



International Webinar Of UMA Psychology “Taking Care Of Your Mental Health”

Faculty of Psychology, University of Medan Area (UMA) held an international webinar with the theme “Taking Care Of Your Mental Health” on Saturday (06/27/2020) starting at 08.00 – 11.00 WIB. “

The webinar program was opened by Lecturer from the Faculty of Psychology, Dinda Permatasari Harahap, M.Psi, Psychologist as the Moderator of this webinar event, and then continued with remarks from Prof. Dadan Ramdan, M.Eng, M.Sc, Rector of the Medan Area University

Chancellor of Medan Area University, Prof. Dadan Ramdan, M.Eng, M.Sc in his remarks greatly appreciated the activity. Covid-19 pandemic has become a global issue that has had a large impact in almost all fields including in the Economy, Politics, Culture and Education, Social and has also caused social and economic pressures of people in almost all over the world. Many countries are already overwhelmed by the rapid transmission or movement of the Covid-19 virus.

In addition to physical health, mental health is also a serious matter and needs to be considered at the time of the Covid-19 pandemic. The government has given an appeal to reduce Covid-19 transmission including social distancing, quarantine, working from home and so on resulting in major changes in routine habits and daily activities in the community.

Unfortunately it causes mental and psychological health disorders in the community such as depression, stress, insomnia, drug use and others to the extent of worsening anxiety and excessive suspicion to other people around him who are sick.

Therefore, with this webinar activity, he hopes to have a deeper discussion about how to maintain mental health during the Covid-19 pandemic and how our strategies for dealing with mental health problems and how we deal with new normal.

The main speakers at the event were

Dean of the Faculty of Psychology, University of Medan Area
 Dr. Risydah Fadilah, S.Psi, M.Psi, Psikolog
 Universiti Malaysia Sabah
 Dr Noor Hassline Mohamed
 Dean of Faculty Psychology And Education Universiti Sabah Malaysia
 Assoc. Prof. Dr. Sabariah Bt. Sharif.
 Department of Psychology, The Behrend College, Penn State University, Pennsylvania, USA
 Dr Shariffah Rahah Sheik Dawood
 Universiti Putra Malaysia
 Prof. Madya Dr. Wan Marzuki bin Wan Jaafar
 Universiti Of Malaya
 Prof. Dr. Melati Binti Sumari

The first material of the webinar was presented by Dr. Risydah Fadilah, S.Psi, M.Psi, Psychologist. Dr. Risydah Fadilah, S.Psi, M.Psi, Psychologists conveyed the material, namely emotional well-being with emotional spiritual intelligence during the Covid-19 pandemic. on the presentation of the material, Dr. Risydah Fadilah, S.Psi, M.Psi explained that Covid-19 has many impacts on our lives, especially on our mental health such as depression and anxiety. This is not only felt in Indonesia but also other countries. Dr. Risydah Fadilah, S.Psi, M.Psi, Psychologists also explained that we can get through this situation with emotional spiritual intelligence and emotional intelligence that can be used to control negative thoughts into positive

Then the next material was delivered by Ms. Assoc. Prof. Dr. Sabariah Bt. Sharif who delivered her material on student resilience during the Covid-19 outbreak. During a pandemic students are required to learn from home. However, this has an impact on the psychological well-being of students where they have to adjust to new situations. Not infrequently many of the students experience stress with the situation not to mention the difficulty of getting an adequate internet network to do the learning process online in remote places. Assoc. Prof. Dr. Sabariah Bt. Sharif also gave an example of the case of a student who tried various ways to be able to study well even by studying at top of a tree.

The next material was presented by Dr. Noor Hassline Mohamed who delivered her material on modeling activities to develop fine and gross motor skills in children with Down Syndrome. Ms. Noor Hassline Mohamed explained that the pandemic currently facing also had an impact on children with special needs. The role of parents is very important in developing gross or fine motor skills of children with Down syndrome by modeling activities. Ms. Noor Hassline Mohamed also explained what activities could be done to develop gross or fine motor skills of children with Down syndrome.

The next material was delivered by Dr. Shariffah Rahah Sheik Dawood who delivered the material about how to build positive relationships at work. Ms. Shariffah Rahah Sheik Dawood explained how to maintain mental health at work during the Covid-19 pandemic.

The next material was presented by Prof. Madya Dr. Wan Marzuki bin Wan Jaafar who delivered the material about mental health problems at school for school counselors. Prof. Madya Dr. Wan Marzuki bin Wan Jaafar explained how a school counselor to pay attention to their mental health by knowing the signs of stress on them.

The next material was presented by Prof. Dr. Melati Binti Sumari who delivered her material about what a school would be like in a new normal situation. Prof. Dr. Melati Binti Sumari explained that schools must follow the guidelines and recommendations of UNICEF and follow protocols such as providing a place to wash hands, provide hand sanitizers, reduce activities or interactions between students and reduce the number of students in one class

Details of this webinar program can also be viewed on the Official Channel University of Medan Area (https://www.youtube.com/watch?v=a_Z7o-32C34&feature=youtu.be)

