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Subject: Talk On Mental Illness Exposes Students On The Importance Of Mental Health



Unit Komunikasi Korporat
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"UUM : UNIVERSITI PENGURUSAN TERKEMUKA"
(THE EMINENT MANAGEMENT UNIVERSITY)

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News and pictures by Centre for Foundation Studies in Management

TALK ON MENTAL ILLNESS EXPOSES STUDENTS ON THE IMPORTANCE OF MENTAL HEALTH



UUM ONLINE: By the year 2020, mental illness is expected to be the second highest health problem suffered by Malaysians after heart disease based on a study done by the National Health Morbidity. The study found that every three in ten adults aged 16 onwards suffer from various mental health issues.

Realizing this fact, the Academic Exco of the 2018/2019 Foundation Students Association took proactive steps to instil awareness on the importance of mental health to the community through the organisation of a forum entitled, 'Mental Health Forum: What You Need To Know' at the Auditorium, School of International Studies (SoIS) recently.

Deputy Director (Student Development), Centre for Foundation Studies in Management, Dr. Mohamed Ali Haniffa who represented the Director, said mental health should be similarly emphasized just as physical health and mental health problems should not be underrated because the public stigma labels a person with mental illness as insane.

Two experienced panels were invited. Dr. Yusni Yusuff, Children and Adolescent Psychiatrist Consultant from the Sultanah Bahiyah Hospital, enlightened attendees on various aspects of mental health, while Prof. Dr. Noor Azniza Ishak from the School of Applied Psychology, Social Work and Policy (SAPSP) shared her experience in counselling and social psychology. Mdm. Norazita Marina Abdul Aziz who is a Lecturer of Language Studies, Civilization and Philosophy (SLCP) moderated the forum.

Prof. Dr. Noor Azniza said experts in the field believed that IQ can no longer be the determinant of a person's success and the CGPA will not be the determinant of everything.

"Now, the companies no longer just look at academic qualifications but they rather look at the way you communicate and your personality that is EQ. Spiritual Quotient (SQ) allows IQ and EQ to function effectively, " she said.

A student of the Centre, Ms. Nursyafiqah Hapiz said the forum managed to provide a thorough explanation of mental illness and successful instilled in her the awareness of the maintaining good mental health.

In addition, she also found the tips shared by the panellists on controlling stress and ways to get treatment especially helpful.

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