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Bridging Emotional Intelligence and Cyber Literacy: A Holistic Approach to Mental Resilience in Malaysia's Youth

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ABSTRACT

Background:

The "DAMAI 2024: Empowering Mental Resilience through Emotional Intelligence and Cyber Skills" program was created to address the rising psychological and emotional challenges faced by Malaysia's youth, particularly in navigating the digital world. Issues like cyberbullying, social media addiction, and online safety pose significant risks to their mental well-being. The program aims to equip these youth with tools to enhance emotional intelligence, manage stress, and build resilience, enabling them to navigate the digital world while maintaining their mental well-being.

Project details:

The DAMAI 2024 program will engage 500 youth in a series of workshops and practical sessions focused on emotional intelligence, cognitive-behavioral therapy (CBT), stress management, and digital safety. Participants will learn to recognize and counter cyber threats such as cyberbully, body shaming, and online addiction. The program will also emphasize digital balance, integrating healthy habits like exercise, nutrition, and sleep hygiene. Through interactive methods such as role-playing and simulations, the program encourages active listening, empathy, and conflict resolution. Key stakeholders include educators, mental health professionals, and community leaders.

Outcomes:

Expected outcomes include enhanced emotional resilience, improved self-confidence, and effective coping strategies for cyber-related threats. Participants will gain critical social skills,



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AI literacy, and will adopt a balanced approach to technology use and be better equipped to handle life transitions, such as moving from school to work or university.

Conclusion:

DAMAI 2024 is significant as it addresses the critical mental health challenges of B40 youth in a technology-driven world. By integrating emotional intelligence with cyber skills training, the program offers a holistic approach to well-being, making it a pioneering model for youth empowerment in the digital age.

Keywords: Coping; Emotional Resilience; Cyber Skills; Youth Empowerment; Malaysia

Biodata:

Dr Nathratul Ayesah Zulkifli is an expert of Psychological Medicine, with deeply interest in Child and Adolescent Psychiatry. Her passionate and undivided attention towards the future of children, their resilient and emotional regulation. She is now pursuing her goals for Family Therapy and Trauma Focus Therapy certificate, in order to create awareness and empower the sense of self, self esteem and towards more resilient youth in the future.

Dr. Rafiqi Hehsan is a dual expert in clinical anaesthesiology and critical care, with a unique blend of expertise in Islamic studies. He is passionate about bridging medicine and faith, dedicating himself to empowering youth by fostering emotional and cyber resilience through an Islamic and medical approach.

Prof Ts Dr Madiah Mohd Saudi an outstanding Profesor, expert in Information Security & Assurance (ISA) Programme from Faculty of Science & Technology (FST), Universiti Sains Islam Malaysia (USIM), cyber security expert, specializing in Mobile Security, Data Privacy, Machine Learning & Cyber Physical System (CPS).

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