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# 6<sup>th</sup> International Innovation & Design in Library & Information Science Competition (InDeLib2023)



## MAPPING THE LIBRARY OF TOMORROW THROUGH INNOVATION

### Editors

Asmadi Mohammed Ghazali  
Abd Latif Abdul Rahman  
Zuraidah Arif  
Zati Atiqah Mohamad Tanuri

Dewan Perdana,  
UiTM Kedah

9  
Nov  
2023



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Perpustakaan Negara Malaysia

eISSN 3030-6078



9 773030 607006

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**Published by:**

Universiti Teknologi MARA (UiTM) Kedah Branch  
08400 Merbok  
Kedah Darul Aman



## PREFACE

The first International Innovation & Design in Library & Information Science Competition (InDeLib) was held in 2016 at the international level. InDeLiB became a brand name linked to the Faculty of Information Management, UiTM Kedah Branch, known to many local and international learning institutions. InDeLib is open to all organizations (libraries), librarians, professionals, researchers, academicians, teachers, and students from institutes of higher learning, college, secondary and primary schools. They share their ideas or methods throughout innovation and invention, particularly in library and information science. The 6<sup>th</sup> InDeLib 2023 is endorsed by the Librarians Association of Malaysia and the National Library of Malaysia.



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## MELEWAR BUDDYZ BIBLIOTHERAPY

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### Abstract

Libraries in educational institutions, including schools and teachers' educational institutions, need to keep pace with the needs of the 21st century. Today, periodicals and print books are not the only available resources. The essential element of the Library of Tomorrow, which creates a space for all, has been widely practised in Malaysia. When mentioning a library, a close image with it is books. Books are closely related to scientific culture. In the Al-Quran, the first Ayah Al Quran to Prophet Muhammad SAW, (PBUH), it is the word Iqra' in Surah Al Alaq, (AlQuran), which means Read (S.S Datuk Dr. Zulkifli Bin Mohamad Al-Bakri, 2016) This Surah Al-Alaq explains that Allah SWT created man and glorified him by teaching him to read, write and give him knowledge (Khairul Asyraf & Mohd Sukki, 2021). Books also serve as therapy material for counselling clients. Bibliotherapy or bibliotherapy comes from the Greek word biblus, which means book. At the same time, the word therapy or therapy refers to psychological help (Crenshaw., 2010). Bibliotherapy is now necessary, as the world of information is based on reading, both in print and digital form (Asep Solikhin, 2015). Furthermore, since the outbreak of the COVID-19 pandemic, which the WHO announced in March 2020 (World Health Organization, 2020), the statistical increase in mental health cases every year shows the need for the empowerment of existing prevention efforts (Shahril Nizam Zulkipli, 2023) The Biblio-Counseling approach is seen as a reading material technique that is chosen to form a more positive self-development and student personality. In addition to reading books in print media, this method is also through reading in digital media. The researcher also developed an online reading method. As a result, the study school's increased students passed 100% in Bahasa Melayu and Sijil Pelajaran Malaysia History 2022. This module has been applied in two secondary schools in Seremban, Negeri Sembilan and Arau, Perlis. This approach was also shared with the Education Technology Resource Sector Officer of the Perlis State Education Department in 2022, Brunei Darus Salam in 2019 and the Negeri Sembilan Education Department in August 2023. This approach forms a positive self-concept, increases motivation, relieves emotional stress and boredom, discusses problems openly, explores various options for solving problems and gives students common sense. In conclusion, let us all take the spirit of the first verse al-ayah from Al Quran Al Kareem, the revelation which is Iqra' (Read) (AlQuran). Hence, it has become a culture for us to step forward in studying and gaining as much knowledge as possible.

### Novelty & Uniqueness

Bibliotherapy is one of the most extensively used therapy techniques in the world. Samuel McChord Crothers (1916) wrote the first article A Literary Clinic about the Bibliopathic Institute run by Dr. Bangster, where books are used as a medium of expressive therapy involving certain materials as a method of treating the soul and heart (McChord, 1916). During the First World War, books were one of the therapies used to treat patients. The patient feels calmer and stable and can even overcome the pain by reading. Bibliotherapy also means sharing books or stories to help individuals or groups look into emotional and spiritual problems (Pehrsson, 2007). In more detail, sharing books or stories can help heal and stabilize emotions and the soul (Forgan, 2002).

### Innovation Uniqueness

The community has hotly discussed the issue of students failing the Malaysian Certificate of Education. Some students do not qualify for an SPM certificate or fail the SPM exam in 2021 (Harrith Hisham, 2022). While the issue at the researcher's action research school is the SPM 2022 candidate students

who failed the Malay Language and History Examination in the 2022 Intermediate Examination. As a counsellor, the researcher takes a psychological approach to helping these students.

It can also be seen that the counsellor's role and approach in counselling are huge in the rehabilitation program (Vemala, 2013). A survey study conducted by Monica (2014) found that activities counselling in the form of education, development of educational projects, training to improve attitudes and values in teachers, development of training relationship and communication skills as well as analytical and processing skills and skills in using information technology and career planning can help in preventing students from failing in school (Monica Moraru, 2014). After a cross-sectional study in the field, the researcher used the Bibliotherapy Creative Art Therapy approach in individual and group counselling sessions. In addition, teachers' acceptance of students as valuable people. Those aspects stated are a psycho-pedagogical factor.

### **Innovation Implement in Creativity**

Therapists and counsellors have used bibliotherapy to aid individuals with emotional problems through reading. Depending on the type of reading materials, it has been argued that this type of therapy works well with all ages (Pledge, 2004). Bibliotherapy can be one of the best platforms for Malaysian citizens to better understand that they can treat their minds and their souls without using any medicine. Our clients didn't involve high costs and were able to control themselves from finding a way to self-destructive exit.

The researcher found that this bibliotherapy method can help the researcher's client who gets self-reliance from his problem. Through the Healthy Mind Screening conducted by the researcher, the selected client was given guidance in using bibliotherapy as one of the mediums for the client to release the stress experienced. Furthermore, the issue of mental health is a global issue, especially post-Covid19. Every three out of 10 Malaysians aged 16 and above (or 29.2 per cent) experience various mental health problems. Based on the National Health and Morbidity Survey (NHMS) report, in 2023, 424,000 children in Malaysia experienced mental health issues throughout the past year and the trend is seen to be increasing post-COVID-19 (BERNAMA, 2023).

The research participants, or called clients in counselling psychology terms, were found to be interested and severe when given books. The researcher has given books that are suitable for the client. For example, a client has stress problems after his parents' divorce. Hence, the client cannot concentrate on the teacher's teaching and learning process in the classroom. Then, the counsellor gave reading materials in the form of books about the lives of people who have gone through the experience of a divorced family. However, in the end, they succeeded in their lives.

Among the benefits obtained by this client after reading this storybook is that the client has experienced intellectual literacy. For example, the client often blames his cheating father for his parents' divorce. However, after reading the books and under the guidance of a counsellor, the client can make peace with his life's destiny. The client begins to understand his destiny; there is wisdom that God will give in the future.

The client's mind will think openly about their hidden emotions and feelings. People can express feelings and solve problems innovatively to overcome fear in themselves. The counsellor guides the clients.

In this programme, the researchers were provided specific examples of books that successfully treat people with mental health conditions through bibliotherapy. This situation would add credibility to the claim that bibliotherapy is an effective treatment for specific individuals. Expand on the limitations of bibliotherapy and explain why it may not be effective for individuals with severe depression or other mental health disorders. This circumstance would help readers understand the scope of bibliotherapy and when it should be used as a treatment option.

Reading can provide an emotional and intellectual experience that helps individuals temporarily forget their problems. It can also offer a new experience in the world of fiction and new knowledge. Reading stories about other people (biographies) or different situations helps individuals understand and develop empathy for other people.

Reading can help improve cognitive skills such as memory, problem-solving and analytical skills. Books with the concept of solving emotional problems in psychology can deal with the difficulties of an individual experiencing trauma and difficult situations. Initially, the researcher only gave books of reading materials by other writers. However, after the researcher has produced books,

the researcher also includes the researcher's work with their clients as their bibliotherapy material. As a result, the five people targeted by this counsellor study have passed the 2022 SPM Examination and are eligible for the Malaysian Certificate of Education. In conclusion, although reading is a therapy, professional therapy counsellors are still needed as more specific guidance and counselling experts focus on current needs.

### **Creativity**

During the Movement Control Order, the Bibliotherapy process was started through an online guidance class with the researchers and students. The researchers distribute digital readings, motivational videos, and career direction information to the Telegram group. More extended writing, reading, infographics, and videos are included on the YouTube channel.

After that, the researchers will write and publish a book in print media during the MCO 2020 until 2022. So, the researcher developed the website <http://cgkaunseling.blogspot.com> as a medium for reading useful digital material in simple language. Reading on this blog has been taken marks as a NILAM Project for students at SMK Tunku Ampuan Durah, Seremban.

The word NILAM also referred to as Nadi Ilmu Amalan Membaca, refers to a combination of all reading promotion activities carried out in schools with appropriate recognition. The State Education Resource Center and Education Technology Division, Ministry of Education Malaysia, organized the NILAM Project.

The researchers developed an educational YouTube website as an Educational medium. The link Youtube Education:

- i. <https://www.youtube.com/c/AsmaAhmad>
- a) The story from my book, Legasi Emak: Ikan Bakar Air Asam, 2021. Motivational Video Through Mother's Legacy Series Books: Thank you, mom. The Story of a Physically Disabled Teacher #disabled #OKUFizikal #bangkitsemula – YouTube <https://www.youtube.com/watch?v=a7XBPNK2uqE&list=PL3cmDIlol8wS7WjY1Ps3AUvFICEAO1K97>
- b) The story from my book, Legasi Abah; Lelaki Langit Kejora, 2021. ideo School Resource Center Collaboration with SMK Arau Counselling Unit <https://www.youtube.com/watch?v=NXsimVXd7o8>
- c) An example of a book review with Perlis State Library: [https://www.youtube.com/watch?v=GbXQdBBvK7o&list=PL3cmDIlol8wTkHmCwOTYJE\\_3YrtYPuw2V](https://www.youtube.com/watch?v=GbXQdBBvK7o&list=PL3cmDIlol8wTkHmCwOTYJE_3YrtYPuw2V) Book Review, Hang Tuah: Okinawa Notes #jombaca #buku #jombacaperlis – YouTube
- d) Video School Resource Center Collaboration with SMK Arau Counselling Unit <https://www.youtube.com/watch?v=NXsimVXd7o8>
- e) The Story of the Abstinence Struggle of the Recovery of a Former Drug Addict <https://www.youtube.com/watch?v=ZThlvpAudSM>. My book's name, Book Rays of Awakening Dawn, 2022, was inspired by this abstinence story. Theme: The Struggle of Recovery from Cigarette, Vape and Drug Addiction.

Besides that, the researcher still develops Apps based on history subjects in Form Four Syllabus. The Intellectual Property Registration was in process. Furthermore, the study subjects got a one hundred per cent pass in their Malay Language Subject And History Subject in the Sijil Pelajaran Malaysia Examination 2022 (Results on March 2023). Among the list of books and proceedings:

- i. Book Sinar Menyingsing Fajar, October 2022. Theme: The Struggle of Recovery from Cigarette, Vape and Drug Addiction.
- ii. Counselors Are Not Angels Book: Kaunselor Bukan Malaikat, 2022.
- iii. The Book of Counselors Not God, Kaunselor Bukan Tuhan, 2022.
- iv. Abah's Legacy Series Book: Men of the Sky, 2021.

- v. Mother's Legacy Series Book: Sour Water Grilled Fish, 2021.
- vi. Our Book Malaysian Teachers: Stand Up Bravely PKP. Cursed Not Weak, 2021.
- vii. Presentation of Counselling Innovation Working Paper and PPKI SMK Arau at the International Conference On Education, Islamic Studies and Social Sciences Research (ICEISR 2020) in Vietnam in March 2020.
- viii. School Internationalization Program Book. Written by IAB (Institut Aminuddin Baki) Jitra, Kedah Darul Aman. Leadership Course 2020.

Other details such as the date the innovation started: November 1, 2022, is the date apps start to be developed in prototype form. 2 Web Blog started to be developed in November 2022 when the Counselling teacher was relocated to Negeri Sembilan after completing the KPM HLP studies for KPM Graduates.

Two respondents use this educational blog. They initially often do not attend school due to family problems but have wireless internet services provided by the government. In addition to uploading counselling activities in schools, articles related to History subjects are also uploaded here.

### **Impact of Innovation**

- i. The students' motivation is increasing. Next, the impact of students' attendance at school is increasing. These students at risk of failing SPM have shown a positive attitude to change into diligent students coming to school.
- ii. One hundred per cent of students passed the SPM Malay Language and History Subjects in Sijil Pelajaran Malaysia 2022 (March 2023), which means they are eligible to get the SPM Certificate 2022.

### **Potential Commercialization**

- 1. Have written a book and published a book jointly. An example of ordering books online form:
- 2. Solo Book Writing Publishing Offer by Book Publishers.
- 3. Have to get offers from companies to Buy Apps.
- 4. A certain library wants to buy a researcher's book.

### **Acknowledgement**

Alhamdulillah, thanks to Allah, who gives the author strength, confidence, and patience to complete this innovation. May Allah send peace and blessing to His Messenger, Muhammad S.A.W, who brings Islam to all humankind for all the happiness in this world and hereafter. My sincere gratitude goes to my supervisor, Associate Professor Dr Mohamad Isa Amat, Associate Prof Dr Mohamad Isa bin Amat, Lecturer, Faculty of Leadership and Management, Universiti Sains Islam Malaysia, for supporting and encouraging me to write down and publish a book. Besides that, I would like to say a million thanks to:

- 1. Madam Sri Diah binti Shahrudin, Writers Write Services.
- 2. Mr. Zabidi Mohamed, Legacy Publisher.
- 3. Madam Hjh Azizah binti Mustafa, (A.M.P), Principal, SMK Arau, Perlis (retired)
- 4. Mr. Md Sa'at Bin Atan, Outstanding Principal, SMK Tunku Ampuan Durah, Seremban, Negeri Sembilan.
- 5. YBr. Mr Mohamad Zaidi bin Ishak, Director of IPG Raja Melewar Campus, Seremban, Negeri Sembilan.
- 6. YBr. Madam Hajah Halimah binti Haji Che Mat, Deputy Director of IPG Raja Melewar Campus, Seremban, Negeri Sembilan.
- 7. Guidance and Counseling Teacher of SMK Tunku Ampuan Durah and STAD Peers Counsellor.
- 8. Education Technology Resource Sector, Perlis State Education Department.
- 9. School Resource Center, SMK Arau, Perlis.
- 10. Perlis State Public Library.

My immense appreciation goes to my dear husband and my beloved children, who always support me. My special thanks to my family, who supported and encouraged me. Sincere thanks to all participants involved in this research for their cooperation. May all honourable deeds be rewarded with Jannah in

later life. Amin. I pray to Allah S.W.T. and hope that my hard work and struggle to get my work done will have His blessing and Allah's favour in this world and hereafter. Amin. Thank you.