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TEKNOLOGI
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2024



International Industrial Revolution 4.0 Exposition

"INNOVATING IDEAS, TRANSPIRING DREAMS"

ABSTRACT BOOK

Strategic Partners:



Perpustakaan
Sultan Badlishah

Organized By:

**COLLEGE OF COMPUTING, INFORMATICS AND MATHEMATICS,
UNIVERSITI TEKNOLOGI MARA, KEDAH BRANCH**

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UITM Cawangan Kedah Channel

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IREx 2024

The successful inauguration of IR4.0 Exposition IREx 2019 has witnessed ground breaking initiatives, ideas, and innovations materialised into numerous practical devices today. Treading on the same triumph, the College of Computing, Informatics, and Mathematics, UiTM Kedah is thrilled to announce the continuation of said event, IREx 2024 with the theme: *Innovating Ideas, Transpiring Dreams*.

The IREx 2024 aspires to incorporate even more exciting new technologies including, but not limited to, Information & Communication Technology (ICT), Educational Technology & Innovation (ED), Operational Excellence (OE), Internet of Things (IoT), Process Improvement, Ideas & Design, Multimedia, and Electronics that will chart new milestones in human history. This will serve as an excellent platform for scientists and innovators alike to meet the like-minded individuals and showcase inspiring ideas and notable innovations.

PROGRAM SCHEDULE

International Industrial Revolution 4.0 Exposition (IREx 2024)
21ST May 2024 (Tuesday)
Dewan Perdana, UiTM Kedah Branch

TIME	EVENT
8.00 – 9.00 am	Registration & Booth Set Up
9.00 am – 12.00 pm	Exhibition & Judging Session
12.00 pm – 2.00 pm	Obedient Drone Session & Break
2.00 pm – 5.00 pm	Official Closing & Prize Giving Ceremony
5.00 pm	Program Ends

Official Closing Ceremony

International Industrial Revolution 4.0 Exposition (IREx 2024)

TIME	EVENT
2.00 pm	Arrival of Guests and Participants
2.30 pm	Arrival of VVIP
	National anthem - Negaraku And Wawasan Setia Warga
2.40 pm	UiTM
	Welcoming Speech
3.00 pm	Rector's Welcoming Speech
	Officiating Speech
3.10 pm	Gimmick & Montage presentation
3.30 pm	Prize Giving Ceremony
4.00 pm	Photography
5.00 pm	Program Ends

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CATEGORY C

KEBERKESANAN KELOMPOK TERAPI KONGNITIF DAN KELOMPOK TERAPI TINGKAH LAKU DALAM MENANGANI ISU KESIHATAN MENTAL DALAM ORGANISASI

Wan Anor Bin Wan Sulaiman¹, Nur Aqilah Binti Zulkifli², Umaimah Binti Fakharuzzaman³, Ainul Mardhiah Binti Muhammad Fahmee⁴, Nurul Izzah Binti Mohd Noor Din⁵, Aizat Hadi Bin Anuar⁶, Muhammad Musthofa Bin Mohd Zakariah⁷, Nur Hazwani Binti Marzuki⁸, Idayu Binti Hasim⁹
^{1,2,3,4,5,6,7,8,9}Universiti Islam Antarabangsa Sultan Abdul Halim Mu'adzam Shah (UniSHAMS)

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ABSTRAK - Projek ini dijalankan untuk meneroka persoalan tentang keberkesanan modul intervensi Terapi Kognitif dan Terapi Tingkah laku dalam mengurangkan masalah Kesihatan mental dalam kalangan pekerja organisasi. Terdapat dua objektif yang menjadi panduan dalam projek ini. Pertama, projek ini menguji kesan Kelompok Terapi Kognitif (KTK) dengan mengukur perbezaan antara ujian pra dengan ujian pasca tahap Kesihatan mental pekerja organisasi yang mengikuti KTK (Kumpulan Rawatan) dengan pekerja organisasi yang tidak mengikuti KTK (Kumpulan Kawalan). Kedua, adalah menguji kesan Kelompok Terapi Tingkah laku (KTT) dengan mengukur perbezaan antara ujian pra dan ujian pasca tahap Kesihatan mental pekerja organisasi yang mengikuti KTT (Kumpulan Rawatan) dengan pekerja organisasi yang tidak mengikuti KTT (Kumpulan Kawalan). Dapatan kajian menunjukkan terdapat kesan perubahan yang besar dalam pengurangan masalah tahap Kesihatan mental pekerja organisasi yang mengikuti KTK. Begitu juga projek ini menunjukkan terdapat kesan perubahan yang besar dalam mengurangkan masalah tahap Kesihatan mental kepada pekerja organisasi yang mengikuti KTT. Berdasarkan perbandingan antara kedua-dua kelompok ini, didapati KTK lebih memberi kesan dalam mengurangkan masalah tahap Kesihatan mental. Sebaliknya, pekerja organisasi Kumpulan Kawalan tidak menunjukkan sebarang perubahan dalam mengurangkan masalah Kesihatan mental. Projek ini juga menunjukkan modul rawatan yang disediakan dengan menggunakan Terapi Kognitif dan Terapi Tingkah laku sangat sesuai digunakan untuk mengurangkan masalah tahap Kesihatan mental dalam kalangan pekerja organisasi.

Kata Kunci: Keberkesanan kelompok, terapi kognitif dan tingkah laku, kesihatan mental



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