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Exploring The Characters and Values Developed from Psychology Students' Experiential Learning During Internship at Psychiatry Clinic

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ABSTRACT

Background:

This qualitative study explores the character and values developed from exposure towards experiential learning psychology students gained through their internships at psychiatry clinic in a Malaysian university hospital. The research aims to identify how students view the relationship between their experiential learning experiences and their psychological well-being and identify activities that most effectively instil positive character strengths in these students.

Method:

Using a grounded theory approach, data was collected through the document analysis of written reflections submitted by final-year psychology degree students and second-year clinical psychology master students from various Malaysian universities at the end of their internship. The sample size was 9 students. It was determined through theoretical sampling, with data collection continuing until theoretical saturation was achieved.

Results:

Three themes emerged from the analysis: (1) the nurturing workplace environment, (2) the empowerment gained from experiential learning, and (3) personal growth through direct engagement with clients.

Conclusion:

The findings of this study are expected to enhance the understanding of how experiential learning in psychiatry settings affects the mental well-being of psychology students and the development of character strengths. These insights would be valuable for supervisors that oversee psychology interns; contributing to the design of more effective supervision practices that nurture students' well-being and professional growth.



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Keywords: Mental wellbeing; Psychology Students; Experiential Learning; Reflective Practice; Malaysia

Biodata:

Afiqah Syahirah Mansor and Ain Nabilah Mohamad Nawi are fourth year medical students in Kulliyah of Medicine in International Islamic University Malaysia. Currently, they are in elective posting (research) under the supervision of Dr Nadzirah Ahmad Basri.

Dr Nadzirah Ahmad Basri is an Assistant Professor and clinical psychologist working in the Department of Psychiatry, Kulliyah of Medicine at International Islamic University Malaysia in Kuantan, Pahang. She practises at the university hospital while supervising clinical psychology trainees at the Psychiatry and Mental Health Clinic at Sultan Ahmad Shah Medical Centre. Her main research interests include university students' mental wellbeing and religiosity and spirituality wellbeing among psychiatry clients.

Ummu Zakirah Abdul 'Azzam was a final year psychology student in AbdulHamid AbuSulayman Kulliyah of Islamic Revealed Knowledge and Human Sciences in International Islamic University Malaysia. She did her internship at Sultan Ahmad Shah Medical Centre.