

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

The Suri-Permai Program: Mental Health for Malaysian Housewives

Iman Mohamed Ali^{1*}, Nor Hidayah Jaris¹, Salmi Razali¹, Nurul Azreen Hashim¹, Salina Mohamed¹, Nur Faizah Ali¹, Sakinah Idris¹, Siti Aminah Omar¹, Nur Aini Mohamad Mashudi², Rose Jazimah Abdul Jalil², Siti Suzilah Saini², Siti Nur Farhana Miskom², 'Izzati Farhana Mahadzir², Mimie Nazlly Akma Ja'amat²

¹Department of Psychiatry, Faculty of Medicine, Universiti Teknologi MARA, Puncak Alam, Selangor, Malaysia

²Persatuan Suri Rumah Rahmah Malaysia,

* Correspondence: imanali@uitm.edu.my

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. The Program 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.

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.

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.

REFERENCES

1. Bacillar, Mehmet & Uslu Ak, Busra. (2022). Evaluation of Depression and Life Satisfaction of Housewives in Istanbul, Turkey. 14. 540-546.
2. Brown, G. W., & Harris, T. (1978). Social Origins of Depression: A Study of Psychiatric Disorders in Women. Free Press.
3. Durak, M., Senol-Durak, E. & Karakose, S. Psychological Distress and Anxiety among Housewives: The Mediation Role of Perceived Stress, Loneliness, and Housewife Burnout. Curr Psychol 42, 14517- 14528 (2023).