



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

## The Suri-Permai Module Book: A Mental Health Guide for Malaysian Housewives

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### ABSTRACT

#### Background:

Housewives play important roles in the welfare of families but often struggle with mental health issues. The Suri-Permai Module Book aims to improve housewives' mental health by providing an easy reference for support, education, and practical strategies to strengthen their well-being and family life.

#### Project details:

The Suri-Permai Module Book is a collaborative effort between the Department of Psychiatry Universiti Teknologi MARA (UiTM) and Persatuan Suri Rumah Rahmah Malaysia (SRR), a non-governmental organization that carries out training, development, research, and advocacy related to housewives. The book will be written from January to March 2025 and published from May to June 2025. It includes 7 modules on mental health for housewives written by UiTM psychiatrists and clinical psychologists and lived stories about housewives' experiences written by members of the SRR.

Module 1: Emotional Regulation and Coping focuses on recognizing and managing emotions. Module 2: Problem-Solving Skills teaches effective strategies for dealing with daily challenges. Module 3: Communication Skills helps distinguish between effective and ineffective communication. Module 4: Anger Management provides techniques for controlling anger. Module 5: Cognitive Restructuring offers ways to change negative thoughts into positive actions. Module 6: Relaxation Techniques teaches stress-reduction methods like deep breathing and progressive muscle relaxation. Module 7: Parenting Skills guides mothers on managing children's behaviour.

Each module will be accompanied by real-life stories from housewives as examples of good coping mechanisms in their daily lives and compared with previous ways of coping while providing comfort to the reader for shared struggles.

#### Outcomes:



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

The book is expected to be a mental health guide for housewives, with easy references to good coping mechanisms for managing their families and daily lives.

### **Conclusion:**

The Suri-Permai Module Book is an innovative project aimed at providing a guidebook to strengthen the mental health of housewives.

**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



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

various women's mental health projects such as Depresi Bukan Gila (DBG), ML Studio, Mentari Hospital Sg. Buloh and Suri Permai, Hospital UiTM.

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 alumnus 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.