

# Mental Health

Prof. Dr Ramli Musa  
Consultant Psychiatrist  
IIUM  
[www.ramlimusa.com](http://www.ramlimusa.com)

1. APA itu kesehatan?

What is health?

# Why we need to learn psychology?

## Human components

**Human** = physical (biology)

+

Intellectual (mind)

+

social (family) & psychological (mind) emotion

+

Spiritual

**Bio-psycho-social-spiritual** model

WHO Health; **Physical, mental & social**

# What is Stress ?

- stress is a disruption of homeostasis, which may be triggered by alarming experiences, either real or imaginary.
- an unpleasant state of emotional and physiological arousal that people experience in situations that they perceive as dangerous or threatening to their well-being

# DEFINISI

1. Suatu kejadian tidak diinginkan yang menimbulkan respons dari seseorang individu.
2. Situasi yang mengakibatkan seseorang **perlu lakukan perubahan**
3. Fisiologi, psikologi atau sosial
4. Yang mempunyai badan mungkin langsung tidak menyedarinya

# Signs of stress

- Emotion & Physical

# Stress ; Good or bad ?

- Stress can have both **positive and negative** effects.
- Stress is a normal, adaptive reaction to threat. It signals danger and prepares us to take defensive action.
- Stress also motivates us to achieve and fuels creativity.
- **Bad** : Chronic (berpanjangan) & overwhelming (ketara/teruk)

# 1) Stress

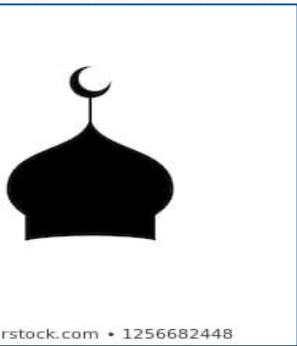
Prolonged & Overwhelming



Genetic

**Personality**  
(introvert)  
**Coping Styles**

Lack of  
Social/Family  
Supports



**ILLNESS**

- 1. Anxiety disorders**
- 2. Depressive disorders**
- 3. Psychosis**
- 4. Substance abuse**





PENYAKIT	TANDA <sub>2</sub>	NAMA PENYAKIT
1. Psychosis	hallusinasi; mendengar suara ghaib DLL	Schizophrenia, Pikosis dadah
2. Mood	sedih, murung mania; terlalu gembira	Kemurungan Bipolar
3. Anxiety	risau, gemuruh, takut, sesak nafas	Panic disorder, Obsessive Compulsive Disorder, Phobia, Trauma (PTSD)
4. Kanak-kanak ;	Dalam dunia sendiri, komunikasi Hyperactive	Autism, Hyperactive, Pembelajaran DLL Conduct Disorder
5. Org tua ;	Lupa	dementia, delirium DLL

## RULE of 5

	<b>Domains</b>	<b>symptoms</b>	<b>Examples</b>	<b>Prevalence</b>	<b>Medication</b>
1	<b>Psychosis</b>	Hallucination Delusion	<b>Schizophrenia</b> Drug induced psychosis	1%	antipsychotics
2	<b>Mood</b>	High; Low; sadness	<b>Bipolar Mania</b> Depression/ <u>kemurungan</u>	2% <b>20%</b>	Antidepressants Mood stabilizers
3	<b>Anxiety</b>	Palpitation/ berdebar Anxious Tremor SOB Cold	Panic disorder Phobia Obsessive Compulsive disorder PTSD	<b>15%</b>	antidepressants
4	<b>Children</b>		Autism Hyperactive ADHD Conduct disorder	10%	- Special education - Methylphenidate
5	<b>Elderly</b>	Forgetfulness Confusion	Dementia/ <u>nyanyuk</u> Delirium/confused	2%	

# Kategori Punca stres

- TEKANAN MIKRO
- Tekanan dalam hidup seharian
- E.g. traffic jam, kurang kerjasama dari suami & anak-anak dll.
  
- TEKANAN MAJOR
- 'life events' - SSRS

# COMMON CAUSES OF STRESS

- 1. Catastrophic events:**  
Large earthquakes, hurricanes, wars
  - 2. Major life changes, positive or negative:**  
Marriage, divorce, death of a parent, beginning a new job, starting college
  - 3. Minor hassles: Standing in line, traffic jams, noisy environments**
- **Adjustment in life, new role (promotion, marriage).**
  - Events: births, deaths, reunions, weddings, divorce, moving.
  - Responsibilities: Unpaid bills, lack of money
  - Work/study: exams, rush hour traffic, project deadlines
  - Personal relationships: conflict, deception
  - Lifestyle

# PUNCA-PUNCA STRESS

Pekerjaan	46%
Keluarga	34%
Kehidupan sosial	22%
Masalah peribadi	14%
Masalah kesihatan & kurang kemahiran profesional	13%

# Faktor Individu

- Individu berbeza – nilai ambang berbeza
- Gabungan pelbagai faktor yg boleh mempengaruhi stress:
  - Kualiti ketahanan & optimis seseorang
  - Pengalaman lalu
  - Persepsi sama ada keadaan terancam/ tidak.
  - Sistem sokongan

*(Steptoe 1993, Friedman 1990)*

## Early warning signs.

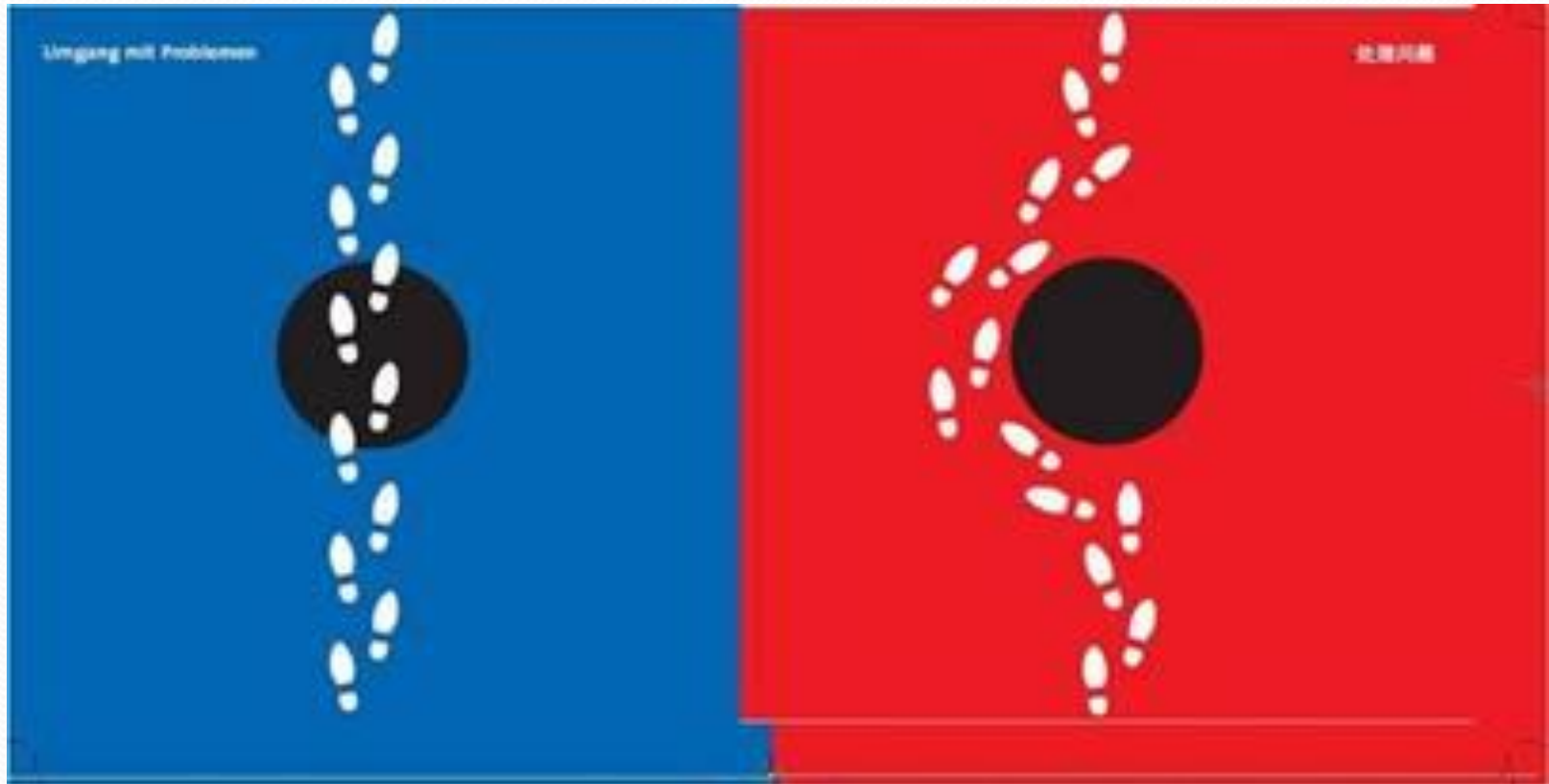
1. Chronic fatigue - exhaustion, tiredness, a sense of being physically run down
2. Anger at those making demands
3. Self-criticism for putting up with the demands
4. Negativity, and irritability
5. Exploding easily
6. Frequent headaches and gastrointestinal disturbances
7. Weight loss or gain
8. Sleeplessness and depression
9. Shortness of breath
10. Increased degree of risk taking



The more you give, the more you will get



# Handling the challenges; facing vs. avoiding **KNOW YOUR LIMITATIONS !!**



# Expectation---Reasonable, realistic, achievable



# EXPECTATIONS

vs.

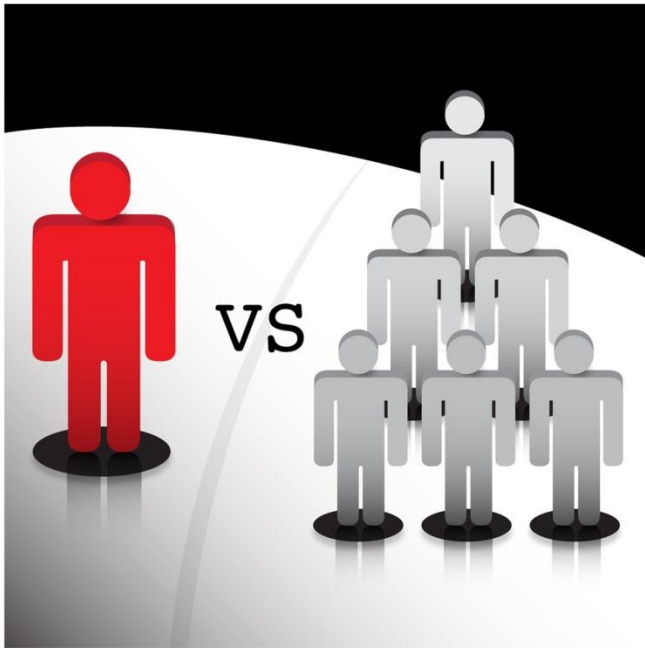
# REALITY

$$\text{DISAPPOINTMENT} = \frac{\text{EXPECTATION}}{\text{REALITY}}$$



# Dimension

# Togetherness



**THE TEAM, NOT THE INDIVIDUAL  
IS THE ULTIMATE CHAMPION**



# JOM EXERCISE

29:2

أَحْسِبَ النَّاسُ أَنْ يُتْرَكُوا أَنْ يَقُولُوا ءَامَنَّا وَهُمْ لَا يُفْتَنُونَ ﴿٢﴾

Copy

SAHIH INTERNATIONAL

Do the people think that they will be left to say, "We believe" and they will not be tried?

29:3

وَلَقَدْ فَتَنَّا الَّذِينَ مِنْ قَبْلِهِمْ <sup>صَلِّ</sup> فَلْيَعْلَمَنَّ اللَّهُ الَّذِينَ صَدَقُوا وَلْيَعْلَمَنَّ الْكٰذِبِينَ ﴿٣﴾

Copy

SAHIH INTERNATIONAL

But We have certainly tried those before them, and Allah will surely make evident those who are truthful, and He will surely make evident the liars.



# Islamic approach

- **Iktiar Tawakkal**
- **Qada' Qadar**
- **Redha**
- **Konsep sabar**
- **Submission**
- **Terapi sujud vs yoga**
- **Quranic recitation vs Breathing technique**
- **Concept of Moderation**
- **Decision making**

# 1. Problem Solving

- Brainstorm the problems
- Prioritize the problems
- Brainstorm the possible solutions
- Prioritize the solutions
  
- **ACTION**
- Revise if problem has not solved



# Decision making

## Decision A

- Pro(s); 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
- Con(s) ; 1, 2

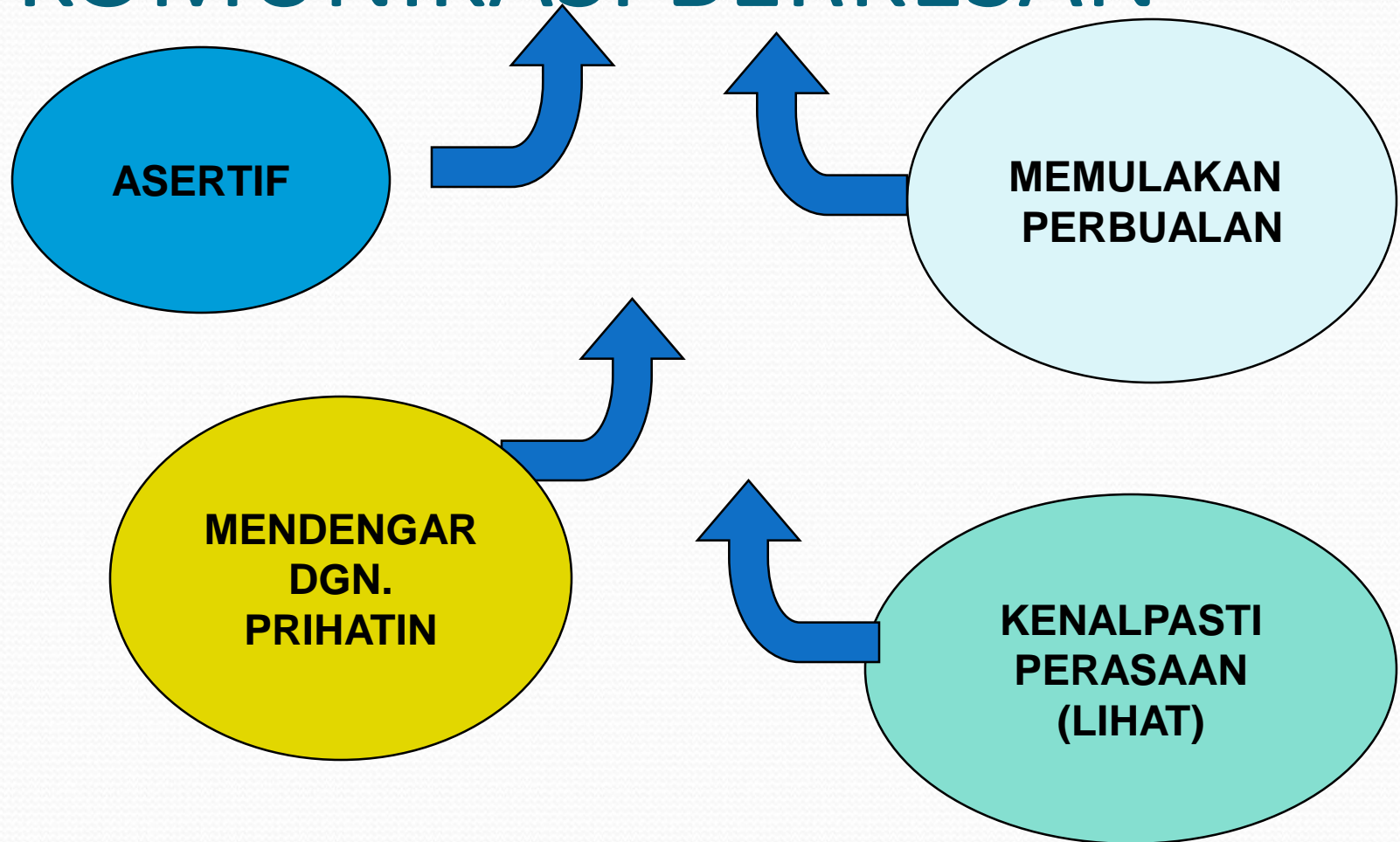
## Decision B

- Pro(s); 1, 2, 3
- Con(s); 1,2,3,4,5,6,

# PENGENDALIAN STRESS: COPING ABILITIES

- Def.: Usaha yang dibuat untuk menangani situasi yang menimbulkan stress
- Dua jenis utama:
  - Problem-focused (tumpuan pada masalah)
  - Emotion-focused (tumpuan pada emosi)
  - Avoidance

## 2. KOMUNIKASI BERKESAN



# TEAM WORK !!

# 3. MENGENDALIKAN KRITIKAN

- Kritikan boleh membantu utk kenalpasti tingkahlaku kita yang:
  - Mengganggu orang lain
  - Menyebabkan orang tidak suka pada kita
  - Menyusahkan diri kita
- Belajarlah utk dengar kritikan & pilih sama ada anda mahu lakukan sebarang perubahan.
- Anda tidak perlu percayai setiap kenyataan yg orang buat tentang diri anda. Anda boleh menerima atau menolak kritikan.

# Mengendalikan Kritikan

<b>Benar &amp; bersifat membina</b>	<b>Akui kesilapan anda Pohon kemaafan Ambil langkah utk betulkan keadaan</b>
<b>Benar, tetapi tidak membina</b>	<b>Akui kesilapan anda Bersikap tegas dlm tangani penghinaan Ambil langkah utk betulkan keadaan</b>
<b>Tidak benar</b>	<b>Dapatkan maklumat tambahan Perbetulkan salah tanggapan</b>
<b>Tidak jujur &amp; tidak pasti kebenarannya</b>	<b>Cuba bersetuju setakat yg boleh Dapatkan idea-idea baru.</b>



# 4. Pengurusan Masa

## Time Management

- **Important Vs. Urgent**
- Buat senarai tentang perkara yg perlu dilakukan & keutamaannya
- Agihkan masa yg sesuai & laksanakan
- DIARY
- Jarakkan perubahan dlm hidup anda:
- Beri diri anda masa utk sesuaikan diri dari satu perubahan kpd yg lain.

## 2. Sikap Asertif

- Tunjukkan diri anda yg sebenar:
  - Buangkan pendapat bahawa semua orang perlu menyukai anda
  - Buangkan pendapat bahawa jika orang tidak menyukai anda, anda telah gagal dlm hidup
  - Buangkan pendapat bahawa utk disukai, anda perlu lakukan apa yg org lain hendak anda lakukan
- Hargai diri anda
- Berani berkata “TIDAK”

# Anger – ‘Good’ or ‘Bad’ ???



**Anger is caused by a combination of an irrational perception of reality and a low frustration point.**

# Cara menunjukkan kemarahan yang tidak sesuai

- Bersikap menyerang
- Sifat pasif
- Menyerang secara pasif
- Mengelakkan diri
- Penafian

# Pengendalian konflik & kemarahan

- Menyelesaikan konflik
  - Bincang dengan semua yang terlibat
  - Akui adanya konflik
  - Galakkan perbincangan menggunakan pernyataan “saya”
  - Pastikan setiap pihak fahami keadaan: konflik nilai, matlamat, jalan menuju matlamat, territory atau semua?

# Parenting Styles; Skil Keibubapaan

# Types Of Parenting

1. **Authoritarian / disapproving (Sangat Berkuasa)**= very strict, not entertaining the child's opinion. "follow what I said without excuse". Reprimand, punishes for emotional retaliation
2. **Neglecting / dismissing (abai)**= doesn't care about the child's whereabouts,
3. **Indulgent/permissive (Terlebih manja)**= pampering the child, borderless freedom, no set limit, little guidance
4. **Authoritative** = set limit, in-control yet they are willing to listen of child's view, warm and affective.

# Rasulallah S.A.W.

0-7

- Full of love
- Still has min degree limits

7-12

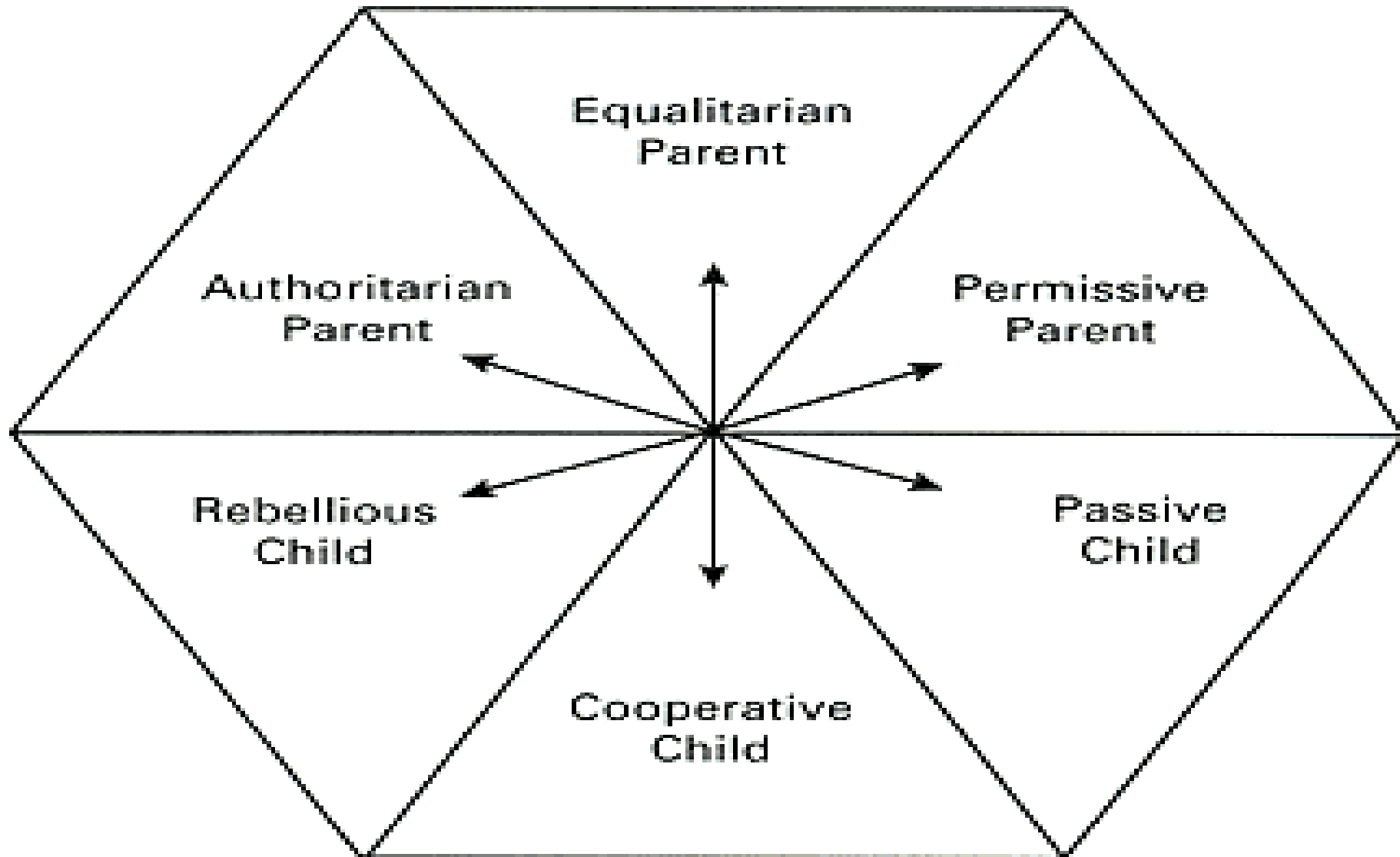
- Set limit +++
- Instill responsibility

>12

- As friend
- Guidance + freedom



# PARENTING STYLES



# CHILD TYPES

# Work-life Balance

- proper prioritizing between "workaholics" (career and ambition) on the one hand and "lifestyle" (Health, pleasure, leisure, family and spiritual development/meditation) on the other. Related, though broader, terms include "lifestyle calm balance" and "life style choices"