



3RD-4TH NOVEMBER 2024, IDCC IDEAL CONVENTION CENTRE, SHAH ALAM, SELANGOR, MALAYSIA

The Suri-Permai Program: Mental Health for Malaysian Housewives

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ABSTRACT

Background:

Housewives play a crucial role in maintaining the well-being of families, yet there is a lack of mental health programs tailored to their needs in Malaysia. The Suri-Permai Program, created by the Psychiatry Department of Universiti Teknologi MARA (UiTM), addresses this gap by focusing on improving coping skills and mental health among housewives.

Project details:

The Suri-Permai program is co-organized by the Psychiatry Department of UiTM with Persatuan Suri Rumah Rahmah Malaysia, a non-governmental organization that carries out training, development, research and advocacy related to housewives. It consists of 7 modules delivered by UiTM psychiatrists and clinical psychologists to housewives throughout Malaysia via 4 webinars, from June to September 2024.

Module 1 - Emotional Regulation and Coping, teaches skills on identifying, acknowledging and regulating emotions. Module 2 - Problem-Solving Skills, provides housewives with effective problem-solving techniques for dealing with day-to-day issues. Module 3 - Communication Skills, educates on effective versus ineffective communication techniques. In Module 4 - Anger Management Techniques, teaches housewives on effective ways to manage anger. Module 5 - Cognitive Restructuring, educates on brief cognitive behavioural techniques, altering automatic negative thoughts, regulating emotions and translating those into positive behaviour. Module 6 - Relaxation Techniques, teaches participants techniques such as deep breathing techniques, progressive muscle relaxation, thought-stopping and thought distancing. Module 7 - Parenting Skills, educate mothers on how to manage their children effectively and produce positive behaviours.

Outcomes:

Utilizing the Brief-COPE, the coping skills of each participant will be measured before and after completing the 7 modules. The Suri-Permai Program is expected to improve the emotion-focused and problem-focused coping while reducing the maladaptive coping mechanisms of participants.



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Conclusion:

The Suri-Permai Program is an innovative project aimed towards improving the mental health of housewives in Malaysia, filling the gap for this often overlooked but important demographic.

Keywords: Coping; Mental health; Housewives; Women Empowerment; Malaysia

Biodata:

Dr Iman Mohamed Ali is a psychiatrist and lecturer at Universiti Teknologi MARA. She has been involved in various mental health projects for the poor, women, and children over the past 10 years.

Dr Nor Hidayah Jaris is a psychiatrist and senior lecturer with Universiti Teknologi MARA. She has many years of experience in philanthropy, actively involved in non-governmental organizations working to improve mental health among women, children, and the needy.

Assoc. Prof. Dr Salmi Razali is a consultant psychiatrist and senior lecturer with Universiti Teknologi MARA. She has a PhD in Women & Perinatal Mental Health and over 20 years of experience with mental health research and programs among women.

Dr. Nurul Azreen Hashim is a consultant psychiatrist, senior lecturer, and the Head of the Department of Psychiatry at Universiti Teknologi MARA. She has multiple years of experience in rehabilitation programs for mental illness and managing mental health among women.

Assoc. Prof. Dr Salina Mohamed is a consultant psychiatrist and senior lecturer with Universiti Teknologi MARA. She has many years of experience in Consultation-Liaison Psychiatry, managing mental illness, and advocating mental health among people with medical illness.

Dr Nur Faizah Ali is a consultant psychiatrist and senior lecturer with Universiti Teknologi MARA. She has vast experience in organizing mental health programs and corporate communications, managing mental illness, and advocating mental health.

Dr Sakinah Idris is a clinical psychologist and lecturer with Universiti Teknologi MARA. She has 10 years of experience in managing children with autism spectrum disorder. She is actively involved with philanthropy works in various women's mental health projects.

Mdm. Siti Aminah Omar is a clinical psychologist and lecturer with Universiti Teknologi MARA. She is actively involved in various mental health programs and research. She has vast experience managing mental illness among women and advocating mental health.

Mdm. Nur Aini Mohamad Mashudi is a full-time housewife & contributes actively as AJK of SRR. She, who has Bipolar II Disorder, is known as Usahawan Harapan Negeri Selangor in Liga Usahawan OKU 2022/2023. She is actively involved with spreading awareness works in various women's mental health projects such as Depresi Bukan Gila (DBG), ML Studio, Mentari Hospital Sg. Buloh and Suri Permai, Hospital UiTM.



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Mdm. Rose Jazimah Abdul Jalil is the President of Persatuan Suri Rumah Rahmah Malaysia. She has a Master's degree in Science (Bioinformatics) from Universiti Kebangsaan Malaysia. She is a strong advocate for the issues and recognition of housewives as the main players in the Malaysian economy.

Mdm. Siti Suzilah Saini is the Vice President of Persatuan Suri Rumah Rahmah Malaysia. She has vast experience of 15 years in customer services and the banking sector and has been a housewife for 6 years.

Mdm. Siti Nur Farhana Miskom is a dedicated housewife and entrepreneur who transitioned to full-time homemaking in 2021 after the COVID-19 pandemic. Despite her responsibilities at home, she continues to pursue her passion for business and community engagement. In 2023, she joined Persatuan Suri Rumah Rahmah Malaysia, serving as the Head of External Relations for the committee. She is deeply passionate about inspiring others and actively involves herself in community initiatives.

Mdm. 'Izzati Farhana Mahadzir is an alumna of Al-Azhar University, Egypt, and a graduate of Open University Malaysia, Faculty of Social Sciences and Humanities. She has dedicated her life as a housewife since 2011. She has experience as a Quran and Fardhu Ain instructor and often shares about family matters on social media.

Mdm. Mimie Nazlly Akma Ja'amat is a full-time housewife with 12 years of experience. She serves as a committee member of the External Relations Unit of SRR and has participated in various activities, including the 2023 Housewife Convention and directing a women's and Ramadan talk program. Additionally, she has been involved in the Free Market program, Mini Carnival in Shah Alam, TIPS Kuala Selangor, and the Health Carnival with PKDHL.