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

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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

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. Sales from the books will also provide an income generation for the SRR to support other housewives in the future.

CONCLUSION

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

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