



The **Epitome** */I'pitəmi/*

Academy of Language Studies, UiTM Cawangan Kedah

*We are back!
Welcoming the epitome of artistic ideas &
astonishing writers!*

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SYNOPSIS

The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Cawangan Kedah is thrilled to announce the release of the second edition of its e-magazine, The Epitome. This publication exemplifies our steady dedication to fostering creativity in language and literature.

The primary objective of THE EPITOME is to offer a platform where writers, educators, scholars, poets, and researchers can come together to exchange their ideas, discoveries, expertise, and narratives. Our special focus revolves around an array of creative writing genres, encompassing Playwriting, Short stories, Songs, Speeches, Memoirs, Literary Journalism, Humour writing, Lyric essays, Innovative essays, and Personal essays, with a goal to embrace diverse linguistic expressions, with content available in four languages: English, Bahasa Melayu, Mandarin, and Arabic.

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Every day is learning curves...

Dear Readers,

We are back! We are thrilled to present a collection of articles that we believe capture the essence of the writers. Our team has worked diligently to curate content that we hope will both engage and resonate with you.

In these pages, you will find a diverse range of perspectives on life, from joy to sorrow. We hope these pieces inspire reflection and spark meaningful conversations.

We want to express our deepest gratitude to our talented contributors for their time and expertise. Their dedication is what makes the second issue of Epitome possible.

As always, we value your feedback. Please do not hesitate to reach out with your thoughts and suggestions.

Thank you for being a part of our Epitome community.

Warm regards,

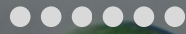
Razanawati Nordin
Editor-in-Chief,
The Epitome

EDITOR'S NOTE

Reconnecting Millennials with Society

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Communication is one of the most effective ways of getting our message across. It can involve verbal and non-verbal aspects, both of which are highly important for obtaining responses and reactions.

Historically, communication was very much limited to face-to-face dialogue, letters and telegrams. As the world evolves, communication channels are being disrupted and information can travel at almost the speed of light. However, verbal communication is starting to diminish due to the widespread preference for texting and emailing. The information age, therefore, has changed the way we communicate on a daily basis.

This very much reflects the diminishing repertoire of society in general. Repertoire theory suggests that culture normally shapes an individual's outcomes and actions by providing the useful "tools" and resources which determine behaviour in specific social contexts (e.g., the ways of understanding the world).

The heart of social living is to be able to depart and adapt ourselves so we can communicate and interact meaningfully with others. An individual with a richer and more diverse social repertoire can better situate their actions and perceptions, as well as address diverse and unpredictable challenges, compared to those with poor repertoires. Festivities, gatherings and meeting friends all form aspects of social connection for mental stimulation.

Today, millennials are spending most of their time on their smartphones and becoming more tech-savvy than previous generations. The resolution of confrontation and conflict depends more on avoiding slandering others, as well as relying on not hearsay but actual truth and facts. The viral phenomenon of fake news and information has become tremendously uncontrolled, shaping the minds of those inclined towards sensationalism and the so-called unspoken truth. This happens when free speech has been crippled by legislation.

According to a study, 44% of the millennial generation are experiencing mounting stress and anxiety levels, which have led to mental health problems. Many complain that they cannot speak comfortably and openly about the stress and anxiety they are feeling because they fear being patronised. Furthermore, their quality of life has reduced significantly since they have heavier workloads than the previous generation.

According to a psychology professor, the millennial is communicating all day but almost entirely through a screen. Seventy per cent of them check their smartphones every hour and many experience the “phantom pocket-vibration syndrome” - the perception that one’s mobile phone is ringing when it is not. This behaviour is performed to reduce their anxiety. Their sheer uneasiness and the lack of time they spend communicating face-to-face in public settings can only make the situation worse.

In her book ‘Braving the Wilderness’, Brené Brown asserts that “social interaction makes us live longer, healthier lives. [It gives us the] opportunity to feel connected to something bigger than oneself - to feel joy, social connection, meaning and peace.”

Reconnecting with society in the post-pandemic era requires us to practise our repertoire across many social strata to prevent us from developing the syndrome that the Japanese call “hikikomori” (social withdrawal). This takes practice and means keeping in touch with close-knit family members and friends.



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