2018). Because victims are frequently mentally harmed, cyberbullying has a depressing effect that stops pupils from thriving in their schoolwork (Faryadi, 2011). Anxiety, depression, substance misuse, low self-esteem, interpersonal issues, familial tensions, and academic underperformance were all found to be strongly connected to the presence of cyberbullying victimisation among undergraduate college students (Beebe, 2010).

Effects

Cyberbullying is undoubtedly rooted in the perceptions of status. When it comes to teenagers, an individual's insecurities and lower self esteem are one of the major

factors in bullying. Doing all in one's might to try and put peers down to have a superiority complex, gives them the feeling of self-importance that causes them to constantly talk low about others and how they can do everything better. For these mentally unmotivated teenagers, cyberbullying becomes a tool to rehabilitate themselves, regain their mental strength and to realize their self-worth. This is true for adults, too. To cite an incident of cyberbullying based on the current social status quo, back in 2018, Star Wars actress Kelly Marie Tran deleted her Instagram posts after suffering months of racist and sexist abuse on social media. All of these were for nothing but the fact that she was a Vietnamese American who was also the first woman of colour to play a role in the iconic series. The sense of supremacy in many racists, including teenagers, kicked in, causing them to fiercely criticise her character in the series and direct their hate at Tran personally. Since the pandemic, all teenagers are forced to be always available online in order to continue their studies and so on and so forth. This worsens the situation more so ever and students are prone to become victims of cyberbullying as social media nowadays are not only platforms of communication but also platforms of emotional expressions putting every teenager in a vulnerable position threatening their mental health.

Suicidal Inclinations

One of the reasons for cyberbullying is when a person seeks vengeance after being harassed. Regrettably, revenge is ineffective. It only leads to more cyberbullying. According to research, cyberbullying may stimulate suicidal thoughts in some victims. It instilled a sense of hopelessness. When people are constantly harassed online, they may begin to believe that death is the only way out. While suicides allegedly caused by cyberbullying have received a great deal of media attention recently, suicide is neither the most likely nor the most common sort of impact on victims. Cases where young people have committed suicide as a result of cyberbullying incidents, the suicide could be directly referable to the cybercrimes because these young victims' depression including well were impacted by other critical problems prior to their death. The consequences result in mild irritation to mental health difficulties and even worse. Recognizing the warning signals, connecting with victims of cyberbullying, and assuring them of their value and safety can help avoid this in the long term. Features that are specific to cyberbullying, such as anonymity, also affect the perceived impact. While some claim that anonymous communications are worse than those from people you know, others argue that being cyberbullied by people you know is more harmful. As a result, both knowing and not knowing the culprit has an effect, although perceptions differ. The obscurity of people who bully can generate a sense of vulnerability in victims who may believe there is no way to escape the cyberbullying. Furthermore, the size of the possible audience for cyberbullying can exacerbate victims' feelings of shame and isolation.

Reduced academic performance.

Bullying has many consequences that go beyond the classroom. Students who are bullied on a regular basis may develop medical symptoms such as stomach problems, migraines, and difficulty sleeping. These negative effects may be compounded by worry about coming to school or engaging in class, resulting in even more disinterest

and poor academic performance. Bullied students usually demonstrate low self-esteem, as well as sadness, suicidal thoughts, and even violent outbursts. Bullying kids are more likely to engage in aggressive conduct, steal or vandalise property, smoke, drink, report low grades, and carry a pistol. Several long-term research have indicated that these kids are also more prone to commit significant crimes later in life. Unfortunately, spotting a bully is not always straightforward. Bullies may be kids with the finest social skills or grades; they may even be adept at ingratiating themselves with officials, instructors, and other adults. It is challenging for the school to take action when it is impossible to determine the bully.

Usage of alcohol and drugs

Bullying is frequently associated with teen drug usage. According to research, those who are cyberbullied exhibit the same characteristics as victims of traditional bullying, such as emotional distress, inability to concentrate, difficulty relating to others, sleep disruptions, fear for their own safety, stomach aches, and a misunderstanding of socially acceptable behaviour. Substance addiction can entail the use of alcohol and drugs as a "escape" for the individual being bullied. Cyberbullying can also cause social isolation, feelings of powerlessness, and melancholy. Cyberbullying victims are frequently cyberbullied themselves. This creates a negative cycle in which the adolescent is both victim and perpetrator, which may lead to alcohol and drug dependence.

Conclusion

Finally, cyberbullying isn't just a problem for teenagers. Given that studies of cyberbullying among undergraduate students are limited, despite the fact that the epidemic is well-documented, we recommend that future study should focus on the college and university population. According to Peled et al. (2012), colleges should create explicit guidelines to deal with the problem of cyberbullying, which should include a safe and, if necessary, anonymous reporting mechanism as well as a clear penalizing policy for violators.

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53 Career Planning Strategy for Telkom University Faculty of Communication and Business Students during the Covid-19 Pandemic

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Abstract

The Covid- 19 pandemic had an impact on increasing unemployment, resulting in a global crisis. As a student, it is important to criticize this phenomenon related to career planning. Career planning is a planning process that allows individuals to identify goals and pathways to achieve these career goals. Through this process, individuals can evaluate themselves in order to develop abilities in achieving the desired career. Therefore, it is important for students to support their career planning by participating in self-development activities. This study aims to determine the description and factors that influence career planning by students of the Faculty of Communication and Business, Telkom University.

Introduction

The presence of the COVID- 19 pandemic that hit the world in 2020 was not always a negative thing. One of them for students, during this pandemic, all activities that are usually carried out directly change virtually, such as organizational activities, internships, or volunteering which can currently be carried out from home or commonly known as Work from Home (WFH). All these virtual activities are certainly a great opportunity for students who want to prepare their career planning to be more mature. With the change in activities that have become completely virtual, now students can carry out organizational activities, internships, or volunteer with flexible times without having to worry about colliding schedules. In addition, in today's digital era, finding activities such as internships, volunteers, and organizations is not difficult. The digital era was born with the presence of the internet and increasingly sophisticated technology, especially computer technology. Now technology has become a lifestyle for humans because technology is able to help meet human needs. The more sophisticated the technology, the easier it is to access everything. Examples are as follows, where all activities such as working that are impossible to do from home can now be done from home only with technology. In addition, various activities that are usually carried out directly can now be done virtual and can be accessed anywhere and anytime.

Before the Pandemic	After the Pandemic
 Organizational activities carried out offline in August 2019.	 Organizational activities carried out online in October 2021.
 Internship activities carried out directly at Go-Jek in September 2019.	 Internship activities carried out online at the ATRPBN ministry in July 2021.
 Telkom University held a live seminar in 2018.	 Webinars will be held online in October 2021.

With advances in technology, students can do various activities virtually. Super in Savickas (2002) says that students are a transition period. Selecting and preparing oneself is one of the important tasks in the stage of student development to carry out a job. Students should have clarity about their interests regarding career fields as early as possible, so that when they graduate, they will be helped to determine the steps that can be taken to achieve success in their careers.

Career planning is a process that allows individuals to understand the world of careers. The existence of a career planning program is an opportunity for individuals to explore interests and talents in career choices in a company, through this process individuals can improve themselves in developing their abilities and expertise to achieve the appropriate and desired position (Martoyo, 1992).

The most important preparation is not economic and material preparation, but personal preparation. This preparation can be started through education. Education is

one of the most important parts of human life which will ultimately shape a person's knowledge, attitudes, skills, and behavior, whether intentional or not. Students who graduate should be ready to face the world of work, therefore it is important for students to take advantage of the pandemic period by participating in various activities that can train soft skills and hard skills to support career planning.

Literature Review

Rivai (2004) defines career planning as a process when an individual selects his goals and career path. Meanwhile, Kleinknecht & Hefferin (2004) stated that the purpose of career planning is a continuous process of self-assessment and goal setting. Career planning is an arrangement of the possibilities of a person to be able to pursue or pursue a position related to the work that will be occupied throughout his life. Individuals pursue careers with the aim of satisfying their various needs in depth. Basically, career planning is the responsibility of the individual because only the individual knows about his various needs. No matter how difficult it is to pursue a career, career planning is still needed for individuals to always be ready to use the opportunities that exist as well as possible. Individuals who are successful and perform well in their assignments to an organization or company are usually very concerned about career planning issues.

To plan a good career, several important factors are needed, namely:

a. Motivation related to the goals to be achieved.

b. Competence includes all aspects of knowledge, skills, and attitudes that must be possessed. If you want to pursue a career in a particular field, you must improve your knowledge, skills, and behave like a professional in that field.

c. The networks and relationships that we have also affect career success. Networks or relationships will open access and provide opportunities for us to further improve our career achievements.

d. Foresight in seeing opportunities because opportunities are uncontrollable or cannot be controlled. Therefore, we must be smart and observant in seeing opportunities because often opportunities do not come twice.

e. Be consistent and flexible. Consistent in terms of the basic principles and values that we adhere to in planning a career. In addition, it is also flexible in terms of technical and operational.

An important element in an individual's career planning is individual career planning. The definition of individual career planning according to Byars&Rue (2006) is the efforts made by an individual to advance the career goals that the individual has. According to Mathis (2006) that individual career planning is an individual's efforts to advance his career goals. In career planning, individuals focus more on training to help individuals "know themselves" in terms of their potential and abilities. The benefits if an individual plans his career according to Dillard (1985), include: (1) knowledge and understanding of oneself will increase, (2) responsiveness to making effective decisions, (3) responsiveness in taking advantage of career opportunities that are in accordance

with their abilities, (4) obtain targeted information about his career, (5) help create a diverse workforce. According to Adiyas (2007), the process or steps to be taken to develop a career plan consists of 4 (four) things, namely: self-assessment, setting career goals, preparing plans, and implementing these plans.

Basic Theory

Career Planning

Career planning by Mathis (2006) is a plan that focuses on identifying jobs and career path by providing a logical progression over the people in the organization of work. As a student, it is important to understand career planning in order to get a job according to your interests, skills, and experience.

Career

The definition of career according to Rivai and Sagala (2009: 264) is all jobs or positions that have been held by individuals during work. Career is an ambition and long-term goal to pursue a field of interest. At university, students have started to determine what kind of career they will take. This determination process goes through activities such as seeking knowledge, developing soft skills, and expanding social networks.

Skill

The definition of skill according to the Cambridge dictionary is the ability to do activities and jobs well because they are used to doing them or are carried out continuously. Basically, skills are divided into two namely soft skills and hard skills. Soft skills according to Elfindri, et al (2011: 10) are life skills that determine a person's success, in the form ofhard work, honesty, and visionary. Hard Skills are technical skills that are mastered by individuals. Hard skills are skills that are quantitative (can be calculated) and specific.

Competence

According to Spencer and Spencer (1993), competence is a basic characteristic of an individual that is closely related to a job or situation. Spencer and Spencer also suggested that competence has five characteristics, namely motives, traits, self-concept, knowledge, and skills. Motives are all things that move individuals to achieve goals. Traits are individual characteristics in response to certain things. Self-concept is an individual's attitudes and values. Knowledge is complex information that individuals have obtained. Skills are individual skills in completing activities. Competence according to Emron, Yohny, Imas (2017, P. 140) is an individual's ability to carry out work correctly and has advantages based on matters relating to knowledge, skills and attitudes. Competence is a unity between skills and knowledge possessed by individuals.

Research Methods

This study uses qualitative methods to investigate the extent of understanding and career planning by students of the Faculty of Communication and Business, Telkom University. There are 6 respondents from the three study programs of the Faculty of Communication and Business, Telkom University, who are willing to share their understanding of their respective career planning. For ethical reasons, their identities and photos will not be disclosed to the public. The interview participants consisted of 3 women and 3 men, aged between 18- 19 years old and working as students. Their education level is also uniform, namely the third semester at the second level of lectures.

Discussion

Many of us think that there is only one job that is right for us. But the reality is far from that. There are many choices of jobs in the world that are also good and suitable for us. As students, whatever your career goals, it's still important to have general skills that include critical thinking, problem solving, public speaking , and negotiation skills. These skills are not taught in conventional schools but are obtained from participating in organizations, committees, internship programs, and volunteering. If these abilities are possessed and combined with careful career planning, it can minimize our chances of overcoming obstacles in the world of work later. The final stage of education is the world of work. Every individual who has completed the educational program will enter the world of work to fulfill his life needs. However, there is massive competition in the world of work. All individuals compete to get the position and position they want. To get it also requires the competence and readiness of mature individuals.

Individual readiness in the world of work consists of several aspects, one of which includes career awareness. The magnitude of competence in the world of work is shown by the results of a survey which states that 91% of the business community thinks that college graduates are not ready to use after college (Kasih and Suganda, in Rachmawati, 2012). Individuals who do not have a detailed description of the career they want (such as place of work, position, responsibilities, and salary) are less aware of their own interests, talents, and potential. The process of searching for one's own interests, talents, and potential can be passed by participating in self- development programs, including participating in organizations, committees, internship programs, and volunteering. Participating in the program is considered to be able to hone the soft skills needed in the future world of work, such as communication and negotiation skills, public speaking, to building broad relationships.

The Covid- 19 pandemic has not always had a negative but also a positive impact. This positive impact is found in the ease of participating in these self-development programs. The power of social media opens the door to opportunities for self-development, starting from looking for opportunities to participate, building relationships, to carrying out our role in the program. Because the pandemic requires social activities to switch to digital so that all social activities can be carried out using digital media without having to meet face-to-face. One of the conveniences during the pandemic has a positive impact because we can carry out these activities mobile and

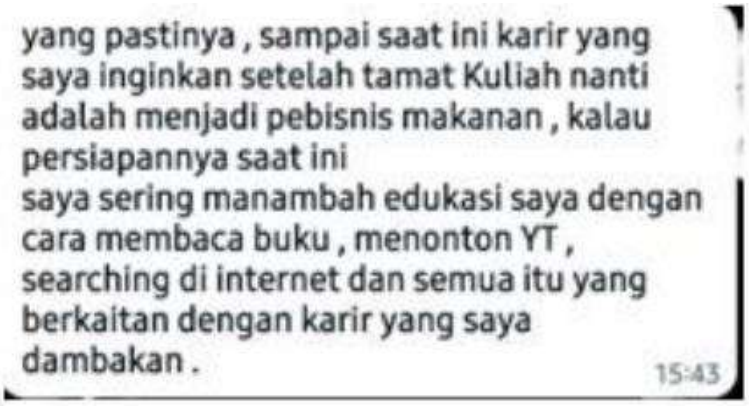
flexible. Therefore, it is very unfortunate if this situation is not utilized as well as possible. This is because the findings of our interview state that most of our respondents are only preparing for a career without understanding the skill development that will be obtained by joining a self-development program.

Interview Findings

Based on the first question “Have you planned career preparation? “All respondents have already planned their career preparation.

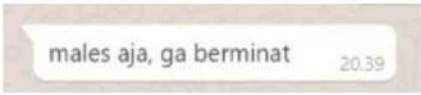


Respondent's answer: Yes, but not too mature

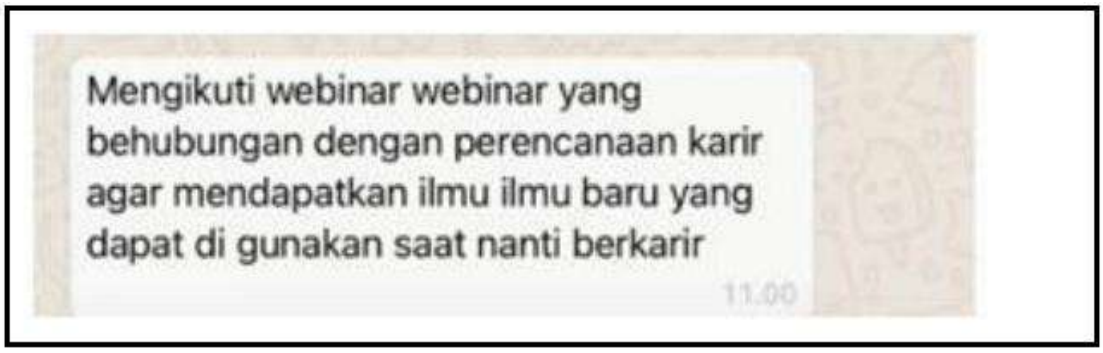


Respondent's answer: for sure, until now the career I want after graduating from college is to become a food businessman, if the preparation is now I often add to my education by reading books, watching YT, searching on the internet and all that is related to the career that I crave .

Based on the second question “What activities support career planning? ". Respondents' answers varied. There are 4 out of 6 respondents who answered activities that support their career planning. Meanwhile, 2 out of 6 respondents did not participate in activities that support career planning.

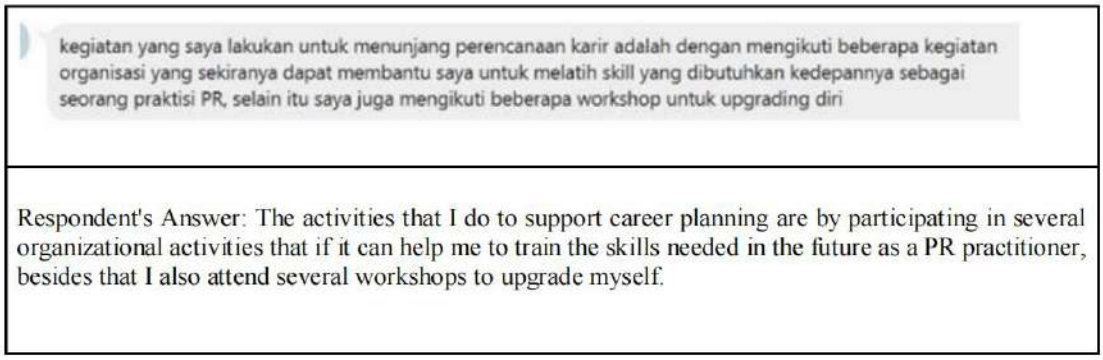


Respondent's answer: just lazy and not interested

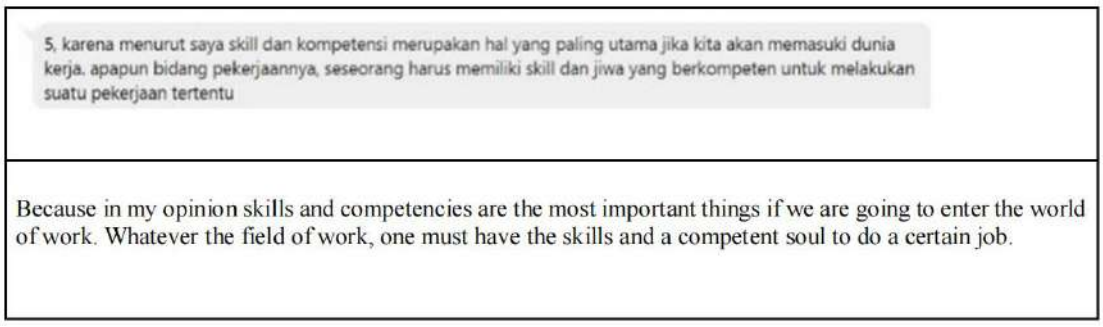


Respondent's answer: Participate in webinars related to career planning in order to gain new knowledge that can be used in the future.

Based on the third question “Did you know that participating in organizations, internships, volunteering, and booth camp programs can support your future career?” All respondents answered that they knew it.



Based on the fourth question regarding the importance of skills for competence before entering the workforce, all respondents gave a scale of 3-5.



The results of the interviews showed that all respondents knew that student activities such as organizations, volunteering, internships, and workshops could support their careers. There are 5 out of 6 respondents said that they have planned their career. However, only 2 of the 5 respondents have started activities that can support their careers by participating in webinars, workshops, and organizations. There is 1 respondent giving the reason for not participating in these activities because they are not interested in it at this time and want to start according to the target, time, and their plans.

Yean & Yahya (2013: 25) say that career planning is an activity carried out by an individual who is responsible for developing his career, namely by making an effort in a real action. The career planning stage is a period for students to build career awareness which can be done through education.

Quoted from the official page of the Office of Career Strategy, Yale University, revealed that the first stage of career awareness that students can do is self-assessment with four discussion points, namely skills, interests, personality, and values. The second stage is identification and research related to activities that can support preparation, planned work fields, and companies that are intended to work in the future. The third stage is to start evaluating skills and interests carried out at the self-assessment stage and prioritizing what activities will be followed to support the self-assessment.

The fourth stage is to start plunging into activities that can support a career. These activities can be in the form of organizations, volunteers, internships, and workshops. The advantage that can be taken from this pandemic is that students can take part in these various activities in the same period because they are done virtually. Students get the opportunity to get to know themselves better by participating in activities outside or inside campus at the same time without being hindered by time and distance. This opportunity should also be used by students to get a visualization of the career that will be chosen for the future.

During the pandemic, Telkom University students can still join organizations such as BEM, HIMA, DPM and UKM. Basically, the organizations available at the Faculty of Communication and Business, Telkom University have systematic activities and programs. The purpose of the organization's program is to achieve the organization's vision and mission as well as to solve the problems around it. Organizing is important to recognize yourself and learn commitment to the roles you take and the tasks you are responsible for. In addition, students will also learn about leadership about how it learns persuasion, task delegation, and collaboration between members of the organization. Each task completed by its members aims to develop soft skills according to the role taken. Ofthe overall duties and responsibilities, the students will also learn time management, self-sacrifice in the time between the academic and organizational.

Telkom University also facilitates activities that can support career planning for students that is by conducting a webinar. During this pandemic, students can access the @teluevent instagram account and the Igracias website to get information on webinars organized by Telkom University with external parties such as companies in Indonesia. Students who take part in webinars will gain additional knowledge that is useful in academic and non-academic fields.

Volunteer activities do not only share but have a positive influence on every student. Doing volunteer activities can foster empathy for any events that occur around them. Students who participate in volunteering will get extensive networking and get connections from various industries or companies, so that students will be sufficiently equipped before choosing a career. Volunteer activities participated by students of the Faculty of Communication and Business in the form of organizational work programs or SMEs. They have a role as committee volunteers in the program

through collaboration with students from other majors. The collaboration of the students gave birth to innovative ideas and strong team solidarity.

Activeness and independence in carrying out internship programs can open opportunities for students to gain wider networking. The ease of getting a job is also helped by the role ofthe internet and social media in providing information about internships and job vacancies, thus becoming a catalyst for students in achieving careers quickly. Telkom University facilitates its students to get information about internships at the academic section of the CDC Career Development Center. Internship information by collaborating with companies both domestically and abroad.

Workshop is a skill training that is more focused and intensive in certain fields ofwork with the aim ofproducing career-ready individuals. . The workshop program covers the fields oftechnology, culture, and business exchange by collaborating with universities or companies. During the COVID- 19 pandemic, many workshop programs were held by universities and the community by providing benefits in the form of new knowledge, broad relationships, and skills training.

The Importance of Developing Soft Skills in Career Planning

Based on the results of interviews conducted via WhatsApp, all respondents agreed that honing soft skills to enter the world of work is very important. Widhiarso (2009:1) said that Soft Skills are abilities that can affect how we interact with other people. Soft skills include effective communication, creative and critical thinking, team building, and other abilities according to individual capacities.



Source: The Institute of Quarrying

Quoted from The Institute of Quarrying that soft skills are formed from the wheel of skills. The skill wheel can provide an overview of how individuals should behave in

accordance with their environment work. This skill wheel is divided into four parts, namely:

1. Standards & Professionalism

In the section Standards & Professionalism, individuals must understand the laws and standards that apply to each place. Understanding laws and standards is the key to one's success when entering the workforce. This section is the most important part of the IQ skill wheel.

2. Personal Effectiveness

Personal Effectiveness is how individuals evaluate their strengths and weaknesses. In this way, individuals can improve their weaknesses and develop their strengths. Self-evaluation is the most effective way to develop an individual's personality to become a professional person.

3. Knowledge & Innovation

What is needed is insight, having individual insight can certainly create innovations that can help increase productivity.

4. Engagement, Influence & Impact

When entering the workforce, individuals must know how to interact with other individuals. Understanding how to interact can help individuals become professional individuals.

Currently the pandemic period is an opportunity for students who want to train and develop soft skills. Various ways can be done such as by participating in Bootcamp, Workshop, Organization, and so on. As one example, by following an organization we can develop skills to work with teams, understand how to interact with other people, and can add new insights. Students can carry out various career-supporting activities without having to worry about class schedules due to skill training such as Bootcamp, Workshop, and so on Organization can be done virtually.

Conclusion

Based on the research that has been done on the description and factors that influence career planning by students of the Faculty of Communication and Business, Telkom University, it can be concluded that 1) All respondents have planned their careers. 2) The activities that have been carried out by students to plan their careers are very diverse, both on and off campus 3) The reasons for students who have not taken part in activities to plan their careers are various, such as not being interested and focusing on academic activities first 4) All respondents already know that these activities organizations, internships, volunteers, bootcamps can support careers. 5) Respondents also gave a rating of the importance of skills before entering the world of

work above five. With this research, researchers provide recommendations in the form of career planning strategies during a pandemic with Career Awareness Strategies.

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54 An Awareness Among Universiti Teknologi MARA Undergraduates Towards IR4.0. A Comparison Between Campuses in the Southern and Central Regions

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Nurhaniesa Md Huzir[2], *Nur Ammiera Zolkefli*[3]

Abstract

The Fourth Industrial Revolution (IR4.0) is the encounter of advanced-production techniques and intelligent systems that interact with businesses and people. IR4.0 has become synonymous with the manufacturing industry due to its use of smart systems to achieve mass output with fewer workers and within time. However, the undergraduate felt insecure despite its advantages. When they seek jobs, they wonder how they will be able to compete with robotics because they believe their professional options are limited since robots can perform the majority of tasks. The goal of this study is to establish the current level of IR4.0 knowledge among UiTM's undergraduates, the result of these misunderstandings. Undergraduates, including those in holding key positions, have been randomly surveyed. These findings will help the university organise activities to change undergraduates' mindsets about IR4.0 and improve undergraduates' soft and technical skills. So, they can prepare to compete for IR4.0-related employment after graduation.

Keywords: *Fourth Industrial Revolution, UiTM Undergraduates*

Introduction

In 2011, Germany established Industry Revolution 4.0 (IR 4.0) as one of the country's high-tech strategic economic initiatives. As a result of IR 4.0, which has been described as an industrial revolution combined with sophisticated internet technology to serve as a backbone for the integration of people, physical things, and smart machines across organisational boundaries, a new intelligent, networked, and agile value chain has emerged (Schumacher, Erol, & Sihn, 2016). Higher Learning Institutions (IPT), particularly Public Higher Learning Institutions (IPTA), are often found throughout the country, and their existence usually results in the production of high-quality human capital to fill future vacancies. Compared to the middle generation, the current significant issue is to increase the productivity of the adult generation through the use of technology. Undergraduates must have the requisite skills as well as the commitment to study and re-learn in order to stay relevant in the job market. The new work sector will place a larger emphasis on non-routine jobs and will necessitate greater cognitive and soft skills. As a result, this is a necessary trait for undergraduates to possess in order to meet the expectations of employers and stay relevant and marketable.

The goal of this study is to investigate undergraduate students' understanding and awareness of IR4.0's concerns. The institutions can devise a thorough learning strategy that will improve students' comprehension while also ensuring that IR 4.0 is a success based on their readiness to learn and be challenged. As a result, proper frameworks are required to assess students' comprehension of the concept in order to ensure that they are prepared for IR 4.0 in terms of using technology, understanding methodology, and integrating technical knowledge into their learning process. As a result, more efforts should be made to build an aligned skill needs and preparation model for undergraduates to be more aware of in order to ensure that undergraduates are capable of meeting the employment expectations of IR 4.0.

Literature Review

This literature review has the main objective that is related to the study of IR 4.0. The objective of this study is to investigate students' understanding of IR 4.0 and their awareness of undergraduates' employability issues in this era. According to the research, the undergraduates are prepared to enter information-rich professions with a variety of new literacy abilities in many areas of the curriculum. Despite this, the undergraduate students show some problems which are a lack of skills such as computer skills, database management and information system development. Students' ability to react effectively to the significant changes happening in many areas of their personal, academic, and professional lives is critical, according to the findings of this research, and necessary study tools that are connected to meaningful and productive involvement are vital.

In Malaysia, the industrial revolution 4.0 is a broad, overarching policy that can transform the socio-economic development of the country through the ethical use of IR 4.0 technologies. These support national development policies such as the Twelfth Malaysia Plan (RMKe-12) and Wawasan Kemakmuran Bersama 2030 (WKB 2030). Furthermore, it is also complementing the Malaysia Digital Economy Blueprint in driving the growth of the digital economy. The policy in IR 4.0 outlines the key focus areas which impact the student, business and government, in order to seize growth opportunities and to address potential risks arising from IR 4.0. The policies given, can advocate the use of technology by society, business and the environment.

In society, citizens will enjoy the quality of life. Technologies will be used in order to achieve a better work-life balance, greater convenience, safety and security, job transformation into higher value add and higher salaries. While in business, it will become more productive, competitive and innovative in its offerings, business operations and value delivery to the citizens. Conducive doing business environment that allows more flexibility for technology innovation will be established to create greater opportunities for integration, or cross-sectoral technology applications. Lastly, the government will enable technology to provide more efficient, effective and modernised public services.

Methodology

Research methodology is essential to guarantee that research is conducted in an organised and efficient manner, as well as for obtaining the data needed to complete this study. The procedure of carrying out the investigation is referred to as research methodology. Design research, demographic studies, samples, depth of research, instruments used, processes for doing research, data collection, and data analysis are all part of the methodology.

The research was descriptive and used a survey instrument. Questionnaires were utilised to get input from respondents in order to determine their level of consensus and readiness for the Fourth Industrial Revolution. The data from this random sample was then analysed, with the results being analysed using statistical tests to arrive at a conclusion about the objectives. The population targeted by the researcher in this study is students from Universiti Teknologi MARA (UiTM) in southern and central regions.

The questionnaire for this study is divided into three sections, the first of which is concerned with the respondent's demographics, the second of which is concerned with the respondent's opinion on awareness and basic knowledge of IR 4.0 in general, and the third of which is concerned with the respondent's opinion on IR 4.0's employability among undergraduates on the demand for skills required by industries. To measure the items in the second and third sections, the items are measured on a 5-point Likert scale from least satisfied to very satisfied.

Results And Findings

The data was collected by firstly sieving identified themes and interpreting the data. Figure 1 indicates that 43.8% of the participants clearly understand Industry 4.0, 37.5% are aware of Industry 4.0 applications, and the others do not have a lot of information related to Industry 4.0. Though the majority of the students are aware of Industry 4.0, further awareness is required to make the remaining students aware of industry 4.0 since it is unavoidable. Educators need to put initiatives in place to enable students to get to know about Industry 4.0 applications.

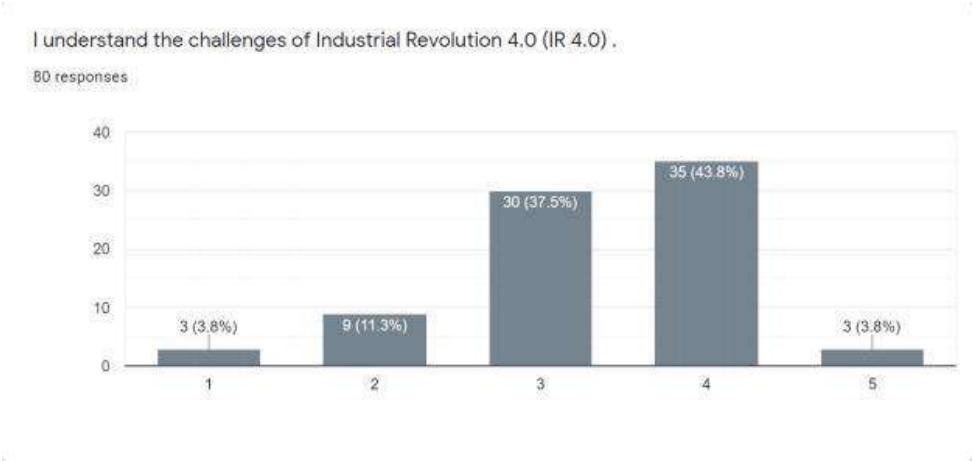


Figure 1: Awareness and understandable students of Industry 4.0 and its application.

Even though less than 50% of the students received education on Industry 4.0 and its application, 47.5% and 36.3% are ready to face the challenge in the industry 4.0 applications and are willing to learn more related to Industry 4.0 applications respectively. This is a positive indication that students are getting prepared for Industry 4.0. Figure 2 confirms this finding.

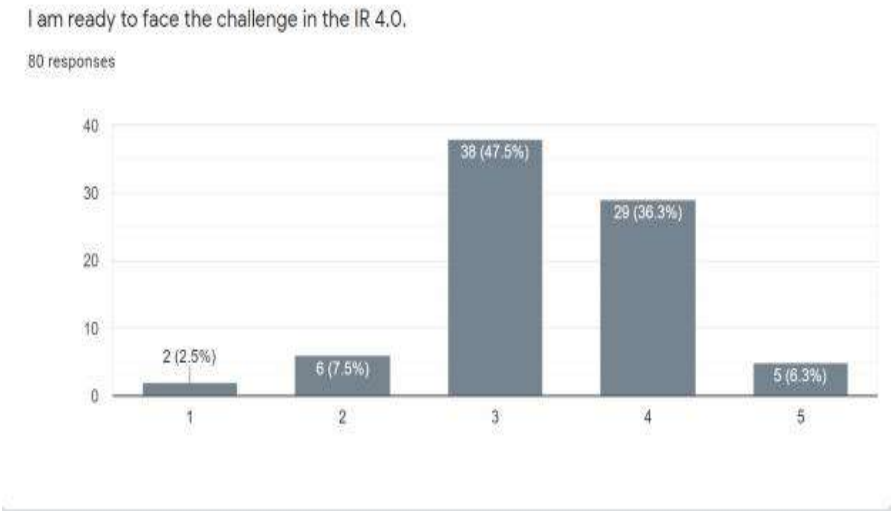


Figure 2: Readiness and how competent students of Industry 4.0 apply.

On the extent of knowledge on specific Industry 4.0 applications, Figure 3 shows that more than 97.5% of the students had moderate to very high knowledge of the Internet and other social media. The other students gain knowledge related to Industry 4.0 through reading such as from newspapers and magazines.

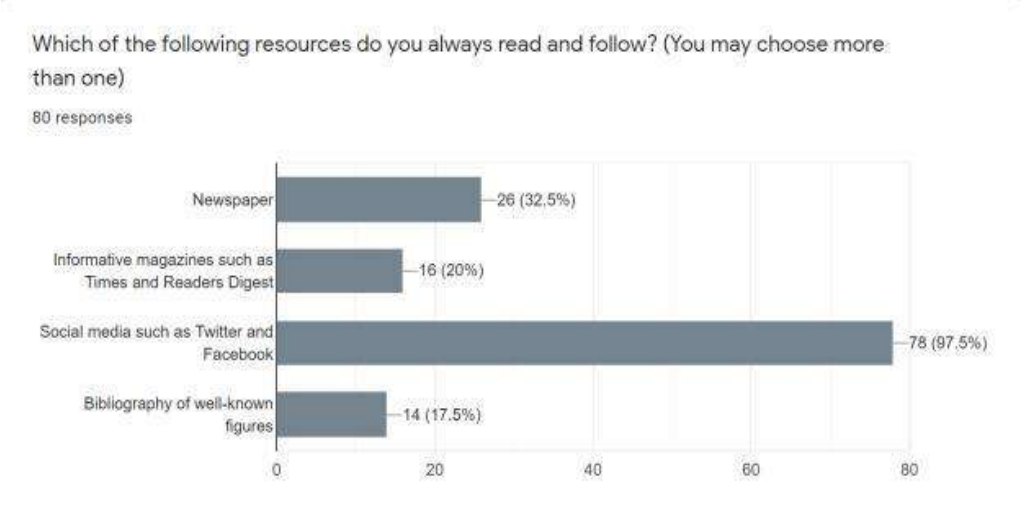


Figure 3: Extent of Knowledge on Specific Industry 4.0 Applications Continued.

As outlined in Figure 4, more than 45% of the students agree that students nowadays lack exposure to Industry 4.0. As we know, Industry 4.0 is going to change the future of their chosen career, how one works in their career, the new knowledge required by employees to continue to be employable in the industry 4.0 era. Therefore, it's one of the most important skills and knowledge needed by every student. This is an indication that the students are not fully aware of the implications of Industry 4.0 on their future career and hence further education is required to get them to understand the implications. The education sectors need to give priority to this issue.

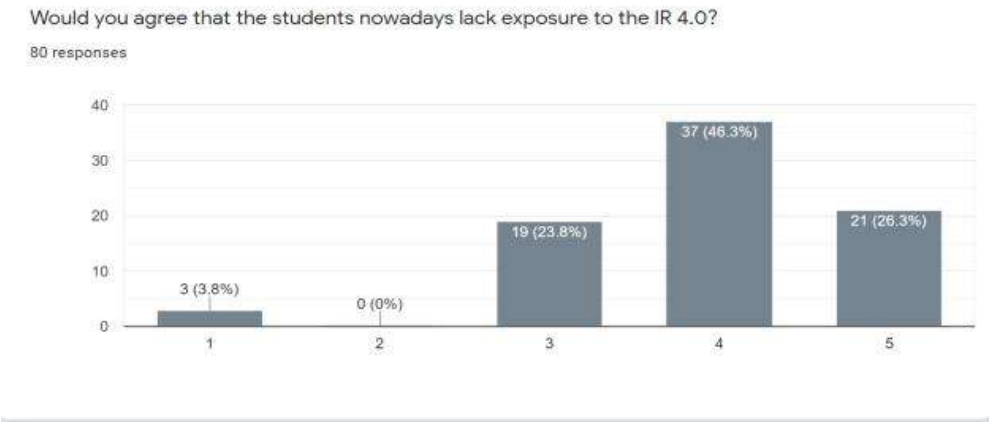


Figure 4: Level of students' knowledge about Industry 4.0.

Discussion

From the findings that have been collected, soft skills are particularly crucial in terms of student awareness for the industrial revolution. The development of IR4.0 is intended to address the human capital reliance problem, which will dramatically alter the pattern of industrial need for graduate competency in the future workplace. If not, a complex new technological issue will emerge. Malaysia will fall behind in global competition if this is not properly being setup. With the IR4.0, restoring education is also a big issue in this revolutionary blast transformation since everything is moving forward really fast. In order to seize growth opportunities and address potential risks arising from IR 4.0, IR 4.0 outlines the key focus areas that impact students, businesses, and government. Therefore, it is critical to guarantee that the institution itself needs to prepare in order to polish students so that they are capable of working in the industry.

Conclusion

The Fourth Industrial Revolution (IR 4.0) is the ongoing automation of traditional manufacturing and industrial practices, using modern-smart technology. Large-scale machine-to-machine communication (M2M) and the internet of things (IoT) are integrated in order to increase automation, improve communication and self-monitoring,

and production of smart machines that can analyze and diagnose issues without the need for human intervention. IR 4.0 is mostly being controlled by AI and 3D configuration that makes human-machine interfaces more universal. As a result, IR 4.0 has changed the way we deal with our daily lives regardless of our environment, work and communication with others. As an example, the fourth industrial revolution has already changed the business model and also employment trends.

As conclusion, the Fourth Industrial Revolution (IR 4.0) has completed all of the objectives of IR 4.0 doesn't matter in interconnection, information transparency, technical assistance and decentralized decisions. Besides, IR 4.0 networks a wide range of new technologies to create value. The value created in IR 4.0, can be relied on electronic identification, in which smart manufacturing requires set technologies to be incorporated in the manufacturing process to thus be classified as in the development path of IR 4.0 and no longer digitisation.

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55 Youth Mental Health Issues: FOMO, Depression, Self- Esteem and Anxiety

Nur Adila, Noor Naidatul Natasya, Normashitah, Nur A'rifah

Abstract

We review the hot topic which is the mental health issues involving youth not only in Malaysia but around the world. This topic is becoming increasingly so in the era of globalization. By looking at this truly important fact, we clarify there are various mental diseases that attack the youth continuously, especially in Pandemic Covid-19. These issues also should not be underestimated because they can lead to adverse effects on the country's leaders in the future. In the study period, we include mental issues like FOMO (FEAR OF MISSING OUT), depression disorder, self-esteem and anxiety faced by teenagers. In addition, we only use one research strategy which is quantitative analysis from the article, sample journal and blog. Thus, from this research, we aim to help the youth which is us and outsiders to be aware of these serious problems. Not only that, but we also want to avoid mental health issues.
Keywords: Youth, FOMO, Depression Disorders, Self-esteem, Anxiety

Introduction

In the 20th century, the issue of recognizing mental health problems for youths is very widespread now, especially the current situation which is based on covid- 19 disease. Therefore, it can affect the mental health of youth. Teenagers' mental problems are defined as significant changes in how they learned, attitude, or control their emotions. Symptoms normally appear in early childhood, while some illnesses may emerge in young people (Centers for Disease Control and Prevention, 2013).

Youths are susceptible to mental health difficulties due to a variety of social changes, including poverty, abuse, and violence. Enhancing psychological well-being and protecting youth from unpleasant experiences and health conditions that may restrict their ability to thrive is critical for teen health as well as adult physical and mental health.

Mental health issues affect 10-20% of youth globally, even though they are commonly misdiagnosed and undervalued. A range of factors can have an impact on mental health results. The greater the number of risk factors that youth are exposed to, the more likely they are to experience harmful impacts on their mental health (WHO, 2020). However, 75% of teenagers who have mental health problems do not receive the assistance they require. The emotional well-being of children is just as vital as their physical well-being (Mental Health Foundation, 2021).

Hence, we'll focus more on disorders like FOMO (Fear of Missing Out), Depression, Self- Esteem, and Anxiety, which are common difficulties in the mental health of young people. This is because we want to look into the factors and causes in greater depth. We'll also look for solutions to today's youth's mental health issues.

FOMO (Fear of Missing Out)

The youthful era “Youth” continuously utilized the smartphone in their whole life. Especially, in pandemic covid-19, they will regularly look over Twitter and Instagram beginning when dawn until the sunsets. In addition, they are also busy following the viral trends on “Tik Tok” just to get attention. Thus, that is why they are being targeted for exposure to an issue called FOMO!! Have you listened to this sometime recently? FOMO stands for “Fear of Missing Out”, really FOMO may be an ordinary issue that happens in our lives, but numerous individuals did not realize it. It can be seen as a self-regulatory issue that happens as a result of situational or unremitting shortfalls when it comes to assembling your mental needs.

Factors youth experience “FOMO”

FOMO is related to different mental wellbeing issues, such as weakness and push, which can, in turn, cause individuals to involve issues with their physical health. In expansion, this issue is related to different shapes of intemperate utilization of social media. For illustration, FOMO is related to being more likely to utilize social media instantly after waking up or right sometime recently aiming to rest. As such, FOMO serves as a solid indicator of social-media addiction. Thus, high levels of FOMO can not as it was make young people more likely to utilize social media but can make the involvement itself more upsetting.

FOMO is raising the ubiquity of real-time, location-based, and social media instruments. It’s not about what our peers in genuine life are doing, it’s approximately what happens in our whole social network. Ann Mack, executive of trendspotting at JWT Intelligence, talked about discoveries from their May 2011 drift report. She clarified that since we’re exposed to more of what other individuals are doing, we question more whether we’re making the proper choices(April Dykman,2018).In addition, it also shows in trends report that stated 42% say social media has expanded their FOMO Millennials (age 13- 17) feel most cleared out when their peers: are doing something they’re not (52%), discover out almost something sometime recently they do (46%), or purchase something they haven’t bought (46%) 50% of millennials surveyed said they spread themselves as well lean attempting to keep up with their peers. (Effectiviology, 2021)

Ways to overcome “FOMO.”

Hence, the proven youth who are normally exposed to FOMO. Thus because of that, there are a lot of ways to overcome this issue. First and foremost, youth need to be brilliant when making a decision, do not make the decision only based on your emotion, take a reasonable time and think deeply. Following, they got to recognize in case their FOMO is activated by something particular and attempt to discover ways to maintain a strategic distance from that trigger. For example, in case your FOMO is activated by social media, you'll try to diminish the sum of time merely spend on social media, which you'll accomplish in different ways, such as by blocking social media locales amid certain time periods, or by putting the symbols to the social media apps merely utilize absent from the domestic screen of your phone.

Moreover, they too can attempt to supplant negative propensities that cause them to involve FOMO with more positive ones, which is able to permit them to maintain a

strategic distance from it. For case, in the event that you regularly involve FOMO as a result of being bored alone at home, attempt to discover a few side interests that take them outside and get to lock in with individuals, such as inquiring a friend to go climbing together or play along with your pet. It'll make you feel calmer and pushed out. Final but not slightest, the youth can receive a mindfulness-based viewpoint. Mindfulness includes centering on the show minute as they encounter it whereas tolerating their contemplations and feelings in a non-judgmental way. This mentality can offer assistance to them to maintain a strategic distance from FOMO where conceivable and offer assistance to decrease FOMO's negative effect in circumstances where they don't oversee to maintain a strategic distance from it entirely.

Depression

Nowadays, depression can strike as early as teenagers and continue to rise until the mid- twenties. According to Ghandour RM, Sherman LJ, Vladutiu CJ, Ali MM, Lynch SE, Bitsko RH, Blumberg SJ (2018), roughly 3.2 percent of young individuals will have experienced depression by the end of their youth. Depression, anxiety and conduct issues among children in the United States: prevalence and treatment.

Depression in youth is a multi-stage disorder. This is a major mental health issue that is characterized by excessive grief and can cause young people's emotions to be disrupted. It can also cause physical difficulties and can attack at any age, symptoms differ between teens (Mayo Foundation for Medical Education and Research, 2021). Furthermore, changes in prior teenager emotional attitudes and behaviors, which can cause persistent difficulties and troubles at school or home while in social activities of daily life, are common indications of depression in youth (Centers for Disease Control and Prevention, 2021). For example, emotional changes such as feeling sad without knowing why feeling annoyed or furious even though the issue. Next, youth will have difficulty thinking, concentrating, making decisions, and remembering things, and they will frequently consider death or suicide.

Then, when it comes to behavior modification, youths are frequently exhausted, depleted of energy and lack sleep. Changes in appetite are also another symptom of depression that causes a lack of appetite in young people (Stanford Children's Health,2018). In the meanwhile, many young people who are depressed are preparing to commit suicide or try suicide. It is also seen as a way out because teenagers are unable to do simple tasks that a person is capable of. As a result, it can lead to mind control, and some young individuals may find it difficult to cope alone. Besides that, depression also can be caused by a variety of factors, including genetic and environmental influences.

Factors affected by depression.

According to the research, patients who develop depression in childhood are more likely to be affected by environmental factors than by inherited factors. Meanwhile, those who suffer from depression during teenage or maturity are more likely to have depression caused by genetic factors (Laura Goldman, 2019). Although just because you don't have a family history of depression doesn't guarantee you won't get it. Besides, stress or the loss of a loved one might increase the risk of depression. Adults who suffer from illnesses

that cause disability or the inability to care for themselves may feel useless and despondent.

Next, it is possible that youth have experienced a lack of community support as a result of environmental circumstances or suffering problem stress from families such as divorced parents. Further, youth who have had violent family members or who have had family members commit suicide. One of the variables that lead to young individuals being exposed to undesirable things is negative thinking. This way of thinking makes it easy for these teenagers to get depressed. In the face of life's obstacles, these teenagers will find it difficult to think positively as youth who have been affected by traumatic situations are also at risk (Melinda Smith, M.A., 2021).

How to Deal with Depression in Youth

Moreover, it also offers steps to overcome depression in many ways in the life of youth, having identified the signs and causes of depression. First and foremost, discuss depression with an older or more trusted person, such as a parent, a school party, or a peer. However, seek help immediately if you begin to consider harming yourself or others. To preserve themselves, the young people must seek assistance as soon as possible.

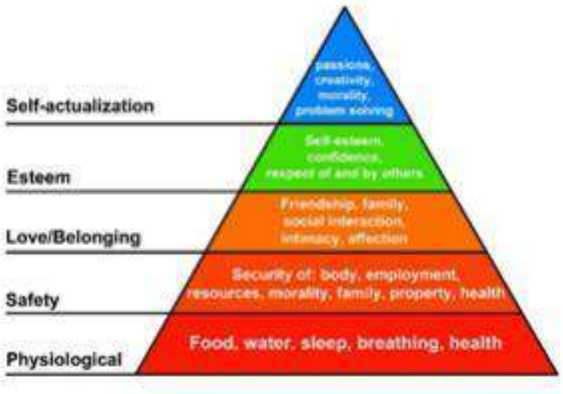
Last but not least, teenagers strive not to handle problems on their own, such as spending time face to face with friends or family, because this might help them feel less depressed. Youth also can engage in a range of favourite activities to transform negative moods into positive emotions. Besides that, teenagers can volunteer to assist others and the world reconnects with them, as well as to provide satisfaction in knowing that we have a shot at being successful. "Additional treatment should be sought if a teenager believes his or her depression is escalating." This is because doctors will look into any teenage health issues and can arrange for meetings with mental health professionals including psychologists, psychiatrists, and other therapists to assess or diagnose depression and establish treatment plans (Kathryn Rudlin,2020).

Self-Esteem

Next mental illness among youth is self-esteem. Self-esteem also can be related to self-respect, self-worth, and self-regard. Firstly, we must know what self-esteem is. Self-esteem is a person's overall sense of his or her value or worth. It can be considered a sort of measure of how much a person "values, approves of, appreciates, prizes, or likes him or herself" (Adler & Stewart, 2004). In other words, self-esteem can be defined as how much you appreciate and like yourself in any situation. Based on self-esteem expert Morris Rosenberg, self-esteem is quite simply one's attitude toward oneself (1965). He described it as a "favorable or unfavorable attitude toward the self". Why is self-esteem related to youth mental? It is because changes or differences in self-esteem started from the way of thinking. Having good thinking about yourself will give youth a good effect on self-esteem. A healthy self-esteem will help youth avoid dwelling on past bad experiences and take it as another side. Believe that everyone is equal which is no better and no worse. They also can express their needs and feel confident in any matter. Having healthy self-esteem can motivate youth to reach their life goal because they are able to

lead their life. Good self-esteem is important because it's impacted your decision-making process, your emotional health, your relationship, and your well-being. Youth with healthy self-esteem are able to maintain a healthy relationship with others, have a firm understanding of their skills, and always have realistic and appropriate expectations of themselves and their abilities.

While, if you are thinking in a bad way it will give self-esteem unbalance which is low or excessive self-esteem. Of course, it also is a problem in your life. Based on emerging studies suggesting that low self-esteem contributes to the development of depression (Orth, Robins, & Meier, 2009). Low self-esteem will also mean the development of a poor or negative self- image. Such beliefs can become a self-fulfilling prophecy of expecting to fail (Riddick, 1996). So, youth always need to think and understand the uniqueness that they have without being compared to other societies to balance it. Youth with overly high self-esteem may overestimate their skills and may feel capable to succeed even without other people backing them up. They also will block their mind and struggle with making a relationship with others for self- improvement because they always see themselves as perfect already. According to the Maslow Hierarchy theories, Maslow suggested that everyone needs both appreciation from other people and inner self-respect to build self-esteem.



Picture 1: Maslow's Hierarchy Self-esteem

Factors that Affect Self-esteem

Socioeconomic status. Socioeconomic status is an economic and sociological combined total measure of a person's work experience and of an individual's or family's economic access to resources and social position in relation to others. The youth who came from high status have high self-esteem. While low self-esteem is the opposite. Low socioeconomic status and low self-esteem are related (von Soest, Wagner, Hansen, & Gerstorf, 2018). Some youth look at socioeconomic status as a sensitive matter, so they keep silent about their family because they feel embarrassed by their family situation. Youth in high status always be confident with their life because they are living with a good background family. Their parents always give them everything that they want. For example, luxury clothes and food. This situation makes them feel very confident to show off to other people. Not only that, but a high education background also helps them expand their comfort zone. While some from low status can show off themselves but in a small value. It is because they still need some encouragement from other people. They

can put this situation aside by keeping thinking positively about themselves and trying to find any advantages they have. For example, young university students can take many chances to join any program that is conducted by the university or society to come out of their comfort zone.

Next, interpersonal struggle. Interpersonal struggles mean they struggle from feeling ashamed, less confident or awkward to other people. Feeling ashamed for the first meeting is normal but it can be great distress when kept too long. Interpersonal struggle keeps happening because they keep blocking their mind and don't believe in themselves. For example, as new workers, we need to greet and always ask to make our life and job better. Commitment to the worker, spouse, and parental role is positively linked to self-esteem (Reitzes & Mutran, 1994). When the youth have a problem with their confidence, they will exclude themselves from others. Being low self-esteem makes it hard for the youth to create a new relationship.

Besides, negative thought patterns. Thought patterns are important to youth life. The way they think about themselves, or other people, will influence their life. For instance, "Can I befriend them", "What will they think about me if I wear this cloth?". These negative thought patterns prevent the youth to have high self-esteem as they keep rejecting and questioning themselves. Lastly, they will face stress and unstable emotions. They should live their lives at their own comfort instead of following the views of outsiders. A more mature personality and emotional stability are linked to higher self-esteem (van Soest et al., 2018). If they change to a positive way of thinking, then they can live happily while on the other side, then they will struggle to make their life better.

Tips On How to Help Youth with Low Self-Esteem

Apply positive talk. During this Movement Control Order (MCO), family members should take this opportunity to spend their time talking to each other. For instance, asking about work or school problems. Try to understand and together solve that problem. If teenagers face low self- esteem, parents should be a mentor to always give positive talking to their children. For example, parents should accept the lack of children's potential. They need to give moral support to them by giving some good words by turning negative perception into positive perception. However, in the workplace, bosses can give good advice to the worker to gain their spirit and get a healthy relationship between employees and employers. In this way, self-esteem will be increased.

Besides, get professional help. When the problem with low self-esteem becomes bigger, finding a therapist is the best way. Finding a professional like a therapist doesn't mean they have a mental problem. But getting an appointment with a therapist can help the youth to express their feelings, give opinions about their life and decrease the burden. The therapist will give them a strategy or ways to help them out from low self-esteem. Parents can refer to MyHEALTH (Ministry of Health) to solve this problem.

Lastly, spending free time with family. Family is one of the solution paths to release stress. Furthermore, in this pandemic covid- 19, everyone just stays in their house makes them feel very stressed. But now the government already allowed people to visit any place. So, take this opportunity by spending free time with family to find a real self and

release tension. Be open to the family to create a chance to get a solution from being low self-esteem. For sure the family will understand ourselves before others.

Anxiety

Anxiety is a widespread condition that affects everyone, especially youths. It is common for a young person to have anxiety since as we grow older, we are exposed to newer things. Anxiety arises because we are generally agitated and apprehensive when anything new enters our lives. People with common anxiety are more driven to achieve something in their lives, such as work or study harder. Anxiety is a normal emotion that comes and goes, but anxiety disorder will interfere with your everyday life. When compared to general anxiety, anxiety disorder is a distinct entity. Anxiety can also be defined as a future-oriented mood state related to anticipating upcoming events.

Anxiety disorder was the most common type of mental illness. Anxiety disorder is also described as a state of excessive anxiety and worry in response to a stimulus form in the environment (James W. Kalat, 2019). This form of mental disease causes a person to feel more apprehensive and fearful than usual, interfering with their ability to function. It can also cause someone to overreact when their emotions are triggered, and they are unable to regulate the situation. Furthermore, there are several forms of anxiety disorders. Anxiety disorders include panic disorder, agoraphobia, specific phobia, social phobia, obsessive-compulsive disorder, posttraumatic disorder, and generalized anxiety. These forms of anxiety are frequently generated by diverse factors and manifest in different ways.

Anxiety-inducing factor

Many causes might have contributed to this mental condition. Anxiety disorder is affected by three factors: psychological, biological, and social. An anxiety condition is caused by psychological factors such as personality characteristics, low self-esteem, and unpleasant feelings. Distinct people have different personality qualities. It is determined by the people around them as well as their everyday activities. Negative personality qualities, such as needing to be dishonest or lie in any aspect of your life for an extended time, will become a problem. While poor self-esteem might lead someone to experience anxiety when they are required to perform something new to them and are not confident in their ability to do so. Negative emotions such as sadness and hatred, as well as any feeling that makes you feel awful, can develop into anxiety disorders if they persist for an extended period.

Genetic variables, medicine, and dietary considerations are examples of biological influences. Anxiety disorders can also be influenced by genetic causes. Panic disorder is the most common kind of anxiety illness caused by hereditary factors. People with panic disorder also have a high risk of other mental diseases, with many of them having a substantial hereditary foundation (Mohammed A Memon, 2018).

However, in this modern era, social reasons might be the most important aspect for someone suffering from an anxiety disorder. Nowadays, the social environment may be poisonous if we are unable to handle it or choose the incorrect community to live in. Anxiety disorders can be caused by social factors such as work or study stress, negative life experiences, shifting values, a lack of social skills, and a lack of social support. These

social elements are generally the most important ones causing someone to have an anxiety condition. Job stress is one of the most common problems that individuals experience, but experiencing constant work stress is the worst.

Prevention and treatment of Anxiety

As a result, every condition has a treatment option. But first, we need to consult with someone who specialises in psychology. A physiatrist must make a diagnosis for someone who is experiencing symptoms. After that, you may go to the next phase, which is to locate the best therapy to which you can adapt. Nowadays, there are several therapy options available to us. The butterfly hug approach is one of them. The butterfly hug steps were some movement or action that can calm down anxious people. This technique is also known as an easy relaxation method approach since it is simple to implement and provides excellent self-soothing benefits. Another strategy to cure or prevent is to engage in physical activity, such as exercise. Yoga is a relaxing workout that might help those who are anxious. Yoga is a form of exercise that requires you to stretch, breathe deeply, relax, and meditate. Yoga is a form of exercise that serves to relieve stress in our bodies. There are many different forms of yoga that we may attempt, but the one that is recommended for individuals with anxiety is hatha yoga, which is always used for stress management. Aside from that, we may take medicine. There are a variety of drugs and treatments available to aid persons with anxiety. Medication is usually available once a psychiatrist has made a diagnosis.

Conclusion

To summarise, mental illness is quite near to youth. Every year these four illnesses keep increasing among the youth even more during this pandemic. During the youth period, often known as the gold period, youth must take extremely excellent steps in whatever they undertake. Before deciding on it, youth must weigh the pros and cons of the situation. Furthermore, as youth, we are new to many things and learn a lot of new things. Youth must learn how to control their mental health so that they do not develop mental illnesses. As a result, if they suspect they have a problem, they should not ignore it or allow it to worsen, as prevention is always better than cure. Find someone who can assist you in resolving the issue or seek expert assistance since there are several solutions. Lastly, family and contact must always pay attention to the people surrounding them so that they won’t feel alone and stressed.

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56 Youth Among Depression: A Conceptual Paper

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Abstract

This paper shows a discussion related to cases of depression among the youngsters in this new era. Depression is now a common thing that happens among our people but as we can see more depression cases come from the youth. The youth group is from 15-24 years old and there are also known as the teenagers of our people. The authorities take depression as a serious case because it can also lead to death for certain people. The findings reveal that depression can happen due to the workload that the youth receive, bullying, family problems, illness and health issues, the personality of the individual, or history of the individual related to drugs, alcohol, and medication that had been taken by the individual.
Keywords: Depression, Youth, Authorities

Introduction

Sad to know but depression has been playing around our environment since ages ago. But people used to not care about depression in our circle because they thought people with depression might cure themselves. In addition, in this new era of COVID-19, there are more cases that are relatable to depression at every stage of age. Now, many of us have taken depression as a serious case when it involves serious illness or death. Most of the authorities have taken action to help people who are facing depression, they also build Non-governmental Organizations (NGO) to support people who face depression. By joining an NGO, individuals who face depression can share their problems with others who face the same thing. They may have the same opinions for their problem, or they can share a safer way to solve the problem that they are facing.

Depression is known as a major depressive disorder, which is a mood disorder that can make an individual continuously feel sadness or not interested in their life. (Jennifer Casarella, 2021) Most of us will feel sad or depressed at certain times and it is a normal thing to face life challenges at times. But when it includes life intensely such as feeling helpless, hopeless, or worthless it may keep ongoing for a few days or may be able to take up to weeks. It can lead to clinical depression, which is a medical condition that can be treatable.

Depression is a serious matter that needs to be taken seriously by all people and people that know someone who is facing depression need to give them some moral support, in addition now we are in the new era of COVID- 19. There will be more cases that are related to depression, anxiety, or any other mental state of health. There is no cure for depression, the symptoms may end at any time but the condition won't go away as the symptoms go away. The individual who is affected with depression may be able

to cure depression with enough care and treatment. They can live a long and healthy life as other people do. (Debra Fulghum Bruce, 2021).

The symptoms of depression are as follows when the individual feels tired or they feel they don't have enough energy every day. The individual also will spend most of the time sleeping or cannot sleep at all in a day, this will make the individual have no interest in doing their task every day. Some people may also face a hard time focusing on a thing, remembering the details, or even making decisions at a time. This will make the individual feel worthless or guilty. Depression also may cause the individual to lose or gain weight, sometimes the individual may also think about death or suicide. This is where the most dangerous part of depression is. (Patricia Oelze, 2020).

Depression can happen at every stage of age; this includes teenagers or college students. Depression in teenagers where most of the teenagers will feel not happy or not in the mood most of the time. When the feeling lasts for more than weeks or in addition the teenager has other symptoms of depression, a serious problem such as they will distance themselves from friends or family, their performance in school has dropped and others. As parents, they need to talk to a doctor and get to know whether their child has signs of being depressed. If said so, there is an effective treatment where their child can be free from depression. (Lynn Chan, 2019).

Depression in college students also can happen most of the time. Since they are dealing with their studies in college, they can be stressed, and maybe they are also struggling to deal with other things at the moment. They might face difficulty in adapting to the changes by being a college student and having to be far away from their parents and home. He or she can result in depression or anxiety. (Lynn Chan, 2019).

Factor Of Depression

Torture and misfortune experienced by the youth are increasing day by day. These things can lead to depression among the youth. Emotional disorders can happen with many issues according to the youth’s lifestyle. The factors are academic difficulties, peer interaction, extreme trauma, and family issues. If depressive symptoms persist, it leads to self-harm or suicide. Different from adults, resolving depressive symptoms in adults is easier than in youth. Adults are more understanding compared to the youth.

What Are the Factors?

Youth can struggle with certain behaviors, which can contribute to depression. Academic pressure from parents who always want their children to get excellent grades in exams might be one of these factors. Aside from those good marks, they are not aware that their child is having academic issues. The majority of parents currently place high academic expectations on their children every semester, without taking into account the child's academic abilities, such as if the child has a learning handicap. Parents may be perplexed by their child's behavior in school. Even if their children do not get exceptional achievements, their parents should acknowledge their children's efforts in school by giving advice on how to study more diligently or rewarding them with shopping. When children are not praised for the effort, they put into their schoolwork but are instead chastised, they may perceive themselves as worthless, leading to

overthinking. They may become melancholy as a result of this emotion and consider dropping out of school.

Peer interactions play an important role in social and cognitive growth. In fact, the single most powerful aspect of a child's development is the capacity to get along with other youth, especially for kids who have just transferred. Youth who are mostly rejected, unable to sustain intimate connections with other children, and unable to carve out a place for themselves in peer culture are more likely to suffer from depression. Youth who do not have friends are lonelier and sadder since they do not have the chance to interact with their classmates. It can make it harder to concentrate on their academics. This can lead them to have inferior academic success and suffer from low self-esteem since they may think more about the relationship compared to their study process. This type of learner is more likely to be bullied by other students. To cope with their problems, teenagers are more likely to drop out and engage in delinquent behaviors such as consuming alcohol, using marijuana, and rebelling against authorities.

Extreme trauma is one of the causes that might contribute to depression in teenagers. Traumatic situations, such as physical or mental abuse, can produce brain alterations, making a person more vulnerable to depression. Those who have lost a parent or someone they care about, such as relatives or friends, as well as a pet, may experience trauma. For example, a child may be involved in an accident with their parents, and their parents may die in front of them. This unexpected incident may have a significant unfavorable influence on their brain. Traumatic experiences alter an adolescent's life by leaving a lasting impact on their brain and life, which leads to depression. Physical and mental problems might cause adolescents to have trust issues since they have faced hardships and had a tough time overcoming them. Even for the well- adjusted teen, adolescence can be a chaotic and trying time. Depression in teenagers can have far-reaching consequences; when young people have emotional challenges, they are unsure how to manage their lives in the future. Because youth will spend their adolescence with them, physical violence from a loved one or relationship has a significant influence on their lives.

The family situation is the next factor. The parents are the focus of most, if not all, family difficulties. As they grow up together, parents are the primary role models for their children. Parents motivate and inspire their children, making a significant difference in their lives. When parents, on the other hand, demonstrate their inadequacy by continuously bickering and arguing about little matters, children lose faith in the parent. The children that grew up become the youth may become depressed as a result of their constant reflection on their family life, one of which is, of course, the mother-father connection. Children will be concerned whether their parents will divorce since separation would disrupt their family's life, as they have spent their entire lives with both parents. This separation may also change the youth's perception of love, perhaps affecting their connection with their spouse.

Depressive Effects

The effects of depression will have a very bad effect on the youth. The effects of depression can occur in the short and long term. In general, depression can affect a

person's life, which affects the way they function in life. The short-term effects of depression that often occur today are weight loss, loss of appetite, and insomnia while the long-term effects are such as suicidal ideation and substance abuse. This effect occurs due to the depression experienced successfully dominating the lives of the youth.

Effects on physical, mental, and health problems

Sleep problems.

Sleep disorders or known as insomnia often occur in youths who suffer from depression. This disorder will disturb a person when going to sleep at night. This can cause youths to feel tired and weak making it difficult for them to manage their physical and mental health. According to studies conducted by health experts and doctors, sleep disorders are the most common symptoms that occur in a youth who suffers from depression. Youths who have problems with stress in life will find it easier to get insomnia, which is difficult to sleep, and can't sleep well due to thinking too much about something in themselves.

The relationship between depression and sleep goes in the same two directions because having trouble sleeping for any reason (such as a medical condition like sleep apnea) increases a person's risk of developing depression (Depression. National Institute of Mental Health. Revised February 2018).

Weight loss and loss of appetite

Most youth living in depression often neglect their self -care such as mealtime care. Their mealtimes will be left alone without worrying about the side effects that will occur. Depression experienced as a result of stress will generally affect appetite, weight loss, and energy low so significantly. Youths with loss of appetite disorders such as anorexia nervosa contribute to the risk of continuing to suffer from depression or other mental illnesses because they think too negatively about problems and self-loathing. For example, youth may feel frustrated and hopeless if their weight loss has been lost. Weight loss in eating disorders can be extreme and can cause a variety of physical symptoms. Several studies have suggested that nutrient deficiencies from inadequate food intake can cause depression to become a dangerous and easy problem for a person to get depression.

Weakened immune system.

Depression affects the ability of a youth's immune system to fight disease caused by fatigue, anxiety, and anxiety problems in life. These include the common cold and more serious long- term illnesses such as cardiovascular disease. Some studies have hypothesized that chronic stress can trigger an inflammatory response, altering the function of mood-controlling chemicals in the brain. Depression and stress are closely related. Stress hormones cause the heart to beat faster and blood vessels to narrow, causing the youth body to be easily anxious for long periods of time. Depression and stress can have a negative impact on the immune system, making youths more

susceptible to infections and depressive illnesses due to a weak immune system and inability to fight the depressive problems that a person has mastered.

Depression leads to suicide.

The trend of suicide or the actions of youth to self-harm is on the rise nowadays. This phenomenon often happens to youths who have depression that is so severe that it cannot be controlled by their own thoughts. Although the phenomenon of suicide is very closely related to depression it is not a disease that has to be faced by youth. Usually, suicide occurs because there is a subtle disturbance in the emotions where a person is unable to think at the time. The people involved in suicide are the youth. This situation is due to having to live in a situation that has various problems. When they have to bear problems such as family problems, problems with the community, and problems with friends, the youths are unable to think of a solution that should be made so that the problem can be solved. Therefore, their minds will not be calm because they always think too much about the problems they face, leading to the occurrence of depression. When life is dominated by depression, they are able to do something unexpected without thinking first. This is because their souls and minds are empty, then there is an attempt to injure themselves and kill themselves.

A suicide attempt is a clear indication that there is something that is often disturbing thinking in one's life. Most people who die as a result of suicide have mental or emotional disorders. The most common underlying disorder is depression, as many as 30% to 70% of suicide victims experience major depression or bipolar disorder (manic depression). Depression is a significant correlation with both male and female suicide cases, but suicide attempts are more common and prevalent in young women with depression.

Life performance is affected.

Depression is characterized by feelings of sadness among students known as mental illness. Depression can be significantly harmful to a youth's learning or employment problems if it lasts for a long time and has a moderate or extreme level of severity when dealing with depression. It can cause affected youths to suffer and perform poorly at work or at school. There is a negative effect of depression on youth success. Youth success is negatively linked to depression, and youth or students easily feel pressured to accept an assignment given by higher education or an employer. Depressed people will ignore their own successes and virtues by over-thinking and exaggerating the faults and failures they face. This leads to depression being able to control young people, as they do not have a high level of competitiveness to succeed.

Solution And Treatment

Many of you will ask "is that depression treatable?" Yes, of course, depression is treatable. There are many solutions to cure depression.

The most important one is getting some exercise. Much scientific research found that exercise helps depression because a depressed person needs more relaxing activities to relieve their stress. Beyond helping with depression, exercise also gives a number of

advantages such as better cardiovascular health and weight loss. Exercising might be more challenging when you are in depression. So, start the exercise with simple steps. Taking a long daily walk is also a part of exercising. Other than that, putting on some music and dancing is also a kind of exercise which can help reduce depression. Exercise helps with depression symptoms by increasing endorphins, which are brain chemicals. Mild exercise, even for a few minutes a day, might boost mood by increasing endorphin levels.

In addition, the person who is struggling with depression should stay connected with their friends and do good things for themselves. When a person is depressed, it is natural to desire to isolate themself from others. On the other hand, isolating oneself might extend your problems. Making an effort to keep in touch with even a few individuals will provide you with the support you need to feel some respite from your symptoms for the time being. Talking to others can also help you focus less on your personal feelings and more on what is going on in the world outside of your health problem. A person who suffers from depression cannot be happy or joyful. Nevertheless, they can try to do some good things. For example, cooking, reading some books, playing with kids, and more. For sure these little things can help handle depression.

Another better solution for depression is changing your lifestyle. In order to change their lifestyle, the victim should eat healthy to cure depression. By eating highly processed meals, such as fast food and sugary sweets may add to the person's depression. Processed foods are high in sugar and salt, as well as processed carbohydrates with little nutritional value. A diet heavy in processed foods has been shown in clinical research to impair brain function and promote depression. These problems have been demonstrated to be reversed by eating healthful meals. Additionally, it is advised that you sleep for 6 to 8 hours every night. However, depression may make it difficult to sleep, and not getting enough sleep might make your depression worse. But we can solve it by making a schedule. Every day, try to go to bed and wake up at the same time. Better avoid naps time because it might disrupt the sleep routine. If it is still difficult to sleep, try watching television or listening to music to sleep. It may help you to sleep well.

Last but not least, another best solution for depression is to try to avoid negative thoughts. People suffering from depression are prone to worrying or thinking negatively. This makes it difficult for them to concentrate on getting healthier and makes them more prone to negative feelings. To recover this, make a list of things you're afraid about. Examine each worry and consider how realistic your negative ideas are. Consider alternate viewpoints and explanations. Don't think about the problem which you cannot change at all. Concentrate on the current moment. By making a list of advantages and disadvantages you can examine yourself to solve the problem that you are facing. These ways can help reduce depression and may refuse negative thoughts too.

Antidepressants are medications that can treat depression. They may aid in the betterment of your brain's utilization of specific chemicals that regulate mood and stress. You may try a few different antidepressants before finding one that works for you and has tolerable side effects. Antidepressants take time to work usually 2 to 4 weeks and symptoms like sleep, hunger, and attention issues sometimes improve before mood increases, so it's vital to give medicine a chance before deciding on its usefulness. If you

start taking antidepressants, don't discontinue without consulting your doctor. Ones who consume antidepressants may feel better for a while, but then stop taking them on their own, and their depression returns. When you and your doctor decide it's time to stop taking the medicine, which normally happens after 6 to 12 months, the doctor will work with you to slowly and safely reduce your dose.

Conclusion

Above all, depression is a common problem that is happening among youth. As we can see, a lot of university students are facing depression because of online classes and exams. Parents also need to pay attention to them so that they can share their feelings. With this, many youths can refuse their depression. Nowadays, students are always looking at the laptop screen which causes stress and depression. Youngsters suffering from depression need emotional support, as well as love, patience, encouragement, and understanding. They should not be judged as naive or lazy people, and they should not be expected to recover quickly. Students also need to take adequate rest after online classes to relax their minds. They can listen to songs, watch television and so on. “You say you’re ‘depressed’, all I see is resilience. You are allowed to feel messed up and inside out. It doesn’t mean you’re defective it just means you’re human.”(David Mitchell)

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57 BECOME AN ACTIVE YOUTH THROUGH ONLINE VOLUNTEER

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Abstract

The Covid-19 pandemic in Indonesia has made changes, including volunteer activities. Volunteers who were previously offline had now turned online. Volunteer offline activities carried out by volunteers are direct visits to places that need assistance, while online volunteers are carried out through social media to disseminate educational content to become part of an online-based organization or community. The urgency in writing this paper is based on the Covid-19 pandemic which makes youth active in online media, so this paper aims to provide an understanding to young people about the importance of volunteer online activities as a positive activity that can be done during the Covid-19 pandemic. This paper uses the method of literature review and questionnaire distribution to obtain field data. From the data we got, it is clear that many benefits can be taken by participating in online volunteering during the pandemic, such as training discipline, and practicing teamwork.
Keywords: offline volunteers, online volunteers, students, the covid-19 pandemic.

Introduction

Indonesia has been experiencing a pandemic for more than a year because of the Covid-19 virus. This virus was first discovered in Wuhan, China. Found at the end of 2019 and then spread throughout the world. The first case in Indonesia was found in early March 2020, two people from Depok were tested positive for the Covid-19 virus (Yunita, 2020). So far, four million people have tested positive for Covid-19. So that Indonesian citizens must always be aware of Covid-19, by always wearing masks, using hand sanitizers, maintaining distance, and also not creating crowds.

Since the Covid-19 pandemic spread in Indonesia, many things have changed in our daily lives. In doing the learning, buying and selling, traveling, working and volunteering. For example, in work, it is now done online or what we know as work from home. Due to the government restricting people out of the house, many offices and the private sector have started implementing the Work from Home (WFH) scheme (Mungkasa, 2020). Where employees do not work in the office but work at home and utilize technology such as laptops, computers, and smartphones.

In addition, before Covid-19, most of the learning was done offline or came directly to the school and met face to face with the teacher. But now students have to do distance learning, where students use information technology as well as applications that have been provided to carry out their learning activities. This is the same as volunteer activities, where more and more activities are turning online rather than offline.

Volunteer activities are carried out in various ways and for different purposes.

Volunteers can be done online or offline. An online volunteer is a volunteer activity that is carried out online without having to come to a certain location. These volunteers have many ways for individuals to participate, such as uploading educational content, making donations, and being part of an online-based organization or community. While offline volunteering is a volunteer activity that is carried out by participating directly in the field so that it requires more energy and time.

The use of technology and media in conducting online volunteering makes it easier for volunteers to affiliate with many organizations compared to offline volunteers. This is because online volunteer volunteers can transcend physical limitations and distance so that it is easier to participate in many organizations online. In addition, online volunteer activities also do not require initiation and management from official organizations or communities. The development of this technology blurs the boundaries between private and public so that each individual can publish content and regulate his activities without involving official institutions. (Ihm, 2017)

The shift in youth's interest in volunteer activities in the era of the Covid-19 pandemic has had a significant impact, with the internet being able to open a path for every individual to participate in online volunteering. This online volunteer is one of the digitization processes of offline volunteer activities. The existence of online volunteer activities is believed to make it easier for volunteers to be able to access activities quickly because of the use of the internet. With the internet, volunteers can find many ways to help one another. Although volunteering is done online, there are many similarities between online volunteering and offline volunteering, which include no reciprocity, no relationship between recipients and volunteers, and help can come anytime. Assistance provided online can be said to be effective because access is always available 24 hours, this makes it easier for volunteers and aid recipients both in terms of time and effort. (Ackermann & Manatschal, 2018)

Before the Covid pandemic, many volunteers sent assistance in the form of information or goods directly or face to face, to facilitate good relations between volunteers and recipients. The difference with online volunteers is that they are involved in their tasks using the internet and can be accessed anywhere. In times of a pandemic like this, it has become commonplace if communication is done online. This does not change the purpose of the volunteers themselves, namely, to help each other. One of the shifts in interest that occurred was the increase in volunteers during the pandemic, which was due to the easier admission process and more flexible time. With the ease in the admission process, it does not mean that volunteers can participate in online volunteering lazily, they must remain committed to these activities. (Amichai-Hamburger, 2008)

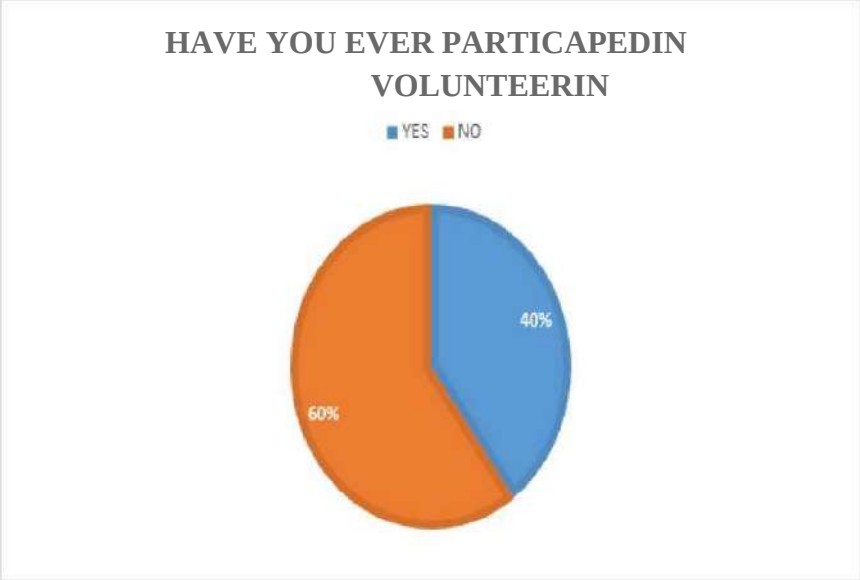
Based on the background that has been described, 3 important aspects will be discussed. These aspects include whether online volunteering is still useful as offline volunteering, what are the benefits of participating in online volunteering, and what contributions can be made by youth to society through online volunteering. Thus, this paper aims to explain the benefits of participating in online volunteering and explain the role/dedication given by youth through online volunteer activities.

The urgency of writing this paper is that the Covid-19 pandemic has made young

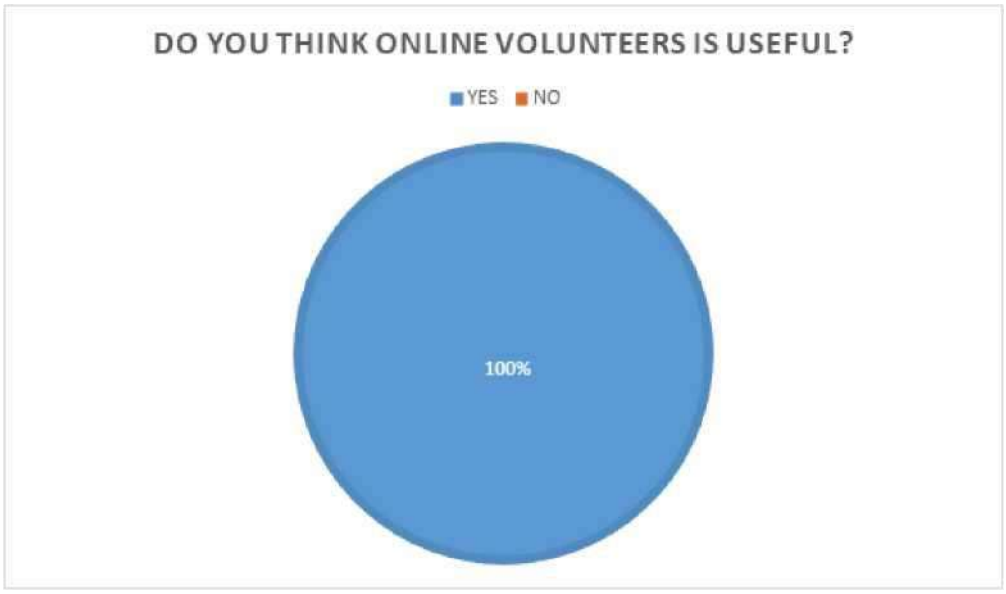
people active in online media, therefore young people must be able to choose activities that are useful during the Covid-19 pandemic. This topic needs to be studied to provide an understanding to young people about the importance of online volunteer activities and this activity can be one of the positive activities that can be done during the Covid-19 pandemic. By writing a paper related to online volunteering, it is hoped that it can increase youth awareness to be more active in carrying out positive activities that can provide benefits for themselves and the surrounding environment.

Discussion

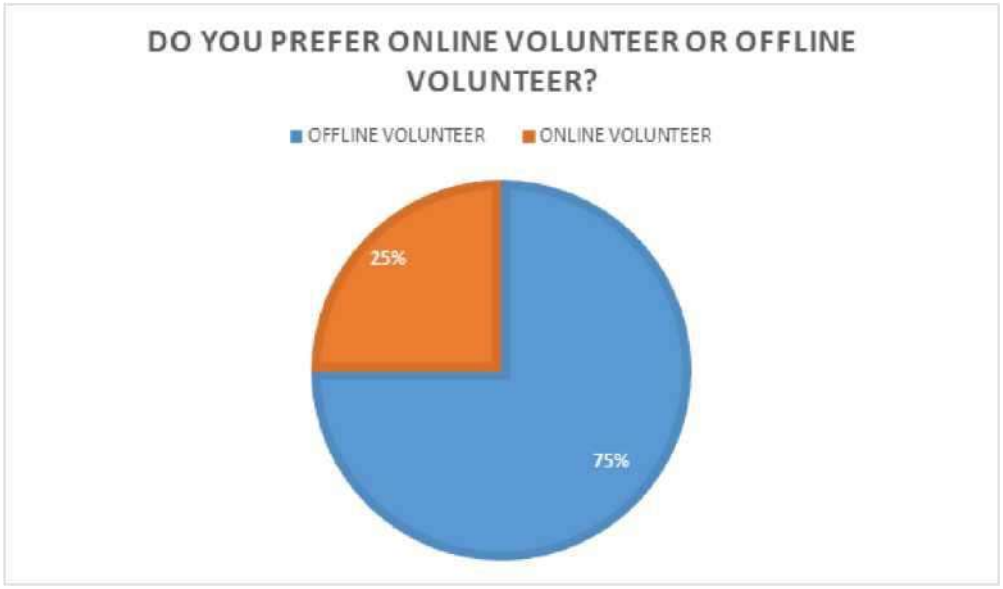
The data obtained is from distributing questionnaires or questionnaires to students in West Java. We used the Google Form platform and collected 80 students from 25 universities in West Java as a sample. Of the total respondents who filled out the questionnaire, not a few of them had participated in online volunteering.



Based on the answers we got from respondents, as many as 40% or 32 respondents said that they had participated in online volunteering. While the rest (60%) said that they had never followed it. Some of them said that there was little information about online volunteers, so they didn't know there were online volunteers. In addition, some feel less interested and less excited when the volunteer is online.



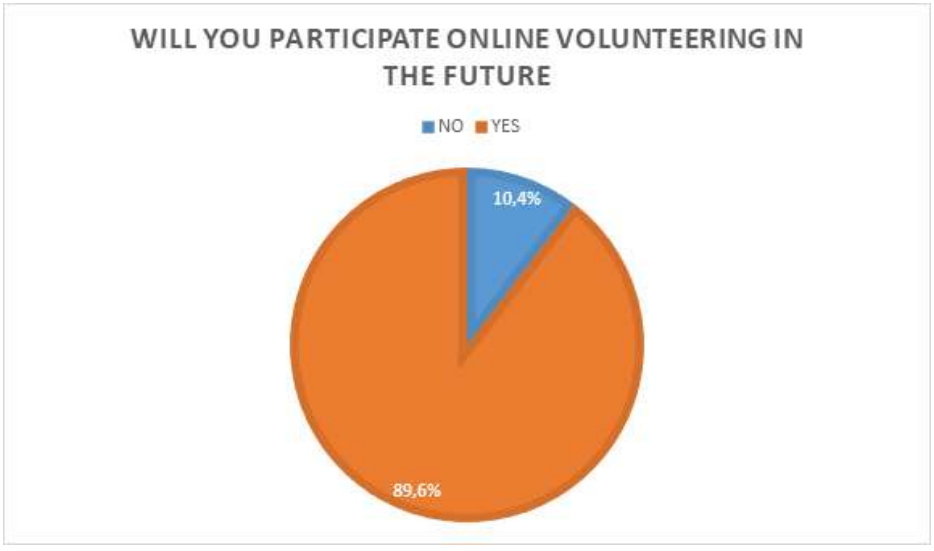
However, all respondents who have participated in online volunteering said that online volunteering is beneficial. Because many of them said online volunteering adds knowledge as well as experience. Besides that, it also adds relationships, trains discipline, trains soft skills, self-development, hones time management to train teamwork.



Based on 32 respondents who have participated in online volunteering, 75% or 24 respondents are more interested in offline volunteering, while 25% or the remaining 8 people are more interested in online volunteering. Although they take part in online volunteering, most of them are more interested in participating in offline volunteering because they can go directly to the field and get a more impressive experience. Those who have participated in online volunteering want to experience new sensations that cannot be obtained from participants in online volunteering.

Even though online volunteer activities are carried out online, it does not mean that volunteers cannot contribute to the community. Respondents who have participated in online volunteering feel that they can still contribute actively and maximally even though they are online. The contributions that these online volunteers can make are, first, participating in educating the public by disseminating information related to important issues such as mental health, SDGs goals, digitalization, and so on. Second, being a driving force in holding webinars that can improve skills. Third, helping in increasing awareness to the public through online campaigns. Fourth, assisting in the form of materials for communities in need or affected by disasters through fundraising.

From the results of the survey conducted, the reason respondents did not participate in online volunteering was due to several things, namely, they did not have an interest in online volunteering due to the activities and tasks given by the lecture venues which were quite a lot, causing concerns about the division of time. The next factor is caused by the assessment of online volunteering which is less impressive than offline volunteering, an impressive example when participating in offline volunteering is being able to handle directly to the location of the event. Examples of offline volunteering that are often done before the pandemic is volunteering during natural disasters and community service in villages. With this service, volunteers usually educate the public about information that is currently hot to discuss. The general reasons given by the respondents were the lack of information related to online volunteering and the lack of interest in the types of online volunteers provided.



Based on the results of a survey of 48 respondents who have never participated in online volunteering, as many as 89.6% or 43 respondents answered that they are interested in participating in online volunteering in the future. While the remaining 10.4% or as many as 5 respondents answered that they were not interested in participating in online volunteering. The number of respondents who are interested in participating in online volunteering explained that this activity is quite interesting to participate in and can provide benefits for themselves and the surrounding environment.

Conclusion

All volunteer activities, both online and offline, have their advantages and disadvantages. Online volunteer activities can provide a great opportunity for anyone to participate without having to think about the limitations of distance and time. However, the physical interactions that take place between volunteers are very limited. Meanwhile, offline volunteer activities can provide an experience that may be more interesting than online volunteering because volunteers can participate and interact directly. However, offline volunteers are not as flexible as online volunteers.

Although all online volunteer activities are carried out online, there are many benefits that volunteers can get. Some of the benefits obtained include increasing relationships, improving soft skills, and training time management. In online volunteer activities, youth can actively contribute to society by disseminating educational content and being a driver in webinars for self-development.

Thus, every youth who becomes a volunteer can still contribute optimally, both through online and offline volunteering. The most important thing is how we take advantage of every activity and opportunity as well as possible so that the contribution given will be maximal.

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58 Blockchain implementation challenges in developing countries: An evidence- based systematic review

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Abstract

In the impending era of the fifth industrial revolution (5IR) where a new combination of human-machine association is an advent issue, blockchain can be a catalyst for this massive change. As the developing countries around the globe are facing challenges to adopting blockchain, this evidence-based systematic review aims to identify the implementation challenges of blockchain technology in developing country contexts. Total 1,298 published documents during the period 2011-2021 from the Scopus database were explored to recognize the appropriate 17 papers using the PRISMA flow diagram. Later, based on the identified challenges from the thorough reviews of those 17 publications, authors developed three broad themes, i.e., technical, governance, and knowledge. Results of current research show that developing country faces challenges vis-à-vis technical, governance, and knowledge issues while implementing blockchain technology.

Keywords: Blockchain; Implementation; Challenges; Developing country; Bibliometric; Systematic review; PRISMA.

Introduction

The present tenure is the age of science and technology. Today's modern civilization is the gift of seamless and robust technology. Therefore, we are going through an innovative flow of amazing technology that spreads among various sectors like, manufacturing, retail, and financial services (Hou et al, 2020; Chang et al, 2019). During this fourth industrial revolution, one disruptive technology, blockchain, plays a big role. Blockchain switches the way of doing business (Wagire et al., 2019). Blockchain is the distributed database that records the transactions between parties efficiently and in a provable and enduring way (Iansiti et al., 2017). Blockchain was discovered by Satoshi Nakamoto in 2008 for adoration as a transaction ledger of the cryptocurrency, bitcoin and this would assist to solve double excessing problems without any central control. This blockchain is worthwhile in many sectors but particularly popular in the financial sector like banking (Angelis & Ribeiro da Silva, 2019). Many organizations are enhancing their interest in blockchain technology because of the promising momentous advantage for the business. Blockchain helps to increase the transaction of suppliers with customers directly and records the asset movement rightly as well as confirms the data integrity (Lacity, 2018). Additionally, blockchain will also enhance the traceability of the transaction, increase the cost-effectiveness, minimize the intermediaries, and improve the performance of banks (Frizzo-Barker et al., 2019; Hassani et al., 2018; Palmie et al, 2020). The blockchain enables supply chain management to mitigate cost, introduce e-procurement,

enhance productivity, and integrate business processes (Treiblmaier, 2018). Gradually, the interest in blockchain technology is increasing all over the world. Cision PRNewswire (2020) states that the expected size of the global blockchain market will grow from $3 billion to $39.7 billion by 2025. Besides, the experts predict that blockchain will help to raise the global GDP by $1.76 trillion within 2030 and it will create almost 400 million jobs around the world (PricewaterhouseCoopers, 2020).

Though blockchain has a bright future, it faces different challenges like scalability, security, privacy leakage, energy consumption, privacy, laws & regulations, and cybercrime in different countries and sectors perspectives (Chang et al., 2020). Adopting blockchain technology in a firm faces more challenges like governance and legal issue, inadequate clarity, security, and privacy (Upadhyay, 2020). Moreover, blockchain adoption in the health sector deals with some additional challenges such as large data sharing of the hospital, data security, and management, socio- economic data, etc (Attaran, 2020).

After considering the potentialities and challenges of blockchain technology, many developing countries take some measures to adopt blockchain technology in their organizations. Developing countries are on the path of development to accomplish Sustainable Development Goals (SDGs) where the adoption of disruptive technology like blockchain will play a significant role (Ferdous et al., 2020). Past studies have been done on blockchain adoption, blockchain benefits, blockchain impacting factors, blockchain in the supply chain, blockchain in the financial sector (Garg et al., 2021; Janssen et al., 2020; Post et al., 2018; Hye et al., 2020). Still, there has been a very scanty number of studies regarding the challenges of adopting blockchain technology. This has been referred to as a future research gap to explore further (Janssen et al., 2020; Chang et al., 2020; Hoxha & Sadiku, 2019)

In our study researchers are going to focus on the previously identified gap which will address the challenges of blockchain adoption particularly in developing countries' perspectives.

Our paper agrees to look into the following research question.

What are the challenges of blockchain technology adoption from the developing country perspective?

To fill up the research gap, the authors review the existing pieces of literature related to the topic to find out the challenges in a broader context.

Methods

Authors trailed four rudimentary levels for this evidence-based systematic review (Bahinipati, Kumar, & Viswanathan, 2021; Breet et al., 2021). And the levels are search, assessment, synthesis, and analysis (Saif et al., 2021; Mengist et al., 2020).

2.1 Literature Search

At first, a systematic exploration of available research papers (Sengers et al., 2019) on blockchain implementation challenges was performed. Scopus database was used for searching and extracting the relevant research documents (Saif et al., 2021). As the

Scopus database exhibited exploration results from 2011, hence, the authors selected 2011 as the starting year.

Table 1. Search procedures.

Search expressions	Search within	Date range	Query thread	Number of records
Blockchain implementation challenges in developing country	All fields	2011 to 2021	ALL (blockchain AND implementation AND challenges AND in AND developing AND country) AND PUBYEAR > 2010 AND PUBYEAR < 2022	1298

Table 1 exhibited 1298 records that were found in the Scopus database.

2.2 Literature Assessment

For assessing the relevant literature, the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analysis) flow diagram was trailed as guided by Page et al., 2021; Zhang et al., 2019; Munn et al., 2018.

Tracking appropriate papers from Scopus database

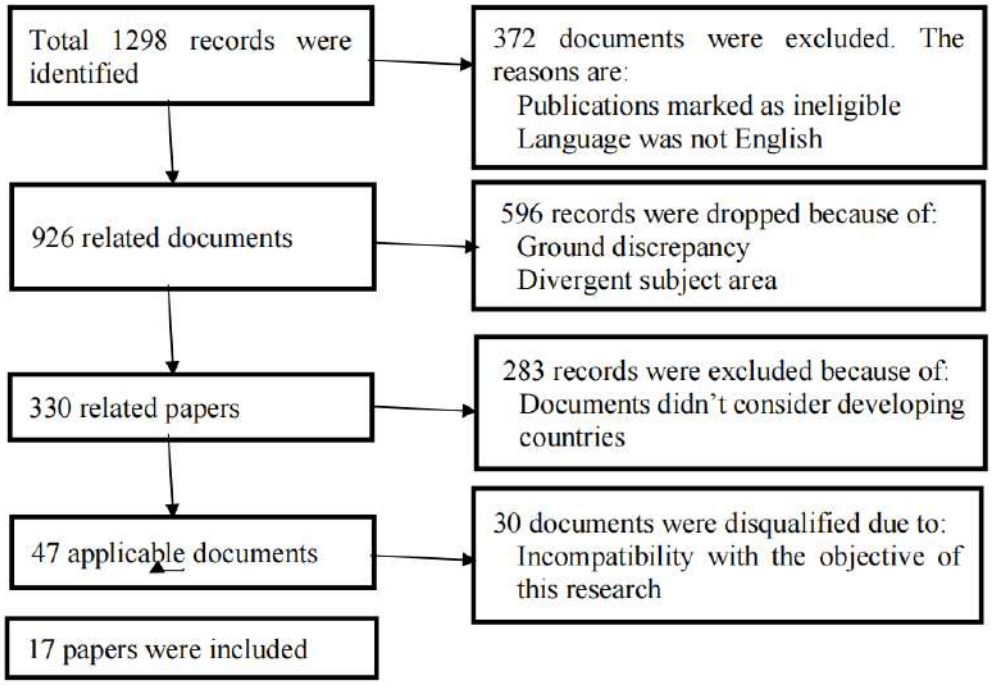


Figure 1. The result of PRISMA flow diagram

Figure 1 reveals the step-by-step progressions to trace the final number of publications. 17 documents were finally included for this research.

2.3 Literature Synthesis

After tracing the 17 relevant and applicable publications, authors synthesized those pieces of literature as suggested by Snyder (2019) and Borrego et al. (2014).

2.4 Analysis And Reporting

At this stage, the authors have prepared a table as proposed by Younas & Ali (2021) for analysis and reporting of the results. Based on this, researchers developed relevant themes as broad challenges for implementing blockchain in developing countries.

Results

Table 2 has been constructed to depict the results and key findings.

Table 2: Reporting the identified studies.

Authors & Year	Study purpose/focus	Methods	Challenges identified
Makhdoom et al. (2019)	This study focuses on mapping the benefits and challenges of adopting blockchain technology.	For this study, the authors adopt a literature review tactic and used a conceptual framework.	IoT validation rules, IoT-oriented consensus protocol, and security problems.
Toufaily et al. (2021)	This paper focuses on blockchain execution in the private and public sectors by investigating various challenges and implementation problems.	Authors adopt the explanatory research design which is based on qualitative data. Authors develop a new conceptual framework and find a new theoretical construct for this study. A semi-structural interview of 46 experts regarding blockchain technology was performed.	*Technological Challenges:* technological amateur, security, data privacy, cost of the technology, scalability, and performance, interoperability, complexity, environmental and external characteristics, technology regulatory uncertainty, network effects, and inter-organizational connectedness, ecosystem readiness. *Organizational challenges:* governance and leadership readiness, business model alignment, organizational readiness.
Sanka et al. (2021)	Authors concentrate on blockchain adoption and its various challenges. Here the main focus point is the overall blockchain technology adoption and its current acceleration.	For conducting the study, the authors adopt the quantitative survey and analysis on blockchain. The authors gather 100 participants from 25 countries across the world. The authors used SPSS for analyzing the data.	*Technical challenges*: scalability issues, security-related issues, privacy issues usability, quantum computing threat. *Regulatory issues, lack of knowledge of blockchain, and problems in the adoption of the new system.*
Bamakan et al. (2021)	This study focuses on how blockchain would attain the requirement of pharmaceutical cold chain objectives and discuss various limitations faced by the pharmaceutical cold chain. And it also provides solutions to overcome those problems.	This is a theoretical-based case study where authors have gone through different cases like Pokitdok, Patientory, Medicalchain, Coral Health, iSolve, COVID-19. And author reviewed related articles to find out the challenges regarding the blockchain.	Security and privacy of data, data storage power, volatility of development, cost and standardization, social challenges.
McGhin et al. (2019)	This paper addresses the requirement of blockchain implementation in the health care industry and discusses the features of blockchain as well as its challenges concerning the health care industry.	It is a survey-based study where authors explored published articles on blockchain applications through the PRISMA approach and finally, the authors fully reviewed 69 pieces of literature for this study.	Lack of standardization, decentralized storage and privacy shortage, key management scalability and IoT overhead, general software vulnerabilities.

Yadav et al. (2020)	Through a comprehensive literature search and expert opinions, this paper tries to find out different barriers to implementing blockchain in the Indian agricultural sector.	The authors have done a comprehensive literature review and used the Delphi technique. The authors also adopt the "ISM-DEMATEL-Fuzzy MICMAC" approach.	Inadequate government regulation and regularity, huge consumption of resources (energy, infrastructure) and initial capital requirement, security and privacy matters, lack of interoperability & standardization, inadequate collaboration for consortia generation, insufficient trust among agro-stakeholder or public perception, insufficient scalability & system speed, insufficient agro-stakeholder knowledge and ease of use, complicated blockchain-based system outline, agro-stakeholder protection to blockchain culture.
Kouhizadeh et al. (2021)	This research describes blockchain technology and its adoption barrier by broadly investigating the technological-organizational-environmental framework.	For exploring the objectives has been used technology organizational and environmental (TOE) framework and for data analyzing used DEMATEL tool. The authors have taken the interviews from 64 respondents.	Technological challenges, organizational challenges, environmental challenges – the supply chain inter-organizational view, environmental limitations – the external view.
Dutta et al. (2020)	This paper highlights overall blockchain opportunities, its social impacts, major trends, and challenges.	For capturing the meaningful data from the literature, the author adopts systematic literature reviews. The authors have done 5- step filtering process to select 178 articles finally.	*Organizational challenges.* *Technical challenges:* scalability, privacy, interoperability, product provenance, latency. *Different operational challenges.*
Upadhyay et al. (2020)	Authors focus on challenges, potential opportunities, and various applications of blockchain. It also provides specific acumen on the blockchain to practitioners.	Theoretically constructs an integrated framework of the blockchain execution and uses the three-stage process of systematic literature review (SLR) for collecting and examining. The authors have done their investigation on 89 articles.	*Insufficient clarity, governance, and legal, security and privacy,* *Other limitations:* maintenance cost, implementing and executing the smart contract, scalability of transaction.
Saheb et al. (2021)	This study aims to appraise mainly the organizational values of blockchain and the different types of	The authors adopted a mix-qualitative analysis for this study and conducted semi-structured interviews of 65 experts from Europe, Asia, and the Middle East banking	*Environmental:* rules and laws requirements, marketing noise of confusion and mistrust (credibility of blockchain), lack of compatible business models, potential security threats, intellectual

	blockchain barriers faced by the banking industry.	industries. For reviewing the pieces of literature, authors adopt the PRISMA approach and Delphi method as well as descriptive statistics for finding out the barriers and challenges.	property concerns, illegal apps, and protocols. *Technological:* technological amateur, security, data privacy, cost of the technology, scalability, and performance, interoperability, complexity, environmental and external characteristics, technology regulatory uncertainty, network effects, and inter-organizational connectedness, ecosystem readiness. *Organizational:* governance, business process, management lifecycle, status quo mindset, inadequate knowledge of top managers, shortage of compelling, uncertain return on investment.
Chang et al. (2020)	This paper describes the evolution of FinTech and blockchain technology in the financial industry. It also finds the challenges of blockchain in different countries such as New Zealand, India, Singapore, and Korea.	For doing this qualitative study authors proposed a conceptual framework and used a typical method. Authors have done various interviews with different respondents, who live and work US, China, UK, France, Australia,	Scalability, Security, Privacy Leakage, Energy Consumption, Privacy, Regulations and law, Cybercrime.
Sharma & Joshi (2021)	The purpose of this study is to find out the challenges and momentous issues of blockchain technology adoption in the health care industry in India.	This study has been done in two phases, one is reviewing the pieces of literature and another is the semi-structured interview. The authors also used the FUZZY-cross-impact matrix.	Legal issues, little support from top management, little understanding of blockchain technology, insufficient data storage capacity, scalability issues, inadequate data privacy and security, shortage of IT expert.
Reyna et al. (2018)	Researchers state the unique features, challenges, potential benefits of blockchain technology integration.	The authors survey the relevant works for this study and adopt the bitcoin model. They have used descriptive statistics for analyzing the relevant information.	Storage ability and scalability, inadequate security, insufficient anonymity, and data privacy, smart contracts, legal issues, consensus
Hewa et al. (2020)	This study explores the different benefits of blockchain-based smart contracts. It also focuses on the challenges and future strength of using blockchain smart	In this qualitative study researchers haven't mentioned any specific framework or method. It is a literature review based on findings from blockchain in smart contracts' challenges and opportunities.	Legal acceptance, data privacy problems, latency in transaction completion, extensive computational overhead in consensus, blockchain platform operational costs.

	contracts in healthcare, the financial sector, etc.		
Lu et al. (2020)	This research investigates total blockchain including its key components, blockchain-based security, lot, data management, and also finds out its potential trends and challenges for the development of blockchain technology.	In this qualitative study, the authors follow the systematic literature review approach. And authors try to find out the challenges and problems of blockchain adoption.	*Technical challenges:* consensus mechanism, scalability, and capacity, chain structures *Regulation and laws, Governance Research trends,* cloud computing, microgrids, identity and ownership management, resource sharing, and privacy protection.
Zhou et al. (2020)	This paper highlighted the determination of the critical success factor (CSFs) and implementation challenges of blockchain in the maritime industry by surveying 30 maritime experts from the maritime industry of Singapore.	For finding the challenges and critical factors authors used 30 maritime professionals' interviews through questionnaires. For analyzing has been used PASTEL analysis and analytical hierarchical process (AHP). The authors used five dimensions of 13 personnel's concerns.	*Political:* Ease of local legislation *Economic:* Sufficient capital *Technological:* Support from the shipping community, professional and consultation support *Environmental:* Support from the shipping community *Legal:* Ease of local legislation.
Queiroz & Wamba (2019)	This paper aims to fill the gap of blockchain adoption behavior at the individual level and find out the drivers of blockchain adoption in the supply chain with its challenges.	Authors adopted the technology acceptance model (TAM) and unified theory of acceptance and use of technology (UTAUT) model. For analyzing data the authors used partial squares structural equation modeling (PLS-SEM).	Scalability, technological shortcomings, and lacking an updated regulatory body.

Using the association technique, authors pin down different challenges that are mainly categorized into technical challenges, governance challenges, and knowledge challenges.

● Technological amateur, Security, Dataprivacy, Cost of the technology, Scalability, Interoperability, Complexity, Environmental and external characteristics, Technology Regulatory uncertainty, Network effects, and inter-organizational connectedness, Ecosystem readiness, security issue, privacy issue, quantum computing threat, data storage, IoT overhead, software vulnerabilities, power consumption, cybercrime threat, Routing attack, complicated technical barriers, extensive computational, insufficient data storage capacity, inadequate data security, shortage of IT expert, are fallen under technical challenges.

● Governance, leadership readiness, regulatory issues, management scalability, inadequate government regulations, insufficient trust among stakeholders and regulatory board, insufficient clarity in governance, new rules and laws requirement, shortage of compelling, legal issues are all under governance challenges.

● Lack of knowledge regarding the blockchain, insufficient knowledge of stakeholder about blockchain, lack of staff training, little support from top management, little understanding of blockchain technology falls under knowledge challenges.

Discussion and Conclusions

This study has been conducted to identify the challenges of implementing blockchain technology from a developing country perspective. The findings of current research show that challenges of blockchain implementation fall into three categories, i.e., technical, knowledge, and governance. The authors have reviewed the existing pieces of literature that are related to developing countries. It is clear from the above discussion that technical challenges are the most significant followed by knowledge and governance challenges.

In this study, researchers highlighted these three major categories of challenges that should be considered for implementing blockchain technology in a developing country. Adequate knowledge workers will be required to adopt blockchain. Furthermore, regulatory guidelines that fall under the category of governance, will also be required to initiate and execute blockchain on a wider scale for the developing economies. Hence, policymakers of respective countries, IT experts, consultants, and other stakeholders should be more concentrated and careful on these challenges while implementing blockchain technology.

Future researchers may empirically investigate and explore further by considering these three challenges, i.e., technical, knowledge, and governance.

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59 QUARTER LIFE CRISIS AMONG INDONESIAN YOUTH DURING PANDEMIC COVID-19

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Abstract

This pandemic period has made many young people feel the stage of a quarter life crisis in their live and feel the self and social pressure, which also affects their mental health. This can be seen through one of the Instagram influencers who raised the issue of the quarter life crisis and created a lot of discussion on it. The method that we used is the critical discourse analysis method of critical paradigm with a qualitative approach, where the researcher participates in it as well as feels the problem subjectively. There are 8 respondents aged 20 years who have opinions about the quarter life crisis. The result is that most of the interviewees at the age of 20 have experienced this and are trapped in it. They use the pandemic and their sense of insecurity as an excuse for them to stay in their position and instead blame themselves.

Keyword: Quarter life crisis, Youth, Future, Insecure, Pandemic Covid-19

Introduction

The future is something that is always be a question for teenagers, there are many hopes they want. According to the Ministry of Research, Technology, and Higher Education in 2018, it was also stated that teenagers whose ages range from 19 to 23 years, generally have entered the early stages of adulthood (Aziz, 2021). The many obstacles that teenagers go through sometimes create anxiety that becomes a barrier for them to achieve "future goals". The stage where the transition period in individuals from adolescence to early adulthood occurs in their late 20s and only ends around 30 years (Santrock, 2012).

In this pandemic period in Indonesia that has been going on since 2020, it turns out that the time they spend at home is thinking about their lives in the

future. Many positive things were obtained from the pandemic period, to improve their future. Many students try to experiment with the flexibility of the online lecture system, making them more innovative and creative (Nurmalasariinsharia. iainponoro go. ac.id, 2021). Starting from looking for a new hobby to do a business. But in fact, there are still many of them who are trapped in their thoughts. Social restrictions are considered to hinder the ability of young leaders and organizations to mobilize and support their communities. This can be seen from various social media content that voices the anxiety they are experiencing or also known as they are currently experiencing a quarter-life crisis. Through the Instagram account @amrazing in one of its highlights entitled "Galau20an" it can be seen that many teenagers are experiencing anxiety about their future during the pandemic.

The expectations that they dream of and the reality that happens are quite far apart,

plus digital life continues to develop, and the reality, there are also many of them who can overcome their anxiety and become more advanced. Teenagers in their 20s who still can't find the bright spot is what we pay attention to. The sense of social pressure and even from their self continues to demand to develop so that it affects the psychological dynamics within them. The number of teenagers who experience mental health because of this problem has finally attracted the attention of the media. Where the media also tries to raise the issue, because the future of the nation is also in them.

The reason the researcher decided on the topic of the future that will be faced by teenagers in their 20s is because of the same feelings that researchers and people in their 20s share. In addition, the issues that continue to develop during this pandemic have made researchers curious about this situation and issue to the public and many people around them.

Discussion Problem

Is it true that the pandemic has caused a quarter life crisis to be experienced by teenagers in their 20s?

Is it true that this quarter life crisis can be an obstacle for their future?

What are the attitudes and behaviors experienced by teenagers in their 20s when they face a “quarter life crisis” ?

Purpose

General, which is to find out what young people (especially after 20 years) are afraid of in the face of the future that they will meet.

Specifically, to find out what is young (especially those aged 20 years) to face the future, especially during this pandemic.

Methodology

This research uses the critical discourse analysis method of critical paradigm with a qualitative approach. According to Kriyanto, qualitative research methods aim to explain phenomena as deep as possible through deep data collection (Syafnidawaty in raharja.ac.id, 2020). In this study, the authors want to emphasize the depth of the data obtained from each source so that it can be analyzed in depth. The critical research approach has the opinion that it should be able to directly solve social problems (Hanurawan, 2015). Data retrieval was carried out by in-depth interviews with each resource person in the research, as many as 8 respondent who had an opinion on a quarter life crisis with a predetermined age of 20 years and domiciled in Indonesia.

Analysis & Result

Analysis

The future is the "goal" of everyone, so it can be an ideology for him to achieve it. The number of barrier walls that they use as an excuse to move forward is also one of them is the pandemic period which makes it difficult for them to move. Social restrictions are considered as one of their reasons. The amount of time they spend being

at home also makes a lot of time to think. The reality they face is quite the opposite of what they had hoped for. These teenagers in their 20s feel social pressure to live up their expectations, but in fact it is not necessarily right time for them. This social pressure they get also sometimes has an impact on their mental health. Mental health in teenagers 20s has finally become a concern for the public because they are worried about the future of teenagers in their future lives.

Result

After interviewing 8 respondents, including 4 women and 4 men, who have an age of 20 years, data obtained as many as 6 respondents felt a quarter life crisis at their age and 2 others did not feel a quarter life crisis. The following will explain the various reasons from the speakers who experienced or did not experience a quarter life crisis during this pandemic. Each resource person turned out to have their fears in facing the future, especially during this pandemic.

Question 1: Have you ever experienced a quarter life crisis during this age range of 20 years?

A total of 6 respondents answered that they had experienced a quarter life crisis, and 2 others answered that they had never. Quarter Life Crisis is characterized as a feeling of worry (generally around 20 years) that is present over the uncertainty of life which includes caries, friendships, family, and even love life. Robbins and Wilner also label teenagers "twentysomethings" which means teenagers who have just left the comfort of life and are starting to enter the real world (Tiara in satupersen.net, 2021).

On average, they feel insecure when they see other people can get something easily without feeling tired. Some have achieved their goals but have not yet felt the happiness and certainty of whether the future can still be achieved well. “Insecure at the same time watching other people become great and achieve something. But when I finally managed to get something, the feeling of tiredness and dissatisfaction was still there and getting worse. I always feel inadequate and don't believe in my abilities,” said resource 1 when asked the reason.

Question 2: How often do you feel insecure when you see other people with the same age as you in social media is more successful?

In this question, from the 6 respondent, 4 respondents responded that they felt "insecure" as one of the issues in the quarter life crisis they were facing. Moreover, social media itself is usually a competition for them. They feel challenged about the lives of people in their circle who can be more than them.

The other two respondent felt that social media and insecurity were not a reference for them to move forward. Gratitude is also their response where they feel more challenged to be grateful for what they have. This is in line with what Festinger said, that comparing oneself with others is something natural because everyone has the urge to do social comparisons (Fikroti in pij arp sikologi. org, 2019)

Question 3: How do you feel when you are insecure?

A total of 7 respondents felt sad and also anxious when experiencing insecurity. Meanwhile, one other resource person felt insecure as a tool to make him more enthusiastic and think what to do to be able to achieve what he had not obtained.

There are several symptoms of insecurity, one of which is feeling low self-esteem, if you continue to experience it, it will cause more serious problems such as mental health (Brennan in webmd.com, 2020).

Question 4: What activities did you do during this pandemic?

Most of the respondent are students, only one resource person is working (not studying). Most of his activities are online lectures, accompanied by many campus events that are followed such as organizational and committee activities. Some of them have also prepared for the future, such as seeking information for internships and also starting part-time work.

Question 5: Is your insecurity related to the future or only to the present?

According to all respondent, insecurity about what they are living now is considered as a motivation for them to move forward in their future. However, they also realize that focusing on what they are doing now is also important for the future, and not only oriented to the present or the past. The future and the present are related.

Question 6: Are there any activities that you think are preparations for your future?

In accordance with the answers of the respondent, there were many activities that they did during this pandemic period, some learned many new things as a provision of knowledge, and activities to gain new experiences. The respondent who felt this quarter life crisis still felt uneasy even though they were already looking for provisions for the future, which they thought was still lacking. Meanwhile, the 2 respondents who did not experience a quarter life crisis felt that activities during this pandemic period were important assets for them and they had more confidence in their future.

Question 7: Have you ever communicated with yourself when you were being insecure? (Example: self-blame why not try to do something like someone else)

A total of 7 respondents answered that they had communicated with themselves regarding their insecurity. "Have you ever really asked yourself, why are you so lazy?" 1st respondent answered when we asked what he was talking about with himself. "Ask about what has been achieved so far and feel that it has not reached its maximum effort so far," answered 7th respondent.

While last respondent said that he never communicated with himself, because according to him that he had done had reached its maximum limit, so he did not regret what he had done until now.

If a person is experiencing difficulties, they will enter into an inner dialogue that contains a more distinctive source of support. At that time, they will try to fulfill this need by talking to his mind as if other people are listening and understanding what is being said to him (Dharma, 2017). So according to this, someone who is insecure usually communicates internally and also looks for justification within himself, but in

reality, for those who are in their 20s, they are looking for faults in themselves because they feel inferior.

Question 8: What do you think about how to deal with your insecurity?

Six respondents felt that insecurity must be faced by becoming a more consistent individual and finding out more about the potential that exists within him to cover the feeling of insecurity. They also feel confused and often get stuck in their thoughts again. As for the two other respondents, they focus more on themselves by remaining positive in responding to everything that is in them.

According to Dr. Brennan, there are two ways to deal with insecurity. First, by building social networks, such as friends or family as well as new friends, you can reduce the negative effects of insecurity because it can develop self-confidence. Second, by building self-confidence, and stopping chasing something that is too nominal (Brennan in webmd.com, 2020). It was concluded that the respondents had not been able to overcome their sense of insecurity well because they were still pursuing a nominal or a future that according to their expectations was beautiful.

Question 9: What do you think about good future?

There are various answers given by each respondent because they have their own goals. However, the majority of respondents answered that future success is based on mental, financial, and personal life. Like, being able to make a lot of money the right way, owning a house, having a lot of relationships, and many others.

Some of them also answered that according to them a good future was obtained from a process. "We can't just sit there waiting for success. You have to try, no matter what, as long as it's halal. It's okay to be tired now because in the future we can reap the results from all the processes," answered 2nd respondent. There was also a respondent who answered that he couldn't have high expectations for his future and only tried to pray that his future would be beautiful.

Conclusion Result

From the results of research and discussions that have been carried out, it can be concluded that the future is important for teenagers at the age of 20. In this case, they are thinking about the future. However, the insecurity in those who are also part of the Quarter Life Crisis has become a barrier to their self-confidence. They are stuck in a situation that has a choice where, when they can overcome it, the things they get will end up positive and become their motivation for future provisions. As for those who have fallen into the quarter-life crisis, they have made the pandemic period and a sense of insecurity an excuse for them to stay in their position and instead blame themselves. They have clear goals, but always feel lacking because they are insecure to see children their age are more successful. The issue of the Quarter Life Crisis is considered important to be investigated further because if it gets worse it can lead to mental health.

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60 Challenges that youth facing nowadays: The factors and impact of challenges facing youth.

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Abstract

Our world is changing rapidly. The environment becomes technological, increasing in production, economic development and commercialization. It can make our life easier and comfortable. Social media platforms also are very important for people and have also recently been used for an easier life. Youth can complete anything simple. Unfortunately, the rapid environment also can cause some challenges for the youth and become increasingly. Nowadays, a lot of youth face several challenges from time to time. The challenges that youth face include cyberbullying, depression, burnout and suicide. This conceptual paper discussed the challenges that youth are facing. After that, we need to gain an insight into the factors that cause-and-effect cyberbullying, depression, burnout and suicide in the youth.

Keywords: Cyberbullying, Depression, Burnout, Suicidal, Youth

Introduction

In the 21st century, we are exposed to information technology challenges that are quite open and independent. The youths can access the internet site so easily without any barriers and obstacles. Many websites can damage the faith and identity of the youth. Internet-related communication media such as Youtube, Whatsapp, Wechat, Instagram and others have become a very effective and efficient medium for long-distance and short-distance information exchange. Uncontrolled use of the Internet can invite many disadvantages. In addition, unlimited freedom and limitations will damage the minds and brains of the youth.

Identifying the challenges faced by the youth is very widespread and very important, especially in the new world post-pandemic COVID-19. Among the challenges faced by youth are such as bullying, depression, suicide and burnout. The challenges faced by these youths are due to certain factors. As a result, it has many negative effects on the youth in our country.

Definition

According to the American Psychology Association, bullying is the practice of utilizing aggressive behaviour by an individual towards another to continually cause injury or discomfort (American Psychological Association, 2017). The behaviour is repeated, or has the potential to be repeated, over time. Bullying includes activities such as extortion, insulting, mocking, punching, cursing and so on committed by a person against his predator. According to the study, these cases of bullying are becoming increasing every year among students.

Next, depression is a type of mental illness that can make people think negatively and affects the way people act. ("What is depression?" n. d.) This is a common and serious medical illness, and most of the people will have this illness. Based on the

research of the World Health Organization, more than 264 million people worldwide have been affected by depression and causing problems in life. (World Health Organization, n. d.) The rate of women getting depression is higher than men. (Schimelpfening, N, 2020.). Nowadays, most youth could have depression. The range of time for youth to predict that they have depression is two weeks or more. ("What is depression?" n. d.)

Burnout is a sort of exhaustion brought on by a persistent feeling of being overloaded. Excessive and prolonged emotional, physical, and mental stress develops it. Burnout is frequently linked to one's work. When you're overloaded, emotionally tired, and unable to keep up with life's never-ending demands, you've struck burnout. You will feel progressively helpless, discouraged, cynical, and angry due to burnout as your productivity and energy will be sapped. You may come to a point where you feel as if you have nothing more to contribute. Burnout is a real phenomenon that can affect anyone, especially those who are always under pressure at their jobs. Included are the youth.

Lastly suicidal. Suicidal feelings are a severe problem that people will put an eye blind to it because this matter is not too apparent in our country. The majority of people who thought about suicide also have mental illnesses like depression or anxiety. This suicidal behaviour may appear to them as one of the solutions to their difficulties, allowing them to overcome the problem.

Factors Of Bullying in Youth

One of the factors in the occurrence of bullying cases is the influence of peers. This symptom is said to be caused by the power of peers because, in this age, youths prefer peers in their lives. They are more trusting with friends of the same age to share problems. Big and strong youths like to bully youths who are smaller in size. Peer pressure will push the affected youth to follow the behaviour of their bullying peers.

In addition, parents who do not give enough love and attention to their children are also factors in this bullying case. In this modern time, parents are only concerned with their profession and career, which is motivated only to earn an income to neglect their responsibilities to the child. Children who receive less attention feel unloved and uncomfortable. Children who feel this way will try to get attention by doing all sorts of bad things, and one of the bullying their peers seem passive. Furthermore, the insufficient caress of love received from parents also gives birth to children who are so aggressive and inhumane that they do inappropriate things to others without having a sense of consideration and compassion.

The influence of the mass media is a factor in the occurrence of bullying cases. The mass media broadcast dramas or movies that feature dangerous fighting action, and this is revealed to the students who watch it. Most of the audience is youth. They are easily influenced by what they watch. They imitate the actions being watched without realizing the consequences of their actions. The community, especially the youth, well receive screenings of action films and comics that are marketed. The movement displays from these films and comics to some extent, influence the behaviour of the youth. The warm response among viewers and readers to this film or action story caused

television stations to race to broadcast and publish the film. Displays through print and electronic media feature many bullying scenes.

Factors Of Depression in Youth

Factors that cause depression in youth life can be divided into two parts which are personality and mental illness. ("Depression Explained-Better Health Channel," n. d.) The personality part will include loneliness, lack of social support, spending too much time on social media and others. The most popular social media platforms now are Facebook, Instagram, YouTube, Twitter and others. Most youth will spend more time on social media platforms in one day compared with before. Over a long time, most activities like communication with others and outdoor activities will be ignored by the youth. They will become introverted and lose many friends. When they meet problems, they will lack social support and feel sad continuously and get depressed. Life events like changing schools, moving house and exams also will cause youth to get depression. They will find it difficult to concentrate and lose interest when starting in a new place.

Furthermore, another factor that causes youth to get depression is mental illness. A few of the youth may have had trauma when they were still young. An incident like violence, abuse or neglect can cause trauma for the youth. They will feel worried, anxious, nervous, guilty and not confident when doing something. It will cause depression after a long time. Being bullied in school or social media also can make youth get depression. If they do not tell their parents, teachers, or counsellors to solve the problem, the problems will not be solved and can bring trauma. Serious illness also can increase the risk of depression. Stress will become more when they have disease and make them think negatively. They will lose confidence and not be sure when making decisions. Some youth will think about death when the depression is getting serious.

Factors Of Burnout In Youth

Early 2020, when the Covid-19 virus shocked the world, it has only served to increase the number of people who are suffering from burnout. There is a survey conducted by the huge job aggregation site polled 1,500 U.S. workers to find out how much burnout was occurring across various populations. The survey shows that burnout is becoming more prevalent. More than half (52 percent) of poll respondents claimed they were suffering burnout in 2021, a significant increase from the 43 percent who said the same thing in Indeed's pre-Covid-19 survey. (John Anderer, 18 September 2020). This is the rate of burnout that increase amongst youth who are working. While, according to the 2019 National College Health Assessment, "over 80% of college students reported feeling overwhelmed by all the stuff they have to do, and nearly 40% felt so depressed that it was difficult to function." (Jade Critchfield, 14 March 2019). The students also faced burnout, and many people are still ignorant. The youth also faced this kind of struggle, especially when the pandemic hits the world. It is called academic burnout. It is a state that all students strive to avoid but will inevitably experience at some point during the semester. As Covid-19 has altered nearly every aspect of human life, academics may appear to be the least of a college student's current

concerns.

Over two decades of burnout research, various organizational risk factors have been found across different occupations and countries. There are six major domains identified: workload, control, reward, community, fairness, and values. Work overload contributes to burnout by decreasing people's ability to satisfy job obligations. When this type of overload becomes a chronic employment condition, there is little time to rest, rejuvenate, and rebalance. A sustainable and controllable workload, on the other hand, allows for the application and refinement of current abilities as well as the ability to become competent in new fields. There is a definite correlation between a lack of control and burnout.

On the contrary, when workers believe they can influence work-related decisions, apply professionalism, and get access to the resources needed to execute a good job, they are more likely to be involved. Next, the ability of reinforcements to affect behaviour is referred to as the region of reward. Inadequate recognition and compensation (whether financial, institutional, or social) increase people's sensitivity to burnout since it devalues both the work and the workers and is linked to emotions of lethargy. Consistency in the reward dimension between the person and the task, on the other hand, implies that there are both material benefits and prospects for intrinsic satisfaction. The domain of community is concerned with the continuing ties that employees have with their co-workers. When these interactions are marked by a lack of support and trust and unresolved conflict, the risk of burnout increases. The literature on equity and social justice points to the concept of fairness. People utilize the quality of the procedures and their own treatment during the decision-making process to gauge their social standing. When people believe they are not being treated with respect, cynicism, anger, and hostility are likely to emerge. Lastly, the values domain captures the cognitive-emotional force of professional objectives and expectations. Values are the goals and reasons that first drew individuals to their jobs. Hence, they are the motivating link between the worker and the workplace that extends beyond the rational exchange of time for money or growth. When there is a values conflict on the job, and therefore a gap between individual and corporate values, employees will find themselves making a trade-off between work they want to accomplish and work they have to do, leading to increased burnout.

Factors Of Suicide in Youth

One of the factors that can lead to this kind of behaviour is the feelings of hopelessness and helplessness. Starting from the earlier pandemic in 2019, everyone had to stay at home because of rules and regulations from the government, and the majority of workers started to work from home. Only certain businesses were allowed to operate but with minimum workers in one place. Nobody expected that this pandemic would be long-lasting until now. During the middle of the pandemic, most companies started to reduce their workers because some could not afford to pay the wages and maybe had to close up their companies. After all, no sales were ongoing. When people started losing their jobs, they would not have enough income for the next months to survive, especially people from the mid-low and low incomes. This matter maybe

would not be a problem for people from a high-income circle. When this matter happens, people lose hope and are demotivated to find another job because finding a job during the pandemic. When they get no job, some youth may think that it is no use to live anymore because our society sees people with no job as not useful. This problem will put pressure on them. Other than that, those who live alone are the most affected because no cross-state movement was allowed, so everyone could not meet each other face to face. Not socializing

with anybody could lead to depression, and if that person is not getting any help, the percentage of that person committing suicide is high.

Effects Of Bullying in Youth

Bullying can also cause the victim to become depressed. The victim will always be reminded of the incident of bullying. This causes the victim to be depressed and always feel restless. Over time, the victim will develop depression. Therefore, the victim will isolate themselves from the crowd and prefer to be alone. This bullying incident also causes the victim to lose self-confidence and be afraid to face others.

Furthermore, the symptoms of excessive bullying can cause victims of bullying to commit suicide to end the suffering they bear. Victims of bullying will usually experience trauma and fear all the time. Based on studies and evidence obtained, there have been tragic cases where victims of bullying have decided that the only way to stop their misery is by committing suicide. For example, 13-year-old Vijah Singh committed suicide inside her home in Manchester, England. In his diary, he has revealed his misery as a result of being bullied. The diary records that his money was confiscated on Monday, on Tuesday he was ridiculed, on Wednesday his uniform was torn, on Thursday his body was splashed with blood, and, on Friday it was all over. Saturday, he had gained freedom. This illustrates that cases of outrageous bullying can cause victims of bullying to lose their judgment and sanity to the point of ending their own lives.

Effects Of Depression in Youth

There are two types of effects when youth get depression which are behavioural effects and physical effects. ("Depression explained- Better Health Channel," n. d.) Behavioural effects include loss of interest in activities once enjoyed. Anything will seem not fun for them. They will feel bored when doing something and like to stay at home. Youth will lose their selfesteem. For example, the most frequent symptom found in youth is not completing the homework at school. The relationship of youth with their family and friends will be estranged if they get depression. They constantly feel sad and irritable when communicating with their close family members or friends. Sometimes they will feel bad about themselves, frequent crying and lose confidence to state their opinion. A lot of youth also will touch on alcohol and drugs to relax when they get depression.

In addition, physical effects like eating and sleeping also will be caused when getting depression. Youths will feel tired all the time without doing anything the whole day. They also feel sick and lose energy to do activities. The sleeping problem also is

the one effect of depression for the youth. Normally, people must sleep 7 to 9 hours per night. Enough sleeping hours can help youth stay healthy. But for the youth who have depression problems they sleep longer or less than usual. Sometimes, they stay awake at unusual hours. Eating problems are also found in depression problems. They were eating more or less than usual, and it would not be a balanced diet. After a long time, it can influence their health. Their weight decreases when they do not eat well and affects their health.

Effects Of Burnout in Youth

The outcomes and the effects of burnout have been linked to various negative emotions and job withdrawal, including job dissatisfaction, poor organizational commitment, absenteeism, intention to quit the job, and turnover. For example, cynicism has been found to be the most important element of burnout in predicting turnover, and burnout mediates the association between workplace bullying and the intention to quit. On the other hand, burnout leads to a decline in productivity and lower work quality in those who stay on the job. Burnout relates to decreased job satisfaction and a decreased commitment to the job or the organization since it reduces the opportunity for pleasant experiences at work. Individuals who are burnt out can have a negative effect on their co-workers, both by increasing personal conflict and by interfering with working activities. Thus, burnout can be "contagious" and spread through workplace social interactions. Studies that demonstrate that burnout commonly occurs in work environments defined by interpersonal aggression show the vital relevance of social relationships in preventing burnout. These findings indicate that burnout should be seen as a workgroup trait rather than an individual condition. Burnout and health are inextricably linked, as bad health contributes to burnout and burnout contributes to poor health. Exhaustion is perhaps the most similar to an orthodox stress variable of the three burnout dimensions. It is more predictive of stress-related health consequences than the other two dimensions. Exhaustion is frequently associated with stress-related symptoms such as headaches, persistent fatigue, gastrointestinal issues, muscle tension, hypertension, and cold/flu episodes. These physiological consequences are consistent with those seen for other measures of persistent stress. Similar findings have been obtained on the connection between burnout and substance abuse. Burnout was developed to assess subsequent hospitalizations for cardiovascular problems in a ten-year longitudinal study of industrial workers. According to other studies, a one-unit rise in burnout score was associated with a 1.4-unit increase in the risk of hospitalization for mental health problems and a one-unit increase in the risk of hospitalization for cardiovascular problems. Other studies have examined the link between burnout and cardiovascular disease in greater depth, highlighting the importance of high-sensitivity reactive protein and fibrinogen concentrations.

Effects Of Suicide in Youth

Suicidal thought is a severe behaviour that everyone should not ever think about even though it is treatable. One of the impacts of this behaviour is the mental health of youth can be worse than before. If the person does not seek help about this problem or

nobody cares about them, they may think about self-harm. It is because self-harm behaviour is a self-reported motive from young people reveals that wanting to escape or get relief from unbearable feelings or an unbearable state of mind/situation is commonly reported motives for self-harm with some young people wishing to die as a result of their actions. (Hawton K, Saunders KEA, Connor RCO, 2012). Not only the mental will affect but also the physical body which is very bad. They usually try to hurt themselves by using something sharp until they bleed. We hardly notice this type of individual since they rarely expose themselves. This behaviour can be treated, but it takes a lot of courage and supports from other people to be cured slowly. Having small conversations and listening to their stories can help them loosen up what is on their minds.

Conclusion

All the challenges stated are just half of the common behaviour that frequently happens among youths. When children are growing up to the phase where we call it youth, parents and peers are the most important people to mould them into better youth with good attitudes. Some children are from broken families where they grew up with violence, so maybe when they were going to school, they thought it was okay to bully other people. Then, the youngsters nowadays always misdiagnose themselves with depression and want sympathy because nobody is paying attention to them. The professional or psychiatrist should clarify all the mental illnesses because if it's too serious, maybe the doctors can prescribe the medicine or ways to treat it. If you are feeling burnout, take some rest or share the feelings with those you trust. Keeping it to ourselves will put more pressure on us, and we will feel like giving up. Lastly, whoever has thought about suicide in their daily life, please quickly seek help or share the problems with whom you feel comfortable. Do not hesitate to get help from people who are willing to help us because every issue must-have the solutions. Even though the parents are responsible for their children's growth, we as children have to make efforts too so we can be better people and overcome any problems that occur. Everything that happens in our lives depends on ourselves, so the decision is in our hands.

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61 Why Students are More Attracted to Jobs over Business: A Youth Career Perspective in Khyber Pakhtunkhwa

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Abstract

This paper aims to assess the reasons for job preferences over the business by the students currently studying at public sector colleges and universities in district Peshawar, Charsadda, Kohat, Mansehra, Mardan, and Swabi of Khyber Pakhtunkhwa (KP). The authors applied a field survey using in-depth semi-structured interviews involving 30 respondents across the province. Using NVivo qualitative tool, this study identified many reasons for job preferences over business relating to Commerce, business, and economics students. Among all the reasons, family communication pattern, risk aversion, ease and comfort, growth potentials, lack of business ideas, lack of family financial support were the primary concerns rated by the stakeholders. Furthermore, the study revealed that work culture attracts female business students to prefer jobs over the business. In contrast, male students were especially noticed to start a business in the future after degree completion. Our study suggests that employers must consider these attributes to retain them on the job for a longer time in the future. Moreover, on the other side, this study indicates that commerce and business institutions working in Khyber Pakhtunkhwa must show more hard work and maintain a conducive environment to produce entrepreneurs than job seekers in the six districts, as mentioned earlier of Khyber Pakhtunkhwa Province at large.

Keywords: Jobpreferences, business studies, career, education,job security, entrepreneurship

Introduction

Business or job is always a basic question in the mind of the students after their graduations. Still, many perceive their career as a job as opposed to business in the future. As in many cultures, students are oppressed to start a business and motivated to join a job after completing their education in the future. Besides the rise in entrepreneurship in the present world, most of the graduates still prefer to have a simple job compared to business. The graduates might perceive that starting a business is not an easy task but is possible after having a job on hand for experience, i.e., entrepreneurship trend in the US. Business education is formulated to give an enhanced knowledge base to students regarding business and startups.

According to (Rodrigues & Craig, 2004), the business school promoted trade and mercantilism in Portugal. However, commerce as a discipline of education has a long history. Rodrigues, Craig, and Gomes (2007). Knowing the job preferences of young job seekers can help companies better understand the significant attributes for them. For example, most commerce, business, and economics students search for accounting,

marketing, and human resource management jobs (Demel et al., 2019). This study is the first to investigate job preferences among commerce, businesses, and economics students currently studying in the Province of Khyber Pakhtunkhwa, Pakistan.

Literature Review

Young business and economic students search for different jobs based on their market interests and preferences (Demel et al., 2019). This study used the choice experiment (CE) method in five Spain, the Czech Republic, and Germany. In addition, it used a random parameter logit model to investigate the willingness to accept a job considering its monetary values. Other researchers also study the same study from a different standpoint. They assess business students' preferences using two hundred and forty-one respondents finding out the 20 job attributes in a survey. The study revealed that students were rated growth potential, job responsibility, a benefits package, and most essential characteristics of employment opportunities available in the market. Moreover, the study showed that geographical location does not matter for the MBA male students while work culture was the most relevant attribute to female MBA students.

(Gilbert et al., 2010) surveyed 984 students to examine their work preferences across six disciplines within business colleges relating to finance, accounting, and the students of management and international business, hospitality management, and marketing. Different students showed different work preferences for analyzing data by accounting and finance students. Working with objects were the strong preference of information technology, and decision sciences, verbal interactions, liked by others, and working with the idea were the job work preferences by other marketing students. Hospitality management students were of strong preferences for helping others.

Another study was conducted by Ng and Burke, (2006). They explored the business students' views about the jobs, career expectations, and job-related search behaviors. In addition, they examined the Campus Career Service in shaping students' future careers, considering how cooperative education positively influences the aspirations and anticipation ofthe business students. The author conducted a field survey involving 20,771 business students across Canada by seeking help from a strategic consulting firm working in the country. The study's findings showed that cooperative students presented self-insight attributes, realistic expectations, and reported high self-confidence. The students were also significantly noticed preferring the "people" and "work" dimensions.

Research Methodology

3.1 Nature of Research and Data Collection

The scholar applied a qualitative and explorative approach based on the interpretive paradigm and interactive. A qualitative approach conducting in-depth semi-structured interviews (Harms et al., 2010) is applied to determine the job preferences over the business among commerce and business students in KPK Province covering district Charsadda, Kohat, Mansehra, Mardan, Swabi, and Peshawar. Data were collected from 41 business, commerce, and economics level students who graduated from public and

private sectors colleges and universities in the study Province. The authors applied a non-probability convenient sampling technique to select the sample and data collection.

3.2 Analytical Tools

A qualitative software, NVivo 13, released March 2021, is used to analyze and transcribe the in- depth semi-structured interviews. For descriptive statistics, frequency tables, and crosstabulation SPSS statistical tool is applied. NVivo 13 is used to transcribe interviews, create nods, codes, develop themes, apply text search queries, word search queries, and visualize the qualitative data in the form of Hierarchy charts, word clouds, and word tags tree map, cluster analysis, project map. Keeping it all together, thematic data analysis is used to find the factors that force the student's perception to opt for jobs over the business in Khyber Pakhtunkhwa.

Results

4.1 Descriptive and Demographic Characteristics

Demographic Variables	Frequency (N)	Percent (%)	Valid Percent
Age			
18-22	7	17.1	17.1
23-27	17	41.5	41.5
28-32	10	24.4	24.4
33-37	7	17.1	17.1
Total	41	100.0	100.0
Gender			
Female	13	31.7	31.7
Male	28	68.3	68.3
Total	41	100.0	100.0
Marital Status			
Married	19	46.3	46.3
Single	22	53.7	53.7
Total	41	100.0	100.0
Current Profession			
Both Job and Business	4	9.8	9.8
Business	11	26.8	26.8
Job	26	63.4	63.4
Total	41	100.0	100.0
Qualification			
B. Com	2	4.9	4.9
BBA	2	4.9	4.9
BS. Commerce	7	17.1	17.1
D.Com	2	4.9	4.9
M.Com	10	24.4	24.4
M.Phil.	4	9.8	9.8
MBA	4	9.8	9.8
Ph.D.	10	24.4	24.4
Total	41	100.0	100.0
Accommodation			
Rural	11	26.8	26.8
Urban	30	73.2	73.2
Total	41	100.0	100.0
Domicile			
Charsadda	5	12.2	12.2
Kohat	6	14.6	14.6
Mansehra	8	19.5	19.5
Mardan	8	19.5	19.5
Peshawar	8	19.5	19.5
Swabi	6	14.6	14.6

Table 1: Demographic Characteristics

Total	41	100.0	100.0
Future Career			
Job	26	63.4	63.4
Business	15	36.6	36.6
Total	41	100.0	100.0

Source: Field Survey, 2021.

The above table depicted that the maximum number of respondents falls in the age group of 23- 27. In absolute terms, the highest number of respondents (17) falls in the age group of 23-27. In a relative term, the percentage is 41.15 for the same group. While the minimum number of respondents fall in the group of 18-22 and 33-37. In relative terms, the percentage is 17.1 for both of the minimum age groups. The highest number of respondents occurs in the age group of 23-27 is due to the level of their education (MS, Ph.D.). While the occurrence of the smaller number of respondents in both age groups is due to the reason of their level of financial literacy because the lower the education, the lower participated in the survey.

The frequency and percentages of the respondents are shown in the gender row which shows that almost one fourth (13) of the respondent are female in the study. In percentage, the ratio is 31.7 percent of the female respondent. On the other hand, the participation of the male students is dominant (28 out of 41) in the study area. In relative term, it is almost 68 percent in the study. The maximum number of participations of male students in the study area is due to the reason that ratio of the male students is always higher than the female students in the educational institutions. In terms of marital status, major respondents are founded to be single (22) in the survey as compared to the married respondents (19). Again, single respondents are larger in numbers because in Pakistani culture, people used to get marry after completing their education at earliest and then get marry. Qualification variable shows that the maximum number of respondents belong to M. Com and Ph.D. (10 each) who participated in the survey. Respondents from the urban area (30) is larger than the rural area (11) which is due to the reason that literacy rate is higher in urban as compared to rural area in study area. In the context of domicile, respondents from Mansehra, Mardan, and Peshawar representing the same maximum number of participants (8 each) while the minimum number of respondents participated in the survey belongs to district Charsadda (5) in the study area. District Mardan, Mansehra, and Peshawar will populate with educational institutes and the students that is why representing larger portion of the study. At last, respondents were asked to rate their future career as job and business where major of the participants reported to opt for job as their future career as compared to business in the study area.

4.2 Cross Tabs Results

H0: There is no difference between male and female selecting future career as job or business. H1: There is a difference between male and female selecting future career as job or business.

Table 2: Crosstabulation

Gender * Q1. What do you prefer as your career in future?

			Q1. What do you prefer as your career in future?		
			Business	Job	Total
Gender	Female	Count	1	12	13
		% within Gender	7.7%	92.3%	100.0%
		% within Q1. What do you prefer as your career in future?	3.8%	80.0%	31.7%
	Male	Count	25	3	28
		% within Gender	89.3%	10.7%	100.0%
		% within Q1. What do you prefer as your career in future?	96.2%	20.0%	68.3%
Total		Count	26	15	41
		% within Gender	63.4%	36.6%	100.0%
		% within Q1. What do you prefer as your career in future?	100.0%	100.0%	100.0%

Source: Field Survey, 2021.

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	25.476[a]	1	.000		
Continuity Correction[b]	22.080	1	.000		
Likelihood Ratio	27.731	1	.000		
Fisher's Exact Test				.000	.000
N of Valid Cases	41				

a. 1 cells (25.0%) have expected count less than 5. The minimum expected count is 4.76.

b. Computed only for a 2x2 table.

The above table shows the association between the gender and future career in the study area. Results as shown in the above table reflect shows a highly significance (P.Value = .000) difference between the gender and future career at 5 percent level of significance. The crosstab results revealed that female respondents prefer (92.3 percent) as job as their future career. In contrast, the male respondent prefers (89.3 percent) as a future career in the study.

4.3 Thematic Analysis

Applying the thematic process, the following charts and graphs were produced using NVivo qualitative software. Hierarchy charts, word cloud, word tag cloud, tree map, cluster analysis, word tree, and project map were the main charts of the thematic process.

4.4 Hierarchy chart

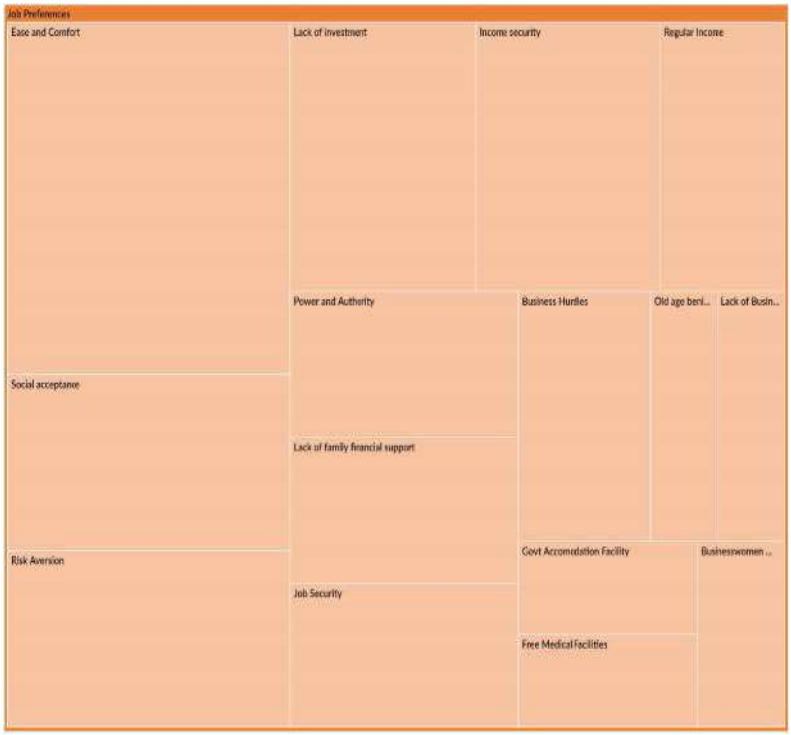


Figure 1: Job Preferences Hierarchy Chart

Figure 1 shows the job preferences hierarchy chart of the students presented during the semi- structured interview where several attributes were identified using NVivo qualitative software. For example, students believed that they prefer jobs over business due to ease and comfort, lack of investment, job security, and social acceptance. On the other hand, many others said that old-age benefits, Govt Accommodation, free medical facilities, lack of family financial support lead them to apply for jobs and hence don't take an interest in starting a new business startup.

4.5 Word Cloud



Figure 2: Job Preferences Word Cloud

Figure 2 reflects the word cloud for job preferences where a job is the main item enlarged and is more significant than other preferences in the picture. The second more substantial and relevant tags are the family support, lack of investment, risk aversion, family burden, job security was the major concerns for the commerce, business, and economic related student in opting for jobs over the business after completing their education.

4.6 Word Tag Cloud



Figure 3: Job Preferences Word Tag Cloud

Figure 3 shows the word tag cloud for job preferences over the business by different students relating to commerce, business, and the field of economics in the Province of Khyber Pakhtunkhwa. The most significant word tag is the job. Then family support, interest, less risk in a job, pensionable attribute, power and authority, social acceptance, family burden, housing facilities were the major concerns of the respondents.

4.7 Tree Map

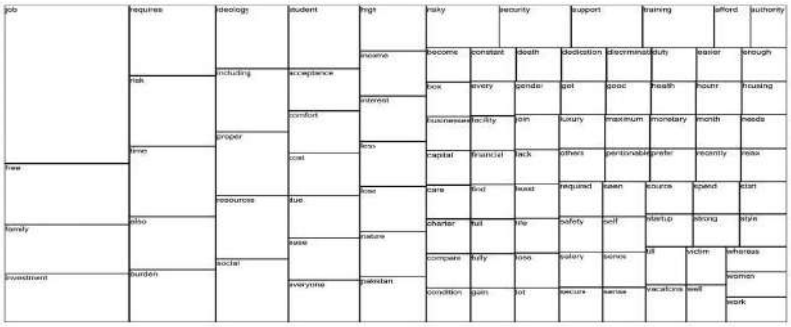


Figure 4: Job Preference Tree Map

Figure 4 shows a Tree Map of the job preferences rated by respondents in in-depth semi-structured interviews. Why do they prefer a job over a business having commerce,

business, and economics- related degrees? This tree map revealed some major and vital concerns of the students, i.e., the highest region is covered by variable job. Then smaller region by free from the risk factor, family support, lack of investment, free time, family burden, ease and comfort, social acceptance in society, personal interest, fewer chances of losing the job, the trend in Khyber Pakhtunkhwa, Pakistan, lack of family financial support, regular income, power, and authority are explored through thematic analysis using NVivo qualitative software.

4.8 Cluster Analysis

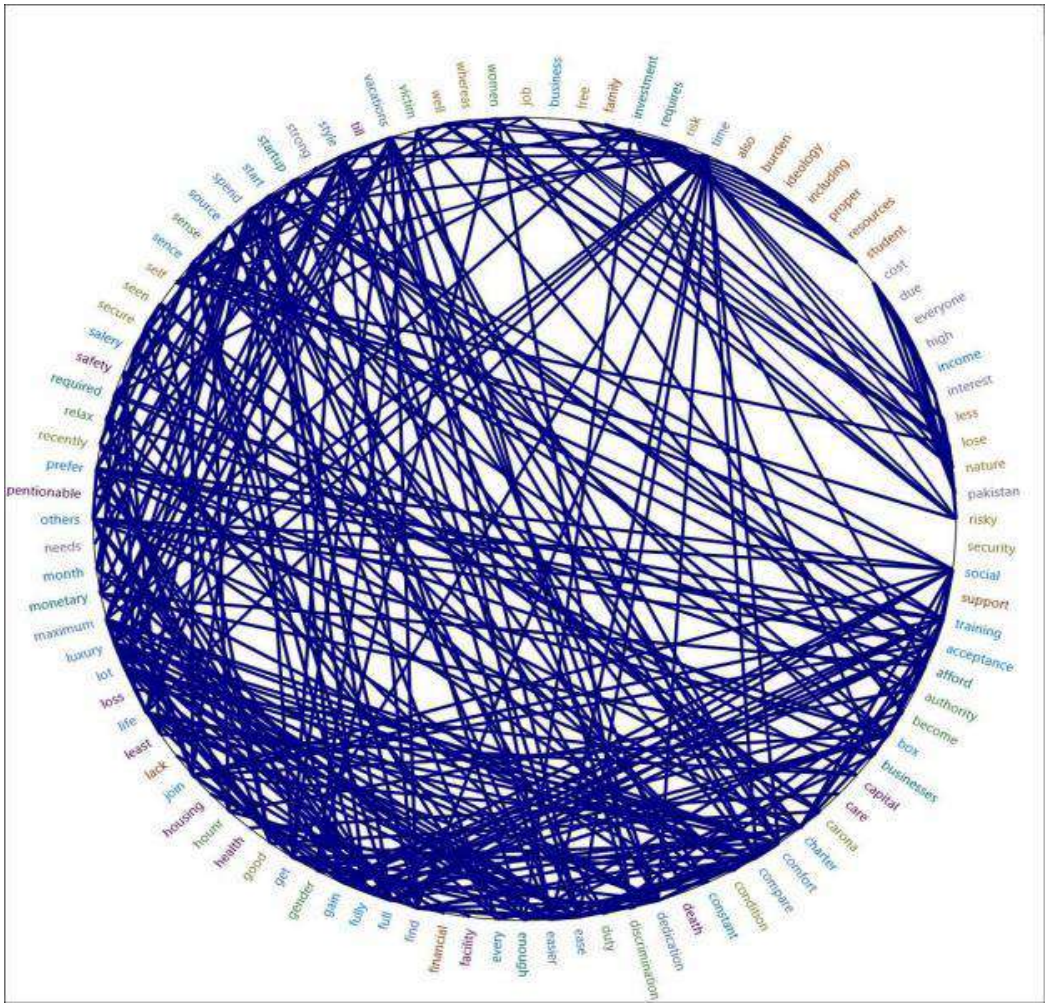


Figure 5: Job Preferences Cluster Analysis

Figure 5 shows the cluster analysis of job preferences by students explored in in-depth semi- structured interviews. Significant concerns are identified using cluster analysis of the qualitative data and visualized in this figure. This cluster analysis is the crosscheck and robustness for hierarchy chart, word cloud, word tag cloud, and tree map, along with word tree showing all the possible factors concerning job preferences by students over the business in this paper. This cluster
analysis contains primary preferences via job over the business by commerce, business, and related economics students currently working and studying in the province as mentioned earlier of Pakistan. This figure revealed some significant concerns, i.e.

social acceptance, power and authority, regular income mostly in corona like pandemic diseases, old-age benefits, ease and comfort, lack of financial support, govt accommodation, pensionable job, personal preferences, safety, security, lack of investment resources, and above all respondent's growth potentials for the job are identified as key factors for job preferences in the current research paper.

4.9 Word Tree

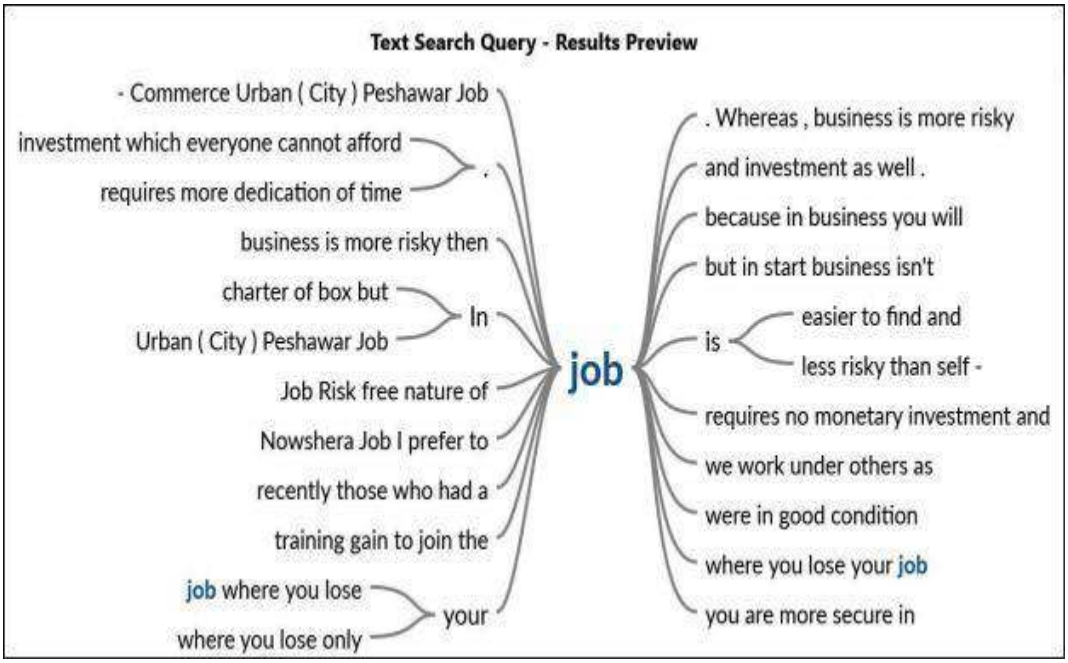


Figure 6: Job Preference Word Tree

Figure 6 shows the word tree of the job preferences. This figure revealed the most important factors that students prefer in job consideration compared to business after graduation. The students commented that a job is less risky, regular income, ease and comforts, pensionable employment, lack of family financial support, risk aversion, and above family communication patterns play a vital role in deciding a future career. These are the primary reasons why students are more attracted to jobs over the business in the Province of Khyber Pakhtunkhwa.

4.10 Conceptual Framework and Project Map

Figure 8 presents the project map; the study's conceptual framework reveals that job preferences are due to the number of attributes that attract the students to go for jobs compared to business after graduation. Job preferences are due to the business hurdles, ease and comfort, income security, lack of business idea, power and authority, regular income, social acceptance, and above all, risk aversion, and family communication patterns and trends where they prefer to do a job instead of doing a business after completing the commerce, business, and economics related education.

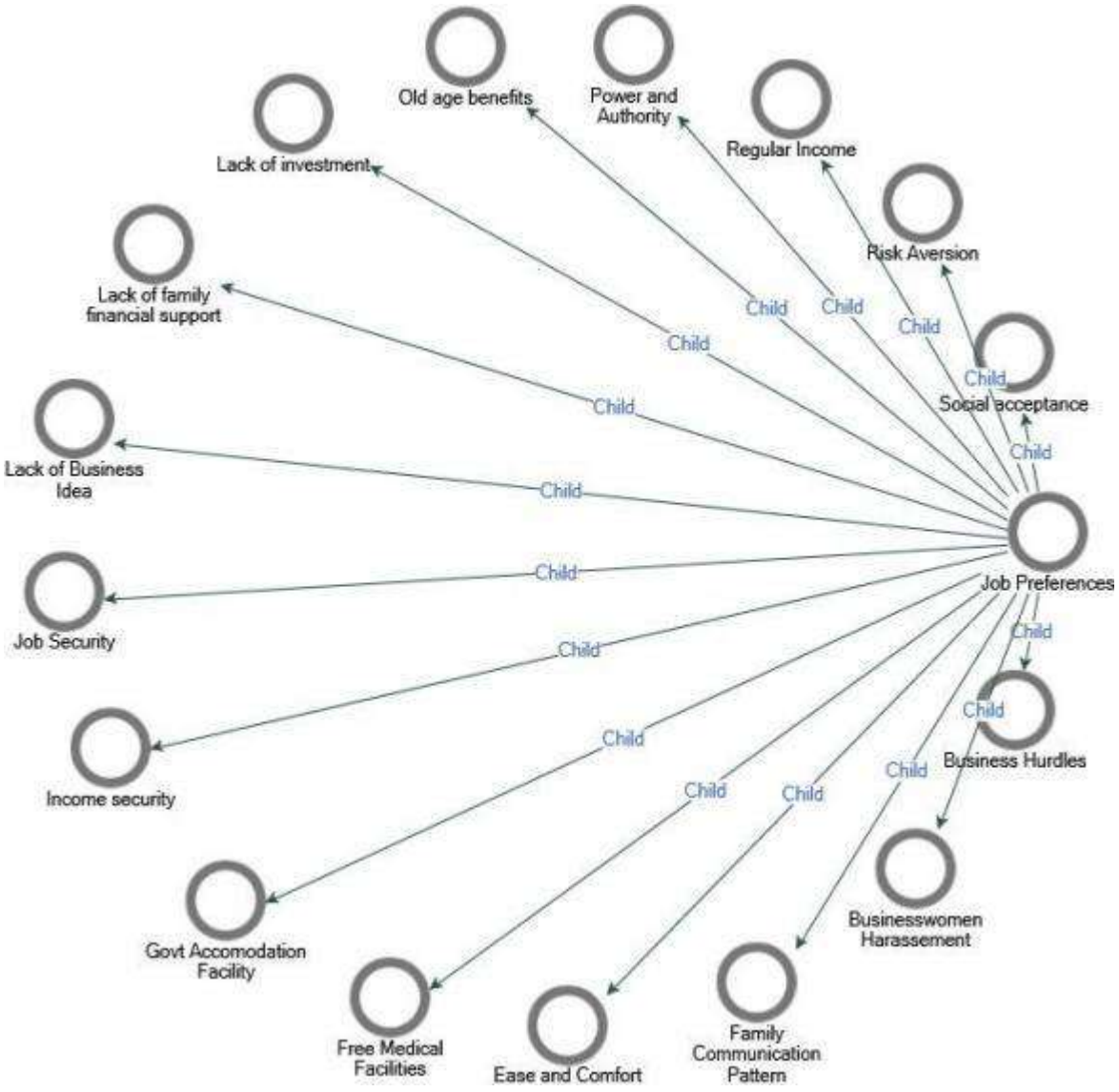
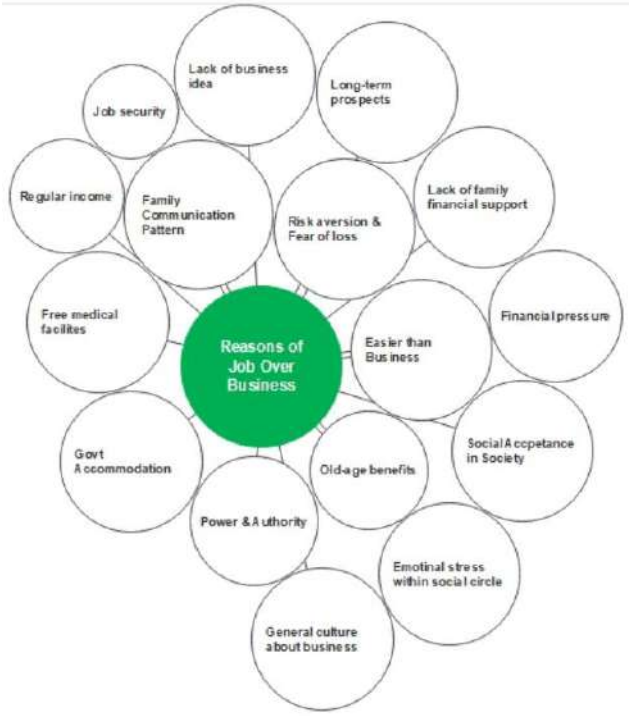


Figure 8: Job Preference Project Map/Conceptual Framework

This study concludes that major concerns of job preferences over the business are identified using thematic analysis, which will assist employers and academia in developing strategies and in coping with students' future career planning. Some of the critical factors and child themes were identified during thematic analysis for job preferences over the business are as follows.

1. Family Communication Patterns
2. Easier than business
3. Risk Aversion and Fear of Loss
4. Old-Age Benefits
5. Power and Authority
6. Government Accommodation, Medical Facilities, and the rest Perks.
7. Regular Income
8. Job Security
9. Lack of Business Idea

10. Long-Term Prospects
11. Lack of Family Financial Support
12. Financial Pressure
13. Social Acceptance in Society at large
14. Emotional Stress within the Social Circle
15. General Culture about Business



Discussion And Conclusion

The findings of the current study are consistent with the previous studies (Curtis et al., 1989; Demel et al., 2019; Douglas & Shepherd, 2002; Gilbert et al., 2010; Iacovou et al., 2011; Järlström, 2000; Ng & Burke, 2006; Nordhaug et al., 2010; Presley et al., 2010; Tomkiewicz et al., 2012). This study discusses and investigates why commerce and business students are more attracted to jobs than business in Khyber Pakhtunkhwa Province. The commerce, business, and economics student's dilemma is that they prefer to do jobs instead of starting a new business after having a degree of business education. That is why this study focuses on job preferences to know the factors so that future strategies may be developed to compensate the students in finding their jobs, and employers may focus on the students' needs in present and prospects.

5.1 Limitations and Recommendations

Some of the limitations were observed during this qualitative study, like the sample size was small, only relating to a limited number of respondents in the districts of the study. More other analytical tools might be used in the future for analysis, like conducting an exploratory factor analysis and confirmatory factor analysis using SPSS and AMOS. Moreover, the same study could be extended to the whole Province of Pakistan and to study it at a large level.

Moreover, the college and university administrations provide a conducive environment to promote entrepreneurship among the business and economic students from bachelor to master and Ph.D. level students. The teaching institutes must consider the factors that have been developed in this study to promote Entrepreneurial activities across the provinces.

5.2 Future Directions

The current study proposes some future research work for academia and researchers. This study may be further investigated by incorporating the Geert Hofstede National Cultural Dimension called the 6-D model. The current study may also be extended to the whole country, increasing the sample size using a mixed-method approach to find some endogenous perspectives in the area.

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62 Consequences of Youth Behaviour on Internet for Future: A Conceptual

Poh Lin Chang, Celine Cassandra A/P Chinnappan, Ming Hao Chai, Ying Ying Chang

Abstract

Today, the Internet has quickly integrated into people's lives. The Internet provides young people with many advantages and disadvantages, which affect their future development. The main purpose of this research is to investigate the influence of teenagers' behaviours on the Internet on their future. The framework shows how young people use the Internet and the behavioural results that will affect their future development. The good behaviours of youths on internet are borderless communication, education, and network marketing while the bad behaviours are the Internet addiction, Internet fraud and cybercrime, and cyberbullying. In short, young people should know how to make good use of the Internet and apply the positive effects of the Internet to their lives. On the contrary, young people should know how to stay away from the negative effects of the Internet to protect their future.

Keywords: Youth's Future, Good Behaviour on Internet, Bad Behaviour on Internet, Behaviour Outcomes, Consequences

Introduction

The Internet has become part of billions of people's daily lives. Over the last two decades, advances in communication and information have altered the way we live and work (Unsal, Ruzgar, & Ruzgar, 2008). The increased use of computers, which allow people to connect in a virtual realm known as cyberspace, is driving global Internet access patterns (Kim, 2008). As the technology links people around the world, cyberspace generates a new environment that is distinct from the one we live in. The number of Internet users has risen sharply in response to the expanding phenomena of broad Internet usage.

According to the Malaysia Communications and Multimedia Commission (2020), the Internet Users Survey 2020 was conducted during the Covid- 19 pandemic, indicating that massive amounts of activities transferred to the Internet as a result of the rising dependency on the Internet. This survey stated that the percentage of Internet users in 2020 will be 88.7%, a 1.3% increase from 87.4% in 2018. On the other hand, non-Internet users declined from 12.6% in 2018 to 11.3% in 2020, owing to lack of interest and lack of a device among the bulk ofnon-Internet users.

The National Youth Development Policy of Malaysia defines youth as those aged 15 to 40 years old (Yunus, 2007). According to the Joorabchi, Hassan, & Osman (2013), youths are found to be active Internet users in Malaysia which is approximately 35.2% of Malaysian youths spent about 24 to 63 hours using the Internet per week. This can be supported by Internet Users Survey 2020 states that the young age group contributed

the highest percentage of Internet users in Malaysia. The internet has revolutionized communication, allowing people to communicate more effectively than before without constraints of time. People all around the world are increasingly utilizing the Internet to strengthen relationships, conduct business, satisfy entertainment needs, and keep up with current events (Pinto & Poorna Nanda, 2017). Despite the positive contribution of the Internet to the users, it also has drawbacks. Negative human behaviour associated with Internet use has begun to coexist with the advantages provided by the Internet (Ceyhan, 2011). The studies of Mishra, Draus, Goreva, Leone, & Caputo (2014) found that student who spend more time on the Internet are more likely to be addicted to the Internet. In short, the Internet poses a variety of threats as well as several opportunities for youths (Guan, Shu-Sha, & Subrahmanyam, 2009).

Current perspectives

Network and life are closely related. The Internet has played a very important role in our lives. The Internet is regardless of age, if you have a mobile phone, you can connect to the Internet. Based on the worldwide statistics (Joseph Johnson, 2021), there were 4.66 billion active Internet users worldwide as of January 2021, 59.5 percent of the global population. It proved how important the Internet is in our life. The world without the Internet is unimaginable.

Nowadays, the social media platforms that most youth use such as Facebook and Instagram. Based on the 2021 Social Media Demographics Guide, Facebook has 2.7 billion monthly active users. Among them, 86% of youth ages 18-29 use Facebook. While for Instagram, there are 1 billion monthly active users. Youth 18-29 years old account for 67%. They use these social media platforms to record the bits and pieces of life. In fact, the Internet has made our lives more colorful and more convenient, but at the same time the Internet also brings us disadvantages. For example, there is better communication and self-improvement, and there are also excessive use or abuse of the Internet that causes some harm.

For the question: “Are the social impact of the Internet negative or positive?" According to Kiesler (2000), He said that it is related to the kind of Internet which they are using and how they use it. It means that their behavior toward the Internet will bring the effects to their lives. Some communication tools on the Internet, such as chat rooms, will leave them with false impressions and create an unreal world. Therefore, youth should know how to make good use of and distinguish the quality of the Internet.

Problem Statement

Technology has many wonderful aspects, but it can also be dangerous and threatening in the wrong hands. As per Livingstone (2002), adolescent may embrace the online realm passionately as it resembles their space, visible to their peers rather than adult surveillance, an exciting yet relatively secure opportunity to participate in the social cognitive task of adolescence: to structure, study with, and present a reflexive project of the self in a social context, along with, for some, for flouting interactional norms and other risk-taking behavioral patterns. Technology has given us social media and the Internet, both of which are effective tools but also have certain drawbacks. The

two main ways that the youth use to access social media are mobile phones and the Internet, which have dramatically changed their lifestyles. Given the current exposure and accessibility that youngsters can obtain from these media, this study will establish their impact on youth, in both positive and negative ways. According to Igbo, Egbe-Okpenge, and Awopetu (2013), even though contemporary technologies have a good influence on education, society and the economic growth precautions must be taken while offering and engaging in such technologies, at both the personal and professional levels. They also highlight the need of parents, school administration, counsellors, and experts outside of the school playing roles in steering and safeguarding adolescents from the detrimental effects of advanced technologies that might lead to behavioral issues. In recent years, there have been heated discussions about the impact of modern technologies and the Internet on youths (Baturay & Toker, 2015; Blinka, & Smahel, 2012; Francisco, Simo, Ferreira, & das Dores Martins, 2015; Igbo, Egbe-Okpenge, & Awopetu, 2013).There are a lot of researchers out there, Longe, Ngwa, Wada, & Mbarika, 2009; Mareschal, McKee, Jackson, & Hanson, 2007; Nandhini, & Sheeba, 2015, professionals and politicians emphasize the need of addressing and resolving the harmful effects of contemporary technology on adolescents in order to protect future generations. This study will attempt to determine the influence of youth's active use of the Internet and social media on their behavior and attitude.

Conceptual Framework

Figure 1 has been designed to incorporate the impact of youth behavior on the Internet for future, in terms of positive and negative behavior on the Internet, behavioral outcomes, and consequences of future. Accordingly, this framework also includes the role of the Internet in youth lives to the relationship between their behaviors on the Internet and the consequences of their future. This theoretical concept well conceptualizes how young people’s behaviors on the Internet affects their future. Therefore, this theory is expressed as:

The future development of youth depends on their behaviors on the Internet. Good or bad behaviors will bring different consequences in their future. Good behaviors will bring them a right and bright future, and bad behaviors will bring them into a dark future. This group of phenomena is a good interpretation of the relationship between youth' online behaviors and their future.

This theory conceptualizes the behaviors of various young people on the Internet. These behaviors will bring them a variety of processes, which will affect their future development. Some young people will make good use of the Internet to enable them to acquire some skills and knowledge on the Internet. These skills and knowledge can be practiced in life and ensure that they have a correct future. In this framework, good behaviors include borderless communication use as an education tool and Internet marketing. On the contrary, some young people will abuse the Internet, leading them astray and leaving their future unused. For instance, Internet addiction, Internet fraud and cybercrime and cyberbullying. The behavioral results of young people's behaviors on the Internet are directly proportional to future changes. In this case, behaviors are

proposed as a potential regulator of the relationship between behavioral outcome, consequences, and future development.

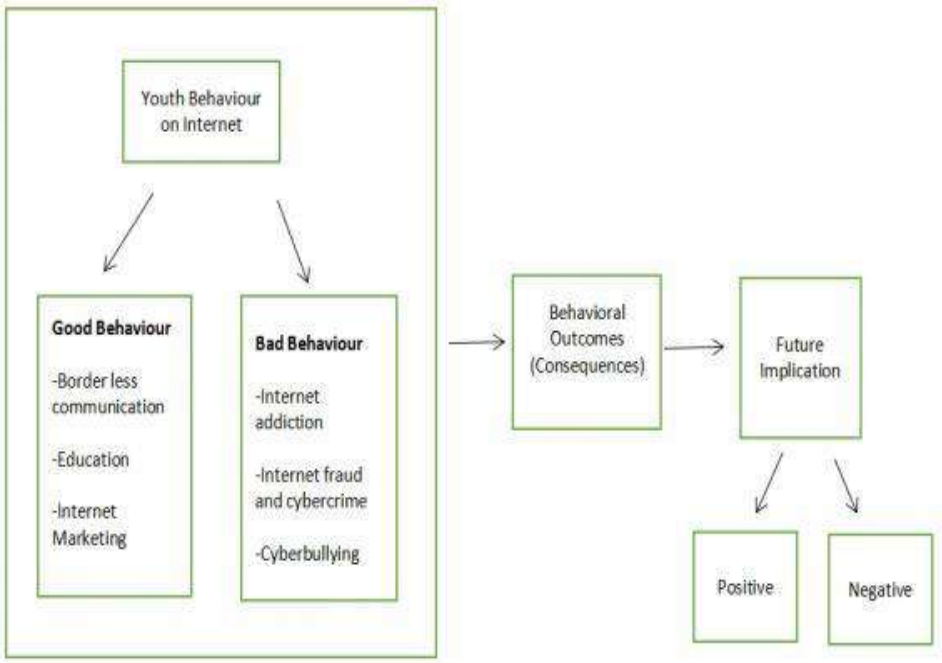


Figure 1: Conceptual Framework of Youth Behaviour on Internet Bring Consequence for Future

Good Behavior and its Consequences

1.Borderless Communication

The Internet creates a borderless world by allowing communication in real-time at any time regardless of geographic location. Typically, digital content can be transferred and shared with Internet users all over the world over the Internet (Sian, Yamin, & Ishak, 2013). Internet-based communication tools such as Short Message Service (SMS), email, social media platforms, and more improve the process of information sharing and interaction between users. Most of the universities provide students and academic staff with an email account to encourage them to interact over the Internet, (Sian, Yamin, & Ishak, 2013).

In addition, the Internet has offered an expanding environment that can allow instantaneous engagement with individuals globally (Johnson, 2006). People can obtain unlimited information including the latest information from various sources quickly and effectively. The information-sharing can be spread and shared with Internet users all over the world. Thus, the vast amounts of information that is currently available online have the potential to reduce the gap between cultures and beliefs worldwide.

Furthermore, the Internet has promoted well-being and empowerment among the community with disabilities through online communication. A study found that hearing- impaired youths utilized the Internet more frequently than hearing youths. Deaf youths who used the Internet for a longer time experienced lower loneliness and

higher self-esteem than deaf youth who used it for shorter amounts of time (Barak & Sadovsky, 2008).

Education Tools

The Internet has recently emerged as a crucial instrument required by the knowledge- based society to reflect the present for information management, research, information search, and communication. Students' academic references have changed dramatically due to students nowadays spending more time on the Internet and references habits have shifted from the traditional method. The Internet is the primary source of information where the information can be disseminated and retrieved from any location (Sian, Yamin, & Ishak, 2013).

Based on the studies Kaur (2008), academics are increasingly relying on the Internet for educational purposes. Most academic and research institutions offer Internet access to students, teachers, and researchers. Teachers and researchers have been using the Internet to help with their research and teaching (Kumar & Manjunath, 2013). For instance, writing research papers with Internet access helps to conduct better research and improve the learning experiences. In short, the Internet will directly have a positive impact on academic achievement.

The use of the Internet has the potential to increase educational quality. This can be referred to Laurillard (1992), who proposed that computer-based learning can improve comprehension of theoretical and critical ideas. Furthermore, Internet usage in education enables the students to have an online learning experience. According to Shahibi & Rusli (2017), the usage of online media in teaching is an attempt to improve the quality of teaching and learning experiences. Internet media has the strength of being able to incorporate a range of online materials which include texts, animations, photos, video, and sound.

Internet Marketing

The Internet is a useful tool for youth to start a business anytime and anywhere little by little. The Internet can be a very effective mechanism for any company or individual to start their business path no matter if it is large, median, small, international, local (Gohut, 2005). Besides that, the Internet can always represent the technological revolution as it can offer any manufacturer an opportunity to serve their customers around the world because it is a main communication platform for them to interact.

In addition, the Internet is also proof of the advance of technology nowadays. The advance of technology has changed the system of an organization completely (Middleton,2010). For example, customer service, the period of producing a product, and global messages can be sent directly in an easy way. Therefore, the Internet is the best way for businessmen to promote their product widely.

Today's young people use the Internet to create a different era. They combined the traditional business model with the Internet and opened an ecommerce business, especially in this covid period. The Internet is global, and it provides a good opportunity to develop your own online business. Anyone can conduct business online and control it via the Internet. For example, some young people will start selling clothes, facial

masks, and other products on the Internet. They use social platforms to attract more customers. In addition, they provide online service status to provide customers with services anytime, anywhere. Because of the Internet platform, they started a business model that does not require rent. This behavior gives them more opportunities to show their business capabilities and allows them to accumulate experience. For teenagers who are studying, online selling has also become a way for them to earn extra income while completing their studies.

Bad Behaviour and its Consequences

Internet Addiction

The use of the Internet and computers is deeply rooted in modern culture, and they have a greater impact on the lives of young people than any other technological medium. Nevertheless, people have very little perception of how Internet addiction affects youth' mental function, mental health and overall happiness. Internet addiction is a wide phase that refers to a variety of Internet, computer, and mobile technology-related behaviors and impulse control issues. Griffiths (1996) proposed that although there are no strict criteria for the diagnosis of Internet addiction, experts have recognized five subcategories of computer and Internet addiction: Internet addiction, Internet obsessive-compulsive disorder, Internet relationship addiction, and compulsive information seeking and addiction to games.

Youth's inability to limit their use of the Internet leads to functional impairment and significant distress in everyday life. According to Natalie Hoeg (2021), Internet addiction has various negative health and emotional consequences. Body pain, carpal tunnel syndrome, insomnia, eye fatigue, and weight gain or loss are just some of the side effects of insufficient exercise caused by prolonged computer or Internet use. Based on (American Psychiatric Association, 1994) research, to be classified as an Internet addict, one must fulfil five of the eight consequences of Internet addiction. The symptoms include time management issues, repeated attempts to reduce Internet usage, the desire to spend more time online, withdrawal symptoms while minimizing Internet use, and preoccupation with the Internet.

Furthermore, stress from the environment (family, school, career, and friends), mood change and guilty about time spent on the Internet because of Internet use should all be considered (Young, 1998a). Besides, youngsters who are hooked to online games may overly emulate the actions and attitudes of the game characters. Poor study habits, significant grade loss in examinations, missed classes, procrastination, increased risk of academic probation, and lack of integration in extracurricular activities are all implications caused by Internet addiction. It is noted that as the Internet becomes the key social element in their life, heavy Internet users appear to be alienated from regular social relationships and perhaps even cut them off (Beard 2002; Widyanto & McMurran, 2004; Weiser 2001; Young, 1996).

Internet Fraud and Cybercrime

Smartphones, computers, tablets, and other gadgets that can connect to the Internet have become an integral part of our everyday lives, presenting new and easier chances for criminal activities. According to the ant daily (2014), international criminal organizations that use the Internet for illegal activities such as drugs, money laundering, human trafficking, and fraudulent transactions pose a threat to Malaysians. People are now becoming prime targets particularly youngsters for borderless crime, including location tracking via Twitter, personally identifiable information via online transactions, identity fraud in Facebook and credit card fraud via e–banking.

Furthermore, young people who are desperate for money or in financial need and have a deep knowledge of software or information technology (IT) may be readily tempted into a variety of fraudulent online activities. Most cybercrime accomplices and victims, according to Nandhini and Sheeba (2015), Shrivastav and Ekata (2013) are young people. According to Longe et al. (2009), a wide range of cybercrimes such as e-mail scams, blackmail, cheating,

child and drug trafficking, web-based pornography, sabotaging cyber network operators and examination fraud are mostly involved by youth. Many scholars, including Al-Zahrani (2015), Baturay and Toker (2015), Mareschal et al. (2007) and Passey et al. (2004), have called for effective and stern legal punishment against youth who are found guilty of engaging in such detrimental acts.

It is undeniable that these kinds of cybercrime activities would bring many negative consequences to youth especially would jeopardize their life and future. Most of the youths even end up in jail as a cause for this inappropriate behaviour and bring disgrace for their family's reputation. Furthermore, society too refuses to accept these kinds of youth and ignores them in future due to their past crimes such as declining job opportunities or not giving them a chance in the employment field.

Cyberbullying

Cyberbullying is described as behavior that is purposeful and unpleasant, provoked through electronic channels, and is characterised as spreading rumors, making threats and trolling, sending threatening messages, uploading humiliating information or images, or any other ways of bullying in cyberspace (Walrave & Heriman, 2011). Smart phones, emailing, chat apps, web browsers, online chatting, and social media platforms can all be used to perpetrate cyberbullying. In addition, according to Dredge, Gleeson & de la Piedad Garcia (2014), posting cruel remarks or threats on the victim's profile, sending nasty private text messages, posting cruel words or threats on someone else's page or site about the victim, or publishing unpleasant or humiliating photographs of the victim on a social media site are the most prevalent methods in cyberbullying.

There are various implications that would arise of cyberbullying in the future for both the victims and oppressors. Cyberbullied youths have greater depression, anxiety, loneliness, suicidal ideation, and physical symptoms. Cyberbully offenders are more likely to report higher levels of drug abuse, delinquent behaviors and violence which

cause self-harm. Suicide has always been related to cyberbullying. Suicide cases are substantially linked to cyber victimisation, and cyber victimisation is strongly linked to depression (Bauman &Walker 2013). Youth who have been harassed are more prone than those who have not been harassed to have suicidal thoughts, according to Lenhart et al (2011).

Youth who experienced cyberbullying also isolate him or herself in their room more than usual, losing interest in activities they normally enjoy, expressing dark thoughts or emotions, talking about suicide and many more serious consequences. Klomek et al38 investigated the link between cyber victimization, depression, suicidal thoughts, and suicide attempts among high school students in the United States. Cyberbullying victimisation was linked to greater melancholy affect and suicide behaviors, according to their findings. Moreover, many youths report critical health difficulties because of cyberbullying, including intense emotions of vulnerability, despair, anxiety, dread, and a lack of concentration in their work or studies.

The Value of the Framework

A framework aimed at linking how young people use the Internet and the consequences of that behaviors and future impacts. Based on the studies, it has proved that the Internet has brought a great influence on changing people's lifestyles (Dimaggio, 2001). It is because they can access all kinds of content from the Internet. Therefore, the behaviors of young people on the Internet not only brings consequences neither positive nor negative, but also has a potential impact on their future. The Internet provides tremendous opportunities to support all aspects of life (Cohendet, 2003). However, it also has a negative impact on young people because of their behaviors. Kim (2009) also defined the negative impact of the Internet on life. He explained the negative impact on real social interactions called social offline contacts. The potential negative effects affect everyone, especially for youth. It is because the youth stage is the most vulnerable stage in life. Youth will trust his peers more than his parents or teachers (Field, 2011: 35). It means that when their peers ask them to do some behavior on the Internet, they will follow their instructions. The framework illustrates the behavioral consequences of these behaviors. The framework also illustrates the future development of behavioral consequences. This article will theoretically propose the relationship between youth's online behaviors and their future development. Basically, the behavioral problems of adolescents are already one of the serious problems in society. Young people should know how to make good use of the Internet and distinguish between good and bad to ensure their future development.

Conclusion

The purpose of this research is to investigate the influence of teenagers' behavior on the Internet for their future. From the result above, we can conclude there are positive and negative consequence for young people nowadays using the Internet. This consequence includes communication, education, and network marketing without

borders from the positive side while Internet addiction, Internet fraud and cybercrime, and cyberbullying are the negative aspects of the using Internet.

In addition, we also study the relationship between activeness of young people and consequence of using Internet. There is no doubt that Internet become necessity in young people's lives as rapidly of advanced technology nowadays. However, the awareness of using Internet will completely and ultimately affect their future development and form a new lifestyle. Therefore, the young students should increase their awareness of benefit and harm that Internet can caused and also control their timing of using Internet.

Besides that, the relationship between the benefit of using Internet and future development are somehow correlated. It can be said that young people who spend a lot oftime on Internet by working, learning, and observing the things that they are interesting such as marketing, business, and communication will become successful person faster. In other words, Internet is a job that provided opportunity for young people to boost their ability.

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63 Create a Sunny World And Care For The Mental And Physical Health Of Young People

Ze Yu Wu, Jia Le Yang, Xiang Yi Lu, Xu Xiang Gao

Abstract

The physical health of adolescents is mainly divided into physical and mental health. The mental health problem of teenagers has been a hot topic of social concern, at the tip of adolescence, physical changes at the same time psychological development are also rapid. However, the schoolwork is overburdened, parents' expectations are too high, and many social ills are affected. Children with emotional instability, psychological problems, and even anxiety, depression and self-injury and other behaviors are worthy of the attention of the whole society. (ScienceDirect f 20J 7) With the acceleration of the pace of life in modem society, the proportion of the sub-healthy population in the youth population is increasing year by year, especially the physical condition of young people is showing a downward trend year by year. With the continuous progress of society, the demand for talent is getting higher and higher, young people shoul<||feeply realize that future development cannot be separated from a healthy physique. Therefore, purpose of this paper is to encourage young people with sound mental development and rising physical indicators to actively participate in sports, master health knowledge, understand the necessity of scientific physical fitness, and recommend fitness programs and methods suitable for their physical needs, so as to achieve the good purpose of lifelong exercise as a living habit.

Keywords: Teen, physical,physical, mental and mental health

Content

Common psychological problems among adolescents

Emotional category： the mood continues to be low, happy not to get up, feel that living is not interesting; Self-evaluation is too low, there is inferiority; Lose interest in the things you are interested in, be lazy, and have nothing to do with anything; Irritability, mood sudden high and low extremely unstable.

Learning class： tired of learning psychology, psychological pressure brought by the study, attention, exam anxiety; Weak will, not good test, easy to fall flat.

Interpersonal relations category： not good at communicating with classmates, interpersonal tension, always feel that others are not friendly to themselves, gcial fear; Closed any psychological communication with the outside world, including parents; The relationship between teachers and students is troubled, and the sense of separation from the family, etc.

Adolescent troubles： The confusion of puppy love, the fear of the opposite sex.

Depression： show no hope for school, future, mental distress, low mood. Some will have decreased appetite, sleep reduction, and serious people have a tendency to self-harm. (SpringerLink, 2013)

The cause of psychological problems among adolescents

Family factors

Family relations are not harmonious so that young people are in a state of depression for a long time. Parents expect too much from adolescents, or over-interfere and protect themselves, impose their own ideas on their children, pay too much attention to academic performance and ignore psychological changes. Parents and children lack emotional communication, do not understand the psychological trends of children.

School factors

(1) Some teachers lack a sense of equality, education methods are inappropriate, leading to an emotional confrontation between teachers and students so that students are depressed, nervous or anxious, (Science Direct, 2019.)

(2) Schools do not attach importance mental health education and psychological counselling rooms and do not have professional mental health teachers, seriously affecting the development of the mental health of young people.

Social factors

All kinds of bad social atmosphere can easily erode the formation of youth values, especially in today's era of Internet popularization, access to a variety of ideas and emotions of the channels increased sharply, it is easy to enter the misunderstanding.

The youth itself

The youth's easy impulse to produce the reverse psychology, to the new environment, cannot horse. adapt.

The self-consciousness development of young people is not mature enough, most students cannot evaluate themselves correctly, self-evaluation often depends on others, easy self-evaluation is too high or too low.

How can I help teenagers?

Parents help

Parents can do that. And the most effective way is to learn to listen and take their feelings seriously. They may want a hug, or they may want their parents to help them

change something, or they may need some other practical help, teach children the most basic psychological knowledge, and communicate with children in an equal way.

Schools help

Schools teach subjects, but also offer courses in mental health education, as well as counselling rooms to help children in need. Check students' mental health regularly, hold some lectures to relieve students' pressure on their studies. (WILEY Online Library f 2007) Teachers can also provide one-on- one counselling for students with problems.

Seek professional help.

Face up to your psychological troubles, seek professional help, consult through conversation or medication, and if teenagers don't want to talk to their families about their conversations with professionals, families should respect their privacy and leave them some space. (®lletin, 1982) Teenagers are a special group. We are often busy dealing with heavy schoolwork and other things and neglect physical exercise. In addition, our usual study life and we have to be unable to exercise for a long time, so we need physical exercise to strengthen our bodies. However, a good physical foundation is a guarantee of studying scientific and cultural knowledge at present, and also the guarantee of working life in the future.

The cause of physical problems among adolescents

Comparing the life of contemporary and former teenagers, in addition to studying, after-school time is mostly reading, participating in labour, or participating in sports activities, basketball, football, volleyball, single bar and double bar activities. Although the material conditions are relatively poor because there is no lack of exercise, they are healthy. Now teenagers have a little exercise for a variety of reasons.

Learning pressure, so that contemporary young people before entering the university rarely have the energy and habits of exercise.

Teenagers play games online so that some young people who have reached the state of obsession with the school are abandoned, not to mention exercise, especially in the current young people in the "house men and women "(BMC Psychiatry 2018) culture prevails, but also to promote this slack in sports, rest in the fitness of the bad atmosphere.

Some universities' sports facilities are not perfect, but also have a negative impact on students' participation in exercise. Especially for girls, except for very few people, ping-pong, badminton, and running, almost no girls can exercise the project.

Insufficient awareness of fitness, not aware of the importance of a good body for future development, the time allocated to exercise and fitness will naturally be less pitiable.

The effects of physical inactivity on young people

There have been many cases of the sudden death of students as a result of participating in sports. In various long-distance running competitions, due to ligament

strain being treated, serious injuries were sent to the hospital emergency rescue and amateur sudden death is not uncommon. In less than an hour of the new student ceremony, several students fainted at the scene. There are many more such incidents. Of course, it is not ruled out that there are pre-celestial factors but according to the published reason analysis, most of the time is due to the lack of exercise day after day. (American Sociological Association, 1987)

The importance of keeping health

Teenagers are the future of the country, and healthy young people also foreshadow the future development of (he motherland. There is a saying in China called: the young are strong; the country is strong. Young strong, young strong is multi-faceted, including ideological character, academic achievements, innovation ability, hands-on ability, but also physical health, physical strength, sports spirit. "The physical health of young people is related to personal growth, family happiness, national future, only actively participating in sports and fitness, strong physique, will, cohesion and youthful strength.

How do young people stay healthy?

High school students and (hose already working have more free time and more time for exercise than teenagers. According to a study, the optimal age of exercise for adolescents (before the age of 25) is when physical indicators of the body — including muscle endurance, cardiopulmonary function and skeletal muscle - are on (he rise, and results are most noticeable, even if they Iasi a long time. So teenagers can set aside one to two hours a day for exercise, and learning and physical exercise complement each other and do not conflict. {ScienceDirect, 2004)

Use the rest time during the period of school, school, the benefits of science popularization movement to all students, set up many societies, which are about sports such as swimming, badminton club, running club, and so on, the games or activities we regularly organize large-scale school activities to promote the students to love sport, let youth movement, as a kind of habit, the feeling of fall in love with sports.

Conclusion

Education is a complex system engineering, although the emergence of psychological problems of young people and the physical is a phenomenon, behind the link is a systematic, complex and comprehensive problem, the need for families, schools, social groups and governments to work together to create a comprehensive education and growth environment for children, so that children's tragedy will not be repeated. Adolescent physical fitness and health monitoring are not only about data changes, but more importantly, it is about suggesting that adolescent health education is not only reflected in physical education, but also a systematic project.

Regular physical exercise can promote normal growth and development of the body, strengthen the adaptability and mental health level of the outside world, improve the physiological function of the organ system, and improve the development of their

own physical fitness and basic motor ability. The rapid development of the body in adolescence, the development of good health during this period, for the future has laid a good foundation, but also for health and happiness of life to create high-quality conditions.

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64 Cross Campus Indonesian Student Exchange

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Abstract

This study is a study descriptive of the experiences of students who have successfully participated in the Merdeka Campus as future leaders of the nation with excellent and personality. Like what this program offers to students about exploring and learning about the cultural diversity of the archipelago, making friends with students from various regions, and learning opportunities at other campuses run by the Ministry of Education and Culture.

This research was conducted using a case study method through interviews, namely the snowball method and depth interview. Participants who became the subject of this study were members of the first batch of the Merdeka Campus program. The results of this study explain the effectiveness of the Student Exchange Program in supporting their educational, cultural, social, and economic aspects.
Keywords: Independent Student Exchange, Depth Interview, and Snowball Method

Introduction

1.1 Background

In the current era, creativity and innovation are important things to make Indonesia a developed country. Of course, young people and young women need to be ready to face new technologies and innovations that keep appearing without realizing it. Students who are currently studying in universities must be prepared to become real learners who are skilled, flexible and tenacious (agile learners). The Independent Learning Campus Policy which was launched by the Minister of Education and Culture is a framework to prepare students to become strong scholars, relevant to the needs of the times, and ready to become leaders with a high national spirit.

Student Exchange is a learning activity carried out by students outside their study program at the original university or at other universities in the country or abroad with a study load of 20 credits-40 credits. Among Indonesian students themselves, student exchange has become a familiar thing. However, most Indonesian students have been more interested in participating in student exchange programs abroad.

This is due to limited facilities from the government and universities to hold inter-campus student exchange programs. Therefore, in 2020, the Ministry of Education and Culture of the Republic of Indonesia realizes the dream of Indonesian students to carry out student exchanges between universities by organizing the Independent Student Exchange program and providing facilities in the form of pocket money for participants of the Independent Student Exchange program.

1.2 Scoup of The Problem

The limitations in this article are focused on the effectiveness of student learning in preparing to become individuals skilled, flexible and resilient (agile learners).

1.3 Problem Formulations

From the background above, the problem to be studied is whether the Merdeka Campus program is effective in preparing students to become individuals skilled, flexible and resilient (agile learners).

1.4 Purpose

Aim to be achieved is to inform students to become educated and broad-minded individuals.

1.5 Writing Methods

Method The writing method used in this article is a descriptive study by interviewing students who participate in the Merdeka Campus student exchange program. In addition, the article also uses the snowball method and depth interview, where the collection techniques of these two methods use interviews. As a supporter in analyzing student views regarding the benefits of the Merdeka Campus Student Exchange Program.

Research Objects and Methods

2.1 Snowball Method

Method The snowball method is a form of sampling that is very appropriate to use when the population is small and specific. In principle, this method takes a number of cases through the relationship of one person to another or one case to another, then looks for further relationships through the same process, and so on. The purpose of this study was to find out why students want to take part in the Independent Student Exchange Program, student interactions whe studying the Independent Student Exchange Program, and the culture they receive when studying the Independent Student Exchange Program at the Merdeka Campus.

2.2 Depth Interview

According to Bungin (2010), the in- depth interview method is the same as other interview methods, only the role of the interviewer, the purpose of the interview, the role of the informant and the method of conducting interviews are different from interviews in general. Something that is very different from other interview methods is that in-depth interviews are conducted many times and require a long time with informants at the research location, this condition has never happened in general. Something that is very different from other interview methods is that in-depth interviews are carried out many times and require a long time with informants at the research location, this condition never occurs in interviews in general (Bungin, 2010).

2.3 Student Exchange Program Kampus Merdeka

Independent Learning-Policy was issued by the Minister of Education and Culture of the Republic of Indonesia, Nadiem Anwar Makarim. The policy aims to improve the competence of graduates, both soft skills and hard skills, so that students are ready to face the various obstacles of an increasingly developing and complex era. In addition, to prepare graduate students as future leaders of the nation with superior and personality. One of the programs offered by the Merdeka Campus is the Independent Student Exchange Program which is expected to facilitate students in developing their potential according to their passions and talents.

Research Results and Discussion

Based on the research we have done, students who take part in this program are dominantly interested. Students feel that this program can support their educational, cultural, social and economic aspects. Like what this program offers students about exploring and learning about the cultural diversity of the archipelago, making friends with students from various regions, and learning opportunities at other campuses.

The Independent Student Exchange Program can be said to be effective. The following are the results of the analysis that strengthen this statement.

1. Students get new experiences in studying at other campuses learn
2. Student about new cultures through the archipelago module
3. Students can add relationships. On the other hand, there are drawbacks to this program, namely.

1. Some students have not received the promised pocket money and UKT discounts from this program
2. The coordinator in charge of each receiving university is still slow in responding

From the statement of the research respondents above, it shows that this program is really effective for the first batch of the Independent Student Exchange Program. However, on the other hand, the implementation of the Independent Student Exchange Program is also not free from shortcomings.

Conclusion

Based on the explanation that has been explained in the previous chapter, it can be concluded that the Independent Student Exchange Program took place effectively. On the other hand, we also provide a solution for the shortcomings of this program, namely the Merdeka Campus is more concerned with supervising or paying attention to the university that accepts students so that it can be better in the future. This can be realized, for example by providing direct supervisors from the Merdeka Campus in each province who will later serve as a means for students to report problems they experience in this program. There is also a solution for students who have not received pocket money and UKT discounts in this program. This can be done with the Merdeka Campus, which selects student data more. Then there are two categories, namely complete and incomplete student data. Thus, students with complete data are not involved in reducing their pocket money and UKT deductions.

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65 Application of Theory Planned Behavior to Cyberbullying among Malaysian Youth

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Abstract

Malaysia was ranked second in Asia for the phenomenon of cyberbullying among youth. The recent pandemic has changed the scenario of the education industry, where all physical classes are replaced with online learning. This caused the usage of digital platform to skyrocket during the pandemic. With the enforcement of social distancing worldwide, the online platform has become the new norm for meeting, teaching and learning, as well as socializing. This development leads to a rise in cyberbullying. Employing the theory of Planned Behavior, this paper intends to examine if an individual's attitude, subjective norms, and perceived behavioral control impact cyberbullying behavioral intention among Malaysian youth. The findings confirmed the influence of individual attitude, subjective norms, and perceived behavioral control on the behavioral intention of cyberbullying. Hence, to curb cyberbullying, the government and educational institutions need to focus on changing youth's attitude towards cyberbullying, as well as using significant others to impact on youth's perception of cyberbullying.

Keywords: Cyberbullying, Attitude, Subjective Norms, Perceived Behavior Control, Malaysia

Introduction

The advent of internet resulted in the debut of cyberbullying, which escalated in recent years (Lee et al., 2013; Macdonald & Bridget, 2010). Cyberbullying is a form of bullying or harassment that occurs online through the internet (Anwar et al., 2020). In cyberbullying, aggressive individuals attempt to hurt another defenseless individual or groups through the social media platform (Belsey, 2007; Handono et al., 2019; Lee & Wu, 2018; Tokunaga, 2010). Cyberbullying takes the form of spreading fake news about the victim, libel, lurid imitations, or ousting a person from a group (Handono et al., 2019; Kowalski et al., 2008; Tudkuea & Laeheem, 2014). Victims of cyberbullying tend to experience psychological distress, which eventually resulted in the victims suffering from physical and mental health issues (Kowalski et al., 2008). They become anxious, stressful, sad, disappointed, and possess low self-esteem (Broll et al., 2018; Kowalski et al., 2014; Patchin & Hinduja, 2008, 2010), which may cause the victim to have suicidal ideation or to actually commit suicide (Lee et al., 2020; Iranzo et al., 2019). The recent tremendous increase in cyberbullying and the surge in the number of youths committing suicide as a consequence of cyberbullying (New Strait Times, 2020; The Star, 2020) warranted more public attention. This article aims to investigate factors influencing the act of cyberbullying, using the theory of Planned Behavior as the

theoretical background. Specifically, this study examines the relationship between youths' attitude, subjective norms, perceived behavioral control, and behavioral intention towards cyberbullying. It is hoped that the findings of this research can help the public in general and the government in particular to have better understanding of the phenomenon, which will enable them to take proper actions or interventions to curb the incidence of cyberbullying and reduce the occurrence of its negative consequences.

Literature Review and Hypotheses

In this study, the underlying theory applied is the theory of Planned Behavior (TPB) (Ajzen, 1991). TPB theory asserts that people's intention to act a particular behavior is influenced by three major situations, which are: (i) a person's attitude toward the behavior, (ii) the subjective norms (perception of an individual towards what essential others think of the behavior), and (iii) the perceived behavioral control (the perceived ease or difficulty of acting the behavior). All these three components impact on individual's intention to perform a behavior (Ajzen, 1991). Therefore, TPB can be used to forecast the youth's perpetration of cyberbullying.

Attitude is a person's feeling toward a situation, and it portrays whether the person is favorable towards the specific object or situation (Fishbein & Ajzen, 2000). If the person is favorable towards the matter, they will perform in a positive attitude towards the behavior (Heirman & Walrave, 2012). Conversely, if their attitude towards the behavior is negative, they will refrain from performing the behavior (Hongjin & Euikyung, 2016). Previous research (Barlett & Chamberlin, 2017; Kircaburun & Bastug, 2016; Heirman & Walrave, 2012; Shirley & Liang, 2017; Williams & Guerra, 2007) mentioned that the youth's positive attitude towards cyberbullying would influence them to carry out the cyberbullying behavior more frequently. In other words, when the youths have a positive feeling towards cyberbullying, they will continue their perpetrating behavior. Thus, the following hypothesis is being proposed:

H1: There is a significant relationship between attitude and behavioral intention towards cyberbullying among the youths.

Subjective norms refer to an individual's normative beliefs. It denotes social pressures from vital or significant reference groups (friends or parents) (Eojina et al., 2013). Ajzen (1991) noted that when a person perceives and considers other people's opinions as positive, they will repeat the action more frequently. Conversely, if they perceived that people around them disapprove of the act, then they will not repeat the action. In this way, subjective norms can encourage the individual to behave in a certain way or restrict an individual from participating in a certain act. A person with a high level of subjective norms will be easily influenced by the people around them. At the same time, they will behave in a way approved by those surrounding them. In other words, when the youths observe that cyberbullying is an accepted behavior, they will follow and perform the act of cyberbullying. The major concern of people high in subjective norms is to be able to be assimilated into the social

group. On the other hand, if the act is disapproved by significant others, the act will not be repeated. Therefore, it is proposed that:

H2: There is a significant relationship between subjective norms and behavioral intention towards cyber bullying among youths.

Perceived behavioral control plays an important role in a person's intention to act a specific behavior (Ajzen, 1991). It is the person's perception of their ability to perform a given behavior (Smith, 2015). Youth with a high level of perceived behavioral control will probably perform a specific behavior (Barua, 2013). In other words, youths with a high level of perceived behavioral control will perform cyberbullying more often. The youths will become cyberbullying victims if they lack the perceived ability to cope with the situation and a lack of self- efficacy to intervene (Gini et al., 2008; Pepler et al., 1994). Thus, we propose that the following hypothesis:

H3: There is a significant relationship between perceived behavioral control and behavioral intention towards cyber bullying among youths.

Research Methodology

This study employs a quantitative survey method. The questionnaires were created in Google Form and shared with the targeted respondents through the social media platform (Facebook and Instagram). A total of 200 invitations were sent randomly to the youths. Partial Least Square (PLS) modeling employing the Smart PLS 3.2.8 software was used to validate the measurement model and to determine the structural model in this study (Ringle, Wende, & Becker, 2015).

Instrument

The scale for attitude was adopted from Barlett and Gentike (2012). A 5-point Likert scale, which ranges from 5 refers to "strongly agree" to 1 refers to "strongly disagree", was employed for the respondents to indicate their choice of responses. An example of the item includes, "It makes me feel good to use internet to send texts that make fun of others" . The measurement for subjective norms was adopted from Ho et al. 's (2017) study. A 5-point Likert scale, where 5 refers to "strongly agree" and 1 refers to "strongly disagree", was used to collect the respondents' responses. An example item for subjective norms is "Most of my friends would expect me to make aggressive or threatening comments to someone on social media". Perceived behavioral control was measured by a scale developed by George (2004). A 5-point Likert scale, where 5 refers to "strongly agree" and 1 refers to "strongly disagree" was employed. An example of the item includes "I am capable of bullying others over the internet". Behavioral intention towards cyber bullying was adopted from Venkatesh et al. 's (2012) study. A 5-point Likert scale, where 5 refers to "strongly agree" and 1 refers to "strongly disagree" was used to measure the responses. An example of the item is "I intend to continue using internet to bully others in the future" .

Respondents' Profiles

Of the 200 questionnaires distributed, only 84 were returned, giving a response rate of 42%. Fifty percent of the respondents were female/male. Majority of the respondents (46.43%) were Diploma holders, followed by degree holder (42.86%), and Sijil Pelajaran Malaysia (SPM) holders (10.71%). Most of the respondents (91.67%) spend several days per week on the internet. Only a minority of the respondents (8.33%) use the internet every day. Majority of respondents (42.86%) use the internet for their leisure time, 40.48% of the respondents use internet for communication, followed by news (9.52%), and gaming (7. 14%). Table 1 presents a summary of the respondents' profile.

Table 1
Profiles of Respondents

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	42	50.00
	Female	42	50.00
Level of Education	Sijil Pelajaran Malaysia (SPM)	9	10.71
	Diploma	39	46.43
	Degree	36	42.86
Frequency of Using Internet	Everyday	7	8.33
	Several days a week	77	91.67
Purpose of Using Internet	Leisure time	36	42.86
	Communicate	34	40.48
	Gaming	6	7.14
	News	8	9.52

Results

Measurement Model

The validity and reliability of the instruments were investigated based on the guidelines suggested by Hair et al. (2019) and Ramayah et al. (2018). As suggested by Hair et al. (2019), the value of the loadings should be more than 0.5, while the value of the average variance extracted (AVE) should be more than 0.5. Similarly, the value of the composite reliability (CR) should be more than 0.7. Table 2 showed that all loadings in this study were acceptable, the AVEs were greater than 0.5, and the CRs were greater than 0.7. Three items of the attitude scale were deleted due to low loading values.

Table 2
Measurement Table

Constructs	Items	Loadings	AVE	CR
Atitude	A1	0.543	0.52	0.865
	A2	0.861	6	
	A3	0.833		
	A4	0.759		
	A5	0.498		
	A8	0.775		
Perceived	PBC1	0.693		
Behavioural Control	PBC2	0.884		0.924
	PBC3	0.876	0.80	
	SN1	0.849	3	
Subjective Norms	SN2	0.912		0.961
	SN3	0.874		
	SN4	0.922	0.80	
	SN5	0.907	5	
	SN6	0.917		

Note: A6 and A7 deleted due to low loadings

Structural Model

Path coefficients, the standard errors, t-values, and p-values for the structural model were determined using a re-sample of 5,000 for the bootstrapping procedure (Hair et al., 2019; Ramayah et al., 2018). In addition, integration of criteria (p-values, confidence intervals, and effect sizes) was employed for hypotheses testing (Hahn & Ang, 2017). Table 4 depicted the summary of hypotheses testing. Attitude ($\beta = 0.17$, $p < 0.05$) was found to relate positively and significantly to behavioral intention towards cyberbullying. Subjective norms ($\beta = 0.488$, $p < 0.05$) was also found to relate positively and significantly to behavioral intention towards cyberbullying. Perceived behavioral control ($\beta = 0.225$, $p < 0.05$) related positively and significantly to behavioral intention towards cyberbullying. Hence, H1, H2, and H3 were all supported.

Table 3
Hypothesis Testing Direct Effects

Hypothesis	Relationship	Std Beta	Std Error	t-values	p-values	Decision
H1	Attitude -> Behavioural Intention	0.17	0.084	2.033	0.042	Supported

H2	Perceived Behavioural Control -> Behavioural Intention	0.225	0.108	2.086	0.037	Supported
H3	Subjective Norms -> Behavioural Intention	0.488	0.107	4.553	0	Supported

Note: We use a 95% confidence interval with a bootstrapping of 5,000

Discussion and Conclusion

This study examined the relationship between individual attitude, subjective norms, perceived behavioral control, and behavioral intention towards cyberbullying. The relationship between attitude and behavioral intention towards cyberbullying was significant in the study. This result is consistent with the findings of previous studies (Lee & Wu, 2018; McLaughlin et al., 2005; Rigby & Johnson, 2006). Youth's attitude towards cyberbullying is significantly correlated with the youth's behavioral intention to commit cyberbullying (Auemaneekul et al., 2019). Thus, the most effective way to prevent cyberbullying is to change the attitude of youths. Cyberbullying awareness programs could be implemented by the government and other institutions so that youths are aware of the occurrence of cyberbullying and its negative physical as well as psychological impact of cyberbullying. At the same time, youths should be exposed to the knowledge of ways to prevent the occurrence of cyberbullying and interventions available to reduce the negative psychological impact of cyberbullying.

The relationship between subjective norms and behavioral intention towards cyberbullying was significant in this study. The result is consistent with the findings of previous study (Vlaanderen et al., 2020). When the youths have higher level of subjective norms, they are highly influenced by significant others in their surroundings. This means the views of the reference groups will impact significantly on youth's behavior. In particular, youth response positively to peer-influence. Hence, the most effective way to prevent cyberbullying is to use peers to influence their attitude towards cyberbullying. It is recommended that the Malaysian government to take prevention action to enhance youth's knowledge and awareness about the negative consequences of cyberbullying, and to impose necessary punishment to prevent cyber bullying.

This study also found that perceived behavioral control has significant impact on youth's behavioral intention towards cyberbullying. The finding is consistent with the results of previous research (Sasson & Mesch, 2016). This means that perceived behavioral control can influence the youth's behavioral intention towards cyberbullying.

Hence, it is suggested that the Malaysian government should organize more awareness campaign about the negative consequences of cyberbullying. This is because

knowledge and awareness can change the youth's attitudes towards cyberbullying (Espelage & Sung, 2017; Williford et al., 2013). With increased knowledge and awareness, youth can prevent themselves from becoming cyberbullies and at the same time, they can exert influence on their friends. Simultaneously, the government should consider including the topic of cyberbullying in the educational programs. Furthermore, the government is encouraged to educate the youth on the ethical use of internet and social media. When the youth realize cyberbullying is incorrect and unethical, their intention to cyberbullying will be reduced. This will eventually reduce cyberbullying behavior among youth.

This research managed to raise the concern and the awareness about cyberbullying among youth in Malaysia. Nevertheless, there are two limitations in this study. The first limitation relates to the small sample size in the study. The second limitation is that this study focuses on cyberbullies only. Future research should endeavor to increase the sample size and extend the scope of study to include cyberbully victims and bystanders.

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66 Cyberbullying among youth in developing countries: A systematic review

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Abstract

In today's tech-mediated world, cyberspace has spread beyond the Internet and as a result, it is high time we explored the embryonic issue of cyberbullying among youth. This systematic review aims to categorize the aspects of cyberbullying encountered by young females in developing countries. A total of 811 research items published in the Scopus database during the period 2007-2021 were explored. Using the PRISMA flow diagram, 47 relevant publications were identified and synthesized. Term co-occurrence network map has been constructed using VOSviewer based on the bibliometric data. Subsequently, cross mapping the bibliometric terms with the in-depth qualitative interviews piloted in a developing country, authors developed three themes, i.e., social bullying, psychological bullying, and invasion of privacy. The findings of this research reveal that cyberbullying comprehends social, psychological, and invasion of privacy aspects for young females in developing countries. Finally, this qualitative paper ends with further research directions in this specific domain.

Keywords: Cyberbullying; Youth;Developing country;Systematic review;Bibliometric; PRISMA.

Introduction

Bullying and oppressive behavior have been prevalent around the globe for a very long time, but it has worsened with the mass use of the internet. Cyberbullying has been characterized and deemed as a new dimension of bullying behavior. This new dimension of bullying refers to the hostile behavior that is directed at one or more people using digital technologies. These digital technologies include different communication tools like the Internet and cell phones (Alipan et al., 2020; Budd et al., 2020). Most cyberbullying incidents are occurred using these communication tools (Khine et al., 2020; Vyawahare & Chatterjee, 2020; Kasahara, Houlihan, & Estrada, 2019) specifically on social media platforms (Jones, Plumb, & Sandage, 2021; Abaido, 2020; Parris et al., 2020; Van Bruwaene, Huang, & Inkpen, 2020). In most cyberbullying incidents, youth (aged between 15-24 years) is targeted intentionally and deliberately (Masquelier et al., 2021; Yusuf, Hassan, & Ibrahim, 2019; Barch et al., 2018; Berhan & Berhan, 2015).

Among the cyberbullying incidents, statistics show that over 65% of parents around the globe have identified cyberbullying on social media platforms as one of their paramount concerns (Choi, Jeon, & Kim, 2021; Xu & Trzaskawka, 2021; Eweida et al., 2021). In the context of social media platforms, 42% of young adults faced

cyberbullying on Instagram, 37% on Facebook, 31% on Snapchat whereas 9% conveyed having experienced cyberbullying on Twitter (Cook, 2020; Ramos Salazar, 2020). As a result, Facebook has removed 8.8 million pieces of disrespectful content (Statista, 2021a) and 25.2 million pieces of content with hate speech (Statista, 2021b). Besides, Google-owned video-sharing platform YouTube has deleted a total of approximately 9.57 million videos with misleading and fake information (Statista, 2021c).

Cyberbullying is tremendously prevalent in developing countries. For instance, developing countries such as India and Brazil are the top two nations where cyberbullying has been rampant. Females are more likely to be victims of cyberbullying in developing countries (Zsila et al., 2019; Alhajji, Bass, & Dai, 2019; Foody et al., 2019; Wong et al., 2018; Hong & Cheng, 2018; Kırcaburu & Tosuntaş, 2018) and it has been estimated that nearl 38.7 percent of female students found themselves cyberbullied (Cilliers & Chinyamurindi, 2020; Tran, Weiss, & Nguyen, 2020).

But the forms and aspects of cyberbullying occurring on a rampant scale in developing countries need investigation (Kintonova, Vasyaev, & Shestak, 2021; Ghandour, Shestak, & Sokolovskiy, 2021; Vasyaev & Shestak, 2020). Along with these previous studies, Saleem, Khan, & Zafar (2021); Ngo et al. (2021); Karthikeyan (2021); Chudal et al. (2021); Deryol, Wilcox, & Stone (2021) have called for further research to explore the aspects of cyberbullying confronted by the young females in developing countries. Hence, this research reinforces to inspect the subsequent research question.

What are the aspects of cyberbullying faced by young females in developing country context?

To review and bridge the research gap, a bibliometric analysis of existing literature has been performed and later compared with in-depth qualitative interviews for further study escalations.

Methods

For this research, the authors followed the basic four-step scheme as proposed by van Oorschot, Hofman, & Halman (2018); Randhawa, Wilden, & Hohberger (2016); Kovacs et al. (2015). The steps are literature exploration, selection, data and information abstraction, and result reporting. For this qualitative systematic review, we compared the results with the opinions gathered from six Bangladeshi females (aged between 15-24 years) who experienced cyberbullying personally. Using convenient sampling technique, six respondents were selected and reached (Saif, Rahman, & Mostafa, 2021; Islam et al., 2021). Six in-depth qualitative interviews were sufficient and acceptable (Baker & Edwards, 2012; Guest, Bunce, & Johnson, 2006). The qualitative data concerning the forms and aspects of cyberbullying were transcribed and analyzed thematically (Vaismoradi, Turunen, & Bondas, 2013; Braun & Clarke, 2006).

2.1. *Literature exploration*

A systematic search for published research documents on cyberbullying among youth in developing countries was executed. For this, the authors used the Scopus database because of its comprehensiveness and interdisciplinary coverage. As the

Scopus database exhibited search results from 2007, therefore, authors have initially chosen 2007 as the starting year.

Table 1. Search parameters.

Search expression	Search inside	Date array	Query expression	Number of documents
Cyberbullying among youth in developing country	All fields	2007 to Present	ALL (cyberbullying AND among AND youth AND in AND developing AND country) AND PUBYEAR > 2006	811

Table 1 shows a total of 811 documents that were initially retrieved from the Scopus database.

2.2. *Selection process*

For the literature selection procedure, PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analysis) flow diagram was applied to identify the required documents as suggested by Borenstein et al. (2021), Higgins et al. (2019), and Moher et al. (2009).

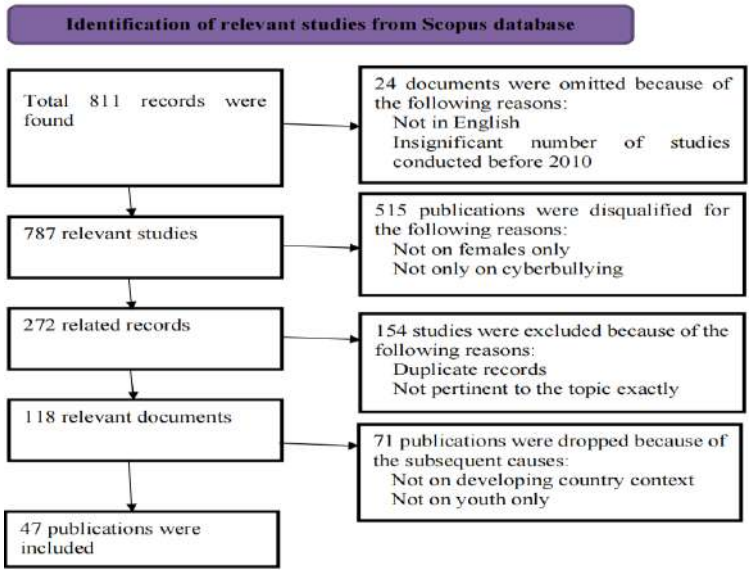


Figure 1. Outcome of the PRISMA flow diagram

Figure 1 illustrates the step-by-step proprieties followed by the authors to trace the ultimate number of publications. Total 47 documents have been retrieved in the end through the PRISMA flow diagram.

2.3. *Data and information abstraction*

After retrieving the 47 relevant documents, the authors extracted the bibliometric information with respect to the publication titles, abstracts, and keywords. Bibliometric evidence is compulsory for knowing the research trends (Pico-Saltos et al., 2021; Nicolas, Valenzuela-Fernández, & Merigó, 2020; Makawana & Jhaveri, 2018). Therefore, bibliometric information has been extracted from the Scopus database in RIS (Research Information Systems) file format.

2.4. *Result reporting*

For reporting the results, at the outset, the authors used VOSviewer software to create network maps based on accumulated bibliographic information. Co-occurrence as the category of analysis and keywords as the unit of analyses were set (Saif, Rahman, & Mostafa, 2021). The full counting technique was followed. After that, term co-occurrence network mapping was done based on extracted text data using VOSviewer. After the technical reporting of the published documents, the researchers conveyed the outcome of six in-depth qualitative interviews which were complemented to the systematic reviews for yielding new insights.

3. Results

Figure 2 demonstrates the networking map derived from bibliographic information. Co-occurrence as the category of analysis was fixed. The keywords of the respective publications were set as the unit of analysis.

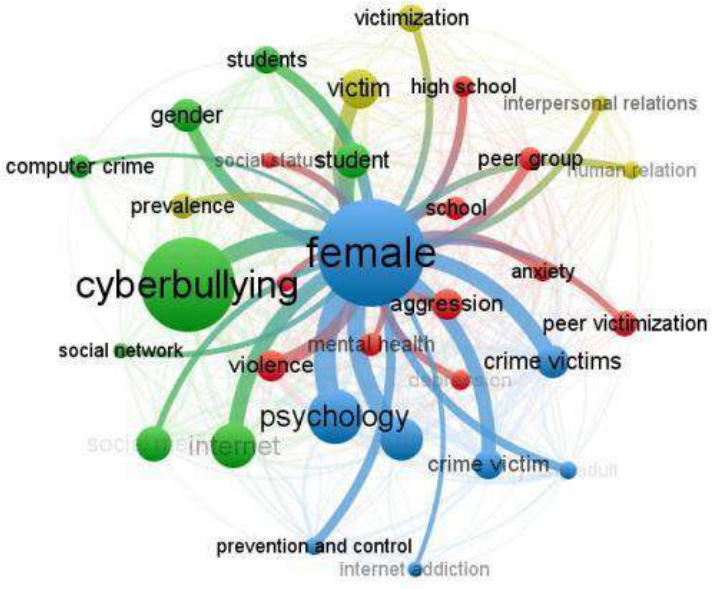


Figure 2. Network mapping based on bibliographic information (full counting process)

The map shows a network of terms that are closely linked to the two bigger circles of this research. Two bigger circles, female and cyberbullying are closely linked to major terms like psychology, internet, victim, crime victims, and violence. Victimization, students, social status, peer victimization, anxiety, gender, social network, internet addiction, prevention and control, computer crime, violence,

prevalence, interpersonal relations, human relation, mental health, aggression, school, peer group, high school are the secondary level terms.

Figure 3 demonstrates the term co-occurrence map that is based on the text data derived from the title and abstract of the respective studies.

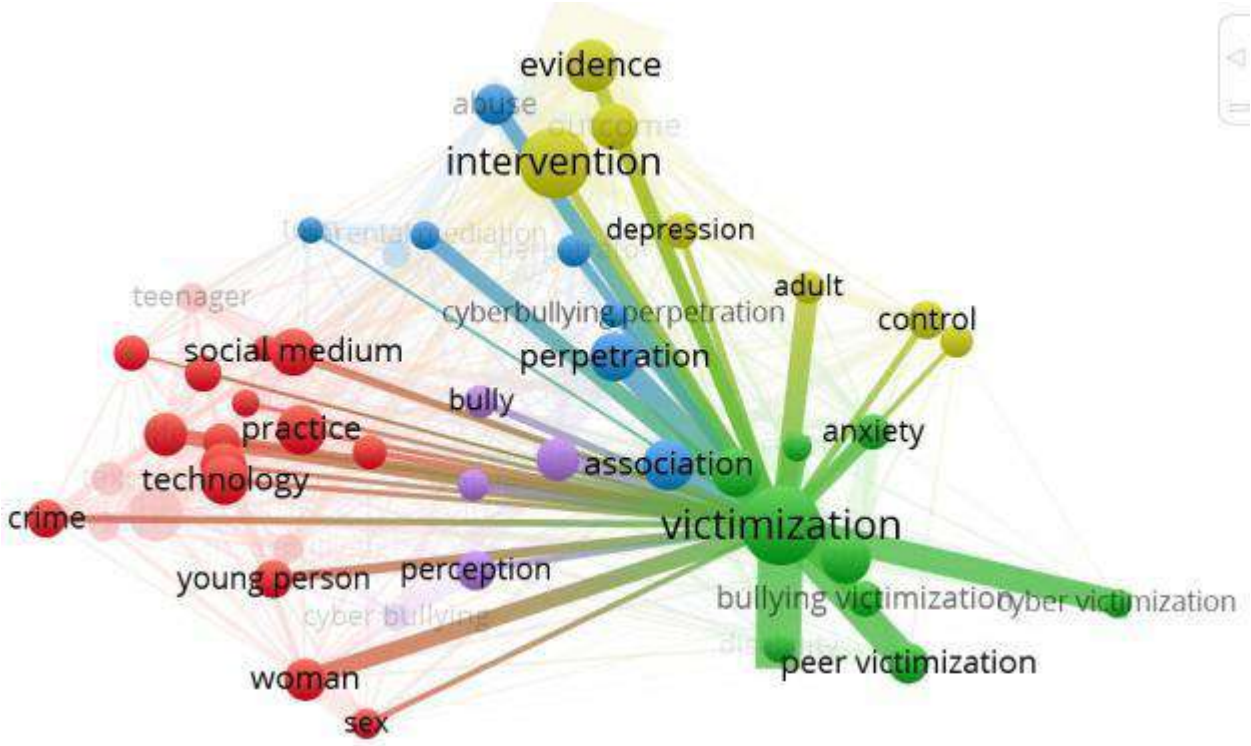


Figure 3. Term co-occurrence mapping based on text data (full counting scheme)

Victimization and intervention are the major two terms associated with cyberbullying. Other dominant and connected terms in the map are evidence, association, practice, technology, perpetration, and social medium. Crime, woman, young, perception, sex, depression, peer victimization, cyber victimization, anxiety, control, and adult are identified as the secondary level terms.

4. Interview results

The interview sessions were conducted from July, 2021 to August, 2021. Researchers used a cloud- based teleconferencing platform, Zoom due to COVID- 19 concerns. Respondents were informed earlier about the purposes of the current study and due to the sensitivity of the topic, the identities of the respondents have been kept confidential. The duration of each interview was approximately 25 minutes on average.

Table 2. Respondents' profile

Respondents	Age	Residence	Commonly used social media platforms
Respondent 1	21 years	Dhaka city	Facebook, WhatsApp
Respondent 2	18 years	Dhaka city	Facebook
Respondent 3	20 years	Chattogram city	Facebook, Instagram
Respondent 4	16 years	Dhaka city	Facebook
Respondent 5	21 years	Dhaka city	Facebook
Respondent 6	18 years	Dinajpur city	Facebook

Respondent 1 of this interview is 21 years old and lives in Dhaka city. According to her, some of the common cyberbullying phenomena include sending random messages at Facebook Messenger containing lewd languages and indecent pictures and videos, which are mostly done by fake IDs at Facebook, making random calls at any time of the day even in the middle of the night at Messenger. She said the most common places where incidents of cyberbullying occur are Facebook, WhatsApp, and Instagram.

Six months ago she started receiving continuous messages and calls in her Facebook Messenger and WhatsApp from a known person (a senior male student of her University). Upon blocking that person, he made his friends message her from 15-20 different fake IDs. Besides, she also received countless calls on her WhatsApp and phone from 8- 10 different numbers.

"I woke up to nonstop calls from different unknown numbers in the middle of the night. This horrific disturbance continued for about a month." – Respondent 1.

This series of incidents severely disturbed her psychologically. As a result, this had a sheer detrimental impact on her academic grades.

Respondent 2 of this interview is 18 years old and lives in Dhaka city as well. Some of the common types of cyberbullying according to her include hacking ID through fishing links, circulation of fake news or propaganda, ID hacking especially through the fishing links lewd messages, and circulating private photos and videos causing sheer privacy invasion.

"Facebook ID hacking is a quite common scenario nowadays and it affects the privacy of a person severely."- Respondent 2.

In the year 2020, she became a victim of an online fraud circuit for which she lost BDT 30,000. The man of the fraud group who communicated with her through Facebook, took 7 months to build a friendship with her as well became a good acquaintance of her family. The person did everything to gain her trust and his ID did not seem like a fake ID as well.

This utter fraudulence impacted her mental health which left her to suffer from insomnia for 5 months.

Respondent number 3 is a female of 20 years old and lives at Chattogram city. From her perspective, some of the common types of cyberbullying include the circulation of morphed photographs, lewd messages, and obscene comments on the photos posted on Facebook and Instagram.

"Cyberbullying is the virtual version of eve-teasing."- Respondent 3.

In 2019, she was framed by one of her female cousins who morphed the photos of the respondent and her lover and circulated them to her family members from a fake Facebook account. The respondent did not receive any support from her family members, rather was bullied by them and her relatives as well. This resulted in a severe form of group bullying which started from an incident of cyberbullying. The family members harassed the respondent by saying that she will be left alone as no decent man would be interested in marrying her. The overall impact of all forms of bullying was tremendous. The respondent suffered from mental trauma accompanied by loss of sleep and appetite. She also developed suicidal tendencies.

The 4th respondent is a female of 16 years old and lives in Dhaka city. From her point of view, some of the common forms of cyberbullying include trolling, creating disturbances through fake Facebook IDs, lewd messages at Facebook Messenger, obscene comments in posts or photos at Facebook and Instagram, and calling through Facebook Messenger without permission. She thinks the most common platforms for cyberbullying incidents to occur are Facebook and Instagram. Four months back, when she started using Facebook recently, someone took a few photos of her from her Facebook posts and circulated them in different indecent and inappropriate groups.

Besides, they mentioned her name and Facebook ID along with her photos and said that she is available for prostitution. After that, she started receiving heinous messages and filthy proposals. Upon being severely traumatized by this incident, she became a sufferer of depression.

"I totally lost my appetite and had a terriblefeeling offear and embarrassment. The incident still haunts me sometimes."- Respondent 4.

Respondent 5 is a female of 21 years old and lives in Dhaka city. Some of the common forms of cyberbullying according to her include threats and lewd messages through fake Facebook IDs at Messenger and continuous calls at Facebook Messenger.

"Facebook and Facebook Messenger are the most common platforms where cyberbullying takes place." - Respondent 5.

One and a half years back, a senior male student at her university proposed to her. Upon refusing her the person threatened her several times through Facebook Messenger. When she blocked the person, she started receiving lewd messages from different fake Facebook IDs.

This incident had a severe harmful impact on her mental health, and she was deeply engulfed by a feeling of fear and anxiety.

Our 6th respondent is an 18-year-old female who lives in the Dinajpur district. From her point of view, some of the common forms of cyberbullying are spreading negativity, body shaming, trolling. And most of those are done with the help of fake Facebook IDs. She thinks the most common platform for cyberbullying incidents to occur is Facebook.

When respondent 6 did her first Facebook live last year, the experience was unexpectedly traumatizing. While she was conducting her live show, 3-4 people kept on putting terribly lewd and offensive comments on her live stream. All those were fake IDs and to her utter astonishment, all those IDs were deactivated just after her live show ended. This implies that the bullying was pre-planned and was done by a certain group. After seeing those lewd comments, some other people also started putting demeaning comments on her posts.

"I was absolutely shocked to see that one of those bullies was a kid of class six! It is extremely sad to see the moral degradation of the young generation, particularly from such a tender age." -Respondent 6.

The incident impacted her mental health, but she was able to recover quickly.

5.Themes development

At this point, the authors developed themes by cross mapping the bibliometric expressions from the meta-analyses with the terminologies obtained from six in-depth interviews.

Table 3. Themes development process

Terms identified from the meta-analysis	Terms identified from qualitative interviews	1st level association	2nd level association	Themes
Female, cyberbullying, psychology, student, social network, anxiety, crime, violence, mental health, internet, human relation, internet	Random messages, Facebook, fake Facebook IDs, indecent photos, indecent messages, indecent videos, Whatsapp, Instagram, unknown, student,	Harassment by peer group, mental trauma, continuous disturbance by unknown people, insomnia resulting from depression,	Symptoms of mental disorders, disrupted lifestyle, lack of trust in people, fear of betrayal and being mocked	Psychological bullying

addiction, victim, crime victim, social status, aggression, peer group, computer, prevalence, intervention, victimization, technology, depression, evidence, peer victimization, sex, anxiety, practice, abuse, young person, adult, perception, bully, teenager	harassment, trauma, disturbance, Facebook ID hacking, circulating private photos, nonstop calls, disruption of privacy, insomnia, social media platform, loss of appetite, suicidal tendency, trolling, embarrassment, fear, body shaming, group bullying, pre-planned, suicidal tendency, degradation, lewd comments, impacted, young, Facebook messenger, morphed	unstable mental state, group abuse, loss of confidence, loss of appetite due to anxiety, self-harming behavior		
		Inappropriate uses of women's photo, trolling, crime on social media, group bullying, social decadence, victimization on social platforms, misuse of internet and technology, defaming, perpetrators of different age groups, moral degradation	Abusive online propaganda, group bullying on social platforms, victimizing and cornering females in online platforms, social exclusion, social media abuse, and criminalization	Social bullying
		Hacking, online scam, spreading private photos and videos through various means, leaking private	Invading personal space and time, defamation caused by publicizing of private	Invasion of privacy

		information, circulating manipulated or morphed photos, spreading rumors online, sharing fake or false information through different virtual platforms, disclosing private messages online	information, public disclosure of private photos, videos, and messages	

6. Discussion and conclusions

The three themes developed from the cross-mapping are psychological bullying, social bullying, and invasion of privacy. Some of the terms derived in the 1st level association of the theme of psychological bullying are mental trauma, insomnia resulting from depression, and self-harming behavior. For the 2nd level association, the terms found were disrupted lifestyle, lack of trust in people, and fear of betrayal and being mocked. Thus, it can be asserted that cyberbullying has a severe impact on the mental health of young females. Moreover, as a result of sheer psychological bullying, they tend to develop disrupted lifestyles and fear mixing with people. This loneliness and social exclusion trigger further deterioration of their mental well-being.

The 1st level association of the second theme, social bullying, includes trolling, defaming, victimization on social platforms, etc. Some of the terms found from the 2nd level association are abusive online propaganda, group bullying on social media platforms, criminalization, and social media abuse. From the results, it can be said that cyberspace and social media platforms are playing a vital role in exacerbating social bullying and can lead to the social exclusion of many young females.

The third theme developed from the cross-mapping is the invasion of privacy. The 1st level association includes hacking, circulating private photos and videos, sharing fake or false information, etc. The 2nd level association includes invading personal space and time, public disclosure of private photos, videos, and messages. From the results, it can be claimed that cyberbullying has resulted in a severe loss of privacy among youth especially young females, and due to the sheer misuse of online platforms, the personal space of youth is diminishing, and they are also being potential victims of scams or fraud.

Thereby, from the above results, the serious detrimental impacts of cyberbullying on youth can be clearly understood. Due to easy online access, bullying behavior can be practiced across the globe with just a click. Only a single click can allow the perpetrator to reach anyone and impact their mental health even without revealing the perpetrator's identity. Thus, it can be concluded by saying that the policymakers of the world need to figure out robust measures to tackle this atrocity and save the lives of numerous young females across the globe, who are severely suffering from an invasion

of privacy, social bullying, and psychological bullying, only because of the atrocious cyberbullying. The findings and implications of current research may be extended further by empirically testing these three aspects of cyberbullying.

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67 Depression Among Teenagers: A Conceptual Paper

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Abstract

This paper indicates the relationship between teenagers and depression. This study aims to understand the psychological status of adolescent depression and explore how to provide psychological counseling and effective treatment for adolescent depression patients. The framework also discusses how adolescent depression affects their lives. This study made a summary analysis regarding domestic and foreign data on adolescent depression. The main psychological manifestations of adolescent depression patients are loneliness and helplessness, hostility to others, failure and frustration, and obvious obstacles to social adjustment. Adolescents with depression need everyone's help and psychological support, and a comprehensive psychological evaluation should be carried out during the treatment process.
Keywords: Adolescents; Depression; Psychological Intervention; Treatment

Introduction

Depression is a common mental illness, mainly manifested as depression, not interested in anything, feeling pessimistic in the face of anything, lack of initiative, physical discomfort, etc. Compared with adults, depression in adolescents is more subtle and difficult to detect. It usually takes a slow process and increases the risk of depression in adulthood by 2 to 4 times. Depression in adolescents is at risk of recurrence. Depression can affect the growth and development of adolescents, affect their performance in school, their relationship with peers, and may even lead to suicidal psychology. In recent years, the incidence of depression in adolescents has gradually increased, but the proportion that can be detected in time is gradually decreasing.

Studies have shown that peers have become a particularly important source of influence in elementary school (Stauffacher & DeHart, 2006) and continue to greatly impact the middle school stage (Cunningham et al., 2010). According to Maycock et al. (2008), both home and school have an impact on the psychology of young people. Given the above situation, some scholars recently believe that adolescents' family environment and interaction can reduce the occurrence of depression in adolescents (Spriggs et al., 2007). Others believe that adequate interventions for common risks and protective factors in late childhood may prevent depression in adolescence (Roberts et al., 2010).

Factor

Adolescent depression is a common mental disorder in clinics. No one knows exactly why, but it happens for several reasons. For young people, it has a serious

impact on their physical and mental health, their learning and future achievements, a burden on their families, and a high incidence of mental health problems in adulthood. Further understanding of the influencing factors of adolescent depression is essential to understand youth depression and prevent the occurrence of youth depression. From the perspective of studies on adolescent depression, the pathogenesis of depression mainly involves monoamine neurotransmitters, neuroendocrine, neuron damage, and cytokines. The etiology of adolescent depression can be roughly attributed to genetic factors, pressure factors, personality factors, alcohol or drug factors, and other factors.

Family and twin studies find that nearly 40% of individual differences in risk for the major depressive disorder can be explained by genetic factors. Like most mental disorders, major depression is likely influenced by genetic changes in many individuals. The offspring of people with depression are three to four times more likely to develop depression than their healthy offspring. (Rice F et al., 2002). At the same time, the risk of depression was greatest in children whose parents' developed depression before the age of 17, suggesting that early-onset depression has a higher heritability than late-onset depression. Adoption by depressed people has a higher risk of depression than Adoption by healthy parents, according to Adoption studies. This conclusion illustrates the important role of environmental factors in the onset of depression. (Genome Med, 2010)

Numerous studies have found that stress is a strong predictor of depression onset, maintenance, and severity. Teenagers are under pressure from school, family, society, and so on. Adolescents are more sensitive in interpersonal communication, and their emotions are easy to fluctuate. Chronic or serious stress life events have an important impact. For adolescents, life stress plays a central role in the development of depression. Defective peer and parent relationships have been shown to produce relationship stressors and subsequent depressive symptoms in adolescents, highlighting the need to examine interpersonal stressors as a pathway for adolescent depression. (Randy Patrick Auerbach et al, 2010)

Adolescent depression patients with emotional instability, sensitivity and suspicion, lack of confidence, a strong sense of inferiority, and other characteristics. At the same time, neuroticism, high dependence, and high self-criticism, and other personality traits. Some of these traits have an impact on the onset, course, and treatment of depression. (Daniel N. Klein et al.， 2011)

The clinically observed relationship between alcohol or drug abuse and depression. From the perspective of the study, in the sample of adolescents, subjects reported a history of alcohol abuse among depressed individuals at nearly four times the rate of healthy individuals. Regarding subjects' classification as substance abusers, substance abusers tend to have multiple substance abuse situations. Overall, substance abusers were 3.3 times more likely to have a history of depression than non-substance abusers. (E Y Deykin et al., 2011)

Impact

Depression brings various effects to teenagers' lives. According to Penninx et al (2013), depression harms functioning and quality of life, and affects people's lives for

long periods, resulting in many disease years. As a result, depression has a significant impact on public health and has huge societal costs.

People who struggle with depression are more easily reliant on alcohol and drugs to escape from the troubles of life. These chemicals can reduce emotional distress and provide a feeling of happiness for a short time, but the substances can become addictive. Substance misuse can increase depression symptoms over time, contribute to health issues such as brain damage, as well as increasing instances of reckless or abusive behavior.

Depression will also affect the quality of life. Loss of appetite, weight loss, and other physical problems are common indicators of depression. Someone will be tired and lethargic if you acquire insomnia or hypersomnia. Research carried by N S Redeker et al. (2000) suggests that insomnia and fatigue are related to depression and that depression is more closely associated with quality of life than insomnia and fatigue. A depressed person can suffer from malnutrition if he or she doesn't eat enough or grow obese if consume too much. They may find themselves are easy to forget some things. Suicide can be a result of long-term depression. Teenagers who are depressed may be concerned with thoughts of death or self-harm. According to EverydayHealth, depression is a role in approximately 66 percent of suicides.

Depression and stress can weaken your immune system and make the depressed person more susceptible to infections and diseases. A weakened immune system, on the other hand, puts a person at risk of acquiring infection-related problems or contracting a more difficult treat infection.

Depression can cause chronic pain. According to the American Pain Foundation, over 32 million people in the United States had experienced pain that had lasted more than a year. About one-quarter to more than half of the depressed persons had complaints of pain to their doctors. (Bruce, 2008). Depressed persons who suffer from chronic pains are always untreated because they are usually undiagnosed. When they visit doctors, they always complain about pain symptoms such as headache, muscle pain, backache, and others. This is because the abnormal functioning of neurotransmitters in the brain can change the pain threshold and the person will become more sensitive to pain.

Prevention

First, teenagers are advised to avoid negative life events. Everyone will face setbacks, even huge changes, depression, sadness, anxiety, self-blame, and other negative feelings in their daily studies, job, and lives. To prevent depression, we should eliminate these bad emotions to reduce our stress. Therefore, it is necessary to strengthen personal accomplishment, be open-minded, cultivate interests and hobbies, learn to look at problems objectively and comprehensively, and be able to evaluate their abilities correctly. Sleeping, sport, speaking, slowdowns, stop, and standby is six aspects ofpsychological fitness that are called "6S". This helps prepare you for the slowdown.

Adolescence is the period from child to adult, contradiction, sensitive, psychological characteristics of the self is their outstanding, because in the great

changes of physiological and psychological, prone to all kinds of psychological disorders, including depression. According to its physiological characteristics, exercise therapy is the most suitable way to prevent adolescent depression. Scientific research has proved that sports can strengthen metabolism, dredge negative psychological energy and prevent the onset of depression. Sports help to enhance physical fitness and produce positive psychological feelings to improve mood. To achieve the effect of prevention and treatment of adolescent depression, it should be under the guidance of sports health experts, according to their specific circumstances to choose the appropriate exercise and to maintain a certain intensity, duration, and frequency. Running, skipping, playing basketball, and being active in team sports play a common role in preventing depression in teenagers.

Third, eat healthily. A recent study from The University of London, published in Nutrients, found that higher levels of dietary health were associated with lower rates of depression. The Mediterranean diet was 67 percent more likely to reduce the risk of depression, while the low- inflammation and high-inflammation diets had the opposite effect. In short, the Mediterranean diet and the anti-inflammatory diet such as fruits, vegetables, and protein have been shown to reduce the risk of depression.

Method

Depression patients as long as the vast majority of timely and effective treatment can be cured. The treatment of depression should aim to eliminate symptoms, restore social function, and prevent a recurrence. The youths who suffer from depression can obtain medical treatment like SSRIs, SNRIs antidepressants, tricyclic and tetracyclic drugs are generally used for comprehensive treatment. These medicines are used to increase the amount of neurotransmitters serotonin and norepinephrine in the brain. Higher amounts of these substances are often associated with less depression.

When a person meets with a qualified therapist to identify and learn to manage the circumstances that contribute to their mental health problem, such as depression, psychotherapy, sometimes known as "talk therapy," is used. Psychotherapy has been demonstrated to be an effective treatment for persons suffering from depression and other psychiatric problems. Communication is important in psychotherapy since it is nearly entirely dependent on talking. Through communication, the therapist can use various techniques to help the patient come to terms with and move beyond their mental handicap so they can experience life to their fullest potential.

Psychotherapistsioral therapy (CBT) is a sort of treatment in which a psychotherapist or therapist employs a structured approach to help their clients quickly become aware of negative or erroneous thinking habits so they can better manage and respond to them. CBT is based on the idea of changing people's thinking processes. During therapy, clinicians work with clients to assist them to learn to detect thinking errors that are causing them issues in their life. This treatment can help patients realize and alter their false negative concepts about themselves and the environment, which can help them to relieve depressive symptoms.

Conclusion

Our research found that most depression patients have loneliness, helplessness, opposition, hostility, failure and frustration, and social adjustment disorders. To cooperate with the effect of clinical drug treatment, medical staff should pay close attention to the patient's psychological state, discover, and solve the patient's psychological problems in time, and enable the patient to grow up physically and mentally.

Allow patients to maintain good living habits, and psychological intervention for patients, change patients' cognition, help young people understand their character, correctly understand their strengths, establish the life and learning goals they want in the future, and do not require themselves to be themselves Things that can't be done, let your mind be at peace. Good communication with others is conducive to the physical and mental health of young people. Parents should help young people understand how to use language to express themselves and express their opinions when communicating with others, to maintain good interpersonal relationships.

Teenagers sometimes find it difficult to grasp their emotions because of a lack of life experience and limited endurance. When encountering difficulties and conflicts, they will not adjust and control their emotions, thus causing many troubles and conflicts. And long-term emotional depression is the basis of depression. Therefore, we must train them to relieve mental stress, especially for some depressing things. They must be educated to vent and relax to maintain psychological balance and a good state of mind. At the same time, we must educate and train them to solve problems, cultivate their coping skills, help them understand the causes of problems, and help them. Seek solutions to problems and let them learn to actively adapt to the environment. Let them learn to overcome their depression.

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68 Dilemma to Survive: How Social Media Causes FOMO Among Youth of Gen Z

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Abstract

The increased usage of social media in daily life has given a big impact on the user, especially the youth in terms of mental health issues. The paper included further discussions on how social media affected the youth of Generation Z from the fear of missing out (FOMO) by family, friends, and the public that can lead these young people to more harmful mental health issues. In this conceptual paper, there are some factors and impacts of FOMO that will be discussed. To be precise, the development of the entertainment industry possessed the youth to be so fanatic; the overuse of social media causes the extreme change of lifestyle, and how young people tend to be more secretive about themselves. Anxiety, addiction to social media, and personality disorder can harm those who are struggling with FOMO. Therefore, this paper will help to understand more about mental health and deepen the knowledge about FOMO.

Keywords: Gen Z, FOMO, social media usage, mental health, risk factors.

Introduction

Generation Z (Gen Z) born between 1997–2012 (Dimock, 2019) are widely referred to as digital natives since this generation never knew a time without the Internet. Unlike their predecessors, Generation Y or millennials grew up during the beginnings of the Internet. Because of the web revolution that happened in the 1990s, Generation Z is the first generation to grow up with Internet technology so widely accessible, and they have been exposed to an unprecedented magnitude of technology. (Prakash Yadav & Rai, 2017).

According to Carr & Hayes (2015), “social media are Internet-based channels that allow users to opportunistically interact and selectively self-present, either in real-time or asynchronously, with both broad and narrow audiences who derive value from user-generated content and the perception of interaction with others.” The role of social media in the lives of its users has changed over time. The opportunity to engage in social interactions throughout the day and a variation of locales has aided the expansion of the social platform into entertainment hubs. It's no longer about "social" activities in the traditional sense, but rather more purposeful activities, especially those centered on content consumption. Entertainment is currently the third most significant reason for internet users (37%), but it is also growing the fastest. “Finding funny or entertaining content” is most likely to be the main reason for Gen Z to use social media, followed by

using social media to kill time and to keep up with the latest news and events. However, Gen Z showed a lack of enthusiasm in other people's updates, according to the Social Global Web Index's Flagship Report on the Latest Trends in social media, (n.d.) on the latest trends in social media. On average, Gen Z spends about 4.5 hours per day on social media, compared to millennials which are about 3.8 hours per day (Herman, 2021). This indicates that Gen Z is the main group of social media users.

Gen Z has been growing up in a technological environment, and since most of them own a gadget from a young age, this makes them online almost all the time. They lack communication skills, critical thinking, and require instant gratification (Sharil et al., 2017). Some recent studies are suggesting that excessive social media usage leads to many mental health problems. One notable implication of excessive social media usage is the fear of missing out (FOMO). FOMO is characterized by the urge to keep constantly connected with what others are doing. It is defined as a pervasive fear that others may be experiencing gratifying experiences from which one is absent (Przybylski et al., 2013). FOMO is exceptionally correlated with the use of social media (Franchina et al., 2018). It stems from feelings of social exclusion, isolation, or anxiety. However, there are not many researchers out there who did an in-depth analysis on how social media causes FOMO among Gen Z. This mini review presents a quick rundown of the most relevant risk factors and consequences as determined by scientific research in this publication.

Risk Factors of Fear of Missing Out (FOMO)

Idolized a person too much.

The attitude to be famous like someone idolized makes this young generation experiencing FOMO eager to become more popular. This young generation keeps attracting public attention by following the style of conversation, personality, and lifestyle of the public figure. For example, these days, Korean culture has been exposed worldwide, and most of Gen Z has followed the trends. FOMO encourages contacts to follow each other on social media. It gives more exposure to criticism, gossip, and hurtful comments from their followers. Then, Gen Z will start providing other words and using different social media account, perhaps to get more feedback. Indirectly, they seem to feel popular and attracted to such feedback.

Moreover, Gen Z always wants connections and interactions from idolizing celebrities by increasing their efforts not to be left behind. They checked out different social media sites against the same individual to dig for more information about them. It can be associated with relatedness, a person's desire to feel connected and together with others. FOMO is a modern syndrome for modern people obsessed with being connected all the time. Gen Z wants to have more opportunities to interact with people they consider essential and continue developing their social competencies. Individuals strive to stay connected to what others are doing through the media and the Internet. For instance, they will infuse some of their time to watch their idol's daily life via Instagram, Facebook, and Twitter to see their progress and regularly do activities equal to or more than their acquaintances to satisfy themselves even during job hours. Individuals with FOMO will not know specifically about what is missing but will feel the loss of others has a precious moment (JW Intelligence, 2012). In the Oxford dictionary (n.d.), anxiety

is defined as exciting or possibly exciting events that occur elsewhere. This anxiety is possible to be stimulated by things written on one's social media.

Overuse of social media

Gen Z is often preoccupied with social media and often updates activities on various platforms because they are obsessed with the latest news, gossip, and trends. They feel that the virtual world in social media sites is more enjoyable compared to real life. For example, they cannot control their screen time on social media like Instagram and Facebook very well. In addition, there is a high reliance on gadgets for browsing social media. If the opposite happens, those with FOMO would experience further stress of emotional disturbance that causes them to be upset if they missed out on gossip or current issues. According to Przybylski, Murayama, DeHaan, and Gladwell in Dossey (as cited in Kajian Pustaka, 2014), individuals with FOMO experience the highest level of FOMO during the transition of adolescence to early adulthood; low life satisfaction can lead to a heightened state due to frequent access to the internet.

In contrast, Gen Z is engaging in activities that require high concentration while studying in the classroom. FOMO occurs when there are routine behaviours and busy checking on smartphones and quickly feel restless when their phone is broken. However, slow internet connections will let them feel left out from social media platforms and feel anxious throughout the day. Continuation of the problem may lead to hyperstress.

As in the study, smartphones allow us to contact our affiliation groups on social media, everywhere we are. It is likely that those high in FOMO, who use social media to address their anxiety, may overuse social media on their smartphones. According to Dr. Larry Rosen (2017), most 70% of social media users will experience feelings of restlessness and fear of losing the latest gossip if they do not get notifications from social media. Not only that, the notification vibrations from the phone also make a person's brain respond faster to checking the phone more often, thus making it a habit.

Keep real life a secret from loved ones.

This factor can be severe for someone who is suffering from FOMO as they try to hide their real-life situations from their friends or followers on social media networks. It includes youth struggling with social anxiety, having financial problems, or opportunities to show off their careers, and so on. For instance, a person will act like they have changed their lives and got out of financial problems by lying about their real identity so that people looked them as a great person. Gen Z can show off their money to enjoy entertaining, vacation, and shopping and act like they have everything. Nevertheless, that can only be illustrated through the virtual world that they are capable and happy with that life. Using social media is a way for youth to overcome problems involving careers like online business because we can deceive existing followers through active engagement from time to time. Some say pictures are more effective than words in achieving self-presentational objectives, which are central motivations for social media users. To illustrate, a person can deceive their followers by saying their business is flourishing and many people become regular customers. If they do not do so, they are afraid their company will not make any sales and cannot reach higher targets. Reeve &

Sickenius (as cited in Kajian Pustaka, 2015), the inherent desire of individuals to feel effective in interacting with their environment reflects the need to train skills and seek optimal challenges. The passion for competence relates to an individual's belief in performing specific actions or behaviors efficiently and effectively.

Impact Of Fear of Missing Out (Fomo)

Anxiety

FOMO is very popular among youth on social media, where they are constantly pressured to keep up with the current trends. Life's dependence on social media if not managed properly will impact our society in terms of their psychological well-being and mental health will be affected. Adolescent social media users experience more anxiety and depression as a result of social media exhaustion (Dhir et al., 2018). Unconsciously, FOMO will form when someone starts comparing themselves with others and subsequently start to become scared because they feel like they will lose something. Dr. Rozanizam Zakaria, a psychiatrist at the International Islamic University Malaysia Medical Center, said that in a rising number of scientific researches, excessive use of electronics and social media has been connected to incidences of melancholy, anxiety disorder, and impulsive behaviour (Ismail, 2021). Anxiety is typically induced by a mix of events. It usually happens as a result of multiple elements interacting with one another. Users who experience social media weariness are more vulnerable to psychological and physical consequences, such as a decrease in life satisfaction and productivity (Lee, Lee, & Suh, 2016; Zhang et al., 2016).

According to Dr. Shazli Ezzat Ghazali, Senior Lecturer, Clinical Psychology and Behavioural Health Program, Faculty of Health Sciences, Universiti Kebangsaan Malaysia (UKM), FOMO is a mental disorder that causes a teen to experience anxiety and apprehension when they see a known individual engaging in activities that are superior to their own, causing them to fear losing something valuable to them (Ismail, 2021). For example, FOMO can cause youth to experience higher stress levels in addition to developing negative traits and emotions such as fear, worry, restlessness, dissatisfaction, jealousy, anger that can be due to anxiety. Youth spend a lot of time on social media looking at the current concerns and making sure they don't miss any social media events. As a result, if they do not use social media for even a short period, they will get restless and disturbed. They may have obsessive tendencies, such as frequently checking social media, even when they desire to stop.

Addiction to Social Media

FOMO causes social media addiction due to obsession with news, gossip, and the latest trends on social media. Social media addiction was predicted by attachment anxiety and avoidance; however, this link was no longer significant after the addition of FOMO (Blackwell et al., 2017). Youth nowadays often spend a lot of time looking at social media and often update activities on social media. For example, they often sneak into social media like Instagram, Facebook, Twitter contacts to see the latest developments and often do activities that are equal to or more than their contacts' activities to their satisfaction. According to the vice-president of the Malaysian

Psychological Association (PSIMA), a person suffers from FOMO syndrome when there is a high dependence on gadgets to surf social media.

In addition, there is the behaviour of frequent and busy checking mobile phones in addition to feeling restless and anxious when their phones do not work, or the Internet line is slow because they will feel left behind so that life is meaningless due to social media. FOMO affects roughly 56% of social media users, the majority ofwhom are millennials. FOMO affects 69% of millennials on a regular, if not hourly, basis (Neerja Birla, 2018). Prof. Dr. Mohamed Fadzil Che Din, a psychologist, and counsellor stated that 80 to 90% of social media platform use is centred on exploration activities to gain new knowledge. As a result, most teenagers are so enthralled by the content of devices that they spend their whole day surfing the internet.

Personality Disorder.

FOMO also has a very profound effect on most youth in terms of personality. Psychologists define narcissistic personality disorder as an individual's tendency to over-evaluate himself or herself, in which the narcissistic individual is analogized as someone obsessed or overly self- admiring without any rational or logical explanation. FOMO causes an impact on a teen's personality disorder that can lead to low self-esteem and excessive self-doubt. People who see happy, successful, and emotionally positive stuff online feel their friends are happier, more successful, and more emotionally positive than they are (Chou & Edge, 2012). Individuals with high FOMO frequently experience anxiety, low self-esteem, and feelings of inadequacy (Przybylski et al., 2013). For example, youth these days are more likely to have personality disorders as a result of social media becoming a platform for them to communicate with others, such as Facebook, but these adolescents will have low self-esteem and find it difficult to communicate with others when they are not using social media.

Mohd Redzuan Zamberi, Head of Counselling Division, Universiti Putra Malaysia (UPM) said, they are also observed subscribing to internet packages to assist the process of browsing the virtual world to socialize in a borderless network (Parzi, 2015). This social pattern has altered not just society today, but also a person's social personality from extrovert to introvert. Youth are particularly sensitive to FOMO since they are still in the process of forming their identities. Symptoms of narcissism are a type of personality disorder that affects youth. It can only be diagnosed through behavioural symptoms or indicators that show that an adolescent is becoming concerned by the presence of varied behaviours or abnormal behaviours in their daily life due to FOMO. A personality disorder is thought to affect 1% of the general population, and in Malaysia, more than 300,000 Malaysians of various backgrounds are thought to be at risk of developing this mental condition unrecognized, a number that has lately increased because of FOMO (Neerja Birla, 2018).

Conclusion

This mini-review aims to present an overview of the existing research that is related to how social media causes FOMO among Gen Z. Social media usage has become an

integral part of Gen-Z's lives. However, being preoccupied with social media can trigger FOMO. Firstly, there is a possible correlation between idolizing a person and the desire for fame, and it is associated with self-acceptance in a bad way and positively with being recognized in the social landscape and materialism. It is a good thing to look up to someone, but it becomes unhealthy when you idolize a person too much. The infatuation to have, to be, and to live like someone is to be up to date with the latest trends through social media. The pressure to be on the toes at the expense of the individual's mental health is what FOMO is all about. Next, excessive use of social media with the fear of missing valuable information or events can be a reason why Gen Z experiences FOMO. Hence, the social media addiction. Lastly, some scholars are suggesting that adolescents develop personality disorders as they are still looking for a sense of belongingness in society. Gen Z can make connections easily through social media, by presenting themselves in a way they want to be perceived. Social media is the best possible place to do so because they can curate and filter what they want their social lives to look like (Seiter, 2016). The FOMO here is the pressure to hide their true life from their loved ones and maintain their perceived image and belonging at an acceptable level.

This paper highlights and elaborates the risk factors and the impact of FOMO on Gen Z due to social media usage. Further studies can be carried out to understand the relationship between Gen Z and social media and its link with FOMO. These research findings are to combat FOMO that may or will incur in the upcoming generation.

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69 Effect of Online School on the Intensity of Depression of High School Students at the Time of Pandemic

Angelia Revina, Salla Salika, Shaloom Fortuna Yadeva

Introduction

1.1 Understanding depression

Depression is an emotional condition usually characterized by deep sadness, feelings of meaninglessness, and guilt (withdrawing, unable to sleep, loss of taste, interest in daily activities), in Gerald C. Davison 2004.

According to Rice PL (1992), depression is a mood disorder, a prolonged emotional condition that colors a person's entire mental process (thinking, feeling and behaving). In general, the mood that predominantly appears is a feeling of helplessness and loss of hope.

According to Iyus Yosep (2007), depression is a form of mental disorder in the realm of feeling (affective, mood) characterized by depression, sadness, lethargy, loss of passion, no spirit, and feeling helpless, feeling guilty or sinful, useless and hopeless.

Chaplin (2002) defines depression in two circumstances, namely in normal people and in pathological cases. In normal people, depression is a state of depression (sadness, speediness) characterized by feelings of ill-fitting, decreased activity, and pessimism facing the future.

Based on some of the above definitions, it can be concluded that depression is an emotional disorder or bad mood characterized by prolonged sadness, hopelessness, feelings of guilt and meaninglessness. So that the whole mental process (thinking, callousness and behavior) can affect motivation for activities in everyday life and interpersonal relationships.

1.2 Forms of Depressive Disorder

1. Major Depression

Major depression is one of the most common types of depression diagnosed. This type of depression is characterized by symptoms of sadness, despair, andloneliness that last for more than two weeks. Some of the symptoms are not appetite, the body feels weak, and tends to shy away from those around. The cause is not yet known for sure. However, this type of depression is thought to be related to genetic factors, disorders of brain chemical structure, and psychological trauma.

2. Dysthymia

Dystimia is a type of depression that lasts for two years or more. However, the severity of symptoms can be milder or more severe than previous types of depression. Although generally does not interfere with the pattern of daily activities, dysthymia can affect the quality of life of sufferers. For example, being insecure, difficult to

concentrate, disturbed mindset, and easily discouraged. Just like major depression, this type of depression also has many trigger factors.

3. Depresi Premenstrual (Premenstrual Dysphoric Disorder/PMDD)

Related to premenstrual syndrome (PMS), premenstrual depression is a mood disorder that is serious enough, so it can disrupt the balance of emotions and behavior of sufferers. This condition is characterized by the appearance of sadness, anxiety, and extreme mood disorders, when entering the PMS period.

Bipolar Disorder

Bipolar disorder is a type of depression characterized by the presence of two opposing moods, namely mania and depression. Mania is characterized by the emergence of overflowing behaviors or emotions, such as a sense of joy or a spirit that soars and cannot be controlled. In contrast, depression in bipolar disorder is indicated by a sense of helplessness, hopelessness, and sadness. This condition can make the sufferer shut themselves in the room, speak very slowly as if he was slancting, and do not want to eat.

5. Postpartum

This type of depression occurs in women, a few weeks or months after giving birth. Symptoms of postpartum depression have an impact on health and the inner bond between the mother and her baby. The main cause is hormonal changes, namely when the hormones estrogen and progesterone that were high enough during pregnancy decrease drastically after childbirth.

6. Seasonal Affective Disorder

This type of depression is related to the season, precisely the change in time in the winter or rainy season, which tends to be shorter and very little sunlight. This type of depression will generally improve on its own when the weather is brighter and warmer.

7. Situational Depression

Situational depression is an erratic type of depression. This condition is usually characterized by the appearance of moody symptoms, changes in sleep patterns and diet, when there are events that give high enough mental pressure. If explained simply, symptoms of situational depression arise due to the brain's response to stress. The causes can be different. It could be due to positive events such as marriage or adjusting a new workplace, to job loss, divorce, or separation from a close family.

(Based of Halodoc).

1.3 Covid 19 pandemic in Indonesia

According to detik.com, cases of covid- 19 in Indonesia were first confirmed on Monday, March 2, 2020, at that time president Joko Widodo announced there were two people who contracted the covid- 19 virus, namely a 31-year-old woman and a 64-year-old mother.

According to data box, from March 2, 2020, to September 16, the total deaths from the covid 19 virus in Indonesia have reached 139,682 people, and the number of deaths due to covid 19 is the second highest in Asia after India.

This led to the emergence of various impacts in all sectors of people's lives such as prohibited and postponed social activities, weakening the economy, tourism closed and so on. The most noticeable change is in terms of education, which causes students to have to do learning from home or online school(daring).

1.4 Implementation of Online Schools in Indonesiaa

Online school is a teaching and learning process that is carried out without having to face to face between educators and students.

Based on data from the Ministry of Education in 2020 that the number of students affected by covid 19 so that they require them to study at home, namely as many as: Elementary and Equal Schools as many as: 28.6Million, Junior high schools and equivalents as many as: 13.1 million, high schools and equivalents as many as: 11.3 million, and higher education as many as: 6.3 million (Kemendikbud, 2020).

In circular No. 4 of 2020, Minister of Education, Nadiem Makarim said learning from home was carried out to provide a more meaningful learning experience for students. In addition, the Ministry of Education provides subsidies in the form of internet quotas depending on the level of school of each student. Paud learners get 20GB, while elementary, junior high, and high school 35GB. While paud to high school teachers get 42GB. The largest quota is obtained by lecturers and students of 50GB. This assistance is provided until December 2020.

1.5 High school students' behavior

Adolescence is a critical period of development of children into adults, at this time of rapid hormonal, physical, psychological and social development. The transition period in adolescence cannot be said to be a child nor can it be said as an adult. Teenagers want to try many new things that can prove themselves as adults, not infrequently this makes him try various things that are risky including alcohol consumption, drugs, having a girlfriend, sexual behavior, having a peer group, and different opinions with parents. Various changes that occur in the self and risky behavior of adolescents often trigger conflict between adolescents with themselves (internal conflict), and conflict with the surrounding environment (external conflict). If this conflict is not resolved properly, it will have a negative impact on the development of the teenager in the future, especially on the maturation of his character and not infrequently trigger mental disorders.

1.6 Data on the number of cases of high school student depression

Riskesdas (Basic Health Research) data 2018 shows the prevalence of emotional mental disorders shown with symptoms of depression and anxiety symptoms for the age of 15 years and above reached about 6.1 percent of the population of Indonesia or equivalent to 11 million people.

In adolescence (15-24 years) have a percentage of depression of 6.2%. Severe depression will experience a tendency to self-harm (selfharm) to suicide. 80 to 90% of suicides are the result of depression and anxiety. Suicides in Indonesia can reach 10,000 or equivalent to every hour there are suicides. Depression in adolescents can be caused by several things such as academic pressures, bullying, family factors, and economic problems.

Attached on Kompas.com, that KPAI will send a letter to the Ministry of Education related to the suicide of high school students in GOWA district, South Sulawesi which is suspected to be due to depression due to the many online schoolwork. Retno said, if it is true that the student committed suicide because of the severity of online schoolwork, the implementation of distance learning (PJJ) is not in accordance with Circular Letter (SE) Number 15 of 2020 on Guidelines for The Implementation of Learning from Home in The Emergency Period of Covid- 19 Spread.

The victim was allegedly killed by suicide by drinking grass poison. The reason, allegedly depression, is because ofthe much schoolwork done online. Kasat Reskrim Polres Gowa AKP Jufri Natsir said, from the results of the investigation conducted, before being found dead, the victim had complained to his colleagues about schoolwork that piled up. The victim claimed to have quite difficulty doing the task because internet access around his house was difficult.

Discussion

2.1 Background

During the Covid- 19 pandemic, there were many changes that occurred in various sectors of life, one of which was most felt in the field of education. There is a pandemic period of this education system that is applied very differently than before, where learning that was once done face-to-face is now forced to done online.

This certainly makes many students feel surprised at the changes that occur, which usually meet with friends or teachers in person, inevitably now activities must be done. Done online, even meeting with friends or friends just to play cannot.

Therefore, many students are starting to feel confused about the system that is enforced, besides that not a few of them have a lot of obstacles, it starts from not having adequate devices, an unstable internet network and also a lack of understanding of the use of technology. Because of the many obstacles, many students who miss information on assignments and so forth.

Online schoolwork is certainly more difficult than face-to-face school, because they have to adjust to the circumstances or situations in the house, students are required to be more independent in understanding the learning material. What's more, the tasks assigned tend to be more. This certainly causes excessive pressure and anxiety that causes the onset of symptoms of depression even to depression in students.

2.2 Theory Cognitivism

The theory of cognitivism prioritizes the learning process as opposed to the results of the process itself. Learning doesn't just involve the relationship between stimulus

and response. But it also involves complex thought processes. More than that, learning is a process of changing perception and understanding.

If associated with our research shows that the learning process carried out by high school students in this pandemic period does have many ways that they can still get knowledge at that level of education. However, the results obtained are not in accordance with the expected expectations, thus causing symptoms of depression.

2.3 Research Results

Our research used qualitative methods, with the process of collecting data using the DASS 42 questionnaire through google form, to measure the level of depression in high school students during online school. The first stage was to ask watershed 42 questions related to depression and then we added some questions about online schools.

Here are some of the questions we asked the respondents through the questionnaire:

1. Can't see the positives of an event?
2. Feeling like you're not strong anymore to do an activity
3. Feeling pessimistic
4. Feeling sad and depressed
5. Loss of interest in many things (e.g., eating, ambulation, socialization)
6. Feeling self-unworthy
7. Feeling life is worthless
8. I can't enjoy what I do.
9. Feeling hopeless and hopeless
10. It's hard to be enthusiastic about a lot of things.
11. Feeling worthless
12. There is no hope for the future.
13. Feeling alive doesn't mean anything
14. It's hard to increase initiative in doing something.
15. Do you feel lonely when you're in online school?
16. Do you feel confused when you're in online school?
17. Do you lack information about education for college?
18. Do you feel anxious when you're studying online?
19. Are you depressed when doing more tasks because of online schooling?

20. Do you prefer to go to school online or offline? Normal	0-9
Light	10- 13
Keep	14-20
Severe	21-27
Very severe	>28

	Depression scale	Level of depression	Aloneness	Confusion	Lack of info	Anxious	Depressed	Offline/Online
Person 1	9	Normal	No	Yes	Yes	Yes	No	Offline
Person 2	37	Very severe	Yes	Yes	No	Yes	Yes	Offline
Person 3	22	Severe	No	No	No	No	Yes	Online
Person 4	19	Keep	No	No	Yes	No	No	Online
Person 5	37	Very severe	Yes	Yes	Yes	Yes	Yes	Offline
Person 6	27	Severe	No	Yes	No	No	Yes	Offline
Person 7	27	Severe	Yes	Yes	Yes	No	Yes	Online
Person 8	25	Severe	Yes	Yes	Yes	Yes	Yes	Online
Person 9	40	Very severe	Yes	No	No	Yes	Yes	Online
Person 10	22	Severe	No	Yes	No	Yes	Yes	Offline
Person 11	40	Very severe	Yes	No	No	Yes	Yes	Online
Person 12	10	Light	No	No	No	No	No	Offline
Person 13	3	Normal	Yes	Yes	Yes	No	Yes	Offline
Person 14	21	Severe	Yes	Yes	Yes	Yes	Yes	Offline
Person 15	30	Very severe	Yes	Yes	Yes	Yes	Yes	Offline
Person 16	31	Very severe	Yes	Yes	Yes	Yes	Yes	Offline
Person 17	16	Keep	Yes	Yes	Yes	Yes	Yes	Offline
Person 18	19	Keep	Yes	Yes	Yes	Yes	Yes	Offline
Person 19	9	Normal	No	No	No	No	Yes	Offline

2.4 Analysis of Research Results

After conducting a study on 19 high school student respondents, he results showed that 3 out of 19 respondents had normal levels of depression shown with a depression scale below the number 10. Then, 1 in 19 respondents had mild depression levels shown with a depression scale at 10. Then, 3 out of 19 respondents had moderate levels of depression indicated by the depression scale at 14-20. Furthermore, 6 out of 19 respondents had severe depression rates shown with a depression scale at 21-27. The latest data showed that 6 out of 19 respondents had very severe levels of depression shown by the depression scale at above 28.

The results of the respondents above showed that 62.3% felt lonely when school online. Then, the results of respondents showed that 68.4% felt confused when school online. Then, the results of respondents showed that 57.9% felt lack of information for higher education levels. Furthermore, the results of respondents showed that 63.2% felt anxious when school online. The 5th data shows that 84.2% of students feel the burden of assignments given when online school is heavier than before. The latest data shows that 68.4% of students prefer offline schools compared to online schools.

Based on the results of the above research data, it shows that most high school students feel burdened and show symptoms of dysthymia depression, where they experience a sense of hopelessness, lack of confidence, lack of concentration and disturbed thought patterns, thus affecting their quality of life.

Conclusion

1.1 The Effect of Online School on High School Students

1. Feeling Confused When Receiving Information
2. Feeling Lonely
3. Anxiety arises
4. Feeling Pressured by a Task
5. Decreased Self-Confidence

1.2 Depression Prevention Efforts for High School Students

1. Doing Positive Activities at Home
2. Looking for a new hobby
3. Always think positively of something.
4. Doing things that please the heart
5. Frequently interacting with relatives

1.3 Conclusion

During the Covid- 19 Pandemic, the learning process must continue, therefore the Government makes other alternatives in the form of online schools, but this causes many consequences even more to students, especially at the high school level. They feel surprised because they can't enjoy what adolescence should feel. Therefore, some symptoms of depression such as experiencing hopelessness, lack of confidence, lack of concentration and disturbed mindset, thus affecting his quality of life.

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70 Effectiveness Of Learning Management System (Lms) For Communication Students During The Pandemic Covid-19

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Abstract

The case of Covid 19 has affected all aspects of education in particular. Education is the focal point of the Covid 19. The change makes the learning tool experience the change from face to face online. Online learning already applied at universities in Indonesia is the use of Learning System Management (LMS). Learning System Management (LMS) makes it easier for students of 2019 university communications sciences. The study uses qualitative research with a qualitative descriptive technique approach in which 10 respondents were interviewed in-depth through the questions asked. Data collected through online surveys. Research has shown that online learning systems through learning system management (LMS) have been effective in supporting online learning during the pandemic. Results also show the Learning Management System (LMS) is assessed as communicative between teachers and students that can support online learning. The study provides Suggestions for improving the learning management system (LMS) systems both from server and performance provided in learning systems through Learning Management System (LMS).

Keywords: Learning Management System, Effectiveness, Covid-19

Introduction

The spread of Covid- 19 in Indonesia has lasted almost 2 years. To avoid the wider spread of the virus, various governments around the world have implemented policies to limit outdoor activities and social distancing. This policy has changed almost all economic, social, political, and educational activities to be carried out online. In educational activities, changing the face-to-face model to being carried out online certainly challenges all education providers to prepare various facilities that support teaching and learning activities.

During covid- 19 items, e-learning has already included traditional learning, many problems related to lack of effective infrastructure and human subjects. To remain stationary in today's tight labor market, transmitting, and company items are appropriate in technology to train staffs more quickly, more urgently, and less urgently than the past (Urdan & Weggen, 2000).

Online learning is a learning model that appears face-to-face with both student and teacher, but learning and communication activities are done through a digital platform connected through the Internet (Malyana, 2020). Online learning comes in two online applications that will support online learning development service and learning

management system (LMS). The use of e-learning, such as the Learning Management System (LMS) has already been applied to universities in Indonesia. Various tools have been provided in the learning management system through the LMS (learning management system) ranging from material management, videos, problems to absences overall. Not only the tools that have been provided in the LMS but also the effectiveness of each tool used has important in improving the quality of online learning. Effectiveness in learning is essential to the increasing quality of learning being presented. Network availability, inadequate use of support tools becomes the basis for maximal results in online learning.

Methodology

Research Approach

This research was conducted using qualitative research, with data collection using in- depth interviews with students using online facilities provided by the university. The qualitative approach requires researchers to take a complex picture, studied words, detailed reports from a person's view, and did a study on nature's nature (Creswell, 2013). The study focuses on the analysis of Learning Management System (LMS) systems and their effectiveness includes applications in Learning Management System (LMS) features and human resources that can support online learning on the Learning Management System (LMS).

Participants

The study will be conducted by interviewing 10 of the respondents who are students in communications at 2019 university's communications department and phone business. Researchers have been choosing communications studies because they are based on responses that are consistent with what researchers are discussing is effectiveness. By using voices from students who study communications sciences, researchers were able to carry out the study. Researchers select fellow students from several classes, namely km2, km7, km8, km9, and km 10. The reason researchers select colleagues for interviews is that sources always use the Learning Management System (LMS) each day to do chores or to be present during college hours. Besides, there must be a lot of students who have their own ideas about the systems within the Learning Management System (LMS). All 10 researchers are university students who are actively using the Learning Management System (LMS) and are fairly active in criticizing the Learning Management System (LMS) for researchers because they are the friends of researchers.

Procedures

Researchers will be looking for 10 responders to be interviewed. Interviews are already done online through chat via Whatsapp. The respondents came from the communications science department. Researchers will then ask questions related to the effectiveness of Learning Management System (LMS) use including features in

Learning Management System (LMS) and human resources. The respondents answer would be summed up and included in the result of the discussion to be discussed at the discussion.

Data Collection and Analysis Techniques

The data is drawn from interviews conducted by researchers. The questions in the interview amounted to 11 questions. Data will be processed using qualitative research using a descriptive analysis technique. A descriptive research technique is a technique employed to determine the circumstances, an overview in a detailed manner perhaps based on a fact. Data will be analyzed and included into discussions as data to bolster a researcher's point.

Results

After interviewing 10 respondents, with gender 10 women, who have an age 20 years, data obtained as many as 10 respondents said that Learning Management System (LMS) is effective for online learning. The range is 8/9 effectiveness of Learning Management System (LMS). However, even though it is effective, the LMS also has several obstacles, such as too often system repairs, especially when approaching the Mid-Semester Examination and the

Final Semester Examination.

Question 1: How does online learning over period of 1,5 years during pandemic covid-
19?

A total of 8 respondents answered that when during online class learning felt less effective for students online learning. They have a problem with internet networking, not focus on learning online and other. In addition, Learning Management System (LMS) often makes repair and difficult to access Learning Management System (LMS). The other 2 respondent answered that during online class felt enough effective for online learning.

Question 2: How does Learning Management System (LMS) help your studies online learning during pandemic covid-19? According to all respondent, Learning Management System (LMS) helpfully for online learning. They said Learning Management System (LMS) make it easy for students to access matter, absent, and carry out a task because the Learning Management System (LMS) have features that support online learning. Although, have a problem with that but Learning Management system (LMS) have effectiveness website very helpful to easy use and effectiveness for studies during pandemic Covid- 19.

Question 3: Have you gotten into trouble with Learning Management System (LMS)?

According to all respondents, they often have problems when using Learning Management System (LMS). The Problem is often maintenance which makes it

difficult to access Learning Management System (LMS). In addition, when first using Learning Management System (LMS) didn't have a tutorial or notice how to use this website. Majority of respondent felt not understand about using Learning Management System (LMS). Another of problem, there is an internet network which has decreased that Students find it difficult to access the Learning Management System (LMS).

Question 4: Have you had suggestion and critic for Learning Management System (LMS)? What are there?

A total of 9 respondent answered that said give criticism and suggestions to improving the system contained in the Learning Management System (LMS), include features of application, make easy it because this application only accessed by android, doing maintenance for holiday as not to interfere with online learning and one of respondent that have not criticism and suggestions because only networking problem.

Question 5: Are there Learning management System (LMS) features already needed for online learning?

According to all respondents, the features that have been provided in the Learning Management System (LMS) that are needed for students with the features offering the Learning Management System (LMS). It has make easy for students that access Learning Management System (LMS) and download matter which has offering, access link zoom in Learning Management System (LMS), doing quiz, etc. which has been provided without waiting for the lecturers to send what students need.

Question 6: In your opinion, is there need a socialization for Learning Management System (LMS)?

A total of 10 respondents answered that when this online class uses the Learning Management System (LMS) and the need for socialization, especially new students haven't experienced difficulties in using the Learning Management System (LMS). According to Nursal Lut's opinion, socialization is a process when people accept and adapt to society. Socialization can make it easier for students to adjust and understand what features are used when online Learning.

Question 7: Have you ever had discrepancy between the system in Learning Management System (LMS) ang Igracias?

A total of 4 Respondents answered that they had never experienced asynchronous between Igracias (Telkom University website) and Learning Management System (LMS) and

A total of 6 Respondents answered that they had experienced asynchronous between Igracias (Telkom University website) and Learning Management System (LMS). They experience things such as frequent late attendance, input errors by the system, KRS courses that are not taken at Igracias but are included in the Learning Management System (LMS).

Question 8: In your opinion, should Learning Management system (LMS) website be separated or merged into a single unit?

A total of 6 Respondents answered that it was necessary to integrate the website provided by Telkom University. The website is unified so that students are easy to use, more efficient and if there is a problem, it is not necessary to go to a different person. A total of 4 Respondents answered better separately. Separate websites like now have become commonplace for students and if they need to be overhauled and then put together it will become messy, and students need to adapt again to the website.

Question 9: How about effectiveness Learning Management System (LMS) for online learning during pandemic covid-19?

According to all respondents answered that the Learning Management System (LMS) has been effective in helping online learning during the Covid- 19 pandemic. The Learning Management System (LMS) has provided materials, assignments, quizzes, and forums given by lecturers. With the Learning Management System (LMS) students do not need to use other websites when taking an exam. Many respondents said it was effective but also said that there was a need to improve performance so as not to harm all parties if the website was needed.

Question 10: If you have problems, is it easy to contact the Learning Management System

(LMS)?

A total of 8 Respondents answered that they had never contacted the Learning Management System (LMS) when they had problems. When they have problems, they try two and three times to access the Learning Management System (LMS) and if they still can't they will ask their friends first. A total of 2 Respondents answered that they had contacted the Learning Management System (LMS). A total of 1 Respondent answered that he had contacted the Learning Management System (LMS) and the response was fast and sometimes took a long time. 1 other respondent answered that they had contacted him, and it was easy for him to contact the Learning Management System (LMS).

Question 11: As a communication student, how communicative do you think the LMS is for students and teachers?

A total of 9 respondents answered that the LMS is already communicative because of the features that are very easy to use. In addition, for the current pandemic, LMS is indeed very helpful for students, respondents gave 8/10 for the assessment that LMS is very communicative. A total of 1 respondent answered that the LMS is less communicative because the existing features are still lacking if it is said to be communicative.

Discussion

Based on our interviews, the majority of communication science students 2019 revealed that the Learning Management System (LMS) was hampered during the pandemic. A problem often encountered by sources is that the Learning Management System (LMS) server lacks and often occurs when needed. The discrepancies caused by maintenance of servers made at specific times. This can prevent students from receiving online learning through a Learning Management System (LMS). In addition, authorities explain the challenges of the Learning Management System (LMS) long response to complaints and complaints by 19th-class communication science students.

Before online learning through the Learning Managemen System (LMS), the university lack of socialization made its leaders feel less directed from the start using the Learning Management System (LMS). Most sources also explain the lack of effectiveness of separate websites between the major websites and the Learning Management System (LMS). The effectiveness of the use of online learning given by sources for the Learning Management System (LMS) system provides a range of 1-10 being 8. The results indicate that this learning management system (LMS) has already been assessed as being effective in online learning.

Conclusion

The Covid-19 pandemic that occurred in Indonesia profoundly affected aspects of all fields and particularly the field of education. This requires that students be quick to adapt to new technologies and systems in all areas. Indonesia alone has many people who have been exposed to existing technologies and now seem to have been forced to adapt to new ones. The world of education is also affected by the pandemic, where all educational levels switch systems (initially face-to-face to online learning). In addition to the lack of ability of students, schools and universities must be able to improve themselves in order for the study to be performed. There was a lack of university readiness in online learning during the covid- 19 pandemic, where improvements were needed. The LMS System provided by Telkom university to support college student online studies at the Covid-19 pandemic.

According to our analysis of e-learning infrastructure (such as LMS) has a positive impact on long distance learning but lack of readiness done by educational institutions and knowledge as well as the ability of students makes it less effective online learning during the covid- 19 pandemic. The Learning Management System (LMS) lack of efficiency has been used by the university Telkom and needs to be improved Learning Management System (LMS) by the Telkom University to achieve a 100 percent effectiveness of learning.

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71 New Generation of Entrepreneurship: Factors Lead to Youth Entrepreneurship Intention and The Roles of Higher Education

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Abstract

This conceptual paper discusses the youth entrepreneurship intentions with a sub-discussion of factors that lead to youth entrepreneurship intentions, the roles of higher education, and the impacts of social media on self-employed and entrepreneurs. The framework is established based on the relationship between factors that lead to youth entrepreneurship intentions in terms of individual motivation, opportunities identification, resources and entrepreneurial skills, the roles of higher education institutions as a booster, and the impacts of social media in triggering youth entrepreneurship intentions. Higher education institutions play a vital role in youth entrepreneurship development through entrepreneurship programmes, career guidance, and corporate social responsibility programmes to equip students with knowledge and skills. With the emergence of social media in this modern era, this study examined the engagement of entrepreneurship among youth in terms of the utilization of social media to run businesses.

Keywords: entrepreneurship intention, youth, higher education, social media

Introduction

"Venture ideas take inspiration. Venture opportunities need perspiration." (Vogel, 2018). The youth is a valuable asset to the nation because they are the ones who will bring innovation and inventions to sustain the economy, which will lead to the advancement of the country to the next level. According to Overseas Development Institute (2012), the definition of youth entrepreneurial activities is the process in which the youth are intent on becoming self-employed or to start up a new business, either in the formal or informal sector, with the purpose of generating income. The higher education institutions in every country must develop comprehensive entrepreneurial training among youth to drive economic capacity by creating jobs and reducing the unemployment rate to produce more productive youth.

The experts pointed out that the unemployment rate is rising from 3.9% to 5.5% in Malaysia due to Covid- 19 pandemic (Syazwan, 2020). There will be about 2 million people unemployed, including youths during this crisis. The unemployment issues have raised concerns from the government. Accordingly, Majlis Belia Malaysia (MBM) is working closely with the government bodies and private agencies to execute the training programs that will help to increase the knowledge and skills of young people. One of their training programmes is designed to improve the youth's digital entrepreneur skills with a view to increasing their knowledge in sustaining a business. Through this training programme, the intention of youth towards entrepreneurship would be increased, as well

as they know how to leverage the skills they learned throughout the programmes. Therefore, the young people who lost jobs during this crisis can take this opportunity to increase their knowledge and skills. A study from Ridzwan et al., (2017) mentioned that unemployment causes many youths to have the intention to find opportunities in self-employment. Youth can also consider the entrepreneurship career as a second career choice or sideline to generate extra income in order to sustain themselves.

Young people are urged to think more creatively and to change their mindset which is from a job seeker mindset to a job creator mindset (Dzomonda et al., 2019). The youth need to be equipped with the knowledge and skills to become successful entrepreneurs in the future.

Having a good business idea or proposal is not enough to start a business. Before starting a business, youth must possess a strong desire for success and the motive to gain profit. Universities and colleges can be good places for them to develop their learning mindset by participating in any events or programmes which can further enhance their knowledge, soft and hard skills. Apart from that, the entrepreneurship ability that a person also has may impact their intention towards new venture creation. In this modern era, when everything is going online, digital skills such as digital marketing skills and data analytics skills are in high demand, and this present society is hoping the youth are equipped with these skills set. Resource also is one of the important driving factors which will lead the youth towards self-employment. Next, the opportunities identification such as prior knowledge and personal networks are also the factors that influence youth intention towards entrepreneurship.

The youth's intention to become an entrepreneur will be raised when they hands-on the experiential projects by running an actual business. With the emergence of social media in this new generation, more and more young people would see that social media serve as a platform to run a low-cost small business.

1. Problem statement

The success rates among youths in Malaysia are at a low level and do not even reach the target. As pointed out by Ridzwan et al., (2017), the average number of companies that declared bankruptcies in Malaysia were 1,250 from 1998 until 2015. Between January to April 2015, there were 948 bankruptcy cases from youth derived from 107,306 cases of bankruptcy among Malaysian enterprises. The study also found that only 20% of young entrepreneurs successfully survive in the market every year. These facts proved that the reasons for business failure among youth are lacking entrepreneurial abilities or skills and adequate resources to sustain the business. Accordingly, higher education institutions play a vital role in ensuring the youth are well-rounded in every aspect before they step into the society.

As observed by Olugbola (2017), the author stressed the point that many youths in this present day have business ideas and plans, but only a few of them could convert such ideas into feasible businesses. Having a good business idea alone cannot guarantee one person's success. To succeed in the entrepreneurship pathway, young people need to have high motivation, innovative and creative ideas, adequate financial and resources

as well as entrepreneurial ability. Moreover, all these factors can eventually lead them to start their business venture.

2. Methodology

The conceptual framework is established according to the literature review and past research. Specifically, the study will examine how youth entrepreneurship intentions are related to factors that lead to youth entrepreneurship intentions, the roles of higher education and the impacts of social media on youth towards entrepreneurship. Figure 1 presents the conceptual framework of the study.

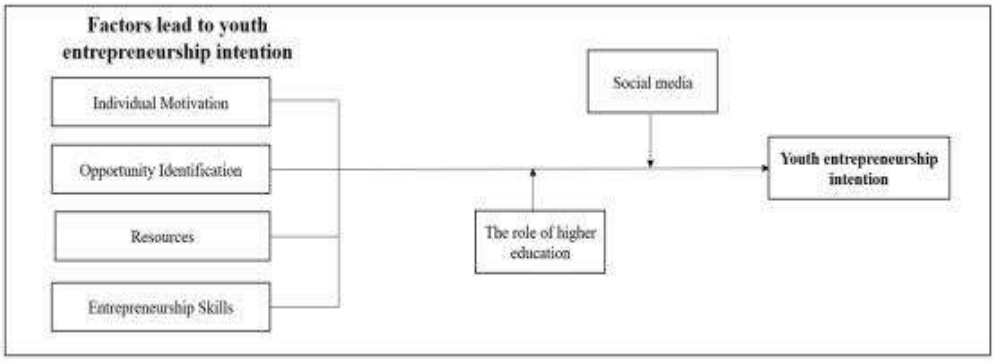


Figure 1: Conceptual Framework

3. Entrepreneurship definition

Entrepreneurship plays an important role in the economic development of an expanding global market. The concept of entrepreneurship refers to developing and managing a business in order to make a profit while taking some risks (Editorial Team, 2021). Robert described entrepreneurship as a process of creating accepting the financial, psychological and social risks that come with it and gaining financial and personal happiness and independence as a result (Robert et al., 1998). Similarly, Tony Bailetti argues that entrepreneurship is an investment in a project with the aim of creating and capturing value for the company (Bailetti, 2012). In general, entrepreneurship is the willingness to start a new business that uses ingenuity and resources to develop a new area in order to gain a benefit, but also accept the risk and uncertainty in the process.

3.1 Youth entrepreneurship intention in Malaysia

In this era, many young people reject stable jobs with office hours and prefer to start their own businesses. In fact, youth entrepreneurship plays a vital role in a country's economic development as youth is a valuable resource with great potential to contribute to national development.

In Malaysia, the challenges of youth entrepreneurship are not only related to market instability and economic conditions but also to the lack of skills and training for youth. The lack of entrepreneurship among youths is often cited as a key factor that hinders national productivity and development. To solve this problem, the government has stepped up its efforts to help younger people to venture into entrepreneurship (Ling, 2011). As a result, the Malaysian government allocated RM25 million to assist local

youths in starting and transforming their businesses, a move that will help them launch e-commerce and online businesses. However, young entrepreneurs of different ages face specific needs and problems. It is interesting to note that the absolute number of young people involved in informal sector business activities will decline as they get older.

A study conducted by IPPBM in 2008 with 4673 young people reported a relatively high score on the Youth Index. They found that the entrepreneurial potential and interest among youth increased from 51.6 in 2006 to 63.3 in 2008 (Indeks Belia Malaysia, 2008). The young people in the study were said to be interested and wanted to gain skills to increase the likelihood of career progression. And another research shows the average intention in entrepreneurship among students (PSA) Selangor Malaysia is "high" with a percentage value of 81.02%.

The number of young entrepreneurs in Malaysia is still insufficient to achieve an advanced national economy and significant social transformation. Young people always avoid starting a business for a variety of reasons, including lack of confidence, lack of entrepreneurial knowledge, low interest in entrepreneurship as a career path and fear of taking risks. In fact, if young people have enough confidence and perseverance, know how to make the most of their resources and have the ability to innovate, they can soon become good entrepreneurs with the help of society.

Today, numerous colleges are offering entrepreneurship courses to help young people become true entrepreneurs. In addition, there are many organizations in society that offer help in this area. Rapidly Successful Youth Entrepreneurship, for example, is a programme that helps young Malaysians to develop, design and run their own start-ups from scratch with the skills they need. It draws on the entrepreneurial and innovation expertise of the Asian School of Business and MIT and the experience of local Malaysian partners and successful entrepreneurs. Through exposure to entrepreneurship and innovation, they can gain the confidence to excel in all parts of their lives outside of business. Malaysia nurtures youth entrepreneurship through the Small and Medium Enterprises (SMEs) programme. Over the years, the Malaysian Government provided many support schemes for the SME sector.

In general, the topic of young entrepreneurs is often discussed and highlighted in the media. However, Malaysia still lacks a systematic and in-depth understanding of youth entrepreneurship. To improve youth entrepreneurship programmes for socio-economic development, there is a need to increase knowledge on youth in entrepreneurship. This knowledge is useful for society, especially for youths, to alleviate unemployment, increase participation and increase their intention in entrepreneurship as a career.

4. Factors Lead to Youth Entrepreneurship Intention

4.1 Individual Motivation

Motivation can be defined as the main point between "how" and "why" an individual's behaviour will be affected, such as stimulation, guidance, sustainability, and interruption Lloyd (2019). In this study, motivation has a significant impact on youth entrepreneurship intention. In general, motivation can be divided into three important

elements including the need for success, profit or benefit motivation, and desire for independence that helps to energize youth to start up a new venture.

The need for success has engaged and inspired youth in starting their own new venture (Olugbola, 2017). In the high competitiveness era, youth seek many challenges to enrich their achievement in their life. According to Din, Aziz, Anuar & Usman (2017), the study shows Malaysia university students, including both public and private universities, admitted that the need for success is one of the reasons for them to start a business in the future. Obviously, it requires quite a lot of professional entrepreneurship knowledge. As a result, youth are likely to obtain experiences, knowledge, and other impressive achievements that may affect their lives in the future by starting their entrepreneurship.

Besides, profit (benefit) is one of the factors that motivate youth in developing a new venture. Profit refers to the financial performance and benefits that can be accomplished by a company during the period (Puspitaningtyas et al., 2018). Apart from that, "profit" has been categorized as a part of the motivations of the youth because of the intention to earn money and entrepreneurship might be a good choice for them in achieving their goals (Olugbola, 2017). A research study stated that the need for income (profit) was placed at the top ranking of the factors that influence an entrepreneur to start a new business venture as prevalent during the recession (Drews et al., 2015).

The result of research stated that the desirefor independence affects people in deciding to start a venture (Stefanovic et al., 2010). The desire for independence is known as the entrepreneurship decision being made by personal perception and judgement without performing via external factors. The desire for independence may also be influenced by several reasons such as becoming your own boss, self-control lifestyle, and being free from employee rules when working in a company (Olugbola, 2017). For example, most young people who do not like to work under a supervisor will have the desire to start a business and become a boss. Thus, it can be concluded that the desire for independence should be the reason that encourages youth to start a business.

In brief, this study explained that motivation is one of the factors which could trigger the youth intention towards entrepreneurship in terms of the need for success, the need for profit or benefit, and the desire for independence.

PREPOSITION 1: There is a significant relationship between motivation and youth entrepreneurship intentions.

4.2 Opportunity Identification

Opportunity can be defined as exploring new economic value by anticipation and it has not yet been exploited whether previously or currently by other young people (Olugbola, 2017). Undeniably, opportunity identification is such an important role that is used to evaluate the perceived opportunity among youth in order to consider developing a business venture. A study on opportunity identification found that opportunity identification can be divided into two factors including former knowledge and social networking.

Former knowledge plays a vital role in influencing youth to join the business world. Top Hat Glossary reveals former knowledge as educational info that a learner already mastered before they learned the new knowledge. Based on the study, previous knowledge owned by a person will influence them directly in starting entrepreneurship by helping them identify the opportunity of their business activities (Olugbola, 2017). For instance, past entrepreneurship experience such as an online business agent that carried before will help youth to create a scene toward his or her future entrepreneurship. Likewise, management courses' knowledge that a person learned in university such as accounting, finance, analytics, and other courses will act as the prior knowledge that is crucial for students to identify business opportunities.

Social networking was recognized as a part of opportunity identification which will influence the intention of young people to start up a business. Olugbola (2017) clarifies that youth who are always active in participating in university social networking such as business clubs, entrepreneurship seminars, and other business-related activities will change their mind regarding the business world. Certainly, it will be an advantage for them in starting their venture in the future by recognizing opportunities. For example, youth who frequently participate in business-related activities will have a deeper understanding of business such as tactics of doing business, steps to success in business, or even experience sharing by lecturers. Hence, it will be a crucial element for university youth to get into entrepreneurship. In conclusion, the opportunity identification can be explained as one of the reasons that contribute to youth intention towards entrepreneurship in terms of former knowledge and social networking.

PREPOSITION 2: There is a significant relationship between opportunity identification and youth entrepreneurship intentions.

4.3 Resources

Resources can be defined as tangible assets (e.g., human resources, materials, and so on) and intangible assets (e.g., financial assets and other organization assets) which used by a company to prepare, develop and deliver the final goods to the consumers (Olugbola, 2017). To be specific, resources can be divided into two elements include physical resources and access to financial status and influence youth in deciding to start a business venture.

In common, Olugbola (2017) stated that physical resources could be defined as things that are tangible which significantly affect youth in deciding to start a business venture. Youth entrepreneurship has a significant relationship with physical resources, especially technology such as machines, Artificial Intelligence (A.I.), and the like. The availability of physical resources such as logistic transportations, lands, communication, infrastructure facilities (E.g., water source and electric source) are most likely to affect the decisions of youth in starting a new venture. Apart from that, a legal facility such as business licenses will also influence young people in starting a business venture. Access to legal facilities might be one of the crucial steps that enable entrepreneurship to be recognized by the government and avoid unnecessary punishments in terms of law and legislation.

Finance may be one of the issues that always considers how well entrepreneurship can be performed. Finance can be related to a set of activities such as banking, cash flow, investment, and capital of the market that are a money-related management system (Kurt, 2021). The ability to access financial resources will be the point to influence youth in starting a business venture. Luckily, many organizations, including government organizations and non- government organizations, have been trying to help youth entrepreneurs to start their businesses. For instance, Sabah's government is collaborating with the private organization Shopee in order to encourage university students to involve themselves in the business world with financial aid, which is worth RM2,000 for those who participate in this programme (Miwil, 2020). In short, a huge sum of financial resources is necessary for youth to start up entrepreneurship successfully.

In conclusion, resources can be explained as one of the reasons that contribute to youth intention towards entrepreneurship in terms of physical resources and finance.

PREPOSITION 3: There is a significant relationship between resources and youth entrepreneurship intentions.

4.4 Entrepreneurship Skills

Entrepreneurship skills can be explained as to how well a person in charge try to sense, choose, figure out, and synchronize both inside and outside conditions to search in terms of recognizing, discovering and creating something and searching for opportunity (Olugbola, 2017). Entrepreneurship skills include management skills and marketing skills. Management skills are one of the skills that youth should have before starting their new venture. A perfect business management plan will lead the whole company and organization toward the path of success (Olugbola, 2017). As a matter of fact, “management” can be explained as an activity that requires a manager to predict, plan, organize, and control as well (Cssmbb, 2016). Youth who have been well educated about management skills at the university level will help them understand the situation faced currently, and they will be able and responsible to apply new ideas or solutions for every problem that could not be predicted (Olugbola, 2017). Failure to act in business management may cause the company to incur losses or even bankruptcy.

Olugbola (2017) reveals that marketing skills contributed to entrepreneurship skills. Marketing skills mean a person who is able to promote their inventories, goods, and services to consumers. It can be done through obtaining several steps such as public speaking, creativity, persuasion, and communication (Doyle, 2020). In particular, youth are given chances to learn their marketing knowledge according to the university’s syllabus and co-curriculum activities. As a result, youth who possess marketing skills will be one of the advantages in starting their entrepreneurship. Most of the time, they understand consumers' needs and buying behaviour by studying theories from universities and conducting research or surveys throughout their target market. Therefore, they will be able to promote the goods or services to the focus group.

Finally, entrepreneurship skills can be categorized as one of the reasons that contribute to youth intention towards entrepreneurship due to their management skills and marketing skills.

PREPOSITION 4: There is a significant relationship between entrepreneurship ability and youth entrepreneurship intentions.

5. The roles of higher education

It is indisputable that higher educational institutes play a crucial role in the growth of youth entrepreneurship. Among the providers of higher education are colleges, polytechnics, and universities. This strategy necessitates those institutions of higher education foster entrepreneurial habits among youth through entrepreneurial education and training. Thus, higher education institutions should promote entrepreneurship among youth in terms of entrepreneurship programs, career guidance, and corporate social responsibility programmes (CSR).

5.1 Entrepreneurship programme

In today's economic climate, a fresh graduate's mastery of the academic topics provided in the syllabus alone is no longer adequate. Entrepreneurship education is one of the essential strategies for young people to improve their skill set. Nafukho & Muyia (2010) stated that higher education institutions focusing on entrepreneurial education and training to the students could help the youth gain valuable skills in entrepreneurship. Moreover, higher educational institutions may influence young people's mindsets and attitudes towards choosing entrepreneurship as a career option, according to Pittaway & Cope (2007). A survey conducted by Hasliza Hassan (2020) and Abubakar (2019) has asserted that education focusing on entrepreneurship and financial support have motivated young people to try their hand at business. This entrepreneurial mindset has bolstered the intention to become an entrepreneur among the youths. The courses that expose students to entrepreneurship will encourage them to acquire entrepreneurial skills, habits, and mindsets on a personal level. Nonetheless, it is one of the institution's responsibilities to create platforms for students to help them gain an insight into entrepreneurship to ensure that they will grasp the necessity of entrepreneurship and form an entrepreneurial attitude. Individuals with entrepreneurial education and training will have the potential to identify business opportunities, as well as have the self-esteem, knowledge, and capabilities to act on them. It is undoubtedly easier for these students to launch their careers earlier as they are introduced to standard business topics such as management, marketing, and finance through entrepreneurial education. Regarding entrepreneurial intention, the findings of a study have shown a significant difference between students who have gained entrepreneurial knowledge through a course offered in higher educational institutes and those who have not. It is extremely possible that the entrepreneurial experience and information obtained as a result of attending the course sparked an interest and ambition in the student to become an entrepreneur in the future. Universities and other higher education institutes must be mindful of this factor to organise future entrepreneurial initiatives better. The researchers believe that putting greater emphasis on entrepreneurship education might boost graduate entrepreneurship activity development among the youth, given that the higher number of tertiary education graduates are correlated with higher rates of entrepreneurial activities.

5.2 Career guidance

The introduction of new professions and career opportunities is changing the way people make career decisions as education systems vary and grow. When official sources of career counselling are unavailable, people tend to rely on their family and friends, resulting in decisions that lead to jobs in which they do not envision a bright future. The importance of career coaching in molding one's professional decisions cannot be overstated. When the youth have no one to advise them, the majority of them wind up choosing the incorrect and unfitting occupations for themselves. Students require career assistance to explore and plan for future professional ventures that are tailored to their unique interests, talents, and beliefs. Participation in career coaching in universities and colleges helps career preparation and management by strengthening the relationship between academic and professional experiences. It is extremely important to provide career guidance as a type of counsel to students in institutions so as to discover and improve the quality of a student's potential. Extent research conducted in Malaysia has shown that the graduates in Malaysia have been interested in entrepreneurship but could not pursue a career in it because of the lack of guidance and insight into the aspects of entrepreneurship. According to research conducted by Sun & Yuen (2012), a number of youths believe that they are unaware of the entrepreneurial career path since they do not receive any guidance from their community. Universities and colleges may encourage youths to try entrepreneurship by hosting events such as career carnivals at their campuses. It will be much more memorable and beneficial to the students if the institution manages to invite role models who have succeeded as entrepreneurs so that the students can look up to them and believe that a career in entrepreneurship is possible in reality and not a mere dream. For instance, Universiti Sains Malaysia hosts a career event known as "PPBLT Career Month & Alumni Talk Series" annually to give advice to future graduates so that they will choose a suitable career path. (Neohhk., n.d.). Soon-to-be graduates can seek a chance to identify their inner interest to pursue a career in entrepreneurship through such events as the alumni expose the students to a variety of internships and job opportunities as well as boost the students' confidence in their degree- related knowledge and skills. Existing entrepreneurial education literature has highlighted that including role models in entrepreneurial education programmes can help students develop entrepreneurial intentions and behaviours (Muofhe & Du Toit, 2011).

5.3 Corporate Social Responsibility Programmes (CSR)

CSR is defined as a self-regulatory business model that allows a corporation to be socially accountable to itself, its stakeholders, and the general public. Companies are able to be aware of their influence on social, economic and environmental aspects by implementing corporate social responsibility, which is also known as corporate citizenship. Higher educational institutions, like any other organisation, must satisfy moral commitments (Jones et al., 2014). Higher educational institutions can inspire the students by encouraging generosity through developing policies and programmes that are based on social responsibility ideals such as volunteerism, charity fundraisers that

are led by the students and community service initiatives. As an example, the University of Leicester had launched a programme known as "Upskilling for the 21st Century" after noticing some socio-economic challenges in the community. The effort was developed to promote economic growth in the nearby region by establishing links with local companies, schools, and charities in order to address evident job gaps in the area. Moreover, universities can take the initiative to collaborate with companies to provide funding for the youth to join entrepreneurship programmes and competitions to enhance their entrepreneurship skills. The G-TEC programme at Osaka University is an excellent example of university-industry entrepreneurship education partnership. This collaborative program allowed the university side participants and industry side participants to exchange ideas which allowed them to think from different perspectives. The students were able to learn the core techniques of technology entrepreneurship and the significance of humanity in entrepreneurial endeavours. During the programme, the students take classes that focus on business aspects such as entrepreneurship, business model generation and funding strategies. The tremendous motivation resulting from the students' amazement towards the challenging attitude displayed by the industry participants have pushed the students to work hard towards the objective, and students realised that this is an important aspect in entrepreneurship. Hence, it is evident that higher education institutions play an important role in including social responsibility as an evolving objective for present and future students in the institutions by participating in corporate social responsibility programs in order to create socially responsible entrepreneurs in the future to make a constructive influence on the world.

6. The impact of social media

Today, social media and networking sites have become an integral part of our daily lives and have transformed business and life practices. The intensity of use and popularity of social networking sites has increased the entrepreneurial intentions of young entrepreneurs as they recognise their power and potential. Alayis et al., (2018) defines the adoption of social networking sites as the adoption of platforms to run and manage businesses, resulting in new business ideas and opportunities.

In fact, starting a business through the use of the internet and social media has become a breeze, especially for young people born in the 20th century, who are no strangers to the internet and can therefore easily use it for a variety of self-starting ventures. From apps to YouTube channels, Generation Z has seen widespread success in entrepreneurship, and they bring with them many unique qualities and upbringings that give their generation a business advantage. These young entrepreneurs are not just generating profits for their companies and changing the way society lives, but also bringing a different kind of entrepreneurial mindset. They love to break away from stereotypes and old ideas and always present new things in an innovative way.

In addition, the rise of social media has changed the way entrepreneurs perform and their daily activities, especially during the Covid-19 pandemic. Social media was used extensively in business activities, including business networking, information search and crowdfunding for their businesses. This has led to a significant impact, with improved company performance and increased innovation being the underlying results. This has

certainly boosted the propensity ofyoung people who are adept at using technology to start their own businesses. In short, social media presents an optimistic perspective for entrepreneurship.

7. Recommendations

In order to encourage students' interest in creating business ideas and motivation in entrepreneurship activities, universities and colleges should incorporate entrepreneurship courses into their curriculums. Besides, higher education institutions should include digital entrepreneurship programmes in curriculums that would provide students with insight into digital business. By taking part in these programmes, students will be able to learn how to run the business effectively in the digital era through the use of digital tools such as social media marketing tools and e-commerce tools. To raise students' awareness of entrepreneurship, universities should also design more seminars and workshops. For instance, universities can organize social media marketing workshops to teach students how to convert their business ideas into reality by relying on social media. Furthermore, government and private sectors are responsible for promoting youth entrepreneurship. To exploit young talent, the private sector, including banks and SMEs, should provide undergraduates with scholarships by designing entrepreneurship workshop and activities. Apart from that, parents can be a great influence on their children's motivation to participate in entrepreneurship. This means that children should be given freedom in decision-making for their career path. There should be no stereotypes of parents who think young people cannot succeed at a young age.

Conclusion

This conceptual framework is established based on the relationship between factors that lead to youth entrepreneurship intentions in terms of individual motivation, opportunities identification, resources and entrepreneurial skills and the roles of higher education institutions act as a booster as well as the impacts of social media in triggering youth entrepreneurship intentions. This paper would bring valuable information to the readers regarding the youth entrepreneurship intention and how universities and colleges serve as a pivotal role in shaping their attitude and mindset towards self-employed and start-ups. The youth's motivation to succeed, their initiative to discover opportunities, their availability of resources as well as the entrepreneurial skills they have might further shape their identity towards a job creator rather than a job seeker. Higher education institutions play a vital role in youth entrepreneurship development by designing entrepreneurship programmes, career guidance as well as providing students opportunities and funding through corporate social responsibility programmes to equip students with knowledge and skills which can lead them towards entrepreneurship careers. With the knowledge and entrepreneurial skills, where the youth has acquired from universities and colleges, they could now begin their journey as entrepreneurship. In this new generation, the barriers to starting a business are much lower than the previous day. Starting a business on social media no longer requires a huge amount of

money. As a result of social media's influence on youth's mindset, the youth are more inclined towards self-employment instead of being employed from 9 to 5 by the company.

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72 Forms of Cyberbullying In Social Media *Instagram* Against Youth 18-24 Years Old On Java Island, Indonesia

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Abstract

The use of social media Instagram turns out to bring negative impact among teenagers, namely cyberbullying. The issues discussed will focus on a form of cyberbullying on *Instagram* social media that afflicts teenagers aged 18-24 years on the island of Java, Indonesia, so that the causes can be seen, and efforts are made to prevent them. The form of cyberbullying will be identified with the opinion of Willard (2007) which includes seven aspects of cyberbullying, namely flaming, harassment, denigration, impersonation, cyberstalking, exclusion, and outing and tricky. Based on the results of the analysis, it was found that the main causes of cyberbullying on *Instagram* social media are the lack of empathy, emotional problems, and also the anonymity of the perpetrators. In Indonesia, cyberbullying on social media has been regulated in Article 27 paragraph (3) of the ITE Law and the ITE Law, especially Chapter VII articles 27 to 32.

Keywords: *Instagram, Social Media, Cyberbullying, Youth*

Preliminary

Currently, the development of communication technology makes communication not only can be done directly but can also be done using internet intermediaries, such as the use of social media Instagram. The use of social media Instagram is very popular, especially among teenagers. Currently, the use of social media Instagram is a way for teenagers to continue to interact socially with the outside world when facing the Covid-19 pandemic. In connection with the fact that currently, teenagers in Indonesia are still in the learning and work from home period, the frequency of using smartphones by teenagers has become longer. This causes a spike in negative impacts the use of social media Instagram among teenagers, namely cyberbullying.

UNICEF explains cyberbullying is bullying using digital technology, such as social media, chat platforms, and gaming platforms. Cyberbullying is repeated behavior against someone who is considered not easy to resist the action. The goal is to frighten, anger, or humiliate the victim.

According to Anggraini (2020: 18), social media is online media that is widely used by the community, because people easily find information, produce works, channel hobbies, and express themselves. Then, according to Ardiani (2020:22), Instagram is taken from the word "instant" which means fast or easy, and "gram" which is taken from the word "telegram" which means as a medium for sending information very quickly. Instagram is also a social media where every photo and video post can be given a caption as an explanation. Based on this opinion, it can be concluded that Instagram social media

is one of the online media that has features that can upload and view photos and videos quickly and can be equipped with explanations as a form of conveying information.

Cyberbullying cases in Indonesia are quite high and are considered very worrying. Based on the data displayed by Drone Emprit, the most cyberbullying on Instagram social media is 42%. Quoted from statisca.com, in Indonesia alone the number of Instagram users until July 2021 reached 91.77 million users. With the largest users in the 18–24-year age group, namely 36.4%, it can be concluded that Instagram social media users in Indonesia are dominated by teenagers. Instagram is also an application that is very easily accessible by various groups. Therefore, Instagram social media is an easy place for users to carry out cyberbullying.

The explanations above made researchers interested in research to describe the forms of cyberbullying on Instagram social media that afflict teenagers aged 18-24 years on the island of Java, Indonesia so that the causes and prevention efforts can be seen. The form of cyberbullying will be identified with the opinion of Willard (2007) which includes seven aspects of cyberbullying. Namely, flaming, harassment, denigration, impersonation, cyberstalking, exclusion, and outing and trickery.

Method

In this study, we use qualitative research methods, namely research that intends to gain an understanding of social reality from the respondent's perspective. Qualitative methodology is a research procedure that produces descriptive data in the form of written or spoken words from people and observable behavior (Moleong, 1989:3). Researchers conducted information mining using online questionnaires and literature studies. The literature study in question is secondary data obtained from previous research such as articles, journals, and the internet that can support data on the topic of the problem.

The questionnaires that we distribute are as follows:

1. Age
2. Gender
3. Domicile
4. Work
5. Status
6. What are your reasons for using social media on Instagram?
7. Have you ever received cyberbullying actions on Instagram social media?
8. What kind of cyberbullying do you get on Instagram social media?
9. Attach evidence of cyberbullying if you wish
10. What actions have you taken against cyberbullying on Instagram social media?

Results And Discussion

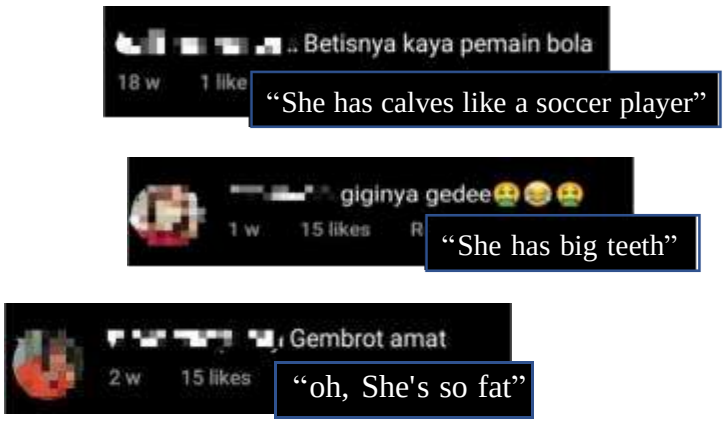
As many as 50 adolescent respondents aged 18-24 years from all over Java in Indonesia have experienced cyberbullying on Instagram social media and have been willing to share their experiences by including evidence in the form of snippets of

cyberbullying images obtained on Instagram social media. Respondents obtained consisted of 18 men and 32 women from among students, employees, and private workers who were not married. For ethical reasons, the names of the respondents will not be disclosed in this paper.

The use of Instagram social media among respondents is motivated by several reasons, including as a medium of entertainment, self-expression, following trends, demands of school, and work to the most dominating reason is a medium of information and socializing. With the reasons behind it, the respondents got the opposite thing when using Instagram social media, namely cyberbullying. According to Willard (2007), there are seven aspects of cyberbullying. Namely, flaming, harassment, denigration, impersonation, cyberstalking, exclusion, and outing and trickery.

Flaming

Flaming is an act of intimidation carried out online to provoke and ignite the victim's emotions. Perpetrators will post something that offends the victim, it can be in the form of insulting messages, dirty words, or curses filled with emotion.



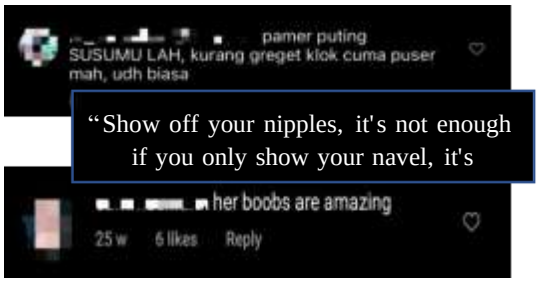
Picture 1: Evidence of Anger Cyberbullying

From the data that the researchers got, the form of cyberbullying was the most common form of cyberbullying with 13 victims. Some of the pictures above are evidence that shows cyberbullying on social media Instagram that happened to three different victims. It is known that the first victim received cyber bullying for uploading a photo using a knee-length dress that showed the victim's calves. Then, the second victim received cyberbullying for uploading a smiling selfie photo that showed a row of teeth, and the third victim received cyberbullying for uploading a photo that showed her curves.

Judging from the form of cyberbullying the victims received, the comments of the three perpetrators were the same, namely focusing on criticizing the victim's body (body shaming). The focus of the perpetrator is only on the physical imperfection of the victim. This is a form of humiliation by the perpetrator to ignite the emotions of the victim. In the context above, the so-called cyberbullying actors are not only people who write comments but also people who like the comments, because it indicates that there is a commonality of opinion between the perpetrators.

Harassment

Harassment is the behavior of sending messages with harsh and obscene words that refer to harassment.

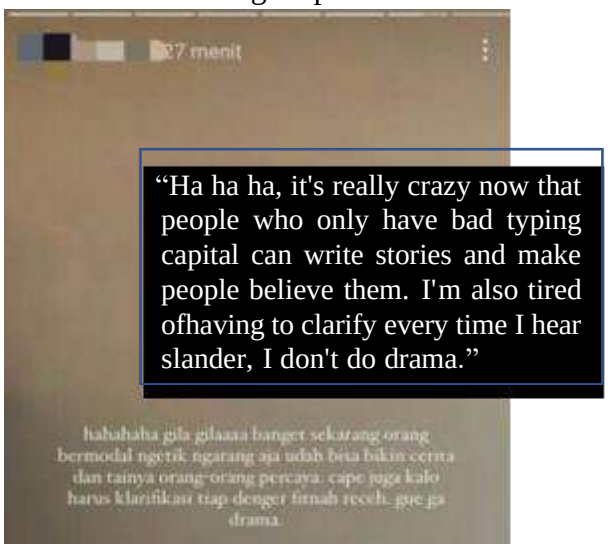


Picture 2: Evidence of Harassment Cyberbullying

From the data that the researchers got, this form of cyberbullying is the second most common form of cyberbullying with 11 female victims. Some of the pictures above are evidence that shows cyberbullying on Instagram social media that happened to two different victims. The two victims received cyberbullying for uploading photos showing the curves of their upper bodies. The perpetrators, who are men, made indecent comments on women's body parts based on their sexual desires. In the context above, the so-called cyberbullying actors are not only people who write comments but also people who like the comments, because it indicates that there is a commonality of opinion between the perpetrators. Although it mostly affects women.

Denigration

Denigration is an act of cyberbullying carried out by writing insulting posts or comments that are rumors or untrue to damage reputation.



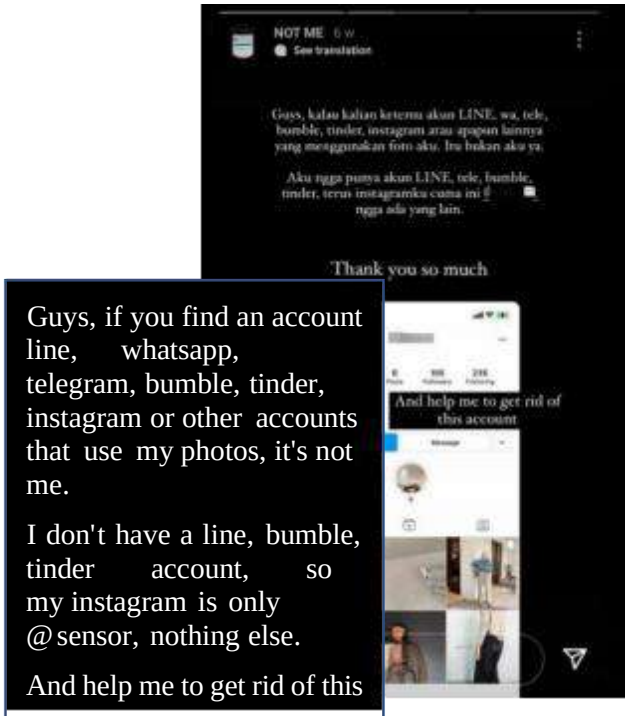
Picture 3: Evidence of Denigration Cyberbullying

From the data that the researchers got, the form of slanderous cyberbullying is the third most common form of cyberbullying with 8 victims. The picture above is evidence that shows cyberbullying on Instagram social media that happened to one of the victims.

The victim received slanderous cyberbullying that was spread by one of his followers on Instagram social media. When the victim was disturbed by the slander being spread, the victim finally confirmed through her post that she would not say anything about the slander being circulated because she thought it was tiring and unreasonable to clarify every baseless and irresponsible typing on Instagram social media. The focus of slanderous cyberbullying perpetrators is only aimed at bringing down the reputation of their victims. This can be triggered by the perpetrator's dislike for the victim because of mistakes that have been made or for no apparent reason. It is not uncommon for people who are perpetrators of this slanderous cyberbullying to have no attachment to the victim or the victim and perpetrator do not know each other directly.

Impersonation

Impersonation is the behavior of pretending to be someone else by accessing the victim's information and creating a false identity with the aim of humiliating and even committing fraud. Cyberbullying impersonation on Instagram social media can be done by creating a fake account or logging in through someone's account.



Picture 4: Evidence of Cyberbullying Impersonation

From the data that the researchers got, the form of cyberbullying was cyberbullying with 7 victims. The picture above is evidence that shows cyberbullying on Instagram social media that happened to one of the victims. The victim received impersonation cyberbullying by finding an Instagram social media account that used photos of him but not his name listed but someone else's name. When the victim was disturbed by the slander that was spread, the victim finally uploaded a post asking for help from her followers on Instagram social media to report the account to be deleted by Instagram

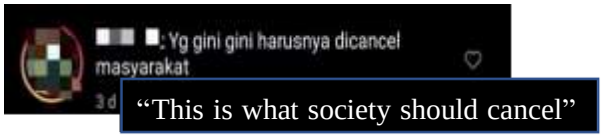
and did not trust any account on her behalf other than the Instagram social media account she is currently using.

Cyberstalking

Cyberstalking is a behavior in which someone stalks and interferes intensely in online media to create great fear in the victim. From the data that the researchers got, the form of cyberbullying was cyberbullying with 7 victims. Victims who have been subjected to cyber-stalking are unable to provide supporting evidence for personal reasons. This stalker cyberbullying can be triggered by the perpetrator's high curiosity about the victim's personal life or wanting to get to know the victim more closely on Instagram social media but using the wrong way.

Exclusion

Exclusion is behavior that intentionally excludes and excludes someone in a group.



Picture 5: Evidence of Cyberbullying

From the data that the researcher got, the form of cyberbullying was ostracism, which was cyberbullying with 3 victims. The picture above is evidence that shows cyberbullying on Instagram social media that happened to one of the victims. Victims get cyberbullied for uploading photos without wearing a hijab. Even though the victim admits that her actions were wrong, it is also not justifiable to receive such cyberbullying of isolation. Moreover, the perpetrators of cyberbullying do not know the victim directly. In the context above, the so-called cyberbullying actors are not only people who write comments, but also people who like the comments because it indicates that there is a commonality of opinion between the perpetrators.

Outing and trickery

Outing and trickery have different meanings but the same purpose and goal. The outing is a behavior that spreads other people's secrets from photos or videos, which become someone's secret, while tricky is the behavior of persuading someone by tricking them to get various secrets such as that person's photo. From the data that the researchers got, the form of deceptive cyberbullying is cyberbullying with 1 victim. Victims who receive this cyberbullying scam cannot provide supporting evidence for personal reasons. This fraudulent cyberbullying is used by the perpetrators to threaten their victims into obeying all their orders so that the confidentiality held by the perpetrators remains safe.

Victims of cyberbullying have the right to receive justice and accountability for the perpetrator's actions. As victims, of course, there have been various responses that have been given to perpetrators of cyberbullying on Instagram social media, including staying silent, blocking, and reporting the perpetrator's Instagram social media account,

reprimanding the perpetrator's actions, and reporting the perpetrator to the authorities. Reporting from UNICEF, social media Instagram has also provided a "Community Guide" that will remove cyber-bullying content.

Based on the data obtained, the researchers analyzed the main causes of perpetrators of cyberbullying on social media Instagram, namely lack of empathy, emotional problems, and anonymity. Someone who lacks empathy cannot feel what other people feel, this causes perpetrators to easily carry out cyberbullying without thinking about what impact the victim will feel. Then, someone with emotional problems will have difficulty controlling himself, so he gets angry easily and this is vented through cyberbullying. Lastly, anonymity means not being identified. On Instagram, the multi-account feature certainly makes it easier for perpetrators to use fake accounts. Based on Rosner & Kramer (2016) deindividuation theory,

In Indonesia, cyberbullying on social media has been regulated in Article 27 paragraph (3) of the ITE Law which reads: "Everyone intentionally and without rights distributes and/or transmits and/or makes accessible Electronic Information and/or Electronic Documents containing insult and/or defamation". The criminal threat for perpetrators who meet the elements in Article 27 paragraph (3) of Law 19/2016 is a maximum imprisonment of 4 (four) years and/or a maximum fine of Rp. 750 million. In addition, the government also disseminates the ITE Law, especially Chapter VII articles 27 to 32 which regulates the provisions for using the internet, carrying out media literacy or media literacy while continuing to develop ethical moral values in communicating through social networks.

Conclusion

The use of social media Instagram is very popular, especially among teenagers. However, this turned out to bring negative impact among teenagers, namely cyberbullying.

UNICEF explains cyberbullying is bullying using digital technology, such as social media, chat platforms, and gaming platforms. Cyberbullying is repeated behavior against someone who is considered not easy to resist the action. The goal is to frighten, anger, or humiliate the victim. Whereas Instagram social media is one of the online media that has a feature that is being able to upload and view photos and videos quickly and can be equipped with explanations as a form of conveying information.

According to Willard (2007), there are seven aspects of cyberbullying. Namely, flaming, harassment, denigration, impersonation, cyberstalking, exclusion,

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The main causes of cyberbullying on Instagram social media are lack of empathy, emotional problems, and the anonymity of perpetrators. In Indonesia, cyberbullying on social media has been regulated in Article 27 paragraph (3) of the ITE Law and the ITE Law, especially Chapter VII articles 27 to 32."Cyberbullying" Tertinggi. March 29. Accessed 15th October 2021. https://tekno.kompas.com/read/ 2021/03/29/07164137/instagram-media-sosial- pemicu-cyberbullying-tertinggi

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73 Do Young and Old Directors Contribute to the Relationship between Integrated Reporting Disclosures and Firm Value? Evidence from Malaysia

Lok Yee Huei[1], Phua Lian Kee[2]

Abstract

Malaysian Code on Corporate Governance indicates that an effective board should have sufficient diversity such as diversity in age to prevent the 'groupthink' in the decision-making process. When board of directors consists of old and young directors, it can improve the effectiveness of board discussions as they will share their diverse knowledge and strategies. Young directors are more innovative and creative. They produce innovative ideas that can be converted into business strategies. Younger directors are also more acquainted with new technologies, possess risk-taking attitude and more sensitive to environmental and ethical issues. Therefore, this study suggests examining how board age diversity with young and old directors contribute to the relationship between integrated reporting disclosures and firm value. The finding of study shows that board age diversity is important in a company. Directors from different age groups show different characteristics which can help to increase the information disclosures that can satisfy the stakeholders' needs and firm value.

Keywords: Integrated Reporting Disclosure; Board Age Diversity; Board Diversity; Firm Value; Firm Performance; Malaysia

Introduction

Corporate reporting is important especially for the listed companies. It is used to communicate the corporate information with the stakeholders. The advancement of technology year by year has changed the way how the companies prepare their corporate reporting as well as the approach used to deliver the corporate information with the stakeholders. Due to technology changes, it can ease information access and also improve the interest level of stakeholders in corporate information (Bhasin, 2017). Therefore, the corporate information should be improved by including non-financial and financial information to target the wider needs of stakeholders.

Integrated reporting is the most recent trend of corporate reporting. In 2013, the International Integrated Reporting Council (IIRC) introduced the International Integrated Reporting Framework. At that time, this new paradigm in corporate reporting was accepted by many companies around the world in a voluntary basis (Mohammed et al., 2021) including Malaysia. An integrated report is defined as concise information about how an organisation's strategy, performance, governance and prospects in the context of its external environment can create the firm value over the short, medium and long-term (IIRC, 2021; Velte, 2021).

The focus of integrated reporting is beyond the financial factors. The story of business can be described by the integrated reporting through its integration of corporate governance, social governance, management communication, corporate

communication, environmental and financial statements (Mohammed et al., 2021). Integrated reporting supports integrated thinking within the organisation. Therefore, a clear connectivity of information between the manufactured, human, natural, financial, intellectual, social and relationship capitals are needed for integrated reporting (IIRC, 2021; Velte, 2021).

Integrated reporting provides non-financial and financial information in an integrated way. It is better than the traditional corporate reporting as integrated reporting links previously disconnected pieces of sustainability and financial information (Hamad et al., 2021; Lok & Phua, 2021). Integrated reporting enhances the quality of information available to the providers of financial capital. Hence, integrated reporting can disclose appropriate information to the stakeholders for investment decision (Lok & Phua, 2021b). In addition, it is lacking studies carried in Malaysia on how the integrated reporting impacts the firm performance. Jaffar et al. (2019) claimed that if the firm value can be improved with integrated reporting, the companies might be more subtle to the integrated reporting mindset. Thus, this paper recommends that integrated reporting improves the firm performance, and it is important to provide empirical evidence on this matter especially in developing country such as Malaysia.

According to Akhtaruddin et al. (2009), the importance of corporate governance has increased in Asia, especially after the events of corporate failures as well as the Asian financial crisis happened in 1997. Transparency and stewardship can be improved with better corporate governance. The trend for better quality of corporate governance has resulted in reducing the information gap between the investors and companies in countries such as Malaysia, South Africa, Netherlands and Japan (Hamad et al., 2020; IIRC, 2019). The advantage of corporate governance is accomplished when pressures are put on companies to increase the information disclosures voluntarily (Hamad et al., 2021). According to KPMG (2017), integrated reporting is viewed as a proxy for a good corporate governance. It is important especially in attracting the investors. In addition, governance disclosure is also one of the eight content elements of integrated reporting (IIRC, 2021).

Past researchers such as Velte and Stawinoga (2017) claimed that corporate governance structure for a company is significantly related to integrated reporting and voluntary disclosures. The composition ofboard of directors is one ofthe aspects of corporate governance structure. Board of directors holds an essential role as an internal corporate governance mechanism (Hamad et al., 2021). The job responsibilities of directors are to monitor and supervise the operations of company. Thus, board of directors can help to minimise the risks, private managerial interest and agency costs (Bueno et al., 2018). Board of directors can also improve the transparency of corporate reporting (Bueno et al., 2018).

Hamad et al. (2021) mentioned that many previous studies found out that board characteristics such as board diversity, board independence, activity and board size are positively related to the voluntary disclosure level. Furthermore, Malaysian Code on Corporate Governance (MCCG) stated that an effective board of directors should consist of sufficient diversity including board age diversity. Board diversity is vital as it can avoid the ‘groupthink’ in the decision-making. Therefore, this study suggests that

board age diversity influences the relationship between integrated reporting and firm performance.

2. Literature Review and Hypotheses Development

2.1 The Association between Integrated Reporting and Firm Value

In Malaysia, the adoption of integrated reporting is on a voluntary basis. However, MCCG released in 2017 stated that large companies are encouraged to adopt integrated reporting based on a globally recognised framework. Hamad et al. (2021) claimed that the requirement of MCCG should be followed by all the Malaysian public listed companies. They mentioned that companies can apply integrated reporting to improve the long-term sustainability, transparency and accountability of the company. When the integrated reporting is not enforced in Malaysia, it might lead to the occurrence of information asymmetry problem (Lok & Phua, 2021a). This problem arises due to the unequal power happened among the management and investors. Commonly, investors do not involve in the management activities of company. At the same time, management is the one who is responsible in managing the company's management tasks. Due to the unbalanced power, the stakeholders might prefer to have greater information disclosures.

The arisen of information asymmetry because of the agency problem can be mitigated through the integrated reporting disclosures (Lok & Phua, 2021b). Integrated reporting enhances the information quality and also emphasizes non-financial performance other than financial performance. The benefits of integrated reporting can improve the company transparency (Lok & Phua, 2021a) and fulfil the interests and needs of stakeholders (Lee & Yeo, 2016). When companies increase the corporate information disclosures, it can increase the firm value (Lang et al., 2003). The greater the information disclosures provided by a company, the better the firm value (Jaffar et al., 2019). Since the prospects of a company can be evaluated by the investors with better information disclosures, their demand for shares will increase. Thus, it improves the firm value.

There are mixed results from the previous studies on the relationship between the integrated reporting and firm value. Some studies claimed that there is a positive relationship among the integrated reporting and firm value (Cosma et. Al, 2018; Iyoha et al., 2017; Lee & Yeo, 2016). However, Jeroe (2016) found out that integrated reporting and non-financial information reporting bring negative influence on firm value while Albetairi et al. (2018) discovered that performance, risks and opportunities content elements of integrated reporting show negative impact on firm performance. Past studies also indicated that there is no significant impact on firm value with integrated reporting (Adegboyegun et al., 2020; Nurkumalasari et al., 2019).

In line with the agency theory and prior literatures, this research assumes that the greater the information disclosures, the lower the information asymmetry between the management and investors. As a result, it can improve the firm value. Hence, the researcher suggests the following hypotheses:

H1: Integrated reporting has a positive relationship with firm value.

2.2 The Effect of Board Age Diversity on the Association between Integrated Reporting and Firm Value

Board of directors are responsible on corporate reporting. They always take actions on behalf of shareholders. Therefore, directors can influence the decision-making and it can affect the firm performance (Lok & Phua, 2021a). In addition, the board is also applying their knowledge to develop the company strategy. In recent years, the interest on boardroom diversity by the policymakers has increased (Khaw & Liao, 2018). Diversity refers to the heterogeneity in the composition of a group of people including skills, values, psychological or demographic characteristics (Li et al., 2018). Malaysian Code on Corporate Governance stated that there must be sufficient diversity on board in order to ensure the board leadership and effectiveness (SCM, 2021). When the company has the right group of people on board with appropriate diversity including age diversity, it can prevent the 'groupthink' in the decision-making process (SCM, 2021). Furthermore, the board can respond to challenges more effectively since the board with young and old directors consists of diverse range of skill sets that are beneficial to the company.

When the board is only made up from the same age group, it may lead to the bias in the decision-making and board leadership (Abdullah & Ismail, 2013). Older directors incline to be more sensitive towards the society issues (Hafsi & Turgut, 2013). It is because when directors are getting mature, it will increase their generational behaviour. Therefore, they will be more willing to contribute to its welfare. On the other hand, ethical and environmental issues are more concerned by the younger directors (Hafsi & Turgut, 2013) and such sensitivity leads to their environmentally friendly and socially responsible behaviour (Bekiroglu et al. 2011).

Although there are limited past literatures that focus on the impact of age and corporate reporting, some prior studies still show that board age diversity tends to affect the corporate reporting (Hafsi & Turgut, 2013; Post et al., 2011; Rao & Tilt, 2016). Young and old directors possess different characteristics. Rao and Tilt (2016) stated that younger manager has greater energy and alertness while older manager owns greater experience. Attributes owned by both old and young managers are essential in the decision-making process as well as influencing on performance (Rao & Tilt, 2016).

Past researchers have reported mixed findings for age diversity. Board age diversity has a negative relationship with corporate reporting (Khan et al., 2019; Post et al., 2011), lower corporate social performance (Hafsi & Turgut, 2013) and lower firm performance (Mahadeo et al., 2012). On the other hand, some scholars claimed that age diversity has insignificant relationship with corporate disclosures (Hassan et al., 2020; Katmon et al., 2019). Some prior literature also found out that age diversity increases the board's effectiveness and firm value (Darmadi, 2011; Goergen et al., 2015; Hambrick & Mason, 1984). Goergen et al. (2015) mentioned that board age diversity especially in the form of a generational age gap will increase the board monitoring and firm value.

Ali et al. (2014) claimed that the increasing level of board's effectiveness due to the board age diversity will disperse the experience, skills and knowledge from older directors to younger directors. Hence, it may increase the contributions of younger directors in making the critical decisions. It is believed that younger directors are more risk taking (Hambrick & Mason, 1984). According to Ali et al. (2014), the participation of several younger directors to an older board can increase the return on assets as it has greater board age diversity.

Resource dependence theory by Pfeffer and Salancik (2003) is used to illustrate how a company reduces the environmental interdependence and uncertainty. Pfeffer (1972) stated that board of directors can assist companies in minimising the environmental dependences as well as in gaining resources. Thus, the recommendation by Pfeffer and Salancik (2003) on the board of directors, especially board diversity can serve as a mechanism in providing more resources to the company and reducing the environmental interdependence.

When the board consists of old and young directors, they will bring benefits to the company. Therefore, this study expects that board age diversity can improve the company's sustainable strategies. It also believes that board age diversity will aid the board in fulfilling the different stakeholders' interests including the users of corporate reporting (Bakar et al., 2019). In addition, Hafsi and Turgut (2013) also argued that board age diversity will produce more balanced decision making as they consider the needs of a larger array of stakeholders. In other words, diverse board of directors can produce better quality of corporate reporting.

In line with the agency theory and resource dependence theory, this study supposes that board age diversity with young and old directors can enhance the information disclosures. Consequently, it will reduce the information asymmetry among the investors and management which in turn can improve the firm value. Hence, the researcher proposes the following hypotheses:

H2: Board age diversity improves the association between integrated reporting and firm value.

3. Conceptual Framework

The proposed conceptual framework of this study is portrayed in Figure 1. The framework comprises integrated reporting disclosures as the explanatory variable, the firm value as the outcome variable while board age diversity as the moderator variable. To reduce the biases in the results, control variables such as leverage, profitability and firm size are included in the conceptual framework. The inclusion of these control variables in the framework is due to their effects have been discovered in the prior literature reviews on firm value, information disclosures and age diversity.

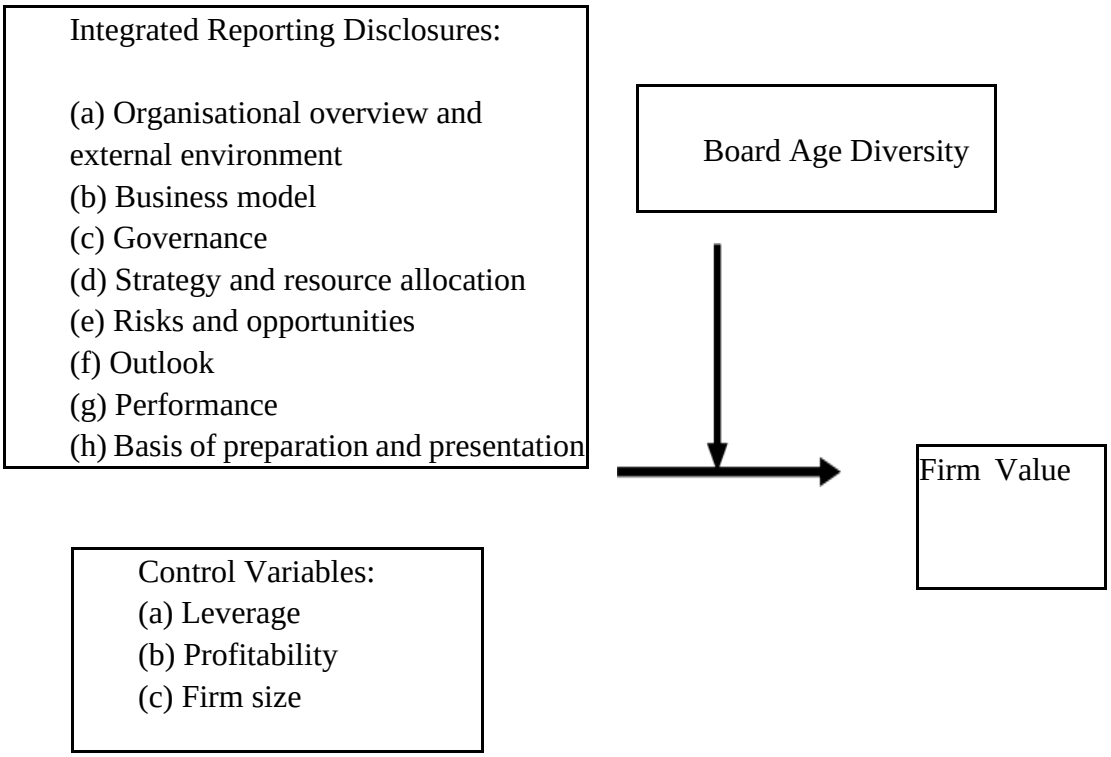


Figure 1: Conceptual Framework

4. Methodology

This study provides a conceptual framework to set a base for future research to empirically investigate the moderating effect of board age diversity on the association between the integrated reporting disclosures and firm value. A target sample of 200 Malaysian public listed companies covering all sectors will be chosen using the random sampling method. Random sampling method can make sure that each company from the main market of Bursa Malaysia has the equal chance to be selected as the sample size of study.

The focus of this study is related to the information disclosures on integrated reporting-related elements in the annual reports of companies. The eight content elements of integrated reporting including business model, governance, outlook, organizational overview and external environment, strategy and resource allocation, performance, risks and opportunities, basis of preparation and presentation. The annual reports of companies will be accessed from the Bursa Malaysia to collect the data on integrated reporting disclosures and board age diversity. Furthermore, other information needed such as control variables and firm value will be retrieved from the databases.

For future researchers, content analysis is the best way to collect the data regarding the information disclosures in the annual reports of companies (Hamad et al., 2020). Integrated reporting framework prepared by IIRC will be used to develop the checklist

on eight content elements of integrated reporting disclosures. This study suggests that a follow up interviews with the users and preparers of companies' annual reports can also be carried out to gain more insights on the findings.

5. Results and Findings

Based on the discussion in the literature reviews, it is concluded that integrated reporting has a positive connection to firm value. Integrated reporting shows connections between non- financial and financial information of company. It also explains how information can create and sustain value over the short, medium and long term. Therefore, investors can assess the performance of company effectively with the integrated reporting as it provides quality and concise company information that can satisfy the stakeholders' interests and needs. Furthermore, company's reputation can be improved when the company increases the information disclosures that can increase the company's transparency (Lok & Phua, 2021a).

Past researchers mentioned that integrated reporting is positively correlated to the firm value (Cosma et. Al, 2018; Iyoha et al., 2017; Lee & Yeo, 2016). It is believed that integrated reporting will contribute to mitigating the problem of information asymmetry that happens between the management and investors. Once the company information is more transparent to the stakeholders, the investors can evaluate the future outlook of the company much better. As a result, it increases their demand for shares and firm value is enhanced as well. Hence, this paper proposes that integrated reporting is positively and significantly impacts on firm value.

It is presumed that board age diversity can enhance the relationship between the integrated reporting and firm value. The participation of younger directors on board is important as younger directors show different characteristics compared to older directors. Generally, younger directors are more energetic, acquainted with new technologies, risk taking, innovative and creative. On the other hand, older directors are more experienced and knowledgeable. Those unique attributes among young and old directors can be compensated between each other to improve the decision-making process as well as the performance of company.

Furthermore, Darmadi (2011), Goergen et al. (2015) as well as Hambrick and Mason (1984) demonstrated that board's effectiveness and firm value are enhanced when there are young and old directors on board. Hafsi and Turgut (2013) stated that younger directors are more responsive to environmental and ethical matters while older directors are aware of society issues. Thus, these sensitivities increase the socially responsible behaviour of old and young directors, and they are more willing to disclose more information to the stakeholders.

Based on the discussion above, it is expected that when there is board age diversity on board, it increases the information disclosures as old and young directors possess socially responsible behaviour. Consequently, it reduces the information asymmetry among the investors and management which in turn can improve the firm value. Therefore, it is vital to test the effect of board age diversity on the association between integrated reporting and firm value.

6. Conclusion and Future Research

Integrated reporting is valuable in increasing the firm value as it focuses on disclosures of quality information through linking the financial and non-financial information to provide a clear and comprehensive information to the stakeholders. Moreover, when board age diversity is introduced as a moderator variable, it is found that board age diversity can improve the association between integrated reporting and firm value. Directors from different age groups will encounter different experience. Therefore, young, and old directors on board will share their diverse knowledge, skills and experience among each other and it can enhance the effectiveness of board discussions.

This paper can contribute to the existing literature on integrated reporting especially in the developing country such as Malaysia. The findings of this study can provide empirical evidence for the Malaysian public listed companies regarding the impact of integrated reporting on firm value. Hence, it can encourage the companies to apply integrated reporting to improve their firm performance as integrated reporting provides greater information disclosures to the stakeholders.

Furthermore, the findings of this paper can also provide empirical research on how the board age diversity contributes to the relationship between integrated reporting and firm value. Thus, it can motivate the companies to develop a better board diversity policy to target the optimal level of board age diversity that can assist in improving the corporate disclosures and firm value.

Future research can consider including other corporate governance variables in the framework and examine how they influence the relationship between integrated reporting and firm value. Since Malaysian public listed companies can choose to apply integrated reporting voluntarily, the future researchers may compare the findings in Malaysia with other countries that make integrated reporting as mandatory such as South Africa. In addition, future study can also compare the disclosure level of integrated reporting in Malaysia with other Asian countries that apply integrated reporting on a voluntary basis.

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74 How Do Youths Re-define Freelancing in Industry 4.0

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Abstract

As a new trend emerging from Industry 4.0, freelancing has become the first choice for youths. What we mainly discuss in this paper is the "Internet celebrities" that popular among youths. We aim to explore the relationship between youths and freelancing in this new era. Typically, freelancing can help the youths to develop different hard and soft skills. In addition to earning income, their positive image can also help promote economic growth and benefit society. Nevertheless, behind the scenes of this seemingly free and glorious profession hides the drawbacks which can have an impact on their morals and minds. Therefore, the corresponding methods to deal with the different drawbacks have been discussed. Lastly, the passionate youths who decide to become freelancers must always maintain their original intentions. This paper sincerely hopes that readers can understand freelancing in-depth, give them support and tolerance, to jointly create a healthy community.

Keywords: Youths, Freelancing, Industry 4.0, Benefits, Drawbacks, Methods

Introduction

Freelancing is a product of the socialized labor model, which is one of the best options for people in the workplace to transform into freelancers because of its equal cooperation and freedom of time. Freelance refers to a kind of profession that is free from the control of enterprises and companies and is mainly based on individual labor, such as lawyers, freelance writers, independent actors, and singers. Generally speaking, freelancers produce products that are irreplaceable and are a form of independent labor.

With the development of today's society, we have entered the era of Industry 4.0, the age of intelligence, and freelancing has evolved even further. When the city was small, the commodity economy was not developed and people's demand for material goods was relatively low. With the expansion of the urban scale, many people have changed from "rural people " to "urban people", and the massive growth ofpopulation has become an important reason for freelancing. At that time, self-employed businesses started to appear and develop rapidly. Various kinds of stores sprang up in the field of catering, clothing, etc. They were the early freelancers. The real development of freelancers was due to the popularity of the Internet, and in the era of PC Internet, new businesses such as live-streaming and short video were still in their infancy. It wasn't until the emergence of the mobile Internet that the entire freelance market exploded along with it. A small group of talented people, by sharing their words and lives on Instagram and Twitter, became the first batch of self-publishers in the mobile Internet era. Later, with the rise of live-streaming platforms, (like Tiktok, YouTube, etc) lots of

YouTubers and Tiktokers have appeared. Immediately after that, the rise of short videos and diverse vertical media developed a new industry: short video bloggers who became popular overnight, bloggers who have plenty of fans. And some of them use the fan effect to sell goods to make money and so on, which is the main group of freelancers today.

Contents

Part I – Individuals Perspective

Industry 4.0 pushes us into a new era that already had a great impact on the ways how people live, and things run. As a youth, whether you admit it or not, you've taken it for granted. Stuck in the assignment? Let's Google it. Feel bored and nothing new? Open your social media apps and have some fun. Want to get a job? Just use your smartphone and submit your CV. These things seem very common on a day-to-day basis. We, especially Millennials and Generation Z, unconsciously redefine so many things compared to what they are meant to us in the past. This applies perfectly to freelancing which we are talking about.

"Is Being a Social Media Influencer a Real Career?" (Suciu, 2020) This kind of question is getting hotter on the Internet. In the traditional view, a job means people could get regular payment from it. Stability is one of the main characteristics when it is defined in the past. As we said earlier, freelancing is a type of career that is not generally accepted when it started to be known to the public since several concerns need to be eased before people decide to go this way. People, especially new graduates, harbor doubts about it since it seems instability, extremely professional, dynamic, involving considerable communicative skills. This resistance made this career only successful among some special talents in culture and creative industries, and they got fame and fortune indeed. For example, J. K. Rowling, Brad Pitt, and Willie Nelson. (Venable, 2012)



Nowadays, because of industry 4.0, the Internet opens up many freelance opportunities, expanded digital markets, and contributes to online business in the whole world. The types and number of freelancers mushroom at a greatly rapid rate, and it is continuously booming due to the influence of the COVID- 19 pandemic. In 2020, 2 million US workers became freelancers. The percentage of workers engaged in freelancing full-time rose from 8% to a total of 36%. About $1.2 trillion of annual income is generated by this freelance sector. Younger generations of workers are also

more likely to join in the freelance economy, with 50% of Gen-Z and 44% of Millennials working as freelancers. As more and more new college graduates enter the labor market, we will only see even more freelancers. (Stahl, 2021)

So how does the youth see about freelancing today? What makes them take action to join this economy to start this new trend? The reason behind it may be more complicated than just one or two ideas, but they must see the benefit that now freelancing provides, especially for the new emerging types of freelancers in this era, like YouTubers, TikTokers, and vloggers.

There are 4 benefits the youth may see from these new types of freelancers from the individual angle.

Firstly, without doubt, becoming a good or successful YouTuber, TikToker, or vlogger the youth need to master some skills and techniques which may not be a must in colleges or universities.

For example, programming, photography, editing, communication, digital marketing, presentation, public speaking, foreign language, and so forth. The motivation encourages them to learn new knowledge and develop interests. For instance, if you are a YouTuber, you should learn to understand all the basics of the platform well since this could help you program and monetize your content better. After you know how to use annotations, cards, end card programming well enough you could be able to drive more audiences to your videos or channel. Once you get it done well, you would get familiar with other platforms since they share the same basic mechanisms, and this social media presence, in turn, would attract more awareness of your works and yourself. You may need to come up with new videos on daily basis to keep the heat on, which leads you to enhance your content research skills by using social listening tools or social content aggregator sites. Other essential skills like video editing skills and digital awareness also could be honed to help you to succeed. (Vidooly Team, 2016)

Besides, this new freelancing could foster your creativity. As a TikToker, you will not deny this point. TikTok provides a place for ordinary people to make little movies about their real-life and represents a blessed relief, a clear celebration of life, love, and human potential. “It’s the digital version of the games you play at home, the gags you pulled in college, the songs you sing in your car, the dances you practice with friends, and practical jokes you deploy on good friends, all backed by snippets of catchy songs past and present.” (Tucker, 2020) You use your creativity to turn these snippets into comedy, dance, curiosities, gags, funny life moments, crazy stories, animal tricks, all with a focus on cheeky creativity. (Tucker, 2020) Such magic is not created only by the app but also the globalization. Globalization narrows the gap among different cultures, which gives the chance to encourage cross-cultural communication whereby it eliminates prejudice and misunderstanding, boosts international business, and makes a contribution to modern art. This is the soil for them, like YouTubers, TikTokers, and vloggers, to make the marketing activities, establish the brand and then gain payback.

Obviously, the payback is substantial. You may see the exciting and inspiring news on the internet like this -“YouTubers under 18 who are earning up to US$22 million per year” or this – “Nine-year-old earns €24m as the highest-paid YouTuber of 2020” Yes! the most successful YouTubers can rake in millions of US dollars by just regularly

posting videos like playing with their pets, a make-up tutorial, or simply making comments while playing their favorite games. (Business Insider, 2019) Jeffree Star started with MySpace as a beauty celebrity and make-up artist. He offers his make-up tutorial via videos which can generate US$10,077.99 per minute to his pocket. Also, he established his Jeffree Star Cosmetics business and became an entrepreneur. YouTube shapes a lot of entrepreneurs like Jeffree Star does, which makes the youth now desire to copy this kind of success. The incentive is not only about the fortune they could make, but also the entrepreneurship they would like to pursue.





Another benefit of this freelance economy is that individuals feel that freelancing offers better flexibility. This feeling is strengthened since the uncertainty of living life increased due to the Covid- 19 pandemic. Freelance work, like YouTubers, TikToker, and vloggers, seems a better fit for these uncertain times. About 67% of freelancers believe that their job flexibility made them more prepared to handle the lifestyle changes that came with Covid-19. Freelancing allows setting your schedule based on your own pace, allowing individuals to have better boundaries in their work lives. According to the survey conducted by FlexJobs, 89% stated that they chose to join the freelancers because it offered a better work-life balance. (Stahl, 2021) Millennials and Generation Z prefer more freedom rather than rules and restrictions. These attributes would make freelancing more popular among them. In addition, a flexible lifestyle could provide healthier benefits especially in nowadays' depressive working environment.

Of course, becoming a freelancer such as YouTuber, TikToker and vlogger also have disadvantages. You may experience cyberbullying. For example, some people may send you insulting remarks and comments just because they may not like you. Or you may be lost in the fame and wealth since there are thousands of enticements hiding around. Also, like other works, it can lead to some health issues if you do not have proper life planning.

However, just like all things come out with the pros and cons, the new freelancing could lead us to the new thought – the solutions and the future direction. Cyberbullying

and depression are now the major issues in our society, we, as the youth, devote ourselves to raising awareness among the public via promotion and events. We also appeal for introspection. Keeping study could equip ourselves with power against enticements, especially for the ethical aspect. Last but not least, sound time management and life planning could help us achieve work and life balance.

Part II – Society Perspective

The greatest benefits of freelancing to society are it can help to reduce income inequality and boost economic growth among communities. As we all know, freelancing is self-employed and not necessarily in the permanent service of a specific employer. Sometimes, freelancers are represented by temporary agencies that resell freelance work to clients; others work independently or apply professional websites to obtain the jobs. This indicates that the freelancing job scope is very flexible and involves a variety of fields such as entertainment, technology, academics, arts, and business. For instance, freelancers can run various types of business aspects such as sales and marketing, invoicing, troubleshooting technology, signing contracts, and keeping track of tax-deductible. Other than increasing economic opportunity, freelancing can also increase the labor force and overcome the unemployment problem in society, especially the youths. According to the New Upward Study Annual Report 2020 entitled "Freelance Forward", most of the young adults between 18 and 35 years old are turning to freelance for economic opportunity. Back in 2019, there was a survey that indicates the composition of the freelance workforce of United States:



Figure 1: Composition of the Freelance Workforce 2019.
Resource: New Upward Study Report 2020

The figure above shows that the highest percentage is recorded by Gen Z workers (50%) who are between 18 and 22 years old, 44% of Millennials (age 23 to 38), 30% of Gen X (age 39 to 54), while the least is 26% of Boomers (age 55 above) freelanced. This indicates that the composition of the freelance workforce is getting younger, and freelancing plays a pivotal role in today's young people and community.

In addition, freelancers also provide equal chances for everyone to earn money, regardless of time, place, race, or status. For instance, every person has the right to

conduct online business and promote their products and services through social media like YouTube, Facebook, “Taobao”, Shopee and Lazada. Next, this can also increase the economy and demand for goods and services in less urbanized areas. Young people in rural areas are encouraged to become freelancers to increase their income and promote their goods and services to other people through social media. This way can let more people get to know their place, increase the economic opportunity and decrease the gap between the urban areas and rural areas. Hence, freelancing can be used to decrease income inequality between the communities and play an important role in the development of the economy. The survey shows the importance of freelancing to the economy:

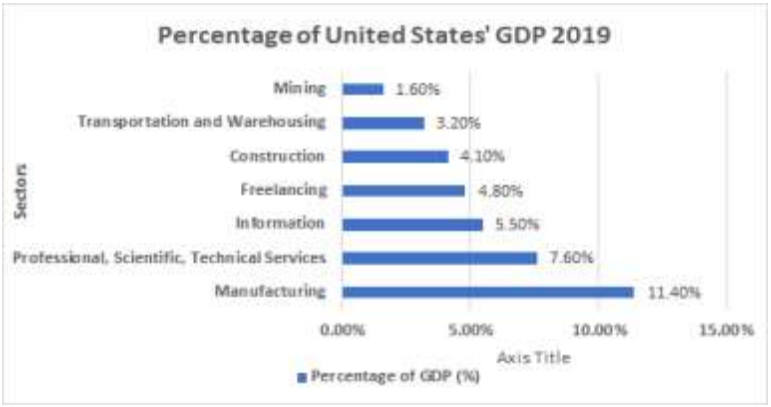


Figure 2: Composition of the United States’ GDP 2019.
Resource: New Upward Study Report 2020

Figure 2 indicates that the percentage of freelancing from the GDP of the United States is 4.8% which is higher than the construction (4. 1%), mining (1.6%), and transportation and warehousing
(3.2%). Freelancers earned nearly $1 trillion from freelancing in 2019, which means that freelance income accounts for nearly 5% of the total US GDP and plays an important role in the economy.

Apart from that, the donation is also one of the biggest pros of freelancing. This is because most freelancers achieve higher average incomes than paid employees, which is usually due to superstar entrepreneurs which are also including the successful teen entrepreneur under 30 years old with very high income and unlimited earning potential such as Jermaine Griggs, founder, and CEO of HearandPlay.com had encouraged his followers to support him for donations to Operation Jump Start, James Sinclair, founder of Onsite Consulting fundraised to Batten Disease Family Association, Catherine Cook, co-founder of My Yearbook became a charity which is the water supporter and have campaigned once to raise money for clean water. The freelancers with higher income could donate their money to help others who are in disaster areas, orphanages, nursing homes, and so on. Besides, there is also a survey that finds out that most of the freelancers earn more than paid employees:

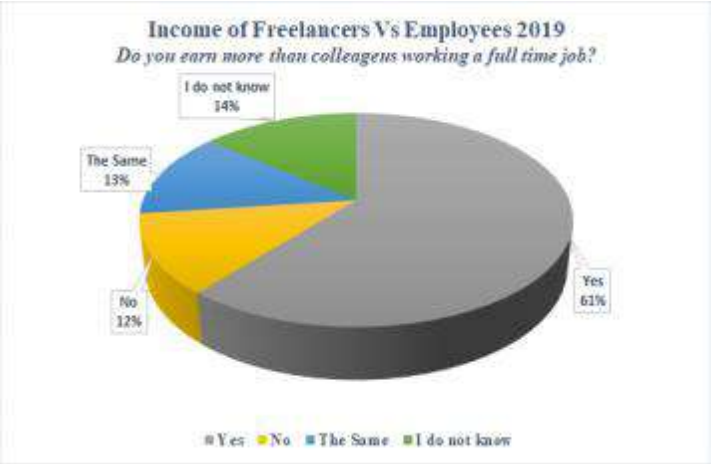


Figure 3: Income of Freelancers Vs Employees 2019
Source: Natalia Campana's Survey Report 2020

The figure above indicates that 61% of freelancers were earning more than their counterpart person working a full-time job while only 12% of freelancers are stating that they were earning lower than the paid employees, there are 13% of freelancers who said their income is the same with the paid employees and the rest responded do know.

Besides, freelancers can also bring a positive impact or be role models to society and encourage more people to help people who are in trouble. One of the famous YouTuber from Sabah named Adam Shamil successfully collected RM223,935.72 of cash donation in just 72 hours to help the recent flood victims in "Penampang" and "Kinarut" . Initially, Adam with over 22 million total views on social media, initiated the donation drive through online with only RM50,000 targets. However, the overwhelming support of his followers exceeded the goal. He expressed the hope that the community can unite through initiatives and help those facing challenges by reducing the burden. Most of his followers on social media also praised the initiative and thanked Adam for the effort. Thus, freelancers not only can strengthen the interaction and unity of the community but can also bring a positive influence on the community and encourage more people, typically the youths to follow or help people who are in trouble, and build a wonderful society that is full of kindness, love, and respect.



One of the greatest advantages of freelancers to society is environmental issues can be declined. Some freelancers established non-profit websites that require regular blog

posts on topics especially the environment such as Tree Hugger, Earth 911, and Client Earth. These websites or blogs can provide chances to every person, typically the youths to contract the services for writing brochures, articles and come up with creative ideas to overcome today's environmental problems such as the 5R, DIY, plant more trees, save water, and be plastic-free. Other than raising the awareness of youths regarding the importance of the environment, this can also encourage young people to be more concerned about the environmental issues and try to overcome them creatively and effectively such as climate change, global warming, deforestation, water pollution, air pollution, and others. Besides, freelancing is environmentally friendly, paperless, and reduces the need for office space because a freelancer has the flexibility to collaborate with companies or organizations from all over the world at once through the Internet compared to the paid employees. Therefore, freelancing can help to recognize the environmental issues to everyone, typically the younger generation, and encourage them to overcome the environmental problems or challenges creatively and effectively.



The other benefit is that freelancing brings convenience and efficiency to society. For marketing, there are many assignments written by freelancers available for those who want to design for marketing purposes such as the blog for a medical office, product descriptions, and website verbiage for a law firm. Clients can understand and widen their knowledge on what the company does, how they work, and what the products and services are produced by the firm after reading the freelance writing assignments online. For education, many youths can find and get the projects that freelance writers work on such as test questions, writing educational books, and textbooks through websites like Chegg.com, Tutor.com, Growingstats.com, and so on. For entertainment or hobbies, most of the youths can spend their time watching YouTube videos, vlogs, bloggers, Facebook's stories, and others to learn something new and interesting like cooking, singing, dancing show, magic, and music.

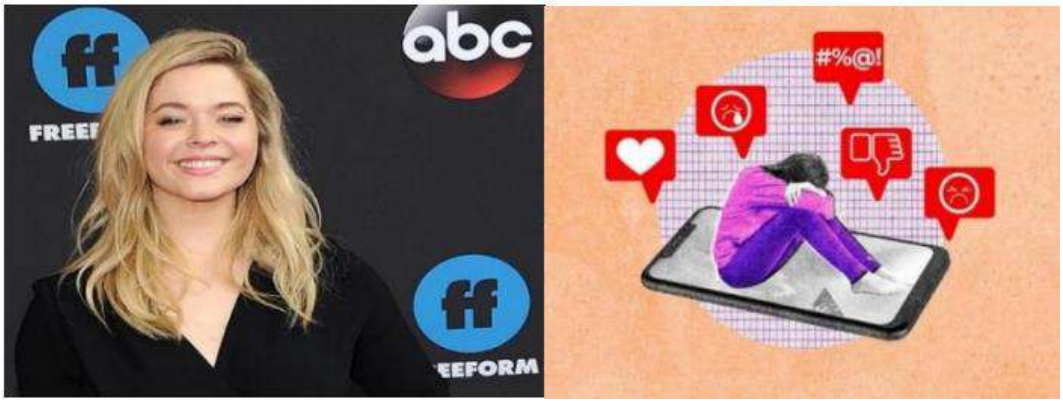


In contrast, there are some disadvantages of freelancing to society. One of the biggest cons of freelancing is it would raise criminal issues in society. Most freelancers have enormous online influence, and their personal qualities, behaviors, or actions would directly influence their followers, typically the youths. If the freelancers are irresponsible, selfish, and greedy until they commit crimes like stealing, forgery, and embezzlement to fulfill their wants or desires. This will bring negative examples or impacts to the youths and most of them will also follow the same actions taken by their admired YouTubers, vloggers, and bloggers. In Malaysia, a famous YouTuber and influencer named Yang Bao Bei. After the suicide attempt, Internet users revealed that she had been deceiving people by selling branded bags and a YouTube channel. The situation is complicated because her fans want to preserve her mental health and her victims want refunds from her family. To further complicate matters, some scammers steal victims' identities to demand refunds. This had brought negative examples and influences to her followers and the community.



Besides, the mortality rate increase is also one of the disadvantages of freelancing. Most freelancers may suffer from cyberbullying as most of them are doing their work online, and it can occur anytime and everywhere through texts, personal messages, forums, social media, and games where people can see, attend, comment, and share content. Cyberbullying includes posting, sending, or sharing negative, harmful content about someone else causing humiliation and embarrassment especially the freelancers. It can include sharing or posting personal information about someone else causing humiliation or embarrassment. All these negative comments, texts, and content would cause the freelancers to suffer from depression and get mental health problems because of too much stress until they commit suicide. Next, this will also bring negative influence on the followers or youths and cause the mortality rate among the community to increase. For instance, a famous freelance actress named Sasha Pieterse. As Alison in Pretty Little Liars, Sasha Peters plays both an abuser and a victim of bullying. Sadly, behind the scenes, Pieterse was also bullied by her fans or Internet users. On ABC and Disney on E! Campaign video, she spoke out about online harassment. In the video, she explains that she gained about 75 pounds in two years and initially she did not know about the reasons. She was eventually diagnosed with polycystic ovary syndrome, a hormonal disorder whose symptoms include infertility, irregular periods, and weight gain. Unsurprisingly, when people started noticing changes in her body, the troll decided to

insult the actress online and because she is suffering from depression. "I didn't know this was what was happening to me, so during that time, when I was trying to figure it out on my own, it was advertised, and I was watching TV shows, so it was being recorded every week," she recalls.



The other disadvantage of freelancing is materialism. This is because some of the freelancers which are YouTubers, Vloggers, and bloggers always promote luxury products or brands through their social media which will cause many of their followers to want to buy the same luxury products or brands as them, such as Dior, Chanel, Gucci, and Rolex. Therefore, freelancers are likely to make their followers materialistic and blindly pursue luxury goods or brands.



One of the main strategies that can be used to overcome the criminal issues affected by the negative behaviors or actions taken by the freelancers is that freelancers should be role models and try not to commit crimes to fulfill their lusts or desires. Freelancers should be able to manage the behaviors or actions in public and try to encourage the youths to be a person who is responsible and honest to improve society.

Additionally, the other way that can be used to decrease the mortality rate caused by the influence of freelancers is freelancers should overcome depression or mental health problems by seeking a mental health professional. There are many effective treatments for depression, including medication, meditation therapy, and alternative treatments. The treatments can be highly beneficial in treating, managing, and decreasing the duration of an episode of depression. They can be a highly effective way of clearing your head, calming your body, and discovering the best solutions to overcome life challenges.




Besides, the other tips that can be applied to handle the materialistic problem in society are that the government should conduct or launch a campaign regarding the negative impacts of blindly pursuing luxury goods and brands to the community, especially the youths. Other than raising the awareness of youths on the luxury products and brands, this way can also help to overcome the materialistic issue among the community effectively.



In a nutshell, there are many pros of freelancing to society such as reducing income inequality, boosting economic growth, donating money to help people who are in difficulty, overcoming environmental issues, and convenience. In contrast, there are also some disadvantages of freelancing to the community like causing criminal issues, rising mortality rate, and materialism. The effective ways to overcome these issues are freelancers should be responsible, become role models to society, seek mental health professionals to enhance psychological development, and the government should launch campaigns on the negative impacts of blind pursuit of luxury goods and brands on young people.

Conclusion

Throughout this conceptual paper, we discovered that with the rise of the industry 4.0 era, intelligent logistics has enabled freelancers to gradually gain the favor of the public, especially the youths. The idea of the initial industry era is a job should have provided the people with stable remuneration and stable working hours. After the rise of Industry 4.0, many youths are no longer afraid to choose to freelance, because the unstable income and work pace of freelancing depend entirely on their factors which means your achievement is equivalent to the effort you put in it. In the intelligent age, it

is crucial to be proficient in utilizing network resources and traffic to drive one's freelance career. Hence, the freelancers mainly discussed in this paper are those who are popular among the youths and are commonly known as Internet celebrities (Youtubers, Tiktokers, and vloggers).

In the perception of the older generation, freelancers (Internet celebrities) seem immature and unstable, but their influence on individuals and society is extremely not underrated. Freelancers can improve their neither hard nor soft skills through the so-called "Internet celebrity" career because they must innovate to achieve more attractive content than other competitors. From the perspective of society, freelancers can help the country's economic growth through this free-paced occupation and make use of their influence to drive people to do good deeds that contribute to society. However, no matter how perfect a profession is, it is inevitable that malpractices will occur, especially moral, criminal, and spiritual issues. To put it simply, even if you are doing great in a career, don't lose your original intention to invest in the industry just because you are greedy for more and faster benefits. This paper also sincerely hopes that everyone who is watching freelancers, please be more tolerant and supportive, and do less cyberbullying. Your brief slander can be a stone that can overwhelm the freelancers who are working hard. For the spiritual issues mentioned in this article, the government should promote a campaign to increase people's awareness of cyberbullying and spiritual issues. Among them, professional medical knowledge also plays an extremely important role, helping every ordinary person to have a healthy mind regardless of their status. Respect every profession and life. Everything can be restarted, but not for life.

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75 How the Family Member Behavior Into Social Media Whatsapp

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Abstract

Humans are social creatures that make interaction or communication their necessity. Regardless of the distance between one another, communication must always continue. The involvement of 4.0 technologies, making societies easier to interact with one another. This is because of the interesting features that the new media has, for example like social media, which when using social media people can easily make the communication processes more efficient and effective.

The results of qualitative research with a phenomenological approach that have been carried out through 10 informants with a comparison of 5 men and 5 women is tht using social media, communication can continue to run easily. And from the results of research and discussions that have been carried out, it can be concluded that communication between boarding house students and their parents is effective and intensive while only by using Whatsapp features.

Keywords: Family communication; Boarding students; Media social; Family Closeness

Introduction

Social media has become very much a part of human daily life especially in the era of industry 4.0. Which basically can allow us to connect directly to the world extensively. The sophistication of digitization such as social media that can provide some ease in human interaction and communication activities. Through this digitization, we can implement it in our family relationships. Since communication is a vital thing, it is very important to have good communication within the family circle members. Each family has different methods of communicating, especially in today's digital era that most communities make great use of advances in technology and information (Prasanti, 2016).

On the other side, family distance is not always in close proximity, there are also families who are far away. Therefore, the distance in a family relationship require media that can facilitate all of the family members to be able to communicate with each other. As was explained by Prasanti in her journal, the essentially family played such a vital role in all the changes in the lives of the entire family. Walsh (2003) said that the family's function as a multinational construct reflects family activities and interactions in carrying out the important task of maintaining growth.

One of the social media places to establish communication with the family is WhatsApp. WhatsApp itself has a lot of interesting and easy-to-use features, so it can be customized by its user maximally. The use of WhatsApp group, WhatsApp video call,

and WhatsApp free call are the evidence of the smoothness relation between a person who is away from their family, such as a boarding student who use this feature with their family is still well established. Therefore, it required a pattern of communication that would help distant families stay in contact. We also want to address how the family's intensified use of social media, especially WhatsApp in come - building communication. The researchers thus became interested in the study "How The Family Member Behavior into Social Media WhatsApp".

Problem

1. How can a family maintain intense communication with the other member's family even if it is far away?
2. How does each family member's behavior communicate their feelings by describing the message through social media WhatsApp?
3. What obstacles are there between family members and students when communicating remotely via social media?

Purpose

1. General, it is to know what they feel or intensity when communicating with their family members through social media.
2. Specifically, it is to find out whether there are so far constraints that they are communicating through social media.

Methodology

The method that is used in this study is a descriptive qualitative method with a phenomena approach. The use and intention of this approach are to subjectively study the informant's experience and give meaning to the phenomenon itself. The descriptive source that has been obtained is in the form of words and writing from the informant itself. The informants that the researcher used in the study is active Telkom University students who went from their native home to study in Bandung, West Java. Researchers sampled of ten -person that equal to five men and five women. The data-gathering technique used in this research is by using interview techniques and also documentation through the social media chat feature. The data is packed into a table form, complete with the name of the informant, statement, and their reason.

The Discussion and Results Of The Research

1. Discussion

As we know communication with families is a very important thing, it is because it can't be denied that a family is a place where we can go back anytime. As the family contains people who have known informants from their childhood or even before. Through the results of the interviews that have been done with all of the informants who are already presented on the study table about the communication between the boarding students at Telkom University, Bandung West Java with their family that can be said to

be running smoothly and also not stretchable although the presence of mileage between the family which quite far does not become a barrier.

The intensity that occurs between boarding students who are in Telkom University, Bandung, West Java was quite good. Every informant and family has their way to communicate with one another while in distant places from each other. The average informants use Whatsapp as a medium or a vessel to communicate with their family, this is because Whatsapp has many interesting and easy-to-use features so that it can minimize the occurrence of barriers when it occurs while communicating. By using some of the features in Whatsapp like free calls or even video calls tend to be one of the ways to avoid miss-communication that occurs in communicating with the family. These features also can make boarding students be able to exchange news and know the condition of one another with their family.

2. The Results of The Research

Based on the interviews that the researchers have done with several informants who have to interact or communicate with their family members and decided to move to Bandung, West Java. From the reasons that the researchers heard below, in general, the researchers want to know how the informants approach their family members. In addition, we also want to know if there are any differences of every individual in interact or communicating have with their family members.

The following is the result of the research data.

Question	Answer
1. What do you think family is? **2. How important do you think family is?** **3. As a boarding student, how often do you contact your family members to communicate?** **4. Which family member do you contact the most?** **5. Why do you contact one of these family members more often?** **6. What media do you usually use to communicate with your family?**	**A. Maintaining intensive communication** Each informant has their meaning or perspective about home, but for most of the informants said that home is a place to come back. Some consider home as a place for them to learn about the process of life, and others consider family as friends or best friends. Informant also thinks that family is a valuable and very important part for them because family is a place where they can go back anytime. Even though many informants frequently contacted their family on daily basis but however, some informants also rarely contacted their family members. Although some of the informants rarely contacted their family members this doesn't

7. What features are you more comfortable using when communicating with your family? **8. Why are you more comfortable using this feature?** **9. What is the first thing you say to your family when you communicate?** **10. How long does it take you to communicate with your family?** **11. How do you feel after you communicate with your family?** **12. What is the first response you get from a family member when you are communicating?** **13. Are other family members involved in the conversation?** **14. How do you feel when other family** members **interrupt when you are communicating with one of your family members?**	imply the possibility that neither the informant nor their family members are not close with each other. On average informants often contacted their mothers first rather than the other family members but some of them prefer to contact their father or other relatives first. This is because the informants felt that they were quite close and knew much information about them from all they said. With the importance of family for informants, it can be said that informants will continue to communicate with their families because communicating with their family is a very important thing, especially in conveying their thoughts and feelings. **B. Behavior communicates through. social media** With all the new media and their new features, information and communication technologies are profoundly changing how the ways people behave or ralate between one another. All the informants that have been asked said that they use WhatsApp application to contact their family or relative members to communicate with one another. Usually informants use video calls or even via free calls if they doesn't have much time.Besides from all that informants use this features from Whatsapp because they can communicate through nonverbal communication easily. Informants prefer to get direct feedback because it could prevent misscomunication and afcourse because they can treat their logging for their family and make the communication more valuable by using this feature where they can hear or see their family members in real time. All of the informants usually asked about their family members activities that they do at that day or the other day when they open the conversation while communicating. On average informants usually call not to long as for male informants, they usually call about 10- 15 minutes a day while femail informants

	tends to take longer which is around 30 minute or even hours. After the long or short communication with their family, All informants said that they were happy or even relieved because it indirectly felt like being in a comfortable home for them. **C. Obstacle when communicating remotely via social media.** Remotely communicating via social media has a lots of differece obstacle, effects and issues than communicating face to face with one another.On average, informants usually receive responses to questions response regarding news or kinds of things that they do. Informants also receive forms of attention like warmth and hapiness feelings when they get response from their family. Based on the informants that there must be other participate in the conversation whether it's a close family-like father and brother, to pets that are considered family.Even though there's always be other participate in the conversation, Informants thinks that it's a common thing and it is all right if the speakers have a reasonable things to say or interact at the same time in one communication but if the other participate doesn't have any particular reasonable things to saya some of the participants feel a little disturbed.

Conclusion

From the results of research and discussions that have been carried out, it can be concluded that communication between overseas students and their parents is more often done using WhatsApp than using other social media applications, and in general, communication is also carried out using the features contained in the Whatsapp application as a means to communicate with each other. This communication aims to avoid existing obstacles and disturbances, this is because Whatsapp has easy and practical features to use such as video call features, voice calls, Whatsapp groups, and other interesting features. Boarding school students also feel very happy when they are communicating with their families and otherwise also some consider so that

the intimacy between students and their families remains close and well established despite the distance between families and boarding house students in communicating.

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76 How the Internet has Changed the Lifestyle of Youth: A Conceptual Paper

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Abstract

In today's day and age, the Internet has become a powerful and effective tool because it is a medium of communication among human beings and it contains a wealth of information to the world. The Internet has become part and parcel of our lives, and it turns existence upside down. Currently, people in this world perceive that not only can the Internet provide benefits and opportunities, but it may provide risks to the youth. This paper reviews the current literature related to how the internet has eventually changed the lifestyle of youth such as consumer lifestyle and digital lifestyle. These encourages them to surf the Internet via various devices to fulfill their digital lifestyle motivation. The concurrence of youth will certainly influence their social behaviour and influence their lifestyle. The study's purpose is to identify the positive and negative impacts of the Internet on their different lifestyles.

Keywords: Internet, youth, lifestyles, impacts.

Introduction

The Internet has enlivened our world. It has revolutionized communication into our daily communication tool of choice until now (Zaryn Dentzel, 2021). We use the Internet in almost every aspect of our lives. Today, reading local newspapers and any other news source from anywhere in the world takes only a few clicks.

Furthermore, it becomes a network that aims to spread messages between two parties in the fastest time. Nowadays, a massive amount of data is broadcast and downloaded through this electronic monster. However, we need to realize that the content is our own because we are all reviewers, publishers and creators at this point (Zaryn Dentzel, 2021).

We can observe how the Internet has advanced in sophistication, particularly among youth, allowing us to create material and engage with one another. We can not only transport data around the globe in seconds, but we can also give online presentations, live in parallel "virtual worlds," and share our real-life experiences (Zaryn Dentzel, 2021). There has been a lot of discussion since the emergence of the Internet on how online communication influences social interactions. The Internet frees us from geographical constraints and brings us together in a topic-based community that is not geographically restricted. As a result, our civilization is a global society with a network of new technology.

According to a survey, it is difficult to resist using the Internet in today's world (Singh & Prajina, 2013). Young people have been impacted significantly by information technology, moving them from the industrial to the network era. Global information networks are critical infrastructure in our day, but how do they impact young people's relationships? Education, business, healthcare, governance, and even

how we communicate with our loved ones have all been influenced by the Internet, which has become one of the most powerful forces in society's progress.

Changes in social communication are crucial. While analog instruments are gaining traction in some areas, new technologies are regularly altering our communication patterns and capabilities, particularly among the younger population. Traditional location and time restrictions are disappearing online, and a dazzling array of communicative options are emerging. The use of social media apps has spurred a discussion about a "new communication democracy" (Zaryn Dentzel, 2021).

Everything with just one click in today's world. Social networking services have become indispensable in today's world. The Internet has had a massive impact on everyone's life, and it is said that young people are the majority of internet users (Jacob Singh Sundas, 2019). We may learn new things and share our knowledge, expertise and opinions through social networks. Even so, we can abuse it or use it well. Everything is up to us, and we have the last word. This social networking platform is said to influence the attitude of the youth of this generation. The Internet could harm youth addiction, such as personality issues, avoiding playing games outside the home and poor performance in education (Jacob Singh Sundas, 2019). Therefore, youth need to understand the negative and positive effects of the Internet.

Last but not least, the COVID-19 pandemic began to change the world in many ways and provide people with a new perspective on life. The Internet affects many aspects of life, and the COVID- 19 virus has accelerated the electronification of many manual tasks. Working and studying online by default has become commonplace, resulting in many virtual applications and programs to help with various tasks.

In the case of social imprisonment, the internet connection informs us of current events and allows us to live life, while maintaining a sense of mental and physical well-being. Essential measures that have been taken to combat the COVID-19 pandemic, such as quarantine and movement control, are causing many people sitting at home to change their lives. As a result, increased Internet use makes life difficult for those who cannot keep up with the Internet, and its innovations lead to mental health deterioration. The widespread use of social media has become a phenomenon that we cannot avoid. However, there are still many advantages and disadvantages to the frequent use of the Internet and social media. Thus, the current study tries to explore how the Internet has changed the lifestyles of youth.

Literature Review

Consumer Lifestyle

As new technologies improve the speed with which information is transferred, the idea of "tailored" shopping emerges. The Internet provides a boundless of options for getting news, information, recreational products, as well as a variety of other services. E-commerce has become a major distribution channel, and its advantages are numerous. The goods and services are channelled through this channel. For example, shopping online through e-commerce platforms such as Shopee and Lazada. These platforms eventually ensure the safety of business transactions and open new business

opportunities. The consumer has the upper hand in this circumstance, and traditional distribution and marketing rules and procedures crumble. Consumers now have more information than ever before, and their product and service reviews have taken center stage. Access to rankings and product comparisons, user comments, recommendations and ratings from bloggers with large followers have influenced the economy, consumer and retail trade in general.

Small and medium-sized businesses should be encouraged to adopt e-commerce so that growth prospects can be pursued more aggressively. Companies should internalise their online company in order to keep up with the global Internet trend. In the academic and corporate worlds, considerably greater emphasis should be focused on new technology training for the youth.

Furthermore, there are three subparts in consumer lifestyle among the youth such as product-oriented lifestyle, price-oriented lifestyle and brand-oriented lifestyle. First, a product- oriented lifestyle is a lifestyle segment focused on product characteristics such as benefits, components and appearance. The youth in this area are known for their intense interest in product features. This group of young people prefers to acquire things that appear to reflect and display their lifestyle. For a price-oriented lifestyle, youth always consider the price and look for any discount offers. They enjoy purchasing goods at a reduced price, and displaying their satisfaction is their way of life. Besides, the youth who prefer displaying the brands at the workplace and social gatherings is characterised as a brand-oriented lifestyle. The higher the brand value, the higher the brand image.

Digital Lifestyle / E -lifestyle

People's sociological or psychological behaviour towards the use of electronic or digital gadgets is referred to as digital lifestyle or E-lifestyle. Today's youth, especially those in school, frequently use the Internet for academic and other educational objectives. For example, Google is significant for the youth to fulfill their needs and purposes as part of their digital lifestyle. It is also a critical tool that is very useful for learning and teaching as it plays a vital role in exchanging knowledge and education and users' communication requirements while conducting virtual learning or online meetings during learning hours. Also, the Internet provides access to libraries, news archives, art galleries, encyclopedias, and other information sources in other worlds. Thus, improving their quality of academic lifestyle.

Besides, the youth's entertainment-driven mentality drives them to use the internet. For instance, watching sports and movies, playing computer games and listening to music are all ways to seek happiness and satisfaction. This intentional e-lifestyle allows the youth to fulfill their desires such as hobbies and entertainment (Ko, 2005 Ni, 2009; Jackson, 2011) to spend their free time. Using social media is one of the most time-consuming mobile Internet uses. The youth nowadays often use social media to communicate and work interactively with each other. On a daily basis, the youth have relied on the Internet, and they are emphasised on the importance of the Internet.

According to lifestyle research, individual lifestyle practices may consider psychological considerations (internal beliefs) as well as societal repercussions

(external stimuli) (Yu, 2011). Internet users are most typically motivated by information incentives, according to Ko et al. (2005). This is fairly common communication in human beings. Internet users go to virtual locations for a reason, primarily to make social connections, implying that the motivation for children to participate in interactive lifestyles is expected to rise as a result of the technology impact on their lifestyle Internet motive (Ko, 2005) or goal-driven behaviour(Ko, 2005). Yu (2011) believes that customers' willingness to use the internet is related to their ability to achieve their objectives. The phrase "e-lifestyle" refers to a way of life driven by a desire to interact with others (Yu, 2011).

An always-online lifestyle will define as social communications in the future. Always online is now a reality, and it will continue to be so in the future. Total connectivity or Internet access that you can carry with you wherever you go is exploding. For global digitalization, there is no turning back.

Positive impacts

Enhance consumer convenience.

The internet's influence on how we shop has changed the lives of many young people. They may acquire their selected items from a range of businesses and locations. But do you believe you'll be able to visit all of these places at the same time? No, it is not possible in real life. They may now pick and purchase a product from many sellers at the same time thanks to the internet. They can shop for anything online, from essentials to luxury. Online shopping is sure to amaze and delight shoppers. There is a slew of websites where you may learn about new products and buy them online. To buy, all you have to do is go online and click on the appropriate websites. After you've downloaded the site, you'll see an online catalog where you may select models and brands based on your needs, tastes, and budget. The majority of these websites sell items that range in price from high to low. Furthermore, the advantage of online buying is that you may get fantastic deals. Most websites provide substantial discounts and rebates on their models and goods in order to attract clients.

Improve social skills.

Today's youth utilise social media to communicate with their friends on a regular basis via the internet. They are most likely checking their accounts every few hours, to see if they have missed anything and what their friends have posted and spoken about. Due to the fact that it is not face-to-face interaction, social media apps and sites can assist people in improving their social skills to interact with people they might not otherwise speak with. This can assist teens in making new connections, making new acquaintances, and broadening their social circle. Youth social circles may expand, and these applications can make meeting and engaging with new people much more enjoyable for introverts. A good blend of online and in-person contacts benefits everyone, including adolescents and adults (Lauren, 2017).

Educational resource

Because a substantial portion of the public has access to the internet, educational institutions have created online pathways for aspirants. Nowadays, colleges, schools, private institutions, coaching sessions, and other businesses promote online. Many colleges and universities have gone completely online with their admissions processes. Applying for admission, submitting documentation and fees, and confirming admission may all be done online. Furthermore, young people now will obtain access to a vast variety of study material, as well as certificates and long-distance degree courses, through the internet (Anshika Kumar, 2015). The internet has been shown to be beneficial to young people in terms of education. With their payment methods and internet transactions, the youth are self-sufficient and efficient. Previously, paying bills or purchasing movie tickets required standing in large lines or waiting for lengthy periods of time in offices. Youth may now use the internet to pay their phone and credit card bills, buy clothes, and even apply for official identification, passports, refunds, and insurance policies (Anshika Kumar, 2015). Moreover, the internet has provided a world of convenience to the busy young by automating formerly time-consuming procedures for a variety of official and unofficial jobs. E-commerce is booming and in a big way.

Life safety

The availability of a variety of internet services and mobile applications has made maintaining one's safety a more feasible undertaking. GPS features make it easy to follow routes and destinations while taking a cab. Despite this, many taxi applications have an SOS button that, when touched, sends an emergency signal to the appropriate authorities. Furthermore, the government announced the availability of Android-based women's safety software. These ensure that women may receive assistance in any scenario and from any location.

Negative impacts

Relationships in Difficulty

If a teenager spends a lot of time in online games rather than conversing with or going out with his or her loved ones, friendships and family connections may suffer. Gaming may have a negative influence on a young person's life if they only want to talk about games, attempt to disguise how much time he spends playing, and quarrel with you about it, according to the website of On-Line Gamers Anonymous (Jacob Singh Sundas, 2019). Due to their concern with online games, they have lost the ability to communicate with their family members and friends.

Cyberbullying

Cyberbullying is a phrase used to describe bullying that occurs through the internet. This drawback can be regarded as one of the Internet's most heinous adverse effects. It is never easy for haters to say hurtful things about someone. Cyberbullying is commonly directed against celebrities and members of the protected class. This type of harassment is easier and safer to cope with instead of physical bullying because there is minimal legislation or law to govern the issues. Because of malicious remarks or opinions, victims of cyberbullying may feel humiliated or ashamed. Youth will be more

vulnerable and sensitive to the negative consequences, especially those who are going through puberty (Shahid Wani, 2017). There is a link between cyberbullying and victims' suicide attempts, according to research. On the internet, youth are thought to be the most bullied. A few words from a teacher or a group of friends can drive kids nuts, eventually leading to suicide. As a result, it is critical to be aware of the detrimental impacts of the internet ahead of time.

Privacy is distributed.

Privacy danger is one of the negative impacts of the internet that youth should be aware of. It occurs because of the free movement of information on the Internet. Every day, teenagers use social networking to share their photos, personal information, and intimate talk. Many youngsters also update their social security numbers and other personal information. They aren't fully aware of the threat to their privacy posed by strangers having easy access to and exploiting their information. Their right to privacy is at risk of being violated. As a result, keep in mind that not everything can be traded via the Internet. Be cautious with any sensitive information you submit and ensure you know who has access to it for the best outcomes and to prevent the negative effects of the internet.

Inactivity

We can't overlook physical inactivity when it comes to the detrimental impacts of the internet. A complete education comprises both mental and physical growth, as we all learn in school. It is for this reason that there is a pause between sessions so that youth may unwind and exercise their bodies. The internet only helps with the mental aspect of things. In this global system, there is no exercise for youngsters. People who spend a lot of time on the internet will have less time for physical activities like going to the shop. Furthermore, because the internet makes everything accessible, these actions become less necessary. Without attending school, students can submit their projects. Without getting out of bed, youth may communicate with their peers. Students and youth engage in less physical activity as the internet becomes more convenient. This trend will have a significant impact on these children's development. It is advised that youngsters spend more time outside, exercise frequently and be more energetic at these ages. If the emphasis on Internet use is not declined, the internet's negative effects on teenagers will eventually lead to mental health difficulties (Shahid Wani, 2017).

Insomnia

For those who are unfamiliar with the term insomnia, it is a sleeping condition in which people are unable to rest or sleep. And one of the causes of sleeplessness is the strong worldwide system known as the Internet. Teenagers and students cannot deny that they spend their days glued to their computers. They surf the web at all hours of the day and night, even while sleeping. They'll stay up late checking Facebook or Instagram after a few days, and it'll become a difficult habit to break. Furthermore, the green light generated by a computer screen or other electrical gadgets may cause you to lose sleep. Insomnia will harm not only the mental health but also the physical

development of adolescents in the developing period (Shahid Wani, 2017). After a lengthy period of staring at the screen, eye strain develops. As a result, spare yourself from numerous health concerns by turning off your computer early tonight and developing a decent sleeping habit.

Methodology

The methodology is described as the set of strategies that researchers use to collect data and information during the research process. In order to conduct this study, researchers use quantitative methods to obtain data and information related to the title of the study such as analysis documents and observation. The goal of the study was to see how the Internet has changed the lifestyle of youth. The data was collected using a well-structured questionnaire. The survey was conducted using a random sampling technique with an estimated 100 respondents. After data analysis, it is presented in the shape of appropriate charts. The tenure of the project coincided with Covid- 19 Lockdown, which made it difficult for researchers to have a personal interaction with the respondents because of which the questionnaire (Google form) was distributed via the medium of WhatsApp.

Findings And Discussion

Questionnaires were created for the topic research. The questions included qualitative questions and quantitative questions. The questions were utilised within a survey form created with Google Forms. This survey is to understand how the internet has changed the lifestyle of youth. A total of 100 responses were received for the survey, which was collected and analysed. The responses have been analysed and interpreted.

Table 1: Demographics of Respondents

Gender	**Percentage (%)**
Male	34
Female	66
Age	**Percentage (%)**

15- 19 years old	18
20-25 years old	80
26-30 years old	2
30-35 years old	0
36-40 years old	0
Status of employment	**Percentage (%)**
Employed	5
Unemployed	0
Student	95

Table 1 summarizes the demographics of 100 respondents, including gender, age, and employment status. According to the table above, the majority of respondents were female, with 66 out of 100 being female. Among 100 respondents, 80 respondents were aged between 20 to 25 years old, which occupied the majority of respondents in this survey. From the survey data of the status of employment, 95 respondents out of 100 respondents are students which means the majority of respondents are students.

Table 2: Daily hours spent on the Internet.

Daily hours spend on the Internet (hours)	**Percentage (%)**
Less than 1 hours	1
1 to 5 hours	18
6 to 10 hours	36
11 to 15 hours	27

More than 15 hours	18

Table 2 indicated the respondents' daily hours spent on the Internet. From the survey, most of the respondent's daily hours spent on the Internet were 6 to 10 hours, while only 1 % of respondents spent less than 1 hour on the Internet.

Table 3: Usage of the Internet for study and work purpose

Usage of the Internet for study and work purposes (Seldom to Often)	**Percentage (%)**
1	0
2	8
3	19
4	25
5	48

Table 3 indicated the usage of the Internet for study and work purposes. From the survey, most of the respondents use the Internet for study and work purposes. There were 48 respondents.

Table 4: In your opinion, has the Internet brought a positive or negative impact on your life?

In your opinion, has the Internet brought a positive or negative impact on your life?	**Percentage (%)**
Positive	52
Negative	4
Both	44

Table 4 indicated the opinion of respondents which is that the Internet brings a positive or negative impact on your life. From the survey, most of the respondents (52%) think that the Internet brings a positive impact on their life. Based on the answer above, respondents also give some reason on what is the impact that has brought to you in your life. Most of the respondents said that they can get information quickly, help me in my studies, convenience, and bring a lot of benefits to education and increase knowledge.

Table 5: Do you think the Internet is important and brings a lot of convenience for you?

Do you think the Internet is important and brings a lot of convenience for you?	**Percentage (%)**
Yes	99
No	1

Table 5 indicates do you think the Internet is important and brings a lot of convenience for you. 99 out of 100 respondents agree that the Internet is important and brings a lot of conveniences while only 1 out of 100 respondents disagree that the Internet is important and brings a lot of conveniences.

Conclusion

This study explores Malaysian youth's online behaviour and the factors that drive it which ultimately affect them in our digital age. The study's findings show how university students get intentionally addicted to the internet in order to achieve their e-aspirational goals.

Social, entertainment, interest, and novelty considerations all impact young people's internet usage. E-lifestyle is influenced by the internet's need for e-products. (Wang, 2011). As the respondents were university students who expected to spend more time online, it was discovered that the youth spent more time on social activities such as entertainment-related interests than on academic pursuits. Aside from that, the findings of this study reveal that youth's use of the Internet in their daily life has both beneficial and negative consequences. As a result of the Internet, young people's lifestyles have moved from conventional to modern. As a result, it has had a huge impact on young people's behaviour today.

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77 How does bullying destroy youth's future?

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Abstract

Bullying refers to the violent behavior of someone or some people who seek to harm, harass, frighten, threaten someone to do something, and even destroy someone in the future. A study was conducted on how bullying will affect and destroy a youth's future. The cases of different types of bullying also increased, such as physical bullying, verbal bullying, cyberbullying, prejudicial bullying, and so on. These types of bullying may destroy a youth's living environment, even it will also destroy a youth's physical health and future seriously. The hostile bullying in the long-term also causes a youth's mental health problems such as post-traumatic stress disorder, bipolar disorder, schizophrenia, depression, and even suicide. Nowadays, youth may also face the challenge and solutions about bullying in their life, although the bullying issue has led to some concerns worldwide, such as education, counselling and psychology, and social.

Keywords: Bullying, violent behavior, youth, destroy, future, mental health

Introduction

Bullying is unwelcome, hostile behavior among school-aged children in which a real or perceived power imbalance exists. Over time, the behaviour has been or can be repeated. Bullied children, as well as those who bully others, may suffer long-term consequences. Bullying is one sort of violence that puts a youth's well-being in jeopardy in schools and neighborhoods. Individuals, families, schools, and society are all affected by bullying, which can leave youths feeling helpless, scared, and humiliated as a result of other youths' violent behaviour. Bullying can occur in a variety of settings, including schools, after-school programmes, and a youth's community. It is the result of a complex interaction of elements relating to a youth's unique qualities, relationships with peers and adults, and school or community norms. Is it real that bullying can destroy youth's future? Bullying can lead to anxiety, depression, PTSD, bipolar disorder, schizophrenia, and even suicide in certain people. These problems may affect youth's life and even will destroy their future.

Types Of Bullying



Physical Bullying

Physical bullying is a physical behaviour that people seek to harm, abuse, and threaten someone to gain their satisfaction. Physical bullying usually appears on campus, and campus bullying received social attention. In Malaysia, the statistics from the Malaysian Ministry of Education showed that the total number of campus bullying was 14000 from 2012 to 2015. However, physical bullying in the school was reduced in the year 2020, which the result showed that the cases of bullying reduced to 0.04%.

Physical bullying is also one of the most common of the different types of bullying. Physical bullying includes being stronger, bigger, and more aggressive than their peers. Aggressive people usually may bully the weak, and they also release some violent behaviour. Some people are seeking someone to bully to release their emotional stress. Physical bullying behaviour such as hitting, kicking, slapping, and punching. Physical bullying is one of the most common forms of other types of bullying, and schools have received the most attention about physical bullying. Generally, males are often more involved in physical bullying incidents than females.

Emotional Bullying

One of the types of bullying is emotional or social bullying. What is meant by emotional or social bullying? Emotional or social bullying is when someone uses words to insult, shock, tease, or isolate someone else and can make someone's reputation or relationships harmed. This helps to explain why young teens and tweens are the most vulnerable to social bullying. It is more likely to occur in primary school than secondary school, and it is also more likely to occur in females than in boys. This type of bullying can occur in large social groupings, local social networks, tight friendships, or romantic relationships. It can include direct social encounters or confrontations between bullies and those who are bullied, as well as indirect behaviours that involve other members of the social group or network in the bullying.

Furthermore, social bullying can be like telling other people not to be friends with someone, leaving someone out on purpose, spreading rumors about someone, and publicly humiliating someone. For instance, in the indirect form, you might tell others

that you do not understand why they are friends with a particular individual, whereas, in the direct form, you might tell others that you or your friends no longer want to be friends with them. According to one study, the most prevalent types of bullying victims had experienced were verbal bullying (51.2%), social bullying (40.4%), physical bullying (27.3%), and cyberbullying (13. 1 percent).

Cyberbullying

Cyberbullying is also a type of bullying that has existed in this modern era. Cyberbullying is meant by a bully that takes place on technology like laptops, tablets, and handphones. As technology improves day by day, social problems like cyberbullying become more serious. Cyberbullying commonly occurs through social media like Facebook, Instagram, Twitter, and some communication apps. Cyberbullying can also occur on SMS or in games.

Cyberbullying is different from physical bullying, emotional bullying, and verbal bullying, so what is it about? Cyberbullying can be like sharing others' private information through social media to cause embarrassment. Cyberbullying also includes posting fake and harmful content about others to let them feel shame or shy. More seriously, cyberbullying may involve criminal behavior. Cyberbullying mostly happens among youth. The main reason is they are still immature and easily become the victim of bullies. Based on The 2017 School Crime Supplement to the National Crime Victimization Survey, it states that among students ages 12- 18 who reported being bullied at school during the school year, 15% were bullied online or by text. Therefore, cyberbullying is one of the major types of bullying that happens at school.

Verbal Bullying

Bullying can also happen through verbal situations, which is commonly known as verbal bullying. Verbal bullying is when a person criticizes, slanders, scorns, ridicules, insults, or discriminatory others through words. It uses the victim's living conditions to make verbal ridicule, criticism, and threats to the victim to make the victim feel angry, pain, ashamed, embarrassed, fear, and melancholy, to achieve the purpose of self-entertainment. According to the research from McGuiness (2007), bullying that contains exclusive forms necessarily involves verbal expression. Nowadays, verbal bullying is defined as one type of bullying, so any form of bullying may regard as verbal bullying. Verbal bullying is usually done by students to other students who are hard to get along with, have physical weaknesses, different behaviors, or appearances. Hence, verbal bullying often happens among students because this bullying is easy to do, can be done anytime, anywhere, and does not leave a scar on the victim's body. This situation will be difficult for parents and teachers to detect because it does not leave any evidence to show that bullying has happened. (Pardede et al., 2021). Therefore, one study found that "verbal bullying was the most common (50.9%), followed by physical bullying (33.6%), relational bullying (10.6%), and cyberbullying (4.9%)". (Sabramani et al., 2021).

Causes Of Bullying

School Environment

There is a reason for physical bullying in the school. Some people seek to harm and bully someone may be caused by their school environment. Some students are not used to the school environment, and they don't know how to communicate with other students correctly. As some students are too spoiled by their parents, their personalities may be more selfish and accustomed to communicating through commands. Thus, as the environment is different between their family and school, they also have difficulty adapting to the school environment, it is difficult for them to get along with others at school. In addition, the disharmonious teacher-student relationship may also lead to students disliking their school environment. Some teachers don't care about students with poor grades and often scold and punish them, leading to fear and resistance in students' psychology. At the same time, students who do not understand the school rules may also occur some wrong ideas, which give them a mentality of resistance. This will lead to students having violent behavior in the school, and the physical bullying problem may occur.

Chaotic family environment

The chaotic or complex family environment is the foremost cause of bullying. Children who witness domestic violence and experience violence between parents are likely to exhibit physical assault and bullying, which may be the result of the children's social learning to view violence as an acceptable method of conflict resolution. Apart from that, the low level of parents' participation and concern for their children's lives can also lead to bullying. (Bowes et al., 2009). Perhaps it can be said that parents are busy making money to give their children a better life and neglect to take care of their children. This situation makes their children feel that their existence is insignificant. Even if bullied, they will think that their parents will still not care about them, so they do not tell anything about themselves to their parents. Therefore, the existence of many bullying incidents has always existed and has not to be solved completely. Besides, abuse and bullying are common among children whose parents are dead or unable to care for them and are fostered by another home or family. Sometimes, these children will think of themselves as burdens and problems. They become anxious, angry and may manifest themselves in abusive and bullying behaviors towards others.

Lack of attention

Other than school environment and family environment, lack of attention is also one of the major causes of bullying. Most of us love to get attention from others, especially children. During our childhood, we love to do something to get attention from our parents, want to get their praise or earn reward from them. Even though wherever we are, we ain't hope that we are feeling alone. As a major cause of bullying, people who lack attention hope to gain attention from others, either their friends, school, or parents. A very big reason is that they don't receive much attention during their childhood. Bullying other children or students will let them gain attention from the one

who has been bullied. After some period, they will earn a lot of bad reputation in their school. In that time, they also gain attention as they think it is a good way for them to satisfy their needs. Therefore, we need to pay attention to everyone around us. In short, bullying may be caused by those who are lacking attention from others.

Peer groups

Bullying can occur in both children and adults for a variety of reasons. Peer pressure can also play a significant role in bullying. Peer pressure happens when those around a young person encourage or pressure them into engaging in a risky activity or acting in ways they would not ordinarily do. This is frequently done through classmates, sports teams, families, and neighbors. School-aged youngsters are under a lot of pressure to seem attractive to their peers, and if they don't, they risk being bullied. Some bullies have low self-esteem. They try to compensate for this sensation by picking on others, which gives them a sense of achievement. It may give them a nice sensation, but it is just momentary, so they tend to do it regularly, unaware that this elation has a significant impact on their victims.

Impact Of Being Bullied

Mental health

Physical bullying also brings some impact on the bullied. The people who have been bullied may affect their mental health in the future. Some people who are being bullied may cause mental health problems such as anxiety, depression, post-traumatic stress disorder, bipolar disorder, schizophrenia, and even suicide. These problems may affect their life and even will destroy their future. The person who is often bullied by some people for a long time may also cause the psychology to be affected and severely hit. The psychological will be trauma and it will cause mental illness such as depression, phobia, anxiety, schizophrenia, and others. These problems may affect their emotions in daily life and will become more complex, making it difficult for them to work or study hard. At the same time, physical bullying also affects the health of the bullied. Thus, these impacts may affect their physical and mental health, and affect their growth and improve their performance in their study or their career. Some people who are being bullied may be injured, and some people may be unhealthy due to alcohol, and smoking that threat by the bully.

Academic Impact

Bullying may also bring some effects on academic issues. Besides physical effects and emotional effects, kids who are bullied also suffer in academic impact. This means that it is hard to focus on their studies. Based on the study conducted by the University of Virginia, showed that kids who experience bullying often score lower on their tests and exams. This will affect students who witness bullying also. Kids who are bullied won’t pay attention in class as much as normal students. Moreover, kids who are bullied may skip classes to avoid being bullied again. In this case, they won’t catch up with what the teacher taught in the class and those assignments. They will end up with low

academic grades at the end of their study year. Lecturers have to take the role to notice which of their students are overcoming bullying problems. If it is, provide some help for them to prevent academic issues that will happen to students in the future. In short, kids who are bullied will get lower grades than normal kids. It is because the experience of bullying will always distract them from their studies.

Future life impact

Physical bullying may also affect youth in the future. The impact of their mental health may affect their performance in the future, such as their education performance or their job performance. Depression may lead someone to be afraid, and they cannot approach something such as social, and interesting activity. The mental health problem may affect their activities and lifestyle, and it will lead to a regression in their performance in education or the job. They may also feel very anxious about life in the future, which affects the things they have to deal with and their daily lives. A decrease in academic or career performance in a long time can also be dangerous or even expelled. When the emotional and mental health issues affect their daily life a few times, their bodies will also be damaged. Healthy problems may lead to changes in a person's sleep and eating patterns, and irregular sleep time will also cause a person to be too tired, and even it will reduce the determination of daily activities. This may affect them to face challenging problems in the future.

Physical Impact

Bullying is both devastating and depressing for individuals who are attacked. There are extra physical expenses in addition to the bumps and bruises that occur as a result of physical bullying. For instance, bullied kids often experience anxiety. This stress on their body will also lead to some health problems, such as being sick more frequently and developing ulcers and other illnesses as a result of their anxiety. Bullied children may also experience stomachaches and headaches. Bullying can also aggravate pre-existing illnesses like eczema. When a youngster is bullied, skin conditions, digestive troubles, and heart conditions that are amplified by stress all get worse. Furthermore, bullying victims often go through a range of emotions. They may be enraged, bitter, weak, helpless, frustrated, lonely, and isolated among their peers. As a result, individuals may miss classes and turn to drugs and alcohol to cope with their distress. If the bullying continues, kids may become depressed and consider suicide.

Impact Of Bully (Bullier)

Since the bullied person is negatively affected, the bully is naturally affected as well. If bullies continue to bully others for a long time, they are more likely to commit crimes in the future. They will gradually be involved in domestic violence, alcoholism, robbery, drug abuse, and other incidents. They become irritable, do not listen to others' explanations, and regard violence as the most straightforward solution to problems. Perhaps it can be like a bomb that will explode at any time because they will not control their emotions and behaviour. There was just the most serious impact of being a bully,

and the minor one is that the bully will drop out of school. Of course, most bullies are hard to forgive by the public and victims because the things done in the past are difficult to forget by the victims, which will be a black spot in the bullies' life, and never get rid of it.

Solution/Recommendation

Counselling

However, the youth may also not ignore the bullying, and they may face the challenge of the bullying problem. One solution that can help people who are being bullied is finding help from counselling. Youths can meet the counselling teacher to ask for help, allow the school to take action, and the school will be responsible for handling bullying following school rules and regulations. In addition, youth can also meet the counselling to solve the problem. Youth can make a report to the teacher about the behavior of the bully, and they can also express their feelings and thoughts about this situation. They can also talk with their parents or friends who are willing to help them to discuss with the counselling teacher about the situation, feelings, and the impacts. People who are being bullied can talk with their parents for the first time, and they will be getting some help, solution, or opinion from their parents. Additionally, the parents can also find a discipline or counselling teacher to ask for help and discuss the bullying problem.

Stay away from bullies.

As bullying may affect the youth in the future, youth may also face the challenge of how to protect themselves and prevent the bullying problem. Youth can stay away from bad or negative people to prevent bullying. Thus, youth can prevent and walk away from the unsafe area before the bullying problem occurs. Additionally, youth can also find another social area to meet some people and make some good friends stay away from unsafe places. Youth spending a little time with their good friends may help to prevent the bullying problem from occurring and stay away from the negative people. Youth who have good friends can also help to prevent unhealthy people and prevent the bullying problem.

Parents role

It is undeniable that parents play a vital role in preventing bullying, they have the responsibility to develop children's life values, skills, and self-awareness. At the same time, parents are the most important people in children's hearts, but they are often the last person to know what happened to their children. Therefore, parents should take practical action instead of talking about it. Firstly, parents need to supervise and pay attention to the changes in their children’s daily life whether they may be involved in bullying others or are the victims of bullying. After that, parents should have open and honest communication with their children if they suspect that children are involved in bullying. Next, parents should avoid their children from contacting any media that disclose violent behaviors such as movies, newspapers, magazines, and so forth. This is because children will be affected by prolonged contact, they will start learning and

imitating the related behaviors. These actions are effective methods that parents should take to prevent bullying from happening among their children.

Educators' role

Create opportunities for connection. Bullying incidents can be reduced and targeted students' rehabilitation can be facilitated by cultivating a feeling of community in the classroom. According to research, students who are bullied are better able to manage when they feel linked to their classmates. Besides, teaching children to speak up and take action when they see bullying can reduce future bullying incidents by more than 50 percent. Then, create a safe space for students to speak up and be heard in the classroom. Students' ability to advocate for themselves and others should be cultivated. Facilitate opportunities for positive reinforcement outside of the classroom by assisting kids in participating in afterschool activities that are related to their hobbies and interests. When students feel connected to their peers, their school, and their community, they do better.

Government's role

In a society, personal, schools and parents take a very important role. It is also the same with our government. Bullying is counted as criminal behavior; the government should take it seriously and carry out some solutions to solve this problem. As we know, the government has a strong influence in a country so they can raise awareness of the nation against bullying. Hosting a "Stop Bullying" campaign around the world can raise the awareness of the whole country against bullying. Students or teenagers will be more careful and protect themself from being bullied by others. Besides, the government should enforce laws. Bulliers should get their penalties in the form of jailing. It is because jailing is the most effective way to let bulliers regret. The government is taking an important role in solving bullying issues too.

Conclusion

In a nutshell, bullying may destroy a youth's future. No matter it is short term bully or long-term bully, the bullying experience will last forever in the victim's heart. Physical, emotional, verbal and cyberbullying are concluded as four types of bullying. Whatever the form of bullying is, it can affect the victims deeply. Youth who have been bullied may be affected in mental health, academic, future life and also physically. They might get stress, depression, injuries and even thought of committing suicide. Therefore, parents, educators and the government are taking important roles to help their kids or students from getting bullied. Basic awareness and prevention action against bully must be spread so that the cases of bullying will decrease. As responsible citizens, we have to fight against bullying to create a harmonic society!

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78 Does the Psychosocial Safety Climate Factor Matter in Education Industry? Perspectives of Young Academicians

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Abstract

This paper seeks to answer a general question, "Does psychosocial safety climate matter in Education?" The paper focuses on young academicians' perspectives. We also intend to examine how the psychosocial safety climate influences academicians' work engagement and job satisfaction and reduces job demands' negative impact on Malaysia's education industry. We find that most of the literature on psychosocial safety climate contributing to the JD-R model remains inconsistent. The concept of psychosocial safety climate as a contributing factor to the JD-R model is still a fresh theory. A purposive sampling technique was applied to select the respondents for this study. The data were drawn from 177 young academicians who worked in Malaysian research universities. The findings revealed that applying the psychosocial safety climate principle can help encourage work engagement and job satisfaction and potentially alleviate the negative effect of job demands within the workplace.

Keywords: Psychosocial Safety Climate, Job Satisfaction, Job Demands, Work Engagement, Education Industry, Malaysia

Introduction

Organizational psychology has a defining focus in Malaysian universities towards developing and implementing programs that improve employees' well-being, commitment, and work engagement. One such model of Job Demands-Resources (JD-R) explains the influence of job demands and resources on burnout and work engagement via two possible processes in the workplace, the health impairment pathway and the motivational pathway (Bakker & Demerouti, 2007). The JD-R model has been extensively researched since its introduction in 2001 (Bakker & Demerouti, 2006) and has been widely supported. However, researchers have been investigating additional factors that trigger the main pathways in the JD-R model and result from them. This research examines how the psychosocial safety climate influences academicians' work engagement and job satisfaction and reduces job demands' negative impact on Malaysia's education industry extensions.

The Job Demands-Resources (JD-R) model conceptualizes two pathways that explain burnout and work engagement. The health impairment pathway explains how job demands, characterized by aspects of the workplace that require sustained physical and mental effort, can lead to burnout through high physiological and psychological impairments such as burnout, anxiety, and depression (Demerouti, Bakker, Nachreiner, & Schaufeli, 2001; Van Den Broeck, De Cuyper, De Witte & Vaansteenkiste, 2010). Schaufeli and Bakker (2004) state that such job demands can take the form ofphysical,

social, psychological, and organizational aspects within a job. The motivational pathway states that vigor, dedication, and absorption form the basis of work engagement, lying on the opposite end of the spectrum to burnout which can be achieved by increases in job resources (Balducci, Schaufeli & Fraccaroli, 2011).

Karasek (1979) views job demands as psychological, physical, and social stressors that occur when employees attempt to accomplish their superiors' work tasks. Examples of job demands that employees experience have been highlighted by Demerouti and Bakker (2011). These include high work pressure, whereby employees are placed under stressful conditions to meet extremely high expectations and work output. Unfavorable physical environments can be physically demanding, socially undesirable, and overall unpleasant. According to JD-R theory, excessive job demands, without the appropriate job resources to act as buffers, can lead to employee burnout (Bakker & Demerouti, 2007; Schaufeli & Bakker, 2004; Schaufeli, Bakker, & Van Rhenon, 2009).

Young academician development has always been one of the agendas of Malaysian universities, both internally and through various development programs that set the stage for developing young talents. Recently, Universiti Sains Malaysia launched APEX Young Scholars programs, a platform to bloom young academicians below 40 years old. We argue that young academicians are the main talent pipeline for Malaysian universities and are critical to promoting work engagement and job satisfaction among young academicians. Their performance reflects a university's performance, productivity as well as quality. Therefore, university management needs to take academicians' work engagement and job satisfaction into account. Hence, we respond to the recent call by investigating young academicians' perspectives on how the psychosocial safety climate influences their work engagement and performance. The findings of this paper will help universities to fully understand the talents that they are looking for.

Psychosocial Safety Climate (PSC), Work Engagement, and Job Satisfaction

PSC refers to employers' policies, practices, and procedures set by policies, practices, and procedures to protect their employees' psychological health and safety (Dollard & Bakker, 2010). Psychological health at the workplace is an important concern on occupational health and safety. When management concerns the employees' psychological health and safety, it can enhance their engagement and satisfaction (Hall et al., 2013). We view PSC as an organizational resource that can facilitate appropriate resource allocation and job control within the workplace. Employees see this increase in resource allocation and perceive that the organization cares about their well-being, thus encouraging work engagement (Idris, Dollard & Tuckey, 2015) and job satisfaction. Universities with high PSC are more likely to make lecturers actively participate in providing their feedback in stress prevention (Gan & Kee, 2020). Previous scholars (Idris et al., 2015; Saba, 2011) mentioned that when employees work in a healthier and positive climate environment, the employee will have higher job satisfaction. When the workplace provides high PSC, employees are willing to put more effort into productivity (Karanika-Murray, Michaelides & Wood, 2017). We propose

that young academicians working in a high PSC environment are more likely to engage and feel satisfied with their work.

H1: PSC has a positive impact on work engagement.

H2: PSC has a positive impact onjob satisfaction.

Psychosocial Safety Climate (PSC) and Job Demands

Previous studies (Dollard & Bakker 2010; Idris & Dollard, 2011) stated that good PSC does not only support employees; at the same time, it can predictably lower the impact of job demands. Job demands negatively affect the employees' health (Idris & Dollard, 2011; Bakker, 2009; Schaufeli et al., 2009). In other words, a university lacking PSC would lead to poor job design and increase the degree of job demands. Conversely, if the university has a good PSC, it will be the backbone for the lecturers to have better work-related outcomes. With this understanding, we hypothesize:

H3: There is a negative relationship between PSC and job demands.

Job Demands, Work Engagement, and Job Satisfaction

Lecturers need to play their roles as educators, and they also need to adapt to the stressful working environment. Recent research (Chan, Ng, In, Wee & Siau, 2021; Bakker & Hakanen, 2019; Schulte-Braucks & Dormann, 2019; Idris & Dollard, 2011) stated that job demands could affect work-related outcomes. The high requirement set by the universities, especially Research University in Malaysia, increased the workload of academicians. Inability to cope with the overloaded job demands affect their work engagement (Alzyoud, Othman & Isa 2014; Agyemang & Ofei, 2013; Bakker & Demerouti, 2007; Demerouti, Bakker, Nachreiner, & Schaufeli, 2001) and job satisfaction (Karanika-Murray, Michaelides & Wood, 2017; Mustapha & Ghee, 2013) in the university. Therefore, we propose that job demands affect work engagement and job satisfaction.

H4: There is a significant negative relationship between job demands and work engagement.

H5: There is a significant negative relationship between job demands and job satisfaction.

Job Demands As A Mediator

A good PSC workplace can reduce job demands (Dollard & Bakker, 2010) and improve productivity (Bakker et al., 2011; Idris et al., 2011; Mansour & Tremblay, 2019). High PSC practices in an organization will reduce employees’ stress to confront their job demands (Loh, Idris, Dollard & Isahak, 2018). What we assume here is that the possibility of job demands mediates the relationship between PSC and work engagement and satisfaction.

H6: Job demands will mediate the relationship between PSC and work engagement.

H7: Job demands will mediate the relationship between PSC and job satisfaction.

Methods

Sample and Data

Our sample consisted of 177 young academicians of the five research universities in Malaysia. There is five research university in Malaysia, and they are Universiti Malaya (UM), Universiti Kebangsaan Malaysia (UKM), Universiti Putra Malaysia (UPM), Universiti Sains Malaysia (USM), and Universiti Teknologi Malaysia (UTM). We employed purposive sampling, and the respondents must be Malaysian, full-time academic staff with a minimum of one year of working experience.

Measures

Psychosocial Safety Climate (PSC). A 12 items were adopted from Dollard and Bakker (2010). The scale was applied five Likert scales, ranging from 1 = strongly disagree to 5 = strongly agree. For example, items include “There is participation and consultation in psychological health and safety among academicians, unions and health and safety representatives in my university.”Job demands. The sample item is “Does your work demand enhance care orprecision?”. These items were measured using a five-point Likert scale from 1 (strongly disagree) to 5 (strongly agree)

Work engagement.

It was measured using three items (Schaufeli, Shimazu, Hakanen, Salanova, and De Witte, 2017). The three items were also measured using a 5-point Likert scale, where 5 refers to “always” and 1 refers to “never”. For example, items include “I am enthusiastic about my job”.

Job satisfaction. It was measured by using ten items (Williams & Anderson, 1991). The ten items were measured using a 5-point Likert scale, where 5 refers to “strongly agree,” and 1 refers to “strongly disagree”. For example, items include “I believe management is concerned about me.”.

Respondent profilesThe respondents were lecturers who are working in the five research universities in Malaysia. The response rate was 35.4% (177 out of 500). Most of the respondents (65.54%) were female. A total of 55.93% of the respondents were between 36 to 40 years old. For ethnicity, 70.62% of the respondents were Malay, followed by Chinese (23.73%), Indian (3.39%), and others (2.26%). As for marriage status, 79. 10% of the respondents were married. Most of the respondents were senior lecturers (78.53%), and 5.65% were Associate Professors. Most of the respondents (92.66%) hold doctorate degree, and 35.03% of them had worked with research

university for 1 to 3 years. The respondents' demographic profile is depicted in Table 1.

Table 1
Profiles of Respondents

Demographic Variable	Category	Frequency	Percentage (%)
Gender	Male	61	34.46
	Female	116	65.54
Age	21 – 25	2	1.13
	26 – 30	7	3.95
	31 – 35	69	38.98
	36 – 40	99	55.93
Race	Malay	125	70.62
	Chinese	42	23.73
	Indian	6	3.39
	Others	4	2.26
Marital Status	Single	32	18.08
	Married	140	79.10
	Divorced	5	2.82
Position	Lecturer	24	13.56
	Senior Lecturer	139	78.53
	Associate Professor	10	5.65
	Others	4	2.26
Level of education	Master's Degree	13	7.34
	Doctorate's Degree	164	92.66
Organizational Tenure	1 – 3 years	62	35.03
	4 – 5 years	41	23.16
	6 – 10 years	43	24.29
	11 – 15 years	31	17.51
Research Universities	Universiti Malaya (UM)	32	18.08
	Universiti Kebangsaan Malaysia (UKM)	29	16.38
	Universiti Putra Malaysia (UPM)	24	13.56
	UniversitiSains Malaysia (USM)	60	33.90
	Universiti Teknologi Malaysia (UTM)	32	18.08

Results

4.0 Data Analysis

To analyze the data, the researchers employed the Partial Least Square (PLS) modelling technique via the SmartPLS 3.2.8 software (Ringle, Wende & Becker, 2015). The data analysis process involved analyzing the validity and reliability of the measurement model and determining the significance of the structural paths through bootstrapping (Hair et al., 2019; Ramayah et al., 2018).

4.1 Measurement Model

The validity and reliability of the measurement model was determined through the loadings, average variance extracted (AVE), and composite reliability (CR). The loadings and AVE should have a minimum value of 0.5, and the CR should have a minimum value of 0.7. (Hair et al., 2019). In this study, all the AVEs were larger than 0.5, and the CRs were greater than 0.7, as demonstrated in Table 2. Additionally, using the HTMT criterion, the discriminant validity of the constructs was measured. The value of HTMT should be ≤ 0.85 for the stricter criterion, while it should be ≤ 0.90 for the more lenient criterion (Henseler, Ringle, & Sarstedt, 2015). Table 3 revealed that all the HTMT values were ≤ 0.85. Thus, the validity and the reliability of the measurement model was confirmed.

Table 2

Measurement Model

Constructs	Items	Loadings	AVE	CR
Psychosocial Safety Climate	PSC1	0.865	0.705	0.966
	PSC10	0.823		
	PSC11	0.787		
	PSC12	0.826		
	PSC2	0.827		
	PSC3	0.846		
	PSC4	0.811		
	PSC5	0.870		
	PSC6	0.884		
	PSC7	0.870		
	PSC8	0.822		
	PSC9	0.837		
Job Demands	JD1	0.511	0.543	0.937

	JD10	0.882		
	JD11	0.859		
	JD12	0.850		
	JD13	0.884		
	JD2	0.648		
	JD3	0.685		
	JD4	0.723		
	JD5	0.565		
	JD6	0.462		
	JD7	0.796		
	JD8	0.726		
	JD9	0.818		
Work Engagement	WE1	0.847	0.629	0.833
	WE2	0.877		
	WE3	0.632		
Job Satisfaction	JS1	0.675	0.571	0.930
	JS10	0.817		
	JS2	0.726		
	JS3	0.832		
	JS4	0.704		
	JS5	0.853		
	JS6	0.744		
	JS7	0.677		
	JS8	0.782		
	JS9	0.724		

Table 3
Discriminant Validity (HTMT)

	1	2	3	4
1. Job Demands				
2. Job Satisfaction	0.340			
3. Psychosocial Safety Climate	0.395	0.683		
4. Work Engagement	0.241	0.521	0.295	

4.2 Structural Model

Using a 5,000-re-sample bootstrapping approach, the values of the path coefficients, standard errors, t-values, and p-values for the structural model were obtained (Hair et al., 2019; Ramayah et al., 2018). We employed an integration of criteria, that is, the examination of the p-values, confidence intervals, and effect sizes, for testing the significance of the hypotheses (Hahn & Ang, 2017). Tables 4 and 5 summarized the criteria deployed to test the hypotheses.

Psychosocial safety climate (PSC) ($\beta = 0.286$, $p < 0.05$) was found to relate positively and significantly to work engagement. Thus, H1 was supported. PSC was also significantly related to job satisfaction ($\beta = 0.601$, $p < 0.05$), which supported H2.

In addition, H3 was accepted because PSC (β = -0.430, p < 0.05) also relate significantly to job demands. However, job demands (β = 0.042, p > 0.05) was found to have no significant relationship with work engagement. Hence, H4 was not supported. Finally, job demands were found to have significant relationship with job satisfaction (β = -0. 125, p < 0.05). Thus, H5 was supported.

Table 4
Hypothesis Testing Direct Effects

Hypothesis	Relationship	Std Beta	Std Error	t-values	p-values	Decision
H1	PSC -> WE	0.286	0.082	3.489	0.001	Supported
H2	PSC -> JS	0.601	0.050	12.022	0	Supported
H3	PSC -> JD	-0.430	0.051	8.370	0	Supported
H4	JD -> WE	0.042	0.134	0.314	0.753	Not Supported
H5	JD -> JS	-0.125	0.054	2.319	0.021	Supported

Note: We use a 95% confidence interval with a bootstrapping of 5,000

For testing the mediation effect, a bootstrapping procedure was implemented, as recommended by Preacher and Hayes (2004; 2008). The results revealed that the mediation effect of job demand was significant (β = 0.054, p < 0.05) because the confidence interval bias- corrected reading was 95% and did not straddle a 0. Hence, H7 was supported. However, PSC -> JD -> WE (β = -0.018, p > 0.05) was not significant, therefore, H6 was rejected.

Table 5
Hypothesis Testing Indirect Effects

Hypothesis	Relationship	Std Beta	Std Error	t-values	p-values	BCI LL	BCI UL	Decision
H6	PSC -> JD -> WE	-0.018	0.057	0.319	0.75	-0.138	0.077	Not Supported
H7	PSC -> JD -> JS	0.054	0.024	2.203	0.028	0.001	0.096	Supported

Note: We use a 95% confidence interval with a bootstrapping of 5,000

PSC is a work environment where employees perceived the workplace to be psychologically safe, meaning that they will not be threatened by unfair policies and practices or experience politically ridden work culture. PSC involves formulating ethical rules and regulations to protect academicians in universities for their psychological health and safety. Academicians will be more engaged and satisfied if they feel safe at work (Hall, Dollard & Coward, 2010; Hall et al., 2013). PSC has the potential to increase academicians' job satisfaction and job engagement. PSC showed beneficial influences on employee work performance in Western countries (Idris, Dollard, & Winefield, 2011), but it was less explored in Eastern countries. Hence, the association between PSC and work-related outcomes will be investigated in this study.

Specifically, this research examines the relationship between PSC, job demands, work engagement, and job satisfaction of academicians working in research universities.

Discussion

The purpose of this study is to explore the impact of PSC and job demands on academicians' work engagement and job satisfaction. Here, job demands are hypothesized to mediate the relationship between PSC, work engagement, and job satisfaction. The findings revealed that the relationship between PSC and work engagement was positive. This finding is in line with recent studies that found PSC to be positively related to job satisfaction (Afsharian et al., 2019; Idris, Dollard & Tuckey, 2015; Teo, Bentley & Nguyen, 2020). This means that research universities with a positive PSC will encourage the academicians to be more engaged at work and they are more inclined to support one another (Afsharian et al., 2019). Since the majority of the respondents is between 36 to 40 years old, the academicians will be more engaged with the university, as proposed by Gadi and Kee (2020) that older employees are more engaged especially if the management is able to provide high PSC in the work environment.

Besides, PSC has a significant positive relationship with job satisfaction. This result was in line with the findings of previous studies (Afsharian et al., 2019; Bha & Ye, 2020; Gan & Kee, 2020; Idris et al., 2015; Mustafa, Mansilla & Gibson, 2021; Yulita, Idris & Dollard, 2020). When lecturers work in high PSC working environment, they understand that the management is concerned with their psychological health and safety, which impacts on the level of employee job satisfaction (Mustafa, Mansilla & Gibson, 2021), and their willingness to move forward (Yulita, Idris & Dollard, 2020). In high PSC environment, the management are more alert of the lecturers' needs. Therefore, the management can provide support to the lecturers immediately, which eventually resulted in the lecturers having higher level of job satisfaction.

Furthermore, PSC was found to relate significantly to job demands. This finding is in line with the findings of Bakker, Demerouti and Verbeke (2004) and Dollard and Bakker (2010). The aim of PSC is to provide a psychosocially healthy and safe workplace, which provide more resources to the academicians, and thus, reduces the negative impact of job demands. In this way, the level of job engagement of academicians will increase, which eventually resulted in higher level of employee job satisfaction. This is because lecturers understand that their working environment can protect them and provide them the space to perform. Therefore, PSC is an important variable to be taken seriously by the management when planning organizational policies.

There was an insignificant relationship between job demands and work engagement, where H4 was not supported. The result was not consistent with the conclusions of previous scholars (Van Veldhoven et al., 2020). Job demands played the role of challenging work in the present study. When the lecturers are facing high job demands, they are encouraged to put in more effort. Thus, lecturers' work engagement among Malaysian RUs will increase. Furthermore, when the job demands act as challenging demands, it can enlighten lecturers' potential and ability to handle the

challenges. In this way, they will be able work under pressure, which increases the level of work engagement among lecturers.

Job demands and job satisfaction was negatively and significantly related in this study, and H5 was supported. This finding lend support to the findings of previous studies (Jamian et al., 2020; Karanika-Murray, Michaelides, & Wood, 2017), which stated that job demands will reduce employee job satisfaction. With the expectation to achieve the Top 100 ranking, the university management places high hope on the lecturers, and they introduced a new assessment tool--MyRA. These expectations are a burden to the lecturers and lead to job overload. Job overload causes the employees to feel stressed, strained, and emotional exhausted (Han et al., 2020; Asrar-ul-Haq, Kuchinke & Iqbal, 2017). This will result in a lower level of job satisfaction among the lecturers.

It is interesting to note that the present study's finding revealed that the indirect relationship between PSC and work engagement is not significant via job demands. The result is not consistent with those of the previous studies (Bakker et al., 2007; Shams, Shakir & Niazi, 2020). Previous studies had mentioned that lecturers will reduce their level of job engagement when they work in the unhealthy working environment (low PSC). However, this finding helps to develop and enhance on the job engagement literature that job demands can directly affect employee work engagement (Bakker & Demerouti, 2008; Hakanen, Bakker, & Demerouti, 2005). This means that the respondents treat the job demands as challenging demands, which can motivate them to continue learning. In the present study, PSC acts as a supportive resource to support the lecturers to develop. Therefore, when lecturers have a platform to grow and develop, automatically, their engagement will be enhanced (Bakker & Demerouti, 2007). In other words, when the lecturers treat the job demands as challenging, they perceive it as an opportunity to grow (Borst, Kruyen & Lako, 2019). Once the lecturer can accommodate the job demands, they will move further, and at the same time, their engagement will be enhanced as well. Therefore, job demands can mediate the relationship between PSC and job satisfaction. Thus, H7 was supported. The significant indirect relationship again highlights that PSC reflects the management’s commitment to promote employee well-being in Malaysian Rus. This will lead to higher level of job satisfaction among the lecturers via lower impact of job demands. This relationship highlights that PSC in Malaysian RUs can decrease the negative effect of job demands, thus, leading to enhanced job satisfaction among the lecturers.

Conclusion

Our findings have shown support for PSC's existence as a predicting factor for work engagement and job satisfaction via job demands. As conclusion, this study can be a guideline for university management to seriously consider including PSC into the framework of organizational policies. The result of the present study showed that PSC elements could minimize the gap between policymaker and their lecturers. The

existence of positive PSC provides a space for the lecturers to voice their opinion and feedback, especially when they face higher level of job demands.

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79 Determinants of Sexting among Malaysian Emerging Adults: A New Form of Sexual Expression

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Abstract

When individuals send, receive, and forward sexually explicit content via smartphones, they exhibit a new form of sexual expression known as sexting behavior. Related literature had mostly focused on the Western context but not precisely the Malaysian context. Therefore, the present study aimed to examine the associations among self-esteem, sexual sensation seeking, peer pressure, and sexting behavior among emerging adults in Malaysia. A cross- sectional quantitative study was adopted to recruit 342 emerging adult participants through the purposive sampling method in an online survey. A total of244 (71.3%) participants reportedly engaged in sexting and among them, individuals who are in a relationship engaged in more of such behaviors than their single counterparts. Meanwhile, sexual sensation seeking was found to be the only predictor of sexting behavior. Overall, the findings extended the literature, and thus serve as a reference for future implication programs dealing with sexting issues in the Malaysian context.

Keywords: sexting behavior, emerging adults, sexual sensation seeking, Malaysia

Introduction

The advancement of technology and increment in the ownership of technological devices have provided users with a vast opportunity to exhibit new online behaviors. For example, sexting behavior has emerged as a novel form of online communication in the recent decade that has gained attention and popularity with individuals across different developmental stages (Klettke et al., 2014; Madigan et al., 2018). Sexting involves the sending, receiving, and forwarding of sexually explicit content such as suggestive texts, semi-nude or nude photos, and videos on social media through a smartphone. Moreover, there was a dramatic 12.2% rise in the usage of dating apps among Americans (e.g., Tinder, Bumble, Hinge) in 2020 (i.e., from 6.2% to 18.4%) compared to 2019 (Stetsenko, 2021). Despite their conservative cultures, the South-East Asian population has also increasingly adopted the use of dating applications (The ASEAN Post, 2020). This phenomenon becomes even more apparent due to the outbreak of COVID- 19 (Ao, 2021; O'Flaherty, 2021) where the whole world was in a lockdown state and meeting people or hooking up were restricted and prohibited. Therefore, online platforms became an alternative to “meet” and get to know more friends or another way to express their sexuality.

Sexting behavior is becoming a common sexual expression among emerging adults where 53.3% of mean prevalence was reported in the systematic review of literature by Klettke et al. (2014) while 40% of young people in Australia have reported sexting with someone in the past (Yeung et al., 2014). Emerging adulthood is a developmental stage between late adolescence and early adulthood that is often associated with several substantial life changes such as pursuing tertiary education, work-life challenges, marriage (Arnett, 2014; Barlett et al., 2020), and greater exploration of sexuality (Schwartz & Petrova, 2019; Wright, 2021). They are no longer minors at this stage, which allows them the freedom to explore sexuality without restrictions (Schwartz & Petrova, 2019; Wright, 2021). Empirical studies on sexting behavior in Malaysia is still at an infancy stage. Local researchers have focused on adolescents (Muhaiyuddin et al., 2015) and have examined sexting behavior as a crime (Rosli et al., 2010). Despite the adverse consequences of sexting and it is becoming a common headline in the newspapers (Fazaniza, 2018; Yeap, 2018), far too little attention has been paid to sexting behavior among emerging adults.

In previous studies, the research emphasis was on the negative consequences of sexting behavior (Hudson & Marshall, 2018; Kopecký, 2012; Salter et al., 2013), but current researchers are now shifting the focus to the reasons why people sext (Klette et al., 2014; Walker et al. 2013). The studies on the determinants of sexting behaviour have been robust, one of them being sexual sensation seeking. 'Sexual sensation seeking' is defined as the tendency of an individual seeking excitement through intense and novel sexual experience (Kalichman et al., 1994). While a study among the Pakistani emerging adults depicted that sexual sensation seeking predicted sexting behaviour (Bilal, 2021), the study by Delevi and Weisskirch (2013) did not. This inconsistency reflected the need to examine the link between sexual sensation seeking and sexting behaviour among emerging adults in the Malaysian context.

Engagement in a problem behaviour like sexting has been associated with traits such as low self-esteem. Existing literature showed that people with lower self-esteem tend to engage in risky activities that can be harmful to boost their level of self-esteem (Ramiro et al., 2013; Wachs et al., 2017; Ybarra & Mitchell, 2014) and escape from unpleasant feelings (Wild et al., 2004). Individuals with higher self-esteem sexted less as they might deem sexting as a risky sexual behaviour (Muncaster & Ohlsson, 2019; Scholes-Balog et al., 2016). A higher level of self-esteem may also serve as a protective factor that decreases the tendency of sexting behaviour (Scholes-Balog et al., 2016; Ybarra & Mitchell, 2014). However, the literature also illustrated that self-esteem might not predict sexting behaviour (Delevi & Seigfried-Spellar, 2017; Galovan et al., 2018).

Past studies concluded that peers play a role in shaping behaviour, attitude, and values (Adimora et al., 2018; Lee & Crofts, 2015; Ringrose et al., 2013). Individuals tend to adopt behaviour exhibited by their peers primarily concerning sexual lifestyle (Adimora et al., 2018). Thus, sexting behaviour, i.e., the sending of sexually explicit content via technology, has become a common topic of interest for discussion within peer groups (Champion & Pedersen, 2015). For example, males experienced pressure to sext as a means to prove their popularity and retain their social status (Champion & Pedersen, 2015; Ringrose et al., 2013). Across the literature, females do not experience

pressure to sext from the same gender, but they commonly receive pressure or harassment from males to sext instead (Englander, 2012; Kopecký, 2012). In general, individuals may engage in sexting behaviour to be accepted or to conform to group norms (Vanden Abeele, 2014).

Moreover, the literature illustrated that individuals in a relationship were more likely to engage in sexting behaviour (Dir et al., 2013; Drouin et al., 2013; Henderson, 2011; Renfrow & Rollo, 2014; Temple et al., 2012). This may imply that sexting behaviour is becoming a popular way of sexual expression among couples in this information age. According to Weisskirch and Delevi (2011), sexting behaviour can serve as an introduction to sexual behaviour between couples who have just started dating. The COVID- 19 pandemic has further shifted their offline sexual activity to online with the easy availability of technological gadgets, social media platforms, and dating applications (Ao, 2021). Finally, the couples' sex lives have been affected drastically when meeting up was restricted (Eleuteri & Terzitta, 2021; Nelson et al., 2020). Therefore, it is plausible that sexting behaviour is a trend that encourages couples to express themselves sexually while maintaining intimacy and affection (Hertlein & Ancheta, 2014; Renfrow & Rollo, 2014).

The Present Study

In the present study, we have sought to expand the literature on sexting behaviour in Malaysia in several ways. Studies on sexuality in Malaysia have largely focused on adolescents (Muhaiyuddin et al., 2015) and teenagers (Soon et al., 2019; Suzen et al., 2017) while the study on emerging adults has remained scarce. Therefore, the present study focused on emerging adults between 18 and 29 years old. Given the inconsistent findings among sexual sensation seeking, self-esteem and sexting behaviour, the determinants of sexting behaviour were examined to further consolidate the findings from past studies. Although peer pressure was frequently highlighted in Western studies, there is no relevant study examining the linkage with sexting behaviour in the local context. The local study on the relationship status difference is also limited and investigating the differences can provide a localised explanation. A better understanding of the pattern of sexting behaviour is crucial for social and public health concerns. Although sexing behaviour is often discussed as a risky and problematic behaviour, the level of engagement, determinants, and relationship status differences are underresearched . The present study aimed to bridge these research gaps by answering the following three questions:

1. What is the level of engagement in sexting behaviour among emerging adults in Malaysia?
2. Are there any relationship status differences in sexting behaviour among emerging adults in Malaysia?
3. What are the determinants (self-esteem, sexual sensation seeking, and perceived peer pressure) of sexting behaviour among emerging adults in Malaysia?

Method

Study sample.

The sample consisted of 342 emerging adults aged 18 to 29 years old (M = 23.3; SD = 1.79). There were 277 (81%) Chinese, 28 (8.2%) Indians, 12 (3.5%) Malays and 25 (7.3%) others. There were equal numbers of 171 males and females respectively with more than half being singles (57.0%).

Procedure

A cross-sectional quantitative study was conducted, and participants were recruited via the purposive sampling method. The potential participants had accessed the online survey by following the link posted and circulated on two social media platforms (i.e., WhatsApp and Facebook). Before accessing the survey, participants were presented with information such as purpose of the study and a personal data protection sheet. Finally, by clicking on the "Agree to participate" button, they would indicate their consent to participate in the study. The survey took about 15 minutes to complete. The study was approved by the UTAR Scientific and Ethical Review Committee (SERC).

Measurements

Sexting Behaviour Scale (SBS; Dir et al., 2013) was used to determine the frequency of sexting behaviour. It consists of 11 items, with the first nine items rated on a 5-point Likert scale ranging from 0 (Never) to 4 (Frequently). The remaining two items with one open- ended question and another multiple-choice question were excluded from analysis in this study. A mean score was computed with a higher mean score indicating more frequent sexting behaviour. SBS displayed an excellent internal consistency, with a Cronbach alpha coefficient of .87.

Sexual Sensation Seeking Scale (SSSS; Kalichman et al., 1994) was used to examine the individuals' tendency to gain sexual excitement via a unique sexual experience. It consisted of 10 items rated on a 4-point Likert scale ranging from 1 (Not at all like me) to 4 (Very much like me). A total score was computed with a higher score indicating a higher level of sexual sensation seeking. The SSSS demonstrated an excellent internal consistency, with a Cronbach alpha coefficient of .89.

Rosenberg Self-Esteem Scale (RSES; Rosenberg, 1965) was used to determine the positive and negative aspects of individual self-acceptance and self-worth. It consists of 10 items rated on a 4-point Likert scale ranging from 1 (strongly disagree) to 4 (strongly agree). Items 2, 5, 6, 8, and 9 were reversed to obtain a total score where a higher score implied greater self-esteem. This scale demonstrated a strong internal consistency with a Cronbach alpha coefficient of .81.

Network of Relations Inventory–Relational Quality Version (NRI-RQV; Buhrmester & Furman, 2008) was used to examine the influence of peer pressure. Only the subscale of peer pressure was used, consisting of 3 items on a 5-point Likert scale ranging from 5 (almost never) to 1 (almost always). The Cronbach alpha coefficient is .90, indicating an excellent internal consistency.

Results

Although the mainstream media portrays sexting as a risky and harmful behaviour, it remains prevalent among Malaysian emerging adults. The descriptive analysis depicted that out of 342 emerging adults, 244 (71.3%) of them have engaged in at least one type of sexting behaviour. This implied that around 7 in 10 emerging adults had sexted with someone. Therefore, those who scored zero (n=98) in sexting behaviour were removed from the subsequent analysis.

Prior to the inferential analysis, some relevant analyses of assumptions were conducted as shown in Table 1. The result indicated a significant positive association between sexual sensation seeking and sexting behaviour. In other words, emerging adults with a greater sexual sensation seeking score were more likely to sext someone.

Table 1

Descriptive and Matric Correlation between Variables (n = 244)

	1	2	3	4
1. Self-esteem	1			
2. Sexual sensation seeking	.11	1		
3. Peer pressure	-.31**	.16*	1	
4. Sexting behaviour	.03	.50**	.11	1
Mean	27.86	19.98	6.60	0.70
SD	4.24	6.61	2.55	0.58
Skewness	0.04	0.52	0.40	1.33
Kurtosis	0.48	-0.20	-0.07	1.31

Note. * $p < .05$, ** $p < .01$

Moreover, an independent sample t-test was conducted to compare the sexting behaviour between singles and in-relationship participants (see Table 2). The result denoted that relationship status difference in sexting behaviour was statistically significant, t(242) = - 3.64, p < .001 with emerging adults who were in-relationship (M = 0.86; SD = 0.65) sexting more frequently than singles (M = 0.59; SD = 0.51). The effect size calculated was 0.46 which indicated a large effect size (Allen & Bennett, 2007).

Table 2

Result of Independent t-testfor Relationship Status Difference in Sexting Behaviour (n = 244)

Relationship status	n	Mean	SD	*t*	f^2	*p*
Single	139 (57.0)	0.59	0.51	-3.64	0.46	< .001
In relationship	105 (43.0)	0.86	0.65			

However, self-esteem and peer pressure were both correlated weakly with sexting behaviour. Hence, both the determinants were excluded from the regression model as they do not show significant results at the bivariate level. A two-stage hierarchical multiple regression was conducted by controlling the effect of gender and relationship status to examine the determinant of sexting behaviour. In stage one, gender and relationship status were entered and the result depicted that relationship status contributed significantly to the regression model, $F (2, 241) = 8.25$, $p < .001$ and accounted for 6.4% of the variance. In stage 2, introducing the sexual sensation seeking variable accounted for an additional of 22.4% of variance, $F (3, 240) = 32.38$, $p < .001$ (see Table 3). Additionally, relationship status remained significant after controlling its effect in stage 2.

Table 3

Hierarchical Multiple Regression Analysis in Predicting Sexting Behaviour among Malaysian Emerging Adults (n = 244)

Predictors	β	*t*	*p*	R	R^2	F
Stage 1			< .001	.25	.06	8.25
Gender	-.11	-1.77	.078			
R_status	.24	3.81	< .001			
Stage 2			< .001	.54	.29	32.39
Gender	.06	.94	.346			
R_status	.19	3.44	.001			
SSS	.51	8.69	< .001			

Note. R_status = relationship status, SSS = sexual sensation seeking.

Discussion

The present study has sought to examine the level of engagement in sexting behaviour among Malaysian emerging adults. Surprisingly, almost three quarters (71.3%) of participants had sexted with someone; this figure is much higher than the reported statistics in past studies (Klettke et al., 2014; Yeung et al., 2014). It is possible that sextings are now more accessible, affordable, and anonymous that serve as a desirable way to express sexuality (Sorbring et al., 2014) despite living in a conservative culture where sexuality is taboo (Ali et al., 2021; Talib et al., 2012). In this case, emerging adults feel comfortable and can freely express their sexual ideas or thoughts that they would like to put into action without the fear ofjudgement. Furthermore, the COVID- 19 pandemic may have further encouraged people to replace physical sexual activity with sexting behaviour where they can easily find and match with someone on the dating applications (Peck, 2020). Since sexting behaviour happens in the virtual world, it can be a safer kind of sexual expression for two reasons particularly during the pandemic period. First, it reduces the risk of meeting up with people but at the same time, it fulfils their sexual desire (Ao, 2021). Second, sexters were just expressing their sexual thoughts verbally or visually which do not translate into actual risky sexual behaviour that can pose a higher risk of contracting sexually

transmitted diseases. However, it is crucial to note that sexting behaviour can put emerging adults in a dangerous situation if sexters choose to go to the next level such as hooking up with the person they sexted. On top of that, sexters could also freely engage in such behaviour without exposing their identity (Tschinkel, 2019). These reasons could also explain the rise of involvement in sexting behaviour among emerging adults.

Living in a conservative culture where people do not share or discuss sexuality openly may explain why peer pressure does not significantly correlate with sexting behaviour. The emerging adults in the present study may receive other sources of pressure such as from romantic partners to sext (Drouin et al., 2015; Vander Abeele et al., 2014) instead ofpeer pressure. Moreover, with the ease of creating an account on a dating application using a bare minimum of information such as age, sexual orientation, and gender, the individuals' identities can be easily fabricated and exaggerated. Under this circumstance, sexting becomes a highly solitary activity where people may want to enjoy themselves privately without sharing with others.

In line with past literature (Galovan et al. 2018), self-esteem does not significantly associate with sexting behaviour. As such, emerging adults' self-esteem may not be related to their engagement in sexting behaviour. The age for the onset of sexual behaviour in Asia is generally later compared to the West (Noor Aliza et al., 2019). Therefore, it is likely that emerging adults do not seek a greater level of self-worth through sexting behaviour but may turn to other channels such as social skills, high socio-economic status (Farwa et al., 2019), and academic achievement (Tetzner et al., 2016).

Furthermore, emerging adults who are currently in a relationship have a greater tendency to sext. This finding is in line with past studies (Dir et al., 2013; Drouin et al., 2013; Henderson, 2011; Renfrow & Rollo, 2014; Temple et al., 2012) as sexting behaviour can be a maintenance tool to retain sexual affection and intimacy between couples. With the ease of sexting behaviour, couples in a long-distance relationship can convey their sexual desire anytime, particularly during the pandemic. Couples who have just started a romantic relationship may also treat sexting behaviour as a means to initiate intimate contact as they may feel shy to express themselves face-to-face. Another possible reason is that couples have established trust that enabled them to sext without much fear or hesitance that the sexting content would be exposed to a third party. Singles were less likely to sext as they may have greater negative expectancies such as embarrassment (Dir et al., 2013) and fear of the sexting content being forwarded to others without consent (Renfrow & Rollo, 2014).

Notably, in line with the literature (Bilal, 2021), sexual sensation seeking emerged as a significant determinant of sexting behaviour where emerging adults who seek novel sexual experiences were more likely to sext. With the burgeoning of technology, sexting behaviour can be a provoking experience that enables people to feel exhilarated in the sexual context (Champion & Pedersen, 2015; Dir et al., 2013; Van Ouytsel et al., 2014). Emerging adults may also treat sexting behaviour as a form of foreplay before the initiation of sexual activity (Mori et al. 2020) which explained why sexting behaviour could have a similar arousing effect as foreplay. In sum, emerging adults

may find sexting behaviour as highly exciting and novel sexually that prompted them to further engage in sexting behaviour.

Limitations and Recommendations

Notwithstanding the results, several limitations pertaining to the present study have been identified. The foremost shortcoming of this study is its quantitative cross-sectional research design which only permits a statistical explanation of sexting behaviour. Future studies could shed new light by utilising a mix-method approach. In addition, the qualitative data can be incorporated to explore the determinants of sexting behaviour which can complement the statistical evidence in providing an in-depth and holistic perspective of sexting behaviour in Malaysia. Moreover, more than three quarters of the participants were Malaysian Chinese, and so, the result may not be a good representation of Malaysia's multi- ethnic composition. Thus, a stratified sampling technique can be considered in recruiting participants based on the ethnic ratio in Malaysia.

Conclusion

The point of departure of the present study is to provide preliminary evidence on the level of engagement in sexting behaviour, differences in relationship status, and the determinants that predict sexting behaviour among emerging adults in Malaysia. Despite a considerable number of emerging adults actively engaging in sexting behaviour, they were more likely to sext in a romantic relationship and had a greater sexual sensation seeking tendency. In sum, the present study has filled the knowledge gap and enriched the literature on sexting behaviour in Malaysia. The pandemic has brought drastic changes, including the way people express sexuality and these changes are susceptible to become a norm in the future. Such findings may also be beneficial for educators and healthcare providers. Since sexting behaviour is unavoidable as people may try it out of curiosity, an abstinence programme that addresses the prohibition of any form of sexting behaviour can be replaced by discussing a "safe" sexting context. The sexual reproductive health programme can also consider introducing and integrating the concept as well as elements of sexting behaviour. Finally, more empirical evidence is still needed before marriage counsellors introduce sexting behaviour as an alternative resolution for couples with marital conflicts.

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80 Mental Health Disorders among Youth: Issues and Awareness

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Abstract

Adolescence is the key period for young people to bid farewell to puerility and become mature. In the face of complicated pressures from study, emotion, interpersonal communication, family and life, teenagers will inevitably encounter some growing pains. A UNICEF/WORLD Health Organization survey shows that of the 1.2 billion adolescents aged 10 to 19, about 20% have mental health problems. About 16 percent of illnesses and injuries suffered by young people aged 10- 19 are caused by mental health problems. But sometimes children rarely get the correct guidance on the management of negative emotions, and few children troubled by mental health problems can get the help they need. Based on the above, we analyze the reasons and propose solutions, hoping to pay more attention to and solve the mental health disorders of teenagers.

Keywords: Mental health disorders, Youth, Issues, Awareness, Mental Health.

Introduction

Mental health disorders are the most dangerous health issues nowadays. According to New Strait Times, youth are the group of people from the age 15 to 30 (Arfa Yunus & Esther Landau, 2019). In this age, they will face multiple types of challenges in the pathway to success. Surprisingly, youth are also facing these mental health disorders. For instance, social anxiety, panic disorder, mood disorders, major depression, bipolar disorder and others (Laura Angers, 2020). Various physical, emotional, and psychological problems lead them to these mental health disorders (World Health Organization, 2020). When youth can't control themselves from overcoming this health issue, they will decide to take their own life. Nelson Mandela said, "Today's youths are tomorrow's leaders" (Zia H Shah, 2011). So, we should focus on these Mental Health disorders among youth to safe their life and build good leaders for the upcoming future.

No	Mental Health Disorders	Symptoms
1.	Anxiety disorders	Rapid heartbeat, and sweating
2.	Mood disorders	Extreme sadness or extreme happiness.
3.	Psychotic disorders	Hallucinations

4.	Eating disorders	● Involve extreme emotions involving weight and food. ● Anorexia nervosa, bulimia nervosa, and binge eating disorder.
5.	Impulse control and addiction disorders.	Starting fires, stealing, gambling and other activities that be addiction to them.
6.	Personality disorders	Develops extreme and inflexible personality traits.
7.	Obsessive- compulsive disorder (**OCD**)	Perform certain rituals or routines constantly.
8.	Post- traumatic stress disorder (**PTSD**)	Have frightening thoughts and memories of a tragedic event.
9.	Adjustment disorders	Develops emotional or behavioural symptoms.
10.	Dissociative disorders	● Severe disturbances or changes in memory and consciousness. ● Multiple personality disorder.
11.	Factitious disorders	Creates physical and emotional symptoms to place the individual in the role of a patient or a person in need of help.
12.	Sexual and gender disorders	Changes in sexual desire, performance, and behaviour.
13.	Somatic symptom disorders	Illness or pain with a excessive level of distress.
14.	Tic disorders	Make sounds or body movements that are repeated, sudden, and uncontrollable without any purpose.

Table 1: Types of Mental Health Disorders

1. Factors of Mental Health Disorders among Youth

a. Biological factors

Biological factors are the common reason why mental illnesses happen. Biological factors can affect a person's mental health that will happen physically (Polaris Teen Center, 2018). Biological factors have connections with the brain and neurotransmitters (Polaris Teen Center, 2018). Genetics, brain injury, infection/disease, prenatal damage, and substance damage also contribute to mental health disorders (Smitha Bhandari, MD, 2020). These factors are considered as biological factors.

Genetics factor is more to our family background which is that if one of the family members has faced these mental disorders, others also probably will be affected by that (H.Flor, N.Birbaumer, 2001). Subsequently, brain injury refers to any injuries in important areas of the brain (Polaris Teen Center, 2018). Brain is a very sensitive part of the human body that is very important for our mental health. If that part is injured in

any accident, youth can face mental health disorders. Then, infection or disease is the situation when the brain is infected by bacteria or virus (Polaris Teen Center, 2018). For instance, obsessive-compulsive disorder happens due to the infection of Streptococcus bacteria (Smitha Bhandari, MD, 2020). Prenatal damage is any injury that happens to the fetus in the mother's womb. This prenatal damage can happen due to the problems that the mothers have during pregnancy such as trauma (Polaris Teen Center, 2018). Even though parents can't know about this prenatal damage problem in their children's body, they can identify clearly when their children reach youth, or they also will be informed by the doctors after the birth of their children. Lastly, another damage is substance damage that is related to long-term use and also abuse of alcohol or drugs. For example, research strongly indicates that caffeine abuse causes anxiety (Smitha Bhandari, MD, 2020). According to the Malaysian National Drug Information System, National Anti-Drug Agency (AADK), 131,841 drug abuse cases have been recorded in Malaysia (between January 2010 and February 2016). From this total amount, the amount of drug abuse among youth is 8,732 people (Muzaffar Syah Mallow, 2020). So, this evidence clearly shows that mental health disorders among youth have connections with substance abuse.

b. Environment Factor

The environment is more than just a place where good things happen; it has an impact on every area of human life, including conditions directly influenced by hereditary variables, psychological predispositions, and personal habits (Corral-Verdugo & Frías-Armenta, 2016).

The term "environment" refers to three main categories. (Barnett & Casper, 2001; Schulz & Northridge, 2004):-

i-The built environment

Refers to structures, environments, and things that have been built or modified by people. Houses, roads, traffic noise, transportation systems, buildings, public spaces, and urban greenspace are all included.

ii-The natural environment

Includes chemical contaminants and pollutants in these areas, as well as air, water, landscapes, natural green space such as forests and fields.

iii-The social environment

refers to the physical environment, social interactions, and cultural contexts in which people operate. Income, race, social supports, cultural practises (including religion), community connectedness, stress, social inequities, networks, family influences, and power relations are all factors that influence social and economic processes, Income, race, social supports, cultural practises (including religion), community connectivity, stress, social disparities, networks, family influences, and power relations are all factors that influence people's perceptions of location and community. (Barnett & Casper, 2001).

The environment has diverse and linked effects on the mental health of children and adolescents. Children are more sensitive to environmental hazards than adults. Toxic physical, chemical, and biological exposures, as well as the effects of social factors and psychological stress, are particularly vulnerable to the developing brain in gestation and during early life (Rauh & Margolis, 2016).

Poverty, education, employment, money, security, social support, and housing are all structural determinants of mental health that change or magnify the effects of environmental exposures (Tost, Champagne, & Meyer-Lindenberg, 2015). Toxic environmental exposures in children and teens over the course of their lives can produce physiological abnormalities that last into adulthood and contribute to lifelong physical and mental health problems (Shonkoff et al., 2012). To fully comprehend the influence of interactions between environmental exposures on the growing human brain, more research is required.

Noise and traffic-related exposures have been linked to poor mental health outcomes in the built environment. Children exposed to higher levels of traffic noise at home have been proven to have increased hyperactivity, as well as emotional symptoms and conduct difficulties (Tiesler et al., 2013). (Dreger, Meyer, Fromme, & Bolte, 2015). Prenatal exposure to polyaromatic hydrocarbons, a marker of urban air pollution, has been found to have long-term effects on the development of self-regulation (effective cognitive, emotional, and behavioural control) and social competence in early and middle childhood (Margolis et al., 2016). Noise and traffic-related exposures have been linked to poor mental health outcomes in the built environment. Children exposed to higher levels of traffic noise at home have been proven to have increased hyperactivity, as well as emotional symptoms and conduct difficulties (Tiesler et al., 2013). (Dreger, Meyer, Fromme, & Bolte, 2015). Prenatal exposure to polyaromatic hydrocarbons, a marker of urban air pollution, has been found to have long-term effects on the development of self-regulation (effective cognitive, emotional, and behavioural control) and social competence in early and middle childhood (Margolis et al., 2016). Children are exposed to lead through contaminated dust from peeling, lead-based paint in older, low-quality dwellings (Braun et al., 2006).

Green space, such as parks, gardens, woodlands, and fields, has long been valued in both the constructed and natural surroundings. demonstrated to improve mental health and minimise mental illness health issues (Rugel & Ward, 2015). In children and adolescents, improved access to green space in urban areas near residences and schools has been linked to greater attention and self-control and decreased ADHD symptoms (Flouri, Midouhas, & McCracken, Allen, and Gow, 2016; Joshi, 2014). increased usage and the existence of additional green space in the immediate vicinity of a child's home has been linked to lower ADHD scores (Amoly et al., 2014). When compared to those in less green communities, young children in poorer homes having access to a higher percentage of green space in their community had less emotional difficulties (including conduct disorders and hyperactivity) (Flouri, et al., 2014).

Green space has been linked to positive mental wellness among Canadian youths who reside in small cities (Huynh, Craig, Janssen, & Pickett, 2013). Similarly, Inuit teenagers identify being on the land, relating to their culture, and engaging in traditional land-related activities as beneficial to their mental health (Petrasek MacDonald, Cunsolo Willox, Ford, Shiwak, & Wood, 2015). When compared to children in less green environments, poorer children in poorer households have fewer emotional difficulties (such as conduct disorders and hyperactivity) (Flouri, et al., 2014). Green space has been found to be associated with positive emotional wellness in Canadian teenagers who reside in small cities (Huynh, Craig, Janssen, & Pickett, 2013). In a similar vein, Inuit youthii report being on the land, relating to their culture, and participating in traditional land- related activities as beneficial to their mental health (Petrasek MacDonald, Cunsolo Willox, Ford, Shiwak, & Wood, 2015).

2. The Ways to Reduce Mental Health Disorders among Youth

a. The home environment is vital.

The prevention, occurrence and recovery of psychological problems in adolescents are multifactorial, but a good family atmosphere and harmonious family relationships are very important for adolescents through adolescence. Therefore, parents should have moderate expectations of their children and use a developmental perspective to examine or guide their adolescents. Do not be overly accusatory or even abusive when things go wrong. Family members should get along with each other and act as a good role model for adolescents; harmonious family relationships and a family atmosphere can also give adolescents a greater sense of security. Children from families with chronically disharmonious parents or single-parent families are more likely to have psychological problems. Adolescents are prone to imitate the behaviour of others. If there are more bad behaviours in the family, such as alcoholism, gambling, quarrelling or violent behaviour, adolescents will also imitate or even display these behaviours.

In addition, adolescents are also part of the family. Taking the initiative to participate and undertake appropriate family tasks can effectively reduce the incidence of psychological problems and bad behaviour among adolescents. At the same time, good parental behaviour can positively influence the behaviour of adolescents.

b. Society also needs to pay attention.

At the social level, actively creating a good social climate can reduce the influence of negative social trends on young people. Therefore, various media should be actively used to enrich young people's lives, increase their knowledge and improve their mental health. It is hoped that young people will be less exposed, or even not exposed, to undesirable events in society. When they encounter some undesirable information, they also hope that the media will take the initiative to stand up and not promote or stop the spread of undesirable news. Some studies have shown that there is a relationship between media coverage and psychological events. For example, if there are more media reports about suicide, there will be more incidents of suicide some time afterwards, so the news media should also pay attention to the impact of this aspect on the mental health ofyoung people.

c. Mental health integrated into daily school management.

Schools are the main place where young people learn and live, so they must actively guide young people to maintain a healthy and positive mental state. Schools should incorporate mental health education into all educational activities in schools. Various forms of school cultural activities and social practice activities can promote the overall development of young people. Apart from learning, communication and exchange among peers are also very helpful to the growth of young people. Some young people do well in their studies, but they have problems communicating with their peers and society, which is not a healthy individual. Adolescents who are troubled can get good help through individual or group counselling, telephone counselling, internet counselling, as well as enriching class activities, to promote the development of mental health and reduce the occurrence of undesirable behaviour and psychological problems.

If you encounter some serious problems, such as difficulties in school, or lack of interest in learning, communication problems with peers, including the excessive reliance on the Internet mentioned earlier, or even fear and anxiety, you can seek professional help, such as seeking help from teachers, psychotherapists and doctors. You should not avoid seeking help, as many parents do not acknowledge this reality for a long time, and the longer you delay, the more serious the problem will become.

d. Reduces anxiety and increases resilience.

Young people should seek help when they encounter psychological problems, acknowledge it and face it, maintain a sunny mindset, learn positive self-reference, communicate more with positive, upwardly mobile peers, reduce worries and increase confidence, and find appropriate ways and opportunities to vent negative emotions. There are also effective ways to reduce one's anxiety or increase one's tolerance of stress, or of bad distress, through methods such as deep breathing, physical exercise and meditation. If there is mental unhappiness, such as pain, aggression or anger, it is good to talk to someone about it to help divert attention and reduce the impact of bad emotions and avoid some serious damage.

Conclusion

Mental health that refers to a person's social and emotional well-being. Most children grow up to be mentally healthy, but surveys show that today's youths have greater mental health issues than those of 30 years ago. Adolescent mental health disorders are a big problem, but they are also quite frequent and treatable. Adolescent mental illness is more than just feeling down. It has the potential to affect many aspects of a teen's life. Students with poor mental health may struggle in school, with grades, with making decisions, and with their health. The mental health of children and young people is as important as their physical health. Youth can build the resilience to cope with anything life throws at them and grow into well-rounded, healthy adults with good mental health. Mental health issues in children and adolescents frequently coexist with other health and behavioural hazards. It is critical to assist adolescents in developing

excellent mental health because many health behaviours and habits are formed throughout adolescence and will continue over into adulthood.

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81 Youth Engagement to The Emerging of Online Business During the Pandemic

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Abstract

This paper discusses the factor that youth are engaged in online business during this pandemic as well as the advantages and disadvantages of youth engagement in online business. The points or data obtained from different characters found from internet sources, journals, research papers, newspapers, internet articles and also past journals. The findings of this study reveal the rationale of youth doing online business, which is higher engagement in social media, better improvement in online financial services, low operating cost and self and consumer protection. However, online businesses also there is pros and cons to financial and economic. The advantages are it provides lower risk business environment and decrease the unemployment rate. The disadvantages are reduction in sales tax revenue and data security and information breached or hacked by third parties. Even though pandemic Covid-19 is plaguing the whole world, online businesses still are receiving a drastic interest among youth entrepreneurs.

Keywords: Youth engagement, Online business, Advantages, Disadvantages, social media, E-commerce, Covid-19

Introduction

With the development of technology especially in information technology (IT), we have seen that this kind of development indirectly gets its way into many fields worldwide. One of them is the business field as it has been developed into e-commerce or we typically call it an online business nowadays. Before the pandemic hit the whole world, it seemed that online shopping increased steadily worldwide at a rate of4.5% annually. Nevertheless, after the pandemic starts, we can see that this year, the retail environment has profoundly changed, mainly because of regulations to restrict movement to safeguard public health and the increasing preference of consumers for physical establishments (How a pandemic-induced boom in e-commerce can reshape financial services, 2020). For example, in Malaysia itself, the government has implemented the 'Movement Control Order' or MCO during the rocketing number of Covid- 19 cases in the country in order to curb the spread of the virus in the country (The Star Online, 2021). In order to survive the restriction on businesses during that time, most business owners start to change their way of doing the business from the physical store into a virtual store because online sales are not an option anymore, but a must-have for brick-and-mortar enterprises. On the consumer side, the COVID- 19 situation has led to structural reform in demand for digital trade in the future (How a pandemic-induced boom in e-commerce can reshape financial services, 2020). Several online platforms also have shown their evolution since the booming of online businesses such

as Shopee, Lazada, Taobao, Alibaba, as well as Amazon. All these online business platforms have indirectly helped the online business to be more competitive as it has eased most of the users to start up their business especially youth.

During the pandemic year, due to the availability of the internet and the advantage of the youth in using digital technology, it has enabled the youth potential in entrepreneurship as well as lowering the barrier that is associated with it (Youth entrepreneurs engaging in the digital economy: The next generation, 2020). As per this year, we have seen that many youths are starting to take interest in the online business due to its convenience.

Other than that, it is due to the rise of online shopping behaviour from the consumer which people are favouring more virtual shopping rather than reality shopping. This is because the consumer has become more aware of the convenience of online shopping. It was shown that the experience of e-commerce affects the mindset of consumers to buy products via online shopping (Md Jusoh & Hai Ling, 2012). The consumer basically can pick and buy any kind of product just by going through the screen and need not hustle through the crowds of people during physical shopping. Consequently, with the rise of the online shopping trend, it is such a golden opportunity for the youth to start up their own business line especially during the pandemic era.

Methodology

Secondary data, for instance, past journals, online articles, news and research papers are used in order to carry out this study as information was obtained more quickly and easily by using this method. A lot of reading and research has been done in order to learn more about how the youth people engaged in online business during the pandemic.

Rationale Of Youth Doing Online Business

Higher engagement in social media

There are many creations of social media nowadays, for instance, WhatsApp, Facebook, Twitter, Instagram and others, which show that social media have the capacity to participate in the youth generation (Safiah, Azizah, & Asmah Laili 2020). All these social applications will indirectly eventually help young people to engage and achieve objectives. The reason behind it is youth are known to have the highest engagement in social media among other age groups. Also, the youth are known to be able to lurk such opportunities to engage in enhancing the capital activities, learn and adapt new skills as well as create the path to employment or career. Therefore, it was such a big opportunity for the youth to start up their own business line by using social media (Youth Engagement with the Digital Economy: A Deep Dive, 2020).

The engagement of social media is an indicator of how people can connect with your account and your content on social media (Eckstein, 2021). Plus, when the customer or the clients, especially in the terms of providing product support or enquiries, social media has become the first choice for customer care according to the sprout social insight (The Sprout Social Index, Edition VI: Shunning Your Customers on Social?

2020). It seemed that there are eight billion Facebook messages are exchanged each month by individuals and businesses (F8 2018: New Tools for Businesses and People to Deepen Connections in Messenger | Meta, 2018). Most of the time, the customer will rely on the firm to not only react to them but as well as in a fast manner. Meanwhile, in 2016, 71 per cent of users wanted firms to respond to them within an hour, according to the research that was commissioned by Twitter (Customer Service on Twitter and the impact on brands, 2016). The reason behind the higher social media engagement associated with the higher youth engagement in online business is the youth tend to have better engagement in the use of social media.

During the COVID- 19 outbreak, people start to work from home, have online classes and have most of the things done online. This has made people's engagement in social media increase gradually. With the increase of people engaged in social media, the youth may utilize their entrepreneurial talent in action in social media. The youth also may apply many marketing strategies by engaging in their social media marketing. For instance, youth may start up their own business account on social media in order to promote their products. This would not require the youth to set up or rent a physical shop to sell their product (Nur Aqilah Husna Rosli, Khata Jabor, Mohd Amri Md Yunus, & Hanim Zainal, 2020).

By using media social marketing, it would be up to their creativity to gain as many followers as possible for their business account. For example, by giving out a special discount for the early birds, promotions or even some giveaways. This type of marketing would not only help the seller to engage with the customer but also help to ease the customers to give their feedback on the product they bought and help to build customer loyalty (Nur Aqilah Husna Rosli, Khata Jabor, Mohd Amri Md Yunus, & Hanim Zainal, 2020).

Engaging in the online business during the pandemic especially, would not only help the youth from financial aspects but as well as help them to learn and improve a lot of new skills. This is due to the restriction of many physical interactions and events, social media marketing in online business would definitely help the youth to gain a lot. For example, the skills that the youth might gain from online business are excellent communication skills, higher creativity, relationship building, strategic thinking and analytical skills (Duggal, 2016). Plus, social media is also one of the best platforms for the youth to do networking especially in order to grow their business to a bigger level in the future (Small Business Trends LLC, 2021).

Better Improvement in Online Financial Services

As online business has become some kind of a trend during the pandemic especially around the youth, the financial services should be improved at the same pace as the online business.

This is because most of the time, the online business requires some financial transaction to be done online to ease the user, whether for the seller or the buyer. For example, in Malaysia, Maybank has been taking many initiatives in developing as well as improving its financial services via online platforms. Maybank2u is one of the best platforms that was developed by Maybank in order to improve its financial services.

This online system of Maybank allows its customers to conduct regular banking activity quickly and efficiently online. You will be able to do your banking activities from the comforts of your home, your office and almost everywhere in the world as long as you have your computer with internet access or a web browser (All Answers Ltd, 2021). The websites serve significant advantages for the banks and their consumers. The simplicity of this access route attracts customers, while banks embrace the saving of costs when users execute the transactions themselves instead of a bank teller window or over the phone representative (Wenninger, 2000).

Along with the youth's ability to adapt to the new technology quickly, the youth would definitely take advantage of the online financial services in their online business. Especially during the widespread of the Covid- 19 virus, in order to curb the spread of the virus, online finance may reduce the risk of COVID- 19 infection and allow transactions to take place at any time and from any location (Global Trade Magazine, 2020). As the financial services are getting more convenient day-by-day, the number of youths that are interested in developing a business online surely will be increasing. This is because since most of the banking activities can be done online, this will not only save their time but also their cost (How Internet Banking Services Will Help You Save Time - Financial Web, 2018).

Low operating cost

The youth do not have to pay the often-exorbitant overhead fees that brick-and-mortar enterprises must pay to stay afloat. Conducting business online is less expensive than doing business offline since numerous expenditures can be reduced. Online business does not require any kind of warehouse, inventory, transportation or staff especially true in this pandemic. For example, no storage space is required if it's a direct sale. (Tanya, 2020). Because they didn't spend as much, the supplier can sell their goods for a lesser price, and the consumer can acquire the product at a reduced price as well. Not only that, but direct product delivery from suppliers to clients also reduces the shipping time and shipping cost. As a result, the consumer will be delighted, and the operation will be less stressful because of less paperwork.

Online business is the best option for the youth to engage because the online business requires significantly less money. They also do not have to pay money on utilities and store upkeep. For the consumer, they may compare as many products and prices as they want without having to drive between stores and waste time and money. They will also be able to receive better discounts and rates through coupons and rebates from companies like Shopee, Lazada and Amazon.

Self-protection and consumer protection

Self-protection is very important for all the people in the world, especially during this pandemic. So, online business is the best way for the youth to engage in it. Because of the pandemic, many people in many OECD (Organisation for Economic Co-operation and Development) countries have restricted their physical interaction and limited their

contact with the public in order to avoid spreading the disease. A large share of traditional brick-and-mortar retail is also virtually on hold. (Covid-19 and the retail sector: impact and policy responses, 2020). Because of that, many firms have enhanced their participation in e-commerce. For example, by April 12, 2020, Amazon's grocery branch Whole Food Markets had increased the online order capacity by over 60% to meet the surge in demand (Landry, 2020).

Statistics on the number of people who have died as a result of covid- 19 around the world reveal 5.01 million people have died (COVID Live Update: 250,034,078 Cases and 5,057,323 Deaths from the Coronavirus - Worldometer, 2020), and this is the most effective approach for young people to get involved in online business. This is due to the fact that online businesses may not only protect themselves but also help others avoid becoming victims of the Covid- 19 virus. Avoiding congested shopping malls and retail centers is a good approach for everyone. In fact, the CDC said, "There is likely very low risk of spread from products or packaging that are shipped over a period of days or weeks at ambient temperatures" (Meyer, 2020). As a result, people may order anything they want from the comfort of their own homes at any time.

Advantages And Disadvantages of Youth Doing Online Business To Economy And Financial

Provide a lower risk of business environment.

E-commerce uses the internet as a medium to create a network that unites customers, vendors, and third parties such as banks, finance companies, credit card companies and so on in a safe electronic environment for all parties. The internet is originally designed to be an environment accommodating free flow communication. With the advent of e-commerce, a youth seller can conduct selling transactions to customers anywhere in this world. It is widely used, especially in western countries, even recognized by international companies and market experts as a sector business and marketing that cannot be ignored are proof of growth which is rapid and faster development compared to regular basis retail. By this, businesses can ensure users have a positive experience every time they buy using the services of online stores (Keen. C, 2004)

The advantage of doing business online is providing a lower risk of doing business. This is because traders do not have to incur costs to rent business areas as well as hire employees at a more optimal rate than conventional businesses. Although, traders need high communication skills to maintain contact with customers as well as expect the delivery service used to do a good job. Online business management is also safer and easier to manage. All information and transactions that occur are recorded and can be reviewed for audit purposes and so on online. It is clear that online business provides an advantage in terms of risk to traders especially during the pandemic of Covid- 19.

Unemployment rate decrease

Youths are among those who are affected by this pandemic because of the lack of financial and material resources to enable them to survive, especially students. Online business is the platform that can help them to earn money and can also benefit the

economy. Online businesses have the ability to help alleviate some of the unemployment crisis (Jovago, 2016). Referring to Zainal (2021), Malaysia has recorded a jobless rate for youth which will rise to 12 per cent in 2020 from 10.5 per cent in 2019. Moreover, because of the outbreak, 54% of Gen Z workers who worked before the pandemic were laid off or had their pay reduced (Parker, Minkin, & Bennett, 2020). From that, it shows that the younger generation will get involved in online business to earn some income and help the economy to grow back.

When the economy is declining, unemployment rates are usually rising. The economy slowed significantly during the pandemic because many enterprises were unable to survive and they had to lay off some workers (Sultanov, Gravesteijn, & Aligishiev, 2020). As a result, the unemployment rate increased, forcing the youth affected to seek other opportunities. While most consumers have been remaining at home during this pandemic, online shopping has exploded. Consumers were forced to go online because they had no other option. It makes most businesses utilize offline marketing strategies, an introduction of online marketing to boost sales (Stabler. M, 2020). Also, it is a good opportunity for youth to start their own online business since many young people who make up the majority of the unemployed have access to the internet for extended periods of time during the day (Jovago.com, 2016). Nowadays, youth can establish an online business using famous web platforms such as Shopee, Lazada and Amazon. In comparison to others, youth will be more advantageous to online businesses because they are more knowledgeable about technology. Due to this, youth unemployment will decline, and the economy will begin to flourish once more. Lastly, e-commerce is transforming the world and its potential to significantly lower the country's unemployment rate should not be underestimated.

Reduction in sales tax revenue

On the other hand, online businesses have their own disadvantages. During this pandemic, online businesses have grown all over the world. The most significant negative impact of online commerce on the economy is the reduction in sales tax revenue (Aguirre, 2020). This is due to the fact that not every online trader charges the necessary, or even any, municipal tax or other taxes for items purchased from their online businesses. Usually, young entrepreneurs who lack information in running their business will not impose sales tax on their customers. Customers may find this convenient, but it has a negative impact on the local economy (Sintelly - Learning has never been sofun and easy! 2021). Moreover, it could influence brick-and-mortar retailers too since they need to compete with online sellers who do not charge sales tax on customer purchases. According to (TurboTax Tax Experts, 2019) if a company has a physical presence, or "nexus," in a state, it is required to collect sales taxes from customers who shop online in that state, but online sales are normally exempt from collecting sales tax if the merchant does not have a physical presence. In this case, while it is easy for young entrepreneurs to start their online business, the local economy will face the problem because taxes are important in business especially during a pandemic.

As everyone is aware, businesses are vital to a country's economy in part because they pay taxes to the government, which is used to fund a number of government services

provided by the federal, state, and local (Why are businesses so important to a country's economy? - eNotes.com, 2020). In addition, when customers are pinching pennies or making many purchases, such as during the holidays, sales tax savings can be important to them (Aguirre, 2020). As a result, online businesses have a negative impact on the economy compared to brick- and-mortar stores that must charge relevant taxes that benefit the country's economy. Also, customers that save money by shopping online rather than in a physical and mortar store limit the capacity of the local business to thrive. As a young generation, running an online business during a pandemic is good because they can generate income or fill up their free time but try to do business that can benefit the country's economy as well.

Online Information and Security Breach

Data leaks and cyberattacks have received a lot of attention recently, especially during this pandemic. Covid- 19. One of the downsides of youth doing business online is that your site may be hacked by another individual or third party who took advantage ofyour opportunity. During this pandemic, everyone is required to quarantine and only go outside when necessary, so online business has become an alternative platform for buying and selling products to customers instead of buying in supermarkets, and some people have taken advantage of this by stealing the personal information data of both the customer and the seller. An example of having the ability to hack is once a client pays an online transaction of a buying deal of products, an internet site can kindle email addresses and alternative personal data to be kept within the client knowledge of the business operative through the website. Although there's a data security policy that guarantees that your personal information won't be seen by third parties, it's simple for the data to be disclosed through 'hacking' activities applied by scammers. This hacking activity may be a knowledge intrusion activity of an internet site and also the hackers can steal the user knowledge of the website. The standard knowledge they steal is email lists and checking accounts or Mastercard data. (Melody, Y. K. and Robert, T. C., 2011)

With the advancement of technology, scammers or also known as third parties would send a spam email to sellers, particularly the younger generation, who were active in an email by clicking the email, and your company data will be acquired without your knowledge. As a young entrepreneur, you must post a clear privacy statement on your website outlining who has access to your customers' information. Then put it into action. Take precautions to safeguard client data and personal information. This involves resetting your site's passwords on a regular basis to deter intrusions and continuously checking your reports and data for potential security issues. By keeping watchful and proactive, you can safeguard your site, which in turn can protect you.

Conclusion

The youth are among the demographics that are most impacted by the pandemic's socioeconomic effects. Youth are more likely to work in the informal and gig economies, and they have fewer assets, savings, and social security (Sultanov, Gravesteijn, & Aligishiev, 2020). According to the topic regarding youth engagement to the emerging

of online business during the pandemic, youth have a better opportunity to be involved in online business. This is due to the widespread availability of the internet and the advantages that digital technology provides to young people. There are many rational, advantages and disadvantages that youth can take note of before doing an online business. No matter what happens in the future, the most essential thing in business is to dare to take risks. Furthermore, online purchasing has been a popular topic of discussion in society during this pandemic since everyone is not going out and needs to keep distancing. For now, it is easier to shop online instead of in-store. As a result, more young people are becoming interested in online commerce.

In this era, youth is the one that makes their touches on the future online business. Individuals from Generation Z have entered the workforce, bringing change and problems with them. These individuals are truly digital natives, having grown up with access to the internet, social media, and cell phones. Furthermore, some individuals desire remote employment and flexible working hours. They like to work in remote locations and in industries that are heavily reliant on technology (Taher.G, 2021). To summarise, online business is the way of the future, and it will produce a large number of young and successful entrepreneurs who will help to strengthen the country's economy.

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82 Online Learning: A Curse or a Blessing

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Abstract

The covid 19 pandemic has forced a transformation in the educational system from a traditional face-to-face style to online learning mode. To adapt with the changes some factors need to be highlighted as the key to transition from a traditional classroom to online class such as the availability of internet connection, adjustment of workloads so that it will not be burdensome to the student and the distraction that student will be facing at home. The paper will also discuss some reasons why students feel the stress of studying online compared to physical classroom and some suggestions to improve the online classes mode. Lastly, the discussion closed with several advantages and disadvantages of having an online class in terms of personal development and some technical aspects.

Keywords: Traditional classroom, Online class, transition, stress

1.0. Introduction

Defining what is online learning is not as easy as it might first appear (Sander Tamm, 2020). Online learning or E-learning is a form of education in which students receive their education entirely online. Typically, online learning takes place through the Internet, with students using E-learning to access their course materials. Online learning became popular in the late 1800s, but it exploded in popularity in the late 1990s, thanks to the advancement of the internet technological revolution. It is far from a new phenomenon, but as technological advancements grow, it continues to reach new heights (Hope Kentnor,2015). The changes that have occurred in this new era, on the other hand, have changed the way individuals teach and learn. The college offers online learning to students who choose to study at a distance or while working.

1.1. How Does Online Learning Work?

Typically, each institution will have its own e-learning website that students can use to access the online learning system. Quizzes, essays, tasks, and group discussions are all part of the e- learning. Students may form groups, participate in peer review, or argue a range of issues on the online forums, depending on the course. All coursework, assignments or project papers must be submitted online by students.

1.2. Online learning method

1.2.1. Synchronous Online Learning

Simultaneous online interaction between the lecturer and students is required in these types of courses. They communicate using text, video, or voice chat, which is

similar to a webinar in many ways. Synchronous learning environments allow students to participate in a course in real time. In this method, students are required to attend live classes/classrooms through the virtual platform such as Google Meet, Cisco WebEx, Zoom and Google Classroom with their respective lecturers. Synchronous methods make students feel like they are part of a group rather than isolated. Isolation can be mitigated by engaging in more frequent, synchronous conversation and seeing oneself as members of a community rather than isolated individuals communicating with machines. (Caroline Haythornthwaite and Michelle M. Kazmer,2002). According to Stefan Hrastinski, (2008). Many e-learners stated that synchronous communication felt "more like talking" than asynchronous communication in interviews. It appeared that exchanging social support and discussing less "difficult" concerns was more acceptable.

1.2.2. Asynchronous Online Learning

Asynchronous online learning allows students to view lectures, access materials, and communicate with lecturers on their schedule. Students are given content and assignments, as well as a deadline for completing coursework and exams. They can watch instructional videos online anytime. Students with time constraints or hectic schedules will benefit from asynchronous online learning. When compared to synchronous, students may take more time honing their contributions, which are often regarded as more deliberate. (Stefan Hrastinski, 2007)

1.3. Online Learning and Covid-19

The advent of the Coronavirus crisis or more commonly referred as Covid- 19 has changed the way of learning and teaching. It has forced the closure of schools, colleges, and universities across the world. More than 1.2 billion youngsters in 186 countries are out of school around the world (Cathy Lin,2020). Furthermore, it is anticipated that eradicating this disease will take a long period. This has raised concerns of parents as well as students that they will be far behind in their studies. It compelled educational systems all around the world to develop new ways for students to complete their studies. It is imperative that life continues. As a result, the institution has made online learning available to all students, whether they are in school, university, or college. To prevent the virus from spreading, people are compelled to learn through online learning. As a result, with the rise of e-learning, where instruction is done remotely and on digital platforms, education has altered tremendously (Farah Lalani,2020).

2.0. Discussion

2.1. Transitioning to online learning mode

Students in Malaysia, especially university students, had grown accustomed to the online learning mode as there was a need to adapt to the pandemic that has been around since December 2019. Obviously, there are many differences between online learning mode compared to face-to-face classes. Hence, this part will be discussing several important matters that should be addressed when comparing those two modes of study.

Those matters are infrastructure, academic workloads, screen time and also commitments other than academic commitment.

2.1.1 Infrastructure

Generally, universities had provided a very conducive infrastructure and facilities for the learners such as free Wi-Fi, wide access to resources from the library, places to conduct a discussion such as the student lounge, and the sports facilities to release some stress. Since the pandemic, most students return to their hometown and have to study from a certain distance, raising the issues of internet connection problems. This may be due to several reasons such as the variation of coverage for the internet depending on the location or the speed of internet subscribed by the student is not enough to support the load of online conferences. As a result, students need to spend more to resolve the issue. Besides, compared to the hostels in university, most of the student's homes did not come with a proper place to study. Hence, those students also need to create their own study station at their home so that they can focus and study comfortably. Again, this will require some cost.

2.1.2 Academic workloads and screen time

The new mode of learning calls for new ways of assessment. For example, before online classes, the presentation was assessed in real time, but as the medium of learning changes, lecturers prefer the students to record their presentation and send it to them instead of presenting during the synchronized session to avoid lagging or any technical issues. In the meantime, the classes that are initially allocated for presentation are used for lectures or tutorials which means more homework. Not to mention the time needed for the students to edit and compile their presentation in a file. Hence, it puts an additional burden to the students. In addition, the individual's screen time also increases as the lecture is conducted online. Getting exposed to blue light especially before sleeping can disrupt the sleep pattern and students might have difficulty to focus and remember lessons in the class as sleep deprivation makes it harder to process and store the information into their memory because of the lack of deep REM sleep (Ruder, 2019). Moreover, it may also affect students' overall physical and mental health.

2.1.3 Commitment

Most university students, especially in Malaysia, enrol in a university that is a little bit far from home. So, most of them stay in the hostel provided or rent a room near their campus. The point is they have been away from their home since university started and this has saved them from doing 'trivial' things such as the house chores, babysitting, and other issues and responsibilities at home that will distract them from studying. Living in a hostel or renting near campus allows students to concentrate on their academic success since they may prioritise their studies and it is also easier because they are surrounded by other students, creating a wonderful study atmosphere.

2.2. Why Do Students Feel Stressful Studying from Home?

2.2.1. Less motivation

The research found during the pandemic, lack of motivation is something that people, especially students are currently going through every day at any time. Before the pandemic, students often learn and know who their lecturers and classmates are for the new year on the first day of school. They were used to getting to meet new people and introduce themselves to one another. After the pandemic, it is hard to achieve that with the online school. Instead of getting to know each other and socializing with friends and teachers on the first day, students were given assignments to complete within the deadline. Because of the large number of assignments they receive each day, most students are stressed and unmotivated. Many students find it difficult to study online and they prefer actual classes. In addition, when schools are closed, other events and sports are also cancelled. Many learners had something to look forward to every day that motivated them to attend school and improve their grades and co-curricular activities. Every student had a reason to go to school, whether it was for sports, clubs, classes, or friends. They feel less motivated because of their same routine every day. Students are now basically at home every day from the moment they wake up and start school until the end of the school day. Some people do not go out very often or at all because they are concerned about their health and don't want to endanger themselves or others. Going to school provided students with a consistent daily schedule and the opportunity to interact with their peers and go out after school. Many students are hampered by a lack of motivation, which inhibits them from achieving their objectives and expanding their minds. Many people have the ability to perform better and achieve success but lack the motivation to do so. (Sanchez, 2021)

2.2.2 Uncomfortable surroundings

According to the research, students need a comfortable environment when studying at home to feel less stress. Learning spaces play a critical impact on student achievement. Seating, light, noise, and even color have a benefit on students' learning ability. Students that study in a good learning environment are more motivated, engaged, and capable. Students who are studying under unfavourable conditions, such as those that are uncomfortable, noisy, or full of distractions, will have a considerably more difficult time processing information and being engaged. It's necessary that learners feel at ease no matter where they study, whether it's in their bedroom, a library, or elsewhere. The appropriate style of sitting can also help with posture, improve flexibility, and reduce the chance of injury.' Students will easily be distracted when they feel uncomfortable. However, the thing that makes students feel stressed while studying is the noise that happens to surround them. Some pupils like to study with some background noise, while others can adapt to full calm. Background noise at a low level, according to researchers, may help pupils relax while studying and enhance creativity. However, too much noise might be distracting and make it difficult to concentrate on studies. Students have to ensure a calming and quiet study space and also eliminate any potential distractions such as cell phones and other electronic gadgets. (Hendrix, 2019)

2.2.3 Restriction on socializing

Since March 2020, the COVID- 19 pandemic protocol has ordered mandatory work and study from home. Not even students, lecturers also have to stay at home. With online learning, students have to accept the new fact that they are not able to meet their friends and lecturers. Because of that, students feel more stressed because they feel it is difficult for them to reach the lecturers for asking questions regarding the learning and assignments. Furthermore, students will feel more burden if they cannot meet their friends, especially those who love to study in a group. This kind of student feels anxiety because they have to study alone. Students also feel hard because of group assignments and tasks that require them to discuss and share some ideas with one another. Besides, practice classes and skills lab courses with targeted learning objectives were either replaced with video simulations, or live and presented the phases of work online, or postponed until the school is ready to open for face-to-face classroom learning. Before this, it is easier when students can attend the lab class.

2.3 Suggestions to Improve Students Satisfaction on Online Learning

2.3.1 Quality of the Lecturer

As we all know, educators and lecturers have a huge and lasting impact on their students. This affects not only the teaching of certain academic abilities, but also the development of students' self-esteem. The quality of the lecturer, who is really dedicated to the students' teaching, has a positive influence on their satisfaction. The quality of the lecturer is one of the most important factors in determining student satisfaction and the success of the educational process (Arambewela & Hall, 2009). Furthermore, lecturers should encourage students to consider a variety of perspectives and research-based resources as they question their beliefs, assumptions, and ideas (Kaufman, 2015). In an online learning environment, most important is how the lecturers establish his personality in the course content, discussion, and activities. In this situation, educators or lecturers are able to manage their courses in such a way that they satisfy the needs of current students and improve their learning effectiveness, resulting in student satisfaction.

2.3.2 Course Design

The technological design of the course has a strong influence on the students' learning and satisfaction as a result of the course's expectations. (Liaw,2008). Active course design indicates the student’s effective outcomes. Aspects of course or instructional design, teaching materials, well-organized content, assessment methodologies, explicit course purpose and expectation, alignment of instructional content and assessment, perceived ease of use, and workload are all included in these studies. (Somayeh Ghaderizefreh, Michael L. Hoover, 2018). Course design and course quality have a strong effect on satisfaction in online learning. Since online learning integrates online and face-to-face course components, it makes materials available to students at any time they wish to use them. It also aids the institution in the process of organising and grading assignments by bringing everything together on one platform

and assisting in the management of the learning process. Students are more satisfied when online courses are well- designed, have clear objectives, and are simple to access.

2.3.3 Expectations of The Students

Expectations are a critical component that has a direct impact on a student's fulfilment. The Theory of Expectation Disconfirmation (EDT)(Olive,1980) depending on their expectations, was used to determine their level of satisfaction. The best strategy to boost student satisfaction is to meet their expectations (Brown, 2014). It is possible to recognise student expectations in order to improve the degree of satisfaction. Other than that, Students who enter a course with various assumptions about what will be covered, whether the course will be tough, and whether or not the lecturer will be entertaining. Educators concerned with satisfaction as an outcome of their endeavours will find it necessary to examine the role played by student expectations (Julie A.Gray & Melanie DiLoreto,2016). Lecturers benefit from an awareness of how student expectations affect satisfaction since they can exercise some control over accurately informing students' expectations about a course.

2.3.4 Satisfaction and performance of the students.

In general, the outcome of any educational institute's performance is satisfaction. (Zeithaml,1988). Satisfaction is the expected goal of any goal that provokes a person's appreciation. Students' satisfaction leads to quality interactions between lecturer or educator and students. Other than that, the student's success in terms of motivation, learning, assurance, and retention is measured by satisfaction (Biner et al,1996). We can see that the result of the student-teacher collaboration is that performance demonstrates students' passion for their studies. The academic achievement of students is a crucial aspect of education. For example, if the lecturer gives a good quality of teaching, the satisfaction of students is improved by excellent course material and successful outcomes. As a result, It is regarded as a main focus, and the entire educational system revolves around it. Overall, we can conclude that student performance determines whether academic institutions are a success or failure.

2.4 Advantages of Online Learning

2.4.1. Flexible

The biggest benefit of online education is its adaptability. When students choose online learning, they will be able to study and review course material during their own time. With online education, both the teacher and the student can select their own learning speed, with the added benefit of being able to design a schedule that works for everyone. As a result, you can attain a better work-study balance without sacrificing anything by using an online educational platform. When studying online, the setting in terms of location is also highly adaptable. Students can choose a suitable location where they can learn more effectively. Learning flexibility for students can include a variety of entry and exit points, learning activities, assessment tasks, and educational materials in exchange for various sorts of credit and costs. For instructors, it may entail decisions

on how they spend their time, how they communicate with students, and how they communicate with the educational institution.(Betty Collis et al.,2017).

2.4.2. Adaptable to a wide range of learning styles

Every student has a unique learning environment and learning style.Some students like to learn through visuals, while others prefer to learn through audio and slides. Similarly, some people thrive in a classroom setting, while others prefer to work alone and are easily distracted by large groups (Priyanka Gautam,2020) With so many possibilities and resources, online learning systems can be customised in a variety of ways. It is the most effective technique to create the ideal learning environment for each learner. Students' attendance will improve as a result of the range of learning styles available, as they will be able to learn some subjects in the manner that best suits them, and there will be fewer chances of students missing classes.

2.4.3. Gain New Skills

Students will unlock new skills through online learning. First and foremost is technology skills. Online learning encourages students to learn about technology. This is because students need to complete their studies online. Many professions use the skills students learn in online courses such as creating and sharing papers, incorporating audio/video into tasks, and completing online training sessions (Saint Leo,2016). Next, online learning will improve research skills. Online students develop strong research skills that prepare them for the workforce by learning about traditional and non-traditional resources, how to identify and state a problem clearly and concisely, and how to dig deeper than simple Google searches and use advanced features when digging for information.

2.5. Disdvantages of Online Learning

2.5.1. Lack of Social Skills

Individuals can make and cultivate friendships, learn leadership skills, learn about conflict resolution and cooperation, and create good self-concepts in addition to boosting academic accomplishment in an academic environment (Schneider et al. 2012). However, because students do not meet face-to-face in online learning, it is difficult for them to communicate with peers. Furthermore, due to limited access, students have a tough time making acquaintances. Students that engage in online learning will have much less peer interaction, which may lead to academic and social difficulties. People with weak social skills are more likely to be stressed and lonely than the ordinary person, which appears to be the cause of their health problems (Taylor Bennett ,2017)

2.5.2. Lost Concentration.

Many students find that taking online learning causes them to get easily distracted. Online learning may appear to be just another thing to accomplish instead of what you should be focusing on on a daily basis. It's easy for students to become side-tracked by

other things they find online when they have to spend a lot of time on their computers to do their assignments. A student can keep many windows open while in class to check email and interact with pals. Concentrating solely on schooling demands dedication and discipline. Besides, most students will prefer to study or take classes from the comfort of their own home. Depending on the resources and setting available to the student, they may end up performing all of this from their bed, which isn't the best spot for concentration. We all associate sleep with our beds, and this relationship can impair our capacity to concentrate and learn. For example, we could be inclined to lie down or take a short nap. Creating a dedicated study space apart from your bedroom or any other space you connect with leisure or relaxation is a wonderful method to combat this.

2.5.3. Cheating Prevention during examination is difficult.

An online examination system is the entire agenda of an internet-based test that includes numerous elements and functionalities. The online exam system employs online exam software for the creation, administration, and evaluation of exams. Students will take the exam on their own device, in their own location, with no one observing them. This makes cheating on examinations easy for students. Students also find it easier to discover answers on the internet and in books. Instructors should switch to questions that aren't easily found in books or on the internet or add time to each question so that pupils don't have time to look for the solution. However, because the instructor cannot supervise the student, it is still impossible to prevent them from cheating. Additionally, students can interact with their classmates during the exam.

2.5.4. Burdensome Proctoring Examination

E-proctoring examinations will be used by several institutions. E-Proctoring is an online exam proctoring service provided by a third party. Students are monitored as they write their examinations in any private location they want, using both live proctoring and technology (AI). The technology required for online proctoring can put students at significant disadvantage. According to a recent study by researchers at the Amsterdam Center for Learning Analytics, students taking an online exam that was proctored online were six times more likely to have test-taking issues than students taking the identical test in a classroom. Confusion over registration and log-in processes, poor internet connections, old or malfunctioning computers, and trouble finding a test environment that meets the proctoring system's lighting, sound, and other requirements can all cause problems.

3.0. Conclusion

To sum up, online learning significantly affects all students. Online learning in particular has many pros and cons that may affect students' satisfaction and their study performance. We suggest that all students learn to effectively control their stress so that they can pass through difficult times in their lives. Despite some challenges, students manage to adapt to the new learning methods by controlling their level of stress. This current Covid- 19 pandemic not only impacts how technologies are used in education,

but it also changes our future strategies and goals. Therefore, online learning is both a curse and blessing based on students' preference.

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83 Interactive Comic Book Based on Augmented Reality as A Character Development Media for Harun Arrasyid Islamic Center

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Abstract

The problem with the education system that often occurs among Harun Arrasyid Islamic Center students is that there is no special education curriculum that is a reference in the learning system. Therefore, at each meeting, it was conveyed that the lessons were repeated between teaching reading, and writing the Qur'an, memorizing juz amma, and daily prayers. In addition, the knowledge of students related to the history of Islamic culture about the stories of previous Muslim figures and the habituation of Muslim etiquette taught to students. This is partly because the teachers feel they are still less adaptive and interactive in carrying such material. The method of implementing this program is divided into three stages, namely the pre-implementation stage, the implementation stage, and the program monitoring and evaluation stage.

Keywords*: students, character, comic, interactive, Augmented Reality*

Student Interview Harun Arrasyid Islamic Center

In essence, education is a human effort to humanize humans and civilize humans. Therefore, the stages of education can be carried out starting from the earliest stages (early age) to the end of life (Dedy, 2017). This also applies to non-formal education at the Harun Arrasyid Al- Quran Education Park (TPA), Gowa Regency. Harun Arrasyid Islamic Center is 200 meters from the campus of the Faculty of Engineering, Hasanuddin University, precisely on Jalan Poros Malino, Romang Lompoc Village, Bontomarannu District, Gowa Regency, South Sulawesi Province. Harun Arrasyid Islamic Center has been established since 2008 until now with a total of 350 students who have graduated from TKA/TPA by the Indonesian Mosque Youth Communication Agency (BKPRMI) in Gowa Regency. Learning activities at Harun Arrasyid Islamic Center are carried out every Monday to Friday after the Asr prayer until before sunset. Until now, active students of Harun Arrasyid Islamic Center numbered around 40 people with the majority of students from grade two to grade four elementary schools (SD) with two adult teaching staff and three junior high school students. However, in the implementation of this program, we only took 12 students as samples plus 2 teachers as observers and facilitators of this character - building program.

In this program, we try to overcome the problems that often occur among the students of Harun Arrasyid Islamic Center, namely, First, there is no specific educational curriculum that becomes a reference in the learning system. Second, each meeting was only conveyed that the lessons were repeated between teaching reading, and writing the Qur'an, memorizing juz amma, and daily prayers. Third, the knowledge of students related to the history of Islamic culture about the stories of previous Muslim

figures and the habituation of Muslim etiquette is rarely taught to students. Fourth, student's teachers feel that they are still less adaptive and interactive in carrying such material. So this makes the students less interested in listening to the story being told. Therefore, the understanding of students about exemplary from the wisdom of Islamic cultural history is still minimal, he said. This also causes students to choose to play or interfere with other students' friends if not under the supervision of the teacher.

When we asked about the problem with the partner leaders, it was conveyed that in responding to the condition of saturation of students while studying, according to him, it was part of merely human nature and there was no appropriate solution to overcome this. With that, it is not uncommon for students to decide not to attend and choose to play with other friends. In responding to the condition of students like that, teachers can only understand and hope that there is a system or lighter method as a solution to attract attention and persuade students to return to study. So that in overcoming this problem, we agreed with partners to run a character planting program by strengthening the material for habituation of etiquette and exemplary from the stories of the Prophet's companions through learning media in the form of augmented reality-based comic books. The reason for raising the concept of comics is because it is one of the media that can be used to express thoughts, imagination, and creativity in the form of pictures and writings. And currently, comics are one of the most popular reading books and are suitable for children because the stories are fun for them to read and entertaining, as one researcher on behalf of Yohana did in 2017. As for augmented reality (AR) technology. which we combine, aims to make it more interesting and feel more real. With augmented reality technology based on research from Ozdamlu and Karagozli in 2017, it was also found that learning media with augmented reality animation can stimulate critical thinking about something and attract children's attention, so it is suitable to be applied in learning media included in this program.

The Curriculum of Character Development Media for Harun Arrasyid Islamic Center

The preparation of program materials contains three teaching methods, namely the method of habituation of adab and Islamic behavior, the exemplary method of the wisdom of Islamic cultural history, and the storytelling or interactive method that utilizes augmented reality technology.

1) Habituation Method

With this method, students are accustomed to implementing etiquette and manners concerning the cultivation of character and character. A study conducted by Salahuddin in 2017 concluded that the habituation method was more effective in instilling character in children. Because the cultivation of children's character is carried out throughout their lives and not only teaches what is right and what is wrong, but how to get children used to implement it in their daily lives.

As for this program, the form of habituation to students is carried out by loading material about etiquette in comic storybooks that can be accessed virtual-digitally on a comic platform that has been created on the website.



2) The Exemplary Method

Through this method, students can imitate every wisdom they get from the life journey of previous Muslim figures, in this case, the companions of the Prophet, which is represented in the form of augmented reality-based comic stories. The application of the exemplary method can not only develop character in children but can also develop cognitive and psychomotor development. This is corroborated by the results of research conducted by Munawarah in 2019 in a Kindergarten. So in this material about exemplary, it contains the story of 10 companions of the Prophet who are guaranteed to enter heaven.

3) Interactive Method

The existence of this method is based on the results of our observations with partners at the beginning, there are still students who are not good at reading so that in the form of understanding program material they can achieve in audio-visual form. This interactive method is carried out using an application that has been created by the team. In terms of application, it is also quite simple, because students can directly highlight a page on a comic book and automatically the 3D animated character of the comic story will appear on the screen and tell interactive stories and make students more adaptive in understanding it.

Character Development Method

a. Program Curriculum Socialization

This socialization aims to provide an overview of what the model, objectives, and benefits of implementing this program are for partners. In this socialization stage, the handover of learning media for partners was also carried out as well as the implementation of a pre-test in the form of a student's initial understanding competency test.

b. Student Assistant Debriefing

The student teachers here will act as observers and facilitators in the course of the program. Later, this santri teacher will see the effectiveness of this program in overcoming the students' learning obstacles so far with the application of learning media from comic storybooks based on augmented reality.



Picture 1: Workshop of Student Assistant Debriefing

c. Student Learning Process

Students' learning using augmented reality-based and digital comic book learning media is carried out in a blinded manner. This implementation starts from July to August every week on Friday afternoons as agreed by partners with learning contracts. The curriculum of the material taught begins with an introduction to the adab of studying first and then continues with the lesson of the story of the companions of the Prophet with the storytelling method. The santri teacher acts as a facilitator who guides the learning flow and is then listened to by the students. After that, it was the turn of the students to reveal the lessons that can be imitated from the story in the comic story.



Picture 2: Student Learning Process

d. Program Monitoring and Evaluation Phase

The monitoring phase of the development of this program is carried out in a blinded manner. This activity is carried out in July in person or online via zoom meeting. Meanwhile, in terms of program evaluation, it is carried out in August directly at partner locations. At this stage, the students retell one of the stories in the comic book that they have learned in front of their friends and reveal the lessons that can be learned from the historical journey of the characters in the comic book. The appearance of the students became a form of post-test to measure the skills of students from the cognitive and psychomotor sides. In addition, a post-test was also conducted in the form of a competency test for students' understanding after they were taught manners and the story ofthe Prophet's companions in the concept of augmented reality and digital-based comics. From here, it can be seen the condition of students' knowledge before and after the learning curriculum is implemented. Finally, as a measure of program sustainability, interviews were conducted regarding partners' responses to the programs that have been implemented.



Picture 3: Post-test for student

Results

Based on the evaluation of program implementation, the results achieved include:

a. The existence of a student learning curriculum with habitual, exemplary, and interactive methods which are actualized in the form of augmented reality-based comic books and digital comics.

b. In learning activities, students are not only monotonous in learning about reading and writing the Qur'an, memorizing juz amma, and daily prayers. However, there has been an agenda for learning the etiquette and history of Islamic culture every Friday afternoon.

c. The increasing knowledge of students regarding the history of Islamic culture in this case the example of the story of the Prophet's companions as evidenced by the results of the post-test at the program evaluation stage.

d. The santri teacher conveyed that it was easy to guide students' learning activities using interactive methods, namely augmented reality mode and digital comics.

e. Santri begin to understand etiquette about studying, thus training self-awareness not to interfere with each other between other friends.

Program Sustainability

Through this community service program, there is a potential for program sustainability that can be viewed from several aspects, including:

a. Educational Aspect

With a learning curriculum that combines three methods, this learning media can be used as a reference for TKA/TPA learning widely through partnerships with the

BKPRMI institution. In addition, publications in the form of scientific articles can also be done so that this program can be a reference for others to be developed further.

b. Economic Aspect

As for the economy, this learning media can be promoted through the Play Store platform or even paid websites. This is because the material content of this book can be published in the next volume. Then the augmented reality feature in this book is easily accessible because there is no requirement to fulfill the internet quota in its operation.

c. Social aspect

From this program, the potential for sustainability can also be carried out in the form of social projects by forming a creative santri teaching community. This can increase social sensitivity and provide a forum for volunteers to contribute in the community.

Conclusion

The character and behavior development program from the wisdom of Islamic cultural history through augmented reality-based comic books for Harun Arrasyid Islamic Center students is a program that becomes a solution in addressing the problems that often occur in students at the TPA. With this program, there is already a student learning curriculum with habitual, exemplary, and interactive methods which are actualized in the form of augmented reality-based comic books and digital comics. Of course, this media attracted the attention of students to learn about etiquette and the example of the story of the Prophet's companions interactively. In addition, this learning media has also made it easier for santri teachers to guide learning activities.

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84 Transformation Into Skills: Technical and Vocational Education and Training Role in Preventing Dropouts Issue among Secondary School Students

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Abstract

This paper is emphasizing the importance of offering Technical and Vocational Education and Training (TVET) courses for secondary school students those who are not interested in normal education system in school level especially amongst Indian students. Importantly, TVET education is more focused towards providing generic skills that are considered to open up better opportunities to support dropouts or at-risk students to continue their studies and enter the job market based on the skills possessed. This qualitative research paper addresses the vital role of TVET education in providing appropriate and relevant educational resources as alternative platforms for students who are academically low achievers to be successful in their life. Therefore, TVET education is underlined as greater platform in preparing each student tofacefuture challenges andprepare themselves as young talents with ability to adapt skills in working climate to meet the knowledge - based and market - based challenges and also to lead the community as well in Malaysia.

Keywords: TVET Education, Student dropouts, Secondary school, young talents.

Introduction

Education Ministry of Malaysia (MOE, 2012) remarked that innovative and sustainable education systems are priority to empower future generations to determine Malaysia's success in all sectors such as manufacturing and services industries. The MOE policies through Malaysian Education Development Plan (2013-2025) or Malaysia Education Blueprint (MEB) highlighted the importance of education quality and emphasized development approach on accessibility, equity, socio-economic and student capability include their achievements in schools (MOE, 2012). Indeed, statistics from Malaysian Indian Blueprint (MIB, 2017) and Science and Wellness Organization (SWO, 2019) show an alarming increase in the frequency of student's dropout cases before the completion of schooling especially amongst Indian students. Despite, MySkills Foundation (2016) reported that seven out of ten students that have spent eleven years schooling felt "lost" by the time they leave school environment. Thus, this study took charge to indicate the school dropout issue among secondary schools' Indian students and to be studied more seriously in highlighting the education's importance towards the life quality among risk - students. Furthermore, this study addresses the importance of reframing TVET system in providing appropriate and relevant educational resources as alternative platforms for students who are academically low achievers to be successful in their life. Chew (2012) points out the mastery level ofreading, writing and calculating skills are linked as a major factor that contributing

to the low achievements level among students. Dora, B. et.al (2021) found that low level of educational aspirations or low self-esteem among the students because of their poor academic performances or achievements will make them disappointed and this may eventually lead them to dropout from school. It includes an unsupportive school climate in term of zero counselling sessions, bullying issue among students and language barriers in learning purpose in classroom environment. Additionally, Karacabey & Boyaci (2019) argued that academic quandary plays a significant role in the school dropout issue. It indicates students who are facing disipilinary issues such as attendance frequently absent from school normally make below average grades in school academics. Moreover, students who have higher absenteeism and truancy at risk category will make them become less and less involved in their school activities which can consequentially lead to poor grades. These reasons can result in student's perception that they will be unhappy or not motivated and finally will be giving up on school education. Likely, these issues cause these students to have a risk of dropping out from schooling system.

However, in a reality the Junior Vocation Education at public schools' implementation is unable to provide a better and effective solution in handling students who are academically poor achievers and the issue of dropping out from school is still happening among the students especially at lower secondary level (Form 1 until Form 3). The Malaysian school education system is failed in determine the strengths and capabilities of students earlier before they are dropping out from school even at Form 1 or Form 2 level without the completion of especially PT3 or SPM which are two routes to enter the field of TVET. The students who were dropped out from school were failed to have the option of pursuing the skills training pathway (at either public or private skills training institutes) within the skills sector without any Malaysian Skill Certificates (Sijil Kemahiran Malaysia - SKM) to fulfil their future needs and job requirements. The school education system failure in preventing school dropouts leads to jobless or unemployment issues and other social issues such as illiteracy, social crimes, poverty and imbalanced social mobility in society as well as mentioned by Dei, Mazzuca, & McIsaac (2016).

This study highlighted Dei, Mazzuca, & McIsaac (2016) views on the attention of impacts of school dropout issue. They argued, school dropout issue will make a huge and deep impact on high unemployment rate among young people, health problems due to stress that caused by physical, mental and emotional disturbances, high demands or requests for social welfare among dropouts. It includes increasing crime rate among youngsters, poverty sustains with low-income level and increasing of prisoners due to increasing of social issues. Meanwhile, Kishore & Shaji (2012) explained that the challenges faced by dropouts whether it is of disadvantage in their lives, or educational difficulties, obstacles to employment opportunities, financial or any barriers associated with building a new life need to be addressed. Remarkably, Barnett & Belfield (2006) highlight school dropouts issue also will be a root cause for the education cost wastage through inadequacy of school management system, lack of monitoring of teaching and learning processes at schools.

Kogan, et.al (2005) described about the long-term effects of school dropout issue that youngsters, teenagers and students those who are involved in criminality acts, delinquent and antisocial behaviour will affect the wellbeing, safety and society peacefulness or communities' surroundings due to social crimes. Other than to be unemployed, school dropouts will affect themselves as well as their society poverty because of low level earning capacity. Lower-level income and the insufficient support issue to their respective families will make them turn to crime as their living way, which results in many youths going to jail. In detail, involvement in criminality acts will make the juvenile offenders become unproductive members in society and having low living standard due to poverty and shorter life span. These youngsters will provide challenges to their families to perform well in shaping the behaviour and their children's future direction (Kogan, et.al, 2005).

Wallace (2016) indicating that alternatives guidance programs can help students at-risk to live to their full potential and have alternative ways to learn adopt a healthy lifestyle and be responsible managed self-discipline. Aarkrog, et al. (2018) explained that TVET as a dropout prevention plan will be beneficial to all at-risk students in understanding what truly motivates and engages students in hands on activities and will train them to intervene their lives and to change their attitudes. Through this alternative option, the risk students will benefit immensely from TVET because they can improve their learning status and train them for future employment. Despite, Aarkrog, et al. (2018) describes that TVET can activate at-risk students more likely to 'hands on activities' and can provide a platform for them to get good jobs through career guidance. This can save students who are at risk and have disciplinary problems from dropping out of school and becoming unemployed in a country (Aarkrog, et al, 2018).

A study by the Centre of European for the Development of Vocational Training (CEDEFOP) conducted in 2016 found that TVET is a strategic and systematic mechanism to address the school dropout issue among students in a country. TVET has the potential to be a platform for students with academic disabilities to gain training and skills as it can be a space for young people, especially students who are at risk and have the opportunity to drop out of school to support the human capital resources development in a country as it is requiring skilled and productive workforce. This can contribute to the country development and economic growth as well (Centre of European for the Development of Vocational Training, 2016). According to the CEDEFOP, the TVET implementation in developed countries such as Australia, Germany, Francis, Italy, Cyprus, the Netherlands, Finland, the United Kingdom, Norway and Iceland shows the education system effectiveness in producing a talented and productive community. CEDEFOP highlighting that investment in the TVET field by a country will help the country to build a suitable and quality human resource network to contribute to the development of the country. Therefore, this study found TVET engagement among young people who are more inclined in the technical field can improve their performance to achieve the maximum quality level to be involved in the labour market than to be involved in social problems. This will create adolescents who are more skilled, independent and responsible in increasing the ability to increase income (earning capacity) so as not to depend on social welfare in society. Thus,

TVET can play an important role in quality human resource development planning as well as addressing the rising poverty and unemployment rates in a country. This ensures the well-being and each individual's harmony within the community in terms of life quality and individual mobility enhancement. Hence, the emergence of many quality workforces through TVET is found to help economic growth and can also control the increase in school dropout rates that occur in a country (Centre of European for the Development of Vocational Training, 2016.

Study from MIB (2017) shown that the school dropouts' number among Indian students recorded to 8% out of the total number of dropout cases in secondary schools in year 2014. Thus, this study highlighted the issues that have to be considered by Malaysian Education Ministry because 8% of dropout cases among Indian students is an alarming figure in 2.0 million (7%) of Indian ethnic population out of the total population of 32.4 million as well as reported by Department of Statistics of Malaysia for the year 2021. Additionally, MySkills Foundation (2016) reported that negative school experiences that culminate in early school leaving handicap dropout themselves and also handicap the nation. Meanwhile, Jayasooria & Nathan (2016) explained that this Indian minority group is still lagging behind and has a high dropout rate in education and at all education levels ranging from pre-school to higher education institutions. Moreover, the study conducted by Tamanna (2014) from Institute of Democracy and Economic Affairs (IDEAS) identified that the totals of 95% of the dropouts have completed primary education and dropped out during high school. This shows that in reality in Malaysia there are still a number ofIndians who are still lagging behind in education sector. The school dropouts' issue among the Indian community raises an alarming situation when this minority group is still marginalized in the national education stream. It is identified that lagging behind in education sector is one of the obstacles or dilemmas to the more skilled and educated workforce existences in the Indian community. Therefore, the study took initiative to highlight the reframing structure on TVET programs that should be given an attention in preventing students who are academically low achievers in Malaysia. Thus, the TVET scope should be based on recognized occupational standards, with an emphasis on the practical components, psychomotor skills and exposure to training in the industry which can help students who are academically poor achievers alignning with motive of MOE (2019) in producing competent workforce towards job direction with a strong encouragement on industry practices.

Research Methodology

This study uses a qualitative approach to bring narrative decomposition through thematic discussion without focusing too much on numerical data (Bryman, 2016). It helped to gain a deeper understanding because the process of data collection had been done through interacted directly with the study sample. The descriptive discussion explains the actual situation or real experiences; determines the truth of the events; and highlights the empirical evidence in each respondent's life perspective as suggested by Yin (2015). It helped this study to consolidate the results of findings, so that a detailed

and accurate explanation can be determined to address the school dropout issue by revealed the contributing factors, effects and better solution or prevention strategy. This study carried out in Selangor state. New Straits Times (2017, August 18) reported that according to MOE, Selangor ranked at the top with 76 national secondary schools out of the 402 schools from different states in Malaysia that involved in disciplinary issues which is one of the factors to the dropout issue.

This study involved 40 Indian students those who had dropped out from national secondary schools before completion of schooling system. The study also focused other respondents such as Police Officer from Crime and Legal Investigation Department from Police Headquarter of Shah Alam and who had handled juvenile cases, understand the dynamic of Indian community and school dropout cases; and Executive Officer from MySkills Foundation that is centre for skills and vocational trainings. This study conducted in-depth-interview method to obtain data and bring the findings of field work to the discussion. As a research instrument, open-ended questions sets were used to get respondent's views and to let respondents feel free to answer the questions. For an example, open –ended questions in-depth-interviews for school dropouts has addressed several aspects such as student's demographic details including obstacles and effects that faced by students during schooling life following by further aspects regarding family environment, school climate, peer factor, residential area and media social. The responses and views from these focused and targeted respondents enabled this study to obtain relevant, excessive and concrete data in order to meet the needs of study while their sharing and opinions has strengthened and expand the knowledge of this study in understanding the school dropout issue. By using triangulation technique, the process of encoding data was conducted to identify 'themes' to organize and give meaning for the disclosure of school dropout issue to be presented in narrative decomposition. Relevant research findings were developed to address the school dropout issue that contributed by various factors and focused on challenges that facing by Malaysian education system. Furthermore, the results of the analysis and data extraction helped this study to bring this writing to proposed school dropout prevention strategies.

Research Findings

The study found that in year 2015, about 2 (5%) respondents out of total 40 respondents, dropped out from school during Form 1 level. In year 2016, 3 (7.5%) respondents dropped out during Form 1, 3 (7.5%) respondents dropped out during Form 2 level and 2 (5%) respondents dropped out during Form 3 level. In year 2018, around 21 (52.5%) respondents dropped out during Form 1 until Form 5 levels. In year 2018, 2 (5%) respondents were dropped during Form 1, 3 (7.5%) respondents were dropped during Form 2 level and one respondent (2.5%) dropped out from school during Form 3 level. The study also found that about 3 (7.5%) respondents dropped out during Form 4 level. The study found that the lower secondary level recorded the highest number of school dropout cases due to the student's weakness in learning skills in terms of reading, counting and writing. The most cases of school dropout happened at lower secondary level especially during Form 2 level of category due to poor academic performances

level. The lower secondary levels recorded the highest number of school dropout cases with 28 respondents (70%) compared to the upper secondary levels with 12 respondents (30%) as explained in Table 1 as follows:

Table 1: Dropout Rate and The Year Respondents Studied

Form/Class Year	Lower secondary level			Upper secondary level		Total respondent
	1	2	3	4	5	
2015	2 (5%)	-	-	-	-	2
2016	3 (7.5%)	3 (7.5%)	2 (5%)	-	-	8
2017	5 (5%)	7 (17.5%)	3 (7.5%)	8 (20%)	1 (2.5%)	21
2018 (Jan-June)	2 (5%)	3 (7.5%)	1 (2.5%)	3 (7.5%)	-	9
	9	13	6	11	1	40

Based on the school dropout factors and related information to the barriers or challenges faced by respondents, this study found that about 24 (60%) respondents dropped out because of friendship affiliation factor in school and out of school. Around 23 (57.5%) respondents were dropped out from school because of low achievement in academic factor with the reason that loss of interest in normal academics in school due to their tendencies and enthusiasm in TVET fields which is requiring hands on activities or skills-related courses. Meanwhile, about 18 (45%) respondents were also dropped out from school because of dysfunctional family environment factor in terms of financial and lake of supports from parent. Around 17 (42.5%) respondents dropped out due to bullying issues and disciplinary problems that affected their learning aspects in secondary schools. In addition, 11 (27.5%) respondents were dropped because of loss of interest in academic due to school management and teacher's attitudes in schools. Around 3 (7.5%) respondents have dropped out from schooling system because of their involvement in gangs and other social issues and unsupported social environment factors that affected their learning purpose. Researcher found that respondents had left the school system due to various factors which is more than one factor that has contributed to the school dropout issue as well as stated in Table 2 below:

Table 2: Contributed Factors to School Dropout Issue

Factors that contributed to school dropout issue	Total respondents	Percentage (%)

Peer pressure in school and out of school	24	60
Low achievement in academic factor due to loss of interest in academic & student's tendencies in choosing vocational and training field	23	57.5
Dysfunctional family environment in terms of financial and lake of supports from parent.	18	45
Bullying issues and disciplinary problems that affected their learning aspects	17	42.5
Loss of interest in academic because of school management and attitudes of teachers in schools	11	27.5
Involvement in gangs and other social issues and unsupported social environment for learning purpose	3	7.5

This study found that the poor academic achievement factor among the students is one of the most complex and dominant factors that contributed to dropout issues apart from other factors such as peer pressure, family environment factor, school climate and involvement of respondents in social issues. Poor academic achievement and learning skills including dropping out from schools will question the efficiency school management and education system quality in Malaysia. Thus, this academicals issues should be focused on and given attention by educational policy makers.

According to respondent named, Siva (not a real name) who was interviewed said that "I dropped out because I do not like the normal learning system in school. I want to work and help my poorfamily. My desire is in the vocationalfield. For me technical studies can help me in myfuture career because I am weak in the aspects of writing, reading andmaths science are all difficult for me. History is also difficult for me because I can't memorize many facts and I will forget them in the exam. I like technical reading materials and manufacturing such as repairing and designing. That is my interest. So, I left school because I wanted to work".

(Respondent 17, 2018, 22nd May).

This study found that the attitude of dropping out from schooling system by respondents had left some impacts in their teenager's life. Table 3 provides information that all the respondents who dropped out from school have been affected by various challenges and obstacles in their life. The consequence of the school dropout issue has been a question mark on the wellbeing of students included their respective family institution. The effects of school dropout issue have been warranting some attention and also became an ethical concern in society due to its socio-economic impacts on community and the consequences on Malaysian government. However, regarding dropout effects, based on the Table 3, around 10 (25%) respondents were spent their time at home while sleeping and watching television only until received family pressure, mental and emotional disturbances. Meanwhile, about 6 (15%)

respondents were involved in low-income jobs to get money for their own expenses but 12 (30%) respondents were involved in hanging out activities with their friends. In addition, about 4 (10%) respondents were active in hanging out activities with their friends while learning about smoking habits and taking alcoholic drinks. Meanwhile, about 8 (20%) respondents have involved in social issues such as participated in gangs, illegal racing, vandalism, and also have arrested by police later as explained in Table 3 as follows:

Table 3: Effects of School Dropout

Impacts	Number of respondents	Percentage (%)
Involved in hanging out activities with their friends	12	30
Spent their time at home while sleeping and watching television only until received family pressure, mental and emotional disturbances	10	25
Involved in social issues such as participated in gangs, illegal racing, vandalism, and also have arrested by police.	8	20
Involved in low-income jobs to get money for their own expenses	6	15
Active in hanging out activities with their friends while learning about smoking habits and taking alcoholic drinks	4	10

According to Hari who was interviewed said that,

> *"I was arrested by the police for being involved in a gangsterism fight. When close to a friend I learned to smoke cigarettes and drink alcohol. During the night I always go with friends to hang out and patrol. This made my parents angry. That's why I'm not close to my family. I started getting close to my friends because they were willing to listen to my problems every day. My relationship in thefamily was also broken until I slept at the house of myfriend and brother. I went with my brother to work on the truck to deliver the goods to the store.*"
>
> (Respondent 11, 2018, 23rd May).

According to Ken who was interviewed said that,

> *"After leaving school I had to work to earn money for me and my family to eat and buy things to cook and pay rent. I used to work in carwash,*

> *food shop and internet café although I am still 15 years old. I know I will not get a factory job because I am still 15 years old and not yet 18 years old. But I have no other choice, so I do the work I get such as food shop assistant, lorry driver assistant, car washer, guard house assistant and so on".*
>
> (Respondent 19, 2018, 28th May).

Early school leaving before the compilation of schooling system by respondents in this research has been gave great impacts on their self-esteem because of mental and emotional disturbances, psychological well-being and disappointments due to involvement in social issues. The school dropout issue also made respondents faced with the reality that they are struggles and lacking skills and knowledge to meet their basic needs and to full fill their desire in life. Despite, studies found that involvement of school dropouts in non-beneficial activities such as social ills can result in them not getting a good job in the near future.

Furthermore, the Police Officer that interviewed mentioned that based on the statistic of juvenile cases the school dropouts are often linked to criminal activities such as violence, fights, involvement in gangs, illegal racing, snatching, and home-breaking. He also pointed out that some activities such as drug supplying or known as 'sleepers service', involving in gangs and recruiting school students to involve in gang's illegal activities are for the purpose of obtaining power, money and being a hero among the schoolboys. It is included recruiting school students to involve in social issues in residential areas such as flats or condominiums that often associated with criminal activities by adults. The Police Officer explained that the continuity of school dropout scenario will be affected some other students those who are still in school to get involved in criminal and juvenile cases through the influence of school dropouts via negative exposures.

In other perspective, the Executive Officer from MySkills Foundation has explained that the school dropout issue will create the unemployment issue the young people in Malaysia and will challenging youngsters to meet their essential needs in their life. It is included the struggles in achieving social mobility by an individual in society and lack of quality human resources in Malaysian Indian community. He added the provision of holistic and vocational skills training is important for the school dropouts whereby they can achieve their target to have jobs when they reached 18 years old and above. The practices and experiences of MySkills Foundation as a non-governmental organization in dealing with students at-risk and academically poor by transforming them into skills training and life values through holistic approaches provision provided good direction to them. The risk students are highly motivated through transformation activities in order to reshape their attitudes towards outstanding achievements which is mainly focus on hands on activities based on their potential. Student performances are systematically monitored to ensure they are provided with realistic opportunities for their skills and capabilities.

Genuinely this study found that school dropout issue will give an impact on social wellbeing of society such as poverty and crime while can lead the young generation to poor socioeconomic conditions or lack of social net in term of adequate financial, education qualification and life skills. Indeed, Malaysian government has to face financial burden in contributing for welfare initiatives, unemployment programs and handling crimes and its prevention. Hence, the school dropout issue must be a critical concern for researchers, policymakers, and educators across the country. Thus, this study aims to highlight the importance of transforming student at-risk and academically poor achievers through the holistic provision and vocational skills training as a second chance without alienate themselves from mainstream society and support system. Significantly, it could develop student's real potential to go beyond and determine their future success rather than become vulnerable community in society. Based on the student's academicals challenges that associated with school dropouts, therefore, this study demonstrated that sustained attention through provision of training and vocational studies in TVET institutions should be an effective prevention strategy to mitigate school dropout.

Suggestion and Conclusion

This study underlined that the process of early identification of a student's learning abilities and their strengths at the lower secondary level by the school management is important. Then, the school management must take early actions against high-risk students and who are potential to become school dropouts especially among Indian students. An alternative pathway that emphasizes student's development, competencies rather than dwelling on student's deficits and 'transformation into skills' are essential for students who are academically poor due to lack of interest in school academics and those who tend to be in TVET fields. Hence, TVET institutions under the supervision of MOE of Malaysia should play a vital role in providing opportunities in order to foster the learning of all academically poor students without early school leaving issues and must encompasses more than preventing dropout. Thus, TVET programmes must reframe as the vehicle to prepare aptly - skilled human capital. So that, graduates who have qualified from TVET institutions would prepare them for bigger demands in today's workplace and have a clear career pathway to secure jobs that are highly technical in nature. Aligned with striving for the betterment of youths towards future of 21st Century, TVET institutions should play significant role in uplifting them and indeed needs to be addressed. Hence, it is necessary our educational system adequately catering for academically poor and students with learning difficulties as the steps to engage young minds and to go beyond as a parallel pathway.

This study also emphasized the public-private sector collaboration in improving the TVET quality as one of the most important platforms to drive changes among risk students to take part in industry-based learning. This study suggests the public-private sector cooperation that referring to network in between Malaysian government with other private industrial institution such as Malaysian Automotive Institute, the Malaysian Global Innovation and Creative Centre and the Skills Development

Fund Corporation. Hand-holding process through the Government's collaboration and private as the industrial partners via joining program is essential in addressing the special needs of under-achievers in schools in term of trainings, job offers, sponsorships and internships. A strong collaboration could help to create a caring and supportive environment whereby teenagers can achieve their dream. This can be an alternative route for students at risk to obtain technical jobs based on their abilities and skills. Hence, TVET can help the school institutions and MOE of Malaysia to avoid the issue of school dropout in school climate and Malaysian education system. This can meet the existing of 'cluster of young and vibrant youth' who have different learning styles (outstanding learning) compared to wasting time and playing truant at school until leave the schooling system. Thus, new policies are important to establish necessary foundation for effective learning, to create more career pathways and opportunities for TVET students, empowering students through TVET education, enriching student's well-being and to determine the future of young teenagers at risk by ensure they sustainable in the long run.

Finally, yet importantly, based on 'no child left behind' school dropout issues prevention by MOE of Malaysia seriously needs to be focused to overcome poverty culture, poor literacy and numeracy skills. The prevention strategy needs further planning and mobilizing so as to ensure that the current generation, especially all the teenagers, are better equipped with the right values and life skills to go more miles towards a good way of living. Besides creating awareness on youngster's needs and empowering them, this study aims to produce a good intention on transformation and betterment of youngsters through TVET in order to be competent citizens in fourth wave of technological or industrial revolution (IR 4.0) era. In focusing on preparing youngsters for the future demands, global competitiveness and social mobility, this study also takes charge to give an exposure on the importance of widening access, enhancing research and innovation, improving the teaching quality and strengthening learning styles in TVET institutions as well. Remarkably, producing the cluster ofyoung and vibrant youngster through TVET institutions also important towards the better human resource development for future of country as well as shared by Jack Ma (E-Commerce Giant, Philanthropist and Investor) based on the topic of 'The Challenges of Future Education' in World Economic Forum in 2018 with the following statement.

> *"A teacher should learn all the time and a teacher should share all the time. Education is a big challenge now, if we do not change the way we teach, 30 years later we will be in trouble. We cannot teach our kids to compete with the machines who are smarter. We have to teach our kids something unique. In this way, 30 years later kids will have a chance.*"
>
> (Jack Ma, 2018, September 20).

Therefore, prevent increase in dropout and transforming young lives at risk into skills through the mission of 'engage, educate and empower' is everyone's responsibility by diverting them into productive citizens as well as shared by Wallace (2016) with the following statement,

> *"This study is important to educational professionals and students who are at risk of dropping out of school; but it is also important to the society as a whole. It is anticipated that educational professionals will better identify students who are at risk of dropping out of high school. If better prevention and intervention methods are developed in the future, more students may have a greater opportunity to complete high school successfully, go to college and succeed in life. Students will have an opportunity to become productive and active members of society. These students will be able to develop productive pathways that will lead them into successful and meaningful lives. Students who graduate and become productive citizens have the advantage of assisting* their *communities because they have the opportunity to help support and build economic development and political stability in society. Overall, the solution for this problem will be significant to the growth of communities. With more students graduating, society will have more individuals who are being productive".*
>
> (Wallace, 2016, page 17).

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85 Netizens Racism Against 3 English Football Players on Instagram After EURO's 2020 Final

Diah A. Esfandari , Priyo Wicaksono

Absctract

The influence of social media behavior on cyberbullying among teenagers in the development of information technology, the internet and social media is increasingly changing the form of association and ways of socializing. Social media brings a new trend in society as a tool to carry out acts of bullying online or called cyberbullying. The purpose of this study was to determine whether there is an influence of social media on cyberbullying behavior in adolescents. Specifically, the objectives of this study include:

1. describing social media and its characteristics.
2. describing cyberbullying and its characteristics.
3. describing social racism media.

This study uses a qualitative method to examine netizen racism against 3 English football players on Instagram after the EURO 2020 final. We chose this method because this study tries to examine this social phenomenon in a natural, unmeasurable, and undirected way.

Keyword – social media,cyber bulliying,racism

Introduction

Information technology, especially communication media, is increasingly developing in the cybermedia field. There have been many sites, applications and social media that have been created with the hope of improving human socialization due to the practicality of communicating without the limitations of space and time. The pattern of daily life has changed since the advent of internet technology, because with internet technology, the earth seems to be a small village that never sleeps, all kinds of activities can be facilitated by internet technology, one of which is social media, social media brings us users to facilitate all forms of activities in daily life and even make users feel dependent on the existence of social media. Social media is no longer just a tool to help users facilitate all forms of communication activities but has become a necessity that must be met. There are many conveniences and advantages that can be utilized from this technology to make users connected to each other in all parts of the world. The rapid advancement of communication and information technology has created various applications for entertainment as well as human needs and also all forms of information can easily be

obtained, utilized, and not limited by reach. With the internet as a support for obtaining information and communication around the world. In this era, the majority of people use and know social media more. Such rapid development is easy to use, and we can get in various existing industries. Many industries continue to make updates and new productions to make users eel they must always have and follow the existing trends. The updates created will make it easier to use and are also made only to follow trends, this applies not only to adults and teenagers, but also to all ages. many social media users from various ages such as facebook, twitter, instagram, path, whatsapp, line accounts are preferred to use, both in the process of communication and information acquisition, compared to the era before the development of digital technology. In the past, every initial meeting and introduction was accompanied by exchanging business cards and addresses, in contrast to now starting with exchanging account addresses and making friends on social media.

The subject of this research is hating speech or cyber bullying which was uploaded via social media after the Euro 2020 final was held, namely 3 English players who failed to execute a penalty kick. The object of this research is cyberbullying on social networks and the meaning of hate speech on social media networks.

Literature Review

A. Social Media

Social media are websites that are used to make friends and to socialize on the Internet. Social networks are online media that support social interaction. Social media uses web- based technologies that turn communication into interactive dialogue. The development of social networks affects our communication today. The advent of Web 2.0 allows people to develop social relationships and exchange information (Nasrullah, 2015)

Social networking is an interactive technology that allows the creation or exchange of information, ideas, interests, and other forms of expression through virtual communities and networks (Hermkens & Jan, 2011).

1. Social Media's Features

   Due to variety of standalone and integrated social media available today, there are couple of services in common:
2. social media is an interactive media web 2.0 based application.
3. User content generated through online interactions is a social media resource.
4. Users create custom service profiles for websites or apps designed and maintained by social media organizations.
5. Social networks help develop online social networks by linking user profiles with profiles of other people or groups.

2. Characteristic of Social Media

Social media has several characteristics. According to Purnama (2011:116) these characteristics include:

1. Reach. Social media itself can affect the smallest circumference into the largest (worldwide).
2. Accessibility. Accessible by public at low cost.
3. Usability. Easy to use even by common people.
4. Immediacy. Social media can trigger public respond faster.
5. Permanence. Social media can edit comments instantly.

B. Cyberbullying

Cyberbullying is a form of electronic bullying. Cyberbullying is also known as online bullying. This is becoming more common, especially among teenagers, as the digital space has evolved and technology has advanced (Smith, et al. 2008).

1. Characteristic of Cyberbullying

a. Flaming. Posting offensive word aggressively on the internet.
b. Harassment. Sending nuisance messages to others on the internet.
c. Denigration. Sending blackmail to the other on the internet.
d. Impersonation. Pretending to be someone else and sending inappropriate messages.
e. Outing. Spilling other private photos or videos.
f. Trickery. Scamming people on the internet.
g. Exclusion. Intentionally kick someone out of group
h. Cyberstalking. Stalk and interfere with someone on the internet.

C. Racism

Racism is the belief that groups of humans exhibit different behavioral characteristics based on traits that can be shared on the basis of the superiority of one race over another (Navid, 2008). It also includes discrimination against the other because of different race of ethnic.

Racism usually based on social perceptions about biological difference between people. This perception includes social action, belief, or political system between difference races, that classified by inferior and superior based on behaviour, ability, or inherited skill.

Method

We use a qualitative method to research netizens racism against 3 english football players on instagram after EURO's 2020 final. We choose this method because of this study try to research this social phenomenon naturally, uncalculated, and undirected. Interpretation of qualitative research is an investigation that aims to understand what phenomena are experienced by research subjects comprehensively, namely describing them in the form of words and language, in special natural contexts and with different methods (Moloeng 2007:6).

Results And Discussion

The results of data analysis conducted by our group regarding Netizens Racism Against 3 English Football Players on Instagram After EURO's 2020 Final we managed to get the facts of hate speech on the social media account Buyakosaka87. We found the following facts:

1. There are provocation sentences and aspects of racism

This form of provocation is in the form of influence or belief which states that biological differences inherent in humans are a culture or individual, that a certain race is superior and has the right to govern other races.

Told Buyakosaka jocks like a nigga. Nigga is a word that black people use, and it would be a racist word if it was spoken by a non-white person.



Figure 1: An example of racist comments It can be categorized as racism because patrykwiecheckipl said.

"Youfucked up. Nigga."

"We will neverforget you Nigga. We lost because of you."

Because nigga's sentence is a sensitive sentence to africa-american race. Nigga refers to someone who had a black skin tone.

Some African Americans only find "nigga" offensive when used by people of other races and view their use outside of certain social groups as unwanted cultural appropriation. Used by black people, the term can refer to "solidarity or compassion", similar to the use of the words "friend", "friend" and "brother".

Others think "nigga" is harmless unless non-African Americans show it to African Americans. Others find this hypocritical and dangerous, allowing white racists to use the word and confuse black issues. In contrast, nigga is used as an example of cultural assimilation where members of other ethnicities (especially young people) would use the word positively, such as the aforementioned "brother" or "boys" .

2. There is a negative imperative sentence

Negative imperative sentences are sentences that are intended to command something to others that contain negative words or do something bad. example sentence Go retire bro, it's better not to play football anymore. These two facts are in line with cyberbullying and story theory.

The theory of intimidation is a person's activity to influence the surrounding environment in order to hurt the victim. This is based on a statement to ask buyako saka to retire from a football career, in addition to calling the victim with the word nigga.

This is based on a statement to ask buyako saka to retire from a football career, in addition to calling the victim nigga.



Figure 2: An example of cyberbullying comment

3. There is flaming comments

Based on ffffffwqwas's comment that contain flaming contents. It said

"Stupid player, stupid coach motherfuck"

Those words can be categorized as flaming comments because he's posting offensive words aggressively on the internet.

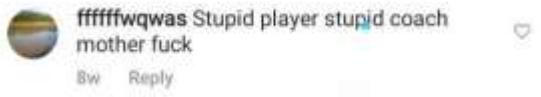


Figure 3: An example of flaming comment

4. There are some harassment comment

Based on mrstealyourchill's comment, it contains some harassment commentary. It said:

"U suck at football and won't get any better."

"Go retire bro better not play football anymore."

Those words contain harassment comments because the theory said harassment comment is sending nuisance message to the other on the internet.

Word "sucks" refers to harassment commentary, and "go retire bro" refer to mrstealyourchill's disappointment because of bad game.



Figure 4: An example of harassment comment

Conclusion

From the conclusions made by our group, there were utterances of hatred and racism against soccer athletes in the European Cup final, the following is a strong connection with the increasingly massive use of social media and freedom of expression.

For the public, especially football lovers, it must be wiser to use social media, and it is undeniable that athletes' performance sometimes goes up and sometimes down, inappropriate words should not be said and should provide support to athletes to return to their best performance.

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86 Cyberbullying Awareness among Telkom University Communication Science Students: Developments, Impacts, and Preventive Measure

Febiyana Agustina[1], *Normanela Tassel Epaphras*[1], *Aulia Wulansari Purnama*[1]

Abstract

Cyberbullying is the act of hurting others using communication and information technology that individuals or groups do repeatedly. This study is motivated by the rise of the phenomenon of cyberbullying that occurs in adolescents with social media as the main target. Adolescence is a critical period during which there is a period of transition from child to adult. The COVID-19 pandemic is assumed to be a driver of cyberbullying to occur more frequently in adolescents. The research was conducted among Telkom University Communication Science students as an observation of the development of cyberbullying in the nearest scope. Data collection techniques use surveys and searches of literature that are analyzed descriptively. The results of the study found that cyberbullying still occurs but on average gets such actions from outside the scope of campus. The type of cyberbullying obtained is flaming or frontal connotation and full of anger. Comparison of cyberbullying in the campus environment and off campus is done as a benchmark for the development of cyberbullying so that the impact obtained also needs to be observed.

Keywords: Cyberbullying, social media, Youth, Pandemic COVID- 19, Studie program students.

Introduction

Along with the development of information and communication technology, the use of the internet and social media is increasing every year. In January 2021, social media management platform Hootsuite and marketing agency We are Social released a report on the number of internet users in Indonesia which has reached 202.6 million or 73.7 percent of the total population of 274.9 million people. From the data, it was found that Indonesia has more activities to access social media. The number of social media users in Indonesia alone reached 170 million people. Meanwhile, the average time spent by Indonesians every day to access social media is 3 hours 14 minutes.

The development of the internet has had a huge influence on human life. Especially in the era of the COVID-19 pandemic that requires everyone to be able to access the internet for 24 hours. The Internet offers a variety of conveniences in finding information and conducting communication without the limited dimensions of space and time. Even with the advancement of the internet, now the activities and activities that have been done by humans directly began to turn into online or so-called online. For example, interaction on social media. The movement of media from direct to indirect causes more and more social media to appear in the community. Social media in human life is useful for interacting with many people. However, social media still cannot be separated from

the negative impact even though it provides convenience for humans. One of the negative impacts given is the emergence of the phenomenon of cyberbullying.

Cyberbullying is the act of repeatedly hurting others using information and communication technology, such as sending abusive messages via text or the internet, sending bad comments on social networks, sending embarrassing images, and threatening or intimidating someone via electronic (Patchin &Hinduja, 2011). The harm caused by cyberbullying can be psychological, painful, suffering, and proven to have a traumatic impact on the victims (Sam, Bruce, Agyemang, Amponsah, &Arkorful, 2017). In general, adolescents are a vulnerable group to be victims of cyberbullying (Kowalski & Limber, 2007; Ybarra, Stewart, Wolak, & Finkelhor, 2006; Patchin & Hinduja, 2008; Slonje & Smith, 2008). Adolescence is a critical period during which there is a period of transition from child to adult. Communication conducted by adolescents with peer friendship groups is based on the realization of self- recognition in friendship groups or social environments (Marsinun & Riswanto, 2020). Social media is the target for self-recognition.

In Indonesia, teenagers use social media more with conversation or chat services compared to educational services so that teenagers tend to abuse social media services (Marsinun & Riswanto, 2020). Cyberbullying is a form of social media abuse today. Cyberbullying is not a new phenomenon, and the emergence of the COVID-19 pandemic is encouraging people to rely more on social media. This situation also increases the case of cyberbullying to occur in the student environment of Telkom University. The basic assumption of our research is that cyberbullying is something that may be underestimated but has a considerable impact on people who are involved both mentally, physically, academically, and socially. The concerns created prompted to give birth to the thought that it did not rule out the possibility at Telkom University there were cyberbullying actions. The main purpose of this study is the first to find out the cyberbullying experience that has been done, experienced, and seen in the scope of Telkom University by students of the Communication Science Study Program so that it can be studied in depth the development of cyberbullying, secondly to find out the type of cyberbullying that students have been getting so far, especially in the COVID-19 Pandemic, thirdly to choose what kind of cyberbullying prevention measures are necessary. used within the scope of Telkom University, Communication Science study program.

Research Methods

The research method we use to research the phenomenon of cyberbullying at Telkom University Communication Science Study Program is a qualitative research method and literature study. "Qualitative research is research that holistically intends to understand the phenomena of what is described in the form of words and language, in a particular context experienced by the subject of the study, be it his behavior, perception, motivation or action, and naturally and by utilizing various natural methods." (Moleong,2007: 6).

Through Phenomenological research, data collection is carried out by observing respondents to find out the essential phenomena of respondents in their lives. In making these observations we made a questionnaire consisting of several questions about cyberbullying both for those who perpetrators and victims have been, and the data from respondents is anonymous so that the privacy of respondents is maintained.

Literature studies itself is a way to solve problems by searching the sources of writing that have been made before. According to Danial and Warsiah (2009: 80), Literature Studies is a study conducted by researchers by collecting several books, magazines related to problems and research purposes.

Analysis Results

The Development of Cyberbullying at Telkom University

The research was conducted based on knowing the extent to which cyberbullying occurred within the scope of Telkom University with our survey conducted online, namely distributing questionnaires. At the beginning of the questionnaire, we provided an understanding first to students who were respondents about the understanding of cyberbullying and assured that they were indeed students of IKOM study program at Telkom University. In addition to understanding, we provide several questions related to cyberbullying experiences obtained or conducted on and off campus. The purpose of the question regarding off- campus experiences is to find out the comparison of cyberbullying that occurs on and off campus. The object in this study was not only seen from the victim's side but also so we gave respondents the freedom to fill out questionnaires anonymously.

The first question we provided was about personal data in the form of telkom university entry year, gender, domicile, and the statement that it is true that respondents are students of Communication Science and willing to fill out questionnaires as a purpose to minimize the occurrence of abuse of our questionnaires. The next question started from the basic thing related to the off-campus cyberbullying experience which was answered by 68 of our respondents with a female gender as much as 41.2% while the male gender as much as 57.4% and the rest answered did not want to respond.

Based on basic questions, we found that 30.9% of 68 respondents had experienced cyberbullying actions that occurred in the last 1-3years. Meanwhile, for the act of cyberbullying itself there is 5.9% which gives a considerable difference between the number of victims and the number of cyberbullying perpetrators. Cyberbullying that occurred to respondents did not continue until now for unknown reasons. In addition, the average respondent chose Instagram with a percentage of 92.6% as the platform where they get or do cyberbullying.

Instagram is one of the platforms that is the site of cyberbullying at Telkom University and has been discussed in many case studies. Some of the factors of cyberbullying on Instagram are,

a. Intensity of social media use

According to Gibson (2015) adolescents who use the internet beyond the frequency limit of social media use will affect teenagers in cyberbullying. Teens who spend more than 40 hours a month on social media can encourage teens to bully and bully others (Arianin et al., 2013). In addition, supported by facilities for internet subscriptions that have faster access and unlimited quotas, it makes teenagers spend at least more than two hours every day just looking for fun, interacting with others, and others.

b. The empathetic ability of the perpetrator Adolescents who engage in cyberbullying behavior have lower empathy in particular effective empathy (Garandeaul et al., 2016).

The low empathy ability of the perpetrator makes him feel satisfied because he saw a helpless victim due to his actions (Faucher, Jackson &Cassidy, 2014).

c. Victim character

Sartana & Helmi (2014) explains that in interacting with others, teenagers will consider the character of friends and situations to determine appropriate behavior according to him. In addition, when with friends, teenagers will tend to feel more comfortable, free expression, and everything that is done is based on jokes.

After the basic question, there is a question about the cyberbullying experience on campus where the average respondent is a student in the class of 2021. The experience obtained by respondents on campus has a considerable difference compared to the experience from outside campus because it was obtained that 7.4% of respondents answered having gained experience as a victim of cyberbullying. Meanwhile, the largest percentage of the cyberbullying experience is in the statement that I have heard cyberbullying stories at Telkom University as much as 89.7%. From the data, we realized that the development of cyberbullying in Telkom University's IKOM program can occur insignificantly, although the respondents we have are not equivalent to the number of students from the whole. However, the observations we have made in the surrounding friendship environment provide a strong hypothesis that there are only 1 to 3 children who are victims of cyberbullying at Telkom University every new school year.

The comparison obtained is a drastic percentage difference between cyberbullying in general and in the scope of Telkom University. We can take several hypotheses, namely:

a. The possibility where Telkom University has a low cyberbullying rate.

b. The possibility where Telkom students are still less understanding and less aware of cyberbullying actions or do not hear stories from friends or people who are oppressed.

c. At least knowledge about the types of cyberbullying so that it is easy to be mistaken and do not understand the type of cyberbullying that has occurred.

From the number of victims of cyberbullying, we still suspect that there will be an increase in both the number of victims and perpetrators at any time, because with the COVID- 19 pandemic, the use of social media will increase rapidly, and it can provide a gap for everyone to commit cyberbullying actions intentionally or unintentionally. Respondents also chose the statement that they still do not support the occurrence of cyberbullying actions on or off campus and they believe that cyberbullying still occurs today on campus. Those who experience cyberbullying on average will tell their closest friends or family that can be trusted as a form of suppression of violence received, as well as our respondents who choose between the two choices from the nearest scope.

Types of Cyberbullying

Similar to bullying in the real world, cyberbullying also has its kind of fighting and of course not only thought of by one type but more than one or even many. However, in this study, we only took very common types even that are quite often discussed in social media, namely:

Flaming (messages with frontal connotations and/or full of anger).

Harassment (continuously disturbing messages).

Denigration (defamation i.e. spreadingugliness online intentionally).

d. Cyberstalking (spying, interfering, and defamation intensely or continuously).

e. Impersonation by pretending to be someone else (i.e., the victim) and giving a message or status that is not good).

f. Outing & Trickery (online secret spread).

Survey results show cyberbullying that occurs in general / general with the following details: (survey takers can choose more than one type of cyberbullying they have experienced, done, or seen)

- Harassment: 58,8%
- Flaming: 57,4%
- Denigration: 51,5%
- Impersonation: 42,6%
- Cyberstalking: 36,8%
- Outing and Trickery: 26,5%

Then, here are the results of a survey of cyberbullying types within the scope of Telkom University, namely:

- Harassment: 39,7%
- Flaming: 39,7%
- Denigration: 35,3%
- Impersonation: 22,1%
- Cyberstalking: 13,2%
- Outing and Trickery: 10,3%

Harassment is the only type of cyberbullying that has a high percentage. Harassment is a unique type of cyberbullying behavior because it involves repetitive

offensive messages and messages obtained are generally sent through private channels of personal communication (Ibid).

In addition, we also found out about the views of students about the types of people who were perpetrators, victims, silent third parties, and third parties who acted. This helps us to know the views of many people on the question:

a. Why do people experience cyberbullying?
b. Why do people cyberbully?
c. Why don't people act when they see cyberbullying?
d. Why do people act when they see cyberbullying?

The average respondent said that a person experience cyberbullying because of their annoying attitude, and which is likely to be disliked by many people. Followed by the second highest choice is a quiet, shy, and inactive person. Then, the three highest points regarding a person who can experience cyberbullying are due to their attitude, appearance such as accessories and clothing, and their physique.

From the answers of respondents, we can see that many people justify cyberbullying due to their 'annoying' nature and generally dislike people, but if we see from the answers in the column of questions about third parties who see cyberbullying but are silent due to fear and unwillingness to interfere. It can also be seen that the victims look unwelcome to people not because they are annoying but because the views of people who see no one defend and conclude that he is not liked. Although the person does have annoying traits, we should know that cyberbullying is not a good choice to do. For the matter of shyness or attitude, physical, appearance of a person, cyberbullying occurs because the person who is the perpetrator has the desire to be more dominant than some groups therefore, they look for groups that have less chance to fight.1

Then, respondents also said that those who do cyberbullying are the type of people who are annoying and disliked in general. However, the second option is high for the reason they do this is because of the association they occupie and the attitude they have. However, in general, cyberbullying actors usually have factors behind the motive of their actions. Some of these factors are,

a. Family predictor

Khatrin cites Schwartz, Shields and Cicchetti's opinion that other people's involvement in cyberbullying is related to family predictors such as insecure attachment, harsh physical discipline, and victims of overprotective parental parenting so that unknowingly, the child will project his inner turmoil out in the form of conflict.

b. Internal factors

Adolescents who are unable to control their instincts and primitive impulses will more often engage in behaviors that lead to criminality.

c. External or exogenous factors

This factor is considered as an environmental influence, an outside influence that causes certain behaviors in adolescent children and usually gives a strong effect to make cyberbullying perpetrators.

The choice of respondents regarding the types of people who see cyberbullying but choose to be silent is a person who is shy, quiet, passive, and does not have many friends. This also makes sense because there is a fear from them where they could be victimized and do not have the support to defend others who are victims. Not only that, but it also turns out, apart from being shy, passive, and not having many friends, they choose silence because they are afraid (as previously said, fear of being a victim), do not want to interfere, do not know what to do, and the nature of indifference.

What types of people see cyberbullying and support it? Respondents also said that they are annoying people and disliked in general. The respondents also said that they were people who had or still do cyberbullying. This can indeed be proven that when we are used to doing something, of course, we will be easier to do than to do the opposite. In addition, in the second rank, respondents said that they were supportive because they had an uncaring attitude. This attitude is indeed owned by those who are silent and supportive. This proves that the same feelings can give rise to a wide variety of behaviors. It is only part of us that determines what we need to do or what is better to do.

When it comes to people trying to fight cyberbullying, respondents say that those who fight cyberbullying are good people and are generally liked by many. Not only that, but respondents also said that people who fight have high values, organize, and become role models. It is also a reasonable thing because people who fight cyberbullying are commonly considered a hero to victims. When remembering about heroes, of course, they become someone who has a good side anywhere, whether in education or in socialization, so they are considered as people who have high value, organize, be role models, and are liked by many people. They also try to fight because they do care about the victims, know how to overcome cyberbullying, and have been or are still victims of cyberbullying to know the feelings experienced by the victims.

Impact of Cyberbullying

The experience of experiencing cyberbullying of various types has a physical, psychological, and social impact on adolescents. A meta-analysis of Bottiono, Regina, and Correia (2015) found that cyberbullying was associated with emotional states, social anxiety, drug use, depressive symptoms as well as suicidal ideas and attempts. In addition, when talking about the impact experienced by victims, of course we will also directly focus on their openness because cyberbullying tends to make people become more closed and do not want to socialize with the crowd. This has also been refuted by the survey we made because only a portion of respondents chose to save the cyberbullying problem to themselves. While many of them replied that they had told stories or even they said that they had never been victims of cyberbullying. When victims tell stories, they tend to tell their closest friends either from inside or outside Telkom University.

However, academic life is also one of the influences caused when teenagers get cyberbullying from within the campus. A study shows that students who are caught up in bullying behavior have a higher risk of experiencing academic problems (Center for Disease Control, 2015).They will tend to have difficulty concentrating, have low grades, and have higher school absenteeism rates (Beran &Li, 2007). Cyberbullying can

also produce long-term impacts. Research conducted by Hinduja and Patchin (2008) shows that adolescents who have been victims of cyberbullying tend to engage in aggressive or violent behavior when they are adults. Such a process occurs likely because if they become victims, they also learn aggressive behavior.

Sartana and Afriyeni in their journal also cited a Center of Desease Control (2015) study that showed that adolescents who are involved in cyberbullying have a greater risk of using illegal drugs that at the most severe levels can encourage victims to commit suicide. If in the real world, the perpetrator can be recognized then on cyberbullying the possibility to do so repeatedly will be greater because of the existence of a system of anonymity (Cooper, 2005). According to Patchim & Hinduja (2006), cyberbulling actors can create anonymous identities when they create fake social media accounts. The anonymity factor makes it difficult for victims to identify perpetrators so that perpetrators can avoid responsibility and revenge. Behind that, anonymity also provides a sense of security to cyberbullying actors.

Cyberbullying Prevention Measures

Cyberbullying is an act of bullying that will be done consistently if not handled appropriately. Cyberbullying perpetrators will feel given freedom if the victims of cyberbullying are ignored by the community just like that. The perpetrator will feel dominant in everything he faces because he knows enough to know the fact that he can degrade others.

According to the study book on cyberbullying prevention in Indonesia, the forms of prevention that can be done in cases of cyberbullying are:

a. Before spreading information, it's a good idea to check and verify first.
b. Grammar in using the media needs to be considered.
c. The education process needs to be mobilized and the application of self-discipline to users.
d. Guidance from parents, schools, universities, and the community environment towards adolescents.
e. Social media needs to conduct anti- cyberbullying campaigns and provide digital literacy to every user.
f. Victims should be active and report on social media if cyberbullying occurs (Hidajat, et al. 2015).

Another program in understanding cyberbullying is by understanding what the perpetrator has done to the victim (Pikas, 1989). This idea to study cyberbullying in terms of context and other interventions used to investigate bullying is to brainstorm. Brainstorming is to invite teenagers to do sharing that aims to find out information about their problems and come up with solutions presented by school teachers so it is important to know the role of counseling guidance teachers, especially in providing counseling and good character in the current generation. The rest, it's good to limit every user in using social media if it has exceeded the maximum time limit and automatically closes the social media. But it will be effective if followed by the provision of digital literacy.

Conclusion

Cyberbullying will continue to be a disturbing trend for teens especially in school and college environments. The development of information technology encourages the freedom of internet and social media users to do even greater cyberbullying. Cyberbullying is the act of repeatedly hurting others using information and communication technology, such as sending abusive messages via text or the internet, sending bad comments on social networks, sending embarrassing images, and threatening or intimidating someone via electronic (Patchin &Hinduja, 2011).

In Indonesia, cyberbullying cases often get less attention because the average victim prefers to cover up what he has experienced rather than tell the closest person. According to researchers (Veenstra, etal, 2005) cyberbullying poses a serious threat to healthy development during school life. Including one of the colleges. This research is based on the importance of realizing that cyberbullying behavior can occur in our immediate environment, the University. The results showed that cyberbullying does occur in students of Communication Science study program, Telkom University with low presentation but still vulnerable to increase every year so in this study it is also necessary to find out what causes cyberbullying can occur in communication science programs. The main factor of the emergence of cyberbullying is due to the annoying attitude of victims and which tends to be disliked by many people so that it becomes the motive of the perpetrator to do cyberbullying. The type of cyberbullying that is often done in telkom university communication science program is harassment, which is messages that interfere continuously. This type of cyberbullying is allegedly chosen by most people because it can be done anonymously and through private, making it difficult to identify the perpetrators.

Aside from the victim side, this study also produced factors that do cyberbullying actions that are due to association received from their environment to form a personality that likes to perform aggressive actions. Cyberbullying actions certainly have a serious impact on victims in physical, psychological, and academic matters. Especially if it occurs on campus, academic victims will be very disturbed such as declining grades, often absent, being closed from social to lead to depression and suicide. To prevent such impacts, it is important to realize that regulations governing the punishment of cyberbullying perpetrators need to be affirmed as well as the role of parties in the environment such as parents, schools, governments to provide guidance to adolescents and children. The rest, the use of social media also needs to be reduced so that every teenager learns how to care about the surrounding environment to foster a high sense of empathy.

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87 Peran Generasi Muda dalam Membantu Pemulihan Ekonomi Pasca Covid-19 di Indonesia

Sheva Nada Aini， Rayhan Yazid Fadhilah， Muhammad Alvyn Adriansyah

PENDAHULUAN

1.1 Latar Belakang

Pandemi Covid- 19 yang melanda Indonesia sejak awal tahun 2020 tidak kunjung usai. Pandemi ini menyebabkan kondisi perekonomian Masyarakat indonesia tidak stabil. Tidak hanya berdampak pada krisis kesehatan, Pandemi ini juga menyebabkan sebagian besar perekonomian di beberapa negara mengalami pertumbuhan negatif bahkan resesi. Dengan adanya pandemi Covid- 19 tidak dapat dipungkiri bahwa perekonomian masyarakat Indonesia saat ini sedang berada dalam kondisi yang bisa dibilang (tidak stabil). Hal ini disebabkan oleh banyaknya kegiatan perekonomian yang harus diberhentikan untuk menekan penyebaran virus Covid- 19. Saat ini perekonomian global termasuk Indonesia mengalami ketidakpastian dan mengarah pada resesi ekonomi karena pandemi Covid- 19. Perlambatan ekonomi pasti akan berdampak pada kinerja pertumbuhan ekonomi Indonesia pada tahun 2020. Pandemi menimbulkan efek domino dari kesehatan ke masalah sosial dan ekonomi. Menurunnya berbagai aktivitas ini berdampak pada kondisi sosial-ekonomi masyarakat, khususnya masyarakat rentan dan miskin. Oleh sebab itu, pemerintah, baik di tingkat pusat maupun daerah, mengeluarkan berbagai kebijakan untuk menanggulangi penyebaran COVID- 19 serta kebijakan kebijakan yang bersifat penanggulangan dampak sosial dan ekonomi akibat pandemi ini. Bank Dunia memproyeksikan pertumbuhan ekonomi Indonesia di tahun 2020 akan tertekan di level 2,1 persen. Penyebab dari menurunnya pertumbuhan ekonomi ini karena meluasnya persebaran Covid- 19 baik di dalam negeri maupun luar negeri. Pertumbuhah ekonomi RI telah diperkirakan di bawah Bank Indonesia (BI) diperkirakan sekitar 2,5 persen saja yang biasanya mampu tumbuh mencapai 5,02 persen.

Di satu sisi, tuntutan untuk memulai kembali berbagai aktivitas sosial dan ekonomi semakin menguat karena kebutuhan masyarakat semakin meningkat. Di sisi lain, infrastruktur kesehatan publik yang ada masih belum memadai. Sehingga terdapat resiko yang tinggi untuk menggerakkan kembali berbagai roda aktivitas sosial dan ekonomi secara normal. Berbagai upaya telah dilakukan untuk menangani pandemi ini. Salah satunya adalah *New normal. New Normal* merupakan sebuah kesempatan untuk melakukan penguatan ekonomi asalkan diiringi penyusunan prioritas yang transparan serta koordinasi dan sinkronisasi kebijakan yang tepat. Upaya lainnya penentuan sektor prioritas, mempromosikan pasar kerja dan UMKM yang terdampak, menggandakan manfaat bantuan tunai, memaksimalkan dampak stimulus fiskal, serta mendorong inovasi pembiayaan hijau serta memaksimalkan industry kreatif 4.0 dalam media digital. Masyarakat banyak yang akhirnya nekat terjun langsung untuk

membantu ekonomi yang terhambat akibat covid- 19 dengan menggunakan media digital.

1.2 Rumusan Masalah

1. Seberapa besar dampak yang ditimbulkan oleh pandemi Covid-19 terhadap perekonomian Indonesia dan bagaimana cara masyarakat meresponnya?
2. Seberapa besar pengaruh era digital dalam berisnis pada masa industry 4.0?
3. Bagaimana peran dan upaya pemuda dalam membantu memulihkan ekonomi pasca covid- 19 dengan menggunakan media digital 4.0?
4. Media apa yang digunakan pemuda dalam membantu memulihkan ekonomi pasca covid- 19?

1.3 Tujuan Penelitian

1. Penelitian ini dilakukan agar masyarakat khususnya generasi muda memahami tentang media digital dan industi 4.0.
2. Penelitian ini dilakukan agar masyarakat khususnya generasi muda memahami tentang seberapa besar dampak yang ditimbulkan oleh pandemi Covid- 19 terhadap perekonomian Indonesia dan bagaimana cara masyarakat meresponnya.
3. Penelitian ini dilakukan agar masyarakat khususnya generasi muda memahami tentang seberapa besar pengaruh era digital dalam berbisnis pada masa industry 4.0.
4. Penelitian ini dilakukan agar masyrakat khususnya generasi muda mengetahui peran dan upaya pemuda dalam membantu memulihkan ekonomi pasca Covid-19 dengan menggunakan media digital industry 4.0.
5. Penelitian ini dilakukan agar pemuda mengetahui media apa yang digunakan untuk membantu memulihkan ekonomi pasca Covid- 19.

Landasan Teori

2.1 Media Digital dan Industri 4.0

Media digital adalah media yang kontennya berbentuk gabungan data, teks, suara, dan berbagai jenis gambar yang disimpan dalam format digital dan disebarluaskan melalui jaringan berbasis kabel optic broadband, satelit dan sistem gelombang mikro (Flew, 2008:2-3). Secara definisi, media digital adalah format konten yang dapat diakses oleh perangkat-perangkat digital. Media digital ini bisa berupa website, media sosial, gambar dan video digital, audio digital dan lain-lain. Industry 4.0 adalah dimana pelaku industri membiarkan komputer saling terhubung dan berkomunikasi satu sama lain untuk akhirnya membuat keputusan tanpa keterlibatan manusia. Kombinasi dari sistem fisik-cyber, Internet of Things (IoT), dan *Internet of Systems* membuat Industry 4.0 menjadi mungkin, serta membuat pabrik pintar menjadi kenyataan. Istilah Industry 4.0 pertama kali digemakan pada Hannover Fair,

4-8 April 2011. Istilah ini digunakan oleh pemerintah Jerman untuk memajukan bidang industri ke tingkat selanjutnya, dengan bantuan teknologi.

2.2 Konsep Generasi Muda

Batasan pemuda/generasi Muda berdasarkan usia cenderung memiliki keragamaan. World Health Organization (WHO) mendefinisikan pemuda sebagai seseorang yang berusia antara 10 sampai 24 tahun. Sementara menurut UU Kepemudaan, yang dimaksud dengan pemuda adalah mereka yang berusia antara 18 hingga 35 tahun.

2.3 Contoh Kasus yang Menerlatar belakangi

Pandemi Covid- 19 menyebabkan banyak perubahan sosial dan perubahan ekonomi yang dirasakan oleh masyarakat. Banyak masyarakat yang mulai terjun ke dunia bisnis digital untuk membantu perekonomian masyarakat di masa Pandemi Covid- 19. Salah satu contohnya yaitu Sayurbox. Sayurbox merupakan sebuah platform yang menyediakan bahan segar dan produk sehat berkualitas seperti buah-buahan dan sayuran segar dari para petani dan produsen lokal berkualitas yang didirikan pada tahun 2016 oleh Amanda Susanti (Founder dan CEO Sayurbox) . Amanda Susanti merupakan salah satu contoh generasi muda yang membantu perekonomian masyarakat pasca pandemic Covid- 19. Amanda Susanti, CEO dan Founder Sayurbox masuk daftar Forbes Under 30 pada kategori Industry, Manucfacturing & Energy 2019. Sayurbox merupakan platform online dengan mengusung konsep bisnis farm-to-table yang 2 memungkinkan konsumen untuk mendapatkan berbagai bahan segar dan produk berkualitas langsung dari petani dan produsen lokal, dimana para petani tetap mendapatkan harga yang pantas mereka dapatkan. Sayurbox membantu petani dan masyarakat umum terlebih di saat pandemi. Diketahui bahwa Sayurbox mengalami peningkatan permintaan saat PPKM berlangsung.

2.4 Teori Difusi-Inovasi dalam digital media

Teori ini menggambarkan bagaimana, mengapa, dan pada tingkatan apa teknologi baru berkembang dan diadopsi ke dalam berbagai konteks. Teori ini menggarisbawahi adanya 4 (empat) elemen utama yang mempengaruhi berkembangnya media baru yaitu inovasi, saluran komunikasi, waktu dan sistem sosial. Rogers mendefinisikan karakteristik inovasi yang dapat mempengaruhi keputusan seorang individu untuk mengadopsi atau menolak suatu inovasi.

Pendekatan ini menyatakan bahwa tidak hanya pemimpin yang dapat memberikan pengaruh terhadap perilaku khalayak melalui kontak personal, namun terdapat agen-agen perubahan lain dan penjaga pintu gerbang atau gatekeeper yang turut terlibat dalam proses difusi. Pendekatan ini menawarkan kerangka untuk mempertimbangkan bagaimana informasi mengalir melalui suatu jaringan dan faktor-faktor yang membentuk opini melalui pengambilan keputusan penggunaan teknologi.

Metode dan Pembahasan

3.1 Metode Penelitian

Metode yang dilakukan dalam peneitian ini adalah metode kualitatif. Berdasarkan Modul Rancangan Penelitian (2019) yang diterbitkan Ristekdikti, penelitian kualitatif bisa dipahami sebagai prosedur riset yang memanfaatkan data deskriptif, berupa kata-kata tertulis atau lisan dari orang-orang dan pelaku yang dapat diamati. Penelitian kualitatif dilakukan untuk menjelaskan dan menganalisis fenomena, peristiwa, dinamika sosial, sikap kepercayaan, dan persepsi seseorang atau kelompok terhadap sesuatu. Maka, proses penelitian kualitatif dimulai dengan menyusun asumsi dasar dan aturan berpikir yang akan digunakan dalam penelitian. Data yang dikumpulkan dalam riset kemudian ditafsirkan. Kami telah dengan menyebarkan angket digital dalam bentuk gform 6 dengan pertanyaan sebagai berikut :

1. Seberapa besar dampak yang ditimbulkan oleh pandemi Covid- 19 terhadap perekonomian Indonesia?
2. Seberapa besar pengaruh era digital dalam berisnis pada masa industry 4.0?
3. Menurut anda, apakah pemuda memiliki peran besar untuk memulihkan perekonomian pasca covid- 19?
4. Menurut anda, upaya apa yang bisa dilakukan pemuda untuk membantu memulihkan perekonomian pasca covid- 19?
5. Media apa yang digunakan pemuda dalam membantu memulihkan ekonomi pasca covid- 19?

3.2 Pembahasan

- **Tanggapan Responden mengenai Dampak yang ditimbulkan oleh pandemi Covid-19.**

Dari 15 responden, mereka beranggapan bahwa Pandemi Covid- 19 berdampak cukup besar dan buruk pada perekonomian Indonesia karena beberapa kebijakan pemerintah untuk menekan penyebaran virus Covid- 19.Terlihat dari banyak sektor perekonomian yang turun , seperti banyak perusahaan atau toko yang mengalami kerugian yang mengakibatkan pemutusan Hubungan Kerja besar-besaran, sehingga banyak masyarakat yang tidak memiliki pekerjaan untuk menghidupi kehidupan mereka.

- **Tanggapan Responden mengenai Peran Media Digital 4.0 pada Masa Pandemi Covid-19.**

Responden beranggapan bahwa media massa atau media digital dimasa pandemi COVID 19 telah menimbulkan dampak di kehidupan bermasyarakat . Dampak tersebut tentunya memberikan pengaruh positif dalam membantu menyebarkan informasi perkembangan Covid 19 di Indonesia maupun kegiatan yang menjadi akibat dari pandemi ini (work from home). Dengan adanya Pandemi Covid 19 ini, memaksa kita untuk melakukan segala sesuatunya dari rumah. Hal itu bertujuan untuk mengurangi persebaran Covid 19 di Indonesia.

Media digital juga membantu dalam bidang perekonomian masyarakat di masa pandemic dan pasca pandemi. Media digital seperti media sosial memudahkan masyarakat dalam berbisnis dan membuka usaha sewaktu pandemi. Media

digital juga membantu masyarakat dalam mempromosikan usaha atau bisnis, serta memudahkan konsumen untuk membeli produk yang ditawarkan. Dengan media digital, semua dapat dilakukan daring. Contoh besarnya adalah dompet digital seperti ovo, gopay, dana yang memudahkan dalam pembayaran.

- **Tanggapan Responden mengenai seberapa besar peran generasi muda dalam memulihkan perekonomian pasca covid-19.**

Dari 15 responden, semua setuju bahwa peran generasi muda dalam membantu memulihkan perekonomian pasca pandemic Covid- 19 sangatlah besar. Generasi muda dapat memanfaatkan sumber daya yang ada disekitarnya untuk membantu memulihkan perekonomian pasca Covid- 19. Generasi muda cenderung menggunakan media sosial dan berbagai industry kreatif 4.0 lainnya dalam membantu memulihkan perekonomian pasca Covid- 19.

- **Tanggapan Responden mengenai upaya yang bisa dilakukan generasi muda untuk membantu memulihkan ekonomi pasca Covid-19**

Beberapa responden, beranggapan bahwa kampanye ini bisa berupa kampanye kecil yang dilakukan secara rutin, maupun kampanye besar yang melibatkan pihak seperti influencer atau tokoh daerah untuk ikut meramaikan kampanye. Dalam sektor ekonomi, hal paling mudah yang dapat kita lakukan sebagai masyarakat muda adalah ikut membantu sesame yang membutuhkan. Bantuan ini bisa berupa bahan bantuan pokok (makanan, sembako, dll) maupun bantuan lewat platform galang dana. Bantuan ini terutama ditujukan untuk mereka yang kehilangan pekerjaan maupun yang mengalami penurunan pendapatan selama pandemi.

Beberapa responden juga beranggapan bahwa memulai bisnis UMKM kreatif juga dapat membantu pemulihan ekonomi pasca Covid- 19 karena dapat menciptakan lapangan kerja baru, dan menciptakan rantai produksi baru yang membantu beberapa masyarakat menengah kebawah. Responden lainnya beranggapan bahwa peran atau upaya generasi muda memba ntu memulihkan ekonomi pasca covid- 19 adalah dengan memasarkan dan membantu mempromosikan usaha umkm dengan membeli barang/jasa tersebut dan dipromosikan di sosial media atau media digital lainnya. Hal ini didukung karena Generasi muda merupakan generasi milenial yang memiliki pemikiran modern serta ide-ide kreatif.

- **Tanggapan Responden mengenai media digital yang digunakan generasi muda untuk membantu memulihkan ekonomi pasca Covid-19**

Responden beranggapan bahwa platform media digital yang paling sering digunakan untuk memenuhi ekonomi generasi muda adalah Instagram, Youtube, Tiktok, dompet digital dan berbagai macam e-commerce. Hal ini diketahui karena media digital tersebut menghasilkan pendapatan yang cukup efektif dan baik untuk membantu memulihkan perekonomian masyarakat . Platform media digital seperti TikTok dan Instagram membantu dalam memasarkan dan mempromosikan suatu produk. Platform e-commerce membantu menyediakan wadah jual-beli yang mudah dan efisien. Platform media digital membantu para selebgram, youtuber, dan pedagang online di e-commerce yang memiliki pendapatan yang cukup baik di media digital tersebut. Selebgram mendapatkan uang dari endorse suatu barang, youtuber

mendapatkan uang dari subscriber, viewers, dan respon masyarakat mengenai video videonya, dan pedangan e- commerce mendapatkan uang dari hasil jualan online.

Kesimpulan

Dari penelitian yang kami lakukan, terbukti bahwa generasi muda memiliki peran yang besar dan cukup penting dalam memulihkan ekonomi pasca pandemic Covid- 19. Salah satu bentuk upaya yang generasi muda lakukan sebagai upaya recovery adalah dengan membantu memutus rantai persebaran virus. Sebagai generasi muda yang kreatif, generasi muda memiliki cara-cara unik dan kreatif untuk mengajak banyak orang untuk membantu memulihkan ekonomi pasca pandemic covid- 19. Platform media digital yang paling sring digunakan oleh generasi muda dalam membantu dalam memulihkan ekonomi pasca covid- 19 anatara lain seperti Tiktok, Youtube, Instagram, dan e-commerce lainnya. Platform media digital terbukti lebih efektif dan efisien dalam membantu perekonomian masyarakat. Upaya yang dilakukan generasi muda antara lain dengan penggalangan dana, membuka bisnis di tengah pandemi, mempromosikan dan membeli produk UMKM, atau berinovasi dengan menciptakan hal baru yang bermanfaat untuk masyarakat . Dengan begitu, banyak lapangan pekerjaan baru yang tercipta karena adanya rantai produksi.

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88 Challenges Facing Youth：Self-Harm Behavior Among Teenagers In Bandung

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Abstract

In recent years, self-harm behavior increasing among adolescents, the most common self-harm is injuring the arm by using a sharp object. Self-harm behavior is a way to overcome the problem of the perpetrator. The main purpose of this research is to find out the description of self-harm behavior, namely the form of behavior, the causative factors, and how to prevent self-harm perpetrators. The researcher uses qualitative methods with a study approach case through interviews with three teenagers in Bandung who are known to have done self-harm. Based on the results of a discussion, it was found that the forms of self-harm carried out were injuring hands, punching walls, and forcibly pulling hair. Factors that cause self-harming behaviors include family circumstances, difficult-to-control emotions, and a closed attitude toward challenges. The way to prevent and recover from self-harm behavior is to get closer to the social environment, do positive activities, and consult a psychiatrist.

Keywords: Self-Harm, Self-Injury, Teenagers

Abstrak

Dalam beberapa tahun terakhir, perilaku self-harm semakin meningkat di kalangan remaja, Self-harm yang paling umum terjadi adalah melukai bagian lengan dengan menggunakan benda tajam. Perilaku self-harm ini dijadikan sebagai cara untuk mengatasi masalah pelaku. Tujuan utama dari penelitian ini adalah untuk mengetahui gambaran perilaku self-harm yaitu tentang bentuk perilaku, faktor penyebab, serta cara pencegahan pelaku self-harm. Penelitian menggunakan metode kualitatif dengan pendekatan studi kasus melaui wawancara pada tiga remaja Kota Bandung yang diketahui pernah melakukan self-harm. Berdasarkan hasil pembahasan, ditemukan bentuk self-harm yang dilakukan adalah melukai tangan, menonjok tembok, dan menjambak rambut secara paksa. Faktor penyebab remaja dalam melakukan tindakan self-harm yaitu faktor keluarga, emosi yang sulit dikendalikan, dan sikap tertutup dalam masalah. Cara yang dilakukan untuk mencegah dan pulih dari perilaku self-harm adalah dengan mendekatkan diri dengan lingkungan sosial, melakukan kegiatan positif, dan berkonsultasi dengan psikiater.

Kata Kunci: Self-Harm, Self-Injury, Remaja

Introduction

I.1 Background is an increased risk of mental health problems, suicide, and other negative in (Owens et al., 2016), Self-Harm or Self-impacts, such as low academic performance.

Injury is a serious growing problem, and premature death as a result of risky.

especially among young people. self-injury behavior. While this behavior is associated or self-poisoning intentionally, regardless of an increased risk of suicide,not of the reason or suicidal intent, is everyone who self-harms is suicidal. Self-considered Self-Harm/Self Injury. harm may occur in certain conditions as a way to cope with or manage acute emotional or psychological pain. Given the increasing rate of self-harm globally over the past two decades, self-harm continues to be a public health problem.

According to Klonsky (Gracia Simatupang, 2019), Self-Harm is an action carried out by someone intentionally injuring certain body parts. Knigge (Gracia Simatupang, 2019) mentions forms of Self-Harm that can be occurred by a person because cutting or scratches certain body parts (moderate/superficial self-mutilation), interfering with wound healing, hitting oneself, breaking bones, and punching walls.

According to Hidayati & Muthia (in Rahmadaningtyas & Pratikto, 2020), the desire which hurts adolescents themselves is caused by the loneliness they experience. When someone feels lonely, they tend to hurt themselves. According to (Maidah, 2013), self-injury behavior is an effort to channel negative emotions experienced by someone by hurting their body but not with suicidal intentions only to hurt themselves. Depression, tension, anger, sadness, anxiety, or self-criticism usually accompany self-injury behavior.

Especially during a pandemic that requires us to be at home constantly, over time, we will begin to feel boredom due to monotonous activities. Although current technology is now adequate, it does not rule out the possibility that stress levels will increase. Even while it is easier to combine school activities or lectures online, there are still negative impacts that may be causing us to become anxious, and there is a chance of self-harm (Ramadhania, 2021).

1.2 Questions of the Problems

1. What are the factors that cause adolescents to engage in self-harm behavior?
2. What are the forms of self-harm behavior carried out by teenagers in the city of Bandung?
3. How can teenagers prevent the urge to self-harm?

1.3 Objectives

Objectives of this research are:

1. To find out what are the factors that cause adolescents to engage in self- harm behavior.
2. To find out what forms of self-harm behavior are carried out by teenagers in the city of Bandung.
3. To find out how teenagers can prevent the desire to do self-harm.

Literature Review

2.1 Teenagers

2.1.1 Definition of Teenagers

According to WHO, teenagers are people with an age range of 10- 19 years. Meanwhile, according to the regulation of the Minister of Health of the Republic of Indonesia Number 25 of 2014, teenagers are people with an age range of 10- 18 years. In addition, according to the Population and Family Planning Agency (BKKBN), teenagers are people with an age range of 10-24 years and are unmarried. Teenagers are a period of transition between childhood and adulthood. Teenagers can be grouped into three stages, namely pre-adolescence, early adolescence, and late adolescence (Diananda, 2019).

2.2 Self Harm

2.2.1 Definition of Self Harm

Self-harm is a form of self-injurious behavior that is carried out by people due to complex and complicated problems, painful memories, or circumstances beyond their control, to deal with emotional distress or psychological pain caused by self-harm. torture experienced by people who injure themselves without the intention to commit.

suicide, but can endanger people's lives (Khalifah, 2019). In addition, behaviors that tend to be self-injurious and tend to cope with emotional pain, problems, and stress can lead a person to commit suicidal behavior.

Based on (Pater & Mynatt, 2017), self-harm is a term that is often used to describe various behaviors and activities related to people who inflict pain or physical injury on themselves. Traditionally, the definition of self-harm has focused on an explicit non-suicidal act an act that affects an individual's health, starting with cutting the wrist or directly injuring other body tissues. Behavior that harms oneself and causes harm to the body can be said to be self-harm although not meant to be suicidal, this behavior can take a person's life.

2.2.2 Forms of Self Harm

Research (Soesilo, 2013) shows that cutting or scratching, and burning your skin is the most common form of self-harm. They usually use razors, knives, broken glass, or other sharp tools, even bottle caps or credit cards. The hands and feet are the central targets, also the chest, stomach, thighs, and genitals. Sometimes they write bad words on their skin to express their feelings to themselves.

Based on a study conducted by Nock, Joiner, Gordon, Lloyd-Richardson, & Prinstein, the most common form of behavior is scratching or excessive scratching. Usually, the body parts that are the target of scratching behavior are the arms, wrists, thighs, fingers, and stomach. It is important to note that most of these people may have more than one method or method of self-harm. However, there is a small number of them who chronically engage in this behavior. According to (Soesilo,2013), self-harm perpetrators often experience the urge to hurt themselves, but on the other hand, they also try to restrain it.

According to Whitlock, Eckendorode, Silverman (in Soesilo,2013), forms of self-harm include:

a.Tear the skin
b.Pulling hair brutally.
c.Scratching, pinching, or scratching the skin until it hurts.
d.Hitting things at oneself until the body is bruised or bleeding.
e.Carve words on the surface of the skin using a sharp object
f.Burn the skin with fire, cigarettes, or hot water.

2.2.3 Factors that Cause Self Harm

According to (Khalifah, 2019), several factors can influence the emergence of self-harm behavior, namely, due to negative self-defense due to trauma, psychological and psychological pressure, problems with family, school friends, and problems from within the perpetrator. In addition, self-harm can be caused by the desire to get attention, the desire to join a certain group, and self-control or negative emotions.

The thing that causes self-harm according to Sutton (in Rahmadaningtyas & Pratikto, 2020) is the existence of a problem, namely psychological problems where feelings are in a weak position in reducing emotions and feeling deceived, depressed, also have low self-esteem, lack of self-confidence. or there are obstacles in expressing feelings, feelings of lonelines sand being ignored, stress that occurs in an actor who cannot be tolerated due to the loss of loved ones, wants attention from loved ones, unable to face the realities of life, useless, frustrated and depressed.

Several things that become the background of self-injury behavior according to Martison (in Maidah,2013), namely:

1. Family factors, this is due to a lack of understanding of how to properly channel emotion and the lack of intensity of communication between families.
2. Biochemical influence factors, the perpetrators harbor various problems with the brain's serotonergic system that can lead to impulsive and aggressive behavior.
3. Psychological factors, these factors cause someone doing self-harm have a sense that the emotions they experience flow excessively which can cause feelings of discomfort and are difficult to overcome.
4. Personality factors, in personality problems, are usually introverted/introverted types who can take steps to hurt themselves which has a very negative impact. This self-harm behavior usually depends on the mood of the perpetrator. There is also the emergence of self-harm in oneself due to low self-esteem, a monotonous way of thinking, and difficulty in conveying about the problem or something that is felt.

2.2.4 Characteristics of Self-harm

According to (Khalifah, 2019), based on several previous studies, the characteristics of performing self-harm behavior are as follows.

1. Negative Emotions, emotions themselves are quite specific and intense feelings that are expressed directly either to a person or to an object. Negative emotions are negative feelings, can be in the form of anxiety, insecurity, stress, depression, excessive boredom, and nervousness. Usually, the negative emotions experienced by actors in self-harm tend to be of high intensity compared to other normal individuals (Soesilo, 2013; Klonsky et al, 2011; Whitlock et al, 2007).

2. Emotion Skill, the definition of emotion skill is the ability to control emotion or feeling. Self- harm can be caused by a person's difficulty in controlling emotions and traumatic experiences. Good or bad the ability to control emotions is very influential on the emergence of negative emotions. The difficulties experienced by perpetrators can make them confused in understanding their emotions. (Soesilo, 2013; Klonsky et al, 2011; Muehlamkamp et al,2013).

3. Self-derogation, self-derogation is a behavior that tends to underestimate oneself unreasonably or unrealistically, laughing at the nature and actions that have been carried out by oneselfunreasonably. This is usually done when a person experiences depression or excessive anxiety. (Soesilo, 2013; VandenBos, 2015).

Research Method

The research method we use is a qualitative method, with a case study approach through interviews with three teenagers who are known to have committed self-harm in the city of Bandung.

Results And Discussion

Based on interviews with the three Bandung teenagers who have done self-harming, they stated that self-harm is a person's way of expressing emotions by hurting oneself intentionally and consciously. According to Klonsky (in (Gracia Simatupang, 2019), self-harm is an act of doing deliberate injuring or damaging certain body parts. it proves that the perpetrator of self-harm consciously knows information about self- harm itself. Additionally, in a third of the interview, the self-harm form that they do is to hurt the hand using a sharp object such as a ruler, needles, or nails, biting the hand up to trace, punching the wall, and grabbing the hair. Based on previous studies, it has been proven that the most common act of self- injury is scratching the skin and the hands and feet being the main targets. (Soesilo, 2013).

The causes of the three interviewees doing self-harm are varied, from family factors, excessive emotions that are difficult to control, and a closed/introverted attitude attached to themselves and the perpetrator. Martinson said (in Maidah, 2013), This is in line with the background of self-injury namely family factors, biochemical influence factors, psychological factors, and personality factors.

Self-harm acts by perpetrators are the way to overcome the problems they have. In other words, self-harm is seen as a way for them to channel their negative emotions. By doing it they tend to feel more relieved. In the interviews that we have conducted, the three sources have not yet recovered from self-harm behavior. However, they often prevent and try to get out of the cycle of self-harm behavior in several ways such as,

doing positive activities that they enjoy, getting closer to supportive people, and consulting with experts.

Conclusion And Recommendations

5.1 Conclusion

Based on the results of the study, it was concluded that the forms of self-harm carried out by teenagers in Bandung City were injuring their hands with sharp objects, punching walls, and forcibly pulling hair. In addition, the causes of adolescents in carrying out self-harm actions are family factors, excessive emotions that are difficult to control, and a closed/introverted attitude attached to the perpetrator. The way they do to prevent and recover from self-harm behavior is to get closer to the social environment, do positive activities, and consult a psychiatrist.

5.2 Recommendations

The things that someone can do to get out of the cycle of self-harm behavior by getting closer to a positive social environment and asking for help from people around so that the behavior can be prevented from getting worse.

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89 The Role of Telkom University Communications Students In The Industrial Era 4.0

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Abstract

In times of a pandemic like now, utilizing industrial technology 4.0 is the right choice to support all activities that are completely limited. The presence of industry 4.0 is certainly very helpful in all aspects of human life where all processes are automatic and digital-based. In its development of course cannot be separated from the role of youth. Youth is an *Agent of Change* who is expected to be able to bring change for the better. Through a qualitative approach and data collection techniques in the form of a questionnaire, this study aims to explain the characteristics that must be developed by communication science students at Telkom University in order to participate in the development of industry 4.0. Based on the research results, Telkom University communication science students have understood the basic definition of industry 4.0 and have taken an active role with the dominant role being the user. The character of communication science students has been qualified to be able to participate in industry 4.0 such as the character of critical thinking, creative, continuing to use technology well, and several other characters.

Keywords: Industry 4.0, Role of Youth in industry 4.0, Character of Youth in the industrial era 4.0.

Introduction

Industry 4.0 is of course familiar to the public. Various aspects of people's lives today are greatly helped by the existence of industrial technology 4.0. The birth of the development of industrial technology 4.0 makes every process work automatically and digitally. The technology affects various fields, including the transportation sector. One of them that is so attached to today's society is ojol or ojek online. Ojek Online is a motorcycle that used technology by using applications on smartphones that allows users to call the services of a motorcycle taxi driver. Not only in terms of being a means of transporting people and/or goods, but it can also be used to buy goods and even order food. With this capability,we don't have to worry if we don't find public transportation when we want to travel or have to cook first when hungry, just through one application, what we need can be fulfilled quickly, practically, and easily.

Then refer to the current world condition, which is a problem in various countries, namely the case of the COVID- 19 pandemic. Industrial technology 4.0 also contributes and plays an important role in facilitating all activities during the pandemic. According to WHO, COVID-19 is an infectious disease caused bytype of coronavirus a newly discovered. This new virus and the disease it cause were unknown before the outbreak began in Wuhan, China, in December 2019. Of course, in a pandemic like this, human

mobility is very limited. In Indonesia, the government has issued a government regulation of the Republic of Indonesia number 21 of 2020 regarding large-scale social restrictions in the context of accelerating the handling of the corona virus disease 2019 (covid- 19). The regulation states that "Large-Scale Social Restrictions in order to suppress the spread of Corona Virus Disease 2019 (Covid- 19) are increasingly widespread. These actions include restrictions on certain activities of residents in an area suspected of being infected with Corona Virus Disease 2019 (Covid- 19) including restrictions on the movement of people and/or goods for a particular province or district/city to prevent the spread of Corona Virus Disease 2019 (Covid- 19). These restrictions are at least carried out through school and work holidays, restrictions on religious activities, and/or restrictions on activities in public places or facilities". Based on these regulations, it can be underlined that all activities such as school, work, religious activities must be limited or carried out in their respective homes. With all these limitations, utilizing technology 4.0 is the right choice to support all activities during the pandemic.

An example of the application of industrial technology 4.0 during a pandemic is Covid-19 surveillance. According to the World Health Organization (WHO) in the Decree of the Minister of Health of the Republic of Indonesia No. 1116 of 2003, surveillance is the process of collecting, processing, analyzing, interpreting data systematically and continuously and disseminating information to units that need it as a consideration in making decisions or policies. In addition to the health sector, industrial technology 4.0 has also spread to the education sector during this pandemic by implementing the Learning Management System (LMS). Learning management system (LMS) or also known as Virtual Learning Environment (VLE) is a learning management that has a function to provide material, support collaboration, assess student performance, record student data, and produce reports that are useful for maximizing the effectiveness of the learning process. a lesson (Heroza et al., 2020).

The development of industrial technology 4.0 can be realized of course with the dedication and innovation of extraordinary figures. In its development, young figures have an important role. As the nickname for youth, namely Agent of Change and the expression of our Proclaimer, Mr. Ir. Soekarno, "Give me 1000 parents, I will surely pull Semeru from its roots. Give me one young man, I will shake the world." Both of these things show that youth are people who can make big changes. The younger generation has creative and innovative thinking that is able to make a movement in a better direction. Therefore, the younger generation has an important role for the industrial revolution 4.0 where innovation and creativity are able to create better changes.

Departing from the understanding above, the researcher wants to dig deeper and provide information about The Role of Telkom University Communication Studies Students in the Industrial Era 4.0.

Formulation of the problem

1. What do Telkom University communication science students think about industry 4.0?

2. What is the role of Telkom University communication science students in the development of industry 4.0?
3. What are the characters that must be built by Telkom University communication science students in order to participate in the development of industry 4.0?

C. Problem Goal

1. Explaining the opinion of Telkom University communication science students regarding industry 4.0
2. Explaining the role of Telkom University communication science students in the development of industry 4.0
3. Explains the character that must be built by communication science students at Telkom University in order to participate in the development of industry 4.0.

Research Method

A. Type of Writing

In this paper, the researcher uses this type of qualitative research. Qualitative research emphasizes its analysis on the process of deductive and inductive inference and analysis of the dynamics of the relationship between observed phenomena using scientific logic. This does not mean that the qualitative approach does not at all use quantitative data support, but the emphasis is not on testing hypotheses but on trying to answer research questions through formal and argumentative ways of thinking. According to Rachmat Kriyantono, the purpose of qualitative research is to explain phenomena that occur in society in depth by collecting in-depth and complete data. This shows that data collection is very important in this study.

B. Data source

According to (Zuldafrial, 2012), the data source is the subject from which the data can be obtained. There are two kinds of data sources, namely primary data sources and secondary data sources.

Primary data sources are data sources obtained directly by researchers. While secondary data sources are data sources that are not obtained directly by researchers, usually these data sources are obtained from other parties.

In this paper, the researcher uses both kinds of data sources. Primary data comes from the respondents' answers to the questionnaires that the researchers previously distributed. Meanwhile, secondary data comes from scientific journals and articles.

C. Data collection technique

The data collection technique used by the researcher is a questionnaire (questionnaire). This method is done by giving questions or written statements to a number of respondents who are sampled in a study. Based on the nature of the questions, the questionnaire is divided into two types:

- Open Questionnaireopen

In thequestionnaire respondents were given the freedom to answer the questionnaire.

● Closed Questionnaire

On the other hand, a closed questionnaire has provided answer options to choose from according to the respondent's condition.

In writing this work, the researcher used two types of questionnaires, namely open questionnaires and closed questionnaires.

Research Results And Discussion

A. Understanding Industry 4.0

Industry 4.0 has become human daily consumption where this industrial revolution brings convenience that can help every human work become more practical, fast, and efficient. Especially during a pandemic like now, industrial technology 4.0 is the right support to break through limitations so that all activities can still run even though they have to be from home such as teaching and learning processes, shopping, worship, and interacting with others.

According to (Fonna, 2019), the definition of industry 4.0 is as follows.

The term "Industrial Revolution" was introduced by Friedrich Engels and Louis-Auguste Blanqui in the mid- 19th century. This industrial revolution is also running from time to time. This last decade can be called entering the fourth phase 4.0. The change from phase to phase gives an articulate difference in terms of usability. The first phase(1.0) revolves around the invention of a machine that emphasizes (stressing) the mechanization of production. The second phase (2.0) has moved on to the mass production stage which is integrated with quality control and standardization. The third phase (3.0) enters the stage of mass uniformity which is based on computerized integration. The fourth phase (4.0) has brought the digitization and automation of the internet blending with manufacturing (p. 9-10).

He also added that, "This revolution is marked by technological advances in various fields, especially artificial intelligence, robotics, blockchain, nanotechnology, quantum computers, biotechnology, Internet of Things, 3D printing, and unmanned vehicles" (Fonna, 2019, p. 11).

Based on the results of our research, 35% of respondents think that the existence of industry 4.0 makes it easier and helps work to be faster, easier, and more efficient, which of course is very influential for life, 25% of respondents think that industry 4.0 is an advancement in the field of technology one of which is marked by combining information and communication technology, 14% of respondents think that industry4.0 is a development of digitalization-based technology such as computers and the internet, 12% of respondents think that industry 4.0 is a technological change, 8% of respondents think that industry 4.0 is a technological development who adhere to an automation system, and 6% of respondents think that they must be able to adapt to the good progress of industry 4.0. (The Role of Telkom University Communication Studies Students in the Industrial Era4.0, 2021).

Based on this data, the researcher concludes that communication science students at Telkom University have understood the basic definition of industry 4.0 in which the arguments of the respondents are the same as the definition of industry 4.0 stated in (Fonna, 2019) and have used and utilized industrial 4.0 technology in everyday life day.

B. The Role of Youth in the Industrial ERO4.0

The slogan is Agent of Change so attached to the figure of youth. The slogan is not just a label, but it is hoped that there will be real action from young people who can bring change for the better. Students are part of youth. It has become his work for students to become an important instrument in implementing the Tri Dharma of Higher Education, namely as teachers and educators, research and development, as well as contributing to community service (Harahap,2019). Based on this, it is appropriate for students to play an active role and contribute to the development of industry 4.0.

The results of our research show that all communication science students at Telkom University have played a role in the industrial era 4.0. The respondent's statement is further strengthened by the results of a survey regarding the use of industrial 4.0 technology what type of respondents often use, 100% of respondents stated that they often use industrial 4.0 technology in the type of Big Data such as the internet, smartphones, social media, etc. 59. 1% of respondents stated that they often use industrial 4.0 technology in the type of Augmented Reality such as Instagram filters, games, navigation features on google maps, etc. 50% of respondents stated that they often use industrial 4.0 technology in the type of Artificial Intelligence such as Siri, virtual reality, applications ojol, etc. 13.6% of respondents stated that they often use industrial 4.0 technology in the type of Internet of Things such as Jakarta cards, smart bikes, smart homes, etc. Then 95.5% of respondents answered that they had played a role in the industrial era 4.0 as users and 4.5% of respondents answered that they had acted as inventors (The Role of Telkom University Communication Studies Students in the Industrial Era 4.0, 2021).

The researcher also conducted an in-depth survey of respondents and asked respondents to describe their role in industry 4.0. 40% of respondents stated that they had acted as users who enjoyed industrial technology 4.0, 28% of respondents stated that they had acted as users who knew the development of industry 4.0, 24% of respondents stated that they had acted as users who often used industrial technology 4.0 in their daily lives, 4% of respondents stated that they had acting as a user who is able to recognize the environment beyond the scope, 4% of respondents stated that they had acted as inventors with their findings, namely the FILY application which is currently being developed by UNICEF Indonesia (The Role of Telkom University Communication Studies Students in the Industrial Era 4.0, 2021).

Then the researcher asked respondents to express their opinion about what role youth should play in order to participate in industry 4.0. 86.4% of respondents stated that the role of youth in the industrial era 4.0 was as developers, 77.3% of respondents stated that the role of youth in the industrial era 4.0 was as inventors, and 63.6% of respondents stated that the role of youth in the industrial era 4.0 was as users (Role of Telkom University Communication Science Students in the Industrial Era4.0, 2021).

Based on these data, the researchers concluded that Telkom University communication science students as part of the youth have taken an active role in industry 4.0. The dominant role among students of communication science at Telkom University is as a user. Then for the role that should exist in youth so that they can participate in industry 4.0 according to communication science students at Telkom University, it is the role of a developer.

C. Characters that Must be Developed to Participate in the Industrial Age 4.0

Launching from itb.ac.id, Dean of the Faculty of Psychology, University of Mercu Buana, Muhammad Iqbal, M.Sc. Ph.D. in the Studium Generale KU-4078 of the Bandung Institute of Technology, Wednesday (12/2/2020) in the West Hall of ITB. He said that “The digital era is not a matter of being ready or not, nor is it an option, but a consequence. Technology will continue to move like ocean currents that continue to run in the midst of human life. So, there is no other choice but to master and control technology properly and correctly in order to provide the maximum benefit." He highlighted that the presence of technology in today's era is like a double- edged sword. negative things. One of the negative impacts is to make people anti-social. Then he explained, President Soekarno once said that this nation must be built by prioritizing character development. If this is not done, the Indonesian nation will become a coolie nation. "Character strengthening is very important for this nation. Character itself, if interpreted is character or inner nature that affects all thoughts, and character. He also added that in this 4.0 industrial revolution,needed skills are certain. According to the World Economic Forum to be able to face changes in 2020 and so on, mainly because of the industry 4.0. These skills include complex problem solving, critical thinking, creativity,human management, coordinating with others, emotional intelligence, judgment and decision making, service orientation, negotiation, and cognitive flexibility.

Based on the results of our research regarding the character that must be built in order to play an active role in industry 4.0, 26% of respondents stated that critical thinking is a character that must be built such as being critical in making decisions, having high curiosity, and analytical skills. 22% of respondents stated that using industrial 4.0 technology properly is a character that must be built such as being responsible and wise in using technology according to needs. 12% of respondents stated that continuously updating knowledge and technology skills is a character that must be built. 10% of respondents stated that continuously improving their potential and continuing to develop is a character that must be built. 10% of respondents stated that creativity is a character that must be built such as trying new things and trying to be the inventor of something new. 7% of respondents stated that being selective is a characteristic that must be built such as knowing the positive and negative impacts in order to be more careful. 7% of respondents stated that being a consistent user is a character that must be built. 6% ofrespondents stated that working together, thinking clearly, and being able to manage humans are characters that must be built (The Role of Telkom University Communication Studies Students in the Industrial Era4.0, 2021).

When viewed based on the results of the research survey, respondents who are students of communication science at Telkom University already have a character that is qualified to be able to play an active role in industry 4.0. As stated by the Dean of the Faculty of Psychology, University of Mercu Buana, Muhammad Iqbal, M.Sc. Ph.D, that technology will continue to move, so there is no better choice than to master and control technology well. This expression is in line with the respondent's statement that being a user and continuously updating knowledge and technology skills is a characteristic that must be built. Then he also explained that this technology is like a double-edged sword, on the one hand it has good benefits, but on the other hand it has negative impacts. This is also in line with the respondent's statement that being selective and making good use of technology is a character that must be built. He also revealed that in this industrial revolution era, it is necessary to form skills certain to deal with change, namely complex problem solving, critical thinking, creativity, human management, coordinating with others, emotional intelligence, judgment and decision making, service orientation, negotiation, and flexibility. cognitive. This expression is in line with the respondent's statement who said that critical thinking, creative, collaborative, human management, and clear thinking are characters that must be built in order to continue to play an active role in Industry 4.0.

Conclusion

Based on this study, researchers can draw the conclusion that Telkom University communication science students as part of the youth have played an active role in industry 4.0. However, this role is still dominated by users who only enjoy industrial 4.0 technology. Therefore, as youth who have an important role in the development of industry 4.0, they must always be more sensitive and aware of technological developments and contribute ideas and innovations so that they can act as developers and inventors.

In addition, to be able to continue to play an active role in the industrial era 4.0, it is necessary to build good and strong character so that the technology can provide good benefits, not lead to things that have a negative impact.

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90 Youth Learning And Education Youth Movement During The Pandemic To Create A Mental Health Educational Platform Called Zillenial Care

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Abstract

The COVID-19 pandemic has changed the conditions that affect the mental health of the younger generation. One of the causes is the adolescent phase, which includes a transition phase that makes them more prone to mental disorders. Therefore, mental health education is needed among the younger generations to further increase awareness of the importance of good mental health. Consciousness is born and creates a movement that is started by youth. This study looks in detail at the movement that was developed by a group of young people in the form of a mental health-based platform called Zillenial Care. After collecting the data using the qualitative method and analyzed it, initiators undertook Zillenial Care during a pandemic because of a strong desire to make changes in mental health that would be beneficial to young people. Initiators use social media to transmit information in the form of interactive content.
Keywords — Youth, Zillenial Care, Mental Health, Education

Introduction

1.1 Background

According to the results of the population census in 2020, when classified by generation, Indonesia's population is dominated by Generation Z and Millennial Generation, reaching 75.49 million people and 69.90 million people with percentages of 27.94% and 25.87% of the population in Indonesia respectively (Setkab, 2021). The data proves that most of Indonesia’s population is young people.

Basically, the younger generation was born in the digital age or also referred to as digital natives. The challenge of the younger generation as digital natives, they must be able to take advantage of technological advances amid current conditions that tend to experience dynamics. Changes experienced by the younger generation, one of them in the field of education during the pandemic, such as the example of the transformation of learning from offline to online create instability that impacts the mental health of the younger generation.

In general, the adolescent phase is a transition period in which adolescents or young people tend to be more susceptible to mental disorders. This phase is also a point of cognitive, social, and emotional transition. Young people, especially adolescents, have different cognitive approaches to social decision-making than

adults (Blakemore and Choudhury, 2006). Social relationships and identities rank higher among adolescents, and high levels of loneliness are reported in youth (Matthews et al. 2019). Loneliness in young people, regardless of other risk factors, is associated with several negative health behaviors and indicators of poor mental health (Matthews et al. 2019). In this context, young people may be more affected by the negative psychosocial consequences of "confinement" and social distance than adults. The younger generation may also have difficulty coping with the current crisis, as their coping skills are not on par with full adulthood, as coping skills are skills acquired during development (Fields and Prinz, 1997).

Therefore, mental health education is needed for the younger generation. Mental health can be defined as an attempt to minimize the presence of symptoms of mental disorders (neuroses) and symptoms of mental illness (psychoses). Meanwhile, mental education can be interpreted as an effort to provide understanding to individuals to be able to overcome the problems they face. This mental education aims to raise awareness of youth about the importance of mental health in everyone to achieve good mental health. This mental education is expected to have a positive effect on the younger generation, especially in the pandemic era as it is today.

The importance of mental health education among youth in Indonesia gives rise toa movement from youth who also want to help people around them to take good steps for their mental health. Along with modernization, young people are developing technology-based innovations. They use internet technology for education whose context is mental health education. During this pandemic, it was difficult for the initiators to reach youth out there, therefore, they used social media as an educational platform.

1.2 Problem Formula

1. How do youth use pandemic times to develop a platform engaged in mental health education?
2. Why is mental health education so important and necessary among youth in Indonesia?
3. Why is the role of youth so necessary in shaping a movement to change young people's mindsets about mental health?

1.3 Intent & Purpose

1. To find out how youth can use the pandemic period to develop a platform engaged in mental health education.
2. To find out why mental health education is very important and needed among youth in Indonesia.
3. To find out why the role of youth is needed in forming a movement that can change young people's mindset about mental health.

Library Review

A. Definition of Youth

The United Nations defines "youth" for statistical purposes as people between the ages of 15–24, without prejudice to definitions in other member states. The definition of youth may change with circumstances, in particular changes in demographic, financial, economic, and socio-cultural environments.

According to Merriam Webster, youth can be defined as the transition period between childhood and adulthood and is the initial period of existence, growth, and development.

B. Definition of Education

Merriam Webster says that education is the knowledge and development that results from the educational process.

Meanwhile, according to Britannica, education is the process of imparting or acquiring general knowledge, developing the power of reasoning and judgment, and generally preparing yourself or others intellectually for mature life.

Definition of Mental Health

The World Health Organization in 2001, stated that mental health is a condition of the welfare of the individual, in which there are abilities to manage the stress of a reasonable life, to work productively and produce, and play a role in his community (Dewi, 2012).

According to health expert Merriam Webster, mental health is a good emotional and psychological state, where individuals can utilize cognition and emotional abilities, function in their communities, and meet their daily needs.

Mental health is a harmony in life that is realized between the functions of the soul, the ability to face the problems faced, and able to feel happiness, and the ability to envy positively (Daradjat, 1988).

Research Methods

The method used to collect data is a qualitative method by conducting interview- based surveys to the founder and initiators of the called Zillenial Care. The survey results that have been obtained are then analyzed using descriptive methods.

Results And Discussions

4.1 Background of Zillenial Care

The COVID- 19 pandemic has had a huge impact, especially on the younger generation. According to Deloitte’s 2020 Global Millennial Survey, more than 70% of Millennials and Generation Z say pandemics have inspired them to take positive action and are determined to make a positive impact on society (Antoni, 2020). The younger generation has a role as agents of change, which means being central

to the nation's progress. Furthermore, the younger generation acts as development agents and modernization agents. One of the concrete pieces of evidence of the younger generation becoming agents of change is the establishment of a platform called Zillenial Care which is associated with a group of students engaged in education by bringing themes around mental health. Zillenial Care was formed at the beginning of the pandemic and the platform uses social media as a key platform for sharing mental health education.

After conducting interviews with the founder and initiators of the Zillenial Care platform, we learned that the platform stands based on the founder's personal experience of mental health disorders and a strong desire to initiate a movement amid a pandemic from its initiators. The empathy that arises makes them move to create a change so that other youth can be educated if experiencing mental health disorders.

4.2 Vision, Mission & Purpose

Zillenial Care platform stands with a vision is to create a mentally healthy Indonesia by spreading awareness to youth and children throughout generation and with a mission to connect and grow inside to outside with a healthy mental (Mardiyah, 2020). The founder and the initiators mentioned the purpose of the establishment of this platform, among others:

1. Creating work programs that can help young people to be more sensitive to mental health and can be a place to express their complaints about mental health.
2. Make moves in building mental health through social media content, online campaigns, and communities.
3. Helping young people to manage mental health early on
4. Assist the younger generation in finding the meaning to stay alive and encourage change for many people.
5. Actively collaborate among youth in Indonesia in preparing a better future for the next generation in the field of mental health.
6. Assist and provide support to mental health survivors in access to knowledge and information about mental health.

4.3 Interactive Content-Based Mental Health Education Analysis

The founder and the initiators run this educational platform amid a pandemic, so they take advantage of digital platforms that exist and are often accessed by the younger generation, namely Instagram and TikTok. This is evidenced by a survey from the Indonesian Internet Service Providers Association (APJII) in 2019-2020 which stated that the penetration of internet users in Indonesia is dominated by the age group of 15- 19 years (91%), followed by the age group of 20-24 years (88.5%). The average user accesses the internet to open social media (51.5%) and communicate (32.9%) (Milana, 2021). The initiators use Instagram and TikTok to share education in the form of content that is interactive and relevant to the lives

of the younger generation. These contents are created with visuals that are as interesting as possible but still contain educative information, to make it easier for youth to understand.

Interactive content presented by the platform Zillenial Care is divided into 4 categories, the first category is Helping content, the second category is Community Building content, the third category is Entertaining content, and the fourth category is Selling content. The initiators initiate that each content category has different purposes and functions. Helping Content is content that is helpful to the audience by providing all information or knowledge about mental health. This content has several types, including:

1. Ruang Cerita

Ruang Cerita is a weekly piece of content on Zillenial Care Instagram podcast. Ruang Cerita will come in the form of episodes that will be posted weekly.

2. ZiCare Series

ZiCare series is an educational content collection published on Instagram feeds Zillenial Care.

ZiCare Reminder

This content aims to provide reminders for youth to be more aware of mental health.

Community Building content is content that can increase engagement and build a branding of Zillenial Care. Through this content, it is expected that young people can know the existence of Zillenial Care and this platform can be better known by the wider community. Community Building content is an introductory video by the founder and co-founder, a team recognition poster, and an Instagram live broadcast held once a month. Furthermore, Entertaining content is content that can attract or entertain the audience by providing something relevant to everyday life. This content is in the form of short movies, Tiktok, Instagram Reels videos, and others. Then Selling content is content that aims to make a profit and sell or promote sponsors or media partners.

4.4 Work Programs

In addition, to the four categories of content mentioned earlier, the initiators also plan programs that are reachable and can have a direct impact on the younger generation in increasing awareness of the importance of mental health. These programs are expected to involve other youth in collaborating with Zillenial Care. The planned programs include Mental Health Training, Devotion in Junior and High Schools, Mental Health Youth Conference, and Peer Counseling.

The Mental Health Training program aims to increase the awareness of youth, especially students throughout Indonesia, and to train the development of mental problems at hand. This activity will present professional speakers in the field of mental health that will be carried out offline and online. Furthermore, The Mental

Health Training program is carried out as a form of youth empowerment to grow and as a debriefing of Devotion in Junior and High Schools program.

The next program is Devotion in Junior and High Schools that is carried out for seven days to help educators overcome the mental health problems of students. This activity will be done by opening open volunteers for prospective inspirational counselors who will later be parachuted into several built schools. The purpose of Devotion in Junior and High Schools is to increase the awareness of learners by putting forward mental health values through the learning process in school.

Then, the Mental Health Youth Conference (MHYC) program is planned to be the largest youth conference program in West Java, Indonesia. The conference will invite 27 district and city representatives as the best youth delegates throughout West Java who meet on online platforms. MHYC will be a place to convey aspirations and discussions on the issue of mental health disorders that occur in youth to collaborate to realize better mental health and born and inner champions. MHYC invites regional officials and collaborates with various communities and mental health platforms. District and City representatives are selected through special selection, by making a campaign that describes the mental health condition of youth in their area. There will be an award for the best representatives who initiate in helping to address regional mental health issues.

The last planned program is Peer Counseling with the aim of being a consulting service in helping youth who want to tell their stories. This activity is carried out by peers who are certified in dealing with existing problems where we are able to listen, sympathize, and offer solutions to a problem that is being faced by an individual. Peer counseling can be done by two methods using digital platforms such as chat applications or face-to-face. The reason initiators create peer counseling programs is because peer groups will allow individuals to interact, get along and provide encouragement and motivation to other peers emotionally. The presence of peer groups can have a direct psychological influence on mental health conditions.

Through educational content and programs planned by the founder and the initiators of the Zillenial Care platform, it is expected that the information conveyed by youth who are the same age is acceptable and they understand better because the trust arising from peers is one of the keys to someone being able to communicate well. Within this trust can create comfort that is felt when sharing stories with peers. This is because most friends who are the same age, have more or less the same problem.

Closing

A. Conclusion

As the agents of change, youth have a role to initiate a movement that can benefit the surrounding environment, even greater impact can change other generations to be more advanced in a better direction. The real evidence that concerns us in making this study is a group of youth who created a mental health education platform called Zillenial Care to spread awareness to fellow young

people to better understand and understand the importance of mental health. Zillenial Care platform is present during the pandemic, so the initiators of this platform use social media technology as their platform to spread mental health education. There are challenges that must be faced by initiators in running Zillenial Care platform, that is the limited opportunity to conduct offline programs. However, these challenges do not prevent them from providing education to the younger generation. The initiators create interactive content that is presented in various forms, ranging from posters, entertainment videos, podcasts, and others. Moreover, the initiators also create other programs that hope to help the younger generation in getting an education about mental health.

B. Suggestion

Zillenial Care platform becomes an important service as a forum for Indonesian youth for their mental health needs. Further introduction about this platform to Indonesian youth, especially in the corners of the country that are still lying about the importance of mental health education, especially during this pandemic that needs containers and services Zillenial Care.

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91 Cyberbullying Among Youth: A More Terrifying Epidemic than Covid-19

Kah Huey Lai, Jia Ching Lee, Khang Jie Lee, Jia Long Lee

Abstract

Since the outbreak of Covid- 19, people have focused their attention on this epidemic due to its infectiousness, fatality rate, sequelae, and so on. However, the Covid- 19 outbreak also indirectly contributed to another more terrifying epidemic, which is cyberbullying, especially among youth. Due to the significance of the consequences of Covid- 19, people have ignored the threat of cyberbullying to society. However, cyberbullying has become one of the main reasons people commit suicide which can't be taken lightly. This paper will mainly discuss how cyberbullying will affect the victims, prompting them to choose to end his life to get relief. In this paper, there are four aspects of cyberbullying's effects on victims which were physical effect, mental effect, emotional effect, and behavioral effect. These four effects are closely related to affecting the victims and eventually destroying them. Therefore, cyberbullying can be a more terrifying epidemic compared with Covid- 19.

Keywords: Covid- 19, Cyberbullying, Epidemic, Youth, Commit Suicide, Effects

Introduction

According to an Ipsos International poll of adults conducted in 28 countries, the number of parents whose children have been victims of cyberbullying is on the rise. From March 23 to April 6, 2018, a total of 20,793 interviews were conducted with persons aged 18 to 64 from Canada and the United States, as well as adults aged 16 to 64 from other countries. Malaysia ranks sixth among 28 nations in this global poll, with 23 percent of parents reporting that their child is subjected to cyberbullying. Malaysia placed over last place among the other countries, trailing India, Brazil, the United States, Belgium, and South Africa (Cook, 2021).

According to the global questionnaire, 7% of respondents claim their children are regularly targeted by cyberbullies, 8% say they are targeted 'sometimes,' and another 8% say they are targeted just 'one or twice'(Xiang, 2020). As we can see, a child who has been subjected to cyberbullying regularly might suffer many injuries and even commit suicide. Furthermore, the findings of this global survey coincide with those of UNICEF research, which revealed that 3/10, or nearly 28%, of young Malaysians, have been victims of cyberbullying.

“Cyberbullying” is defined as the use of information and communication technologies to enable deliberate, repeated, and aggressive behavior by an individual or group with the intent to damage others, according to Belsey (2005). How does cyberbullying take shape? It can take the shape of email, multimedia communications, text messages on cell phones, personal Websites, instant messaging, and online personal sites, among other things. Nowadays, young people frequently use their

phones to communicate with others via the internet, making it easier for them to deal with cyberbullying.

Human interactions, control, and power are the differences between cyberbullying and bullying. Most bullies want to exert control over others who are "weaker" than them, and they know each other face to face (Belsey 2005). Cyberbullying, on the other hand, uses the internet to carry out personal attacks while remaining anonymous. Cyberbully victims can also send messages to a large audience with incredible speed, and there are no definite facts about the consequences of employing digital technologies on cyberbully victims. Because it's often impossible to catch cyberbullies, they don't have to take responsibility for their actions and hence don't have to worry about getting punished.

According to a study published by the Institut Penyelidikan Pembangunan Belia Malaysia, 1406 people aged 16 to 40 participated in the survey, with most cyberbullying victims being between the ages of 18 and 25. The findings also revealed that females have a higher proclivity to become victims of cyberbullying than males. Aside from that, we've discovered that the most common methods of cyberbullying are mailing pornographic items to victims and using nasty sarcastic language. We can deduce that females are more likely to become victims and that this message causes significant harm to the victim (Lai, Mimi, Lee, Kahirol, Lisa, D'oria, Wilson, n.d.).

In conclusion, cyberbullying has become a severe issue in Malaysia, with a wide range of consequences for victims. We will discuss the effects of cyberbullying on youth to raise awareness about cyberbullying and encourage others to use cyberspace more wisely and intelligently.

Methodology

This report refers to some websites to obtain recent trends in cyberbullying around the world. In addition, the content of the report also draws on some related journals to further understand the various effects of cyberbullying on victims.

Discussion

Effects Of Cyberbullying

The occurrence of cyberbullying can affect victims in many aspects. These can be divided into mental effects, behavioral effects, emotional effects, and physical effects.

Mental Effects

According to 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" (WHO, 2004, p. 12). However, the mental shock caused by cyberbullying on the victims has caused them to lose the above abilities, and instead, they are faced with various problems.

Academic Issues

The victims of cyberbullying from mental effects will be facing the problem of academic issues. It is because the victims of cyberbullying, especially the youth, may lose interest in going to school and some of them may play truant to avoid facing the other cyberbullying because the messages that were circulated online have shamed and humiliated them. As a result, their absenteeism rates are higher than the non-bullied adolescents. During the examination, they cannot perform well because they are under a lot of emotional pressure and find it is difficult to concentrate on their studies. Thus, they will have poor academic results. A study of 365 first-year students at a Malaysian university found that, most of the students who participated in the survey said that cyberbullying had a negative impact on their academic performance, especially their grades (Peled, 2019). Due to the New Straits Times, three out of every ten young Malaysians is a victim of online bullying, which hurts their school and social lives, with the majority of cases occurring through private messaging apps (Pillay, 2017). Not only that, according to a new poll conducted in 30 countries by the United Nations Children's Fund (UNICEF) and the United Nations (UN) Special Representative of the Secretary-General (SRSG) on Violence against Children, one in every five young people has skipped school because of cyberbullying and violence (Bernama, 2019).

Suicidal Behavior

Suicidal behavior is one of the mental effects of cyberbullying. Several studies have looked into the relationship between cyberbullying and adolescent suicidal behavior. These studies have been conducted by students in middle school, high school, college, and university. As an example, Patchin JW and Hinduja S have studied middle school students in the United States to see whether there was a relationship between cyberbullying as a perpetrator or a victim and suicidality. As a result, about 40% of the 2000 middle school students said they would have suicidal thoughts when they were cyberbullied. The study also found that when compared to their peers who were not involved with cyberbullying, both targets and perpetrators of cyberbullying were more likely to think about and attempt suicide. The relationship between cyberbullying and suicidality was intense for the victims of cyberbullying compared to the perpetrator of cyberbullying. Victims of cyberbullying were nearly twice to attempt suicide, while perpetrators were 1.5 times more likely than their peers who were not involved. Moreover, the number of adolescents who have considered or attempted suicide has nearly doubled since 2008 and suicide is now the second biggest cause of death among people aged 10-year-old to 34-year-old (Hinduja & Patchin, 2010). Besides, Klomek et al explored the correlation between cyber victimization, depression, suicidal ideation, and suicide attempts among high school students in the United States (Klomek AB, Marrocco F, Kleinman M, Schonfeld IS, Gould MS, 2008). Cyberbullying victimization was linked to greater melancholy effect and suicide behavior according to their research. Schneider et al. discovered a positive relationship between the victims of cyberbullying and attempted suicide using an even bigger high school sample (Schneider SK, O'Donnell L, Stueve A, Coulter RW, 2012). This

connection has just been discovered among college students. As reported by The Star on 22 May 2020, a 20-year-old female college student was found dead in her family's home in Bukit Tengah. She left a heartfelt note for her loved ones. She became a victim of cyberbullying after a Tik Tok video she and a Nepali colleague shared garnered criticism on Facebook. She apologized to her family members and friends in a handwritten statement, saying she had no other option. She also typed the nickname of a Facebook user, whom she accused of publishing the video on Facebook, at the end of her letter. The president of Malaysia Tamil Kural, David Marshel, teamed up with 20 other activists to form a task force titled "Stop Bullying and Stop Fake Social Media Profiles" to help the family seek justice. It is because cyberbullying has a link to youth suicide. Many cyberbullying victims are hopeless in the face of cyberbullying, so they end their lives as a last resort to stop their suffering.

Behavioural Effects

Cyberbullying will also cause victims to make some abnormal behaviors to relieve the pressure they face on the Internet.

● Abuse Drug, Binge Drinking, and Smoking

Cyberbullied victims may experience the same changes in behavior as adolescents who are bullied in more traditional methods. For instance, they might lose interest in activities and engage in secretive behavior. In severe instances, especially when cyberbullying goes on for a long period, adolescents' behavior might change drastically (Nixon C. L., 2014). The victims of cyberbullying will start to use drugs and alcohol or abuse drugs and binge drinking. According to a 2010 study published in the Journal of Adolescence, 21% of those who were bullied reported drinking, compared to 13% of those who were not bullied. In addition, they were more likely to have been using alcohol in the past 30 days (Peleg-Oren, N., Cardenas, G. A., Comerford, M., & Galea, S., 2012). Research of female college students also has similar findings, indicating that those who reported being cyberbullied "had an increased risk of both depression and problem alcohol use." In fact, in the case of marijuana, Ohio State University researchers came to extremely similar results. In a study involving 74,247 middle school students enrolled in Franklin County, Ohio schools, they discovered that the rate of middle school bullies using marijuana was 11.4%, which was about 7 times higher than the rate of bullies in general who used marijuana at just 1.6%. In particular, 31.7% of high school bullies admitted to using this substance, which was approximately 2.5 times higher than the number of individuals who did not participate in bullying behavior, which was roughly 13.3%.

Moreover, according to the research of the Centers for Disease Control and Prevention (CDC), students may be utilizing cigarette smoking as a method of coping to avoid dealing with the difficulties or concerns that are causing them distress. This health-risk behavior is worth monitoring since it has a negative impact on physical health and is related to other risky behavior, including cyberbullying. The 2012–2013 Youth Smoking Survey, which included 28,843 Canadian adolescents and youth, found that students who were bullied had a higher risk of smoking susceptibility than students who were not bullied (Azagba, S., 2016). Due to these reasons, using real-life graphics

and developmentally appropriate group sessions to educate students about the harmful effects of smoking cigarettes on the body may reduce the risk of students becoming chronic smokers is necessary. Topics to discuss in a group session that is effective encompass the consequence of smoking, motivation, overcoming peer pressure, awareness of the media, and more.

Emotional Effects

Cyberbullying will also cause the victim to have many negative emotions. In the long run, these emotions may cause victims to face emotional breakdowns if they fail to receive counseling and treatment in time.

● Anxiety

Cyberbullying is a significant source of anxiety for teenagers. 32% of youth who have been cyberbullied say they have had at least one stress symptom (Nixon C. L, 2014). Victims of cyberbullying might suffer significantly as a result of the stress it causes in their lives. Along with distress, individuals may experience embarrassment, pain, and even fear for their safety. If cyberbullying is not appropriately addressed, it can result in unpleasant emotional responses and difficulties with psychological adjustment (Ortega et al. 2012). Cyberbullying is detrimental to youth development and is frequently related to a variety of psychological difficulties. Sure, researchers have started to investigate personal resources that aid in responding to peer cyber aggression and are thus defensive (Chen et al., 2017). These individual factors, including emotional intelligence, may help mitigate the potentially detrimental impacts of cyberbullying (Nixon C. L, 2014).

● Vulnerability, Humiliation, and Exhaustion

Online bullying has the appearance of permanence since it occurs in cyberspace. The youth are conscious that it will always be present and cannot be eliminated from any site. The younger people may gain a sense of vulnerability, humiliation, or exhaustion. When cyberbullying occurs, malicious posts, messages, or texts may be spread to many individuals. Thus, youngsters face embarrassment and shame in front of their friends and other known individuals and front of the entire world. This has a detrimental effect on their emotional health and consequently on cyberbullying victims. Cyberbullying involves activities that are intended to degrade and shame an individual. It will undoubtedly degrade the victims and their families. For instance, cyberbullying would include using someone's social media account, such as Facebook, to circulate pornographic movies. As a result, his peers loathed him for misbehaving. Furthermore, the victim's social media pages may be targeted with impunity by internet users, which can be humiliating and insulting. Families who have youngsters who are addicted to pornographic videos will face public humiliation on social media.

● Loneliness

Youngsters who have been the victims of cyberbullying generally avoid social situations in the future. As they know, everyone has seen what they've uploaded to the internet, and they believe that being alone is their only option. In addition to avoiding social interaction with their friends, youngsters ridiculed or bullied online suffer emotional trauma. To make this situation worse, parents can require their youngsters to

hand over their smartphones to them. In this way, the youngsters may become even more isolated, as smartphones are a common way to stay in touch with family and friends. By turning them off, you're cutting them off from the rest of the world, which might make them feel even more alone and isolated. It's typically difficult for those who've been cyberbullied to feel secure. They may think they're helpless and exposed. Youth relationship disturbances are linked to cyber victimization. Cyberbullying victims reported increasing loneliness from their parents and classmates (Brighi et al., 2012) and heightened emotions of isolation and helplessness (Wang J et al., 2011). Not unexpectedly, cyberbullying victims tend to have fewer friendships, more emotional damage, and social connection difficulties (Sourander et al., 2010).

● Anger

Many cyberbullying victims will become angered as a result of their harassment. Studies have shown that the most prevalent emotional response to cyberbullying is anger (Nixon C. L, 2014). Cyberbullying instills a feeling of insecurity and disrespect for others, as well as a carelessness for friendship. Victims of cyberbullying develop resentment toward the perpetrators. When a victim experiences cyberbullying, they will dislike this and take action against the perpetrator. It's also feasible that those who have been bullied online will track out and kill the bully. The relationship between a bully and their victims on social media will also be harmed due to bullying. They'll bully each other in cyberspace. For instance, if A is teasing B on Facebook, then B will respond by knocking back. This event will continue indefinitely until both parties have been pleased. While forgiving a bully is always preferable to seeking revenge, this is frequently easier than it sounds. Because cyberbullying is so ubiquitous, your child may benefit from counseling or therapy that can help them understand how to handle their anger appropriately. According to the research, students between the ages of 11 and 19 (N = 716, 392 females and 324 males) performed the state-trait anger expression inventory-2 child and teenager and a harassment and bullying measure. Cyberbullying results indicated a significant susceptibility for bullies and victims to experience irritation as a personality attribute, as well as potential connections between state anger, cyberbullying, and cyber harassment.

● Helpless

Cyberbullying victims frequently struggle to feel secure. They may feel helpless and unprotected. Generally, these thoughts develop as a result of the online bullying's ability to intrude into their house at any time of day via a computer or cell phone. They no longer have a haven. Furthermore, because cyberbullying is nameless, this understanding may exacerbate anxiety. Generally, young people who are attacked have no idea who is causing them misery. However other cyberbullies target known individuals and have little trouble recognizing themself. Sixty-six percent of female victim’s experience emotions of helplessness as a result of cyberbullying. Cyberbullying does not stop when the ringing bell rings at the close of the school day. All-day and night, it's possible for it to happen. It can occur in messages, social media comments, chatroom communications, edited photographs and videos, and a variety of other digital forms. If the victim is conscious of the bully's identity and chooses to block them on social media, the attacker can simply set up a new account. Alternatively, they

can call, chat, or log in using a friend's account. Today's young people are intelligent and sophisticated in technology. If they are dedicated to cyberbullying, the victim seems to have little recourse.

Physical Effects

Cyberbullying will also harm the victim's body.

● Negative Body Image

When youngsters are faced with cyberbullying, their eating habits may be changed, such as missing meals or engaging in unhealthy eating. They turn to their eating habits as a way to regain some measure of control over their lives, which they perceive to be out of their hands. In cases where bullying has led to mistaken self-perception, these efforts could develop into a comprehensive eating disorder (Marco JH, Tormo-Irun MP. 2018). Anorexia, bulimia, and other eating disorders are multifactorial illnesses. As cyberbullying is indirectly associated with anything from posttraumatic stress disorder (PTSD) to suicide, it's unsurprising that it's also associated with eating disorders, particularly among females. However, studies indicate that bullying may play a role in the development of eating disorders. As a result, adolescents frequently feel unhappy and ashamed when bullied and ridiculed about their weight. This can result in sadness, low self- esteem, and a negative body image. Additionally, they may avoid social situations or abandon their customary interests. As a result, some adolescents will turn to harsh methods and risky activities to maintain a healthy weight. Among some, an eating disorder develops due to their attempt to conform to what they believe is appropriate to others. Thus, when bullies target people based on their size, height, weight, or another characteristic, they are put under more obligation to comply. Moreover, it produces high amounts of concern about their weight. Others experience an eating disorder as a source of control during a moment when bullying makes the whole thing feel out of control. The most common strategies used by bullies are shunning, threatening, spreading gossip, and making fun of their prey. As a result, an eating disorder can empower many people in some aspects. Teasing about one's weight tends to be acceptable in society, which makes things worse. It's a reality that continual criticism of someone's weight and size is widely spread and uncritically regarded. Many youngsters look to their friends for approval, and social media provides them with a quick manner to have it. We know that social media has the capacity to affect teens' body image when they post a photo on Instagram or look at other people's pictures boasting about their "thigh gap" on Tumblr. Some adolescent girls and boys spend many hours perfecting the art of the selfie. Many depend on their self-worth about how many people like their most recent Facebook photo. Sadly, many people are treated to unkind and disparaging comments on social media. Cyberbullying can have a negative impact on teenagers' self-esteem if they are exposed to it.

● Insomnia

Being a victim of cyberbullying might affect a person's sleep pattern. Victims of bullying suffer long-term consequences. When you're depressed, you're likely to have a lot of symptoms like worry, anxiety, and insomnia. Since bullied individuals frequently feel helpless, weak, and unable to protect themselves, bullying can also result

in stress-related disorders, including post-traumatic stress disorder. Individuals who have post-traumatic stress disorder (PTSD) may avoid embarrassing situations, people, or locations to prevent recalling persistent and unwanted memories of the event. Post-traumatic stress disorder (PTSD) is described by experiencing the trauma repetitively, most frequently through nightmares or flashbacks. These traumatic recollections often result in emotional and physical responses (APA, 2013). Sleep disturbances include issues suggestive of clinical insomnia, such as difficulty going asleep, staying asleep, and having sufficient restorative sleep. They affect approximately 25% of young people, with 5– 10% fact diagnostic criteria for sleeplessness. (Johnson, Roth, Schultz, & Breslau 2006) Disorders persist throughout adolescence and are predictive of later-life sleep difficulties life (Dregan & Armstrong 2010). Sleep problems are connected with various indicators of maladaptation, including sadness, worry, interpersonal functioning, satisfaction with life, and bodily health.

Conclusion

The threat posed by the spread of cyberbullying is far greater than the threat posed by Covid- 19 for a society, a country, or even the world. Cyberbullying not only compromises a person physically, but also affects his mind, emotions, and behavior. The chain of these influences can easily break a person, and they will even try to end their lives. It can be seen that cyberbullying can easily destroy a person, especially young people who are still immature, and they are common victims of cyberbullying.

What's more terrifying is that the infectious ability of cyberbully is not weaker than or even surpassed the infectious ability of covid- 19. According to the Journal of Medical Internet Research (2018), there is a close relationship between the victims of cyberbullying and the perpetrators. In other words, victims of cyberbullying are more likely to become the next perpetrators to vent their dissatisfaction. This forms a vicious circle until society, or a country is destroyed by cyberbullying. Therefore, while preventing covid- 19, people should also pay attention to the topic of cyberbullying and customize an effective "vaccine" for this epidemic to save our next generation, especially the young generation.

As the saying goes, a strong country needs the support of a strong group of the young generation. If our young people are affected by cyberbullying, our country will be self-defeating. Therefore, each party has the responsibility to establish a healthy network environment to protect the future pillars of our country and build a strong and prosperous country.

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92 Relationship Between Social Media Usage and Cyberbullying Amongst the Youth Under the COVID19 Influence: A case study in Malaysia.

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Abstract

The sudden emergence of the COVID- 19 pandemic has led to the introduction of new norms largely revolving around the use of social media & has disrupted the mental state of the youth which in turn has led to an increase in cyberbullying. The rise in popularity of many apps that facilitate online interactions has increased the risk of cyberbullying incidents. Not only did the COVID- 19 pandemic transform social life, work and education tasks to online mode, but has also contributed to the digitization of bullying. As work moved home, so did the bullying. The results of this study's online survey of 200 Malaysian university students revealed that there is a rise in cyberbullying incidents resulting from the increased use of social media due to the COVID- 19 pandemic.

Keywords: COVID- 19, Cyberbullying, social media, Youth, Mental state.

1.0 Introduction

It has been a long while since the COVID- 19 pandemic started changing the world in many ways and gave people a new angle to look at the world. Technology has taken over many aspects of this world, and the COVID- 19 virus has speeded the transformation of many manual jobs and tasks into electronics. The phenomenon of working and studying online by default has become widespread, which has led to the spread of many virtual applications and programs to facilitate many operations electronically. In the case of social distancing, it is the internet connection that makes us aware of the developments of things, and it is through the internet that we can run our business; In addition to maintaining a measure of mental and physical well-being.

Today, the COVID19 pandemic has created new social habits due to a drastic shift in lifestyles, and the increase in social media use is likely to play a crucial role in expanding cyberbullying. Technology and social media dependency may lead to the success of an individual or to their detriment, depending on who utilizes it and how it is utilized. The sudden shift in lifestyle due to the COVID19 pandemic is likely related to the increased reliance on social networks among the youth and should be studied to understand and reduce cyberbullying. In this decade, direct or “traditional bullying” has expanded into a new form of bullying referred to as cyberbullying, which is perpetrated through technology (Donegan, 2012; Tokunaga, 2010). Both cyberbullying and traditional bullying occur when there is a power imbalance or display of aggressive behavior from the parties involved (Hunter, Boyle, M.E, & Warden, 2007; Olweus, 2013; Kowalski et al., 2012; Smith 21 et al., 2012). However, some studies suggest that a dangerous aspect of cyberbullying is the anonymity present in many situations that

creates a sense of powerlessness (Dooley et al., 2009; Vandebosch & Cleemput, 2008). Hence, cyberbullying has become very popular due to the ease of committing such acts anonymously, and with the increase in the use of the Internet, so does cyberbullying.

Important measures that have been taken to combat the COVID19 pandemic such as quarantine, movement control systems, and other measures have led many people sitting at home to change their lives virtually. Therefore, the importance of the Internet has increased, and life has become difficult for those who cannot keep up with the Internet and its innovation leading to deteriorating mental health. Social media's widespread use has become a phenomenon we cannot avoid. However, with the frequent use of the Internet and social media, there are many advantages and disadvantages, and one of its significant negatives is that it facilitates the process of cyberbullying (Casas, Del Rey, & Ortega-Ruiz, 2013). Cyberbullying is one of the most worrying threats to the lives of young people in recent years (Song et al., 2019). Therefore, the current study seeks to add to what is known about the relationship between social media usage and cyberbullying under the influence of the COVID19 pandemic in Malaysia.

2.0 Literature Review

Through a collected body of literature review, this part will discuss perpetrators of cyberbullying, in which a number of scholars have agreed that they are mainly mental health and social media use. Our study will help progress cyberbullying research by exploring the mental state of the Malaysian youth and their mindset towards cyberbullying during the COVID- 19 pandemic, then it will shed light on the indirect influence this pandemic has on cyberbullying through the increased usage of social media platforms, and thus helps discover ways to reduce it. In an era where social media has become a prevalent method to interact, it is essential to conduct studies that will help further the knowledge on how to have healthy and safe interactions online.

2.1 Cyberbullying and Mental State

While efforts are directed to reduce direct and indirect bullying in its traditional forms: verbal, physical, and emotional, the existence of another form of bullying that is no less important than other forms are cyberbullying, in which the bully uses electronic means in his actions against others. To many, cyberbullying may take a back seat to traditional bullying. It is often overlooked and may be deemed unimportant. However, this aspect of bullying has as significant effects as its counterpart. Cyberbullying may consist of harassment, denigration, impersonation, outing, trickery, exclusion, cyberstalking, and cyberthreats as seen in Willard and Steiner (2007). Most studies have suggested that men are more likely to be perpetrators of cyberbullying than women (D. S. Wong et al., 2014; Lee & Shin, 2017; Wong et al., 2018). Thus, findings suggest that the purpose and intentions of perpetrators can differ depending on their gender (Wong et al. 2017). However, biological differences are not as evident as psychological differences when it comes to cyberbullying preparations. In other words, several studies have noted

that mental state is an important cyberbullying perpetrator (Bottino et al., 2015, Kota and Selkie, 2018, Tian et al., 2018).

The trait of anger is a strong predictor to both traditional bullying and cyberbullying (Tanrikulu & Campbell, 2015). Anger is the most common response to cyberbullying (Camodeca et al. 2002; Ortega et al., 2012). Anger rumination is the action of recalling past anger experiences (Sukhodolsky et al, 2001). Although it can occur in both females and males and can influence cyberbullying in both, men have been found to have a higher rate of anger rumination (Maxwell et al. 2005; Peled and Moretti 2010). Studies show that when faced with a stressful event, men have been found to have a higher tendency of projecting aggression and confrontation while women are more likely to react to stress by attention and comfort from their social group (Taylor et al. 2000; Turton and Campbell 2005). Cyberbullying victims with a mental state of a high level of anger rumination are found to have a higher tendency of becoming cyberbullies as well (Zsila et al., 2018)

It is important to consider different mental states as a perpetrator of cyberbullying so that we can learn the causes and effects and how to effectively deal with them. According to research, perpetrators of cyberbullying often display a form of lack of restraint and a high level of aggressiveness both offline and online (You & Lim, 2016). However, many may wonder if cyberbullies are often aware of their actions and their effects. The answer may lay in several studies including one conducted by Sari (2016) indicating that there is a positive relationship between aggressive humor and cyberbullying. It can be inferred that oftentimes, cyberbullies are not aware of the effect they are causing their victims and commit aggressive actions to relieve themselves. For example, cyberbullies may sometimes not consider themselves bullies and may instead convince themselves that they are just having fun. It has been found that peer pressure can contribute to the tendency of an individual to be a cyberbully (ÖZdemir & Bektaş, 2021). Despite that, cyberbullying victims may still suffer regardless of their bullies' intentions. Cyberbullying victims who chose to forgive their bullies have higher forgiveness and thus, show less cyberbullying aggression (Quintana-Orts & Rey, 2018). However, victims who do not forgive or have suffered greatly can inhale toxic feelings that can be exhaled as violence later on in their lives.

Mental illness or ruminate anger can linger within the victim of cyberbullying and possibly turn them into a bully as well (Lee & Shin, 2017). The study by Lee & Shin (2017) suggested that individuals suffering from previous cyberbullying experiences have a high possibility of becoming cyberbullies themselves. For example, such experiences can produce low self-esteem and low empathy which predict a higher rate of cyberbullying perpetrators (Brewer & Kerslake, 2015). Thus, both cyberbullies, and their victims can suffer from psychological distress (Schenk et al., 2013). Another contribution to the victims and cyberbullies mental state is suggested by Buelga (2017) to be poor family relationships. These factors can turn individuals into cyberbullies and may cause them to develop other psychological problems such as social anxiety. Youth who engage in cyberbullying activities exhibit social withdrawal behavior that potentially increases their social anxiety (Coelho and Romão, 2018). According to research, an increase in social anxiety caused by cyberbullying can in turn increase the likelihood of developing several symptoms of depression (Wang et al., 2019). Several scientific studies have

already established the existential possibility of mental illnesses with severe depressive symptoms developed in most perpetrators and victims of cyberbullying (Bottino et al., 2015, Kota and Selkie, 2018, Tian et al., 2018).

2.2 Cyberbullying Perpetrators and Social Media Usage.

The frequency of internet usage is found to be a significant predictor of both cyberbullying and victimization. In Balakrishnan's (2015) study, it was reported that individuals going online for two to five hours a day are involved in a higher amount of cyberbullying engagement than those who spend less time online. It can be suggested that internet usage is often associated with the initiation of cyberbullying activities. The longer time spent on the web, the higher the chances to bully or get bullied online. In concordance with previous research, research by Phillips and Wisniewski (2021) stated that the amount of depression and anxiety that frequent social media users can develop, or experience depends on the emotional responses and interactions with other users during the time they spend online. The study added that if the use of social media during the time spent is healthy, it reduces the perceived negative effects of such excessive use. Therefore, based on previous studies, it can be suggested that the increased use of social media could be a perpetrator of cyberbullying if it is used in an unhealthy way.

2.3 COVID-19 Influence as a determinant of social media usage

One of the many inevitable aspects that the COVID 19 pandemic has produced is the creation of many new norms and new habits. These new standards include distance learning, working from home, and online communication which all need the internet to be properly facilitated. However, ease of access and time spent on the Internet and social media have created new opportunities to engage in cyberbullying and online aggression (Craig et al., 2020). According to research, the more time students spend engaging in social media activities, the more likely they are to engage in cyberbullying activities and perpetration. (Lee & Shin, 2017; You & Lim, 2016). Humans will always try to find ways to survive the pressures of external factors, therefore, in light of the COVID 19 pandemic, we have found that utilizing the power of the internet to its highest levels would be the most appropriate option for us during this dreadful event. For example, people having to quarantine and spend their time at home have turned to social media for entertainment to ease their stress during the pandemic. Another example is people having to stay home to avoid infection and thus, learn, work and do their tasks online. The pandemic aided the rise in demand to certain applications including Webex Cisco, Zoom, Google meet, and other applications. Despite the penetration of social media into the lives of millions of individuals, the dangers of this communication mode lurk in the ability of individuals to cause harm while being able to sometimes escape consequences.

H1: COVID-19 Influence is positively related to Cyberbullying as a Social media determinant.

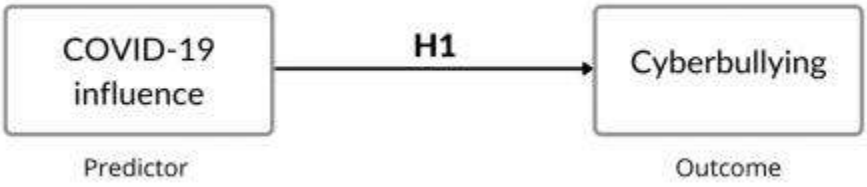
Generation Z were born with the internet being their main muse, so it's not a surprise that cyberbullying among the youth is a topic that has been thoroughly studied. However, further study on its sudden alarming increase and how it is correlated to the pandemic

will lead to a better understanding of prevention methods. Specifically, internet usage among the youth should be studied in order to learn what may be causing preparations to bully and ultimately lead to a better understanding of how to maintain a healthy online environment. Thus, this study attempts to find out how the COVID19 pandemic affecting the internet usage amongst the youth can increase the cyberbullying rates.

3.0 Research Framework

Figure 1 below clarifies the research framework of the relationship between the determinant of Malaysian youth behaviour on Social Media usage (COVID- 19 influence) and Cyberbullying. In which COVID- 19 influence, a determinant of Social media usage, acts as the predictor for cyberbullying. The aim here is to find out the relationship between both the predictor and the outcome in this study and eventually support our H1.

Figure 1: Research framework



4.0 Research Method

This current study was conducted online using a constructed survey of six multiple-choice questions and two questions that employed the likert-scale style with (5 points). A survey has been used due to ease in the collection of desired answers from the required audience on time. Surveys are also the most appropriate means of data collection considering the COVID-19 pandemic inhibiting the ability in conducting any face-to-face questionnaire. The questions of this survey were made in the aims of figuring out the Malaysian Youth mindset towards cyberbullying, and to support our concept that COVID-19 indirectly caused Cyberbullying to drastically intensify due to social media becoming the new norm. The study was made in Malaysia and our target respondents were Generation z. A total of 200 responses were collected through the survey as a Primary source of data. Secondary data was also used to support our research paper findings.

The results of the current study should be interpreted considering the limitations of the study. The results of the study were based on data reported by the students themselves through online surveys. It can be considered a useful source of data regarding cyberbullying; however, it is possible that the levels of bullying are either underestimated or exaggerated.

5.0 Results and Discussion

The demographics surveyed consisted of 44 percent males and 56 percent females, all of whom were over the age of 18 years old. Since our research is primarily related to Malaysian youth, our survey intentionally targeted participants whose ages were within the Generation Z range. As a result, most Malaysian respondents to this survey were between 18-25 years old, which contributed to 94% of the survey. Only 6% were over 26 and none were under 18.

Table 1: Demographic profile of respondents (N=200)

Gender	Frequency	Percentage
Male	88	44.0
Female	112	56.0

Age	Frequency	Percentage
Below 18	0	0
18-25	188	94.0
26 and above	12	6.0

5.1 The Proportion of Cyberbullies and their victims among the Malaysian Youth.

Respondents were asked two yes or no questions to find out whether Malaysian youth were more likely to be cyberbullied or if they were cyberbullying. About 68 percent of respondents answered yes when asked ifthey had experienced cyberbullying and the remaining 32% answered no. As for the question about whether respondents were guilty of cyberbullying someone before, 64% stated that they had not. Although only 36% of respondents admitted to experiencing cyberbullying, the number is still quite high for a sensitive topic such as cyberbullying. We assumed that all respondents answered with complete impartiality.

5.2 The Malaysian Youth's Mindset Towards Cyberbullying

A question was asked to understand the knowledge of Malaysian youth on the topic of cyberbullying in general, as they were asked what they think is the most common form of cyberbullying. About 62% of respondents chose online stalking and harassment, 24% chose catfishing or creating fake profiles, while the rest chose exclusion or avoidance.

Given the fact that Facebook is known to be the most used platform for online bullying, it came as no surprise that 46% of Malaysian youth who took part in the survey answered "Facebook" when asked what they think is the most used app for online bullying. About 34%, 10% and 6% responded on Instagram, Twitter, and TikTok, respectively. Based on the observation, the sudden rise of Instagram "reels" posts, and tiktok gaining a sudden spotlight after increased social media usage may be the reason for the increased incidents of cyberbullying.

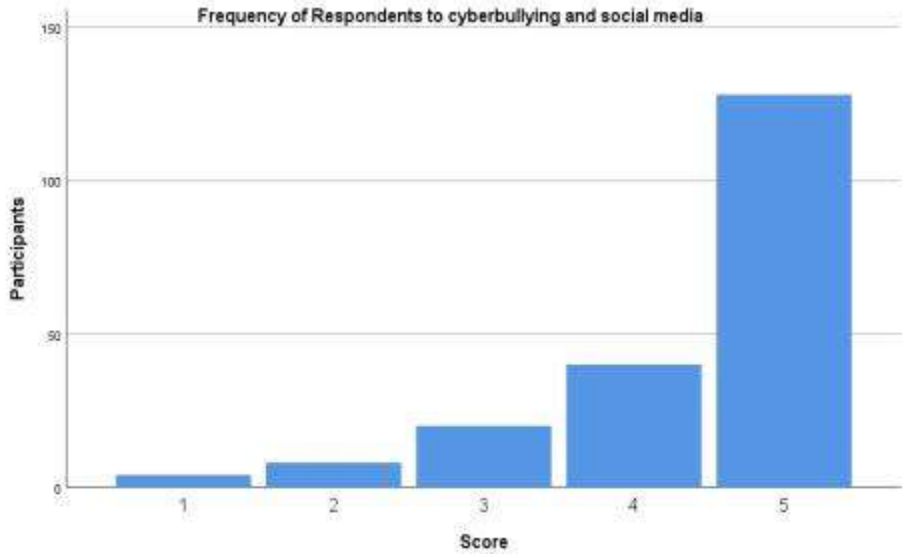
Respondents were then asked how often they see offensive notes, posts or comments in other people's content while scrolling, 48% answered that they always do, and 44% answered sometimes. Only a few of them stated that they rarely saw any offensive comments, indicating a high incidence of cyberbullying in apps within the Malaysian

youth community. One of the questions showed that 53% of respondents believe that body and physical appearance are the most common aspects of bullying, and 32.7% stated that opinions and beliefs are heavily bullied in Malaysia as well. Surprisingly, people rarely get bullied online because of their race, nationality, or education.

5.3 The Relationship Between Cyberbullying and Social Media

The relationship between cyberbullying and social media was first examined by the Likert scale. A score of 1 to 5 was given to respondents, with a score of 1 indicating "strongly disagree", and 5 "strongly agree". The questions were based on the idea that social media is causing an increase in cyberbullying among Malaysian youth. If respondents agree with these metrics, the results will support our notion.

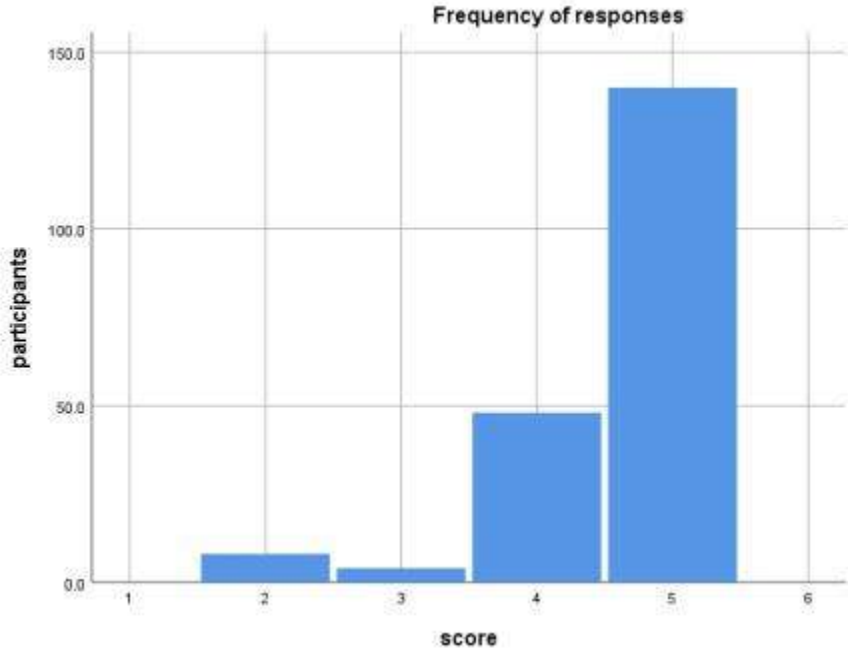
The 4- items scale was directed toward 200 participants on whether they thought social media increased the likelihood of bullying, and the rest of the questions asked whether they thought social media was a dangerous platform for online bullying. The frequency of responses is shown in the bar chart below, as most respondents believed there was a significant correlation between the increase in cyberbullying due to social media. The average responses (Mean) were found to be 4.40 in SPSS.



5.4 The Relationship Between Social Media And COVID-19

In this study, the relationship between the impact of the COVID- 19 pandemic on social media was examined by survey responses within Malaysian youth. We asked respondents whether they thought COVID- 19 had increased social media use. We used a 3-item likert-scale for this concept, in which sample items were as follows: “COVID-19 pandemic has increased your social media usage.”, There has been an increase in social media influencers due to the COVID- 19.”, “Social Media has become the new norm to socialize due to the COVID- 19.”

The frequency of what the respondents thought is shown in the bar chart below, in which the majority of respondents think that the COVID-19 caused most people to use social media more often. The average responses were found to be 4.6 in SPSS.



5.5 The correlation coefficient between cyberbullying and social media under the covid-19 influence.

Using SPSS, the strength of the relationship between cyberbullying and COVID- 19 as an influencer for the behavior of the Malaysian youth in their social media usage was determined. The association between two sections of similar scale variables was tested in the survey previously conducted by bivariate analysis. The Pearson's correlation (Zero-order correlation.) & Spearman reliability correlation using Cronbach's coefficient Alpha was the most appropriate fit for this data set since a comparison was made between the set of Likert scale variables.

In the survey directed to 200 participants, the first section of the Likert scale was "cyberbullying and social media." Initially, the first section contains questions asked in the hope of understanding the relationship between cyberbullying and social media. Our findings clearly showed that Malaysian youth believed that cyberbullying and social media were directly proportional. The answers to each question were averaged to produce a new mean variable for all questions in the section. Next, the second section of the Likert scale was to check the perceived relationship between "Social media and COVID-19" which was based on the notion that the COVID-19 pandemic is a social media determinant that caused an increase in Cyberbullying. The results showed that the respondents perceived the idea to be correct. All questions in the second section were averaged to produce another variable. Once these two sections were studied separately, these two intermediate variables were tested for correlation.

The goal of this analysis is to demonstrate that respondents who believe that there is an increase in cyberbullying due to social media also believe that it is related to an increase in social media use due to COVID-19. In other words, it proves that young people are assuming that COVID- 19 has indirectly affected the increase in social media which further exacerbated cyberbullying through its effect on users who spend more time

on social media to bully. Developed by Karl Pearson, the correlation coefficient "r" is used as a measure to determine the relationship between two sets of variables. Usually, any value between - 1.00 and +1.00 is assumed. For instance, a positive 1.00 indicates a complete positive correlation while - 1.00 usually indicates a negative correlation. Thus, any number between 0.50 and 0.90 usually assumes a strong positive relationship. In our study, The correlation showed a correlation coefficient of 0.843. This seems to indicate a fairly strong positive correlation between the two sections of our two Likert-scale sections.

The reliability test was done for the two Likert-scale variables using Cronbach's Alpha as well. As shown in Table 4 below, in which cyberbullying as the dependent variable has a Cronbach's alpha of 0.895. This indicates that the four items under the cyberbullying scale have very good reliability. The COVID- 19 influence is the predictor and its items have a Cronbach's alpha of0.90, which is also a very good result for reliability. From this table, we conclude that both variables are reliable for this study.

Table 4: Descriptive statistics, Cronbach's correlation alpha and zero order correlations

Variables	1	2
1. Cyberbullying	0.895	
2. COVID-19 influence	0.843**	0.90
M	4.49	4.41
SD	0.715	0.939

Note: N=200;**p<0.01; Diagonal entries in bold indicate Crobach's coefficient alpha; M= Mean; SD= Standard
Deviation.

5.6 Regression Analysis

Based on table 3 illustrated below, the relationship between COVID-19 influence as a social media usage determinant and cyberbullying is evident. In which our study used the COVID-19 influence as a predictor for the outcome, Cyberbullying. We initially assumed that COVID-19 indirectly influenced the sudden increase of cyberbullying amongst the Malaysian youth due to the fact people had to move everything home, including their social life. As a result, COVID-19 has become a determinant of Social Media usage, in which it caused it to increase drastically amongst the youth. This was proven through the Likert-scale shown earlier. After proving that COVID-19 Is a determinant, we came to the creation of our study that COVID-19 influence has intensified Cyberbullying incidents.

The regression coefficient below contains only one predictor and its outcome, in which the coefficient of determination (R2) is 0.709. This indicates that 70% of the variation in the dependent variable (Cyberbullying) is indeed affected by its predictor, COVID-19 influence. This shows that almost most of the data fit the regression model. The significance for the regression below shows that the predictor and the dependent

variable are statistically significant. The standardized coefficient Beta measures the strength of each individual independent variable to the dependent variable, where a higher number means a stronger effect. In the case of COVID-

19 influences as a predictor, its beta is 0.843 which indicates that its effect on Cyberbullying is quite high. As for the COVID-19 influence significance, its significance shows 0.00, evidently higher than the 0.01 significance level: hence, there is a strong significant relationship between Cyberbullying and COVID- 19 influence. In other words, H1 is supported.

Table 3: Relationship between COVID-19 influence as a social media usage determinant and Cyberbullying.

Model	Standardized Coefficients Beta	t	Sig.
1 (Constant)		12.624	.000
COVID-19 influence.	.843	22.032	.000*
Adjusted R2	.709		
R2	.710		
Significance	.000		

a. Dependent Variable: Cyberbullying

b. Predictor: (Constant), COVID-19 influence. N=200, *p<0.01

6.0 Conclusion

The spread of virtual bullying worldwide, especially in Malaysia, is a hidden crisis that may destroy the confidence of young people in themselves. Unlike traditional bullying, cyber bullying can happen at any time of the day anytime and anywhere. This study looked at the mentality of the Malaysian youth on the topic of cyberbullying during the pandemic to further understand young people's perception of this topic. This current study found that the proportion of cyberbullies who use online social networking applications is much higher than their victims. Based on the survey conducted, it was found that Malaysian youth perceive Facebook as the most used application of cyberbullying and that physical appearance is the most attacked aspect that cyber bullies target in their victims. In addition, due to COVID- 19 virus, people are spending more time on social networking apps, and gaming services, which may contain toxicity, bullying and hate if not controlled.

Cyberbullying is on the rise, especially amongst the youth, and often through social networking sites and applications. This study highlighted the indirect relationship the COVID- 19 influence has on cyberbullying, in which it acts as a determinant for the Malaysian youth behavior in using social media more often. Our study was proven through the conduction of regression, reliability, and correlation coefficient analysis. The significance for the relationship between the independent and dependent variables was

found to be 0. Our H1 was supported and the Cronbach's alpha for both COVID- 19 influence, and cyberbullying Likert-scale sections showed 0.904 and 0.85 respectively. In addition, it was found that the majority of Malaysian youth see social media and cyberbullying as positively correlated with their increase, with COVID- 19 acting as a catalyst. The correlation coefficient was 0.761, which indicates a fairly strong relationship between the increase of both elements. Not a lot of studies were conducted on the perception of the topic of cyberbullying in Malaysia, however, lots of studies focusing on the psychological effects of cyberbullying do exist (Balakrishnan, 2015; Faryadi, 2011; Lai et al., 2017). Therefore, Malaysian youth see that the COVID- 19 pandemic has intensified the use of social media among Malaysian youth and caused a significant increase in cyberbullying.

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93 Research of Youth Awareness on Space Exploration Technology

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Abstract

In the Industry Revolution 4.0 (IR4.0), Malaysia is looking forward to developing automation and smart technologies for better human life quality. In particularly, the advancement of space exploration technology which currently mostly relies on automation will play a vital role in shaping the future of humanity. The innovation of space technology had and will bring upon spinoffs in the form of services and products that contributes to the society. However, it has not gotten much attention from the academic scholars and public on the space exploration technology research and development. The result of this research shows that youth is aware of space technology and its contributions to IR4.0, agree that the investment in space technology is justified, and display acceptance towards learning and adoption space technology spinoffs. Recommendation on space exploration technology development and nurturing process would be recommended based on the research findings.

1. Introduction

52 years has passed since the astronauts from Apollo 11 has landed on the moon and completed the objectives of the Apollo mission, as a result of the space race between the Soviet Union (USSR) and the United States (US) (Space Race Timeline, 2021). Space exploration originates from a race between the two to achieve superior spaceflight capabilities. Hence, in order to fulfill that ambitious goal, both countries had invested greatly in technologies capable of surmounting new approaching challenges. Throughout these 52 years, the research, innovation, and advancement of space technology was not halted but in contrast accelerated. In approximately 14 years of smart phones being popularized by Steve Jobs, it has undergone drastic evolution and ubiquitous adoption among the public (Tocci, 2021). Similarly, space exploration technology/space technology had matured throughout the years by continuously pushing past the boundary of technological limitations. In recent years, space programme was not exclusive to the countries USSR and US, about 72 countries have its own space programme and agency, Malaysia included, named Malaysian Space Agency abbreviated (MYSA) (Harding, 2021). In addition, private spaceflight companies are also emerging in the recent years with the most popular one being SpaceX with an aspiring mission to colonize Mars with its Mars programme (SpaceX, 2021).

Therefore, this purpose of this research is to (1) find out the awareness of youth on space technology and its relevant contribution to IR4.0 development, (2) the different viewpoint they have of space technology, and (3) their readiness to learn and accept/adopt space technology in Penang, Malaysia. Suggestions on space technology

development and nurturing process in Malaysia would be given and discussed based on the research findings.

2. Literature Review

The technology breakthrough of space exploration technology had greatly contributed not to only space related programme and missions but also benefitted the quality of life of humankind. The knowledge acquired through the research and development of space exploration technology had introduced spinoffs that have been ingrained in human's daily life and are more prevailing than one might think. Space exploration technology's spinoffs are technologies that has been transformed into commercial product and services that can be used throughout daily life. (About Spinoff, 2021). For instance, The National Aeronautics and Space Administration (NASA) alone has profiled more than 2000 spinoffs of space exploration technology in the fields of industrial productivity, transportation, environment and agriculture, computer technology, health and medicine, etc. (Buckner, 2019).

The most notable space exploration technology spinoff is satellite. The first satellite was created and launched by the USSR and currently satellites are used in everyday life. For instance, satellites are used for television signals, weather and climate forecast, fire detection, and global positioning system (GPS). Satellite's accuracy is further enhanced by NASA's Jet Propulsion Laboratory (JPL) (Sarah, 2018). Next, one of the most active free open-source projects, OpenStack, is a cloud computing platform that originates from NASA's Nebula (Introduction: OpenStack History, 2021). Consequently, NASA's Perseverance rover that descended on Mars for its mission utilize artificial intelligence (AI) to drive autonomously with an enhanced auto-navigation system named AutoNavi (BHATIA, 2021). From the three examples given: satellite for connections and communications, cloud computing, and artificial intelligence for autonomous navigation; connections, cloud computing and AI are essential fields of IR4.0. Thus, it is evident that the advancement of space exploration technology can contributes to the Fourth Industry Revolution (4IR/IR4.0) (Industry 4.0 explained, 2021). The technology used in space exploration which are interconnect, autonomous and adaptive can be leveraged for the digital transformation of 4IR in Malaysia.

Despite the noteworthy examples of space exploration technology's possible application to IR4.0, it did not garner much attention locally on space exploration technology research and development. MYSA which is the establishment through the merging of Malaysian Remote Sensing Agency and National Space Agency (ANGKASA) in the year 2019, hasn't gotten much publicity and attention from the public (Background - Malaysian Space Agency, 2020). Thus far, Malaysia has seen starting to recognize the potential, utilize and leverage the space technology to offer potential for economic innovation such as Remote sensing technology. (Remote sensing technology potential, 2021). MYSA had also recently set a target for the national space sector to contribute to the country's gross domestic product (GDP) of Malaysia by 0.2 percent and offer up to 5000 new job opportunities within the next 10 years via National Space Policy (NSP) 2030. This shows that

Malaysia has slowly started to acknowledge space technology's potential and how it will help benefit the country that is heading towards the IR4.0 (Ismail & Ahmad, 2017).

3. Research Methodology

The research methodology used in this proposed research to collect the awareness of on space exploration technology, viewpoint of space exploration technology, and acceptance of space technology of the youth, is through questionnaire. The questionnaire was designated for youth of age 18 to 30 and have an education level higher than high school which resides in Penang, Malaysia.

The questionnaire is separated into two main sections with each a different series of topic and questions. The first section of the questionnaire comprises of questions regarding the respondent's personal information or data including age, gender, education level, and employment status by using nominal scale and a text field for user data not defined in the scale. The second section of the questionnaire was separated into 3 different parts based on the title: (Awareness on Space Exploration Technology, Viewpoint of space exploration technology, Acceptance of space exploration). Each question was measured respectively by given choices on the standard of agreement or disagreement with five-point Likert scales ranging from strongly disagree = 1 to strongly agree = 5. The finalized questionnaire was design and created by using Google Forms and distributed through social media application such as Messenger, and WhatsApp. The justification for data collection through online survey is due to the convenience of filling the survey, easier distribution of the questionnaire, the speed of distribution and instant responses and cost effectiveness. This research data was carried out in the span of 3 weeks' time and successfully collect 102 responses. The research findings are as follow.

4. Research Findings

4.1 Demographic Analysis

The goal of demographic analysis is to understand the background of the collected sample of 102 respondents. Based on the collected data, there are 57.8% of male respondents and 42.2% of female respondents. As for the age of the respondents, a total of 77.5% respondents are between the age of 18 to 23 years old, while 22.7% of the respondents are between the age of 24 to 30 years old. The two largest age group are 22 years old and 20 years old with 24.5% and 19.6%, respectively; most respondents are from Generation Z. With regards to the education level, majority of respondent are Diploma holders (52.9%), Degree holders (37.3%), followed by High School Graduate (7.8%), and Master Holders (2%). Next, 74.5% of the respondents are student, 21.6% respondents are currently working, and 3.9% respondents are unemployed. All respondents have the education level of high school graduate and above to provide reliable data for the research.

4.2 Awareness on Space Exploration Technology

The first part of section two of the survey 'Awareness on Space Exploration Technology' was conducted to understand the youth's awareness on space exploration technology and its contribution. This is due to the rapid spread of relevant news and information on social media and news platforms in tis digital era. In particular, the recent news of billionaire's space race, space technology advancements and contributions, NASA and China sending roves to Mars and so on (Jackie, 2021). The first hypothesis goes to: Youth in Malaysia are aware of space exploration technology.

The findings of awareness on space exploration technology are shown in Table 1. For the first question in the survey, a total of 98% of the respondents agree and strongly agree (75.5% and 22.5% respectively). Most youth chose to agree assuming because they recognize GPS, camera sensors, and memory foam because they are used in mobile phone and pillow. For the second question, 93. 1% of the respondents agree or strongly agree (38.2% and 54.9% respectively), with 6.9% of the respondents choosing neutral. Thus, it is assumed that the last question gives them a general idea of how space technology spinoff can contribute, hence most agree. For the last question in part 1, 93. 1% of the respondents agree and strongly agree (42. 1% and 50%, respectively), with 5.9% remaining neutral and 1% strongly disagree. From those 3 questions, it is deduced that the youth in Penang, Malaysia is aware of the space technology, its contribution and possible solution towards realizing IR4.0.

An average of 80.56% of respondents agree or strongly agree in the 3 questions regarding the awareness on space exploration technology.

Hypothesis is accepted.

Table 1: Findings of awareness on space exploration technology

I am aware of space exploration technology/spinoffs such as GPS, Camera Sensors, and Memory Foam.				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
0%	0%	2%	75.5%	22.5%
I am aware that space exploration technology contributes to the society.				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
0%	0%	6.9%	38.2%	54.9%
I am aware that space exploration technology contributes to the IR4.0 development in Malaysia.				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1%	0%	5.9%	43. 1%	50%

4.3 Viewpoint of Space Exploration Technology

The second part of section two of the survey 'Viewpoint of Space Exploration Technology' is intended to understand the youth's viewpoint, opinion or standpoint on space exploration technology. News regarding space exploration and the space technology breakthrough has always been an achievement that is celebrated as a positive news, giving a positive impression. The second hypothesis goes to: **Youth in Malaysia have a positive viewpoint of Space Exploration Technology.**

Table 2: Viewpoint of Space Exploration Technology

Learning space exploration and its technology in Malaysia is a waste of money and resources.				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
35.3%	49%	14.7%	1%	0%
We should address the problems on Earth instead of space programme in Malaysia.				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
35.3%	51%	10.8%	2%	1%
We should leave space exploration to the future generation due to technology limitation in Malaysia.				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
45. 1%	46. 1%	6.9%	1%	1%

The findings of viewpoint of space exploration technology are shown in Table 2. For the first question of part two, 84.3% of the respondents disagree and strongly disagree (49% and 35.3%, respectively), with 14.7% neutral and 1% agree. It is presumed that most disagree since they knew how the investment in space programme can benefit them as seen in previous questions. For the second question, 87.3% of the respondents disagree or strongly disagree (51% and 35.3%, respectively), with 10.8% of the respondent neutral, 2% agree, and 1% strongly agree. Most chose to disagree solving Earth's problem and support space programme instead. For the last question in part 2, 91.2% of the respondents disagree and strongly disagree (45. 1% and 46. 1%, respectively), with 6.9% remaining neutral, 1% agree, and 1% strongly agree. Assume that most respondent disagree because they want space exploration to continue develop instead of leaving it to the future generations. It can be concluded that youth in Penang, Malaysia has a positive outlook on space technology and its programme.

87.25% of the respondents disagree or strongly disagree about the negative view on space exploration and its technology.

Hypothesis is accepted.

4.4 Acceptance of space exploration technology

The objective for the last part of section two of the survey 'Acceptance of Space Exploration Technology' is to understand the youth's readiness to accept and learn space exploration technology. Space technology spinoffs have proven its value by producing an impressive record of benefits to humanity as commercial product and services. Therefore, youth are expected to be willing to learn and accept it. The third hypothesis goes to: Youth in Malaysia are willing to learn and accept space technology.

Table 3: The findings of acceptance of space exploration technology

I accept space exploration technology because it improves the quality of human life.				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
0%	0%	4.9%	66.7%	28.4%
I am willing to learn space exploration technology.				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
0%	0%	5.9%	33.3%	60.8%

The findings of acceptance of space exploration technology are shown in Table 3. For the first question of part three, a total of 95. 1% of the respondents agree and strongly agree (66.7% and 28.4%, respectively), with 4.9% remaining neutral. Most respondents agree to accept spinoffs to improve their quality of life. For the last question of the survey, a total of 96.8% of respondents agree and strongly agree (33.3% and 60.8%, respectively), with 5.9% remaining neutral. Most respondent are willing to learn new space exploration technology. It can be said that the youth are prepared to learn new knowledge and accept new technology that can improve their quality of life.

93.69% of the respondents agree and strongly agree on the acceptance of space exploration technology.

Hypothesis is accepted.

5. Discussion

From the statistical result in section 4, we can conclude from part 1 that most respondents are aware of space exploration and recognize their contribution to society and IR4.0. News and articles regarding success stories of public and private space companies and their innovation such as SpaceX and NASA and are easily spread and available to the public. It is assumable that most of the respondents gain exposure to information regarding space exploration and their contribution through social media in digital era. For the viewpoint of respondents on space exploration technology, majority of the respondents think that the investment into space programme is not a waste of money and resources. Most of them also refuse the idea of addressing the problem on Earth instead of space programme in Malaysia. Consequently, a major part of respondent denies the idea of leaving space exploration to the future generation due to technological limitation in Malaysia. In summary, the respondents are optimistic

about space technology and exploration, and the investment in the associated field. Lastly, the acceptance of respondent about space exploration. Nearly all participants accept space technology spinoffs because it improves the quality of human life. The same was with their willingness to learn space technology, most respondent agree. Therefore, it can be concluded that most respondents displayed a high readiness to adapt and learn space technology and their spinoffs.

No comparison can be made between the research data except one due to not much research has been made on the same topic. The research findings on space technology being beneficial to the society is aligned with The International Science Survey 2019-2020 that examine Malaysian's attitude towards technologies (Sharon, 2020). In said survey with 1650 Malaysians, 83% thinks that the government's space exploration programme at ANGKASA has been good for the society, so it can be concluded that Malaysians are optimistic and accepting about the national space exploration (Public Views Science Malaysia, 2020). As most of the research respondents are educated youth, they display more willingness to accept changes, more optimistic, knowledgeable about the recent news and information regarding space exploration, new space innovations and contributions.

6. Conclusion, Recommendation, and Future Works

This research had successfully summarized the youth of Penang, Malaysia's awareness, viewpoint, and acceptance of space exploration technology. The research findings shows that there is a positive impression and an optimistic view on the space exploration technology and related programme. From the research outcome, it is suggested to promote the research and development of MYSA as it provides unique opportunities to contribute technological advancement for the technological revolution IR4.0 in Malaysia. Additionally, MYSA can host or organize events, workshop, and competition to encourage the youth to participate, learn, and compete in the related field of space exploration technology. Finally, publicity is arguably the most crucial thing in this digital era. It is expected that MYSA took the initiative to raise awareness or advertise and advocate themselves to Malaysian so that they can leverage and utilize Malaysian talents and works towards realizing Dasar Angkasa 2030 and IR4.0 with the help of space technology (Dasar Angkasa Negara 2030, 2021).

Nonetheless, there are some improvements that should be made on this research for future research. Since the research was targeted only towards youth residing in Penang states of Malaysia with a sample size of 100 only, this generalized and concentrated results cannot fully represent the populace of Malaysia as a whole. Therefore, a comprehensive and longitudinal research as future work is recommended by acquiring similar data from a larger sample size across all states in Malaysia in order to obtain a diversified and reliable result that can represent the whole population. Furthermore, a broader and deeper topic and questions are needed for the survey to fully grasp the public's opinion on space exploration technology and its correlation to the IR4.0. By understanding the space exploration technology that will greatly propel the development of IR4.0 and the publics opinion, the findings will serve as a guideline

that allows MYSA to build a better roadmap to accomplish their desired goal and assists in the development and realization of 4IR.

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94 Career Planning Strategy for Telkom University Faculty of Communication and Business Students During the Covid-19 Pandemic

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Abstract

The Covid- 19 pandemic had an impact on increasing unemployment, resulting in a global crisis. As a student, it is important to criticize this phenomenon related to career planning. Career planning is a planning process that allows individuals to identify goals and pathways to achieve these career goals. Through this process, individuals can evaluate themselves in order to develop abilities in achieving the desired career. Therefore, it is important for students to support their career planning by participating in self-development activities. This study aims to determine the description and factors that influence career planning by students of the Faculty of Communication and Business, Telkom University.

Introduction

The presence of the COVID- 19 pandemic that hit the world in 2020 was not always a negative thing. One of them for students, during this pandemic, all activities that are usually carried out directly change virtually, such as organizational activities, internships, or volunteering which can currently be carried out from home or commonly known as Work From Home (WFH). All these virtual activities are certainly a great opportunity for students who want to prepare their career planning to be more mature. With the change in activities that have become completely virtual, now students can carry out organizational activities, internships, or volunteer with flexible times without having to worry about colliding schedules. In addition, in today's digital era, finding activities such as internships, volunteers, and organizations is not difficult. The digital era was born with the presence of the internet and increasingly sophisticated technology, especially computer technology. Now technology has become a lifestyle for humans because technology is able to help meet human needs. The more sophisticated the technology, the easier it is to access everything. Examples are as follows, where all activities such as working that are impossible to do from home can now be done from home only with technology. In addition, various activities that are usually carried out directly can now be done virtual and can be accessed anywhere and anytime.

Before the Pandemic	After the Pandemic
 Organizational activities carried out offline in August 2019.	 Organizational activities carried out online in October 2021.
 Internship activities carried out directly at Go-Jek in September 2019.	 Internship activities carried out online at the ATRPBN ministry in July 2021.
 Telkom University held a live seminar in 2018.	 Webinars will be held online in October 2021.

With advances in technology, students can do various activities virtually. Super in Savickas (2002) says that students are a transition period. Selecting and preparing oneself is one of the important tasks in the stage of student development to carry out a job. Students should have clarity about their interests regarding career fields as early

as possible, so that when they graduate, they will be helped to determine the steps that can be taken to achieve success in their careers.

Career planning is a process that allows individuals to understand the world of careers. The existence of a career planning program is an opportunity for individuals to explore interests and talents in career choices in a company, through this process individuals can improve themselves in developing their abilities and expertise to achieve the appropriate and desired position (Martoyo, 1992).

The most important preparation is not economic and material preparation, but personal preparation. This preparation can be started through education. Education is one of the most important parts of human life which will ultimately shape a person's knowledge, attitudes, skills, and behavior, whether intentional or not. Students who graduate should be ready to face the world of work, therefore it is important for students to take advantage of the pandemic period by participating in various activities that can train soft skills and hard skills to support career planning.

Literature Review

Rivai (2004) defines career planning as a process when an individual selects his goals and career path. Meanwhile, Kleinknecht & Hefferin (2004) stated that the purpose of career planning is a continuous process of self-assessment and goal setting. Career planning is an arrangement of the possibilities of a person to be able to pursue or pursue a position related to the work that will be occupied throughout his life. Individuals pursue careers with the aim of satisfying their various needs in depth. Basically, career planning is the responsibility of the individual because only the individual knows about his various needs. No matter how difficult it is to pursue a career, career planning is still needed for individuals to always be ready to use the opportunities that exist as well as possible. Individuals who are successful and perform well in their assignments to an organization or company are usually very concerned about career planning issues.

To plan a good career, several important factors are needed, namely:

a. Motivation related to the goals to be achieved.
b. Competence includes all aspects of knowledge, skills, and attitudes that must be possessed. If you want to pursue a career in a particular field, you must improve your knowledge, skills, and behave like a professional in that field.
c. The networks and relationships that we have also affect career success. Networks or relationships will open access and provide opportunities for us to further improve our career achievements.
d. Foresight in seeing opportunities because opportunities are uncontrollable or cannot be controlled. Therefore, we must be smart and observant in seeing opportunities because often opportunities do not come twice.

e. Be consistent and flexible. Consistent in terms of the basic principles and values that we adhere to in planning a career. In addition, it is also flexible in terms of technical and operational.

An important element in an individual's career planning is individual career planning. The definition of individual career planning according to Byars & Rue (2006) is the efforts made by an individual to advance the career goals that the individual has. According to Mathis (2006) that individual career planning is an individual's efforts to advance his career goals. In career planning, individuals focus more on training to help individuals "know themselves" in terms of their potential and abilities. The benefits if an individual plans his career according to Dillard (1985), include: (1) knowledge and understanding of oneself will increase, (2) responsiveness to making effective decisions, (3) responsiveness in taking advantage of career opportunities that are in accordance with their abilities, (4) obtain targeted information about his career, (5) help create a diverse workforce. According to Adiyas (2007), the process or steps to be taken to develop a career plan consists of 4 (four) things, namely: self-assessment, setting career goals, preparing plans, and implementing these plans.

Basic Theory

Career Planning

Career planning by Mathis (2006) is a plan that focuses on identifying jobs and career path by providing a logical progression over the people in the organization of work. As a student, it is important to understand career planning in order to get a job according to your interests, skills, and experience.

Career

The definition of career according to Rivai and Sagala (2009: 264) is all jobs or positions that have been held by individuals during work. A career is an ambition and long-term goal to pursue a field of interest. At university, students have started to determine what kind of career they will take. This determination process goes through activities such as seeking knowledge, developing soft skills, and expanding social networks.

Skill The

definition of skill according to the Cambridge dictionary is the ability to do activities and jobs well because they are used to doing them or are carried out continuously. Basically, skills are divided into two namely soft skills and hard skills. Soft skills according to Elfindri, et al (2011: 10) are life skills that determine a person's success, in the form of hard work, honesty, and visionary. Hard Skills are technical skills that are mastered by individuals. Hard skills are skills that are quantitative (can be calculated) and specific.

Competence

According to Spencer and Spencer (1993), competence is a basic characteristic of an individual that is closely related to a job or situation. Spencer and Spencer also

suggested that competence has five characteristics, namely motives, traits, self-concept, knowledge, and skills. Motives are all things that move individuals to achieve goals. Traits are individual characteristics in response to certain things. Self-concept is an individual's attitudes and values. Knowledge is complex information that individuals have obtained. Skills are individual skills in completing activities. Competence according to Emron, Yohny, Imas (2017, P. 140) is an individual's ability to carry out work correctly and has advantages based on matters relating to knowledge, skills and attitudes. Competence is a unity between skills and knowledge possessed by individuals.

Research Methods

This study uses qualitative methods to investigate the extent of understanding and career planning by students of the Faculty of Communication and Business, Telkom University. There are 6 respondents from the three study programs of the Faculty of Communication and Business, Telkom University, who are willing to share their understanding of their respective career planning. For ethical reasons, their identities and photos will not be disclosed to the public. The interview participants consisted of 3 women and 3 men, aged between 18- 19 years old and working as students. Their education level is also uniform, namely the third semester at the second level of lectures.

Discussion

Many of us think that there is only one job that is right for us. But the reality is far from that. There are many choices of jobs in the world that are also good and suitable for us. As students, whatever your career goals, it's still important to have general skills that include critical thinking, problem solving, public speaking, and negotiation skills. These skills are not taught in conventional schools but are obtained from participating in organizations, committees, internship programs, and volunteering. If these abilities are possessed and combined with careful career planning, it can minimize our chances of overcoming obstacles in the world of work later. The final stage of education is the world of work. Every individual who has completed the educational program will enter the world of work to fulfill his life needs. However, there is massive competition in the world of work. All individuals compete to get the position and position they want. To get it also requires the competence and readiness of mature individuals.

Individual readiness in the world of work consists of several aspects, one of which includes career awareness. The magnitude of competence in the world of work is shown by the results of a survey which states that 91% of the business community thinks that college graduates are not ready to use after college (Kasih and Suganda, in Rachmawati, 2012). Individuals who do not have a detailed description of the career they want (such as place of work, position, responsibilities, and salary) are less aware of their own interests, talents, and potential. The process of searching for one's own interests, talents, and potential can be passed by participating in self-development programs, including participating in organizations, committees, internship programs, and

volunteering. Participating in the program is considered to be able to hone the soft skills needed in the future world of work, such as communication and negotiation skills, public speaking, to building broad relationships.

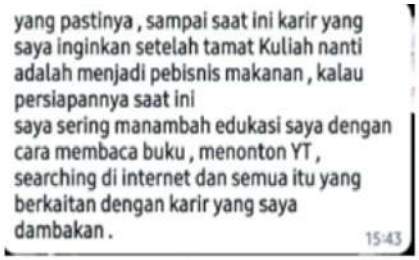
The Covid- 19 pandemic has not always had a negative but also a positive impact. This positive impact is found in the ease of participating in these self-development programs. The power of social media opens the door to opportunities for self-development, starting from looking for opportunities to participate, building relationships, to carrying out our role in the program. Because the pandemic requires social activities to switch to digital so that all social activities can be carried out using digital media without having to meet face-to-face. One of the conveniences during the pandemic has a positive impact because we can carry out these activities mobile and flexible. Therefore, it is very unfortunate if this situation is not utilized as well as possible. This is because the findings of our interview state that most of our respondents are only preparing for a career without understanding the skill development that will be obtained by joining a self-development program.

Interview Findings

Based on the first question “Have you planned career preparation? “All respondents have already planned their career preparation.

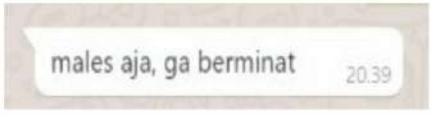


Respondent's answer: Yes, but not too mature

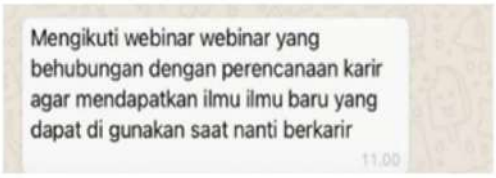


Respondent's answer: for sure, until now the career I want after graduating from college is to become a food businessman, if the preparation is now I often add to my education by reading books, watching YT, searching on the internet and all that is related to the career that I crave .

Based on the second question “What activities support career planning? ". Respondents' answers varied. There are 4 out of 6 respondents who answered activities that support their career planning. Meanwhile, 2 out of 6 respondents did not participate in activities that support career planning.

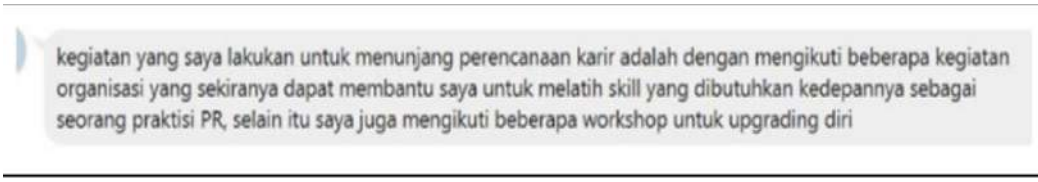


Respondent's answer: just lazy and not interested



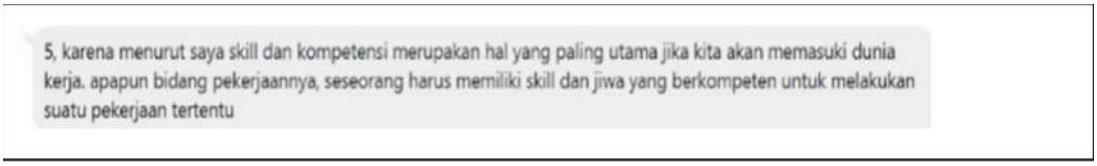
Respondent's answer: Participate in webinars related to career planning in order to gain new knowledge that can be used in the future.

Based on the third question "Did you know that participating in organizations, internships, volunteering, and booth camp programs can support your future career?" All respondents answered that they knew it.



Respondent's Answer: The activities that I do to support career planning are by participating in several organizational activities that if it can help me to train the skills needed in the future as a PR practitioner, besides that I also attend several workshops to upgrade myself.

Based on the fourth question regarding the importance of skills for competence before entering the workforce, all respondents gave a scale of 3-5.



Because in my opinion skills and competencies are the most important things if we are going to enter the world of work. Whatever the field of work, one must have the skills and a competent soul to do a certain job.

The results of the interviews showed that all respondents knew that student activities such as organizations, volunteering, internships, and workshops could support their careers. There are 5 out of 6 respondents said that they have planned their career. However, only 2 of the 5 respondents have started activities that can support their careers by participating in webinars, workshops, and organizations. There is 1 respondent giving the reason for not participating in these activities because they are not interested in it at this time and want to start according to the target, time, and their plans.

Yean & Yahya (2013: 25) say that career planning is an activity carried out by an individual who is responsible for developing his career, namely by making an effort in a real action. The career planning stage is a period for students to build career awareness which can be done through education.

Quoted from the official page of the Office of Career Strategy, Yale University, revealed that the first stage of career awareness that students can do is self-assessment with four discussion points, namely skills, interests, personality, and values. The second stage is identification and research related to activities that can support preparation, planned work fields, and companies that are intended to work in the future. The third stage is to start evaluating skills and interests carried out at the self-assessment stage and prioritizing what activities will be followed to support the self-assessment.

The fourth stage is to start plunging into activities that can support a career. These activities can be in the form of organizations, volunteers, internships, and workshops. The advantage that can be taken from this pandemic is that students can take part in these various activities in the same period because they are done virtually. Students get the opportunity to get to know themselves better by participating in activities outside or inside campus at the same time without being hindered by time and distance. This opportunity should also be used by students to get a visualization of the career that will be chosen for the future.

During the pandemic, Telkom University students can still join organizations such as BEM, HIMA, DPM and UKM. Basically, the organizations available at the Faculty of Communication and Business, Telkom University have systematic activities and programs. The purpose of the organization's program is to achieve the organization's vision and mission as well as to solve the problems around it. Organizing is important to recognize yourself and learn commitment to the roles you take and the tasks you are responsible for. In addition, students will also learn about leadership about how it learns persuasion, task delegation, and collaboration between members of the organization. Each task completed by its members aims to develop soft skills according to the role taken. Of the overall duties and responsibilities, the students will also learn time management, self-sacrifice in the time between the academic and organizational.

Telkom University also facilitates activities that can support career planning for students that is by conducting a webinar. During this pandemic, students can access the @teluevent instagram account and the Igracias website to get information on webinars organized by Telkom University with external parties such as companies in Indonesia. Students who take part in webinars will gain additional knowledge that is useful in academic and non-academic fields.

Volunteer activities do not only share but have a positive influence on every student. Doing volunteer activities can foster empathy for any events that occur around them. Students who participate in volunteering will get extensive networking and get connections from various industries or companies, so that students will be sufficiently equipped before choosing a career. Volunteer activities participated by students of the Faculty of Communication and Business in the form of organizational work programs or SMEs. They have a role as committee volunteers in the program through

collaboration with students from other majors. The collaboration of the students gave birth to innovative ideas and strong team solidarity.

Activeness and independence in carrying out internship programs can open opportunities for students to gain.

wider networking. The ease of getting a job is also helped by the role of the internet and social media in providing information about internships and job vacancies, thus becoming a catalyst for students in achieving careers quickly. Telkom University facilitates its students to get information about internships at the academic section of the CDC Career Development Center. Internship information by collaborating with companies both domestically and abroad.

Workshop is a skill training that is more focused and intensive in certain fields of work with the aim of producing career-ready individuals. The workshop program covers the fields of technology, culture, and business exchange by collaborating with universities or companies. During the COVID- 19 pandemic, many workshop programs were held by universities and the community by providing benefits in the form of new knowledge, broad relationships, and skills training.

The Importance of Developing Soft Skills in Career Planning

Based on the results of interviews conducted via WhatsApp, all respondents agreed that honing soft skills to enter the world of work is very important. Widhiarso (2009:1) said that Soft Skills are abilities that can affect how we interact with other people. Soft skills include effective communication, creative and critical thinking, team building, and other abilities according to individual capacities.



Source: The Institute of Quarrying

Quoted from The Institute of Quarrying that soft skills are formed from the wheel of skills. The skill wheel can provide an overview of how individuals should behave in accordance with their environment work. This skill wheel is divided into four parts, namely:

1. Standards & Professionalism

In the section Standards & Professionalism, individuals must understand the laws and standards that apply to each place. Understanding laws and standards is the key to one's success when entering the workforce. This section is the most important part of the IQ skill wheel.

2. Personal Effectiveness

Personal Effectiveness is how individuals evaluate their strengths and weaknesses. In this way, individuals can improve their weaknesses and develop their strengths. Self-evaluation is the most effective way to develop an individual's personality to become a professional person.

3. Knowledge & Innovation

What is needed is insight, having individual insight can certainly create innovations that can help increase productivity.

4. Engagement, Influence & Impact

When entering the workforce, individuals must know how to interact with other individuals. Understanding how to interact can help individuals become professional individuals.

Currently the pandemic period is an opportunity for students who want to train and develop soft skills. Various ways can be done such as by participating in Bootcamp, Workshop, Organization, and so on. As one example, by following an organization we can develop skills to work with teams, understand how to interact with other people, and can add new insights. Students can carry out various career-supporting activities without having to worry about class schedules due to skill training such as Bootcamp, Workshop, and so on Organization can be done virtually.

Conclusion

Based on the research that has been done on the description and factors that influence career planning by students of the Faculty of Communication and Business, Telkom University, it can be concluded that 1) All respondents have planned their careers. 2) The activities that have been carried out by students to plan their careers are very diverse, both on and off campus 3) The reasons for students who have not taken part in activities to plan their careers are various, such as not being interested and focusing on academic activities first 4) All respondents already know that these activities organizations, internships, volunteers, bootcamps can support careers. 5) Respondents also gave a rating of the importance of skills before entering the world of work above five. With this research, researchers provide recommendations in the form of career planning strategies during a pandemic with Career Awareness Strategies.

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95 Suicidal Intention Among Youth In Malaysia

Gan Eugene, Ru Han Dong, Guan Ting Du, Efa Afzan

Abstract

The United Nations defines youth as persons between the ages of 15 and 25 and is the most vulnerable period for the initiation of suicidal intention or behaviour. Suicide among youth is still one of the most common causes of death around the world. This is not only leads to the death of many youths, but it is also has devastating socioeconomic and psychosocial consequences. In terms of mental health in the general populace, suicide among youth is a major issue if not one of the biggest issues that needs to be tackle. The objectives of this paper were to discover the risk and prevention factors linked with suicidal intention among youth in Malaysia. Further investigation and understanding of the intricate interplay of these elements is critical for formation of effective youth suicide prevention strategy plan.
Keywords: Youth suicide, Risk factors, Prevention

Introduction

Suicide is described as a fatal self-inflicting injury with some indication of intent to die. In the year 2000, In Malaysia suicide is an act of crime under the Section 309 of the Penal Code, despite proof that criminalization discourages people from finding aid and helps, makes it difficult to collect accurate data, and makes it difficult to create and implement effective suicide prevention initiatives.

The World Health Organization (WHO) reported that 1 million individuals died by suicide. In the world, suicide is placed fourth for the causes of death among youth aged 15 to 25 years. Suicidal intention, plans, and attempts are all forms of self-injury that do not result in death. Suicidal thoughts are a well-known prelude to suicide attempts, which can lead to death. Statistics from the National Health and Morbidity Survey (NHMS) 2017 discover that suicidal intention among Malaysian youth rose from 7.9% in 2012 to 10% in 2017. Suicide among youth has been linked to a number of risk factors. Studies shown that youth going through mental illness (depressive symptoms or anxiety disorder) and abused physically or mentally are at a higher risk of suicidal behaviour (Agerbo et al., 2002).

In 2020, the COVID- 19 pandemic struck globally and almost every country around the globe had taken its toll not just financially speaking but the mental health of every citizen worldwide especially in Malaysia. On March 18th of 2020, the Malaysian government had implemented the movement control order (MCO) to control the pandemic outbreak. This has caused an increase in mental health issues amongst youth in Malaysia. According to a poll conducted by the Centre during the MCO period, 45

percent and 48 percent of respondents experienced high levels of depression and anxiety.

From the beginning of the movement control order (18 March 2020) to 30th October 2020, a sum of 266 individuals have deceased by suicide, approximate to roughly 30 suicides per month. The rising frequency of suicides has grown increasingly concerning in the light of the present pandemic. In Malaysia, there are yet no nationally representative information on suicide intention among youth. Therefore, the purpose of this paper is to identify the risk factors of suicidal intention among youth in Malaysia in order to aid in the early identification of "at-risk" youth and the development of suicide prevention and intervention plan.

Theories Of Suicidal Behaviour

Psychodynamic theory

The psychodynamic hypothesis is a psychological theory developed by Sigmund Freud and his later followers to explain human behaviour's roots. The psychodynamic approach encompasses all psychological theories that see human behaviour as a result of the interaction of drives and forces within the person, notably the unconscious, and between the various personality structures. Suicide, according to Freud, is the outcome of a major internal conflict that emerges predominantly from the individual's unconscious layer. Introjection, or the internal projection of strong, aggressive intents toward a previously loved but now detested object, causes the individual to feel hatred and hostility toward himself, leading to melancholy and, eventually, suicide.

Karl Minninger, a psychoanalyst, describes suicide as a sort of reflexive murder in which a suicidal person converts his wrath toward others into the self or uses suicide as a form of self- punishment in his book "man against himself." He also mentions a self-directed death instinct (akin to Sigmund Freud's death instinct), implying that the suicidal person's animosity is divided into three parts: the want to kill, the desire to be killed, and the wish to die.

Other psychoanalysts feel that suicidal people struggle to express their animosity and fury toward others from a young age, resulting in a deep sense of inferiority and a dependent mentality. Such persons have a distinct divide between their ideal self and their real self, and they try spiritual regeneration and self-reconstruction through suicide. This type of hypothesis is obviously incredibly arbitrary.

Learning theory

A social learning model of suicide has been created by the functionalist and behaviourist schools of thinking, which originated predominantly in the United States. Because social structures, unconscious impulses, and neurochemicals all have an impact on how a person learns, feels, and expresses behaviour, and because there is no evidence that complex behaviour like suicide are solely determined by genetics, it is impossible to fully comprehend suicidal behaviour without applying learning theory. Suicidal behaviour in movies, television, and literature is repeated

by the protagonists, thus there is some evidence to support the learning theory. For example, parents and other family members, close friends who have committed suicide are more likely to do so. Physicians have constant interaction with patients and learn about different successful means of suicide as a way to escape their own pain, which explains the high rate of suicide among them.

Chiles and colleagues propose a Learned problem-solving paradigm, which is frequently reinforced by both internal and external factors. The former refers to changes in one's physical, emotional, or spiritual state as a result of suicide. This comprises (1) Worry and terror relief, which is at the heart of the emotional crisis that many suicidal patients suffer after committing suicide, and (2) Emotional release. External reinforcement refers to changes in the environment that occur after a suicidal attempt, such as being removed from the crisis situation, temporary improvements in interpersonal connections, and more care and assistance from others.

On a psychological level suicidal behaviour

Being in a strong negative emotional state

When caught in a state of severe dread, it is often stronger than the fear of death; it is also sometimes to avoid punishment. This dread is usually a one-time occurrence. Suicide attempts are frequently regretted by the suicidal individual, who thinks that the suicidal drive would be controlled with time.

A sense of social isolation

People lose their coordinates and frame of reference in society when they lose their sense of social belonging, which can lead to despair. Suicide might be triggered by the fear of losing social belonging or the expectation of losing one's social orientation. This is frequently due to. (1) Feeling abandoned: for example, by social organizations or social groups, by lovers, by family (including bereaved parents and bereaved children), and so on. Failure to play social roles can sometimes lead to feelings of abandonment, and in extreme cases, one may feel abandoned by the entire society. (2) Rejection of demands; (3) Lack of comprehension of behavior, moods, and thoughts, etc.

The torment of mental pain

The agonizing anguish of psychological suffering, difficult, contradictory relationships with oneself, parents, instructors, studies, and society is constantly heightened, unresolved, and it is occasionally possible to choose suicide to relieve or even stop the pain.

Learning distress

Study habits and procedures are not learned, and students are unable to keep up with the learning process; children have too much contact with things outside the classroom, such as the Internet, cell phones, and other electronic devices; bullying and unfair treatment at school.

Specific motives

Such as revenge suicide, suicide to harm others more, or loss of interest; voluntary choice of behaviour in the face of death's randomness, such as betting on who will die first (revolver, sleeping pills, etc.), duelling, death-seeking games

(primarily jungle games), etc.; alienation of worldview values, such as the incorrect belief that suicide is a freedom, suicide sublime, etc.

Pseudo- suicide

Suicidal people do not have a suicide purpose; their intention is not to commit suicide, but rather to convert a dangerous action (high risk of death) into a de facto suicide as a result of poor operation.

Suicidal behaviour at the level of mental illness

Suicide can be caused by a variety of psychological diseases, including depressive episodes, schizophrenia, and personality problems. There are two types of suicides in this category: desperate suicide and angry suicide.

Desperate suicide

(1) Such as interpersonal isolation by classmates, unable to face the teacher's punishment, cannot think of a way to cope with the moment and commit suicide.

(2) Study pressure, academic performance decline, is after efforts but cannot overcome, the skills and suicide.

Angry suicide

When they are angered by parents, teachers or classmates, they commit suicide because of anger. When they are provoked, they initially have the idea of attacking outwardly, but because they do not have the conditions to attack, or fear the outcome of the attack, and the attack reverses to themselves, impulsively choose to jump to suicide I do not have the strength to fight with you, only to avoid, to die to relieve.

Risk Factor That Causes Suicidal Behavior

Factors of suicidal behaviour include the following:

- Mental disorders (for example, major depression, substance use disorders, or mental disorders)
- Previous suicide attempts
- History of physical or sexual abuse
- Family history of suicidal behaviour

Among the many risk factors that have identified suicidal behaviour in adolescents. One of the most reliable and powerful risk factors is the presence of psychopathology: It is estimated from the results of psycho-autopsy studies that at least 90% of teenagers who die by suicide have experienced at least one mental disorder. Psychological autopsy research data from the Utah Youth Suicide Study shows that mood disorders and substance use disorders are the most common diagnoses among young people who die by suicide. According to the survey, most of the mental disorders of adolescents come from different degrees of psychological trauma.

Suicidal ideation

Longitudinal studies have shown that the more serious (high intention or plan) and more common (high frequency or duration) suicidal ideation, the more likely this ideation will occur in the attempt. Those who show persistent suicidal ideation, especially those who have a suicide plan or a strong intention, or both, have an increased risk of trying again.

Previous suicidal behaviour

In case-control studies and prospective studies, previous suicide attempts were the single most effective risk factor for suicide among teenagers, increasing the risk of subsequent suicide by 10-60 times. The risk of recurrence is highest in the first 3 to 6 months after the attempted suicide, but it is still higher than the general population for at least 2 years).

Intention and motivation

Suicide intention, or the degree to which a person who has attempted suicide hopes to die, is a powerful discriminator and predictor variable for repeated suicide attempts and completion of suicide. Suicide intention is composed of four orthogonal factors: (1) belief in intention; (2) preparation before attempt; (3) prevention of discovery; (4) communication. Motivation is the reason for the suicidal behaviour given by the patient and family. For one-third of those with the highest suicidal intentions, their motivation was death or permanent escape from psychological pain. Those who wish to die, escape from a painful situation (for example, family abuse, school violence), or wish to try again are at high risk of repeated suicide attempts. Often, the motivation to participate in suicidal behaviour reflects difficulties in social skills and interpersonal efficiency.

Prevention

What parents can do:

Parents are the guardians of their children, and the family is the location where children are born and raised, as well as their final refuge.

Parents should create a positive home environment, serve as good role models for their children, enhance their own communication skills, and give their children suitable parenting. They should be sensitive to their children's concerns and actively listen to them, rather than focusing solely on monetary gain and neglecting emotional communication.

Every adolescent will face a variety of bad experiences, such as parental feuds, academic pressure, and dissatisfied friendships. Teenagers' anxieties may seem insignificant to adults, but they are big events for them. Because adolescents are still in the stage of brain development when quick thinking, cognitive growth is more important than emotional development, emotional volatility, impulsive behaviour, and coping mechanisms are still juvenile, it is simple for them to get themselves into a worse scenario. Adolescents can easily lose their courage and confidence in these situations if they don't have parental support and direction at this time. Parents should be aware of the need of successful communication with schools and should be aware of their teen's academic performance by attending parent-teacher conferences and

contacting teachers. It's also crucial to notify the teacher if the pupil is behaving strangely at home.

At the same time, parents should take a scientific approach to psychosocial disorders and seek medical help as soon as possible if their children have issues in this area, rather than feeling ashamed of their children's problems or worrying that others will misinterpret it as a problem of parental education, resulting in a delay in seeking medical help.

What school can do:

School is a place where young people learn and socialize while also allowing them to grow. Schools should implement mental health education programs, actively promote mental health awareness, host suicide prevention lectures, and engage in anti-bullying activities. Simultaneously, a crisis early warning system should be built to improve instructors' mental health awareness and detect at-risk adolescents early. Schools are urged to establish up counselling rooms to provide expert psychological aid to pupils who are failing academically, have family problems, or are victims of bullying. Initiate emergency protocols for crisis events when students engage in suicidal or self-injurious behaviour to safeguard the safety of students' lives first.

What the whole society can do:

Mental health professionals must educate the general public about mental health issues and provide youth access to professional care. Access to suicide tools must be regulated by the government. The media should do a better job of covering suicide prevention and control, as well as disseminating information about public service psychiatric hotlines and psychological support agencies to adolescents who are already struggling with mental health issues. The government must develop a green channel for referrals from schools and community psychological services to mental health care institutions, as well as give timely legal, psychological, medical, and financial aid to teenagers in family crises.

Suicide among adolescents has evolved into a public health issue that demands attention not only from individuals, but also from families, schools, and society as a whole to protect youth's physical and mental health.

Understanding the causes is so important for youth suicide prevention. In this case, everybody has to play the role including family, friends and also teachers. A friend supposes to always know that the people surrounding us are good. Being a good listener may help people with depression release their bad feelings, let them express their thoughts and give good advice or encouragement words. Besides being a listener, we also must be a secret keeper by not sharing their story to others so that they will not feel shame.

Suicide among youth can be prevent by making a good relationship with them. Parents should give a safe and peaceful emotional home environment. Most parents take the duty lightly without thinking about the comfort of their children. Parents actually must be friends with their child so that they will not feel awkward sharing their problems. Other than that, parents must spend quality time with them. It can avoid the children feeling bored or alone when they spend time together.

Moreover, teachers also can be good parents at school. As a teacher, they should provide good conditions for the students to make sure they are always in a good mood. Bad environment at school can affect a bad frame of mind of the students. They will not feel excited to survive at school and not confident to hang out with their friends.

Conclusion

Suicide is not so much a "personal character issue" as it is a "public health issue". We can never know exactly who will hurt themselves, and we can't protect everyone. But all the effort, training, learning and interventions are worth it if they save one precious life. There is so much that can be done from the community to the school, to the family. We can strengthen the "protective factors" in all areas, rather than placing the responsibility for change on the weakest link, the suicide victim. Youth are the highest group in suicide cases based on the observation in Malaysia. This is because they easily get the feelings of loneliness, stress and lack of attention that can make them feel unappreciated. The factors of the environment at home and school also cause stress for them. Youths easily get stressed when they get treated badly and are not able to commit well. Clearly see that suicide stems from emotions, therefore cooperation of many parties may help to reduce youth's suicide rate. As a Malaysian, we must take it seriously because youth is the future of the country.

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96 Malaysian Youth's Awareness of the Fourth Industrial Revolution

Tang Yan Joo

Abstract

The rapid revolution of Industry 4.0, which is further triggered by the sudden outbreak of the COVID-19 pandemic, urges humans to be more tech-savvy. Consequently, technological unemployment is the inevitable corollary of such a revolution. With the hope of becoming a high-income country by 2024, Malaysian youths, who are the future of a country, have to be well-prepared to steer the country. However, the consciousness of Industry 4.0 among the youths in Malaysia is still uncertain. Thus, this qualitative research is aimed to investigate the understanding of the Fourth Industrial Revolution among the youths. Moreover, it shows youths, interest in each computing sector and their awareness of future job losses due to the technologies in Industry 4.0. It then outlines the extent to which the technologies will replace the labour force and enumerates the prospective approaches to be implemented by youths and authorities to provide greater exposure to the youths.

Keywords: Industry: 4.0, youths, unemployment, awareness

Fourth Industrial Revolution and Current Labour Demand in Malaysia

The Fourth Industrial Revolution marks a significant shift in how we live, work, and interact with one another. These advancements are fusing the physical, digital, and biological worlds in ways that hold enormous promise but also posing significant risk. (World Economic Forum, n.d.) The initial replacement of cottage industry by industrialisation through mechanisation with the aid of steam and waterpower in 18th century has indicated the commencement of the industry 1.0, which was then followed by Industry 2.0-introduction of electricity and mass production in the manufacturing process in 19th century. In 20th century, Industry 3.0 emerged accompanied by Information and Communication Technology (ICT), along with the computer technology, thus achieving a more automated system. A current revolution, Industry 4.0 is the collaboration between manufacturing processes and Information and Communication Technologies (ICT), that prioritises Internet of Things (IoT), hence realising the Cyber-physical systems (CPS). On the basis of an advanced digitalization within factories, the combination of Internet technologies and future-oriented technologies in the field of “smart” objects (machines and products) seems to result in a new fundamental paradigm shift in industrial production. (Lasi et al., 2014)

According to research conducted by Acemoglu and Restrepo (2017), adding one more industrial robot per 1000 U.S. workers might cut the employment-to-population ratio by 0.18—0.34 percentage points. Technological employment has become one of the costs of the industry 4.0 that forces low-skilled labour force to face sheer torture. Statistics Malaysia (2021) shows that in Malaysia, the labour demand of skilled category recorded 2,064 thousand jobs, increased by 6 thousand as against the same

quarter of the previous year (Q2 2020: 2,058 thousand). In this quarter, jobs in the semi-skilled category decreased by 15 thousand to 5,195 thousand jobs (Q2 2020: 5,210 thousand). As for low-skilled category, jobs decreased by 2.0 per cent year-on-year to 1,093 thousand jobs (Q2 2020: 1,115 thousand). Obviously, this has put those who have poor job-winning skills at risk. However, there are still lots of uncertainties among Malaysian youths and there is, therefore, a need to answer the following research questions:

Q1: Do Malaysian youths aware of the development of Fourth Industrial Revolution?

Q2: Are Malaysian youths interested in studying Computer Science?

Thus, this present study uncovers Malaysian youths' awareness of the Fourth Industrial Revolution and analyses Malaysian youths' interest in computing sector which is vital to prepare one towards Industry 4.0. The remaining sections of this paper are structured as follows, with discussion on the technological unemployment in different sectors due to advancement of Industry 4.0 in Section 2. Section 3 portrays the research method, which is through the questionnaire in detail. The results is then presented in Section 4, followed by the discussions of findings in Section 5 and the conclusion in Section 6.

Technological unemployment

Technological unemployment has been a newly emerging aftermath, with financial anguish that may take a heavy toll on ones. Studies have shown a great increase of job loss as a result of automation and sophisticated technologies. Ng, Allen (2017) in Khazanah Research Institute states that 54 per cent of all jobs in Malaysia could be at high risk of being displaced by technology in the next two decades. The number is alarming, but not unexpected given similar findings for other countries. By skill level, more than 70 per cent of all semi-skilled and 80 per cent of all low-skilled jobs are at high risk. In the light of rapid pace of technology, few industries are prone to disruption.

Firstly, agriculture and aquaculture industries are more likely to contribute to technological unemployment. This industry now employs less than 2% of the workforce, albeit automation in agricultural and food production has resulted in more food being produced in America than ever before. (Hayes, A., 2019) In Malaysia, the employment in agriculture as percentage of the total employment decreases from 1991to 2019, which is a drop from 22.49% to 10.28%, with the world average of 23.40% based on 181 countries in 2019. (The Global Economy.com, n.d) Technological unemployment increases due to spike in ‘smart farming', with self-driving tractors from companies like Varta, and Syngenta, drones with multispectral camera to take field shots, cloud computing technology to collect data of the crops without employing labour force. Farming industry, however, is equipped with technologies replacing labour force, such as bov control, Vence, and virtual fencing system.

While in the aquaculture industry, artificial intelligence (AI), augmented reality (AR) has been used for detection of water quality and analysis of fishes' health. After receiving data from drones, information is then analysed with technologies such as big

data analysis (Musenga, G., 2021) which eventually decreased the employment rate.

"Smart manufacturing can be defined as an intelligent manufacturing process (e.g., production with a CNC machine or a welding operation with an industrial robot) composed of a physical representation, connected to its digital twin through a digital thread." (Evjemo, L.D., 2020) Oxford Economics (2019) shows that an additional robot will displace 1.6 manufacturing workers thus estimating as many as 20 million manufacturing jobs will be replaced as a result of robotisation by 2030. Besides replacing the repetitive process, customisation can now be achieved by 3D printing and additive manufacturing with a shorter time. Gomez, J. (2019) too shows 62% people reported that inventory fulfilment issues is due to human errors. Thus, with high accuracy, no strike deals, no bonuses and incentives, factories prefer automation rather than human employees. Instead of using labour force, creation and interaction with realistic product models, along with troubleshooting potential issues have been made with VR before starting production. Smart manufacturing can be shown by companies like Amazon, Adidas, and Whirlpool to ensure continuous-flow manufacturing. With the wide variety of product types and the demand for higher efficiency and accuracy, Advanced Planning and Scheduling Software can be integrated with ERP/MRP software to have better performances. Thus, technologies like Big Data Analytics, Cloud Computing, Virtual Reality and autonomous robots has replaced the labour forces.

Hospitality is no exception in this context since Industry 4.0 has become a buzzword. There are large number of high-profile technology-enabled initiatives emerging. Due to the increased data volumes and advanced algorithms, Industry 4.0 with AI, automation, and robotics technologies that hospitality businesses is essential in solving daily management challenges. (Makridakis, 2017) Hotels like Flyzoo and Mariott which is equipped with face recognition devices, 'Tmall Genie', smart room services in the former and ChatBotlr, Alexa and Valora in the latter have eventually decrease the demand of labour force for the concierges, bartenders, and waitress. According to Mariott International Continues to Deliver on Consumer Desire for Enhanced Contactless Technology (2021), Mariott hotels like Moxy NYC Times Square has been equipped with contactless arrival kiosk and there is a rise of Grab-and-Go marketplace concept to achieve a contactless mode due to the spurting COVID-19 pandemic. Besides, travel websites such as Telluride, and On the Grid have diminished the need for human travel agents. Language barrier, however, could be solved translation engine, such as Alphabet Inc., Google Lens, which triggers Google Translate from our phone's camera. In food and beverage sector Thus, there are high possibilities that technological unemployment might surge once companies reached the economies of scales and more investments in technologies due to the rapid transformation of the technologies in the current Industry 4.0.

Method

Study Design

A qualitative research method through online questionnaires has been conducted due to the restriction of the Movement Control Order. The data is then analysed through

descriptive statistics, along with various types of analysis methods. Since there is no specific answer, qualitative research aids in providing clear and insightful data which may encourage further discussion to be contemplated. Its flexibility and predictive quality have eased the alteration or adaptation process if there are errors. Online questionnaires are used to reach more participants due to the restrictions of lockdown of pandemic besides being a time-efficient method for eliciting data from the targeted group. Descriptive statistics are efficient in quantifying and portraying the result of the questionnaires relevant to the awareness of Malaysian youths' awareness.

Participants

With the aim of collecting the voice of the youths, non-probability sampling had been used, which involved non-random selection, with the criteria of participants ranging from the age of 15 to 35 years old. ASEAN Member States (AMS) agreed on an age range of population categorized as youth which are between 15 - 35 years for the purpose of the ASEAN YDI. (ASEAN, 2017) The participants were reached by spreading the Google Forms, which is the questionnaire with 7 questions through online. Due to Malaysian Movement Control Order, all the questionnaires could only reach the participants through online.

The questionnaire has reached a total of 213 participants, after excluding 28 participants which are out of the age group. Average participants are of 18 years old which has recorded the highest amount of 89 participants with 44.5%, followed by 17 years old which has occupied 18.5% with a figure of 37 people. The final sample has satisfied this requirement, since it is aimed to reach more undergraduates who are currently choosing the field of study and major for further studying in order to have a clearer insight of the trend of education nowadays. For a clearer image of the distribution of age groups of participants, a bar chart has been included in (Figure 1).

Procedure

With the aim of solving the two questions stated previously, six questions have been set for the questionnaire after contemplating about the theme. These includes questions with multiple options with single and multiple answers questions. The example items including, the single option question- “Are you familiar with the Fourth Industrial Revolution?” with the answer options: Yes, No, and Heard Before, and the multiple options question- “Which branch of study are you interested in?” with multiple answer choices: Information Technology, Computer Science, Software Engineering, Computer Engineering, Information System and None of above. The questionnaire consisted of questions relevant to Malaysian youth's understanding of Fourth Industrial Revolution, interest of the participants in field of computing, technologies in Fourth Industrial Revolution, and finally their awareness of the impending technological unemployment. In order to ensure the participants are within the age group, participants are required to fill in their ages.

After taking consideration of few factors such as convenience and easy access of the participants, low budgetary restrictions and its mobile friendliness, Google Form

(https://www.google.com/forms/about/) has been administered to collect data from the participants. The questionnaires have been widely spread among three major groups, which are students from state schools, private schools and international schools to ensure more comprehensive results could be collected, since different educational background and study mode may shape different types of students. Participants were told that the survey only takes less than three minutes and participants are kept anonymous. Without exploitation of human rights, the questionnaires are done voluntarily. In order to guarantee the participants' confidentiality, no personal information is required except their age. Age is used to ensure the precision of the results complying the stated age group.

Data Analysis

After the collection of data, the data was then analysed through thematic analysis-going through the data received thoroughly. Mistakes in the data received were then determined and being rectified. Whilst collecting data, it was found that some of the participants are out of the age group, with participants of 13 years old (n=11), 14 years old (n=10), 40 years old (n=1), 41 years old (n=1), 43 years old (n=1), 44 years old (n=1), 55 years old (n=1), 56 years old (n=1), and 59 years old (n=1). Thus, these 28 data was eliminated. Besides, there were three participants who had accidentally inserted their names into the age group column. These errors had been solved after reassuring their ages by contacting them through social media. The error-freed data was then classified into respective themes in a more systematic manner.

Since the results on some questions are relatively straightforward, they were collected and translated into horizontal bar chart directly (shown in Figure 2) This included the amount of Malaysian youths who are familiar with the term Fourth Industrial Revolution and their willingness in devoting to the computing sector in the sample. A simple horizontal bar chart aids in clarifying trends and distinguishing the key factors of the result for further analysis and discussions. For more complicated questions, factor analysis is then used to trace the relationship of the variables and determine their correlation, thus identifying the suitability of the factors to the theme investigated and the ability to answer the questions stated previously. In the factor analysis, six different fields in the computing sector (Information Technology, Computer Science, Software Engineering, Computer Engineering, and Information System) have been tested and the correlation is calculated in order to assure the quality of the variables in conducting the research. Besides, another set of variables consisting of technologies such as, cybersecurity, autonomous robots, augmented reality, cloud computing, simulation, big data and others have been analysed through factor analysis process, thus constructing two correlation matrices.

Upon ensuring the correlation of the variables, descriptive analysis had been conducted. Descriptive analysis which provides an extensive insight regarding trends of certain variables. Conversion of the raw materials into useful information eased the further application of data in decision-making processes. The data had been evaluated into mean, standard deviation, range which was the measures of central tendency, in

order to ease the discussion process and for further investigations. Tables had been constructed which was shown in (Table 3) and (Table 4). With the questions sounded, ‘Which branch of study are you interested in?' and ‘Which technology terms are you familiar with?', the specific branch of study and technology exposed to the youths can be portrayed clearly with the mean through descriptive statistics. Variability of the data, however, can be shown through the standard deviation and the variance.

Results

Question 1 which states about the uncertainty of the awareness of Malaysian youths on the industry 4.0 has been solved according to the result of the questionnaire done. Occupying the highest percentage, about 40.6% of Malaysian youths have heard about Industry 4.0 before but there are only 49 participants out of a total of 213 participants, which is of 23.1% are familiar with Industry 4.0. Surprisingly, there are 36.3% of youths who are totally not familiar with Industry 4.0. It is an alarming rate which had to be taken into consideration with the hopes of achieving a high-income country by 2024. Thus, this clearly shows that most of Malaysian youths in the sample do not have a clear understanding on the industry 4.0 which had been established since 2011. Pertaining to the trend of studying computing-related courses, there is a 17.4% youths who are certain of their future path to engage in the computing sector, along with 33.8% of youths might consider studying in these courses according to Question 2. There is still a 48.8% youths who are certainly not to be in the computing sector. Question 2 has been answered that there is about one fifth of youth have the passion in computing. Thus, computing sector has a great potential to be developed among the youths.

Question 3 has investigated the branch of study Malaysian youths are interested in, with the result of ‘none of above' has recorded the highest amount with 112 over 213 participants and has surpassed a half of the participants. This means that more than half of the youths in the sample do not have enthusiasm in computing sector. Computer Science has ranked the second with 22.5%, followed by Information Technology of 47%. This might be due to the lack of exposure to the computing sectors. Whilst asking the technology terms that youths are familiar with, cybersecurity has a highest percentage with 98 participants, which is of 46%. It is then followed by Big Data with 44.6%, recorded as 95 participants familiar with it. The ranking is then occupied by ‘Internet of Things', ‘Cloud Computing', ‘Autonomous Robot', ‘Simulation', ‘System Integration, with the ‘Augmented Reality' and ‘Additive manufacturing ranked the lowest percentage. Furthermore, a question on youths' perception on the job replacement by artificial intelligence has indicated that a large proportion of youths (57.4%) are uncertain about it and chose ‘Maybe' in the questionnaire.

Discussion

Exposure towards Industry 4.0

According to the results of Question 1, it is clearly shown that the exposure of Malaysian youths towards the state-of- the-arts are low in the sample. As a matter of fact, most of the youths in the sample has heard about it before, however they are unfamiliar with the term and the revolution it has contributed in the 21st century. This might be due to the lack of understanding of the importance of youths towards the industrial revolution and tech industry or the insufficiency of governmental approaches in maximising the exposure of advanced technology to the public, causing the youths in the sample are unaware of the current revolution. Developing curiosity and inquisitiveness about developing technology is a principal means of nurturing charismatic and all-rounded youths as an ardour is far better than spoon-feeding. Thus, it should be taken as a critical problem to increase youths' exposure to the industry 4.0 due to the fast pace of technology.

Notwithstanding governmental approaches through education such as Computer Science under the Secondary Schools Standard Curriculum (KSSM), more approaches should be conducted to further evoke the interest in the tech industry. Assorted activities like conferences, STEM competitions, talks and exhibitions could be intensified, and involvement of participants could be in groups so that the increment of tech-savvy youths will be more effective since networks could be established among peers. In order to arouse students' interest in the innovation and technology sector, maker spaces, science parks or living labs in schools and public can be funded as practical experience in my opinion, will be far better than the theoretical method in which may trigger one's curiosity and fulfil the satisfaction upon achieving success throughout the process. Apart from that, authorities could also allow electrical devices loan, including tablets and laptops when purchasing. Renting of public e-devices should also be a norm so that people from all walks of life could keep themselves updated with new technologies. According to Ong, J. (2020), Teo Nie Ching (PH-Kulai), the education minister said, there were 36.9% of students who did not possess any device with which to follow online lessons. This has clearly shown the significance of providing incentives to narrow the gap between the poor and the rich so that youths can be well equipped with technological knowledge. Government too can investigate essential current skills to be equipped and invest in the labour training programme. Fiscal benefits could also be provided as an encouragement to prevent the rising unemployment rate. Implication of technological unemployment should be widely spread to raise the awareness of public.

Increasing youths' awareness of Industry 4.0 should not be an all-government approach. Instead, it should go beyond the government sector. Involvement can only be effective through the strategic alliance among youths and parents. Being cognizant of the revolution is essential and youths have to be aware of the significance of technology skills, thus playing an important role in spreading the words and sharing knowledges about the state-of-the-art among the family members or the peers. Instead of highly reliance on government, youths are recommended to benefit youth power by setting up volunteering organisations to share their knowledge in this sector or even have lecture

shoutouts in schools or conducting exhibitions and talk in universities. The organisation could also provide volunteering service as tutors to help the underprivileged ones in rural villages. Thus, youths could share their knowledges with others which may eventually spread positivity among the public. However, the misconceptions about computing sector as a very boring and a complicated task which should be eliminated. Instead, ‘lifelong learning' should be implemented as the shifting pace of technology may demolish our jobs at any time, in addition there is no guaranteed job for a lifetime. Youths themselves have to be aware of the new skills and jobs that are demanded currently. One should also understand one's personal value to be more robot-proof.

Technological unemployment

Frankly, it is clear that preparing oneself to combat technological unemployment does not restricted to engaging in the computing sector. It might be an icing on the cake, however. By learning the programming language in robotics such as Java, C++ or Python, one may acquire the ‘language' used to control the robots which means that there will be lower possibility of robots taking over humans in terms of job opportunities. Thus, it will be an advantage to one who learns knowledges in the computing sectors. Computing sector indeed is required in various sector for example, the financial sector, legal sector, design, marketing, and etcetera. Currently, banks have been using cloud to speed up development of software products, back up their archives due to the growth of users and data. Due to the large amount of assets in the bank, cyber security is essential to protect and secure the assets, such as the fraud-detection engine. Finance experts also use programming languages to assess the risk, make decisions and trade management programmes. According to Carlton (n.d.), it shows that the number of financial job advertisements requiring applicants with Python experience nearly tripled between December 2016 and July 2018, going from 270 to over 800. The same goes to the legal industry, in which security is the primary concern amongst lawyers and disaster recovery can be done in few seconds. Furthermore, there is a growing trend of design jobs require programming skills, such as the graphic designers, and webpage designers. Healthcare which involves the medical research depends on data analysts to develop new drugs and recording the information. Thus, learning the technological skills provides all a chance to keep employed in various sectors as it has been widely used.

Conclusion

This research paper is aimed to investigate Malaysian youth's awareness of Industry 4.0 and the impending technological unemployment which may take a toll on lots of employees in the labour market. However, due to the outbreak of pandemic COVID-19, some of the data and statistics might be affected. As youth, it is our obligation to benefit the advance technologies in the industry 4.0 and keep ourselves updated with current revolution. Thus, instead of contributing to the technological unemployment, youths who are going to steer the country should utilise the resources wisely. Adopting ‘lifelong learning' and devoting in the computing-related sector which

may eventually increase the productivity and achieve the goal of being high income country by 2024.

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Figure 1

Participants of different age groups

Note. The age groups of the participants shown include (15-19) years old, (20-24) years old, (25-29) years old, and (30-34) years old.

Figure 2

Malaysian youths' awareness of Fourth Industrial Revolution and their interest in Computing Sector

Malaysian youths' awareness of Fourth Industrial Revolution and their interest iu Computing sector.

Note. The possibility of Malaysian youths' studying in Computing sector and their awareness of Fourth Industrial Revolution

Table 1

Descriptive Statistics and Correlations for Study Variables

Variable	*n*	*M*	*SD*	Variance	Minimu	Maxi mu m a
Information Technology	889	18.92	3.65	13.35	1	35
Computer Science	896	18.67	4.00	15.97	2	40
Software Engineering	813	20.85	5.00	24.95	4	21
Computer Engineering	777	21.58	21.58	26.91	4	17
Information System	576	20.57	4.97	24.75	2	17
None of above	1985	18.05	3.10	9.59	3	96

	1	2	3	4	
1. Information Technology	1.00				
2. Computer Science	0.99	1.00			
3. Software Engineering	0.97	0.93	1.00		
4. Computer Engineering	0.98	0.93	0.99	1.00	
5. Information System	0.99	0.99	0.93	0.95	1
6. None of above	0.99	1.00	0.95	0.95	0

Table 2

Descriptive Statistics and Correlations for Study Variables

Variable	*n*	*M*	*SD*	Varianc e	Minimu m	Maximu m	ang
Cybersecurity	1791	18.28	3.06	9.34	1	81	0
Cloud Computing	1368	19.83	19.83	29.33	2	52	0
Simulation	1827	4.31	18.53	343.37	2	38	6
Big Data	1827	19.03	4.31	18.53	6	75	9

Augmented Reality	716	18.84	3.70	13.71	1	29	8
Manufacturing	749	23.41	5.62	31.62	6	11	
Autonomous Robot	1125	18.75	4.27	18.19	3	50	7
Internet of Things	1561	18.81	4.08	16.61	3	66	3
System Integration	824	19.62	4.40	19.33	2	29	7
None of above	854	18.17	3.13	9.80	1	40	

	1	2	3	4	5	6
1. Information Technology	1.00					
2. Computer Science	0.99	1.00				
3. Software	0.97	0.93	1.00			
4. Computer	0.98	0.93	0.99	1.00		
5. Information	0.99	0.99	0.93	0.95	1.00	
6. None of above	0.99	1.00	0.95	0.95	0.98	1

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97 Youth VS Social Media: A Conceptual Paper

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Abstract

Over the last decade, the exponential emergence of social media has created an altogether new channel for human contact. An online platform like Instagram, Snapchat and Tik Tok is used to create a connection globally and showcase various talents as well keep up with the latest trend and hot news. But the one aspect of social media's rapid expansion has gotten a lot of attention: its relationship with youth's mental health. Although new evidence is continuously developing, research has generated a large evidence base indicating a link between the usage of social media and its implication on youth mental health and fresh evidence has formed a broad picture of the primary implications and its solutions.

Keywords: Social Media, Youth, Mental Health, Implications

Introduction

Social media has become a new addiction and excessive use of it becomes a behavioural addiction such as playing computer games, workaholism and shopaholism. These are addictive behaviours that people can't seem to control because it is to use their words- as fun and fulfilling. This would impact other areas including relationships, school, emotions and family. Young people are also addicted to trends and popularity to make themselves visible to other people due to influence from social media and television. Youths who are popular tend to use social media more and the desire to maintain their position is also an addiction. They would spend roughly 11 hours daily on social media to keep up and normally engage on social media late at night as they have free time, and this damages their sleep and brain functions due to looking at the phone for hours nonstop.

Most social media users fall on younger millennials aged from 18-25. 88% of millennials use Facebook and according to research, teenagers witnessed forms of cyberbullying on social networks and 33% of them are victims of cyberbullying. This would lead to major depression and suicides amongst youngsters because of negative comments and hate comments they received. "Social media applications like Facebook are positively associated with acculturative stress of college students" (Park, Song & Lee 2014). On the other hand, Instagram also has a high number of usages among younger millennials with 59%. We can see that Instagram is a media-sharing app where youngsters constantly compare the number of likes and comments in a post. All this comparison and negativity could easily affect a child's mental health.

Mental health is an illness that includes our emotional and social well-being. Basically, it is how we feel about certain things and situations that affect our emotions such as how we handle stress and our decision making. Mental health is important no

matter what age. Mental health has been underestimated for a very long time as people always compare it with physical health because humans deal with things that they can see rather than what they could not. It is also because of inadequate appreciation of the relationship between mental illness and other health conditions. "The probabilities of experiencing psychological problems, such as depression, anxiety, and stress, increase throughout adolescence and reach a peak in early adulthood around age 25" (Kessler et al., 2007).

Mental illness is a growing problem that many people face no matter how old they are, and this can increase the number of suicides. More than 1 in 3 high school students had experienced feelings of depression and anxiety in 2019 and it is increasing by the day. Approximately 1 in 6 youth reported having planned on suicide due to their mental wellbeing. In addition, many youths especially those of age would often for the first time, leave their homes and distance themselves from their family and friends (Cleary et al., 2011). Social media is not something new that we encounter in these times. It has grown into a necessity where it becomes important for everyone to have it in their daily lives. It would be an odd thing if someone does not have any social media like Instagram or Snapchat as users of highly visual social media share their daily lives through images, rather than relying on words. "Mobile technologies, the Internet and social media have become a social phenomenon especially among young adults aged 16 to 29 or also known as the millennial generation" (Lenhart, Purcell, Smith, & Zickuhr, 2010).

Positive Impact of social media on Youth Mental Health

Over the decade, billions of people use social media every day, which basically changed the way that we communicate with other people. Many people use social platforms like Facebook, Instagram, YouTube, and Twitter daily for a variety of reasons. Some people even use it to earn a living or build their e-commerce.

Social media has provided us with greater access to information, it has both negative and positive implications for our usage of technology. It is important not to neglect the potential benefits of social media for youth well-being and opportunities for mental health promotion (O'Reilly, Dogra, Hughes et al., 2018). In the research, 43.80% of the respondents agree that social media is necessary for youth nowadays and 37.93% of the respondents agree that social media has a positive impact on youth (Shabir, Hameed, Safdar, & Gilani, 2014). In developmental psychology, social skills, support networks and strong peer relationships are important for preventing mental health problems and supporting overall mental health (Keenan, Evans, & Crowley, 2016).

Social media and mental health are connected to each other. Here, we identify some of the positive impacts of our use of this social media, including the positive impacts of social media on youth mental health. Social media platforms attract millions of users from all around the world. Even though social media is criticized frequently for replacing face-to-face communication, it is still a great platform for young people to create online identities to interact and communicate with others. For example, a recent survey shows that people use social media to keep in touch with the outside world. The survey of 1,000 retirees showed that 70 percent use Facebook to stay connected with family and friends. Through social media, users have

the opportunity to communicate and meet with people they might not have otherwise met or like- minded people with identical interests. These platforms are also often a way for people who may be introverted to make friends. This is because it can assist people in overcoming feelings of loneliness.Not only that, social media might even help youth to avoid depression. Youth can use social media for entertainment and self-expression. These platforms can allow youth to self-express through sharing pictures, videos, articles and all kinds of media. Youth can also share their personal stories, art, skills and anything else they wish. Besides, people can vent out something bad that happened in their life on social media or by looking at some funny memes to relieve negative emotions. According to Linda Charmaraman, a senior research scientist, more than half of teens report giving or getting emotional support online. For example, LGBTQ youth are more likely than non-LGBTQ youth to have online friends and to view those friends as an important source of emotional support (Nesi J, Wolff JC, Hunt J, 2019). This has a positive effect on their mental health and helps them to relieve their depression or anxiety.

Next, social media can provide us with positive inspiration. When youth face stress and anxiety in their daily lives, a motivational quote or a video can revive their self-confidence and perhaps even disclose their true aspirations in life. For example, TikTok or Youtube is a great way to relax and release stress. Youth can also find positive values or role models by following inspirational pages online. Furthermore, a variety of apps provides us guidance and support to develop a more positive outlook on life and establish healthy habits.

In addition, youth also discover that they can easily and anonymously access online information regarding their health concerns. Social media provides a safe area where anyone can be able to ask questions and get all kinds of health resources such as signs of depression and stress reduction with so many health services online these days. From numerous health forums to free online counselling, there are lots of online services that offer assistance to people with concerns and questions. Youth's everyday use of mobile technologies, such as text messaging, cell phones and instant messaging has resulted in multiple improvements in their health care, including fewer missed appointments and a better understanding of diseases. Due to the new social media having mobile applications, youth will have more chances to learn about their mental health issues and interact with their doctors.

Negative Impact of social media on Youth Mental Health

In this digitalised world, the thread connecting social media and youth are close almost non- existent. It is a known fact that social media has become an integral part of human life especially the youth. According to BBC news research, around 68% of Facebook users are youths. (G.S., Y.M.Y.H., etc, 2014, p. 134) This shows that social media is very popular among the youths. But little did they know, indulging in social media has its negative effect as much or maybe more than its perks. Social media is proven to have a negative impact on those who suffer from, or are susceptible to, mental illness. In the U.S, according to the National Institute of Mental Health, 49.5 % of youth will experience any mental disorder over their lives, and 22.2 % will experience severe

mental disability. Not only that, youth (ages 18 to 25) had the greatest rate of mental illness of any age group compared to adults. (Mental Illness, 2019). But how does social media bring a negative impact on youth mental health?

Well, research from Global Web Index revealed that people ages 16 to 24 spend about three hours a day using social media. (2018, p. 29) However, a study noted that those who spent more than three hours a day on social media were at increased risk of suffering from mental health issues. (Riehm et al.,2019, p. 1). Hence, it can be concluded that excessive usage of social media might lead to a negative, self-fulfilling cycle that ultimately affects mental health. For instance, social media has become a platform where individuals maintain a bond or even pass the time. Although, frequent use of social media promotes fear of missing out and emotions of inadequacy, unhappiness, and isolation. As a result, these feelings harm one's mood and exacerbate sadness, anxiety, and stress symptoms.

To begin, the feeling of inadequacy regarding one's life or looks. Even if they are aware that the pictures seen on social media have been edited, they can still create the feeling of anxiousness about one's appearance or what is going on in their life. Despite being aware that other people only talk about the high times of their lives, rarely the terrible points that everyone goes through. However, going through a friend's retouched images of their exotic beach vacation or reading about their exciting new job promotion, the feeling of envy and dissatisfaction would still be there. Then, there is the fear of missing out (FOMO). While the fear of missing out predates social media, sites like Facebook and Instagram seem to amplify emotions that others have more fun or live better lives. The feeling that one is missing out on something can lower their self-esteem, cause worry, and encourage one to use social media even more. It might go to the extent where they feign to be happy, wealthy and anything but themselves. (Hunt, Melissa G., etc, 2018). Fear of missing out can drive one to check their phone every few minutes for updates or reply to every alert, even if it means risking one's life, such as driving, skipping sleep. In addition, the dread may cause one to return to social media regularly. Even though a few things do not require immediate attention, the fear of losing out will convince them otherwise. Perhaps they are concerned that they will be left out of the conversation at school or work if they do not keep up with the newest news or gossip on social media. Perhaps one made to believe that if they did not like, share, or comment on other people's postings right away, their relationships connection would be affected or that they will miss out on an invitation.

Aside from that, there is isolation. Isolation is one of the common factors to affect one mental health, the feeling of loneliness escalates the anxiety and deteriorate one's capability to reason. Especially with this pandemic Covid- 19, isolation is implemented and mandatory in order to stay safe. With that, usage of social media skyrocketed in order to get rid of loneliness. However, according to a University of Pennsylvania study, high usage of Facebook, Snapchat, and Instagram enhance rather than lower feelings of loneliness. (Berger, 2018) On the other hand, reduced social media usage would diminish the feel less lonely and isolated and increase one's general well-being, according to the study. Moreover, anxiety and depression. To be mentally healthy, humans require face-to-face contact. Eye-to-eye contact help relieve stress and

improves mood faster and more efficiently than anything else. One would be more likely to acquire or exacerbate mood disorders like anxiety and depression if one prioritise social media activity over in-person relationships. (Robinson & Smith, 2021)

Furthermore, cyberbullying is the most common social media effect on youth. Victims of cyberbullying are linked to serious short- and long-term mental and physical health difficulties, as well as academic achievement challenges. Around 10% of youth say they have been bullied on social media, and many others have received nasty comments. Twitter and other social media platforms can be hotbeds for spreading harmful rumours, lies, and abuse that leave emotional scars. These emotional scars might be extreme till they reach the point of self-harm and suicide. Also, utilising social media as a "safety net." Undeniably, youth nowadays are custom to switching on phones and logging on to social media when facing a social scenario and feeling scared, awkward, or lonely. Tanya Byron points out in the Byron review, the fear of traffic and "stranger danger" has led to restrictions on how often young people are permitted to go out and mingle, so many are resorting to digital relationships. (G.S., Y.M.Y.H., etc, 2014, p. 134). Social media tools are woven into many young people's day-to-day lives. Of course, by doing this, excessively using social media deprives youth of face-to-face conversation that might help them relax and try on something new. Lastly, excessive social media usage could be hiding other underlying issues like stress, despair, or boredom. One may be using social media to distract themselves or bottling up from unpleasant feelings or moods like sadness, loneliness, or rage. As a result, the regular function of one's stress hormone, cortisol, can be disrupted, weakening the immune system and risking getting a chronic illness alongside leading to mental health problems. (Counselling Centre, 2021)

Social Media and Mental Health: Tip and Solution for Youth

“A struggle with social media becomes a problem slowly and often without notice. Being aware of the time that you spend on social media, as well as the effects that it has on you mentally is the first step to protecting your mental health.” (Fifth Street Counseling Center, 2020)

BBC News (2018) had reported that a London-based design agency, did not stop trying because the existing social media platforms should be adjusted. (Sophia Smith Galer, 2018) The team designed many simple adjustments for teams like Instagram to try to reduce some of the risks faced by its users-provided that these platforms have enough motivation to do so. One of the features is the "alert algorithm": if it finds that the words contained in your post-show have a bad mental state, it will push you some happy news that would make your day happy. If you need it, it will give you some good news. Other ideas include smart notifications that use geofencing to determine when you need to take a break. Pedometers and other activity trackers can also measure our social media habits and encourage users to set goals. They also suggest different colour labels based on the truthfulness of the information: If an account often publishes unreal photos, photos that have undergone PS, or heavily used filters, they should be marked in red.

We know that cyberbullying has a negative influence on youth's self-esteem, and they should provide support when the youth face cyberbullying. Despite the fact that it is still a relatively new phenomenon, cyberbullying is already widely acknowledged as a severe public health issue that affects children and adolescents. (Elias Abouiaoude, Matthew W. Savage, Vladan Starcevic, Weal O. Salame, 2015) Bullying frequently targets a specific part of a person's life and can harm a young person's self-perception. When cyberbullying happens, it is critical that parents seek to assist their children and ensure that their health is not jeopardised. Make a point of highlighting your child's virtues and reassuring them that you love them, and that cyberbullying isn't their fault. If you try to restrict and supervise their online activities too much, they may become less willing to communicate to you about their online experience. Instead, have an open discussion about online conduct so kids know they can come to you with any concerns. Continue to check in with them and see if everything is well. Please take your child to the doctor and to their school if you are concerned about their mental health.

The research on limiting time spent on social media can decrease loneliness and depression (Melissa G. Hunt, 2018) found that undergraduates who restrict their time on social media like Facebook, Instagram, and Snap Chat to 10 minutes a day or 30 minutes total on all social media platforms are more active and have a higher self-image, according to research. After three weeks, students who limited their social media usage to 30 minutes per day reported less depression and loneliness, whereas those who reported "greater depression" at the start of the research felt the best.

Don't blindly believe what you see on social media, says Shilpa Shetty. (Ians, 2021) Paying attention to the details of other people's posts on Facebook may lead to depression symptoms. For example, if you see a romantic honeymoon photo of a college roommate, and you happen to be single, you will naturally feel discouraged and frustrated. This is a very common form of misinterpretation because the research subjects who have this feeling did not consider that what they saw was just a "brilliant collection." The longer you stay on Facebook, the stronger these false feelings will be. Stills emphasized that if you want to have a more real understanding of your friends' experiences, you must spend time together in real life, not in a virtual world. On the other hand, social media can drive us to judge our values based on what others think of us or to construct a fake identity in order to be accepted by others.

Don't use social media as a comparison tool to your real life and you shouldn't play the comparison game because social media is a rigged game. (John Daum, 2020) Although social media was originally established as a means of connecting with others, it is now also used as a means of comparison. It has become a barometer of how we measure others. For young people who socialize through the school system, this is a special problem. They can "rate" themselves with their peers. Therefore, many longitudinal studies conducted in this field show that we are increasingly involved in the "passive use" of social media-here we can view the photos and lives of others and compare them with our own photos and lives, this is not conducive to our mental health. The essence of social media is that most people present important points in life more often than boring things, so these points seem to be the norm. In fact, when we are at a high place, we tend to publish articles; when at a low place, we tend to browse other

people's pages. Therefore, the difference between real life and the ideal life we see on the screen is further. The expansion caused us to feel that we could not measure it, and we missed it. This will affect mental health and make people feel inferior and inadequate.

Youth may have amassed a large number of online friends and connections, as well as the individuals and organisations you follow. Some stuff may still be intriguing to you, but most of it is likely to be dull, irritating, or worse. Reduce reading content that has a negative impact on you and redirect the focus on something else that really matters to you. (Emily Holland, 2014) Unfollow, mute, or conceal contacts; the majority of people won't notice. Because of this, your life will be improved. According to a recent study, information about Facebook friends' life has a higher influence on people than other Facebook material. People who share inspirational tales on social media will feel appreciative, energised, and awestruck. Reduce the negative effects of social media by pruning some "friends" and adding some inspiring or fascinating websites.

Conclusion

Though there have been many debates on whether social media affects youth's mental illnesses, we can conclude that there are negative and positive outcomes on social media. Youths sometimes misuse social media which makes it bad for them and also for others. Even if it has been underestimated, we need to make people aware that it is just as important as other illnesses. The negative impact it brings to youths can be said that it is concerning where family and friends play an important role to some people. We are aiming to overcome perspectives based on norms and traditions. Indeed, for adolescents who have not known a world without social media, technological interactions are the norm but using social media for self-expression, popularity and FOMO and not for useful resources cannot be overlooked. "It is revealed that depression and time spent on Facebook by adolescents are positively correlated" (Pantic et al., 2012). The constant urge to respond to trends and posts is a form of anxiety and a fear of missing out.

Social media is taking over the world and a rising number of adolescents are affected by the changes owing to the overuse of social media due to addiction. People need to remind themselves that there are always solutions and to not wait until social media changes but to start changing the way you use social media now. "Mental health is not a debilitating condition and with the right help and support, an individual can lead a full happy and meaningful lifestyle" (Eaton 1951: 88). Creating a platform that makes people feel safe, blissful and open will lead to a healthier environment physically and emotionally. Other than that, parents should be aware that they need to have an open environment at home for their children to express themselves rather than them expressing to other anonymous sources which could be dangerous. Youths are gullible and naive when reading or watching videos as they might believe in everything, they see on social media so social networking sites should be restricted to a specific age

range. Any social media application that has a negative impact, such as prejudice, violence, or racism, should be removed immediately.

The virtuous outcomes of social media can be used to spread positivity around the world by using social media properly. It is crucial to use it as a form of communication to lead to better relationships with yourself and also others. Social media made it easy to connect with other people regarding invitations and RSVPs. It is true to say that social media is one of the best places to start long-term relationships. Whether it is friendship or love, social media will help you to nurture your relationship, which is extremely positive. In addition, youngsters may use social media to ask for help emotionally and we must not leave anyone behind because the time they are seeking help is when they are at their worst and at the edge of giving up. In some studies, it is stated that youth would try to heal themselves through social media before actually finding assistance. Most youth would usually ask for help from people close to them such as best friends but when they seek help from health services online, it is because people around them do not seem to be helping them in any way. Many of these people use social media to share their own experiences with mental illness, seek support from others, and learn more about treatment options, mental health services, and coping with symptoms. (Bucci et al. 2019; Highton-Williamson et al. 2015; Naslund et al. 201)

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98 Telkom University Students Facing Depression as a Challenge Throughout The COVID- 19 Pandemic

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Abstract

The spread of COVID-19 in Indonesia has had a tremendous impact on various aspects of human life, one of which is the education aspect. Educational activities in Indonesia, which were originally carried out with face-to-face learning, have now turned into distance learning (online). This online activity has a psychological impact such as anxiety on people who are studying in university. Anxiety, which was originally just a common complaint, turned out to be a depressive disorder that can affect the way students learn. This study aims to find out how students face depression as a learning barrier during the COVID-19 pandemic. The subjects of this study were students of Telkom University and used a quantitative descriptive method through a questionnaire that had been distributed for eight days and received as many as 54 respondents. The questionnaire contains a scale of depression experienced by Telkom University students using the BDI-II instrument.

Keyword： COVID-19, Online, Learning University Students, Depression**.**

Introduction

Depression in College Students. Youth, period of transition from the dependence of childhood to adulthood's independence. Based on the United Nations, the easiest way to define youth as those persons between the ages of 15 and 24. Young adults. The biggest line of change between childhood and adulthood can be justified and found in college students. College marks an important milestone along the path from adolescence to adulthood. It's a big step for one that is both exciting and stressful. There go without saying challenges might occur as a college student. Pressures can be overwhelming. Adapting to schedules and workloads.

Dealing with emotional transitions can trigger or even unmask depression during college in young adults. The increasing amount of pressure and stress to a new environment, achieving academic success, can be too much for one. Mental health issues are increasingly prevalent among college students. Depression being one of the main and common issue college students are facing. College pressure that leads to depression can increase the feeling of isolation for students. Commonly mistaken as a "phase", depression is a real condition that can interfere with daily life, behaviour and even lead to a more dangerous mental state. A long-term effect, causing a lifelong problem. Something that can't just simply "snap out" of.

Depression is a mood disorder that involves persistent feeling of sadness and hopelessness. They effect on how a person feels, thinks, behaves, and can lead to a

variety of physical problem. Everyone experiences depression in different ways, some come in episodes, mood swings, sleep disturbance or even body pains with no apparent physical cause. Symptoms differ from person to person. This mental disturbance is a result of chemical imbalance in our brains.

As if the academical and social pressure weren't enough. The pandemic of COVID- 19 brings additional coerce to the table. The pandemic is felt in the new normal of daily life and the way that school and campuses safely operate. College students are put in more stress by how academical activities and schedule are disrupted. Which continue to cause an indirect depression that affected both physically and emotionally.

The continuing changes, lack of stability and isolation that resulted from COVID-19. Students are forced to transitioned to online learning as the pandemic forced campuses to close. This created the feeling of uncertainty about the future and caused many to develop symptoms of depression. It is found that during the pandemic, young adults with no prior history of mental illness reported struggling with symptoms of depression, includes, changes in physical activities and pattern, sleep, even negative outlook on life. This means that the risk factor has doubled since the start of the pandemic.

Although there are recent research that studies college students behaviour and mental health state during the pandemic, they were still unavailable and incomplete data and the lack of ground covered. Therefore, we are grounding research to further span the analysis of depression occurring in college students, specifically Telkom University students. Symptoms that pose a threat to student's mental health. Who is currently remote learning due to COVID- 19 since 2020 academic year.

Literature Review

a. Lecture Activities in Indonesia During the COVID- 19 Pandemic

Since mid-2020, Indonesia has imposed quarantine for its people due to the spread of the COVID-19 virus which continues to increase every day. This certainly affects various community activities from various aspects, including in the field of education. All educational activities, such as lectures, should be temporarily suspended and instead, distance learning or online lectures implemented. According to UNESCO, around 1.3 billion students and university students worldwide are unable to attend school or study properly due to the spread of COVID- 19.

The procedure for distance learning is that students and lecturers conduct face-to-face online through various media that support online learning such as zoom and google meet applications. Then, students will listen to an explanation of the contents of the PowerPoint that has been prepared by the lecturer. In addition, each university also provides an LMS (Learning Management System) website that has been designed to make it easier for teachers and students during distance learning. The LMS system can help teachers or lecturers to plan and create syllabus, manage learning materials, student lecture activities, grades, recapitulate attendance, display grade transcripts, open discussions and take quizzes.

b. Depression Tend to Occur in University Students

Mental health problems are prevalent among university students, depression being the most common. University students are special groups that are in transition from adolescence to adulthood, that itself can cause and create stress in one's life. These young adults are trying to fit in, make plans in and for the future, and being away from home. The stress and pressure to achieve academic success in addition to the high amounts of coursework, can be too much for one. University pressure that leads to depression can increase the feeling of isolation for students, with prevalence rates in university students of 7 to 9 % worldwide.

Research by National Alliance on Mental Illness in 2018 state that nearly 42% of the students reported feeling so depressed that they had trouble functioning at some point during their year course. The lack of sleep, poor eating habits, and the educational environment itself can affect the way students feel about themselves. Many students struggle from low self-esteem in response to those stresses and pressure. Depression rates for young adults are also caused by social media platforms. Higher usage of social media can disrupt concentration, decrease physical activity and increase the amount of pressure from how media portray "the ideal" yet impossible to achieve university life.

Based on the research done by Boston University, the Covid-19 pandemic is putting more stress on university students, many of whom are worried about increasing financial pressures and how their daily university activities and schedule are disrupted and jumbled. Which cause an indirect reason for depression that can affect academic performance.

c. Characteristics of University Students Who Have Depression

When a university student continues to be faced with various online activities, not a few of them experience depression due to pressure from their environment which may make them uncomfortable doing online activities. Depression is different from ordinary feelings of sadness. Although the level of depression may be mild, it is still included and identified as depression. The characteristics of university students who experience depression are divided into two parts, from the emotional side and behavioral changes. Here are the characteristics:

- Characteristics of Depression from

The Emotional Side:

i. Losing motivation and enthusiasm in carrying out lecture activities and doing assignments.
ii. Feeling sad, hopeless, and fail towards their studies.
iii. There are drastic and noticeable mood swings.
iv. Difficult to concentrate and think.
v. Worst of all, contemplating suicide.

- Characteristics of Depression from

The Behavior Change Side:

i. Decreased academic achievement.
ii. Easily tired and losing energy when doing activities.

iii. Having insomnia or sleeping too much.

iv. There is an increase or decrease in appetite.

d. Online Lecture Activities Bring Depression to University Students

On the other hand, the pandemic not only increases the risk of health problems due to the transmission of the coronavirus, the effects of the pandemic on mental health are also a concern of the World Health Organization (WHO). Although impacts are felt across populations—especially in socially disadvantaged communities and individuals employed as essential workers—university students are among the most strongly affected by COVID- 19 because of uncertainty regarding academic success, future careers, and social life during university, amongst other concerns.

Online learning is courageously implemented by educators in various ways during school closings to anticipate the coronavirus, but this is not considered optimal and shows that educators still lack the willingness to adapt to the digital climate (Charismiadji, 20). Many schools use the method of giving students tasks with courage. The assignment was carried out via various available social networks, in particular the WhatsApp group. In an emergency due to the coronavirus like now, a form of assignment that is considered effective in distance learning. The stuttering of educators, the confusion of parents who accompany their children to study at home, and university students who are confused about online learning methods accompanied by piles of assignments have caused widespread anxiety.

Anxiety affects university student learning outcomes due to confusion and distortion of perception. These biases can interfere with learning by reducing references to help, diminishing memory, and connecting one thing to another (Kaplan & Saddock, 2005). The results of research by Cao, Fang, Hou, Han, Xu, Dong, & Zheng, (2020) on 7,143 students showed that 0.9% of students experienced severe anxiety, 2.7% experienced moderate anxiety, and 21.3% experienced mild anxiety. Prolonged and persistent anxiety can cause stress that interferes with daily activities. The responsibilities and demands of students' academic life can be part of the stress students experience.

Moderate to severe stress can make studying difficult. The level of academic stress decreases academic skills, which affects the performance index of students (Goff, A., M., 2011).

e. Instrument Beck Depression Inventory-II

BDI or Beck Depression Inventory is a set of research measuring tools created by Beck (1976) to detect depression. In 1996, the BDI was revised by Steer & Brown with the aim of being more consistent with the DSM-IV criteria. Beck and the result of the revision were named BDI-II. The BDI-II is a very popular measuring tool to describe the depression of a person aged 13 years and over.

The BDI-II instrument scoring uses a Likert scale with a score range of 0-3 for each statement (statement A-statement D). The statement that best fits the criteria or indicators of depression has the highest score (score 0 for statement choice A, score 1 for statement choice B, score 2 for statement choice C and finally, score 3 for statement choice D).

The depression score based on the BDI-II manual is categorized into four, namely a score of 0-13 which indicates normal depression, a score of 14- 19 which indicates mild depression, a score of 20-28 which indicates moderate depression and a score of 29-63 which indicates severe depression (Beck, 2003). Steer&Brown, 1996).

Method

This research was conducted using quantitative methods by taking samples of respondents from Telkom University students. The research was conducted from October 12 to October 19, 2021. The data collected was obtained by distributing questionnaires through a google form related to the depression scale using the Beck Depression Inventory II instrument. The approach of this research is descriptive analysis which consists of periodic analysis of the data obtained, then given an understanding and explanation that includes a collection of journals related to this research so that the information from the data can be well understood by the reader.

Finding And Discussion

The results showed that 55 female and male respondents with an average age of 20 years experienced minimal depression and mild depression.

Table 1.

Depression Level	f	%
Normal Depression	19	34,5%
Mild Depression	15	27,3%
Moderate Depression	11	20%
Severe Depression	10	18,2%

The results of this study indicate that as many as 34.5% of Telkom University students experience normal depression which makes the sufferer experience feelings of sadness and despair in a certain period of time. The normal depression level has the highest number of respondents compared to the other levels. Furthermore, the data shows that as many as 27.3% or 15 Telkom University students experience mild depression symptoms which are usually characterized by loss of interest in an activity and loss of motivation. For moderate depression, there are 20% or 11 Telkom University students who experience it. Moderate depression has the same signs as mild depression, only moderate depression is one level above and more severe. Finally, quite surprisingly as many as 18.2% or 10 Telkom University students experience severe

depression. Severe depression will usually lead to thoughts of suicide or self-harm. People who have entered this stage of major depression should have been given the right treatment by experts.

Turns out using online learning as a teaching method for Telkom University students during the pandemic have a strong influence on some students. Many of them experience mild depression simply because they are bored with online activities. However, students are social creatures who needs a lot of direct social interaction from other people, so they don't feel bored and feel that their lives are just “like that”.

In the last question, we asked how the respondents overcome their boredom of online learning during the pandemic that can cause depressive disorders. Most of them answered to fill their free time with positive activities or hobbies. Activities that they are comfortable doing such as watching movies, listening to songs, meeting with friends occasionally, by complying with health protocols, playing games, reading novels and many more. However, there were also respondents who answered that they felt quite grateful for the current events because they were still given good health and facilities such as cellphones and laptops to carry out lectures even though they were conducted online.

Conclusion

Since mid-2020, Indonesia has been in quarantine and lockdown procedures due to the spread of the COVID-19. This affects activities from various aspects, including in the field of education. Students are forced to transitioned to online learning as the pandemic forced campuses to close. The pandemic not only increases the risk ofhealth problems due to the transmission of the coronavirus, the effects of the pandemic on mental health are also a concern of the World Health Organization (WHO).

Mental health issues are increasingly prevalent among college students. Depression being one of the main and common issue college students are facing. Depression is a mood disorder that involves persistent feeling of sadness and hopelessness. The pandemic is causing and leading to more depression symptoms, affecting the lives of Telkom University students.

Using BDI or Beck Depression Inventory, a set of research measuring tools to detect depression, we gathered 54 Telkom University students to fill out a questionnaire on their experience in depressive behavior. It is found that 22 (34,5%) of the respondents experienced normal depression, 15 (27.3%) respondents experienced mild depression, 11 (20%) respondents experienced moderate depression, and 10 (18.2%) experienced severe depression. Students who are depressed or experiencing the symptoms should not be ignored.

Do not underestimate the slightest symptoms of depression. If you are worried of certain symptoms, consult further with a trusted doctor/psychologist/psychiatrist.

Remember, mental disorders can be experienced by anyone, in different ways. Never be ashamed to go seek help and consult. Your mental health should be treated like your physical health, something you need to care for. The stigma surrounding

getting help for mental illnesses are less important than your (and your loved ones) mental health.

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99 The Exploration of the Influence and Adoption of 5G in Malaysia Tertiary Education

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Abstract

The transformation in communication and information technologies in the 21st century has resulted in massive achievements in educational technology. 5G technology assist in the widespread adoption of remote learning and intelligent training programs. The application of the latest technology must be incorporated into the curriculum to achieve higher-order thinking skills. With 5G, students are delivered education even outside the classroom. However, the adoption of the latest technology has both positive and negative implications. Thus, this research discusses the implication and acceptance of 5G in education among youth. The result of this research reveals that youth are aware of 5G technology and its contributions to IR4.0, believe that 5G technology investment is reasonable and are open to influence and adopting 5G technology spinoffs. The survey conducted shows that students perceived that 5G adoption is easy to use and useful, while there are significant risks and concerns in adoption the 5G technology.

Keywords: 5G technology, higher education, implications, adoption

1. Introduction

Massive breakthroughs in educational technology have emerged from the transformation in communication and information technologies in the 21st century. Advance in education technologies have a favorable impact on all educational programs, including traditional education, massive open online courses, adult education and e-learning (Tezcan, 2014, p. 32). Education is undergoing tremendous development as a result of the digital revolution. Furthermore, according to an article, the fifth generation (5G) of cellular networks is designed to meet high-end requirements. Extremely dependable transmission speeds, larger device capacity and low latency are three distinguishing qualities that characterize 5G networks, which will be discussed further (Nisha Panwar, 2014).

The most well-known aspect of 5G is that it provides faster connection speeds than the current 4G network. Every day, hour, and even minute, the amount of data sent by businesses grows exponentially. Transferring massive amounts of data will not disturb the network at the speeds promised by 5G. Aside from that, another benefit of 5G is increased device capacity. The capacity of networks is limited, and they can only accommodate a certain number of devices and data transmissions at any given moment. Offices, on the other hand, are using an increasing number of gadgets, all of which are transmitting a massive amount of data - the 4G network would be unable to handle these mounting loads, necessitating the introduction of 5G. Latency is defined as the period

between delivering a data packet and receiving an acknowledgment. High latency, which has always been present in most network connections, causes a considerable lag. Latency is an important metric for businesses wishing to enter the Internet of Things (IoT) market, and 5G's reduced latency might considerably improve the usability and, in certain cases, the security of IoT devices (Michael Brenner, 2020).

5G will speed the economy's and connected society's revolutions. Infrastructure will be critical in the future society and economy to satisfy network requirements and to contribute to the digitization of vertical markets such as education, vehicles, banking, government, healthcare, and transportation. The 5G network will become "the" infrastructure, capable of supporting a wide range of services. In order to have a clear view of each vertical market and reflect its needs and requirements into 5G specification and architecture, 5G has included more vertical markets in its need collection. However, it appears that one of the most important, education, is still missing (Esmat Mirzamany, 2017).

In order to deliver a digitally driven education ecosystem, the education industry has kept its focus on the adoption of ICT solutions. Along with developing a smart classroom setting, the emphasis is on fostering remote learning tools and making them more widely available. Remote learning might fundamentally lower the cost of education by removing the need for a specific physical location and restricting spending to technology. It can also help with the efficient use of qualified educators and educational infrastructures. Prior to the COVID- 19 period, remote learning was gradually gaining traction in various parts of the globe. Nonetheless, school closures in the aftermath of COVID- 19 have inspired larger-scale efforts by educational institutions and governments around the world to adopt and promote remote learning or online education (Saurabh Verma, 2020).

2. Literature Review

2.1 Overview of 5G technology

The term of “5G” referred to the fifth generation of mobile technology. 5G technology has revolutionized the way people use cell phones in high-bandwidth environments. The user has never encountered such a high-value technology before. 5G technology includes a wide range of sophisticated characteristics, making it the most powerful and in high demand in the near future. The vast breadth of cutting-edge technology that is being included into modern cellphones is astounding. Handheld phones with 5G technology have more power and functionality that at least 1000 lunar modules. To acquire broadband internet connection, a user can connect their 5G technology cell phone to their laptop. Radio frequency also known as spectrum are used in wireless communication systems to transmit data over long distances. 5G is similar to 4G, however it uses higher radio frequencies that are less crowded. This enables it to transport more data at a much faster rate. A physical network can also be sliced into several virtual networks using 5G technology. Operators will be able to supply the appropriate network slice based on how it is being used allowing them to better manage their networks (Ritesh Saraswat et al., 2014).

2.2 Theoretical Research Model

2.2.1 Technology Acceptance Model (TAM)

In the exploration of the 5G influence and adoption, researchers adopted Technology Acceptance Model (TAM) which was firstly proposed by Davis (1989) and the extended TAM model was originated by Vengkatesh and Davis (2000) with two primary factors influencing an individual's inclination to utilize new technology: perceived ease of use and perceived usefulness. To study the possible drivers that influence youth' behavioral intention to embrace 5G in Malaysia tertiary education, the extended TAM model is adopted with additional 1 variable of perceived risk.

2.2.2 Perceived Usefulness

Perceived usefulness was defined by David (1989) as "the extent to which a person believes that employing a particular system would improve the job performance." Perceived Usefulness in the context of 5G in education can be defined as "the extent to which a person believes that using 5G technology would improve the daily routine," as users develop a favorable intention to use more advance technology in education due to comparative benefits over current 4G technology.

According to the author (Umaimah Mokhtar & Jaidi Bin Ahmad, 2020), Malaysia tertiary educators must be prepared for the 4.0 industry revolution by utilizing fifth generation mobile technology or 5G to maximum advantage which will be commercially used by 2021. The preparations should begin immediately because it will provide data speeds that will give value to a person's way of living in the realm of education. Malaysia tertiary education centres such as university, polytechnic and community college are the system developer, and responsible for the distribution of facilities and infrastructure. Educators must encourage students to utilize this type of technology. Therefore, Malaysia tertiary education would be enhanced when students use the opportunity to be in the world of technology and information.

2.2.3 Perceived Ease of Use

David (1989) interpreted Perceived Ease of Use as "the degree to which a person believes that using a given system will require no physical or mental effort." Perceived Ease of Use can be explained in the context of 5G technology in education as people being aware that 5G technology is simple to use and hence developing an interest in learning it.

According to the author (Adriano Baratè et al., 2019) the adoption of 5G technologies in an educational context, focusing on activities based on Augmented Reality (AR) and Virtual Reality (VR). Due to high concurrency among users in the same cell or the behavior of future hardware and software components, the effective performance of 5G will be able to show up in real-world deployments which may differ dramatically from hose extracted from present experiments. This author also mention that music education is a difficult sector in which AR/VR over 5G can be used. To enable professional applications, music necessitates the interchange of multimedia

information, at the very least in the form of high-quality audio streams. In general, 5G performance is required when a user-tailored application's behavior cannot be computed on the user's device, which must instead rely on a server for personalized content int the form of high-quality multimedia streams. Thus, the tertiary education institutes could implement 5G technology as it benefits students.

2.2.4 Perceived Risk

Bauer (1960) was the first to use the term "perceived risk." It was a situation in which user's purchasing behavior could be risky because of purchase decisions that could result in an indeterminable or unpleasant outcome. Perceived Risk in the context of 5G technology can be defined as "the degree to which users perceive the potential losses that could be produced as a result of the uncertainties of using 5G technology in education."

Based on the author (Sarah Lemelin, 2020), various health risks are raised by 5G technology towards students. Numerous research have been conducted on the health impacts of radiofrequency (RF) radiation, with inconsistent results. However, due to the increased number od antennas that will be utilized, there is insufficient research on the impact of 5G technology on humans who may be subjected to a larger concentration of RF radiation. Besides that, it can also be said that the attraction for cybercriminals to target institute is more important than ever, due to the online assessments and personal information. Technology managers in educational institutions are looking into network slicing as a way to mitigate the risks connected with the expected rise in IoT and related issues. The IoT device's software-defined characteristics can be controlled to limit "lateral-movement" across an institution's network, limiting access to vital infrastructure (Christopher Mangano, 2020).

2.3 Proposed Research Framework and Hypothesis Development

The conceptual External TAM model is used in this study as an exploratory correlational research framework, with the dependent variable being the exploration of the influence and adoption of 5G in Malaysia tertiary education and the independent variables being Perceived Usefulness, Perceives Ease of Use and Perceived Risk. The proposed research framework is shown in Figure 1.

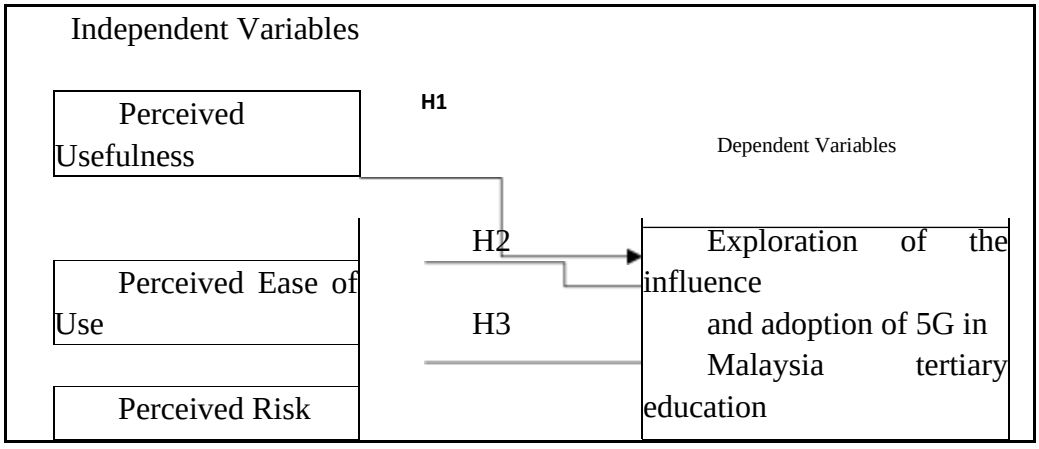


Figure 1 Research Framework

Three (3) hypotheses are proposed in this research study as follow:

Hypothesis 1: Malaysian youth perceived that adoption of 5G is useful in Malaysia Tertiary Education.

Hypothesis 2: Malaysian youth perceived that adoption of 5G is easy to use in Malaysia Tertiary Education.

Hypothesis 3: Malaysian youth perceived that there is risk in adopting 5G in Malaysia Tertiary Education.

3. Research Methodology

A questionnaire is utilized as the research instrument in the suggested exploratory research to obtain society's perspective on the adoption of 5G technology as well as its influences in Malaysia tertiary education. The survey was completed by peoples aged 18 to 35 who have completed at secondary school. The sample size of the research is 103 respondents. The questionnaire is divided into two sections. Section I used nominal scales to ask demographic questions about the respondent's personal data such as age, gender, education level and employment status. Section II was divided into two main categories: influence and adoption of 5G technology. Each question has options on the degree of agreement or disagreement with 5-point Likert scaled from strongly disagree=1 to strongly agree=5. The completed questionnaire is prepared with Google Form and delivered by email and online social media applications like Facebook and WhatsApp, as data collection via online survey distributed is faster, more convenient to share and less expensive. This research successfully collected 103 responses for a period of one months' data collection time.

4. Research Findings

4.1 Demographic Analysis

The entire gathered samples of 103 respondents were subjected to demographic were subjected to demographic analysis in order to better understand distinct demographic areas. Based on the collected data, there are 49.5% of female respondents, 46.6% of male respondents and 3.9% respondents are not willing to disclose their gender. A side from that, 50.5% of the respondents are between 21 to 25 years old, followed on with 28.2% of respondents are in category between 18 to 20 years old, 11.7% of respondents are in the age group between 26 to 30 years old and only 9.7% of respondents are between 31 to 35 years old. In the context of education level, the majority of respondents are Bachelor's Degree holders (47.6%), followed by High School Graduate and Diploma (20%), Certificates holders (6.8%), Master's holders (5.8%) and Doctorate holders (1%). This demonstrated that the majority of respondents

were well-educated and offered substantial evidence of data's reliability in the form of completed questionnaires.

4.2 Findings on Perceived Usefulness of 5G Adoption in Malaysia Tertiary Education

The first part of section two of the survey 'Findings on Perceived Usefulness of 5G Adoption in Malaysia Tertiary Education' was conducted to understand the usefulness of 5G in education. This is due to the rapid spread of latest information on social media and websites in this digital era. According to a study by Polytechnic Mersing, 5G will propel the Internet of Things (IoT) to a revolution in education, updating learning methods and improving the future of online training (Español, 2020). The first hypothesis will be: Malaysian youth perceived that adoption of 5G is useful in Malaysia Tertiary Education.

Table 1
Findings on Perceived Usefulness of 5G Adoption in Malaysia Tertiary Education

Survey questions	Average score
5G enable students to login e-learning portal and other websites without lagging.	4.45
It is easy to gain knowledge with 5G technology and adopt it.	4.35
5G technology make students smarter.	3.85
5G in education improves interaction between teachers and students and collaboration among peers.	3.96
Adopting 5G in education personalize the experience of learning by creating intelligent systems to understand the unique needs of each student and create targeted learning journeys.	4.21
Adopting 5G in education would help tutors by saving time. For instance, they could browse websites faster as soon they enter classrooms.	4.41
5G would enhance online education where distance learning will be more accessible, convenient, and much better.	4.40
Average score for all questions	4.23

The findings on usefulness of 5G technology in tertiary education are shown in Table 1. From the finding it can be concluded that youth finds that adoption of 5G is useful and the average score of each question is more than 3.5. Whereas the average score of the third question in this part is not as high as other questions and this is due to individual preference. 5G can only deliver information to students quickly which

does not relate to their intelligence. Respondents prefer 5G for fast information without wasting their time. Therefore, 5G makes life easier not smarter.

An average score (4.23) of the findings for 7 questions regarding the perceived usefulness of 5G adoption in Malaysia education. Hypothesis is accepted.

4.3 Findings on Perceived Ease of Use of 5G Adoption in Malaysia Tertiary Education

The last part of section two of the survey 'Findings on Perceived Ease of Use of 5G Adoption in Malaysia Tertiary Education' was conducted to understand the ease of use of 5G in education. Information regarding 5G technology breakthroughs has always been recognized as a positive achievement that leaves a positive impact. The second hypothesis will be:

Malaysian youth perceived that adoption of 5G is easy to use in Malaysia Tertiary Education.

Table 2

Findings on Perceived Ease of Use of 5G Adoption in Malaysia Tertiary Education

Survey questions	Average score
5G is compatible with most modern technology gadgets such. as tablet and smartphones for education purpose.	4.39
5G has greater transmission speed which allows students. to access websites in a short period of time.	4.63
5G accelerates the quality and adoption of immersive learning. by providing a greater network capacity and seamless experience that allows students to explore complex concepts through. augmented reality (AR).	4.40
Average score for all questions	4.47

Table 2 shows the findings on the ease of use of 5G technology in education. In overall the average score for this section is higher compared to the other sections. This is because respondents find that 5G allows educational delivery to be faster, smoother and more reliable with its extremely low latency rate. For instance, 5G cell tower can hold and support nearly 10 times as many devices as 4G cell tower. This is extremely important in a classroom setting.

Average score (4.47) of the findings for 3 questions regarding the perceived ease of use of 5G adoption in Malaysia education. Hypothesis is accepted.

4.4 Findings on Perceived Risk of 5G Adoption in Malaysia Tertiary Education

The aim of the first part of section three of the survey 'Findings on Perceived Risk of 5G Adoption in Malaysia Tertiary Education' was conducted to understand the risk of adopting 5G in education. 5G has shown its value by delivering a long list of risk

towards students. The third hypothesis will be: Malaysian youth perceived that there is risk in adopting 5G in Malaysia Tertiary Education.

Table 3
Findings on Perceived Risk of 5G Adoption in Malaysia Tertiary Education

Survey questions	Average score
5G could worsen the social skill of students.	3.45
Adopting 5G in education could cause health problem among students due to laziness as they could access the network easily.	3.66
Advancement in 5G technology would result in distraction among students from their studies.	3.72
Students from rural areas have less opportunity to use 5G technology compared to students from urban areas.	4.15
Students from rural areas would not have sufficient knowledge in 5G technology before they start their tertiary education.	3.95
Learning with 5G technology necessitates a significant financial investment due the network's monthly subscription.	4.00
Average score for all questions	3.82

Based on Table 2, the findings on ease ofuse of 5G Adoption in education. The findings show that youth believe 5G adoption to be risk with an average score of more than 3.5 on each question. Question 4 in this section has the highest average score because individual believes that students from rural area has limitations on the technology. Thus, the average score of that particular question is higher compare other questions.

The average score (3.82) of the findings for 3 questions regarding the perceived ease of use of 5G adoption in Malaysia education. Hypothesis is accepted.

5. Discussion

The statistical tests provided in section 4 revealed that all of the relationships proposed in the research framework between independent variables and dependent variable are significant. It has also been established that the proposed Extended TAM model is useful in explaining youths' behavioural intentions to adopt 5G technology in tertiary education.

The finding of Perceived Risk has negative and significant impact to the youth adopting5G in education is also consistent and aligned. As most of the research respondents are educated, respondents are more concern on risk of implementing 5G in

education through the information and knowledge gained from education and daily experience. Besides that, the findings on Perceived Ease of Use as one of the significant factors to influence youth intention to adopt 5G technology in tertiary education. Lastly, the finding of Perceived Usefulness is significant determinants that impact on youth adoption of 5G in education. As most of the respondents in this research have some knowledge on the benefits of 5G, it is assumable that majority of this respondents understand on how the 5G can benefits students.

6. Conclusion, Recommendation and Future Work

This study used the Extended TAM model with the variables of Perceived Usefulness, Perceived Ease of Use and Perceived Risk to successfully identify the determinants in adoption of 5G technology in Malaysia tertiary education. According to the research findings the hypothesis is accepted for the TAM model is accepted as the mean score > 3.5. Perceived Usefulness and Perceived Ease of Use have positive and significant impact on youth adopting 5G technology in education while Perceived Risk has a negative and significant impact on youth as the mean score is the highest compare other sections.

From the research outcomes, it is suggested that the 5G technology in education should provide equal learning opportunities and promotes educational equity. To solve the problem of educational equity from the perspective of IT, education informatization enables high-quality educational resources and services to communicate through the network, embeds learning into daily life outside of formal education and creates a situation in which "when technology is everywhere, learning is everywhere" where all people have equal learning opportunities. Besides that, a seamless circulation will be established for all types of data and instructional information. The development of education informatization will set rules and standards for the collecting and analysis of all types of data, and data analysis is the foundation of delivering intelligent educational services. We can achieve data aggregation and cross-domain transmission through perceptions of the physical world, increase the adjustment function of educational services, and break the constraints of time, location, content, and medium.

Nonetheless, several adjustments to this research should be made in order to better future research. Since the study was limited to youth residing in the Malaysia and had a sample size of only 103 respondents, these results are generalized and concentrated and so not fully represent the population of Malaysia as a whole. As a result, obtaining similar data from a bigger sample size across all states in Malaysia as future study is needed in order to produce a varied and credible result that can represent the entire population is advised. Furthermore, for the survey to thoroughly understand the public's opinion on the 5G adoption and its correlation to the IR4.0, a broader and deeper topic and questions are required. The findings will serve as guideline government to implement 5G in tertiary education.

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100 The Hate Speech Phenomenon in the Secreto Platform Through Social Media Twitter in Indonesia

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Abstract

As one of the cybercrimes, cyberbullying is a phenomenon that is often encountered in Indonesian society. The number of victims of cyberbullying from Indonesia is increasing from year to year. Through interviews we have conducted using google forms with several teenagers in Indonesia, it can be seen that cyberbullying has a very dangerous impact on victims, and we can understand how cyberbullying occurs in Indonesia. According to Juvonen (2008) cyberbullying has a major effect on the lives of teenagers and considers cyberbullying to be a burden for teenagers because it can occur for a long time. In cyberbullying there are perpetrators and victims as individuals involved, as well as messages that become references in cyberbullying behavior. Based on the survey results using the theory of victimology, there are 14 respondents, 6 of whom have used the Secreto platform, and 3 of the other respondents admitted that they had and wanted to commit suicide or self-harm for themselves.

Keywords—Cyberbullying, Social media, Twitter, Secreto, Cyberbullying in Indonesia.

I. Introduction

The current era of globalization is very easy for us to connect with each other both from near and far. Information and communication technology has also come with the latest features that are even more efficient to facilitate the work of each individual, for example, we don't need to make phone calls using pulses anymore, but we can contact each other either via chat or telephone using features that have been provided by social media such as WhatsApp, line, Instagram by only using an internet connection. (Oetomo, 2007:11) The pattern of daily life has changed since the advent of internet technology, because with internet technology, the earth seems to be a small village that never sleeps, all kinds of activities can be facilitated by internet technology.

Social media is a platform to make it easier for each individual to carry out social interactions in sharing and exchanging information between individuals. Social media is currently very popular with all circles, both young and old. Based on data from the Ministry of Communication and Information Technology (Kemenkominfo) in 2017 it shows that internet users in Indonesia are 63 million people and 95% use the internet to access social media networks.

The number of uses of social media today certainly does not escape the word cybercrime or cyberbullying. Cyberbullying itself is the mistake of using information technology that harms or hurts and harasses others intentionally repeatedly (Monica:

2015). The rise of the cyberbullying phenomenon today causes a huge impact on the affected individual, both in terms of psychological and mental health of the person. Cyberbullying usually appears and attacks because of content or even just a joke whose impact is unexpected, so that it can cause social media users to want to do self-harm or hurt themselves due to heavy stress, pressure, and haunted by fear.

According to (Achmad, 2007) currently a lot of negative information is accessed by teenagers than positive information. The amount of negative information and hoaxes that are scattered on social media such as twitter can be in the form of insults or hate speech which aims to provoke and create feelings of hatred between individuals and between groups (SARA). (Mauludi, 2018) there are problems that are starting to arise due to the incompatibility of expectations of technological progress for the community and the need for Indonesian government policies or regulations regarding media, namely the Broadcasting Law as a step to improve the political situation since post-reform until now, the telecommunications law which regulates the operator of consumers of telecommunications networks and services,

II. Literature review

A. Cyberbullying

Cyberbullying are all forms of violence experienced by children or adolescents and carried out by their peers through the cyber world or the internet. Cyberbullying is an incident where a child or teenager is ridiculed, humiliated, intimidated, or humiliated by another child or teenager through the internet, digital technology or cell phones (Choria Y, 2014).

According to Kowalski (2008), cyberbullying refers to bullying that occurs through instant messaging, email, chat rooms, websites, video games, or through images or messages sent via mobile phones. Cyberbullying in Indonesia itself is very high, we can see hate comments made by many Indonesians on various social media such as twitter, tiktok and Instagram.

Cyberbullying can affect mental health. The perpetrator of this bullying makes the victim feel worthless and miserable. Victims are also always afraid of what will happen next. This can cause some serious damage to your overall health. Victims of cyberbullying generally experience physical and mental health problems.

B. Social media

Social media in general is a medium that is used to socialize (connect, either personally, in groups or so on) between users. Some terms that exist in social media include Social Network, SNS and Communication Network. Broadly speaking, social media and social networks use the same system, namely online media connected to the internet. On social media and social networks, there are many people who are connected to each other without being limited by geographical boundaries, space, even time with the aim of communicating with each other, sharing things, having opinions, making friends, even in some cases to find their soul mate.

Indonesia is one of the countries that has the largest number of social media users in the world. According to the Association of Indonesian Internet Service Providers (APJII) in 2012, approximately 63 million Indonesians are connected to the internet and as much as 95 percent of their activities are opening social media.

C. Twitter

Twitter is a social networking site that is growing rapidly today because users can interact with other users from their computers or mobile devices from anywhere and anytime. After its launch in July 2006, the number of Twitter users increased very rapidly. In September 2010, it is estimated that the number of registered Twitter users is around 160 million users (Chiang, 2011). Twitter users themselves can consist of various kinds of circles whose users can interact with friends, family and co-workers. Twitter as a social networking site provides access to its users to send a short message consisting of a maximum of 140 characters (called a tweet). Tweets themselves can consist of text messages and photos.

Twitter began to be widely used by the Indonesian people in 2019, that year became the year of Twitter in Indonesia. The growth in the average number of daily users in Indonesia has increased significantly compared to the global average. Country Industry Head of Twitter Indonesia, Dwi Adriansah, said that the average global daily Twitter users in 2019 increased by 21% year-on-year. But for Indonesia, this increase is 3.5 times above the global figure. This growth in Indonesia is ranked in the top five worldwide. This happens because twitter is increasingly being used by Generation Z as a very safe place to vent and away from the threat of hate comments.

D. Secreto

Secreto is a website or application that we can use to send messages secretly without knowing the identity ofthe sender. So Secreto users who are sent messages through Secreto cannot know the identity or name of the sender of the message. Secreto was widely used in mid-April 2018, Indonesian people usually share urls or links to send secret messages on Secreto. Because it is a secret message, Secreto is widely used as an honest expression from someone or even used asa means of cyberbullying.

III. Victimology Theory

Victimology comes from the combination of the words "victima" and "logos", which is Latin. Victima (victim: English) means victim, and logos means knowledge. This "new science" which is essentially a complement or refinement of existing theories of criminal etymology, seeks to explain the problem of the occurrence of various crimes or the incidence of crime victims according to the actual proportions dimensionally and aims to provide a rationale for reducing and preventing suffering and pain. in this world. Terminologically, victimology means a study that studies the causes of victims and the consequences of victimization which is a human problem as a social reality.

Victimology provides a deeper understanding of crime victims as a result of human actions that cause mental, physical and social suffering. The aim is not to flatter

the victims, but simply to shed light on the victims' real role and their relationship with the victims. This explanation is important in order to undertake activities to prevent various victimization crimes, maintain social justice and improve the welfare of those who are directly or indirectly involved in a victimization. In particular, in the field of information and guidance not to become victims of structural or non-structural crimes.

According to Arief Gosita, victimology is a field of science or study that examines victimization (crime) as a human problem which is a social reality, covering all aspects related to victims in various fields of life and livelihood. Victimology can be said to have a scope that includes how someone becomes a victim. In other words, the limit or scope of victimization is determined by what is called victimity or also called "victimity".

Basically, victimology is a scientific knowledge/study that studies victimization (criminal) as a human problem which is a social reality. This formulation results in the need for an understanding, namely:

1. As a human problem according to the actual proportion dimensionally.
2. As a result of interaction due to an interrelation between existing phenomena and mutual influence.

As the action of an individual who is influenced by certain social structural elements of a particular society.

Victimology tries to provide understanding and enlighten the problem of crime by studying the victims of crime, the victimization process and its consequences in order to create policies and preventative actions and suppress crime more responsibly.

The development of victimology to the current state of course did not occur by itself but has undergone various developments that can be divided into three phases. In the first stage, victimology only studies victims of crime, at this stage it can be said as "penal or special victimology". Meanwhile, in the second phase, victimology does not only examine the problem of crime victims, but also includes accident victims. This phase is known as "general victimology". The third phase, victimology has developed more broadly, namely examining the problems of victims due to abuse of power and human rights. This phase is referred to as “new victimology”.

III. Research result.

In this research paper, we use qualitative methods in collecting data through a survey platform or google form questionnaire, to find out how much influence someone utters hate speech through social media and digital platforms, especially the Secreto platform.

In this research, we found 14 respondents with various answers, here are the questions.

we asked the respondents:

1. Do you use social media Twitter?
2. Have you ever used the Secreto platform?
3. Have you ever been bullied on social media?
4. Have you ever been bullied through Secreto?

5. What kind of bullying have you experienced?
6. How did you feel when you experienced this?
7. Is there an impact on your mental, physical and health?
8. Have you ever thought about committing suicide or self-harm?
9. What are you doing to avoid bullying?

People	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9
1	yes	no	no	no	never	trauma	yes	no	pray
2	yes	no	yes	no	humiliated	disturbed	yes	yes	filter words
3	yes	yes	yes	yes	hate comments	sad	yes	no	not being weird
4	yes	yes	no	yes	hate speech	insecure, mentally down	yes	no	talk to parents and friends
5	yes	no	yes	no	humiliated	scared, insecure, sad	yes	yes	self confident and develop self
6	no	no	yes	no	vilify	sad, insecure	yes	no	self confident
7	yes	no	no	no	never	sad	yes	no	don't care
8	yes	yes	no	yes	humiliated	sad, insecure	yes	no	forget it
9	yes	no	no	no	never	scared	yes	no	let it go
10	no	no	no	no	never	mentally down	yes	no	be confident
11	yes	yes	no	yes	vilify	trauma	yes	no	just be me
12	yes	yes	yes	yes	physical reproach	offended	yes	no	avoid that person
13	yes	no	yes	no	physical reproach	traumatized, offended	yes	no	dare to fight and defense my self
14	yes	yes	yes	yes	vilify	insecure, mentally down, bad	yes	yes	pray and try to talk with parents

*Note: Q is question

V. Research Analysis Results

Based on the results of interviews from 14 respondents who filled out the google form, there are 6 respondents who have used the Secreto platform. Respondents who used the Secreto platform claimed to have received new messages sent through the Secreto platform, 3 of the other respondents admitted that they had and wanted to commit suicide or self-harm to themselves.

Based on the answers from respondents that he got hate comments, hate speech, humiliated, vilify, and physical reproach from Secreto which made him feel sad, insecure, mentally down, traumatized, bad, offended and had an impact on his mental, physical and health then if according to theory Victimology is included in the typology of Unrelated Victims because they do not have any relationship with the criminal, unless the criminal has committed a crime against him. This happens because the Secreto application cannot know who has written a secret message for the account owner, therefore the victim does not know whether he has previously had a relationship with the criminal.

The effects of cases like this have a huge impact on the victims, even though it may seem like a trivial problem or should not have a solution, but that kind of thinking is wrong. The effects on the victim are related to their mental health and can lead to self-harm and even suicide.

In this day and age, technology is increasingly advanced, the law should also adjust to what is happening at this time, because nowadays there are more problems caused by the misuse of technology by society, and people who are victims of this digital world crime need protection to protect themselves from the cruelty of invisible wars carried out by irresponsible people.

VI. Conclusion

Based on the results of the study, it can be concluded that Cyberbullying in Indonesia is increasing from year to year. However, legal certainty for victims of bullying in Indonesia has not been realized properly due to several factors, namely the limited human resources of cybercrime investigators, the technology used by investigators is not adequate and the case resolution procedure takes a long time.

Through a survey we conducted on Google Forms, victims of bullying placed dominant and oppositional.

positions in receiving messages using the Secreto platform. The deepening of the dominant position on the part of the victim is that the victim can only receive hateful, condescending messages directed at him. Then in the opposition position, there are also bullying respondents on the Secreto platform who do not receive any messages or hurls of hatred towards themselves, they just try to position themselves and feel what if they are bullied like other victims with very painful words. With the limited number of factors that cause blockages to resolve Cyberbullying cases that occur in Indonesia.

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101 The Use Of Profanity Among Video Game Player In Malaysia

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Abstract

Youths have been one of the largest groups of consumers for one of the largest industries in the IR 4.0 era, the gaming industry. Although gaming offers entertainment, one of its drawbacks is that it is rife with profanity that may make youth inadvertently the propagator of the culture in our society. Past research has provided evidence on the relationship between video game and profanity but has yet to explain the contributing factors among youths. As such, the aim of this study is to investigate factors contributing to the use of profanity among Malaysian youths in video game. The study identifies the patterns and language of profanity in video games and explains factors contributing to the usage. Data was collected through online survey on 187 youths in Malaysia. The paper concludes with implications of the findings and some directions for actions in addressing the issue.

1. Introduction

One of the earliest video games invented was 'Tennis for Two' dating back to October 1958, at the late of the second industrial revolution ("October 1958: Physicist Invents First Video Game," 2008). Soon after, the third industrial revolution also known as 'digital revolution' emerged and popularized video games starting with arcades, in-home consoles, and computers. It has brought many pioneer games such as Pong, Breakout and Battlestar Galactica (Takeda, 2020). Fast-forward to today, the gaming industry has boomed into a global phenomenon which is predicted to generate $175.8 billion in revenue and having 2.9 billion players globally by the end of 2021 (Wijman, 2021). The fourth industrial revolution brings about advancement in the gaming industry through mobile gaming, cloud-based gaming and, artificial intelligence such as augmented reality in Pokemon GO. As the industry grew throughout the years, many researchers observed that profanity is an inseparable part of video game culture.

Indeed, video games have taken the world by storm and Malaysia is no stranger to it. According to a report by Lim (2019), there are approximately 14 million video game players in Malaysia, and it increased to 20.1 million players in 2020 (Elliott, 2020). Not only that, but they also spent a massive amount of money, $673 million, a year in the industry. Nonetheless, this figure is considered small compared to other countries. The 10th country generated the most revenue is Spain, and it has generated $2,406 million. China, United States and Japan sweep the top three spots and their revenues are $44,263M, $42,107M, and $20,615M respectively (Top 10 Countries/Markets by Game Revenues, n.d.). This shows how big the industry is and the impact it could have on the society especially in today's times where there is an increase of digitization. A study done by Niko Partners and Think with Google (Bhushan, 2020) identified that South- east Asians love to play community-based video games. Such games allow

players to express themselves freely and have a good time. On top of that, most South-east Asians play video games on mobile compared to computers or consoles (Elliott, 2020; Fernandes, 2019). Three games with the highest grossing are "Garena Free Fire: Rampage," "Mobile Legends: Bang Bang" and "Rise of Kingdoms: Lose Crusade" (Bhushan, 2020). Meanwhile in Malaysia, according to Haslina Hassan, Ramlah Mailok and Mashitoh Hashim (2019), there are some differences between male and female players. Male players are more likely to play every day for 2-4 hours whereas female players tend to play 2-3 times a week for less than 2 hour every time. It was also found that both genders prefer to play at night.

One of the concerns that have been raised on the popularity of video games among youth is the rampant use of profanity that may promote racism, sexism, aggressiveness, and hostility. Some earlier research has focused on the effect of profanity in video games on aggressiveness and hostility (Coyne, Stockdale, Nelson & Fraser, 2011; Ivory & Kaestle, 2013). The subject became a focus of major studies following an incident of an eight-year-old boy intentionally killing his grandmother presumably provoked by instances seen from violent video games (Russell, 2013). The studies shed negative light on profanity in video games. Additionally, there have been some studies looking into the content of profanity in different type video games (Anh Phan, 2017; Ivory, Williams, Martins & Consalvo, 2009). These studies help us to understand the impact of profanity included in the narration, dialog, or the music in the video games, but not on the use of profanity by the players themselves. However, Conmy, Tenenbaum, Eklund, Roehrig & Filho (2013) conducted a study in a control setting to investigate the impact of trash talk while playing video games. They found that players who denied trash talking had lower self-efficacy scores and it decreased even more if they had lost the match. This study was good in understanding profanity by video game player, but it did not investigate self-efficacy at a deeper level as proposed by Bandura (1977) which is through mastery experience, vicarious experience, verbal persuasion, and emotional state. Hence, this research aims to bridge that gap.

The objectives in this research are:

1. To identify the pattern in profanity usage among youths.
2. To explain the factors contributing to the use of profanity based on the self-efficacy variables.

2.Literature Review

2.1 Profanity

There is a rampant use of profanity among youths now than before. Coughlan (2021) stated that on a study with 1,000 people, six out of ten of them use strong profanity daily. He also reported that "there was a significant generational divide, with 18 to 34 years olds most likely to swear and to be desensitised to its impact." This may be due to exposure from family, friends, and movies (Baudin, N.&Paramasiva, 2014; Mokbel, 2013). Past research shows that Malaysian teenagers and university students swear or use profanity because they are angry and frustrated (Baudin, N. & Paramasiva,

2014; Zainal, 2021). Other reasons for swearing include joking, reacting to pain, expressing surprise, and to annoy others. Baudin and Paramasiva (2014) found that teenagers feel energized, 'cool' and 'awesome' after swearing. These findings show that by communicating negative feelings, people are left with positive emotions. Baudin and Paramasiva's research support Feldman, Lian, Kosinki and Stillwell (2017) findings that people use swearing to express their negative emotions and not to insult others.

Aside from everyday conversation, video game players tend to use profanity while playing. According to Pujante (2021), profanity, swearing, cursing, or trash-talking while playing video games are considered common. In his study, one of the interviewees stated that "it is the nature of gamer, young and old, they trash talk." Other perceptions the gamers have towards profanity are that it increases the fun of playing, enables them to express emotions freely, is used as a gaming tactic, and gives a sense of power for the player. In support of these, a Youtube sensation named Pewdiepie or his real name Felix Kjellberg, was famous for swearing while playing video games online (Beers Fägersten, 2017). Horror games and jump scares are some factors that triggered Pewdiepie to instantly reflex and express his fear through swearing. It was also discussed by Beers Fägersten how his swearing-persona allowed him to be popular in 2017 despite having geographical and time boundaries with millions of his fans. These findings show how using profanity is a common and an accepted behaviour for video game players.

2.2 Youth

According to the United Nation, youths are those in the age of 15 to 24 years old (Youth, n.d.). Regardless, different countries have different age for youth. In Malaysia, youths are considered as those in the age range of 15 to 30 years old as stated in the Youth Societies and Youth Development Act (Amendment) 2019. Nevertheless, what makes youth so important is that they make up a major portion of video game players in Malaysia. Hirschmann (2021) states that 73 percent of video game players in Malaysia are between the ages of 16 and 24 years old. This shows that youth have a power over the gaming industry, and they will be determining the future of the industry.

2.3 Theory

In investigating the factors contributing to the use of profanity among youths in video games, this study will be guided by the self-efficacy theory by Bandura (1977). Self-efficacy theory explains an individual's capability in performing a specific task which will in turn determine one's level of effort and persistence. When an individual has a high level of self-efficacy, he is able to perform the task successfully despite having hardship and vice versa (Heslin & Klehe, 2006). In this study, the task in focus is playing video games. This study seeks to understand factors contributing to the use of profanity plays a role when an individual plays a video game. There are four main factors that influence one's level of self-efficacy according to Bandura which are mastery experience, vicarious experience, verbal persuasion and emotional state (Bandura, 1977; Heslin & Klehe, 2006). In developing the conceptual framework for

this study, two more factors are added which are socialisation and tendency to use profanity in type of video games. Hence, a total of six factors are used to investigate the tendency of using profanity in playing video games among youths in Malaysia.

Mastery experience also known as personal accomplishment or enactive self-mastery refers to an individual's experience in conducting a task experience (Bandura, 1977, 1994). A good or successful experience will increase one's self-efficacy in doing the same task whereas a bad or unsuccessful experience will decrease one's self-efficacy. Thus, past experiences can help to dictate future results. The second factor is vicarious experience which is seeing other people or a role model, executing a task well and thinking that they can do it with similar results. In gaming, other people do not fully translate as physical people but it can be virtually like seeing how your friends play a character or seeing a professional gamer on Twitch. Research carried out by Capa-Aydin, Uzuntiryaki-Kondakci and Ceylandag (2018) shows that students who were verbally persuaded have a higher self-efficacy in achieving their task which were to learn chemistry and carry out a laboratory task. An example of verbal persuasion in the research is the teacher 'compliments the student.' The last factor proposed by Bandura is emotional states such as anxiety, stress, fear, and sadness. Such emotions can impact an individual's belief to perform and furthermore, he's self-efficacy (Bandura, 1980). Study done by Fathi, Greenier and Derakhshan (2021) show that there's a positive link between self-efficacy of the teacher and their emotions regulation. Based on the factors indicated in the self-efficacy theory, the following hypotheses are developed for this study:

Hypothesis 1: There is a significant relationship between mastery experience and likelihood to use profanity while playing video games.

Hypothesis 2: There is a significant relationship between vicarious experience and likelihood to use profanity while playing video games.

Hypothesis 3: There is a significant relationship between verbal persuasion and likelihood to use profanity while playing video games.

Hypothesis 4: There is a significant relationship between emotional state and likelihood to use profanity while playing video games.

Every person undergoes socialisation which is a natural process of being part of a society whereby a person learns the rules, norms and information of a culture or society (Feldman, 2019; Kassin, Fein & Markus, 2020). Some of socialisation agents include family, school, peer groups, ethnicity, religion, media and others. Socialisation comes in through playing video games because it forms an identity for the players as they can relate to fictional characters, helps to make or maintains friends, and be part of a community (Sığın, 2019). The final factor is the tendency to use profanity in different types of video games. There are various categories for video games such as racing, fighting, strategy, shooting, role-playing and action-adventure (Anh Phan, 2017). Different types of video games have different intensity of profanity. A chat filter feature introduced by Steam gives options to their player in terms of filtering the profanity. Some of it filter words with "♥♥♥" or "***," allow profanity but filter slurs and do not filter at all (Kan, 2020). This feature is adopted from multiplayer video games which

include action, fighting and shooting genre. This paper will investigate the tendency players will use profanity in type of video games.

Hypothesis 5: There is a significant relationship between socialisation and likelihood to use profanity while playing video games.

Hypothesis 6: There is a significant relationship between tendency to use profanity in type of video games and likelihood to use profanity while playing video games.

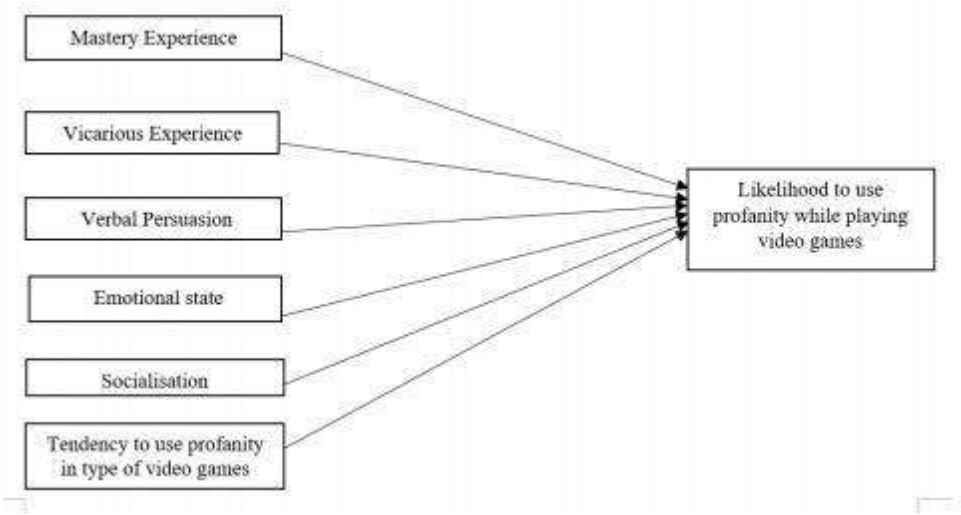


Figure 1: The proposed conceptual framework

3.Method

3.1 Research design

The research adapted an embedded design whereby the quantitative method is used to get the primary data and qualitative method is used as supplementary data to explain the key findings (Clark, Huddleston-Casas, Churchill, Green&Garrett 2008). Data was collected through an online questionnaire, with both close-ended and open-ended questions. The quantitative method is ideal for this research as it allows for rapid data collection and provide some level of generalizability (Kean Hua, 2016).

3.2 Participant

In total, there are 187 respondents who participated in this survey within the age range 15 to 35 years old. More than half of the participants (57.2%) are 21-25 years old, 37.4% are 15-20 years old and less than 5% belong to 25-30 years old and 31-35 years old respectively. Hence, the majority of the participants are youth. At the same time, the female (41.2%) and male (58.8%) participants are almost at the same frequency. 57.8 percent of respondents are currently studying undergraduate degree or have completed their degree.

The study employed purposive sampling and snowball sampling. Purposive sampling is used to target a group of people which has a specific characteristic (Berawi, 2017). In this study, the researcher firstly approached individuals the age of 15 to 35 years old who have played video games. From there, snowball sampling was carried out. The respondent will ask other people who fits the criteria to complete the

questionnaire. This process continued until the required number of respondents were reached.

3.3 Measures and Procedures

The questionnaire is divided into three sections which are demographic, short answers questions and Likert scale questions. Short answer questions probe the respondent on their choice of profanity words when playing video games and their favourite video games. The Likert scale section probes on the independent and dependent variables which are mastery experience, vicarious experience, verbal persuasion, emotional state, socialisation, tendency to use profanity in type of video games and the dependent variable, likelihood to use profanity while playing video games questions. Respondents were presented with statements for each of the variable, that they need to respond on a Likert scale, anchored by (1) Strongly disagree to (6) Strongly Agree.

4. Findings

Table 1: Most frequent swear words/phrases (and its derivatives) while playing video game.

Word/Phrase	Frequency
Noob (nub)	50
Bodoh	39
Babi	30
Shit (holyshhh, bullshit, shiet, piece of shit)	29
Sial (sialan)	28
Anjing (anjir, njir, dog, anjay, anjirr)	18
Fuck (fucker, what the fuck)	14

Table 1 shows the most frequent swear words/phrases and its derivatives that were obtained from the open-ended question. More than 113 words/phrases were obtained, but the words/phrases listed above are the seven highest. The most frequently used swear word by the youths was ‘noob’ followed by ‘bodoh,’ ‘babi,’ ‘shit,’ ‘sial,’ ‘anjing,’ and ‘fuck.’ ‘Noob,’ ‘bodoh,’ and ‘sial’ are categorised as mild profanity as it is used to shame and embarrassed other player without using sexual term. Meanwhile, ‘babi’ and ‘anjing’ are Malay terms for animals which are often used as swear words in the Malaysian culture. Youth also use strong profanity or commonly known as ‘Seven Dirty Words’ which are ‘shit’ and ‘fuck.’ However, the data show scattered patterns between the intensity of profanity and frequency of the word/phrase. Hence, the intensity of swear words/phrases used by Malaysian youth does not impact the frequency of using it.

Table 2: Most frequent video game to swear while playing.

Video game	Frequency
Mobile Legends: Bang Bang (ML)	72

PlayerUnknown's Battlegrounds (PUBG)	56
Valorant	20
Dota	15
FIFA	13
Genshin Impact	12

As shown in table 2, Mobile Legends: Bang Bang or ML (72 respondents) is the video game played by youths that induces the highest propensity for swearing. It is immediately followed by PlayerUnknown's Battlegrounds or PUBG (56 respondents), and Valorant (20 respondents). Dota, FIFA and Genshin Impact come closely after it. There are many ways to categorise these video games. ML and Dota are a type of multiplayer online battle arena (MOBA) whereby players team up against other teams (5v5). On the other hand, PUBG is a battle royale game because players cannot respawn and is categorised under the first-person shooter genre. Valorant is similar to ML and PUBG. It is a 5v5 game, in first-person shooter genre. The players have a 360° experience of being the shooter whereas ML and Dota players will only have the top view of the game. FIFA is a sport and simulation games while Genshin Impact is a role-playing, adventure game. Though attempting to group these video games seems hard, we find that all the video games share elements of fighting, shooting and sport except for Genshin Impact.

Table 3: Duration of playing video games per day

	Frequency	Percent
Less than 1 hour	65	34.8
1-2 hours	55	29.4
3-4 hours	46	24.6
5-6 hours	11	5.9
More than 6 hours	10	5.3
Total	187	100.0

Table 4: Duration of playing video games per week

	Frequency	Percent
1-2 days	62	33.2
3-4 days	36	19.3
5-6 days	26	13.9
Everyday	63	33.7
Total	187	100.0

Table 5: Type of player

	Frequency	Percent
Novice	24	12.8
Casual gamer	128	68.4
Expert	26	13.9
Aspiring professional	9	4.8

Total	187	100.0

The findings presented in Table 3 show that, 34.8% of respondents play less than 1 hour, 29.4% plays for 1-2 hours per day, 24.6% play for 3-4 hours and around 10% play more than 5 hours per day. This indicates that most of youths do not play for long hours each day. However, when measuring their gaming frequency weekly (table 4), 47.6% or almost half of the youths that were approached played almost every day (5 to 7 days a week). Therefore, even if they play for a short period of time, quite a high number of youths tend to play almost every single day.

Table 6, 7, 8, and 9 show the analysis from multiple regression. Multiple regression is used to assess the ability of independent variables (mastery experience, vicarious experience, tendency to use profanity in types of video games, socialisation, verbal persuasion, and emotional state) to predict the likelihood of using swearing while playing video games.

Table 6: Descriptive statistics of the variables

	Mean	Std. Deviation
Likelihood of using swearing while playing video games	2.6217	1.49289
Mastery experience	3.9421	.97951
Vicarious experience	4.2094	1.07470
Verbal Persuasion	2.6800	1.50615
Emotional State	3.4590	1.44950
Socialisation	4.3396	1.13255
Tendency to use profanity in types of video games	4.6856	1.13230

Descriptive statistics of each variable are shown in table 6. The likelihood of using swearing while playing video games has a mean of 2.62 which indicates that youths do not agree to using a lot of profanity while playing video games. One potential explanation is most of the youths (128 respondents) are casual gamers and only a few are aspiring professionals (9 respondents) as stated in table 5. Casual gamer may play subdued video games that is less competitive such as Cooking Diary, The Sims, and Candy Crush. Thus, they may not use profanity.

For the independent variables, verbal persuasion (M=2.68), emotional state (M=3.45), and mastery experience (M=3.94) also scored a low mean, with the youths indicating either they disagree or slightly disagree with the statements. Meanwhile, vicarious experience (M=4.20), tendency to use profanity in types of video games (M=4.68) and socialisation (M=4.33) shows a higher level of mean which means youth can relate to the behaviours or experiences.

Table 7: ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Regression	265.226	6	44.204	53.287	<.001b
Residual	149.319	180	.830		
Total	414.545	186			

a. Dependent Variable: the likelihood of using swearing while playing video games.

b. Predictors: (Constant), mastery experience, vicarious experience, tendency to use profanity in types of video games, socialisation, verbal persuasion, and emotional state.

The F-ratio shows that the model with the six independent variables significantly explain the variance in the dependent variable as (F6,180) =53.287, p<.0005. Hence, the overall regression is a good fit for the data.

Table 8: Model Summary

R Square	.640
Adjusted R Square	.628
F	53.287
Sig.	<.001

The adjusted R square from Model Summary shows that the six independent variables explain 62.8% of the variance in the likelihood of using swearing while playing video games.

Table 9: Coefficients

Independent Variable (IV) n=187	Dependent Variable (DV)		
	B	t	P
Mastery experience	.051	.583	.561
Vicarious experience	-.059	-.683	.495
Verbal persuasion	.515	8.953	<.001
Emotional state	.391	6.667	<.001
Socialisation	.044	.535	.593
Tendency to use profanity in types of video games	-.004	-.065	.948

a. Dependent variable: Likelihood of swearing while playing video games.

The findings presented in table 9 indicate that, only verbal persuasion and emotional state significantly ($p<.001$) contributed to the likelihood of using swearing while playing video games, hence H5 and H6 are supported and H1, H2, H3 and H4 are rejected. This could be attributed to verbal persuasion being the easiest way to connect with other players while swearing and emotion is an uncontrolled instinct. The other variables such as mastery experience, vicarious experience, tendency to use profanity in types of video games and socialisation do not significantly contribute to the tendency to swear among youths. This is possibly due to youths not having a broad experience in different types of video games and environments.

5. Discussion

The results from the survey of 187 youths in Malaysia show no uniform pattern for the most frequently used swear words/phrases with the intensity of the swear words/phrases. According to Ivory, Williams, Martins and Consalvo (2009) and MCMC (n.d.), an ascending intensity of swear word are 1) word that embarrass other player (e.g. noob, stupid), 2) animal term (e.g. dog, pig), 3) sexual or digestive words (e.g. dick, asshole) and lastly 4) dirty word (e.g. shit, fuck, cunt). However, some of the words found are similar to a study done by Zainal (2021) which are 'shit,' 'fuck' and 'stupid.' These findings show that in general the use of profanity is prevalent among youth.

At the same time, video games that often induces swearing among youths are games that contain elements of fighting, shooting and sports. According to Spurlin (2021), the top video games in which players swear the most are Rainbow Six Siege, FIFA 21, Call of Duty: Warzone, Halo: The Master Chief Collection and Grand Theft Auto which centre around the same elements as our findings. However, from this study we are able to tell Malaysian preference for video games compared to the West. Rainbow Six Siege may rank first in the West, but our findings show only four respondents indicated that they swear while playing that game. Meanwhile, Malaysian youths frequently swear while playing Mobile Legends. In contrast, Mobile Legends do not induce high level of swearing in western countries. Regardless, the elements use in video games that induce high level of swearing are similar in both here and in the west.

One of our key findings proved is that verbal persuasion and emotional states are the only factors that significantly contributed to the likelihood of using swearing while playing video games. Hence, our findings refute the result from Conmy, Tenenbaum, Eklund, Roehrig and Filho (2013) who generalised self-efficacy as a whole in measuring players' level of trash-talking when playing video games. We found that mastery experience and vicarious experience do not contribute to the use of swearing when playing video games.

This research provides some preliminary understanding on the reasons behind the use of profanity while playing video games among youths. This will help in developing some interventions in helping youths to control their actions and emotions. In doing so, they will be more likely to have a better playing experience. Not only that, but we could

also grasp some ideas of the mechanisms that drive the multi-million dollars gaming industry. As for theoretical implications, the variables proposed in the conceptual framework that do not contribute significantly to the dependent variable needs further investigation. Thus, future research may explore more on why those variables do not impact the use of swearing.

6.0 Conclusion

Overall, the results show that verbal persuasion and emotional states significantly contribute to the likelihood of using swearing while playing video games.The overarching aim of this study has been to identify the pattern of profanity and factors contributing to the use of profanity while playing video games. These factors do impact players' experience in their daily life. However, this study has not focused on the impact on swearing in players' mental state. This area is important for further research as there is an increasing mental health cases and swearing may benefits or harm video game players. Lastly, studies on this area will help to increase positive gaming experience.

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102 The Effect of Technology on Youth Future Career Paths

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Abstract

The existence of industry 4.0 offers many benefits, ranging from easy access to datastored in the cloud, robot assistance in various kinds of human work, and the number of innovations that are increasingly easy to develop, but behind the convenience provided, there is a significant influence on how humans survive in this industrial 4.0 era. Starting from jobs that are mostly taken over by robots, humans must be able to adapt and compete with today's technology. This research aims to examine how humans view and how they compete in the career field in the industrial era 4.0 which tends to shift human presence by more sophisticated technology and places more emphasis on how young people can survive and not be left behind by technological developments.
Keywords: Industry 4.0, Jobs, Careers, Youth

Theoretical

A. Definitions of Industry 4.0

There is no specific or definite definition of industry 4.0 because it is still in the research and development stage. Angela Merkel (2014) argues that Industry 4.0 is a comprehensive transformation of all aspects of production in industry through the merging of digital technology and the internet with conventional industries.

Schlechtendahl et al (2015) emphasize the definition of the element of speed of

information availability, which is an industrial environment where all entities are always connected and able to share information with one another. A more technical understanding is conveyed by Kagermann et al (2013) that Industry 4.0 is the integration of Cyber Physical System (CPS) and Internet of Things and Services (IoT and IoS) into industrial processes including manufacturing and logistics as well as other processes. CPS is a technology to combine the real world with the virtual world. This merger can be realized through integration between physical and computing processes (embedded computers and network technology) in a close loop (Lee, 2008). Hermann et al (2016) added that Industry 4.0 is a term to refer to a set of technology and value chain organizations in the form of smart factories, CPS, IoT and IoS.

1. Industrial Technology 4.0
- Robot
- Internet of Things and the cloud
- Additive manufacturing (3D printing)

2. Challenges in industry 4.0

Stefanini (2021) explains that there are five main challenges in thedevelopment of industry 4.0, namely:

● Gaps in Technical Skills: Differences in abilities between individuals in utilizing or using access and infrastructure that has been obtained as well as differences between individuals in the effort to achieve the ICT capabilities needed to be able to take advantage of access and infrastructure.

● Data Sensitivity: Technological improvements have also led to increased concerns over privacy, ownership, and management of data and IP. To successfully implement AI algorithms, data is needed to train and test them. For this to happen, data must be shared. However, many companies are unwilling to share their data with other third-party developers.

● Security: Threats in terms of current and emerging vulnerabilities in factories are an important issue. The physical and digital systems that make up the smart factory enable real-time interoperability however, that comes with risks. When many machines and devices are connected to one or more networks, vulnerabilities in any of those appliances can make the system vulnerable to attack.

● Tackling Data Growth: As more and more companies rely on the use of AI; companies will be faced with more data being generated at a faster pace and presented in a variety of formats. To navigate this huge amount of data, AI algorithms need to be easier to understand. Furthermore, this algorithm must be able to combine data originating from different types and time frames.

Method

The method used in this paper is based on the library research methodology using descriptive qualitative analysis. This method presents a variety of data and facts from a number of literatures, which are secondary. With 3people in this writing, we use the FGD (Focus Group Discussion) technique.

Results & Discussion

In the current era of the industrial revolution 4.0, all things have moved quickly along with developments in the field of information and communication technology which of course have a major impact on humans as living beings who continue to develop. Various significant changes are starting to be felt on a small and large scale, ranging from small changes such as entertainment that can be enjoyed on a small screen to major changes such as changes inhuman psychology in the industrial 4.0 era.

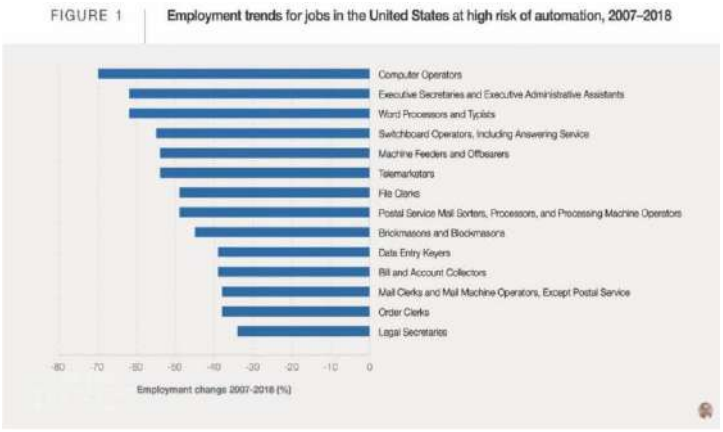
One of the technologies that is rapidly developing at this time is computing cloud. Many industries are turning to the Cloud to increase productivity and flexibility and innovate faster. With this technology, data management will be more secure and more accessible. An example of the use of the Cloud in supporting the 4.0 industrial revolution is Google's Google Drive, the storage process is carried out online. The data is stored on a server that has been provided by Google. Apart from being a place to store data, another advantage of Google Drive lies in the ability to share files and the stored data can be accessed alone.

Another industrial revolution 4.0 model that will become a trend is the use of AI and robots. In recent years, many humanoid robots (robots resembling humans) have emerged that are used to simplify human work and even replace humans such as maid robots. One of the recently popular humanoid robots is the Tesla Bot, which is a humanoid robot project belonging to Tesla, an automotive company from the United States that produces electric cars such as the Tesla Model X and Tesla Model S, which are the first electric cars to have an Autopilot feature that allows cars them to move and advance automatically through the AI they developed.

The development of robot technology has been used to help human work daily. activities and even in almost every aspect of life. Therefore, many companies create and use robots for various needs. Some robots are created with special specifications to meet certain needs. These needs can include household, industrial, military, agricultural, marine needs. It can be seen from the surrounding environment in society how technology affects almost all aspects and sectors of daily life, we should start to be more aware of this. If almost all aspects of human life can be taken over by technology, what about the fate of humans in the future?

Of course, in the field of work, it is the thing that is greatly affected by this industrial revolution, considering that several previous revolutions such as the 1.0 revolution to the 3.0 revolution can change the business world and job prospects. Without us realizing that, up to now, a lot of jobs that are repetitive or complicated have been taken over by robots. As in the case of logging in to enter an office application for absenteeism, the program that performs the verification at the time of login is carried out by a robot. This system is called RPA or Robot Process Automation. RPA itself is a software technology that makes it easy to build, deploy, and manage software robots that emulate human actions interacting with digital systems and software. Just like people, software robots can do things like understand what's on a screen, complete the right keystrokes, navigate systems, identify and extract data, and perform a wide range of defined actions. But software robots can do it faster and more consistently than people. RPA pretty much takes up work that was previously done manually by humans but can now be done by robots.

Especially during a pandemic like this, some companies are starting to automate several work sectors. The sector is starting to be automated because machines can work much more efficiently than humans. The following is data on the sector of work that has started to automate.



Slowly but surely some of the work will be taken up by the machine. But on the other hand, this automation and transition can open up jobs that previously didn't exist. Adapting skills to the needs of different jobs will open up new jobs. Here are some jobs that have both increasing and decreasing demand.

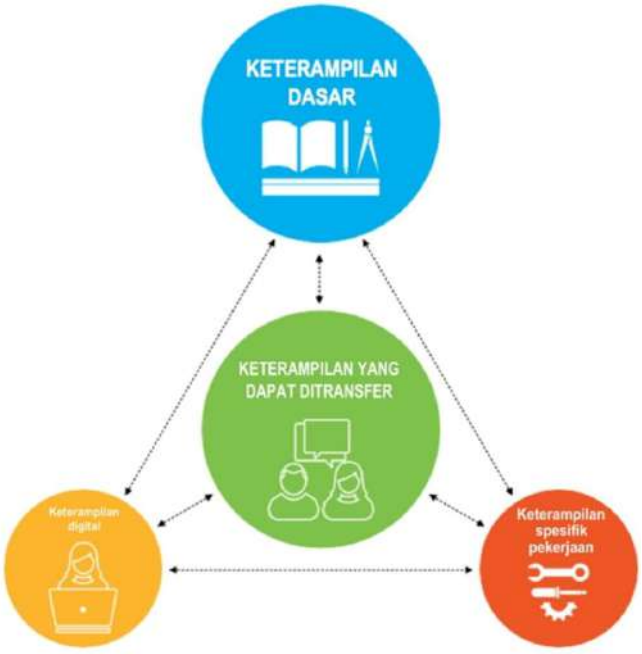


	Increasing demand		Decreasing demand
1	Data Analysts and Scientists	1	Data Entry Clerks
2	AI and Machine Learning Specialists	2	Administrative and Executive Secretaries
3	Big Data Specialists	3	Accounting, Bookkeeping and Payroll Clerks
4	Digital Marketing and Strategy Specialists	4	Accountants and Auditors
5	Process Automation Specialists	5	Assembly and Factory Workers
6	Business Development Professionals	6	Business Services and Administration Managers
7	Digital Transformation Specialists	7	Client Information and Customer Service Workers
8	Information Security Analysts	8	General and Operations Managers
9	Software and Applications Developers	9	Mechanics and Machinery Repairers
10	Internet of Things Specialists	10	Material-Recording and Stock-Keeping Clerks
11	Project Managers	11	Financial Analysts
12	Business Services and Administration Managers	12	Postal Service Clerks
13	Database and Network Professionals	13	Sales Rep., Wholesale and Manuf., Tech. and Sci.Products
14	Robotics Engineers	14	Relationship Managers
15	Strategic Advisors	15	Bank Tellers and Related Clerks
16	Management and Organization Analysts	16	Door-To-Door Sales, News and Street Vendors
17	FinTech Engineers	17	Electronics and Telecoms Installers and Repairers
18	Mechanics and Machinery Repairers	18	Human Resources Specialists
19	Organizational Development Specialists	19	Training and Development Specialists
20	Risk Management Specialists	20	Construction Laborers

Source

Future of Jobs Survey 2020, World Economic Forum.

But unfortunately, not many can adapt to this change. Only a few can adapt to survive in this era. But to survive it takes some skill to learn it. Unfortunately, not all generations can adapt. Baby Boomers and Generation X tend to have a hard time accepting that. However, young people tend to adjust to the times.



Young people are the group most affected by the rapidly evolving flow of technology. Based on the data from Unicef regarding the skill set above, young people will increasingly adapt to changes in developments in the field of technology, including those that will affect their careers in the future.

Basic skills such as the ability to count and read are the main skills that need attention. Transferable skills, including the ability to cultivate empathy, communication and others. Technical skills, such as marketing and engineering. As well as digital skills to be able to utilize technology effectively.

Technical skills are needed in the future, young people can use these skills to operate digital devices. One of the important technical skills is digital communication skills. Young people need skills to update ongoing activities such as photos and videos as well as contact colleagues and collect data on important contacts.

With today's technological advances, everything runs automatically, it will create new jobs and eliminate old jobs. The skills needed today will certainly change and adapt to technology and the times. There are three top skills for the future according to Unicef, namely: creativity, digital skills and critical thinking.

Creativity is needed to be able to analyze an idea to process it and get maximum results. Using creativity is very important in today's technological era to be able to create a new idea that can facilitate human activities and become a solution to existing problems. Digital skills are currently considered very important and become one of the skill requirements that must be possessed by someone, it can even become a basic skill. Critical thinking can help young people to analyze, dare to give opinions and make a choice that is needed in any scope, including when dealing with the use of technology itself.

Conclusion

Young people are expected to master important skills to support the future because their current role will determine the sustainability of the world in the future. It is very important for young people to realize their potential and develop their abilities to the maximum so that they can become individuals who are ready to face competition and change in an increasingly competitive technological era. Young people are also expected to be more productive, ready to work and understand the importance of empowering the country by contributing significantly to society through their skills combined with increasingly sophisticated technology in the future.
for human survival.

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103 RESEARCH REPORT ON THE IMPACT OF COVID-19 PENDAMIC ON FINANCIAL PERFORMANCE OF PHARAMCUITICAL INDUSTRY INPAKISTAN

Govt，Mr JunaidUllah

Abstract

The impact of COVID-19 pandemic on financial performance of pharmaceuticals industry at Pakistan stock exchange (PSX) has been examined in this research by using all listed pharmaceutical's companies. In methodology the regression analysis, ANOVA and coefficient analysis, has been applied to investigate the impact of COVID-19 pandemic on financial performance of pharmaceuticals industry of Pakistan. The results indicated that most of the pharmaceutical's companies were less sensitive to COVID-19 pandemic. While some pharmaceutical's companies were highly sensitive to COVID-19 pandemic. The findings suggest that investors, unlike the stock exchanges of developed countries, should confidently invest at PSX because of numb behavior of market against COVID-19 pandemic. However, the study has picked all the listed pharma companies in Pakistan stock exchange (PSX), so future research can be made on food industry of Pakistan.

Keywords: COVID-19 Pandemic, Pharmaceuticals Companies, Pakistan stock exchange, Prices, Pakistan

1. Introduction

COVID-19 is a preventable disease, that has diagnosed in Dec 2019, in Wuhan city of China and also the initial death rumored on January eleven, 2020 (Pharmaceutical Technology, 2020). Despite of getting preventive live by the authorities of city Wuhan, this virus spread in numerous cities apart from city and later its spread, alongside travelers, within the completely different countries of the world. However, on eleven March, the World health organization (WHO) has declared this virus a world pandemic and issue consolatory to require preventive measures. The reaction of Chinese authorities closer to the new virus turned into the whole lockdown of the EPI Centers of the diseases, the Wuhan metropolis which later proved as a powerful degree of controlling the pandemic at massive in diverse international locations of the world. The whole metropolis turned into positioned below lockdown as a try to forestall the spread of the sickness on twenty third January 2020 (Guardian, 2020).

Inside four months, this virus has been spread in additional than two hundred countries, having over three million individuals infected and nearly 0.2 million individuals died during this pandemic. during this pandemic, the majority the countries have banded traveling in alternative countries, reduced or nearly stop flight operations, obligatory imprisonment wherever this virus unfolds additional, and quarantine affected individuals to prevent this virus. Because of these preventive measures, the majority of the economies area unit currently facing a forceful decline in economic activities, and also the quantitative relation of business failure will increase. Small

businesses area unit searching for bailout packages from the govt and huge businesses conjointly facing tough situations to retain their sta 仟 at the time of no economic activities. This decline within the economic activities has an effect on the stock markets, commodify markets and reducing trade between countries.

Researchers argued that the stock markets area unit continually stricken by major events (Haque & Sarwar, 2013; Waheed, Wei, Sarwar, & Lv, 2018). However, as this virus becomes international pandemic, it starts effecting the companies that is reflective in world stock markets.

Some studies have examined the impact of COVID-19 on developed stock come (Al-Awadhi, Al- Saifi, Al-Awadhi, & Alhamadi, 2020; Kowalewski & Spiewanowski, 2020), that rumored that the suspend Seng index and Shanghai exchange, u. s. and European stock markets mirror negative returns. In March, U. S. market hit by circuit brake mechanism, fourfold in ten days. Similarly, UK exchange index, FTSE, includes a decline of over 12-tone system worse when 1987 (Al-Awadhi et al., 2020).

1.1 COVID-19 and Karachi stock exchange

In Pakistan the primary case of COVID-19 is reported on February twenty-six, 2020 that has crossed the figure of 957000, in which 903000 are covered and 22281 are died until conducting the study. However, the recovery rate is healthier as compared to the developed countries, like Italy, France, and us. The impact of this pandemic state of affairs on Pakistan's economy depends on the time taken in taking preventive measures and also the intensity of spreading the disease. In keeping with the Asian Development Bank (ADB), this pandemic state of affairs will value the Asian country economy about $16.38 million to $4.95 billion, nearly 1.57% of the general value. The report additionally mentioned that this pandemic value quite 946,000 job losses. During this approach, a rustic that's at the recovery stage, within the last two years, has effects on badly.

Trade is taken into account because the backbone of each economy because it brings the foreign reserves within the country to support the balance of payment and management rate of exchange, etc. when this pandemic touching Pakistan, Authorities set to shut the trade that caused to shrink the economy. Previously, the stock markets replicated the changes once a significant event or downside hit the country. Within the same approach, because the infected cases reported in Pakistan, the stock exchange starts declining; on March 19, it hits its lowest worth within the last five years. The most reason for this fast decline is the pandemic state of affairs that urges the foreign investors to withdraw their foreign portfolio investments. Thanks to COVID-19, industries area unit littered with the imprisonment and this pressure repose on the stock exchange. Later once IMF and different countries extend the dates of the loan payment, IMF approval of $1.4 billion grant to Pakistan to deal with this pandemic and also the funding from the World Bank, facilitate indirectly to recover the stock exchange and business activities within the country. Successively of those efforts, the KSE-100 index has shown a major surge in that enraptured from thirty-nine, 382 on March five to forty-four, 960 on March twenty-six, severally (News Desk, 2020).

The preventive measures like social distancing and lockdowns have proved their

essence to an extra quantity however they have got a price within side the shape of decreased commercial enterprise income or even the everlasting closure of diverse entities. The monetary losses because of COVID-19 have additionally affected the worldwide inventory markets. The contagion impact of the pandemic on international inventory markets were determined in nearly each continent and Pakistani inventory marketplace is likewise one of the exchanges which have been inspired because of COVID-19. Besides, due COVID-19 impact on PSX deliver version of monetary overall performance of each quarter of PSX at some stage in COVID-19 particularly to pharmaceutical quarter in Pakistan. This take a look at is carrying out for the goal to test the monetary overall performance of Pharmaceutical Sector until 10 Aug 2021 in Pakistan.

The objective of this research is to establish the relationship between COVID-19 cases and price also to investigate the impact of COVID-19 cases on prices of Pharmaceutical Sector of Pakistan against the COVID-19 pandemic that how the performance of the market was influenced. It has been hypothesized that there is a significant relationship of COVID-19 cases and price, and the financial performance of Pharmaceutical Sector is highly influenced as a result COVID- 19 positive cases, fatalities and recoveries. Findings of the study indicate that only COVID-19 recoveries have influenced the performance of the market and positive cases and fatalities are not relevant in the given case. The fluctuations which have been observed in the Pakistani stock market during the first half of 2020 are subject to some other variables.

2. Literature Review

Ding, Levine, designer & Xie (2020) perform their study concerning company immunity throughout the COVID-19 pandemic. Throughout the primary quarter of 2020, they use the info of over half-dozen, 000 companies from fifty-six countries. They aim to see the impact of COVID- 19 cases on stock costs and company characteristics during this case. The findings of the study counsel that the companies with stronger pre-2020 finances, less exposure to the pandemic, less entrenched executives and better social responsibility activities baby-faced a light pandemic iatrogenic come by the stock worth. To boot, the findings conjointly tell that the businesses having larger company possession did well and firms having higher possession of hedge funds did worst in terms of performance. In addition, the Ashraf, Rizwan & Ahmad (2020) analyze in their study the impact of monotheism Equity Investments (IEIs) throughout the COVID-19 pandemic. It's been reportable by S&P down Jones that in the primary quarter of 2020 the IEIs continued to exceed their standard counterparts. This claim has been created because of the tight handling of the IEIs and also the potential hedging advantages exercised. The findings offer proof that hedging advantages are provided by IEIs throughout the market downfall and also the study counsel that hedging advantages come back at an extra price. Besides, Alfaro, Chari, Greenland & Schott (2020) presents a period of time analysis of firm-level stock and mixture returns throughout the COVID-19 pandemic. They arrange to explain the sudden changes that ar occurring within the COVID-19 flight infections are predicting

the returns of the United States of America securities market. Supported a sample of four, 070 corporations listed within the US and taking knowledge from Yahoo Finance and Bloomberg, the parameter estimates indicate that if the projected infections are doubled consecutive day mixture United States of America market returns are bated and vice-versa. The findings recommend that the COVID-19 connected market losses rise with leverage and capital intensity. The losses are abundant deeper within the corporations or industries that are extremely contributory for malady transmission. Moreover, Amore, Pelucco & Quarato (2020) in their study analyze the family possession throughout the COVID-19 pandemic. They check however the inclusion of families in governance and possession affects the monetary performance of the businesses. The sample of the study has been designated from Italian corporations throughout the unfold of COVID-19. The findings recommend that the corporations having dominant shareholders on their boards performed higher throughout the pandemic compared to the others. Even though, Corbet, Larkin & Lucey (2020) in their study examine the contagion result of the COVID-19. They propose that the Chinese money markets since the start of the COVID-19 pandemic served the role of the epicenter of each money and physical contagion. Throughout the amount analyzed, the findings of the study indicate an outsized range of expected characteristics throughout a "flight to safety". Throughout the amount of the large money crisis, the connection between Bitcoin and Chinese stock markets have eventually evolved. At the same time Schoenfeld (2020) in his study assess the issue of risk within the context of economic markets and pandemics. The study uses COVID- 19 pandemic as a natural experiment to see however money markets reply to the big scale pandemics. The findings indicate that the managers underestimate the pandemic-related risk compared to the SEC-mandated risk factors and consequently a decline within the worth of corporations during this regard. The findings additionally recommend that to the money markets and their performance, pandemics are consistently being necessary. Previously, the research is performed within side the evolved economies to research the connection among pandemic and inventory exchanges (Al-Awadhi et al., 2020; Kowalewski & Spiewanowski, 2020). On contrary, we observe the effect of COVID-19 on growing economy. However, this have a look at is the pioneer which analyzes the impact of the COVID-19 pharmaceuticals industry at Pakistan Stock exchange (PSX) Pakistan, which belongs to the pinnacle rated rising stock markets. It is crucial to have a look at the dynamics of Pakistan stock marketplace for range of reasons: (a) there is significance relationship of COVID-19 cases and price. (b) The COVID-19 Cases are highly influence on prices

3. Research Methodology

There are different methodologies used by researchers to investigate the impact of Covid-19 on stock market performance. Some of the researchers used primary data while some researchers used the secondary data. This study has also opted to use the secondary data to investigate the impact of terrorism on stock market performance. EMRO (Eastern Mediterranean Reginal Office) world health organization and https://www.investing.com/indices/karachi-100-historical-data are selected for this

study. The data is taken from 2/1/2017 to 10/8/2021 about price concern. While the daily wise cases and deaths concern data has been taken from EMRO. The data are taken from the above websites. Population of the study is totality of population of which the representative sample is selected to carryout research and generalized the findings, so Population of the study is whole Pakistan day wise cases and deaths from 3/1/2020 to 10/8/2021 for this study.

The whole registered pharmaceutical companies with PSX (Pakistan Stock Exchange) are selected in the duration of 2/1/2017 to 10/8/2021. It makes reasonable sample to collect data. The nature of data is secondary which is collected from the EMRO (South Asian Terrorism Portal) and https://www.investing.com/indices/karachi-100-historical-data.This study contains stratified sampling technique. The whole registered pharmaceutical companies with PSX (Pakistan Stock Exchange) are selected in the duration of 2/1/2017 to 10/8/2021.

3.1: Descriptive Statistics

The descriptive statistics and ANOVA are used after data sampling to analyze the impact of COVID-19 Pandemic on financial performance of pharmaceutical industry in Pakistan.

Econometric model: YW0+B1X1++B2X2.. +B12X12+E

Financial performance of pharmaceuticals industry is taken dependent variable, and the data is taken from https://www.investing.com/ for the duration of 2/1/2017 to 10/8/2021. COVID-19 Pandemic Number of Cases is the independent variable for this study and the data is collected from EMRO and https://www.investing.com/indices/karachi-100-historical-data.

3. Results, Discussion

4.1: Results

4.1.1: Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
ABBT	1071	310.00	998.87	651.7086	171.00626
AGPL	1094	51.06	152.00	90.2314	19.33142
FERO	1094	72.90	632.74	251.2692	116.01596
GLAX	1094	83.15	239.89	163.6873	32.80434
GLAO	1094	65.05	520.00	284.0243	75.54893
HINL	1094	182.64	635.00	406.5832	126.01453
IBLH	1094	23.25	152.27	80.2881	29.68940
MACTER	1094	15.53	367.50	143.7227	62.86512
SAPL	699	436.56	999.99	776.2536	131.71745
OTSU	1094	12.49	397.90	256.4077	59.26575
SEARL	1094	119.14	508.70	251.5312	76.14477
WYETH	1094	550.00	5198.00	1471.9829	809.98788
NO_OF_CASES	1094	.00	6884.00	979.5430	1483.88606
NO_OF_DEATH	1094	.00	313.00	21.8629	34.96454
Valid N (list wise)	676				

Descriptive statistics are reported in 4.1(Table.1) results are meaningful here. The mean return of Abbot Laboratories (Pakistan) limited Price is 651.7086, while the Standard deviation is 171.00626. Furthermore, the Minimum is 310.00'and Maximum is 998.87.

The mean return of AGP Limited Price is 90.2314, whereas the Standard deviation is 19.33142. Furthermore, the Minimum is 51.06 and Maximum is 152.00.

The mean return of Ferozsons Laboratories Limited Price is 251.2692, while the Standard deviation is 116.01596. Moreover, the Minimum is 72.90'and Maximum is 632.74.

The mean return of GlaxoSmithKline (Pakistan) Limited Price is 163.6873, while the Standard deviation is 32.80434. Moreover, the Minimum is 83.15'and Maximum is 239.89.

The mean return of GlaxoSmithKline Consumer Healthcare Pakistan Limited Price is 284.0243, while the Standard deviation is 75.54893. Moreover, the Minimum is 65.05'and Maximum is 520.00.

The mean return of Highnoon Laboratories Limited. Price is 406.5832, while the Standard deviation is 126.01453. Moreover, the Minimum is 182.64'and Maximum is 635.00.

The mean return of IBL HealthCare Limited. Price is 80.2881, while the Standard deviation is 29.68940. Moreover, the Minimum is 23.25'and Maximum is 152.27.

The mean return of Macter International Limited. Price is 143.7227, while the Standard deviation is 62.86512. Moreover, the Minimum is 15.53'and Maximum is 367.50.

The mean return of Sanofi-Aventis Pakistan Limited Price is 776.2536, while the Standard deviation is 131.71745. Moreover, the Minimum is 436.56 and Maximum is 999.99.

The mean return of Otsuka Pakistan Limited Price is 256.4077, while the Standard deviation is 131.71745. Moreover, the Minimum is 436.56 and Maximum is 999.99. Moreover, the Minimum is 12.49 and Maximum is 397.90.

The mean return of The Searle Company Limited Price is 251.5312, while the Standard deviation is 76.14477. Moreover, the Minimum is 436.56 and Maximum is 999.99. Moreover, the Minimum is 119.14 and Maximum is 508.70.

The mean return of Wyeth Pakistan Limited. Price is 1471.9829, while the Standard deviation is 809.98788. Moreover, the Minimum is 436.56 and Maximum is 999.99. Moreover, the Minimum is 550.00 and Maximum is 5198.00

		NO_OF_CASES
Pearson Correlation	NO_OF_CASES	1.000
	AVERAGE	.244
Sig. (1-tailed)	NO_OF_CASES	.
	AVERAGE	.000
N	NO_OF_CASES	522
	AVERAGE	522

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4.1.2: Regression Analysis

4.1.2.1: Model Summary Analysis

The regression model has been applied in order to evaluate the hypothesis. The model summary Table 3 suggests that 6% through R-square and 5.8% through adjusted R- square; the model can explain the variability in the dependent variable by the independent variables.

Square adjusted indicates that the percentage estimate of this explainable dispersion for the total population under the investigation is 45.3%. R is a correlation coefficient, which indicates how the dependent and the independent variables are interrelated and is .060 in this case, which shows weak direct correlation.

Adjusted R Square is a "corrected" R Square statistic that penalizes models with large numbers of parameters.

These statistics, along with the standard error of the estimate, are most useful as comparative measures to choose between two or more models.

The F statistic shows significant impact of independent variable on dependent variable, as the value is less than .05.

Model Summary [b,c]

Model	R		Adjusted R Square	Std. Error of the Estimate	Change Statistics				
	DUMMY = 1.00 (Selected)	R Square			R Square Change	F Change	df1	df2	Sig. F Change
1	.244[a]	.060	.058	1507.38629	.060	32.964	1	520	.000

a. Predictors: (Constant), AVERAGE
b. Unless noted otherwise, statistics are based only on cases for which DUMMY = 1.00.
c. Dependent Variable: NO_OF_CASES

4.1.2.2: ANOVA Analysis

The ANOVA Table 4 suggests that the overall model is fit and F=3264 & P<0.05, the null hypothesis is rejected, and it further emphasizes that the overall relationship is significant between the dependent and the independent variables.

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	349.835	303.877		1.151	.250
	AVERAGE (No of cases)	4.662	.812	.244	5.741	.000

Therefore, on the basis of the above results it is finally concluded that the COVID-19 cases.
Have medium impact on pharmaceuticals industry in Pakistan.

The applied research is focused on the impact of COVID-19 pandemic on financial performance of pharmaceuticals industry at Pakistan stock exchange (PSX). The contradicting results of researchers have provided space for this study. Statistical test tools regression analysis, ANOVA and coefficient analysis has been used to investigate the relation of COVID-19 pandemic and prices of pharmaceutical companies at Pakistan stock exchange (PSX) for the impact of COVID- 19 pandemic on financial performance of pharmaceuticals industry. The results have shown that the financial performance of pharmaceutical industry is influenced by COVID-19 pandemic at Pakistan stock exchange (PSX) negatively. However, it is less sensitive to most pharmaceuticals' companies.

5: Conclusion And Recommendation

Analyzing the impact of COVID-19 pandemic on financial performance of pharmaceuticals industry is the wide area for all researchers all over the world. The research is also undertaken for the same purpose using PSX-100 index. All listed pharmaceuticals companies' prices were taken from 1 January 2018 to 10 August 2021 to analyze their impact on pharmaceutical industry. The results of study conclude that the pharmaceuticals companies are almost less sensitive to COVID- 19 pandemic. However, some companies have highly impact from covid pandemic. This study has represented some findings from the discussion and conclusion in the study, that there are some companies' prices has been raised which negatively impact the public. It is suggested that the government must make better policies for the pharmaceutical industry during any pandemic for the betterment of public. This study investigates the impact of COVID-19 pandemic on financial performance of pharmaceuticals industry; however, the pandemic disease COVID-19 also have high impact on food industry in Pakistan. So, future research can be undertaken by making the impact of COVID-19 on food industry at Pakistan stock exchange (PSX) in Pakistan. The branch wise (i.e., ISE, LSE, and KSE) impact from COVID-19 should also be analyzed to provide guidance to investors for portfolio diversification.

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104 Selebgrams As The Dreams Of Bandung Youth Currently

Ilona Pinka Setiawan, Selsa EL Muslimah Ismail, Dewi Permatasari

I. Introduction

Based on the current phenomenon, the number of celebrities in Indonesia makes teenagers want to become a celebrity, especially teenagers in the Bandung area. This is influenced by the current technological developments that make the audience more active on social media, as well as teenagers in Bandung today. Instagram is one of the most used social media. At first, Instagram was only used to share photos or videos with the public, but over time, there are new features that make users use it as a job. One of them as a celebgram.

Selebgram is a content creator who works through Instagram and is then widely known by the public and has many followers. Because they have a large following, celebgrams take advantage of their popularity as work. Celebrity jobs are in the form of endorsements, collaboration with brands or services, influencing their followers. From this work, it makes their followers more confident and influenced, therefore there are several celebgrams called influencers. All celebgrams are like influencers, but not all influencers are celebgrams. From this work, celebrities can make money, get privileges and some conveniences, such as being able to travel for free and get paid. Celebrities like to do their jobs like hobbies, so it's more comfortable to be a celebrity than doing formal work like an office. Therefore, many Bandung teenagers are interested in becoming a celebrity.

II. Study Of Literature

A. Selebgram in Indonesia

Selebgram or stands for instagram Celebrity is a celebrity who is famous through instagram media. Actually, celebgrams are almost the same as celebrities on the big screen and television, the difference here is the media, which is their social media account on Instagram. Celebrities tend to have a close relationship with their followers, they can interact directly by communicating with each other through the features available on Instagram.

Celebrity's current function/job apart from being a content creator/influencer for Instagram media, being a celebgram itself has become a job for celebgrams. The celebgrams also function to help with all forms of promotion from sellers of goods or services using Instagram media. how to work selebgram itself is usually to review goods or services, paid promote, endorsement, photoshoot catalogs, become brand ambassadors and many other things related to promotion and influence their followers.

According to Sumarwan (2004) the purchase of products and services and brand selection, celebrities can have a strong influence on consumers (Sumarwan 2004: 258). With the words spoken or even just the charisma of a celebrity can influences someone to stop and direct attention to him.

The following are some celebrity roles (Schiffman and Kanuk in Mahestu Noviandra, 2006 65-74)

a. Testimonials, if the celebrity personally uses the product, then the celebrity can testify about the quality and benefits of the product advertised by the celebrity.
b. Endorsement, there are times when celebrities are asked to star in a product advertisement where the celebrity is not an expert in the field.
c. Actor, celebrity is asked to promote a product related to the role being starred in a certain program.
d. Spokeperson, celebrities act as communicators in promoting the products they star.

The income from the celebgram itself varies depending on the number of followers and engagement of each content that the celebgram publishes. An example of a celebrity in Indonesia is @rachelven, who has 6.8 M followers. The biggest income he got from one of the promotional categories he worked on was approximately 50 million for the Visit Store category. while the smallest income he got was 6 million 8 hundred for the category of paid promote 1 slot Instagram story.

The advantage of being a celebgram, especially during this pandemic, is that they work online and can sometimes do their work anywhere, besides that, celebgrams often get free goods or from the exposure system and also free holidays for entrepreneurs in the service sector who want to promote their services. Besides that, being famous also gets many benefits by adding many relationships so that from a celebrity you can develop into a television artist, musician or even become an entrepreneur in the field of Instagram and much more.

B. Indonesian youth today

Adolescence comes from the Latin word adolescence which means to grow or grow into adulthood. The term adolescence has a broader meaning which includes mental, emotional, social and physical maturity (Hurlock, 1992).

Indonesian youth today are the next generation of the nation who have habits, and behaviors that are quite different from previous Indonesian teenagers. One of them is about behavior in achieving his goals. The behavior and habits of Indonesian teenagers to reach their goals are currently influenced by technological developments, for example, if teenagers previously liked to read books or study in order to achieve their dreams, today's teenagers rarely do this, they are more likely to use technology and expect everything. instantly to reach his goals

In addition, teenagers previously did not have the habit of consuming online media because there was still a lack of technology in ancient times, in contrast to today's teenagers, teenagers now actually have a habit or dependence to consume existing

technology, because teenagers now think that technology is able to meet all their needs, including the dream.

So, it can be said that today's Indonesian youth have a growing dependence on technology and expect to achieve something instantly. They are reluctant to use the attitude of their youth to achieve what they want.

C. The mindset of the ideals of Indonesian youth

The definition of ideals according to the KBBI is a desire, hope, or goal that is always in the mind. These ideals can come from within oneself or from the influence of the surrounding environment (Fiyanto, 2017). Ideals are like a person's desire to get his happiness.

Adolescence begins to think about the future and have goals. However, over time, the mindset of today's teenagers about their ideals has changed slightly. When asked in the past, many people answered that they wanted to have official jobs such as doctors, teachers, civil servants, pilots, and so on. However, because of its popularity, currently, celebgrams are starting to be popular with teenagers and are influenced to become celebgrams. Because teenagers see many celebgrams who have a lot of pay by just doing easy work. The pay as a celebgram is also much higher and promising, although it is adjusted to the engagement rate. But compared to people who work in an office all day, they prefer to increase their creativity to become a celebrity that can make money more easily.

In accordance with the nature of today's young generation who are all instant, they want to raise their status in an instant and easy way. In addition, celebgram in the eyes of the public is also more appreciated because it can be known by many people and become popular. The desire of adolescence that requires more attention from many people as a reward for itself also changes the mindset of teenagers to aspire to be popular. Therefore, many teenagers who want to become a celebrity. So there is a change in the mindset of the ideals of teenagers today preferring to become a celebrity to get what they want such as convenience, privilege, popularity and more benefits than formal work.

III. Method

Using qualitative research methodology, qualitative research that aims to provide a little definition or explanation of the concept or pattern of causes regarding the subject and object used in this study. It also requires some reference studies from previous research that can be used as reinforcement for theoretical and methodological studies (Rizaldy, 2021). The approach tradition used is the sociopsychological tradition, because it will focus on observing the social psychological phenomena of teenagers against their aspiration to become a celebrity. The main idea of this tradition is how to dismantle the communication process that starts from the individuals involved in communication activities (Setiawan, 2018).

Human activities in processing information are divided into 3 major branches, namely:

(1) behavior; (2) cognitive; (3) biological (Littlejhon, 2009:64).

• Behavior:

In the behavioral perspective, theory concentrates on how humans behave in communication situations. These theories usually look at the relationship between communication behavior, what you say and do in terms of several variables, such as personal traits, situational differences and learning. (Littlejohn, 2009:64).

A person's behavior is not only influenced by the behavior of others. A person's behavior can also be influenced by something in the environment. When we see a behavior that appeals to us, we will pay attention to whether the behavior benefits the perpetrator or not. When a certain behavior gives benefits, the behavior will be repeated or as "learning." Today, scholars of the sociopsychological tradition believe that this description is a simple explanation for human behavior.

From the explanation above, it can be concluded that behavior in sociopsychological studies can be interpreted as behavior that is owned by a person. This behavior can be influenced by other people or from the environment. If the behavior gives benefits, then the behavior will continue to be used. But if the behavior gives a loss, then the behavior will stop or not be used anymore.

• Cognitive:

Focuses attention on how individuals acquire, store and process information. Pay attention to changes in a person's mindset.

• Biological:

Refers to the study of communication from a biological point of view, believing that many of our traits, ways of thinking, and behavior are biologically connected and stem not from learning or situational factors, but from innate neurochemical and neurobiological influences. (Littlejhon and Foss, 2011)

Iv. Discussion

Selebgram or stands for instagram Celebrity is a celebrity who is famous through instagram media. Currently, celebgram has become the dream of teenagers in Indonesia, especially Bandung because of its popularity. Between the behavior of today's teenagers and the ideals that are currently trending have a relationship with each other, where the behavior of teenagers who use technology more and expect everything that is instantaneous can produce results. Because basically, nowadays making money can be done easily by using existing technology, such as becoming a celebrity. Only by smartly utilizing technology, one can get profitable benefits. This illustrates the existence of instant events (through a fast process) with the help of technology to get everything you want. The change in the mindset of teenagers from ancient times to today is that nowadays teenagers want instant things and get more money, so many teenagers are starting to change their goals and want to become a popular celebrity.

From the survey results, the questions we share about the aspirations of Bandung's youth today, 79% of the 14 respondents answered that they wanted to become a celebrity. Most of the reasons given are because they want to start earning their own money, create creative works or content, add relationships and inspire the general

public. Most teenagers in Bandung also say that being a celebrity is an effective job during this pandemic because it is easy to do work from home online and it is also a job with a flexible place and time.We use a sociopsychological study that uses Littlejhon's 3 major branches, namely behavioral, cognitive and biological.

In terms of behavior, this can be seen from the behavior that exists in humans. When viewed from the survey, Indonesian teenagers who live in Bandung choose to become a celebrity because they see many advantages, so they are willing to change their behavior to become a celebrity.

Based on the survey results, respondents answered that they would be more active in creating interesting content, this is a behavior that celebrities should have, because by trying to create interesting content, many audiences see that someone has the potential to use Instagram.

In addition, respondents also answered that respondents will have self-confidence, self- confidence is also a behavior that must be owned by a celebrity, because by trying to be confident, the audience will see that the person is indeed worthy (there is no element of coercion) when doing activities on Instagram.

And respondents also choose to change their behavior to be wise in social media, where being wise in social media is a behavior that must be owned by a celebgram, because wisely in social media, a person will be seen well in the eyes of the audience (there is a positive effect from a celebgram), if a person cannot be wise in social media, then the public's trust in that person also decreases because they are considered unable to have a positive effect on many people.

The behavior above will exist if someone instills it in themselves, the urge to become a celebrity is able to make someone to instill this attitude in each of them.

From the cognitive side, adolescence is generally a time when they are looking for their identity. Cognitive is still changing. Because of the convenience and many benefits obtained by celebgram, what is in the minds of teenagers today is that celebgram has a higher degree so that they want to become a celebrity who is known by many people. According to one respondent, he wanted to become a celebrity because he didn't want to be a “family burden” anymore. The answer describes the thoughts of a teenager who is starting to grow up and is more responsible for himself, not wanting to bother others, because after becoming a celebrity, he can earn his own income like working.

Other respondents also answered that after they wanted to become a celebrity, there was a cognitive change that made them more active in creating content on social media. They compete to be more creative, think to be innovative by creating content that can attract the attention of many people. Not even a few who do many ways to become famous. Thoughts about his confidence also changed to become more confident for the public to see. In addition, their cognitive also becomes more active and longer in the digital world, such as the answer of one respondent who answered "on screen more often" because there is a cognitive change from within him to be more enthusiastic about being active on social media to quickly achieve his dream of becoming a celebrity.

From a biological perspective, many teenagers today with unique genetic conditions actually help them become celebrities. Often the uniqueness that occurs in a

person's biology makes that person actually go viral and end up becoming a celebrity. For example, someone who is viral because of their skin color, they often voice or influence Instagram residents not to think racist and voice that a woman or man with any skin color is someone who is beautiful or handsome and very valuable. The survey results from several Bandung youth respondents said that they will be more confident in public and want to make other people interested in seeing them. This proves that biological factors also affect the aspirations of teenagers who want to become a celebrity as well as for someone who has become a celebrity.

There is a diffusion of innovation that occurs in this phenomenon. Basically, the Diffusion of Innovation Theory explains the process of how an innovation is communicated through certain channels over time to group members of a social system. “Diffusion is the process by which an innovation is communicated through certain channels over time among the members of a social system.” (Rogers, 1983:5). Based on this explanation, it can be concluded that the diffusion of innovation refers to things that were previously impossible to become possible because of an innovation through certain channels based on the existing timeframe. Before social media could make money, people who were more confident in in frame on social media, trying to create interesting content and publish their activities on social media were underestimated by the public because they were too confident about their appearance. But now, after Instagram can make money, the public actually competes with each other to be known by many people and become the center of attention. So, there is competition to produce the best content and become a celebrity. This is in accordance with the discussion above, where previously it was impossible to get something through the internet, but in fact the internet is able to make money for its users.

IV. Conclusion

The phenomenon of the popularity of celebgram is starting to be coveted by teenagers today, based on the survey results, most teenagers in Indonesia, especially Bandung, currently make celebgram their goal because it is supported by technological developments, the many benefits obtained by celebgram, and the pandemic conditions that allow them to work. from home online like the work done by celebgram. In addition, the income earned by celebgram is greater than formal work. Celebrity working hours are also more flexible so that it suits the nature of the current generation which is all-instant.

Changes in behavior, cognitive, and biological aspects are things that influence teenagers to be able to get what they want to become a celebrity, such as changing to become more innovative, creative, confident, and wise in social media. This discussion also shows the theory of diffusion of innovation, where things that were previously impossible become possible, such as getting something through the internet by becoming a celebrity.

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105 Cyberbullying In TikTok Social Media As An Issue For The People Of South Jakarta

Kheista Mardhatillah Firsa, Muhammad Alif Prasojo, Tandya Rayhan Zhafran

Abstract

This study aims to observe the phenomenon of cyberbullying that occurs on the TikTok social media by focusing the research location specifically in the South Jakarta area. The type of research we use is quantitative research with quantitative methods also supported by additional data in the form of a survey aimed at respondents who have a specific criterion that we have determined. We have collected a total of 26 respondents, from our survey related to this research, we have obtained results that prove that there are correlations and effects associated with aspects of cyberspace and realism which proves that there has been a significant increase in cyberbullying cases on TikTok social media after the pandemic that occurred.
Keywords: Cyberbullying, Cyberspace, Social Media, TikTok.

Introduction

The presence of technology in communicating makes everything feel so easy and fast. However, sometimes this presence has a bad influence on activities in cyberspace. One form of bad influence is the emergence of Cyberbullying. Cyberbullying according to Willard (2005) is a cruel act that is intentionally shown to others by sending or distributing dangerous things or materials that can be seen as forms of social aggression in the use of the internet or other digital technologies.

The technology that brings freedom on social media is often not used wisely by its users. Cyberbullying has become one of the main issues in social media that began to emerge in the last decade. As time goes by, especially during this pandemic, where people spend a lot of time on social media, cyberbullying is increasingly widespread. Freedom of social media that is not followed by a good attitude in social media often makes users not responsible for the actions they do on social media.

In the era of the development of science and technology when almost all people in the world use social media, cyberbullying is indeed an issue that cannot be avoided. The ease and freedom of accessing all kinds of information through social media makes people too free and feel free from anything so that sometimes people cross boundaries and do things that make other people uncomfortable. Whereas in using social media, restrictions are also needed just like when we interact with other humans in the real world.

The development of social media users has increased exponentially during the Covid- 19 pandemic, especially because the majority of activities that are generally carried out offline or face-to-face have been shifted to digital-based media. With the rise of digitalization, the negative aspects that were previously said to only exist in an

offline environment can be transformed and migrated online as well. Knowing this, one of the social media that is on the rise is TikTok, the social media has received criticism for years until it is finally accepted as a common use of the community.

With the freedom to interact, comment, upload content on TikTok social media, the potential for various negative things also appears, this is in accordance with the cyberspace aspect where people experience a phase where they feel they have anonymity when surfing in cyberspace.

Method

This study uses quantitative methods. The definition of quantitative method according to V. Wiratna Sujarweni (2014:39), is a method that provides findings by means of statistics or quantification measurements. Meanwhile, according to Sugiyono (2017:8) This data collection serves to try out a hypothesis that you want to research. By using this method, the writer hopes to be able to find correlations regarding the factors that influence cyberbullying.

Kasiram (2008) says that the definition of quantitative research can be said as a series of processes that aim to obtain data by using media in the form of numbers in a data, with the aim of being analyzed based on the relevant information and what you want to understand. According to Bryman (2005), what is called quantitative research consists of various aspects, which are rooted in theory which then develops into a hypothesis, research design to the stage of subject selection, besides that quantitative research also needs to collect and process existing data so that it can be analyzed to reach a conclusion.

Research Discussion

This research was conducted using a quantitative method, in which this method used data from a survey conducted with a total of 26 respondents. It was found that the concepts of realism and cyberbullying which we explained in the introduction are closely related and intertwined. Here are the results of the survey:

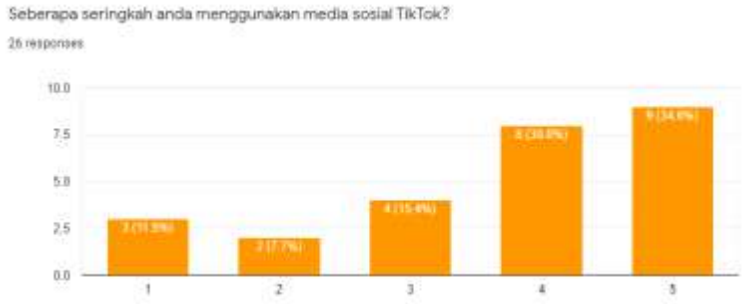


Figure 1.1 Frequency of using TikTok sosial social media

Figure 1.1 shows that the respondent of the question "How often do you use Tiktok social media?" more dominant on a scale of 5 which means very often. The percentage shows 34.6% with a total of 9 respondents. This means that most of the respondents from our survey use the TikTok application very often.

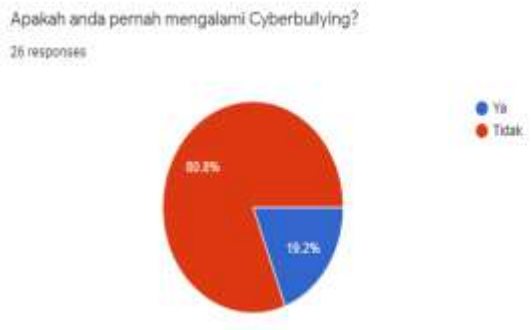


Figure 1.2 Respondents experiences of cyberbullying

In figure 1.2, which is presented in the form of a pie chart, out of a total of 26 respondents in our survey, the answer to the question “Have you ever experienced cyberbullying?” shows that most of the respondents with a percentage of 80.8% answered "Yes". This means that most of our survey respondents have experienced cases of Cyberbullying.

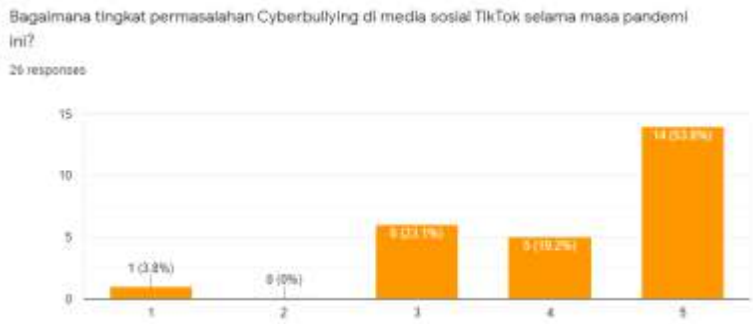


Figure 1.3 Respondents answers regarding the problem of cyberbullying

In Figure 1.3, from the question "What is the level of the problem of Cyberbullying on TikTok social media during this pandemic?", it shows that there is 1 respondent who states it is very low, 0 respondents who indicate on a scale of 2. 6 respondents or 23. 1%, in a scale of 3, 5 respondents or 19.2% on a scale of 4, and finally on a scale of 5 or very high there were 14 respondents with a percentage of 53.8%. This shows that most of our respondents chose a scale of 5 or very high on the level of cyberbullying problems on the TikTok application during the pandemic.



Figure 1.4 Respondents answers regarding the use of TikTok

In Figure 1.4, the results of respondents' answers are shown by a pie chart on the question "What do you usually use TikTok for?", such as entertainment, education, news sources, shopping places. The data shows that most of our respondents with a percentage of 80.8% indicated that they use TikTok for entertainment.

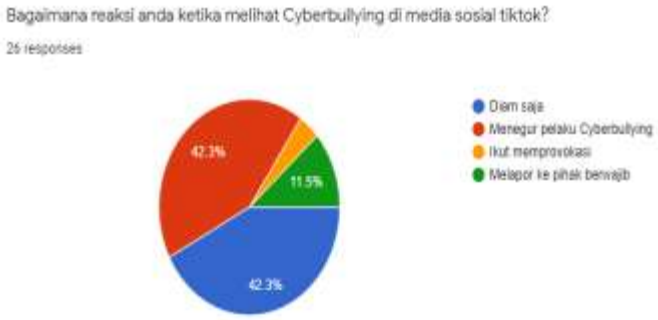


Figure 1.5 Respondents reactions to cyberbullying on TikTok's social media.

In Figure 1.5, the question "How do you react when you see Cyberbullying on TikTok social media?" with the answer choice of silence, reprimanding the perpetrators of cyberbullying, participating in provocation, reporting to the authorities. The data from our respondents' answers is that there is a balance in the percentage between 'Just keep quiet" and "Rebuke the cyberbullying perpetrator".



Figure 1.6 Respondents opinion on cyberbullying as a threat

In Figure 1.6, presented in the form of a circle graph, with the question “Do you think Cyberbullying is a real threat, especially in the current pandemic era?” and the answer choices are “Yes”, “No”, “Maybe”. The answers of our respondents mostly chose "Yes" with a percentage of 88.5% and the rest were "Maybe" with a percentage of 11.5%.

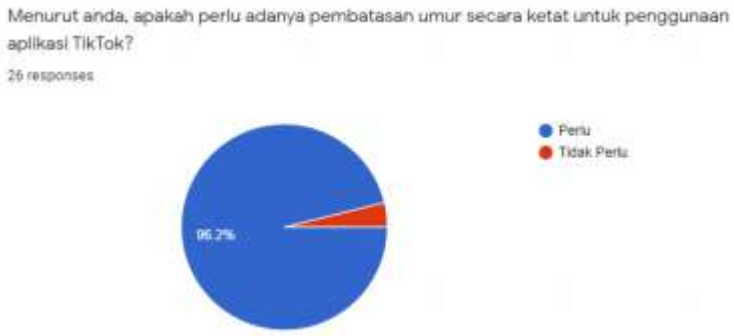


Figure 1.7 Respondents opinions on age restrictions for the TikTok application

In Figure 1.7, In this pie chart, the question is “In your opinion, is there a need for strict age restrictions for using the TikTok app?” with the answer choices “Necessary” and “No Need”. Most of our respondents' answers showed the answer "Necessary" with a percentage of 96.2%.



Figure 1.8 Respondents to the right age for TikTok application users

This data shows that there are differences of opinion regarding the appropriate age range for users of the TikTok application, because there are also respondents who think that under 16 years is the right age.



Figure 1.9 Respondents opinions on whether cyberbullying could be removed from TikTok sosial media.

In the circle graph, there is an interesting fact where the optimism of respondents for the possibility of eliminating cyberbullying from TikTok is quite large, of which more than 50% stated this, and 23. 1% felt that it was not.



Figure 1.10 Respondents answers regarding their actions regarding cyberbullying on TikTok's social media.

It was found that there was a minority who said that they had done cyberbullying, as evidenced by the figure of 7.7%, this data indicates that cyberbullying can be done by anyone.

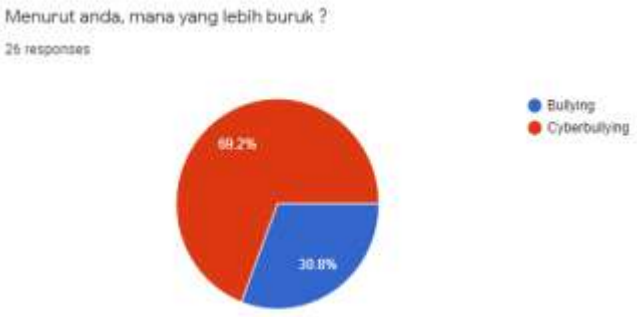


Figure 1.11 Respondents answers about what they perceive as worse between cyberbullying and bullying.

This data is quite interesting, because it shows that with the rise of technology, cyberbullying can be said to be a very real threat to someone, even more than bullying in general.

Considering the results of the various questions, it appears that cyberbullying has spread to the daily use of social media TikTok, this is proof that with excessive freedom, many people want to do arbitrary things, as in the survey there are even who choose to participate in provoking when there is an opportunity, but in general the majority prefer to do nothing and remain silent when they see cyberbullying taking place.

The results of our research cannot be used as a single reference in the study of cyberbullying as an issue in cyberspace because we only surveyed with a relatively small and limited scope and scale, but this can be said to be a simple description of issues that are real in the virtual world of social media such as the use of TikTok social media in everyday life.

Conclusion

After conducting a survey of 26 respondents, we got results showing that cyberbullying is due to unrestricted freedom in cyberspace as a new form of pseudo-world. Based on the survey results that have been obtained, it can be concluded that there is a significant increase in cyberbullying compared to the period before the pandemic.

After completing our analysis of this research, we can conclude that some respondents who are residents of South Jakarta who are active users of TikTok social media with an age range of 14-23 years often find cases of cyberbullying on TikTok's social media. This is evidenced by the majority of respondents who answered "often" when asked about cases of Cyberbullying on TikTok.

Interestingly, most of the respondents responded with "No Response" because they didn't know what to do when they saw Cyberbullying on the TikTok application. In addition, the research team also found that most respondents use TikTok social media for the purpose of "entertainment" which means they use the application only as a means to find and get entertainment without paying attention to the steps that must be taken if they find cases of Cyberbullying on TikTok.

So it is evident that there is a real correlation between the pandemic and the increase in cyberbullying in cyberspace. This is in accordance with the cyberspace aspect where with the existence of a pseudo-world to communicate, it is also more open to various cyberbullying gaps.

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106 Youth Talent And Digital Talent Youth Effort In Utilizing Digital Platform " TikTok" During The Pandemic As Talent Development

M. Rafli Pratama1, Vera Mulathofah Mindaini2, Naja Kayra Rahim3

Abstract

The COVID-19 pandemic has led to increased saturation of youth in Indonesia. It's triggered by the policy made by the Indonesian government, so youth cannot develop their talents as they did before the pandemic. The presence of digital technology makes it easier to share their talent. One form of the popular digital product is TikTok. This paper will discuss why and how youth use TikTok in developing their talent. The urgency of this paper is pandemics have encouraged Indonesian youth to use TikTok as a forum to show their talent. The method used in this research is a questionnaire. The results found that youth use TikTok is because of boredom. TikTok also becomes a popular platform during the pandemic. They feel more creative, innovative, and critical in exploring their talent on TikTok. This paper is to raise awareness among youth to explore their potential and share it digitally.

Keywords-Youth, Talent, Digital, Creative, Exploring, Social Media, TikTok, Pandemic Coved-19

I. Introduction

1.1. Background

Competence in youth talent will never run out. Over time, the development of youth talent continues to change according to the facilities they have. There are many ways that they can use to develop and show their talents to others. They can hold musical performances, dance performances, exhibitions, and sports competitions. But now it's difficult for youth because the Covid-19 pandemic forces them to avoid activities that require the participation of many people.

The presence of Corona Virus Disease 2019(Covid-19) in Indonesian society has made some activities unable to be carried out optimally or even delayed. This change in interaction patterns causes people, especially youth, to feel bored because they have to limit themselves from activities outside the home. This limited interaction also has an impact on the development of the potential and talents of youth. However, with the presence of digital technology, youth can easily share their talents in various forms, one of which is video, so this limitation is not a barrier in channeling youth talent. One form of digital technology favored by youth is TikTok, which has become popular in Indonesia since the beginning of the Covid-19 pandemic until now.

The TikTok application is a social networking application and music video platform from China that was first launched in September 2016 by Zhang Yiming. This app surged during the Covid 19 pandemic and brought TikTok users in 2020 to 3.2 billion by Sensor Tower data. This number exceeds the total users who downloaded the Instagram application by 1.5 billion globally(katadata.co.id). The features or services

are available in the TikTok application are music, videos, filters, and live broadcasts. Then users also can give comments to each other about the content.

Based on GlobalWebIndex data in 2020, TikTok got the second rank after Telegram in increasing the number of social media users in Indonesia by as much as 15%. 2020 is the same year that the Indonesian government first imposed restrictions on activities outside the home. It caused encourages Indonesian youth to look for a digital platform TikTok, that can provide convenience in sharing information in form of videos, So they can use this platform as a place to show their talent to other users.

Therefore, the focuses of this paper are to see what reasons they choose TikTok in sharing their talent, how they use TikTok as talent development for youth during the Covid-19 pandemic, and to know the impact of using TikTok for developing youth talent.

1.2 Problem Formula

1. What motivates youth to use TikTok as a means to share information about their talent?
2. How do youth take advantage of TikTok as a means of channeling their talent?
3. How is the impact of using TikTok for the development of youth talent?

1.3 Intent & Purpose

1. To find out what motivates youth to use TikTok as a means to share information about their talent.
2. To find out how youth take advantage of TikTok as a means of channeling their talent.
3. To find out the impact of using TikTok for the development of youth talent.

Literature Review

A. Creative

According to Chaplin creative is the ability to produce new forms in art or in machinery or in solving problems with new methods.

Meanwhile, according to Perkins (Stenberg,1988) creative thinking is when its creation looks back at old ideas, then doubts, or feels then takes and rearranges into a new way.

B. Talent

According to Freeman (1963), talents are traits that provide clues to the existence of abilities possessed by a person, which through training can be realized into real abilities, especially in special fields, for example in the field of language, art, music. and technical.

C. Youth

According to King (2012), youth is a development that is a transition period from children to adults. This period begins around the age of 12 years and ends at the age of

18 to 21 years. In addition, according to Monks (2008) states that youth are a transition period from children to adults. Therefore, it can be concluded that youth is a period where the transition from childhood to adulthood has included all the developments experienced in preparation for entering adulthood with changes that include physical, psychological, and psychosocial aspects.

D. Digital

According to the Cambridge and Merriam-Webster Dictionary, digital is something that records or stores information as a series of 1s and 0s, consisting of data in the form of binary digits, especially providing readings in numeric numbers.

E. Exploration

According to Koesoemadinata, exploration is a scientific technical activity to find out a thing, area, area, condition, space that was previously unknown for its contents for a particular purpose.

F. Social Media

According to McGraw Hill Dictionary, social media is a means used by people to interact with each other by creating, sharing, and exchanging information and ideas in a virtual network and community.

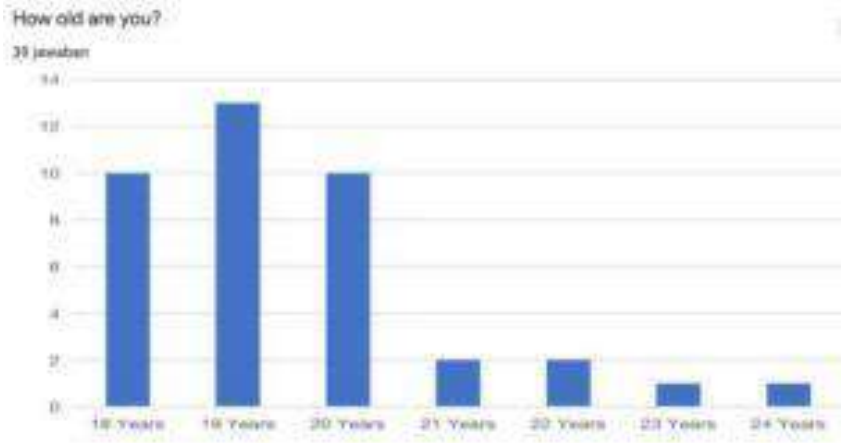
G. Pandemic Covid-19

According to WHO, the Covid-19 pandemic is a situation when the entire world's population is likely to be infected with this Covid-19 and potentially some of them fall ill.

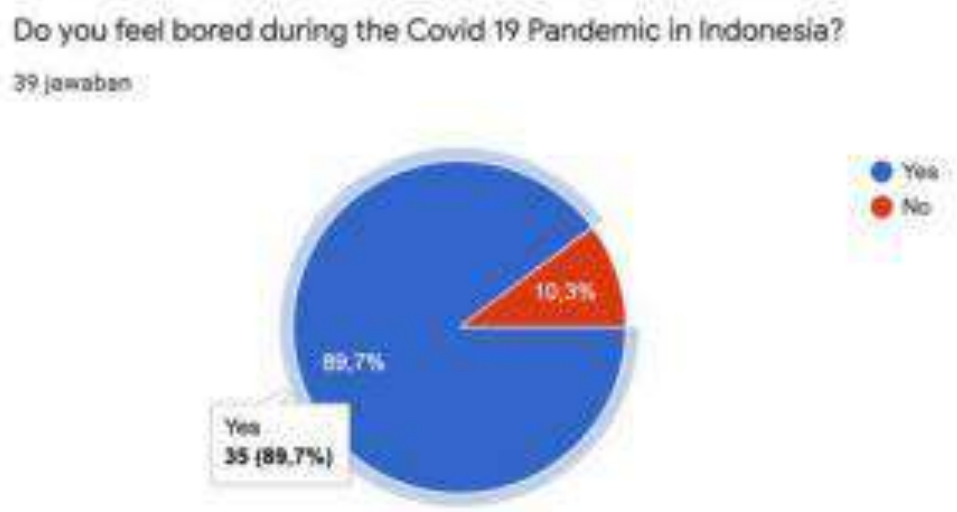
Research Methods

The method used a qualitative method, by distributing questionnaires to youth TikTok users. The results obtained were then analyzed using descriptive methods.

Results And Discussions



The data obtained are 39 youth aged 18-24 years who all come from Indonesia.

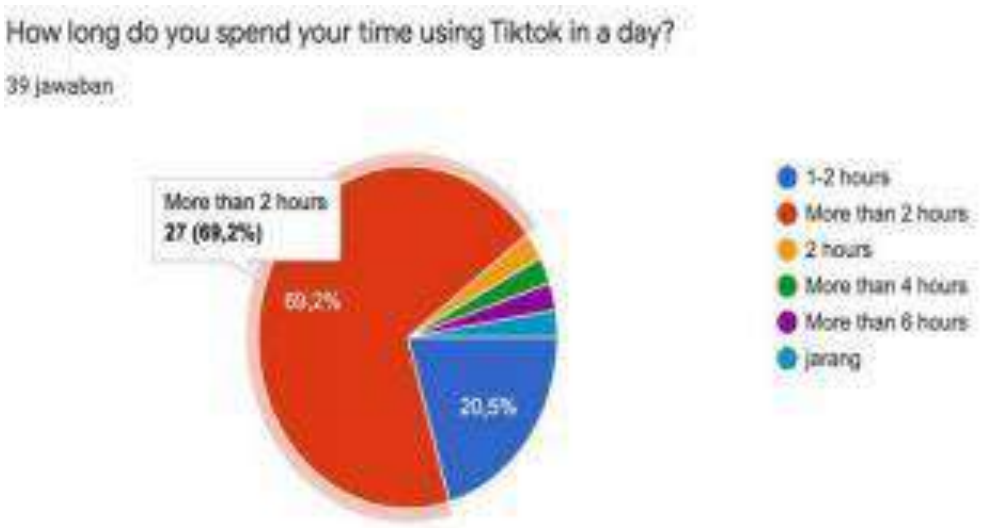


From this data, it was found that from 39 respondents, 35 of them felt bored due to the pandemic in Indonesia. After further observation, it was found that there were various kinds of government policies implemented during the Covid-19 pandemic in Indonesia, one of which was the PSBB (Large-Scale Social Restrictions) and PPKM (Implementation of Community Activity Restrictions) policies, the point of which was to limit people's activities outside the home.

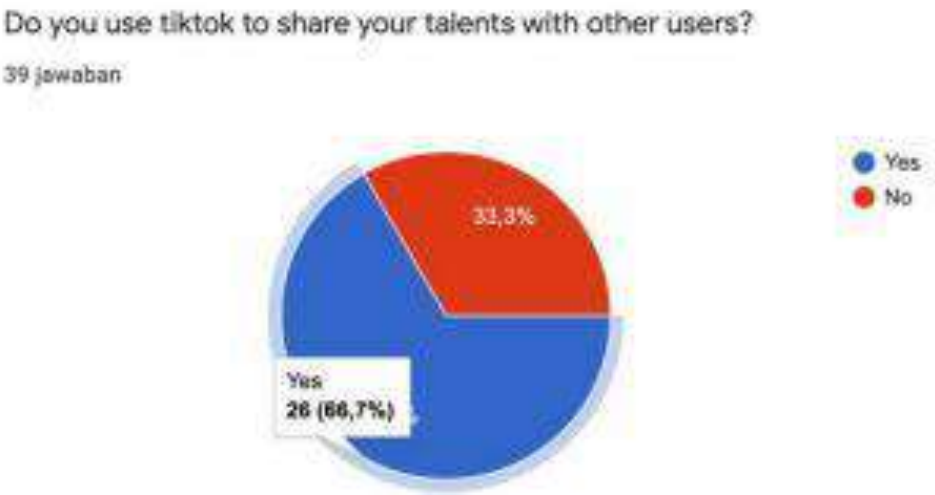


This policy also has an impact on the teaching system that Indonesian youth receive. The data shows that most of them have to study online.

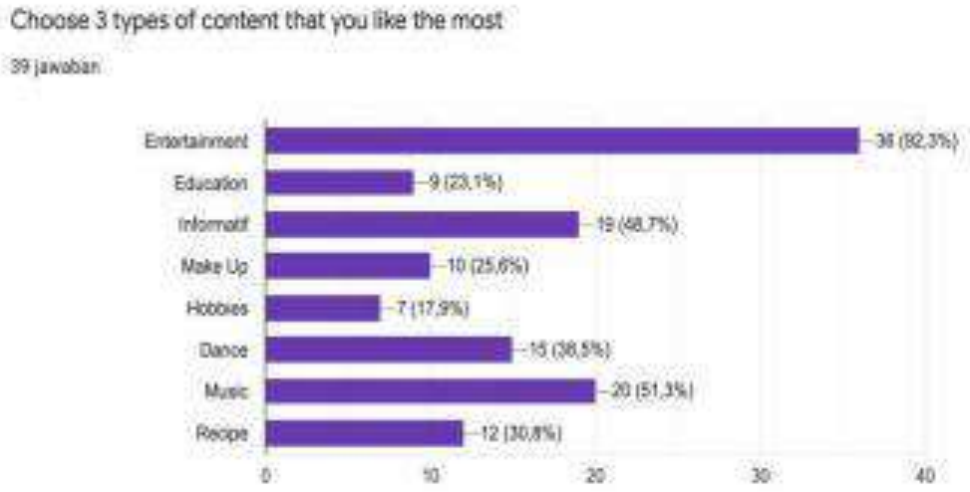
It is natural that Indonesian youth feel bored during the Covid- 19 pandemic because these youth still have to through online lectures which have been going on for 1.5 years. This also causes them to be less able to interact with each other which then has an impact on the inhibition of self-development in youth.



Therefore, the effort they make so they do not get bored is by utilizing TikTok as digital technology. The chart shows that 29 out of 39 respondents used TikTok for more than 2 hours.



The results prove that as many as 26 youth participate by sharing their talents on TikTok, and the remaining 12 youth use TikTok only to view the content spread on it without participating in creating their content. As many as 26 youth use the digital platform TikTok as a medium to share talent through video.

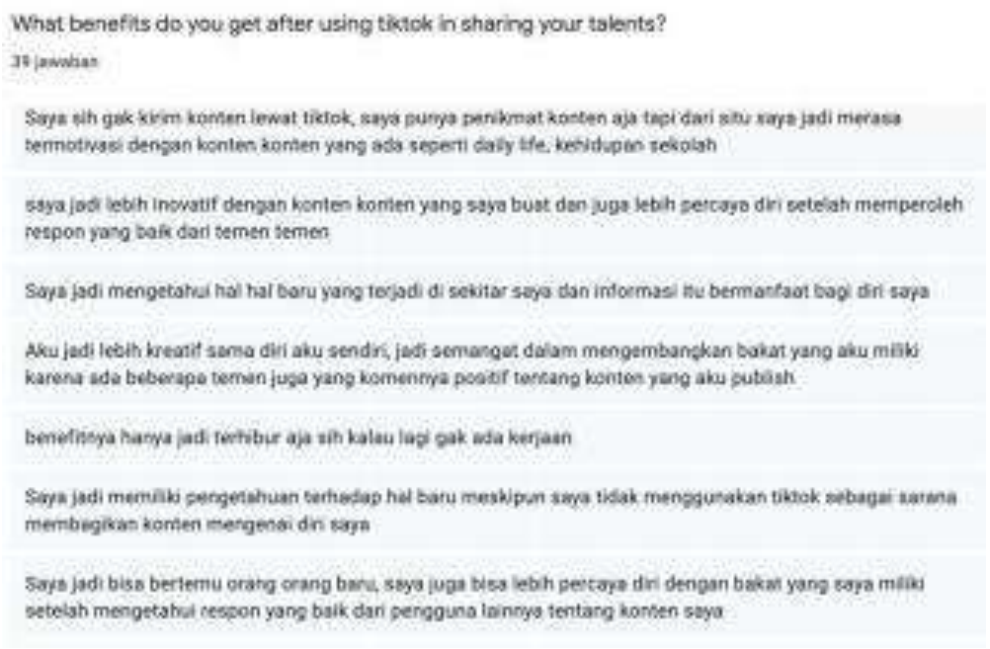


Their utilization effort is to show each other creative video content based on their talent. Based on these results, some of the types of content favored by youth since the beginning of the pandemic are entertainment, music, informative, and dance content.

Apart from being based on their potential, they also explained that they often follow current trends such as song covers, dance, food recipes, etc. They can find new talents that they were not aware of by following existing trends.



They also said that the motivation of using TikTok as a means of developing their talents was they wanted to develop their potential, show their existence, and hope to be an inspiration to other youth users.


What benefits do you get after using tiktok in sharing your talents?

39 jawaban

Saya sih gak kirim konten lewat tiktok, saya punya penikmat konten aja tapi dari situ saya jadi merasa termotivasi dengan konten konten yang ada seperti daily life, kehidupan sekolah

saya jadi lebih inovatif dengan konten konten yang saya buat dan juga lebih percaya diri setelah memperoleh respon yang baik dari temen temen

Saya jadi mengetahui hal hal baru yang terjadi di sekitar saya dan informasi itu bermanfaat bagi diri saya

Aku jadi lebih kreatif sama diri aku sendiri, jadi semangat dalam mengembangkan bakat yang aku miliki karena ada beberapa teman juga yang komennya positif tentang konten yang aku publish

benefitnya hanya jadi terhibur aja sih kalau lagi gak ada kerjaan

Saya jadi memiliki pengetahuan terhadap hal baru meskipun saya tidak menggunakan tiktok sebagai sarana membagikan konten mengenai diri saya

Saya jadi bisa bertemu orang orang baru, saya juga bisa lebih percaya diri dengan bakat yang saya miliki setelah mengetahui respon yang baik dari pengguna lainnya tentang konten saya

Through the content they create on TikTok, youth mention the benefits of sharing content about their talents through TikTok, they said that they become more creative, innovative, critical, and sensitive in exploring and developing their potential. They also feel that they can connect even though they can't meet in person, it’s because they can provide feedback through the comments feature.

Conclusion

The youth generation is required to adapt to the new technology, especially during the Covid-19 pandemic. The existence of the Covid-19 pandemic is not a problem for the youth generation in developing talents. Even though they are still unable to interact, as usual, youth TikTok users in Indonesia have considerable motivation, besides developing talent, some of them also hope to be an inspiration to others.

Efforts made by the youth generation in adapting to the conditions of the Covid-19 pandemic are by utilizing TikTok as digital technology, by sharing content in the form of videos that contain the uniqueness of each youth talent. Apart from developing and sharing talent, they also use TikTok to keep up with trends.

Through TikTok, they can often discover new talents that they were not aware of before. Youth also feel more creative, innovative, critical, and sensitive in exploring their talent through TikTok, this is because they can motivate each other and be challenged to want to try new things. So that the use of TikTok gives positive results, especially for youth who want to develop and channel their talents through digital channels.

TikTok as a medium to channel and develop the talents of Indonesian youth is a positive thing. Therefore, the youth generation must be able to maximize the use of digital technology in developing talent. Because if they can't follow the new culture that emerges, then they will be left behind.

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107 The Culinary Art Skills Innovation for Gen Z in Shanghai, China

XIA BO

Abstract

Culinary art is a very important part of social development. In nowadays, with the rapid development of society, traditional cooking has not kept up with the development of innovative thinking in the times, enterprises are more willing to pay higher salaries to hire more experienced people (Horng & Hu, 2008).

This article analyzes Shanghai's culinary industry, Michelin has only one Three-stars creative restaurant in Shanghai, according to the 2021 Michelin Ratings Organization. With less than 1% of the data, the industry is increasingly demanding innovation in skills.

This research is mainly aimed at the current problems faced by the culinary arts industry, Gen-Z people do not have more skills innovation, the industry in the development of the lack of more academic support caused by the narrow vision platform, to the entire industry to bring the dilemma of talent input (Stierand&Lynch, 2008).

This result found that young people will get more job opportunities through a better academic platform, accumulate more academic background and open their eyes to stimulate different levels of creative thinking in the culinary arts. Effectively

increased employment, skills innovation adapted to the industrial 4.0. Keyword s: Culinary Art; Increased Employment; Creative Thinking; Gen-Z.

Chapter 1: Introduction

1.0 Overview

The purpose of this paper is to introduce people to the rapid development of industry 4.0 and the hotel industry through the innovation of young people in the era of industry 4.0, mainly around the innovation of culinary arts in Shanghai as the main direction of research, as there is no complete culinary arts education system in Shanghai, while providing the necessary constructive concepts for our living environment and cooking culture and visual arts in the innovative arts, and bring about the basic and stable development of emerging culinary culture. First, the overview will provide the background to the study, which will be followed by an explanation of the principles of the study, followed by the identification of the purpose and problems of the study. At the same time, the significance and limitations of this research are expounded, and the definition of some key words is explained. Finally, determine the framework for the entire article.

1.1 Research Background

In the broad development stage of culinary awareness (Goodman & Sprague, 1991). I found that in Shanghai, China, there is no more representative culinary arts professional, and, in the exploration. It can be found that the development of Shanghai's catering industry more and more talent (Yang, 2010), in the promotion process because there are no matching academic promotion platforms (Hua&Gao, 2013).

The focus of the current study is the culinary arts as we are known, are sure to be integrated with Contemporary art and cooking, but, in fact, they are not, and the art of cooking has always lived in every corner of life. There is no universally accepted definition of the composition of art, over time, artistic thinking has also changed (Nikonova ,2018).

1.2 Problem Statement

According to the industry's problems research for preliminary analysis, At present, as the most outstanding institution of culinary art innovation: Michelin-starred restaurants, in recent years have been at an excellent income level (see, Figure2, China: Exposed and Explained). Moreover, through the well-known hotel industry website (i.e. Veryeast.cn). from the job recruitment (i.e. Online recruitment website) details that we know in the Shanghai city job recruitment plan, the recruitment conditions of senior management staff for chefs are also published in the post or even lower recruitment conditions and requirements. But, from every single monthly salary of the public data to see basically about 30,000 bases (see Appendix 1, Executive chef’s Job requirements in Veryeast.cn), at the same time, according to another set of data, there is a high demand for talent in the industry. Hotel industry revenue data increases every year (see figure 1, Scale income of China's catering industry, National Bureau of Statistics of China), and also the recruitment criteria for an executive position are published on an undergraduate basis (see Appendix 2, Administrative positions’ Job requirements in Veryeast.cn). On the one hand, in order to confirm that problems and problems are common in this industry, by searching for general undergraduate majors in higher education institutions (see Appendix3, Beijing Hospitality Institute's Admissions Guide in 2021), the basic problem data shows that Hospitality Institute does not has a higher level of further education (e.g. culinary arts and culinary education. Stierand & Lynch,2008,2), but some universities offer related majors such as food science, but this major is not related to the culinary profession in the general public view (Kim, 2006). On the other hand, professional refresher training for administrative posts in the industry can provide all the professional promotion, basically, each higher education provides different types and directions of professional training.



Figure1, Scale income of China's catering industry, National Bureau of Statistics of China (2014 — 2022Estimated)

1.3 Research Objectives

Academics are a higher theoretical platform representing each industry and more industry knowledge, but for the culinary arts industry demand situation, there is no perfect talent conditions, skills and academic qualifications are two different problems (Pritchett, 2001). Each art has its own unique insights (Goldblatt, 2006), without a deep artistic and cultural background it is difficult to tell each work from a professional point of view. At the same time also cannot get the new people to join the industry macro development prospects. According to Enkel&Gassmann, 2010, for the industry's highest quality Michelin at the same time needs a higher level of culinary artists. Research objectives are important for research, and it need to lead a guild line for the research. Following are the research objectives in this research:

Research on the academic platform support in the process of industry development (talent introduction)

Research on the developing academic platform of the culinary arts industry (industry innovation) Research on the academic understanding of culinary art style and audience awareness.

1.4 Research Questions

Having a higher academic platform will improve the status quo faced by the industry, and at the same time improve a series of problems that the industry has improved due to the introduction of talents.

The development of creating academic platforms will attract more talents.

The development of a creative academic platform will introduce the industrial innovation of culinary arts in Industry 4.0

The development of creating an academic platform will popularize the audience's cognition and gain academic understanding.

1.5 Significance of the Study

Nowadays, the industry has huge competitiveness. This research can help the industry and institutions understand the biggest influencing factors (talents, academic platforms, industrial innovation) encountered in the innovation of the culinary arts industry. This research can not only affect the development of the industry The influence of the process can also make young culinary art talents realize the difference between interest and academics and encourage culinary art to achieve higher efficiency in talent introduction and industry development, so as to achieve the goals of the entire industry.

This research will interview two young people in the culinary arts industry in the form of interviews. The information collected can show us the practice of culinary arts in the talent introduction and academic platforms faced by the industry as well as the factors that affect the problems.

The final interview result will use NVIVO to extract keywords from the interview.

China Top Tiremakers By Sales

Company	2014 Sales (CNY Millions)	2013 Sales (CNY Millions)	Change	2014 Sales (USD Million)	2013 Sales (USD Million)
Zhongce	23,282	26,883	-13.40%	$3,782.55	$4,369.66
ChengShin (China)	18,470	18,535	-0.40%	$3,000.76	$3,012.88
Triangle	17,500	15,600	12.20%	$2,843.17	$2,535.80
Double Coin	15,104	12,269	23.10%	$2,453.90	$1,994.34
Giti (China)	15,005	17,013	-11.80%	$2,437.82	$2,765.48
Xingyuan	11,042	11,000	0.40%	$1,793.96	$1,788.06
Jinyu/Sailun*	10,811	7,075	52.80%	$1,756.43	$1,150.05
Linglong	10,200	10,045	1.50%	$1,657.16	$1,632.82
Aeolus	8,140	9,014	-9.70%	$1,322.48	$1,465.23
Shengtai	7,481	7,725	-3.20%	$1,215.41	$1,255.71

* 2014 results represents merged company; 2013 results are Jinyu only
Source: Tire Industry Research

Figure2, China: Exposed and Explained, David Shaw (2015)

Chapter 2: Literature Review

2.1 The Relevance of Cooking and Art

Cooking and art are inseparable components, in the food presentation, it shows many colour fragrances (Van Pham, 2020), in the traditional concept and art ideas, the edible colour is the original colour of food that has not been destroyed, but, As time goes, people living in a high level of dietary standards, according to the traditional

evaluation criteria are not enough, people often evaluate as well creative and very artistic design sense, at this time, the culinary art gradually appeared in people's vision (Hegarty, 2005). Culinary talent design creative afternoon tea with traditional craft style (see Appendix 4, Afternoon tea at the Ritz-Carlton Beijing).

2.1.1 Creative Design for Cooking

The creative design of cooking is a chef through different life experiences and work experiences, and also, it can be based on the original characteristics of the food, food design is ever-changing (see Appendix 5, YBLINC, Old Parmesan Scallop in 2021). Chefs don't limit a form, it's a temptation that stimulates people's visual and taste buds (Cheng, Ogbeide & Hamouz, 2011).

2.1.2 Inspiration for Art

Art is a realm, but also an idea, it cannot be expressed in words, in the realm of contemporary art, more works are to let the admirer experience, to feel the author wants to convey the artistic language (Adajian, 2007). food through the language of art to convey some works of stories (Graham, 2005).

2.2 The Future of the Culinary Arts Industry

For the modern culinary art industry, the way presented is very novel (Buchloh, 2000), in the culinary talent’s presentation, the shows with contemporary art is somewhat similar, when the scene and environment during the meal are not limited (Rehg, 2010), the chef is like an artist, in an unscripted scene like the appreciator to present the work, to the audience to convey the story of the work, the story may contain social phenomena or an artistic realm (Ma, 2015). The presentation and transmission of culinary art will be more direct, the experiencer is through the visual, olfactory, taste three directions to get the perfect culinary art experience (Zimmerman, 2009). If culinary art is a profession, it's better to think of it as a way of presenting it in the art industry. The art of cooking is also representative of national culture (Özkanlı , 2016).

2.3 The Cultivation of Culinary Talents

In European countries, this industry will be through different industry perspectives to train every culinary art talent (Escoffier, 1987), but also to provide an academic platform to allow more culinary art scholars to have the opportunity to learn and discuss the promotion (Hegarty, 2011), at present, we know France has attached great importance to the export of food culture. At the same time, the development prospects for the industry is very rapid, more young people are more willing to accept the industry's favourite (National Research Council, 2012), and also let an industry plan a better platform and improve the direction of training, will attract more fresh scholars and absorb more fresh creative inspiration (Bellamy, 2000). Different culinary art styles are also broken down through the evolving path.

In Asian countries, People often do not notice it, just through people's conscious behaviour to develop interests and hobbies, but this is far from enough and not enough

for the overall promotion of the industry (Laurillard, 2002), at the same time, can not attract more talent, for children who do not know anything about the industry, may not find the industry's wonderful to fade the interest in the industry (Tynjälä, Välimaa,& Sarja,2003), and also, no prospects for the industry is not convincing it, there has been solid thinking about the industry, without taking it to a very high level and without a better platform for academic and career development planning, a domain that has been mostly overlooked—cooking(Cromwell, Galeota & Ramanujan, 2015). Giving more culinary talent can be developing the hotel industry, at the same time, it can be open the output of the nation's food culture. Academic research is a platform that is also to open the industry's genius channel so that the development of the industry will not be very narrow (Bryan, Hill, Munday & Roberts, 2000).

Chapter 3: Methodology

3.1 Research Design

The starting point of the research is that the starting point of the research method is the description of the main philosophy (see, Figure3, Towards an explicit research methodology: Adapting research onion model for futures studies), select methods, methods and strategies, and define the time range. Incorporate research logic into the research design. The main techniques and procedures for data collection and analysis are based on theoretical concepts (Melnikovas,2018).

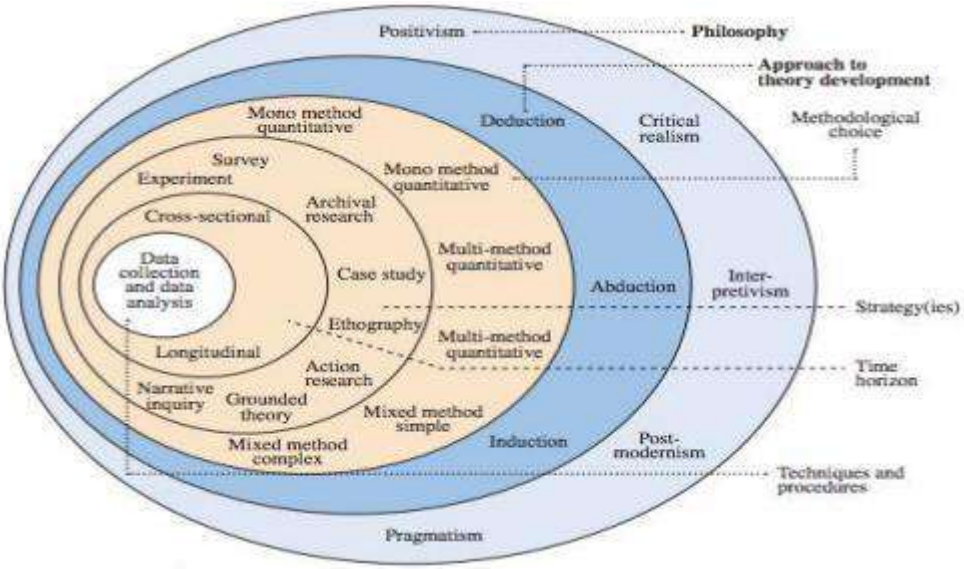


Figure3, Towards an explicit research methodology: Adapting research onion model for futures studies, Melnikovas, A. (2018)

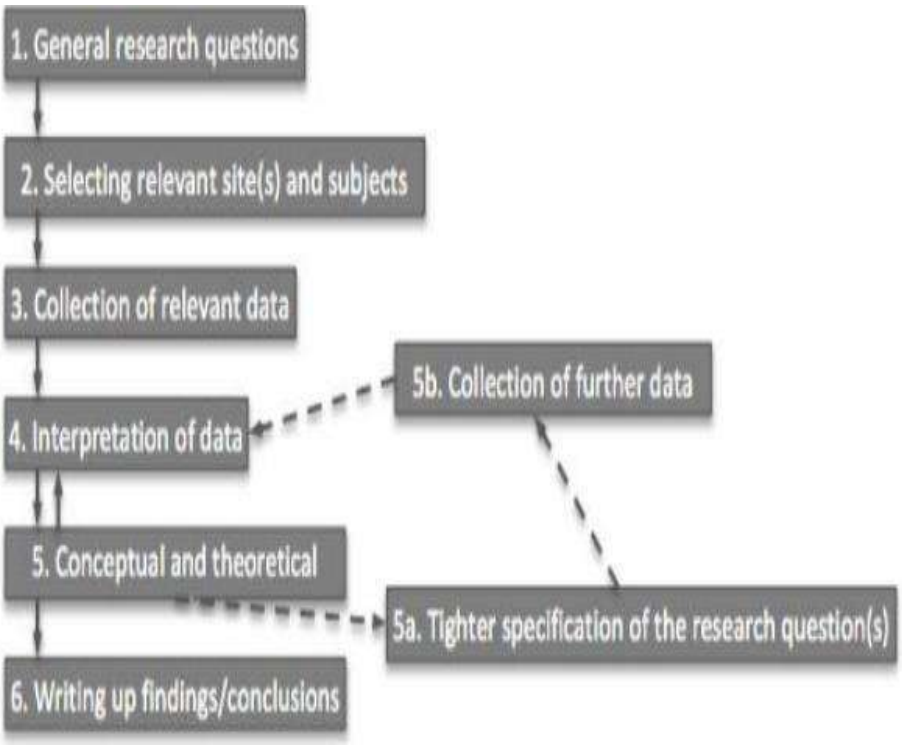
3.1.1 Qualitative Research Methods

The qualitative research method is an exploratory method of research (Harper, 2011). According to the research of Jamshed (2014), qualitative research can Obtain

the underlying reasons or ideas of the research, and the results can provide the research goals and help hypothetical development process.

3.1.2 The Main Steps of Qualitative Research

The main steps of qualitative research are as follows:



Source: Graue, 2015

3.2 Data Collection

Survey is the most widely used method of research data collection. As surveys are the most commonly used methods for research, proper survey analysis has become a key issue. Survey data analysis does not correspond to or is an error, resulting in data analysis results that are obviously meaningless. And sometimes even strange discoveries. Therefore, the appropriate analysis tool is to obtain meaningful insights from survey data (Sadh & Kumar, 2021)

Individual interview (i.e. one-to-one interviews) are much better than group or multi-person interviews. Researchers can adjust the environment and past experience according to the interviewee's daily schedule to make the entire interview more targeted, It also has more accurate data collection value. Therefore, this research will be conducted on a one-to-one basis. However, due to the COVID 19 epidemic, offline interview goals will not be achieved. Researchers will conduct one-on-one interviews in the form of telephone interviews (Langley & Meziani, 2020).

3.3 Interview Questions

The researcher provided the interviewees with some interview questions. These interview questions are divided into three levels (i.e. basic questions, inquiry questions, and deep questions)

Basic questions: understand some basic information and current work experience of the interviewee.

Exploratory question: understand the interviewee's views on the development of the culinary arts industry.

Deep-level questions: Explore the inter-respondent's perception of the relevance of academic and culinary arts, and whether it is necessary to provide a corresponding professional or academic platform for the improvement of the academic and academic qualifications of the practitioners in the current rapid development of the industry.

3.4 Result Analysis

This research is carried out through a variety of fixed program applications. Among the analysis software for academic research, SPSS and NVIVO are the most widely used academic analysis software. SPSS is used for quantitative research (Muijs, 2010), and NVIVO is used for qualitative research (Wiltshier, 2011). Analysis and research after the data collection of the interview.

Due to the nature of this research, it is not necessary to convert to a digital format during the data analysis period. Therefore, this chapter is based on the interview data of the interviewees and uses qualitative analysis methods. Finally, analyze their answers and find a common pattern for this research. Respondents' opinions include relevant interview questions and preliminary analysis, so that comparative analysis and hypothesis verification will be conducted by NVIVO for keyword extraction and frequency data (Felsberger& Reiner, 2020).

Chapter 4: Research Results

4.1Data collection process

The data collection for the entire study was conducted using a cross-sectional study (Levin, 2006), which was the preliminary preparation for the interview. Due to the current large-scale COVID 19 outbreak in society, the researcher was unable to conduct face-to-face interviews on the spot. Therefore, the researcher made an appointment with the interviewee through an electronic communication tool in advance to determine a good time and a reasonable working time period. Arrangements are made without disturbing the interviewee 's daily work and life. Before this interview, the researcher had signed a confidentiality agreement with the interviewee to ensure that the interview data will only be used for the research of this project. At the same time, they also ensured that the data will be deleted after the completion of this research. Data breach. In this interview question, there are a total of 3 questions, one of each question at each level. They are all interview questions designed for this.

4.2 Profile of Interviewees

Since qualitative research does not have a clear method to determine the number to select the sample, when conducting effective qualitative research, the number of samples and the research goal formulated according to the research problem are required. Since this study uses exploratory research methods, the research question and the research question are not directly related to the existing literature. All the interviewees' choices are from current practitioners and enthusiasts of culinary arts, and they are all personnel with a certain professional background. For the current study, the researchers invited two different work experiences. And get more meaningful data collection and more in-depth investigation results.

In order to maintain the privacy and rights of the interviewees (see, Table 1), only the gender, age,Industry, city, and work experience period will be listed in the basic information Interviewee information form.

Name	Gender	Age	Industry	Location	Work Experience
WONG	Male	35	Head chef	CHINA	6 years
CHEN	Male	19	Intern	CHINA	0.3 year

Table1. Profiles of Interviewees

4.3 NVIVO keyword extraction

For the data after the interview, NVIVO was used to extract keywords (see, Figure 4), and to extract and collect highly frequent words. At the same time, it was found that the direction (Hoover & Koerber, 2009). At the same time, the data of the two interviewers were classified and sorted using NVIVO.

Chapter 5: Conclusion

5.1 Discussions and Conclusion of Key Interview Findings

In collecting data on basic interview questions, the researchers found through interviews that both of the two interviewees have a certain interest in culinary arts, and at the same time, they are more willing to accept and try the multi-element innovation brought about by culinary arts. In this interview, the researcher interviewed people with work experience of different ages and gained a lot of information. For the management with certain work experience, they are more willing to accept new things. On the other hand, for those who have just joined the social family. Young interns are also willing to accept a richer study in the direction of culinary arts. In addition, for the youth innovation that this paper focuses on, the researcher also learned from the data of interviewees (CHEN) that they are very dynamic thinking and Creativity, I learned in interviews that I am more willing to accept newer ideas and also willing to learn more innovative works.

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108 Youth Eating Disorders: Risk and Protective Factors

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Abstract

Youth eating disorders have become more commonly seen across countries which put their health at risk. There are various protective factors that can be taken into a measure to effectively combat mental illness and help to recover the patients. In this report, we include the review on the risk factor that causes the development of eating disorders among the youth as well as its impacts. Hence, eating disorders can be categorized into a few common unique symptoms that can magnify the damage caused to mental and physical health. This mental illness is a slow deteriorating illness that takes time to be discovered or realized which has the potential that leads to the suicide of oneself. We conclude by suggesting the safeguards to be implemented to overcome eating disorders.

Keywords: Eating disorder, youth, risk factors, protective factors, body diversity

Introduction

Eating disorder is a kind of psychological disease, which has aroused widespread concern in European and American countries. However, in Southeast Asia, attention is very low, and there are few literature books available for reference. Eating disorders fall into three common categories, anorexia nervosa, bulimia nervosa, and binge eating disorder. Firstly, anorexia nervosa is a person who has an extreme fear of gaining weight and is obsessed with being thin. They often feel inferior because of their body shape. Fat is something they worry about, so they strictly control how much they eat. The condition can cause them to lose interest in food, and eating small amounts over a long period of time can lead to organ failure. The second is bulimia nervosa. These patients need to eat a lot to relieve anxiety and depression and other emotional problems. They eat large amounts of food quickly and in a short period of time until they feel sick or nauseous. They are unable to control their actions and desires while eating and then resort to vomiting or laxatives to keep themselves on a diet. And finally, binge eating disorder which is very similar to bulimia nervosa. Most of these patients are overweight or obese, and they are at greater risk for heart disease and diabetes.

For children and adolescents, early recognition of eating disorder behaviors and attitudes is crucial, because prevention or early intervention may reduce the possibility of eating disorders (ED) attacks or chronic attacks (Schoemaker, 1997). Disordered eating behaviors and attitudes seem to be common in children and adolescents (Neumark-Sztainer, 2000), and are associated with a series of negative health consequences (Button EJ, 1997), and can also increase the risk of developing full syndrome ED (Patton, 1990). In particular, young people who are overweight are

significantly more likely than their non-overweight peers to report dissatisfaction with the body (Vander, 2000), binge eating (Maloney, 1989); and use of unhealthy weight control methods (Neumark-Sztainer, 2002); children who are overweight are considered to be Specific risk factors for bulimia nervosa (BN) and binge eating disorder (BED) (Fairburn, 1998). Compared with low-risk peers (Doyle, 2007), overweight adolescents who are highly concerned about body shape and weight seem to show a reduced quality of life and greater impairment in social and psychological functions. Compared with weight-matched controls, adolescents with binge eating problems ED and general psychopathological symptoms increase. In addition, there is a horizontal and prospective association between adolescent binge eating and the increase in weight and/or obesity (Tanofsky-Kraff, 2005). Adolescents with binge eating problems may face an increase in obesity-related medical and psychosocial comorbidities. high. In summary, these findings indicate that a fast and cost- effective method is needed to identify ED symptoms early, especially in overweight adolescents, in order to provide appropriate prevention or early intervention strategies.

Bulimia nervosa (BN) is a mental disorder whose treatment needs seem to be unmet (Hay et al., 1998). BN and some syndrome variants of the disease, such as binge eating disorder (BED), are common among women in the community and are associated with significant impairment of psychosocial function (Hay, 2003; Mond et al., 2004). Low and/or inappropriate seeking treatment (Hay et al., 1998; Whitaker et al., 1989), despite the fact that effective treatment is feasible, at least for adult patients, in the form of cognitive-behavioral therapy (CBT) and antidepressants (Hay and Bacaltchuk, 2003). Evidence on the treatment of BN in adolescents is limited, although preliminary findings indicate that both CBT and family-based treatment may be beneficial (Le Grange, 2004). Many factors have been proposed to explain the low rate of seeking medical attention for eating disorders, including disease-related factors such as shame and confidentiality (Vitousek et al., 1991), and therapeutic factors such as lack of specialist treatment and expense (Banasiak et al., 1998). However, the potential role of mental health literacy variables is rarely considered.

According to previous studies, Family influences always. The family's influence on the etiology of eating disorders may have two aspects, environmental and genetic factors. In some individuals, the development of eating disorders may be related to problematic family structures and communication within the family. Special mental disorders in parents and their effects on family relationships may also be important in the onset of children’s eating disorders. If these rental problems have a genetic basis, then there may be a biological basis for inherited vulnerability to offspring. The eventual development of an eating disorder has an additional effect. Studies have found that women with eating disorders think about family relationships and found that these patients believe that their family cohesion is low (Johnson, 1985) And higher conflicts (Humphrey, 1986). Compared with women in the normal diet family, patients with eating disorders also believe that both parents are significantly lower in care and warmth (Calam et al., 1990). On the other hand, Leon, Lucas et al. found that there is no difference between anorexic and normal-weight adolescents in their view of the family environment. The results of comparing parents’ perceptions of the family

atmosphere generally show that when there are significant group differences, parents' family evaluation ofpoor eating order is not as good as that of normal diet family parents (Humphrey, 1986). Some inconsistent findings in patients' perceptions of family processes may be due to differences in the age of the study subjects. In all the studies cited above, the average age of the patients was in the youth range. However, a comprehensive assessment of the family process of puberty seems to be very important, because early to middle puberty is the beginning of the main risk period for the development of eating disorders. Studying an early group of adolescents can give a person a better understanding of the relationship between family environment and behavior and the risk of eating disorders. Parents' perceptions of adolescents' current and previous weight levels and their dieting activities may also affect adolescents' risk status.

Studies have shown that adolescents' mental health literacy may help reduce and/or inappropriately seek treatment. The perception that treatment is difficult and/or ineffective, the perception that self-help interventions are useful and more useful than mental health professionals, and poor understanding of eating disorder behaviors may reduce the need for treatment based on a treatment by people. Whether and how specific beliefs and attitudes are related to actual treatment-seeking is an empirical question worth studying. Study participants are obviously inclined to disclose eating disorder behaviors to their mothers and close female friends, which may reflect the psychological needs of this population.

Alert: The Risk of Eating Disorders

We do eat. We eat for survival, energy, and health. Unfortunately, the wrong attitudes, thoughts, and eating habits with an endless drive to be thin disrupted our normal functioning (Sharan & Sundar, 2015). Bulimia nervosa and binge-eating disorder (BED) are the most common eating disorders in youth and are widespread among us and are known as the deadliest mental health disorders but many ofus are unaware ofhow deadly they are to us (Amen Clinics, 2020). Eating disorders affect not only physical, and also mental and emotional health (PsychGuides, n.d.). It is not about body weight, women with normal body weight may also suffer from eating disorders. Eating disorders never come alone, people who struggle with eating disorders are referred to other psychiatric disorders such as depression or anxiety disorders (Sharan & Sundar, 2015; Muhlheim, L, 2021), long before they are diagnosed with eating disorders. Eating disorders have a serious biological brain basis. Without adequate treatment, it can be life-threatening. It affects every organ system within the body, especially the heart and brain. Based on all the research done, up to 20% of patients with anorexia nervosa die as a result of their illness after suffering for a while (Papadopoulos et al., 2009). Some of the patients even choose to end their life as they can't cope with the consequences.

Risk Factors of Eating Disorders

Social and cultural dimensions

What causes the development of eating disorders? There is no single reason for this. It emerges when all of the numerous variables collide. The most significant aspects, however, are social and cultural. Culturally, we are weight obsessed. Both males and females are under a lot of pressure to look a certain way as we are now in such a competitive society. The issue becomes serious when thinness is being linked to success and happiness. Advertisements, magazines, and social media platforms such as Instagram and Facebook have portrayed an idealized depiction of the successful individual with unrealistic body shape and the message to be thin are aimed at women (Healthwise Staff, 2020). Everyone is screaming to be thin, and the extreme beauty standard shared on the internet influences people, particularly the youth, to be dissatisfied and unhappy with their appearance. Women are more prone to having eating.

disorders due to their intense preoccupation with their body image and shape (Sharan&Sundar, 2015). For them, appearance is more important than health. They tend to compare their bodies to other people and make an effort to lose weight. This situation directly results in intense dieting. In the long run, eating disorders develop.

Furthermore, the interaction pattern and issues within the family have a significant impact. Youth who grow up in a family with close but troubled relationships are more likely to develop eating disorders as they place a premium on perfection and are concerned that their parents would be disappointed if they failed to meet the expectations. The majority of these families are concerned about their external appearances, success, social acceptance, and are eager to maintain harmony. They are sensitive to changes and conflicts. When there are disagreements or unpleasant feelings in the family, they will prefer to suppress and ignore them and try to maintain harmony in a different way, which may be more successful. This often is food restriction or weight loss. Eating disorders can also be caused by problems in the family. Family issues and behaviour such as violence, physical abuse, drug use, and divorce also contribute to the development of eating disorders. Most people who suffer from eating disorders are familiar with all of these concerns.

Biological dimensions

Eating disorders are inherited biologically (Reynolds, 2020). Be aware if a member of yourfamilyor a relative, especially a first-degree relative, is struggling from an eating disorder. There is a strong genetic link between eating disorders among family members. Relatives of patients with eating disorders are four times more likely to acquire eating disorders than the general population (Strober, 2000). According to research published, inherited biological and genetic factors make up roughly 56% of the chance of developing an eating disorder (MentalHelp.Net. n.d.). While in twins, identical twin pairs have a higher risk of acquiring eating disorders than fraternal twins or siblings (Sharan & Sundar, 2015; Muhlheim, L, 2021). An increased chance of developing eating disorders was found in people with mental health issues such as depression, mood disorders, or anxiety, in addition to genetic variables (Muhlheim, L,

2021). Most of the patients with mental health conditions tend to binge-eating or other abnormal behaviours to relieve stress and all those unpleasant feelings. The binge-eating behaviour induces the emergence of eating disorders over time. Apart from genetic impacts, deficiency of serotonin is also one of the variables that increase the likelihood of developing eating disorders. Serotonin functions as a neurotransmitter in controlling our sleeping, digesting, and also eating. A lack of serotonin in the brain will impact the whole body and dysfunction in the eating system which causes the craving for food and overeating (Holland, 2017). It affects eating behaviour and causes binge-eating in people with bulimia (Holland, 2017).

Psychological dimensions

One of the risk factors that can lead to the development of eating disorders is psychological factors which are the individual personality, interpersonal relationships, and surroundings. Individuals with eating disorders are typically perfectionists and are eager to exert control over their lives (Brown et al., 2012; Bardone-Cone et al., 2007). They usually have high expectations of themselves. They strictly control their eating habits and are easily irritated when expectations are not met. They also have low self-confidence and self-esteem. They engage in people and are concerned about how they appear to others (Fairburn et al., 2008). They develop social anxiety as a result of their strong feelings, as they are confused about how to communicate with others and express their feelings. They refuse to form close bonds with others and instead prefer to associate with others that share similar eating habits and appearances. This raises the risk of eating disorders because the environment and people around them have a similar attitude. They are struggling in controlling their negative feelings, and they may turn to binge eating or through severe dieting to cope with it. This attitude worsens the situation.

All in all, much of the findings suggest that eating disorders don't emerge suddenly, rather, they develop when a combination of factors collide together. There is no need to be concerned that following a strict diet would lead to eating disorders because only a small percentage of people acquire eating disorders after dietary restraint. Just be aware of all of the risk factors, as they all have a role in the development of eating disorders. It is preferable to prevent than cure.

Protective Factors of Eating Disorders

There is always a cure and prevention for every illness and so do eating disorders. There are a few suggested protective factors that are able to reduce the likelihood of developing eating disorders. Protective factors are defined as "influences that make it less likely that individuals will develop a mental health problem." Which includes biological, psychological, or social factors in the individual, family, or community. Protective factors act as an aid to lowering the person's risk level of suicide and other self-destructive behaviors (The Connect Program, 2021). The protective factors that are suggested in this paper are grouped as individual protective factors, family protective factors, and socio-cultural factors (National Eating Disorders Collaboration, 2021).

Individual protective factors

The individual protective factors category, where body appreciation is included in battling with the illness. Negative body image is one of the foundations of youth developing eating disorders. The research found that body appreciation played an important role as a protective factor for both males and females (Argyrides, Anastasiades & Alexiou, 2020). Therefore, it is suggested that youth should be appreciative of their bodies and accept body diversity. Individuals that are willing and able to accept, appreciate and respect their body, are known as having a positive body image (National Eating Disorders Collaboration - Body Image, 2021). Body satisfaction onthe other hand is contrasting with positive body image. when you can be unsatisfied with different facets of your body whilst embracing it for many of its limitations. Positive body image is vital since it is one of the protective factors that can actually prevent an eating disorder (National Eating Disorders Collaboration, 2021). Furthermore, having higher self-esteem where a person has full control to feel good and feel that they are enough will give a huge impact on mental and physical well-being. In addition, integrating healthy practices in daily life as a lifestyle without putting it as an understatement such as a restriction will make sure a person is in tune with the need of the body.

Family protective factors

A supportive family has been proven to be beneficial for the recovery process of a person with an eating disorder (Eating Disorder Hope, 2014). Although it is highly suggested that those who developed eating disorders must seek professional help, the most crucial part is family involvement starting from treatment to the recovery process. The term supportive family involves family members who do not overemphasise weight and physical attractiveness. It is claimed that weight-based victimisation from family members and physicians is the most frequent source of weight bias. Family members who are exaggeratingly body-shaming as well as promoting dieting habits for extreme weight control will drive a person to develop a binge eating behaviour because of the pressures received (National Eating Disorders Association-Weight Stigma, 2021). Therefore, it is a responsibility for parents and relatives to be educated and be open-minded regarding eating disorders so that they can prevent eating-disordered behaviours in the household as well as promote a healthy eating relationship with food.

Furthermore, in this context, it is encouraged for family members to spend more time together to have regular meals together. Be it home-cooked meals or eating out, the main idea is to create an optimistic atmosphere where family meals will reduce the tendencies of developing eating disorders especially in teenage girls (Miller, 2004). Based on research, almost 18% of girls who eat one to two family meals in a week exhibit sign of eating disorder behaviours. On the other hand, girls who have meals around three to four times weekly with their families show a decline in the percentage of exhibiting eating disorders to 9%. Last but not least, girls who eat five family meals weekly have an even lower risk of eating disorder behaviours. Although family meals are also advantageous for boys, the interrelation between eating disorders and family meals is weak compared to girls (Miller, 2004). Parents are recommended to make a light conversation with their children and avoid unhealthy eating- related advice at the

dinner table. All in all, family members hold the important roles of being patient, non-judgemental, a good listener, and accepting as well as forgiving to their beloved family member who is battling with an eating disorder.

Socio-cultural protective factors

The constant external pressure on beauty standards set by society especially influenced by the modeling industry and entertainment industry has been contributing so much damage to the youth (Schrodt, 2019). The desire to fit in the socially accepted beauty standards has led to the increase of mental and physical illness which no doubt eating disorder diagnoses are the most frequent. Nowadays many individuals have taken part in the Body Diversity Movement to voice out their thoughts and stood up for redefining beauty and body diversity acceptance to make society celebrate body diversity (Rittenhouse, 2021). Celebrating body diversity by acknowledging various body sizes because small sizes are not just the measure of health but instead, consuming healthy nutrition and having a balanced lifestyle is the real definition of being healthy (National Eating Disorders Association-Size Diversity & Health at Every Size, n.d.). Therefore, redefinition will help others to feel more confident to live freely and be themselves socio-culturally without feeling insecure.

Last but not least, sports associations also play a huge part in influencing people in body health. All individuals including athletes, coaches, parents, and even sports fans should be accepting body diversity. Be mindful that one athlete has a different optimal weight and body composition from another athlete (eating disorders in Sport and Fitness, 2nd ed.). Coaches and other sports professionals are some of the most respected and prominent figures in the lives of athletes. They are in charge of taking care of the athletes in terms of precaution, early discovery, mediation, and managing the treatment of eating disorders. Therefore, it is important for coaches and other sports professionals to always keep in mind and avoid constantly measuring or weighing athletes unless it is compulsory to their respective sport and training. Also avoid commenting, sharing, and comparing athletes' weight instead of their efficiency in playing the sports as it can demotivate the athletes and give impact to their mental health (eating disorders and Young Athletes, 2021).

Conclusion

Eating disorders are complicated as this mental disorder will cause a negative impact on all kinds of people, especially the youth. Eating disorders among youth are increased by various dimensions, which include the social and cultural dimensions. Nowadays, Key Opinion Leaders (KOLs) have a huge influence on a youth's perception of their appearance. Those KOLs shape a youth's worldview by portraying the ideal body shape as tiny, slim, and seductive, even though a perfect body shape is not important. These influences can lead to a strict diet, which can contribute to eating disorders. From a biological perspective, eating disorders are frequently inherited physiologically. (Engel and Psy.D.) stated "research suggests that inherited genetic factors contribute approximately 56% of the risk for developing an eating disorder."

Perfectionism and body image dissatisfaction are some of the risk factors of eating disorders from the psychological dimensions. Moreover, eating disorders significantly will affect the person's physical, mental, and emotional health. If this eating disorder is not treated seriously, it can progress to suicidality and the deadliest mental illness. Hence, eating disorders among youth should not be underestimated. These are some of the safeguards that should be implemented to overcome an eating disorder. Every person should learn to appreciate and love their own body and exhibit self-compassion. Other than that, families should always give support to the family member who has developed an eating disorder so that the person is not alone and lonely while battling the disorder. Similarly, to sports professionals and athletes, we should not instill in ourselves the common standard of the 'athletic body'. Instead of measuring beauty and physical health by a standard, we should celebrate the uniqueness in body diversity.

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109 Youth Health: Obesity Rate Among Malaysian Teens

Tee Ying Yin

Abstract

Obesity is a medical condition in which excessive accumulation of body fat, usually caused by the consumption of more calories than the body can use. In Malaysia, the obesity rate among teenagers has increased significantly over the past few years, especially during the Covid- 19 pandemic.

According to a United Nations International Children's Emergency Fund (UNICEF) survey, 12.7 percent of Malaysian children aged five to 19 years old are obese, the second highest in Southeast Asia behind Brunei. Most alarming is that 7.1 percent of overweight Malaysian children are under the age of five.

Among the causes of obesity are unhealthy lifestyle, genetics and psychological problems. Moreover, there are many health risks associated with obesity which is diabetes, high blood pressure and many more. Therefore, we should find ways to overcome obesity by practicing a healthy lifestyle and proper dietary plan.

Introduction

According to the World Health Organization (WHO), the prevalence of childhood obesity has increased at an alarming rate where globally in 2016 the number of overweight children under the age of five is estimated to be over 41 million. While another study published in the International Journal of Environmental Research and Public Health in 2010 cited that the common non-modifiable cause of obesity is genetics, with greater risk of obesity found in children of obese and overweight parents (Lanong Abdullah and Nasri, n.d.).

In Malaysia, obesity has increased from 1% in 1990 to 6% in 1997 among 13 to 17-year-olds (Ismail & Vickneswary, 1999). A survey done by Ismail & Tan (1998) has also demonstrated increasing prevalence of obesity with increasing age: 6.6% among 7-year-olds, rising to 13.8% among 10-year-olds. Obesity among these 7 to 10-year-olds was higher among boys than girls (12.5% compared to 5%). Ethnic differences were also found, especially among boys, with 16.8% of Malays being obese compared to approximately 11.0% of Chinese and Indians (Ismail & Tan, 1998). In Malaysia, the prevalence of childhood obesity (children under 18 years) increased from 6.1 to 11.9 per cent between 2011 and 2015 and hit an all-time high of 14.8 per cent in 2019, according to the National Health and Morbidity Survey (NHMS) (Institute of Public Health, Ministry of Health Malaysia, 2011, 2015 & 2019). The SouthEast Asian Nutrition Study (SEANUTS) revealed 14.4% overweight and 20. 1% obese among urban children aged 7 to 12 years of age in six regions in Malaysia (Poh et.al, 2013]. Alarmingly, the rise in childhood obesity in many countries has surpassed adult obesity (GBD, 2015). According to another study in the child and adolescent study in Asia conducted by Poh et al in 2013, Malaysia is one of the top three countries with a high percentage

of obese children (between six months to 12-year-old), 11.5 percent. In the 2015 NHMS, 11.8 percent of children below 18 years old are found to be obese. With this latest data, 1.65 million Malaysian school children are expected to be overweight or obese by 2025.

The obesity rate among Malaysian teens is a growing concern in the country. Overweight and obese teenagers have a higher risk of developing chronic health problems such as heart disease, diabetes, and high blood pressure later in life. In addition, obese teenagers are more likely to suffer from psychological problems such as low self-esteem and depression.

Child Obesity Situation in Malaysia

Malaysia is known as one of the most obese countries in South-East Asia. According to Daily Express (2018), in the last 30 years, our country's obesity rate increased with no signs of improving. It has become common in our country to see obese people in our daily lives.

Obesity among Malaysian teens has also posed a new challenge in the path towards a healthier nation. Many factors contribute to this alarming issue such as the overconsumption of food daily. Besides, a sedentary lifestyle lead by many Malaysian teens also contributes to the obesity rate. Genetics play a significant role when children grow up to be obese in their teen years as it's inherited from their family. Moreover, teens with psychological problems may become obese as a result.

With these negative causes, there are bound to be some negative health effects that will occur. Medical problems such as heart disease, diabetes and high blood pressure might develop among obese teens. To overcome obesity, teens must start by adopting a healthy lifestyle that includes a balanced diet and regular exercise.

Factors that Contribute to Obesity

Childhood obesity is a serious medical condition that affects children and adolescents. It's particularly troubling because the extra pounds often start children on the path to health problems that were once considered adult problems—diabetes, high blood pressure and high cholesterol. Childhood obesity can also lead to poor self-esteem and depression.

One of the best strategies to reduce childhood obesity is to improve the eating and exercise habits of your entire family. Treating and preventing childhood obesity helps protect your child health now and, in the future.

Not all children carrying extra pounds are overweight. Some children have larger than average body frames. And children normally carry different amounts of body fat at the various stages of development. So, you might not know how your child looks if weight is a health concern.

The body mass index (BMI), which provides a guideline of weight in relation to height, is the accepted measure of overweight and obesity. Your doctor can use growth charts, the BMI and, if necessary, other tests to help you figure out if your child's weight could pose health problems.

Lifestyle issues such as too little activity and too many calories from food and drinks are the main contributors to childhood obesity. But genetic and hormonal factors might play a role as well.

Many factors: usually working in combination increases a child's risk of becoming overweight are diet. Regularly eating high-calorie foods, such as fast foods, baked goods and vending machine snacks, can cause a child to gain weight. Candy and desserts also can cause weight gain, and more and more evidence point to sugary drinks, including fruit juices and sports drinks, as culprits in obesity in some people.

Lack of exercise. Children who don't exercise much are more likely to gain weight because they don't burn as many calories. Too much time spent in sedentary activities, such as watching television or playing video games, also contributes to the problem. TV shows also often feature ads for unhealthy foods.

Family factors. If a child comes from a family of overweight people, he or she may be more likely to put on weight. This is especially true in an environment where high-calorie foods are always available and physical activity isn't encouraged.

Psychological factors. Personal, parental and family stress can increase a child's risk of obesity. Some children and teens overeat to cope with problems or to deal with emotions, such as stress, or to fight boredom. Their parents might have similar tendencies.

Socioeconomic factors. People in some communities have limited resources and limited access to supermarkets. As a result, they might buy convenience foods that don't spoil quickly, such as frozen meals, crackers and cookies. Also, people who live in lower income neighborhoods might not have access to a safe place to exercise certain medications. Some prescription drugs can increase the risk of developing obesity. They include prednisone, lithium, amitriptyline, paroxetine (Paxil), gabapentin (Neurontin, Gralise, Horizant) and propranolol (Inderal, Hemangeol).

Complication due to Obesity

Obesity often causes complications in a child's physical, social and emotional well-being. Physical complications of childhood obesity may include:

● Type 2 diabetes. This chronic condition affects the way your child's body uses sugar (glucose). Obesity and a sedentary lifestyle increase the risk of type 2 diabetes.

● High cholesterol and high blood pressure. A poor diet can cause your child to develop one or both of these conditions. These factors can contribute to the buildup of plaques in the arteries, which can cause arteries to narrow and harden, possibly leading to a heart attack or stroke later in life.

● Joint pain. Extra weight causes extra stress on hips and knees. Childhood obesity can cause pain and sometimes injuries in the hips, knees and back.

● Breathing problems. Asthma is more common in children who are overweight. These children are also more likely to develop obstructive sleep apnea, a potentially serious disorder in which a child's breathing repeatedly stops and starts during sleep.

● Nonalcoholic fatty liver disease (NAFLD). This disorder, which usually causes no symptoms, causes fatty deposits to build up in the liver. NAFLD can lead to scarring and liver damage.

Social and emotional complications are another form of complications. Children who have obesity may experience teasing or bullying by their peers. This can result in a loss of self- esteem and an increased risk of depression and anxiety.

Solutions to Overcome Obesity

Set a good example. Make healthy eating and regular physical activity a family affair. Everyone will benefit and no one will feel singled out.

Have healthy snacks available. Options include air-popped popcorn without butter, fruits with low-fat yogurt, baby carrots with hummus, or whole-grain cereal with low-fat milk.

Offer new foods multiple times. Don't be discouraged ifyour child doesn't immediately like a new food. It usually takes multiple exposures to a food to gain acceptance.

Choose nonfood rewards. Promising candy for good behavior is a bad idea.

Be sure to get enough sleep. Some studies indicate that too little sleep may increase the risk of obesity. Sleep deprivation can cause hormonal imbalances that lead to increased appetite.

Conclusion

Affirmative actions are needed and should be spearheaded by the government through various activities such as health campaigns, creating awareness through education and counseling. Overweight, obesity and their impacts in different dimensions of health must be considered as one of the most important public health priorities. There is a need for comprehensive strategies for prevention and control of this epidemic.

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110 Youth Volunteerism: A Crucial Step In Enacting Long-Term Change For Youth

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Abstract

The purpose of this paper is to encourage more youth to participate in volunteerism, especially when we are currently going through a pandemic that is affecting peopleD s life all around the world and taking lives of the victims. This paper talks about the advantages of youth volunteerism brought to the youth themselves and the community as well as the challenges faced by the youth. Qualitative research methods are used for this paper. This paper also further offers the implications to the youth. Despite youth volunteerism having barriers such as lack of interest, lack of time, unaware of volunteering opportunities, and inefficiency in volunteering organisations itself, actions and recommendations are discussed at the end of the paper in the hope that the youth would be inspired to be a volunteer.

Keywords: Youth, Volunteerism, Advantages, Community, Challenges.

Introduction

Malaysia, as well as the rest of the globe, are concerned about youth volunteerism. The government and organisations involved do everything they can to foster and promote volunteering, with the goal that more young people would respond and engage. Volunteering is defined as an unpaid activity in which someone spends their time and energy to help a non-profit organisation or an individual with whom they are not linked. Volunteering is one of the most challenging and gratifying experiences you will ever have. It allows you to create change in the people around you while also changing you. The satisfaction that comes from making a difference in someone else's life is unsurpassed. The youth have been defined as youth constitute a resource of tremendous potential and they can contribute significantly to the overall development of the nation. Younger individuals between the ages of 15 and 35 are considered to be youth.

It is generally understood that youth volunteerism refers to young people between the ages of 15 and 35 contributing their own time and energy to support a non-profit organisation or an individual in their community. Furthermore, young people define volunteering as an altruistic act and an act whereby they give their time while enjoying themselves (Youth Volunteerism Research Report, 2006). Youth volunteerism motivations are based on their ideal and conception of volunteerism. Additionally, for some young people, volunteering acts as a personal accomplishment while for others, it is just a job experience.

Volunteering allows young people to become involved in their communities and to help them improve. Volunteering, on the other hand, is a two-way street that may benefit both the volunteers and their families as well as the cause they choose to support. Volunteering allows youth to establish new friendships, extend their network, and

improve their social skills. This can help them thrive in life, as well as engage and invest them in their local communities.

Methodology

The purpose of this paper is to encourage more youth to participate in volunteerism, especially when we are currently going through a pandemic that is affecting peopleDs life all around the world and taking lives of the victims. This paper talks about the advantages of youth volunteerism brought to the youth themselves and the community as well as the challenges faced by the youth. Qualitative research methods are used for this paper. This paper also further offers the implications to the youth. Despite youth volunteerism having barriers such as lack of interest, lack of time, unaware of volunteering opportunities, and inefficiency in volunteering organisations itself, actions and recommendations are discussed at the end of the paper in the hope that the youth would be inspired to be a volunteer.

Do You Know What Youth Volunteerism Delivers to Them?

Malaysia, as well as the rest of the globe, are concerned about youth volunteerism. The government and organisations involved do everything they can to foster and promote volunteering, with the goal that more young people would respond and engage. Volunteering is defined as an unpaid activity in which someone spends their time and energy to help a non-profit organisation or an individual with whom they are not linked. Volunteering is one of the most challenging and gratifying experiences you will ever have. It allows you to create change in the people around you while also changing you. The satisfaction that comes from making a difference in someone else's life is unsurpassed. The youth have been defined as youth constitute a resource of tremendous potential and they can contribute significantly to the overall development of the nation. Younger individuals between the ages of 15 and 35 are considered to be youth.

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This paper discussed what youth volunteerism delivers to them, how it benefits the community, and what challenges they encounter. Qualitative research will be used

in this paper, and it is scientific research that is described as an inquiry that seeks answers to a question, uses a predefined set of processes to answer the question and collects data. The types of research used in this paper are case study research, record keeping, and process of observation. The main sources of information for this research are case studies, observations, and data analysis performed by a third party (Qualitative research: Definition, types, methods and examples 2021).

Volunteerism is widely encouraged among the youth because it brings lifelong benefits to the youth themselves. Participating in volunteering can build oneDs character while they are growing up as they will find what keeps them satisfied by helping other people. The sense of achievement they get from the volunteer programs can boost their self-confidence and self-esteem which are really important for the youth to shape great characters and change the way they view themselves in a more positive manner (WCSU, 2021).

Aside from building great characters, volunteering helps youth to develop different types of soft skills that are not taught in textbooks. For example, volunteering strengthens social and relationship skills because it involves a group of people to work together. This gives the opportunity for the youth to connect and communicate to the other volunteering members. Through sharing interests and experiences of each other, it creates a bond among the members and brings all the members closer which are valuable to the youth. Other skills that the youth can learn while participating in volunteering are critical thinking and problem-solving skills. There are a lot of times where the volunteers have to make various decisions in a project, they have to consider which alternative is the best in order to save cost and energy, at the same time being able to contribute at the most for the community.

Furthermore, youth volunteerism promotes a healthy lifestyle and improves mental health of the participants. Being a youth volunteer has its own responsibilities and this allows them to better manage their time, as well as not wasting time on other unhealthy activities because they have to focus on completing the volunteering project they are currently joining. In the process of doing good for the community and interacting regularly with them, the youth can gain empathy by relating to the stories of the community, in addition, lower the risk of developing mental illness or help lessen the suffering caused by mental illness such as depression, anxiety disorders and other personality disorders.

For youth who are attending schools or universities, joining volunteer programs can improve their student performance. Volunteers usually exhibit positive traits like being kind, responsible, hardworking, trustworthy, friendly and open-minded. These traits help them perform well in both academic and co-curricular fields, giving them an opportunity to stand out and compete among thousands of students in school. Other than that, doing volunteer work while schooling has some challenges, they need to overcome so this makes their school life fuller and more exciting.

On the other hand, there is an additional advantage for the youth who are finding a job after graduating from universities if they have experience in volunteering. Companies analyse the resumes submitted by the applicants before the interview, so adding experiences and skills learned from volunteering work in the resumes will have

a higher chance to catch the eye of the employers. Research conducted by the Corporation for National and Community Service (CNCS) shows that employers are 82 percent prefer to hire someone who has volunteered before and they are 85 percent more inclined to ignore mistakes in the resume (D The Real-World Benefits of Volunteering for College Students 2020D, n.d).

Do You Know What Youth Volunteerism Brings to The Community?

There are only seven registered volunteers for every 1,000 Malaysians. While Malaysia's overall number of registered volunteers is estimated to be 135,000, this represents less than 1 percent of the 20.5 million Malaysians aged 15 and above (DSG-Admin, 2013). Compared to other advanced countries such as Italy, a finding shows that one volunteer for every eight Italians, a total of 12.6 percent of Italians have volunteered (State of the World's Volunteerism Report 2015, 2016). More young people should be encouraged to volunteer since it has several benefits for the community.

Volunteering brings individuals together to work toward a common objective, which is what builds a community. Volunteers make it happen, whether its Ds fundraising for research to cure a disease that affects the whole nation or helping a local family who a natural disaster has hit. Aiding others and providing a helping hand to get a job done more successfully improves community life. There is less work for each individual and less time for the project when more people are working. So, when it comes to completing a task, such as community service, the more, the better.

Volunteerism helps in the enhancement of social inclusion and the reduction of prejudice in a community. Improving the environment for people and groups to participate in community and the capacity, opportunity, and dignity of disadvantaged people due to their identification to participate in the community is known as social inclusion. Social inclusion is required to guarantee that everyone in our community feels included and that our communityDs citizens are more welcoming and caring toward one another. As a result, people will be happier, less lonely, and have more self-esteem.

Volunteering encourages youths and other people from different backgrounds to be active participants in the community. Volunteering is an essential kind of civic engagement that allows people from all life backgrounds to connect. It contributes to the expansion of a feeling of citizenship, building communal relationships, and enhancing community life. Volunteering also contributes to the development of civic-minded people who are more willing to build a better future for their communities. Research shows that 82% of volunteers were more likely to have recently attended a community event than 55% of non-volunteers (Australian Bureau of Statistics, 2010). They were also far more likely than non-volunteers to have performed a local service or activity.

Volunteerism can contribute to social benefits and long-term economics. One of the advantages of volunteering in the community is improving the governance of governments, businesses, companies, and organisations. This could improve social welfare due to government grants that can maximise social welfare. Improved impact evaluation could help Civil Society organisations and volunteer-involved groups direct

volunteer resources to the highest potential benefits. It has the potential to improve the efficiency of volunteer service delivery. For businesses, companies, and organisations, a greater understanding of the advantages of volunteering in terms of boosting the well-being and skills of their workforce might assist corporations and enterprises improve the number and quality of their current volunteer programs. As volunteering enhances the workforceDs well-being, the employees are more productive at work and enhance the efficiency of the companies. Volunteering may assist governments and public organisations in carrying out their tasks and improving their actions' openness, representativeness, and accountability. Volunteering might make government operations more efficient and legitimate.

Volunteering provides enormous personal benefits to those who participate. This could include better technical and social abilities and an overall sense of well-being among volunteers. Volunteering can offer a broader societal impact. Volunteering can boost the economy. Volunteering reduces expenses to the public purse in medical, social security, and criminal justice systems and enhances civic engagement in charitable and government activities. According to preliminary estimations, volunteering could provide a total benefit that is several times more than its GDP-equivalent value. To measure the economic value of products and services provided by volunteers is the GDP-equivalent value of volunteering services. According to a case study in the United Kingdom, the GDP-equivalent value is at least 3.5% of GDP (State of the World's Volunteerism Report 2015, 2016). ItDs fair to say that weDre still in the early stages of precisely evaluating these advantages, particularly some of the broader societal externalities. The government may save money with the support of volunteers, allowing it to assist more individuals in need.

Volunteers experience higher levels of personal happiness and fulfilment. Happiness and fulfilment are essential for individuals and the community. The people who give up some of their time to help others are generally happier. People with higher levels of happiness and fulfilment have better mental health. They are less likely to suffer from psychological disorders. Psychological disorders can lead to social issues such as suicide and indiscriminate attacks on others. Aside from that, the volunteers might assist anyone who requires assistance. Volunteers help those who need assistance but are disregarded by the government. Volunteers look after the bottom of the social ladder to ensure that they are not abandoned by the community. For example, the volunteers build homes for the homeless and provide some meals to them. Even a small act of kindness can also help them to feel warm to others. Some people are hesitant to volunteer because it is especially tough for them. Volunteering does not often require much time and is not as tough as many believe.

Volunteering will provide special needs children with a more profound sense of belonging in a community and a taste of what it's like to be included. The children and youths are the future of our country. We all have the responsibility to ensure that children are protected and cared for by others. Next, volunteerism may aid people and animals in any community by touching and improving their lives. When you volunteer, you are directly impacting the individuals who are touched by your cause. A tangible difference in life may be made by volunteering at an animal shelter, building a house,

or visiting an orphanage.

The influence is felt not only by those who are assisted but also by those given hope. Consider what would happen if no volunteers showed up for their shifts for a week. Shelters, medical outreach organisations, soup kitchens, and schools may all be forced to close. Animals may still be wandering and hungry on the chilly streets, children may be discouraged about their prospects, and lives may be lost. The world's ageing population is increasing at an unprecedented rate. In 2021, 10 percent of the world's population was 65 or older (M. Szmigiera, 2021). The number is expected to rise to nearly 17 percent by 2050 (World's older population grows dramatically 2016). As a result of these facts, more older adults are being abandoned. Many children choose to leave their ailing and ageing parents in the care of others to be free of the obligation of caring for their senior parents. The old have deteriorating bodies that are diseased or crippled, making it difficult to cope with them. If these elderlies are left alone, they are in danger of developing health problems, mental instability, loneliness, depression and social isolation. The ageing population will lead to many social issues at that time, we need more volunteers to take care of them.

Volunteers are critical in ensuring the safety and well-being of the elderly. Volunteerism offers these elderly physical assistance, such as food and housing, and emotional assistance to guarantee that any mental disorders may have been addressed. Volunteerism has the power to touch and improve people's lives from all walks of life, ensuring that everyone in the community is protected. Finally, volunteerism benefits everyone in the community by promoting healthy emotional and mental well-being. Mental health is described as a condition of well-being in which each individual achieves their potential, can cope with everyday challenges, work creatively and fruitfully, and contribute to the community.

Do You Know Barriers or Challenges Faced By Youth Volunteerism?

We can't deny that youth volunteerism has benefited the youth and significantly contributes to communities and society. Nevertheless, there are a range of barriers that are faced by youth volunteerism. The barriers to youth participation in volunteering are not only related to volunteering itself, but also to youth themselves, their social and family environment, and lastly, to the organisations.

A common barrier to youth participation in volunteering is youth's perceived lack of time to be involved as a volunteer. Most of them do not have time to volunteer as they are busy studying or working. Nowadays, all academic studies are conducted online. As students, they have to sit in front of the computer all day for online learning. They don't have extra time to relax, and they couldn't manage their time to even engage in volunteerism. On the other side, youth may face barriers to volunteering where they are perceived as unable to make a long-term commitment. Some youth can only spend their time volunteering during the holidays as they are taking a fulltime education or working. This will inhibit the participation of youth volunteering and social action as they can't make a long-term commitment to a recognised role when they engage in the organisation.

Next, this paper explores that the barriers to youth volunteering were considered

to be a lack of interest. Difficult or boring projects may lead to a loss of motivation. Youth nowadays have a negative perception of volunteerism as a time-consuming activity, and it isn't worth spending their time in volunteerism if it is not rewarding. Any of these reasons can cause youth to lose interest and engagement.

It also stated that most youth are still unaware of the opportunities for volunteering and the personal benefits that can be obtained. Most of them are faced with simple, practical barriers such as not having enough information about the scale of volunteer roles, responsibilities and activities. The research observed that the parents of youth also downplay the importance of volunteering.

The organisation itself also can constitute barriers to volunteerism among youth. The British Youth Council (BYC) is a national youth-led charity of the UK that aims to inspire the youth to get involved in society and public life. BYCDs survey was undertaken in 2008, and it found that almost 50% of youth cited that they felt their community did not appreciate their volunteering efforts (British Youth Council, 2008). In addition, even though the youth are willing to lend their hand, some organisations still reject youth applications as they have a stereotype that youth cannot do so much compared to adults. Other problems in organisations such as difficulty providing adequate supervision and negative peer pressure can significantly influence youth involvement in volunteerism.

Do You Know What Actions Can Be Taken to Overcome the Barriers Or Challenges Faced By Youth Volunteerism?

Several barriers and challenges faced by youth volunteerism have been identified throughout this paper. However, there are some crucial actions that require the cooperation of key stakeholders, including organisations and also academic partners. To promote the spirit of volunteerism among youth, efforts need to be implemented to overcome the barriers that youth face to volunteering.

Firstly, it is worth highlighting that one of the barriers to youth volunteering is that most youths face the problem of lacking free time. The information gathered above emphasised the importance of providing flexible opportunities by volunteer organisations to youth. As we have mentioned before, many youths need to juggle school, part-time work and co-curricular activities. Volunteer organisations need to respond to the needs of volunteers and then come up with flexible and accommodating options in order to broaden the scope of their involvement.

Youth who volunteer sometimes lose interest because the activities provided are too complex, too boring or simply not a good match of their abilities and talents. The action plan has to make volunteering more fun and enjoyable, including attracting and retaining youth. Volunteerism organisations, schools, colleges and universities should undergo a series of mainstream media campaigns and marketing strategies to promote the benefits of volunteerism. It will definitely increase and boost the interest among youth participation. Through the campaign, the volunteer organisations get to know the individual's needs and talents of youth volunteers. After that, they can come out with a broad range of volunteering opportunities that match the expectations and abilities of youth from different backgrounds and ages and circumstances.

Youth, just like anyone else, face barriers that need to be overcome to participate, such as are lacking knowledge on how to become involved and information about volunteering. Volunteer organisations should emphasise offering training to youth volunteers and managing volunteer recruitment and retention. The training programs should clearly outline the description of the task involved and positively promote the diversity of volunteer roles. Therefore, raising the awareness and the understanding of youth volunteering. Additional initiatives should be taken to ensure that more youth can easily access volunteering information by establishing a holistic promotion strategy for volunteer recruitment. Moreover, parents also play a vital role in encouraging youth to participate in volunteerism. Parents should take the lead in exposing their children to the benefits of volunteering, which inspires them to volunteer on their own.

All the youth volunteers should be recognised, respected and valued for their community contributions. Recognition is a dominant component of volunteer retention. When volunteers are recognised and appreciated by the organisation, they are more likely to continue their involvement and even attract new ones. Youth volunteers should receive acknowledgement for spending their time to participate. This kind of acknowledgement can be taken in various forms, including awards, tokens and certificates. Sometimes, a simple word, thank you, or a phone call can also be used to express appreciation and recognise efforts.

Information gathered also stated that some volunteer organisations stereotype that youth cannot do as much compared to adults. This stereotype about youth should be erased. Volunteer organisations must be respectful to all the volunteers, no matter what age they are and what kind of background they have. Youth have unique skills to offer and should not be undervalued. To guarantee a better performance of youth volunteers, the organisations should provide support, resources and confidence-building programs with adults as facilitators. All the facilitators should be equipped with the knowledge and skills so as to advise and guide youth volunteers. Besides that, it is a must for organisations to provide a safe environment for youth to volunteer.

Conclusion

Volunteering is a state of mind. It's a way of life, and the simple act of opening our hearts to someone outside who needs assistance has an everlasting influence on everyone involved. Volunteering is said to have helped young people develop strong personalities and soft skills that would be important in their career prospects. The findings demonstrated that volunteering aided in the development of social and relational skills, as well as critical thinking and problem-solving abilities.

Furthermore, this study shows youth volunteering activities that help youth lead a healthy lifestyle and improve their mental health. Applying for careers will provide young volunteers an edge since their volunteerism will demonstrate that they are conscientious, honest, and hardworking. Aside from that, the study found that the benefit of volunteering was significantly assisting the community. Volunteers are critical to the improvement and engagement of our society. All of the volunteers work together voluntarily for the development of their communities and themselves. They

demonstrate their ability for leadership, social responsibility, and moral courage via volunteerism.

However, youth volunteerism was still confronted with a number of barriers and challenges. Nonetheless, they had demonstrated altruistic and caring tendencies via their strong spirit of volunteering, devotion, and commitment. They fully grasped the concept of self-sacrifice, resilience, and love without expecting anything in return. Instead of always asking, "What can I get?" Perhaps we could start asking, "What can I give?" since it is genuine to represent the spirit of a volunteer, and with that, yes. Every one of us, individually and collectively, has the ability to alter the world one step at a time.

When it comes to volunteering, it doesn't matter how many people you can help; what matters is the goodness underlying your acts. Volunteering provides hope to people in need while also promoting social advantages and long-term economics. Furthermore, volunteers experience higher levels of personal satisfaction and fulfilment. Hope that youth will actively participate as volunteers and work to build a better society and the country as a whole!

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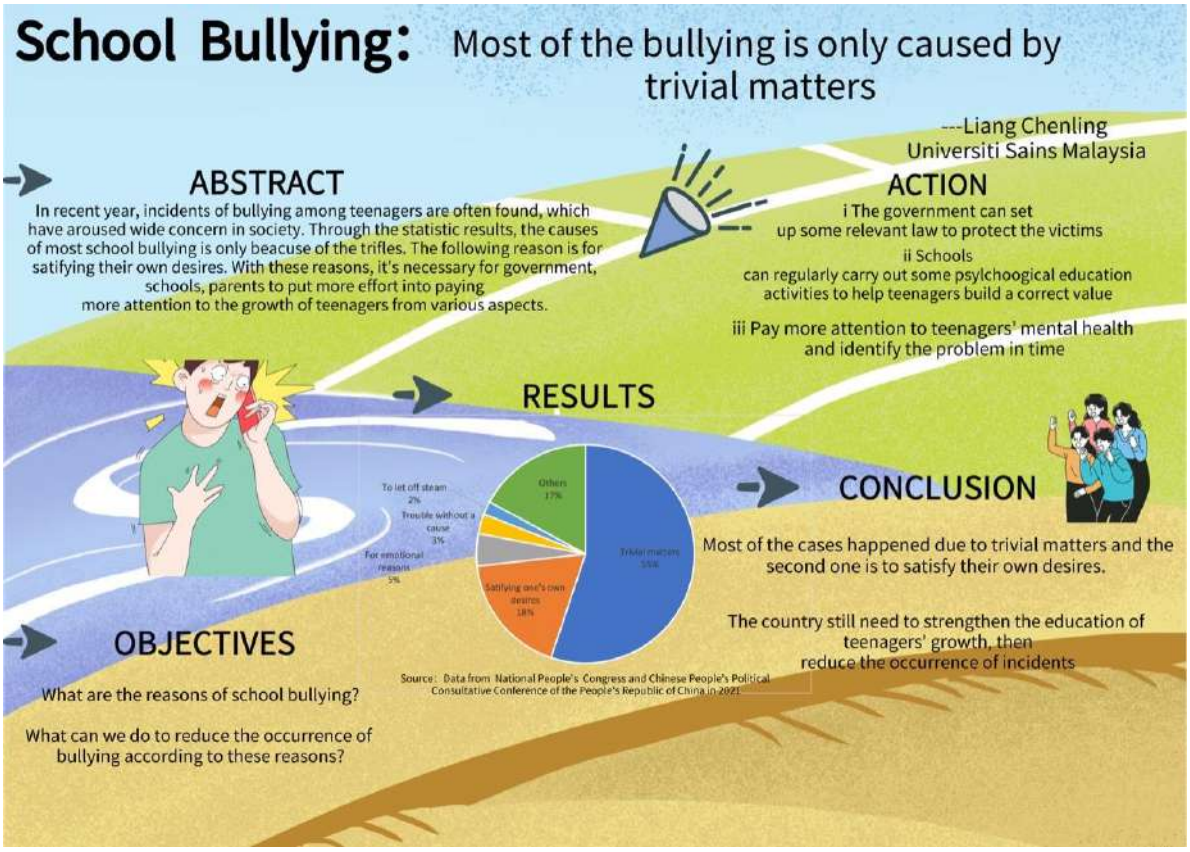
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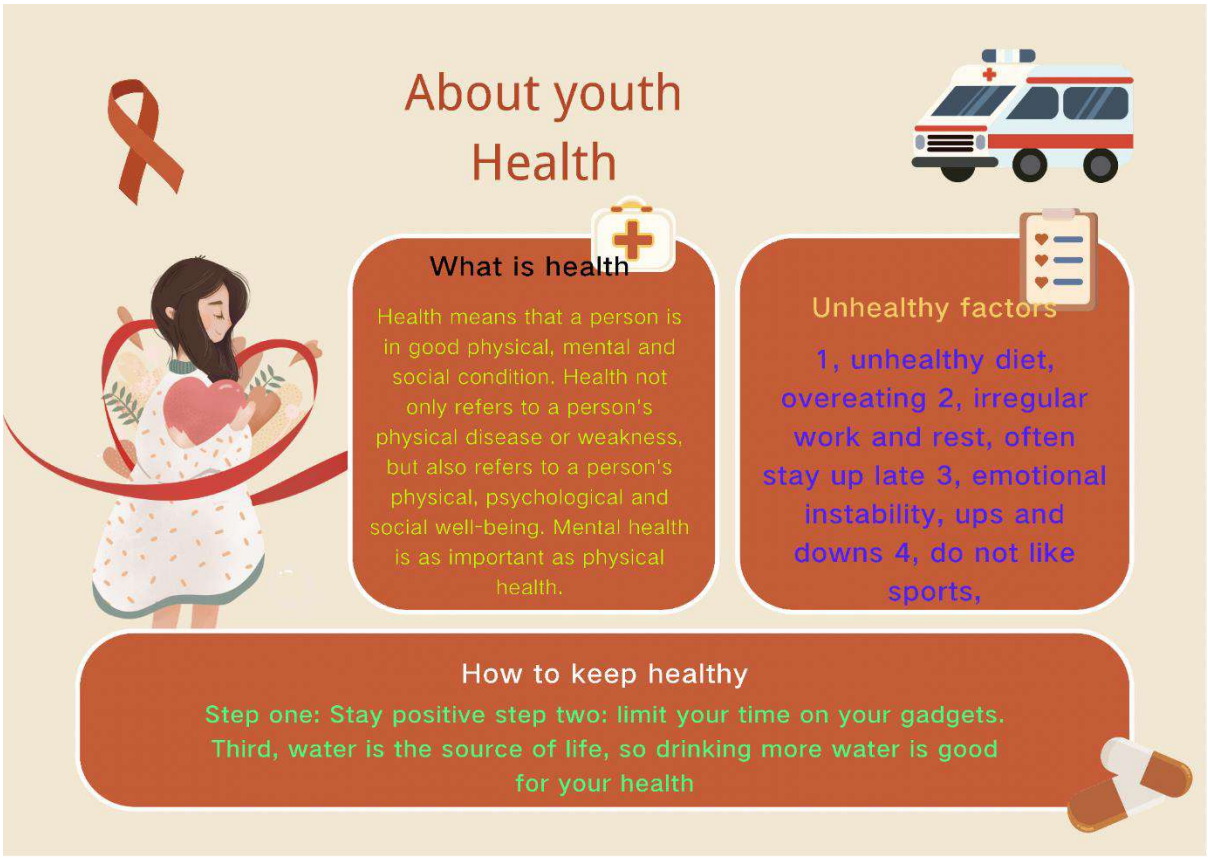
111. School Bullying: Most of the bullying is only caused by trivial matters.

Chen Ling Liang



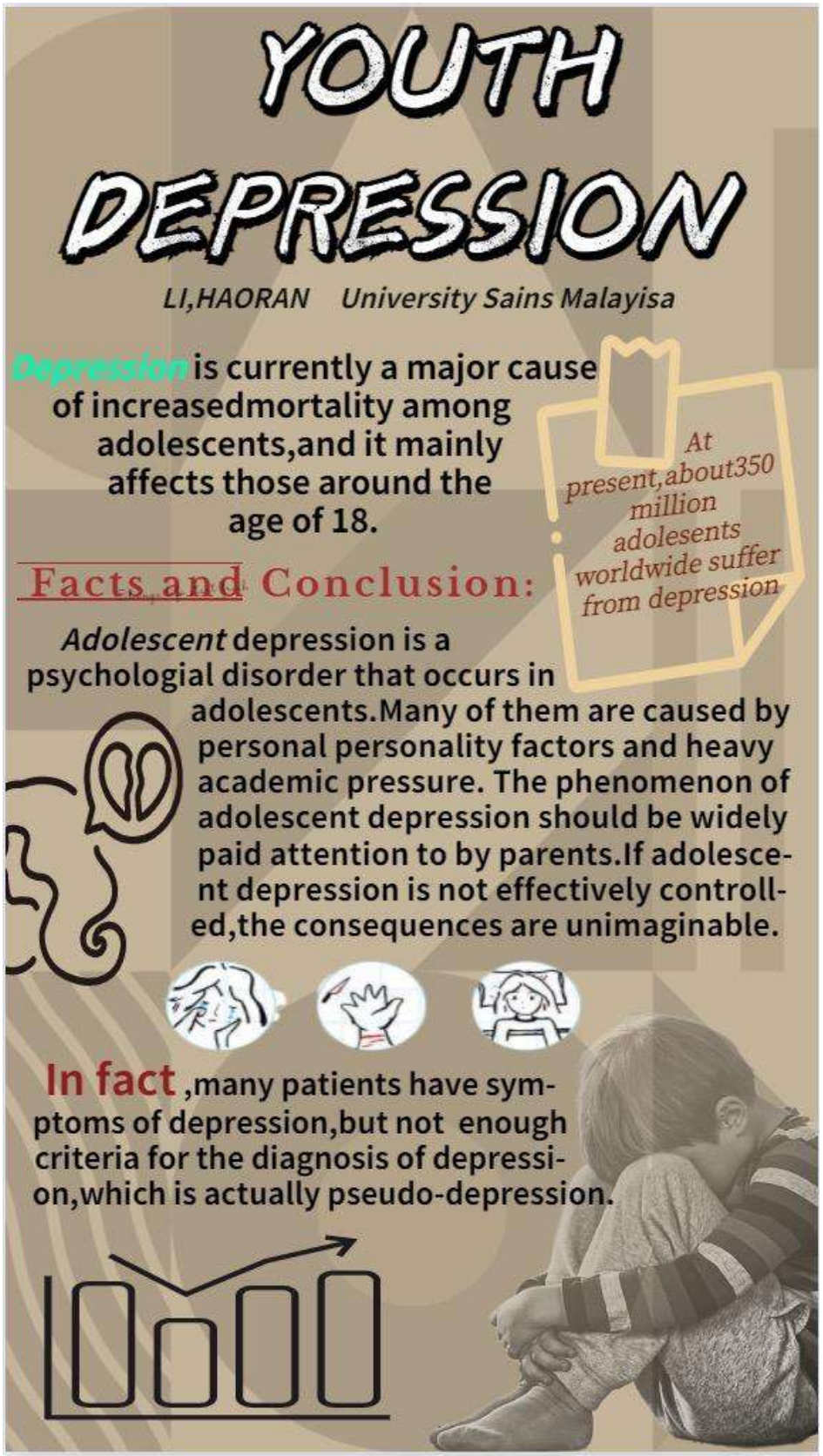
112. About Youth Health

赵俊皓



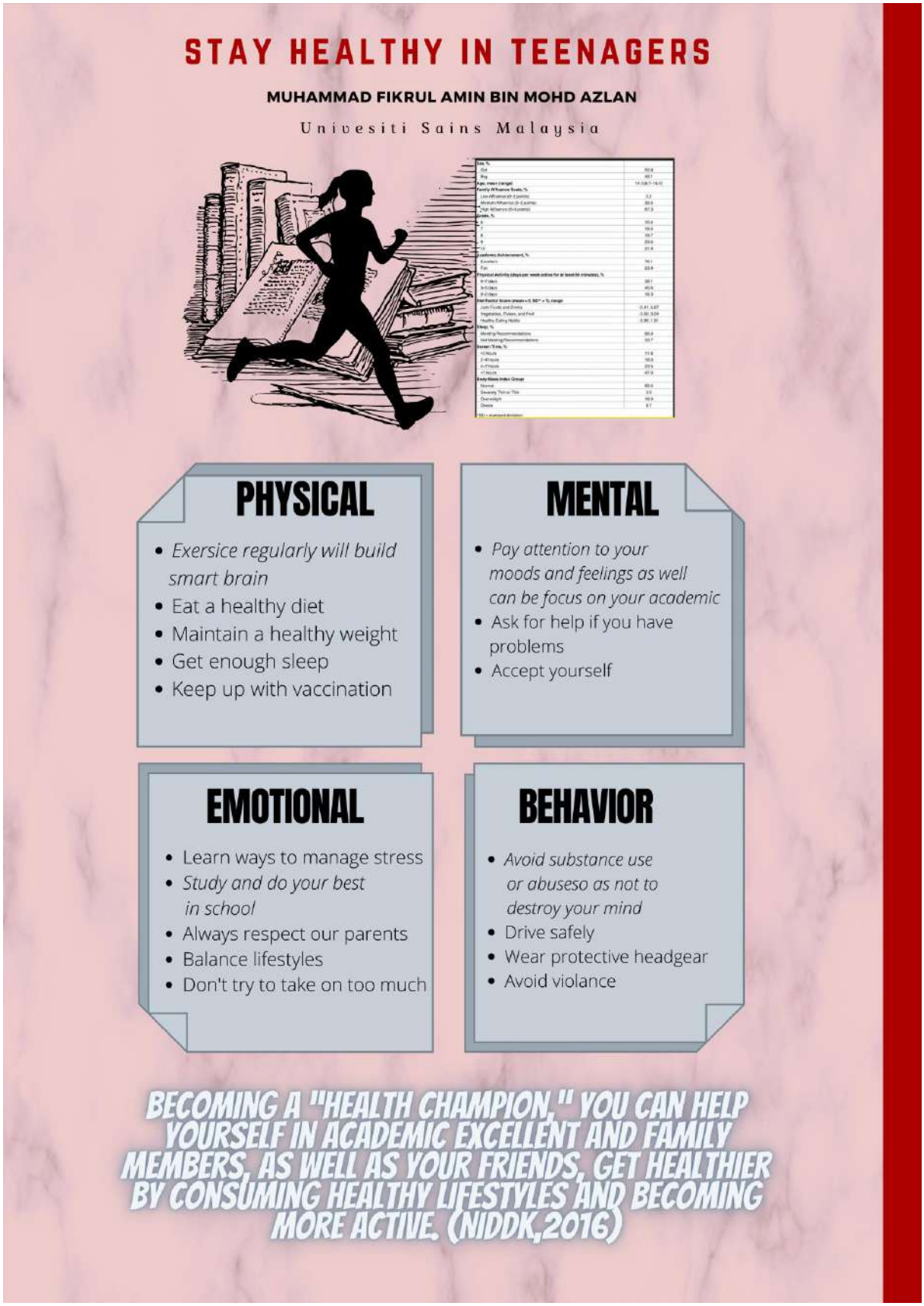
113. Youth Depression

Li Hao Ran



114. Stay Healthy in Teenagers

Muhammad Fikrul Amin Mohd Azlan

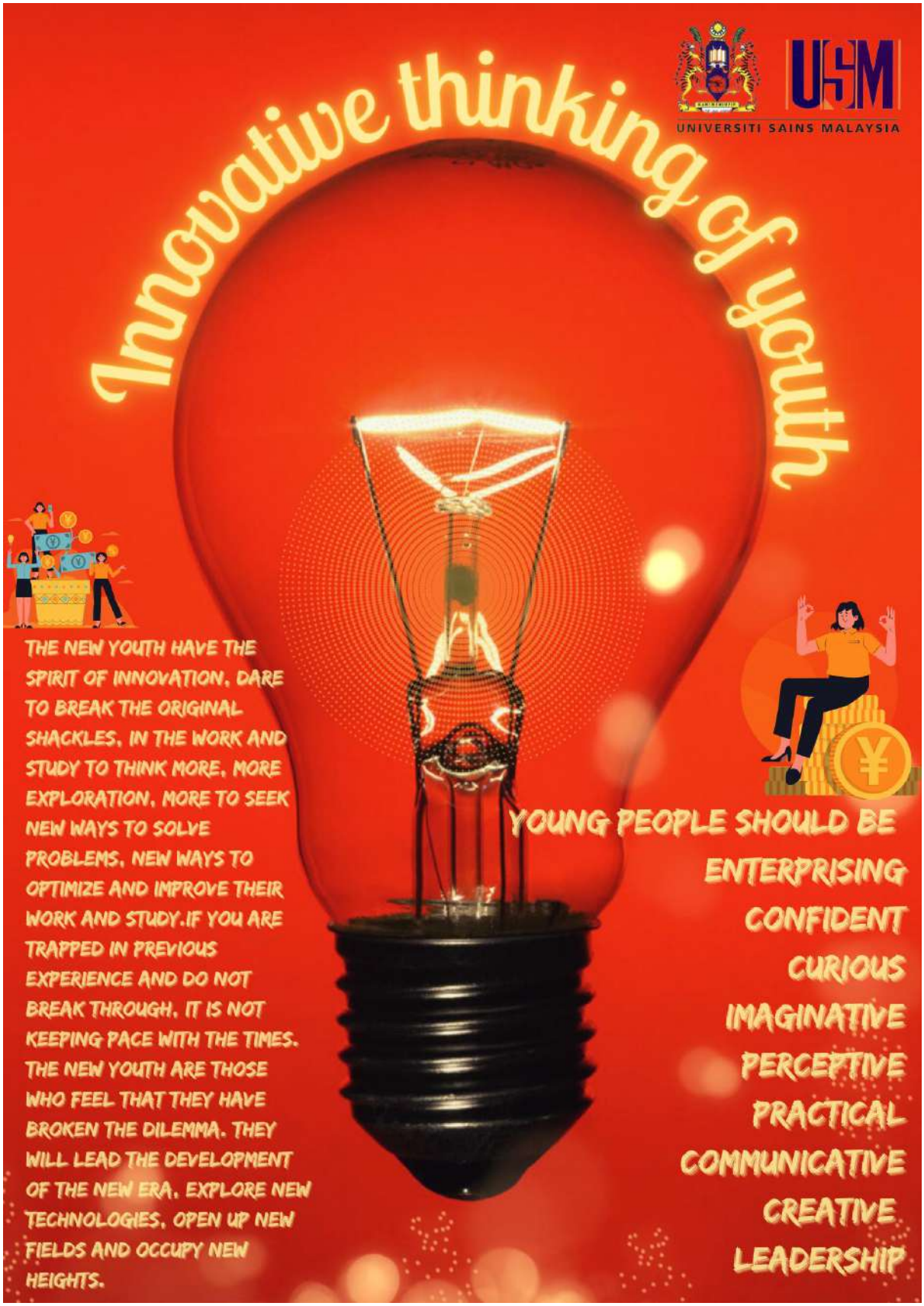


115. Fitness Day
Yi Aryana



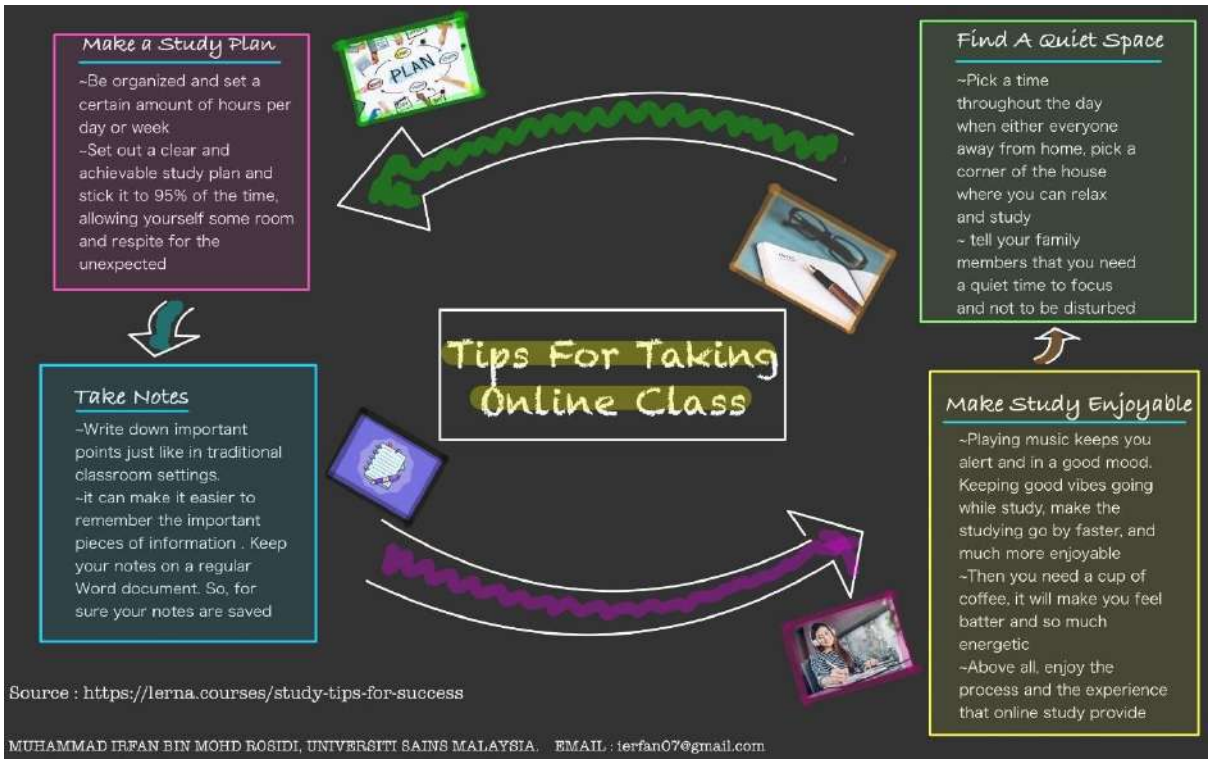
116. Innovative thinking of youth

袁玉汇

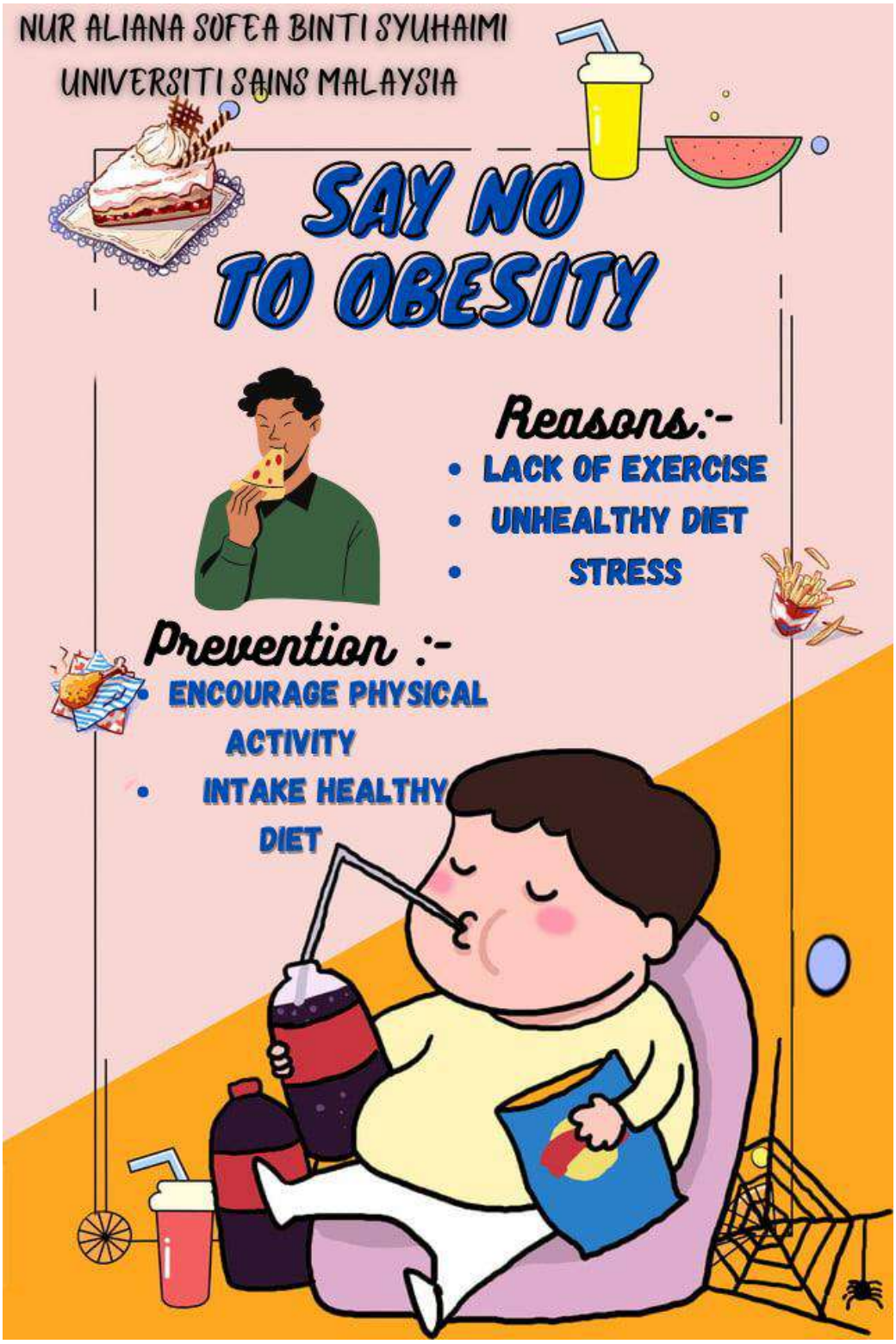


117. Tips for taking online class.

Muhammad Irfan Mohd Rosidi

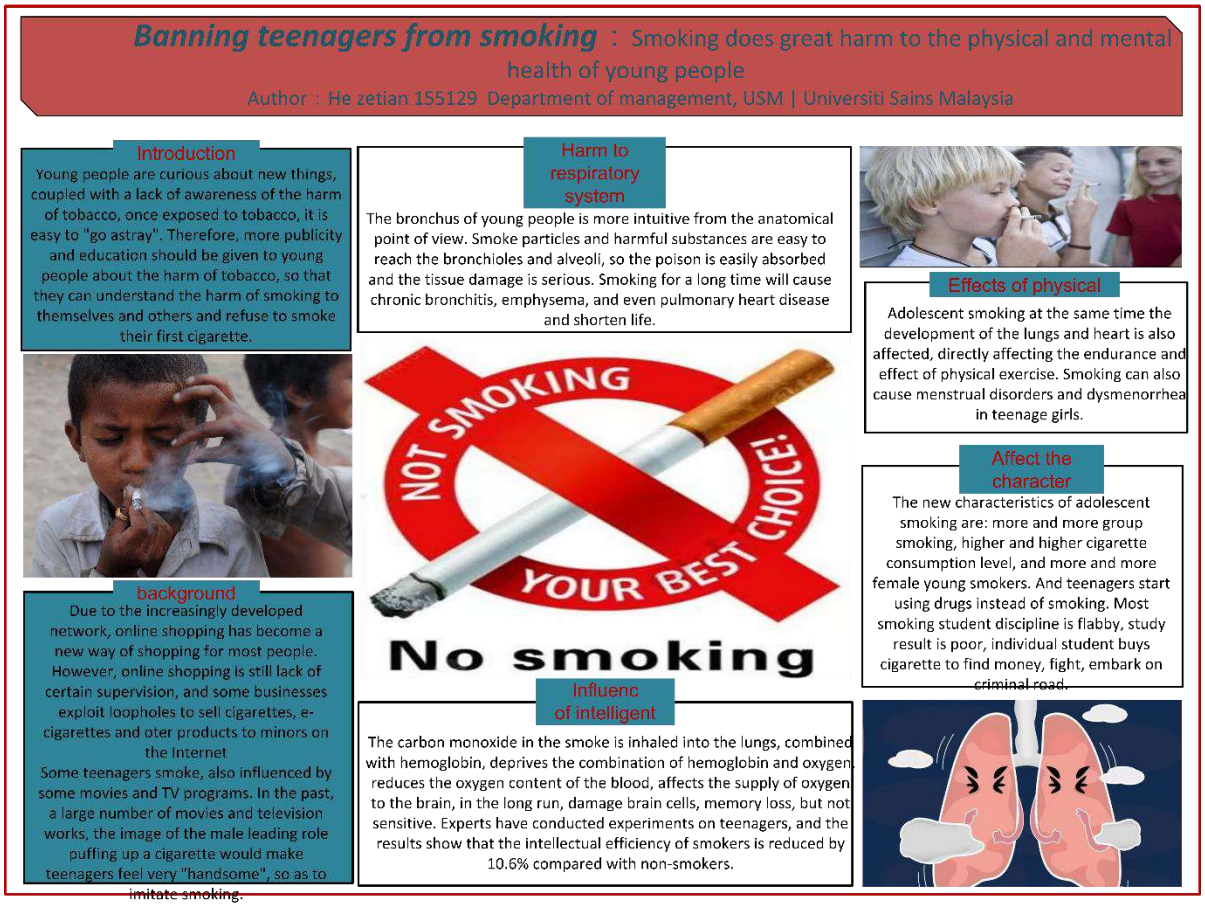


118. Say no to obesity.
Nur Aliana Sofea Syuhaimi



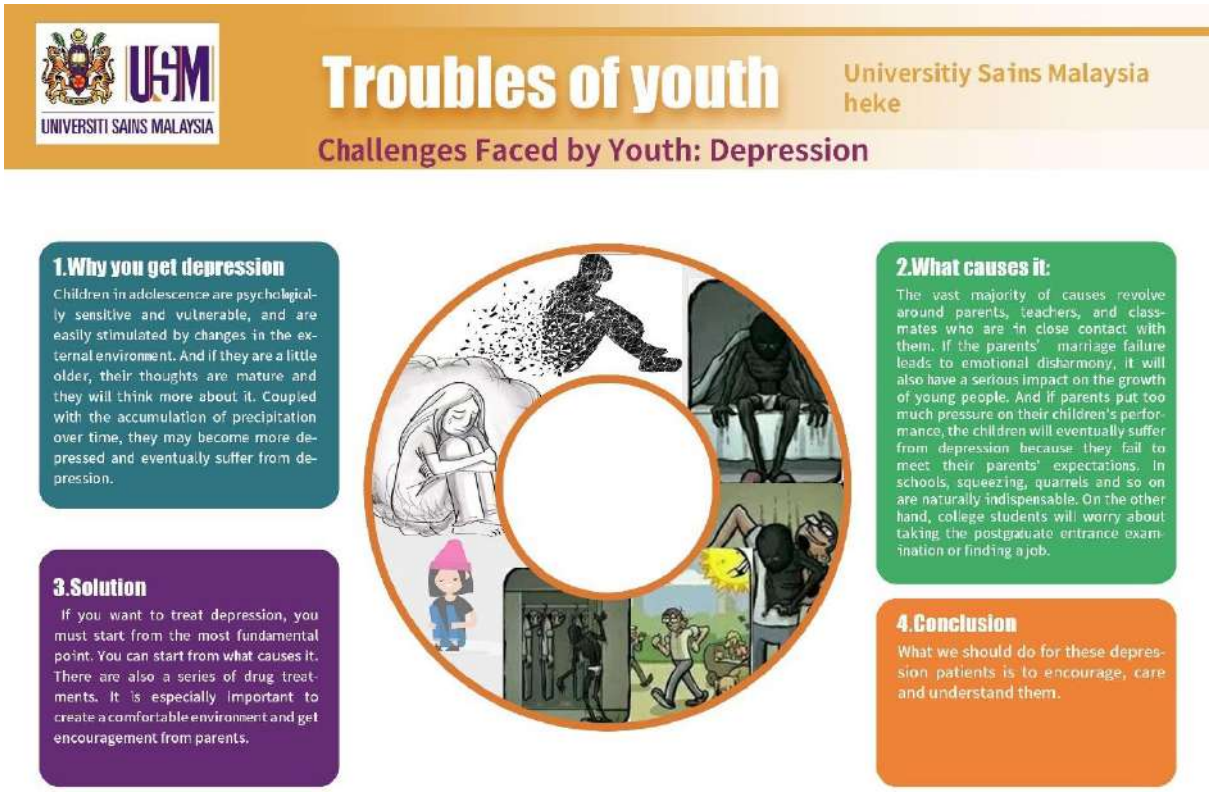
119. Banning teenagers from smoking.

He Ze Tian



120. Troubles of Youth

He Ke



121. Youth & Depression

Nur Amisha Nadia Abdul Hamid



122. Stay up late.
Tay Jun Sen

STAY UP LATE

Edited by: Tay Jun Sen, Universiti Sains Malaysia

'Stay Up Late' is a condition which one to continue to be awake past the times when one usually go to bed. It mostly done by the youth.

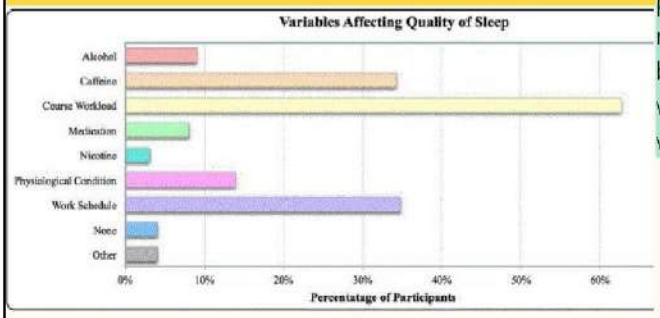
Reasons Why one choose to stay up late:

1. Consuming too much Caffein

Caffeine is a natural stimulant which mostly found in coffee and tea. Caffeine can leave you alert at night and interfere with sound sleep at night. You may become hard to fall asleep and result an **insomnia** if you overused the caffeine.

2. Anxious, Stress & Worried

You have an excessive number of thoughts running through your mind at night. Maybe you're getting ready for something stressful, or maybe things didn't go as planned, and you're wondering what you could have done differently. These cause you become anxious, stress, and worries. At night, you frequently try to divert your attention in order to pass the time to fall in asleep, but instead wind up worrying much more and result the insomnia.



Source: *Madridge Journal of Nursing - "The Impact of Duration of Sleep on Academic Performance in University Students" by Heather Raley, Jessica Naber, Summer Cross, and Michael Perlow*

Solutions:

1. Be Active & Avoid Sitting

There are some activities that promote sleep despite your best efforts. If you are starting to feel sleepy and get too comfortable, there is a strong chance that you are likely to fall asleep. It can be helpful to try to stay more active. For example, exercise regularly, so you are tired when you go to bed.

2. Reduce Stimulation

Stimulation is an encouragement of something to make it develop or become more active. In that case, allow your brain to 'Switch Off' by shutting down mobiles and computers well ahead of bedtime at least an hour before to reduce the stimulation. Reading a print book in bed can be a great way to relax and calm your brain.

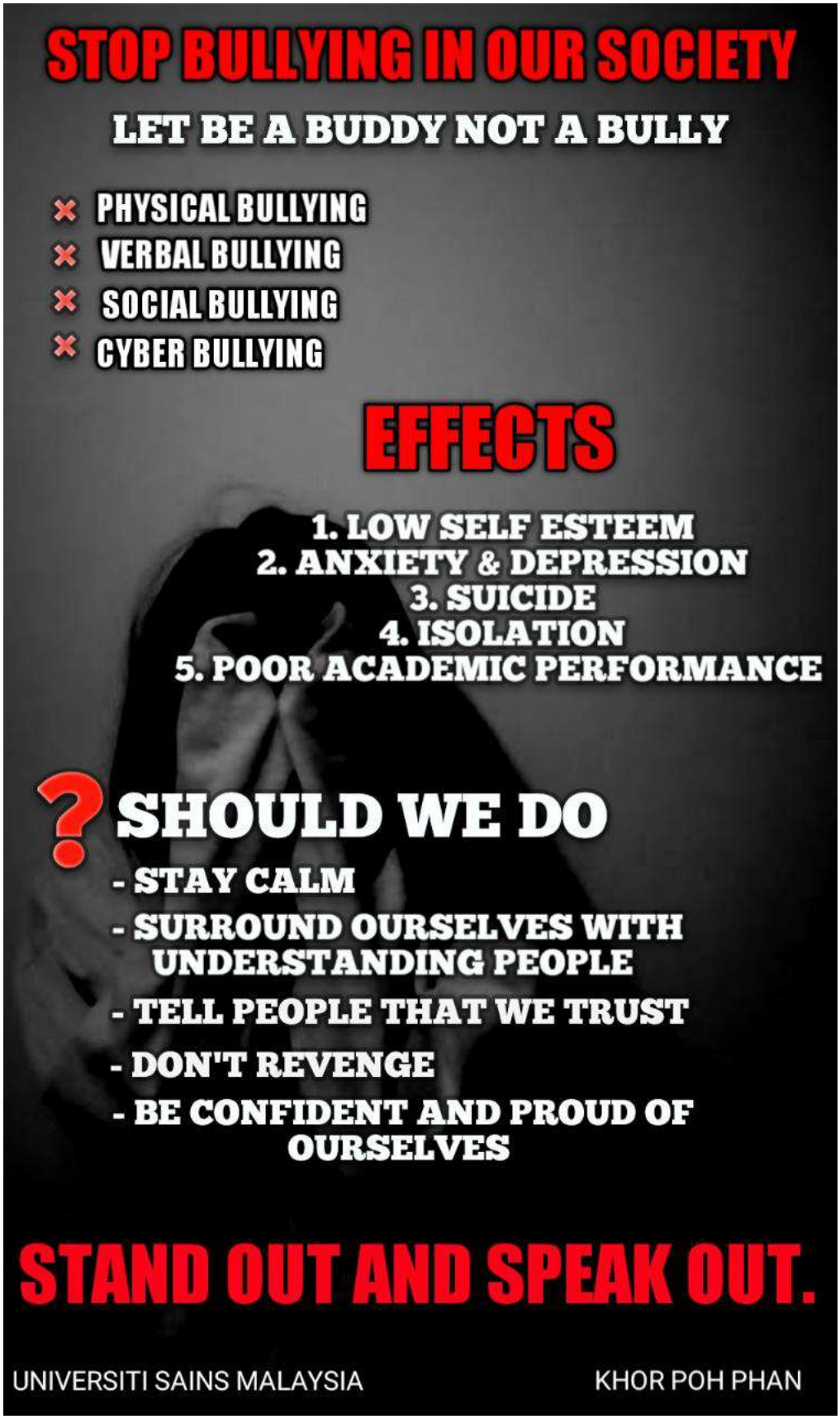
3. Take the Nap Correctly

Taking the nap correctly in daytime is also a key point to avoid staying up late at night. Napping at the wrong time of the day can throw off your regular sleep schedule. The best naptime during the day is post lunch when the body's energy levels starts to plummet. Make sure you take only a short nap of 20 to 30 minutes during the day. Last but not least, you can also plan your snooze well by choosing a comfortable, dim lit room, with minimal noise.



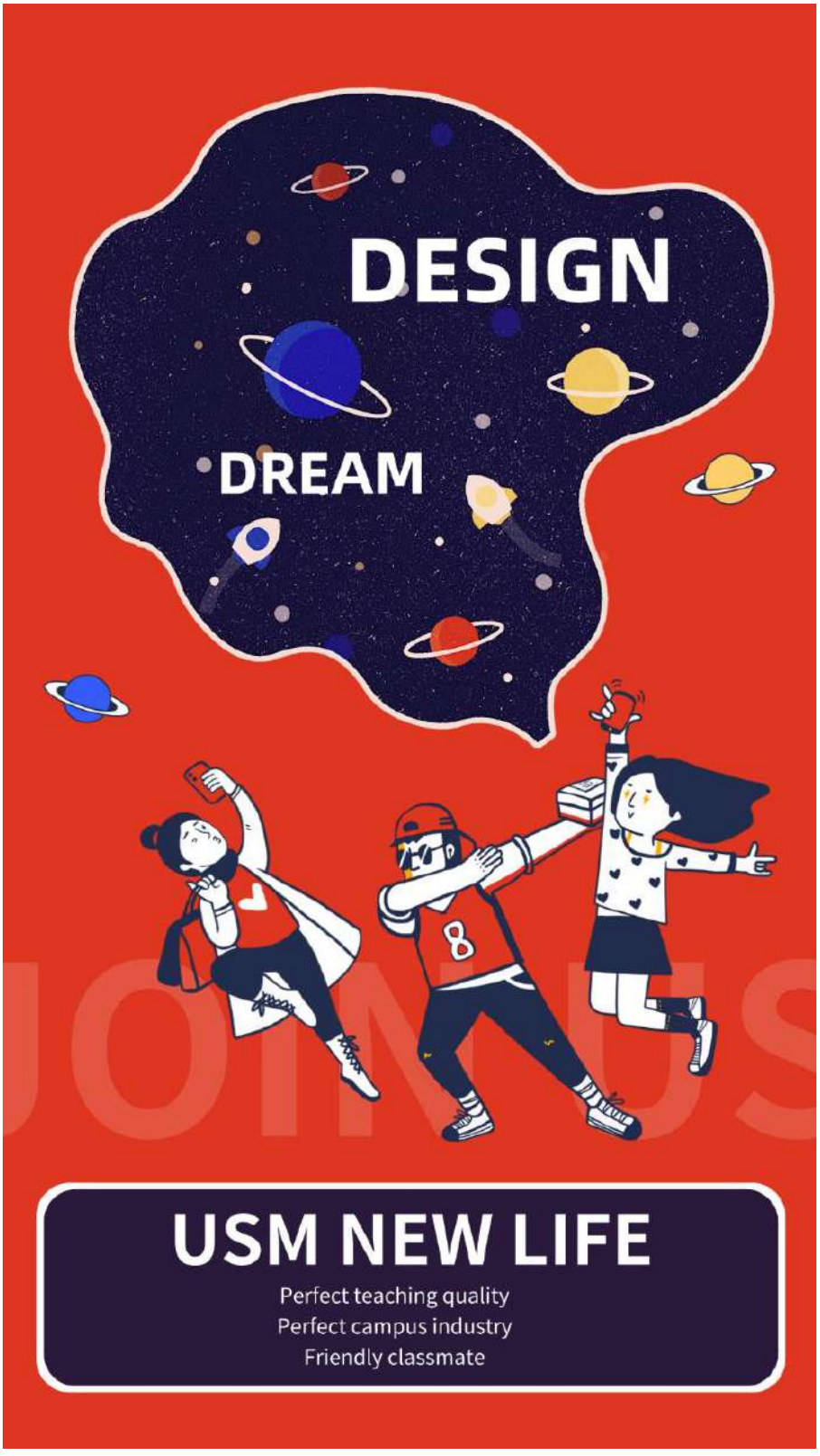
"Early sleep and early wake up gives health and makes you growth."
- Portuguese Proverb

123. Stop bullying in our society.
Da Lin



124. USM New Life

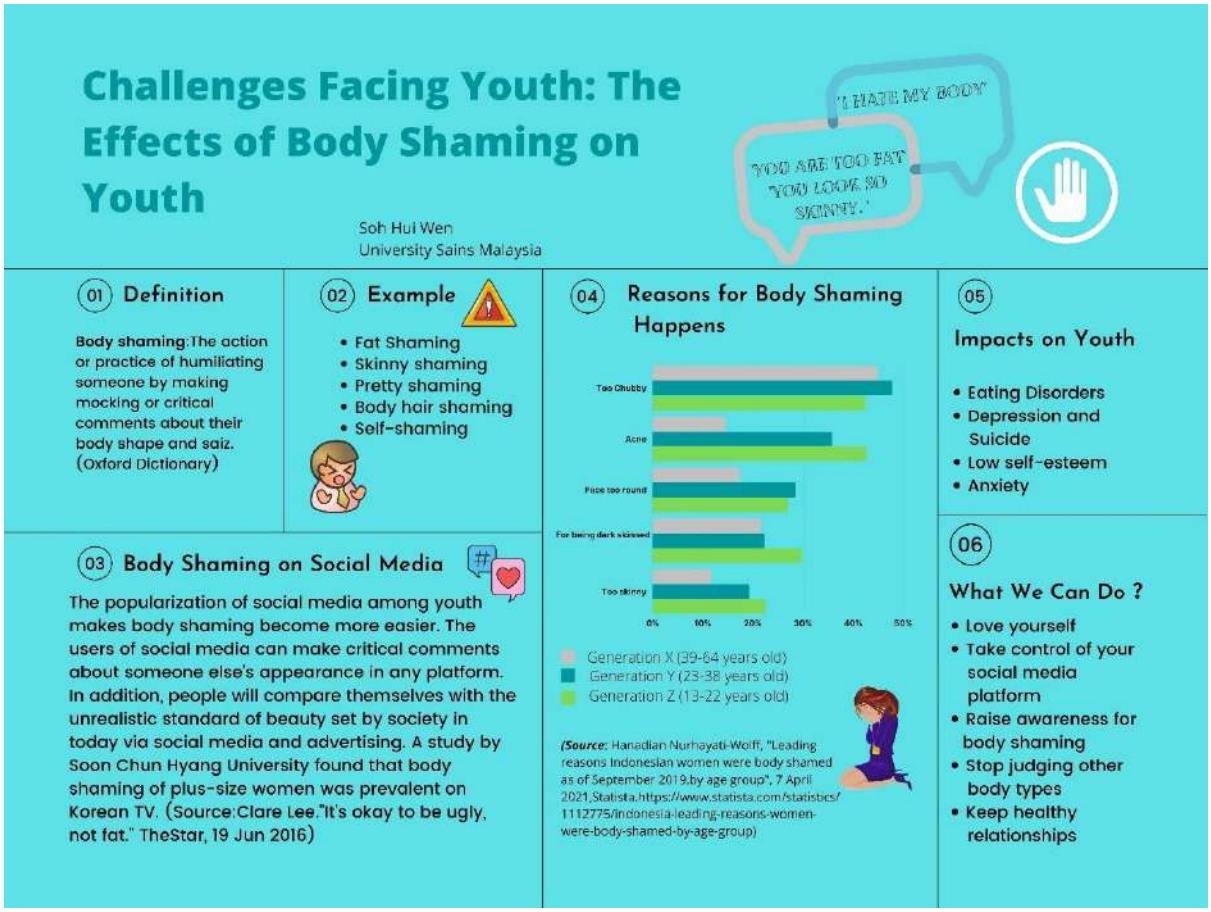
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125. Life needs sunshine
Huang Guan Jie

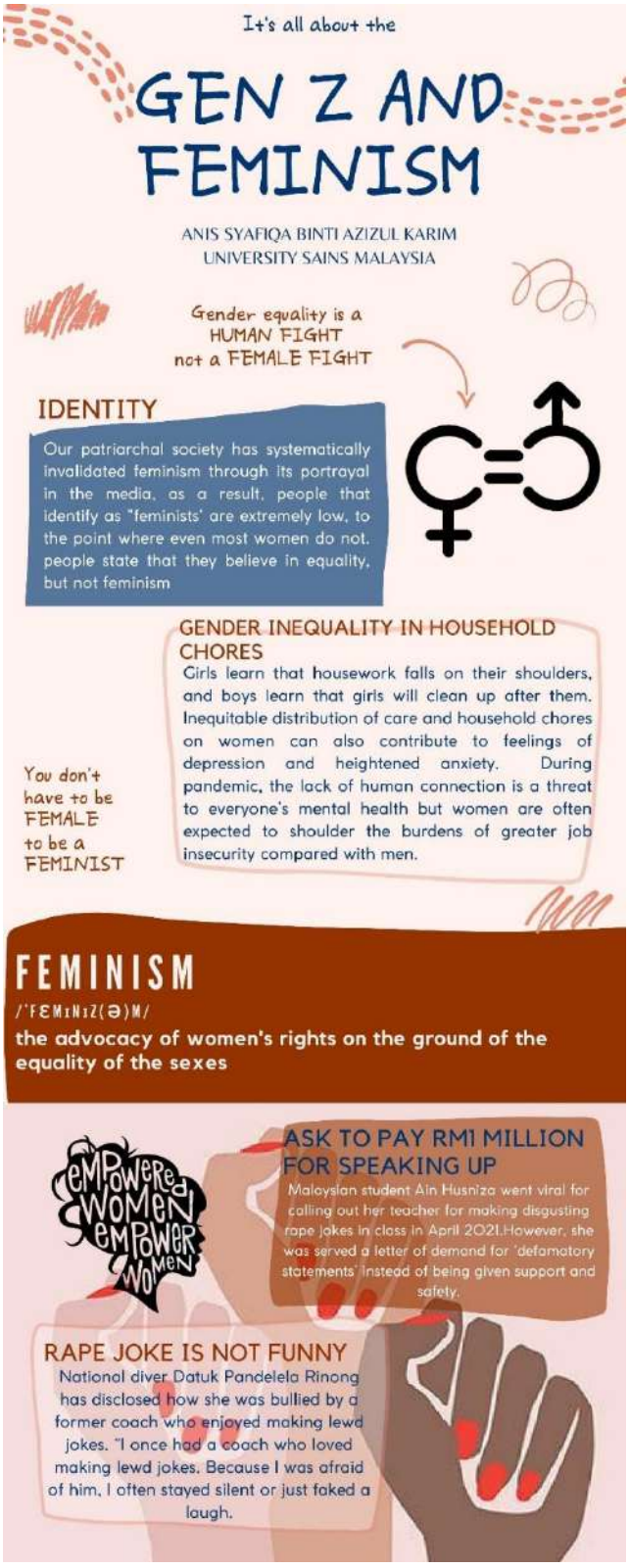


126. Challenges facing youth: The Effects of Body Shaming on Youth
Soh Hui Wen

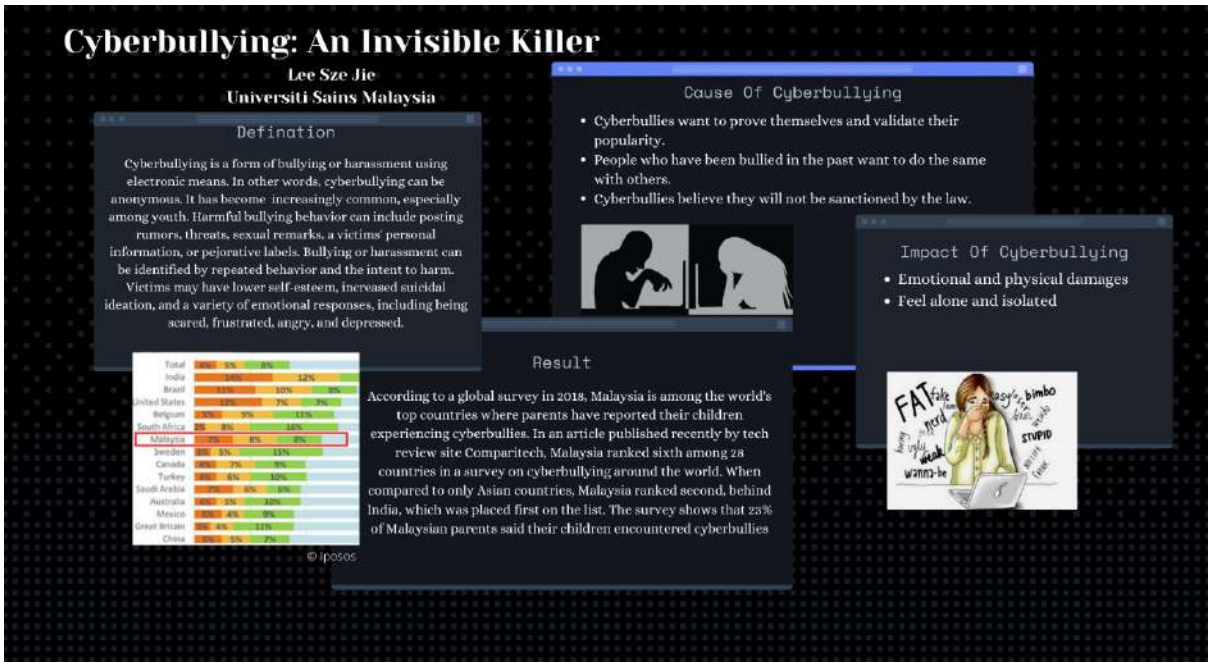


127. Gen Z and Feminism

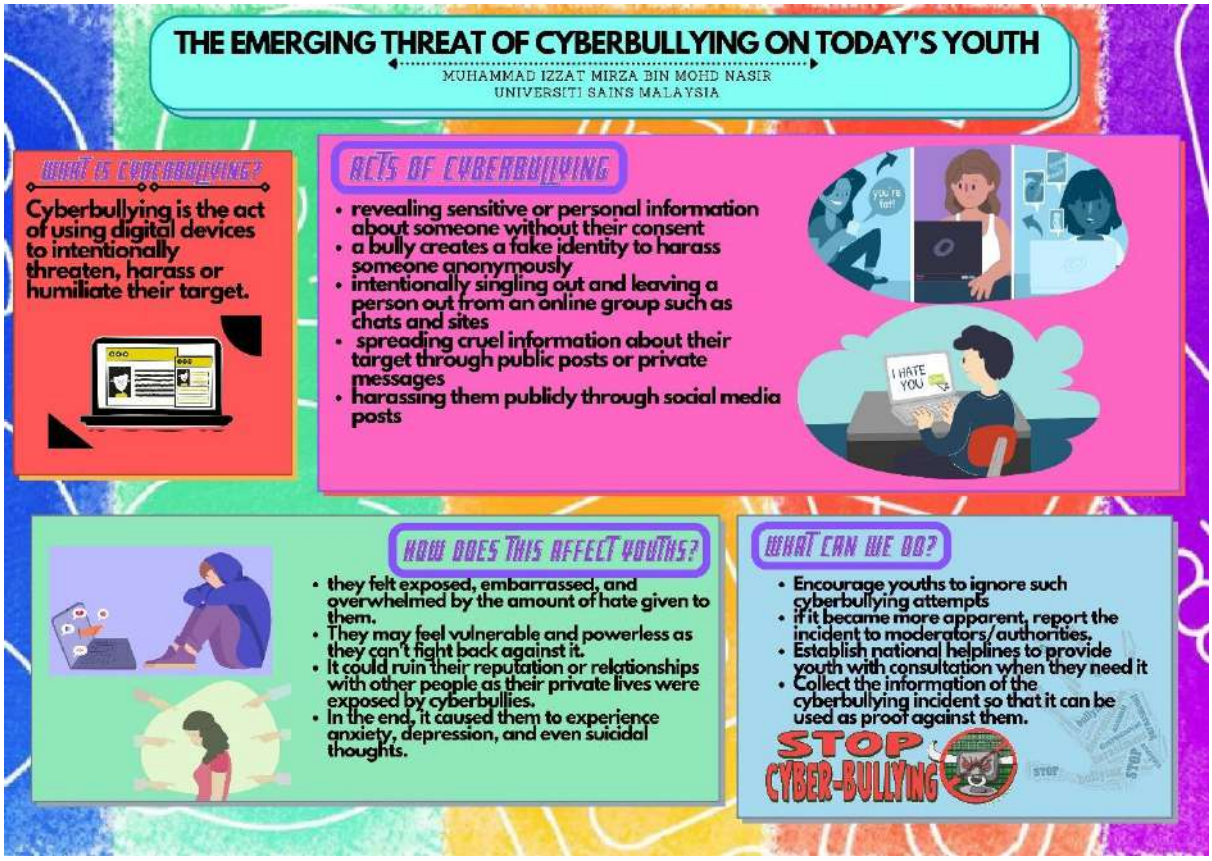
Anis Syafiqa Azizul Karim



128. Cyberbullying: An invisible killer
Lee Sze Jie



129. The Emerging Threat of Cyberbullying on today's youth
Muhammad Izzat Mirza Mohd Nasir



130. Embrace your flaws.
Nabila Husna Abdul Halim



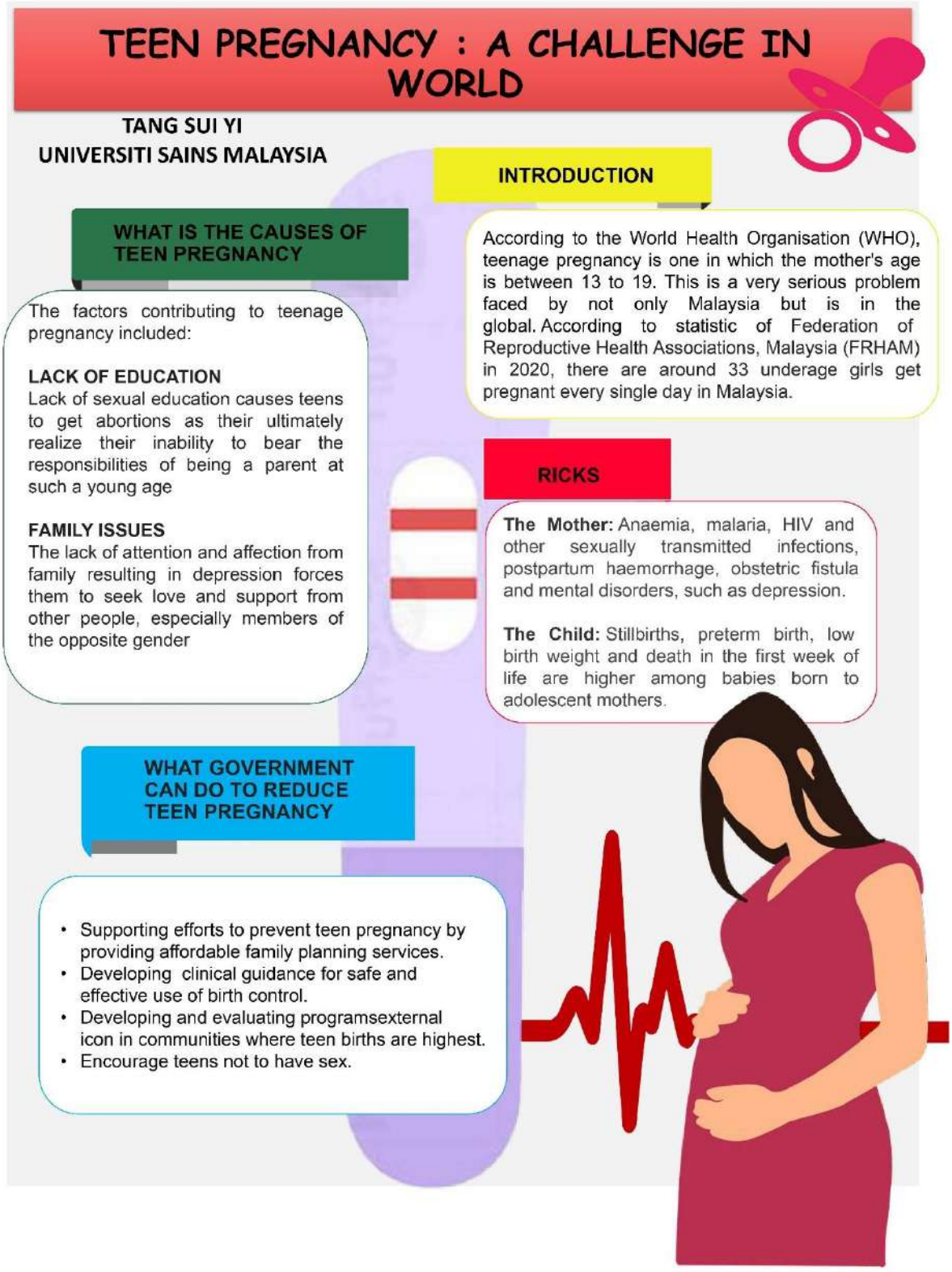
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131. How to take care of your mental health
Siti Zulaikha Norshah



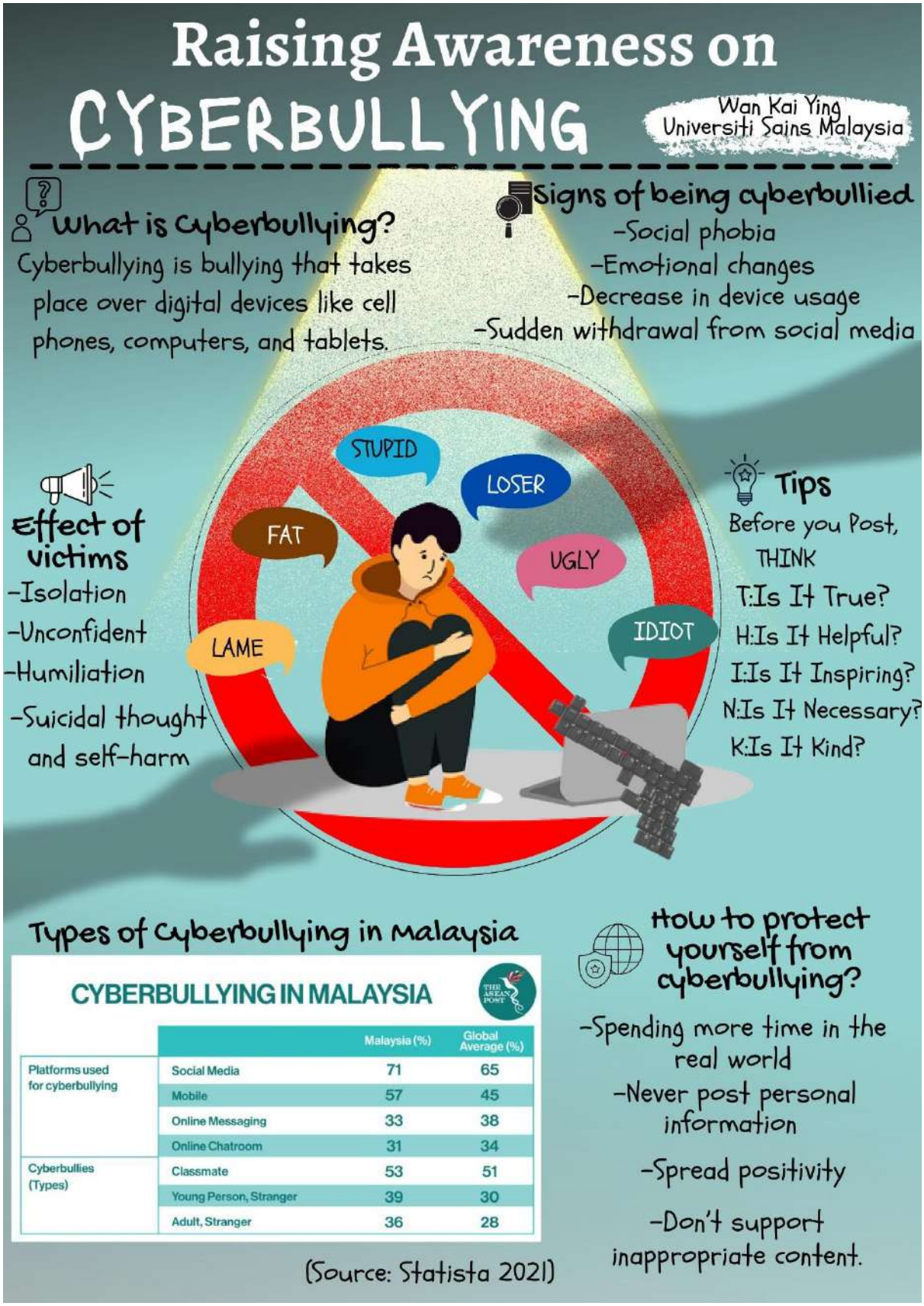
132. Teen pregnancy: A challenge in world

Tang Sui Yi

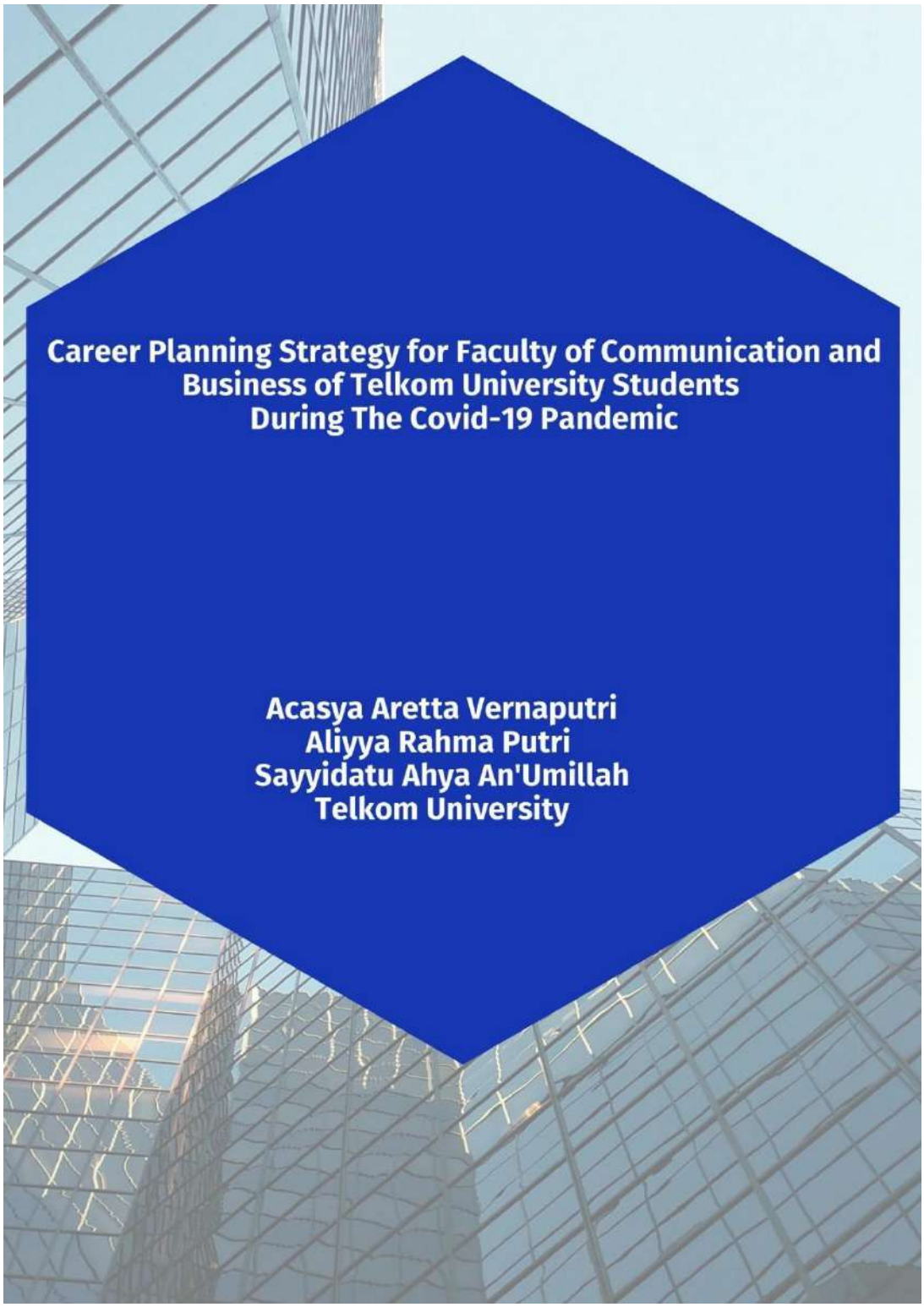


133. Raising Awareness on Cyberbullying

Wan Kai Ying



134. Career planning strategy for faculty of communication and business of Telkom university students during the covid-19 pandemic
Acasya Aretta Vernaputri & Aliyya Rahma Putri & Sayyidatu Ahya An'Umillah



135. Youth Engagement in Crypto World

Ahmad Syahmi Mohd Padli

Youth Engagement In Crypto World

AHMAD SYAHMI BIN MOHD PADLI
x
STUDENT IN BACHELOR OF MANAGEMENT x UNIVERSITI SAINS MALAYSIA

1. Introduction

Bitcoin's creation is credited to the alias Satoshi Nakamoto, whose identity is still unknown. The idea behind Bitcoin was initially proposed in October 2008 as a "purely peer- to-peer version of electronic cash" that would cut out the middle man, i.e. financial institutions. In the trust model, a trusted third party verifies that the money has not already been spent before allowing a transaction. This obstacle led to Bitcoin's greatest innovation, the blockchain. The blockchain is essentially a public ledger that is made up of blocks containing all previous transactions of the currency (Fig. 1). This blockchain prevents double spending by the verification process each transaction must undergo.



Figure 1.

3. Aims and Objectives

- Cryptocurrency fix the problems of traditional currencies by putting the power and responsibility in the currency holders' hands.
- Blockchain technology have serious potential in online voting and crowdfunding.
- Cryptocurrency have lower transaction costs by streamlining payment processing.







2. Abstract

Virtual currencies, such as Bitcoin, have recently dominated news headlines. Most virtual currencies can be used to buy goods anonymously, which has made them popular among privacy concerned individuals.

As Bitcoin and other cryptocurrencies have been garnering attention in global, the focus has turned to blockchain. Blockchain in the country is making inroads at a swifter pace than before and is gaining a lot of curiosity on ways it can make companies more efficient and their transactions safe. The pandemic has led to a huge shift to digital platforms, making blockchain more relevant to ensure safe and transparent transactions. Here are the 5 top trends-



CBDC
(Central Bank Digital Currency)



DeFi
(Decentralized Finance)



NFT
(Non-Fungible Tokens)





VC & SSI ~
Verifiable Credential & Self Sovereign Identity (Universal Identity)



BaaS
(Blockchain-as-a-Service)

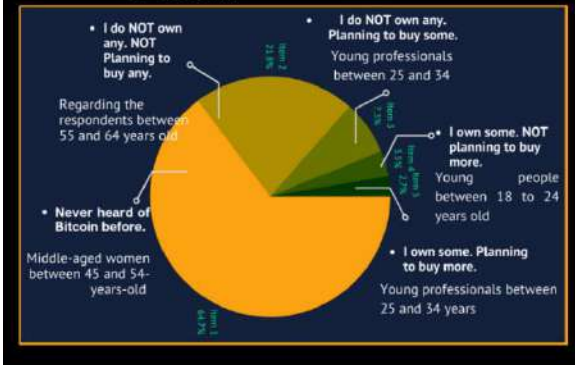
4. Methodology

- Conducted a survey asking 5,000 US respondents about Bitcoin ownership.
- Special properties ~ males and females between the ages of 18 to 65+.
- Asked the following question with several possible responses:

What's your stance regarding Bitcoin investing?

- I do NOT own any. NOT Planning to buy any.
- Never heard of Bitcoin before.
- I do NOT own any. Planning to buy some.
- I own some. NOT planning to buy more.
- I own some. Planning to buy more.

5. Results



6. Conclusions

From a technological point of view, blockchain is a path-breaking paradigm and cryptocurrencies are one of the most important areas in which blockchain technology is used. Among those, Bitcoin is the dominant actor, both in the market capitalization and in the literature interest.Additionally, recent statements about accepting Bitcoin as a payment method, and its increasing prices might affect the related literature in the upcoming years. However, it is also clear that the future of Bitcoin research will not be limited to any particular discipline. This research was limited to Bitcoin since it is the most used cryptocurrency having the highest market capitalization. Future research should also consider including other cryptocurrencies and using different data sources.



136. Mental illness on youth due to bullying

Alfatira Gema

MENTAL ILLNESS ON YOUTH
DUE TO BULLYING

Alfatira Gema - Universiti Sains Malaysia



What Is Bullying? Bullying can be defined as the specific behaviour of someone or group to hurt another person or can be classified as aggression (Smith, 2016; Campbell and Bauman, 2018).

What Is Mental Illness? According to the *American Psychiatric Association*, mental illnesses are health conditions associated with changes in emotions, thinking, and behavior. This disease is usually associated with distress or problems that are closely related to social activity relationships.

How To Prevent Bullying?



Education is one of the way to educate people so that bullying can be prevented. Some ways to prevent bullying through education, include:

Strengthen social control, teach youth the culture of apologizing and forgiving, instill the importance of anti-violence, teach about peace, improve communication between youth (Yuyarti, 2018).

Mental Illnesses Because Of Bullying



Schizophrenia

- According to *Maramis*, schizophrenia is the most severe form of functional psychosis and leads to the greatest disorganization of personality. In severe cases, the person who has this mental illness has no relations with real life, and this results in their behavior and thinking becoming abnormal.

Depression

- According to *Kaplan*, depression is a condition in which disturbances occur in humans that are related to feelings of sadness along with other symptoms such as changes in sleep patterns, changes in appetite, psychomotor, impaired concentration, fatigue, feeling unmotivated, and having thoughts of suicide.

Anxiety Disorder

- According to *Rawlins*, anxiety disorder is the condition when a person feels worried as a form of reaction to non-specific threats.

TYPES of bullying



According to (Coloroso, 2007), the types of bullying can be classified as:

Physical Bullying

- Includes hitting, strangling, elbowing, punching, kicking, biting, pinching, clawing, damaging other personal property, etc.

Verbal Bullying

- Include the verbal suppression from the perpetrator in the form of insults, slander, words of reproach to sexual harassment.

Relational Bullying

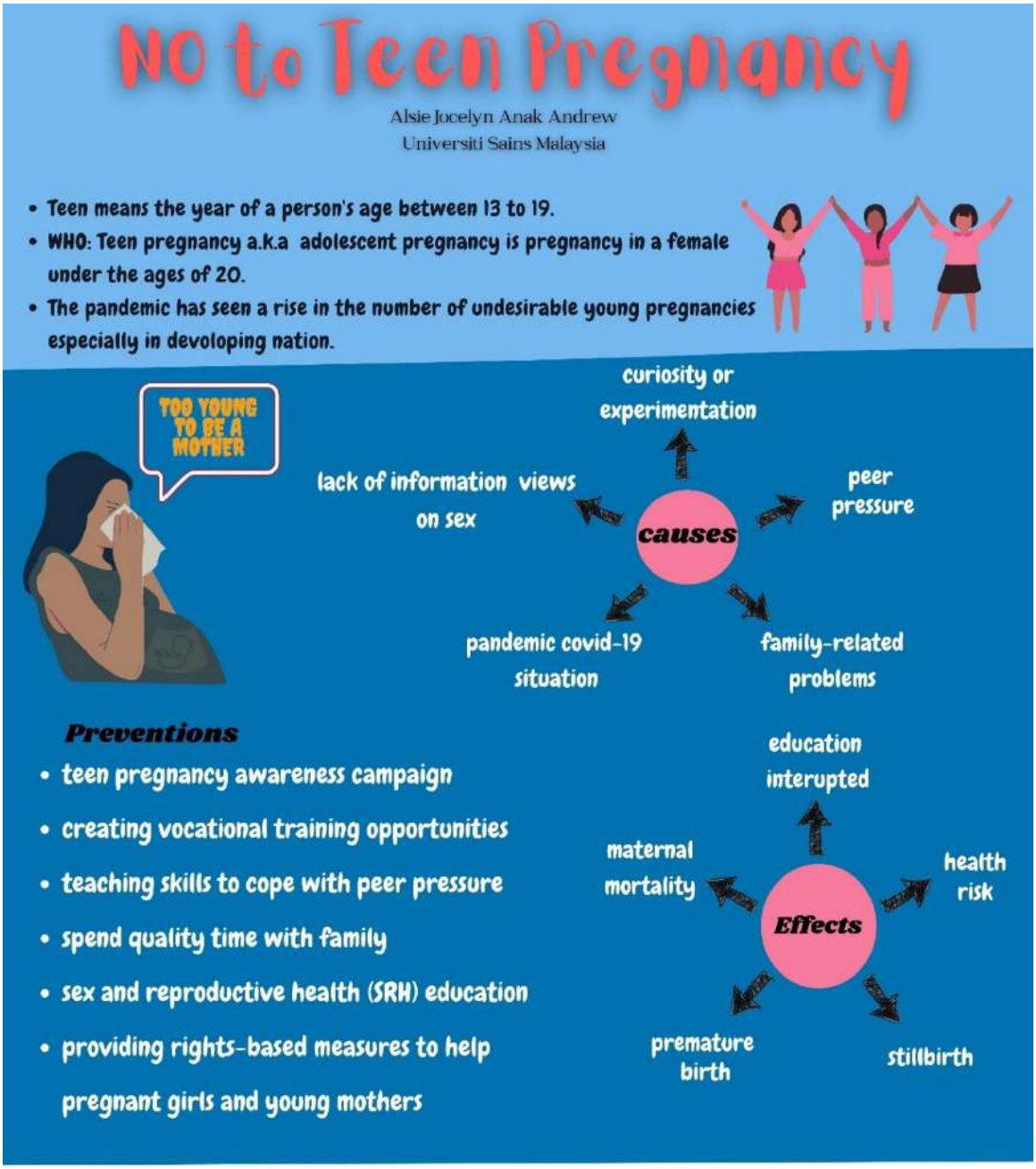
- This type of bullying is usually difficult to identify, a common case in relational bullying is to lower the victim's self-esteem in ways such as isolation, neglect, and getting rid of the bullied victim.

Cyberbullying

- This type of bullying is an act of bullying that occurs and develops on the internet and social media. Usually, the victim will get a negative message that drops the victim mentally.

137. No to teen pregnancy

Alsie Jocelyn Anak Andrew



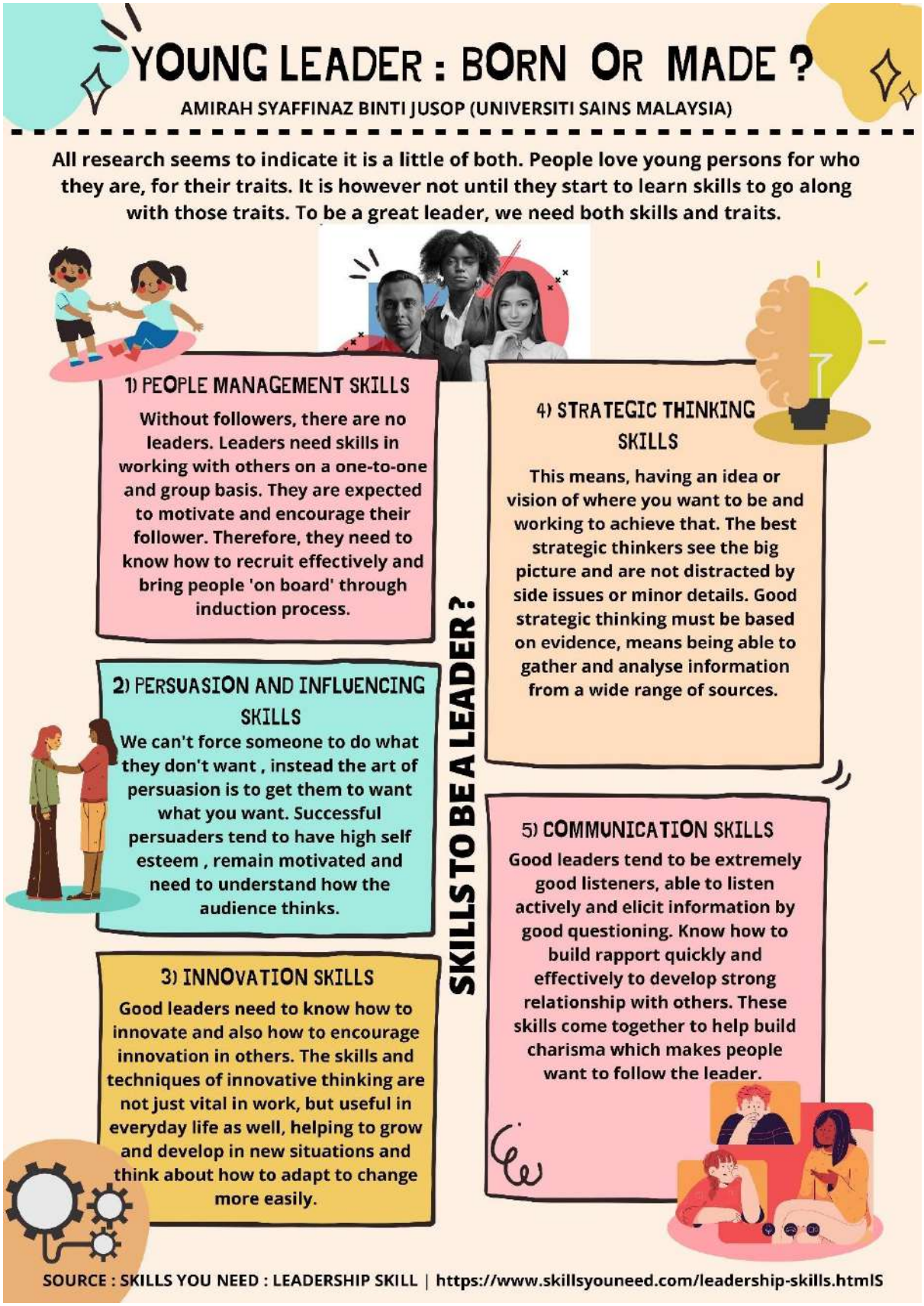
- Niger recorded the world's highest teen pregnancy rate in 2020. (UNICEF)
- In Southest Asia, Bangladesh had the highest number of births per thousand women aged between 15-19, with approximately 82.96 births per thousand adolescent women. (APAC,2020)
- Around 14 in every 1,000 underage young ladies in Malaysia get pregnant each year, which includes up to an normal of 18,000 young ladies per year. With the Development Control Arrange (MCO) in put, there has moreover been a rise of undesirable pregnancies. (Regenerative Rights Backing Union Malaysia , RRAAM).

138. Enhance sport activities among youth

Ameerul Faydhi Idrus



139. Young Leader: Born or made.
Amirah Syaffinaz Jusop



140. Adolescent health: The impact of diet on adolescent health

An Yi Tong

ADOLESCENT HEALTH:

THE IMPACT OF DIET ON ADOLESCENT HEALTH



◆ **abstract**

Food and nutrition are the basic conditions of human survival, reasonable diet and nutrition directly affect the physical and intelligent development of teenagers, only scientific arrangement of diet, self-regulation of nutrition intake, can have a positive role in promoting the growth and development of teenagers.

◆ **background**

Adolescence is the transition period from children to adults, which is the most critical stage for growth and development. If the diet is not reasonable, nutrition intake is not balanced, there will be some nutritional problems, which affect their normal growth and development.

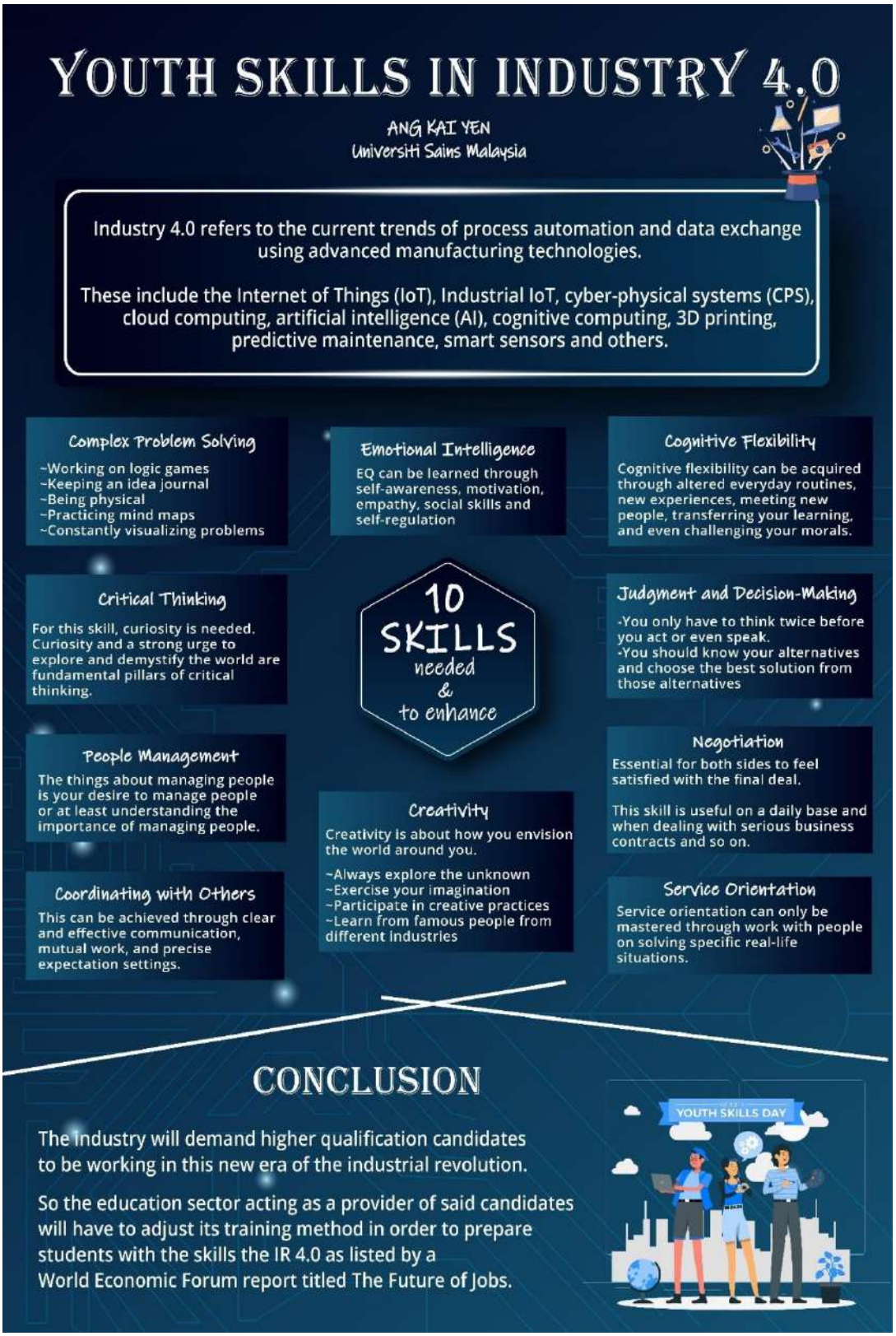
The first layer: red meat, butter, white wine, rice noodles, potatoes and other foods with high starch content, cakes, moderate consumption, before a lot of physical exercise can be appropriate to eat;
The second layer: milk or calcium supplements, 1-2 times a day, the choice of dairy products is appropriate to choose low-fat, skim milk;
The third layer: fish, chicken and duck meat, eggs, 1-2 times a day, to ensure the intake of protein, all kinds of amino acids, and avoid the occurrence of cardiovascular diseases;
The fourth layer: nuts and beans, 1-3 times a day, the vegetable oil of nuts is relatively safe, soy products contain a variety of trace elements and calcium;
Fifth layer: vegetables and fruits, diversified, rich, benefits need not be described too much;
Layer 6: Eat more whole grains, add a little vegetable oil to most foods.
The last layer: although it has nothing to do with diet, it mentions the benefits of long-term and moderate physical exercise to health, and points out that exercise is the

◆ **conclusion**

Adolescent period physical growth is accelerated, each system of the body grows mature gradually, metabolism is exuberant, the amount of energy and all sorts of nutrient that place needs should be higher than adult relatively. If the diet is not reasonable, nutrition intake is not balanced, there will be some nutritional problems, which affect their normal growth and development. Accordingly, adolescent food and nutrition problem nots allow to underestimate, must take

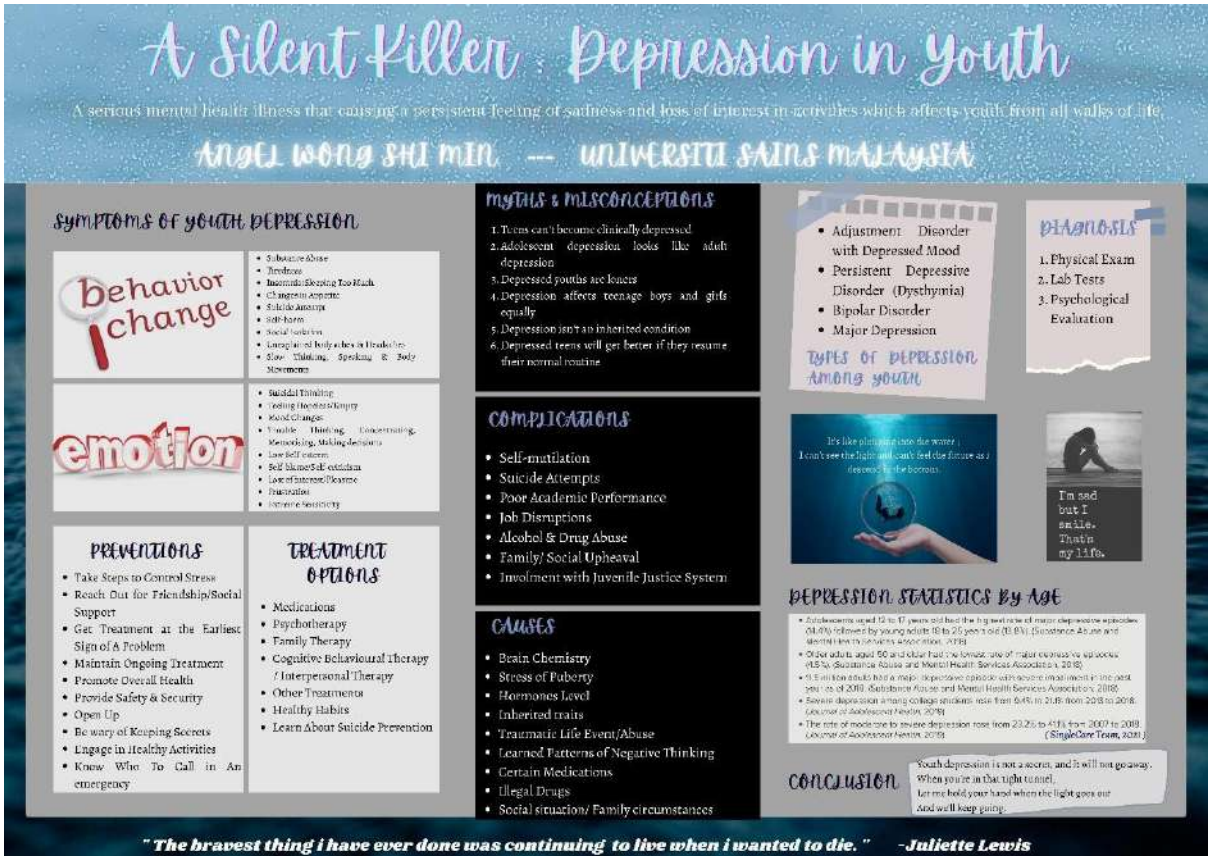
AN, YITONG
—SCHOOL OF MANAGEMENT—USM

141. Youth Skills in Industry 4.0
Ang Kai Yen



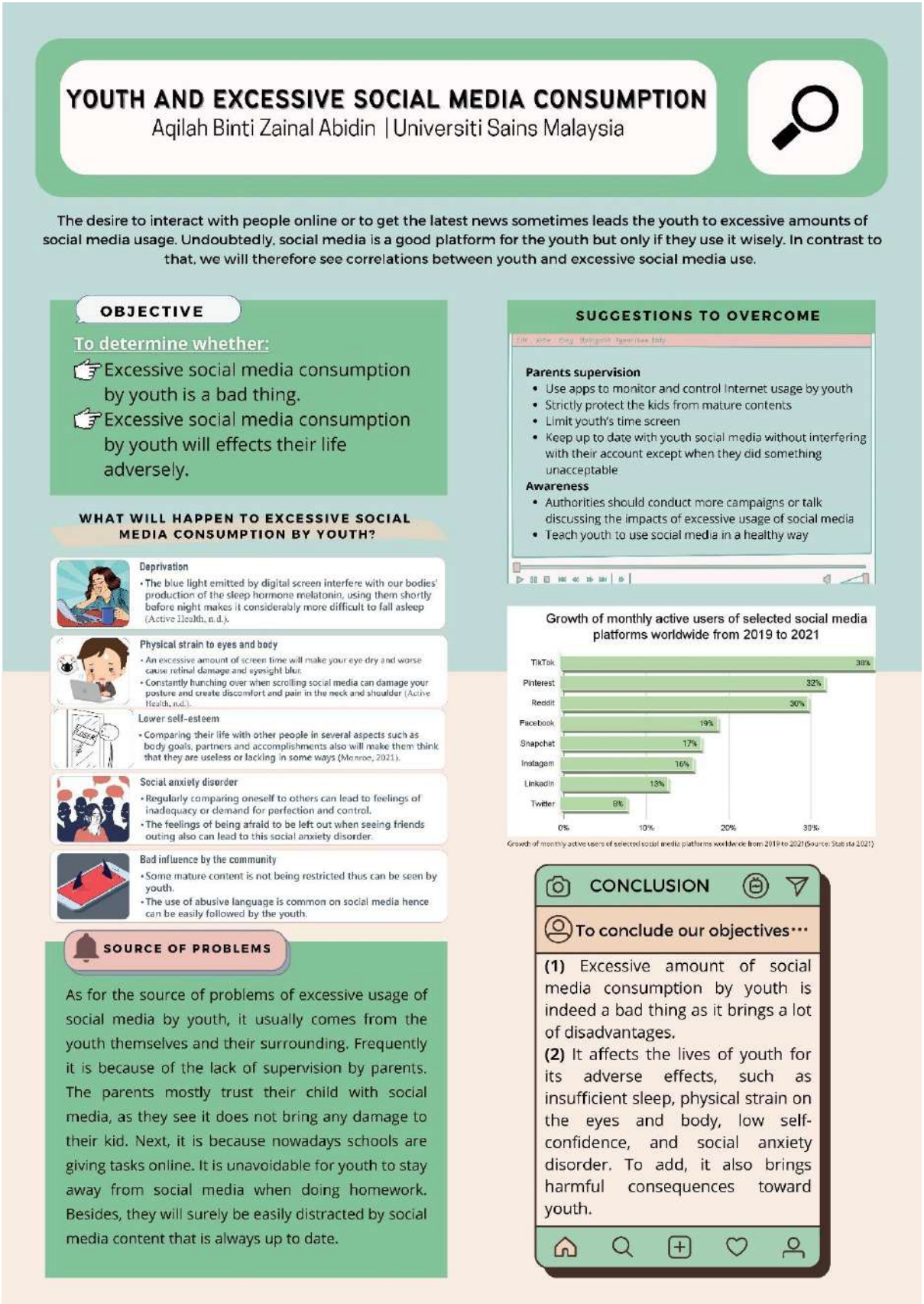
142. A silent killer: depression in youth

Angel Wong Shi Min



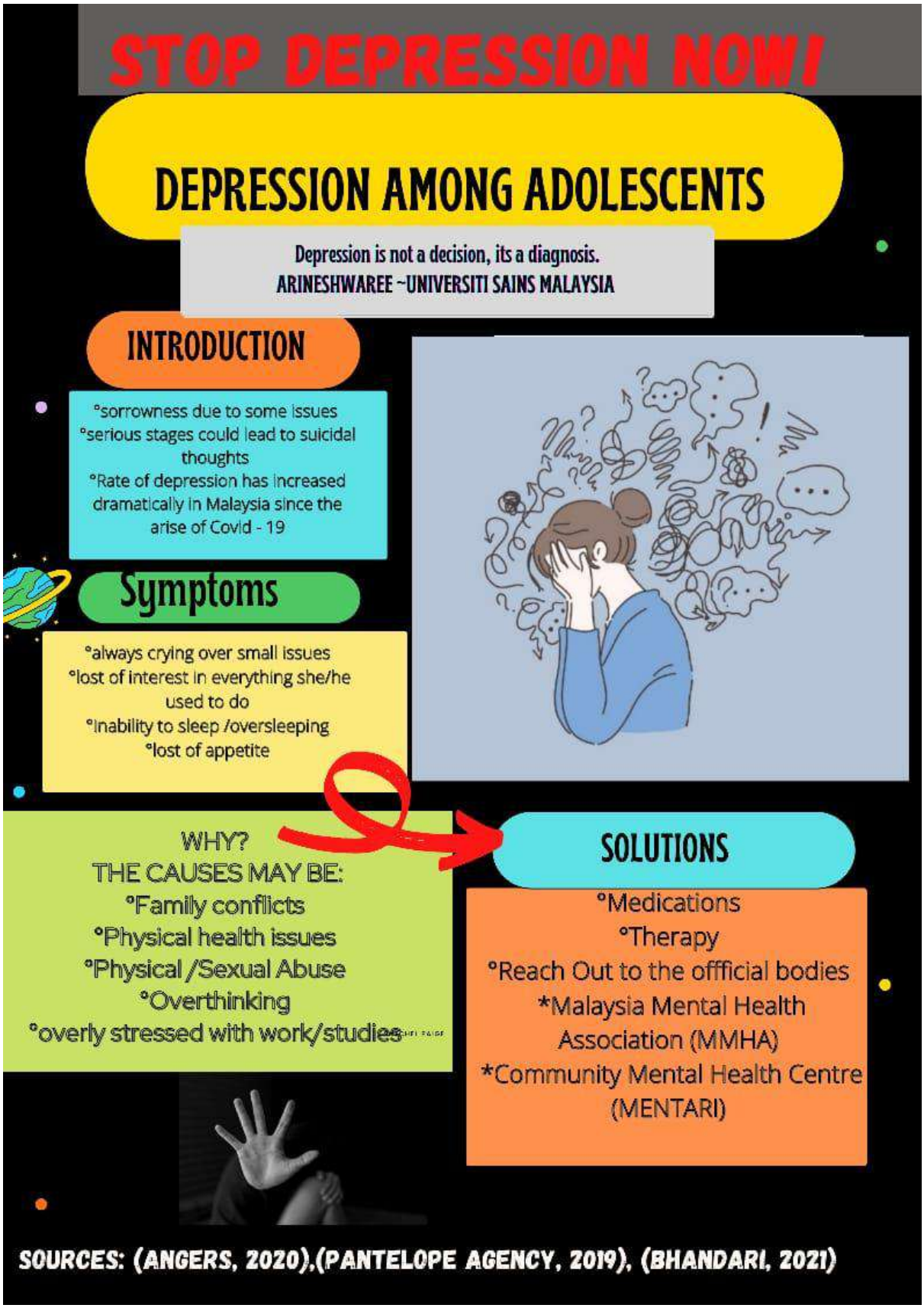
143. Youth and excessive social media consumption

Aqilah Zainal Abidin



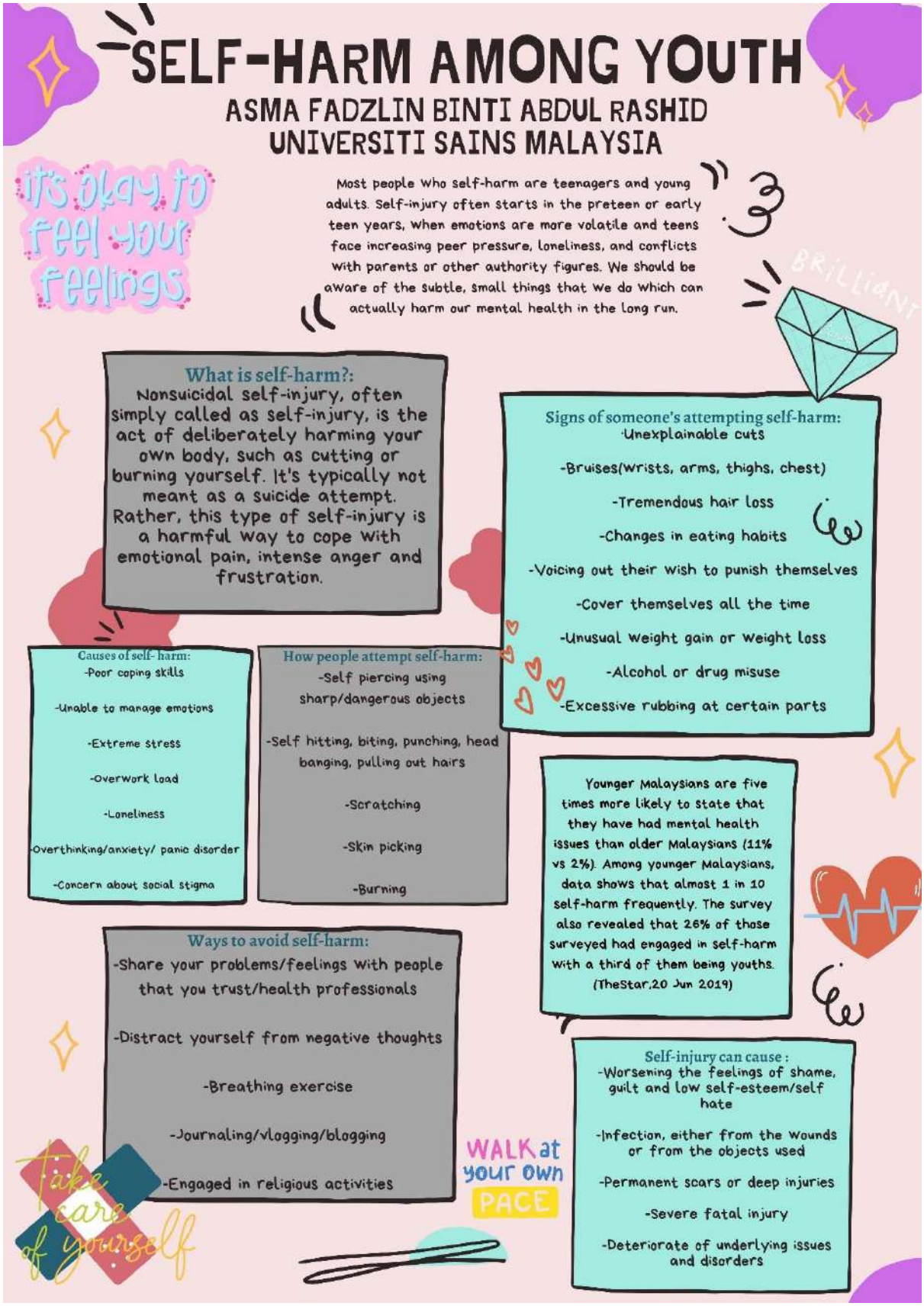
144. Depression among adolescents

Arineshwaree



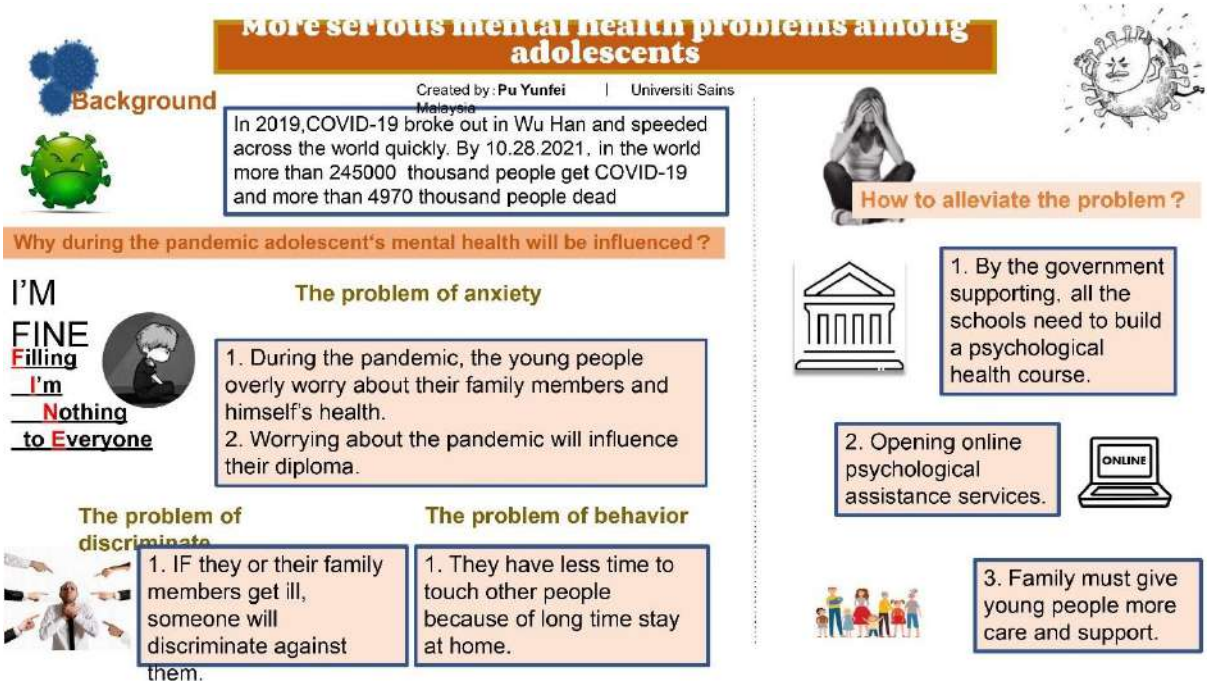
145. Self-harm among youth

sma Fadzlin Abdul Rashid



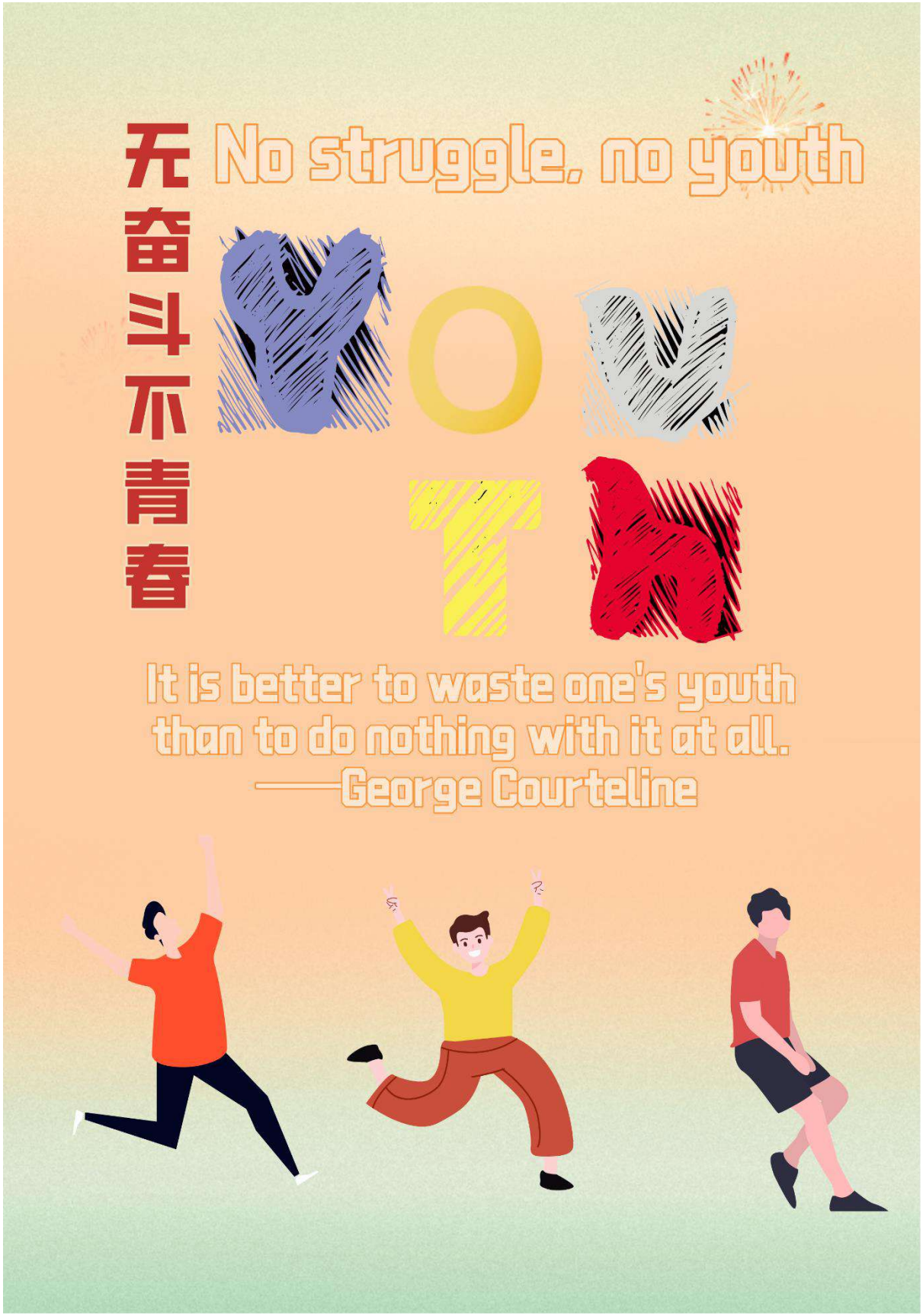
146. More serious mental health problems among adolescents

Pu Yun Fei

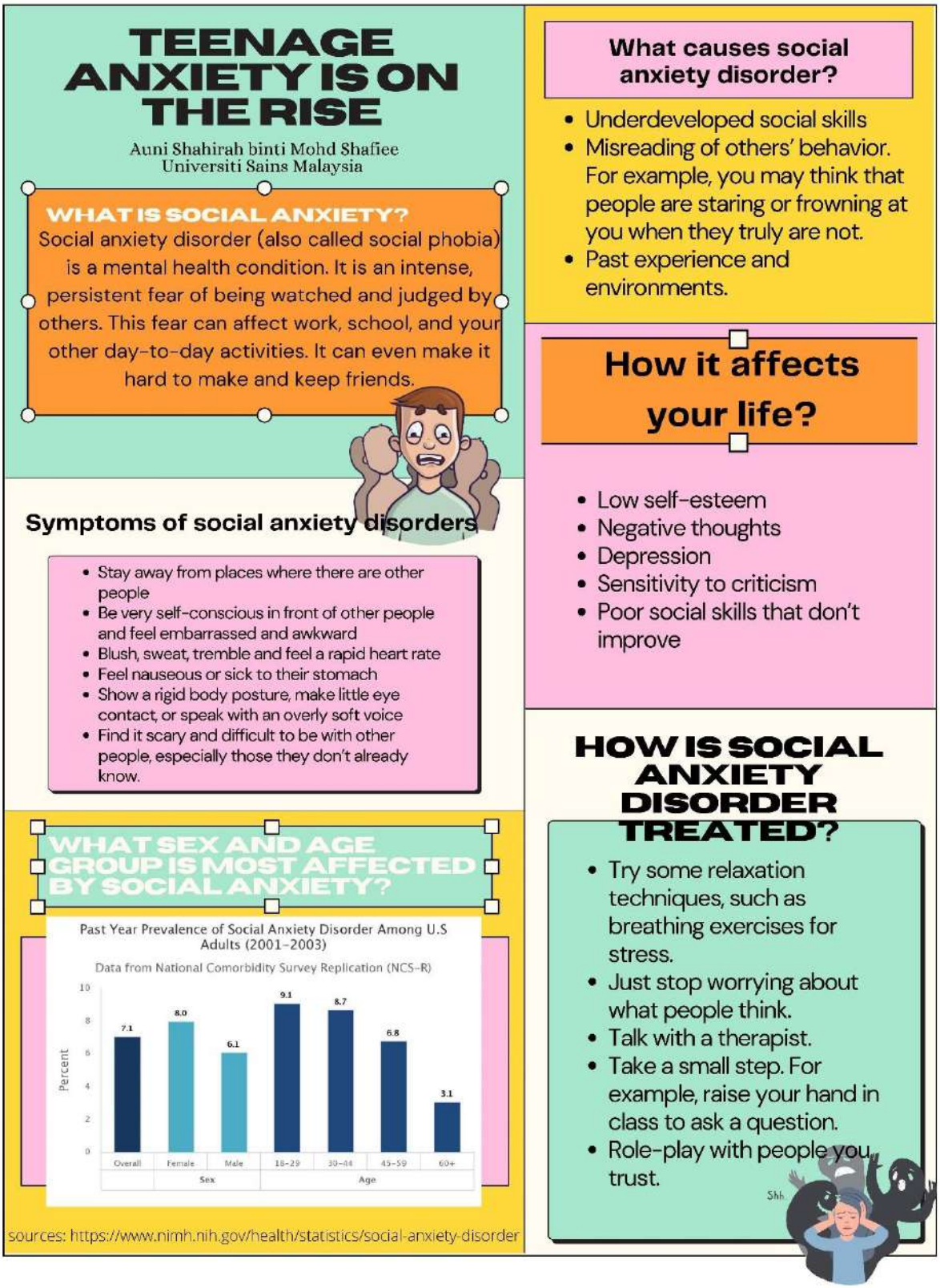


147. No struggle, no youth

孙伟东



148. Teenage anxiety is on the rise.
Auni Shahirah Mohd Shafiee



149. Significant Financial literature in Indonesia

Awang Rajaprakoso Purnomo

Significant Financial literature in Indonesia

UNIVERSITI SAINS MALAYSIA

1 Abstract

Many people still did not aware of finance literature, they think it is not important because they already have stable job and only save the money in the bank, even though the financial literature can help grow the assets and avoid unclear instrument activities. Indonesia already have good significant for financial literature, it is provided by research in 2013 by OJK (Otoritas Jasa keuangan).

2 Background

the Level of financial literacy of the Indonesian population

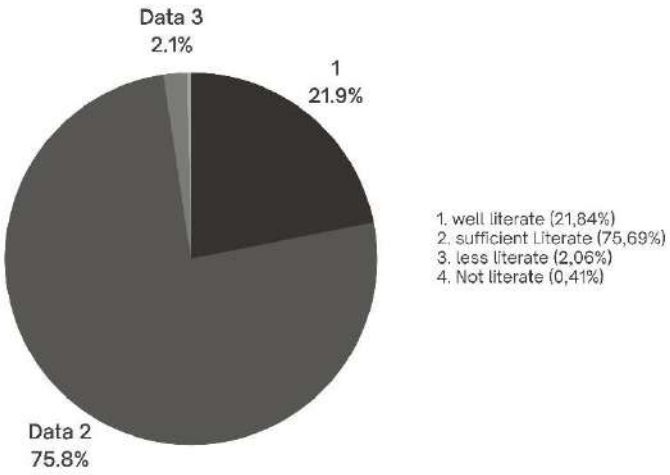
1. well literate (21,84%)
2. sufficient Literate (75,69%)
3. less literate (2,06%)
4. Not literate (0,41%)

3 Result

So from the research we knew that Indonesian people already aware with financial literature, it is provide by the sufficient literate people has higher percentage and the not literate people is under 1%

3 Conclusion

Financial literacy is important for the community in order to improve the literacy of someone who was previously less literate or illiterate in order for them to become well literate. Furthermore, it has the potential to increase the number of people who use financial products and services. Where the general public can select and use appropriate financial products and services. The general public can also correctly understand the benefits and risks of financial management in order to avoid unclear instrument activities.



Awang Rajaprakoso Purnomo | University Sains Malaysia

Reference : https://feb.unmul.ac.id/detail-berita-web-pentingnya-literasi-keuangan-bagi-mahasiswa-dan-masyarakat-hmjakuntansi.html

150. Mental health self-care for children & teens during covid-19 pandemic
Muhammad Shafiq Rafizie Rosmawadi

MENTAL HEALTH SELF CARE FOR CHILDREN & TEENS DURING COVID-19 PANDEMIC

BY : MUHAMMAD SHAFIQ RAFIZIE BIN ROSMAWADI (USM)

1. STRESS IN TEENS

Children and teens can experience a wide range of strong emotions. Pay attention to some of the following signs:

- Excessive crying or irritation in younger children
- Returning to behaviours they have outgrown
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and acting out behaviours in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities they normally enjoy
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

2. SUPPORT YOU TEENS

support them are:

Talk With Your Child/Teen
Help them understand what it is, what they should be doing and answer any questions they have.

Be a Role Model
Your children and teens will follow your example. Set good habits such as taking breaks, get plenty of sleep & exercise and eat well.

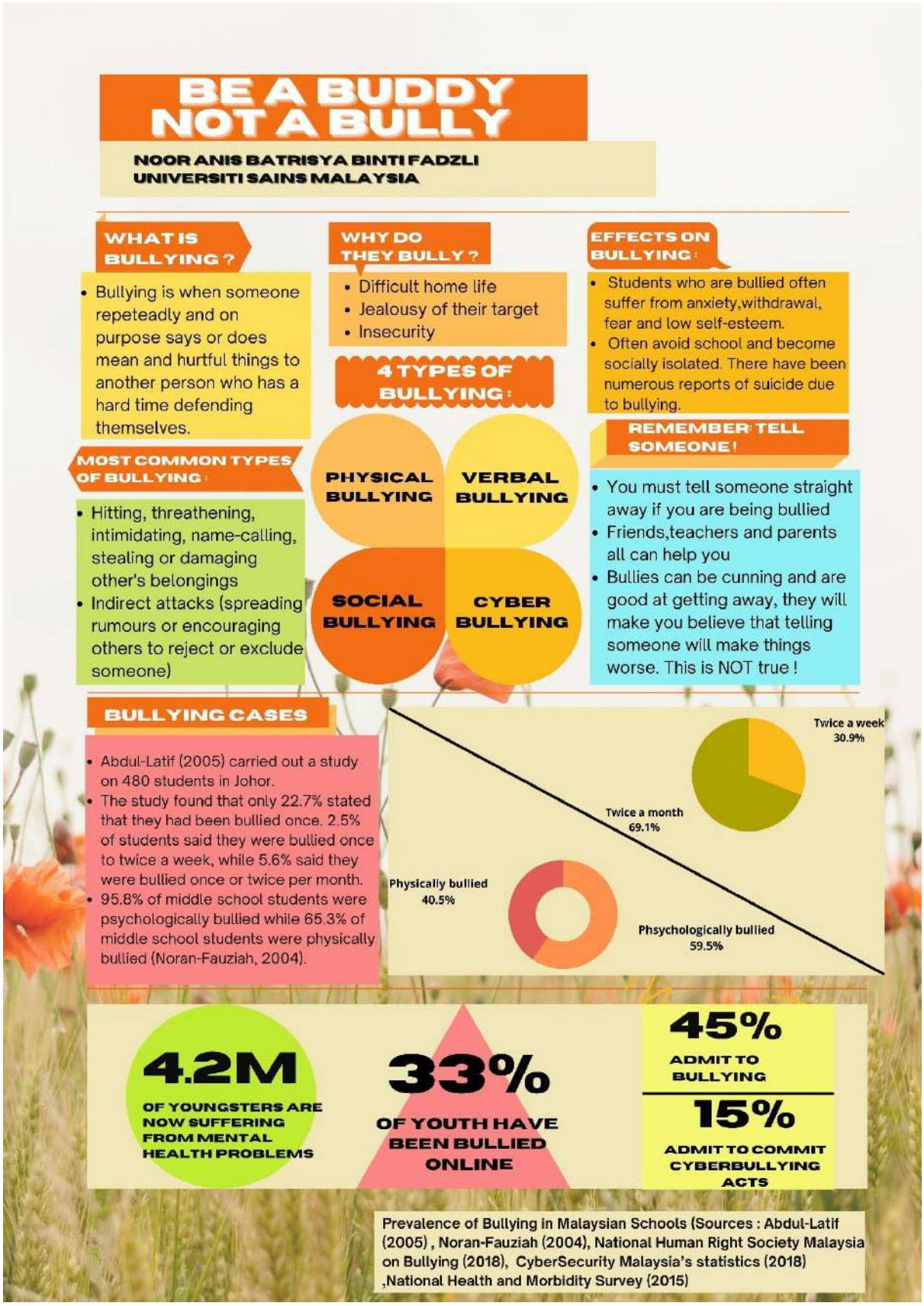
Reassure Your Child/Teen is Safe
Let them know it's okay to be worried or afriad. Share how you deal with your own stress so they can copy with the situation.

Connect with Family & Friends
Try to connect your child and teen to family and friends they can't see in person. Video calling is a great way to do this.

3. SELFCARE FOR TEENS

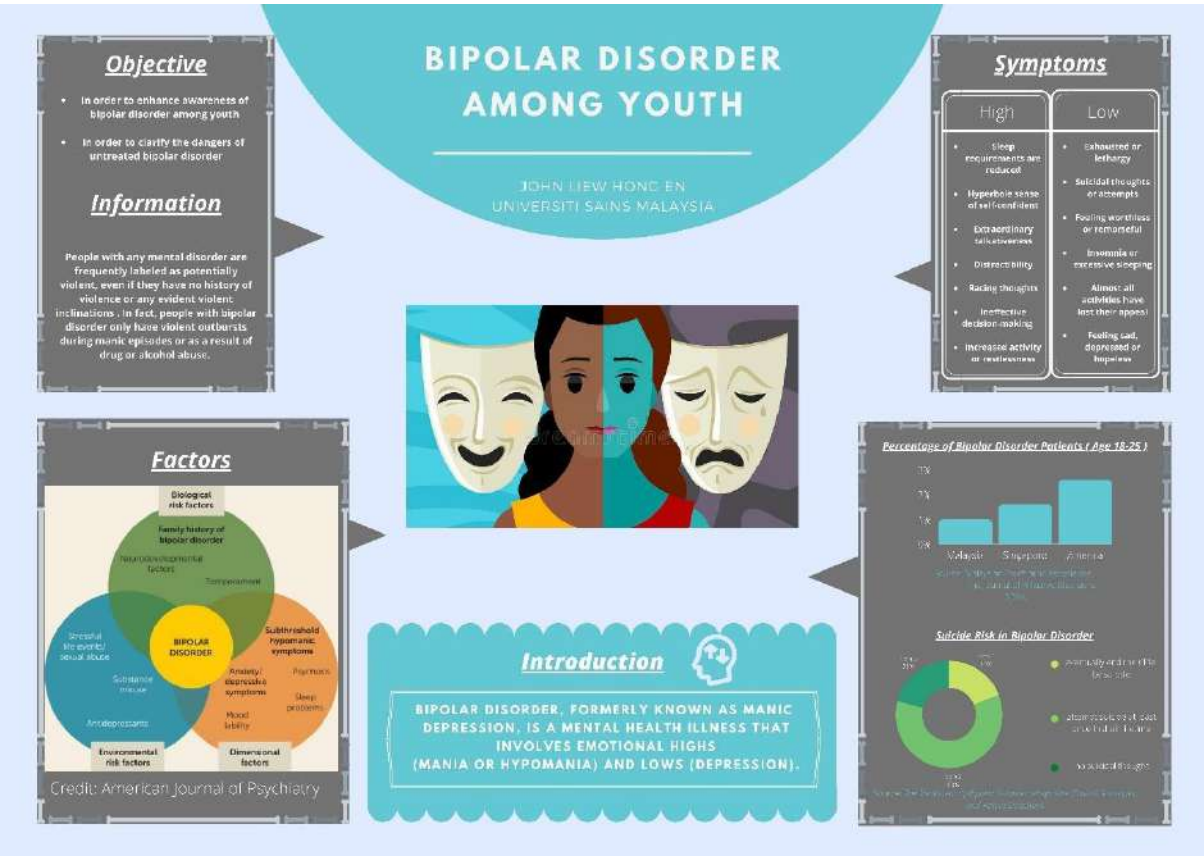


151. Be a buddy not a bully.
Noor Anis Batrisya Fadzli

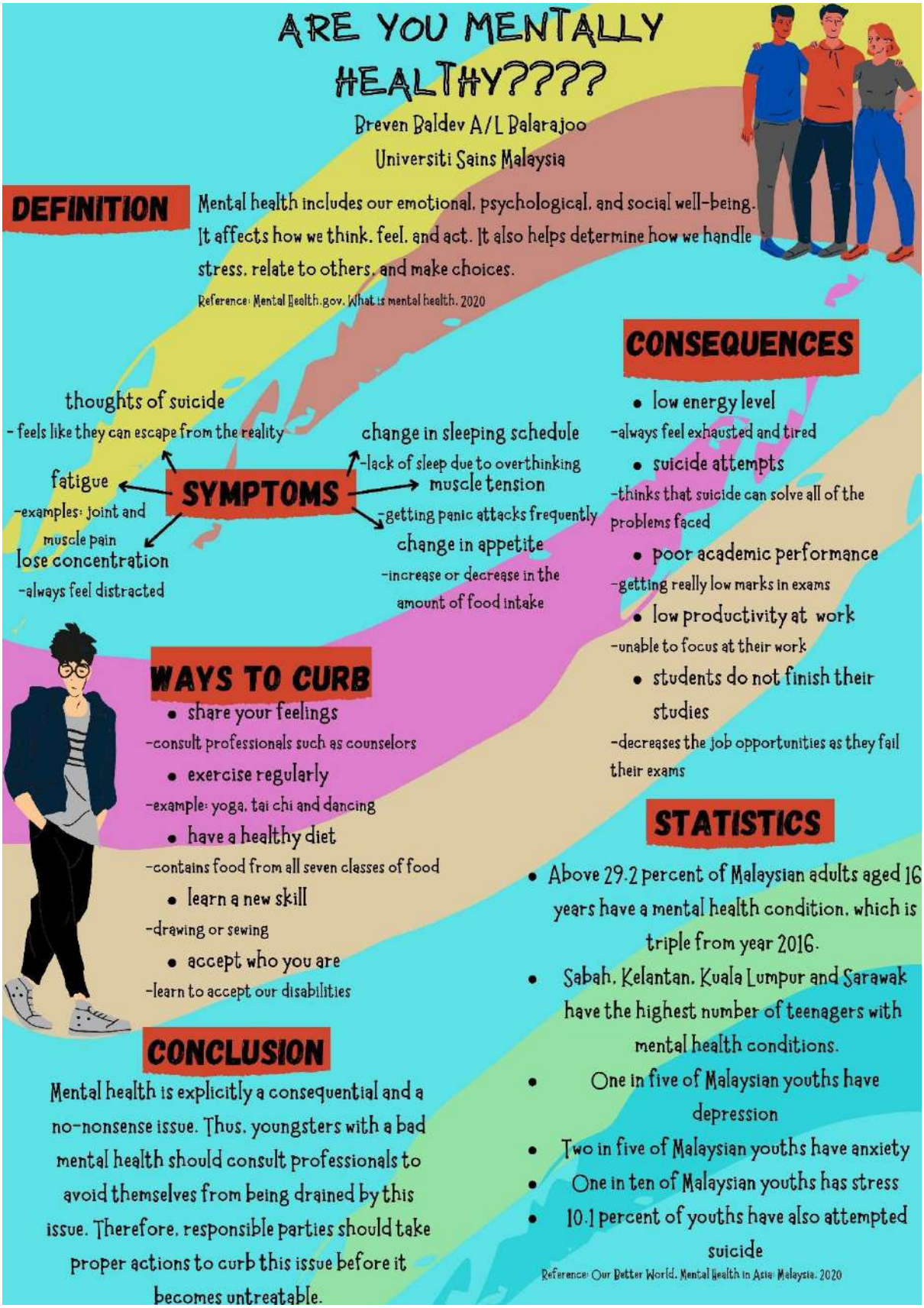


152. Bipolar disorder among youth

John Liew Hong En

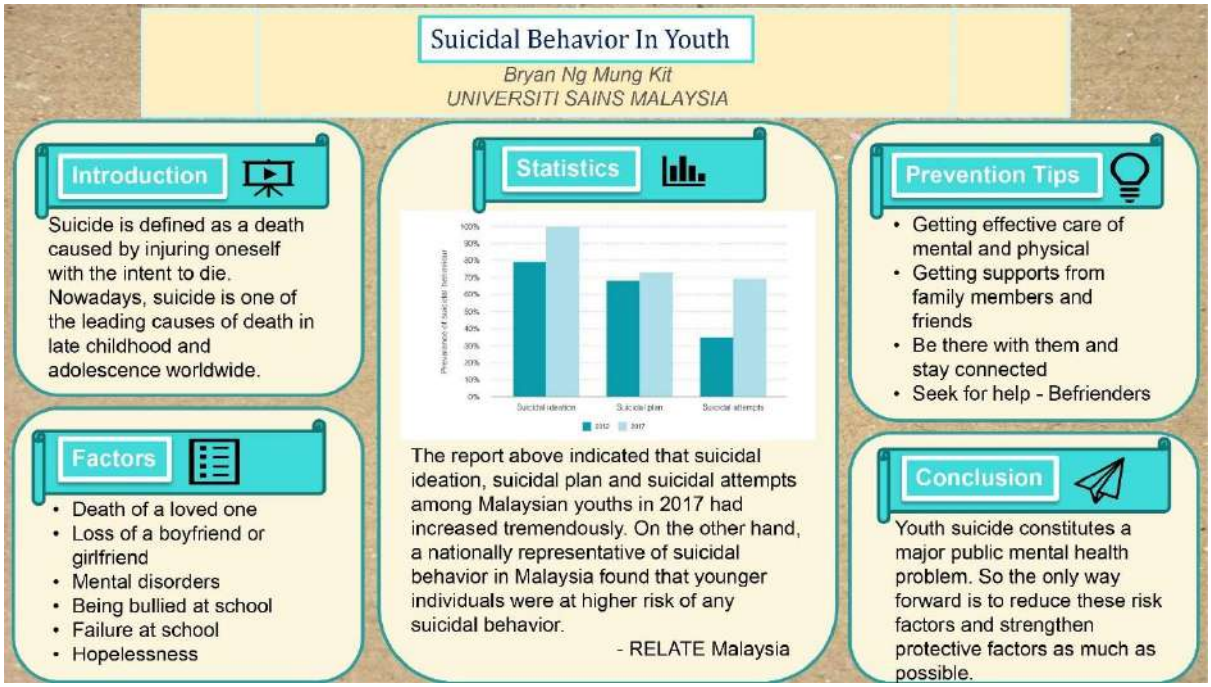


153. Are you mentally healthy????
Breven Baldev A/L Balarajoo

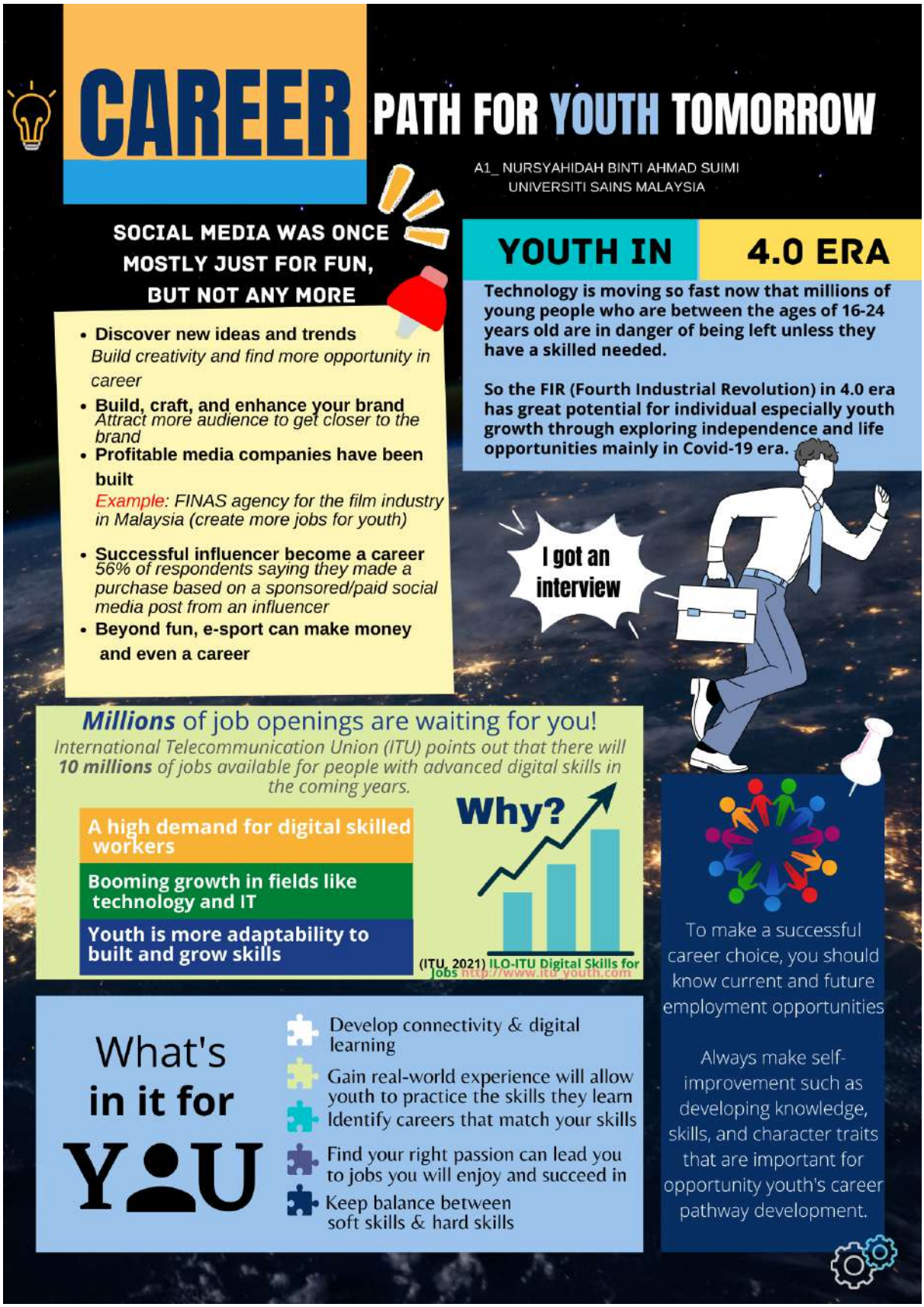


154. Suicidal Behavior in youth

Bryan Ng Mung Kit

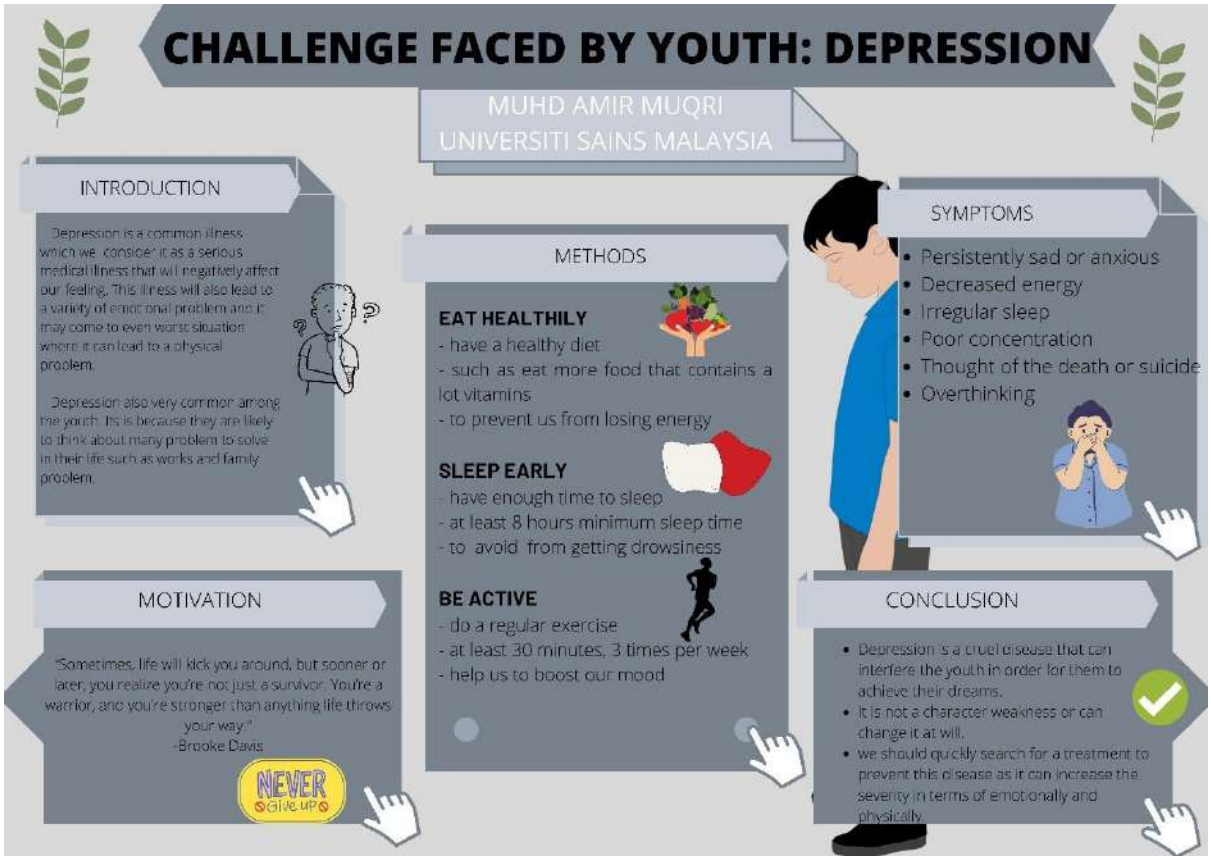


155. Career path for youth tomorrow
Nursyahidah Ahmad Suimi



156. Challenge faced by youth: depression.

Muhd Amir Muqri



157. Challenges faced by youth.

Tuan Nor Atirah Tuan Hassan

CHALLENGES FACED BY YOUTH

SUCH AS DEPRESSION, BULLYING, SELF HARM, TEEN PREGNANCY, SUICIDAL, ETC.

TUAN NOR ATIRAH BINTI TUAN HASSAN

Diploma in Pharmacy MiCosT, Faculty of Health Sciences

Melaka International College of Sciences and Technology (MiCoST)

tuan.nor.atirah27@gmail.com

ABSTRACT

The purpose of this study is to investigate the challenges faced by youth in Malaysian. They must face a lot of problems during this period of life such as depression, bullying, self-harm, teen pregnancy, suicide and many else. These problems can occur for a variety of reasons that negatively impact their self-esteem such as parental death, lack of self-confidence, academic problems or having been the victim in physical, mental, and sexual abuse. The previous studies shows that about 1,517 nationwide students were confirmed as orphans cause the death of one parent or both. From this, an assessment results regarding youth's anxiety and depression were examined and showed that 59.8 % of them showed borderline abnormal anxiety or depression including having been the victim in physical, mental, or sexual. Therefore, the relationship between life problems and the challenges faced by youth are investigated. The implementation of psychological interventions for healthcare of youth during his age is strongly recommended

INTRODUCTION

Youth is a bridge between childhood and adulthood. It focuses on the mid teenage years and the early adulthood stages of a person's life. Youth is a time of great changes including physical, emotional, intellectual and social. Many of youth have a rebellious soul at such an age. They are also prone to behavioral problems that are influenced by their emotions.

PROBLEMS FACED BY YOUTH

A lot of pressure on youth to succeed at everything they do. This immense pressure can lead to problems. Small problem such as academic problem can be a big problems like case bullying, juvenile delinquency, depression and suicide, or parents problem.



KEY TO SUCCESS

- Always been fascinated or absorbed by dream
- Be creative, energetic and active
- Share ideas openly
- Accept new things
- Dreams about better world without evil & hatred



HOW TO OVERCOME

As a youth, stay active can help keep us focused on positive things. We need to have realistic expectations to help us grow and become more flexible and avoid mental problems. Besides, learn about depression can reminds us that we are not struggling alone in this problem.

REFERENCES

Susan Dorling. (n.d.). Top 15 Issues Facing Our Youth Today. Retrieved October 14, 2021 from thepopularlist.com/issues-facing-our-youth-today/

Raushan Zhubanova. (2019). The Top 10 Issues Facing Youth Today. Retrieved October 14, 2021 from https://freeteensyouth.org/the-top-10-issues-facing-youth-today/



158. Challenges facing youth self-harm behavior among teenagers in Bandung.
Khalifa Divianti & Nadia Aryani Putri & Nadia Hendrika Putri

CHALLENGES FACING YOUTH SELF-HARM BEHAVIOR AMONG TEENAGERS IN BANDUNG

KHALIFA DIVIANTI, NADIA ARYANI PUTRI, NADIA HENDRIKA PUTRI



BACKGROUND

In recent years, self-harm behavior is increasing among adolescents, the most common self-harm is injuring the arm by using a sharp object. This self-harm behavior is used as a way to overcome the problem of the perpetrator. Self-Harm or Self-Injury is a serious and growing problem, especially among young people. Self-Harm is defined as an action taken by someone to intentionally injure certain body parts.

OBJECTIVES

The main purpose of this research is to find out the description of self-harm behavior, namely the form of behavior, the causative factors, and how to prevent self-harm perpetrators.

RESEARCH METHOD

The research method we use is a qualitative method, with a case study approach through interviews with three teenagers who are known to have committed self-harm in the city of Bandung.



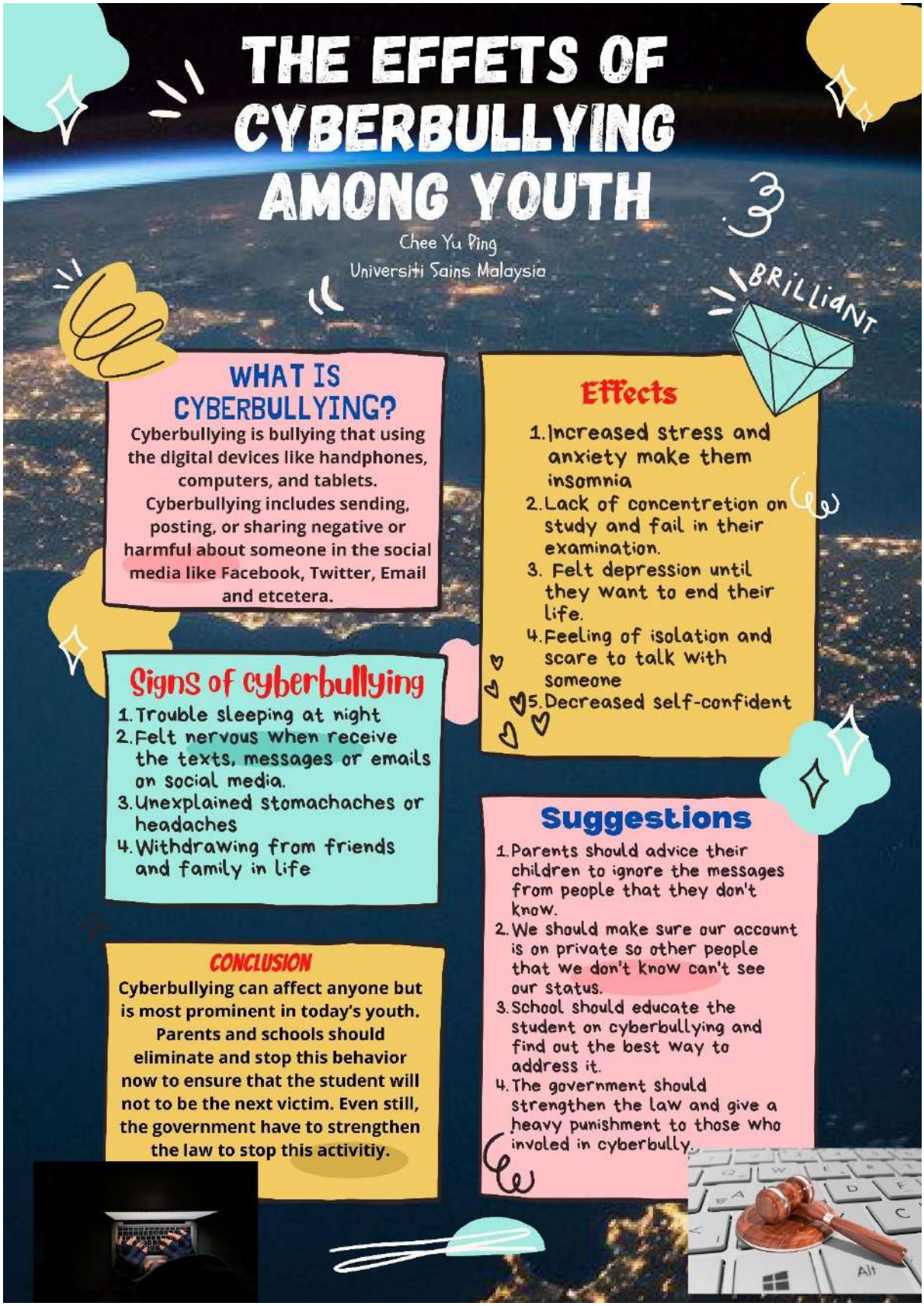
RESULTS AND RECOMMENDATIONS

Based on interviews with three teenagers who have done self-harm in Bandung, they stated that self-harm is a person's way of expressing emotions by hurting oneself intentionally and consciously. The causes of the three interviewees doing self-harm are varied, from family factors, excessive emotions that are difficult to control, and a closed/introverted attitude attached to themselves and the perpetrator. The self-harm form that they do is to hurt the hand using a sharp object such as a ruler, needles, or nails, biting the hand up to trace, punching the wall, and grabbing the hair. In other words, self-harm is seen as a way for them to channel their negative emotions, By doing it they tend to feel more relieved.

CONCLUSION

Based on the results of the discussion, it was found that the forms of self-harm carried out were injuring hands, punching walls, and forcibly pulling hair. The factors that cause adolescents to take self-harm actions are family factors, emotions that are difficult to control, and a closed attitude in problems. The way to prevent and recover from self-harm behavior is to get closer to the social environment, do positive activities, and consult a psychiatrist

159. The effects of cyberbullying among youth
Chee Yu Ping



160. Health and safety of young people
Chen Boxi



161. Youth unemployment: A long term issue in Malaysia

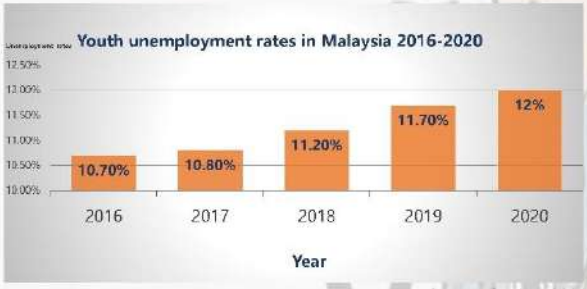
Chen Li Jun

Youth Unemployment : A Long-term Issue in Malaysia

Chen Li Jun
Universiti Sains Malaysia

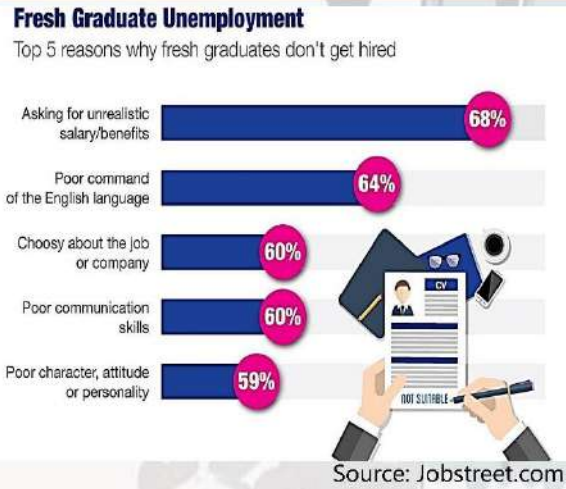
Introduction

- **Youth unemployment** remains a significant problem, with double-digit rates even during periods of full employment in the economy.
- **Unemployment** refers to a situation when a person who is actively searching for employment is unable to find work.
- Curtain (2001) defined **youth** as an economic and social concept referring to a separate stage in the lifecycle between childhood & adulthood.
- The unemployment rate, which is the number of unemployed people divided by the number of people in the labour force, is the most frequently used measure of unemployment.



Source: Statista 2021

Why Are They Unemployed?



Source: Jobstreet.com

Solutions



Change of Attitude

Attitude
Changes
Everything

Learning New Skills.

to make themselves more marketable and equip themselves with multiple skills



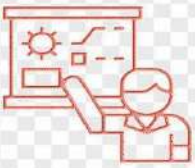


Skills matching

Collaborations between private sector, government and education systems are required.

Education and training programmes

Initiatives or extracurricular activities , etc Web Development Training Programme by PYDC



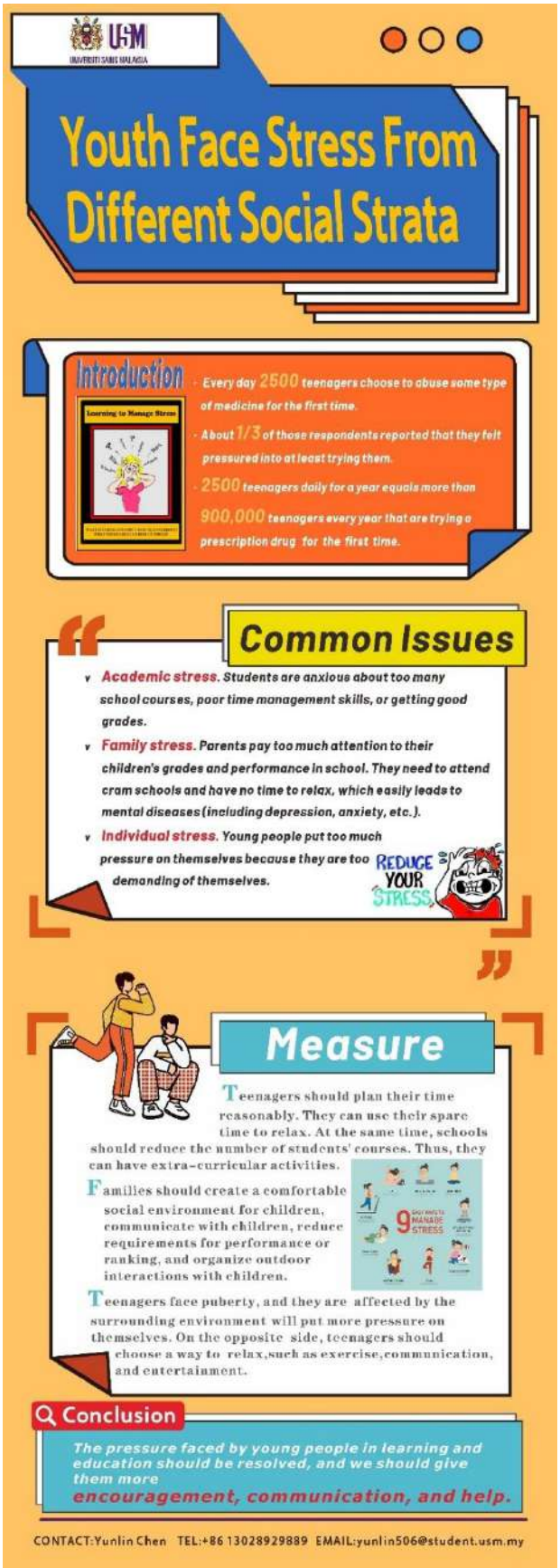
Conclusion

- Despite strategies to balance labour supply and demand, youth unemployment has occurred in the Malaysian labour market over the years.

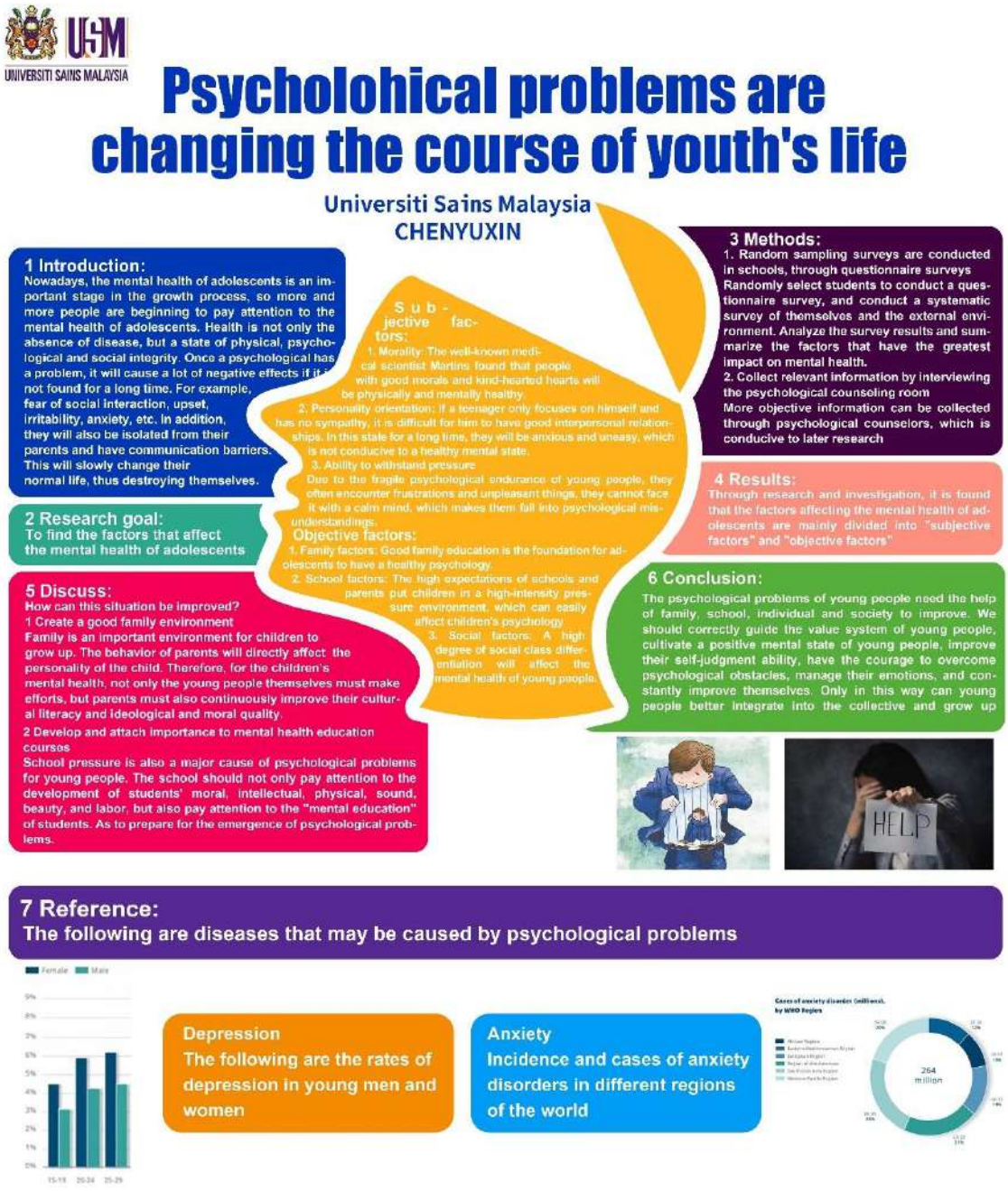


162. Youth face stress from different social strata

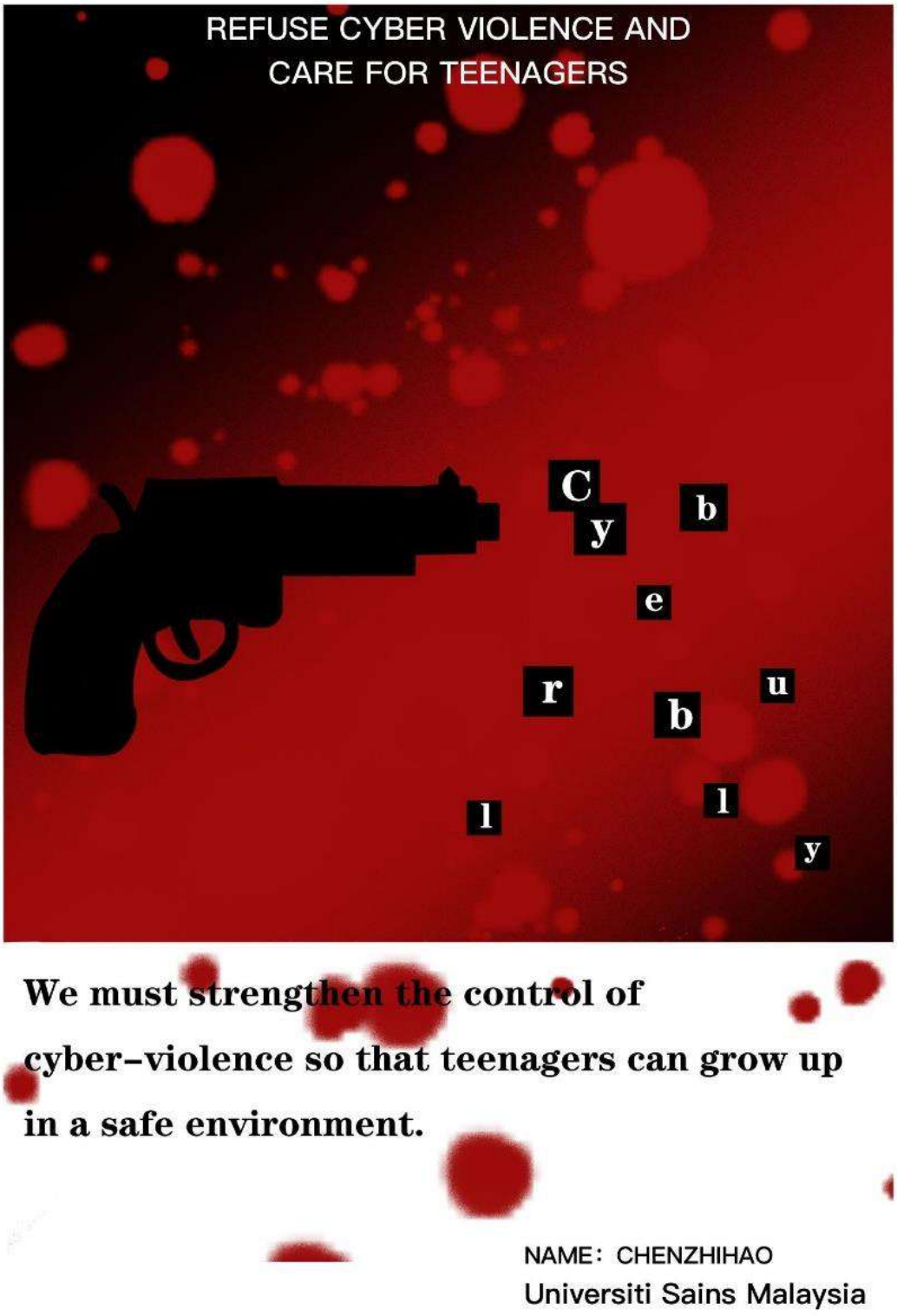
Chen Yun Lin



163. Psychological problems are changing the course of youth's life.
Chen Yu Xin



164. Refuse cyber violence and care for teenagers.
Chen Zhi Hao



165. Youth enemy – depression

Chong Ming Hui



YOUTH ENEMY- DEPRESSION

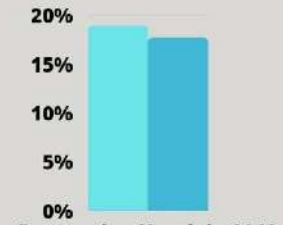
There was always have better ways to deal with youth enemy-DEPRESSION

Universiti Sains Malaysia
Chong Ming Hui

According to the Ministry of Health, one out of every five youths is depressed in 2019.

MALE : 18.9%
FEMALE:17.7%

- Depression in youth is a mental health issue that creates a continuous sense of sadness and a loss of interest in activities. It has an impact on how youth thinks, feels, and acts, and it can lead to emotional, functional, and physical issues.
- It is a significant threat to youth, but depression may be overcome if they fully comprehend it.
- For instance, youth need to understand depression's symptoms or emotional changes.



Depression Youth in 2019



Symptoms & Emotional Changes

There are various symptoms and emotional changes that can be observed on depression's victims, namely:

1. Uncontrollable sadness
2. Provoked easily
3. Have a hopeless feeling
4. Feelings of worthlessness
5. Tiredness and decrease in energy
6. Insomnia (Chronic sleeplessness)
7. Self-harm (Ex: cutting)



What are Some of The Most Common Causes of Youth's Depression?

It has many variables contribute to the development or onset of youth depression, including:

- Academic pressure
  - ~Youth possibly influenced by a large number of assignments and a greater academic goal.
- Hormones changes
  - ~Changes in body's hormone balance may have a role in the development or onset of depression.
- Obesity problem
  - ~Obese youth are constantly self-conscious about their physical appearance. It could have a negative impact on one's self-esteem.



Prevention is Better than Cure

There are certain preventative measures that may be taken to deal with youth depression, such as:

- Confiding in friends or family about your worries
  - ~ Two heads are better than one.
  - ~ Youth can enlist their assistance in resolving your concerns jointly.
- Fitness consistently
  - ~ Try to discover your favourite exercise activities, and work out regularly.
  - ~ It can relax your mind and relieve your pressure.
- Seek the advice of a psychologist
  - ~ Youth should get treatment at the earliest sign of depression.
  - ~ It can help to keep depression from getting worse.





In other words, youth enemy - DEPRESSION may be vanquished if youth comprehend it. Heaven will always leave a door open.

166. Cyberbullying among youth

Chong Yee



Cyberbullying Among Youth

Chong Yee

Universiti Sains Malaysia

Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones.

Top Reasons for Cyberbullying Among Youth

- Appearance
- Interest and hobbies
- Good academic performance
- Household income
- Poor academic performance
- Family issues made public
- Perceived masculinity or femininity



The Effects of Cyberbullying

- Mentally — feeling upset, embarrassed, stupid, even angry
- Emotionally — feeling ashamed or losing interest in the things you love
- Physically — tired (loss of sleep), or experiencing symptoms like stomach aches and headaches

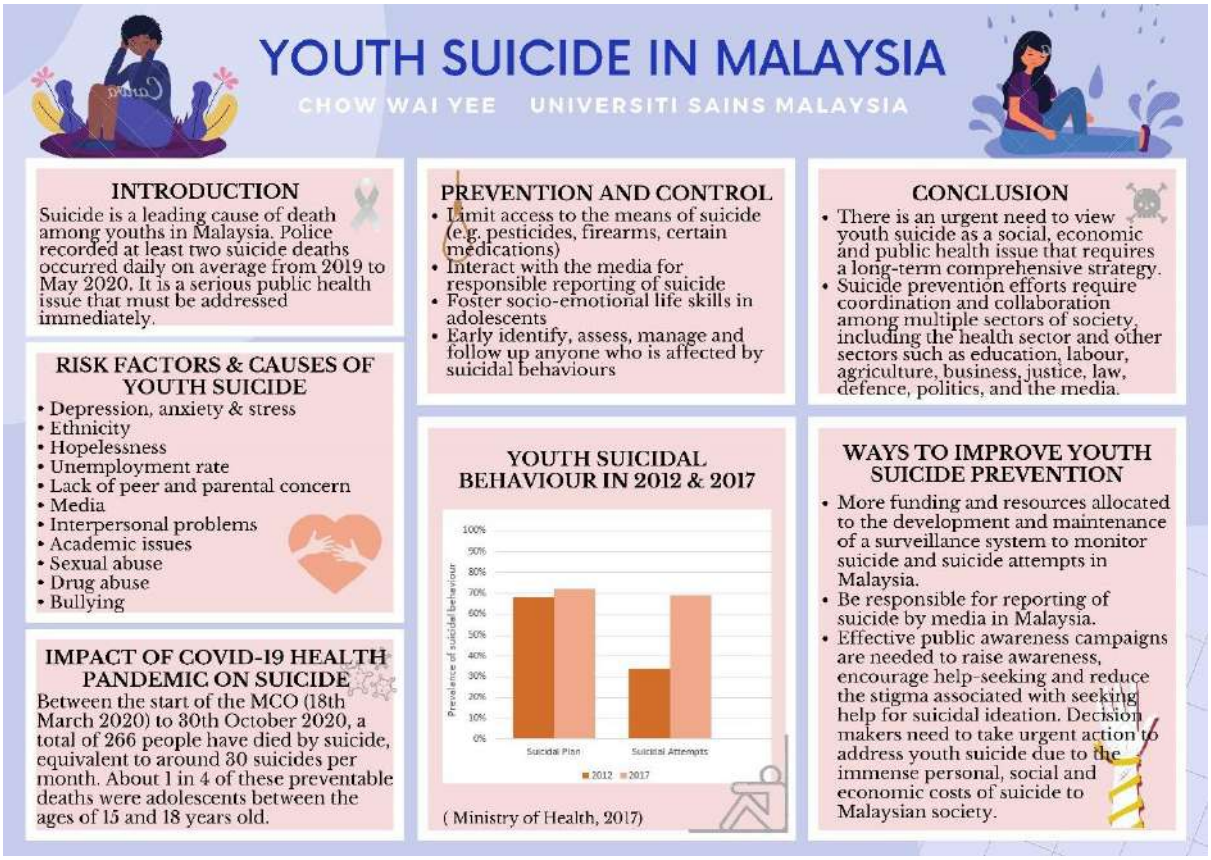
Reference:

https://www.unicef.org/end-violence/how-to-stop-cyberbullying

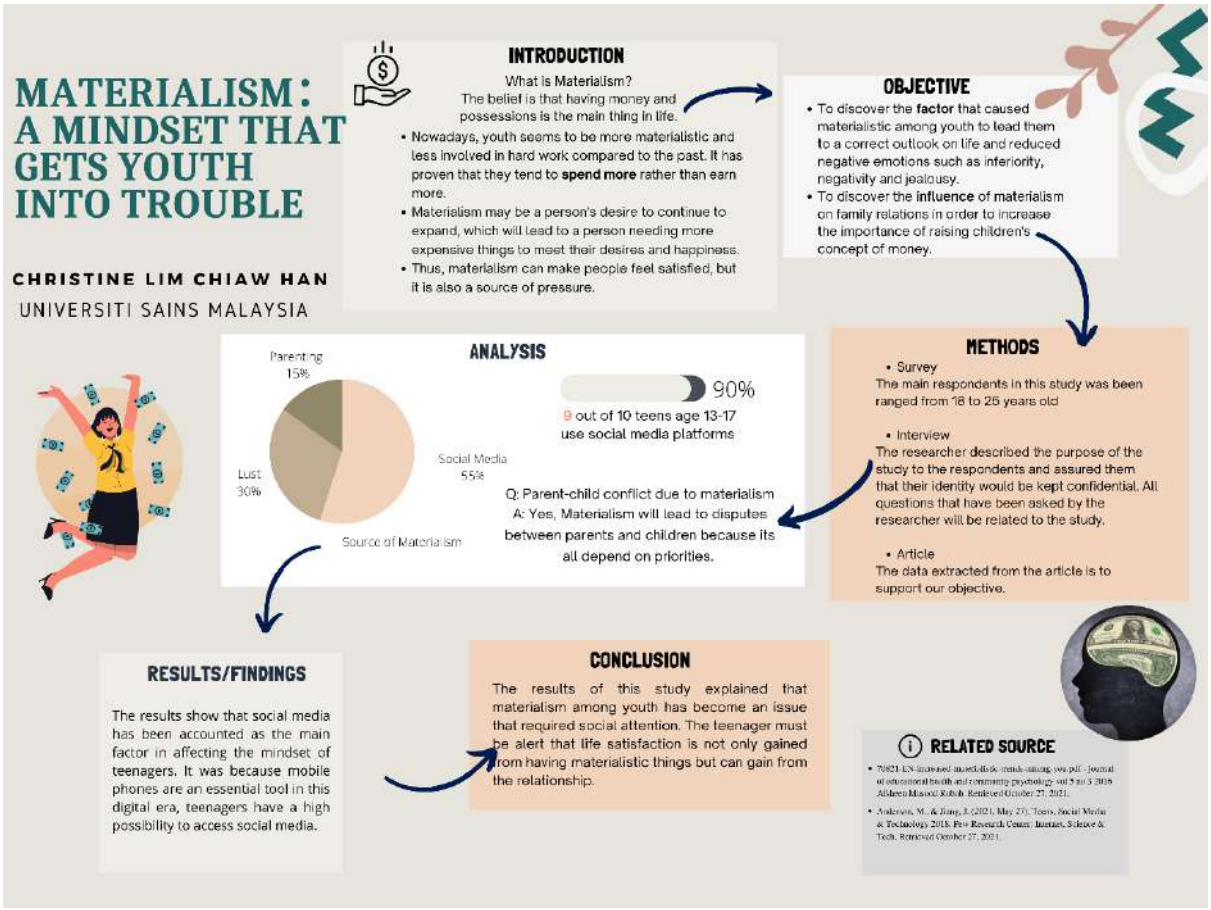
https://comparecamp.com/cyberbullying-statistics/

167. Youth suicide in Malaysia

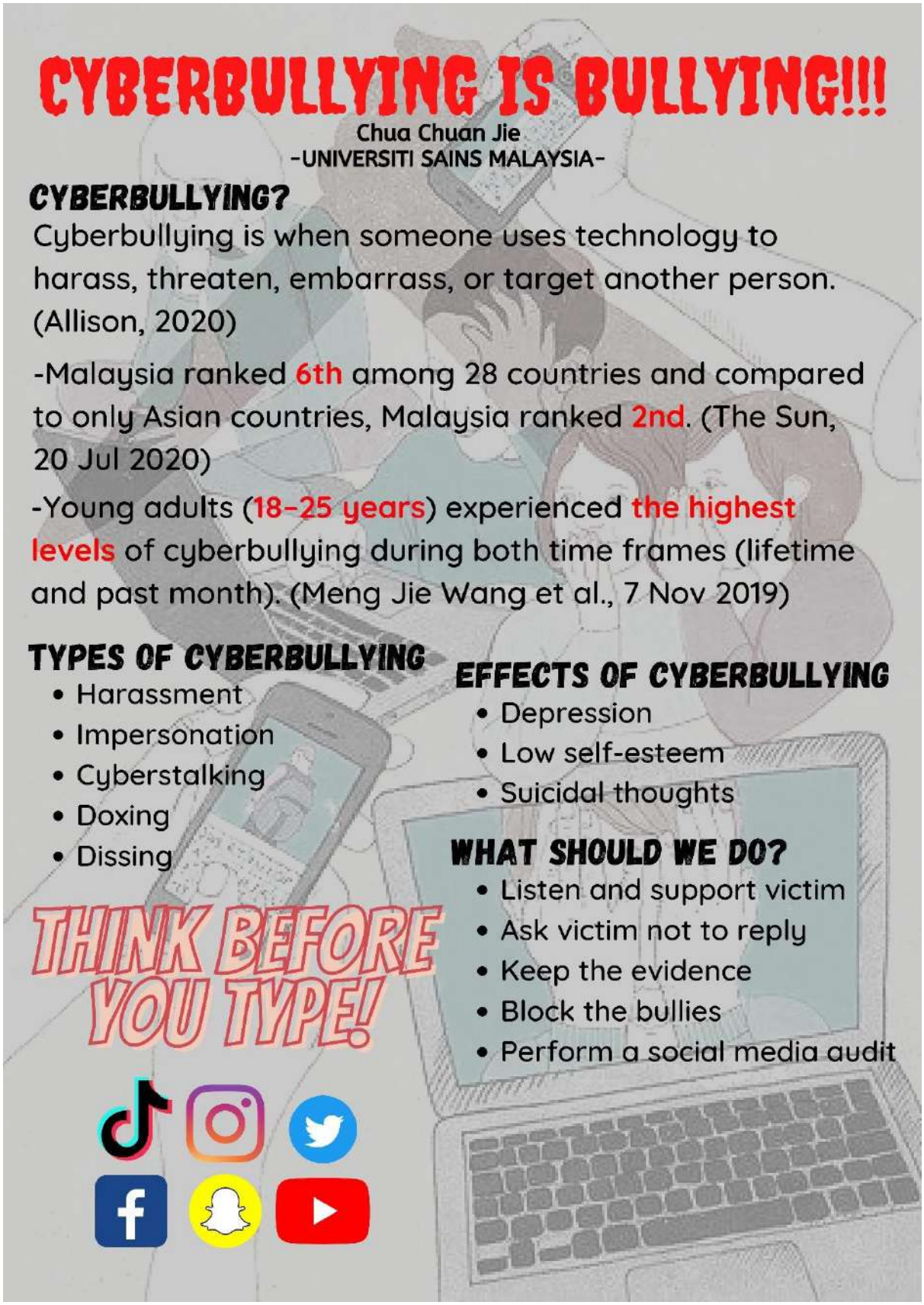
Chow Wai Yee



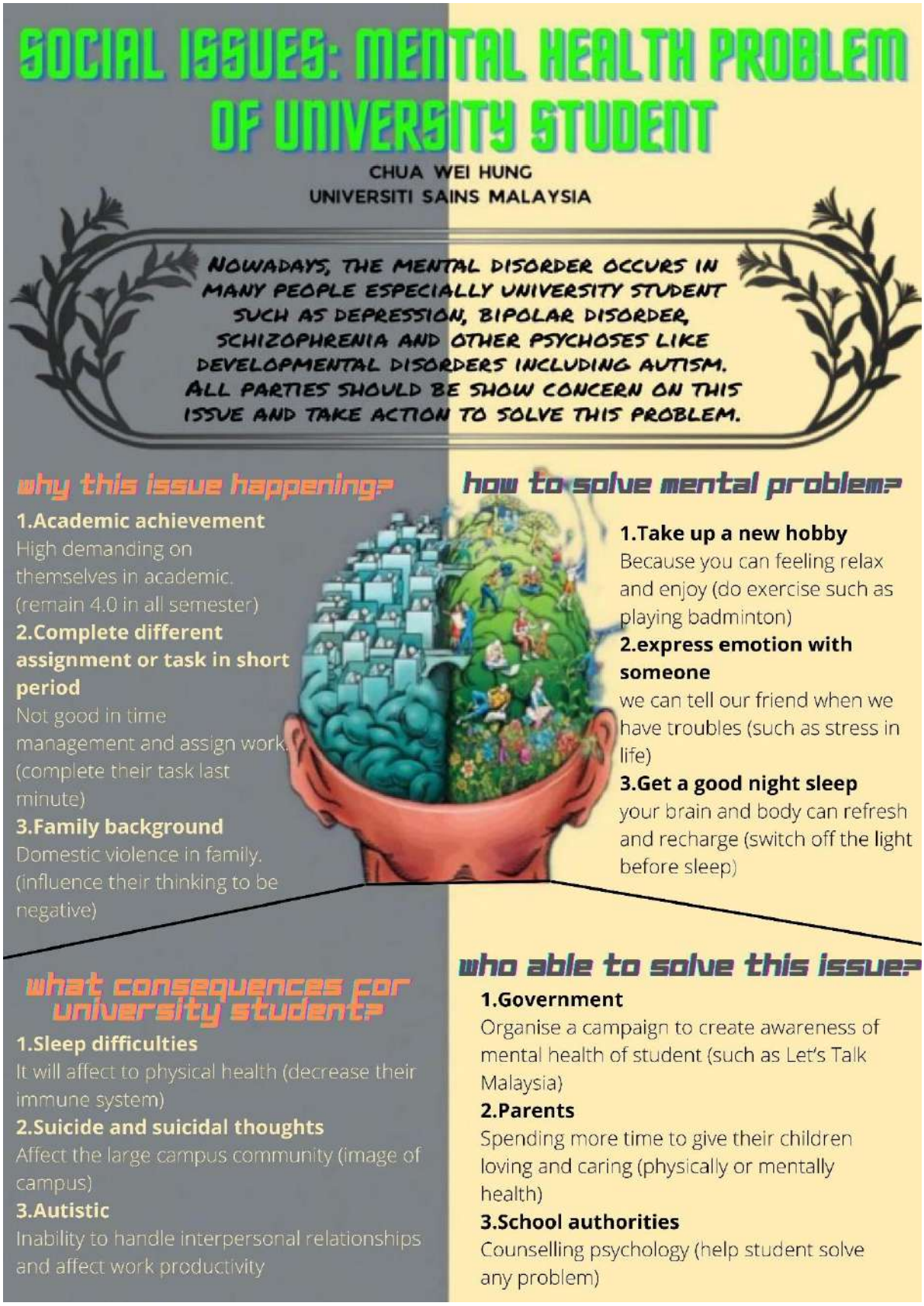
168. Materialism: A mindset that gets youth into trouble
Christine Lim Chiaw Han



169. Cyberbullying is bullying!!!
Chua Chuan Jie



170. Social Issues: Mental Health problem of university student
Chua Wei Hung



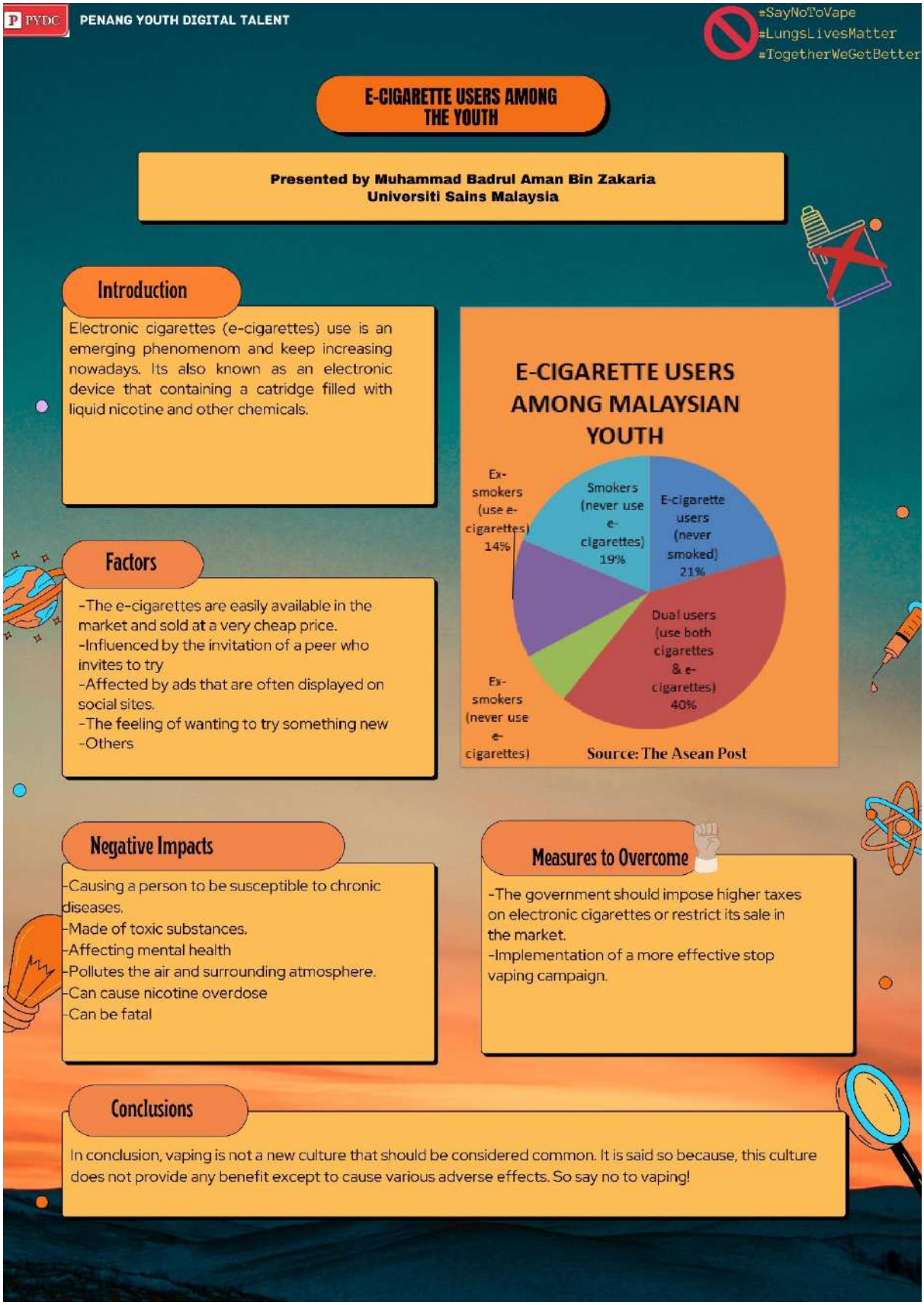
171. Unite against bullying.
Chua Yi Xian



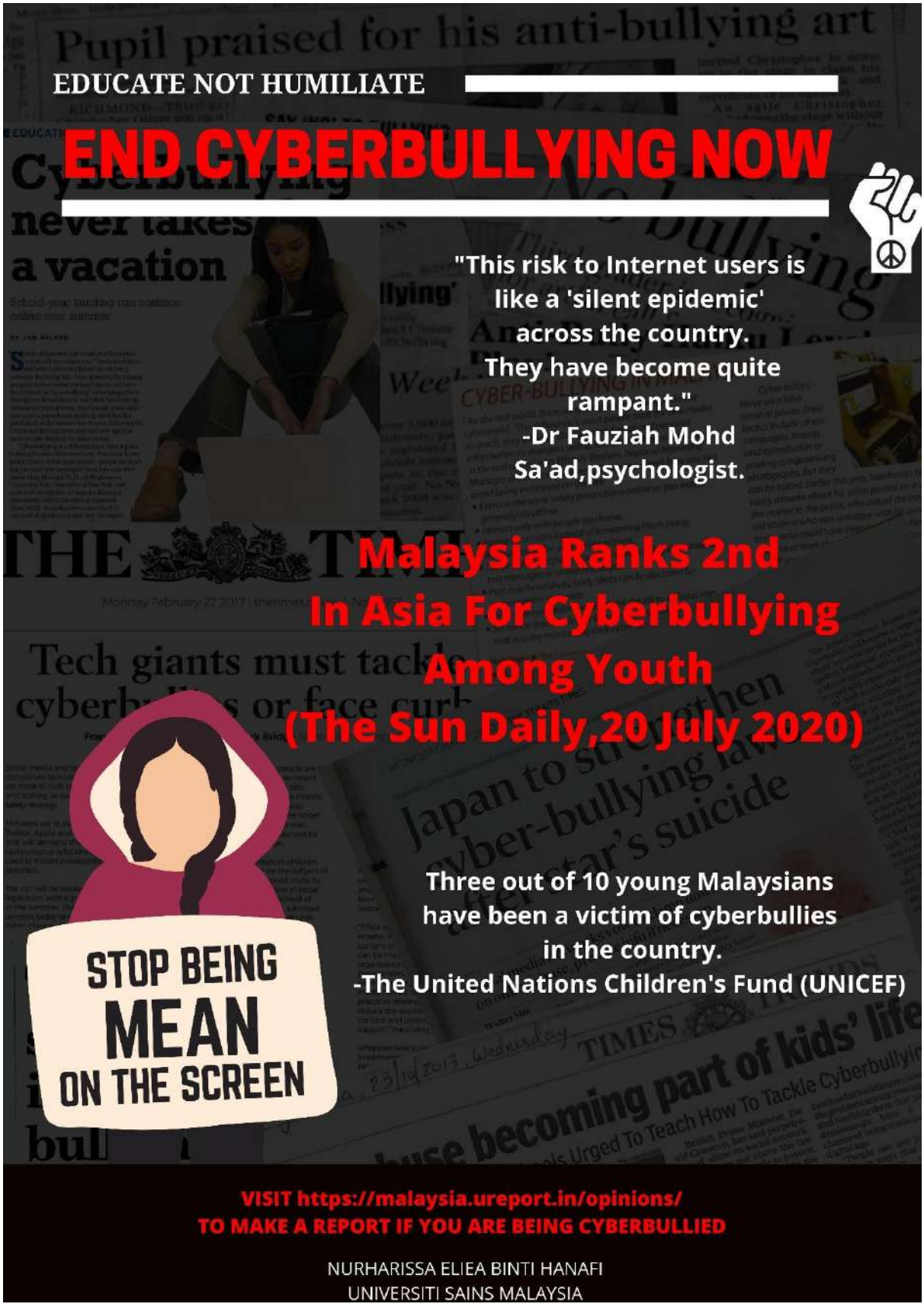
172. Be a buddy not a bully.
Chuah Yi Chian



173. E-Cigarette users among the youth
Badrul Aman

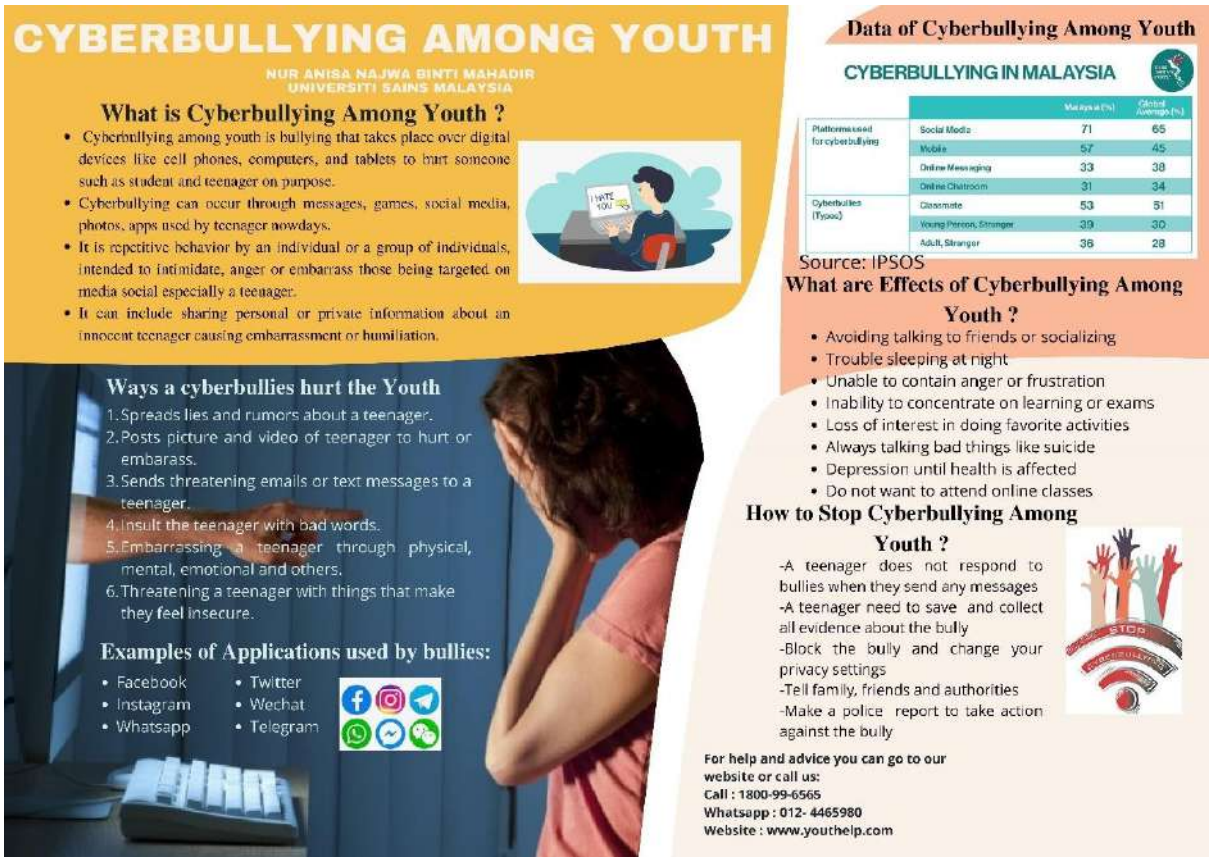


174. End cyberbullying now.
Nurharissa Eliea Hanafi



175. Cyberbullying among youth

Nur Anisa Najwa Mahadir



176. Cyberbullying among youth

Wong Chee Long

CYBERBULLYING AMONG YOUTH

Wong Chee Long
University Science Malaysia



WHAT IS CYBERBULLYING

From the word Cyberbullying. We know that it is related to technology and bullying.

Cyberbullying aka Cyberharassment is a form of bullying using electronics.



HISTORY

In the 1990s, as the internet and personal computer become more and more widely available in consumer market. Incident rate has increased significantly.

In 2007, A 13-year-old girl named Megan Meir commited suicide after her neighbour created a fake Myspace profile with nickname of "Josh Evans" to harass her.



Cyberbullying: Worse than Tradisional Bullying

- Cyberbullying is defenceless and it can spread much more quicker that traditional bullying.
- Cannot escape or hide from Cyberbullying.
- Due to anonymity, cyberbullying has higher chance of occuring for longer period of time.
- Traumatising the victim which lead to depression, anxiety, truancy and more.

Causes

- Anonymity.
- The cyberbully does not saw the effect on victim.
- No worry of punishment.
- Crave for attention.
- Boredomness.
- The cyberbully need to take out frustration in real life.
- The lack of emphaty of the cyberbully.
- Self-loathing.



Solution

- Protect account and devices.
- Use privacy tool and settings.
- Keep personal data private.
- Think before posting.
- Refuse to respond to cyberbully







"The Real Causes of Cyberbullying and How to Prevent It"
https://sosafetymagazine.com/bullying/the-real-causes-of-cyberbullying/

Platform used for Cyberbullying in 2018	Malaysia	Global Average
Social Media	71%	65%
Mobile	57%	45%
Online Messaging	33%	38%
Online Chatroom	31%	34%

It was mind blowing to hear that Malaysia had a higher cyberbullying percentage compare to global average !!!



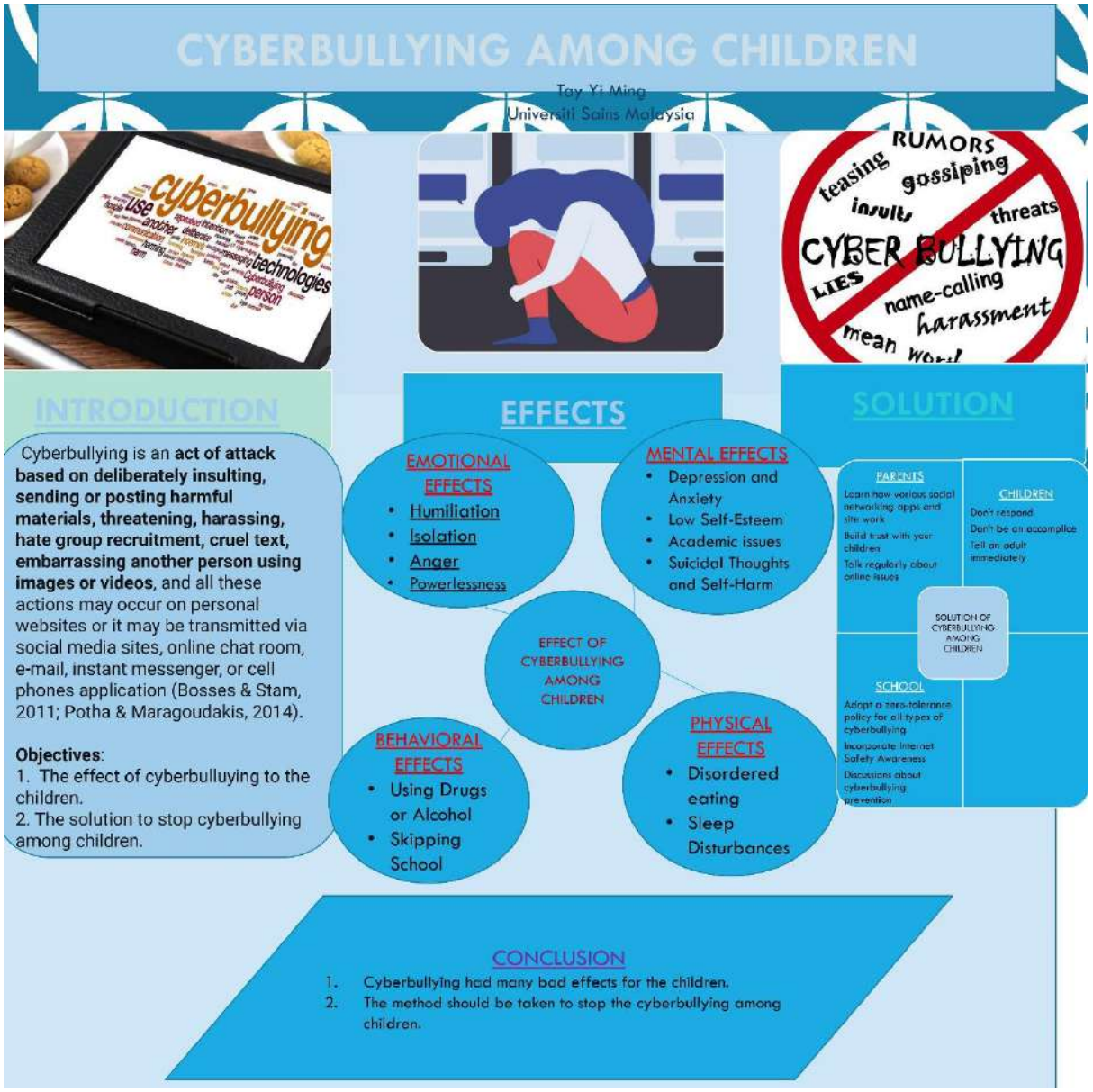
"Does Malaysia Have A Cyberbullying Problem?"
https://thesaintpost.com/articles/does-malaysia-have-cyberbullying-problem

Conclusion

Cyberbullying is a serious issue, and like any form of bullying it can have long-term effects on its victims. Parents, teachers, and children must work together to prevent cyberbullying and to make the internet a safer place for all.

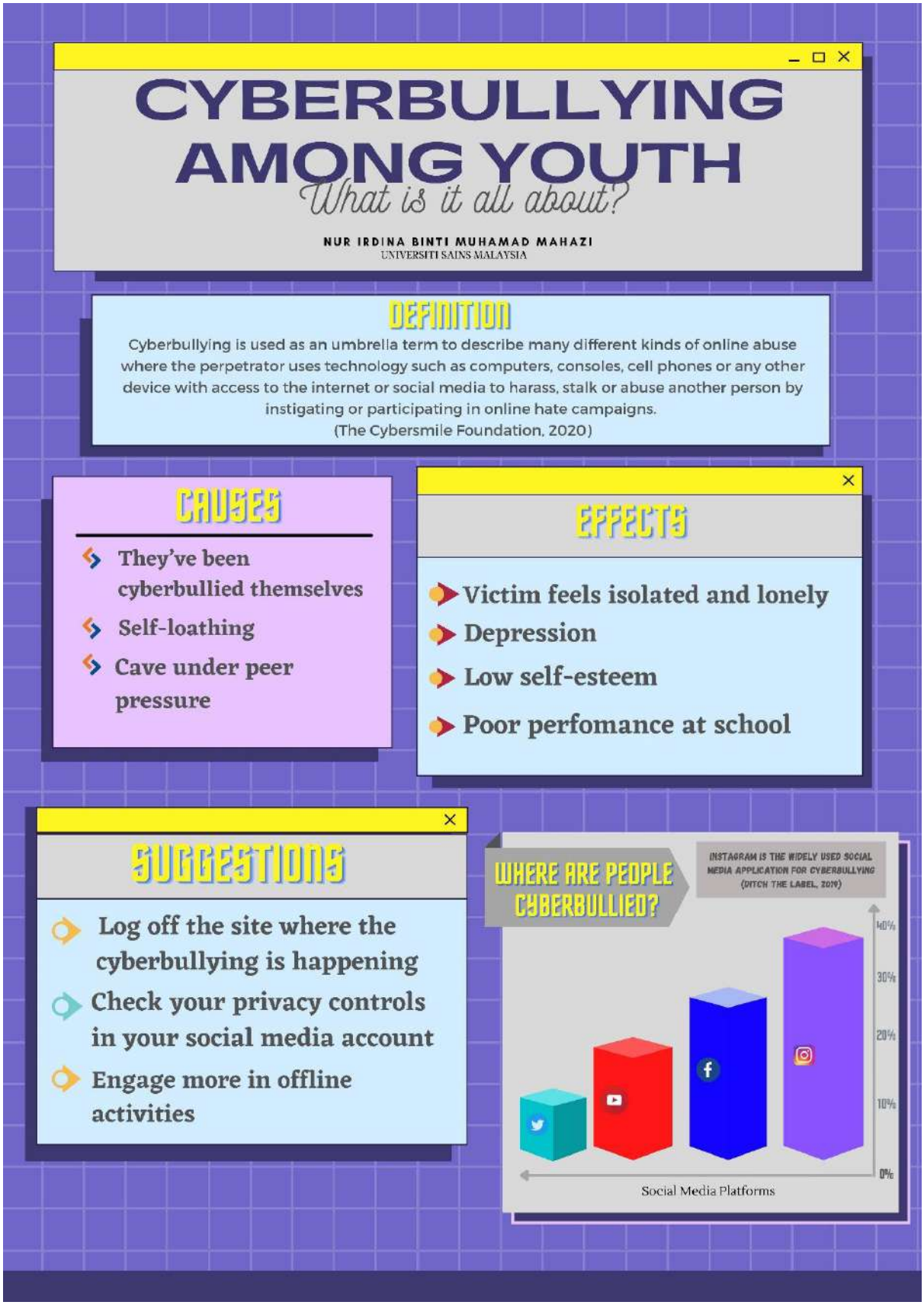
177. Cyberbullying among children

Tay Yi Ming

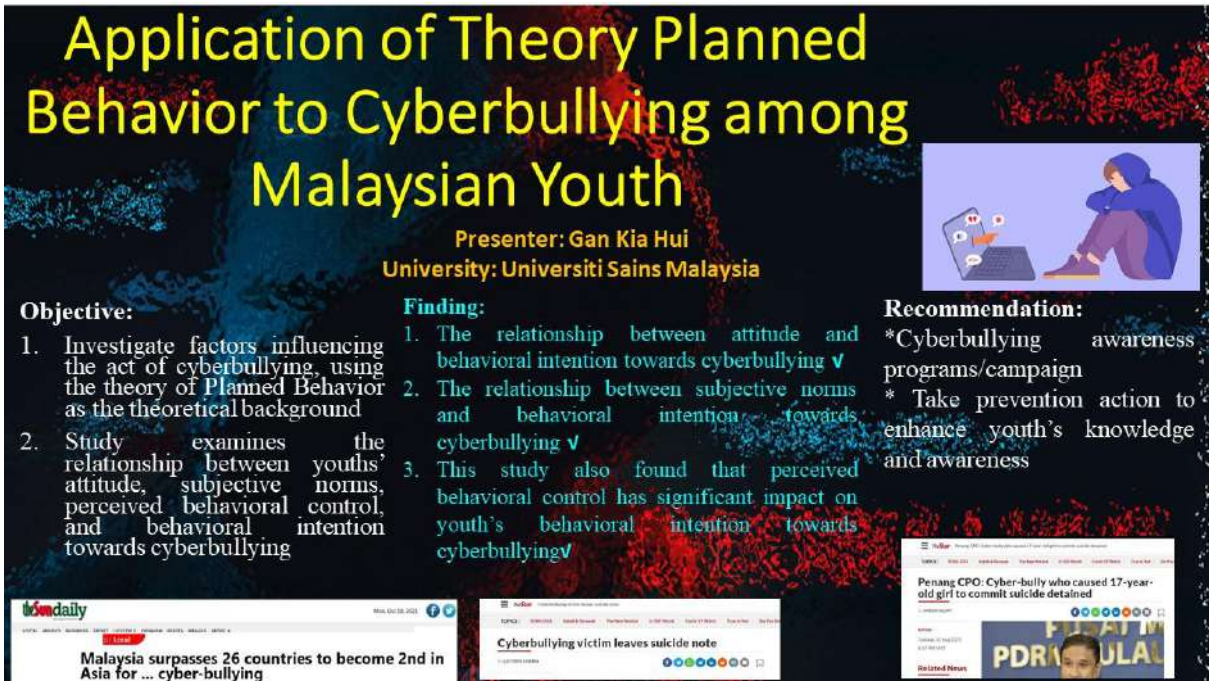


178. Cyberbullying among youth

Nur Irdina Muhamad Mahazi



179. Application of theory planned behavior to cyberbullying among Malaysian youth.
Gan Kia Hui



180. Youth education

Dai Anqi

YOUTH EDUCATION

-Dai Anqi
Universiti Sains Malaysia

1.Why should we focus on youth education?

79%

Switch Major

According to a survey conducted by the China Youth Daily, **79%** of students have considered changing majors, and **52%** of students said that the reason for changing majors is because they are not interested in the major they are studying. (1)

2.What kind of education do youth need?



seeds education



STEP 1
Plowing

unconscious contact with the world.

STEP 2
seeding

Youth is the best time to explore life's direction, because the adolescent **brain** undergoes one of life's most important restructuring processes.

STEP 3
Free growth

Keep learning new things so people wouldn't get stuck in your own sterotypes.(Hitler)

1,The pruning of neurons and synaptic connections 2,Increased myeline
3,The release of dopamine and establishment of reward mechanism(2)

3.How to seeding ?



Premise:Sense of security

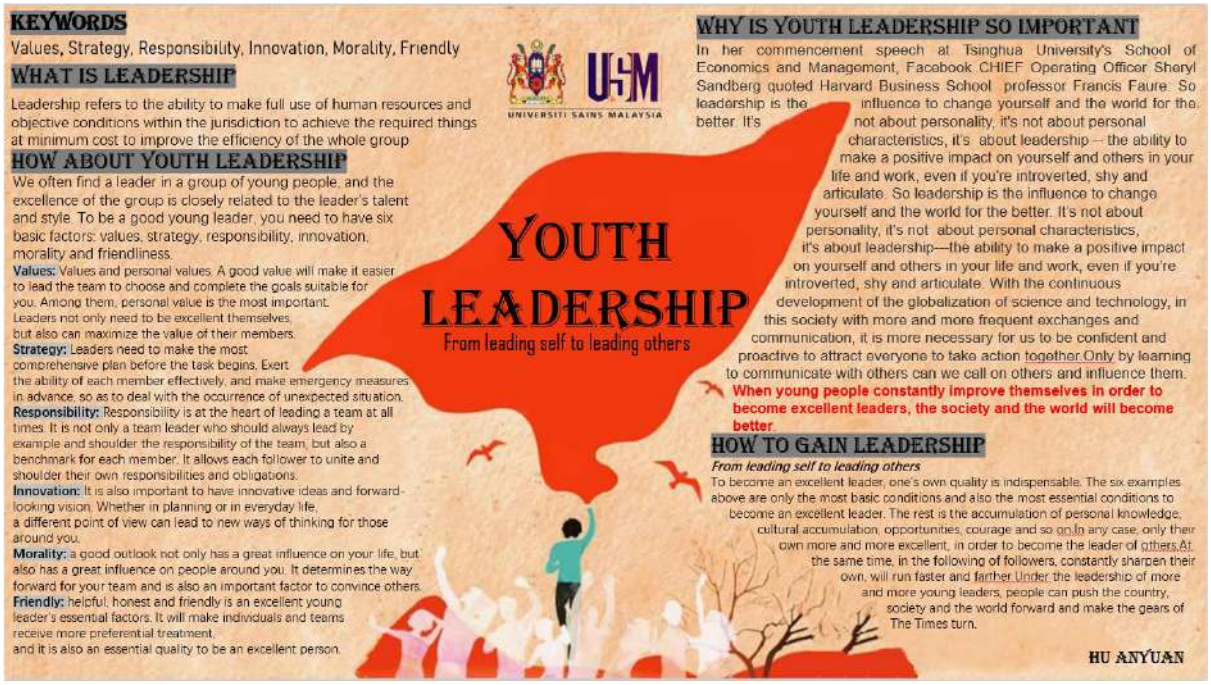
Tool:Curiosity



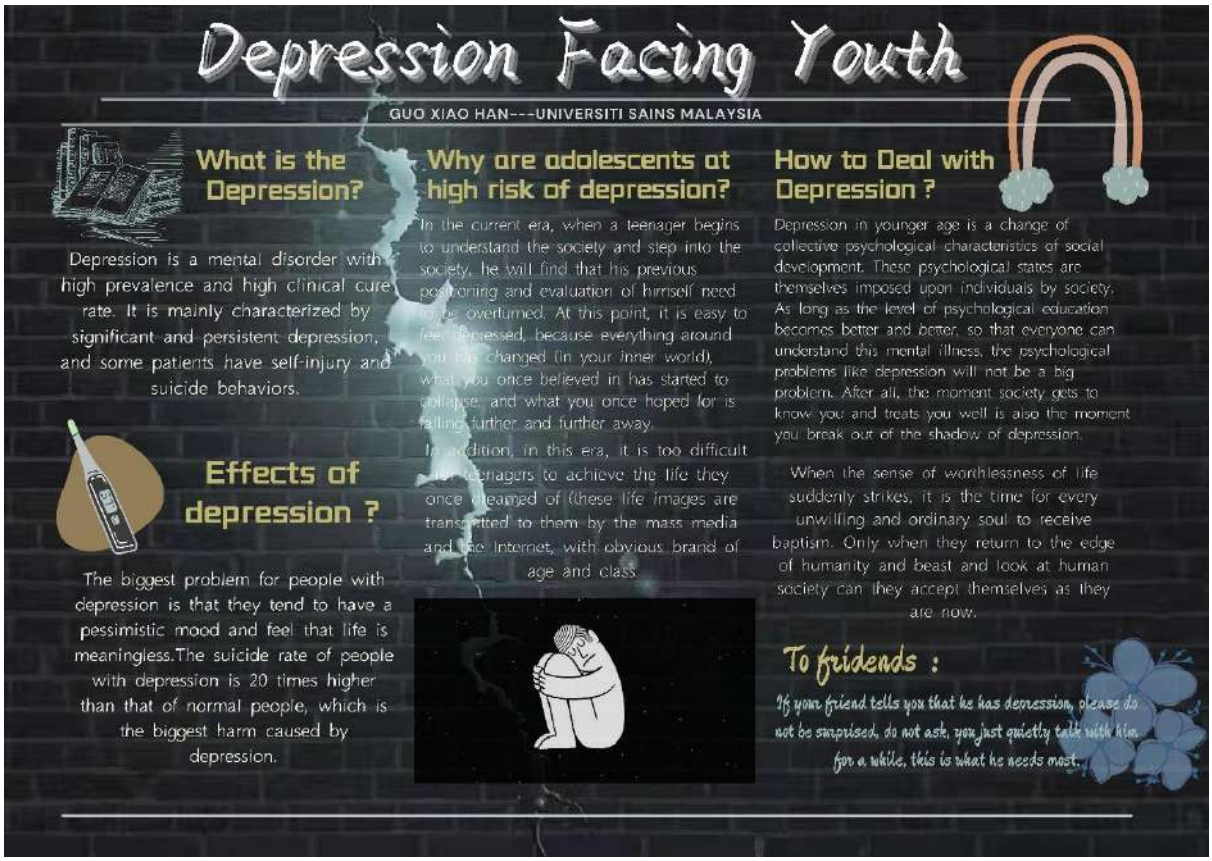
(1)http://zqb.cyol.com/html/2016-09/20/nw.D110000zgqnb_20160920_4-07.htm
(2)source:Nitin Gogtay et al.,2004,California Institute of Technology.

181. Youth Leadership

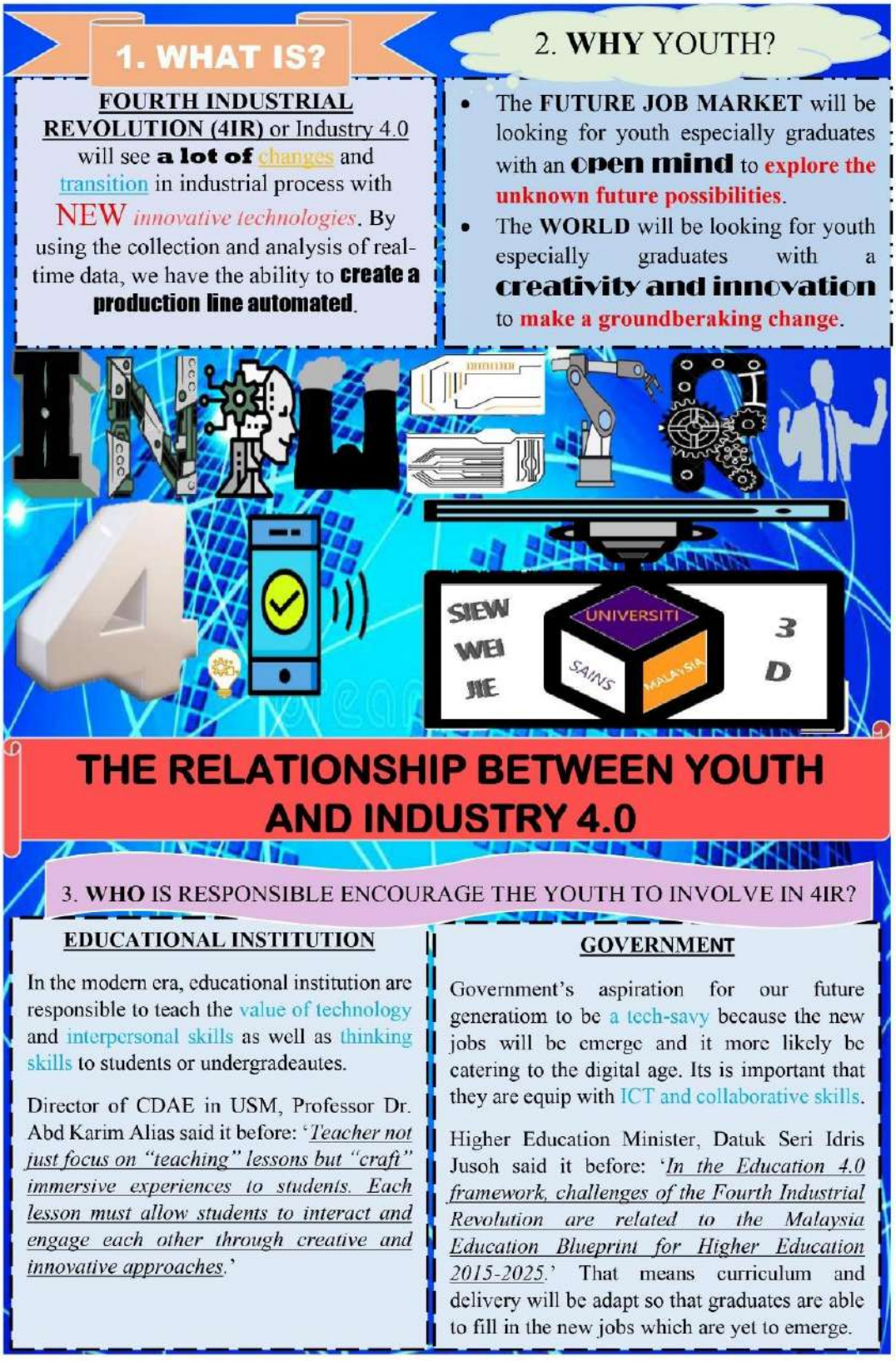
Hu Anyuan



182. Depression facing youth.
Guo Xiao Han



183. The relationship between youth and industry 4.0
Siew Wei Jie



184. Teenage rebellion

赵凯悦



185. Teenage pregnancy

Elyana Anak Tony

TEENAGE PREGNANCY

ELYANA ANAK TONY

------ UNIVERSITI SAINS MALAYSIA ------





- **Teenage pregnancy is a global reproductive health promotion problem that affects teenagers, families and communities, both in developed and developing countries, as children aged 10 to 19 years, unmarried and still at school get pregnant (Muchunu et al. 2012:428).**

EFFECT OF PREGNANCY:

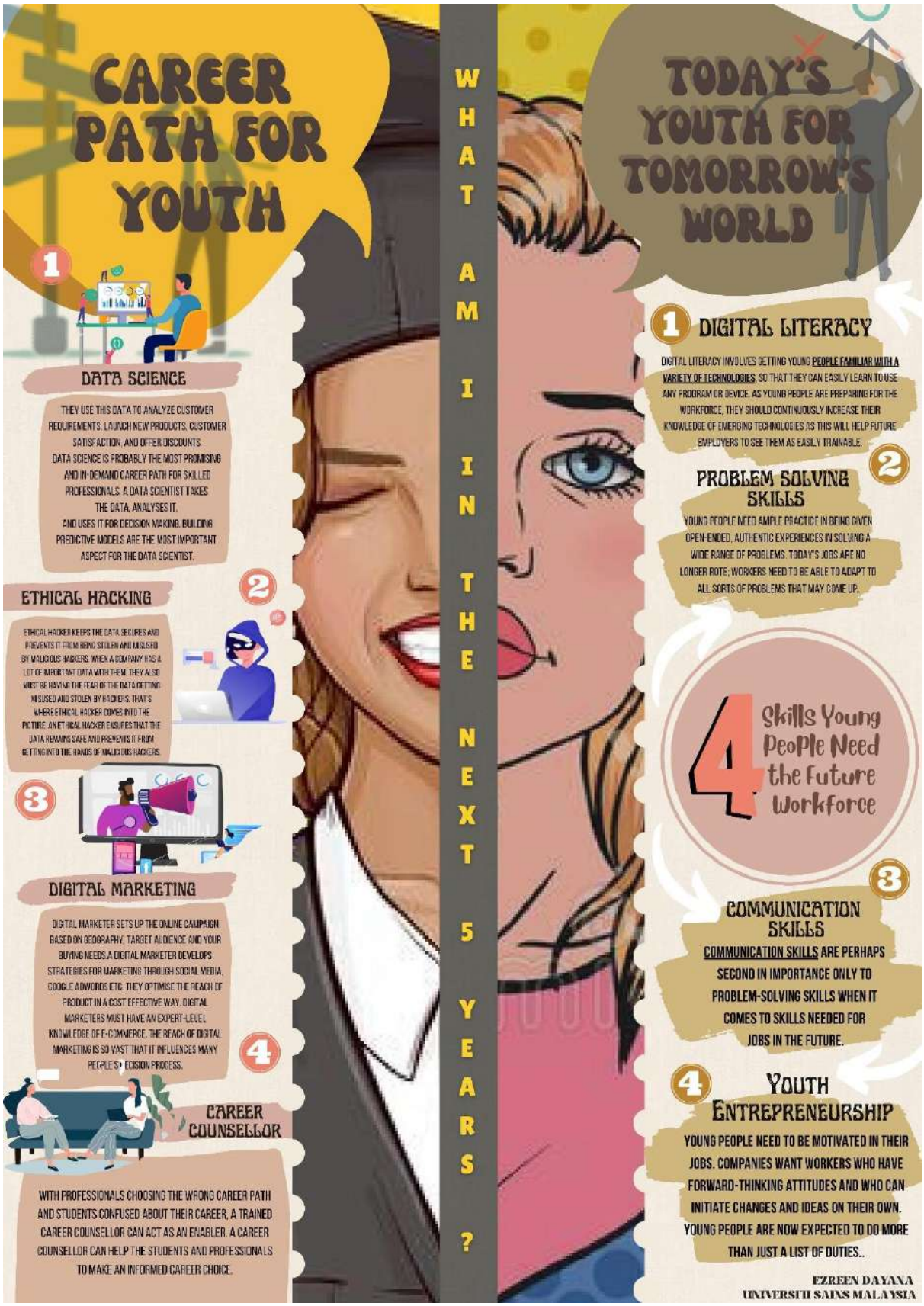
- Impact on family
- Impact on adolescent's mental health
- Effects to induce abortion/ termination of pregnancy
- Social impact
- Financial/ economic problems
- Long-term effects
- Health consequences of teenage pregnancy :
  - Teenager
    - ❖ High blood pressure
    - ❖ Difficult labour
    - ❖ Anemia
    - ❖ Birth complication
  - Baby
    - ❖ Low birth weight
    - ❖ Early birth

WHAT TO DO:

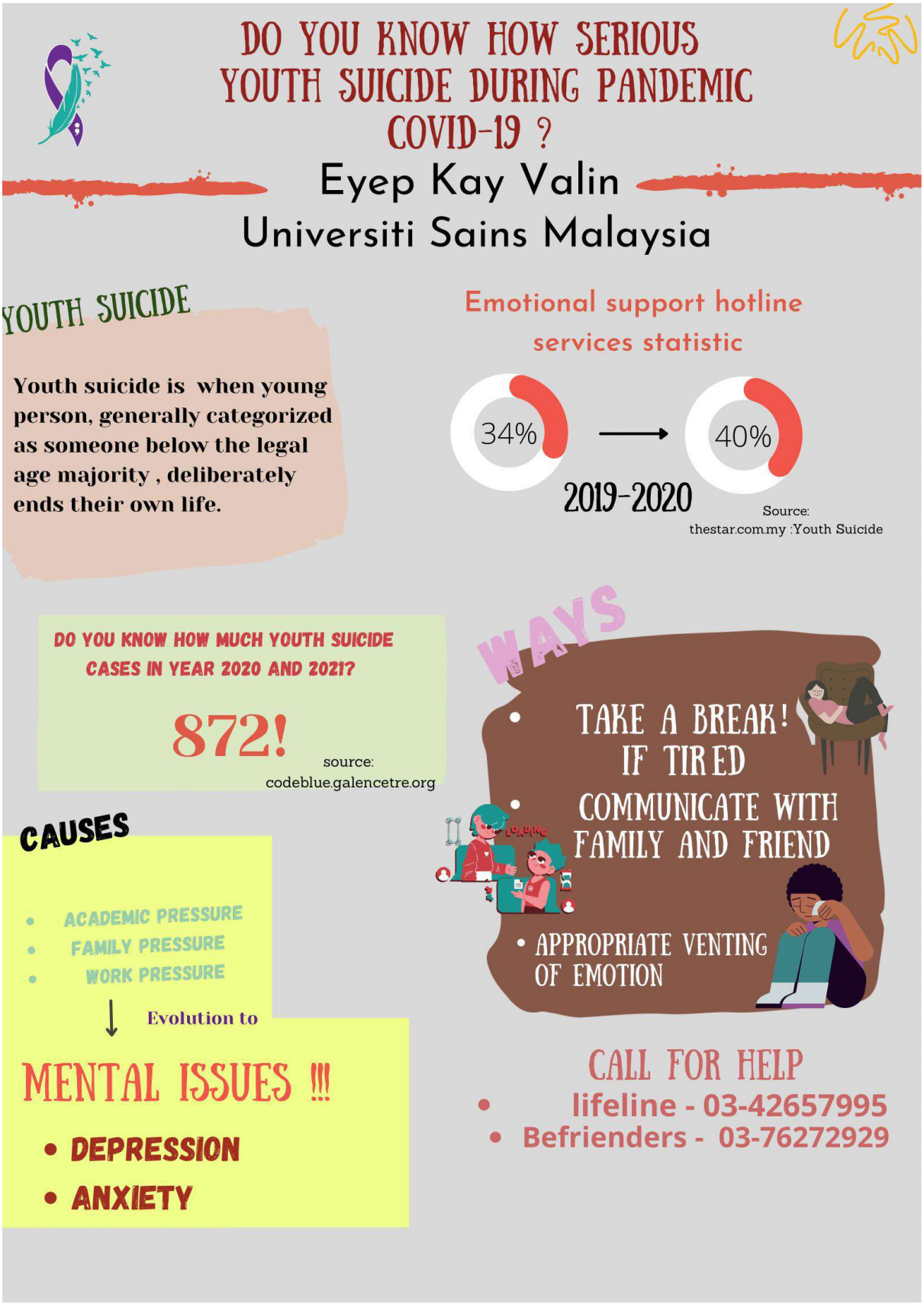
- Developing a community based approach which utilizes school sex education integrated with parent and community groups.
- Increasing teenage knowledge of contraception.
- Providing counselling and medical and psychological health, education, and nutrition of the mother and father (teenage).

In 2020, Bangladesh had the highest number of births for teenage, with approximately 82.96. while South Korea recorded the lowest which 1.38 births per thousand (WHO).

186. Career path for youth
Ezreen Dayana Zulhelmi



187. Do you know how serious youth suicide during pandemic covid-19?
Eyep Kay Valin



188. You aren’t weak for asking help.
Fadhila Septiyaning



189. Suicide in youth.

Fang Cheng Shi

SUICIDE IN YOUTH



Fangchengshi
UNIVERSITY SAINS
MALAYSIA

INTRODUCTION

In Europe, suicide is the second most common factor of death belong 10 to 19 years old generation, even as the most common reason for 15 - 19 years female. Suicide death approximately contain the one fifth of all death in Europe, with approximately 24000 people death per year.

CAUSES

1.Mental illness
The most common reason that teenager suicide is mental illness, many mental illness will influence indivaduals and make them stuck in a constant mental pain and despaire. For instance depression, bipolar disorder and Schizophrenia.
2. Bullying
Most youth student have experience of bully or be bullied in school time. Citizen be bullied will become extremly upset, feel sad and consider suicide as the only way to escape from bully.
3. Social isolation
Individuals are a kind of social animals, they are seek for others metion, if their social met can not be satisfied , people will feel lonely and posibly suicide

reference

Bilsen J (2018) Suicide and Youth: Risk Factors. Front. Psychiatry 9:540. doi: 10.3389/fpsyt.2018.00540

METHODS

1. What should youth do to be positive in daily life?
Youth need to keep in contact with their parents and teacher, when they need help, they can brave asking help from adults. Make friend bravely, do not be loneness.
2. What should adults do to protect youth?
parents should pay more attetion to their kid, shouldn't ignore their child. Teacher should stop bully in school

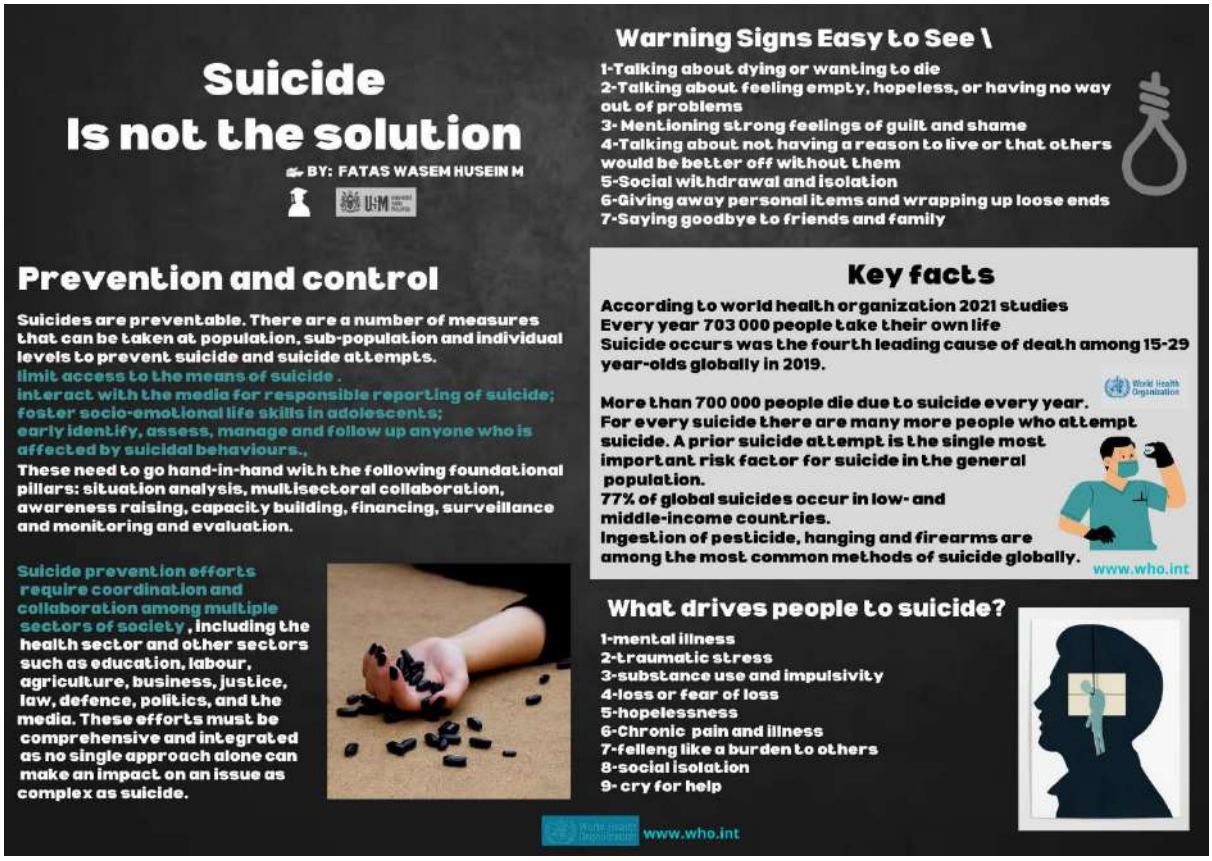
CONSEQUENCES

The rising suicide rate brings serious consequences . Primarily, the death of youth has significantly influence the aging of population. It can lead to shortage of manpower. In addition, suicidal may influence people around him. Suicidal will make people around him become pessimism and make some friends and youth to imitate their suicide action

CONCLUSION

Youth suicide is a world- relevant problem. Youth, expecially adolescence have significantly increasing suicide rate. The casue of suicide in youth can be mental issues, bullying and be isolated. For parents, it is especially important to keep focus on their kid, and teacher of youth should also take care for every kids.Besides, youth student suicide will bring aging generation. Aging generation will cause lack of labour, and have further influenced in economy.

190. Suicide is not the solution.
Fatas Wasem Husein M



191. Youth volunteerism: volunteering makes youths more prepared for future.
Gan Yu Ling



192. Youth Health Myopic Problem

Ge Fu Bo

UNIVERSITI SAINS MALAYSIA

Author: GE, FUBO

Youth Health

Myopic problem



In recent years, the population of myopia is getting bigger and bigger, nearly half China's population is nearsighted, mainly distributed among students and other teenagers. According to the survey, people with higher education are more likely to suffer from myopia. At the same time, women are more likely to suffer from myopia than men, and cities are more likely to suffer from myopia than in rural areas.

There are many reasons for myopia, including genetic, environmental factors, heavy eye use and careless hygiene. During the student period, the group used their eyes for a relatively long time, and they did not pay attention to rest during the use of the eyes to relieve eye fatigue, so they were more likely to suffer from myopia.



How to prevent myopia?

1. Improve the patient's reading habits, often outdoor exercise.
2. Reduce excessive use of electronic devices such as computers and a mobile phone.
3. Do eye exercises when your eyes feel tired.
4. After using your eyes for a long time, you can look away and relax your eyes.
5. Eat healthy and take vitamins.



Simulation:

Normal



Middle

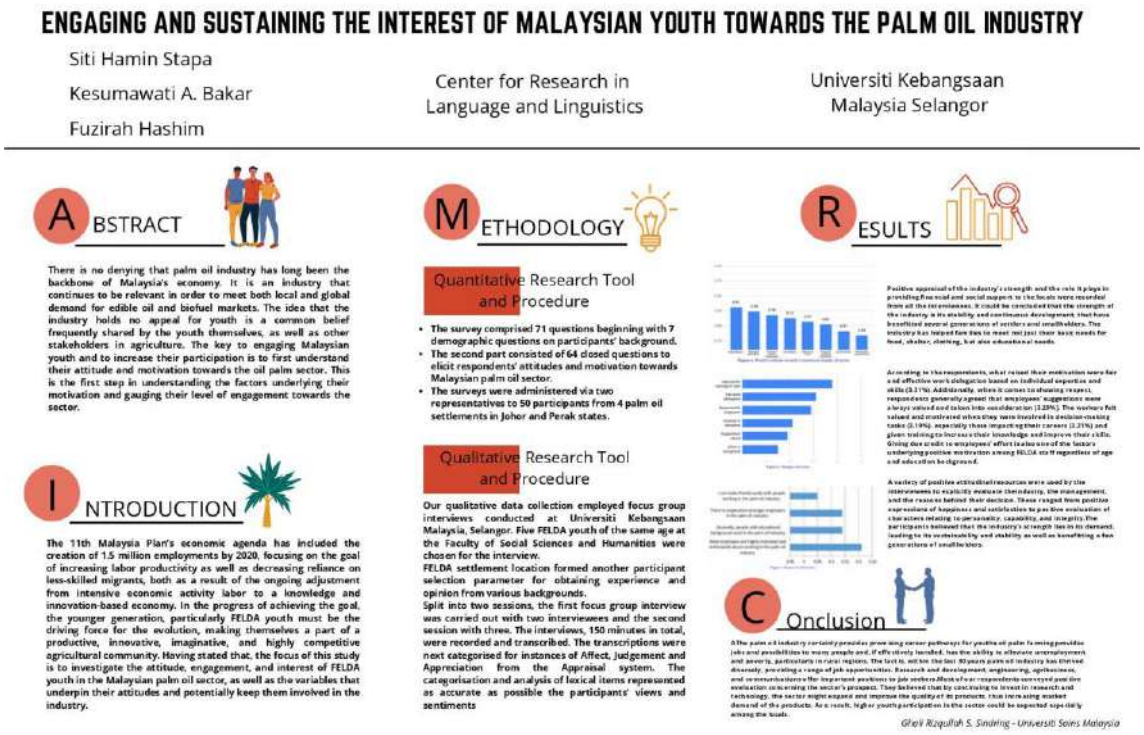


serious



The eyes are the windows of the heart. ♥

193. Engaging and sustaining the interest of Malaysian youth towards the palm oil industry
Siti Hamin Stapa, Kesumawati A Bakar & Fuzirah Hashim



ENGAGING AND SUSTAINING THE INTEREST OF MALAYSIAN YOUTH TOWARDS THE PALM OIL INDUSTRY

Siti Hamin Stapa
Kesumawati A. Bakar
Fuzirah Hashim

Center for Research in Language and Linguistics

Universiti Kebangsaan Malaysia Selangor

ABSTRACT

There is no denying that palm oil industry has long been the backbone of Malaysia's economy. It is an industry that continues to be relevant in order to meet both local and global demand for edible oil and biofuel markets. The idea that the industry holds no appeal for youth is a common belief frequently shared by the youth themselves, as well as other stakeholders in agriculture. The key to engaging Malaysian youth and to increase their participation is to first understand their attitude and motivation towards the oil palm sector. This is the first step in understanding the factors underlying their motivation and gauging their level of engagement towards the sector.

INTRODUCTION

The 11th Malaysia Plan's economic agenda has included the creation of 1.5 million employments by 2020, focusing on the goal of increasing labor productivity as well as decreasing reliance on less-skilled migrants, both as a result of the ongoing adjustment from intensive economic activity labor to a knowledge and innovation-based economy. In the progress of achieving the goal, the younger generation, particularly FELDA youth must be the driving force for the evolution, making themselves a part of a productive, innovative, imaginative, and highly competitive agricultural community. Having stated that, the focus of this study is to investigate the attitude, engagement, and interest of FELDA youth in the Malaysian palm oil sector, as well as the variables that underpin their attitudes and potentially keep them involved in the industry.

METHODOLOGY

Quantitative Research Tool and Procedure

- The survey comprised 71 questions beginning with 7 demographic questions on participants' background.
- The second part consisted of 64 closed questions to elicit respondents' attitudes and motivation towards Malaysian palm oil sector.
- The surveys were administered via two representatives to 50 participants from 4 palm oil settlements in Johor and Perak states.

Qualitative Research Tool and Procedure

Our qualitative data collection employed focus group interviews conducted at Universiti Kebangsaan Malaysia, Selangor. Five FELDA youth of the same age at the Faculty of Social Sciences and Humanities were chosen for the interview.
FELDA settlement location formed another participant selection parameter for obtaining experience and opinion from various backgrounds.
Split into two sessions, the first focus group interview was carried out with two interviewees and the second session with three. The interviews, 150 minutes in total, were recorded and transcribed. The transcriptions were next categorised for instances of Affect, Judgement and Appreciation from the Appraisal system. The categorisation and analysis of lexical items represented as accurate as possible the participants' views and sentiments

RESULTS

Positive appraisal of the industry's strength and the role it plays in providing financial and social support to the locals were recorded from all the interviewees. It could be concluded that the strength of the industry is its stability and continuous development that have benefited several generations of settlers and smallholders. The industry has helped families to meet not just their basic needs for food, shelter, clothing, but also educational needs.

According to the respondents, what raised their motivation were fair and effective work delegation based on individual expertise and skills (3.17%). Additionally, when it comes to showing respect, respondents generally agreed that employees' suggestions were always valued and taken into consideration (3.29%). The workers felt valued and motivated when they were involved in decision-making tasks (3.19%), especially those impact to their careers (3.21%) and given training to increase their knowledge and improve their skills. Giving due credit to employees' effort is also one of the factors underlying positive motivation among FELDA settlers regardless of age and education background.

A variety of positive attitudinal responses were used by the interviewees to explicitly evaluate the industry, the management, and the reasons behind their decision. These ranged from positive expressions of happiness and satisfaction to positive evaluation of characters relating to personality, capability, and integrity. The participants believed that the industry's strength lies in its demand, leading to its sustainability and stability as well as benefitting a few generations of smallholders.

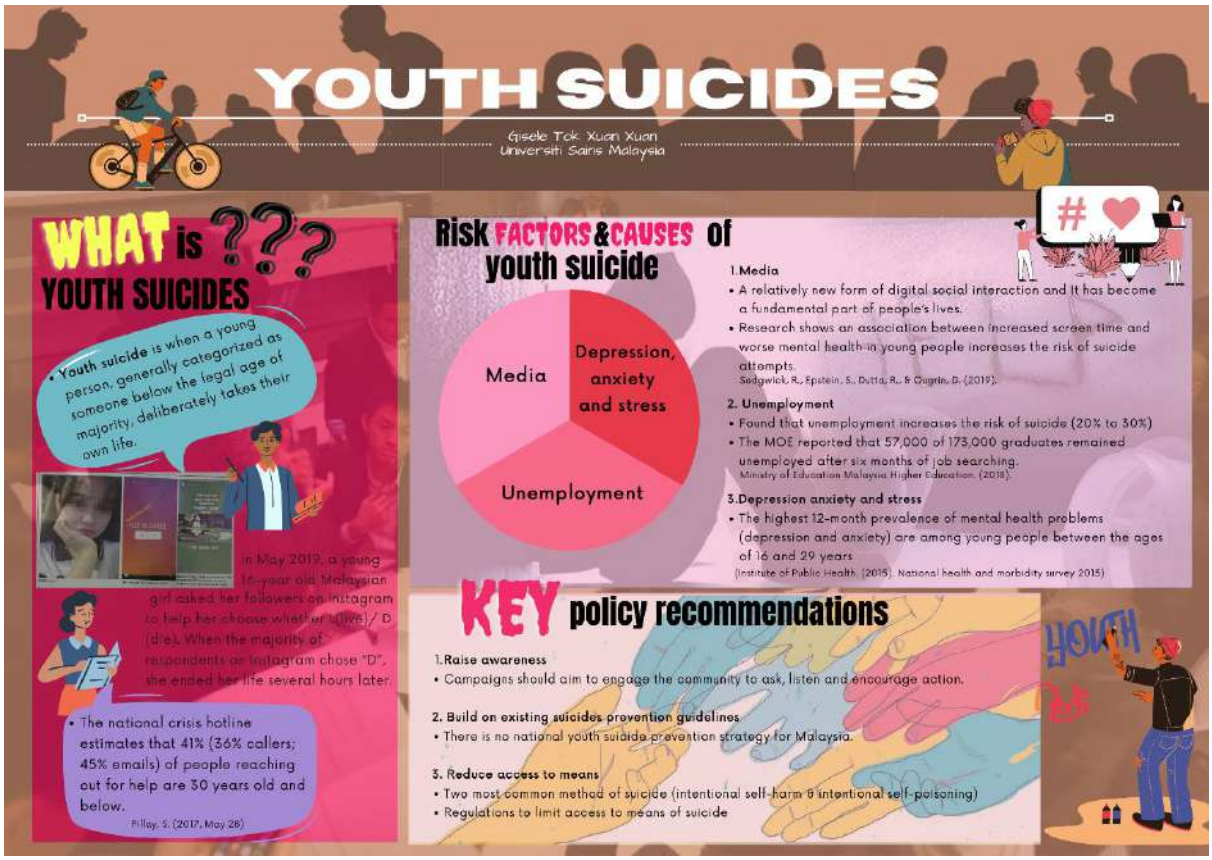
CONCLUSION

The palm oil industry certainly provides promising career pathways for youths. Palm oil mining provides jobs and possibilities to many people and, if effectively handled, has the ability to alleviate unemployment and poverty, particularly in rural regions. The fact is, within the last 50 years palm oil industry has thrived diversely, providing a range of job opportunities. Research and development, engineering, agribusiness, and even marketers are the important positions to job seekers. Most of our respondents surveyed positive evaluation concerning the sector's prospect. They believed that by continuing to invest in research and technology, the sector might expand and improve the quality of its products, thus increasing market demand of the products. As a result, higher youth participation in the sector could be expected significantly among the locals.

Ghevi Rizqullah S. Sindeng - Universiti Sains Malaysia

194. Youth Suicides

Gisele Tok Xuan Xuan



195. Be the leader you would follow.
Goh Jia Ying

Be The Leader You Would Follow



Goh Jia Ying
Universiti Sains Malaysia

Great Leadership Starts with Own Leadership

- self awareness
- self reflection
- self resolution



"If you want to lead, invest at least 40% of your time leading yourself first"
Dee Hack, founder of Visa

PROBLEM SOLVING

1. Define Problem
2. Structure Problem
3. Plan Analysis and Work
4. Conduct Analysis
5. Develop Recommendation

YOUTH LEADERSHIP TAKES SKILLS AND HARDWORKS

1 Learn from other leader

- Personal coaching and mentorship
- Share experience, give advice
- Challenges and obstacles in their road to success
- Ability to handle failure and admit mistake

2 Take up task



- Volunteer, go ahead and stands out
- More responsibility
- Have courage and passion
- Training to build your skill
- Self management to be more productive

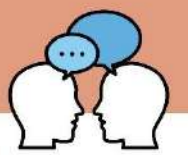
3 Share your idea



Leaders have wider vision, gather information and set the direction to lead the team. They improve and instill a culture of continuous learning.

4 Listen to others

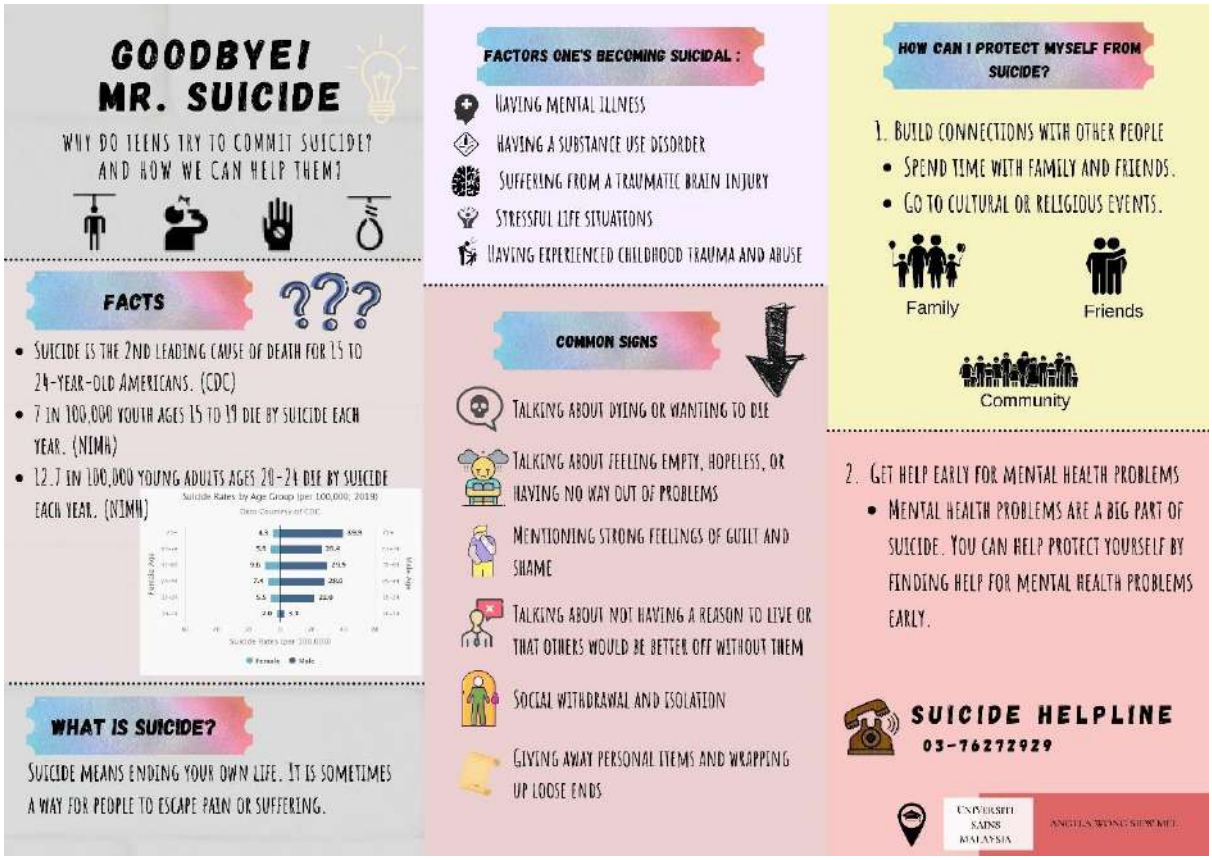
- Ask for feedback
- Ability to monitor other's thought, feeling and emotion
- Inspire, motivate and help people to deal with integrity
- Friendly



Age is not a restriction in the society, each of us has different impacts on different industries, let the youth to discover their own skills !

196. Goodbye! Mr. Suicide

Angela Wong Siew Mee



197. Suicide in Youth: A growing threat.

Lingesh Rao A/L Rama Rao



198. Protecting youth mental health

Hanim Abdul Halim

Protecting Youth Mental Health

HANIM BINTI ABDUL HALIM
UNIVERSITY SAINS MALAYSIA







INTRODUCTION

Mental health disorder is no crime. It needs treatment, not stigma. It's a global alarming where the number of people who suffering with mental health illness keep increasing. Mental health problems are one of the main causes of the overall disease burden worldwide. Mental health illness is a major community health concern where depression and anxiety name as the two most common mental illness. Furthermore, depression is a leading cause of disability worldwide. Mental disorders represent a major contributor to disease burden worldwide it also affects to the economic burden. Most people have bad stigma towards this issue. Mental health conditions are treatable. Nevertheless, mental illness can affect anyone regardless of the age, income, social status, race ethnicity, religion/spirituality, background or anything others aspect of culture.

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 choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

EARLY WARNING SIGNS

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

8 WAYS TO IMPROVE MENTAL HEALTH

1. Value yourself
Treat yourself with kindness and respect and avoid self-criticism. You can do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.

2. Take care of your body
Taking care of yourself physically can improve your mental health. Be sure to:
Eat nutritious meals, avoid smoking and vaping, drink plenty of water, exercise, get enough sleep.

3. Surround yourself with good people
People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends or seek out activities where you can meet new people, such as a club, class or support group.

4. Give yourself
Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need and it's a great way to meet new people.

5. Learn how to deal with stress
Like it or not, stress is a part of life. Practice good coping skills: Try One-Minute Stress Strategies, do Tai Chi, exercise, take a nature walk, play with your pet or try journal writing as a stress reducer.

6. Relax your mind
Try meditating. Mindfulness and/or prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life.

7. Set realistic goals
Decide what you want to achieve academically, professionally and personally, and write down the steps you need to realize your goals. Aim high but be realistic and don't over-schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal.

8. Get help when you need it
Seeking help is a sign of strength not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.

WHAT ARE SOME TYPES OF MENTAL HEALTH DISODERS?

There are many different types of mental disorders. Some common ones include

- Anxiety disorders, including panic disorder, obsessive-compulsive disorder, and phobias
- Depression, bipolar disorder, and other mood disorders
- Eating disorders
- Personality disorders
- Post-traumatic stress disorder
- Psychotic disorders, including schizophrenia



Source : Theresa Chiechi / Verywell

CONCLUSION

- Mind is one of the most powerful organs that regulates the functioning of all the other organs in the body. When our mind gets disturbed, or imbalanced then it impacts the overall functioning of the overall body. It negatively impacts our emotional health, work performance and relationships too.
- Due to the significance of mind, it becomes very important to keep your mind healthy. If you relate to any of the mental disorders, then do not hesitate in seeking treatment. Early treatment can enhance the chances to treat the disease quickly and easily.







199. Pay attention to the health of young people: the cornerstone of growth.
Han Rui

UNIVERSITI SAINS MALAYSIA

Pay attention to the health of young people: the cornerstone of growth

Universiti Sains Malaysia

HANRUI

Introduction

Adolescents are the future of a country, and their physical health represents a country' s future national physical health. However, in recent years, the results of surveys on the physical health of adolescents have been unsatisfactory. Therefore, it is necessary for us to focus on the physical health of young people around the world

Potential harm

1. Myopia disease: High myopia is easy to pass on to offspring, and it is easy to cause serious complications. Severe high myopia can cause retinal hemorrhage or detachment, vitreous turbidity and even blindness.

2. Obesity disease: Adolescent obesity will affect the level of gonadal hormones, and there will be gynecomastia, polycystic ovary synthesis in women, and infertility and infertility after adulthood. Obesity can cause the heart to be overloaded and cause sudden heart attacks. Even severe obesity in adolescents can easily lead to joint overload and joint degeneration.

3. Oral diseases: Oral diseases can easily lead to tooth loss, affect chewing function, and reduce nutrient intake. Caries tend to accumulate bacteria, induce diseases such as aphids, and cause enamel development obstacles.

Reason

With the development of modern society, people's lifestyles are also changing, such as reduced physical labor, delicious fast food, etc. These are also the main reasons for the decline in the physical fitness of young people in our country; social demands place higher demands on young people, leading to the emergence of society, schools, and families focusing on the learning of young people, and neglecting physical exercise, leading to their decline in physical fitness .



Solution

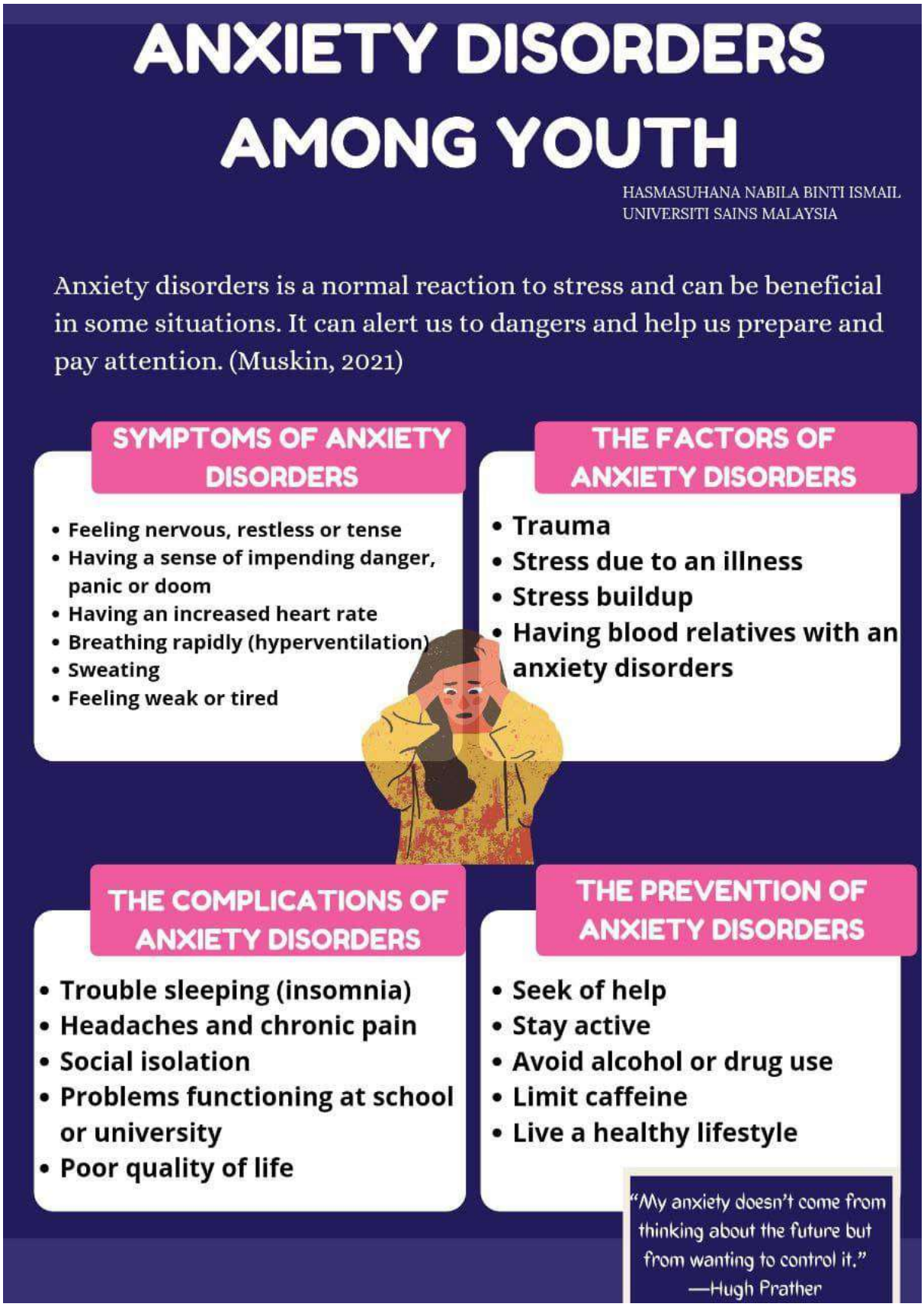
1. Myopia: Develop good eye use habits and maintain the correct eye posture. Check eyesight regularly, and those with myopia should wear glasses reasonably.
2. Obesity: reduce calorie intake, try to avoid heavy oil and heavy salt food. Exercising reasonably consumes energy and consumes more vitamins
3. Oral diseases: develop the habit of cleaning the mouth. Eat less foods with high sugar content and eat more nutritious foods rich in calcium and inorganic salts. Check the oral cavity regularly.

Conclusion

"Health is the most precious wealth in life and the best state of life. Only when we have a strong body can we complete various studies and better meet the difficulties and challenges in life. Only when we are healthy can we experience Experience the joy of learning and feel the happiness and beauty of life



200. Anxiety disorders among youth
Hasmasuhana Nabila Ismail



201. Hey, think before you click.
Mandy Chong Yi Xuan

HEY, THINK BEFORE YOU CLICK

Mandy Chong Yi Xuan
Universiti Sains Malaysia

According to a global survey, Malaysia is among the world's top countries where parents have reported their children experiencing cyberbullies.
(SAYS, 27 JULY 2020)

What is Cyberbullying ?

Cyberbullying is a bullying that occurs through the use of digital devices such as cell phones, computers and tablets. This kind of bullying can take place via SMS, text and apps, as well as online in social media or forums where people can view, participate in or share content.



Type of Cyberbullying

- Flamming
- Harrassment
- Denigration
- Impersonation
- Outing and Trickery
- Exclusion
- Cyberstalking

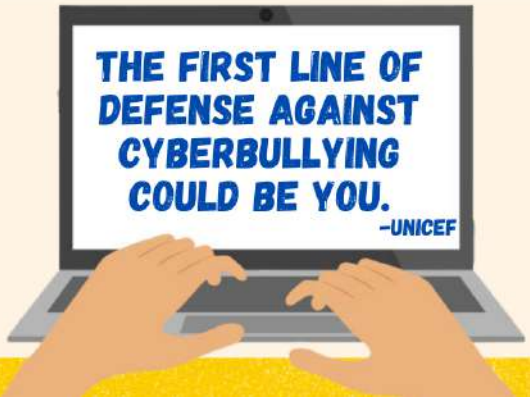
Source : Willard (2007)

Ways to Combat Cyberbullies

- Seek help from someone you can trust
- Keep the evidence of cyberbullying
- Report the bully's behavior on the platform
- Report to the school
- If someone you know is being bullied, take action

Effects of Cyberbullying

- Lower levels of school attendance and performance
- Inability to concentrate during the lessons
- Depression
- Emotional changes
- Sleep difficulties
- Feel insecure when surfing on Internet



Reference

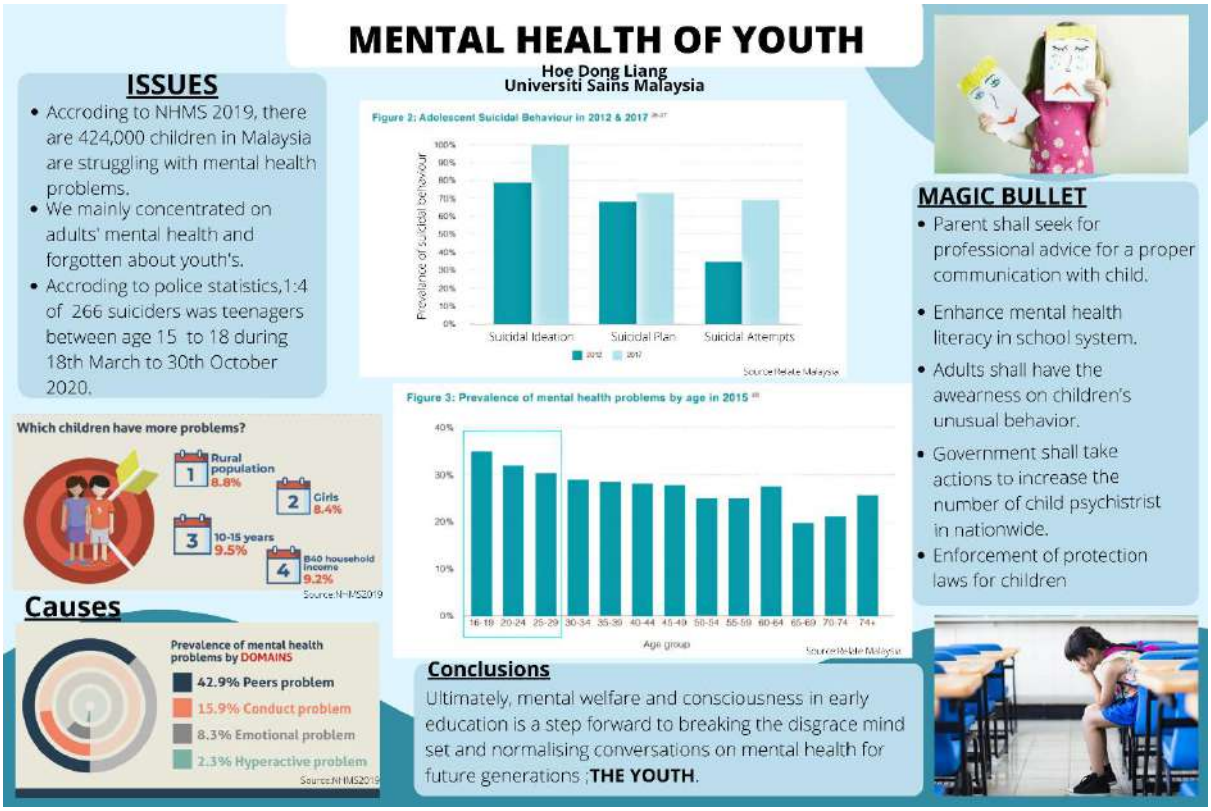
202. Youth engagement for climate change action

Ho Wen Kang



203. Mental Health of youth

Hoe Dong Liang



204. How Cyberbullying relates to projecting insecurities?
Nur Irdina Syamila Mohd Zulkarnain



205. How to maintain a healthy lifestyle in adolescent

Chow Xue Qi

How to Maintain A Healthy Lifestyle in Adolescent

CHOW XUE QI
UNIVERSITI SAINS MALAYSIA

A healthy lifestyle helps to keep and improve people's health and well-being and overcome lots of stress. Nowadays, adolescents face many challenges, which make them vulnerable to physical and mental illness.

Limit Unhealthy Food and Eat Healthily Food

Do not forget to eat breakfast and choose a nutritious meal with more protein and fiber and less fat, sugar, and calories.



Exercise Regularly and Be Physically Active

Do aerobic exercises such as cycling and skipping at least twice a week.
This can effectively promote the elimination of human toxins.



Get Enough Good Sleep

You can keep your immune system functioning properly by getting seven to eight hours of sleep each night.



Drink Water and Stay Hydrated and Limit Sugared Beverages

Drink water regularly to stay healthy, because adequate water is conducive to timely excretion of metabolites and speeds up blood circulation.



Take Multivitamin Supplements

To make sure you have sufficient levels of nutrients, taking a daily multivitamin supplement is a good idea, especially when you do not have a variety of vegetables and fruits at home.



Find Ways to Manage Your Emotions

Speak to your friends and family they know you best and care about you the most. Adolescents suggest that socializing with a friend just once a week can reduce your stress levels and improve your mood as much as therapy or counseling.



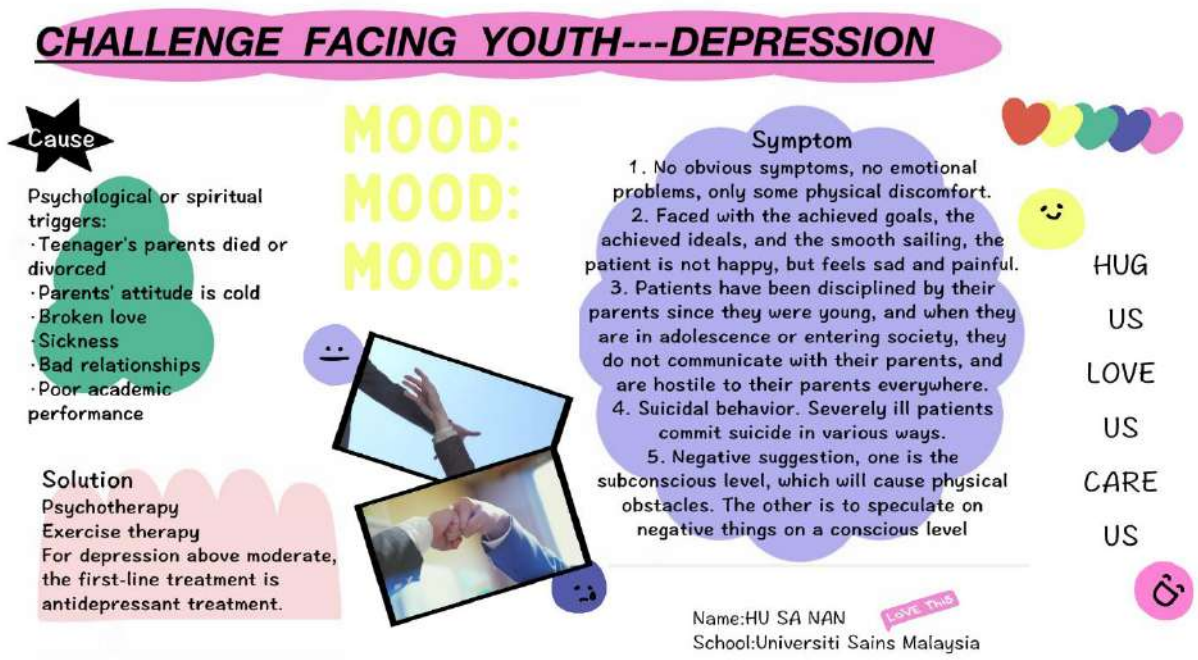
Reduce Screen Time

Learn a new skill such as reading and learning a foreign language. This not only improves your knowledge but also rejects bad habits.



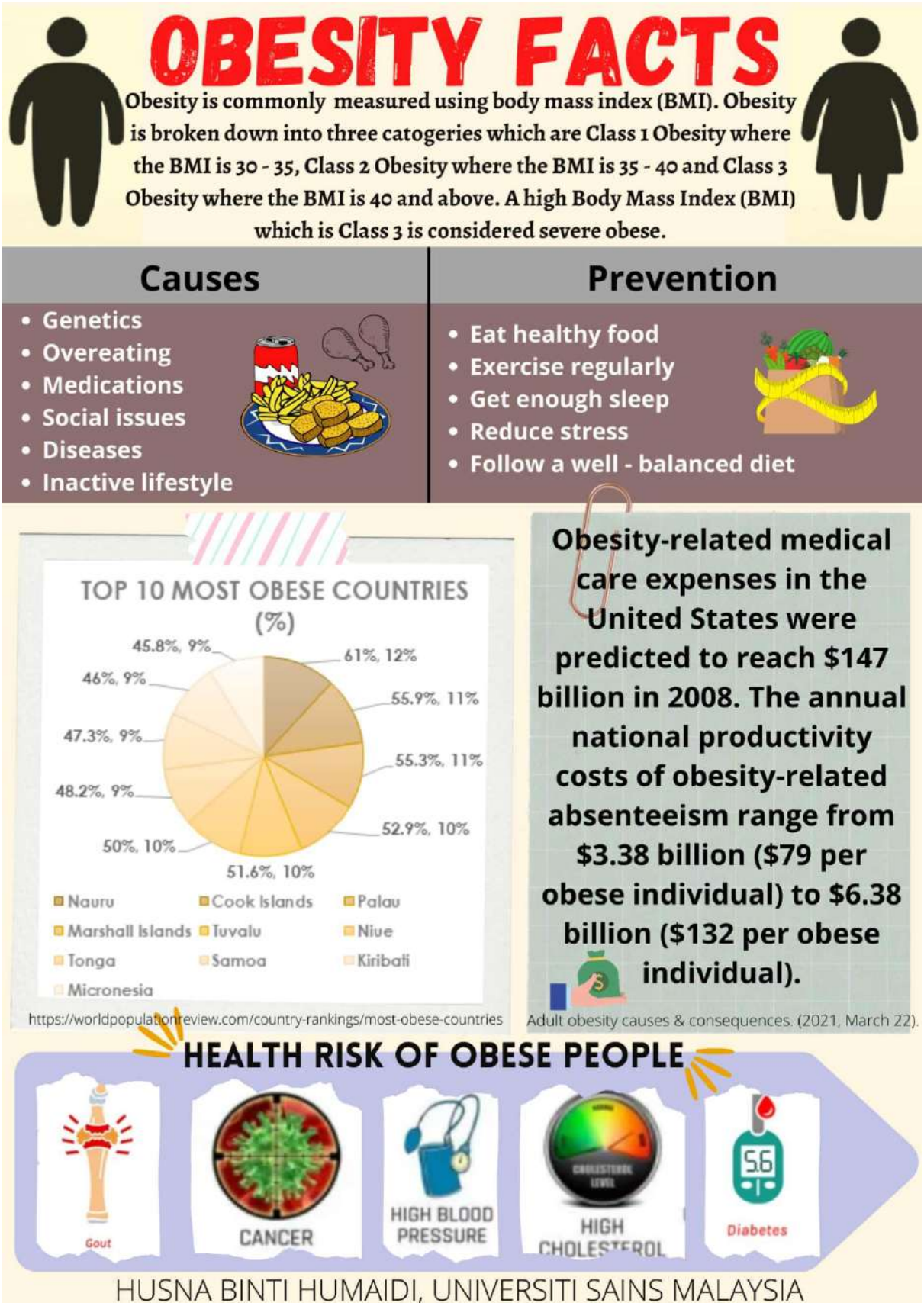
206. Challenge facing youth – depression.

Hu Sa Nan



207. Obesity facts

Husna Humaidi



208. Ways to boost youth's mental health.
Lim Zhi Yee

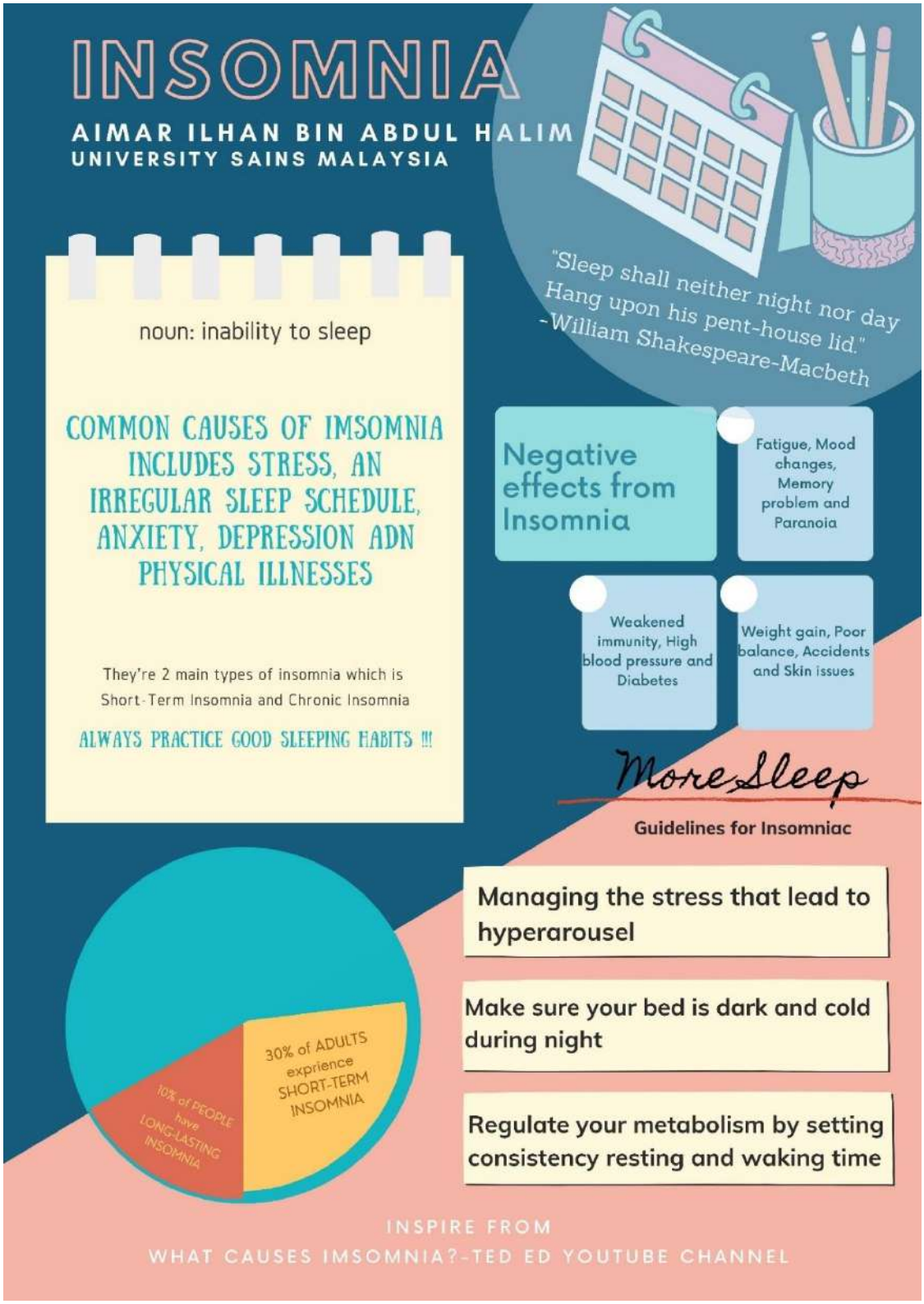


209. Become what you want to be.
Muskan Rumii



210. Insomnia

Aimar Ilhan Abdul Halim



211. Insomnia among youth
Nurul Atikah Azmi



212. Wellbeing & Teenagers

Intan Nur Nisa Ikhshan

WELLBEING & TEENAGERS

INTAN NUR NISA BINTI IKHSHAN
UNIVERSITI SAINS MALAYSIA

WHAT IS WELLBEING?



It reflects a state in which someone is healthy, happy and prosperous. A strong sense of wellbeing helps us to feel good about ourselves and the way our lives are going, and can have a hugely positive impact on teen mental health.

WHY IS WELLBEING IMPORTANT?

The interesting thing about wellbeing is that it can have an upward spiral effect. If you do something that increases your wellbeing, it's likely to make you feel good, which is turn will help give you the motivation to do something else that to improve your wellbeing and make you feel good.

WHAT EFFECT DOES WELLBEING HAVE ON TEENAGERS?

- Manage their emotions
- Enjoy positive relationships with friends an family
- Apply themselves at school
- Participate in activities that interest them
- Have optimism about the future

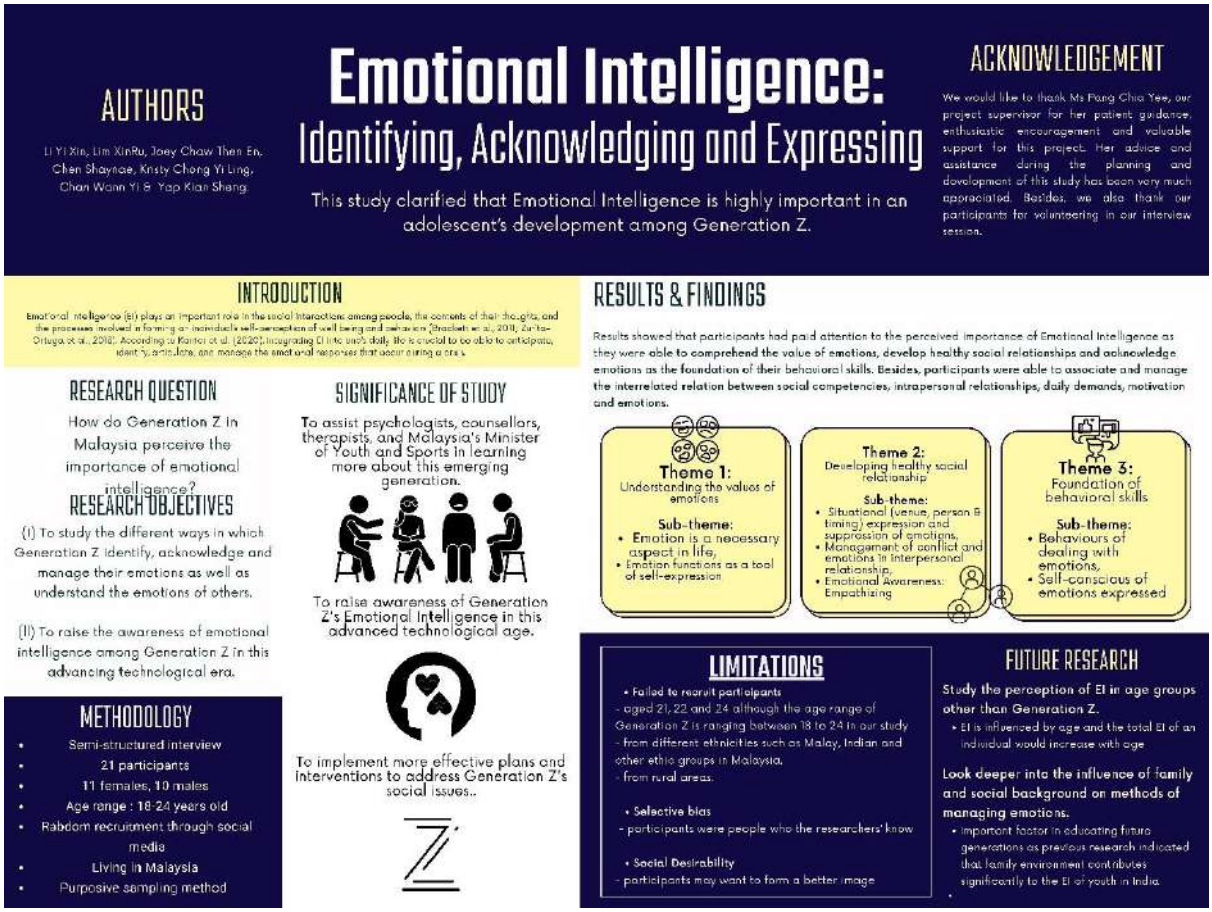
WAYS TO WELLBEING

- Stay connect
- Be active
- Take notice
- Keep learning
- Give



TAJALLID NUCA BINTI IKHSHAN

213. Emotional intelligence: identifying, acknowledging and expressing.
Li Yi Xin



214. Is human resource management the right career for you?
Li Ming Ze

IS HUMAN RESOURCE MANAGEMENT THE RIGHT CAREER FOR YOU?

LI MINGZE
Universiti Sains Malaysia

UNDERSTANDING HOW TO MANAGE HUMAN RESOURCES WILL BE KEY TO YOUR SUCCESS AS A BUSINESS LEADER. BELIEVE IT OR NOT, MANY BUSINESS PEOPLE WITH GREAT BUSINESS STRATEGIES, PLANS, AND PRODUCTS FAIL BECAUSE THEY DO NOT FULLY GRASP THE IMPORTANCE OF HUMAN RESOURCE MANAGEMENT.

TO MANAGE PEOPLE IN A WAY THAT DRIVES BUSINESS SUCCESS

Thomas J. Watson, the founder of IBM said you can get capital and erect buildings, but it takes people to build a business. Managers use a lot of words to describe how valuable people are to their organizations. Human resources, human capital, intellectual assets, and talent all imply that people play a vital role in business success.

No matter what part of the business you're dealing with, whether it's figuring out where to put a new plant, designing a new product, formulating your strategy, or developing a cost structure, every single business issue ultimately becomes a people issue. At the heart of it, you've got to have people with the right skills, opportunities, and motivation to face those challenges and achieve business success. This is the essence of human resource management.

ENJOY BRINGING PEOPLE FOR A PURPOSE AND TRAINING PEOPLE TO SUCCEED

To drive success, human resource management involves a wide variety of activities including analyzing a company's competitive environment and designing jobs so the company's strategy can be successfully implemented. This in turn requires selecting the right people, developing their skills to meet strategic objectives, and motivating them toward a common goal.

So if you enjoy bringing people together for a common purpose, coaching and training people to succeed in an organizational setting, and making sure people are properly rewarded and recognized for the work they do, then Human Resource Management may be the career for you.

WHAT IS THE MOST USEFUL SKILL YOU LEARN FROM STUDYING HR?



So for me, it hasn't so been a skill that's been most useful for me in my work, it's been a mindset.

And the reason I say that is because the mindset that people have when they're dealing with talent is that if people aren't doing something right, it's a motivation issue and you know these lazy people or I have the wrong people in the job.

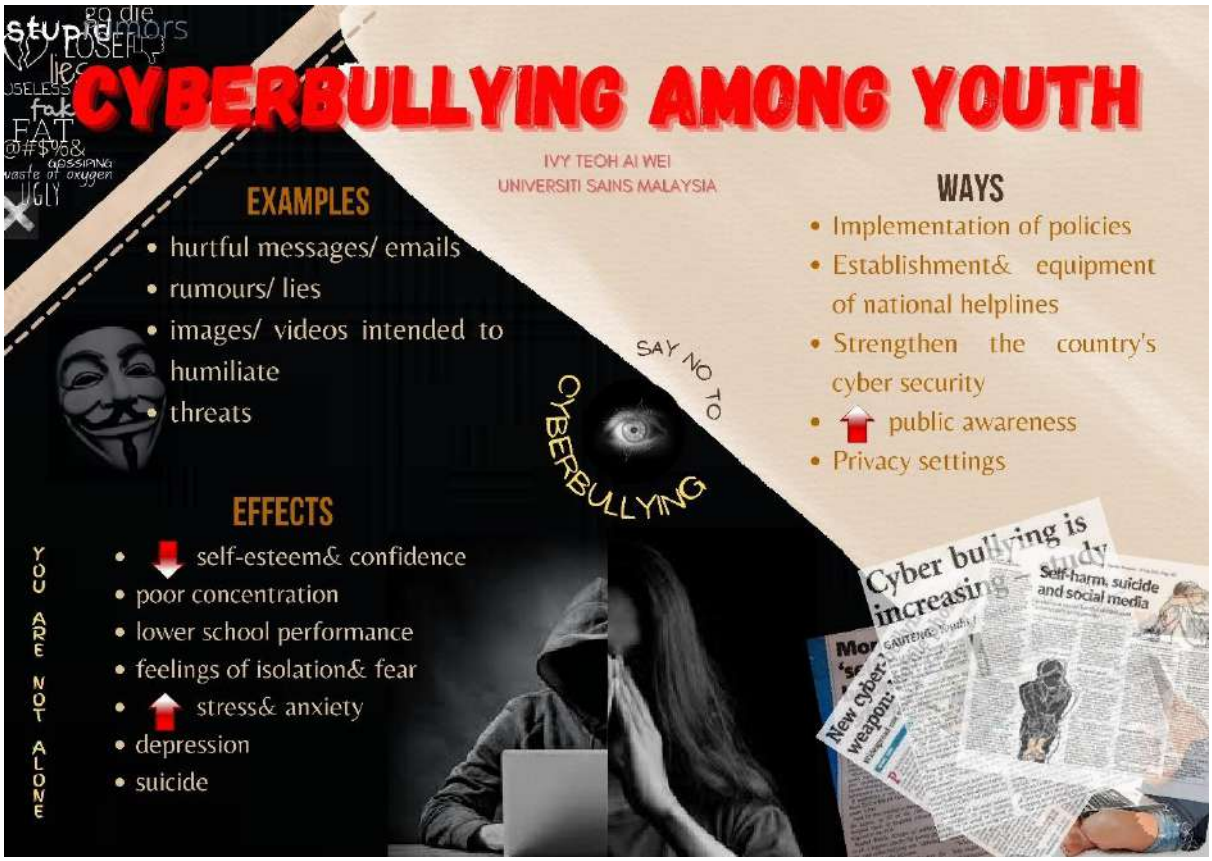
But a lot of times they're mechanisms set up within an organization, so the structure can influence, processes can influence why people aren't successful.

But they'll look at people as you know shame on them they're not doing the right thing. But the fascinating thing and the mind that I think you have to have is to look at an organization as a system and look at how things are influencing that system because so many times you'll figure out that it's that system, it's not the individual that's creating the outcome and if you can change the system the individual within the system will change as well.

Shiloh Roan
Global Talent Management,PwC

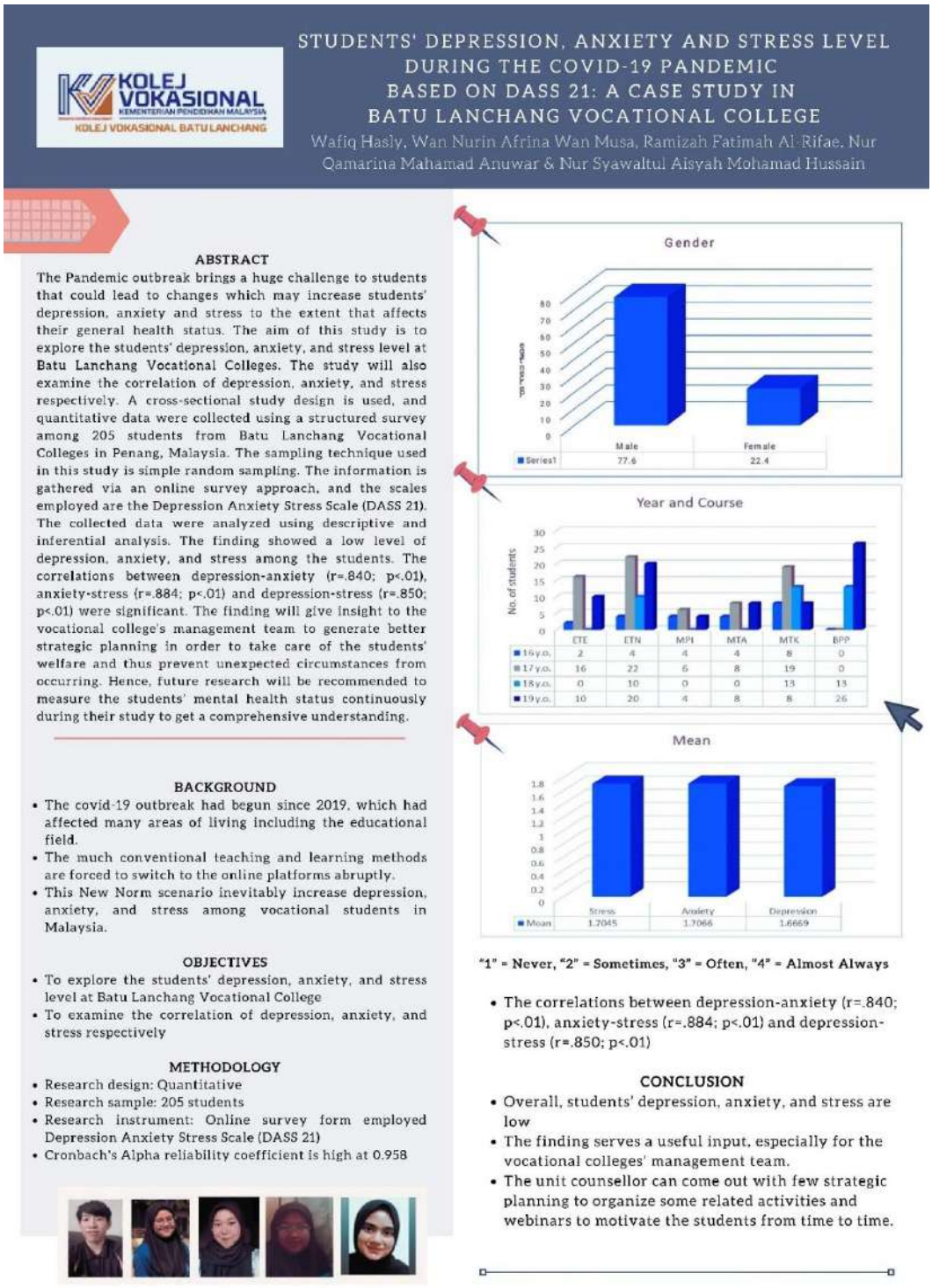
215. Cyberbullying among youth

Ivy Teoh Ai Wei



216. Students' depression, anxiety and stress level during the covid-19 pandemic based on Dass 21: A case study in Batu Lanchang Vocational College

Wafiq Hasly & Wan Nurin Afrina Wan Musa & Ramizah Fatimah Al-Rifae & Nur Qamarina Mahamad Anuwar & Nur Syawaltul Aisyah Mohamad Hussain



KOLEJ VOKASIONAL
KEMENTERIAN PENDIDIKAN MALAYSIA
KOLEJ VOKASIONAL BATU LANCHANG

STUDENTS' DEPRESSION, ANXIETY AND STRESS LEVEL DURING THE COVID-19 PANDEMIC BASED ON DASS 21: A CASE STUDY IN BATU LANCHANG VOCATIONAL COLLEGE

Wafiq Hasly, Wan Nurin Afrina Wan Musa, Ramizah Fatimah Al-Rifae, Nur Qamarina Mahamad Anuwar & Nur Syawaltul Aisyah Mohamad Hussain

ABSTRACT

The Pandemic outbreak brings a huge challenge to students that could lead to changes which may increase students' depression, anxiety and stress to the extent that affects their general health status. The aim of this study is to explore the students' depression, anxiety, and stress level at Batu Lanchang Vocational Colleges. The study will also examine the correlation of depression, anxiety, and stress respectively. A cross-sectional study design is used, and quantitative data were collected using a structured survey among 205 students from Batu Lanchang Vocational Colleges in Penang, Malaysia. The sampling technique used in this study is simple random sampling. The information is gathered via an online survey approach, and the scales employed are the Depression Anxiety Stress Scale (DASS 21). The collected data were analyzed using descriptive and inferential analysis. The finding showed a low level of depression, anxiety, and stress among the students. The correlations between depression-anxiety (r=.840; p<.01), anxiety-stress (r=.884; p<.01) and depression-stress (r=.850; p<.01) were significant. The finding will give insight to the vocational college's management team to generate better strategic planning in order to take care of the students' welfare and thus prevent unexpected circumstances from occurring. Hence, future research will be recommended to measure the students' mental health status continuously during their study to get a comprehensive understanding.

BACKGROUND

- The covid-19 outbreak had begun since 2019, which had affected many areas of living including the educational field.
- The much conventional teaching and learning methods are forced to switch to the online platforms abruptly.
- This New Norm scenario inevitably increase depression, anxiety, and stress among vocational students in Malaysia.

OBJECTIVES

- To explore the students' depression, anxiety, and stress level at Batu Lanchang Vocational College
- To examine the correlation of depression, anxiety, and stress respectively

METHODOLOGY

- Research design: Quantitative
- Research sample: 205 students
- Research instrument: Online survey form employed Depression Anxiety Stress Scale (DASS 21)
- Cronbach's Alpha reliability coefficient is high at 0.958

"1" = Never, "2" = Sometimes, "3" = Often, "4" = Almost Always

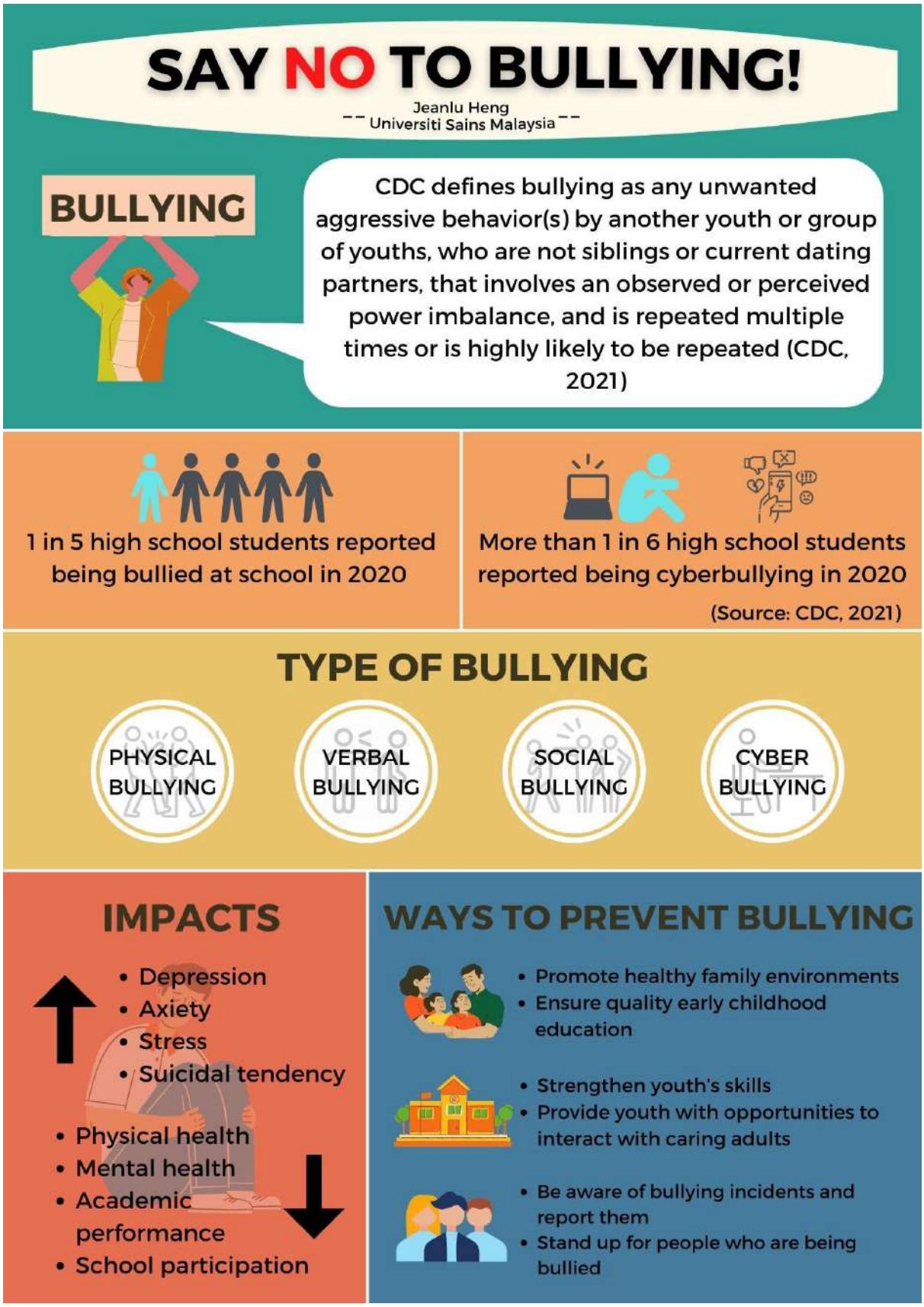
- The correlations between depression-anxiety (r=.840; p<.01), anxiety-stress (r=.884; p<.01) and depression-stress (r=.850; p<.01)

CONCLUSION

- Overall, students' depression, anxiety, and stress are low
- The finding serves a useful input, especially for the vocational colleges' management team.
- The unit counsellor can come out with few strategic planning to organize some related activities and webinars to motivate the students from time to time.

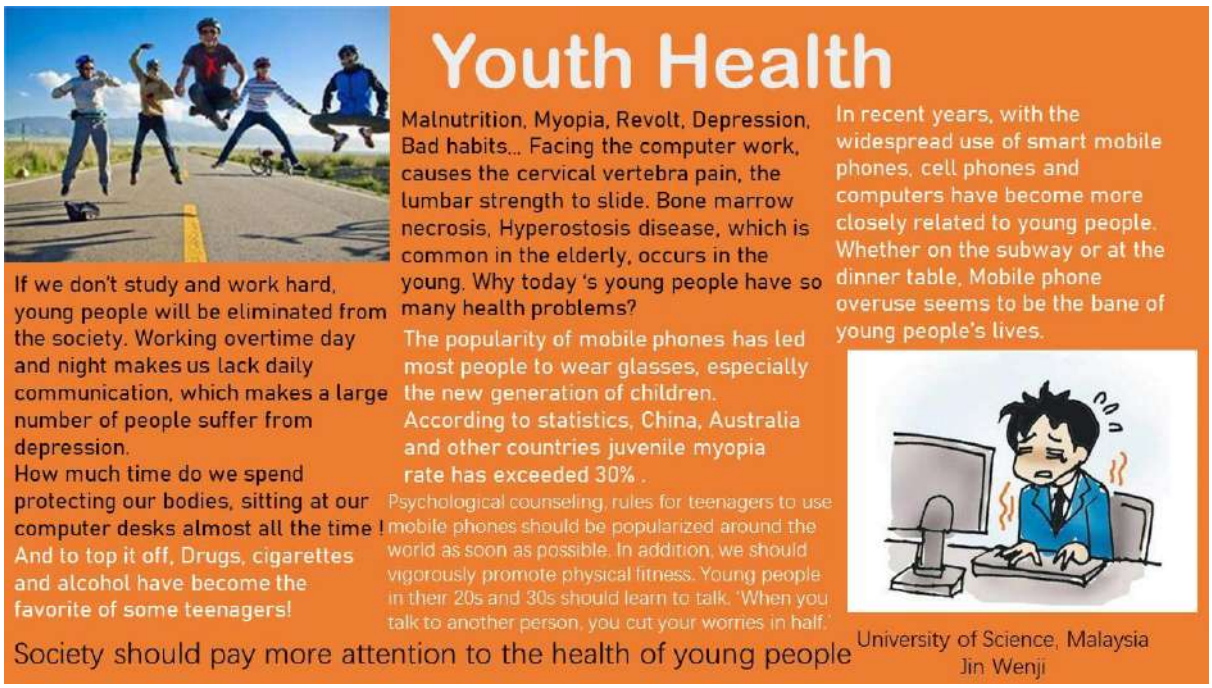
217. Say no to bullying!

Jeanlu Heng



218. Youth Health

Jin Wenji

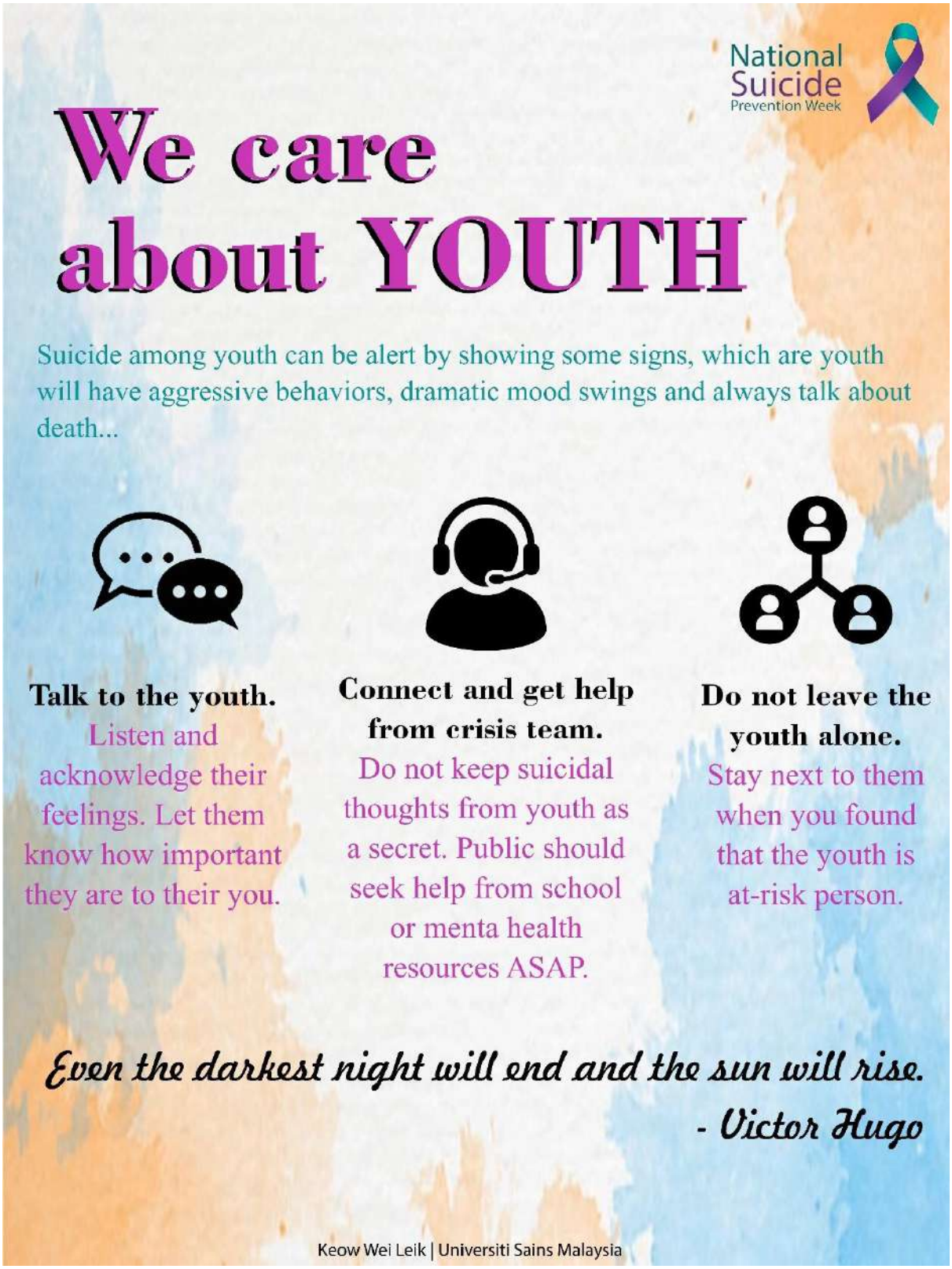


219. Youth Depression

Kelly Jani



220. We care about youth.
Keow Wei Leik



221. Youth leadership

Koh Mun Ching

YOUTH LEADERSHIP



Koh Mun Ching
University Sains Malaysia

The practice of teens (15-25years old) exercising authority over-themselves or others. Youth leadership has been elaborated upon as a theory of youth development in which young people gain skills and knowledge necessary to lead civic engagement, education reform and community organizing activities.

From Wikipedia, the free encyclopedia

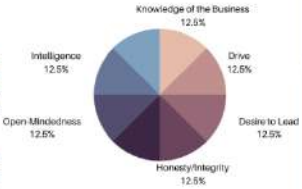
Overview

Characteristic of Youth Leadership as the ability to envision a goal or needed change, to take initiative or action to achieve the goal, to take responsibility for outcomes, and to work well with, relate to, and communicate effectively with others. In the review of definitions, it has become apparent that youth leadership can be defined as both an internal and external capability

Traits

As people have pursued an understanding of what makes an effective leader, their attention has often moved to the key personal traits those leaders exhibit.

The idea is that identifying those common traits will help businesses identify effective leaders and help individuals know how to become better leaders.



Activities

Youth Leadership programs typically include activities such as travel, intercultural exchange, outdoor education, organizing events, sports, intergenerational knowledge exchange, work experience, public speaking, and life skills development.

Conclusion

In Malaysia, one must understand the importance of growth of youth leadership. It has always been observed throughout the world that new creations, major positive changes, empathy, development, all have come from youth initiatives. Older generations hold negative attitude towards changes. As such, change for good can only come from the youths. We should remember that, "only change is permanent in this world, all other things are temporary."

If we don't change positively, we die as a notion. Let us expect that youth leaders of this country changes for us and that we survive forever.

What Does A Youth Leader Do?

A youth leader is a young individual who is responsible for building a sense of community within the church youth that can provide an opportunity for both spiritual and social development. Youth Leaders organize regular social, education and spiritual oriented events with parents and volunteers to maintain a vibrant program. They establish support and appropriate relationships with their youth members and their families. Youth leaders also maintain social media and emails provide information publicly to youth members about their organized events.

Why Do Leaders Fail

- **Lost Sight Of What Is Important**
- **Confusion In Hidden Ambiguous Communication**
- **Fear Of Failure**
- **Discrepancy Between Value And Behavior**
- **Poor Self-Management**

Traditional Leaders		Collaborative Leaders
Believe Power comes from their Position of Authority		Believe Power is gratest in a Collective Team
Maintan Ownership of Information		Openly Share Information and Knowledge
Sometimes Listen to Suggestions and Ideas from their Team		Encourage Suggestions and Ideas from their Team
Deliver the Approved Solution to their Team		Facilities Beainstorming with their team
Allocate Time and Resources Only when Proven Necessary		Enable their team by Allocating Time and Resources Right Way
Adhere to Specific roles and Responsibilities		Allow Roles and Responsibilities to Evolve and Fluctuate
Fight Fires and Focus on Symptoms		Seek to Uncover the Root Causes of Issues

The workplace is changing. Leadership is changing. The future is collaborative.

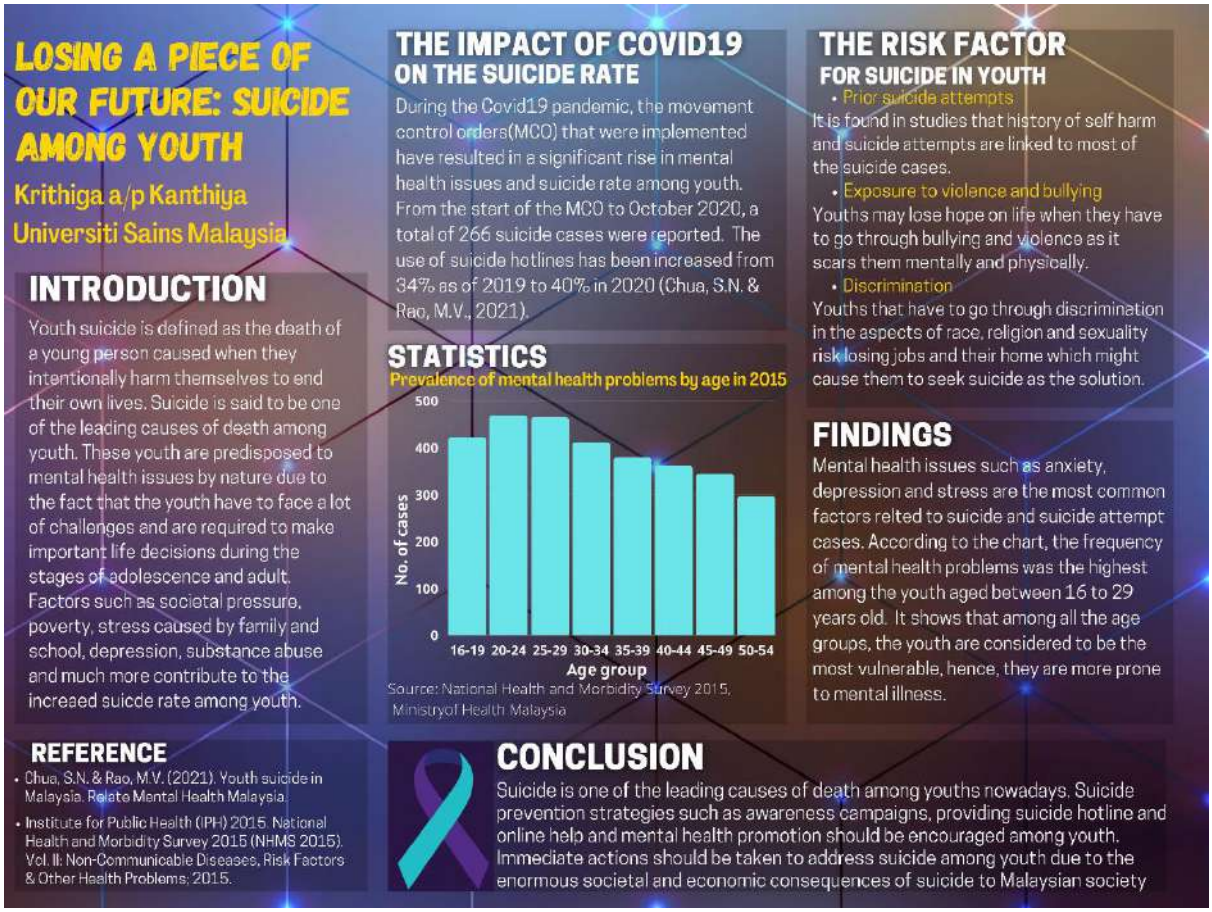
"The Youth Of Today Are The Leader Of Tommorow"

For More Information

Effectives Leadership Activities and Games : https://www.sessionlab.com/blog/leadership-activities/

222. Losing a piece of our future: suicide among youth

Krithiga A/P Kanthiya



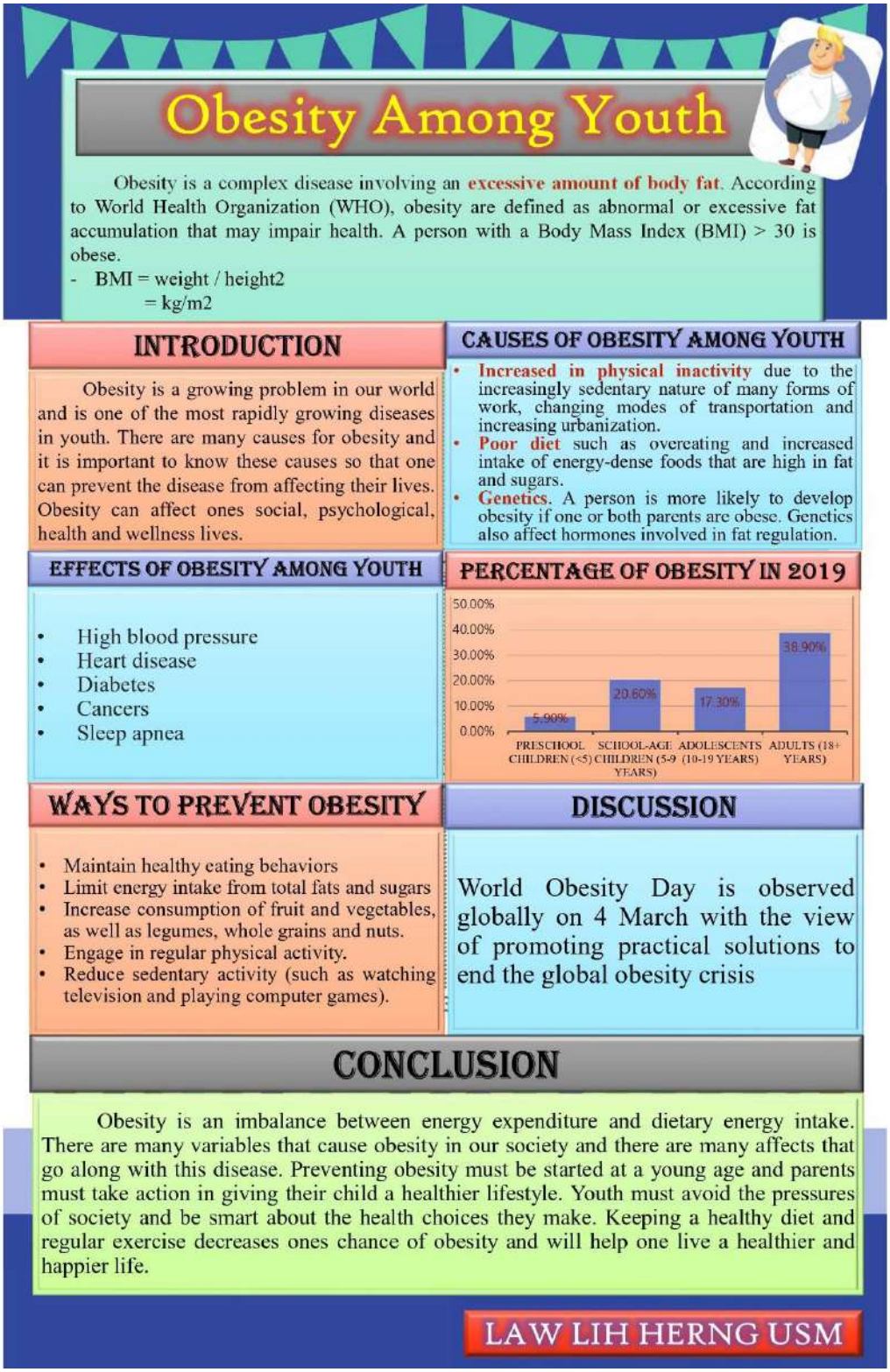
223. Cylinder cart lifter.

Syam Sazani Hamat & Sudarman Bayali & Nur Ilya Syafiqah Shukri & Adib Anhar Ahmad Ikhram Nazim Ahmad Nazrul & Marzuki Hj Ab Rahman & Liana Akmal Ramli



224. Obesity among youth

Law Lih Herng



225. Cyberbullying: How to prevent and protect your child

Lee Chiew Ceng

CYBERBULLYING: HOW TO PREVENT AND PROTECT YOUR CHILD



Lee Chiew Ceng
Universiti Sains Malaysia

Introduction

Malaysia Ranks 2nd In Asia For Cyberbullying Among Youth (TheSun Daily, 2020). Cyberbullying is bullying using digital technologies such as mobile phones, tablets, and computers. Cyberbullying is sending, posting, or sharing negative, harmful, false, or mean content about another person. Cyberbullying has become a serious problem because cyberbullying is easier to commit than other forms of bullying. After all, the bully does not have to confront their target in person.





Effect

- Cyberbullying suffers many different consequences, including emotional, physical, mental, and academic.
- Cyberbullying is a significant stressor in a young person's life, leaving them feeling hurt, embarrassed, and sometimes even scared.



Methods

1. Think before making every post online

- Cyberbullying can use the content you post against you in some way. Therefore, encourage young people to think twice before posting and avoid posting content that could damage their reputation.

2. Refuse to respond to cyberbullies

- Do not argue, try to explain, or engage in any way with a cyberbully. Cyberbullies are looking for an emotional response, but if you refuse to give them anything to go on, they are left with one-sided communications.

3. Report cyberbullies

-You can save, screenshot and print all messages of harassment as evidence of cyberbullying. Report cyberbullying to the social media site so they can take action against users who violate the terms of service.

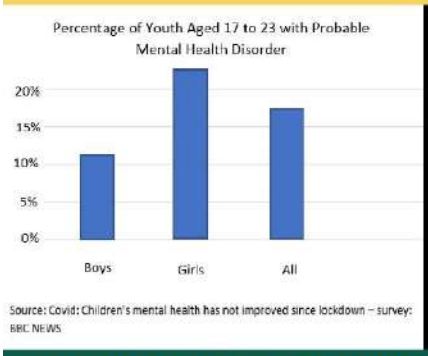
Conclusion

Young people should know how to prevent cyberbullying so that they do not become victims of cyberbullying themselves. If they are confronted with the problem of cyberbullying, they can also know how to deal with it.

226. Your concern might change one's fate.
Lee Hui Lin

YOUR CONCERN MIGHT CHANGE ONE'S FATE

Lee Hui Lin
UNIVERSITI SAINS MALAYSIA



DO YOU THINK MENTAL ILLNESS IS ONLY COMMON AMONG ADULTS?

The truth may shock you !



Even teens aged 17 to 23 are struggling with mental health problems.

PROBABLE CAUSES OF YOUTH MENTAL HEALTH DISORDER

- Negative family environment

When youngsters who lack family bond spend long time together with their family members during pandemic, the conflict might happen regularly.

- Lack of supportive relationships

Lockdown during pandemic hinders outings. This means that youngsters are unable to meet and share their problems with their friends.

- Unpredictable future

They might feel anxious because they are unsure about their future.

- Financial pressure

Some of the youngsters are facing financial problems during the pandemic due to unemployment of themselves or their parents.





Look out for subtle signs of warning.

- Having suicidal and self-harm thought

Be more concerned about suspicious scars as well as suicidal thoughts that slipped through during a conversation.

- Troubled by anxiety

Facing uncertainty in daily life during the pandemic might cause youngsters to suffer from anxieties and worries.

- Sudden change in emotional stage

A person suffer from mental health problem might experience intense mood swing in a short time.

- Sleep disturbances

When someone is facing insomnia or has a low sleep quality, they might look tired and is unable to concentrate in their daily life.

- Intense change in behavior and personality

Unusual behavior and personality is a common sign of mental health disorder. Changing from one extreme to another is often obvious and noticeable.

How to help them?

- Family members have to monitor youngsters' behavior and personality closely

Be alert when there is unusual behavior and sudden personality change exhibited by them in order to help them effectively.

- Seek for professional help

We have to bring someone who encounters troubling mental health situation to a psychologist and counsellor to tackle the core of the problems efficiently.

- Regularly exercise

Exercise releases dopamine which helps us to release our stress and be relaxed. This could effectively drag us out of sad emotions.

- Make leisure time a priority

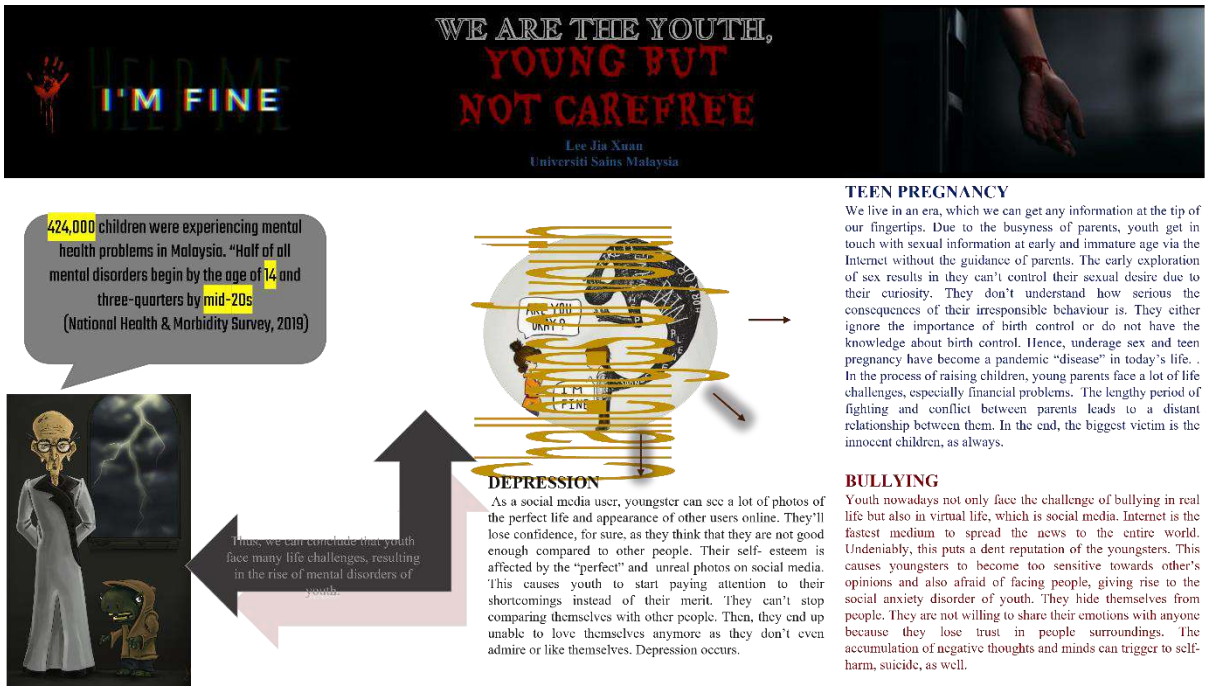
Always take time for your own hobby. Doing something you are interested in helps to refresh your mind.



227. Challenge facing youth.
Lee Jia Quan

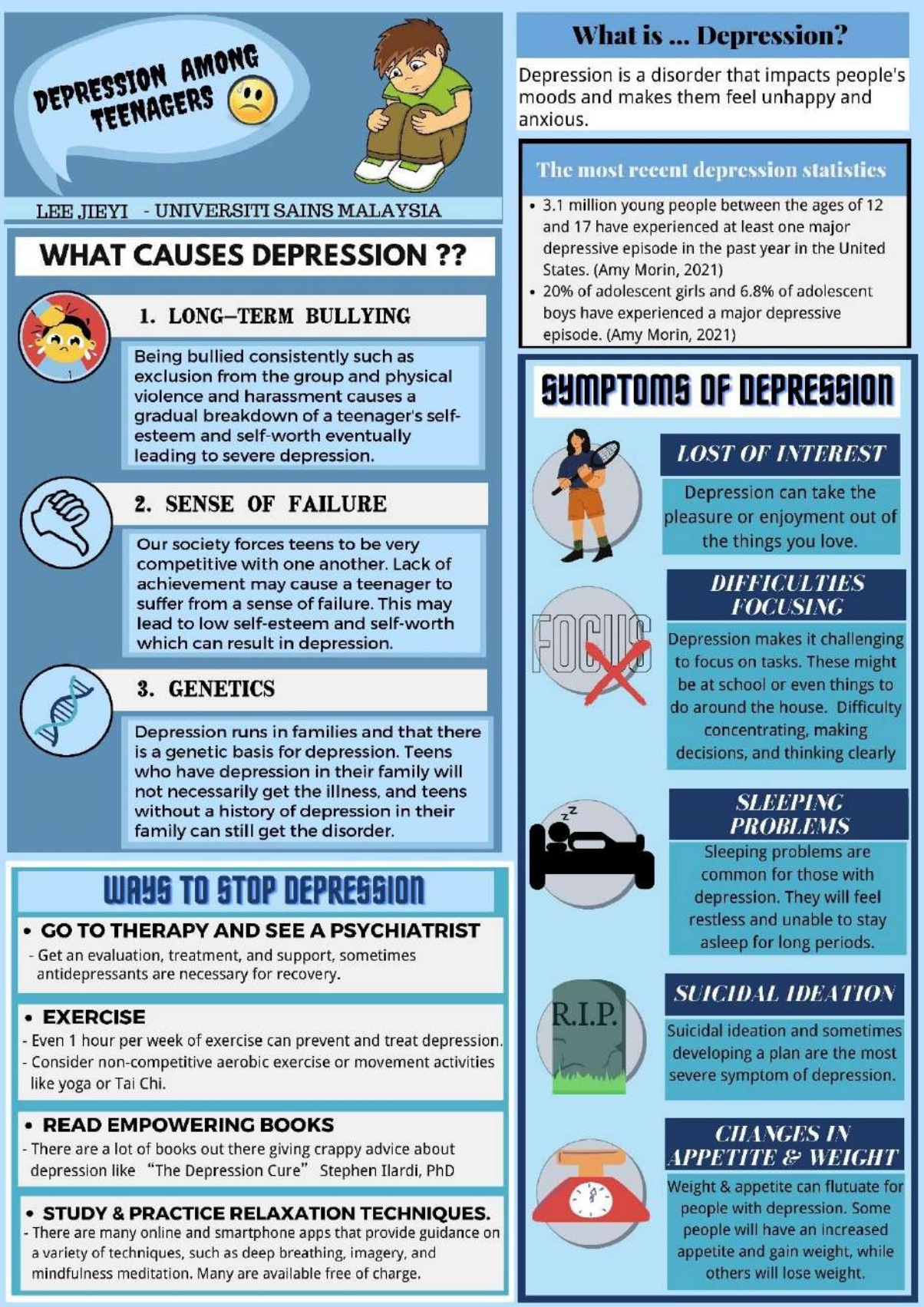


228. We are the youth, young but not carefree.
Lee Jia Xuan



229. Depression among teenagers

Lee Jie Yi



230. Juvenile vandalism in the public urban space

Lee Sin Yee

JUVENILE VANDALISM IN THE PUBLIC URBAN SPACE

Lee Sin Yee
- UNIVERSITI SAINS MALAYSIA -

Juvenile Vandalism

An intentional act of property damage committed by a minor

Why Juvenile Vandalism Occurs?

- To express frustration
- Boredom
- To stake revenge
- To prove oneself and show off



While most of the security bollards are damaged by vehicles that encroach upon walkways, there are passers-by who scratch and mar their surfaces. – AZMAN GHANI/The Star

Ways to Prevent Juvenile Vandalism

1. Have bright security lights inside and outside of property.
2. Install security camera.
3. Support community programs that give youth something to do.
4. Clean up quickly after damage.

Types of Juvenile Vandalism



Destroy public facilities by breaking or kicking public toilets, rubbish bins and vending machines.



Defacing public property with graffiti and other forms of art.



Vandalism occurs against vehicles, with damage to bodywork, car windows and tyres.

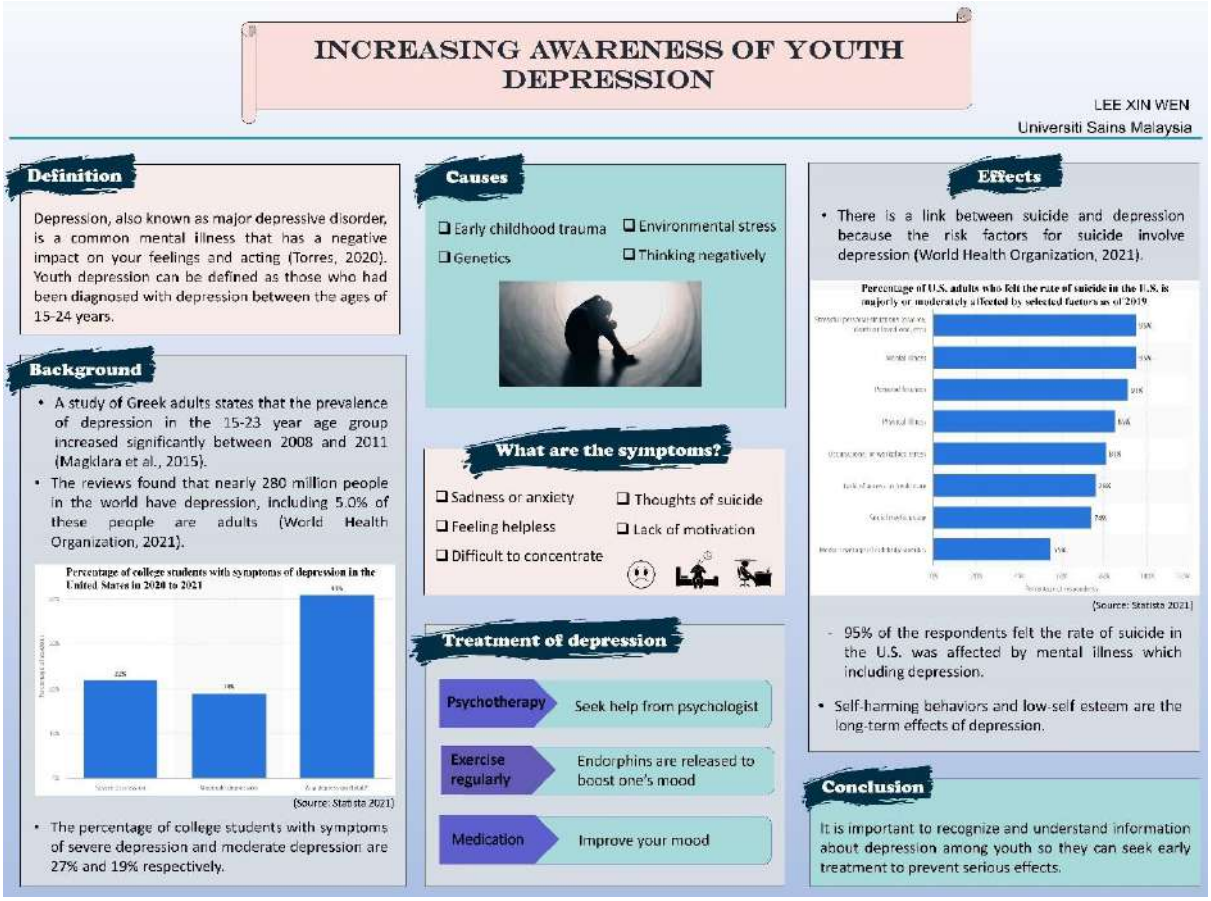


Vandalism occurs by letting a dog poops in the public urban space.



231. Increasing awareness of youth depression

Lee Xin Wen



232. Challenges facing youth | The teen pregnancy.
Liang Ming Hao

UNIVERSITI SAINS MALAYSIA

Challenges facing Youth
The Teen Pregnancy

Universitiy Sains Malaysia
LIANGMINGHAO

Background:

Since the 1970s, sexual behavior and first sexual experience of teenagers tend to be younger in many countries around the world.In mainland China, with the progress of people's ideas, more and more people's ideas and behaviors towards sex have also undergone significant changes, especially among teenagers.Teenage girls who are pregnant before they get married have brought great physical and psychological trauma to them.July 11 is World Population Day, and this year's theme is "Teen Pregnancy Awareness".

Reason:

1.the impact of social environment: the concept of sexual revolution, sexual liberation and sexual freedom has impacted the traditional concept of sex, and people are gradually moving towards openness. Teenagers have always been fashion chasers and trendsetters, and the same is true in the concept of sex.Sexual impulse is originally a problem that makes teenagers feel confused. In addition, various social media, such as movies, TV, newspapers, magazines and the Internet, have a lot of sexual content. Especially, the sex scenes in some pornographic movies and movies will give teenagers specious hints, resulting in teenage love and pregnancy problems.And abortion ads flood the streets, trumpeting the "dream-like comfort" and "three-minute convenience" of painless abortions.These irresponsible commercial hype can easily mislead young people into thinking that abortion is easy and easy, leading to sexual casualness among young people.
2. Lack of sex education for teenagers: family is the first classroom for children, but many parents do not enlightens their children on sex knowledge correctly.Maintaining a sense of mystery can help protect a child's mind, but excessive concealment, or half-informed explanations, can exacerbate curiosity and turn it into a culprit.

Countermeasures:

Sex education should include the teaching of sex physiology, sex psychology, sex ethics and sex law.-First of all, as parents and school should respect the personality of teenagers, help them to understand sexual attitudes, to offer them to protect their sexual health knowledge and skills, and cultivate their ability to better the relationship decisions, make them form the correct values, enhancing self-esteem, enhance sexual sense of responsibility, thus for teenagers to society,Enter the period of love, marriage, childbirth, raising children to do a certain amount of intellectual and psychological preparation.
Secondly, sex education at home and school should be closely combined with social education.Sex education should be carried out not only at home and in schools, but also at all levels of community and social life.For example, the society should set up special outpatient service for boys and girls, composed of social consultation experts and experts in psychology, obstetrics and gynecology, spirit, andrology, etc., open to adolescents for consultation and treatment.In addition, the society should also purify the mass media such as newspapers, television and the Internet, resolutely eliminate the decadent and dirty sexual content, and create a good environment for young people.
Finally, people in society should also set an example by not being incestuous and unfaithful.

Conclusion:

teenage pregnancy has become a serious social problem to be reckoned with in the modern society, and in the face of the rising trend year by year, we should start with to face the problem, to make mistakes of teenagers give full of understanding and tolerance, people always make mistakes, afraid of is not an error, fear is no chance of correction.So start with family education;From the change of social atmosphere, social environment;It starts with being an adult and staying clean.For teenagers spend youth ignorant contribution to their own strength.

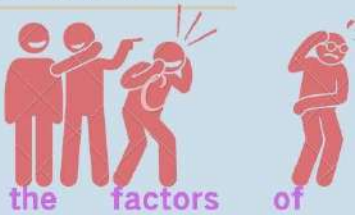




233. Cyberbullying among youth “Stop the online hate”.
Lee Qiad Xing

CYBERBULLYING AMONG YOUTH
"STOP THE ONLINE HATE"

LIEW QIAD XING
Universiti Sains Malaysia



INTRODUCTION

With the rise in the use of mobile technologies with permanent access to the internet, cyberbullying has become a very common and hot issue nowadays. Cyberbullying is the use of digital technology to harm and hurt another person. Furthermore, it usually happened on social media such as Facebook, Instagram, and WhatsApp. It will become a very serious problem that even can influence the youth' s future.

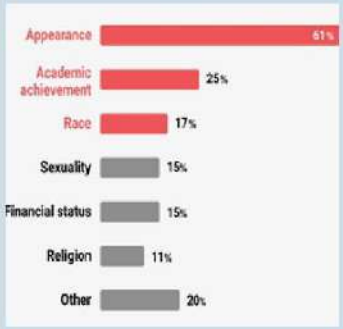


OBJECTIVE

- To investigate the factors of cyberbullying among youth.
- To study the impact of youth cyberbullying.

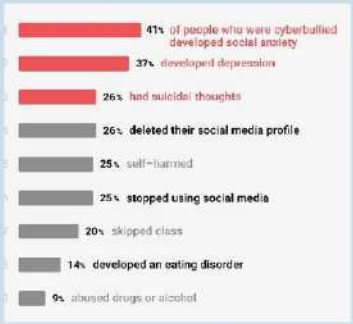
DATA

Statictis1 : The factors of cyberbullying among youth



source:nvee.org

Statistics2: The impact of youth cyberbullying



Source: Ditchthelabel.org

RESULT

Personal appearance seems to be the most common reason for cyberbullying, followed by intelligence, racism and sexual discrimination, financial difficulties, and religion.

Apart from this, the statistics show that there are a lot of negative impacts of cyberbullying. There are almost 41% of people who were cyberbullied developed social anxiety and 37% of them developed depression, while 26% even had suicidal thoughts.



CONCLUSION

HOW TO STOP THE CYBERBULLYING

~Do not be afraid to share and tell this to someone you trust.

~Collect all the information or messages related to Cyberbullying so it can be used as proof to take action against the bully.

~Do not respond and answer any massage.



234. The stress level among youth

Liew Qian Yie

THE STRESS LEVEL AMONG YOUTH

Liew Qian Yie | Universiti Sains Malaysia



INTRODUCTION

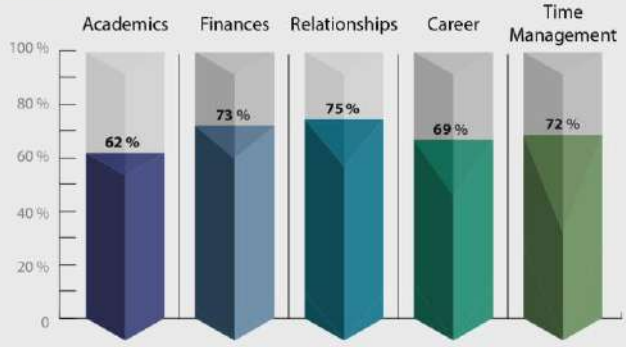
Stress is a condition of mental pressure for particular individual facing problems from environmental and social well-being which leads to so many diseases. Young age is the critical period because at this time youth faces lots of changes in his/her life. Thus, they should enhance their stress management abilities so as to live a healthy life after entering the society.

When a child enters into the youth age, they need to not only adapt themselves to the new life and new environment but also be familiar with many new people, events, and things. Therefore, understanding the sources of stress among them and how they can cope with the stress is very important.

OBJECTIVE

- To identify the factors which cause stress among the young generation
- To raise awareness about stress management and mental health issues

DATA



(Source : A Study of Causes of Stress and Stress Management among Youth, 2018)

Academics : worry about academic performance

Finances : want to maintain the lifestyle and fulfill the demand of articles

Relationships : making friends is a bit harder than expected

Career : negatively affect an individual`s performance and overall well-being of his body and mind

Time Management : Balancing academics, peer activities, and home life can be difficult

SUGGESTION TO REDUCE STRESS

- Keep things organized and planned
- Speak to someone
- Start exercising
- A well-balanced diet

CONCLUSION

Effective stress management helps you break the hold stress has on your life. The ultimate goal is a balanced life and the resilience to hold up under pressure and meet challenges head on.

235. Challenges facing youth such as depression, bullying, self-harm, teen pregnancy, suicidal, etc: burnout among the youth.
Lim Boon Kang

Challenges Facing Youth Such as Depression, Bullying, Self-Harm, Teen Pregnancy, Suicidal, etc: Burnout Among the Youth

Lim Boon Kang Universiti Sains Malaysia

What is Burnout?

- ✓ Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. As the stress continues, you begin to lose the interest and motivation for the role you took on in the first place.
- ✓ According to the 11th Edition of the International Classification of Disease, burnout is defined as a syndrome conceptualised as resulting from chronic workplace stress that has not been successfully managed. It is characterised by three dimensions:
  1. Feelings of energy depletion or exhaustion
  2. Increased mental distance from one's job, or feelings of negativism or cynicism related to one's job
  3. Reduced professional efficacy

Factors:

There is a variety of rationale that could pose burnout for the youth. Hence, we should scrutiny the factors that lead to burnout among youth to come out with the splendid idea that can curtail the number of burnouts among youth on the rise.



- ✓ Panic
- ✓ Over exertion
- ✓ Academic pressure
- ✓ Family issues
- ✓ Financial problems
- ✓ Overbearing parents, teachers or homework overload
- ✓ Difficulty in time management
- ✓ Higher expectation of themselves
- ✓ Imbalance between requirements and personal resources

Consequences:

Burnout can lead to a host of negative aftermath, it can contribute to mental and physical illness. The detrimental ramification of burnout spill over into every area of our life, including our home, work, and social life. Therefore, we should acknowledge the dire outcome of burnout to have a better understanding of it. Furthermore, we should change our orthodox view anent burnout. According to Assoc Prof Dr Muhammad Muhsin Ahmad Zahari, a senior consultant psychiatrist at the University Malaya (UM) Medical Centre's department of psychological medicine, said society perceives burnout to be a weakness when it is a mental health issue. In this context, it might incur a more severe phenomenon among youth. The following are the consequences of burnout:

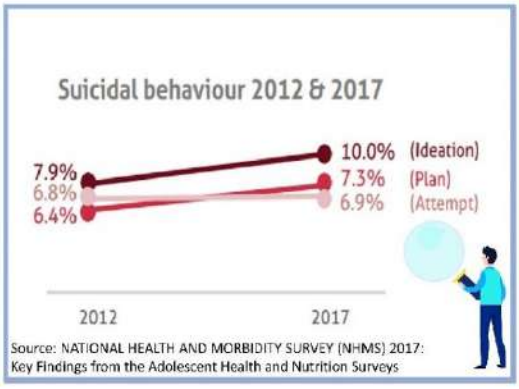


- ✓ Reduces productivity
- ✓ Debilitating
- ✓ Vulnerable to illnesses
- ✓ Develop into major depression
- ✓ Leaving one's feeling increasingly helpless, hopeless, cynical, and resentful
- ✓ Fatal consequences such as commit suicide

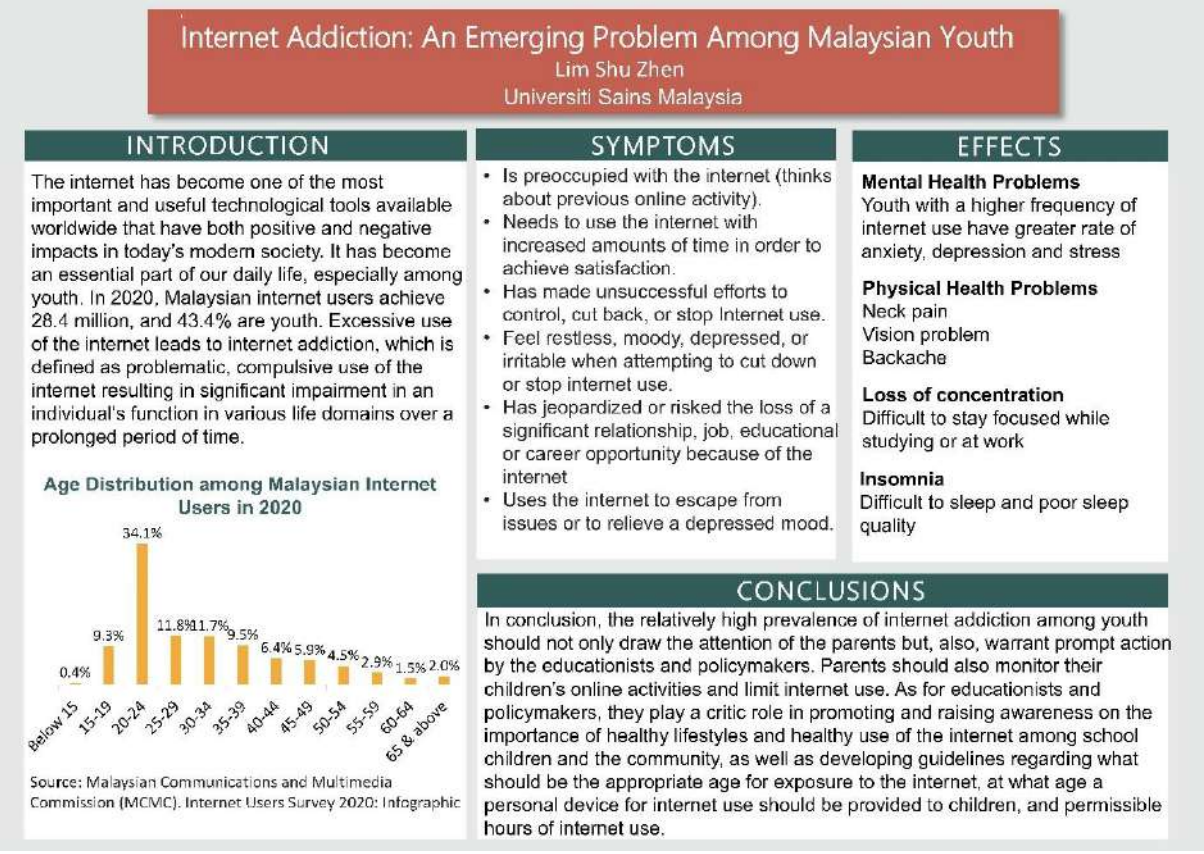
Prevention is better than cure:

The youth are the future of the nation, thus, it is pivotal to ensure that leaders of tomorrow are warding off from burnout. The following are the ways to overcome the issue:

- ✓ **Vigilant from parents occasionally** —To allow for early intervention, parents should be vigilant of tell-tale signs like weight fluctuation, self-harm, constant fatigue, insomnia, lashing out at people, isolation, and a sudden decline in academic achievements.
- ✓ **Time management is crucial to ensure balance** ——Evaluate your priorities and set realistic daily goals that are achievable. Beware of adopting priorities of your peers because theirs may likely differ from yours.
- ✓ **Don't let the holiday or weekend mood set in** ——Mimicking the usual daily routine as closely as possible can help prevent panic from setting in.
- ✓ **Have adequate sleep** ——According to child therapist Priscilla Ho, teens aged between 14 and 17 need up to 10 hours of sleep, while young adults up to age 25, need up to nine hours.
- ✓ **Enjoying "me time"** ——Taking a breather from gadgets and social media, and limiting contact with negative people. Conversely, taking up enriching activities like sports, hobbies.
- ✓ **Learning to say 'no'** ——If you keep on saying 'yes' to everything, you might get burnt out just by thinking about how you can accomplish so much in so little time. Moreover, don't take on multiple tasks that are beyond the capabilities and resources, and don't procrastinate
- ✓ **Manage expectations** ——According to Malaysian Mental Health Association president Prof Datuk Dr Andrew Mohanraj, children often succumb to the parental demands for them to outperform others. This causes them to push themselves further and finally get burnout.
- ✓ **Seek help from a counsellor or therapist** ——Therapists are professionally-trained listeners who can help you get to the root of your problems, overcome emotional challenges, and make positive changes in your life. Therefore, ones should not be embarrassed to admit they are struggling with challenges in certain areas.

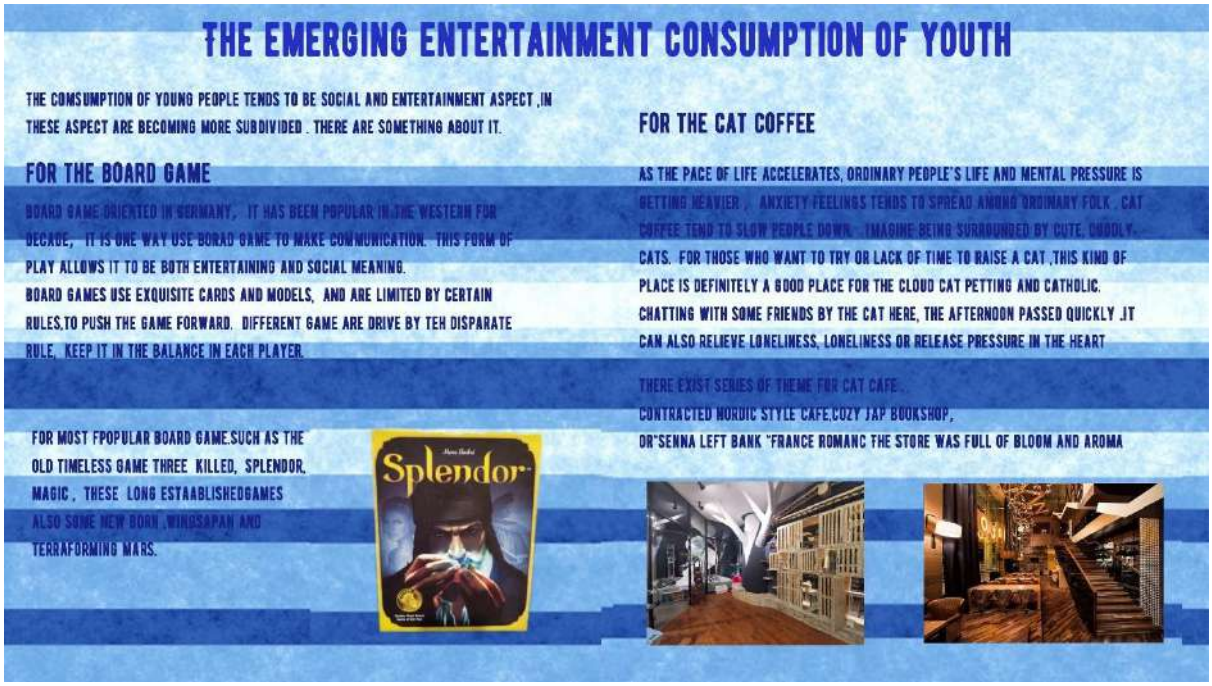


236. Internet addiction: an emerging problem among Malaysian youth
Lim Shu Zhen



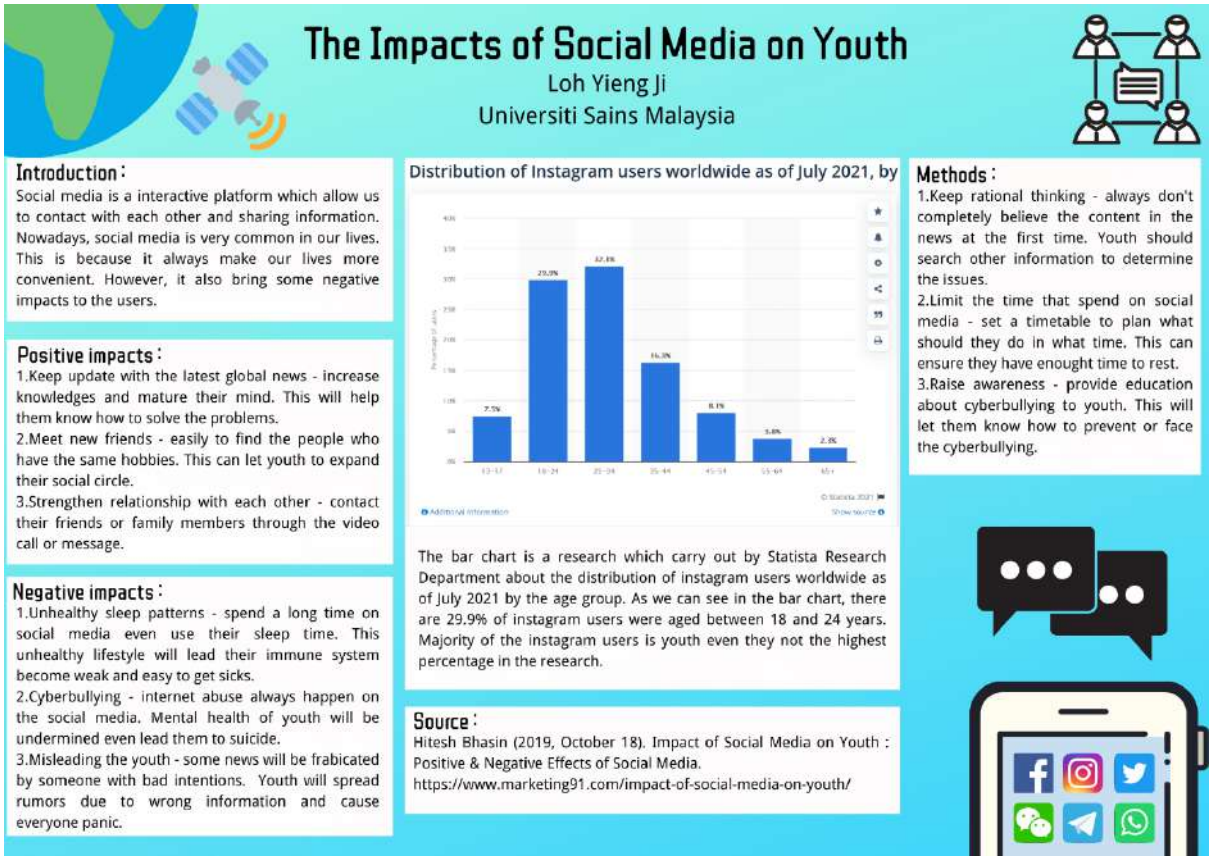
BEST POSTER AWARD

237. The emerging entertainment consumption of youth
Liu De Chang



238. The Impacts of social media on youth

Loh Yieng Ji



239. See the power of youth.
Long Yu Ran

SEE THE POWER OF YOUTH

Young people are on the frontlines of the struggle to build a better future for all.

——UN Secretary-General Antonio Guterres



Introduction: Someone says that today's youth are the beat generation. We are addicted to entertainment, we are pampered and so on. But are we really like that? Actually, youth pursue social equality and pay attention to global climate issues. Youth also perform well during the COVID-19.



YOUTH FIGHT FOR EQUALITY

Malala Yousufzai, a Pakistani girl who was shot by Taliban gunmen for advocating feminist rights, still speaks for disadvantaged children, especially girls, to fight for and realize the right to equal education.

YOUTH CONCERN ABOUT CLIMATE

Greta Thunberg has become a symbol of youth-led advocacy. At just 16 years old she has taken the lead on climate change. She isn't alone. Thousands of young people across the globe are taking up the fight to save our planet from Sierra Leone to Brazil.





DURING THE COVID-19, YOUTH PLAY AN IMPORTANT ROLE.

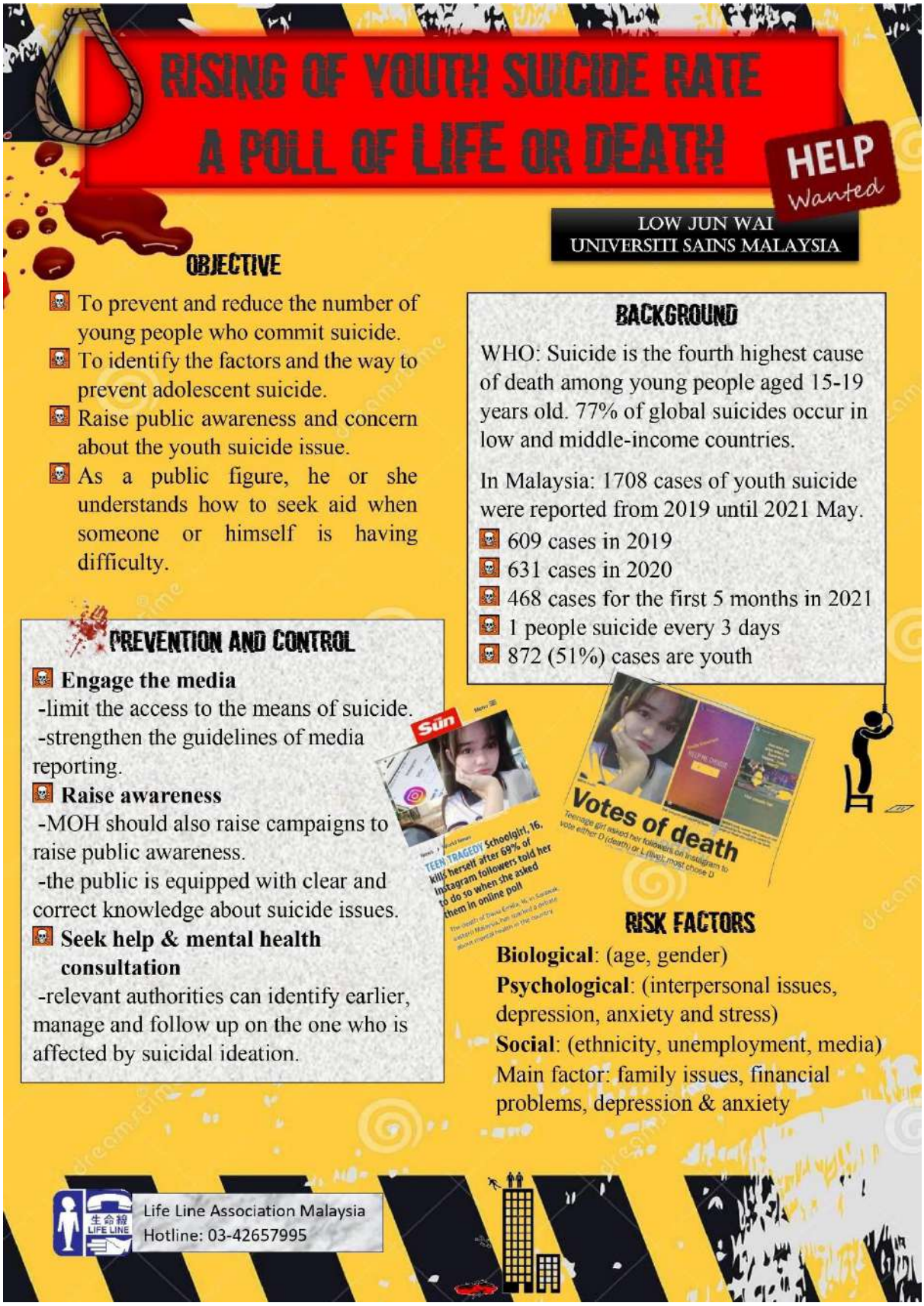
They are medical staff who are treating patients.They use video and other fascinating ways to tell people to do disinfection and personal protection, and to maintain social distance.They voluntarily provide help to people at risk or those affected by the pandemic. They show that the power of youth should not be underestimated

Conclusion: Youth yearn for a world of equal opportunities and are taking actions to build a peaceful and fair and inclusive society. We have an unparalleled enthusiasm for the future, an objective and rational understanding of the world, and try our best to contribute to society. Today's youth are also making the world better.

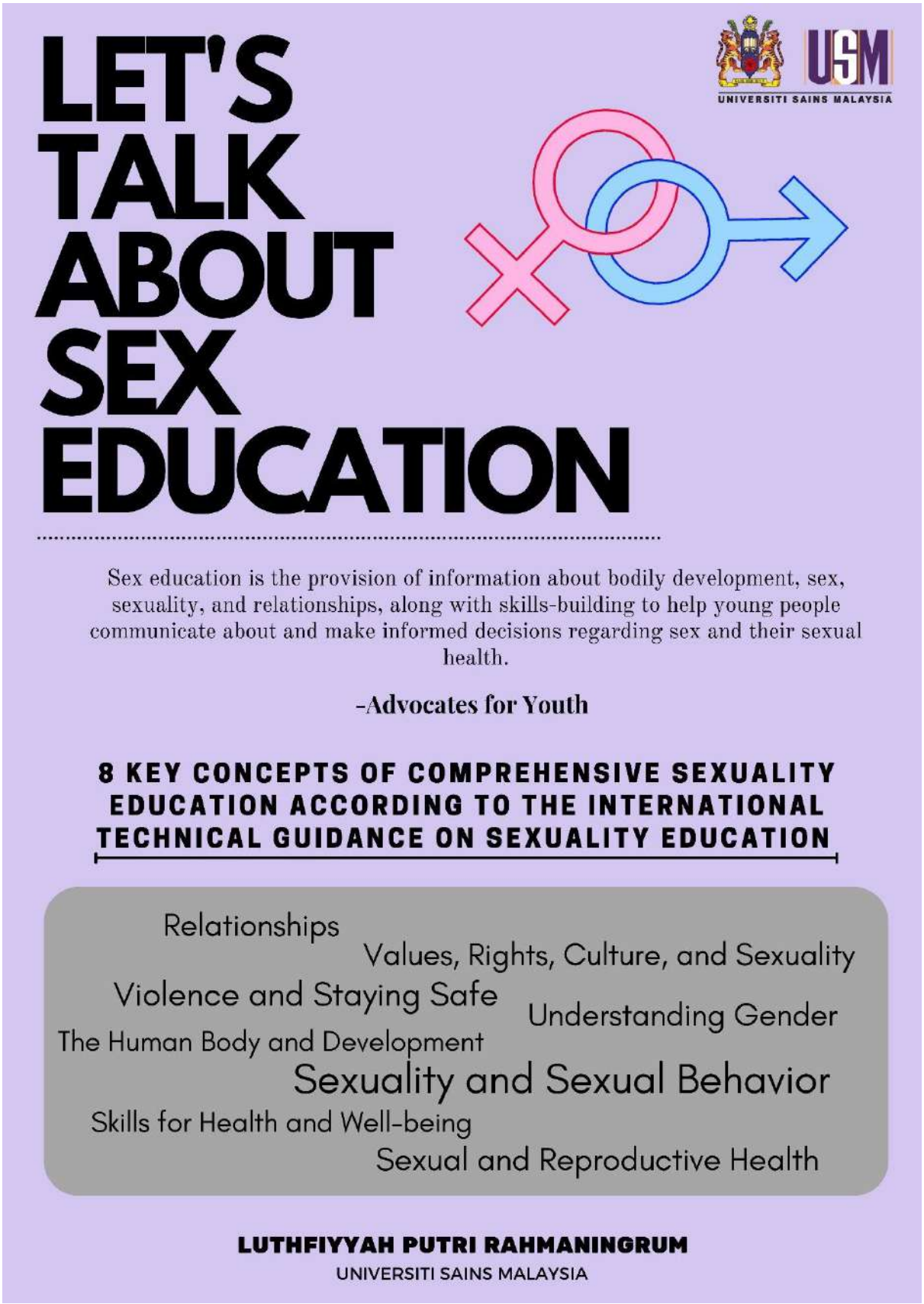
LONG YURAN University Sains Malaysia

240. Rising of youth suicide rate | A poll of life or death

Low Jun Wai



241. Let’s talk about sex education.
Luthfiyyah Putri Rahmaningrum

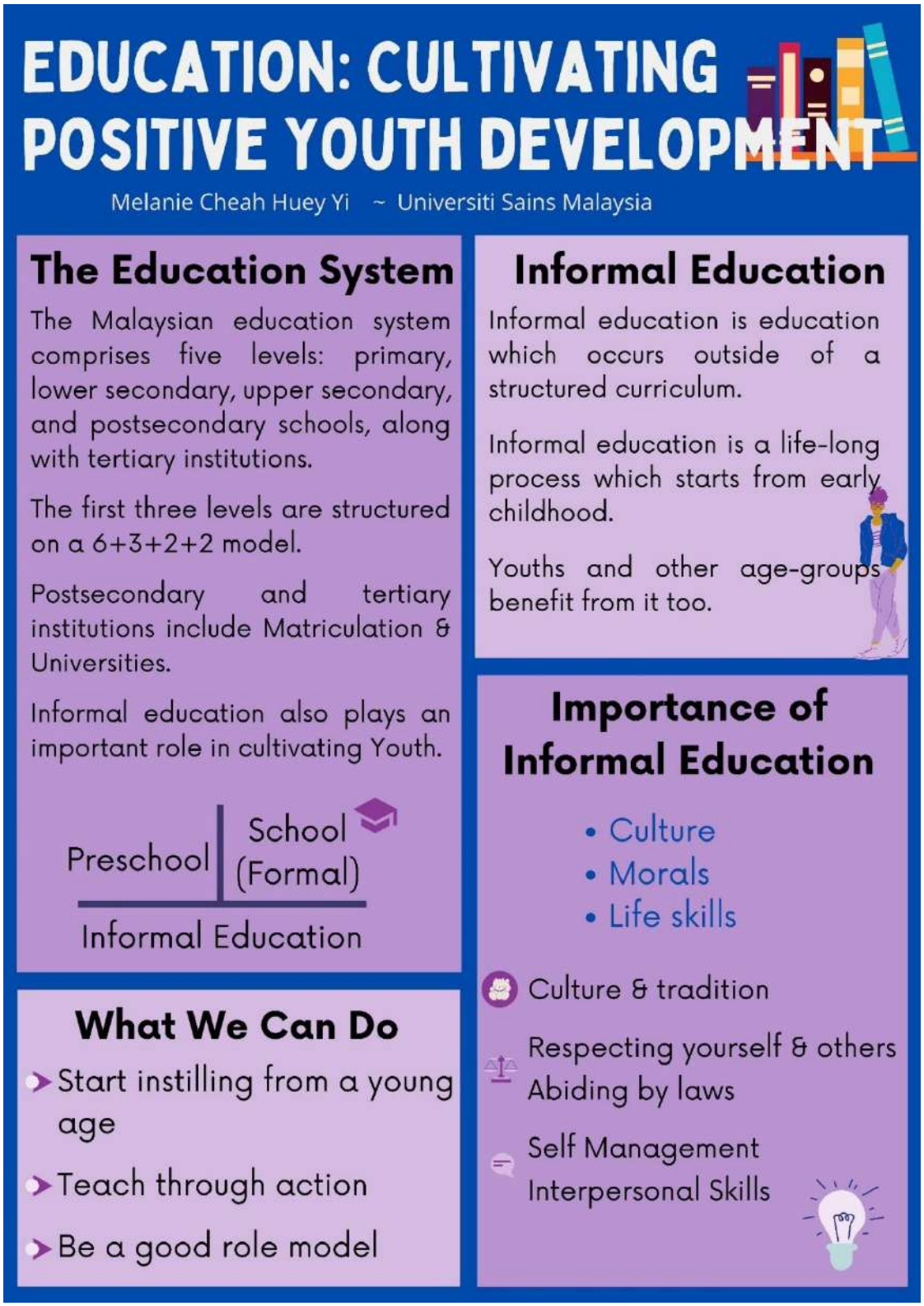


242. Tide turners' plastic challenge

Mak Jun Le



243. Education: Cultivating positive youth development
Melanie Cheah Huey Yi

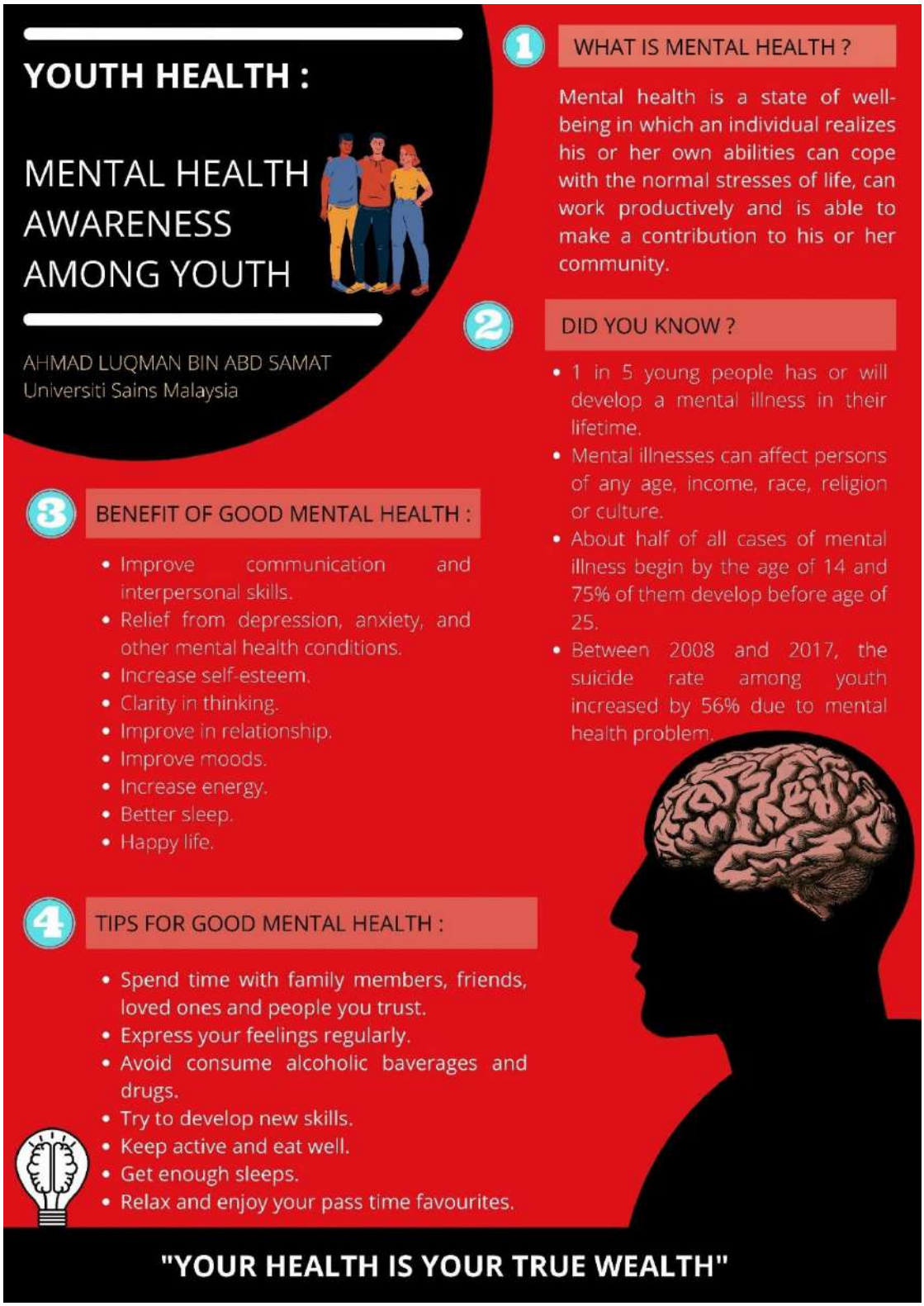


244. Protect teenagers' internet safety.
Meng Xiao Yong



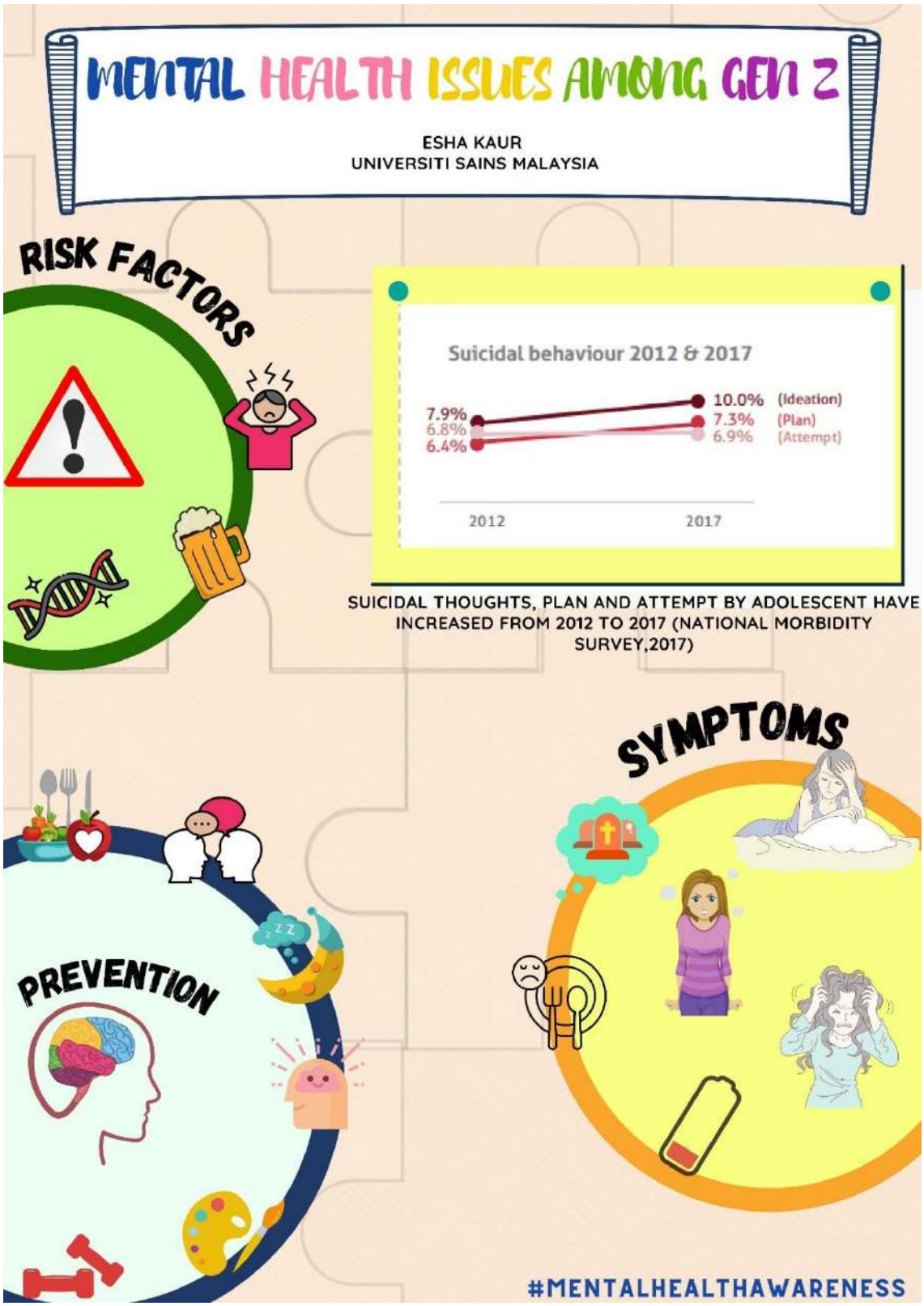
245. Youth Health: Mental health awareness among youth

Ahmad Luqman Abd Samat



246. Mental Health Issues Among Gen Z

Esha Kaur



247. A silent killer creeping among youth

Peggy Cheong Pei Qi

A SILENT KILLER CREEPING AMONG YOUTH

MENTAL HEALTH MATTERS

Peggy Cheong Pei Qi
University Sains Malaysia

1. INTRODUCTION: Our emotional, psychological and social well-being is included in mental health. It basically affects how ones feel, think or act. Mental health is important to all walks of life from childhood to our adulthood. Mental health problems are attributed by many factors such as biological factors, life experience or family history of mental health problems.

2.AIM: To attract attention on the growing concern in mental health problems.

18% Research by WHO show that 16% of youth aged 10-19 have mental health problems.

SITUATIONS THAT MAY CAUSE THE PROBLEMS :

CHILDHOOD ABUSE, TRAUMA OR NEGLECT
These events may cause a long-lasting effect on a child and different children will react differently to it. Long term of suffering cause them to start developing mental disorder such as anxiety, post-traumatic stress and depression.



HAVING TOO MUCH ASSESSMENTS AND WORKS
Schooling may be fun, but it is not much so, with all those tests, presentations and homework piling up. To make the matter worse, there's also co-curricular courses that are compulsory. Not managing your time well enough may cause you to be stressful about your schooling life.



LONELINESS
Everyone feels lonely from time to time but our definition of loneliness may differ from each other. Some may be fine living alone without having much interaction with others while some tend to overthink and enlarge the problems that they are facing while being alone.



VICTIM OF BULLYING
There are many types of bullying happening around us includes physical and verbal bullying. Verbal bullying is the one that will cause the most harm as bystanders will not know about the bullying until the victim takes the initiative to confess. This continuous may cause them to have low self-esteem.



WARNING SIGNS FOR THOSE THAT MAY BE EXPERIENCING MENTAL ILLNESS



Increased in appetite



Decreased in appetite



Low mood



Talks about suicide



Illogical thinking



Emotional outburst

Conclusion: Mental health illness have been an increasingly crucial among children and it has to be brought to attention to everyone to ensure that early detection and treatment could be taken.

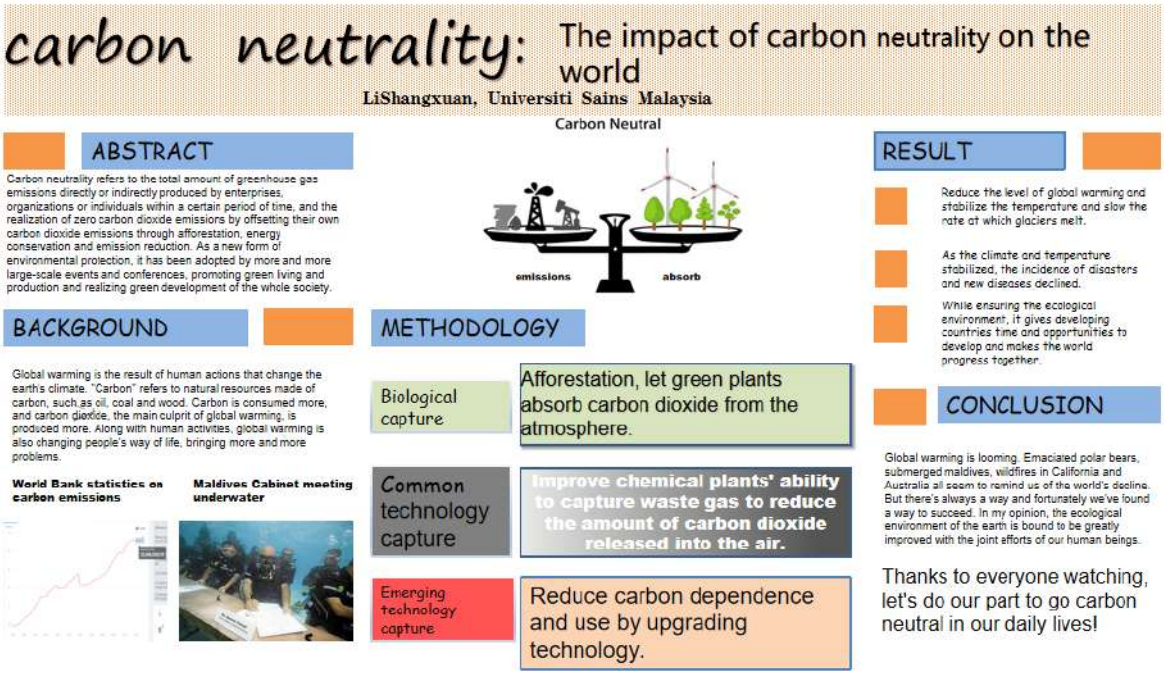
MENTAL HEALTH HOTLINES (If you feel shy confronting others, just call them anonymously)

- Befrienders (03-7956 8145)
- Life Line Association Malaysia (03-4265 7995)



248. Carbon neutrality: The impact of carbon neutrality on the world

Li Shang Xuan



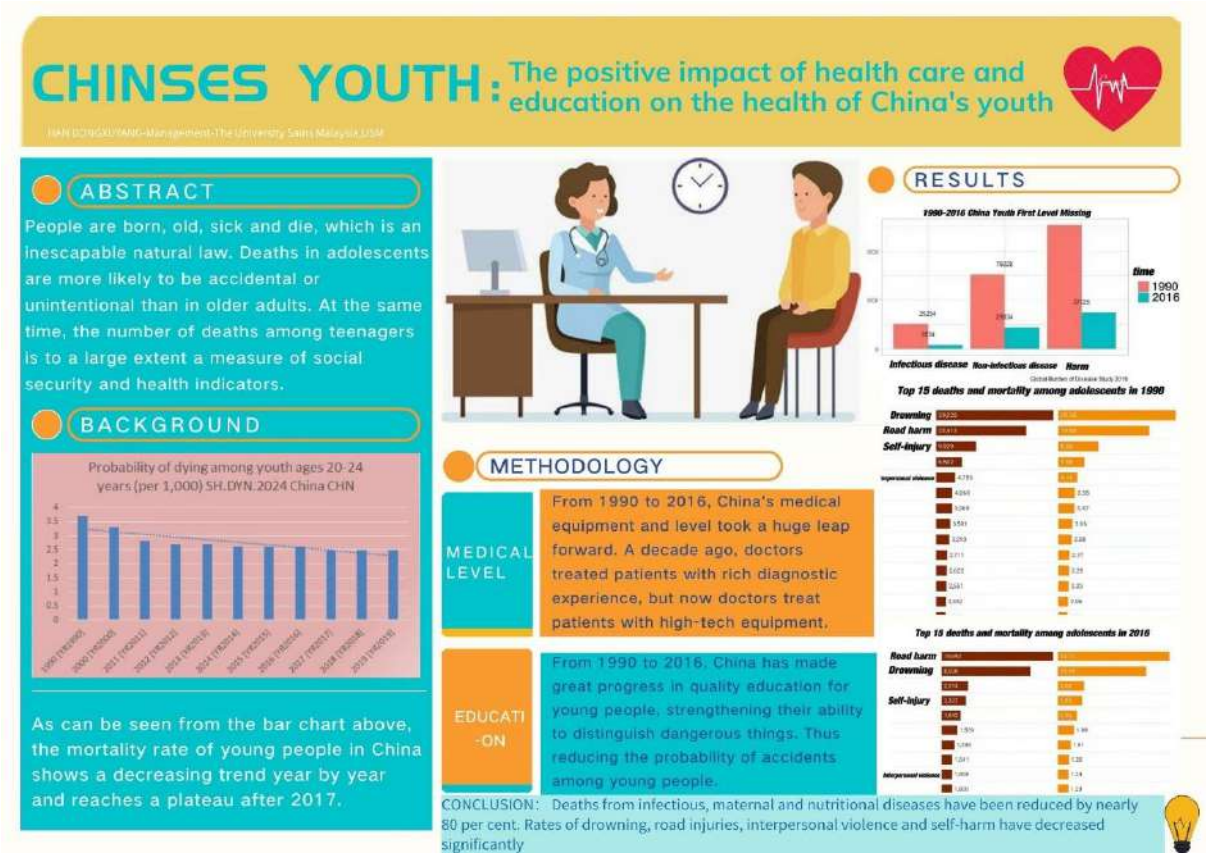
249. The cyber world rejects cyber bullying.

Li Yun Xian



250. Chinses youth: The positive impact of health care and education on the health of China's youth.

Han Dong Xu Yang



251. Cyberbullying among youth

Bie Ming Xi

Cyberbullying Among Youth



what is cyberbullying

Bullying can be defined as intentional and aggressive behaviour occurring repeatedly against a victim where there is a real or perceived power imbalance, and where the victim feels vulnerable and powerless to defend himself or herself. When bullying occurs in the online world – through computers, cell phones or other electronic devices - it' s referred to it as bullying online, or cyberbullying.(UNICEF)

What impact does cyberbullying on youth?

Cyberbullying causes profound harm as it can quickly reach a wide audience and leaves a permanent footprint online for all involved. Unlike in-person bullying, cyberbullying can reach a victim anywhere, at any moment, often leaving the child being bullied in a perpetual state of anxiety. Victims of cyberbullying are more likely to skip school than other students. They also are more likely to receive poor grades and experience low self-esteem and health problems. In extreme situations, cyberbullying has led to suicide.(UNICEF)

What should we do?

1

The first step is to seek help from someone you trust such as your parents, a close family member or another trusted adult. In your school you can reach out to a counsellor,

2

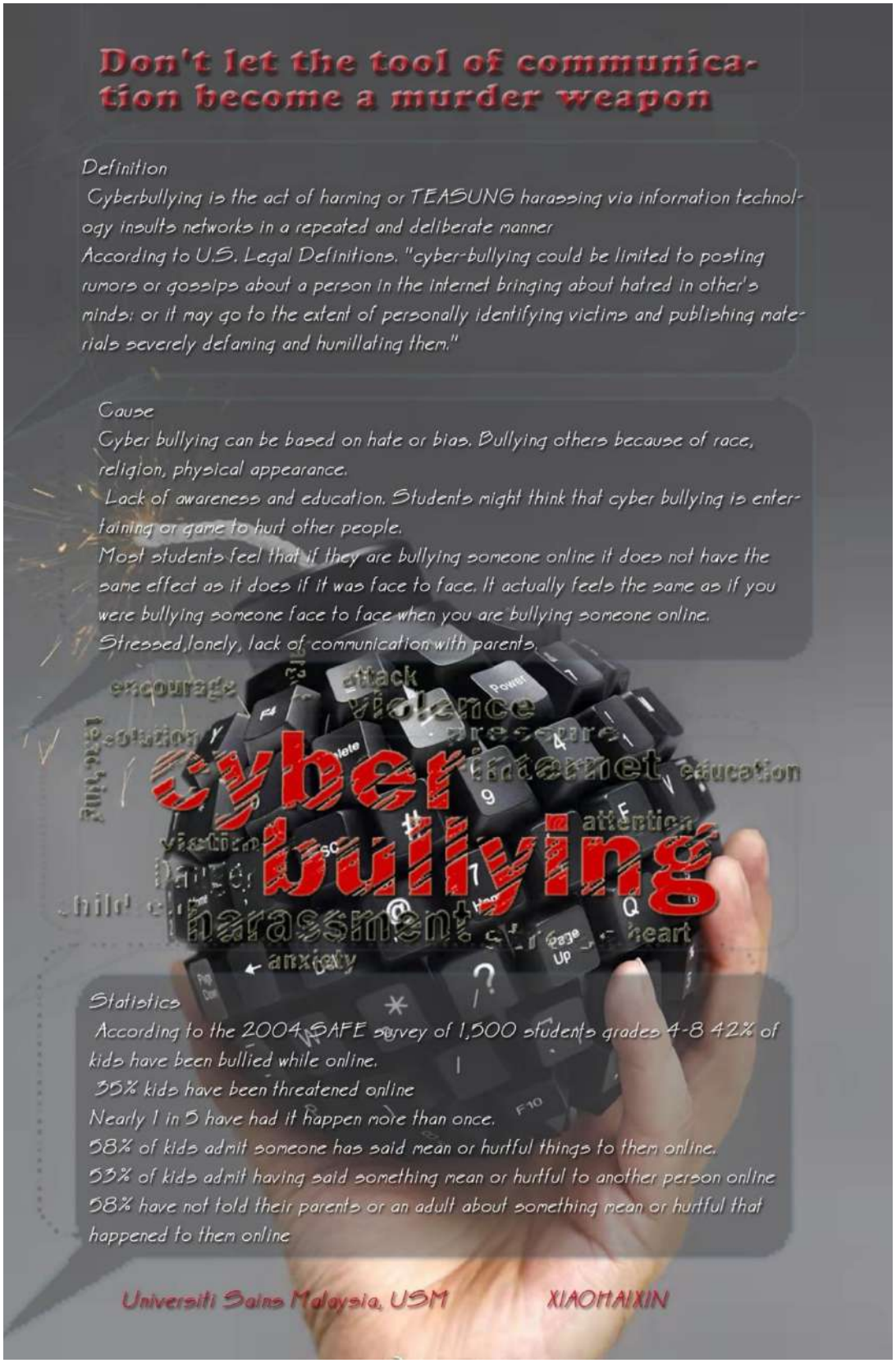
If the bullying is happening on a social platform, consider blocking the bully and formally reporting their behaviour on the platform itself. Social media companies are obligated to keep their users safe.

3

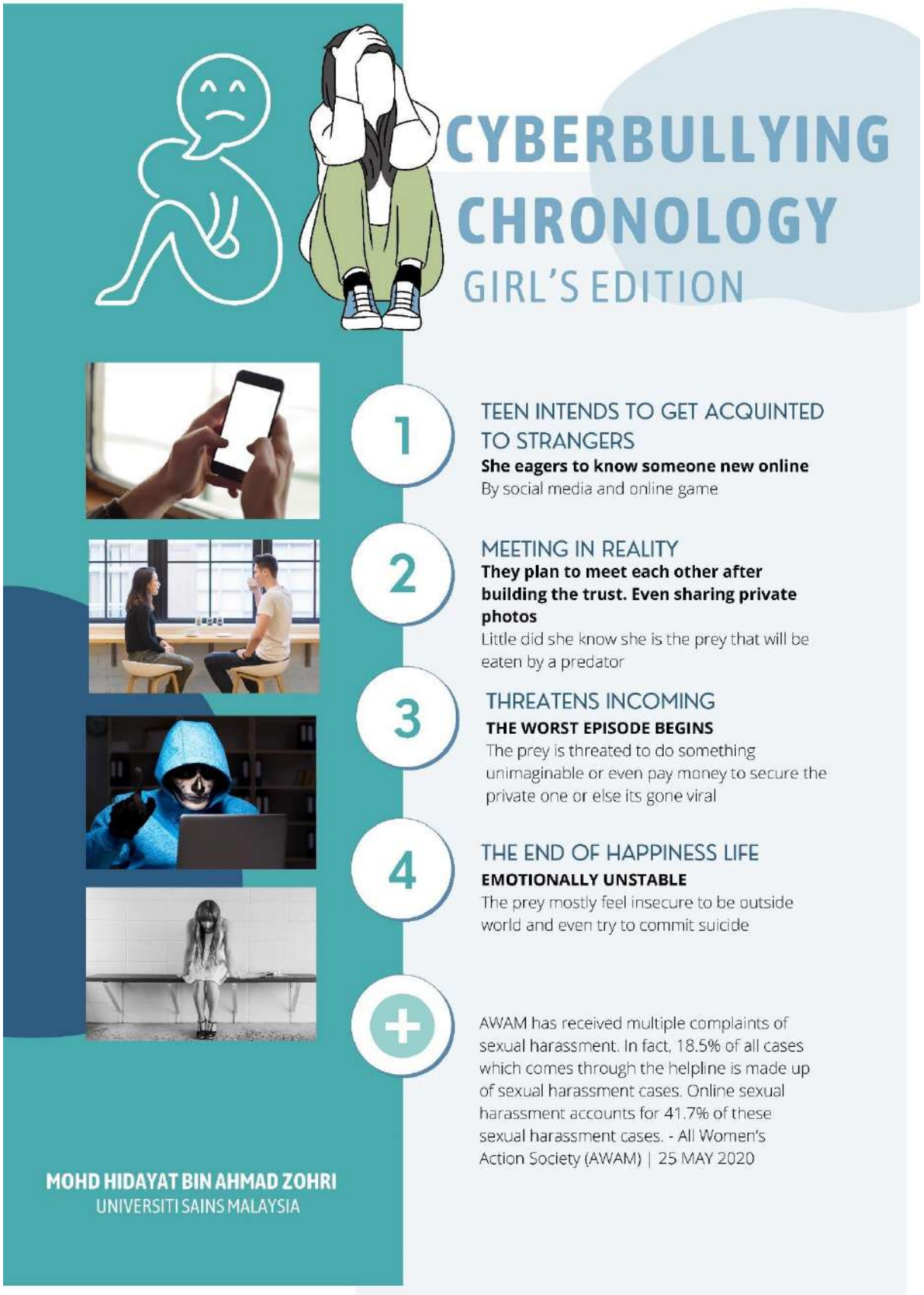
If you are in immediate danger, then you should contact the police or emergency services in your country.

Bie, Mingxi
Universiti Sains Malaysia

252. Don’t let the tool of communication become a murder weapon.
Xiao Hai Xin



253. Cyberbullying chronology girl's edition
Mohd Hidayat Ahmad Zohri



254. Say no to youth self-harm.
Mok Hui Xin

SAY NO TO YOUTH SELF-HARM

MOK HUI XIN
UNIVERSITI SAINS MALAYSIA

WHAT IS SELF-HARM?

Self-harm, also known as non-suicidal self-injury. Self-harm describes any behaviour where someone causes harm to themselves, usually as a way to help cope with difficult or distressing thoughts and feelings.



THE SELF-HARM CYCLE

1. Emotional suffering
2. Emotional overload
3. Panic
4. Self-harm
5. Temporary relief
6. Feeling shame/grief



REASON THAT LEADS TO SELF-HARM:

- difficulties at home
- arguments or problems with friends
- school pressures
- bullying
- low self-esteem
- depression
- anxiety



Source: YouGov, June 2019

TYPE OF SELF-HARM:

- cutting or burning their skin
- punching or hitting themselves
- poisoning themselves with tablets or toxic chemicals
- misusing alcohol or drugs
- deliberately starving (anorexia nervosa) or binge eating (bulimia nervosa)
- excessively exercising

WAYS TO AVOID SELF-HARM:

- Family support
- Connect with a professional resource
- Release stress and feelings
- Self-care



Self-Harm is preventable, so if you think someone is struggling, please start a conversation with them.

255. Youth suicide: preventable

Mok Man Nee

YOUTH SUICIDE : PREVENTABLE

[Rescue Our National Pillars of The Future]

UNIVERSITY SAINS MALAYSIA
MOK MAN NEE

Introduction

Suicide is the leading cause of death among youth age 15-24.

What is suicide?

Suicide is death caused by injuring oneself with the intent to die. (CDC, 2021)

Who is youth?

The Department of Statistics Malaysia (DoSM) defines youth as persons between 15-24 years.

Warning Signs

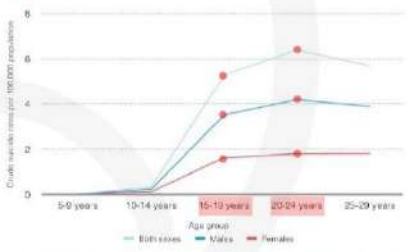
- Feeling **hopeless**
- Withdrawing from family, friends, the community and regular activities
- Talking/writing about death or about feeling trapped with no way out
- Doing dangerous, life threatening things
- Significant change in mood
- Changes in eating/sleeping habits
- Preoccupation with death & dying
- Suicidal threats in the form of direct & indirect statements
- Making **final arrangements** (making funeral arrangements, writing will, giving away personal possessions)

Main Causes

- ***Psychological factors***
  - Bullying
  - Hopelessness
  - Academic issues
  - Sexual abuse
  - Substance abuse
  - Interpersonal problems
  - Depression, anxiety & stress
  - Lack of peer & parent connectedness
- ***Social factors***
  - Media
  - Ethnicity
  - Unemployment rate
- ***Biological factors***
  - Gender
  - Age

Research

Figure 1: Crude suicide rates (per 100,000 population) among youths in Malaysia by gender in 2016.[19]



Source: CHUA SOOK NING, VAISNAVI MOGAN (2021)
Relate Malaysia : Youth Suicide in Malaysia

Recommendation

- Offer help & listen
- Family & community support
- Regularly schedule quality time with youth
- Provide constant supervision
- Get help from persons/agencies specializing in crisis intervention & suicide prevention

Ask For Help

Help is availlable.

1. **Befrienders Kuala Lumpur**
   - 03-76272929 (24 Hours)
2. **Life Line Association Malaysia**
   - 03-4265 7995

WORLD SUICIDE PREVENTION DAY 10 SEP

Youth Suicide : Preventable

256. Youth & peer pressure

Muhamad Syahmi Mazlan

YOUTH & PEER PRESSURE

WHAT IS PEER PRESSURE ?

Peer pressure or influence is **when you do something because you want to feel accepted and valued by your friends.**



POSITIVE PEER PRESSURE

Not all peer pressure is bad peer pressure. Organizations such as the Red Cross, use **peer educators** to teach teenagers about safe sex because they have found that teens are more likely to **listen to positive messages** when they **come from those in their age group**. The National Association of Independent Schools suggests having older teens who do not use drugs or alcohol talk to middle schoolers to help influence them to make positive choices.

POWER OF THE PARENT

Parents do not get the reputation of being strict or **the bad guy** for nothing. If you fear your teenager is engaging in deviant behavior, it may be time to step in with **discipline**. Some young adults will not learn without a consequence, which means you have the job of providing it before the law does. Just remember to fit the crime with the **punishment** and always **communicate the reason** for the **grounding** or whatever discipline you decide. It will teach your young adult **responsibility** for actions and help him or her transition into a responsible and law-abiding adult.

NEGATIVE PEER PRESSURE

PEER PRESSURE WITH DRUG & ALCOHOL USE

Drug and alcohol use is one of the **biggest** concerns when it comes to peer pressure. Even if parents have taught their teenagers about the dangers of drinking and using drugs, **peer pressure may influence them** to take part in these activities.

PEER PRESSURE WITH DRIVING

As part of a survey from the insurance company Allstate, **89 percent of teenagers** said that their **parents had the most influence** over their **driving habits**. However, that same survey showed that when it comes to driving, peers still have a strong influence.

PEER PRESSURE AND SELF-HARM OR SUICIDE

Sometimes peer pressure can lead to **teens harming themselves** through **cutting** or **other dangerous fads** or **committing suicide**. The Mayo Clinic says that teens with friends who self-injure are more likely to self-injure as well.

PEER PRESSURE AND SEXUAL ACTIVITY

You might think this is a risky behavior limited to females, but rest assured that there are teen males out there who **feel pressured into sexual activity**, too. It's quite likely that rumors and stories about sexual promiscuity abound throughout the school.

Sexting is a **big problem** with today's teens as well and despite many parents' beliefs that their teen "would never do that," studies show most teens are sharing sexually explicit content with one another. Sexting has **become normalized** among teens, which causes many of them to overlook the potential **risks** involved in **sharing nude** or **partially nude photos.**

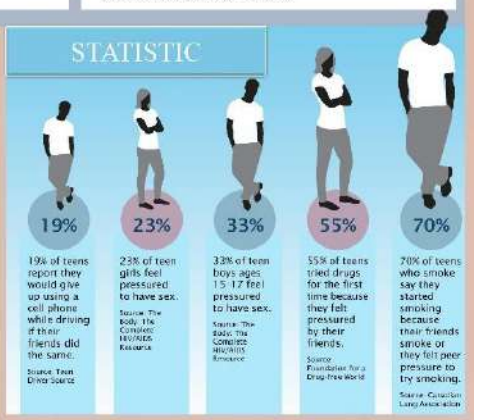
PEER PRESSURE AND OTHER RISKY BEHAVIOR

Around friends they wish to impress, teens often display behaviors they usually wouldn't entertain. Whether a teen wants to **show off** how fast their car can go for their date or they want to be a **good friend** by letting pals cheat off their homework, the desire to be seen as **cool** can cause teens to be irrational at times.

WHAT YOU CAN DO ?

- Keep the lines of **communication** open
- Offer **support and advice** without judgment
- Pick your **battles**
- Know their **friends**
- Talk about **issues**
- Set **healthy boundaries**
- Be a **good and positive peer** to others

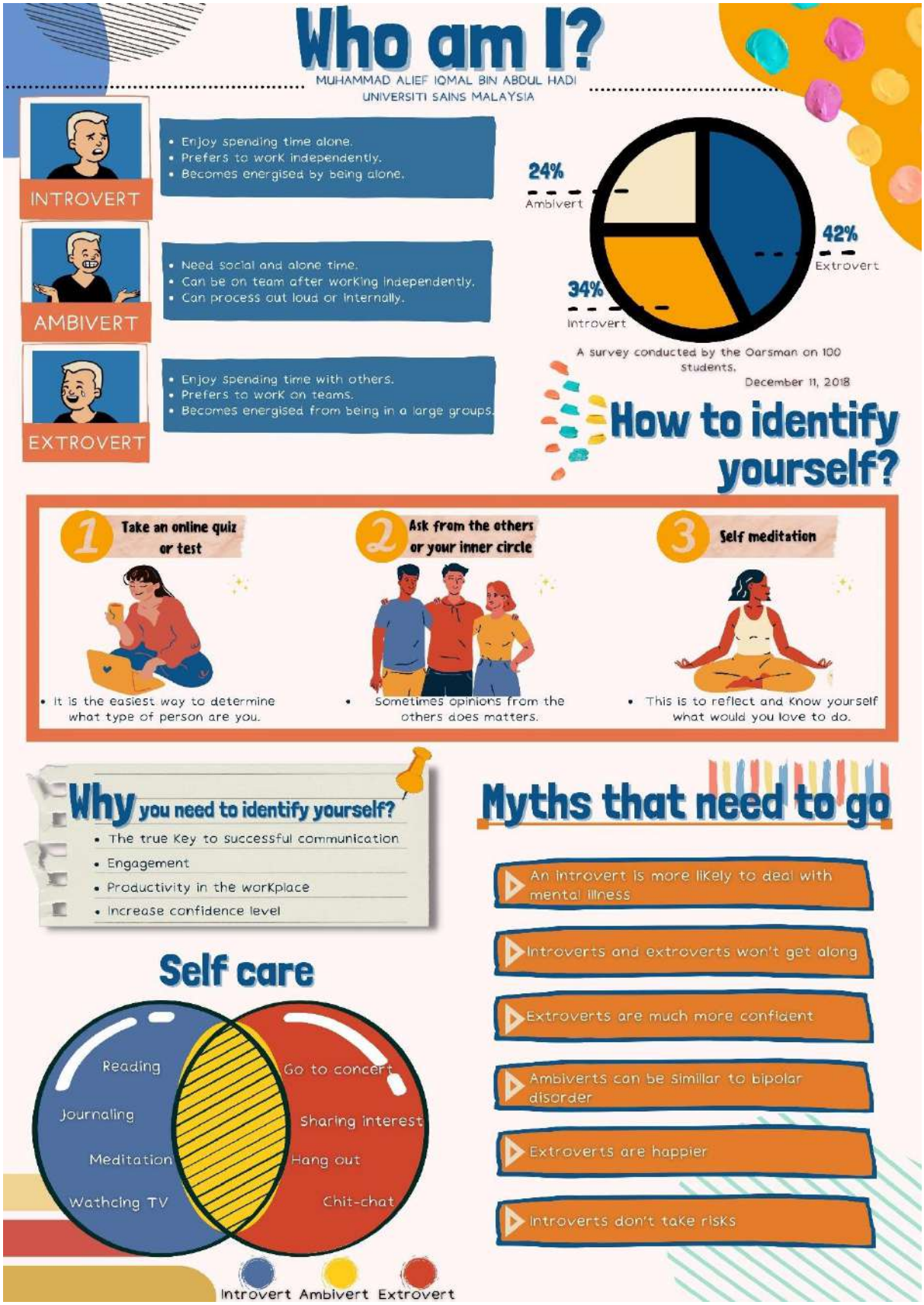
STATISTIC



BY MUHAMAD SYAHMI BIN MAZLAN, UNIVERSITI SAINS MALAYSIA

257. Who am I?

Muhammad Alief Iqmal Abdul Hadi



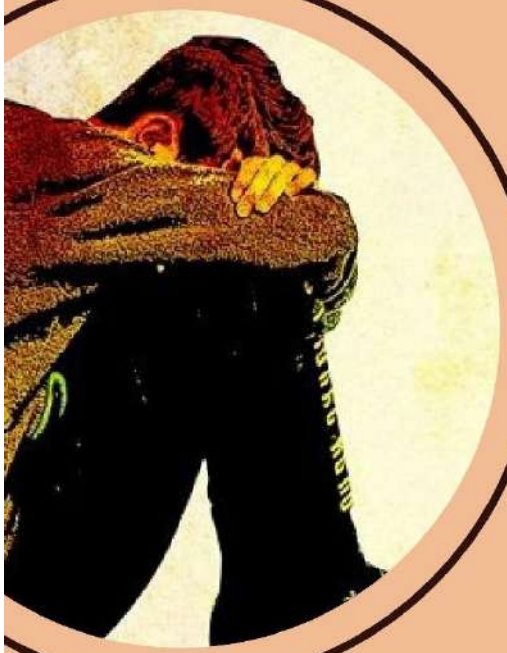
258. Suicide & youth – factors & solutions.

Muhammad Fathi Sha'ari

SUICIDE & YOUTH

FACTORS & SOLUTIONS

MUHAMMAD FATHI BIN
SHA'ARI
USM



FACTORS

- Lack of Social Support

Youth who doesn't feel support from any adults or their friends can become so isolated.

- Bullying

Youth who are bullied can experience negative effects on their mental health issues.

SOLUTIONS

- Strong Connections

The stronger the connections youth have to their families and friends, the less likely they are to attempt suicide.

- Good Role Model

Adults need to treat others with kindness and respect because youth learn from adult's actions.

Please call 03-76272929 (Befrienders Kuala Lumpur).
This service available for 24 hours.
Help is available, speak with someone today.

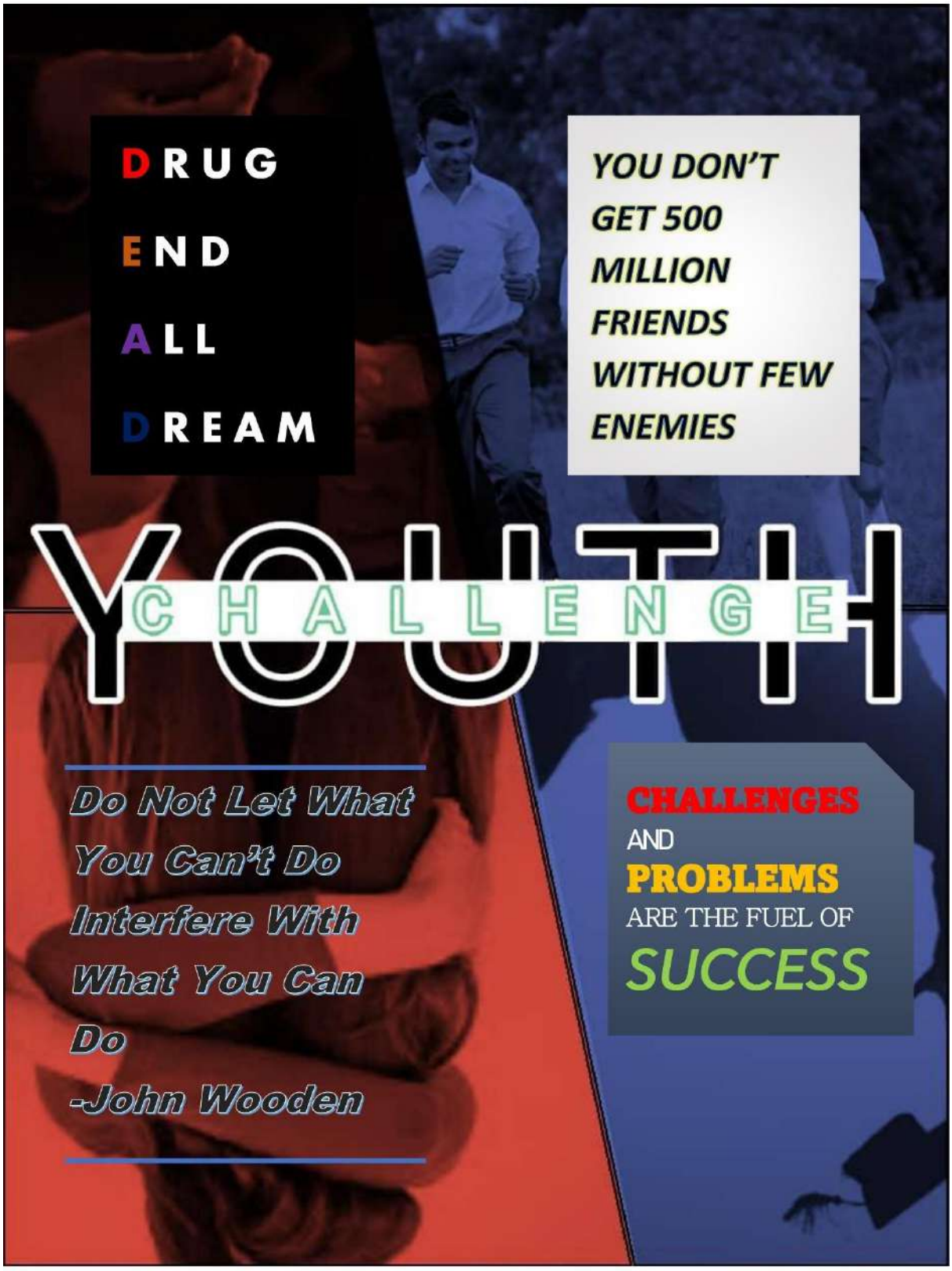
259. Cyber Bullying

Muhammad Muaz Mohd Hassan



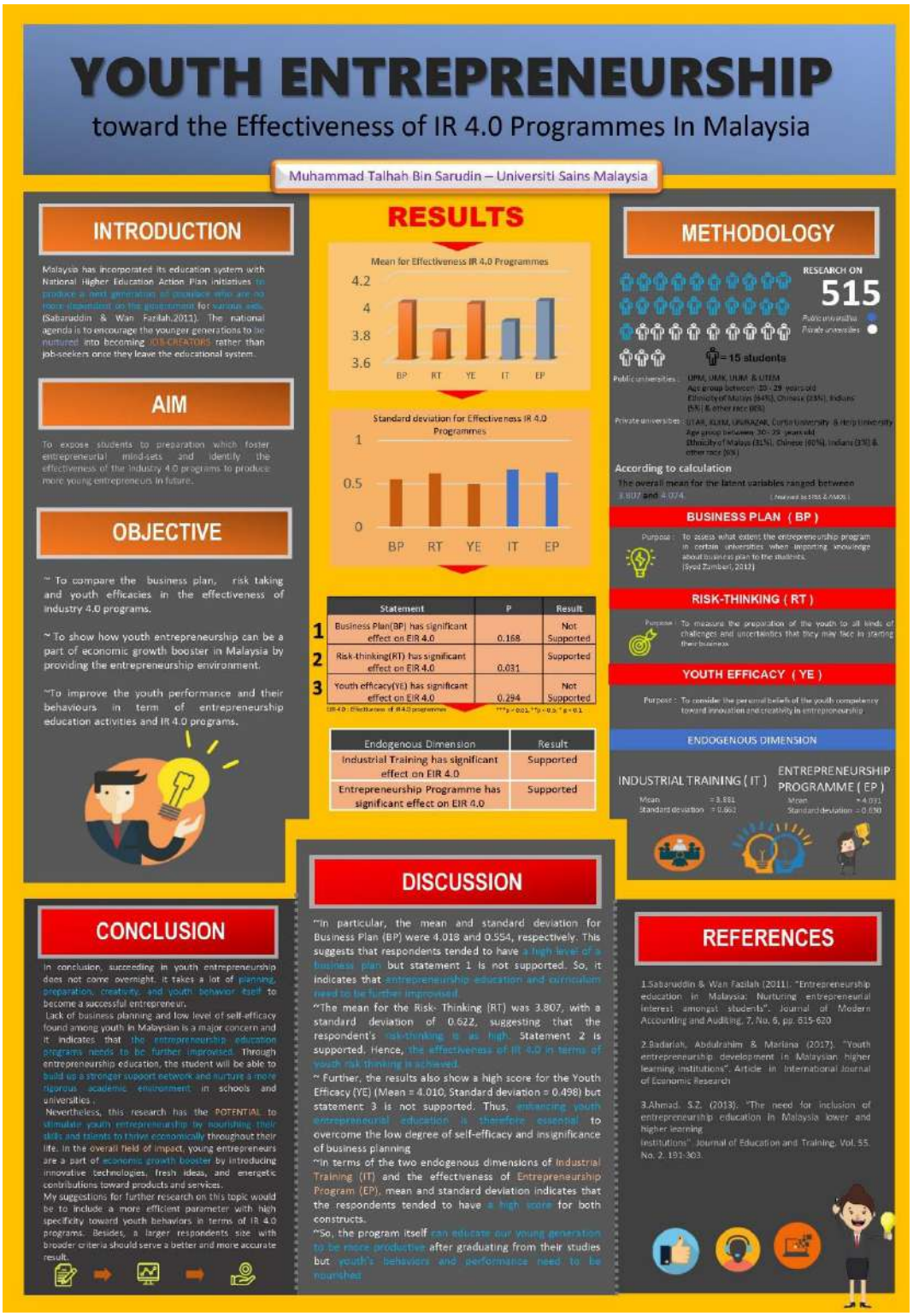
260. Youth Challenge

Muhammad Nasrul Hakim Rosli



261. Youth Entrepreneurship

Muhammad Talhah Sarudin



262. Speak Up Your Words to Lead

Najwa Irdina Ibrahim



263. Negative body image should be banned among youngsters!!
Crystal Chee Jia Wei

Negative Body Image should be Banned among Youngsters!!

Crystal Chee Jia Wei
Universiti Sains Malaysia

What is negative body image?

A negative body image involves being **overly focused on comparing your size, shape, or appearance to unrealistic ideals** (Marney A, 2020). A person with negative body image feels dissatisfied with their body and appearance. According to Mental Health Foundation, 2019, among teenagers in United Kingdom, 37% felt upset and 31% felt ashamed in relation to their body image. Over a third of United Kingdom young adults have felt anxious and depressed because of concerns about their body image. This shows that it is quite a big issue that the society must be aware of.

Beauty standards in society

Female- Women are told to be supermodel thin, with a slim waist, and curves.
Male- Men need to be at least six feet tall, with broad shoulders, and a six pack.

Some warning signs that shows that you have body image issues

- Dissorted eating habits
- Obssesion with weight and exercise
- Being continually self critical
- Constantly comparing body size

What causes negative body image?

- being teased about appearance in childhood
- growing up in a household where emphasis is placed on appearance of a particular ideal body size or shape
- a cultural tendency to judge people by their appearance
- peer pressure among teenage girls and women to be slim, go on diets, exercise and compare themselves with others
- media and advertising images that promote particular appearance ideals
- well-meaning public health campaigns that urge people to lose weight.

Ways to be body positive

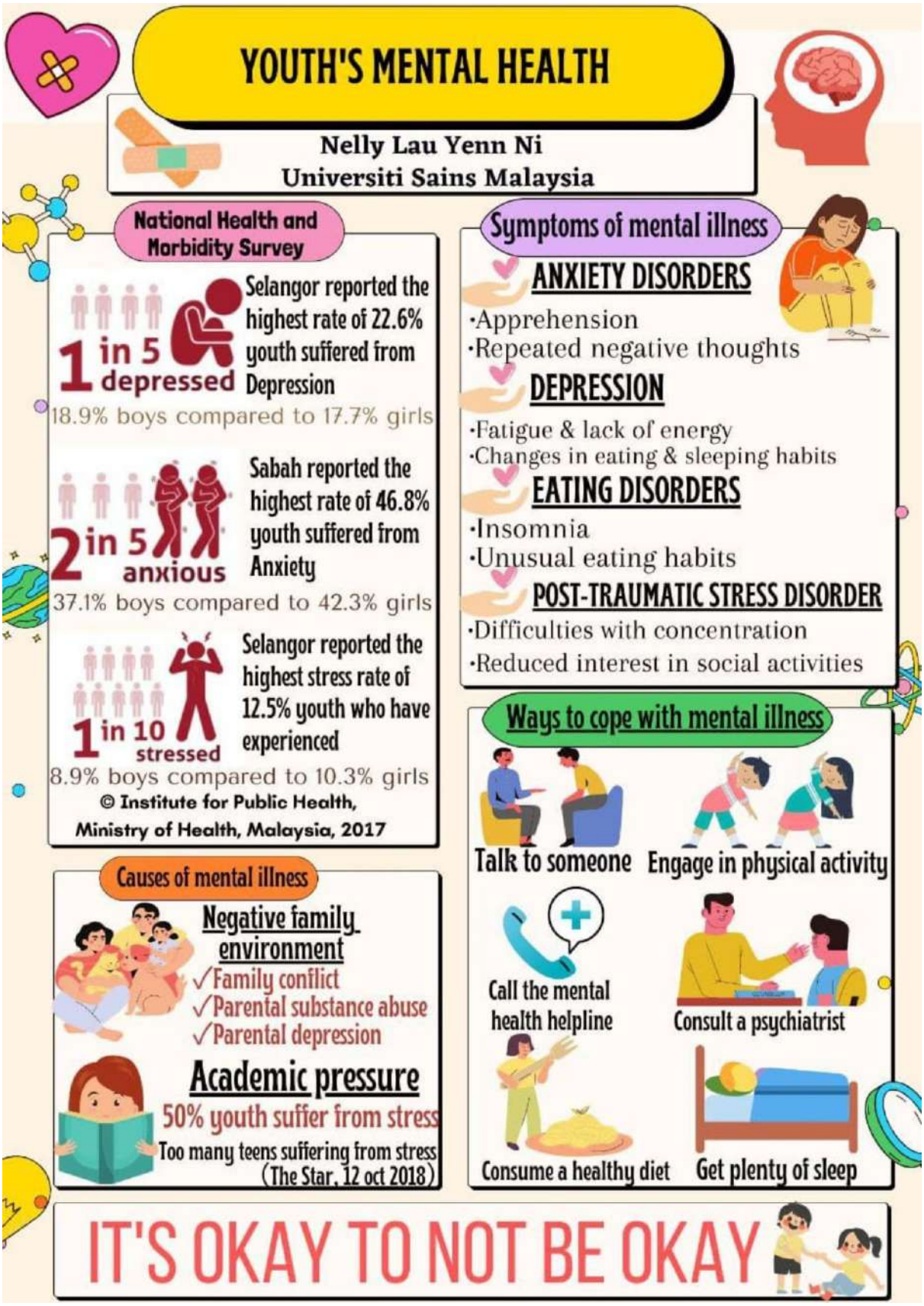
- Focus on what your body can do
- Question what you see on social media
- Unfollow people who make you feel bad about yourself
- Focus on other peoples good qualities
- Hang with positive people

Conclusion

Every body shape, every skin colour, every feature is beautiful as the way it looks. So young generation should break all the beauty standards and start to appreciate every kind of people. **Stop** !! be insecure and love your body your parents gave.

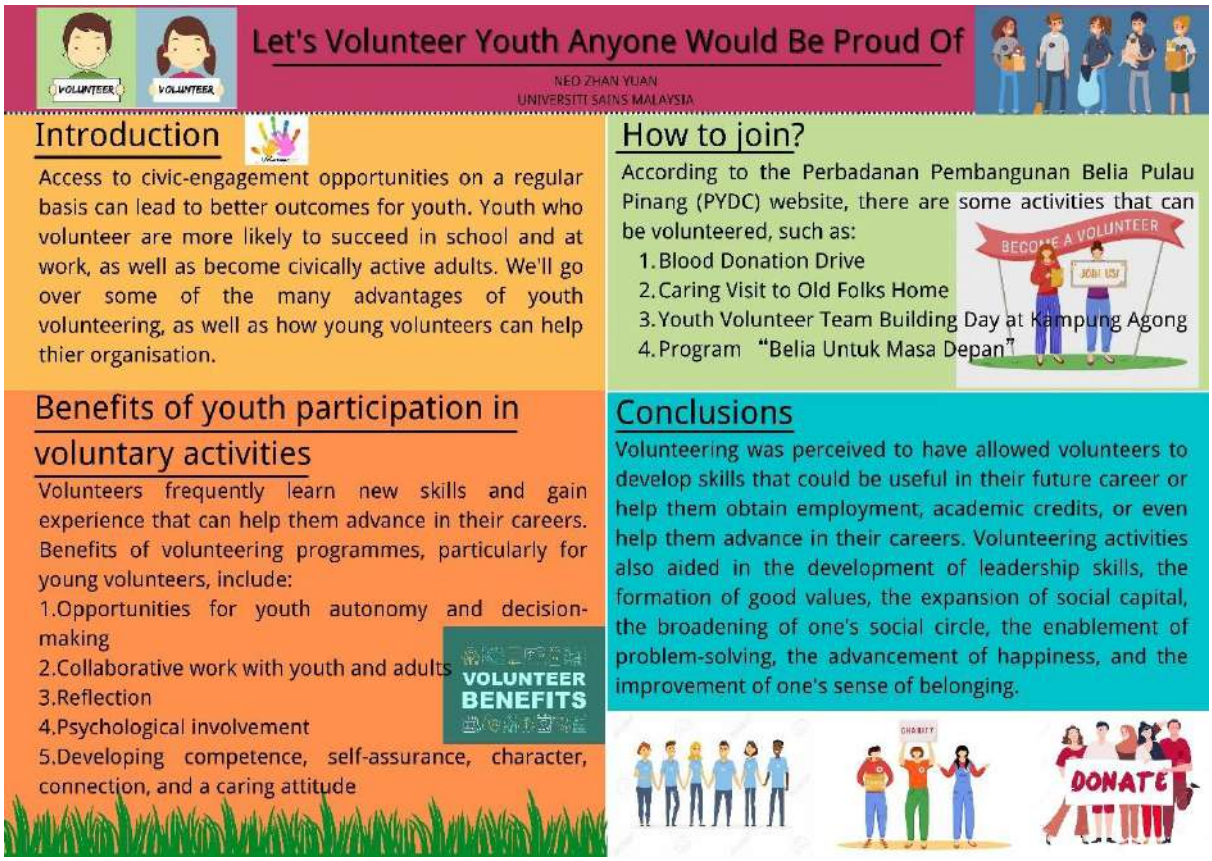
264. Youth's Mental Health

Nelly Lau Yenn Ni



265. Let’s volunteer youth anyone would be proud of

Neo Zhan Yuan

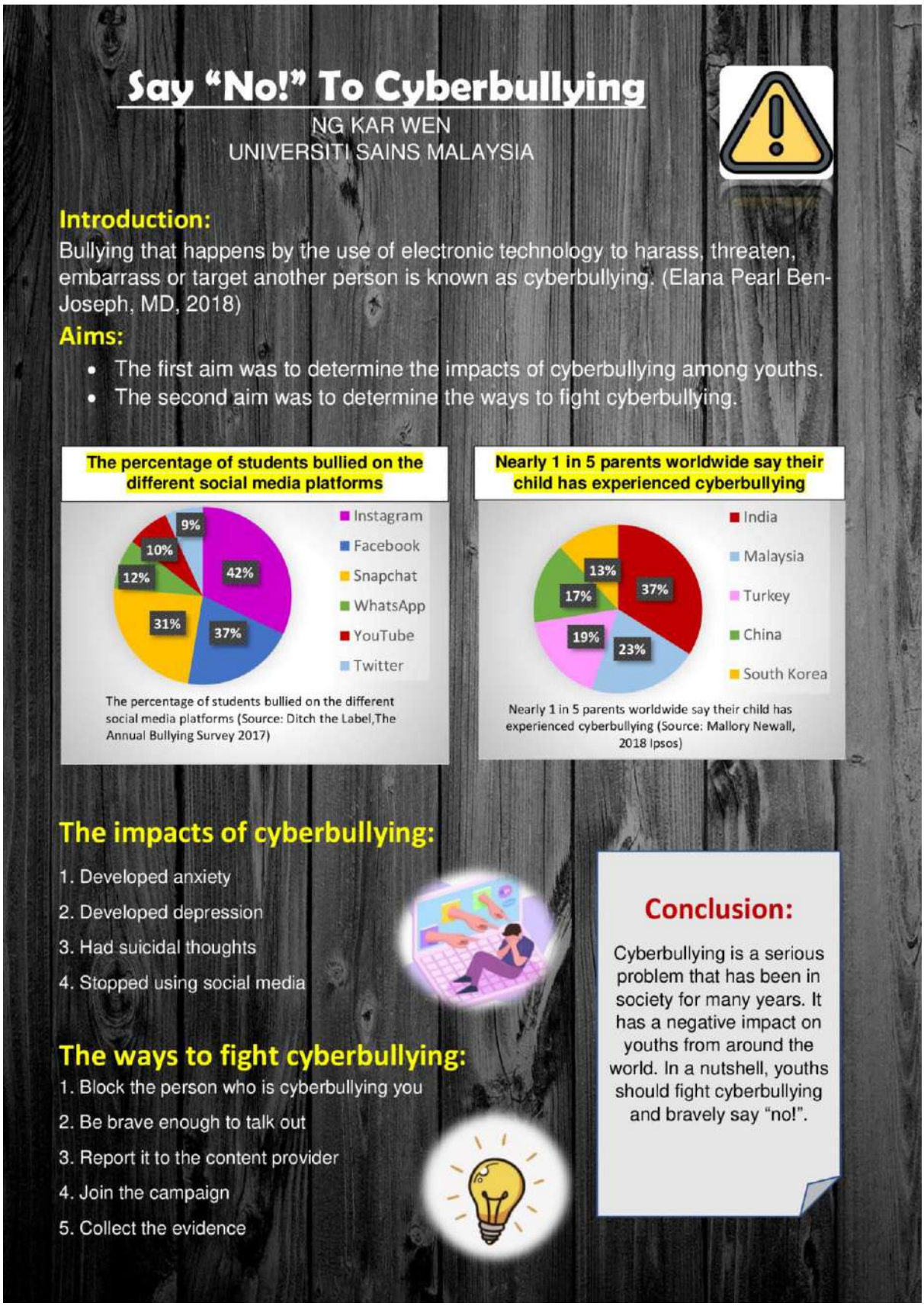


266. Youth suicide: 21st century pandemic

Neoh Yong Zhing

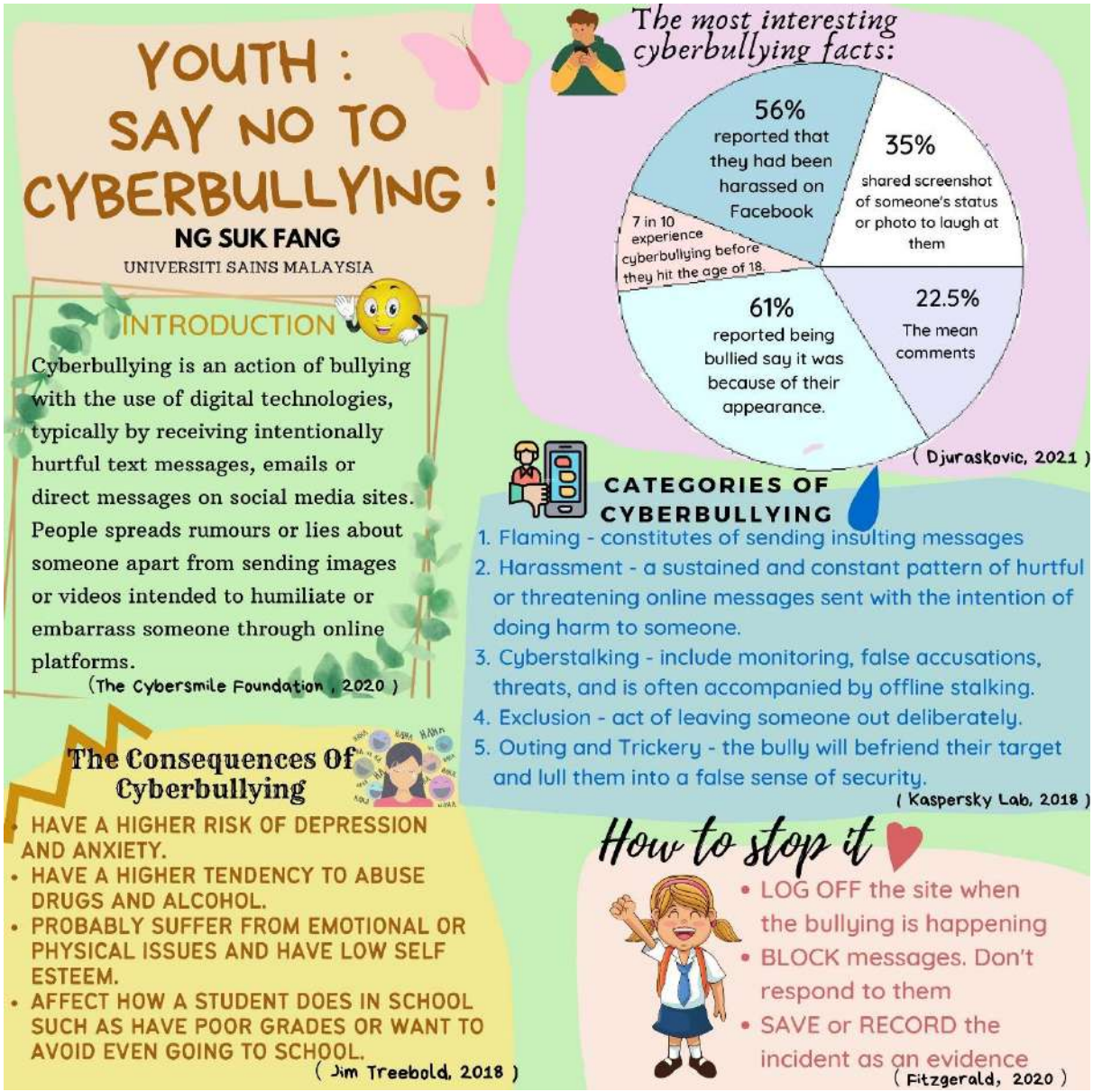


267. Say “No!” to cyberbullying.
Ng Kar Wen



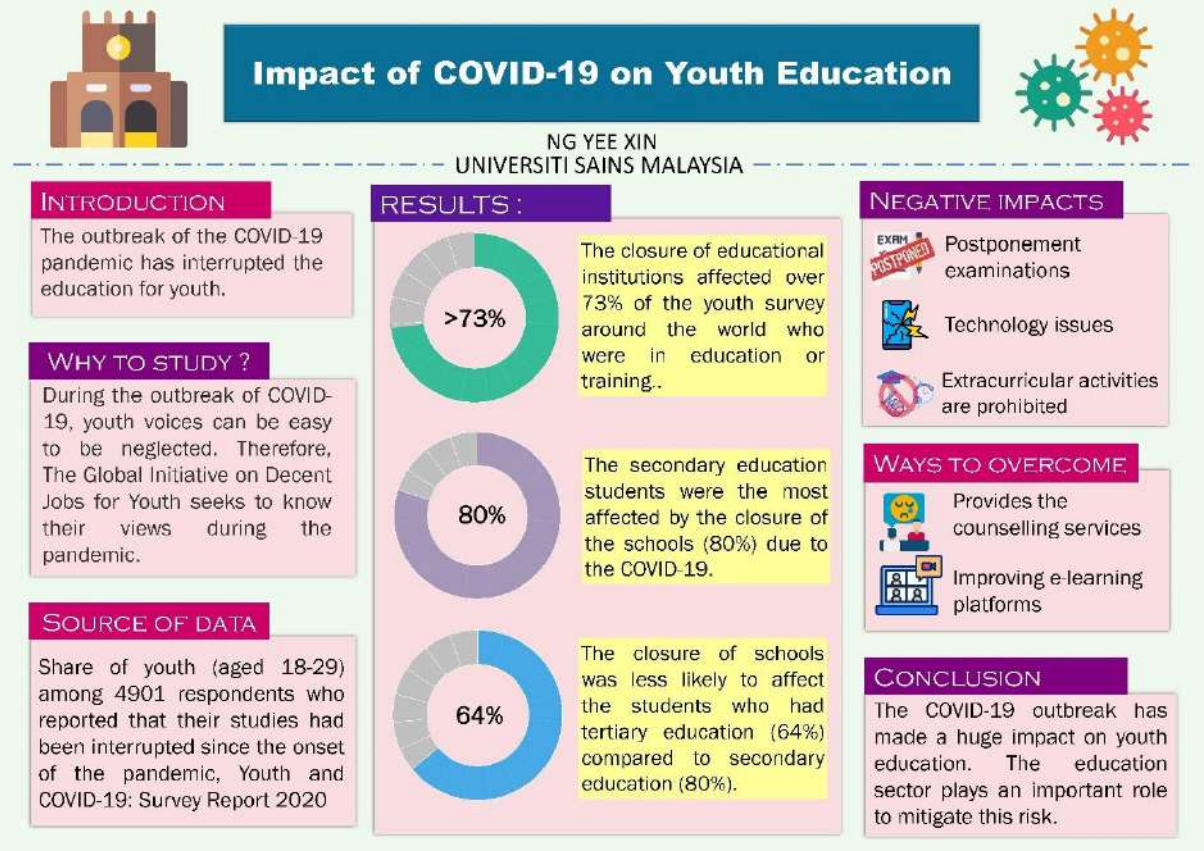
268. Youth: Say no to cyberbullying

Ng Suk Fang

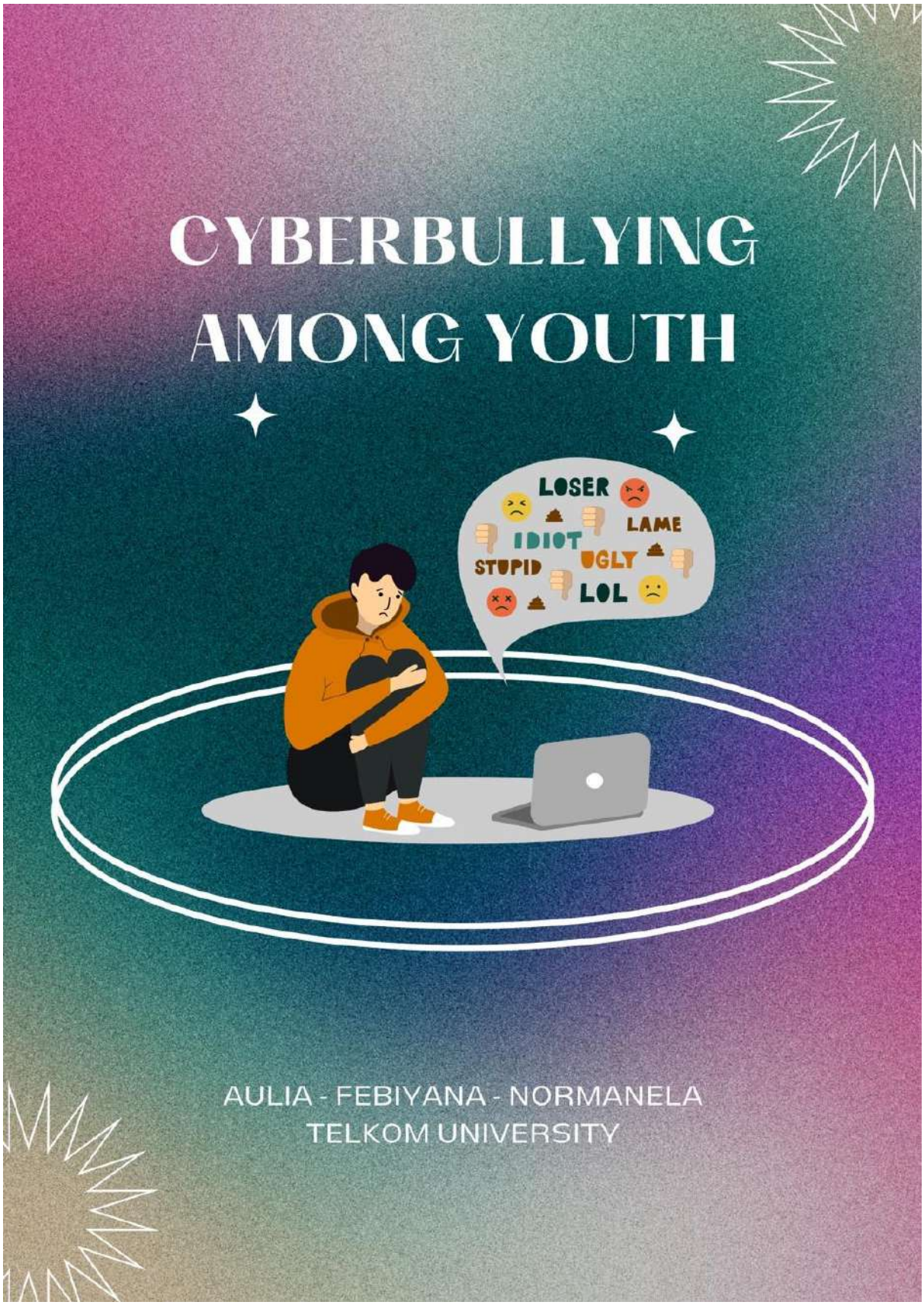


269. Impact of COVID-19 on youth education

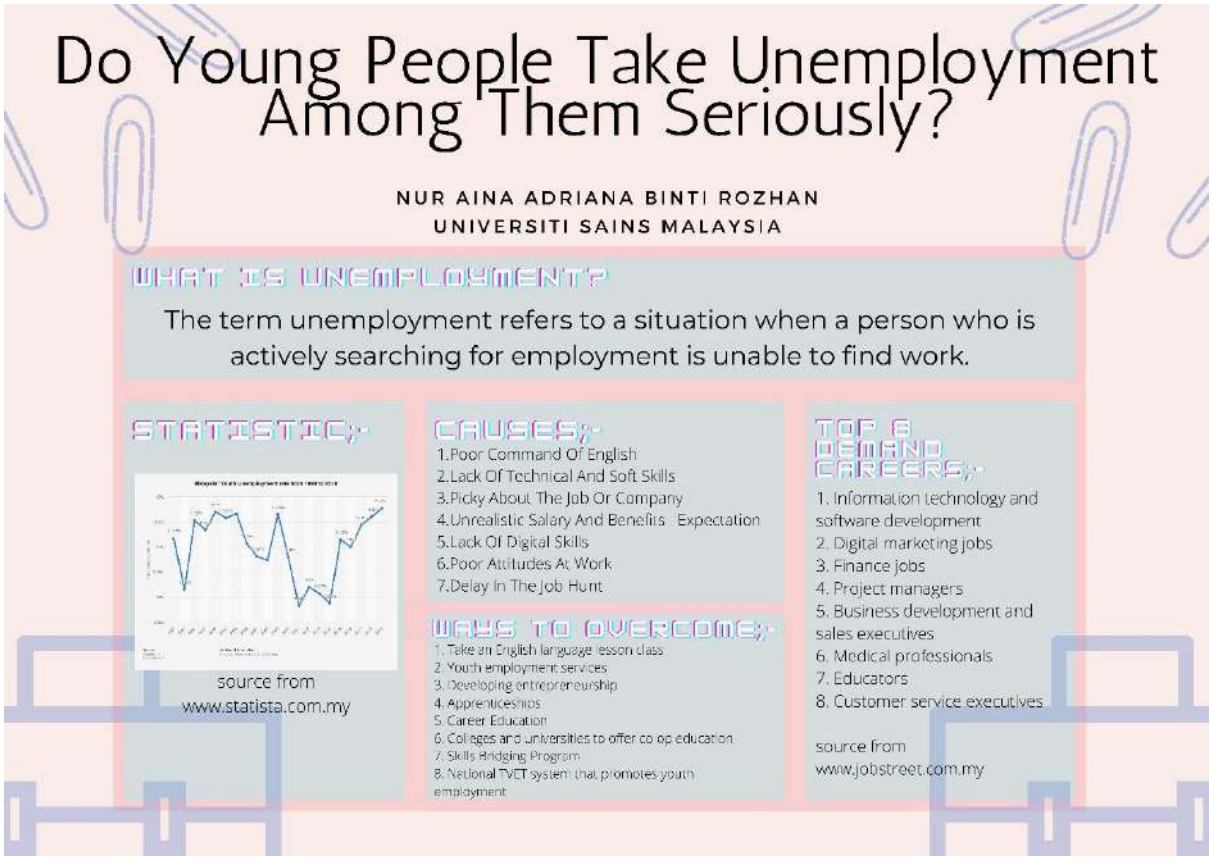
Ng Yee Xin



270. Cyberbullying among youth
Aulia & Febiyana & Normanela



271. Do young people take unemployment among them seriously?
Nur Aina Adriana Rozhan



272. Stop cyberbully!
Nur Aina Aqilah Hasbullah



273. Anxiety Disorder

Nur Aisya Adnan



274. Stop cyberbullying.
Nur Aliah Ilyana Jefry



275. Depression among youth

Nur Alieza Natasha Marzuki

DEPRESSION AMONG YOUTH

NUR ALIEZA NATASHA BINTI MARZUKI
UNIVERSITI SAINS MALAYSIA

What is Depression ???

Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act.



Type of Depression

Major depressive disorder
Major depressive disorder is the more severe form of depression. It's characterized by persistent feelings of sadness, hopelessness, and worthlessness that don't go away on their own.

Persistent depressive disorder
Persistent depressive disorder (PDD) used to be called dysthymia. It's a milder, but chronic, form of depression.

What causes Depression?

- A personal or family history of depression.
- Medicines used to treat certain illnesses such as diabetes, cancer, heart disease, and Parkinson's disease. In addition, having depression can sometimes make these illnesses worse.
- Trauma, stress, or major changes in a person's life.
- Extended use of social media, particularly if cyberbullying is involved.

How to treat Depression ?

- Medications
- Psychotherapy
- Brain stimulation theraphy
- Natural remedies and lifestyle tips
- Light therapy
- Alternative therapies

What are the signs and symptoms of depression?

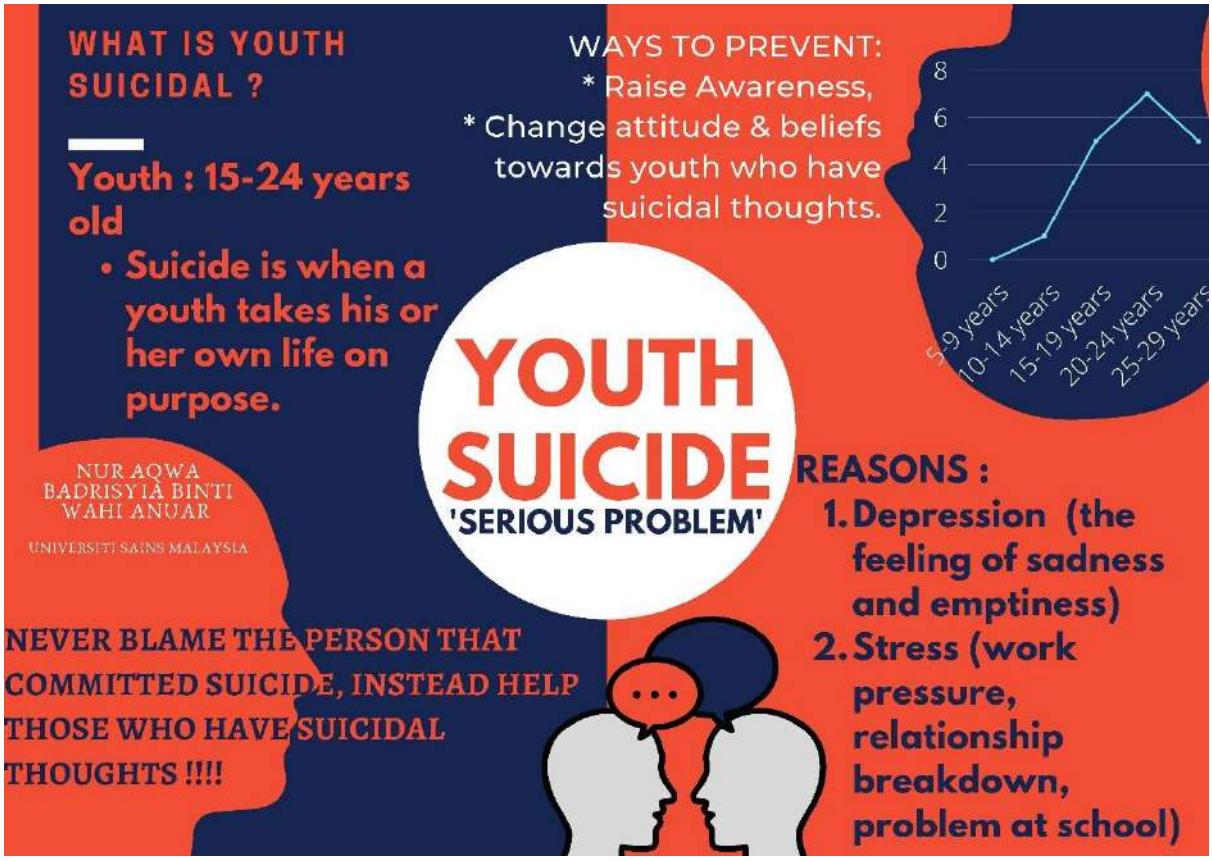
- Feeling depressed most of the day
- Loss of interest in most regular activities
- Significant weight loss or gain
- Sleeping a lot or not being able to sleep
- Slowed thinking or movement
- Fatigue or low energy most days
- Feelings of worthlessness or guilt
- Loss of concentration or indecisiveness
- Recurring thoughts of death or suicide

References

- https://www.nimh.nih.gov/health/topics/depression
- https://www.psychiatry.org/patients-families/depression/what-is-depression
- https://www.healthline.com/health/depression

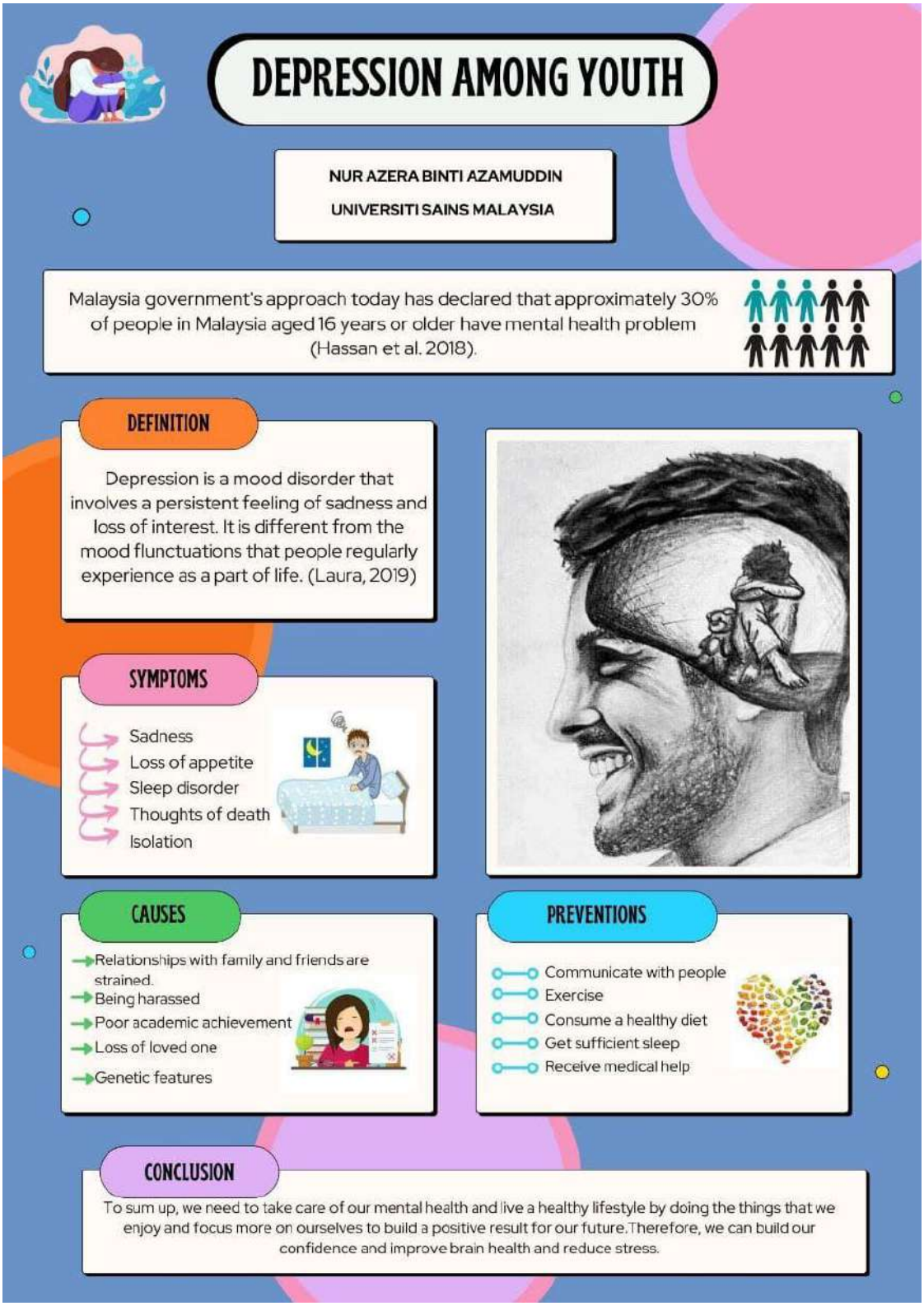
276. Youth Suicide ‘Serious Problem’

Nur Aqwa Badrisyia Wahi Anuar



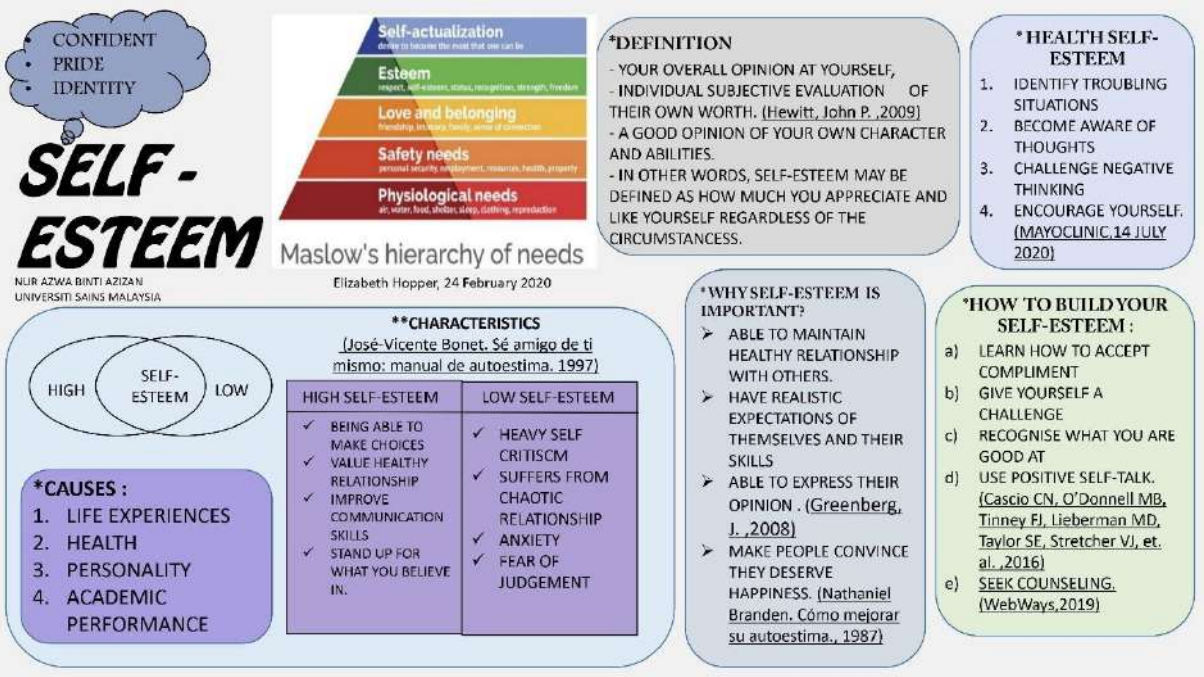
277. Depression among youth

Nur Azera Azamuddin



278. Self-esteem

Nur Azwa Azizan



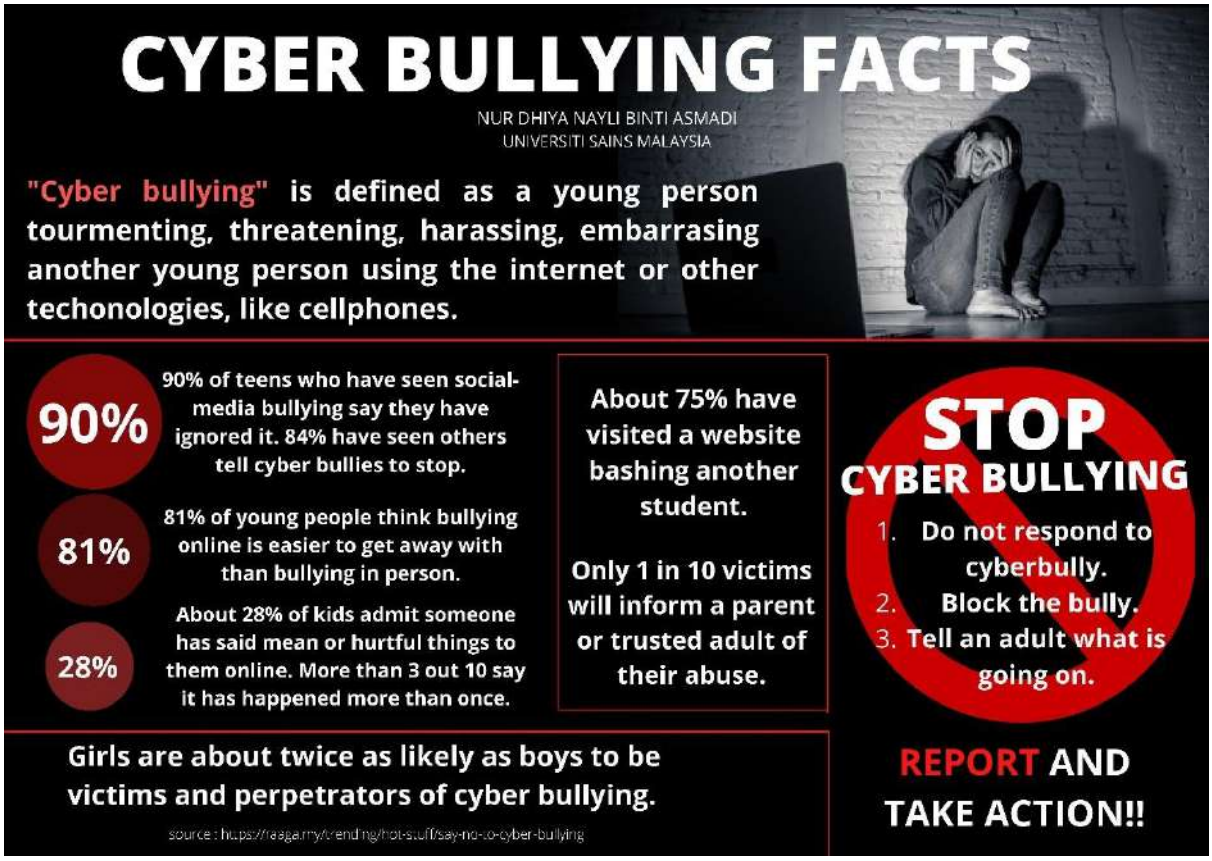
279. Depression among youth in Malaysia

Nur Balqis Abu Hasan

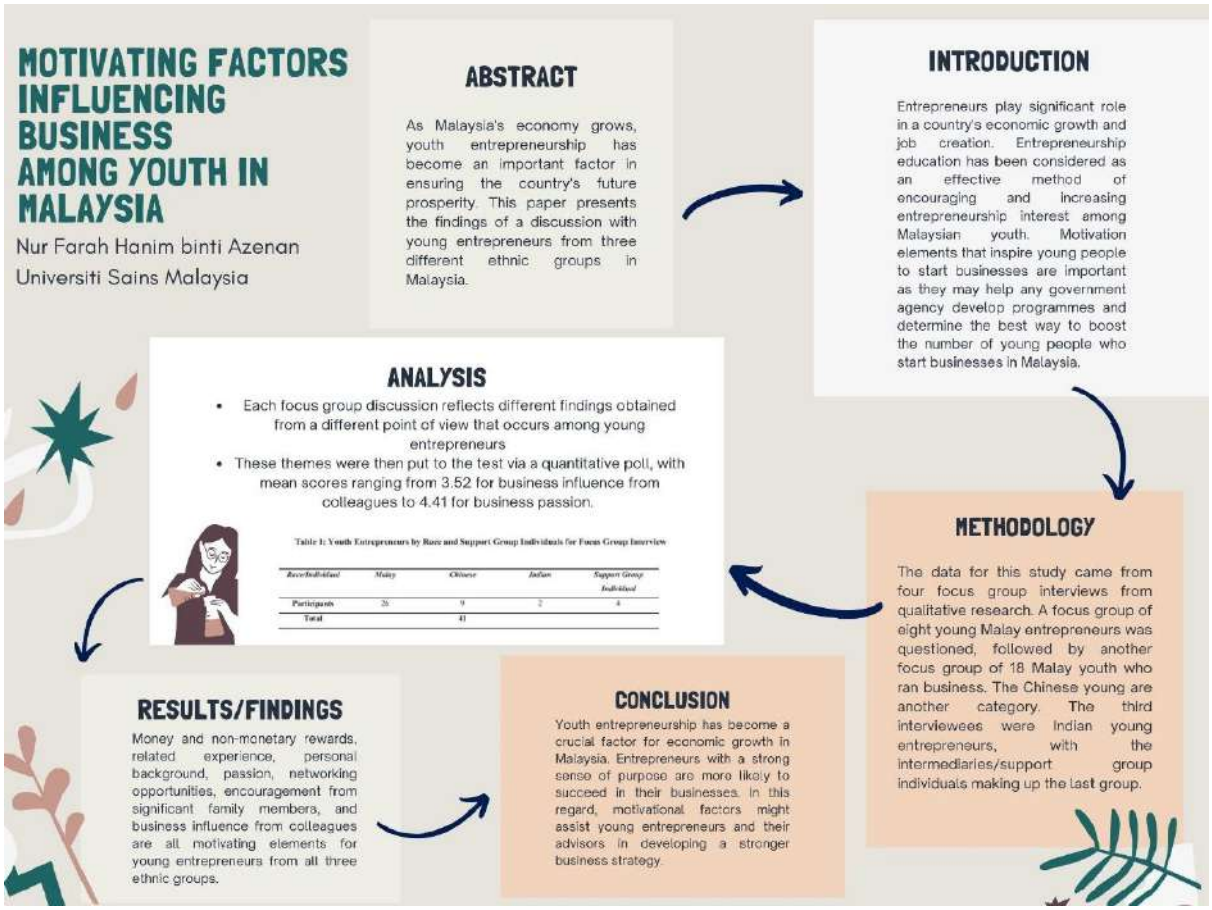


280. Cyber bullying facts

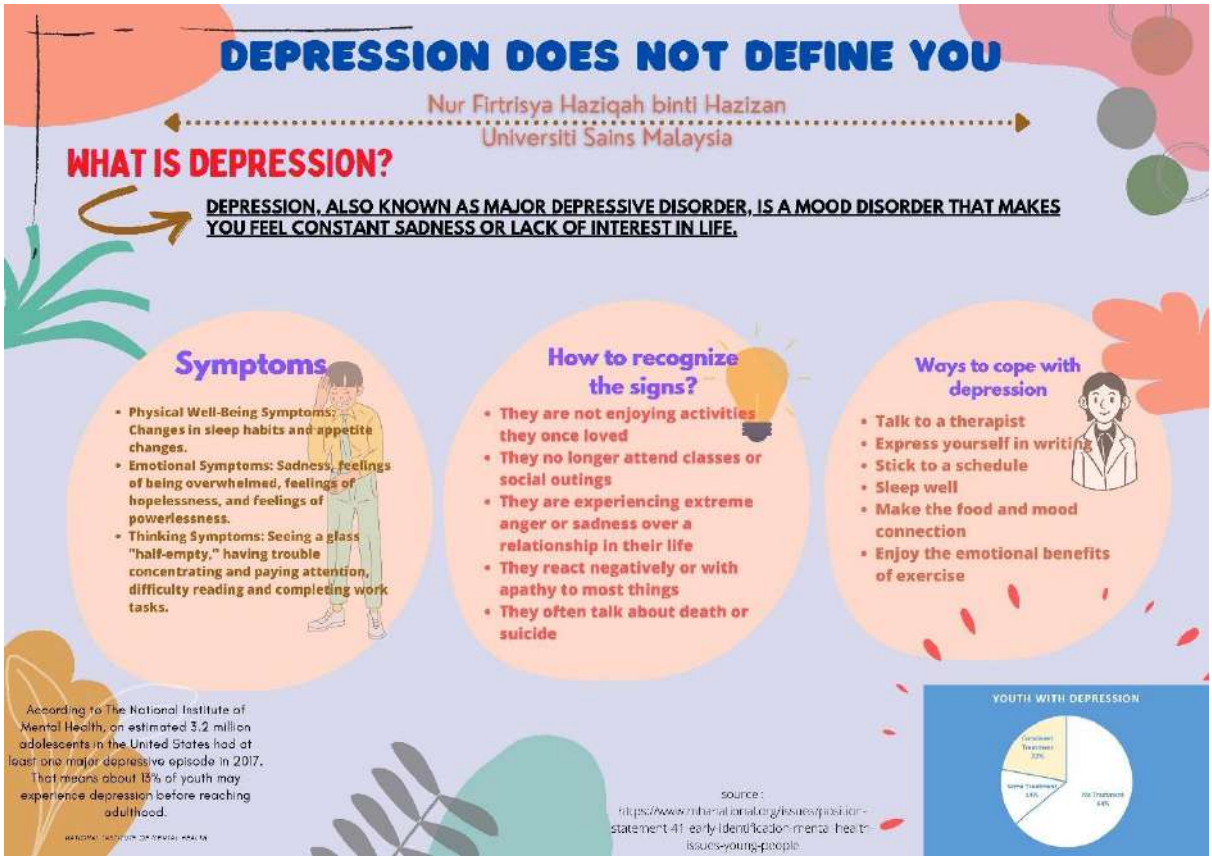
Nur Dhiya Nayli Asmadi



281. Motivating factors influencing business among youth in Malaysia
Nur Farah Hanim Azenan



282. Depression does not define you.
Nur Firtrisya Haziqah Hazizan

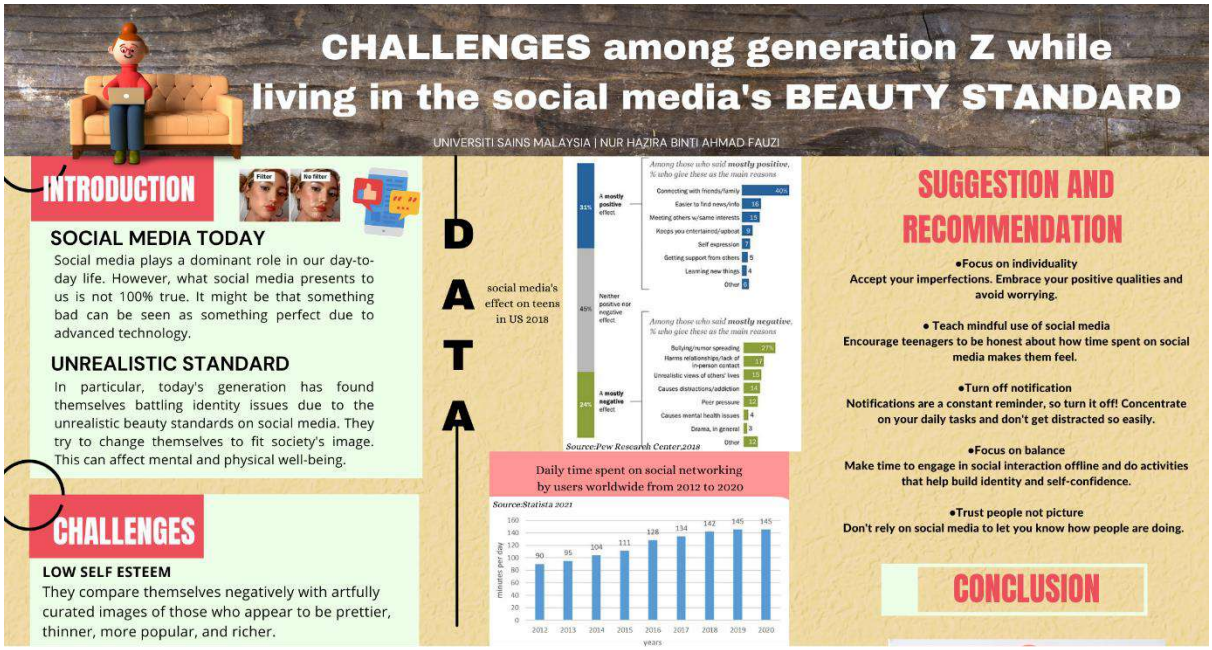


283. Depression among youth

Nur Hafiza Mohmad Zaidi



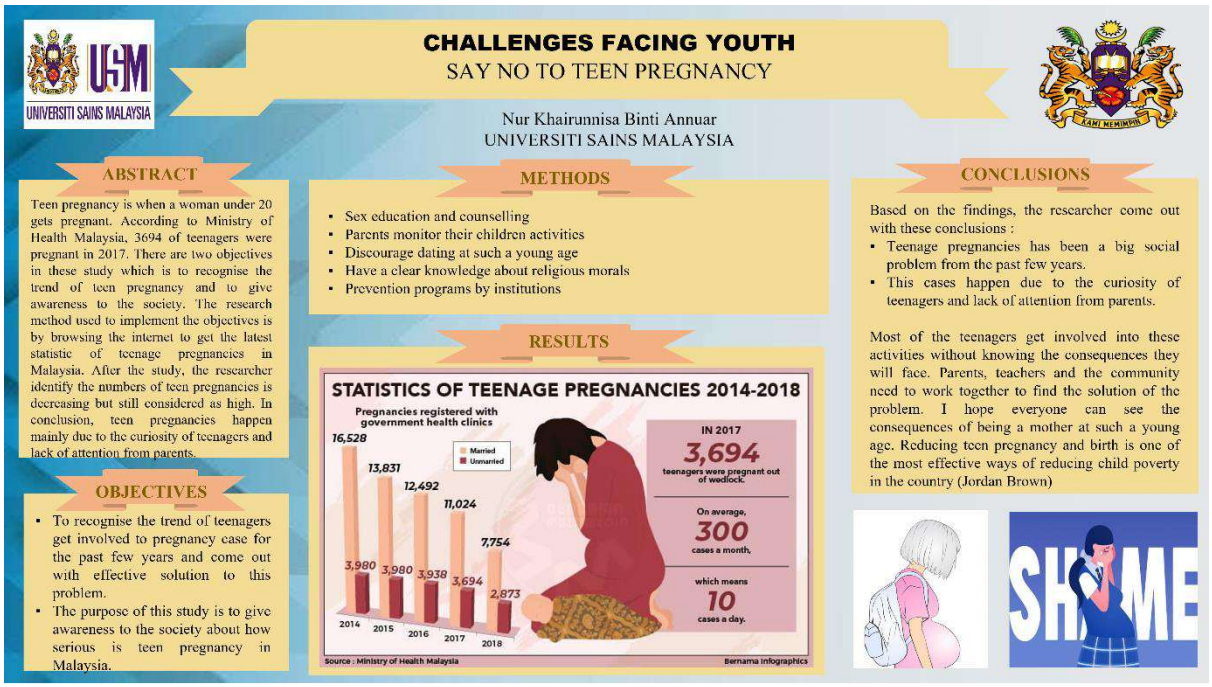
284. Challenges among generation Z while living in the social media's beauty standard.
Nur Hazira Ahmad Fauzi



285. Save them from cruel world.
Nur Husna Ibrahim

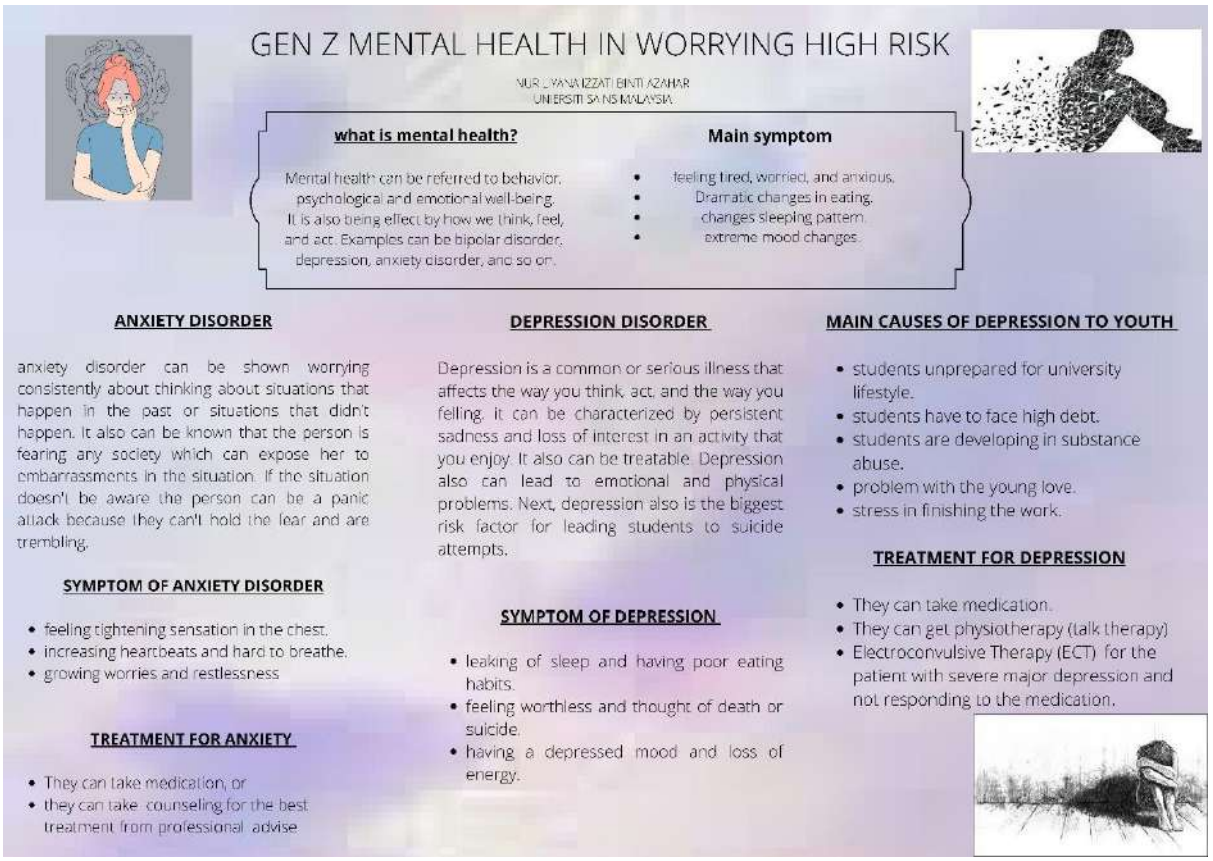


286. Challenges facing youth – Say no to teen pregnancy.
Nur Khairunnisa Annuar



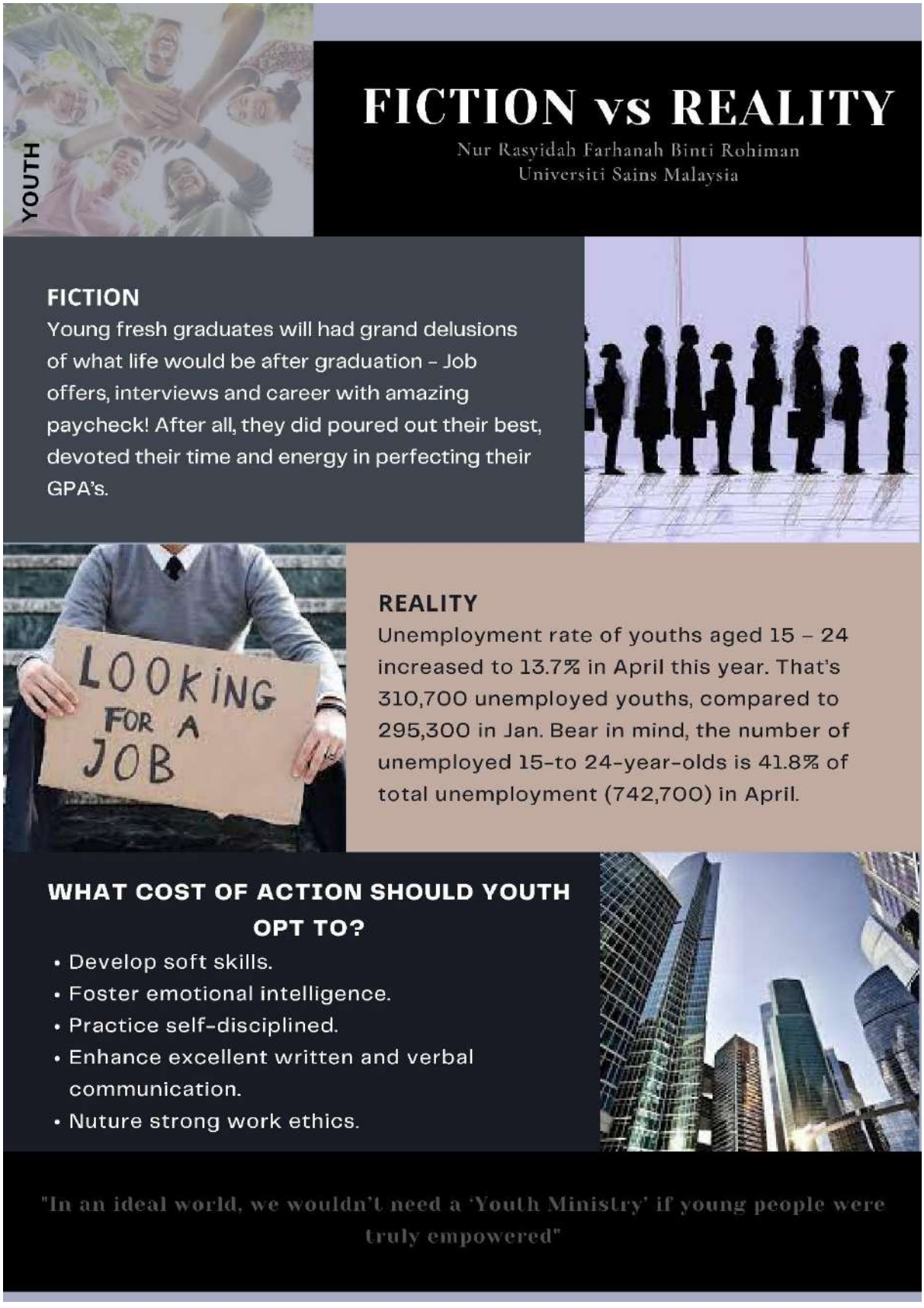
287. Gen Z mental health in worrying high risk.

Nur Liyana Izzati Azahar



288. Fiction vs Reality

Nur Rasyidah Farhanah Rohiman

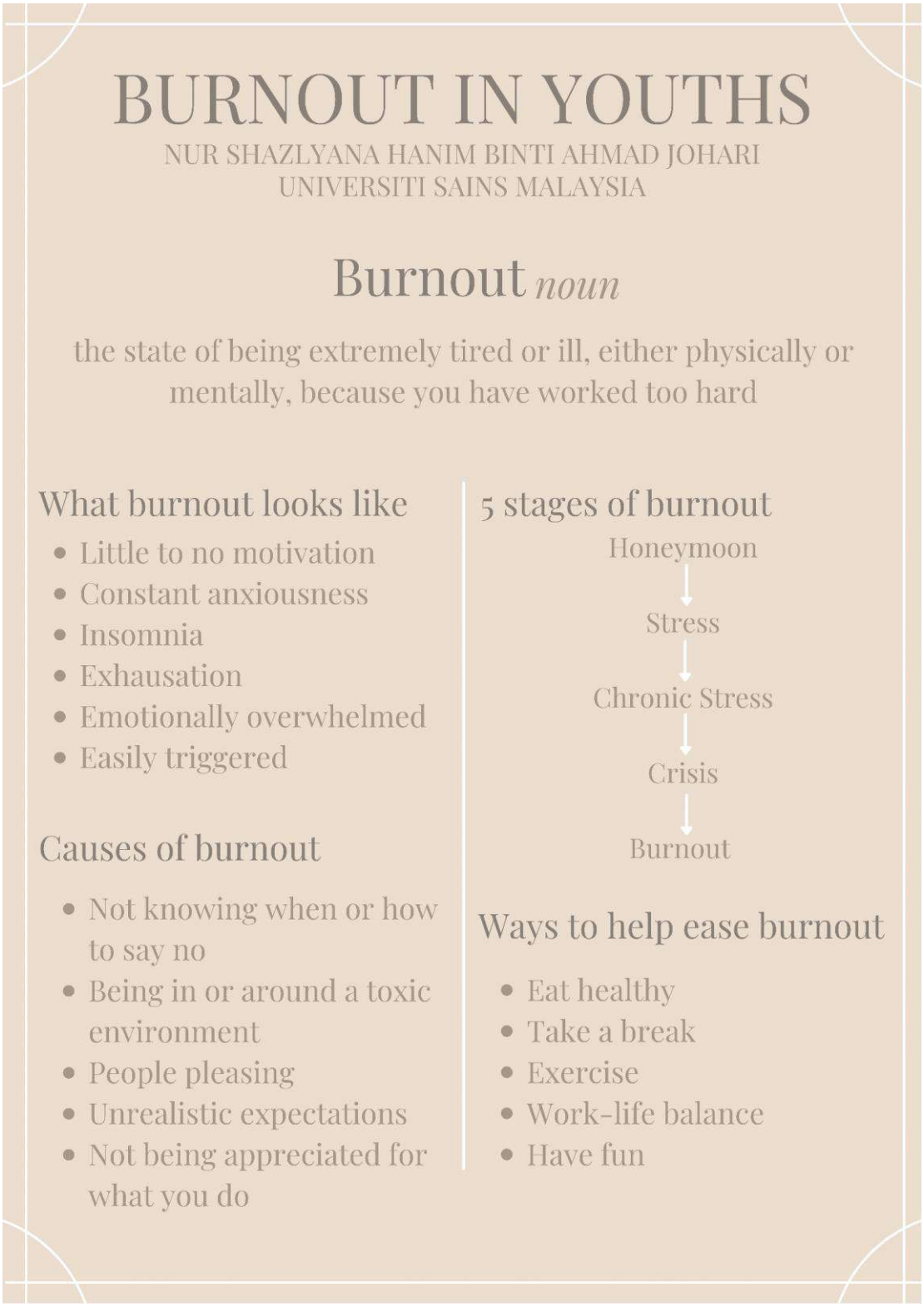


289. Say no to sexual harassment among youth “Protect yourself, be brave”.
Nur Sahirah Zunaidi



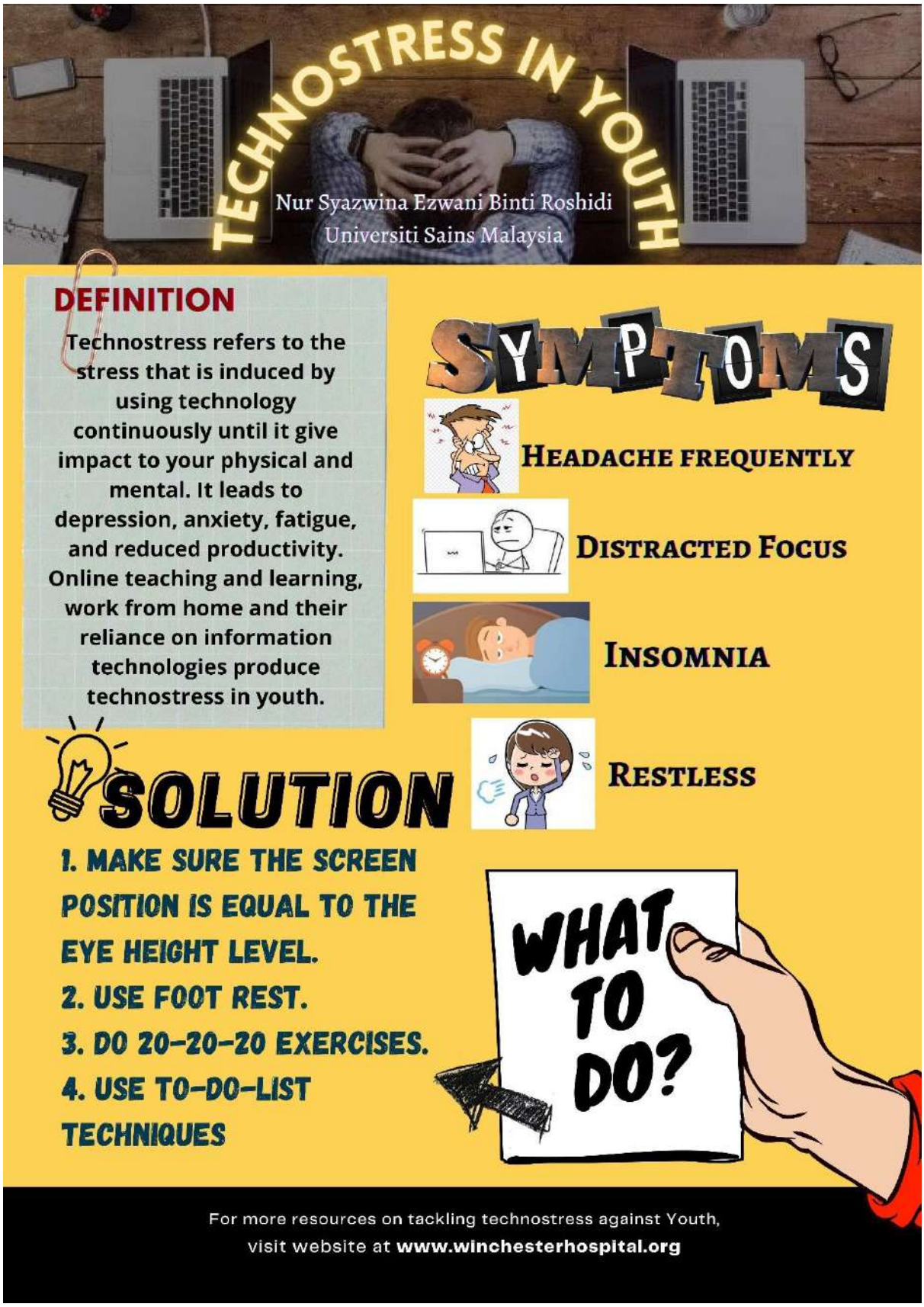
290. Burnout in youths

Nur Shazlyana Hanim Ahmad Johari



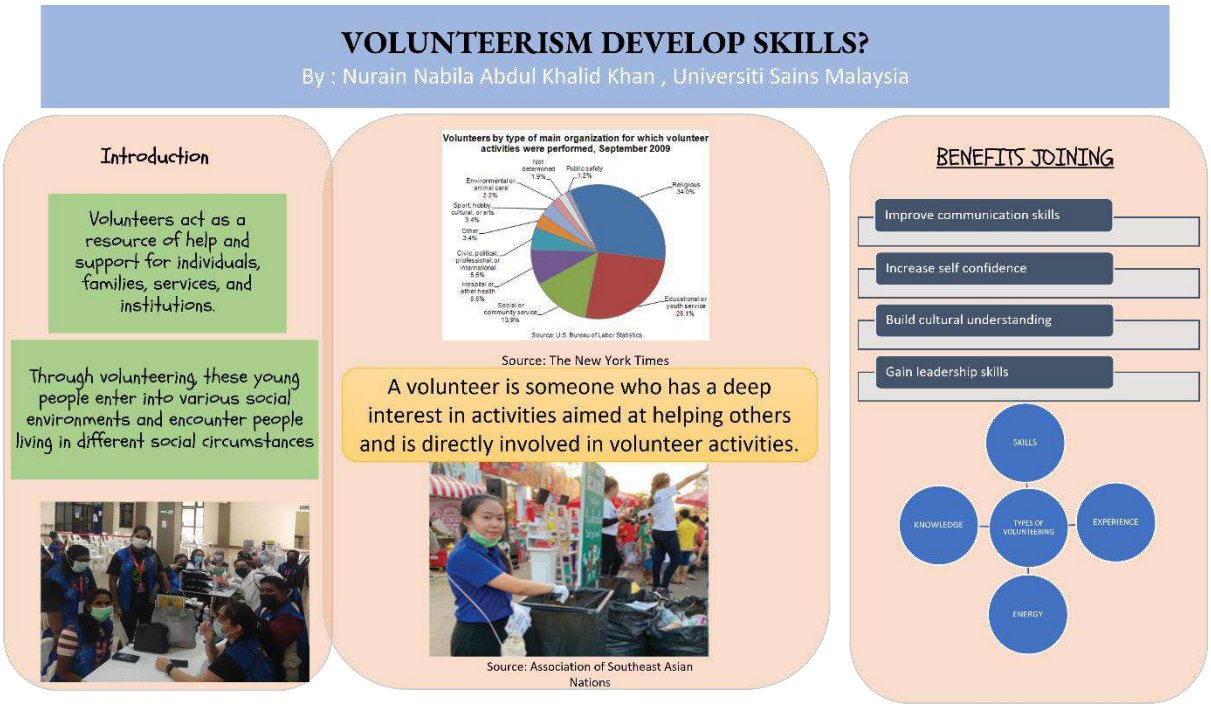
291. Technostress in youth

Nur Syazwina Ezwani Roshidi



292. Volunteerism develops skills.

Nurain Nabila Abdul Khalid Khan



293. Gen-Z: Addiction to the internet
Nurainina Rosli

Gen-Z : Addiction To The Internet

NURAINA BINTI ROSLI ○ UNIVERSITY SCIENCE OF MALAYSIA

The Internet is a worldwide network that provides a wide range of information and communication services. Despite the fact that there are many positive effects, excessive internet use has resulted in internet addiction. Internet addiction is a broad term that encompasses a wide range of behavioural and impulse control issues associated with Internet use. There are numerous negative mental, physical, and social consequences of internet addiction. Overdependence on the internet is a serious concern that has troubled Malaysian youths, with fatal results.

What is Internet Addiction?

as excessive or poorly controlled preoccupations, urges, or behaviours related to computer use and internet access that cause impairment or distress. (Shaw, Martha et al., 2008)

Internet users in Malaysia

RANKED **NO. 11** IN ASIA

- In January 2021, Malaysia had 27.43 million internet users.
- Between 2020 and 2021, the number of internet users in Malaysia increased by 738 thousand (+2.8%).
- In January 2021, Malaysia's internet penetration rate was 84.2 percent.

Types of Internet Addiction



Causes of Internet Addiction

Feel overwhelmed, stressed, depressed, lonely or anxious, the Internet to seek solace and escape.

People who are overly shy and cannot easily relate to their peers

Who suffer from anxiety and depression, lack of emotional support

Who have a history of other types of addiction, such as addictions to alcohol, drugs, sex and gambling.

Symptom of Internet Addiction

Physical Symptoms

- Backache
- Headaches
- Weight gain or loss
- Disturbances in sleep
- Carpal tunnel syndrome
- Blurred or strained vision



Emotional Symptoms

- Feelings of guilt
- Anxiety
- Depression
- Dishonesty
- Euphoric feelings when in front of the computer
- Unable to keep schedules
- No sense of time
- Isolation
- Defensiveness
- Avoiding doing work
- Agitation

Effect of Internet Addiction

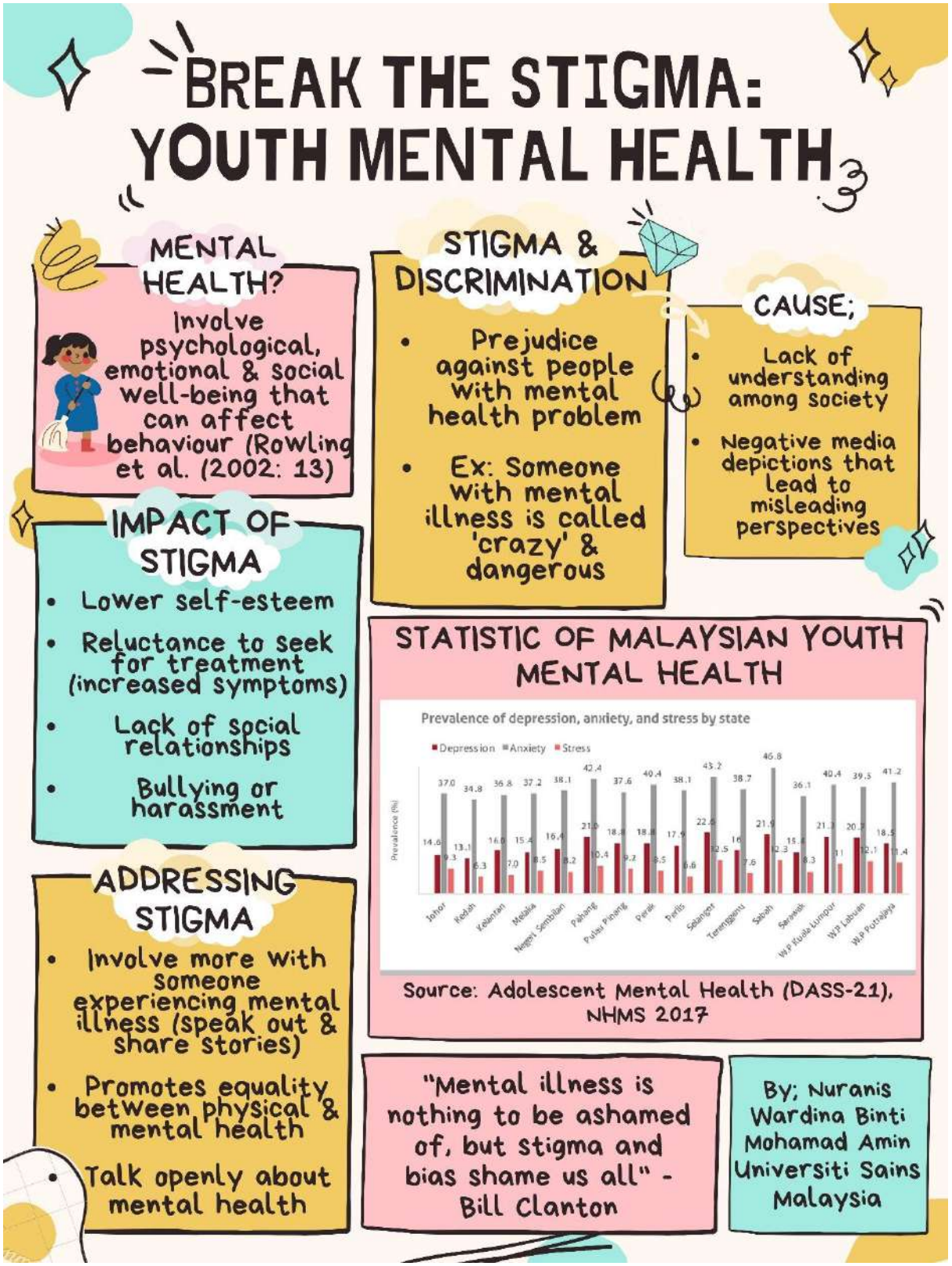
Long-term effects are seen more in the physical symptoms

backache,
neck pain,
carpal tunnel syndrome,
vision problems from staring at the screen,
bankruptcy, especially if the time spent online is focused on shopping, gambling and gaming.

Short-term effects of an online addiction

unfinished tasks,
forgotten responsibilities
weight gain.

294. Break the stigma: youth mental health.
Nuranis Wardina Mohamad Amin



295. Suicide among youth.

Nuratiqah Mohamad Zai'an Faisal

SUICIDE AMONG YOUTH

Suicide is the self-inflicted death people commit to ending their lives and escaping reality. Do you know that many people around you commit suicide?. It is not easy to predict who it will be. It might be the people who closest to you. Mostly the youths think about attempting suicide statistically.



RISK FACTORS

- Having a psychiatric disorder.
- Lack of social support.
- Being a victim of bullying.
- Physical or medical issues.
- Access to lethal means, like firearms & pills.
- Exposure to the suicide of a family member or friend.
- Cultural and religious beliefs that suicide is a noble way to resolve a personal dilemma.
- Social isolation and loneliness.

WARNING SIGNS

- Changin normal routine, including eating or sleeping pattern.
- Feeling trapped, hopeless, or helpless.
- Talking or writing about suicide.
- withdrawal from friends, family and regular activities.
- Doing risky or self-destructive things.
- Frequent complaints about physical symptoms.
- Increasing use of alcohol or drugs.

HOW TO HELP A SUICIDAL PERSON

- Speak up if you are worried.
- Focus on your concern for their wellbeing and avoid being accusatory.
- Be non-judgemental. Don't criticise or blame them.
- Encourage them to focus on getting through the day rather than focusing on the future.
- Make sure someone is with them if they are in immediate danger.

HOW TO COPE WITH SUICIDAL THOUGHTS

How can you help yourself?

- Talk your problem to other people.
- Be around other people and try not to spend too much time alone.
- Try doing things that distract you.
- Do exercise regularly to improve your mood and decrease anxiety.
- Get a professional support such as community mental health team.
- Identify and be aware of your triggers as it might help you to be more in control of your feelings and stress.

Let the person know that you care about them and that their life is important to you.



Nuratiqah Binti Mohamad Zai'an Faisal
Universiti Sains Malaysia

296. Are you okay?

Nurfarah Ain Noor Rashid

ARE YOU OKAY?

NURFARAH AIN BINTI NOOR RASHID | UNIVERSITI SAINS MALAYSIA

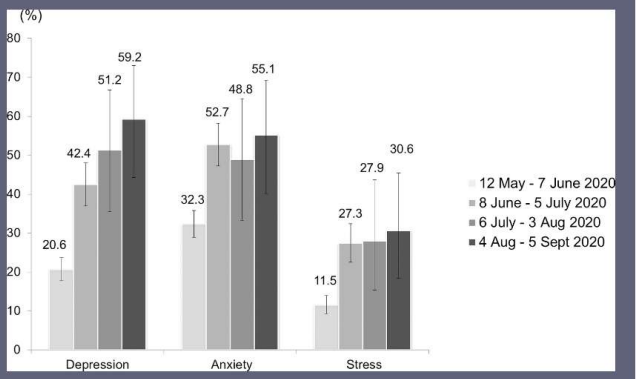




WHAT IS

MENTAL HEALTH?

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".



Sources: Wong LP, Alias H, Md Fuzi AA, Omar IS, Mohamad Nor A, Tan MP, et al. (2021) Escalating progression of mental health disorders during the COVID-19 pandemic: Evidence from a nationwide survey. PLoS ONE 16(3): e0248916. https://doi.org/10.1371/journal.pone.0248916



FACTORS:

- History of being abuse
- Bereavement
- Dysfunctional family life
- Losing jobs
- Changes of environment for the student



SIGNS AND SYMPTOMS:

- insomnia
- loss of appetite or overeating
- loss of interest in daily activities
- reduced the ability to concentrate
- extreme mood changes
- suicidal thinking
- excessive fears and worries



HOW TO HANDLE IT :

- Talk to someone you trust about how you're feeling
- Seek professional help
- Exercise regularly
- Try to keep doing things that you've always enjoy
- Be kind to yourself
- Congratulate yourself on your achievement
- Own a pet



CHALLENGES:

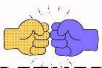
- social stigma
- lack of awareness
- lack of funding
- economic breakdown





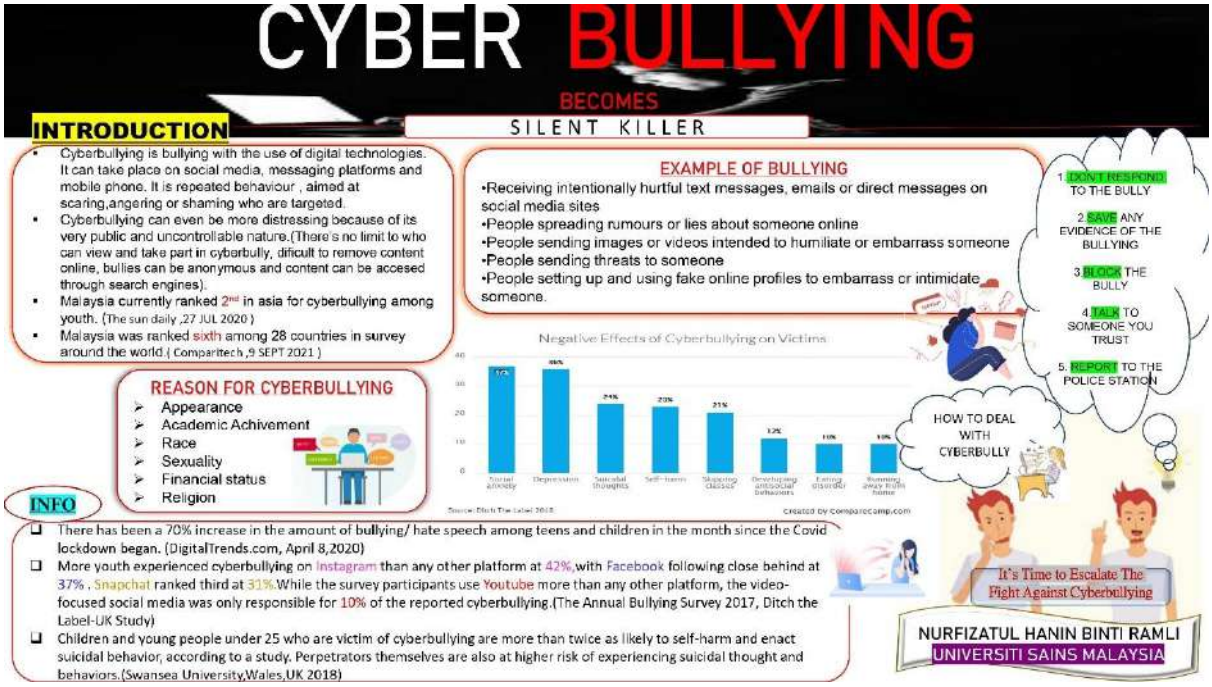
YOU'RE NOT ALONE,

WE DEFEAT TOGETHER



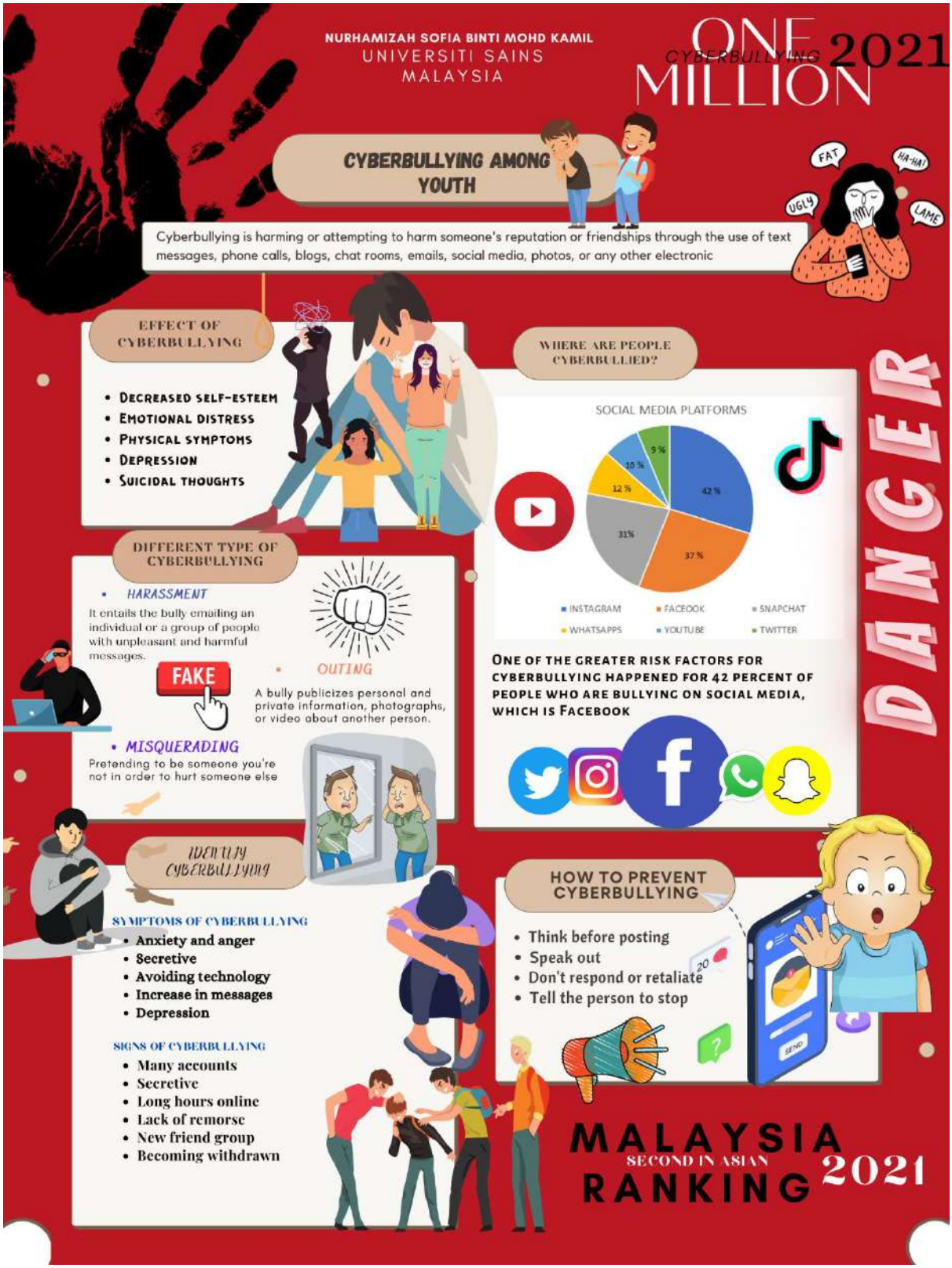
297. Cyber bullying

Nurfizatul Hanin Ramli

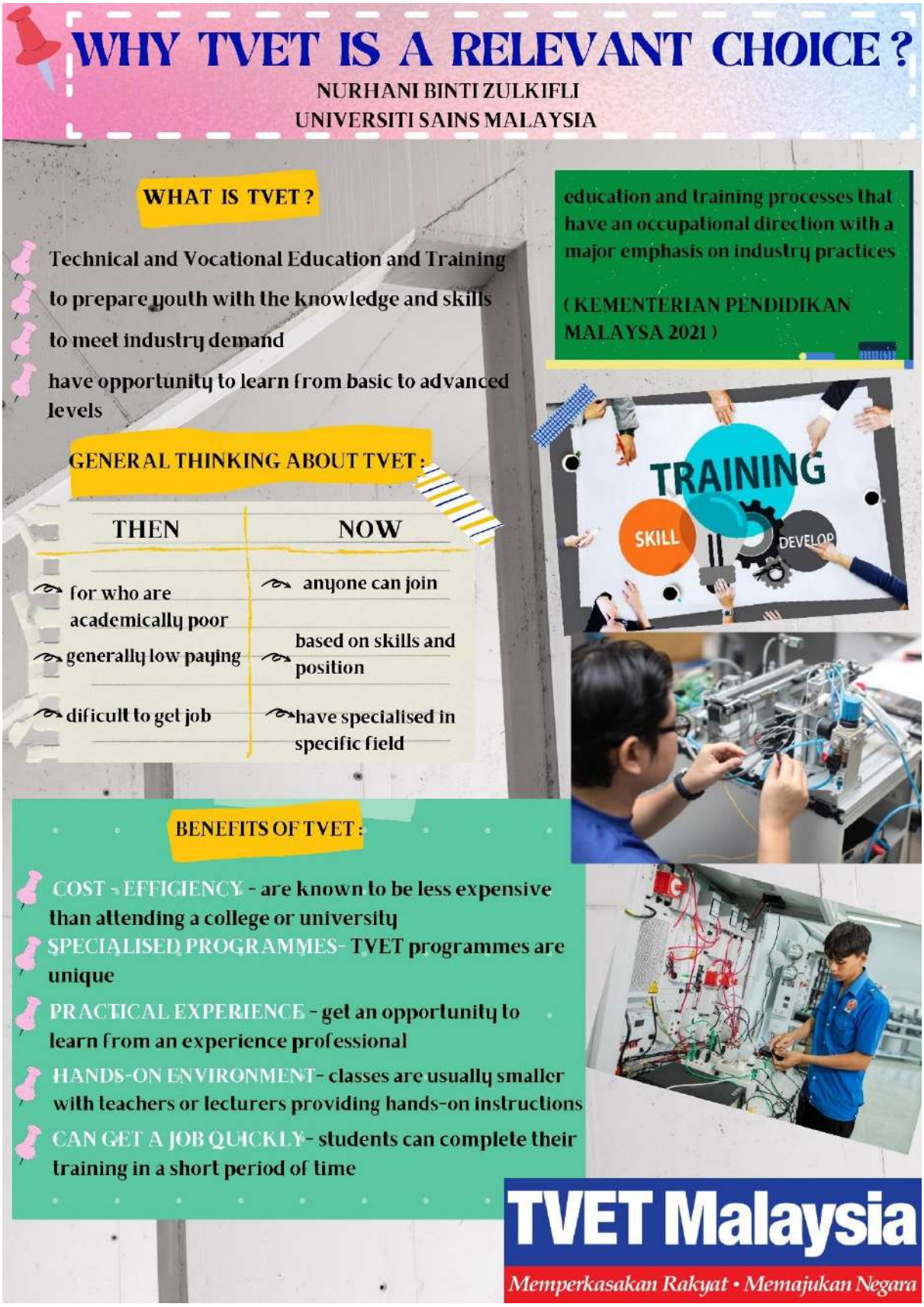


298. Cyberbullying among youth

Nurhamizah Sofia Mohd Kamil



299. Why TVET is a relevant choice?
Nurhani Zulkifli



300. Stress & Mental Health among youth.

Nurhanis Sofea Rahman

STRESS & MENTAL HEALTH AMONG YOUTH

Youth is an experience that may shape an individual's level of dependency, which can be marked in various ways according to different cultural perspectives.

NURHANIS SOFEA BINTI RAHMAN,
UNIVERSITY SAINS MALAYSIA

Workplace

Nowdays, workplace too often seems like an emotional, long hours, tight deadlines and ever-increasing demands. It's can leave you feeling worried, drained and overwhelmed. Then it drive youth stops being helpful at workplace and starts causing damage to your mind and body

Financial

Most student among youth do not want to burden their parent with the cost college but at the sometime they need financial help. So they will think that they need money, money and money, it may cause fiber mind among youth. Same goes with youth that not study, they mind will always think about financial that will cause them burden.

Relationship

Breaking up is difficult situation deal among them, which can bring about feelings of inadequacy, rejection and loneliness.



Schoolwork/Homework

Many teenagers become stressed with thier lecturer and parents expect too much from them as far as school grade. They become study hard and do not have proper time management, so it will make them be stress and eventually they will have mental health problem

Family Conflict

When parents have good intentions, the pressure they put on their children to constantly perform well inevery aspect of their life can damageing to a teenager.

Some issue that can create stress and mental health among youth such as divorce, family finance and poor connection.

Peer

Negative peer pressure to use alcohol and drugs, participate in sexual acts, or engage in risky behaviours.

Cyberbully among youth may seriously affect the mental health. Research suggests that youth who are bullied over time more likely to experience depression, anxiety and low self-esteem.



301. Say no to sexual harassment.
Nurhayati Rahayu Hasli



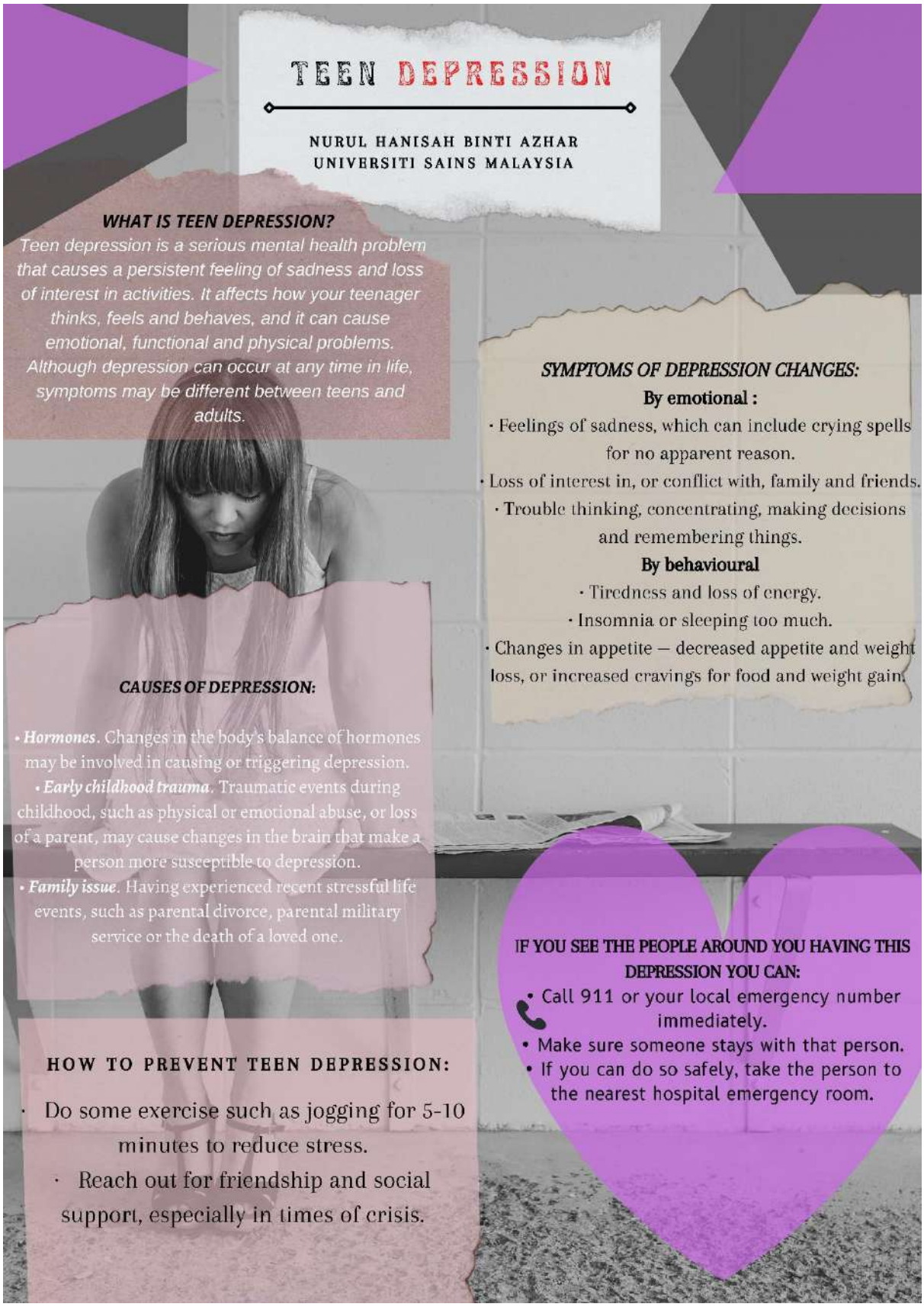
302. Insomnia Among Youth?

Nurul Atikah Azmi



303. Teen Depression

Nurul Hanisah Azhar



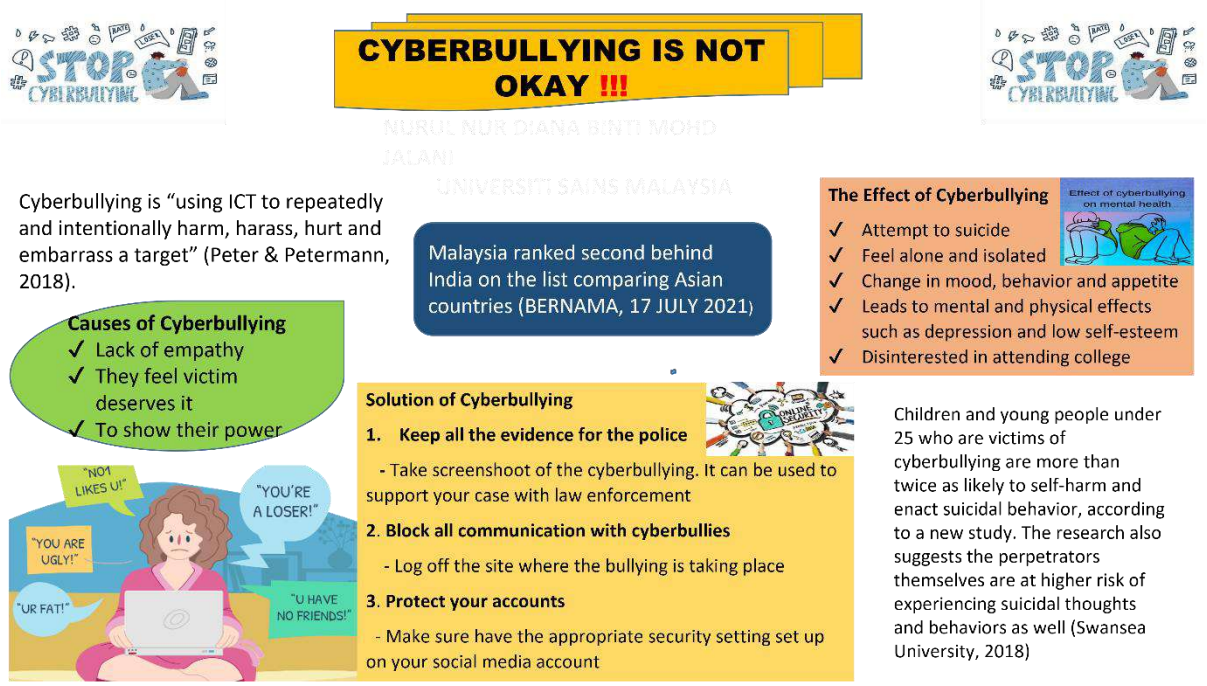
304. Mental Health in Red Zone

Nurul Irdina Rozaidi



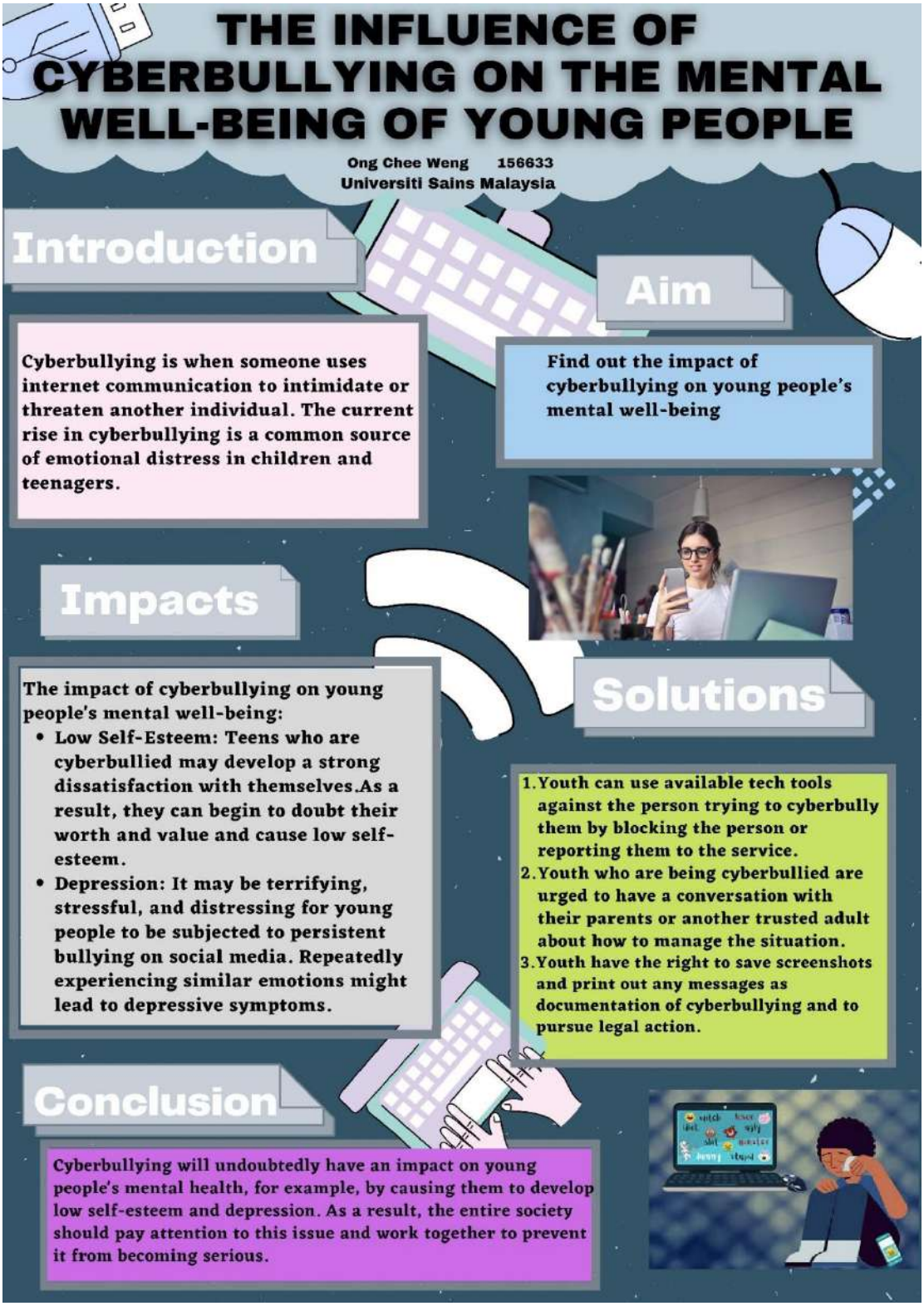
305. Cyberbullying is not okay!!!

Nurul Nur Diana Mohd Jalani

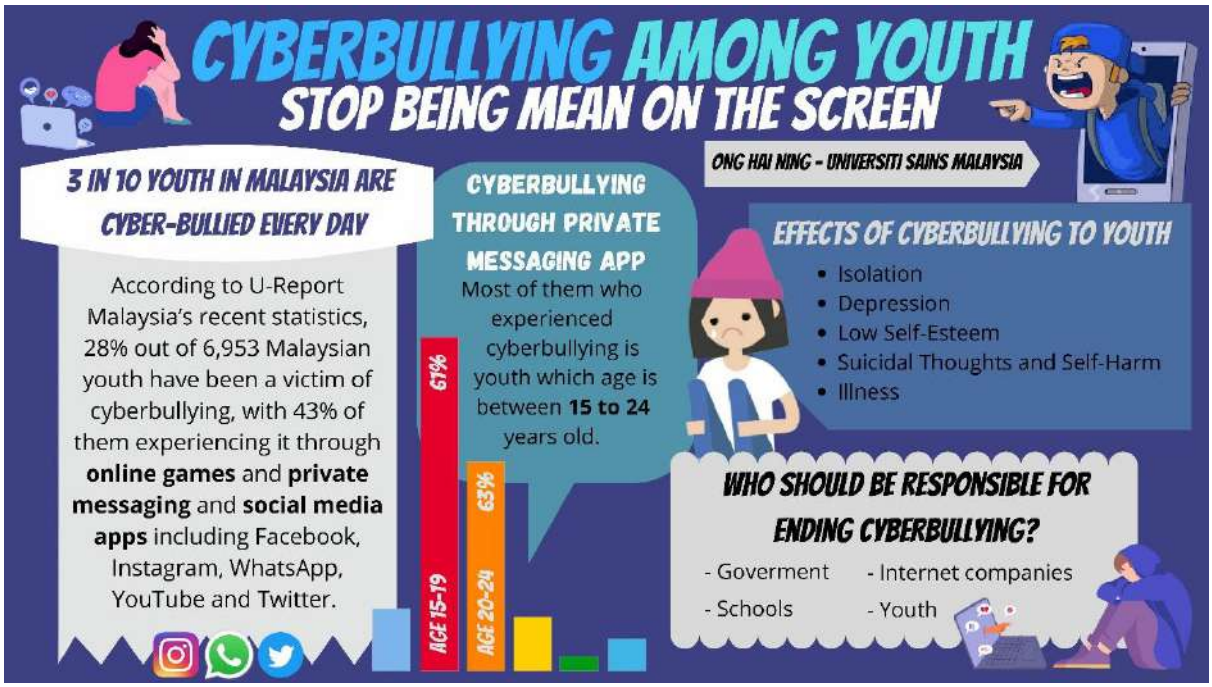


306. The Influence of Cyberbullying on the mental well-being of young people

Ong Chee Weng



307. Cyberbullying among youth – stop being mean on the screen.
Ong Hai Ning



308. Understanding teenage depression
Ooi Zi Ning

UNDERSTANDING TEENAGE DEPRESSION

Ooi Zi Ning
Universiti Sains Malaysia

The mental and emotional disorder known as teen depression is no different medically from adult depression. However, symptoms in teens may manifest themselves in different ways than in adults. (Timothy, 18 Feb 2021)
A national survey by the Ministry of Health has revealed that Malaysian teens aged 13 to 17 are critically suffering from mental health problems. (Sharifah Sakinah, 05 Feb 2020)





Causes

- Hormones
- Genetics
- Peer pressure
- Brain chemistry
- Developing bodies
- Environmental factor

Symptoms of Depression

- Changes in appetite or weight
- Sleeping too much or too little
- Worsening school performance
- Talking about or thinking of suicide
- Withdrawal from friends or after-school activities
- Difficulty thinking, concentrating, or making decision



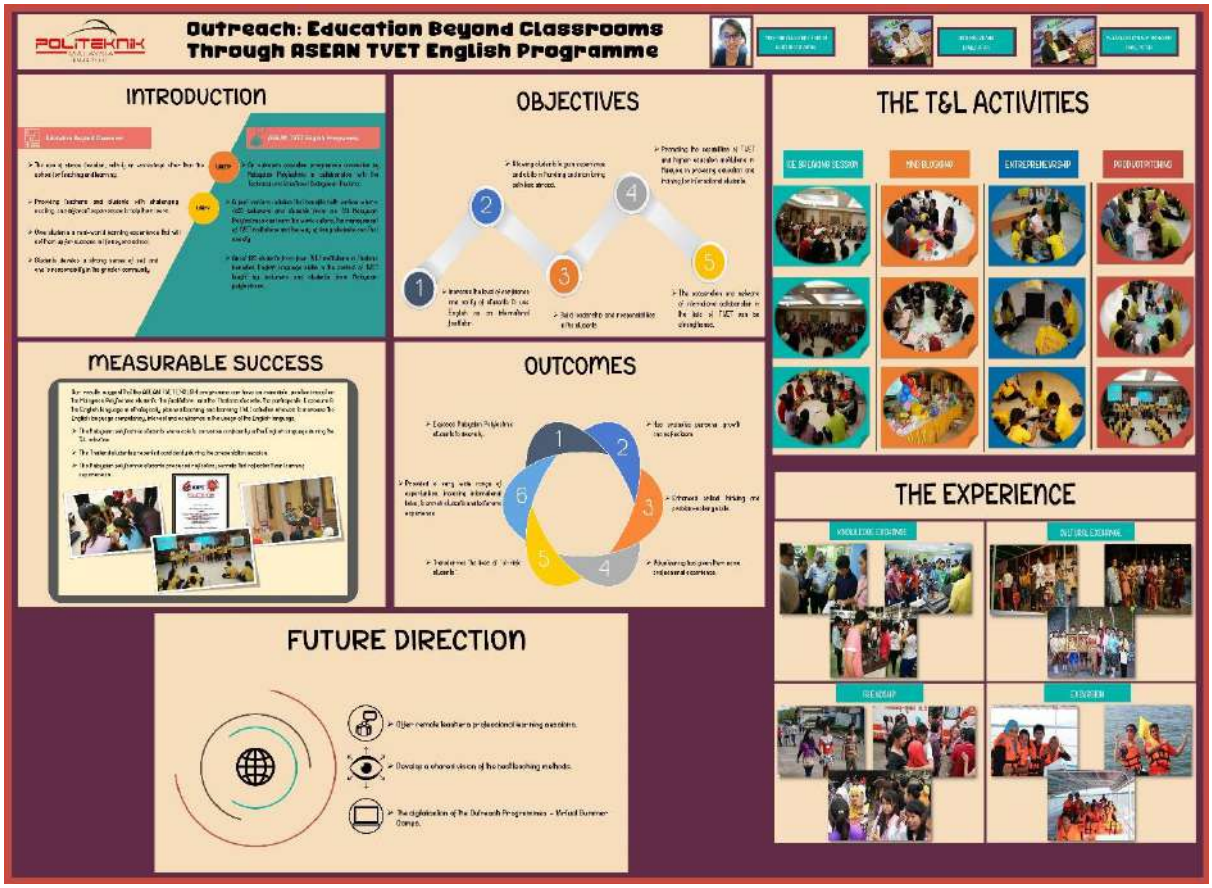


How is Depression Treated

- Medication
- Psychotherapy
- Electroconvulsive Therapy (ECT)

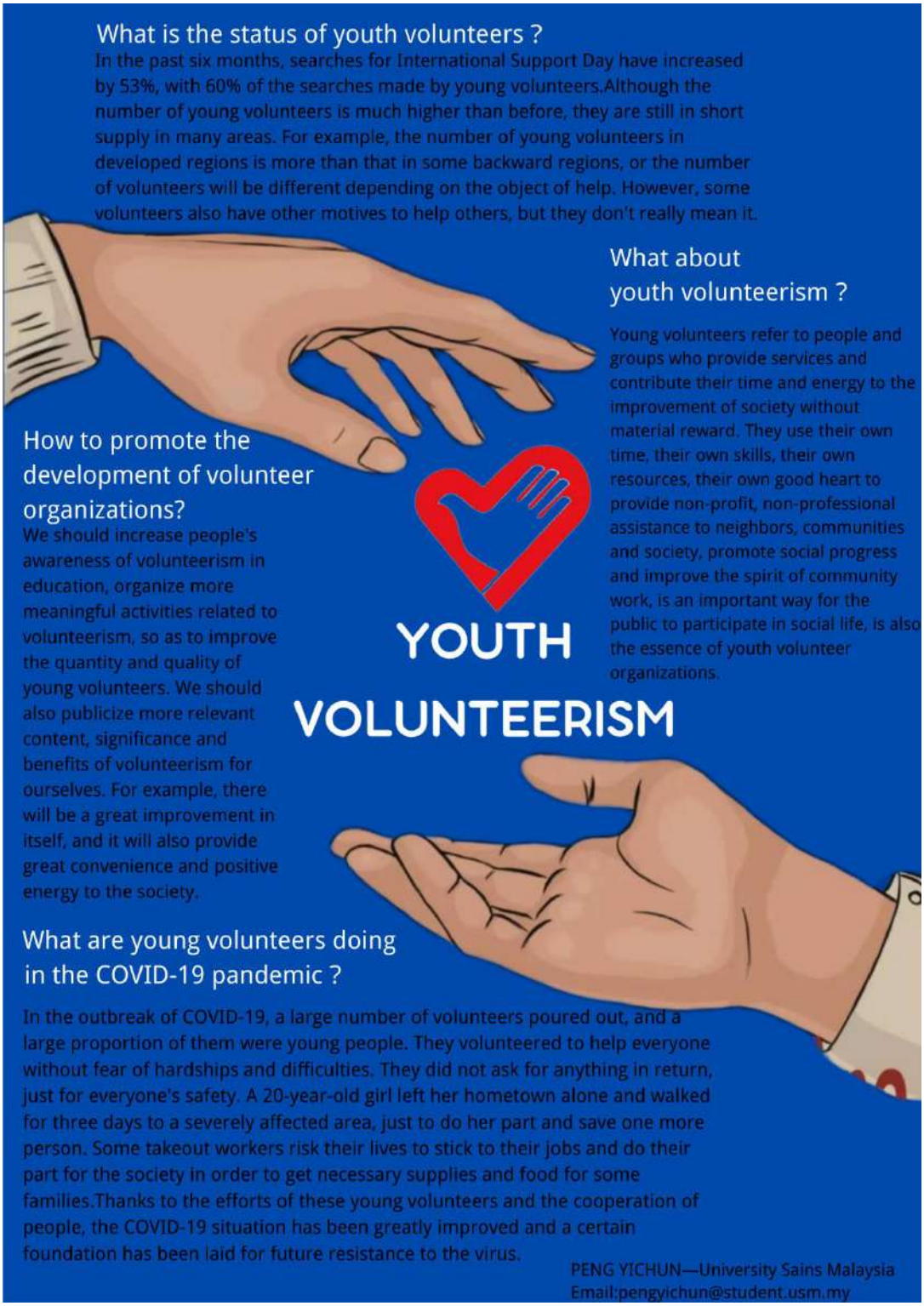
~IT'S OKAY NOT TO BE OKAY~

309. Outreach: Education beyond classrooms through ASEAN TVET English Programme
Parveen Sarjit Sidhu



310. Youth Volunteerism

Peng Yi Chun



311. Challenges facing youth.

Liu Jian Feng

UNIVERSITI SAINS MALAYSIA

Challenges Facing Youth

: which may be harm to the development of the young people

BACKGROUND

Now, more and more young people are facing a lot of challenges and pressure, which may be harmful for them. And this poster will illustrate this situation

DATA

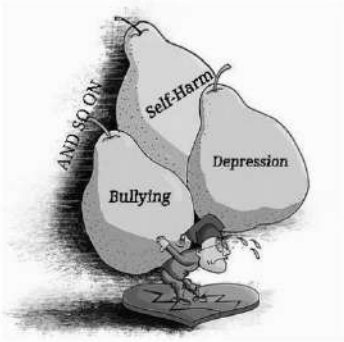
Bullying



According to the survey, twenty percents of young people who have been bullid.

You know, bullying will make a terrible difference on the young's minds and bodies, so there is no doubt that it will hindering the development of the youth.

This poster wiil tell you how we can avoid this situation and teach you what you should do when you are faced the challenges such as Bullying, Depression, and so on.



EXAMPLE

About five years ago, I heard a terrible thing about the school bullying.Hi was a junior high school student.Because of playing basketball, he argued with other people, but unfortunately, he was badly beaten up by a gang of thugs after school, which had made a bad difference on his mind. After that, he became very irritaable and he was always absent from schoolschool, sometimes he would do some self-harm. All in all, this bad things really destroyed him bodily and mentally.

MEASURE

when we are experiencing kind of challenges, we can take some measures to deal with them.

- We can ask our teacher or parents for help, because they were experienced, they may find better way to deal with the problems.
- As long as we feel very unhappy or depressed, we could tell those things that make you feel unhappy to your friends, because they are good listeners, please don't do something to hurt yourself.

SUMMARY



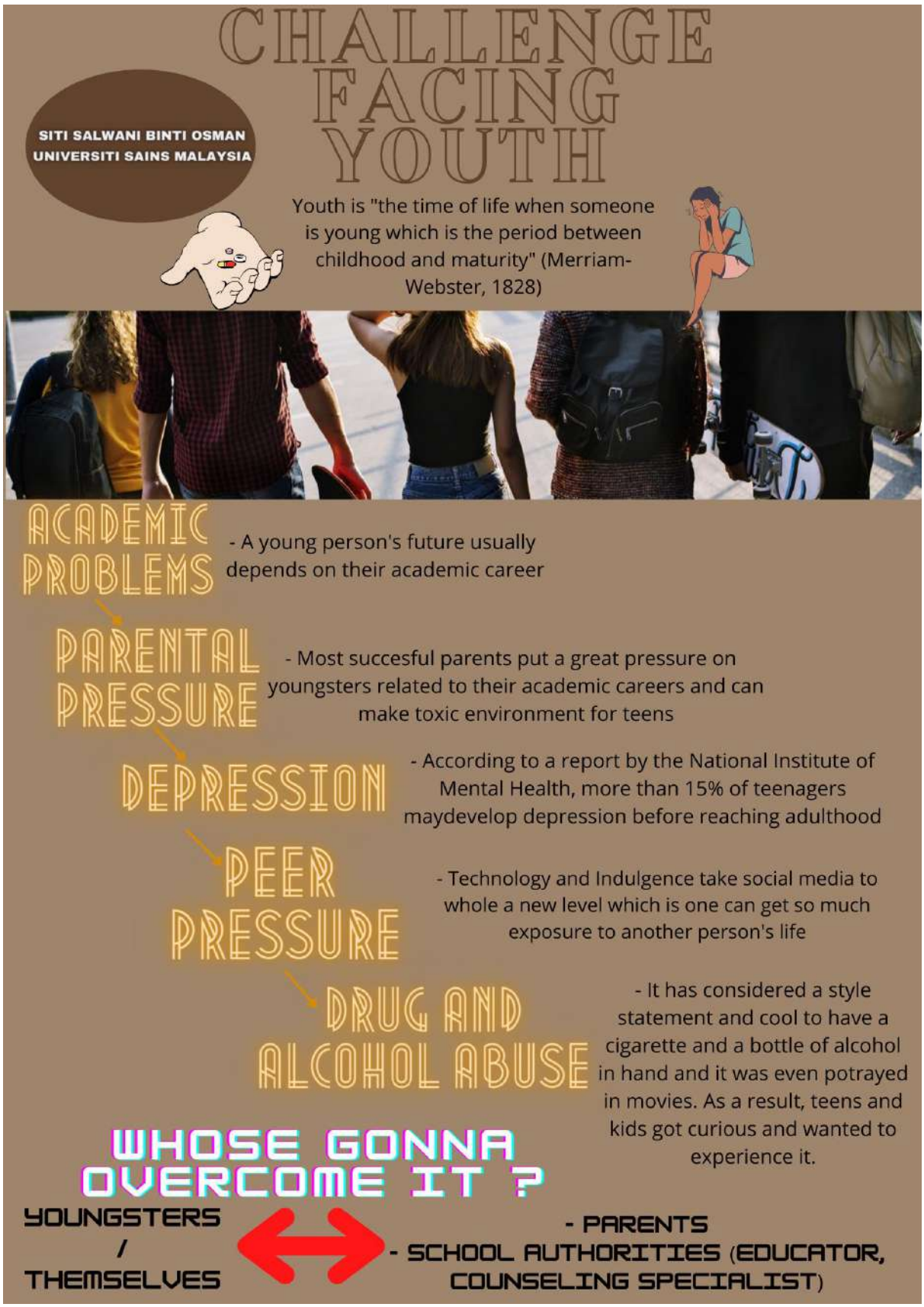
There is always wind and rain on the way of life, after the wind and rain, there are pictures of sunshine and rainbow!

NAME: LIU JIANFENG

312. Challenges facing youth.
Lee Jia Quan

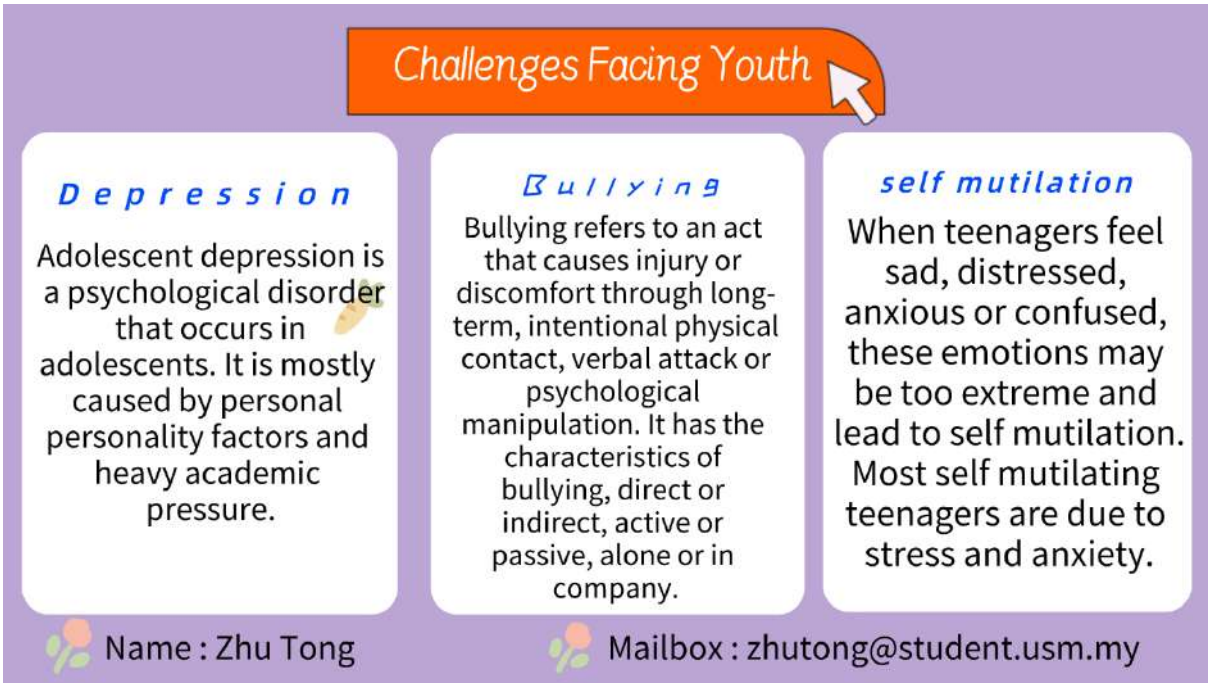


313. Challenge facing youth.
Siti Salwani Osman



314. Challenges facing youth.

Zhu Tong



315. Youth challenge: Depression! Focus on it!

Cui Wen Yang

Youth challenge : Depression ! Focus on it !

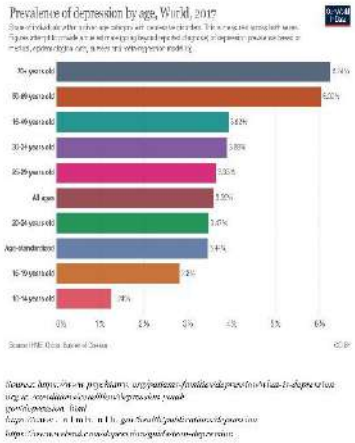
CUI WEN YANG
UNIVERSTITI SAINS MALAYSIA



Background

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest.

Depression was formerly assumed to affect primarily adults, according to the medical community. However, the condition's risk can start as early as childhood or early adolescence and continues to rise consistently.





Question

What causes depression?

- Genetic.
- Trauma.
- Environment.
- Different in the brain.
- Substance misuse.
- Stresses of puberty.
- Negative thought patterns.

Result

These are warning signs of depression

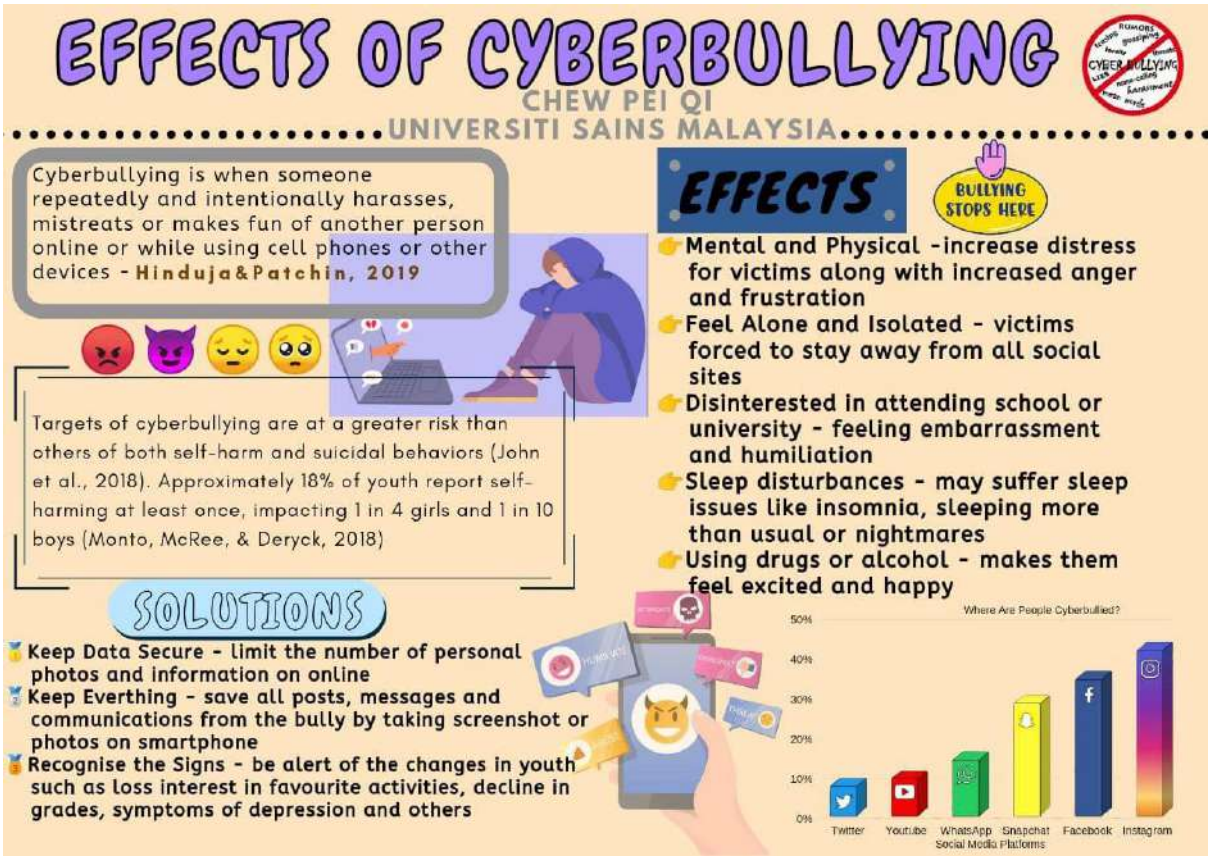
Continuous sadness or hopelessness; Lack of energy; Anxiety and panic Difficulty concentrating, remembering or making decisions; Negative views of life and the world; thoughts of being worthless andguilty.The teen may feel stupid, ugly,or bad; Drastic changes in appetite or weight; Difficulty falling asleep and staying asleep, or sleeping too much; Sluggishness. A depressed teen often talks, reacts, and walks more slowly than other teens.

Conclusion

Depression is common in children and adolescents. It is important to look at young people who present a variety of problems in order to identify depressed teens and to be able to access treatment that can significantly improve their quality of life. For many, a combination of medication and speech therapy such as counseling can be effective

316. Effects of cyberbullying

Chew Pei Qi



317. Some questions about youth health
Su Jiahong

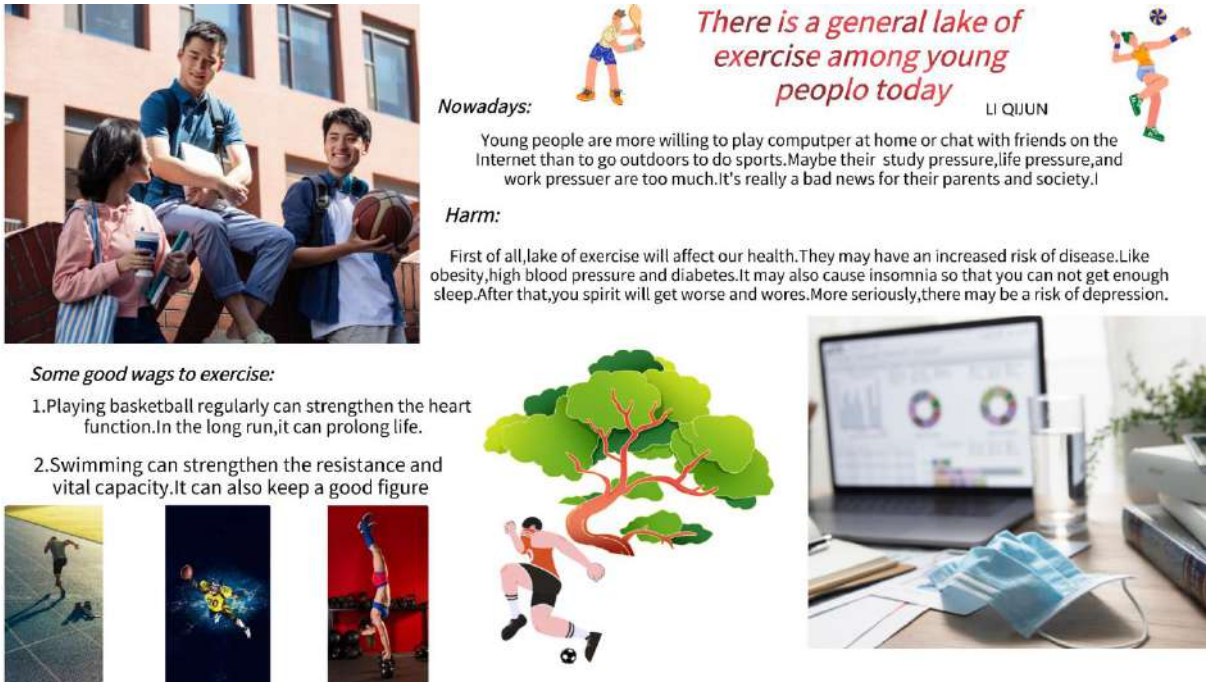


318. Cyberbullying – Aware it. Stop it. Report it.

Wong Kean Huang



319. There is a general lake of exercise among young people today.
Li Qijun



320. Bullying concerns among youth

Mohamad Haniff Hilman Wawi



321. Stop bullying!

Nia Xiong

Background

Bullying is becoming more and more common in the growth of young people, so we need to pay enough attention to the physical and mental development of young people. So this poster introduces the types of bullying, its impact on youth, and how to deal with this phenomenon.

Four types of bullying

1 Physical bullying
2 Verbal bullying
3 Relational bullying
4 Cyberbullying



Effects of bullying

Who are bullied:

1. Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns.

2. Decreased academic achievement—GPA and standardized test scores—and school participation. They are more likely to miss, skip, or drop out of school.

Who bully others:

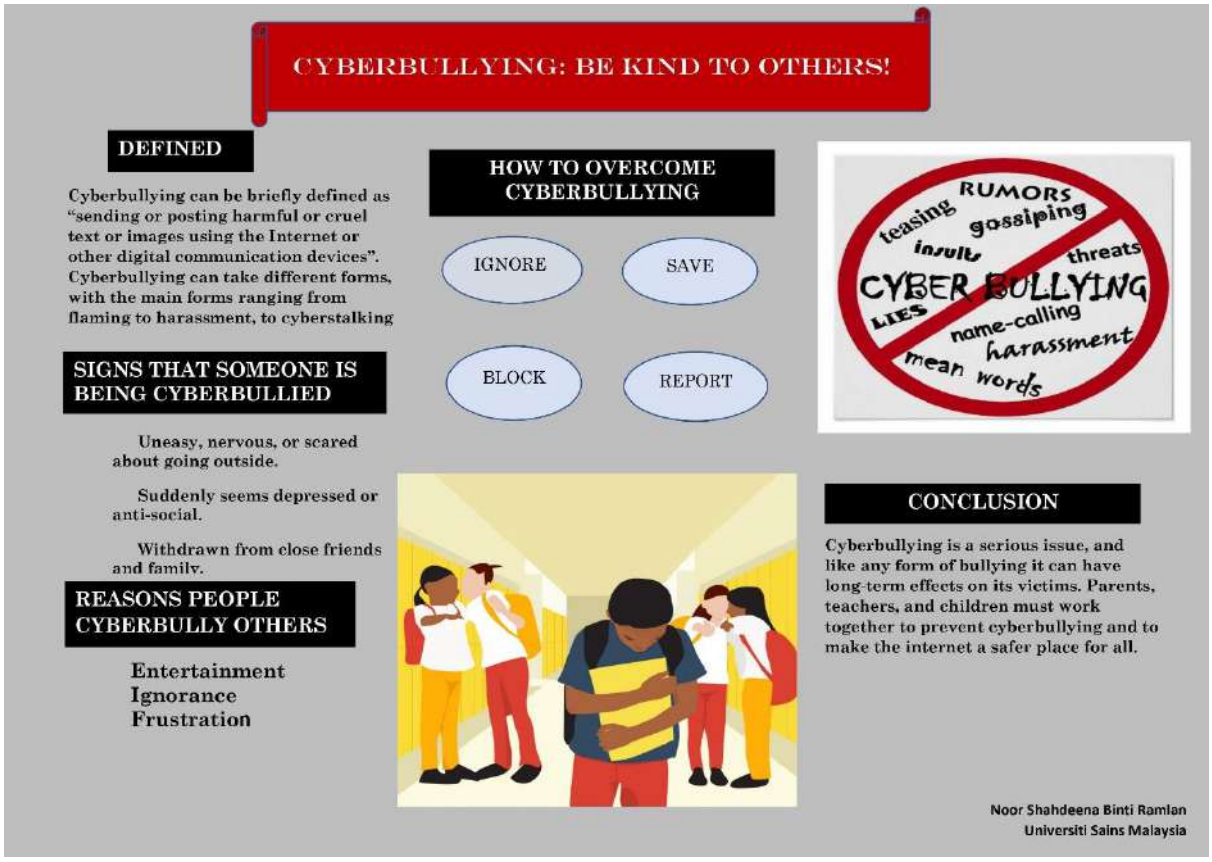
1. Abuse alcohol and other drugs in adolescence and as adults.
2. Get into fights, vandalize property, and drop out of school
3. Have criminal convictions and traffic citations as adults
4. Be abusive toward their romantic partners, spouses, or children as adults.

Effective measures

1. Help young people understand bullying
2. Keep the lines of communication open
3. Encourage young people to do what they love
4. Model how to treat others with kindness and respect

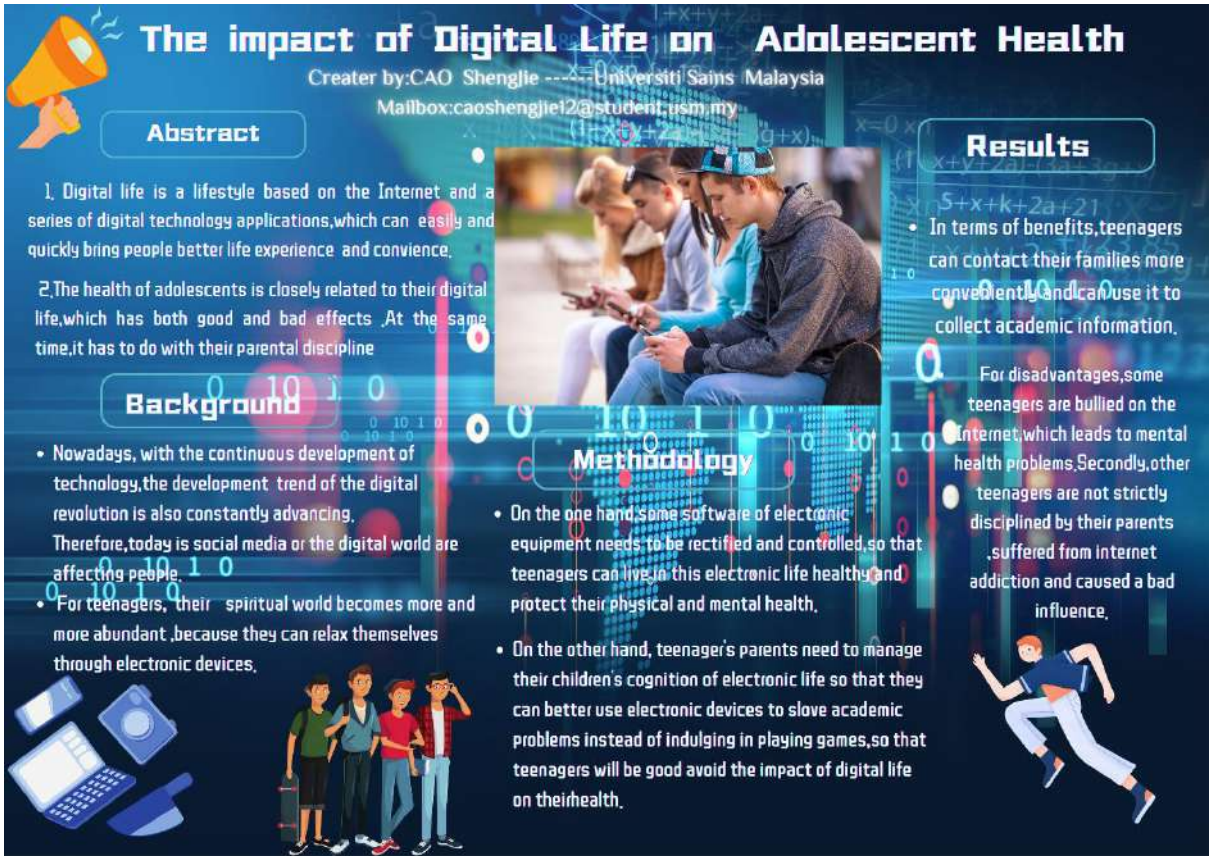


322. Cyberbullying: be kind to others!
Noor Shahdeena Ramlan



323. The impact of digital life on adolescent health

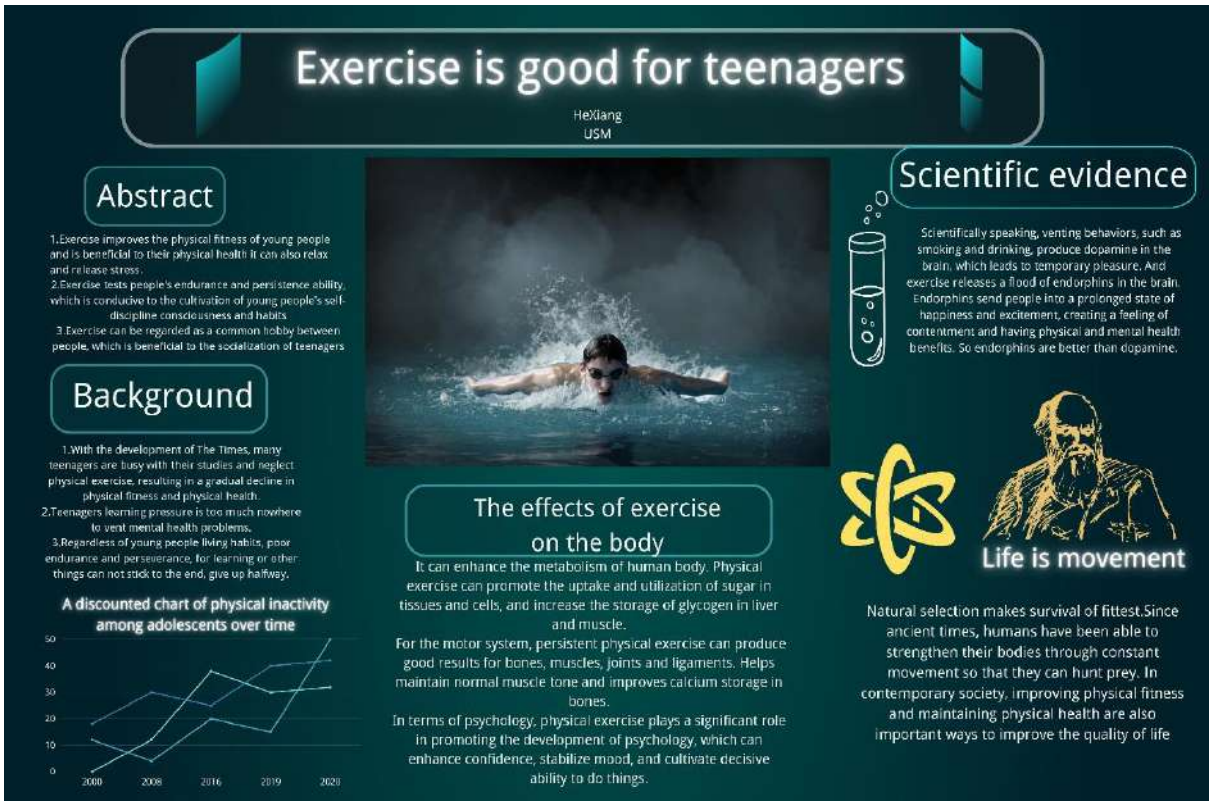
Cao Shengjie



324. Stress kills youth.
Siti Aisyah Hazarinan



325. Exercise is good for teenagers.
HeXiang



326. Go Teenagers

Ze Yu Wu & Jia Le Yang & Xiang Yi Lu & Xu Xiang Gao



327. The effect of COVID-19 on youth mental health

Zhang Siyu

The Effect of COVID-19 on Youth Mental Health



Zhang Siyu, School of Management, Universiti Sains Malaysia

Eating and emotional disorders

- Bulimia
- Anorexia
- Severe depression
- Severe anxiety

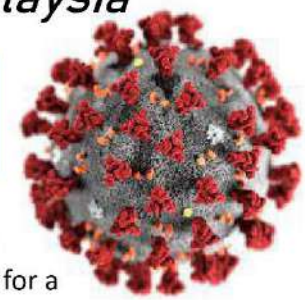
Risk-taking behavior

- Suicide
- self-harm



- Drug abuse

Mitigation options



- A healthy lifestyle for physical and mental health

A healthy body is the basis for a healthy mind and personality. It is of utmost importance to establish a good, physically and mentally healthy lifestyle. The core elements of this include a balanced, nutritious and regular diet, active physical activity, and adequate and quality sleep.

- Refine your goals

The weight of pressure depends on the size of the goal expectations. An ambitious goal does not lend itself to being achieved in a day, nor does it lend itself to carrying that weight in a day.

Introduction

On January 30, 2020, the World Health Organization (WHO) announced that the emergence of a new coronavirus (2019-nCoV) was a public health emergency of international concern (PHEIC). Many studies have demonstrated the impact of infectious disease outbreaks on public mental health, such as severe acute respiratory syndrome (SARS) in 2003, and the 2009 novel influenza A (HIN1) epidemic].

Studies have shown that effective coping strategies can protect individuals from mental health problems when facing emergencies.

Negative emotion

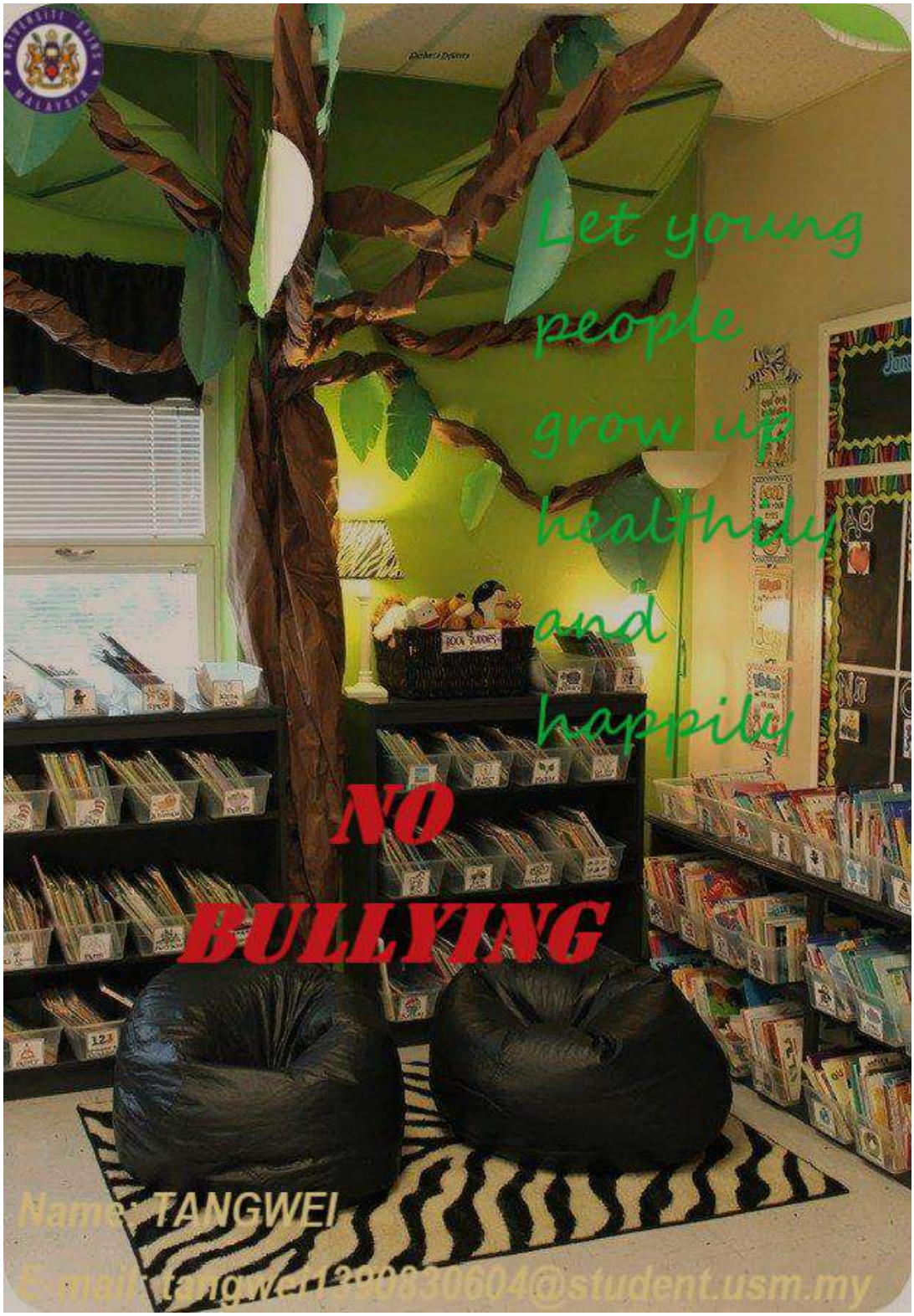
- Anxiety and frustration
- Loss of interest in what you were once passionate about
- Pessimistic about the future

328. Youth and industry 4.0

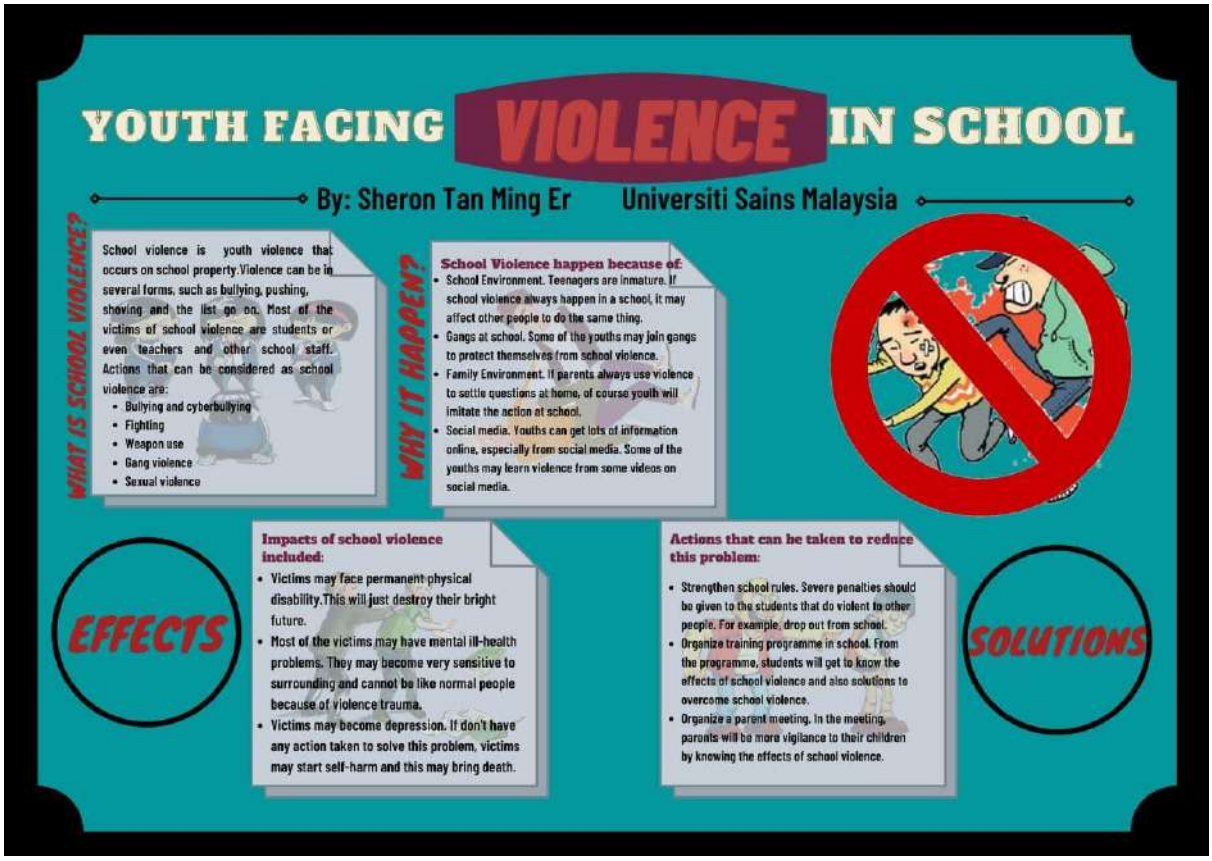
Zhang Yuan Cheng



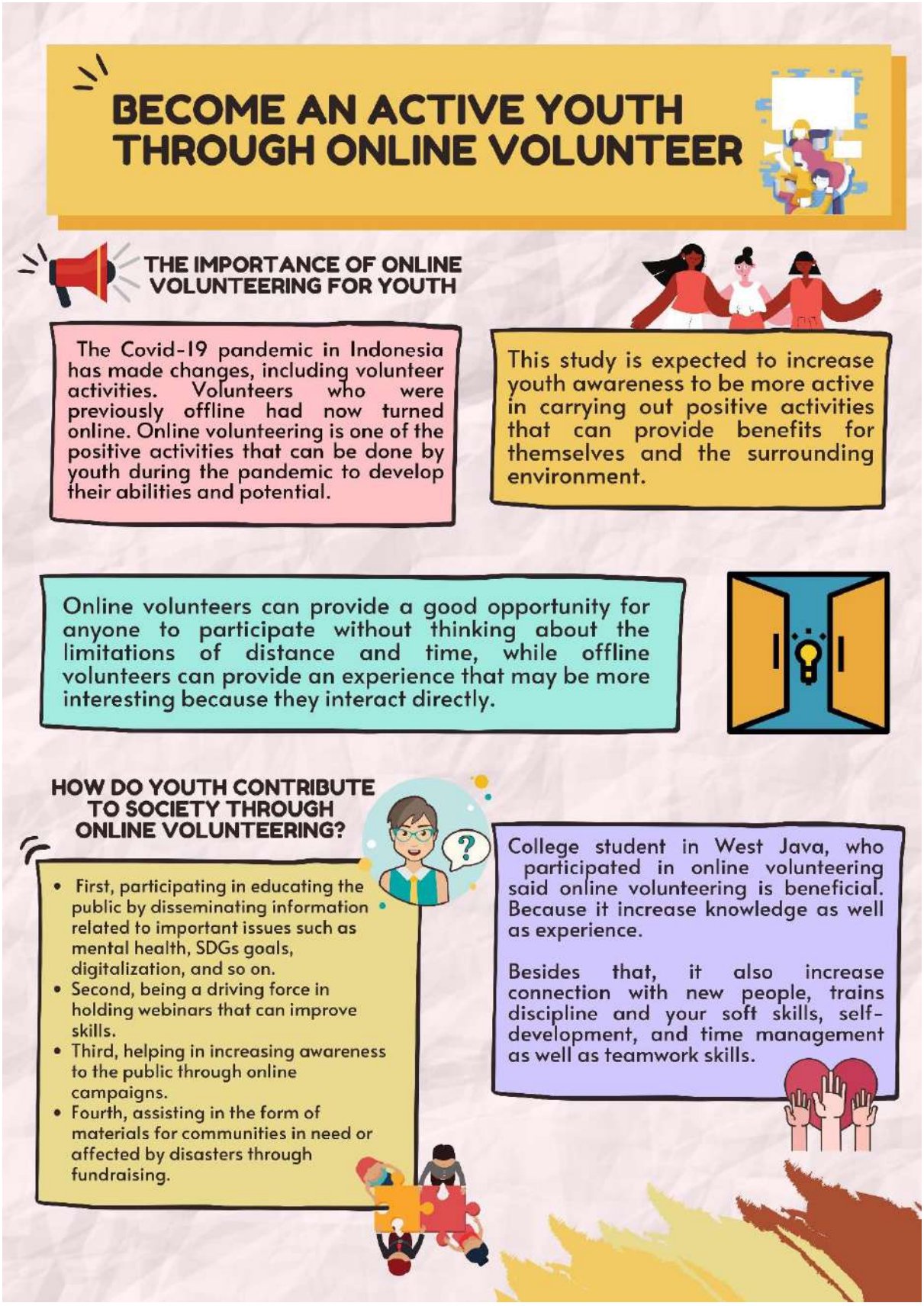
329. No Bullying
Tang Wei



330. Youth facing violence in school.
Sheron Tan Ming Er

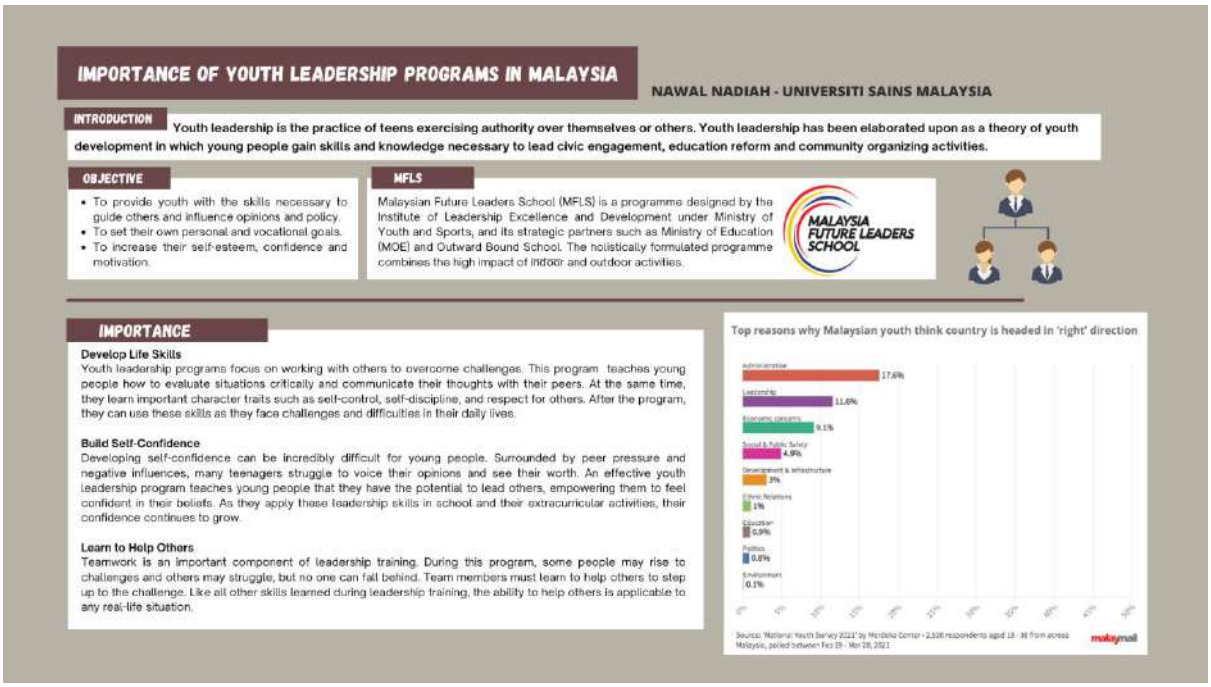


331. Become an active youth through online volunteer.
Nesya Hanifa D



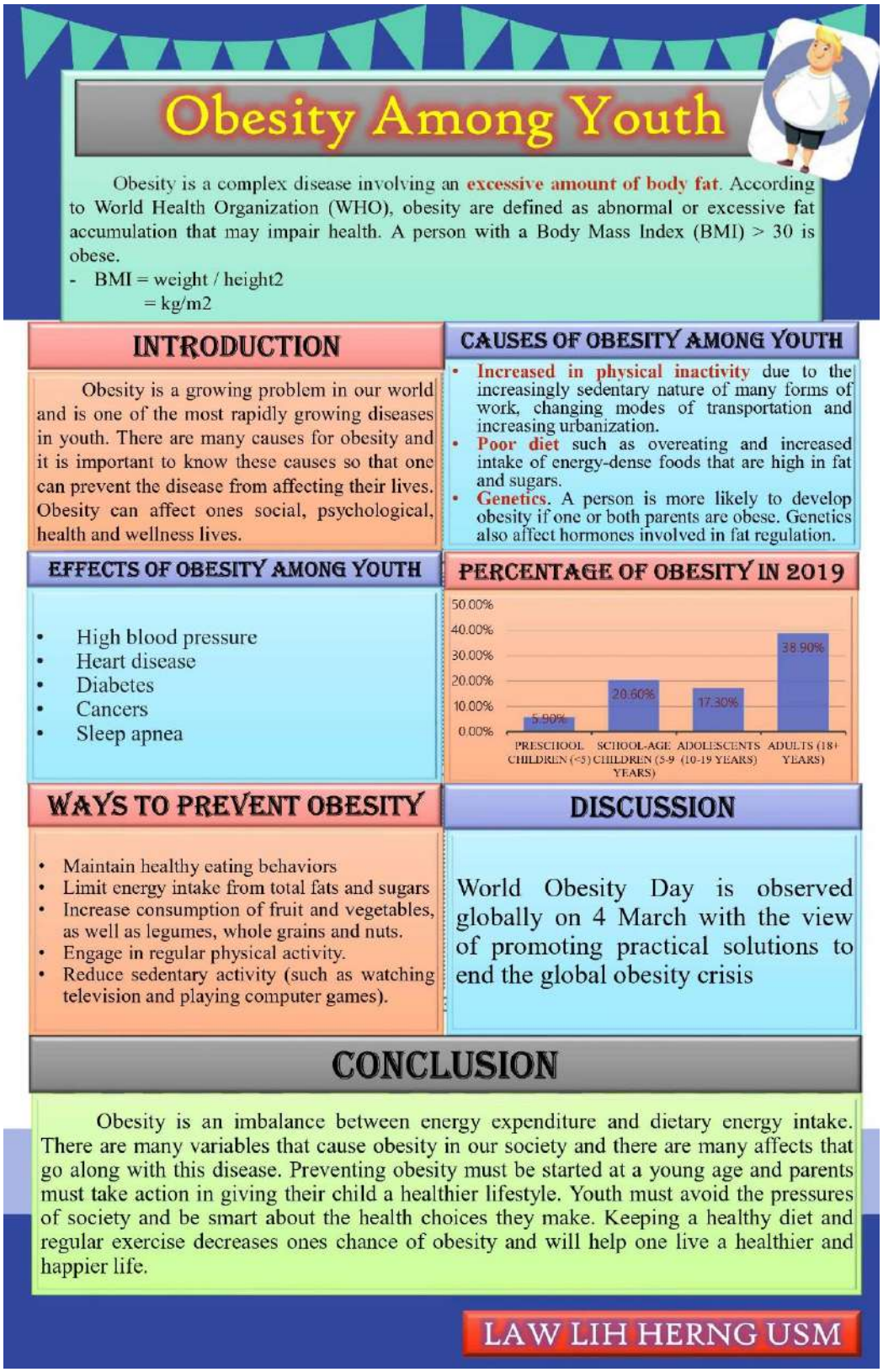
332. Importance of youth leadership programs in Malaysia

Nawal Nadiah



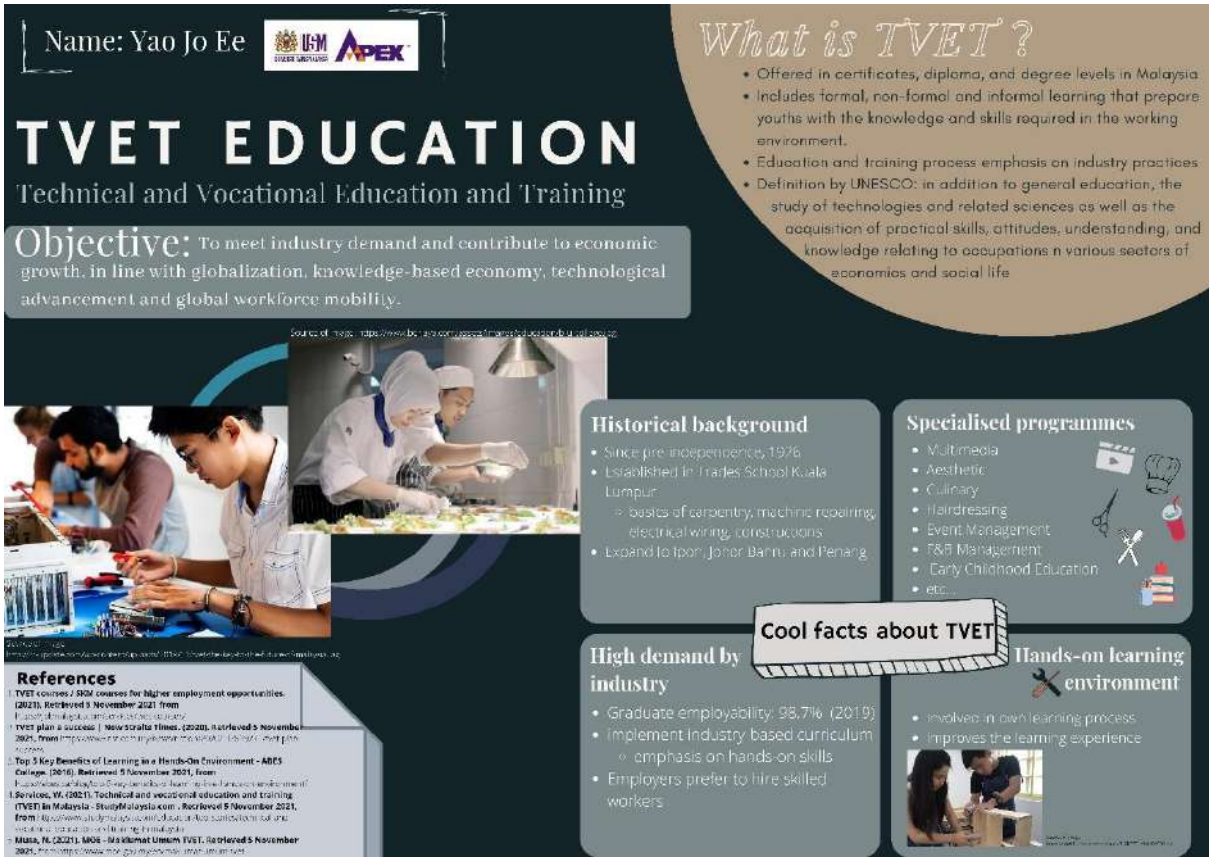
333. Obesity among youth

Law Lih Herng



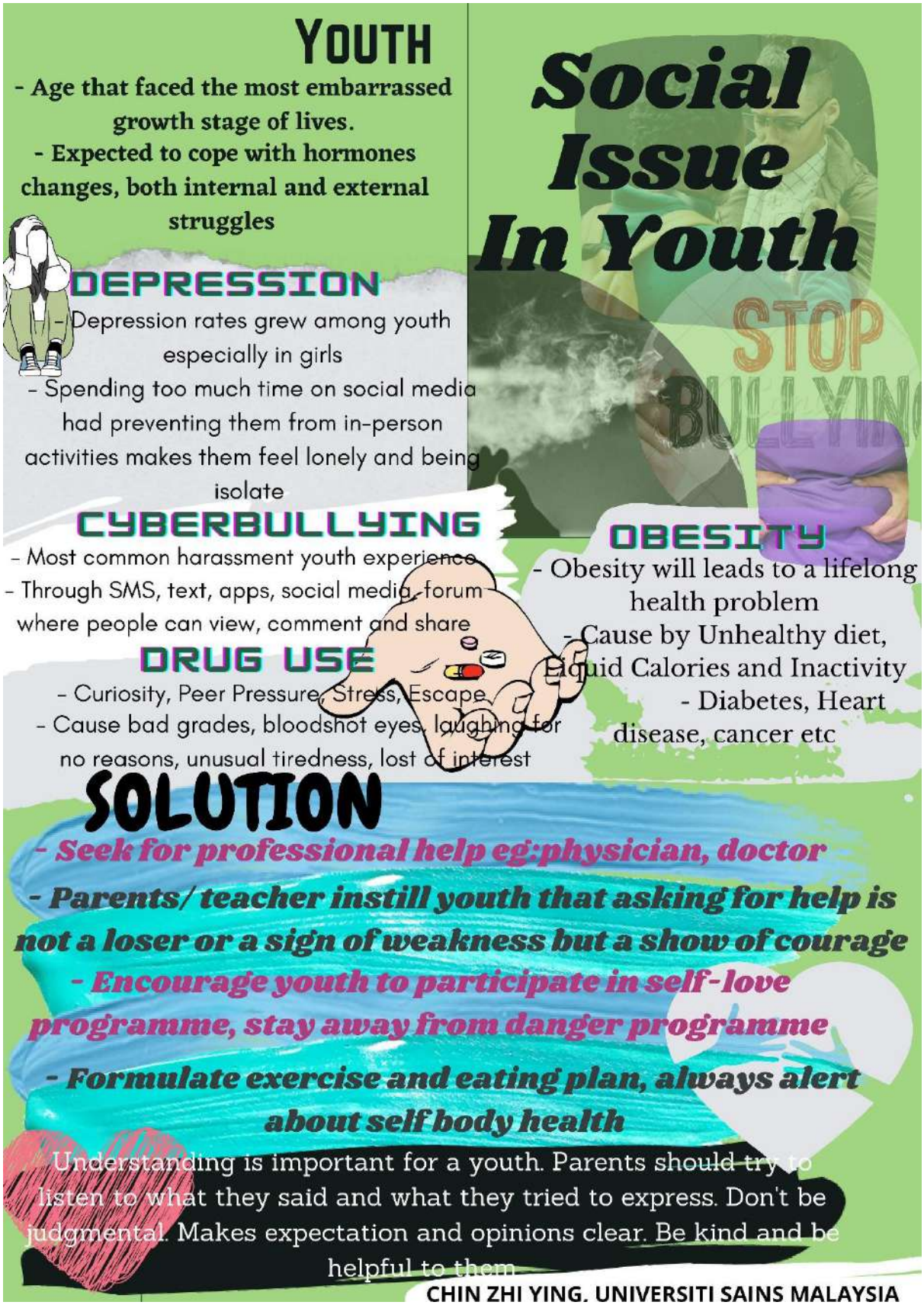
334. TVET Education

Yao Jo Ee



335. Social Issue in Youth

Chin Zhi Ying



336. Teaching financial literacy is a must for youth.

Ong Wai Rock

Teaching financial literacy is a must for youth

ONG WAI ROCK UNIVERSITI SAINS MALAYSIA

What is financial literacy?

Financial literacy is the ability to understand and effectively use various financial skills, including personal financial management, budgeting, and investing.

Findings

A survey by RinggitPlus on financial literacy of Malaysians revealed some worrying statistics about youth which is nearly 29% of youth only realised the importance of emergency funds since the movement control order, nearly 60% are unable to survive beyond 3 months, almost 47% spend exactly or beyond their earnings and almost half of the youth have not started saving for retirements. (TheSunDaily,14 March 2021)







Importance of financial education

1.Education allows youth to make the most financial trend.

2.Avoid misadventures and scams.

3.Oversight allows youth to make long term goals.

4.Youth able prepare for emergency situations.

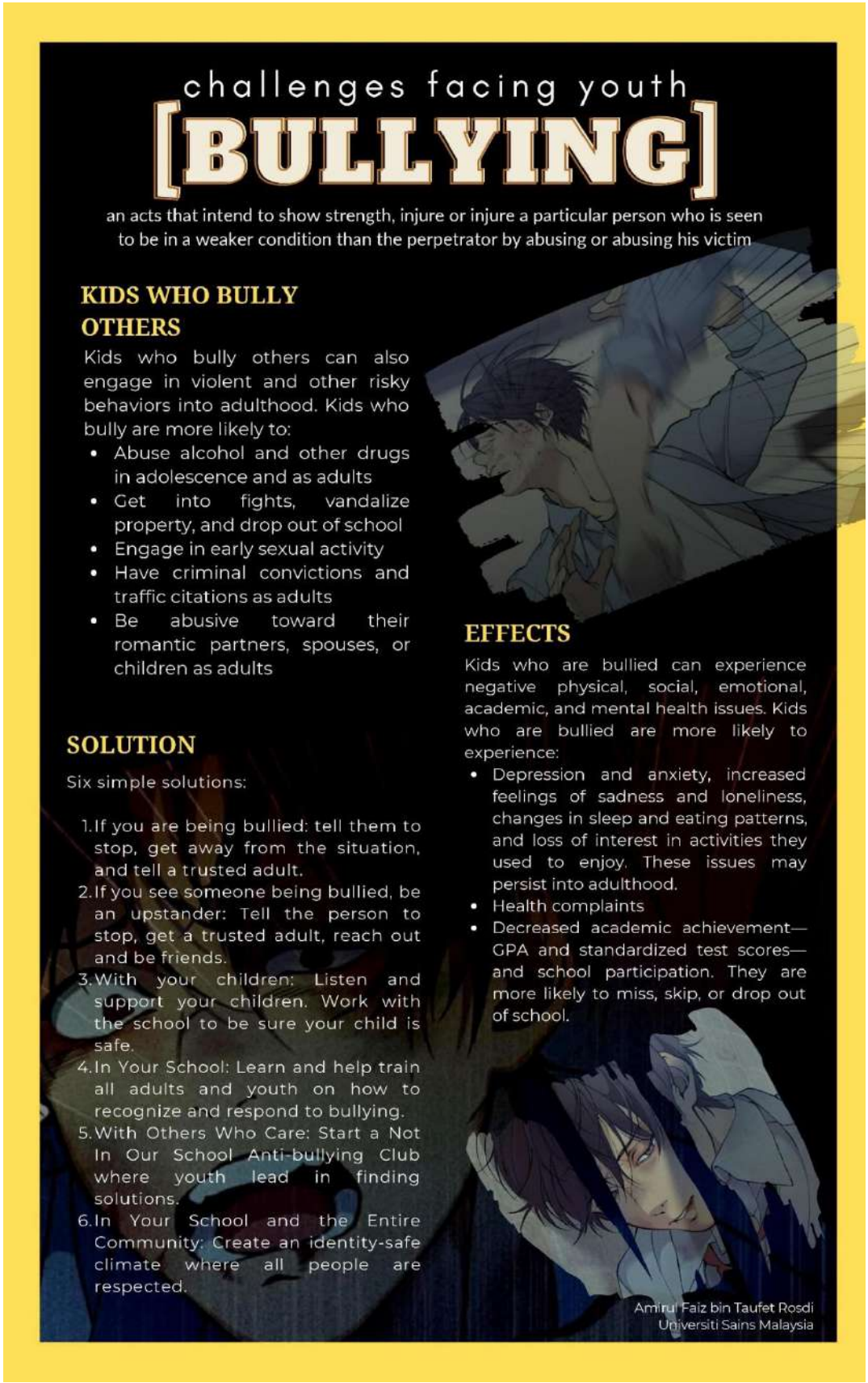
Suggestion

1.Integrated into other subjects such Mathematics and Economics.

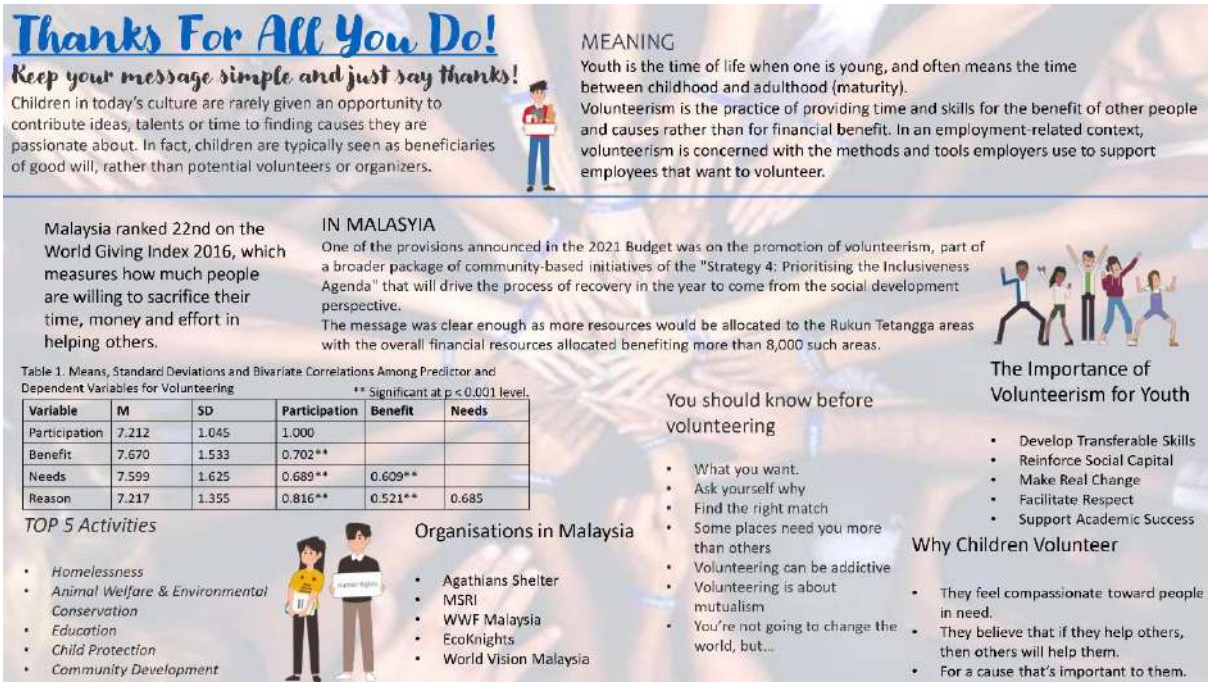
2.Family plays a crucial role in shaping children's financial behaviour.

3.Organising financial literacy programme.

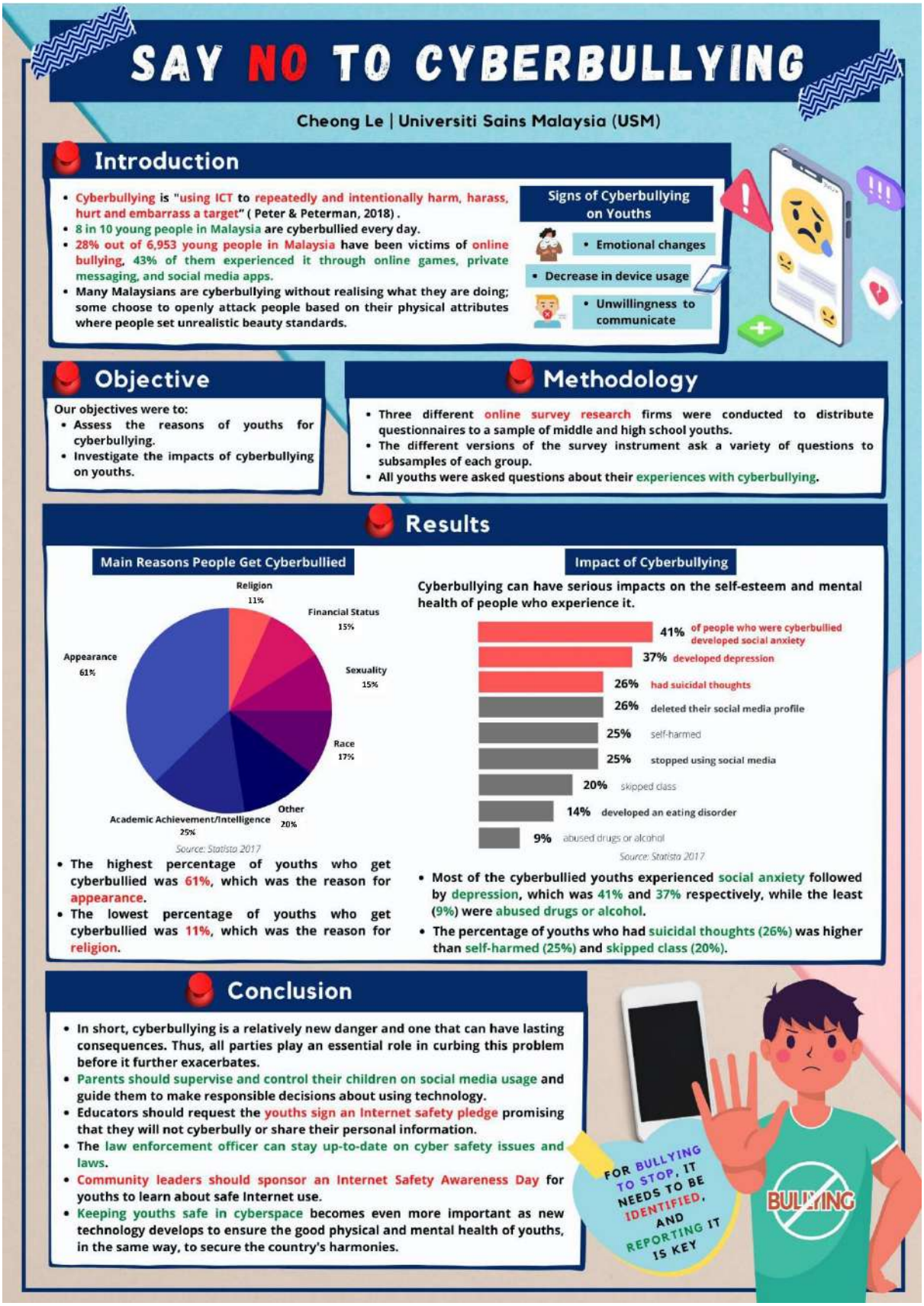
337. Challenges facing youth [Bullying]
Amirul Faiz Taufet Rosdi



338. Thanks for all you do! Keep your message simple and just say thanks!
Jessie Lim



339. Say no to cyberbullying.
Cheong Le



340. Depression among youth

Intan Nur Syaimaa Mohd Bakri

DEPRESSION AMONG YOUTH

INTAN NUR SYAIMAA BINTI MOHD BAKRI
UNIVERSITI SAINS MALAYSIA

INTRODUCTION.

Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work, at school and at home.

WHAT ARE THE SYMPTOMS OF DEPRESSION?

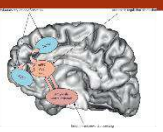
- Feeling worthless or guilty
- Feeling sad or having a depressed mood
- Loss of energy or increased fatigue
- Difficulty thinking, concentrating or making decisions
- Have low self-esteem
- Sleeping a lot or not being able to sleep
- Significant weight loss or gain



WHAT CAUSES AND RISK FACTORS OF DEPRESSION?

1. **Environment factors**
   - ❖ Continuous exposure to violence, neglect, abuse or poverty may make some people more vulnerable to depression.
2. **Personality**
   - ❖ People with low self-esteem, who are easily overwhelmed by stress or who are generally pessimistic appear to be more likely to experience depression
3. **Family history of depression**
   - ❖ You're at higher risk for developing depression if you have a family history of depression or another mood disorder.
4. **Pain**
   - ❖ People who feel emotional or chronic physical pain for long periods of time are significantly more likely to develop depression

TYPES OF DEPRESSION



Major Depressive Disorder (MDD)

- It's characterized by persistent feelings of sadness, hopelessness, and worthlessness that don't go away on their own.
- symptoms: feeling depressed most of the day, loss of interest in most regular activities.

Persistent Depressive Disorder (PDD)

- PDD used to be called dysthymia. It's a milder, but chronic, form of depression.
- Symptoms: feel hopeless, lack productivity

Postpartum Depression

- refers to depression that happens after childbirth. It ia a common disorder after pregnancy, affecting 1 in 9 new parents.
- Symptoms: feeling restless or moody, having no energy or motivation

HOW TO HELP PEOPLE WITH DEPRESSION?

1. **Listen to them**
   - Let your friend know you're there for them. Depression people need people to share their problem, so this way might work for you to help them.
2. **Help them find support**
   - You can offer support by encouraging your friend to speak to a health professional or an adult they trust.
3. **Support them in continuing therapy**
   - If your friend wants to stop taking medication, you need to advice your friend to continue therapy.
4. **Reducing stress**
5. **Regular exercise**
6. **Getting plenty of sleep**
7. **Building strong relationships with others.**

OUTLOOK FOR DEPRESSION.

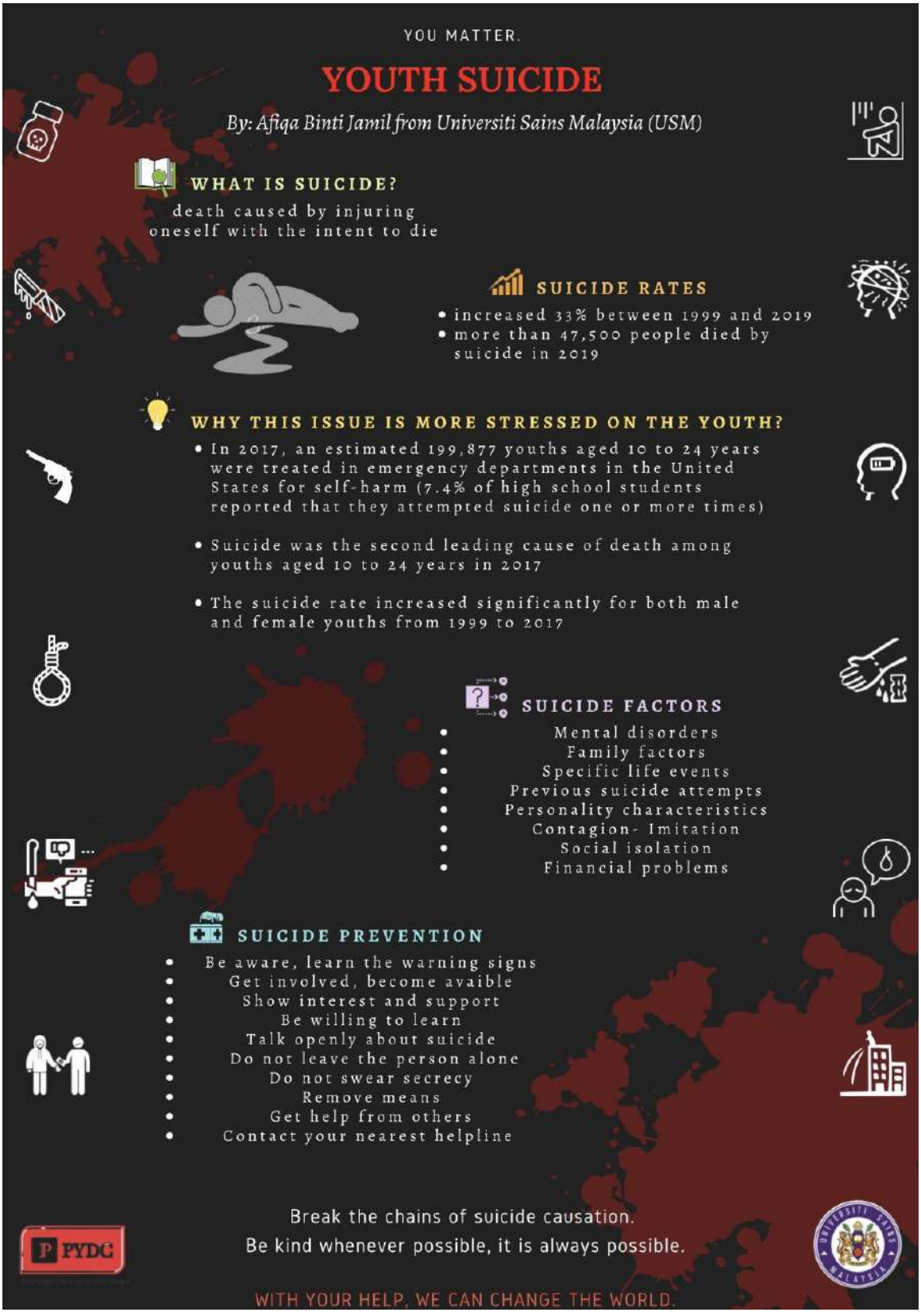


Depression can be temporary, or it can be a long-term challenge. Treatment doesn't always make your depression go away completely. However, treatment often makes symptoms more manageable. If treatment doesn't work, try to talk with your healthcare professional. Because they can help you to create a different treatment plan that can helping you to manage your condition.

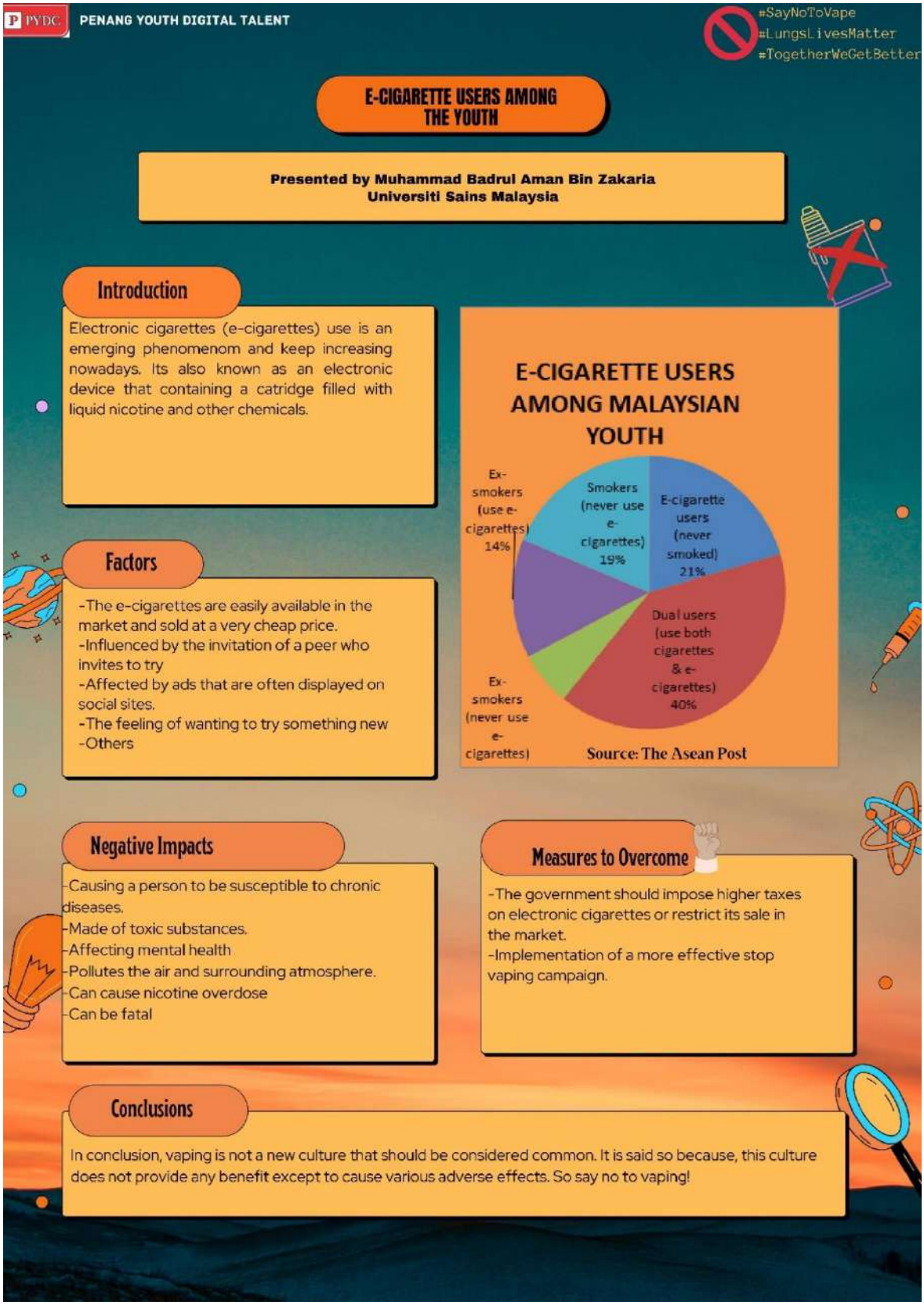


341. Youth suicide

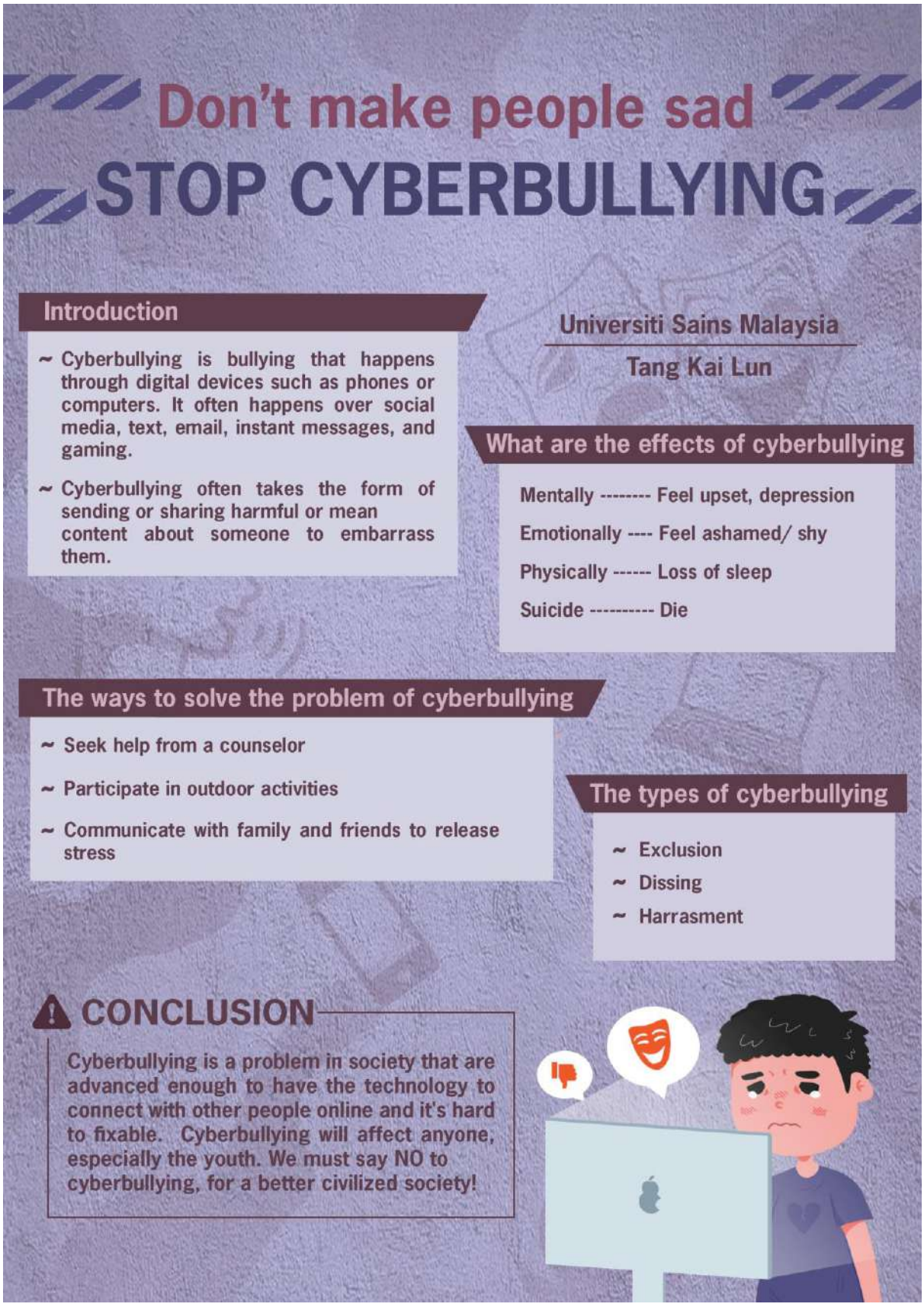
Afiqa Jamil



342. E-Cigarette users among the youth
Muhammad Badrul Aman Zakaria



343. Don’t make people sad – STOP CYBERBULLYING
Tang Kai Lun



344. The Role of Telkom university communications students in the industrial era 4.0
Ainy Nurul Qoyyimah

THE ROLE OF TELKOM UNIVERSITY COMMUNICATIONS STUDENTS IN THE INDUSTRIAL ERA 4.0

Industry 4.0 has become human daily consumption where this industrial revolution brings convenience that can help every human work become more practical, fast, and efficient.



THE ROLE OF YOUTH IN THE INDUSTRIAL ERA 4.0

Theslogan is Agent of Change so attached to the figure of youth. The slogan is not just a label, but it is hoped that there will be real action from young people who can bring change for the better.

CHARACTERS THAT MUST BE DEVELOPED TO PARTICIPATE IN THE INDUSTRIAL AGE 4.0

"The digital era is not a matter of being ready or not, nor is it an option, but a consequence. Technology will continue to move like ocean currents that continue to run in the midst of human life. So there is no other choice but to master and control technology properly and correctly in order to provide the maximum benefit."

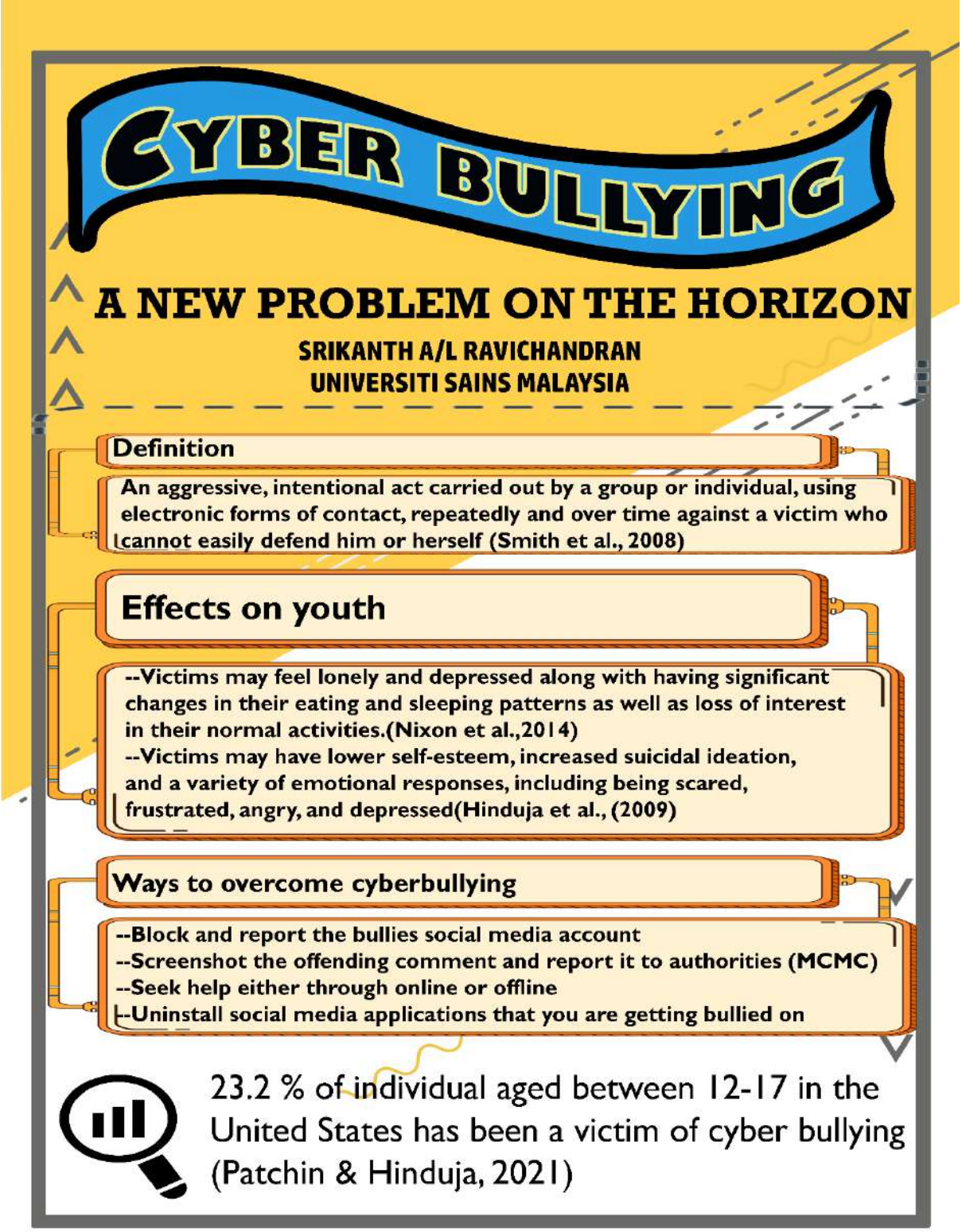
345. Interactive comic book based on augmented reality as a character development media for Haru Arrasyid Islamic Center

Abdul Salam Achmad



346. Cyberbullying – A new problem on the horizon

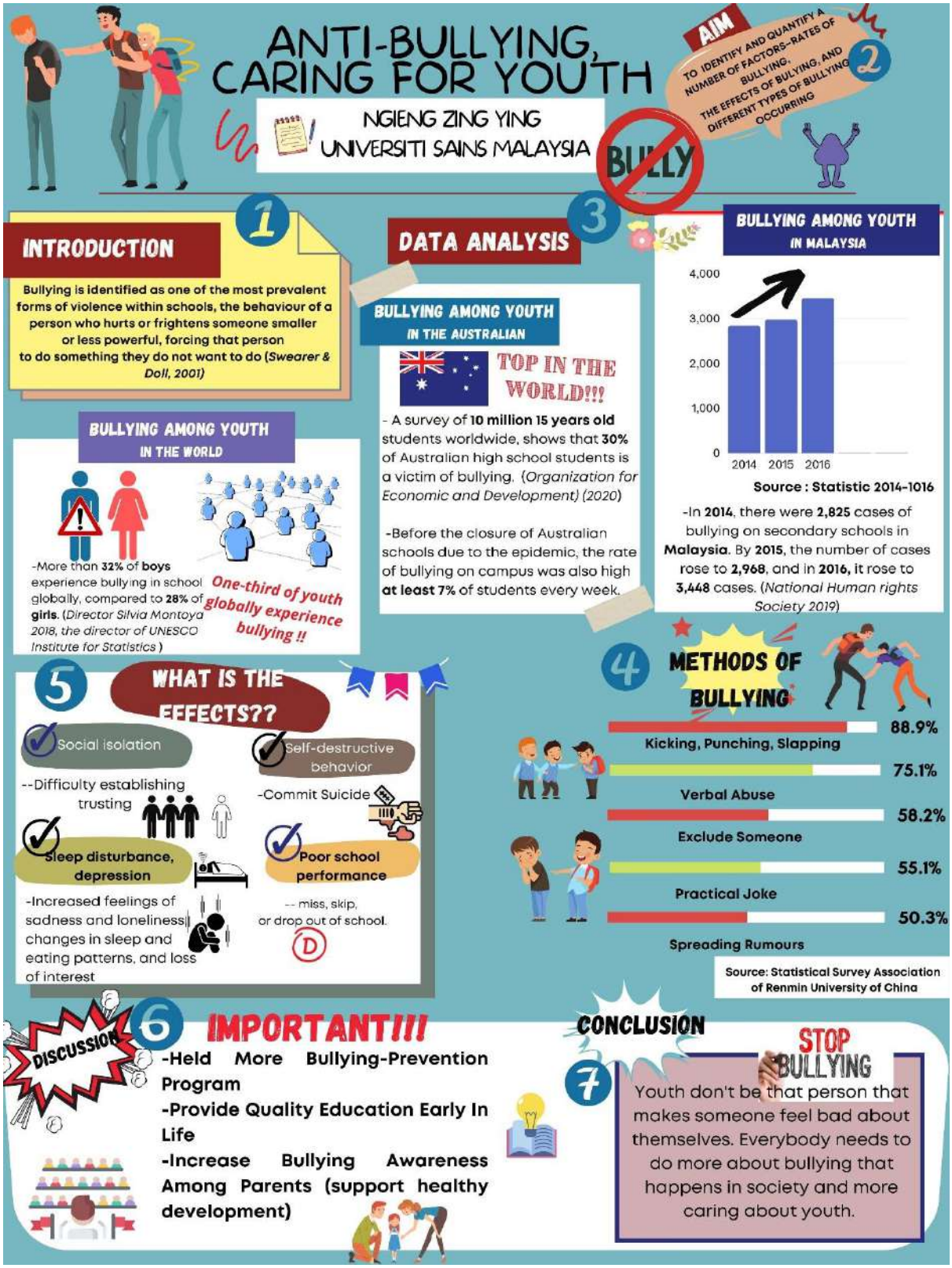
Srikanth A/L Ravichandran



347. Zillenial care as a youth movement during pandemic
Andhira Surya Dhanisa



348. Anti-bullying, caring for youth.
Ngieng Zing Ying



349. New Life is on the way, but it may be lonely.
Goh Xin Yee



NEW LIFE IS ON THE WAY, BUT IT MAY BE LONELY

Goh Xin Yee Universiti Sains Malaysia



INTRODUCTION

According to World Health Organization (WHO) data, around 16 million youth girls give birth each year, with the majority of them from low- and middle-income countries. The purpose of this study was to review existing published research on teen pregnancy and analyze its relationship with baby dumping in Malaysia.

OBJECTIVES

1. What is the main reason that caused teen pregnancy?
2. What is the effect of teen pregnancy?

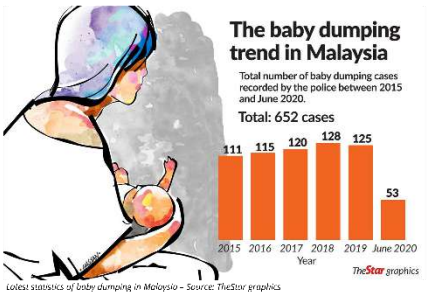
RESULT 1 : Lower educational level, Low socio-economic status, Unemployed, Raised by single parent, Peer influence and Not active in school activity

Table I: Summary of marital status and risk factors for teenage pregnancy

Author (Ref)	Institution	No. of teenagers included	Marital status		Risk factors found
			Married	Unmarried	
Khairani O *et al.* 2010[24]	KLGH & UKMMC	102	48	54	Lower educational level, Low socio-economic status, Unemployed, Raised by single parent, Peer influence, Not active in school activity.
Salamatussaadah *et al.* 2009[25]	Shelter home	5	0	5	Low income family, Peer influence, Lack of attention from family.
Salasiah *et al.* 2012[26]	Shelter Home	50	0	50	Weak religiosity, Gullibility, Poor communication with family, Desire to try new thing sexually
Salhah *et al.* 2014[27]	Four rehabilitation centres	75	Not mentioned	Not mentioned	Lack of moral conscious.
Zakiyah *et al.* 2013[28]	Not mentioned	6	0	6	Family conflict / lack of attention, Free intermingling with peers, Poverty.
Faizah *et al.* 2013[29]	Health Centre	14	0	14	Love, Peer influence, Promiscuity
Tan *et al.* 2012[29]	Government	26	3	23	Consensual sexual activity.

Abbreviations: KLGH – Kuala Lumpur General Hospital; UKMMC – Universiti Kebangsaan Malaysia Medical Centre

RESULT 2 : Many Baby Dumping Cases Occur



Latest statistics of baby dumping in Malaysia – Source: TheStar graphics

SUGGESTION

The role of parents

- Sex education should start at home from a young, with an equal focus on both boys and girls. Be open and approachable to your children, even when it comes to sex, conception, and intimacy.

CONCLUSION

Teen pregnancy and baby dumping happened every day. Instead of being punished, a better strategy might be to find out and practice to achieve an improved situation.

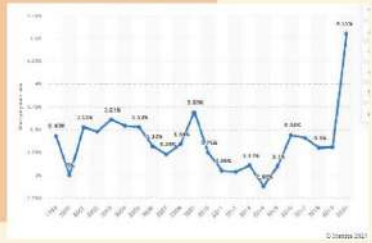
350. Problems facing youth.
Lim Shi Ni

Problems Facing Youth

LIM SHI NI
UNIVERSITY SAINS MALAYSIA

Lack of employment opportunities

- lack of experience
- lack of job skills
- poor attitude and behavioral issues
- poor defined job expectations
- company downsizing





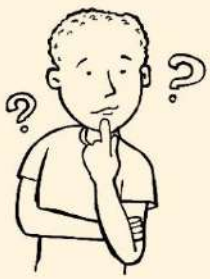
Parental Pressure

- Most parents pressurize their children to excel in all fields of education.
- They want their children academically strong.
- It causes the children become anxious and do not focus on their goal.



Stress and Time Management

- Poor time management skills
- Example: Students who routinely wait untilthe last minute to complete and submit the assignment. Then, the student will become stressful.



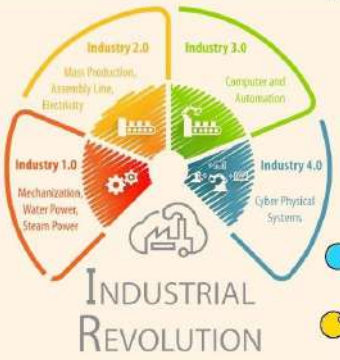
Lack of Self Confidence

- fear to failure
- A lack of self-esteem or confidence can prevent a youth from building on his or her strengths.
- While too much confidence can prevent a youth from acknowledging and improving on weaknesses.

351. Why everyone is obsessing about youth industry 4.0.
Puteri Nurfatisha Megat Rosidi

WHY EVERYONE IS OBSESSING ABOUT YOUTH INDUSTRY 4.0

PUTERI NURFATISHA BINTI MEGAT ROSIDI
UNIVERSITI SAINS MALAYSIA



BACKGROUND

- The term Industry 4.0 was said to have been used in Germany as early as 2011. However, it only started to gain attention when it was announced during the 2016 World Economic Forum that the world was at the threshold of the fourth industrial revolution.
- It describes how new technologies such as robotics, virtual reality and the Internet of Things are changing the way we live and work.
- The phrase Fourth Industrial Revolution is often shortened to 4IR.

SKILLS NEEDED

- **Workforce Readiness**

Foundational to individuals' entry and success in the workplace, ranging from initial job search to maintaining continuous employment

- **Soft Skills**

Personal attributes, social skills, and communication abilities that support interpersonal relationships and interactions

- **Technical Skills**

Knowledge and capabilities to perform specialized tasks

- **Entrepreneurship**

Knowledge and abilities that help create and build a workplace opportunity or idea



CHALLENGES

- Some youth do not know what 4IR is
- Some students feel an education will give them all they need for a career
- Some youth do not have access to computers
- Poor access to the right tools needed to develop these skills
- Lack of internships
- Many schools are underfunded

WHAT CAN WE DO

- Important for teachers to use up-to-date methodologies
- Help youths to understand what they want to do in primary and secondary school
- Colleges or organizations to offer career counseling to young people
- Encourage youths to solve global problems that affect them
- 4IR is creating great disruption, but also opportunity

CONCLUSIONS

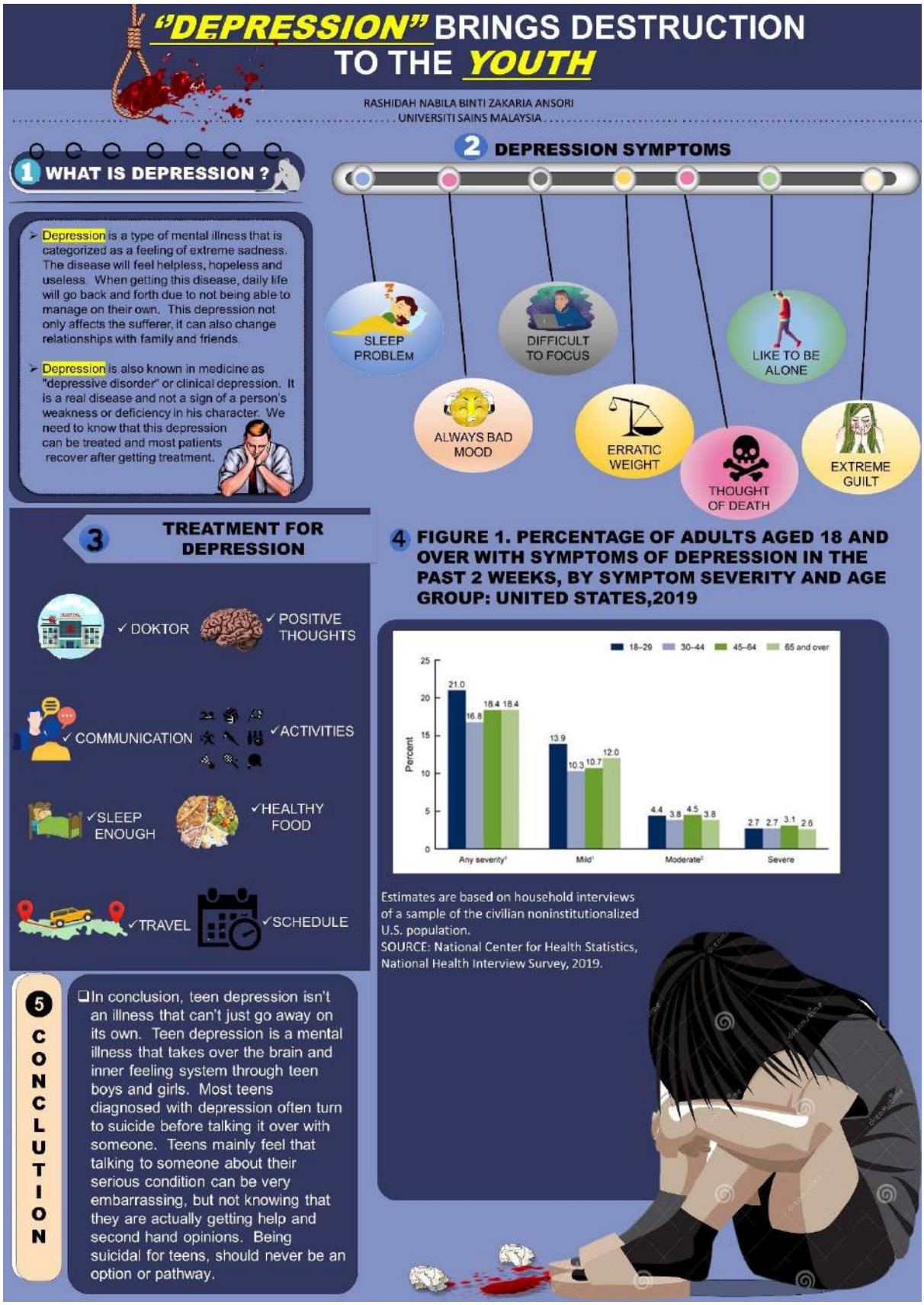
1. The four skill categories together can provide a foundation for lifelong learning and the skills needed for 4IR.
2. A lack of knowledge, resources, and opportunities as key barriers to youth employment.
3. We should ensure up-to-date skills training methodologies, engage youths to solve problems, and see 4IR as an opportunity.

352. Industrial revolution 4.0

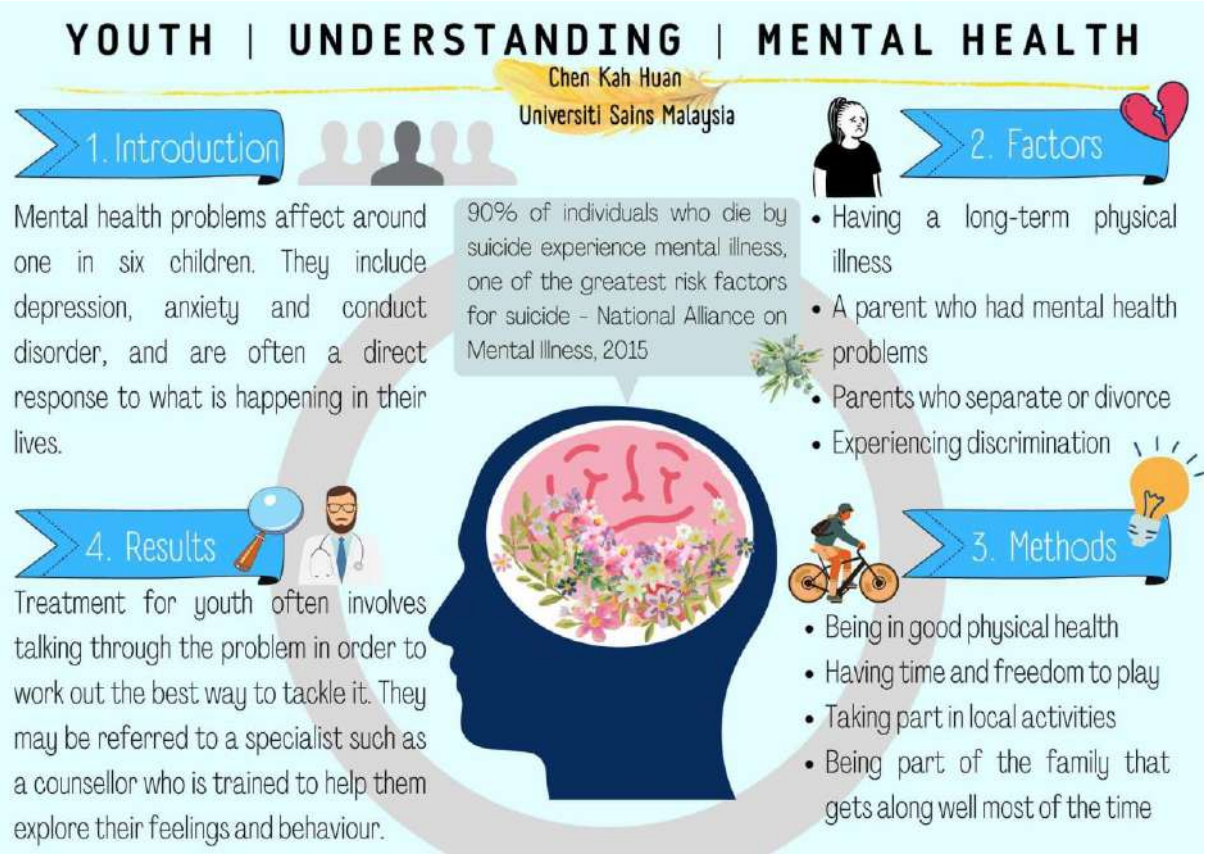
Muhammad Nurul Ikmal Sa'ad



353. “Depression” brings destruction to the youth.
Rashidah Nabila Zakaria Ansori

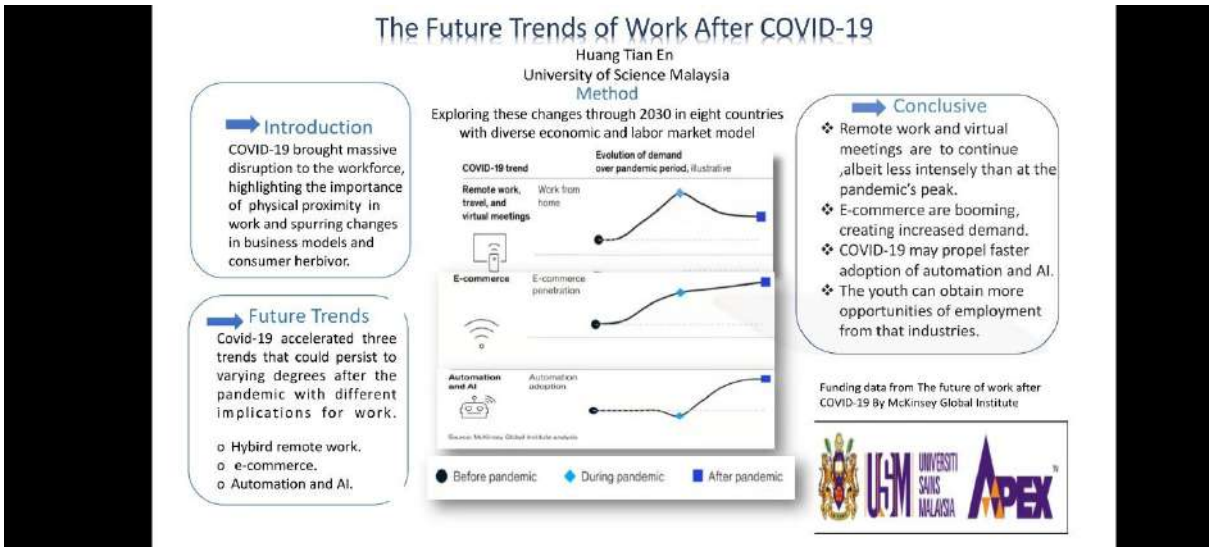


354. Youth understanding mental health.
Chen Kah Huan

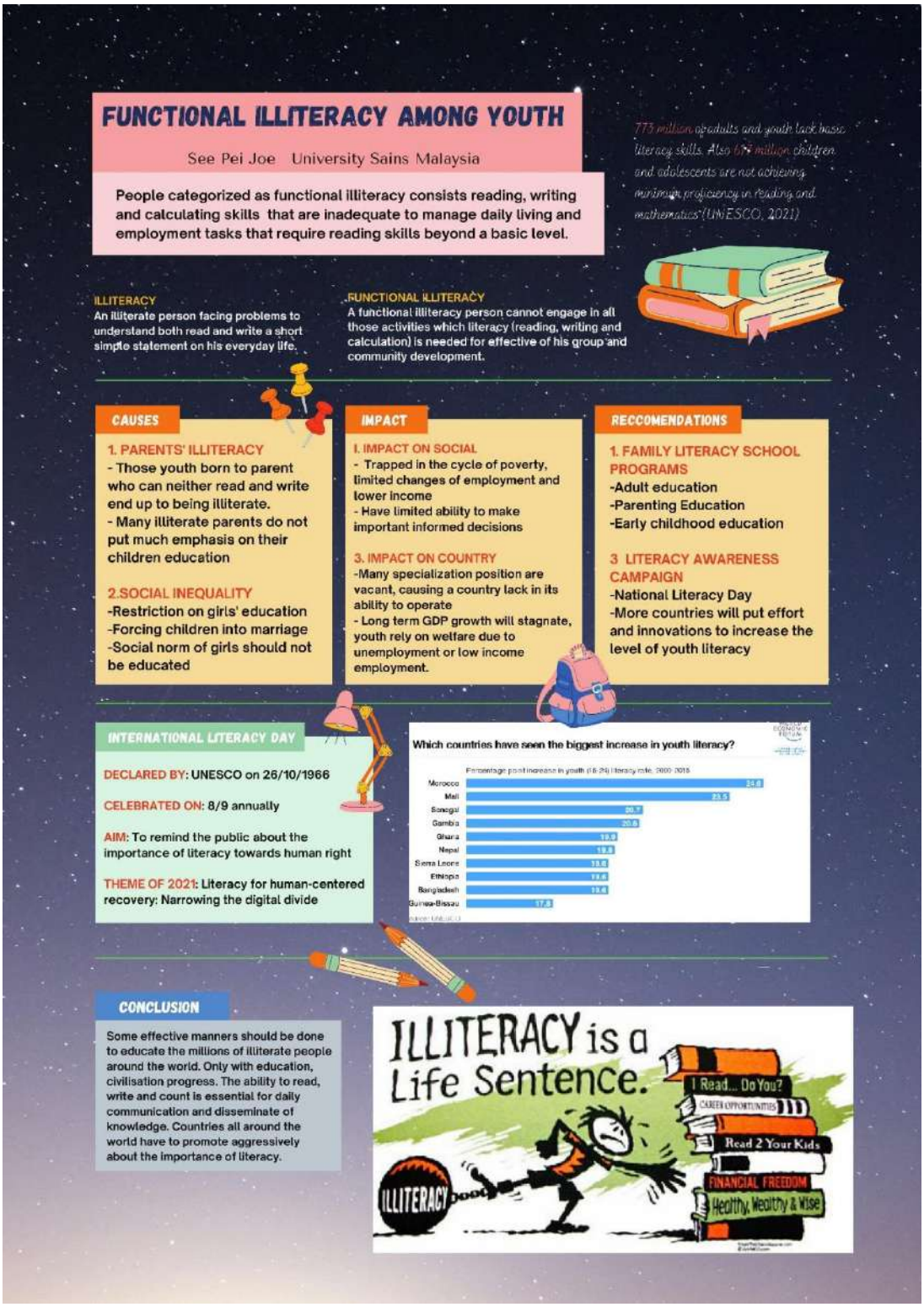


355. The future trends of work after covid-19

Huang Tian En



356. Functional illiteracy among youth
See Pei Joe



357. Sexual Harassment faced by youths in educational institutions.
Lavhinesh S/O Balaraman

SEXUAL HARASSMENT FACED BY YOUTHS IN EDUCATIONAL INSTITUTIONS

#makeschoolasaferplace

By,
Lavhinesh S/O Balaraman
Universiti Sains Malaysia

What is it?

Sexual harassment is any form of unwelcome sexual behaviour that's offensive, humiliating, or intimidating. Sexual harassment can happen anywhere and to anyone.



What are the few examples of sexual harassment?

- Verbal
- Physical
- Psychological
- Gestural
- Visual



Who are the victims and the perpetrators?



- Primarily, the victims are females, but males are also subjected to sexual harassments in educational institutions.
- The perpetrators are mostly educators, school authorities, students, and also wardens.

Why is it happening in educational institutions?

- Little to no exposure to proper sexual education
- Abuse of power
- Peer pressure



The aftermath?

- Stress, anxiety, and depression
- Fear and shame
- Withdraw from social situations
- Lose confidence and self esteem
- Have physical symptoms of stress, such as headaches, backaches, or sleep problems
- Be less productive and unable to concentrate in class



What should we do to end it?

- Making sexual education a mandatory subject in schools.
- Make the elimination of the harassment the top priority.
- Educating students about sexual harassment and the impacts of it.



So, why nobody wants to talk about this issue?



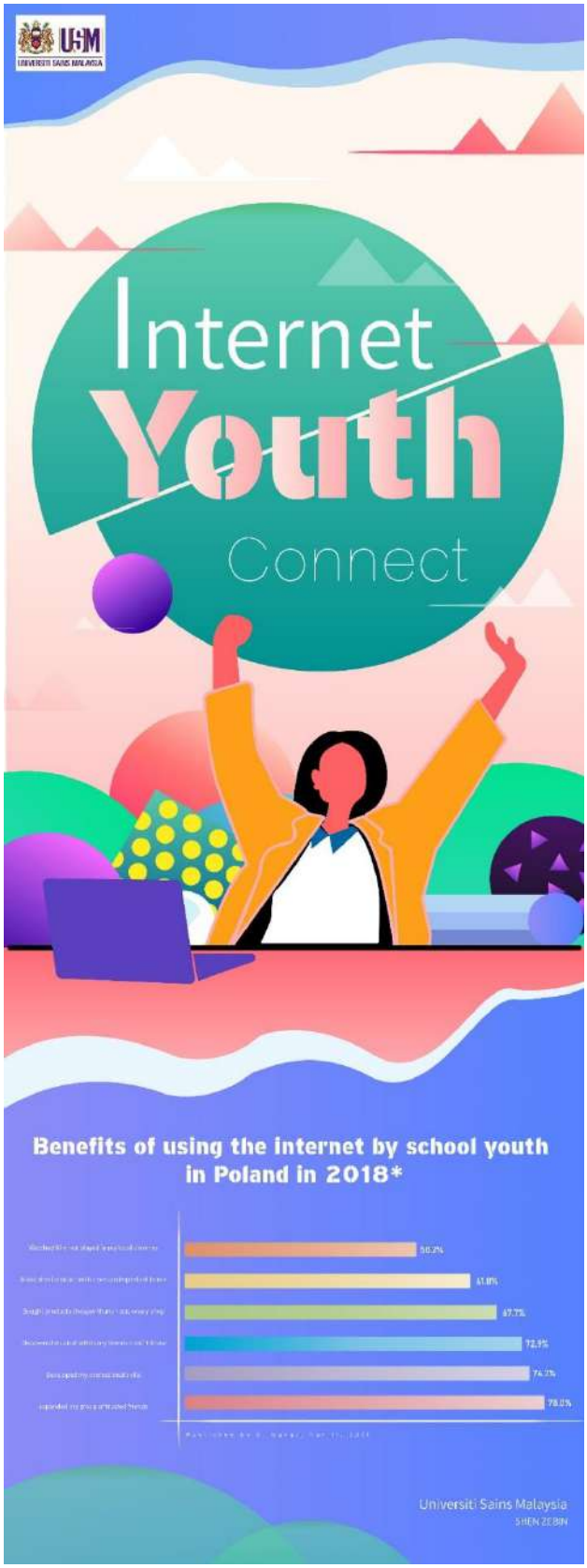
- Considered as a taboo in many cultures
- Embarassment
- Feels that nobody cares about it
- Fear of repercussion
- Do not want to hurt the perpetrator
- Prefers to keep it as a secret

Conclusion

Sexual harassment is no joke. It could literally destroy someone's self esteem. If you are facing sexual harassment in your educational institution, or know someone that does, please do not hesitate to get professional help.

AWAM : 016-237 4221, telenita@awam.org.my, www.awam.org.my
WAO : 03 7956 3488/018 988 8058, info@wao.org.my, wao.org.my
BeFrienders KL : 603-76272929, sam@befrienders.org.my, www.befrienders.org.my

358. Internet youth connect.
Shen Zebin



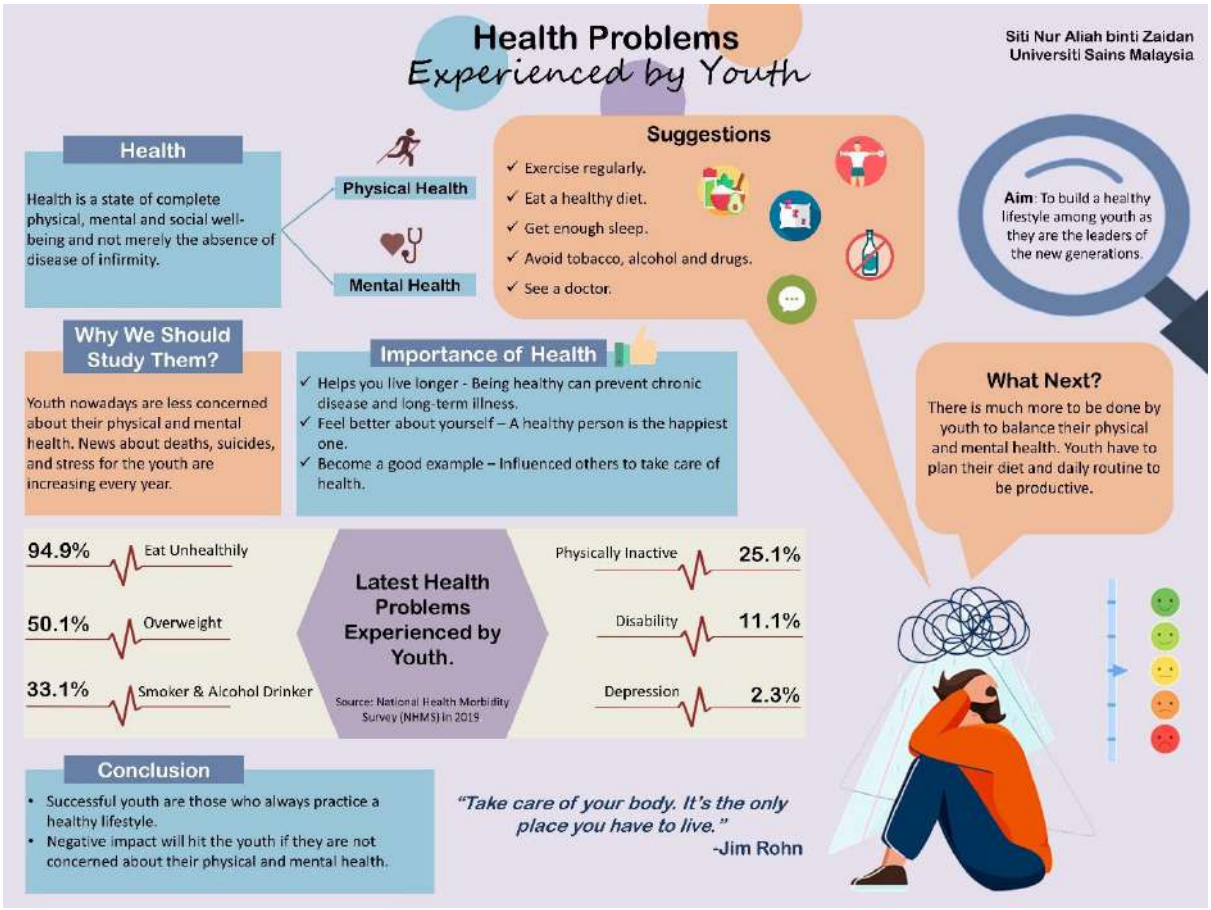
359. Cyberbullying among youth

Siti Aisyah Ramli



360. Health Problems experienced by youth.

Siti Nur Aliah Zaidan



361. Types of depression
Song Zhi Feng



SONG ZHI FENG
UNIVERSITI SAINS MALAYSIA

WHAT IS DEPRESSION?

DEPRESSION

Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when recurrent and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide.
(World Health Organization, 2021)

TYPES OF DEPRESSION

Major Depression



- defined as depressive symptoms that last for at least two weeks
- interfere with one's ability to work, sleep and eat



Persistent Depressive Disorder (Dysthymia)

- characterized by less severe depression symptoms that linger significantly longer, usually for at least two years

Perinatal depression



- occurs when a woman is depressed throughout her pregnancy or after giving birth (postpartum depression)



Seasonal Affective Disorder

- a mood disorder that appears and disappears with the seasons
- usually appears in the late fall and early winter and disappears in the spring and summer

Depression with Symptoms of Psychosis



- a severe form of depression marked by psychotic symptoms such as delusions (disturbing, false fixed beliefs) or hallucinations (hearing or seeing things that others do not see or hear)



- Feeling sad or having a depressed mood
- Feeling worthless or guilty
- Loss of energy or increased fatigue
- Loss of interest or pleasure in hobbies or activities



- Difficulty thinking, concentrating, or making decisions
- Trouble sleeping or sleeping too much
- Changes in appetite or unplanned weight changes
- Thoughts of death or suicide

SIGNS AND SYMPTOMS

HOW CAN I DEAL WITH DEPRESSION?



- Try to get some physical activity. Just 30 minutes a day of walking can boost mood.
- Try to maintain a regular bedtime and wake-up time.
- Eat regular, healthy meals.



- Try to connect with other people and talk with people you trust about how you are feeling.
- Postpone important life decisic until you feel better.
- Avoid using alcohol, nicotine, or drugs, including medications not prescribed for you.

362. Depression in youth

Soon Wen Jin

Depression in Youth



SOON WEN JIN
UNIVERSITI SAINS MALAYSIA

Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of unhappiness or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and it will reduce ability to perform at work and at home.

Symptoms of Depression

- *Talking about killing or self-harm*
- *Calling or visiting people to say goodbye*
- *Saying things like "Everyone would be better off without me"*
- *A sudden switch from being extremely depressed to acting calm and happy*
- *Withdrawing From Family and Friends*

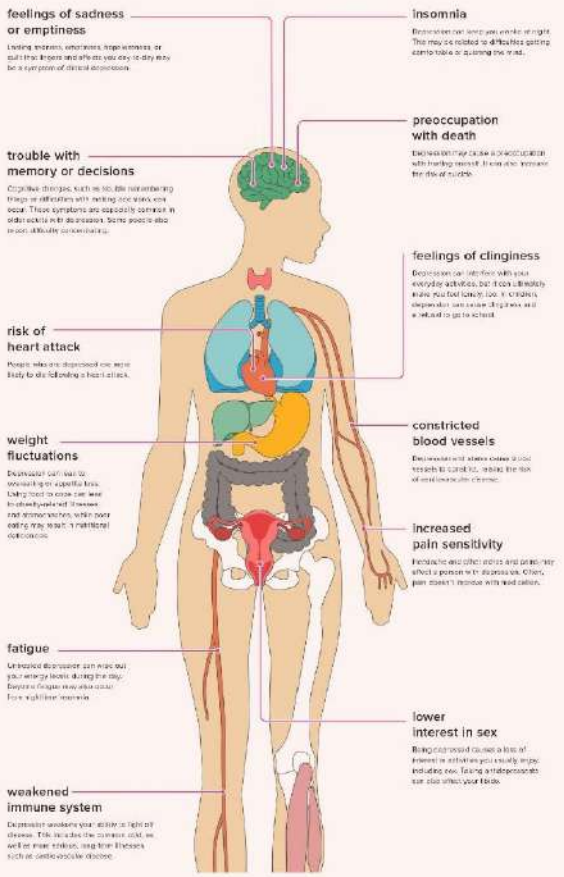
Causes of Depression

- *Loss someone whom loved* 2.3%
- *Suffering from a serious disease* 11%
- *Influenced by environment that is not healthy* 11.5%
- *Always negative thinking* 27.6%
- *Uncontrolled stress* 57.5%



Kementerian Kesihatan Malaysia, 2012

The Effects of Depression in The Body



Ways to Help Yourself Through Depression

- **Exercise**
  Take a 15 to 30-minutes brisk walk , dance, stretch or yoga every day.
- **Eat healthy foods**
  Eat plenty of fruits, vegetables, and whole grains. Limit foods with added sugar.
- **Keep a regular sleep schedule**
  Set a bedtime that is early enough for you to get at least 7-8 hours of sleep.
- **Don't dwell on problems**
  It can feel good to talk through a problem with a caring friend.
- **Express yourself**
  Do things you can enjoy like sew, bake, draw, dance or compose music.
- **Notice good things**
  Make an effort to notice three positive things each day.
- **Ask Doctor**
  Depression can be treated with psychotherapy (talk therapy), medication, or a combination of medication and talk therapy.

Support Group

MENTAL ILLNESS AWARENESS AND SUPPORT ASSOCIATION (MIASA)

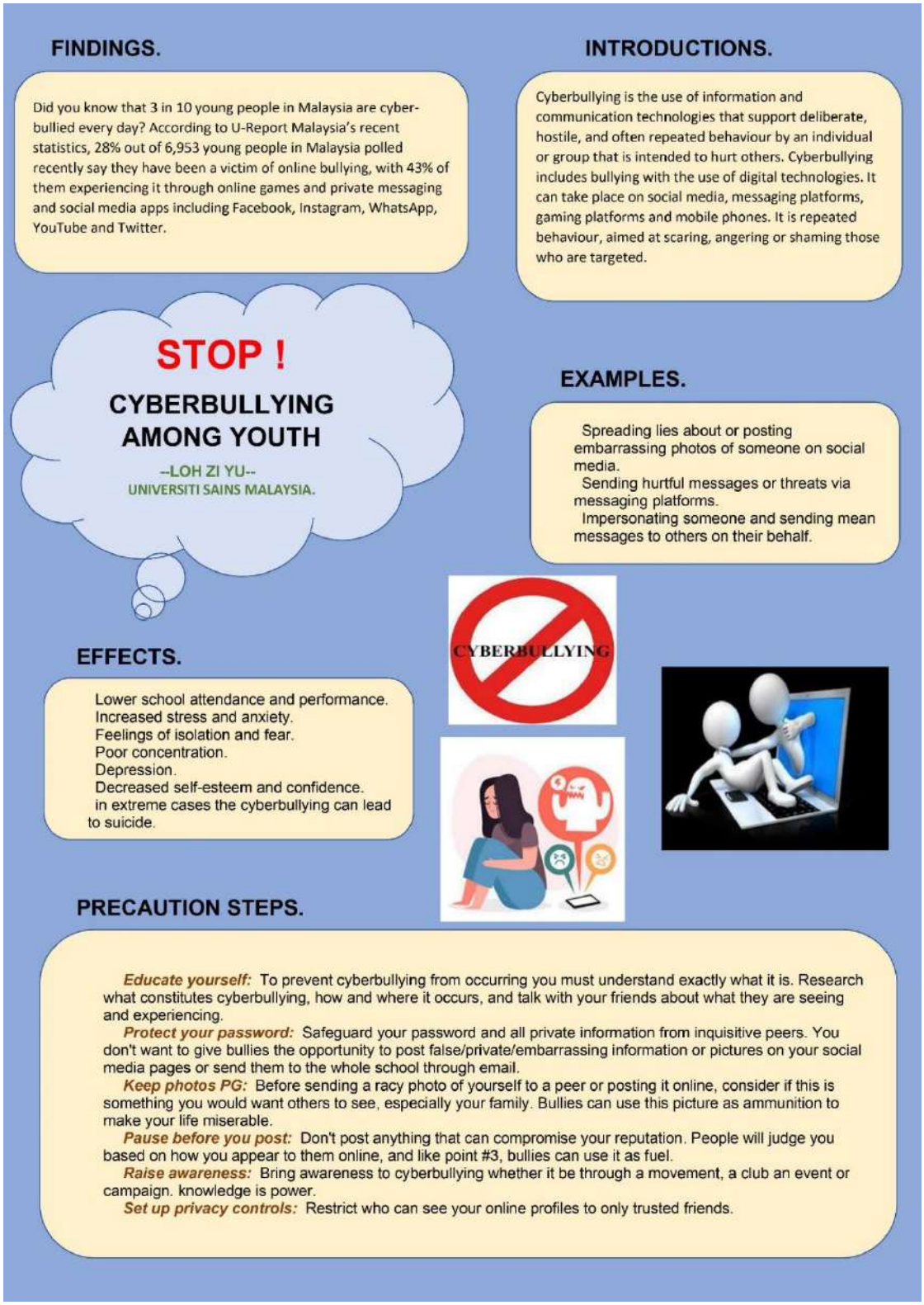
Support groups are crucial for people with mental health issues in their journey to battle their illness, sometimes alone and in silence.

363. Stop bullying.
Pang Ziyi



364. Stop! Cyberbullying among youth

Loh Zi Yu



365. Youth learning and education

Deng Xiaoping

2021.10 UNIVERSITY SAINS MALAYSIA , SUYITING

YOUTH LEARNING AND EDUCATION

YOUNG PEOPLE ARE OUR HOPE AND OUR FUTURE.

——DENG XIAOPING



Background and Importance of Youth Learning and Education

YOUNG PEOPLE SHOULD HAVE THE COURAGE TO SHOULDER THE BURDEN OF THE NEW ERA AND INNOVATE FIRST.

IMPORTANCE

STRUGGLE IS A WAY OF LIFE, IS A STATE OF LIFE, STRUGGLE OF THE YOUTH IS DAZZLING.

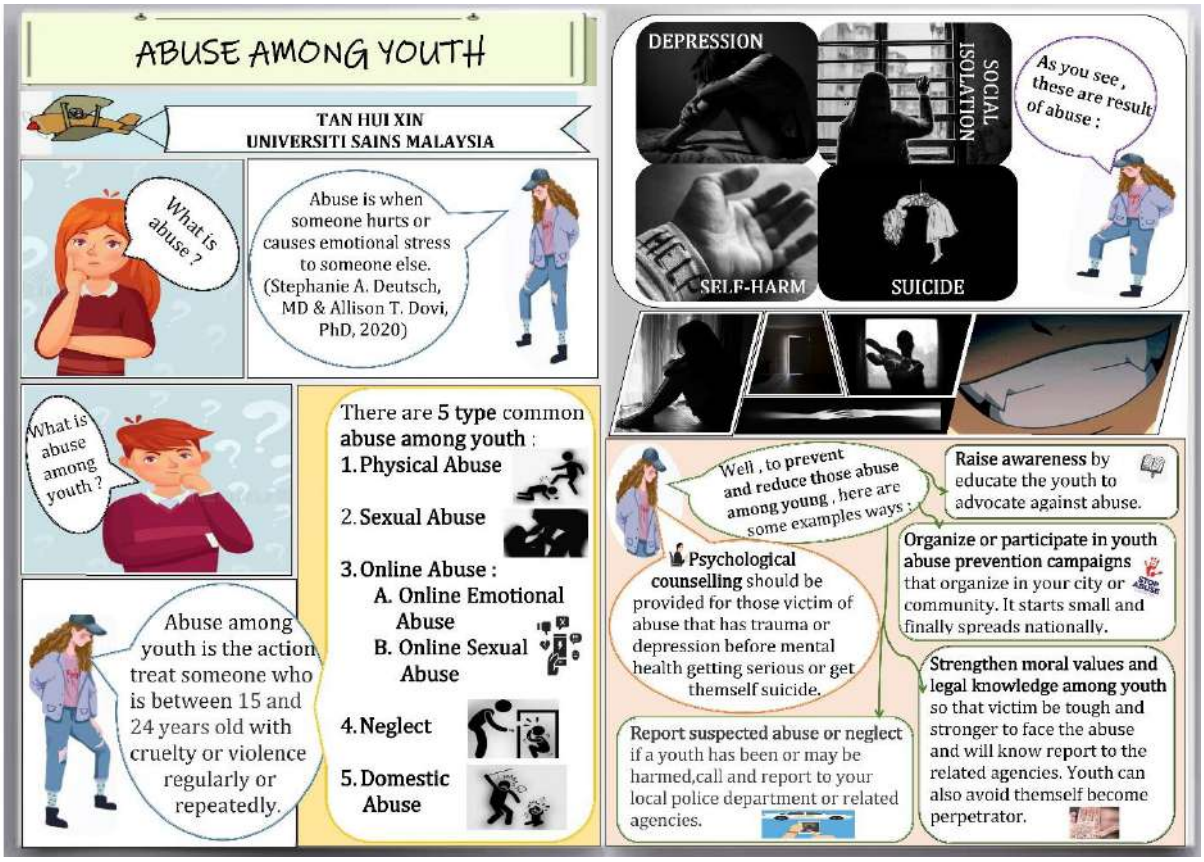
The current international environment presents opportunities and challenges for youth growth, education, development and youth work.So youth should combine the characteristics of The Times, use modern tools and means, and innovate learning methods to improve learning efficiency.

Learning is of great significance, learning is the ladder of human progress, learning is an indelible theme.And young people will be the backbone and hope of the country.The growth and progress of young people is the fundamental driving force for social progress.

Education plays a fundamental role in the formation of comprehensive national strength. The strength of national strength increasingly depends on the quality of young people and the quality and quantity of various talents.

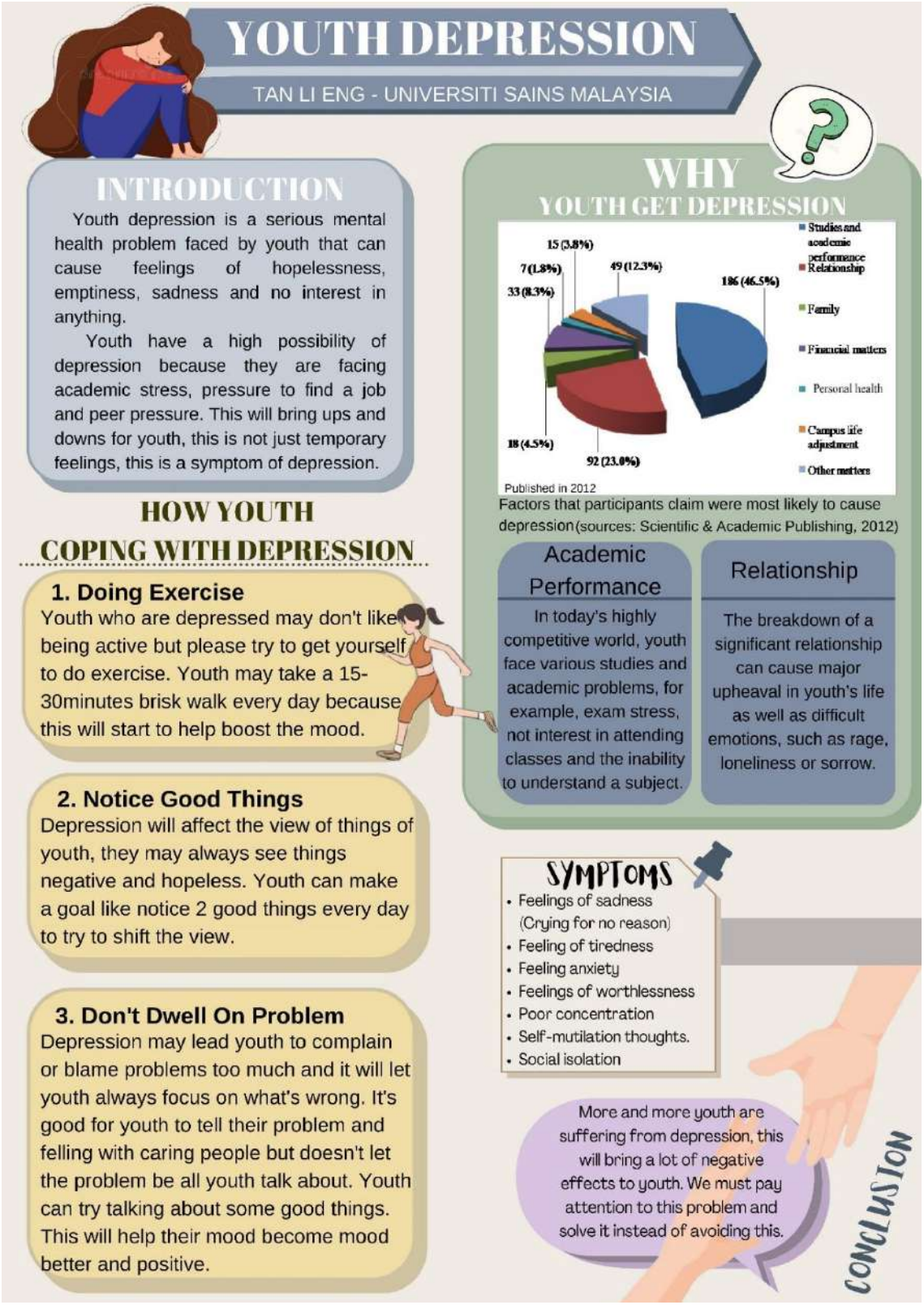
366. Abuse among youth.

Tan Hui Xin



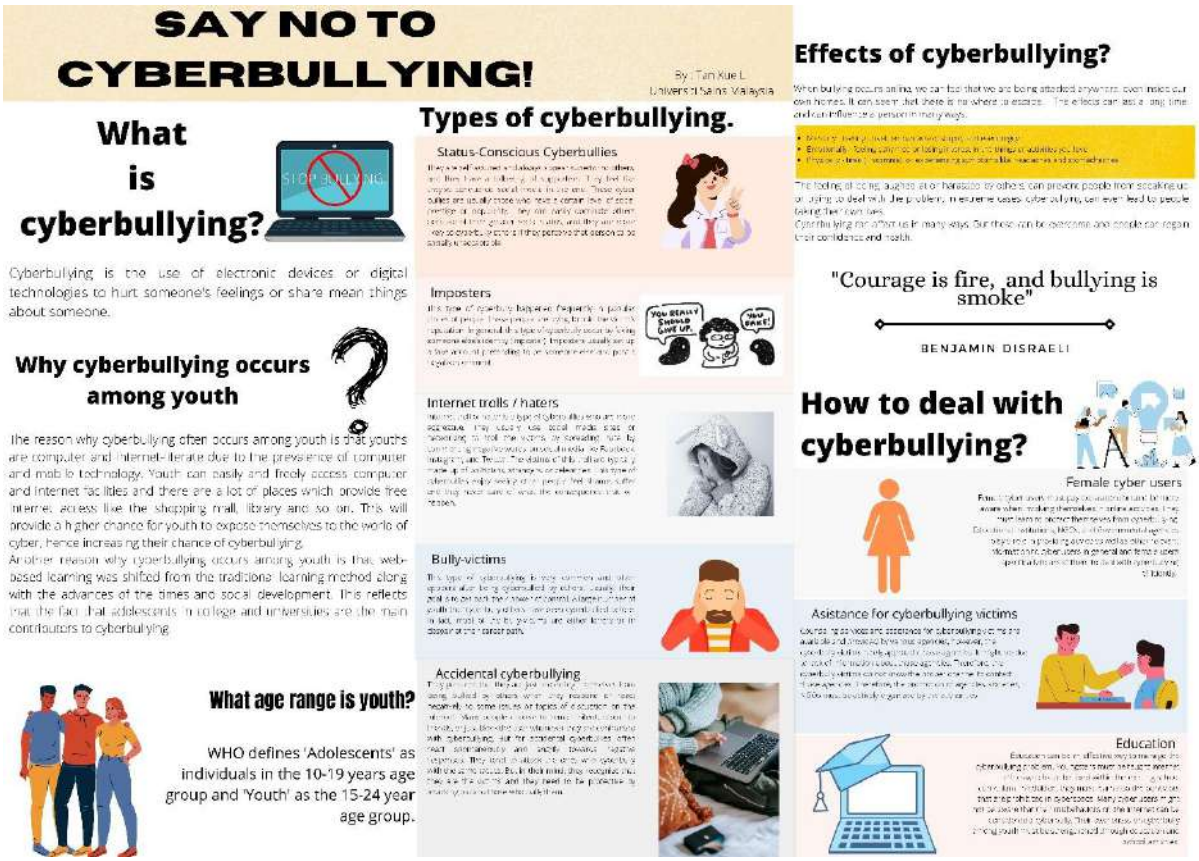
367. Youth Depression

Tan Li Eng



368. Say no to cyberbullying.

Tan Xue Li



369. Teen Depression

Wong Xin Ai

TEEN DEPRESSION

WONG XIN AI UNIVERSITI SAINS MALAYSIA



What is depression?

Depression is a mood disorder that can cause someone to feel sad, irritable or hopeless. It may affect your sleep, appetite or relationships with others. In severe cases, depression can lead to thoughts of suicide.

LEADING CAUSES

- Academic stress
- Traumatic events
- Romantic problems
- Divorcing parents

Symptoms of Teenager Depression



1. Continuous low mood or sadness.



3. Showing feelings of helplessness. Be aware of the symptoms persist for longer than a few weeks.





2. Being irritable or intolerant of others.
As you're often stereotyped as moody and irritable, irritability can be overlooked as a symptom of depression.

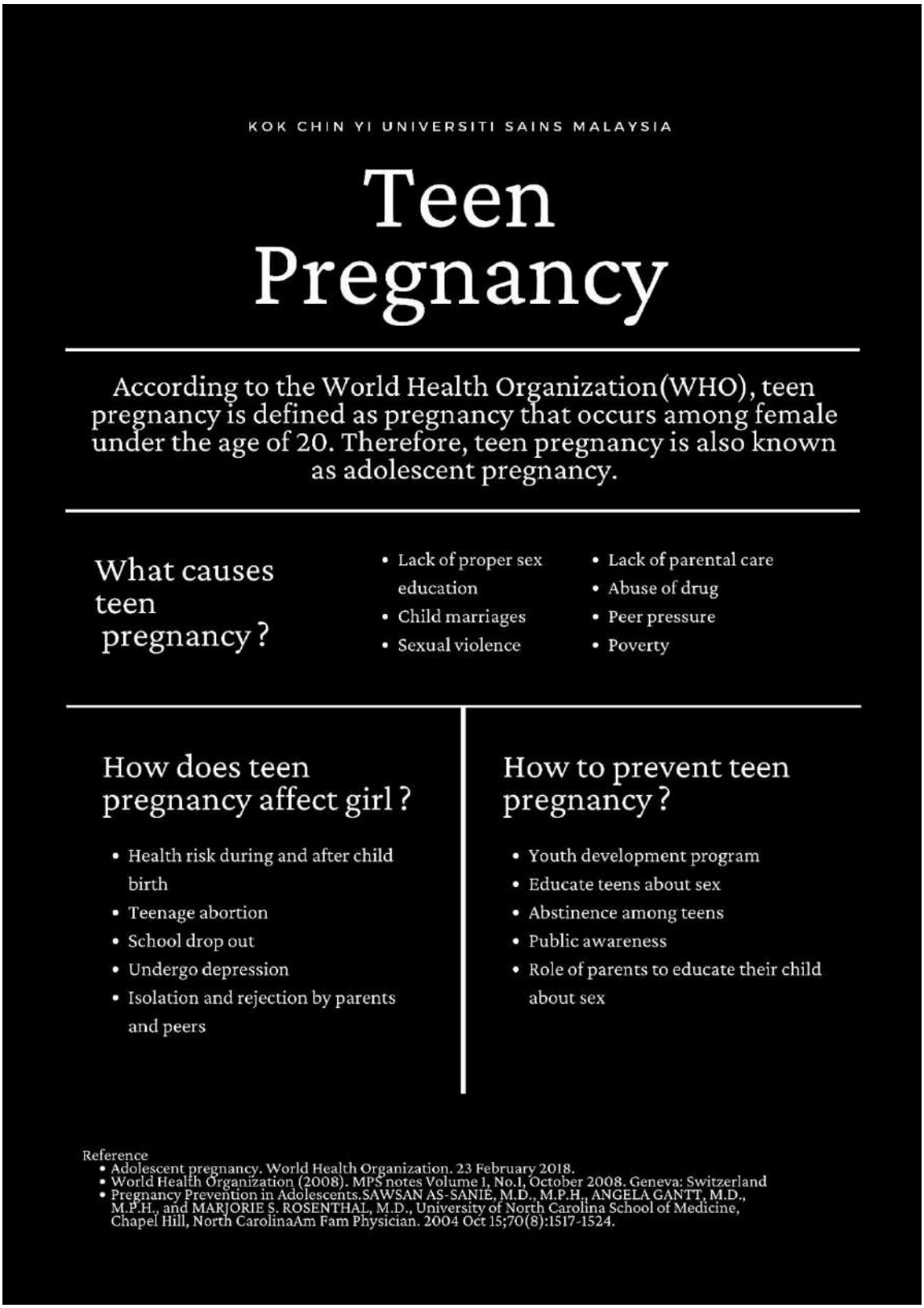


4. Increasing social isolation.
When you're not feeling like yourself and your mood is low, it can lead to social isolation.

5. Lose interest in hobbies or activities you once enjoyed.
Have you felt like you don't want to go and are contemplating dropping out?

370. Teen Pregnancy

Kok Chin Yi



371. Teenage pregnancy prevention

Nur Irdina Mohd Suhaimi



372. Teenagers and education

Zhang Shunda

Teenagers and Education





With the progress of society, teenagers begin to have pressure from all sides when they are in their teens. If they are not guided in time, they may go astray.

Age characteristics: 14 to 18 is the peak age for teenagers to rebel.
Gender characteristics: among teenagers with rebellious character, boys want to be more.
Educational characteristics: generally, students with poor grades are more rebellious than those with good grades.

The rebellious stage belongs to the normal period in the growth of teenagers, but it needs more patient guidance and help. If parents blame their children blindly, teenagers will do abnormal behaviors in the rebellious stage, such as smoking, drinking, surfing the Internet, making friends in society, and even doing illegal and criminal things.



What should parents do?

1. Parents should see their children's growth, respect their self-esteem and establish a close friendship with them.
2.Parents should believe that their children have the ability to deal with things independently, encourage and comfort them when they meet difficulties and failures, and praise them when they succeed.
3.Parents should have the courage to ask their children questions and admit their mistakes.



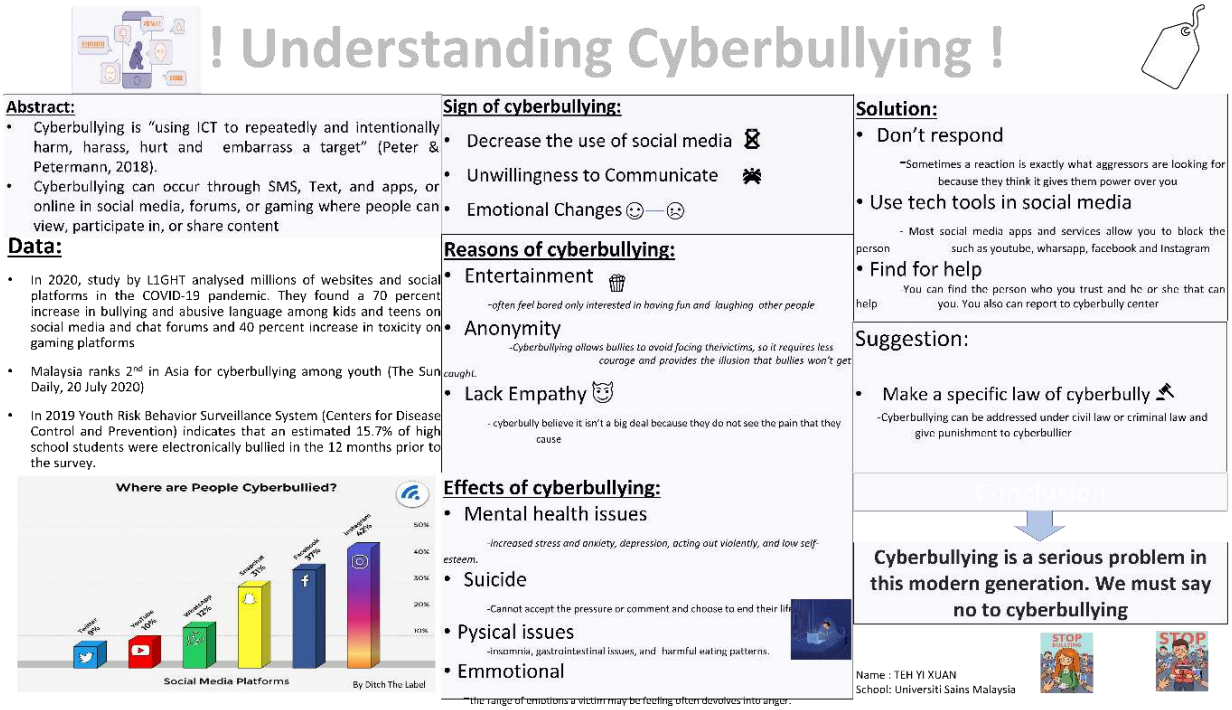
What should teenagers do on their own?

1.Teenagers should form good study and living habits, correct their attitude and study hard.
2.During the rebellious period, teenagers can do something they are interested in or go to the movies and shopping with their classmates to relax.
3.In case of difficulties and pressure, find teachers, classmates and parents in time, listen to their opinions and communicate more.

NAME:ZHANG SHUNDA
SCHOOL:UNIVERSITI SAINS MALAYSIA

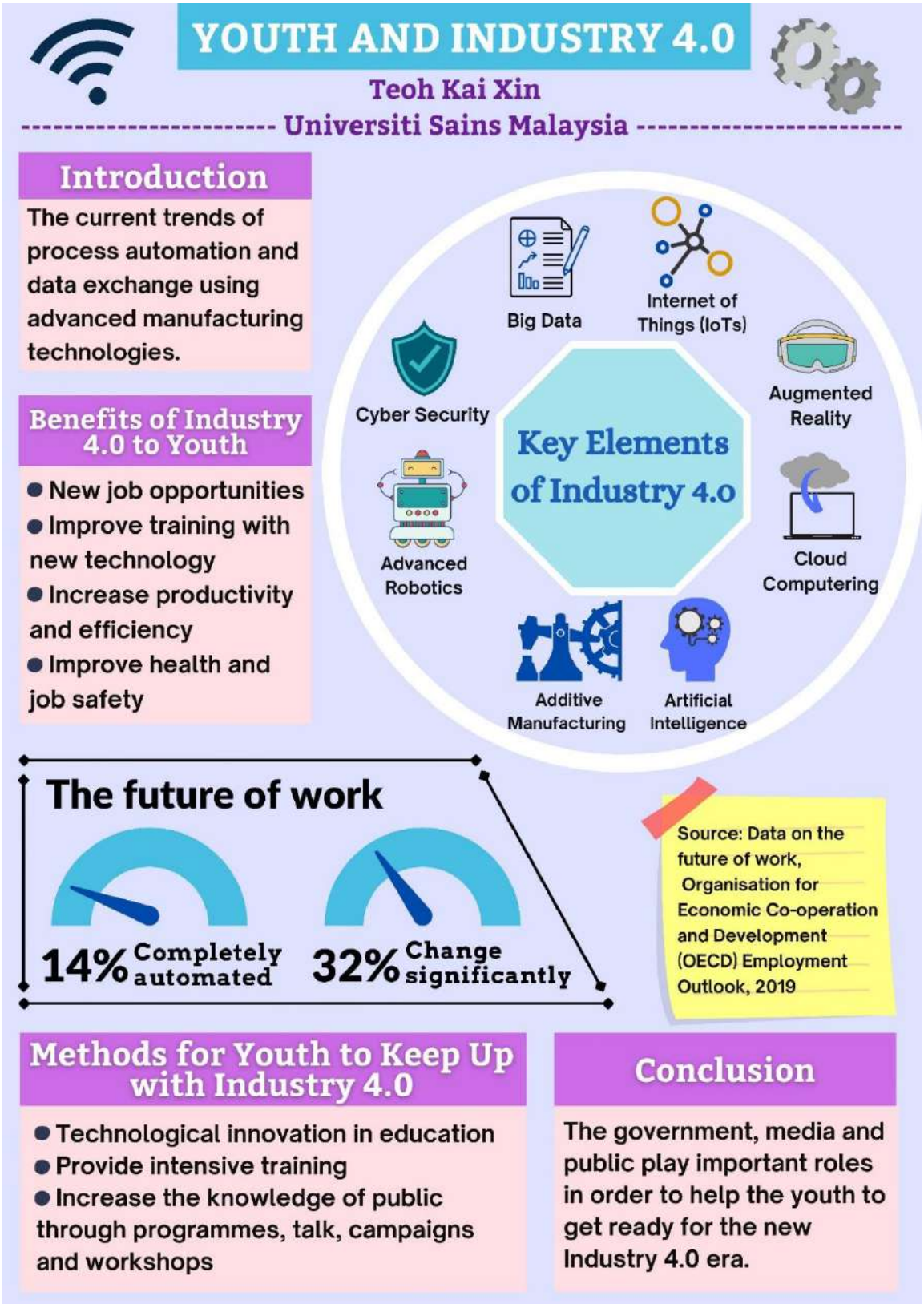
373. Understanding cyberbullying!

The Yi Xuan



374. Youth and industry 4.0

Teoh Kai Xin



375. Cyberbullies are not fun.

Teoh Zhi Ying

CYBERBULLIES ARE NOT FUN



TEOH ZHI YING

UNIVERSITI SAINS MALAYSIA

OBJECTIVE

1. To raise the awareness about cyberbullying and the darker side of social media.
2. To prevent cyberbullying and ensure that young people are not being abused and victimized online.

INTRODUCTION

Cyberbullying is a form of bullying that happens online. In simple words, it refers to misuse of information technology to harass other people. With the increasing use of Internet services and mobile technologies, cyberbullying has become prevalent, especially among teens. It involves harming, humiliating, threatening and embarrassing a person. They usually take place on social media, chat rooms, online video games as well as via email and website.

TYPES OF CYBERBULLYING

✓**Harrasment**

Harrasment refers to "sustained and intentional bullying comprised of abusive or threatening messages sent to someone" (Kasperky, 2016). In these situations,the bully tends to post derogatory comments in others' posts and send mean messages through instant messages,phone calls,text messages or emails.

✓**Dissing**

Dissing refers to the act of a bully spreading rumors and secrets about another person to either ruin others' reputation and image or relationships with other people.

✓**Exclusion**

Exclusion is "the act of leaving someone out deliberately through Internet" (Securly, 2018). This could involve excluding someone from online activities, conversations or social media tags.

✓**Masquerading**

Masquerading is" when a bully creates a made-up profile to pretend to be as someone with the sole purpose of cyberbullying someone"(Securly, 2018). This could involve selecting a new identity to fool the victims and creating fake profile to ridicule someone.



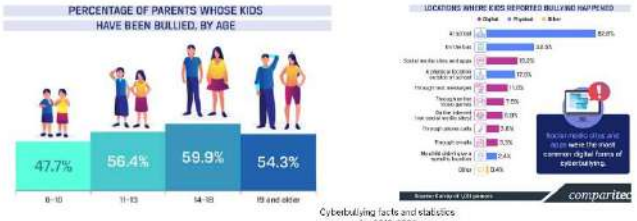
EFFECTS OF CYBERBULLYING

- The victims will lose self-confident and self-esteem after they read the negative comments or messages.
- The victims will probably suffer from depression or even have the thought of committing suicide.
- Tarnishing the reputation of the victims and causing the victims leave a bad impression of the victims to the public.
- The victims will afraid of reading the comments and may face the difficulty of socialising.

ANALYSIS

- 47.7% of parents with children ages 6-10 reported their children were bullied
- 56.4% of parents with children ages 11-13 reported their children were bullied
- 69.9% of parents with children ages 14-18 reported their children were bullied
- 54.3% of parents with children ages 19 and older reported their children were bullied

Comparitech conducted a survey of over 1,000 parents of children over the age of 5. (Comparitech ,2018)



Cyberbullying facts and statistics for 2018-2021

WAYS TO TACKLE IT

HARRASMENT

- You can opt to ignore all the messages from a bully or use restrict tool which provided by the apps to discreetly protect your account.
- Don't respond or retaliate.Sometimes reaction is exactly what cyberbully is looking for because they think it gives the power over you.

EXCLUSION

- Trying not to focus on that group of friends but looking for some new friends who share the same hobbies with us.
- Seeking help from school counselors as they can help us to clear up the misunderstanding between that group of friends and us.

DISSING

- The victims can tell the person to stop spreading rumors immediately because the person who spread rumors may have different point of views with us. After we have strongly clarified our thoughts, they will realise their mistakes and stop cyberbullying.
- The victims can clarify and explain the related rumors to the public by posting on their personal social media accounts.

Masquerading

- Report hurtful comments,messages and photos.
- Emphasizing to your friends on social media that it's just a fake account so that they will just ignore the messages sent by fake accounts.

CONCLUSION

In conclusion, cyberbullies are not fun. The effects of cyberbullying is terrifying and it brings a huge impact on the mental health of the victims. Most importantly, cyberbullying must be reported instantly without delay. This can prevent further incidents from taking place.

376. Youth Self-Harm

Tham Chui Xian

YOUTH SELF-HARM

THAM CHUI XIAN UNIVERSITI SAINS MALAYSIA

Self-harm is the act of intentionally harming oneself in a physical manner.

The majority of people who participate in self-harm are between the ages of 11 and 25.

Approximately 18% of youth engaged in nonsuicidal self-injury in the past year, with the prevalence higher among girls (23.8%) than boys (11.3%). (Martin A. Monto, Nick McRee & Frank S. Deryck, 2018)

EXAMPLE OF SELF-HARM

- cutting, burning, biting or scratching the skin
- picking at wounds or scabs so they don't heal
- pulling out hair, punching or hitting the body
- taking harmful substances (such as poisons or prescription medications).

HOW DO WE KNOW IF SOMEONE IS SELF-HARMING?

- new marks on the body (bruises, cuts or burns)
- lose interest in activities they usually enjoy, or stop seeing friends
- skip school or have a drop in performance at school
- changes in mood, sleep and eating patterns
- being secretive – hiding sharp or dangerous objects.

WHY DO YOUTH SELF-HARM?

- To obtain release or relief from a burden or intense feeling
- To gain control over and cope with difficult feelings
- To represent unaccepted feelings
- To connect with a group who share similar problems

SELF-HARM INTERVENTION STRATEGIES FOR LOVED ONE

- Improve Communication
(Encourage them to talk about their issues)
- Provide Distraction
(Replace self-harming behaviors with physically healthy behaviors)
- Get Help
(If you see blood, take them to the doctor)



"Every problem has a solution, although it may not be the outcome that was originally hoped for or expected."

"Accept yourself, love yourself and keep moving forward."

377. The influence of online games on youth

Chang Jia Hao



378. Strengthen intergenerational relationships.
Tushanthan A/L Sekhar



379.TVET Education

Ian Kiew Khien Ming

TVET EDUCATION

Technical and Vocational Education and Training (TVET) includes formal, non-formal and informal learning that prepare young people with the knowledge and skills required in the world of work.



1.They often have an easier time finding a job

-they have work experience and specific training for their exact field.



2.Student can often graduate faster

-Students finish vocational programs faster than the education programs



3.TVET institutions often cost lesser than other types of learning institutions

-Vocational Education is generally a low-priced alternative for individuals as vocational courses can be completed in two years or less.



WAYS TO IMPROVE TVET EDUCATION

1.To meet labour market needs

-Offer a mix of vocational programmes reflecting student preferences and employers' needs.



2.To sustain the workforce of teachers and trainers

-Promote partnerships with industry, encourage part-time work, and promote flexible pathways of recruitment



3.Provide more incentives to TVET education

-Government should give more incentives to TVET college for increasing TVET schools and infrastructure







In conclusion, TVET education is very important as it can provide a lot of advantages and we should not take it for granted. TVET Colleges need to implement systems that are "effective, efficient and economical (Nundkumar, A. & Subban, M. , 2018).

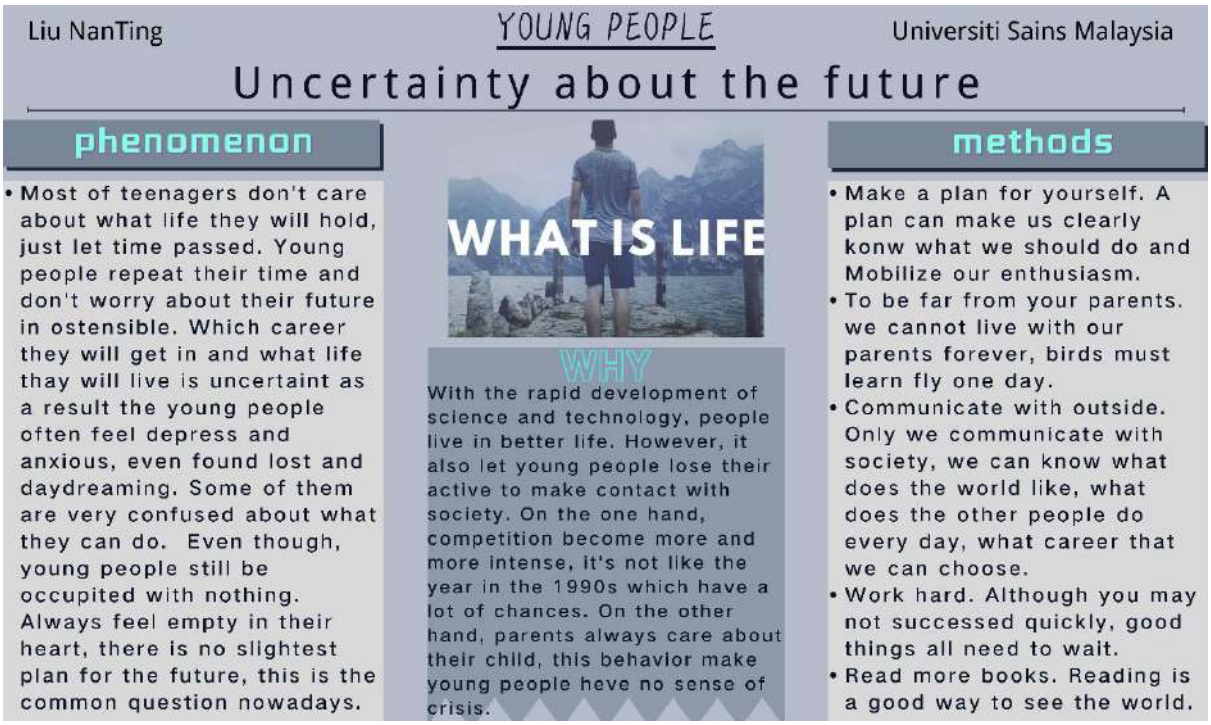
IAN KIEW KHIEN MING
UNIVERSITY SAINS MALAYSIA

380. TVET Education

Nurul Izzah Jamarudin

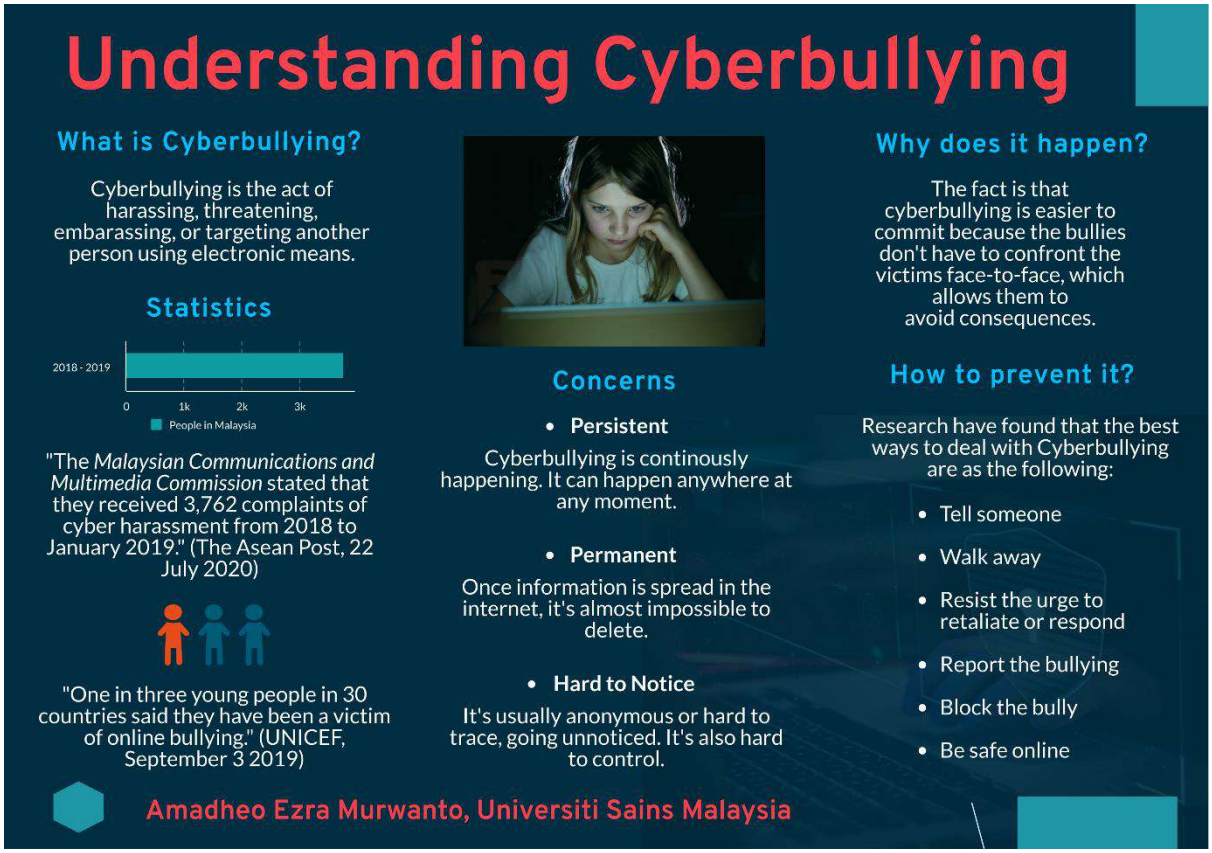


381. Young people – Uncertainty about the future
Liu Nan Ting

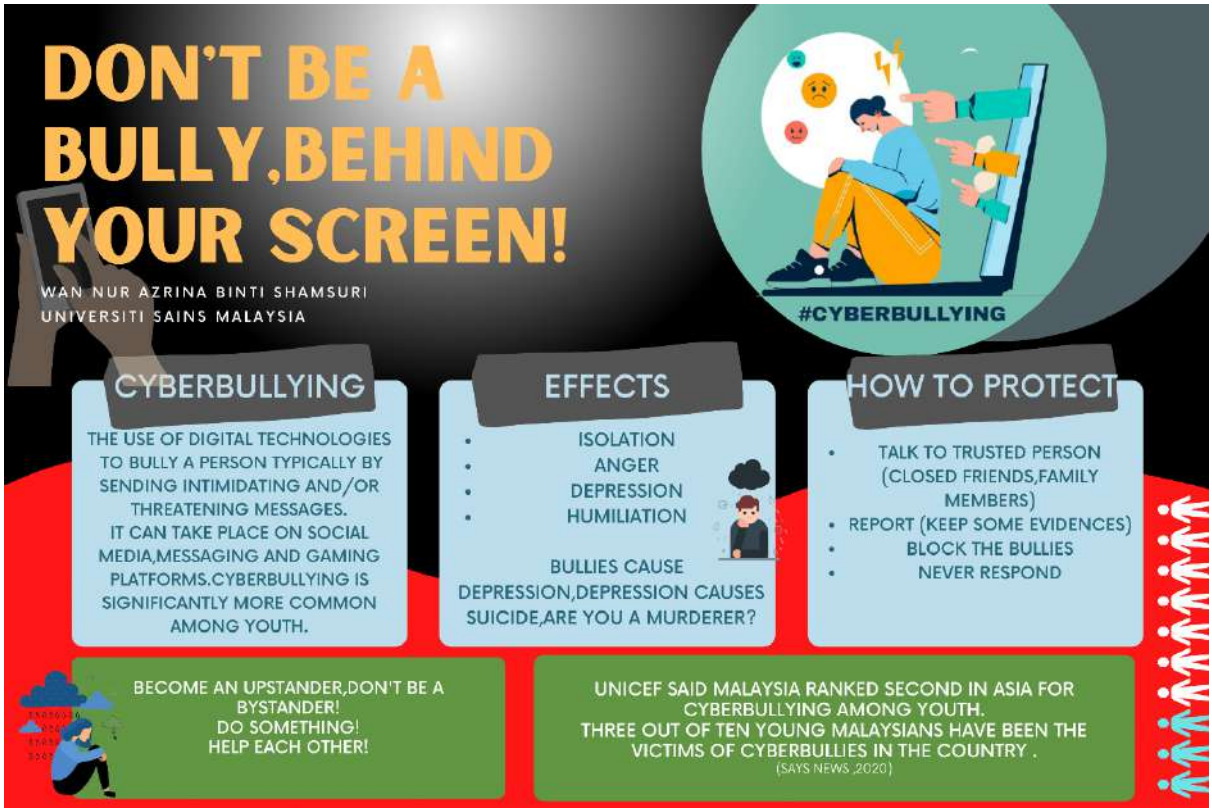


382. Understanding cyberbullying

Amadheo Ezra Murwanto

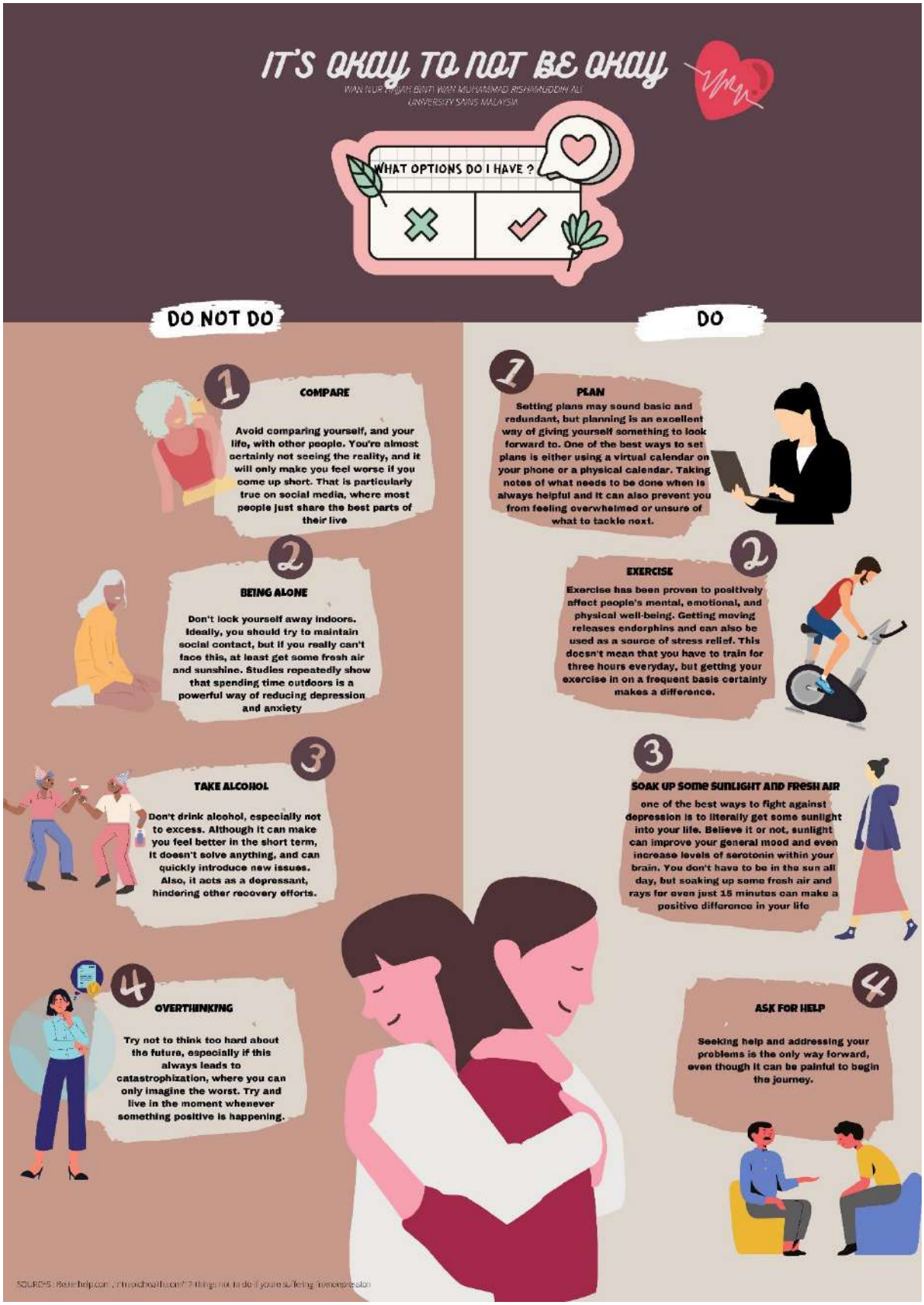


383. Don’t be a bully, behind your screen!
Wan Nur Azrina Shamsuri

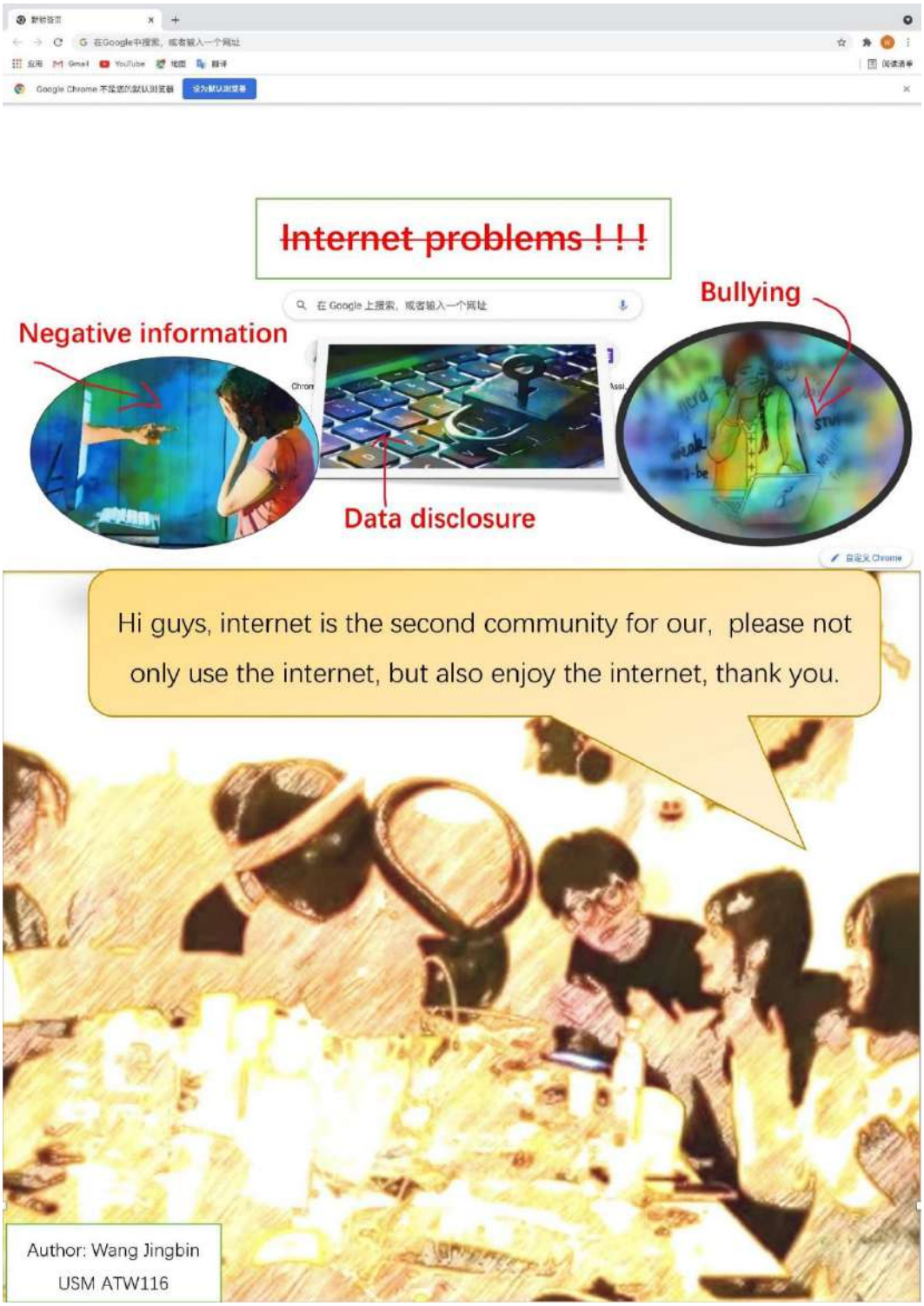


384. It’s okay not to be okay.

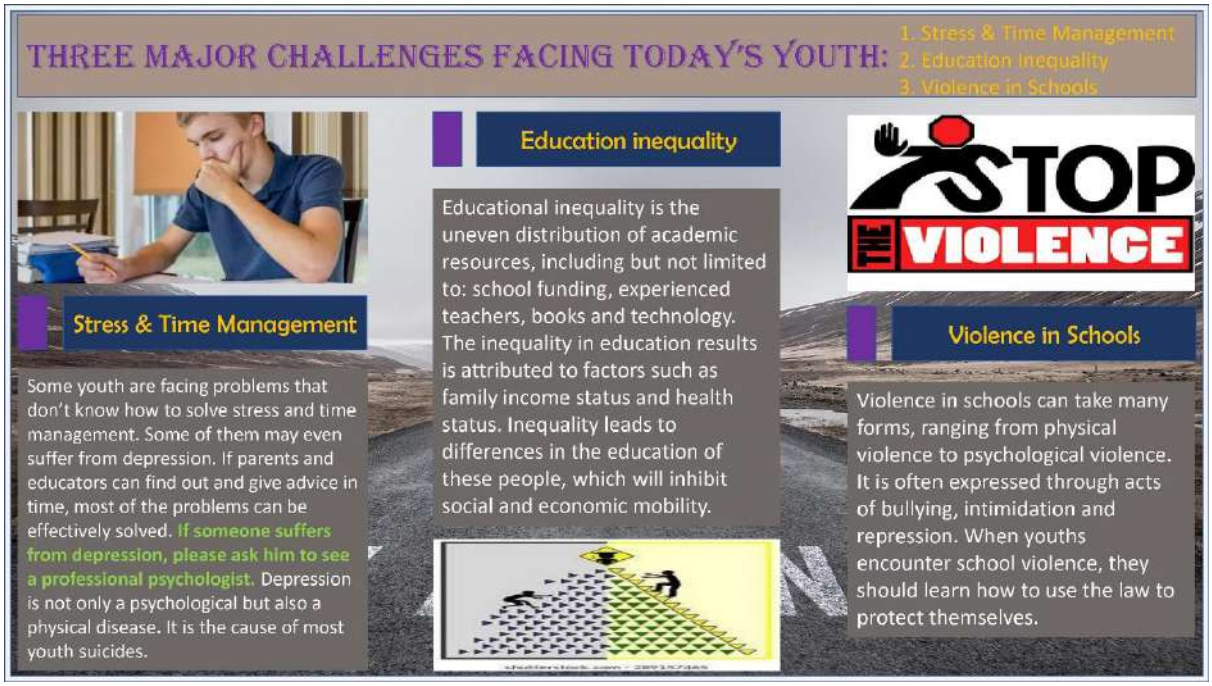
Wan Nur Hajjah Wan Muhammad Rishamuddin Ali



385. Internet problems!!!
Wang Jingbin



386. Three major challenges facing today's youth.
Wang Jingsong



387. Stop bullying in schools!!!
Wang Ruting

STOP BULLYING IN SCHOOLS!!!

INTRODUCTION

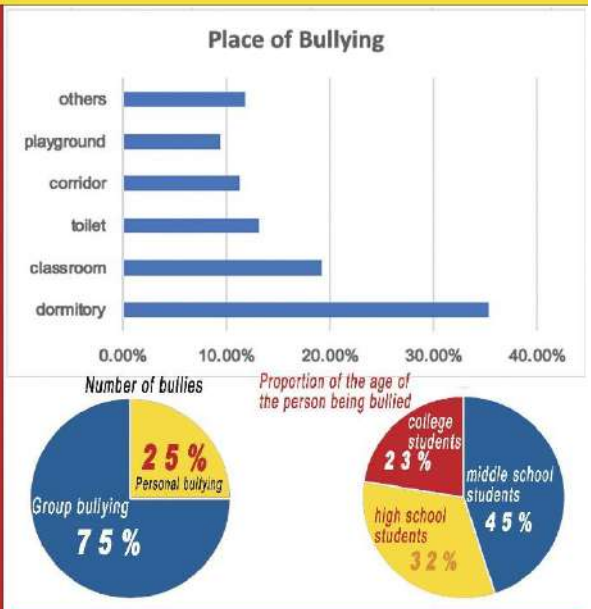
Bullying in schools is when young people are physically and verbally assaulted by others individuals or groups in a malicious manner in school and are afraid to fight back effectively.

TYPES OF BULLYING

1. *Verbal Bullying: abuse others*
2. *Social Bullying: isolate others*
3. *Physical Bullying: beat others*

IMPAT OF BULLYING

1. *Youths who have been bullied:*
(1) *Declining grades and a high risk of truancy or dropping out of school.*
(2) *May be depressed and anxious, with health consequences.*
2. *Youths who bully others:*
(1) *Fighting and the eggects on your own health.*
(2) *A significant impact on one's education.*
(3) *May have a tendency to abuse others in the future.*



DATA ON BULLYING

CONCLUSION

Overall, bullying in schools is still happening all around\ us and UN report has showen that 246 million young people are being bullied in schools worldwide. I hope that all young people will unite together to stop bullying in schools. I believe that in the future, young people around the world will be safe from bullying in schools and will grow up happily in a united and friendly environment.

REFERENCES

Stop Bullying.gov

Universiti Sains Malaysia
WANG RUTING

388. Caring for the mental health of youth

Wang Yinghui

Caring for the mental health of youth

How to address adolescent psychological problems? What are the main psychological problems associated with adolescents?

Wang Yinghui, USM

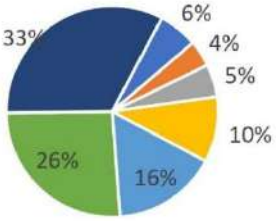
The report shows that in 2020, **more than 13%** of adolescents **aged 10-19** worldwide will suffer from a mental illness as defined by the World Health Organization.



Adolescence is a transitional period in which a person changes from infancy to maturity.The **Family** environment has a significant impact on the mental health of young people.

Every child cannot grow up without the nurturing, teaching and love of parents, whose words and example are vital to the healthy growth of children.

Reasons for youth suicide

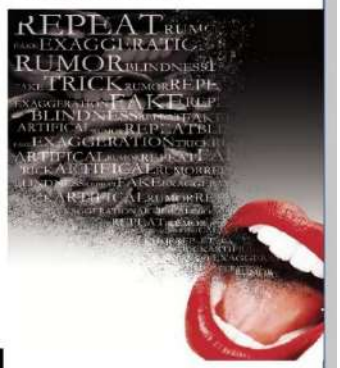


According to the pie chart, **33%** of the youths committed **suicide for family** reasons. 26% of the youths committed suicide for academic reasons. Bullying in schools led to only 4% of youth suicides.



Surveys show that several factors have the greatest impact on children's mental health: firstly, incomplete and disharmonious families. Secondly, incorrect parenting styles. Thirdly, excessive parental expectations. Lastly, parents' own poor qualities. (Survey Report on the Mental Health Status of Chinese Youth, 2020)

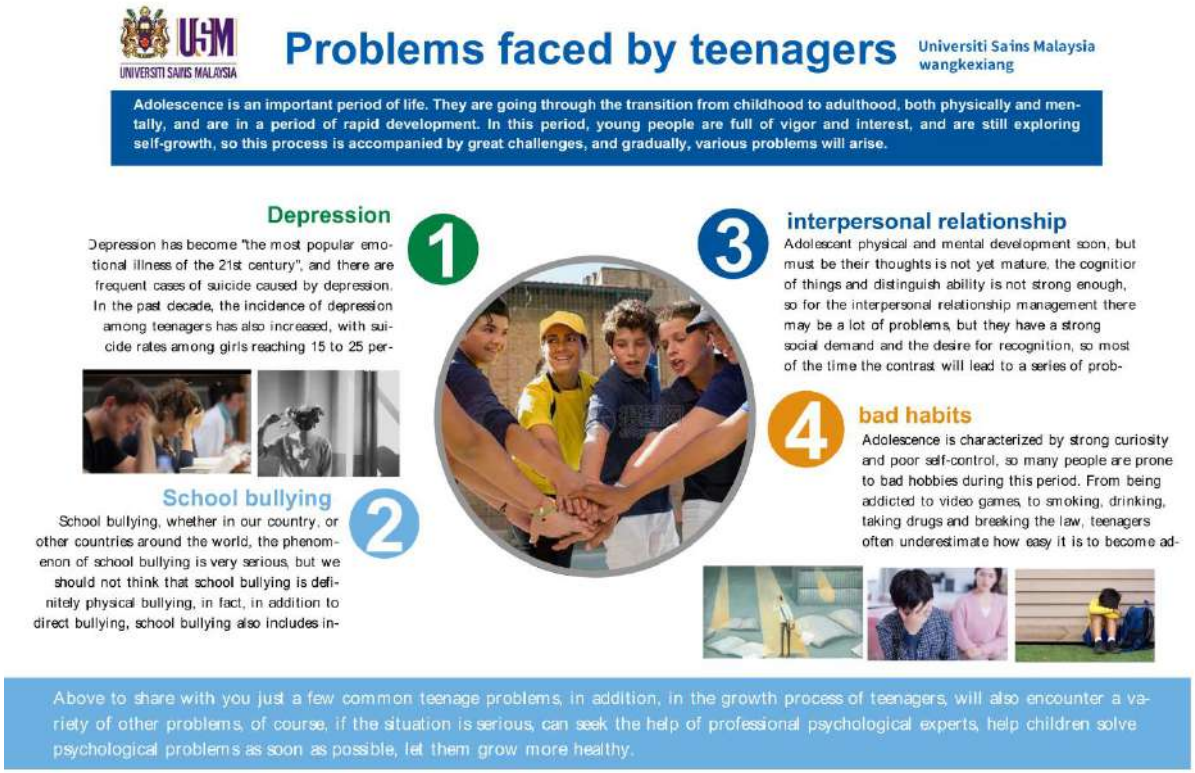
What can **parents** do to avoid these psychological problems in their teenagers?



1. Watch for alarms from your child and recognize the problem promptly and correctly.
2. Seek help from a professional psychologist.
3. Be a good listener.
4. Be a good supporter.
5. Be a good companion and help your child to find more effective strategies to relieve distress.
6. Create a good family atmosphere. (Chinese Journal of Mental Health,2012,26(03):230-234.)

389. Problems faced by teenagers.

Wang Kexiang



390. Youth volunteer service – volunteering is important for youth.

Wen Chuling

YOUTH VOLUNTEER SERVICE

VOLUNTEERING IS IMPORTANT FOR YOUTH

Type of activity

Three of these are listed

1. Visiting the elderly.
Youth volunteers can perform cultural programmes for the elderly, chat with them, etc.

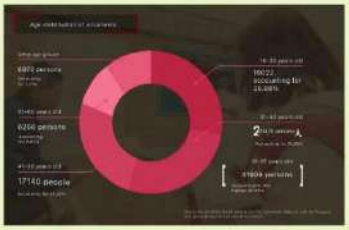
2.Cleaning community hygiene.
Youth volunteers can clean up the community with the help of social workers, such as collecting mineral water bottles in the community park.

3. Fund-raising activities.
Help poor children to set up book collections and collect textbooks, stationery and other learning aids.



A group of 30 volunteers from the College of Science of Anhui University of Technology went to an old people's home to bring love and joy to the widows and orphans.

Data



Materials show increasing numbers of young people taking part in volunteer activities

Focus

Volunteering is an important symbol of human civilisation, an important link between different civilisations and an important element in the building of spiritual civilisation.





1 Elevating one's spirituality

By participating in voluntary work, volunteers have the opportunity to contribute their talents and abilities to the society, and play their roles and advantages in different positions, meeting the highest need for self-fulfilment. The spirit of volunteerism is sublimated.

2 Enriching spare time

Young people participate in volunteer activities, expanding their social life circle, contact more new things, new ideas; also through service activities, personal experience and contact with all aspects of society, different levels and fields of people and things, deepen the understanding of society, which is bound to help the growth and improvement of young people.

3 Promoting youth's own development

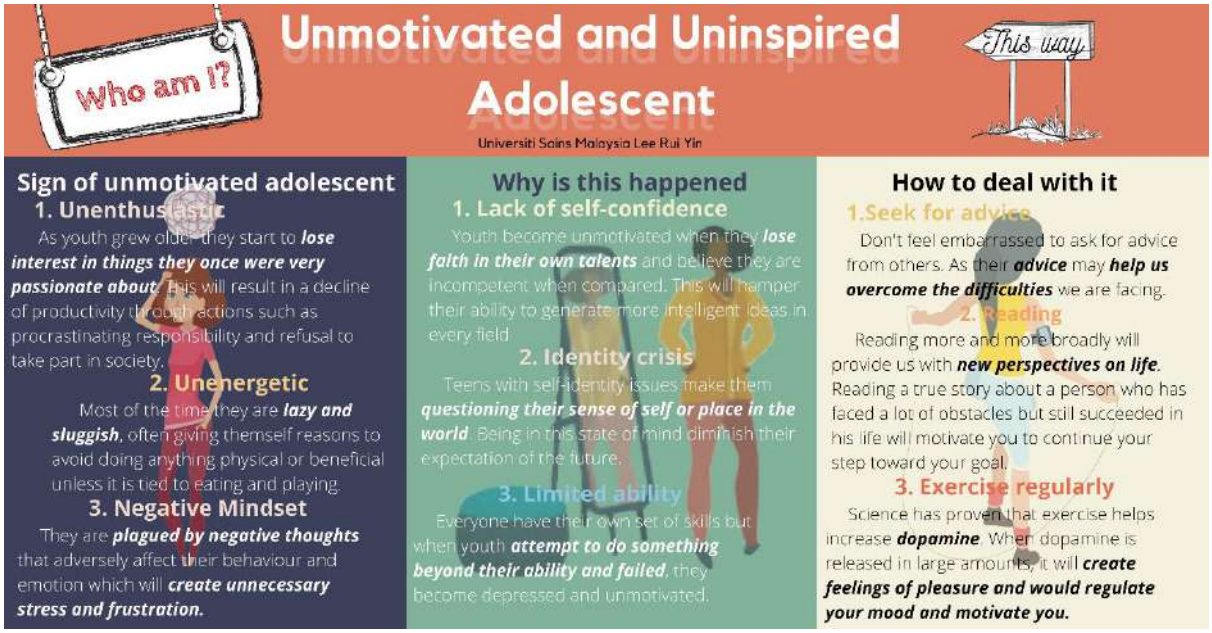
In the process of carrying out various volunteer activities, volunteers can find out the strengths of others and their own shortcomings through comparison, and can make good use of them to make up for their shortcomings and help their own development.

0 Summary

The value of volunteering for young people is mainly achieved through service and communication activities, which must be taken seriously so that volunteers can give and receive throughout the volunteering process.

Wen_Chuling,_School_of_Management,_Universiti_Sains_Malaysia

391. Unmotivated and uninspired adolescent
Lee Rui Yin

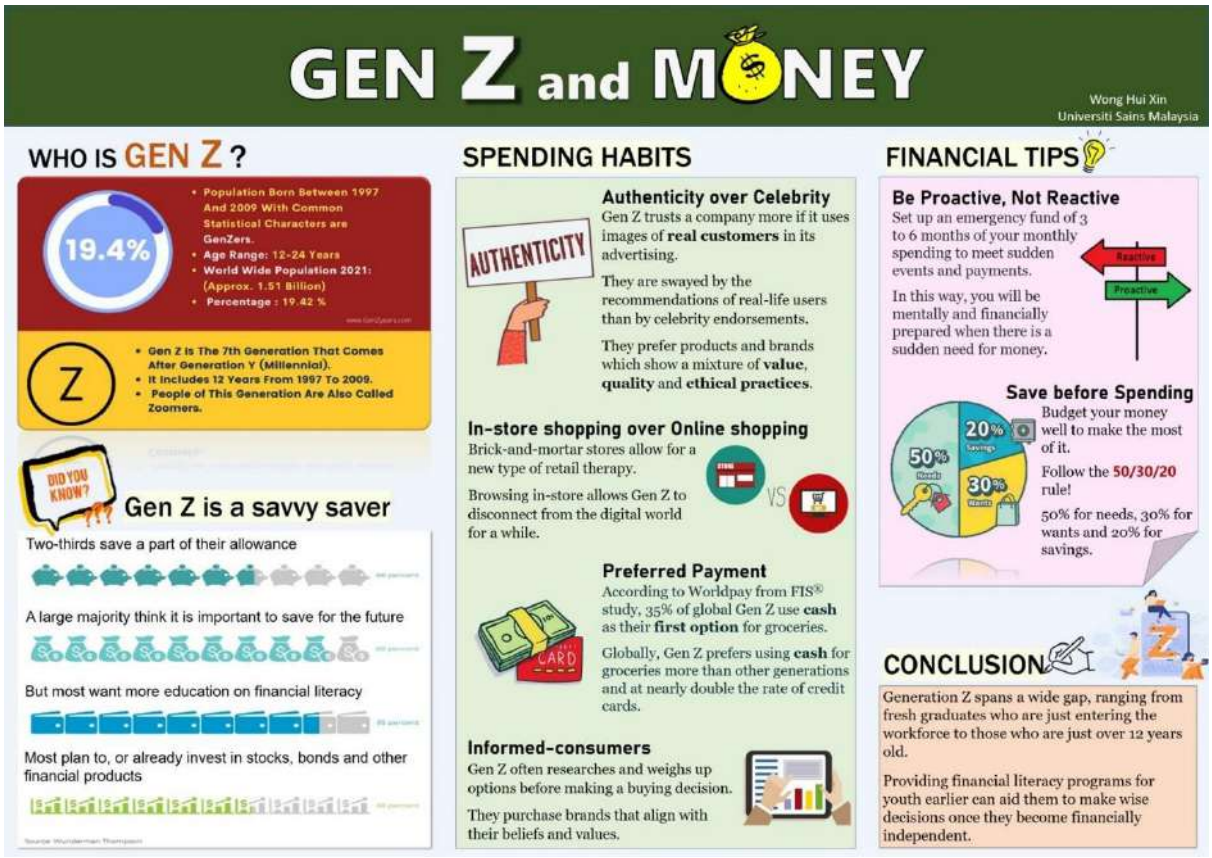


392. Social media: is this good for young people?
Wong Hao Yan

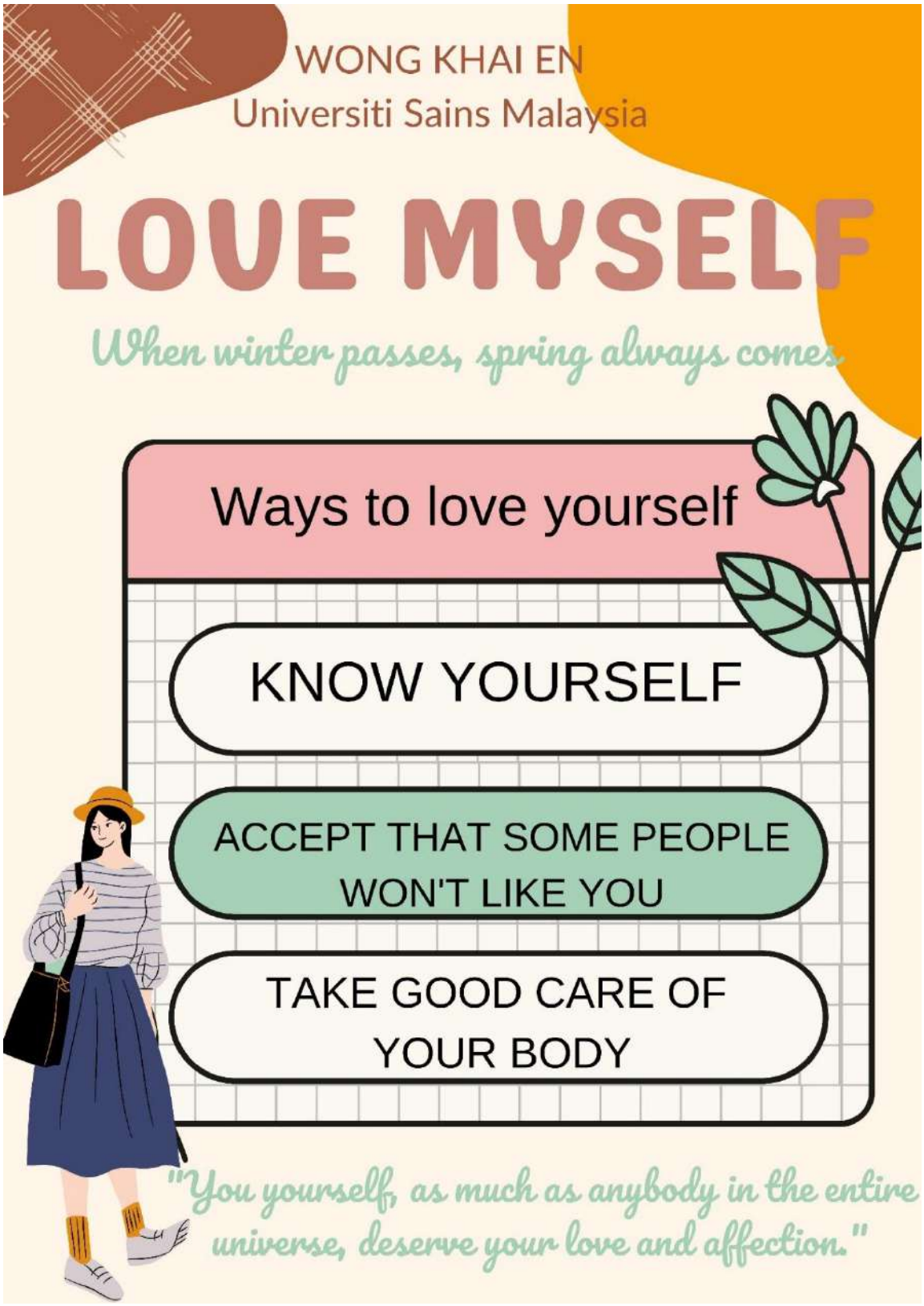


393. Gen Z and Money

Wong Hui Xin

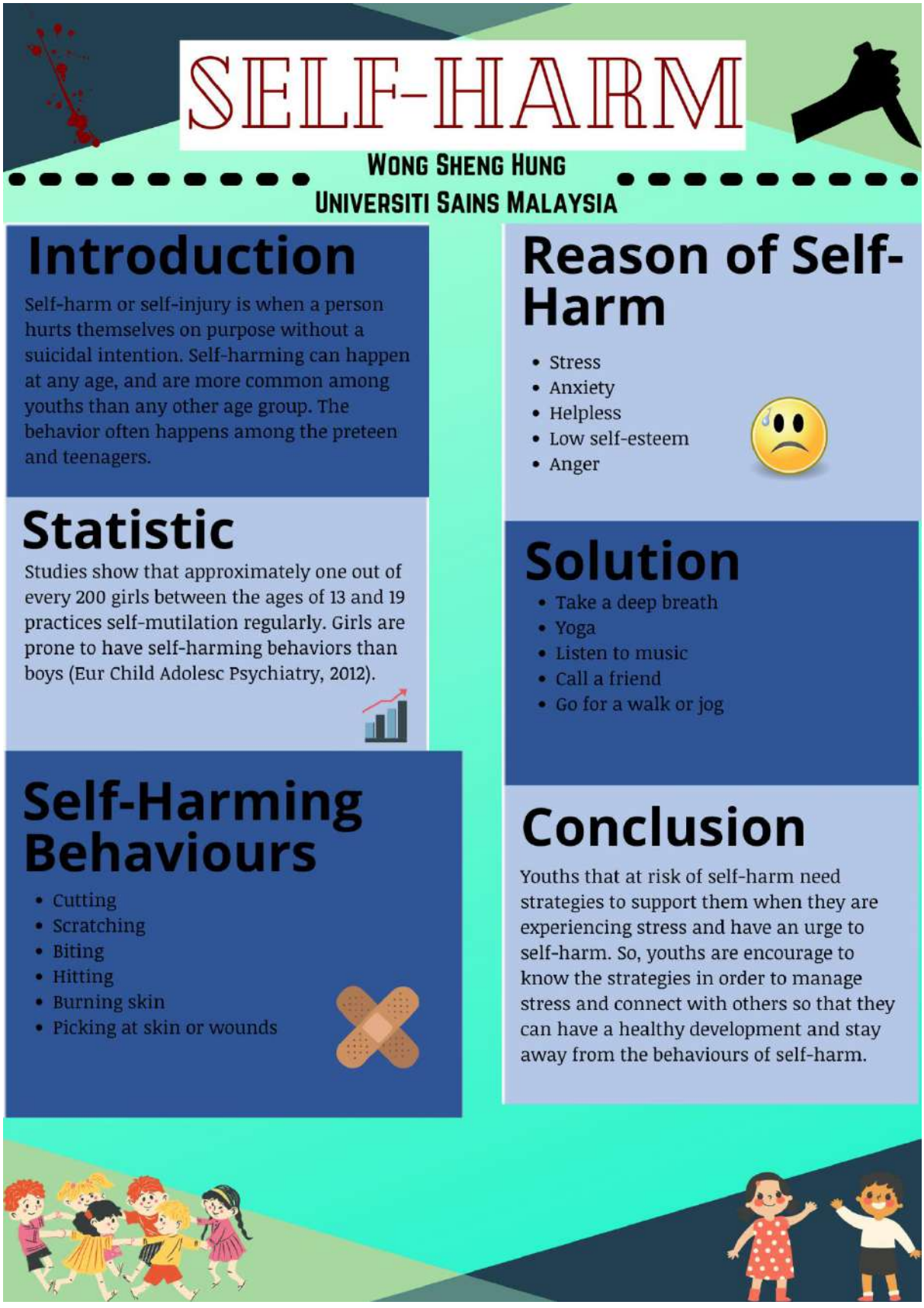


394. Love myself – when winter passes, spring always comes.
Wong Khai En



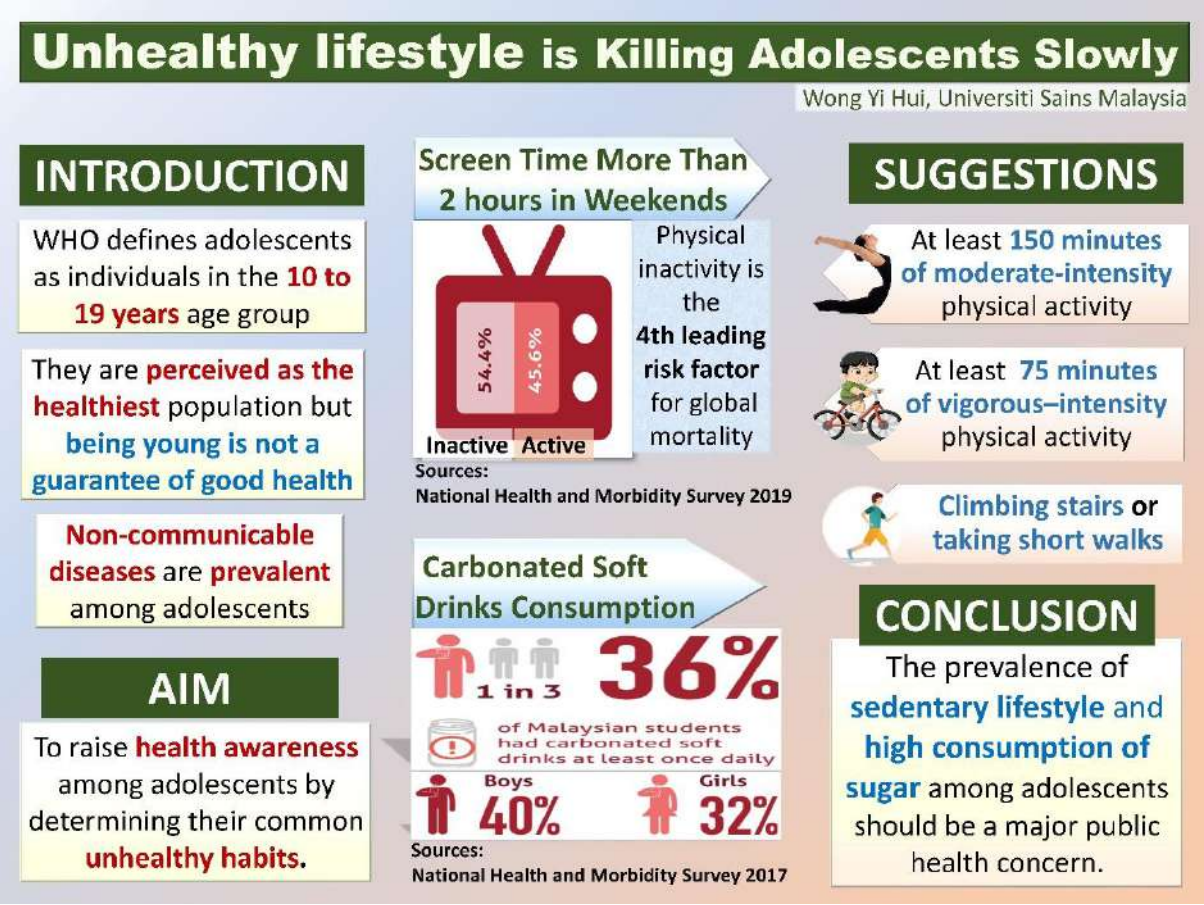
395. Self-Harm

Wong Sheng Hung



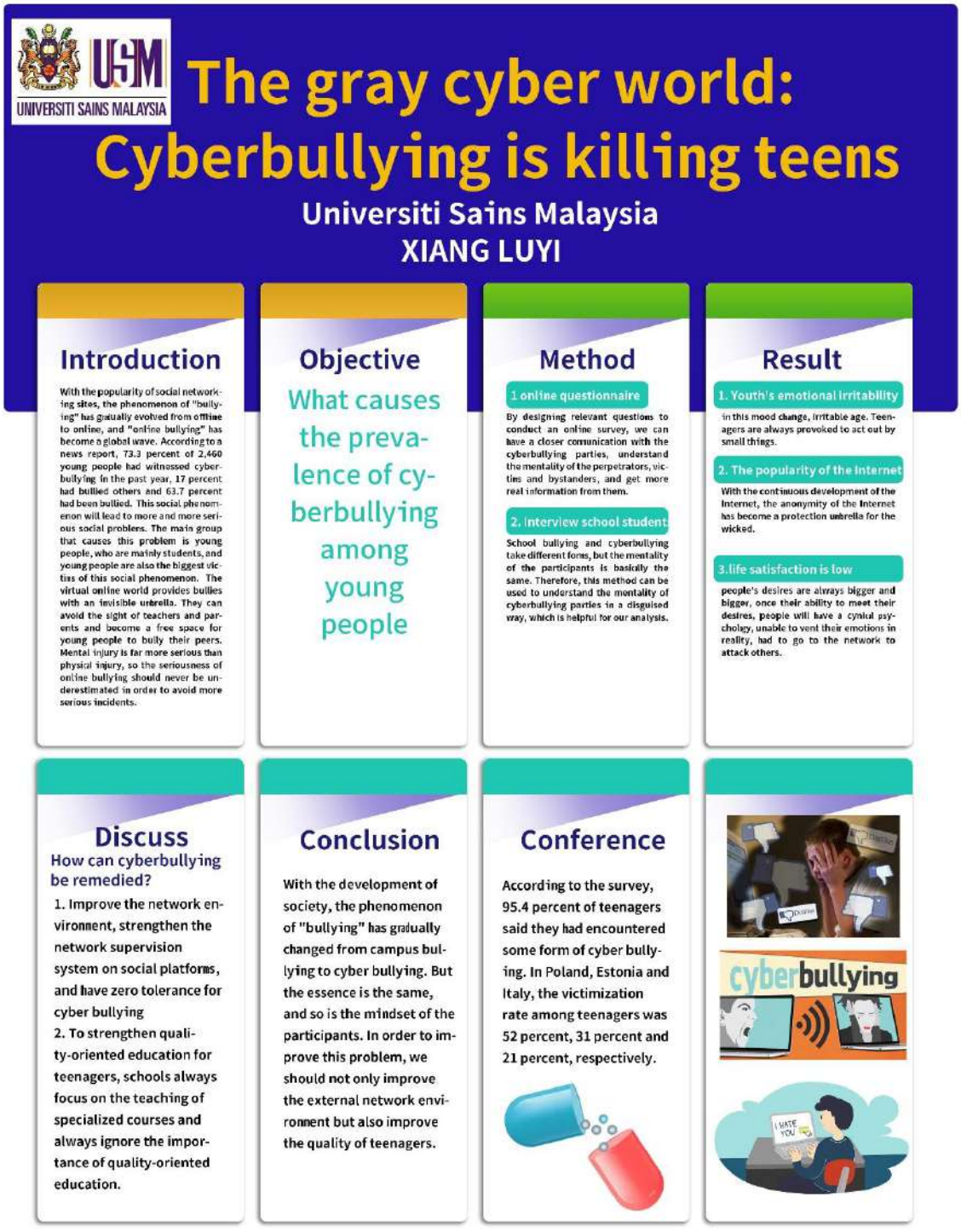
396. Unhealthy lifestyle is killing adolescents slowly.

Wong Yi Hui



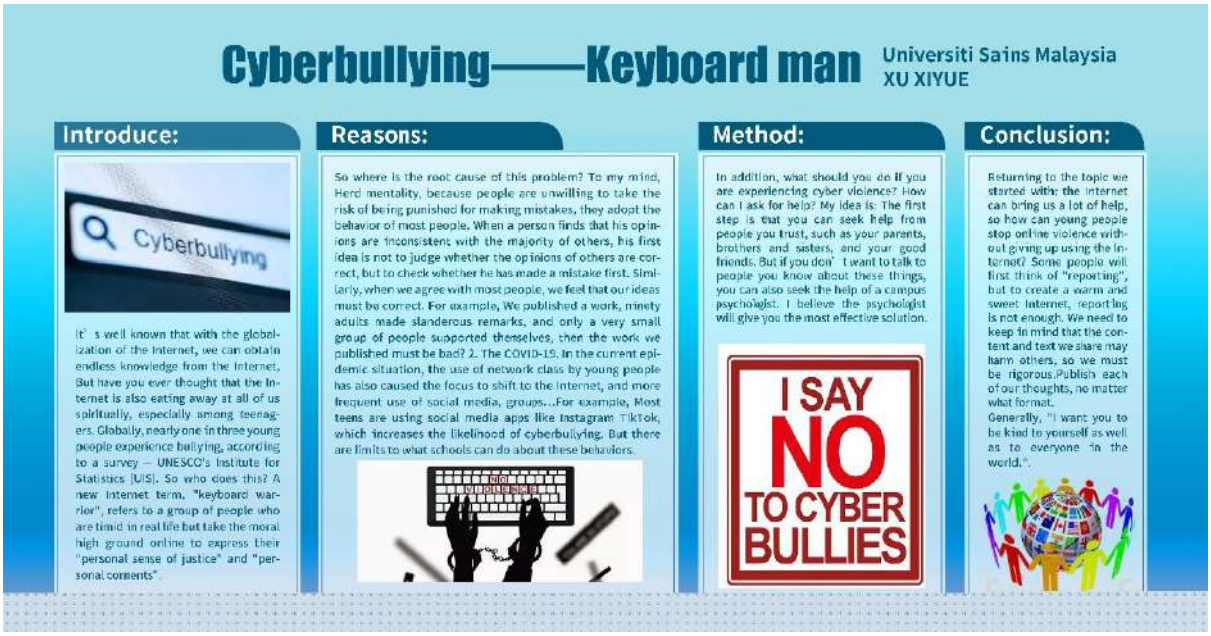
397. The grey cyber world: cyberbullying is killing teens.

Xiang Luyi



398. Cyberbullying – keyboard man

Xu Xiyue



399. Protection net between the young and the bad information

Yang Dongwei

Protection net between the young and the bad information

Yang Dongwei
Universiti Sains Malaysia

Introduction



● In the early stage of the development of the Internet, the bad information on the Internet is still mainly knowledge-based information like wrong explanation or bias for something, but along the continuous development of the Internet, the Internet has dipped into our people's life , work and entertainment. Meantime the bad or fake information has also improved. Especially in recent years, bad information has begun to change from simple knowledge-based information to profit-seeking, and it has different means and complex forms, including many of the bad or fake information that violates the law and morality, such as defrauding and bloody violence information.

Problem/Objectives

● In 2020, China reached 183 million underage Internet users, with an Internet penetration rate of 94.9 percent. Besides it shows a upward trend, so more and more teenagers will begin to use Internet with younger age for the first time. And there were 34.5 percent of adolescents who were affected by bad and fake information. (CNNIC,2021)

● Bad Internet information will affect young people's learning ability, moral quality and normal social upbringing and for each bad affection there were more than 80 percent of the primary and secondary school teachers who agree with these.[1]

● As adults, we get responsibility to think how to protect teenagers in Internet form bad and fake information.





Before we figure out the solutions, the reasons why bad and fake information can effect teenagers are more important.

● The lack of network legislation and inadequate government supervision are the main reasons for the dissemination of bad information on the network.

● The misunderstanding of the young and deviation of the harm of bad information are important reasons why bad information affects the healthy growth of them.[2]

Then we can definitely know how to build a protection net:

● Improve online legislation and formulate special laws on the online protection of minors.

● Strengthen government supervision to prevent and reduce the spread of bad online information.

● Strengthen education services and guide minors to get online in a rational and civilized way.[3]

Conclusion

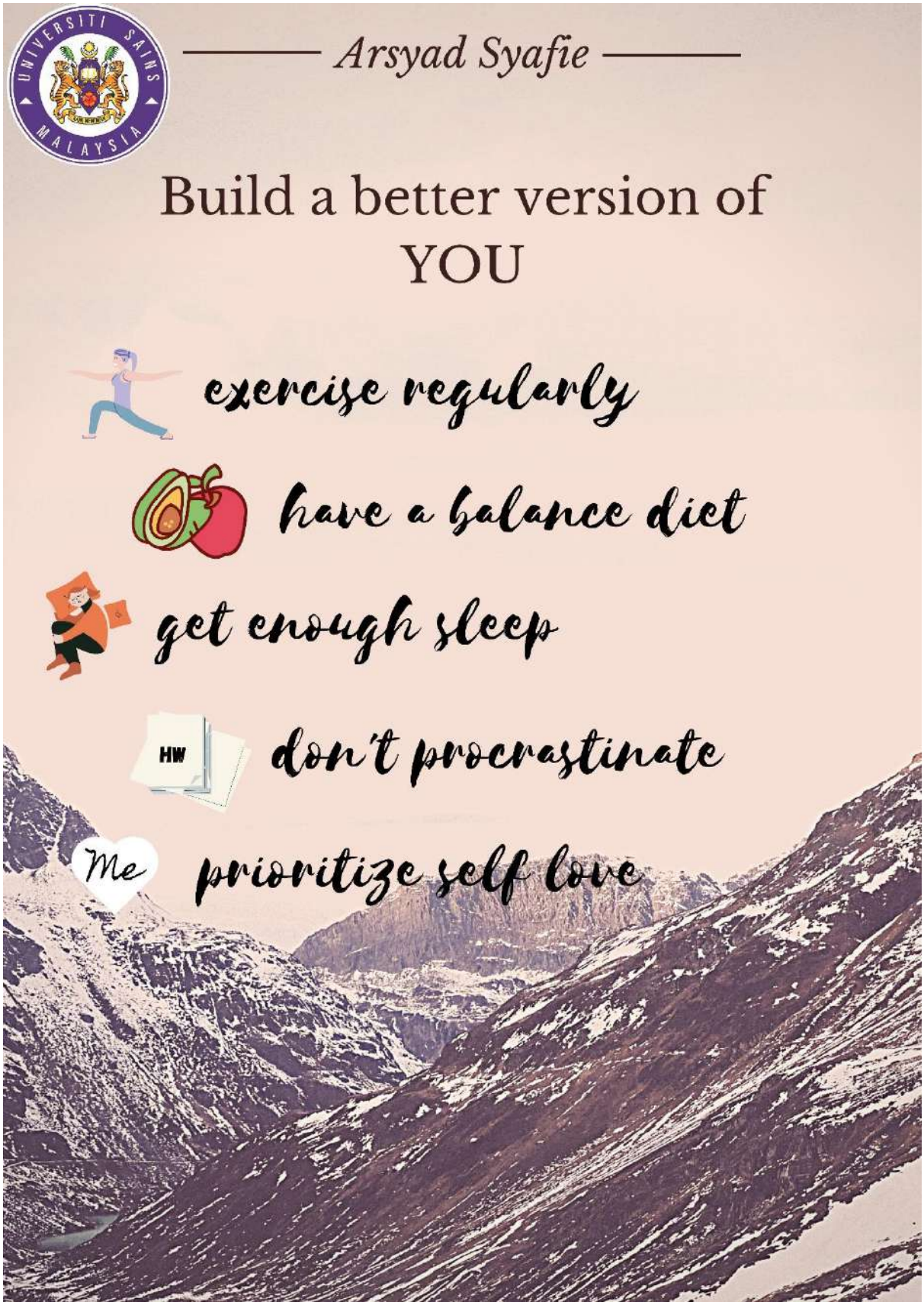
● The development of the Internet is a double-edged sword. It has changed our life and meanwhile it has brought many troubles that we never meet before. The transmission of bad information is one of them. Because the young are in the age group of easy to accept new things and rich creativity, they are also in the gradual formation of values, self-control and identification ability is weak, and minors will be negatively affected by bad network information. So solve them and lead to a better life, a better future.



400. Youth's nightmare
Yong Chun Kit

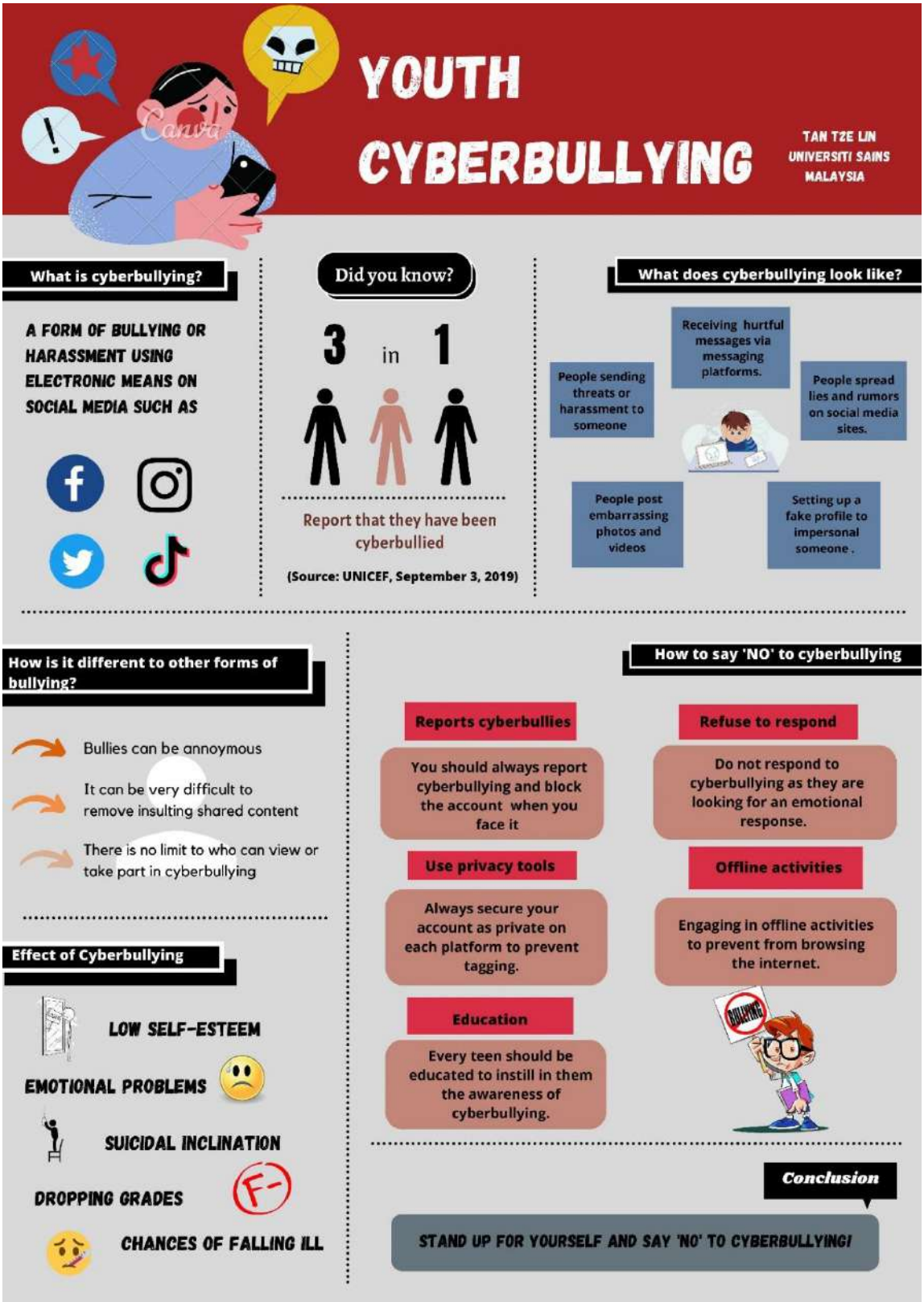


401. Build a better version of YOU.
Arsyad Syafie



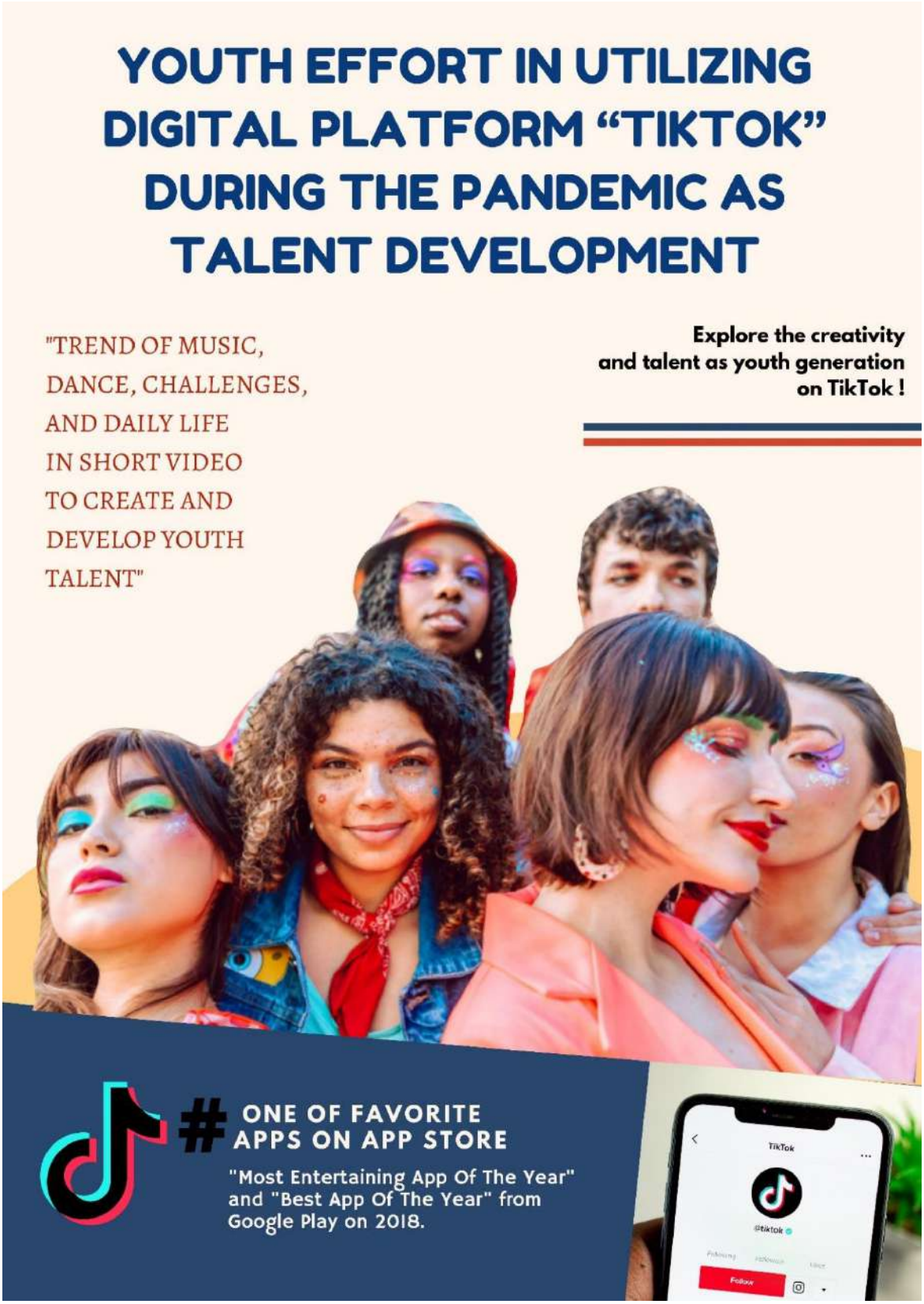
402. Youth cyberbullying

Tan Tze Lin



403. Youth effort in utilizing digital platform “TikTok” during the pandemic as talent development.

Vera Mulathofah



404. Youth empowerment: For a better Malaysia

Vincent See Wee Sheng



405. Youth Health: The influence of study pressure on adolescent mental health

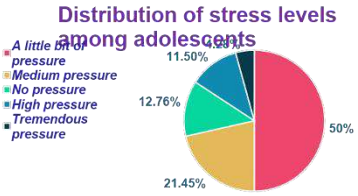
Liu Shutong

Youth Health: The influence of study pressure on adolescent mental health

Abstract

Mental health is as important as physical health. Physical health without mental health is not real health. If young people's psychology is not healthy, there will be obstacles,which will not only affect the normal growth of young people, but also lead to crime. Therefore, the mental health problems of teenagers have become an important issue to be paid close attention to by families, schools and society.

Background





Methodology

- Lower your expectations and learn to set reasonable goals.
- Learn to take breaks and develop hobbies.
- Communicate with parents for understanding and help.
- Learn to talk to teachers and classmates, so as to solve psychological problems.

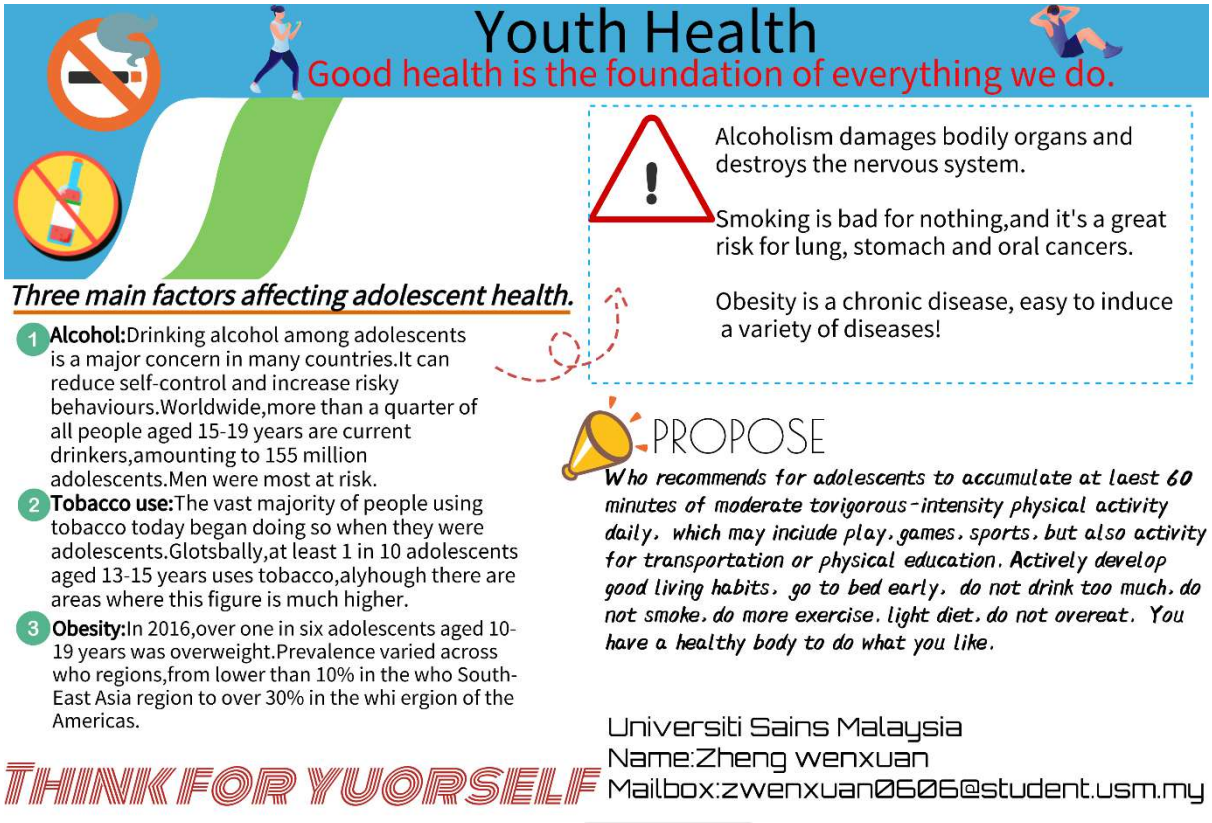
Conclusion

- Adolescent mental health is becoming a common problem in society. The mental health of young people is very important to the stability of the society. At the same time, it also creates better talents for the society.
- As teenagers, we also need to pay more attention to our own mental health. We need to take a more positive and optimistic attitude to face the difficulties in learning.

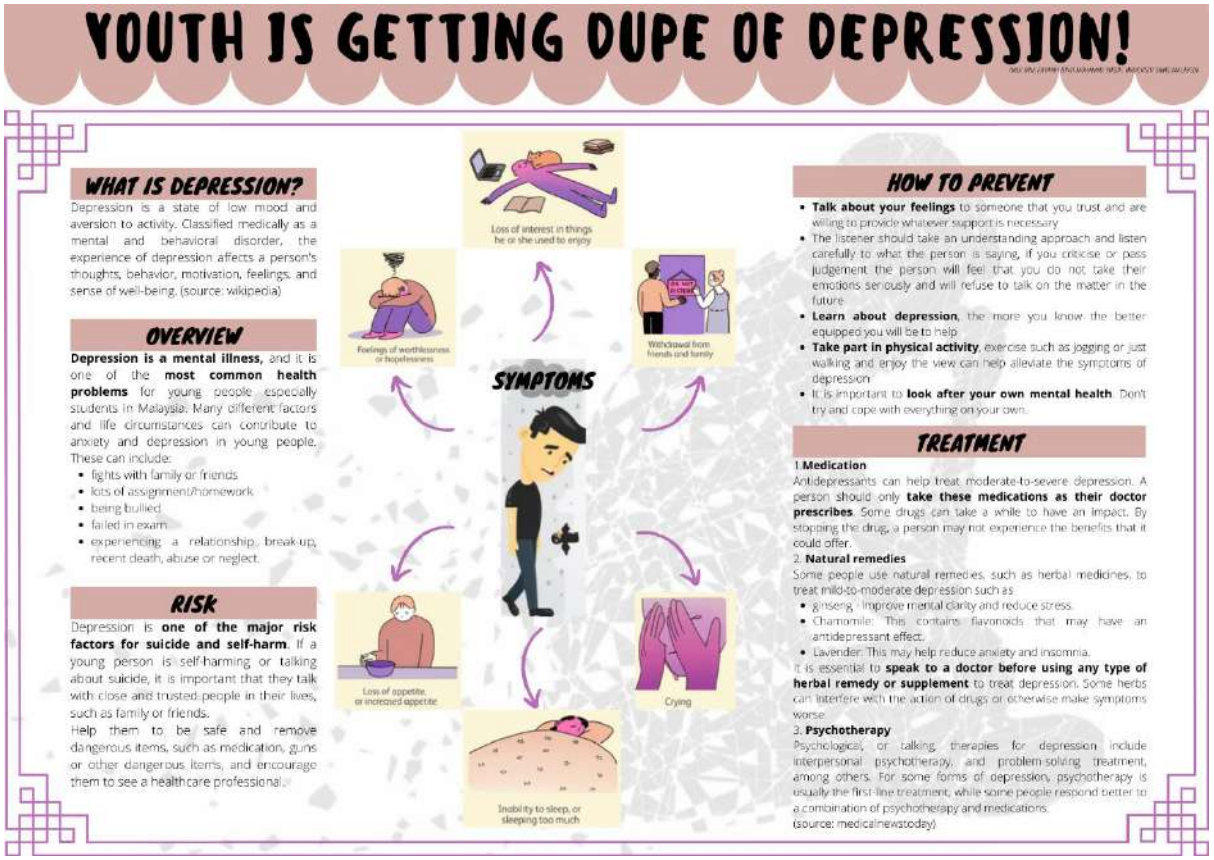
LIU,SHUTONG
—SCHOOL OF MANAGEMENT—UNIVERSITI SAINS MALAYSIA

406. Youth Health – Good health is the foundation of everything we do.

Zheng Wenxuan



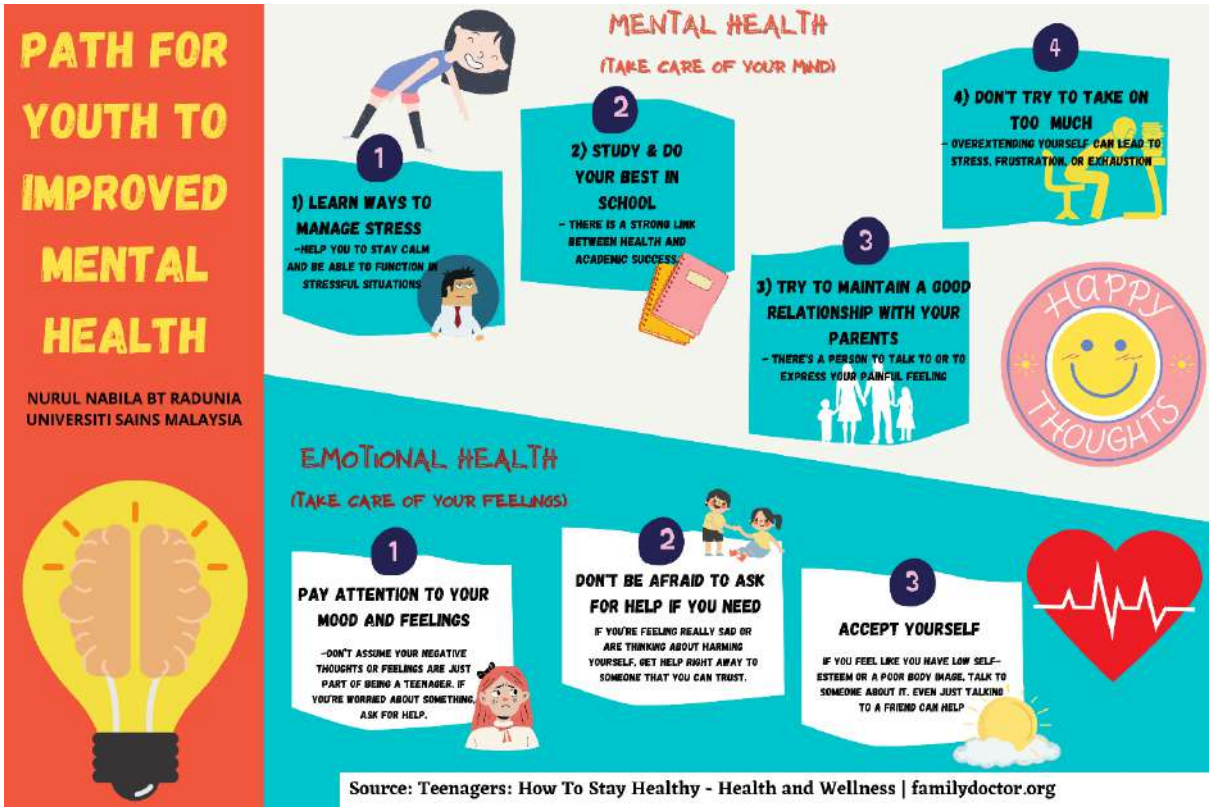
407. Youth is getting dupe of depression!
Nur Aina Fatihah Mohamad Yusof



408. Youth leadership: (youth of leadership and caliber)
Azamuddin Abd Kamal



409. Path for youth to improved mental health.
Nurul Nabila Radunia



410. Youth Mental Health

Li Qiaoning

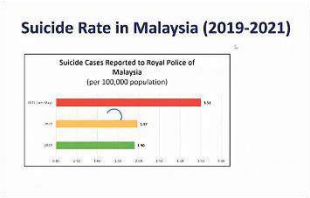
Youth Mental Health

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Universiti Sains Malaysia

UNIVERSITI SAINS MALAYSIA

BACKGROUNFD :

Adolescents go through rapid physical, psychological and social changes during adolescence. These changes can cause distress, mood swings, and even affect academic and social activities. To make matters worse, nearly 46,000 young people die by suicide worldwide. In 2021, an average of three youths will commit suicide every day in Malaysia.



MEASURES :

There are three areas that can protect adolescent mental health.

Family



Parents should find the right way of education,and give children a relaxed environment to grow up, do not give children too much pressure,they also need to enhance the child's self-confidence, no domestic violence either

School



Schools should create a good learning environment to avoid school violence, and they should arrange mental health programs.

Internet

Reduce negative energy videos, articles spread on the Internet, regulate the speech published in the platform to avoid online violence.



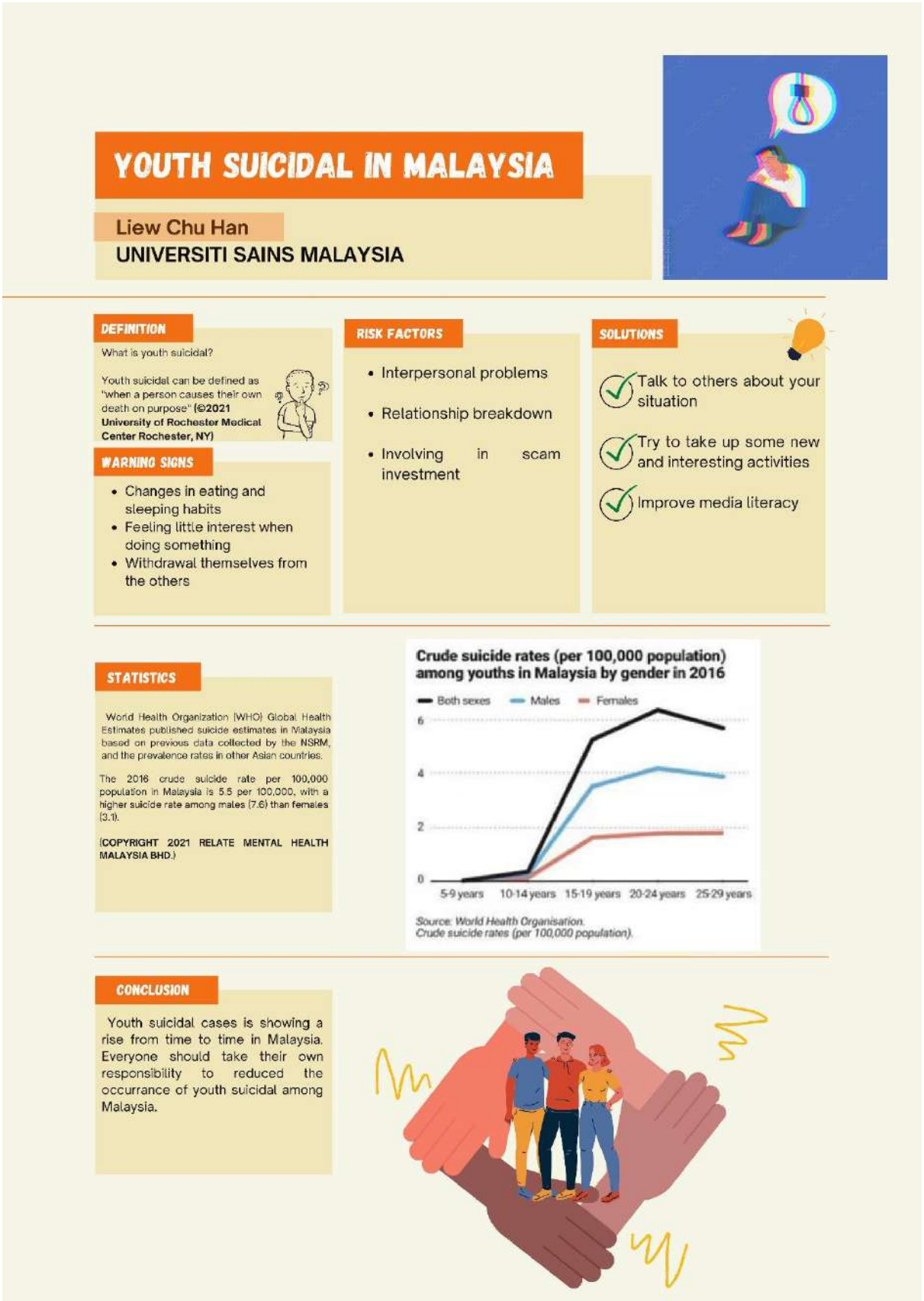
MEANING :

These measures can help young people develop a correct outlook on life, reduce juvenile delinquency, and help them develop good habits.



411. Youth suicidal in Malaysia

Liew Chu Han

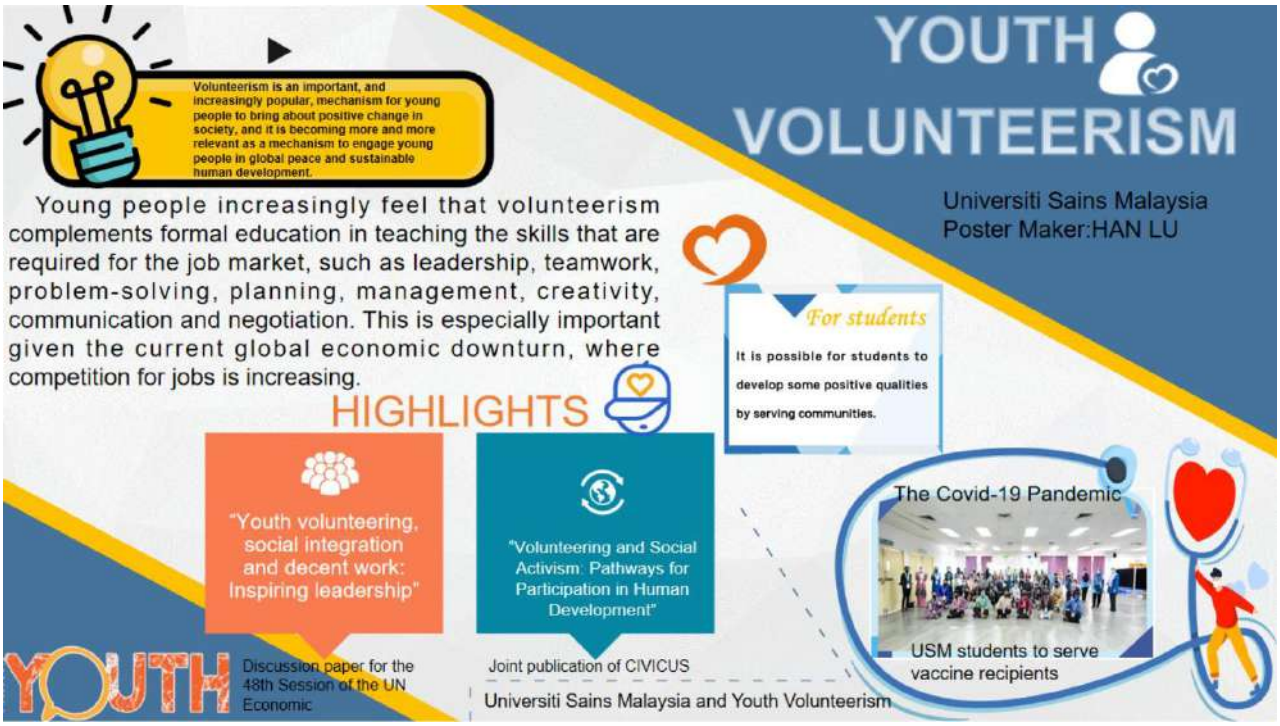


412. Youth volunteerism
Chen Yuwen

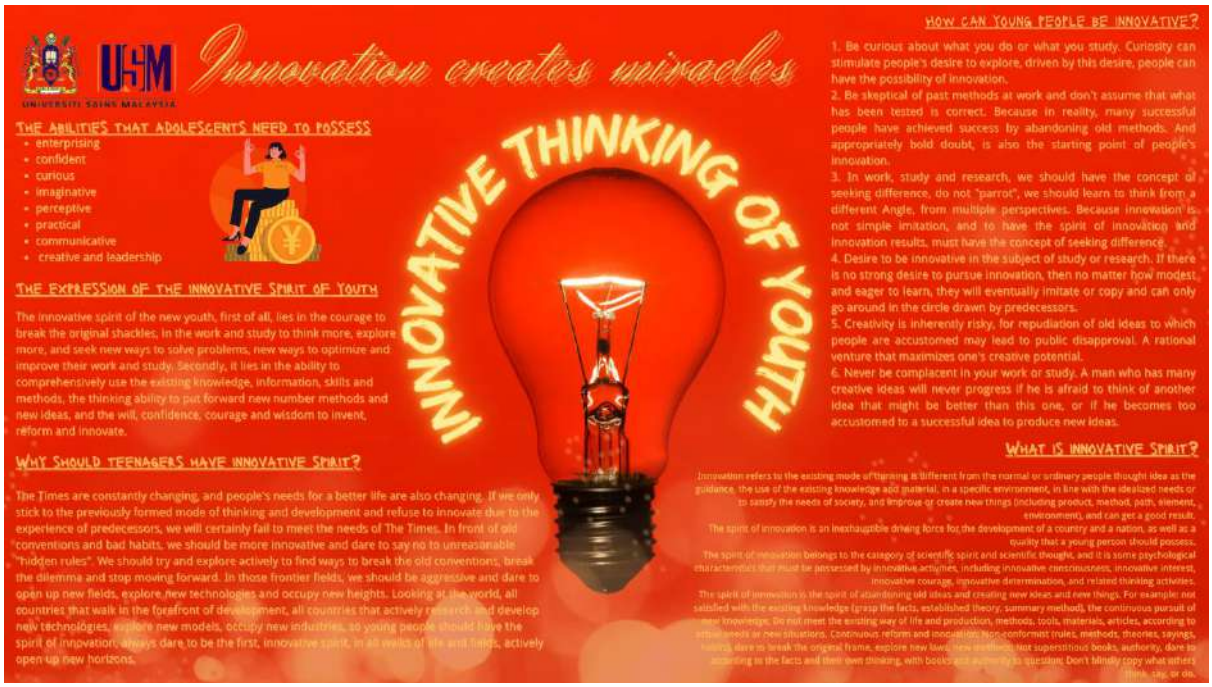


413. Youth volunteerism

Lu Han



414. Innovation creates miracles.
Yuan Yuhui



415. Focus on the health of YOUTH.

Zhang Ruiqi

#Protect physical and mental health

Focus on the health of YOUTH

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Email:
zhangruiqi@student.usm.my



Youth health is divided into two aspects. On the one hand, physical health, on the other hand, psychological health. The health of young people is the most basic problemBecause youth is the source of wealth and development in every country, the physical and mental health of youth is particularly important.

1.A healthy body is the foundation of study and work. Youth are healthy and can be full of energy every day, so they can have the energy to complete today's work and study plan, and will further improve the efficiency of work.
2.Mental health is the key to daily life. To have a good mental state, youth will maintain an optimistic attitude towards the problems encountered in life, regardless of gains and losses, which is more conducive to problem solving and academic progress.



1.Starting from the youth themselves, on the one hand, they should maintain an appropriate amount of exercise every day to ensure that they have a strong physique. On the other hand, youth should constantly improve their connotation and academic qualifications, broaden their horizons, participate in more social activities, and keep pace with the times, not just confined to their familiar areas, dare to try, and calmly deal with different issues. problem.
2.From a collective and social point of view, parents, friends, teachers and other people around them should pay more attention to the physical and emotional changes of young people, so as to achieve timely treatment and communication. The society should gradually establish and improve the youth physical examination and psychological counseling system, and carry out regular inspections.

416. Cyberbullying among youth

Zhu Xueqing

Cyberbullying among Youth

ZHU XUEQING
UNIVERSITY SANITS MALAYSIA

Introduction

Even in 2021, bullying is still a real problem for most people and today's society.

73 percent of students fell they have been bullied in their lifetime, and 44 percent say it's happened in the last 30 days.

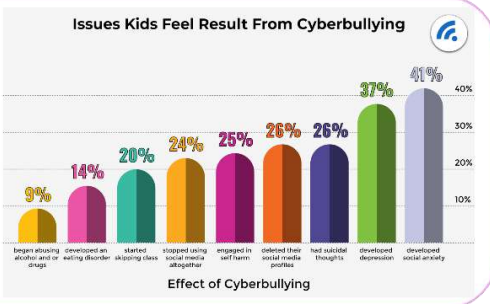
Results

- **Mental Health Problems Stemming From Cyberbullying**

Consider the following findings from the Ditch the Label study.

The results are:

***picture can be clicked to the clear page**



Methods

Somethings you can do if you feel you're being cyberbullied are:

- **Tell someone you trust** about what's going on so that you can get some help.
- **Keep emails, texts, comments, etc.,** that could serve as evidence of cyberbullying.
- **Don't strike bake.** Two wrongs don't make a right.
- **Report the issue to the website.** For example, Facebook, and YouTube both have places where you can report cyberbullying in a safe environment.

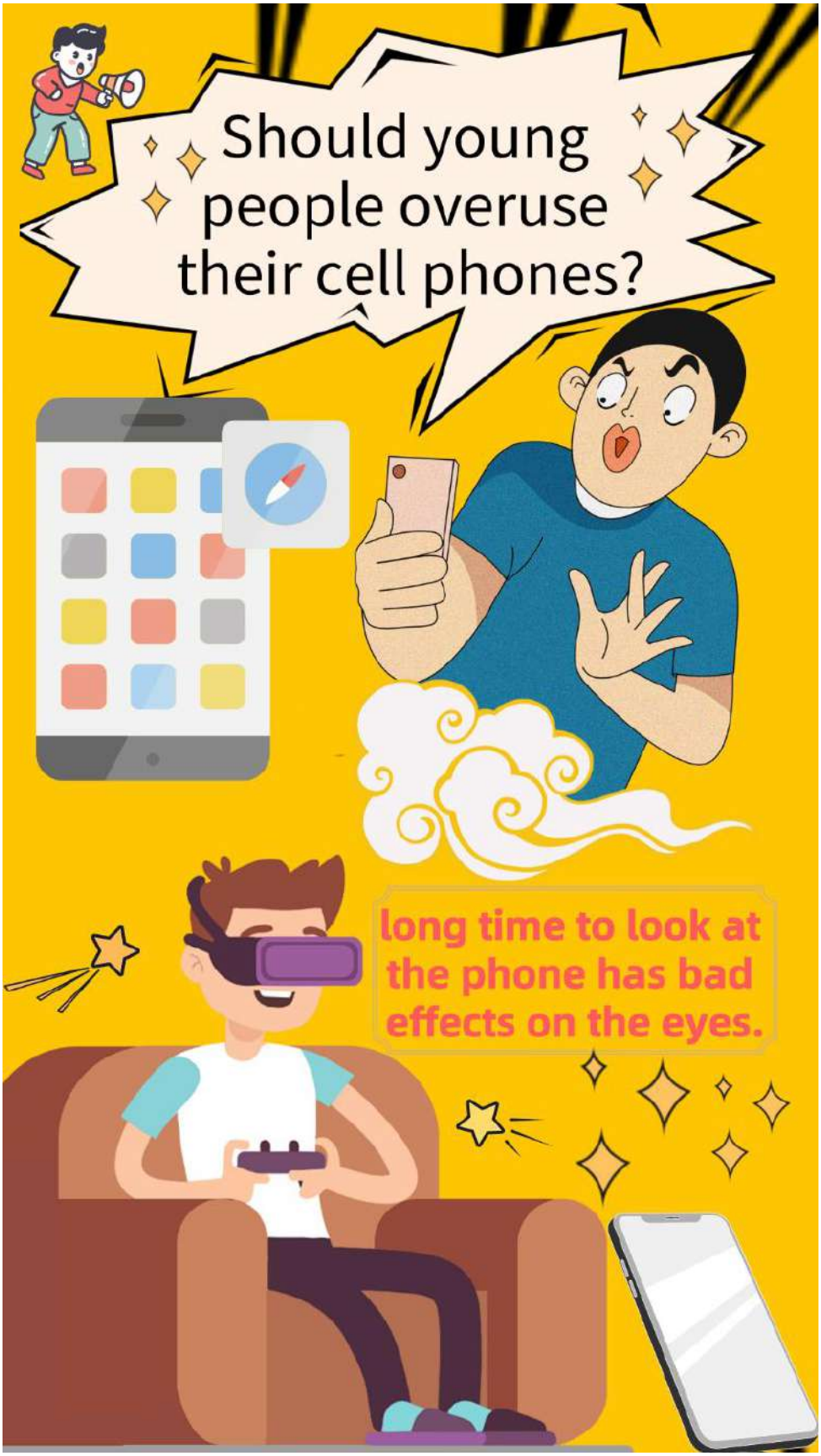
Conclusion

Cyberbullying is a significant issue in societies worldwide, and it isn't something that only kids have to deal with. Everyone has to face these challenges.

If you see someone acting towards someone else in a harmful way, say something, you might just save their life.

Matric No. 155200
Email: zhuxueqing@student.usm.my

417. Should young people overuse their cell phones?
Xiaoxi Zhang



418. Youth Health

Xu Xiao Peng



419. Youth Health

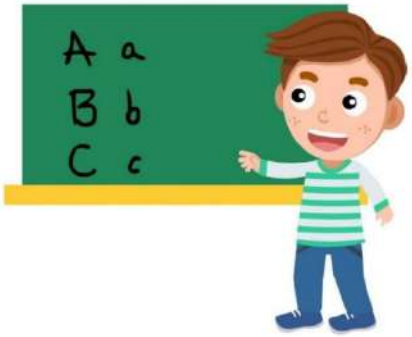
Zhao Yang



Youth Health

Author
ZHAOYANG

Adolescence is a crisis period full of complex mental health problems. If these problems are not dealt with in a timely and effective manner, it will often lead to the emergence of psychological problems for adolescent students. With the rapid development of my country's economy, material and culture, the mental health of young students has attracted attention, research and discussion in all aspects. In the article, the author analyzes the current mental health problems of young students, and proposes corresponding countermeasures and school education measures to strengthen and maintain the mental health of young students.



How to deal with

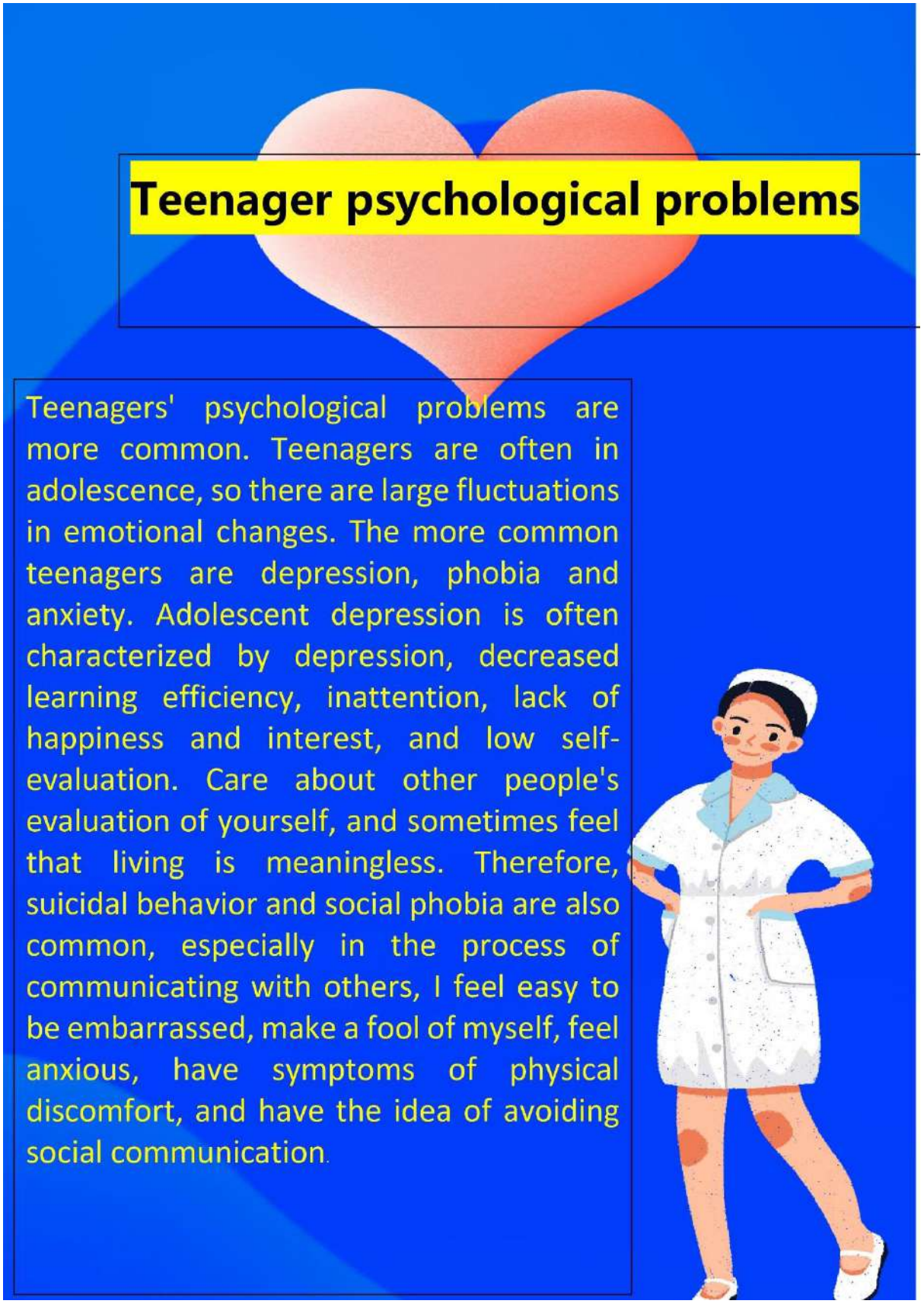
First, we must give play to the important role of family education.

Secondly, we must pay attention to the relationship between peers.

Schools should offer mental health education courses

420. Teenager psychological problems

Helen Song



International Youth Conference 2021

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