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MANAGEMENT • INVESTMENT • ECONOMICS • ENTREPRENEURSHIP • TECHNOLOGY

BUKIT MERAH
"THE RED FOREST"
PERMATA TERSEMBUNYI DI JERANTUT

TOXIC FRIENDSHIP
WHEN IT'S TIME TO LET GO

GRADUATES
WHO ARE THE URBAN POOR

ARROWS OF THE FAITHFUL
THE IMPORTANCE OF ARCHERY IN ISLAM

**TWIN-TO-TWIN TRANSFUSION
SYNDROME (TTTS)**



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from the chief editor

Assalamualaikum wbt

All praise to Allah, the Almighty, the Most Gracious and the Most Merciful

Dear Authors and Readers,

I take great pleasure in welcoming to our new Jan-May 2023 edition, BizNewz. I am sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our authors will surely stir the mind of the readers and take them to the surreal world of unalloyed joy and pleasure.

It gives me immense pleasure to ensure that BizNewz has successfully accomplished its objective. The reflection of the authors, lecturer creativity and achievements are the epitome of BizNewz. Lastly, I take the opportunity to thank all the contributors as their contribution is the reason that makes BizNewz endearing with our readers.

Ahmad Suffian

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POMODORO TECHNIQUE: WILL YOU TRY IT?



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Do you frequently find it difficult to focus while working or studying? How would you like to be able to concentrate on what needs to be done? You could give the tomato timer, also referred to as the Pomodoro technique, a shot.

A Pomodoro timer is a tool used to implement the Pomodoro technique. Francesco Cirillo created it as a time management tool in the late 1980s (Ho, 2023). Using this method, work is divided into intervals that are typically 25 minutes long and are separated by brief breaks. The timer counts down from 25 minutes and alerts you with a sound when the time is up. After each Pomodoro, you take a short break of 5-10 minutes before starting another 25-minute work session. It was created to support your ability to stay motivated and productive while preventing burnout. You can stay refreshed and maintain your energy levels throughout the day by splitting work up into shorter periods and taking regular breaks.

The Pomodoro technique can be a useful tool for employees as well as students. Employees can benefit from improved focus and productivity, reduced burnout, and better time management when using the Pomodoro technique. The technique can be particularly helpful for employees who work in environments that are prone to distractions, interruptions, or stress. However, some employees may find the rigid structure of the technique to be overly restrictive, while

others may not be able to take frequent breaks due to the demands of their job. The specific work style, job responsibilities, and workplace environment of each employee will determine whether the Pomodoro approach is appropriate for them. Employees should experiment with several time management strategies to see which one suits them the best.

Although a wide range of people can practice the Pomodoro technique, some people with certain conditions may find it to be very beneficial. The Pomodoro technique can be very helpful for people who have difficulty staying focused for long periods of time. Breaking work into shorter intervals can make it easier to stay on task and avoid distractions. It can be a helpful approach for combating procrastination if you struggle to start projects or tend to put things off (Almalki et al., 2021). By breaking tasks into smaller chunks and taking frequent breaks, you can make tasks feel more manageable and less overwhelming (Boogaard, 2023). Besides, it can help you stay focused and productive if you work in a setting that is

prone to interruptions or diversions, such as an open office or a busy coffee shop. In addition, the Pomodoro technique might help you become more proficient at time management if you struggle to manage your time properly or tend to underestimate how long things will take. By taking regular pauses and managing your workload throughout the day, the Pomodoro technique can help you prevent feeling worn out or burned out from work (Dizon et al., 2021).

The Pomodoro technique can be useful for enhancing productivity and time management, but there are some possible drawbacks to consider. Taking breaks every 25 minutes can be disruptive to your workflow and may cause you to lose your focus or momentum (Payne, 2021). If you're in the middle of a task and have to stop for a break, it may be challenging to get back into the same level of productivity once you resume work. Some people may find the Pomodoro technique too rigid, as it requires you to stick to a set schedule of work and break periods. This structure may not work for everyone, and some people may find it too confining or restrictive. While the Pomodoro technique can help improve time management skills, it may also create time management challenges if you struggle to complete tasks within the 25-minute work period. This can lead to feelings of stress or anxiety if you feel like you're not making enough progress. While the Pomodoro technique can be effective for certain types of tasks, it may not be the best approach for all tasks. For example, tasks that require longer periods of concentration or creativity may not be well-suited to the short, structured work periods of the Pomodoro technique.

In conclusion, while the Pomodoro technique can be a useful tool for improving productivity and time management, it's important to consider these potential negative effects and use the technique in a way that works best for your individual needs and work habits.

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PELABURAN @ SCAM KEWANGAN?

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MENURUT LAPORAN YANG DIKELUARKAN OLEH PIHAK POLIS DIRAJA MALAYSIA (PDRM), KES JENAYAH KOMERSIAL PADA TAHUN 2022 MENCATAT 30,536 KES MEMBABITKAN KERUGIAN BERNILAI RM1.73 BILION DENGAN TANGKAPAN 20,252 YANG MANA KEBANYAKAN JENAYAH KOMERSIAL YANG BERLAKU ADALAH BERPUNCA DARIPADA PENIPUAN DALAM TALIAN DAN PELABURAN SCAM. DI ANTARA SKIM PENIPUAN YANG POPULAR ADALAH SKIM EMAS, MATA WANG DIGITAL ATAU KRIPTO, SAHAM DAN PERNIAGAAN TUKAR BELI MATA WANG DALAM TALIAN (FOREX), SKIM CEPAT KAYA DAN SKIM PONZI.

Skim cepat kaya dan skim ponzi kebiasaannya dijalankan dengan menggambarkan bahawa mereka menjalankan pelaburan yang sah dari segi undang-undang dan menawarkan pulangan yang lumayan. Pelbagai cara penipuan dijalankan oleh pihak scammer dalam menjalankan kerja-kerja penipuan pelaburan termasuklah dengan memaparkan iklan di media sosial bagi memperdaya pelabur menerusi pakej pelaburan sama ada melalui promosi dalam talian atau bersemuka dengan menjanjikan pulangan yang tinggi oleh perancang utama penipuan iaitu firma klon. Pelabur juga dijanjikan dengan pelaburan bebas risiko dan selalunya berfungsi seperti sistem piramid.

Berikut dikongsikan 4 panduan untuk mengenalpasti skim penipuan pelaburan ini:

1 Semak status perlesenan seseorang individu atau syarikat pelaburan

Untuk mengelakkan daripada ditipu oleh scammer, sifu saham jadian atau lain-lain penipu, adalah penting untuk kita berurusan dengan individu atau syarikat yang telah diberikan lesen oleh Suruhanjaya Sekuriti Malaysia (SC).

SC adalah sebuah badan yang ditugaskan oleh Kementerian Kewangan untuk mengawal selia semua individu yang diberi lesen di bawah Akta Pasaran Modal dan Perkhidmatan 2007, serta mengawasi dan memantau operasi institusi pasaran, termasuk bursa.

Adalah menjadi kesalahan bagi mana-mana individu atau syarikat yang menerima deposit tanpa lesen menurut Akta Perkhidmatan Kewangan 2013 (FSA 2013) atau di bawah Akta Perkhidmatan Kewangan Islam 2013 (IFSA), kedua-duanya diterbitkan oleh Bank Negara Malaysia (BNM).

Kelangsungan pelaburan scam ini bergantung kepada pengambilan pendeposit baharu, iaitu dana yang diperoleh daripada pendeposit baharu akan digunakan untuk membayar dividen kepada pendeposit atau pelabur sedia ada. Oleh itu, skim ini akan gagal apabila tiada sumbangan dana daripada pendeposit baharu.

2 Fahami tahap risiko pelaburan yang ditawarkan

Tidak kira apa jenis pelaburan yang ditawarkan sama ada secara bersemuka atau melalui media sosial seperti Telegram, Instagram, Facebook dan lain-lain sumber, anda perlu bijak untuk menilai sesuatu risiko pelaburan.

Kebanyakan scammer menjanjikan pulangan yang tinggi dan tanpa risiko untuk setiap pelaburan yang mereka tawarkan. Konsep pelaburan adalah mudah 'High Risk, High Return, Low Risk, Low Return'. Oleh itu sekiranya dijanjikan pelaburan tanpa risiko, anda perlu berwaspada, jangan mudah percaya pada pelaburan 'too good to be true'. Mana mungkin mereka boleh menjanjikan keuntungan tinggi yang lebih tinggi daripada mana-mana institusi pelaburan atau kewangan yang telah cemerlang dan boleh dipercayai yang telah lama bertapak dalam dunia pelaburan. Anda mungkin sasaran mudah si penipu tersebut.

nombor akaun bank atau telefon yang diberikan pernah digunakan untuk tujuan scammer atau tidak melalui portal Polis Diraja Malaysia (PDRM) iaitu sistem CCID PDRM yang boleh diakses melalui pautan berikut <https://semakmule.rmp.gov.my>. Orang awam juga boleh memuat turun aplikasi Truecaller sebagai semakan awal terhadap penipuan-penipuan melalui telefon.

Bakal pelabur juga boleh membuat semakan menyeluruh atau menganalisa sejarah firma dan pelan pelaburan yang diberikan sebelum membuat keputusan untuk melabur dengan menyemak pada senarai syarikat yang dipantau dan diterbitkan oleh Suruhanjaya Sekuriti Malaysia (SC) dan Bank Negara Malaysia (BNM) seperti:

- Bank Negara Malaysia – Financial Consumer Alert
- Suruhanjaya Sekuriti Malaysia – List of Unauthorised Websites / Investment Products/ Companies / Individuals

3 Fahami tahap risiko pelaburan yang ditawarkan

Pemegang amanah adalah individu atau organisasi yang bertanggungjawab mentadbir kedua-dua aset alih dan tidak alih, seperti emas dan deposit, mengikut dasar dan prosedur yang telah ditetapkan pada masa aset diberikan kepada mereka. Akibatnya, tanpa kelulusan pemegang amanah, pemilik atau pengarah syarikat tidak dibenarkan menggunakan harta yang diamanahkan mengikut budi bicara mereka. Oleh itu, amat penting sebelum membuat sebarang bayaran atau deposit, anda memeriksa syarikat pelaburan berkenaan mempunyai pemegang amanah yang boleh dipercayai dengan memeriksa surat ikatan yang merujuk kepada kewajipan dan hak setiap tiga pihak iaitu pelabur, pemegang amanah dan pengurus dinyatakan dalam surat ikatan (dokumen undang-undang yang dimeterai antara pengurus dan pemegang amanah, dan didaftarkan dengan Suruhanjaya Sekuriti).

4 Berurusan hanya dengan institusi kewangan berlesen dan 'dealer' yang sah.

Semak dengan pihak berkuasa yang berkaitan seperti SC dan BNM sebelum melabur atau menandatangani sebarang duit anda ke dalam akaun mereka. Semakan boleh dibuat menerusi Pusat Perhubungan Pelanggan Bank Negara Malaysia (BNMTELELINK) di talian 1300 88 5465 atau melalui laman sesawang <http://fraudalert.bnm.gov.my>. Orang awam juga boleh menyemak sama ada

Walaupun banyak pendedahan yang dilakukan oleh pelbagai pihak, tetapi masih ramai pihak yang percaya dan terjebak dengan pelaburan scam. Jangan biarkan keinginan untuk mendapatkan duit dengan cepat dan mudah memaksa kita untuk bertindak bodoh dan jatuh ke dalam perangkap scammer. Oleh itu, rakyat Malaysia perlu meningkatkan pemahaman mereka tentang perancangan kewangan dan ilmu pelaburan. Namun begitu, untuk mendapatkan ilmu pengetahuan dan maklumat yang diperlukan, mereka perlu belajar dari sumber yang boleh dipercayai dan berurusan dengan individu atau syarikat yang menjalankan perniagaan secara sah yang telah diberikan lesen oleh SC.

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TOXIC FRIENDSHIP: WHEN IT'S TIME TO LET GO

Toxic Friendship

WHEN IT'S TIME TO LET GO

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Friendship is a sacred covenant because it imparts purpose, meaning, and a sense of belonging to our lives that no other relationship can match. It can be translated as a friend who provides us with support, friendship, and the opportunity to share our lives with someone who genuinely cares. Not all friendships are healthy or positive. Unhealthy friendships, commonly referred to as toxic friendships, can contribute to an increased frequency of internal conflicts (Suroya & Dewi, 2022) and can harm healthy relationships. Such friendships have a high propensity to impair a person's productivity, cause mental disruptions, and even provoke violent emotional outbursts. Therefore, it is important for an individual to recognise the signs of toxic friendships in order to protect themselves from their potentially negative influence and help to investigate the impact of toxic relationships on mental health (Rahimah et al., 2022).

What is a toxic friendship?

According to Rahimah et al., (2022), toxic friendships can erode an individual's self-respect, self-confidence, and personality, posing a threat to the individual involved. In a toxic relationship, one person has more power and control over the other, leaving the other feeling powerless and submissive. In addition, toxic friendships include relationships in which one party consistently makes the other uncomfortable, makes them feel bad about themselves, demeans them, or takes advantage of them (Lahad & van Hooff, 2022). Typically, this friendship is unidirectional, with one party giving and the other party receiving. A friend who is toxic is quick to control, manipulate, and emotionally deplete others, leaving them emotionally drained and devastated. So, let's examine some indicators that your friendship may be toxic:

You consistently feel exhausted after spending time with them.

They are excessively critical of you and demeaning.

They demand your attention constantly and disregard your boundaries.

They use guilt or manipulation to achieve their objectives.

They speak negatively about you behind your back or to others.

They are perpetually pessimistic and never have anything positive to say.

They make you feel inferior and insecure.

They are never pleased with your achievements and frequently attempt to bring you down.

The reality is that dealing with toxic friendships is extremely challenging, especially for long-time friends. Nonetheless, it is crucial to recognise that toxic friendships are unhealthy and can negatively affect your mental health and well-being (Rahimah et al., 2022), heightened levels of internal conflict, including anxiety, self-doubt, and emotional distress. You can deal with toxic friendships by taking the following steps:

Set boundaries: You must communicate with your friend about his unacceptable behaviour and be firm about it.

Communicate: Discuss with your friends how their behaviour affects you and be forthright about your feelings.

Take a break: Give yourself time to heal (ease off) and re-evaluate the relationship by distancing yourself and taking a break from the friendship.

Ask for help: Find a trustworthy individual with whom you can discuss the situation and receive support and advice. However, exercise caution when choosing an audience member because it is not impossible for this individual to stab you in the back. In the meantime, a study (Suroya & Dewi, 2022) concluded that toxic friendship communication decreases after receiving group counselling services with a reality-based approach.

End the friendship: If the toxic behaviour persists and has negative mental or physical effects on you, please end the friendship.

To conclude, toxic friendships can be just as damaging as toxic loving relationships, and it is important to recognise the signs of a toxic friendship in order to avoid their negative influence. If you find yourself in a toxic friendship, it is essential to establish boundaries, communicate, seek support, and, if necessary, end the friendship. You deserve to have healthy, positive, and supportive relationships in your life (Lahad & van Hooff, 2022). Toxic friendships are a threat to one's happiness.

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CYBER SECURITY: HOW VULNERABLE ARE WE?

CYBER SECURITY

HOW VULNERABLE ARE WE?



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Whenever the term 'cyber security' arises, many ordinary people would think of passwords and biometric scanners. Well, it goes way beyond that. In the current digital era, cyber security is a major concern because it is undeniably true that we are susceptible to cyber-attacks. When technology and the Internet are used increasingly often, more and more data are kept digitally, which attract crooks. Cyber-attacks come in a wide variety and can be dangerous to people, companies, and even governments. Phishing frauds, malware infections, ransomware assaults, and data breaches are a few typical occurrences.

Any devices with an Internet connection have a potential to be hacked or be the target of a cyber-attack. This is due to the fact that Internet-connected devices are potential entrance points for cybercriminals. Hackers can use holes in software or hardware to access networks and devices without authorisation, steal confidential data, and engage in other malicious actions.

Today, this vulnerability is not only limited to devices, such as smart phones or computers, but also includes Internet of Things (IoT) gadgets. "What is IoT?", you asked. In a layman's term,

IoT refers to billions of physical objects that are connected to the Internet and are actively collecting and exchanging data (Ranger, 2020). IoT devices

owners noticing, and they have been run excessively until the temperature has risen and finally caught on fire, which was spreading all over the residence,



include smart-home appliances, such as refrigerators, rice cookers, washing machines, microwaves, oven; and smart wears, such as smart watches; and also smart transportations, such as electric automobiles (Thomas, 2023).

There have been some memorable episodes from our favourite television shows called 'CSI: Cyber'. The first episode has portrayed the greatest fear among parents; Wi-Fi-enabled nanny cams have been hacked by criminals, who have studied the routine of a family, and at the right moment when everyone was being sound asleep, they kidnapped babies. To add salt to the wound, they have conducted online auctions to sell off the babies they have kidnapped to international buyers. Horrifying, isn't it? Another episode has shown that IoT home appliances have been hacked and have been remotely turned on without

killing the residents who were sleeping at the time.

Meanwhile, smart watches also make users prone to danger since they unveil their real-time locations. People tend to have routines, for instance, one may go jogging on the same route daily at 5.00 p.m. in the evening. Thus, criminals may wait mid route to rob or kidnap the person, or maybe break and enter the person's home to steal valuable things since no one is at home at the moment.

In movies, you could see smart cars being remotely driven by hackers to cause harm, accidents, and grand theft auto intents. There are numerous ways for criminals to hack into your vehicle. The brake pedal and engine are prone to first-level attacks since they rely on an onboard computer's microprocessors (Garakh, 2022). Hackers who gain access to the



onboard computer can disable the brake or even halt the engine. Not only that but wipers, heaters, air conditioners, and the radio may have all been used by the hackers to impede the movement of the vehicle by being remotely operated and utilised to divert motorists. Besides, unreliable repair companies are capable of hacking by conning a diagnostics system into indicating that cars require repair when they do not actually need it, easily making money from the false unneeded repairs. Thus, it is crucial to choose only trustworthy mechanics and service centres.

Hence, it is wise to keep in mind that not all gadgets or systems are equally susceptible to online threats. Depending on elements like the robustness of their security features, the complexity of their software and hardware, and the regularity of security updates and patches, certain devices are safer than others. Even though the most secure systems can be compromised if attackers are determined enough, it is vital to remember that no system is totally error-proof.

There are precautions that can be taken to lessen the risk of cyberattacks, which are by using strong passwords that are both unique and complex, updating software with the most recent security patches, using antivirus software, and maintaining good online hygiene by avoiding dubious links, emails, or attachments from untrusted sources. These are all the examples of basic cyber-security hygiene that you should follow to secure all of your Internet-connected devices, and thus, ensure worry-free online experiences.

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MASTERING THE ART OF SPEED READING

Tips & Techniques

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Reading is a fundamental skill that is necessary for success in academics, careers, and everyday life. However, the average reading speed of an adult is only around 200 to 300 words per minute. This can be a major barrier to productivity and learning, especially when dealing with the large amount of information. Speed reading is a technique that can help individuals to read faster and more efficiently without sacrificing comprehension. In this article, we will explore the benefits of speed reading, common techniques, and tips for getting started.

Speed reading offers several benefits that can enhance productivity and learning. These include:

Improved reading speed: The most obvious benefit of speed reading is an increase in reading speed. With practice, speed readers can double or even triple their reading speed.

Better comprehension: Contrary to a popular belief, speed reading does not sacrifice comprehension. In fact, speed readers often have better comprehension because they are able to focus more effectively on main ideas and concepts of a text.

Increased productivity: Speed reading allows individuals to

process information more quickly, which can lead to increased productivity and efficiency. **Reduced eye fatigue:** Speed-reading techniques, such as skimming and scanning, can reduce eye fatigue and strain.

Techniques for Speed Reading
There are several techniques that can be used to increase reading speed. These include:

Skimming: Skimming involves quickly scanning a text for main ideas and key words. Skimming is useful for getting an overview of a text or finding specific information.

Scanning: Scanning involves searching for specific words or phrases in a text. Scanning is useful for finding information quickly.

Chunking: Chunking involves grouping words together in meaningful phrases. This can help to increase reading speed and comprehension.

Eliminating subvocalisation: Subvocalisation is a habit of pronouncing words in your head as you read them. This can slow down reading speed. To eliminate subvocalisation, try focusing on the meaning of a text rather than the individual words.

Reading multiple words at once: Many speed-reading techniques

involve reading multiple words at once. This can be done by using your peripheral vision to read groups of words rather than focusing on individual words. **Tips for Getting Started**
Here are some tips for getting started with speed reading:

Practice: Speed reading takes practice. Start by setting aside a few minutes each day to practise your speed-reading techniques. **Focus on main ideas:** When speed-reading, focus on the main ideas and concepts of a text rather than focusing on every detail.

Use a pointer: Using a pointer, such as a pen or your finger, to help you to keep your place and increase reading speed. **Increase font size:** Reading larger font sizes can help to increase reading speed.

Avoid distractions: To increase focus, read in a quiet environment and eliminate distractions, such as television or music.

In conclusion, speed reading is a valuable skill that can enhance productivity and learning. By practising speed-reading techniques and focusing on the main ideas of a text, individuals can increase reading speed and comprehension without sacrificing accuracy. With dedication and practice, anyone can become a speed reader.

ARROWS OF THE FAITHFUL: THE IMPORTANCE OF ARCHERY IN ISLAM

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Arrows of the Faithful

THE IMPORTANCE OF ARCHERY

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Image of Salhoorah Archery retrieved from
<https://www.pinterest.com/pin/504404040404040404/>

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Archery, like other forms of sports, is generally permissible in Islam as long as it is conducted within the limits of Islamic principles. There are several references to archery in Islamic history and traditions, and it is considered a useful skill for self-defense and warfare. In fact, the Prophet Muhammad (peace be upon him) himself encouraged archery as a means of training and preparation for battle. He also advised Muslims to practice archery as a form of physical and mental exercise, and as a means of maintaining focus and concentration. here are several hadiths sayings of the Prophet Muhammad, Peace Be Upon Him (PBUH) that mention archery.

withful:

TANCE Y IN ISLAM

Here are some examples:

"Teach your children swimming, archery, and horse riding."

[Sunan Ibn Majah (3651)]

"The best type of jihad (struggle in the way of Allah) is speaking the truth in the presence of an unjust ruler, and the best type of archery is archery in the way of Allah."

[Sunan Ibn Majah (3923)]

"Whoever shoots an arrow in the way of Allah, then it is as if he has freed a slave, and whoever frees a believing slave, then his every organ from his organs will be freed from the Fire."

[Sahih Muslim (1926)]

"The strong believer is better and more beloved to Allah than the weak believer, although there is good in both. Be keen to do what benefits you, and seek help from Allah, and do not be helpless. If something befalls you, do not say 'if only I had done such-and-such,' but rather say 'Allah has decreed and what He wills, He does,' for saying 'if only' opens the door to Satan's work."

[Sahih Muslim (2664)]

Although this hadith is weak according to Mufti Wilayah Persekutuan, there are indications from other hadiths that show that the Prophet PBUH commanded us to learn these things. Among them are as follows:

Salamah bin al-Akwa' RA stated that:

"The Prophet PBUH walked in front of a group of the Aslam tribe who were competing (to show their archery skills). Then the Prophet PBUH said: 'Shoot, O descendants of Ismail, for indeed your ancestors were skilled in archery, so shoot.'"

[Sahih al-Bukhari (2899) (3373) (3507)]

While Ubayh bin Amir said, I heard the Prophet PBUH say while he was on the pulpit,

"And prepare to face (the invading enemy) with all kinds of strength that

you can provide, know that indeed strength is in throwing (shooting arrows), know that indeed strength is in throwing (shooting arrows), know that indeed strength is in throwing (shooting arrows)."

[Sahih Muslim (1917)]

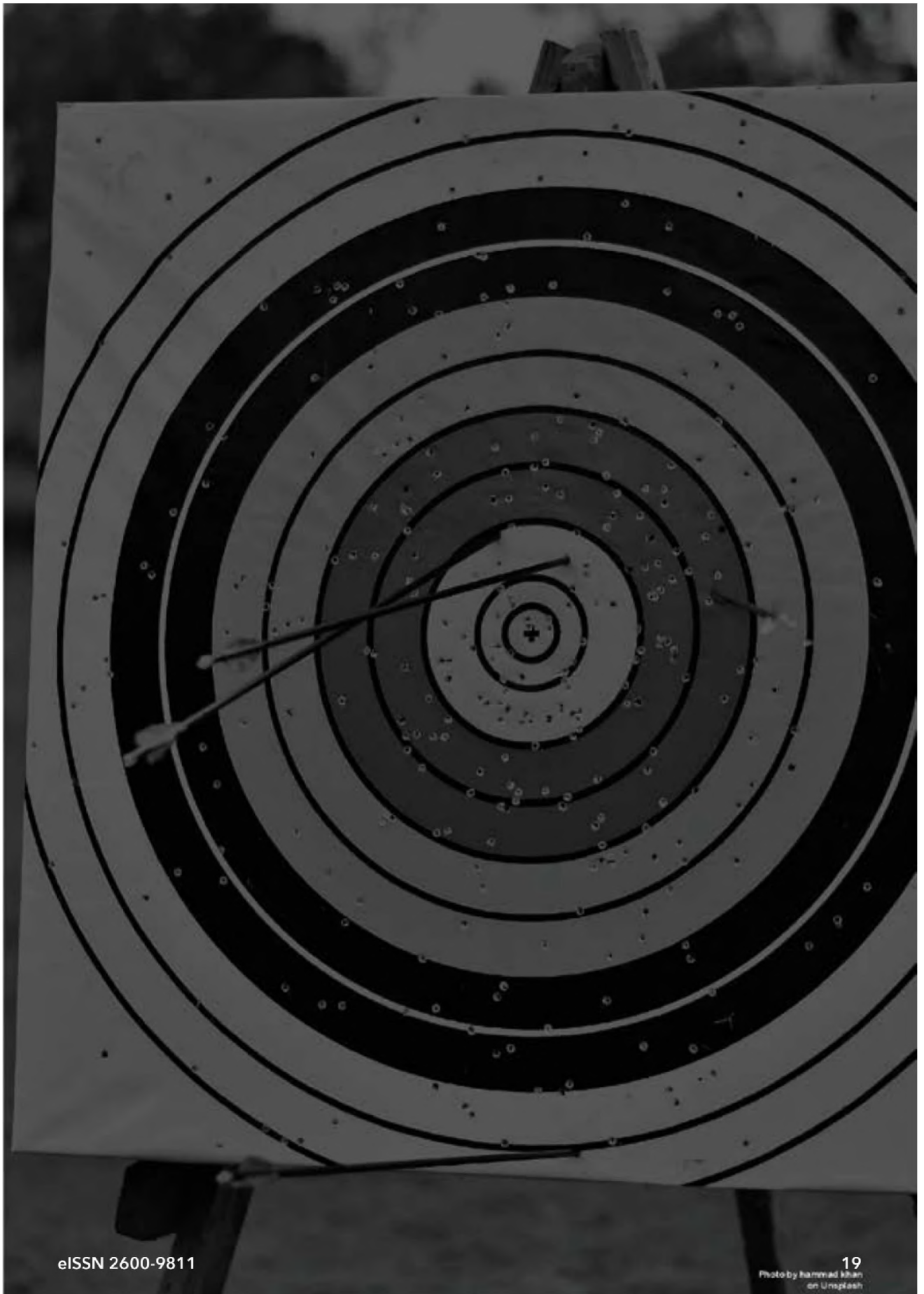
In conclusion, the two authentic hadiths above indicate that the Prophet PBUH recommended all of us to learn archery. These hadiths emphasize the importance of physical fitness, training in useful skills such as archery, and the rewards of doing good deeds in the way of Allah. However, as with any activity, there are some guidelines that should be followed in order to ensure that archery remains within the bounds of Islamic ethics. For example, archery should not be used to harm innocent people or animals, and it should not be used for any form of aggression or violence. Overall, archery can be seen as a positive and beneficial activity within the Islamic tradition, as long as it is conducted with mindfulness and respect for Islamic principles.

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Reference:

<https://muftiwp.gov.my/orifile/isyad-ah-hadith/1042-isyad-ah-hadith-sil-hk-150-memorial-beternang-dan-borokta>



COMMON ARCHERY INJURIES: A GUIDE FOR NOVICE ARCHERS

COMMON ARCHERY INJURIES:

A Guide for Novice Archers

By:

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For novice archers, injury is one of the incidences that cannot be avoided due to inexperience and incorrect techniques in handling the archery equipment. Among the injuries experienced by the novices are arms bruises, bruised fingers, shoulder muscles, leg cramp and others. Nevertheless, these injuries can be avoided by implementing an accurate techniques and diligently continuous shooting routine. Below are the most common injuries that novices come across.

STRING SLAP



Nearly every novice can relate to this experience, string slap. String slap happens when you release the bow string and it slaps either your upper arm or your forearms. It notably painful and you probably encounter bruising or skin discoloration in this area. Even experienced archers may occasionally experience string slaps. In order to prevent this occurrence, you must wear an armguard to protect your arms and also to avoid wearing loose fitting clothing.

MUSCLES INJURY



The common muscles injured that novice will experience is the rotator cuff injuries. The rotator cuff refers to the group of muscles adjoining the shoulder joint that stabilizes the shoulder. Novices tend to stress on the rotator cuff each time they draw the bow. Normally, they draw back the bowstring in a strained, inefficient way or even they shoot with poundage that is too heavy for them and as a result they will confront with these injuries. Symptoms include acute joint pain, stiffness, and limited range of motion around the affected parts.

"ARCHER'S ELBOW"



The so-called "Archer's Elbow" is a form of tendonitis in the elbow that generally occurs due to repetitive and unnecessary strain on the elbow. This added stress is commonly due to overbowing. Overbowing means when your bow's draw weight is higher than what you should be handling. Novices commonly feel stiffness, tenderness and sharp pain when moving the injured area and mild swelling in the elbow area. Symptoms include pain near the very tip of the elbow, typically on the outside portion of the joint and some swelling may also occur. To prevent archer's elbow, ensure that draw weight is not more than you can comfortably handle.

FINGER PINCH



Normally, finger pinch occurs when novice archer draws the bow string back using their fingers to release the string. When the string is released, it can snap back towards the bow, and if the fingers are in the way, they can be pinched between the bowstring and the arrow nock. One of the main symptoms is that the novice will have a reddish and sore finger. To prevent this, it is important to use a finger tab or gloves for protection.

In conclusion, injuries in archery are

sometimes minor, but they can navigate to more major problems if they are not been tackled. For novices that might have an injury, seek help from an expert coach and possibly a physiotherapist too. With appropriate technique and intensity of shooting training, injuries can be avoided.

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TWIN-TO-TWIN TRANSFUSION SYNDROME (TTTS)



TWIN-TO-TWIN TRANSFUSION SYNDROME (TTTS)

Pa

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O-TWIN FUSION (ROMIE TS)

Part 1

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Photo by Fallon Michael
on Unsplash



Having twins is a dream of most parents. Here is about twin pregnancy in brief:

★ **Will the twin be identical or non-identical?**

- Twins can be identical (monozygotic) or non-identical (dizygotic).
- Identical twins come from one egg, which is fertilised by one sperm and then split into two after fertilisation. Identical twins share identical genes; they will look the same and be the same sex.
- Non-identical twins have come from different eggs, which have been fertilised by different sperms. If your babies are 2 non-identical, they will have different genes and will be no more similar than any other brothers or sisters.

★ **What does chorionicity mean?**

- Chorionicity refers to whether your babies have their own placenta or share a placenta. If your babies share a placenta (monochorionic), then they will be identical. If they have their own placenta (dichorionic), then they are more likely to be non-identical but can still be identical, in a way.
- Chorionicity is checked at your first ultrasound scan. It is important to know about this because the babies who share a single placenta have a higher chance of having complications during the pregnancy.
- Your first ultrasound scan also checks whether the babies are within their own amniotic sac or share a sac. Babies who are found to share a sac also have a higher chance of complication.

Twins can be either of the following 3 types:

- i. Dichorionic Diamniotic (DCDA) twin – This means that each baby has its own placenta and its own sac. This is the most common type of twin pregnancy.



Dichorionic, Diamniotic
(Fused Placentas)

Dichorionic, Diamniotic
(Separate Placentas)

Figure 1: Dichorionic Diamniotic (DCDA) twins

- ii. Monochorionic Diamniotic (MCDA) twin – Monochorionic Diamniotic (MCDA) – This means that the babies share a placenta, but they are in their own sacs.



Monochorionic, Diamniotic

Figure 2: Monochorionic Diamniotic (MCDA) twins

Twin Babies Image retrieved from:
★ <https://www.gettyimages.com/free-egg-illustration>

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- iii. **Monochorionic Monoamniotic (MCMA) twin** – This means that both babies share a placenta and are within the same sac. This is a much rarer type of twin pregnancy.



Monochorionic Diamniotic

Figure 3: Monochorionic Monoamniotic (MCMA) twins

However, not all parents are aware of the risks due to twin pregnancy. As twin pregnancy has a higher chance of developing complications, all twin pregnancies are considered high-risk.

One of the complications during twin pregnancy is a Twin-to-twin Transfusion Syndrome (TTTS). In around 15 in 1006 (15%) monochorionic pregnancies, the blood flow to the babies may be unbalanced. This is called the Twin-to-twin transfusion syndrome (TTTS). The TTTS is an uncommon pregnancy condition that affects identical twins and other multiples. The TTTS occurs in pregnancies, in which twins share a placenta (monochorionic pregnancies) and a network of blood vessels that provide oxygen and nutrients necessary for foetal development, which only occurs in identical twins.

Occasionally, the vessel connections within the placenta are not evenly distributed, resulting in an imbalanced blood exchange between the twins. In the most severe cases, one twin that is the donor twin, risks malnutrition and organ failure by donating more blood than it receives in return. Normally, the foetus is smaller and appears to be adhered to the uterine wall as a result of the decreased quantity of amniotic fluid caused by decreased urine production and kidney perfusion, which is termed as 'stuck twin'.

Meanwhile, the recipient twin receives

an excessive amount of blood and is susceptible to cardiac overwork and other complications, making its size larger and surrounded by an excessive quantity of amniotic fluid because of its increased urine production is caused by an increase in kidney perfusion. The differences can be seen in Figures 4 and 5 below.



Figure 4: Normal MCDA (identical) twins with a shared placenta and connecting blood vessels



Figure 5: MCDA (identical) twins with TTTS

All in all, the TTTS can be fatal for both infants if left untreated. The donor twin may experience a much slower-than-normal development, whereas the recipient twin is at risk of heart failure due to the increased blood volume. There is a 95% risk that one or both twins will die in the womb. Even if these twins do not die, a significant number of them will endure heart conditions or brain damage.

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SATAY: MORE THAN JUST A TASTY TREAT



SATAY:

MORE THAN JUST A TASTY TREAT

Discovering Its Surprising Nutritional Benefits

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Satay is a popular street food that is originated from Indonesia and Malaysia but is now enjoyed in many other Southeast Asian countries and beyond. Satay is a dish that is typically made with meat, such as chicken, beef, or lamb, that is skewered on sticks made of bamboo or coconut. The marinated meat is then grilled over charcoal.



The dish is served with compressed rice, sliced onions, cucumbers, and peanut sauce. There are many variations of satay, with different countries and regions putting their own spin on the dish. For example, in Indonesia, satay is often served with a sweet soy sauce and served with rice cakes, while in Thailand, it is often served with a peanut sauce and cucumber relish.

Protein from meats like goat, chicken, or beef used for satay is usually mixed with sugar, typically from sources like honey, sugar, or soy sauce. When satay is grilled over high heat, the Maillard reaction occurs, giving the food a brownish-black color. At high temperatures, carbonyl groups in sugar react with nucleophilic groups in amino acids - forming glycosylamine. The resulting compounds undergo isomerization and rearrangement of chemical structure,

producing various small compounds. These compounds are responsible for the variety of aromas and flavors in the food. Different amino acid or sugar compositions give different aroma and flavor compositions. Additionally, cooking time, temperature, and moisture also contribute to different flavors.

Pyrazines, pyrroles, and furanones contribute to the smoky and toasty scent of the food. Melanoidins also form, contributing to the brownish color of the food. However, acrylamide, which is potentially carcinogenic, is also produced during the Maillard reaction.

However, the accompanying ingredients such as cucumbers, onions, and peanut sauce offer a solution. The table below explains some of the benefits

found in these accompanying ingredients:

Ingredients	Benefits According to Scientific Research
Cucumbers	Cucumbers contain Cucurbita and can provide various health benefits, such as helping to control blood sugar levels and preventing atherosclerosis and cancer. It also has high antioxidant content.
Onions	The organosulfur compounds found in onions are antiplatelet agents that can inhibit platelet aggregation, reducing the risk of cardiovascular disease. Additionally, it is also an anti-fat formation agent.
Peanuts	Peanuts containing resveratrol, an antioxidant compound, have the potential to protect the eater from cardiovascular disease and heart failure. It also contains high amounts of dietary fibre and magnesium, which help reduce the risk of diabetes.



Satay has a strong cultural and historical significance, with its origins dating back to the 19th century. The dish has since become a staple in Southeast Asian cuisine and continues to be enjoyed by people all over the world. Its flavorful and nutritious qualities make it a popular and healthy choice for many. However, it is important to note that some types of meat used in satay can be high in saturated fat and

calories, so it is important to be mindful of portion sizes and to choose leaner cuts of meat whenever possible.

Our ancestors realized the benefits of these ingredients a long time ago and have been practicing it for generations. Who would have thought that the seemingly simple dish of satay has a strong scientific foundation in nutrition?

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MENU RAHMAH VS JUADAH KAYANGAN



Menu Rahmah VS Juadah Kayangan

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Ramadhan yang bakal tiba tidak lama lagi akan disambut dengan pelbagai perasaan oleh setiap lapisan masyarakat beragama Islam di negara ini. Keterujaan dan kegembiraan pasti terukir di wajah mereka kerana bulan mulia bagi umat Islam kali ini bakal disambut dengan lebih bermakna setelah lebih tiga tahun negara dilanda wabak Covid 19. Kebebasan untuk beribadah di rumah Allah tanpa Perintah

Kawalan Pergerakan dan seumpamanya menambah keterujaan umat Islam untuk mempertingkatkan lagi amal ibadah di bulan yang penuh keberkatan ini.

Jika diimbau kembali Ramadhan beberapa tahun yang lalu, suasana suram menyelubungi perasaan apabila Allah menurunkan musibah Covid 19 untuk menguji hambaNya dengan melihat siapa yang bersyukur dan siapa pula yang kufur, siapa yang bersabar dan siapa pula yang

putus asa. Akibat wabak ini krisis ekonomi tercetus di seluruh dunia. Kesannya, ekonomi Malaysia menguncup pada kadar 5 hingga 6 peratus pada fasa pandemik. Penguncupan pertumbuhan ekonomi menyebabkan peningkatan dalam bilangan kemiskinan tegar, sebilangan besar isi rumah M40 tergelincir ke dalam kategori B40, peningkatan dalam jurang pendapatan, penurunan kadar gaji, pengurangan gaji siswazah, peningkatan kadar pengangguran siswazah, hutang isi rumah semakin tinggi dan kos sara hidup semakin meningkat.

Ekoran daripada itu, pelbagai langkah proaktif telah diambil oleh kerajaan bagi menjaga kebajikan setiap lapisan masyarakat dalam menghadapi cabaran ekonomi yang semakin meruncing. Kerajaan melancarkan program hidangan Menu Rahmah, yang bertujuan khusus untuk membantu golongan miskin tegar dengan menyediakan hidangan makan tengah hari atau makan malam pada harga yang sangat berpatutan. Setakat ini, inisiatif itu mendapat sambutan yang menggalakkan dan orang ramai secara umumnya memuji ia sebagai satu usaha

Nama Tempat	Alamat	Harga Dewasa (RM)	Harga Kanak-kanak (RM)
Sheraton Petaling Jaya Hotel	Lorong Utara C, Pj 32, 46300 Petaling Jaya, Selangor	148.00 (Feast) 118.00 (Grand Ballroom)	74.00 (Feast) 59.00 (Grand Ballroom)
Reynolds Chulan Kuala Lumpur	5, Jalan Conlay, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur	200	140
Eleven Kuala Lumpur	DB Tower, 8, Lrg Benjan, Kuala Lumpur, 50450 Kuala Lumpur, Federal Territory of Kuala Lumpur	158	84
Pullman Kuala Lumpur City Centre	4, Jalan Conlay, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur	298	119
Sama-Sama Hotels	Jalan Da 4b, Kuala Lumpur International Airport, 64000 Sepang, Selangor	135	78
Sheraton Imperial Kuala Lumpur Hotel	Jln Sultan Ismail, 50250 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur	197	
The Westin Kuala Lumpur	199, Jln Bukit Bintang, Bukit Bintang, 55100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur	138	
Le Meridien Kuala Lumpur	2, Jalan Stesen Sentral, Kuala Lumpur Sentral, 50470 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur	138.00/208.00	99
Novotel Kuala Lumpur City Centre	2, Jalan Kia Peng, Kuala Lumpur, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur	138	82.8
Flamingo Hotel Kuala Lumpur	1, Tanjong Ampang, Jln Hulu Kelang, 68000 Ampang Jaya, Selangor	85	75
Hotel Maya Kuala Lumpur	138, Jalan Ampang, Kampung Baru, 50450 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur	120.00 (Citrus & Saffron) 95.00 (Secret Garden)	58.00 (Citrus & Saffron) 65.00 (Secret Garden)
Tamu Hotel & Suites	120, Jalan Raja Abdullah, Kampung Baru, 50300 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur	168	85
Dorsett Hartamas Kuala Lumpur	Malayan, D-G43, No. 63, Jalan Tuanku Abdul Razak, 50480 Kuala Lumpur, Federal Territory of Kuala Lumpur	138	68
St. Regis Kuala Lumpur	No 6, Jalan Stesen Sentral 2, Kuala Lumpur Sentral, 50470 Kuala Lumpur, Federal Territory of Kuala Lumpur	259	130
Premiera Hotel Kuala Lumpur	232, Jalan Tuanku Abdul Razak, Chow Kit, 50100 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur	128	64
Pullman Kuala Lumpur Bangsar	1, Jalan Pantai Baharu, Jaya Tower 3, 59200 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur	138	98
Berjaya Times Square Hotel	Kuala Lumpur	165	82

Jadual 1: Senarai Bufet Ramadhan 2023 di Kuala Lumpur
Sumber: <https://isaf.my/buffet-ramadhan/>

yang tepat pada masa, terutamanya dengan peningkatan kos sara hidup yang amat membebankan pada masa kini.

Inisiatif Menu Rahmah telah dilancarkan secara rasmi oleh Kementerian Perdagangan Dalam Negeri dan Kos Sara Hidup (KPDN) pada 31 Januari, 2023, di mana restoran yang mengambil bahagian akan menyediakan set makan tengah hari atau makan malam pada harga tetap mampu milik RM5. Ia disasarkan terutamanya kepada golongan berpendapatan B40 dan golongan miskin tegar, dengan tujuan untuk menyediakan makanan yang mencukupi. Sehingga kini, bilangan restoran yang mengambil bahagian telah berkembang termasuk kira-kira 12,000 restoran mamak, 800 restoran India, 500 gerai tomyam, dan semua cawangan Mydin. Inisiatif Menu Rahmah merupakan inisiatif sifar bajet dan semua kos untuk program ini ditanggung oleh persatuan yang mengambil bahagian dari sektor runcit serta sektor makanan dan minuman atau lebih dikenali sebagai Food and Beverage (F&B) tanpa subsidi daripada kerajaan.

Menu Rahmah bukanlah semata-mata merupakan inisiatif baharu. Semangatnya sama dengan program Menu Rakyat 1Malaysia (MR1M) sebelum ini yang diperkenalkan pada tahun 2011 yang turut berusaha untuk menawarkan makanan mampu milik kepada rakyat yang berpendapatan rendah. Dalam konteks, program MR1M membenarkan rakyat Malaysia membeli makanan pada harga serendah RM2, tetapi akhirnya ia tidak disenangi oleh ramai pengendali F&B yang mengambil bahagian kerana ia tidak mampan dari segi kewangan. Ini terutamanya disebabkan oleh kenaikan harga bahan mentah dan harga bahan api yang turun naik. Pengusaha F&B yang menyertai program MR1M juga tidak menerima insentif lambakan daripada kerajaan.

Ketika golongan miskin berjuang untuk sesuap nasi, hotel-hotel dan restoran mewah pula masing-masing merempit

mempromosikan bufet mewah berlaraf 5 bintang untuk golongan kaya. Walaupun Ramadhan belum tiba, golongan ini sudah boleh menempah bufet untuk sesi berbuka puasa sepanjang Ramadhan nanti. Menurut ahli agama, amalan berbuka puasa di hotel dan restoran mewah yang merupakan satu trend baru bagi warga kota merupakan satu pembaziran yang bercanggah dengan syarak. Malah, Mufti Perlis Prof. Madya Dato' Arif Perkasa Dr. Mohd Asri Zainul Abidin dalam kenyataannya berkata, jika seseorang itu berbuka puasa di hotel dengan tujuan untuk kemegahan dan menunjuk-nunjuk, ia diharamkan. Manakala tokoh agama Allahyarham Datuk Abu Hassan Din al-Hafiz berkata "Bagi golongan berkemampuan yang selalu berbuka di hotel dan restoran mewah, ia bercanggah dengan syarak kerana tuntutan puasa ialah untuk menimbulkan keinsafan dan merasai nikmat kesusahan". Umat Islam seharusnya mengelakkan pembaziran kerana pembaziran adalah maksiat, ia boleh berlaku sama ada berbuka di hotel ataupun di rumah.

Di saat golongan marhaen sedang bergelut dengan isu harga barang naik dan isu makanan mampu makan, ada beribu lagi yang mampu menikmati makanan dan hidangan 'mewah'. Bagai pesta syurga makanan yang hanya mampu dilihat oleh golongan bawahan, promosi bufet Ramadhan oleh hotel sekitar Kuala Lumpur pasti memukau nafsu. Namun begitu, prinsip paling penting dalam menjalani ibadah puasa adalah bersederhana. Maka tepuk dada tanyalah selera, jangan sampai kita tergolong di antara mereka yang berpuasa dan tidak mendapat apa-apa daripada puasanya kecuali lapar dan dahaga.

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STAKEHOLDER THEORY: THE STATE OF THE ART (1)

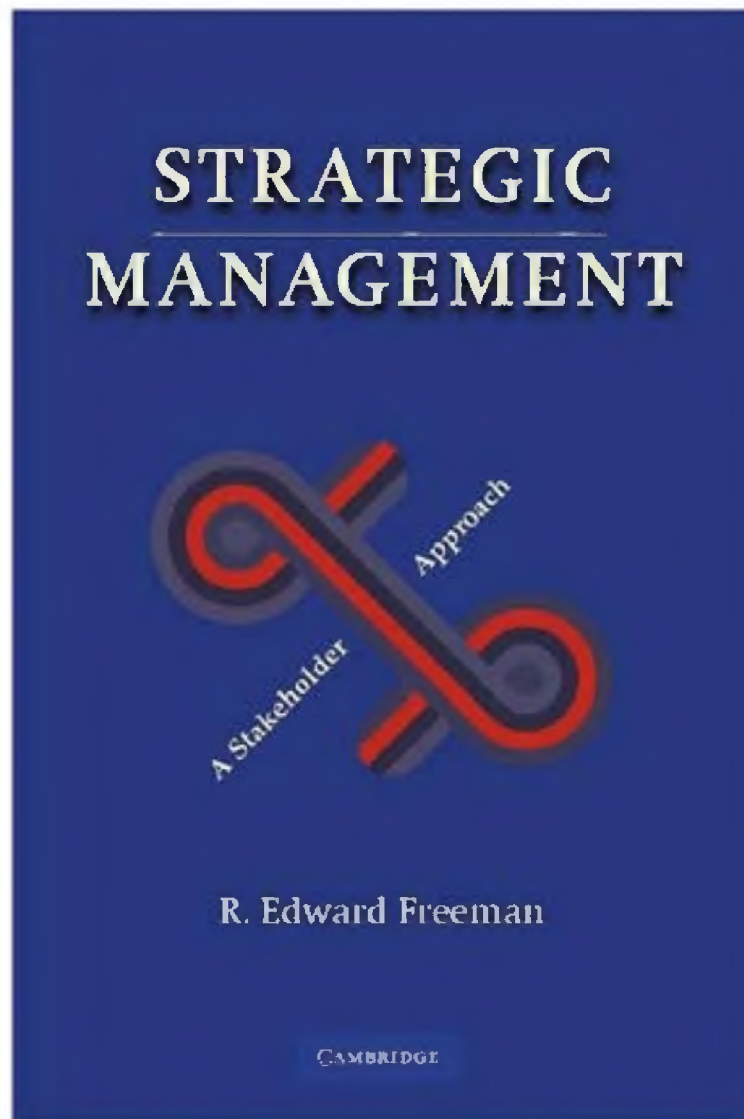


Figure 1: A textbook of Strategic Management: A Stakeholder Approach

STAKEHOLDER THEORY: THE STATE OF THE ART (1)

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THE STAKEHOLDER THEORY

This theory has its origins in the early 1960s. The term "stakeholder" first appeared in an internal memo at the Stanford Research Institute (now SRI International, Inc.) in 1963. The term was coined to disprove the notion that stockholders are the only group to whom management must respond. The phrase 'stakeholder' was intended to challenge the notion that stockholders (or shareholders) are the only group to whom management must respond. The Stakeholder Theory, in fact, has been inseparably linked to the concept of strategy since its early establishment.

INTRODUCTION

The Stakeholder Theory is the main theory commonly associated with social issues related to management. Stakeholder Theory is defined as "a theory of organisational management and ethics in which stakeholders and their interactions with the firm are viewed as a series of activities leading to end results that are implicitly valued and morally impacted". Using social drivers and barriers, the Stakeholder Theory considers all individuals who are socially impacted or have a social impact on the firm. This theory was developed by R. Edward Freeman in early 1980s. Freeman's early book, *Strategic Management: A Stakeholder Approach*, which was produced in 1984 was written as a textbook for business policy and strategy courses.

By the late 1970s and early 80s, scholars and practitioners had been focusing on developing management theories to clarify management difficulties involving high levels of uncertainty and change. However, little attention had been paid to the ethical aspects of business or management. Following that, management education was embedded in theories that allowed for reasonable accuracy, prediction, and behavioural control. In this context, Freeman (1984) proposed that managers should have used a diction based on the 'stakeholder' concept. Thus, throughout the 1980's and 1990's Freeman and other scholars shaped these phrases to address these three interconnected problems relating to business:

1. The Problem of Value Creation and Trade: In a rapidly changing and global business context, how is value created and traded? It is the responsibility of the business player to manage and shape these relationships to create as much value as possible for stakeholders and to oversee the distribution of that value.
2. The Problem of the Ethics of Capitalism: What ties exist between capitalism and morality today? Many individuals and groups are affected by this decision; therefore, it is the moral undertaking that should be taken into consideration by all firms.
3. The Managerial Mindset Problem: How should managers think about

management in order to create more value and then explicitly connect business and ethics. A description of management which focuses attention on the creation, maintenance, and alignment of stakeholder relationships may better equip practitioners to create value and avoid moral failures.

ISSUES DISCUSSED

The following are some of the issues that have arisen in relation to the theory:

Issue 1:

It is not a 'theory'

Some argue that it is not a "theory" because theories are linked to collections of testable propositions. Others have argued that the definition of the central term is simply too contentious to ever admit the status of theory. Others have proposed that it is an alternative "theory of the firm" to the shareholder theory.

But the fact is the founder and his team believe in ideology or propositions are true if they are implemented in practice, and whereas impractical ideas are regarded as untrue by them.

Issue 2:

Managerial opportunism

The second point of contention is whether the Stakeholder Theory can be used as an excuse for managerial opportunism (Jensen, 2000; Marcoux, 2000; Sternberg, 2000). The central claim is that by giving management more groups (stakeholders) to argue (justify) their actions in favour of the Stakeholder Theory, makes it far easier to engage in self-dealing and defend it than if the shareholder theory were the sole purpose.

The founder, however, justifies that there are compelling reasons to believe that the Stakeholder Theory increases managers' accountability because they have more obligations and duties to care for more interest groups, making it difficult to engage in self-dealing. This is evidently more beneficial and impactful for those

stakeholders.

Issue 3:

Concerned with distribution of financial output

There is an argument that says the Stakeholder Theory is primarily concerned with distribution of financial output (profit) (Marcoux, 2000). The Stakeholder Theory is mostly about who gets the organization's resources. This put shareholders and other stakeholders in a clear and obvious conflict over who gets what.

However, distribution is only a portion of the whole idea. It is more important on the process and procedural justice, which refer to how resources are allocated to find opportunities to create more value.

(To be continued...)

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BUKIT MERAH "THE RED FOREST": PERMATA TERSEMBUNYI DI JERANTUT



BUKIT MERAH "THE RED FOREST" *Permata Tersembunyi*

MERAH FOREST” *Gunung Di Jerantut*

Oleh:

MAZRATUL FIRDAUS MOHD ZIN¹

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Photo by Aaron Burdick
on Unsplash

Pada 5 Februari 2022 yang lalu, satu ekspedisi pendakian ke Bukit Buluh "The Red Forest" yang terletak di Felda Padang Piai dalam daerah Jerantut telah diadakan. Kewujudan bukit ini hanya diketahui penduduk setempat sahaja, sehingga ianya tular di media sosial baru-baru ini. Lantaran itu, ianya membuatkan kami terpenggil untuk melihat sendiri keindahan permata tersembunyi tersebut.

Ketinggian bukit ini hanya 371 meter dari paras laut (MDPL) dan jarak pendakian ke puncak lebih kurang 1.2 kilometer dari kaki bukit selepas kawasan kebun kelapa sawit iaitu lebih kurang 1.8 kilometer dari tempat meletak kereta. Pendakian berterusan mencanak sehingga mencapai ketinggian 371 MDPL.

Perjalanan kami mendaki mengambil masa lebih kurang 33 minit. Sampai sahaja di puncak, pemandangan yang tersedia sangat memukau mata yang memandang. Pokok Gelam Merah yang seolah-olah ditanam sepanjang permatang puncak bukit itu berdiri gagah besar dan tinggi. Memang benar kata-kata pendaki yang pernah sampai ke puncak bukit, pemandangan seakan berada dalam filem aksi dan fantasi. Awan dan kabus di sekeliling yang singgah di puncak menambahkan lagi keindahan pemandangan.

Setelah 20 minit berada di puncak untuk mengambil gambar dan menghilangkan penat, kami mula berjalan menuruni bukit. Kami mengambil masa hampir 20 minit untuk sampai di kaki bukit. Walaupun jarak perjalanan pendakian agak pendek dan mengambil masa yang singkat namun, keunikan pokok gelam merah di puncak bukit sangat memberi kepuasan kepada terutamanya pencinta alam ciptaan Tuhan.

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Rujukan:

<https://www.facebook.com/pahanghive/post/pfbid0fPbo1qgiZthv4uTAth3iqMabthqrv4Uc3GhYI1nZGYuEz7BawMs1zEREUcIMSEI>

<https://ramannegara.travel.com/portfolio/bukit-merah-padang-piai-red-forest/>



PASARA BON DAN SU DI MALAY

Secara amnya, bon membawa maksud satu surat jaminan di mana syarikat penerbit atau bond issuer membeli jaminan kepada pemegang bon atau bond holder bagi membayar faedah secara berkala sehingga tarikh matang bon. Apabila tarikh tempoh matangnya, pemegang bon akan mendapat bayaran pokok. Bagi bon yang mematuhi prinsip syariah, ia lebih dikenali sebagai sukuk. Sukuk didefinisikan sebagai sijil perjanjian secara Islam atau sekuriti hutang secara Islam.

AN KUK SIA

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Pasaran Ben Islamik atau Pasaran Sukuk diperkenalkan di Malaysia pada tahun 1993. Malaysia merupakan negara pertama yang mengeluarkan Ben Kerajaan mengikut prinsip syariah. Faktor utama yang membawa kepada pengiraan Pasaran Ben Islamik di Malaysia adalah kewujudan perbankan Islam. Bagi mendapatkan modal dan memenuhi syarat keadaan modal mengikut prinsip syariah, Bank Negara Malaysia (BNM) memperkenalkan pasaran ini. Pada waktu itu, hanya terdapat Pasaran Ben Konvensional yang diatur oleh Islam. Hal ini kerana ben konvensional mengandungi unsur riba. Bukan itu sahaja, terdapat kontroversi bahawa ben konvensional ini terlibat dalam industri penghasilan rokok dan penjualan alkohol yang jelas adalah haram di Islam.

Pasaran Sukuk membolehkan pelabur muslim membeli ben yang penuh syarikat tanpa khilafah status halal-halal. Kerajaan Malaysia telah menerbitkan ben kerajaan melalui BNM yang dikenali

sebagai 'Sij' Perabuan Kerajaan (SPK). Penerima SPK menggunakan konsep Qard al-Haqq. Konsep ini menganggap pembelian oleh orang awam sebagai satu pinjaman yang digunakan kerajaan dalam membelanjakan pembangunan Malaysia.

Antara peristiwa penting dalam sejarah perkembangan Pasaran Sukuk di Malaysia adalah pada tahun 1993. Pada Mei 1993, Cagamas Berhad telah melancarkan Ben Muharabah Cagamas atau nama lainnya, Sekuriti Harta Swasta Tanpa Riba. Ben Cagamas ini mengaplikasikan konsep Muharabah. Muharabah adalah perjanjian antara dua pihak, iaitu penyumbang modal dan pengusaha dimana dua pihak ini beruju dengan nisbah berkongsi keuntungan. Melalui konsep ini, Cagamas Berhad boleh mendapatkan modal untuk mencapai objektifnya. Tujuan ben ini diterbitkan adalah untuk memperkenalkan pasaran peringkat kedua bagi pinjaman utama, terutamanya pinjaman perumahan

Cagamas Berhad menjadi pengantara antara pemberi pinjaman utama dan pelabur. Dengan kata lain, Cagamas Berhad membeli pinjaman perumahan yang belum dijelaskan daripada pihak bank atau institusi kewangan, dan pada masa yang sama, bon Cagamas dijual untuk membiayai pembelian tersebut.

Kini, Pasaran Bon dalam Islam telah berkembang dengan pesat dalam sistem kewangan Islam. Bursa Malaysia juga mengambil inisiatif dalam menggalakkan rakyat Malaysia, terutamanya warga Bumiputera untuk melibatkan diri dalam pasaran saham. Daripada segi Pasaran Sukuk, Bursa Malaysia telah memperkenalkan Bon Didagangkan Bursa dan Sukuk atau dalam bahasa Inggeris, Exchange Traded Bonds & Sukuk (ETBS). ETBS membawa maksud sekuriti pendapatan tetap yang disenaraikan dan didagangkan di pasaran saham Malaysia. Ia diterbitkan oleh Kerajaan Malaysia atau syarikat-syarikat bagi pengumpulan modal untuk keperluan masing-masing. Dalam pelaburan ETBS, pelabur mestilah membeli sebanyak sepuluh (10) unit iaitu lot minimum. Setiap unit ETBS dijual dengan harga prinsipal Seratus Ringgit Malaysia (RM100). Dengan itu, kos lot minimum ETBS adalah Seribu Ringgit Malaysia (RM1,000).

Pelaburan dalam ETBS membawa banyak kelebihan dan kebaikan. Antaranya adalah daripada segi kemudahan dan fleksibiliti pelaburan. Hal ini kerana, ETBS diuruskan oleh Bursa Malaysia yang memudahkan urusan jual beli ETBS. Daripada segi ketelusan, pelabur dapat mengakses harga semasa dengan tepat kerana ETBS dipantau oleh Bursa Malaysia. Hal ini juga membenarkan pelabur menerima maklumat terkini dan memantau pelaburan mereka. Seterusnya, daripada segi kepelbagaian, di mana portfolio boleh dipelbagaikan dengan melabur di dalam ETBS bagi tujuan melengkapkan portfolio pelaburan yang terdiri daripada kelas aset yang lain. Akhir sekali, daripada segi sumber pendapatan tambahan. Pelaburan dalam ETBS membolehkan pelabur mendapat bayaran kupon secara tetap yang dapat

dijadikan sumber pendapatan tambahan.

Kesimpulannya, penerbitan Bon Islam atau Sukuk ialah komponen yang mempunyai nilai tertinggi dalam pasaran modal Islam di Malaysia. Pada masa kini, Malaysia mengekalkan kedudukan pertamanya sebagai negara yang mempunyai Pasaran Sukuk terbesar di dunia. Bukan itu sahaja, industri perbankan Islam di Malaysia juga adalah sektor yang paling maju di dunia. Dengan ini, dunia luar dapat melihat kesungguhan Malaysia dalam memperluaskan Pasaran Sukuk yang bertujuan mendapatkan modal melalui konsep sekuriti Islam. Pada masa hadapan, Pasaran Sukuk atau Pasaran Bon Islamik dijangkakan akan terus berkembang maju seiring dengan penerimaan yang baik, bukan sahaja daripada umat Islam tetapi juga daripada orang bukan Islam.

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CATCH THE WELLNESS WAVE PROGRAM 5.0

LET'S TALK ABOUT HEALTH

CATCH THE WELLNESS WAVE PROGRAM 5.0

02 NOV 2022
9:00 PAGI - 12.00 T/HARI
DEWAN ASPIRASI,
UITM CAW. TERENGGANU (KAMPUS DUNGUN)

 PN NOOR AMIZA BINTI ISMAIL Ahli Farmasi, RPh 6988, Uni Farmasi Dungun TAJUK: Kolesterol: Pembunuh Senyap 9 Pagi - 10 Pagi	 DR NORDIANA BINTI SAIDIN Timb. Pengarah Hospital Dungun, Pegawai Perubatan UDS4 TAJUK: Top 5 Common Cancer in Women - How to Detect Early 10 Pagi - 11 Pagi	 DR ZAIZUL HAIRUDI BIN MOHD ZAIN Pegawai Perubatan UITM, 38664/2022 Konsultasi dan Rumusan Keputusan Saringan Kesihatan 11 Pagi - 12 T/Hari
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MASMED **PANTAI** **UNIT KESIHATAN** **Uni FARMAS**
Integrating Medicine, Pharmacy and
PREMIER PATHOLOGY UTM

Catch The W

Progra

Oleh:

NOR HAMIZA MOHD GHANI

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Emel Koresponden: norha825@uitm.edu.my

Program saringan kesihatan 'Catch the Wellness Wave Program 5.0' kali ini telah berlangsung dengan jayanya pada 26 dan 27 Oktober 2022 yang lalu dan taklimat kesihatan pula diadakan pada 2 November 2022. Program ini adalah hasil kolaborasi antara beberapa pihak iaitu antara MASMED dan Unit Kesihatan UiTM Cawangan Terengganu, Pantai Lab Sdn. Bhd., U.N.I Farmasi Dungun Sdn. Bhd., serta Unit Kesihatan Pergigian, Hospital Dungun. Seramai 63 orang peserta telah menyertai program saringan kesihatan kali ini dan hampir 100 orang menyertai program taklimat kesihatan yang diadakan di Dewan Aspirasi.

Program yang dirancang ini merupakan satu inisiatif dan landasan yang baik dalam menyebarkan informasi dan maklumat mengenai hal berkaitan kesihatan diri dalam kalangan warga UiTM khasnya dan masyarakat setempat arnnya. Pemeriksaan kesihatan adalah ujian perubatan yang dijalankan oleh doktor atau pakar perubatan untuk memeriksa keadaan kesihatan individu. Ia membantu mengesan sebarang tanda-tanda penyakit lebih awal dan menjadikannya lebih mudah serta lebih berkesan untuk mendapatkan rawatan apabila diperlukan. Pihak penganjur percaya pengetahuan tentang kesihatan amat penting kerana ia mempunyai kaitan yang rapat dengan prestasi di tempat kerja.

Wellness Wave am 5.0



Badan dan minda yang sihat pastinya akan menghasilkan produktiviti yang maksimum dalam memenuhi tuntutan kerja dan mencapai matlamat organisasi.

Program saringan kesihatan ini telah mendapat sambutan baik di antara staf UiTM, pelajar serta masyarakat setempat. Antara objektif program ini adalah menyebarkan ilmu pengetahuan tentang kesihatan seterusnya membantu kakitangan UiTM dan masyarakat sekeliling agar lebih cakna tentang kesihatan diri, menjadi pemangkin amalan hidup sihat yang akan menyumbang kepada produktiviti kerja yang cemerlang serta mengeratkan hubungan UiTM dengan masyarakat luar yang juga terlibat dengan program ini.

Program ini merupakan kerjasama kali ke lapan bersama Pantai Lab Sdn. Bhd. dan yang ke enam bersama U.N.I Farmasi Sdn. Bhd. Kedua-dua pihak menawarkan kepakaran masing-masing untuk saling

bekerjasama bagi menjalankan aktiviti khidmat masyarakat. 26 dan 27 Oktober 2022 merupakan hari pengambilan sampel darah dan urin peserta oleh pihak Pantai Lab Sdn. Bhd. yang telah diadakan di Bilik Mesyuarat Unit Sukan UiTM Cawangan Terengganu. Bagi pengambilan keputusan





pula diadakan pada 2 November berserta taklimat kesihatan oleh pakar kesihatan di Dewan Aspirasi.

Taklimat kesihatan yang disampaikan oleh Puan Nooramiza Ismail, Ahli Farmasi daripada U.N.I Farmasi dan Dr. Nordiana Binti Saidin, Timbalan Pengarah Hospital Dungun sangat menarik perhatian pengunjung yang hadir ke dewan. Tajuk yang dipilih semasa taklimat kesihatan adalah Kolesterol: Pembunuh Senyap dan Top 5 Common Cancer in Women: How to Detect Early. Program yang bermanfaat ini telah dikendalikan oleh Encik Khalid Amin bin Mat sebagai pengacara majlis. Selain daripada taklimat program kesihatan berlangsung, terdapat juga pameran ubat-ubatan, pemeriksaan kesihatan serta pemeriksaan gigi secara percuma di luar dewan.

Program yang diadakan setiap tahun ini akan ditambah baik lagi bagi menggalakan staf, pelajar serta masyarakat setempat amnya akan kesedaran melakukan program saringan kesihatan. Kesihatan perlu dipantau setiap masa dan bukan hanya mendapat rawatan ketika sakit dikenal pasti. Bak

kata pepatah "mencegah lebih baik dari mengubati" perlu diterapkan dalam diri supaya kita sentiasa peka dengan kesihatan. Oleh itu, kita perlu mencegah daripada diinggapi penyakit kerana apabila sudah berpenyakit, ia adalah lebih susah untuk dipulihkan.

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PM NORUDIN DALAM KENANGAN (3)

P.M. DALAM KEN

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Norudin

ANGAN (3)

Alhamdulillah, sekali lagi saya berkesempatan menulis mengenai insan yang pernah kita kenali. Coretan saya kali ini ialah perkongsian pengalaman saya melakukan perjalanan ke Temerloh bersama beliau.

Pertama, mengenai urusan mendapatkan tajaan daripada sebuah syarikat bumiputera. Perjalanan kami mengambil masa tiga hingga empat jam dengan menaiki kereta. Pada ketika itu beliau memandu kereta buatan Malaysia, berwarna kuning terang. Selalu beliau memberitahu saya, beliau akan membelikan sebuah kereta untuk setiap orang anaknya.

Pada hari itu, saya sekadar menjadi peneman untuk ke sana. Ketika itu lebuh raya Pantai Timur sudah ada, cuma pengguna hanya perlu membayar tol bermula dari negeri Pahang.

Sesampainya kami di Bandar Temerloh, beliau bertegar-legar mencari lokasi yang hendak dituju. Bandar Temerloh bukanlah lokasi yang dituju sebenarnya. Menurut beliau, destinasi kami di pinggir Bandar Temerloh sahaja. Saya memang tidak tahu menahu lokasinya. Cuma sekadar membantu melihat papan tanda.

Sebaik sahaja kami tiba di syarikat tersebut, saya mendapat tahu bahawa syarikat ini pernah memberi sumbangan

untuk aktiviti yang dianjurkan oleh beliau. Berdasarkan perbualan dengan staf di situ, saya merasakan peluang untuk beliau mendapat penajaan amat cerah sekali. Sebaik sahaja selesai urusan itu, kami menjamu selera di sebuah warung sebelum bergegas pulang ke Dungun.

Kedua ialah persinggahan kami di Temerloh untuk menjamu selera masakan ikan patin. Walaupun saya bukanlah penggemar ikan patin, tetapi hari itu saya cuba untuk memahami citarasa peminat masakan ikan patin Temerloh. Sungguh, kedai yang disinggahi kami menyediakan hidangan ikan patin bersaiz kurang sekilo beratnya. Dan saya dapat menikmati hidangan ini bersama beliau dan beberapa orang rakan yang lain. Ketika itu, kami baru pulang dari UiTM Shah Alam.

Setiap kali saya melewati Bandar Temerloh, kenangan saya bersama beliau akan muncul kembali. Pengajaran penting berkaitan kerjaya ialah perlunya membina hubungan dengan pihak luar. Walaupun ketika itu usaha mewujudkan MOU dengan pihak luar tidak sehebat sekarang, namun jalan yang dirintis oleh PM Norudin telah memberi kita satu citra, bahawa seorang pensyarah yang versatile mestilah mampu melakukan sesuatu yang lebih dari kebiasaan untuk institusi yang diwakilinya.

...



Kulit kusam? Bintik hitam? Tona kulit tidak sekata? Adakah ini kerana faktor usia? Pelbagai persoalan diajukan pada diri sendiri yang kemudiannya disusuli dengan pencarian maklumat tentang bagaimana masalah ini boleh terjadi. Ramai sudah mengetahui kaedah penjagaan kulit muka. Kita semua tahu untuk menjaga kulit muka perkara paling asas ialah kita perlu mencuci muka. Setelah seharian berada di tempat kerja, atau pun ke mana sahaja kita pergi, walaupun hanya duduk di rumah, muka kita ini sememangnya terdedah kepada cahaya matahari dan banyak jenis kotoran yang mana jika tidak dibersihkan akan menyumbang kepada masalah kulit kusam, jerawat, jerawat, kulit berminyak, terlampau kering dan macam-macam lagi isu lain. Umum sudah mengetahui perkara asas dan langkah-langkah rutin harian penjagaan kulit muka bermula dengan mencuci muka (cleansing), menghidrasi (lotion atau toner), dan melembapkan kulit (moisturizing). Namun, masih ramai yang kurang peka tentang kepentingan memakai pelindung suria (sunscreen). Saya sendiri sebelum ini tidak suka memakai sunscreen kerana merasakan CC Cream atau BB Cream atau bedak asas (foundation) yang dipakai dan mengandungi kadar SPF tertentu adalah mencukupi. Jawapannya adalah TIDAK.

Sebelum ini, saya berpandangan bahawa untuk mendapatkan kulit yang flawless ala-ala selebriti Korea mestilah memakai barangan skincare penjagaan kulit yang level kayangan. Namun, setelah mencari maklumat melalui pembacaan dan menerusi video perkongsian oleh pakar kulit tempatan dan antarabangsa, boleh saya simpulkan di sini bahawa pendapat para dermatologist, adalah lebih kurang sama sahaja yang rata-rata sangat menegaskan tentang keperluan memakai sunscreen. Berbalik kepada persoalan saya tadi tentang bagaimana masalah kulit kusam, bintik hitam, jerawat serta tona kulit tidak sekata boleh terjadi? Jawapannya adalah kerana kulit terdedah kepada cahaya matahari atau sinaran UV tanpa memakai pelindung suria.

Sinaran ultraungu atau UV (ultraviolet) adalah sinar matahari yang boleh merosakkan sel kulit dari dalam dan permukaan kulit. Terdapat 2 jenis sinaran UV iaitu UVA (ultraviolet aging) dan UVB (ultraviolet burning). Jika kulit kita terdedah kepada sinaran UV dengan kadar yang lama dan tanpa penapis atau filter seperti sunblock atau sunscreen, sinaran UVA itu dapat menembusi dan masuk jauh ke dalam kulit dan boleh melemahkan sel-sel kulit seterusnya memberi kesan jangka masa panjang iaitu penuaan. Kesan penuaan adalah seperti timbul garis-garis halus pada wajah. Manakala sinaran UVB pula dapat memberi kesan burning atau terbakar yang menyebabkan kulit menjadi gelap sekiranya terdedah kepada sinaran matahari tanpa memakai pelindung suria.



Selain daripada kesan terbakar, kulit juga akan mengalami masalah seperti tompok-tompok hitam, pigmentasi, tona kulit tidak sekata dan yang paling teruk boleh menyebabkan kanser kulit sekiranya terdedah terlampau lama kepada sinaran UV.

Terdapat 2 jenis pelindung suria. Pertama jenis physical atau mineral sunscreen yang biasanya dipanggil sunblock. Sifatnya adalah melantunkan semula sinaran matahari yang terkena pada wajah. Kandungan physical sunblock adalah seperti titanium dioxide atau zinc dioxide, disahkan selamat digunakan oleh US Food and Drug Administration (FDA) walaupun kepada kulit sensitif. Kebanyakan jenis physical sunblock ini akan meninggalkan kesan putih atau white cast apabila kita memakainya. Dahulu, saya tidak gemar memakai sunblock kerana kesan white cast ini. Tapi, kadar perlindungan sunblock adalah sangat baik. Jenis yang kedua adalah chemical sunscreen, di mana cara perlindungannya adalah ia menukar sinaran UV yang terkena pada wajah menjadi haba yang tidak merbahaya kepada kulit. Ala-ala tindakan kimia kan, sesuai lah dengan nama timangannya chemical sunscreen. Antara bahan aktif yang terkandung di dalam chemical sunscreen adalah seperti Avobenzone, Homosalate, Octocrylene, Octinoxate, Octisalate dan Oxybenzone. Chemical sunscreen ini juga selamat digunakan kerana kajian telah membuktikan bahawa bahan kimia diserap ke dalam aliran darah, tetapi dalam jumlah yang kecil.

Pastikan anda memilih sunscreen yang mempunyai sekurang-kurangnya SPF 30, tetapi sebaiknya anda boleh memilih SPF 50 PA ++++. Nombor SPF menunjukkan simbol perlindungan matahari daripada jenis UVB. Manakala, PA ++++ (semakin banyak + adalah semakin bagus atau tinggi kadar perlindungan broad spectrum) daripada sinaran UVA. Sunscreen perlu diaplikasi pada wajah setiap 2-4 jam. Tapi bagi orang Islam yang perlu membasuh muka ketika berwudhu' cukuplah sekadar kita memakai sunscreen pada waktu pagi, dan aplikasi semula selepas solat Zohor dan Asar.

Saya akan kongsi kan di sini beberapa tips yang diberikan oleh pakar kulit tentang cara pemilihan sunscreen berdasarkan jenis kulit. Mengapa kita perlu mengenal pasti jenis kulit

dahulu sebelum menggunakan apa-apa produk? Ini kerana jika kita menggunakan produk yang salah dan tidak bersesuaian dengan jenis kulit, produk itu tidak akan berkesan pada kulit kita, malahan boleh memberi kesan buruk seperti breakout pada wajah. Cara paling mudah yang dikongsi oleh pakar kulit tentang bagaimana untuk mengenalpasti jenis kulit adalah dengan:

Selepas mencuci muka, tunggu sehingga sejam tanpa menyapu apa-apa produk lain pada kulit.

Selepas sejam, anda boleh mengenalpasti kulit anda. Adakah terasa terlampau kering, atau berminyak atau kulit kombinasi. (Kulit kombinasi biasanya berminyak pada T-Zone area iaitu kawasan hidung dan dahi)

Tips pemilihan sunscreen untuk kulit kering

- Kulit kering memerlukan lembapan atau hidrasi.
- Produk yang dipilih mestilah jenis melembapkan seperti terdapat kandungan Hyluranic Acid.
- Semasa memilih sunscreen, useful keyword adalah seperti Aqua, Hydrating, atau Gel (mudah serap).

Tips pemilihan sunscreen bagi kulit berminyak

- Untuk kulit berminyak, mestilah mencari jenis sunscreen yang dapat mengurangkan kesan minyak pada wajah.
- Useful keyword ketika mencari sunscreen untuk kulit berminyak adalah seperti matte, advance oil control, oil-free formula, dan anti-shine.
- Antara bahan yang boleh memberi kesan matte adalah Kaolin Clay.

Tips pemilihan sunscreen untuk kulit kombinasi

- Kebanyakan kulit kombinasi adalah berminyak pada T-zone area dan kering pada kawasan pipi.
- Rata-rata pakar kulit mencadangkan supaya pemilik kulit kombinasi

menggunakan 2 jenis sunscreen iaitu menyapu sunscreen yang bersifat hydrating pada kawasan pipi dan dagu, serta menyapu sunscreen jenis matte pada T-zone area.

Tips pemilihan sunscreen bagi kulit sensitif

- Kulit yang sensitif boleh jadi berkemungkinan jenis berminyak, kering atau kulit kombinasi, tetapi mereka bersifat sensitif.
- Mereka alah kepada sesetengah bahan tertentu yang boleh menyebabkan kulit memberi reaksi seperti iritasi atau sebagainya.
- Mereka perlu memilih bahan yang friendly kepada kulit sensitif, useful keyword adalah seperti sooths skin, for sensitive skin, atau sensitive pH.
- Pakar kulit mencadangkan orang yang mereka yang mempunyai kulit sensitif menggunakan jenis physical atau mineral sunscreen yang mengandungi titanium dioxide atau zinc dioxide untuk mengelakkan iritasi pada kulit.
- Kedua-dua bahan ini disahkan selamat digunakan untuk kulit sensitif.

Sebagai rumusan, selain daripada memakai pelindung suria pada waktu siang di mana kulit terdedah kepada sinaran UV, kita juga masih perlu mengamalkan rutin penjagaan kulit yang baik iaitu dengan menggunakan skin care yang sesuai dan selamat mengikut jenis kulit. Tidak dinafikan juga pentingnya mengamalkan pemakanan yang sihat untuk memberi nutrisi dan mineral yang diperlukan oleh kulit. Minum air sebanyak 8 gelas sehari untuk kekal hidrasi, tidur yang mencukupi serta pengurusan stress yang baik juga amat penting agar tidak memberi kesan buruk kepada kulit. Sekian sahaja coretan saya, selamat menjaga kesihatan kulit.

Kenalpasti jenis kulit anda

"Selepas mencuci muka, tunggu sehingga sejam tanpa menyapu apa-apa produk lain pada kulit. Kemudian, selepas sejam, anda boleh mengenalpasti kulit anda. Adakah terasa terlampau kering, atau berminyak atau kulit kombinasi. (Kulit kombinasi biasanya berminyak pada T-Zone area iaitu kawasan hidung dan dahi)"

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WEAKENED

Weak, Disgusted, Damaged,
so damaged,
so weak that moving or walking seems like a wearisome task
The heart vaults a substantial amount of pain,
It takes over your entire being, obstructs your senses,
You stay sprawled out on the bed, hair tousled, those detached eyes
staring straight at the carnelian
painted ceiling,

Wearing the unwashed petticoat for days,
The saree you used on Saturday, strewn on the floor,
Like your tousled hair, the mind and heart follows,
Your Iphone starts buzzing as your favourite ring tone comes on – 'So
this is love' by Sneha,
You take a glance and see a familiar name popping up on the
screen,

You instantly snap back to reality and get to your feet,
Recalling Saturday, your heart thumps,
You glance at the blonde lady and the muscular indian man she's with
in the photo in the trash bin next to your bed for the second time that
morning,

The Iphone proceeds to ring as you unclasp the device which in due
course falls on the mat,
Within seconds the house phone begins to ring,
Your anklet chimes in response as you lay down back on bed, feeling
impaired and weak

SELOKA GENERASI ANILAN

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Salam sejahtera pembuka bicara
Ini ada sebuah seloka
Generasi Anilan punya cerita
Untuk tatapan anda semua

9 orang ahli utama
3 menantu tidak dilupa
12 cucu asalnya ada
Kini tinggal 10 sahaja

Azlan Mohammad ketua keluarga
Dulunya garang tak berani nak sapa
Abah tegas dan berwibawa orangnya
Pesara jurutera Telekom Malaysia

Kini sudah meningkat usia
Garang hilang lebih ceria
Makin sempoi dan sporting orangnya
Jadi tumpuan cucu semua

Negeri Sembilan negeri kelahiran
Cendol dan lopes makanan
kegemaran
Berpuluh tahun duduk Kelantan
Loghat nogori tak dapat nak kesan

N. Noor Zailani mama kami
Suka masak dan sangat teliti
Masakannya sedap sangat digemari
Anak cucu selalu ternanti-nanti

Garangnya juga boleh tahan
Silap sikit mesti terkesan
Anak cucu suka bahan
TokMa garang jadi hiburan

Stesen minyak punca pendapatan
Tapi dah rehat sebab kepenatan
Berpuluh tahun jadi taruhan
Kini masa cari ketenangan

Hobi makan dan jalan-jalan
Suka buat last minute plan
Kelam kabut anak cucu nak ikutkan
Akhirnya kami ditinggalkan

Anak perempuan nombor satu
Afizah Azlan sudahlah tentu
Paling gorgeous semua orang tahu
Buat Mazlan jadi tak tentu

Dikurniakan 3 anak teruna
Arfan, Aqiil dan Ariq buat kami bangga
Ayana Ayeuna si kembar pula
Sayangnya Ayeuna bertemu di syurga

Kini giliran anak kedua
Ustazah sikit ciri-cirinya
Dijodohkan dengan Mohd Anuar
Jepun tempat mereka bersua

Azlin Azlan itulah dia
Aaisy, Aaisyah dan Abdullah juga bertiga
Al-Mustafa pula telah pergi selamanya
Kini tinggal mereka berlima

Hero melayu sangat peramah
Perasan handsome tak pernah nak kalah
Isteri pula nama Fakhriah
Ammar, Aaira dan Aleesya tambah meriah

Suka memancing hobi baru
Kuat melalak haru biru
Suka buat orang tunggu
Azri Azlan dialah satu

Anak keempat kuat semangat
Layan anak-anak saudara suka sangat
Nak itu ini tak pernah sekat
Dia paling pemurah yang amat

Atiqah Azlan nama terikat
Peneman mama abah paling dekat
Kadang-kadang tak sempat rehat
Mudah-mudahan mendapat berkat

Perantau jauh duduk Sabah
Entah bila dapat pindah
Sibuk sangat Dr. Athirah
Nak dapat cuti memang parah

Jauh sangat susah nak *jengok*
Kadang balik tak dapat nak tengok
Duit ada *berkepok-kepok*
Dapat *pow* mesti syok

Seterusnya kisah anak keenam
Mudah tersentuh makan dalam
Minat kerja pakaian seragam
Tapi sayang berat tak *ngom*

Budak remaja jiwa bergelora
Kejar jannah begitu membara
Tinggi dia amat ketara
Afiq Azlan nama tertera

Anak bongsu anak ketujuh
Semua benda nak kena suruh
Makin lama makin patuh
Kematangannya lebih utuh

Ayuni harus banyak berdikari
Kena berdiri atas kaki sendiri
Supaya senang di kemudian hari
Kalau tidak makan diri

Hubungan kasih cukup erat
Sesama kami sangat rapat
Kami saling memberi nasihat
Kukuhkan ikatan yang terikat

Itulah kisah keluarga kami
Buat kenangan hiburkan hati
Nanti kita berjumpa lagi
Banyak seloka dari kami

Mohon maaf kami pinta
Jika ada terkasar bahasa
Seloka sekadar bersuka ria
Untuk kenangan di hari tua

ENTREPRENEURSHIP AS PART OF CAREER, YAY OR NAY?

ENTREPRENEURSHIP

AS PART OF CAREER

YAY OR NAY?

Entrepreneurship is the process of developing, organizing, and managing a new business idea in a dynamic global marketplace. The modern entrepreneurship definition is about transforming the world by solving big problems like bringing about social change or creating an innovative product that challenges the status quo of how we live our lives daily. Entrepreneurs play a key role in any economy. These are the people who have the skills and initiative necessary to take new ideas in marketing their product and make the right decisions to ensure the ideas are profitable.

Every knowledge regarding entrepreneurship is just at your fingertips. Nowadays, social media has become a significant platform especially for youngsters to unearth the revolutionary changes occurring within the universe. Millennials or youngsters today are exposed to plenty of opportunities, that caused them to start venturing into entrepreneurship since they were young and continue embracing it as part of their careers.

These days, swarms of people graduating from university throw in the risk dice and hope to get sizable rewards from the entrepreneurship game. Youngsters who have the eagerness and goal-getter energy will see giant CEOs such as Jack Ma, Elon Musk, or Mark Zuckerberg as their idols and put them as a benchmark to become as successful as them. Somehow, some of them omitted that an entrepreneur is comprised of and involves many aspects including taking risks, being observant, finding a solution, team player, leadership, organizing, managing strategies, and managing a business venture in a competitive market.

Today, entrepreneurship has become one of the significant career choices being pursued by the youth. There are big whys and concrete reasons why millennials chose entrepreneurship as part of their career. One of them is they love to be their own boss and have control over their own time and money rather than being employed. Second, millennials are visionary. They see things in a bigger picture, and they are expressive. They can work flexibly, and be creative, while following their passion and unlocking potentially unlimited earnings. Third, they want to expand their network and emerge themselves into the higher level of circle, which can add value to benefit them.

Obviously, there are some gaping impediments in an entrepreneurial career. Seeking free time may be hard to come by for entrepreneurs and it is an arduous journey, especially in swift-moving industries. Many entrepreneurs work long and hard to make their dream a reality. Startups would be even harder and getting investors might be worse. Becoming an entrepreneur means putting money on the line for your idea. If it doesn't work out, you'll be responsible for dealing with disappointed investors and outstanding bank loans. Some of them may back out at inopportune times, leaving serious dents on the cash flow table. Worst case, businesses could even fail within a year or two, but this is why entrepreneurship isn't for the weak. That is why the main characteristics of the entrepreneurial mindset are curiosity, independence, resilience, and persuasiveness.

Based on an article written by George (2022) in Forbes magazine, four (4) entrepreneur leadership principles were highlighted. If embraced, they can help to grow their abilities, business, and team to do remarkable things. To summarize, the four (4) key factors are to be mindful and fully present at the moment, which enables leaders to intervene in each situation to ensure a positive contribution to the business. Next, is to be authentic by settling into a leadership style that fits their personality where they can channel their energy into improving how they lead, rather than becoming the person they're not. Third is uncompromising in using limitless human potential to achieve far more impressive results than we think. Lastly, investing the whole mind, body, and spirit into their work.

Obviously, there are pros and cons to becoming entrepreneurs. Things you must keep in your mind is to invest your full effort with full heart and never give up in whatever you venture in. Place your business as your passion and part of your career. If you manage to do that, the struggles become enjoyable. You never know what the future holds and quitting is never an options.

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THE TOURNAMENT

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In the field, the archers get together,
 Each one ready to expose their skill.
 With bow in hand and arrow nocked,
 They take their aim with iron will.

The target stands in the distance,
 A challenge to be conquered by all.
 The archers take their turns in reticence,
 Their arrows flying, straight and tall.

The crowd watches in amazement,
 As arrows hit the bullseye true.
 Each archer takes their shot with grace,
 Their skill on display for all to view.

The tournament rages on,
 With each archer giving their all.
 Their focus stanch,
 As they answer the challenge's call.

The sun begins to set,
 And the shadows grow long.
 But the archers continue to shoot,
 Their spirit and determination strong.

As the final arrows fly,
 And the last target is struck,
 The archers share a moment of joy,
 For they have all given their best luck.

The tournament may be over,
 But the memories will remain.
 For the archers who competed,
 Their skill and strength forever ingrained.



LIFE

Hoarding through our ups and downs

The meaning of life becomes a whirlwind for some,
and the purpose of our existence is
often seen as cumbersome to figure out.
Some days, life will pick you up and cheer you voraciously
Other days, it will pick you up and throw you down on the ground

Learn to bask in times of glory and at the same time accept times of defeat
Every day is a new day to embrace your failures and successes,
Walk through the shine and the grime and never be afraid
Understand that change is constant,
That today people may worship you, love you, adore you, crave you
In fact, they will put you so high up on a pedestal for everyone to see,
But the same adoration, hype and love may no longer exist tomorrow,
Tomorrow can also be the day they lower you down,
and cease to know your existence

It is YOU and only YOU that can make you feel your best,
Because it is YOU that knows every possible thing about yourself,
Never let anyone define you, put you on a throne or place you at their feet
Life wants to teach you about YOU
So, remember,
The real you will not disguise yourself in grandiloquent ways
Instead, you will be unapologetically imperfect,
albeit never shying from improving yourself

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SUKAN MEMANAH



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PENGALAMAN PERTAMA KARISTA 2023

PENGALAMAN PERTAMA KARISTA 2023



Karnival Sukan Staf SeMalaysia (KARISTA) datang lagi... Kali ini, UiTM Cawangan Pahang telah dipilih sebagai tuan rumah. Sukan yang melibatkan penyertaan 14 buah negeri telah berkampung selama seminggu dan pelbagai acara sukan telah dipertandingkan.

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Tidak seperti tahun-tahun sebelumnya, karnival sukan staf kali ini agak menarik kerana adanya acara sukan baharu yang dipertandingkan iaitu sukan memanah. Pada umumnya, sukan memanah bukanlah satu acara sukan yang baharu kerana ia sememangnya telah diiktiraf di seluruh dunia, namun bagi kejohanan staf peringkat UiTM, ia julung kali dipertandingkan. Ini menimbulkan keterujaan kami untuk menyertainya meskipun kami tidak mempunyai pengalaman dan pengetahuan tentang sukan ini.

Sesungguhnya kami amat bersyukur kerana pihak pengurusan bersejua untuk menghantar penyertaan dalam acara memanah individu ke kejohanan ini dan yang membuat kami lebih gembira dan berasa lega apabila mengetahui bahawa UiTM Cawangan Terengganu mempunyai peralatan memanah yang lengkap dan mencukupi. Dengan bimbingan jurulatih muda yang berpengalaman, kami gigih mempelajari segala teknik memanah dengan betul bagi mendapat skor yang tinggi. Nampak mudah tetapi sebenarnya tidak... hanya orang yang pernah memegang 'bow & arrow' sahaja tahu betapa sukarnya sukan ini. Namun berkat kesabaran dan minat yang mendalam, kami berjaya melepasi rasa takut dan gementar malah diganti dengan perasaan teruja setiap kali melepaskan anak panah ke 'target face'.

Setelah hampir sebulan berlatih, saat untuk menguji kebolehan pun tiba... Meskipun sukan KARISTA menjanjikan pingat bagi setiap acara yang dipertandingkan, namun pasukan kami tidak meletakkan harapan yang tinggi untuk memenangi sebarang pingat memandangkan kami baru menjinakkan diri dalam sukan

ini. Apa yang kami inginkan adalah pengalaman memandangkan kami tidak pernah menyertai mana-mana pertandingan memanah sebelum ini dan ia merupakan pengalaman pertama... Berdebar? Memang sangat-sangat mendebarkan apatah lagi melihat atlet dari kampus lain yang nampak seperti berpengalaman. Namun, ianya tidak mematahkan semangat kami, perjuangan tetap diteruskan, menang atau kalah itu adalah adat pertandingan yang penting semangat kesukanan tetap ada dalam diri masing-masing.

Sepanjang dua hari kejohanan berlangsung, banyak yang kami pelajari terutama dari segi pengiraan mata dan corak pertandingan. Sesungguhnya ini memang satu pengalaman baharu yang tidak akan kami lupakan. Para peserta pertandingan juga semuanya mesra dan mudah bergaul, tidak kira peringkat umur dan tidak segan untuk membantu dan berkongsi ilmu. Biarpun tidak berjaya ke separuh akhir namun, apa yang membanggakan kami adalah, peserta dari UiTM Cawangan Terengganu menduduki tangga 10 pemanah teratas berdasarkan mata yang dikumpul oleh setiap pemain. Alhamdulillah, ini adalah satu permulaan yang baik.

Kini... KARISTA 2023 telahpun melabuhkan tirai. Namun, pasukan kami tetap wujud dengan semangat yang masih membara dan kami telah mewujudkan nama pasukan agar lebih dikenali iaitu 'Ittifaq Archery Team (IAT UiTM)'. Perancangan kami seterusnya adalah menyertai pertandingan memanah yang dianjurkan oleh mana-mana organisasi luar bagi memantapkan lagi teknik selain menimba pengalaman dan menambah ilmu sedia ada.



KETAHUI JENIS-JENIS KESALAHAN DI BAWAH AKTA KAWALAN BEKALAN 1961



KETAHUI JENIS-JENIS KESALAHAN DI BAWAH

AKTA
KAWALAN
BEKALAN 1961

Kenaikan harga barang merupakan satu perkara yang membimbangkan dan membebankan pengguna. Namun, atas beberapa faktor, kenaikan harga barang tidak dapat dielakkan kerana ia bergantung kepada permintaan dan bekalan, keperluan bekalan import dan perkembangan ekonomi global. Pihak berkuasa juga cakna dalam membendung kenaikan harga barang. Dalam masa yang sama, pengguna juga perlu peka dengan hak mereka dan sama-sama mengambil inisiatif membantu pihak berkuasa.

Terdapat beberapa undang-undang yang perlu diketahui oleh pengguna dan dipatuhi oleh peniaga. Antaranya, Akta Perlindungan Pengguna 1999, Akta Kawalan Harga dan Antipencatutan 2011, Akta Timbang dan Sukat 1972 dan Akta Kawalan Bekalan 1961.

Akta Kawalan Bekalan 1961 digubal untuk memastikan keseimbangan bekalan barangan dalam pasaran dan harga barang berpatutan. Tujuannya supaya harga barang kawalan stabil dan pengguna mengetahui penetapan harga maksimum dan minimum yang telah dibuat oleh kerajaan. Akta-akta ini dikuatkuasakan oleh Kementerian Perdagangan Dalam Negeri dan Hal Ehwal Pengguna (KPDNHEP).

Tugas mengawal harga barang adalah di bawah KPDNHEP. Undang-undang memberi kuasa kepada kerajaan untuk mengawal dan mencatu barang apabila keadaan memerlukan. KPDNHEP melaksanakan pemeriksaan dipasaran bagi memastikan penjual mematuhi peraturan yang telah ditetapkan.

Di bawah Akta kawalan Bekalan 1961, terdapat beberapa

jenis barang yang tersenarai sebagai barangan kawalan. Akta ini memberi kuasa kepada menteri untuk mengisytiharkan barang kawalan dan membuat peraturan-peraturan berkaitan barang kawalan. Terdapat tiga kategori barang kawalan iaitu barang kawalan sepanjang masa, barang kawalan berjadual dan barang kawalan musim perayaan.

Barang-barang yang diisytiharkan sebagai barang-barang kawalan disenaraikan di bawah seksyen 5 Akta Kawalan Bekalan 1961 dan dinyatakan dalam Jadual 1 Peraturan-Peraturan Kawalan Bekalan 1974. Barang-barang kawalan meliputi barang keperluan makanan dan keperluan asas pengguna iaitu gula, roti, tepung gandum, minyak masak, ayam, baja, petrol, simen, diesel, gas petroleum cecair dan bar bulat keluli lembut. Kerajaan akan mengawal pengeluaran,

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pengedaran dan penjualan barang-barang tersebut. Bagi barang kawalan musim perayaan, kerajaan akan menyenaraikan jenis-jenis barang kawalan mengikut jenis perayaan.

Kesalahan di bawah Akta Kawalan Bekalan 1961.

1. Menjual tanpa lesen. Pengilang, Pemborong dan penjual runcit barang-barang kawalan berjadual hendaklah mempunyai lesen yang sah untuk menjual barangan tersebut. Adalah menjadi satu kesalahan jika pengilang, pemborong dan penjual gagal menunjukkan lesen yang sah semasa pemeriksaan.
2. Menjual barang kawalan melebihi kuantiti dan menjual melebihi harga yang dibenarkan oleh kerajaan.
3. Menyorok dan enggan menjual barang kawalan, atau memusnahkan barang kawalan dengan tujuan untuk menyekat barang kawalan tersebut dari memasuki pasaran.
4. Penafian palsu memiliki atau enggan menjual barang kawalan. Misalnya, jika peniaga menafikan stok barang kawalan yang ada dalam simpanan mereka.
5. Penjual tidak mempamerkan lesen serta tidak mempamerkan harga barang kawalan.
6. Penjual meletakkan syarat yang tidak munasabah dan

menyalahi undang-undang semasa menjual barang kawalan.

7. Memindahkan barang kawalan daripada premis perniagaan dan menyimpan barang kawalan selain di premis yang tercatat dalam lesen. Contoh nya, pemegang lesen barang kawalan gas petroleum cecair memindahkan dan meletakkan barang tersebut di tempat yang tidak dilesenkan.
8. Memiliki barang kawalan secara menyalahi undang-undang.

Contoh kes adalah kesalahan memiliki barang kawalan secara menyalahi undang-undang mengikut peruntukan seksyen 21, di mana pemandu lori yang tidak mempunyai kebenaran telah membeli petrol dan diesel dalam kuantiti yang banyak. Begitu juga dengan kes rampasan minyak masak di kilang pembungkusan yang tidak dilesenkan.

Jika sabit kesalahan, kepada orang perseorangan tetapi tidak termasuk pengarah atau pegawai suatu badan korporat atau syarikat atau perbadanan, boleh dihukum denda tidak melebihi RM1 juta atau penjara tidak melebihi tiga tahun atau kedua-duanya. Manakala badan korporat atau syarikat atau perbadanan yang melakukan kesalahan di bawah Akta Kawalan Bekalan 1961 apabila disabitkan kesalahan boleh dihukum denda tidak melebihi RM2 juta.

Selain itu, lesen juga boleh digantung atau dibatalkan. Mereka juga boleh dilarang mendapatkan lesen dalam satu jangka masa yang ditentukan atau selamanya bergantung kepada jenis-jenis kesalahan yang telah dilakukan. Pindaan akta pada tahun 2021 memperluaskan kuasa tangkapan pegawai KPDNHEP untuk menahan tanpa waran jika peniaga dipercayai telah melakukan kesalahan atau cuba untuk melakukan kesalahan di bawah akta ini.

Akta digubal untuk memastikan pengguna mendapat barang keperluan dengan harga terbaik. Kerajaan telah berusaha bagi memastikan bekalan barang keperluan mencukupi dan mengawal harga dipasaran. Pada masa yang sama, pengguna juga harus bijak dan sama-sama memainkan peranan dengan mengambil tahu perkara-perkara berkaitan hal ehwal kepenggunaan. Jika pengguna mengetahui apa-apa maklumat berkaitan aktiviti yang menyalahi undang-undang seperti peniaga yang menyorokkan barang-barang, atau peniaga yang menaikkan harga barang, pengguna hendaklah menyalurkan maklumat tersebut kepada KPDNHEP supaya siasatan dan tindakan boleh diambil. Secara tidak langsung pengguna telah membantu kerajaan dalam menangani isu-isu dan penyelewengan ini.

BOOST METABOLISM FOR WOMEN AFTER 40s

BOOST METABOLISM



HEALTHY FOOD

LIFESTYLE

HEALTHY LIFE

for women after 40s

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Metabolism is a process where our body turns the food and fluid we consume into energy. Our metabolic rate affects how quickly we burn calories, which impacts both how quickly you lose weight and how easy you gain weight. Once we become 40, our metabolism turns to slow down. As estrogen levels fall, insulin levels rise, and thyroid levels fall as a result. The following are seven suggestions for increasing metabolism especially women as we approach 40.

1. Eat a lot of fruits and vegetables

We may consume large amounts of veggies since they are often low in calories yet being nutrient-dense. These are rich in nutrients and high in fiber, which fills us up.

2. Consume more protein

20 to 30 grammes of protein should be consumed at each meal, and preferably, a high-protein snack should be consumed as well. This aids in preventing the breakdown of lean muscle protein, which increases fat percentage, lowers the percentage of lean muscle, and slows metabolism.

3. Include foods that balance hormones in your diet

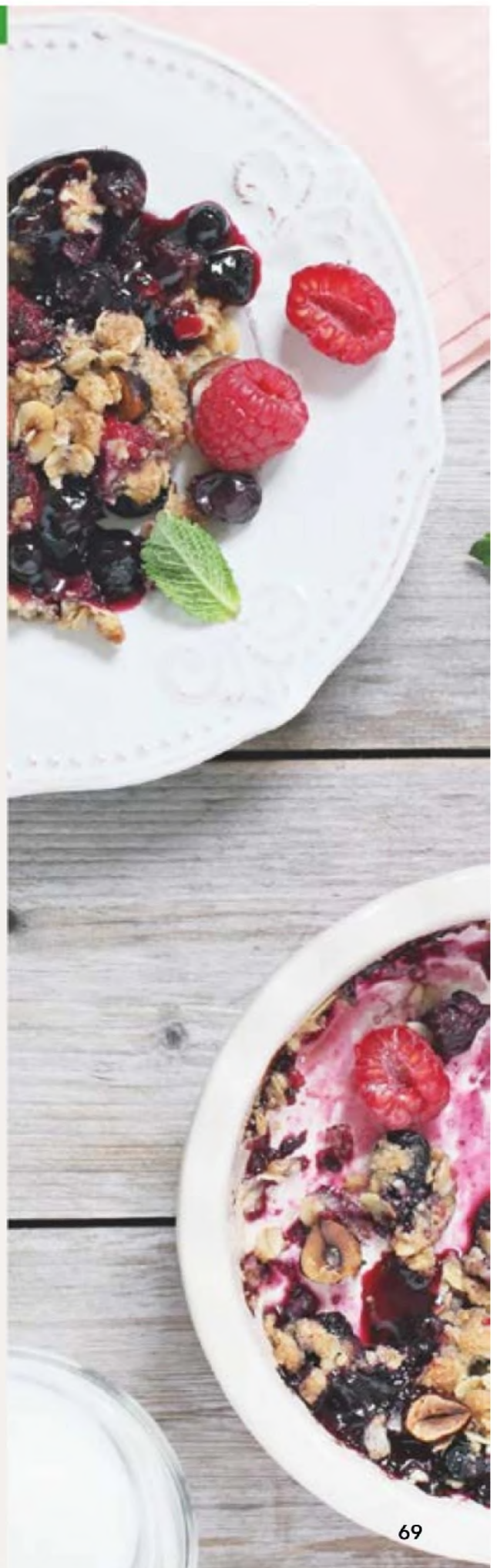
Observing our nutrition can assist with the hormonal shifts. Consuming foods high in phytoestrogen, such as flax seed and sesame seeds, can help counteract this hormonal alteration.

4. Exercise

Keep moving, even if it is only taking a stroll after dinner to help with digestion, to maintain an increased metabolism after the age of 40. As we age, we lose muscle mass, which slows down our metabolism, making exercise even more essential. Try incorporating a total body strength training into your weekly regimen one to two days a week.

5. Keeping hydrated

Water is incredibly energizing. It traverses our body and assists in body detoxification. In particular, drinking hot water with lemon is incredibly healthy for the body.



6. Alleviate pressure

As women become older and have more obligations, many women feel stress more frequently, which can boost hormones like cortisol, which make our bodies store fat rather than burn it. In addition, as suggested by Erin Palinski-Wade, a nutrition and diabetes expert, it has been shown that consuming meals high in vitamin C and omega-3 fatty acids lowers the level of stress hormones in the body.

7. Sleep well at night

Difficulty that women in their 40s commonly face is the struggle to get enough sleep. It might be a symptom of menopause. Sadly, this can result in weight gain. Less than seven hours of regular sleep causes metabolic changes that can make weight loss much more difficult. A greater desire to eat, especially those high in fat and sugar, is brought on by a rise in the appetite hormones ghrelin and a decrease in leptin (which regulates hunger cues). As insulin resistance rises, the body may begin to retain fat.

The bottom line in the secret to increasing metabolism beyond 40 is to make gradual, subtle but ultimately very beneficial modifications to our diet and way of life. If you continue to discover that losing weight and increasing metabolism after 40 is a difficult and nearly impossible task, try the aforesaid tips and see if it helps..

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BIJAKSANA ATAU BIJAKSINI?

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Pernahkan anda terfikir tentang perkataan 'bijaksana'? Kenapakah ia disebut 'bijaksana'? Mengapakah bukannya 'bijaksini'? Menurut Pusat Rujukan Persuratan Melayu, perkataan 'bijaksana' bermaksud 'berakal budi', 'arif', 'pandai dan berhati-hati', dan 'cerdik'. Sebagai contoh, "Pegawai penyelidikan itu seorang yang bijaksana". Orang yang bijaksana dikatakan individu yang menggunakan akal budi. Ia adalah kata sifat positif yang seringkali dikaitkan dengan perihal seseorang yang menjalankan tugas atau mengatur hidupnya dengan penuh hati-hati dan pandai.

Namun, mengapakah perkataan 'bijaksini' tidak pernah wujud? Saya percaya ia tiada dalam kamus Dewan

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Bahasa dan Pustaka atau mana-mana kamus atau tesaurus berbahasa Melayu. Ia seolah-olah perkataan yang barangkali diwujudkan oleh penulis seentengnya. Boleh jadi ini kali pertama pembaca pernah mendengarnya. Bunyinya pelik dan tidak pernah didengari, disebut, dieja, atau ditulis.

Itulah hakikatnya. Ia tidak pernah dituturkan oleh sesiapa. 'Bijaksini' itu tidak pernah 'bijak'. Sebab itu ia tidak pernah ada dalam mana-mana halaman buku. Tidak seperti 'bijaksana'. Ia wujud. Ia ada maksud. Ia ada dalam ungkapan dan ucapan. Ia ditulis. Ia digunai pakai. Ia terserap dalam peribadi manusia. Ia dimenifestasikan dalam bahasa lisan dan bahasa tubuh.

Maksud 'bijaksana' adalah memikirkan keadaan dan perihal orang lain. Ia seperti berada dalam kasut, but, selipar, terompah, dan stokin orang lain (Namakan sahaja apa yang anda mahu...). Ia seumpama meletakkan diri dalam perasaan orang lain. Ia seperti menyelami minda dan jiwa orang lain. Itulah maksud 'bijaksana'. Semuanya tentang orang lain; kebaikan orang lain, kebajikan orang lain, kesenangan orang lain, keselesaan orang lain, kemudahan orang lain, perasaan orang lain, dan segala 'mak-nenek' berkaitan orang lain.

Namun, 'bijaksana' mungkin membawa naratif yang berbeza menurut individu berbeza. Pada seseorang, 'bijaksana' itu adalah perihal

memikirkan pahala dan dosa yang akan dibalas ganjarannya di akhirat 'sana' tanpa memikirkan hanya apa yang ada dan didapati di dunia '[s]ini' yang bersifat sementara. Pada sisi lain di pihak manusia berhati durjana, 'bijaksana' bermakna dia pandai mengambil peluang dan kesempatan ketika menikmati kehidupan sejarak azan dan iqamah ini. Yang bekerja pandai mengambil peluang pecah amanah dan membodek bos. Bijakkah? Yang belajar pandai meniru dan menipu demi gred dan segenggam ijazah. Bijakkah? Yang berniat jahat pandai mencuri peluang melakukan jenayah dan noda. Sekali lagi: Bijakkah? Apakah gunanya kalau senang di sini tetapi susah di sana...

Lalu, bagaimanakah pula dengan kalimah 'bijaksini'? Sememangnya wujudkah ia? Kalau ada sekalipun, ia hanyalah perihal seseorang yang selalu memikirkan dan mengutamakan kesejahteraan peribadi. Ia hanyalah cerminan diri sendiri, kepentingan diri sendiri, keuntungan diri sendiri, dan kesenangan diri sendiri. Semuanya tentang di sini; berkisar tentang diri sendiri semata-mata. Ia

bersifat ananiah. Ia memakai pakaian egoistik. Ia bertopengkan individualistik. Kerana itulah perkataan sebegini tidak pernah tertulis. Ia tidak pernah diungkapkan. Ia bukannya maujud. Ia hanyalah racun di atas nama kebijaksanaan.

Ringkasnya, 'bijaksini' itu hanya di sini. Namun, 'Bijaksana' itulah yang sebenarnya. Tetapi apakah pilihan anda? 'Bijaksana'; adil buat semua, atau 'bijaksini' ambil untung sendiri? Tepuk dada tanya iman...

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FIVE ULTIMATE TIPS OF WRITING CATCHY TITLES: WHICH ONE IS YOUR FAVOURITE?



FIVE ULTIMATE TIPS OF WRITING CATCHY TITLES:

WHICH ONE IS YOUR
FAVOURITE?

by
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"Titles are not only important; they write with

Do you know how to grab readers' attention to read articles you write? Don't you think that it's essential to gain their interest to enjoy your masterpieces? How to make them stand out? Is it effortless to write ones? Well! Writing the whole essay is one topic, but writing a title of the article is quite another. This is because an article is meant to be read not only by its author per se but other readers, too. It serves as a warm, assiduous, and earnest host welcoming his or her guests to a house where a party is being thrown at. Powell (2021) has visualised the beauty of writing engaging titles as equally important as their contents. David Ogilvy, a British advertising tycoon popular for highlighting creative copy and themes on campaigns has once said that "on the average, five times as many people read the headline as read the body copy. When you have written your headline, you have spent eighty cents out of your dollar". Raymond Chandler has also opined that "a good title is the title of a successful book".

To help you write good titles, basically, there're thousands of tips of writing captivating titles, but grabbing some would be adequately helpful. Take one issue as a direction of our article, for instance, "making money online". This would be translated into titles which are based on the title formulas shared. But why're those formulas? It's because they've been proven to work, as testified by many multi-million-dollar companies. Here're some:

Trying a 'Finality': In order to generate interest of your readers, you may compose your title by using keywords, such as 'ultimate', 'best', 'exclusive', 'only', 'guaranteed', and other powerful words and phrases that you of the same league.

- "The Ultimate Tips to Generating Money Online"
- "The Most Efficient Guide to Making Money

Virtually: 100% Guaranteed"

- "The End Game of Money-Making Online"

The Top-List Title:

Using a description that's emotion-provoking can be a catapult that evokes your readers' interest to read your writing. Using numbers is another strategy of writing a captivating title that won't disappoint you, according to some copywriters.

- "24 Rules I've Followed When Making Money Online"
- "Top 10 Mistakes to Avoid when Making Money Online"
- "Generate Money Online in 24 Hours Even though You're a Newbie"

The Ask-a-Question Title:

Posing a question would suggest that you're bringing attention to a problem, of which an answer in your writing may be sought after all this while by readers. As they may sometimes not know what to ask, your title would trigger their interest to find out what your writing may offer. It's naturally typical that a question needs an answer, which's a clever strategy to grab your readers' attention.

- "Are you too Clever to Make Money Online Using Online Ads?"
- "Want To Immediately Reverse Your Financial Issues?"
- "7 Types of Money Makers: Which are you?"

The Make-a-Statement Title:

A directly stated headline would definitely help readers to get engaged in your writing. This is because the title itself tells the readers that your writing is based on your own experience, or others', in making a fortune using proven tips and strategies.

- "Before you Make Money like a Millionaire: 8 Secrets You Should Know"

They are essential for me. I cannot
without a title"

(Guillermo Cabrera Infante)

- "Tips That Show Anyone Can Make Money Online – Guaranteed"
- "Thousands Already Make Millions Online and So Can You"

The Sense-of-Urgency Title:

Using trigger words and phrases like 'instant', 'in no time', 'immediately', and any other keywords that show a sense of urgency would be another tactic that may emotionally capture your readers' interest to read your article. They can tell that you have what they need, which's a solution to their problem, which has been regularly exercised by many successful firms.

- "7 Instant Online Money-Making Tips"
- "Financial Freedom: From Zero to Hero in No Time"
- "Financial Breakthroughs That Save Thousands Immediately from Insolvency and Debt"

Besides, your title should also be sprinkled with some sense of humour and cynical phrases. You can see how grabbing the following titles are, even when you read them for the first time:

- "Pure Love Lasts Forever: It's Unlike a Thin Layer of Makeup on Your Face!"
- "Child Marriage: Don't Mess Up with Girls, Old Men!"
- "Should Interns Be Paid for Their Work: Of Course, My Energy Isn't Free!"
- "Texting While Driving: Welcome to a Six-Foot World!"
- "Tumbler Bottle: Even Thanos Used One Before the Blip!"
- "Teenagers Have Their Rights to Vote: Let's Go, Kids!"
- "Social Media Are Dangerous: Even My Younger Sister Knows It!"
- "Mental Health: It's Far More Important Than Daddy's Rolex Watch!"
- "You Got No Skincare Product? My Nanny Has 10!"

To deduce, writing a good title for your article is one of the most fundamental parts of writing. However, a title can be an afterthought. As you're writing, you can figure out how your title would sound later. Getting your title clear and concise would be somewhat effective, but using one or combining a few title-writing formulas to compose a compelling title would definitely be essential for your article-writing. Hence, it's highly advisable for any writers to retreat a little bit and think of their titles that grab the attention of their readers.

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TIPS FOR MANAGING A TOXIC WORKPLACE ENVIRONMENT

TIPS FOR MANAGING A TOXIC WORKPLACE ENVIRONMENT

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The term 'toxic workplace environment' refers to a treatment of people in a cruel and frequently violent manner, endangering their safety and health (Rasool et al., 2020). The effects of a toxic workplace environment may be felt throughout every



organisation, but there are a few employees who are willing to lodge formal complaints against such behaviour for a variety of personal reasons. In addition, a toxic work environment will harm employee performance and lead to work outcomes, which is more likely to be experienced by junior employees.

A toxic workplace environment in organisations has been demonstrated to have a detrimental impact on employee engagement, and such an atmosphere is a considerable hindrance to employee motivation and engagement (Samma et al., 2020). Moreover, a highly toxic work environment also affects employees' mental and physical conditions, which generate stress that makes them unable to concentrate on their work and reduces their productivity and affect the success of their projects.

Tips for dealing with a toxic workplace environment:

- 1. The negativity at your work is not your fault,** so, always keep that in mind. There are some things you can do to assist.
- 2. Taking a lunch break away from the office:** Make sure to take a lunch break away from the office. If you can, sit outside.
- 3. Creating boundaries:** Refuse to be bullied into missing your lunch break or working unpaid overtime. Inform your employer that you require rest and downtime in order to perform at your best.
- 4. Avoiding from getting drawn into any controversies or rumours:** Try to distance yourself from them. Nothing good will result from them.
- 5. Maintaining a goal-focused attitude:** Try to maintain an optimistic outlook. You will not stay in this place forever, and

you have better things waiting for you.

- 6. Using routine stress-reduction strategies:** Try meditation or regular exercise to manage your chronic tension.
- 7. Maintaining close relationships with a few reliable coworkers:** Maintaining a small group of colleagues will allow you to trust in and support one another.

Every organisation depends on its employees. Due to the fast changes in today's corporate world, it is highly essential to consider the employees' well-being and keep their stress levels minimised. Providing a secure workplace for workers is advantageous to the company.

“Avoiding from getting drawn into any controversies or rumours



THE FACTORS INFLUENCING ENTREPRENEURIAL INTENTION

EXPLORING THE FACTORS INFLUENCING ENTREPRENEURIAL INTENTION

A THEORY OF PLANNED BEHAVIOUR



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Encouragement of entrepreneurship is a crucial strategy for utilising people's enthusiasm, energy, and desire to contribute towards economic development because many individuals, notably young women and men, struggle to find employment opportunities. Entrepreneurship, not only supports economic growth but also accelerates modernisation, has a potential to be a major driver of sustainable development and the creation of good jobs. Starting a business is only one part of what is needed; it also necessitates an innovation process that involves creating a new enterprise with four primary dimensions, which are manpower, organisational, environmental, and process.

Due to their significant contributions to social growth, technological advancement and the creation of new jobs, entrepreneurs are essential to the economic progress. The number of entrepreneurs is currently rising daily throughout the world as a result of dwindling work and career options, future safety precautions, the advantages of entrepreneurship, or perhaps due to people's aspiration to start their own firm and/or carry on the family-business legacy. Improvements in entrepreneurship have drawn a lot of attention from various parties because they are one of the main performance indicators for most nations. Because of this, people highly favour becoming an entrepreneur

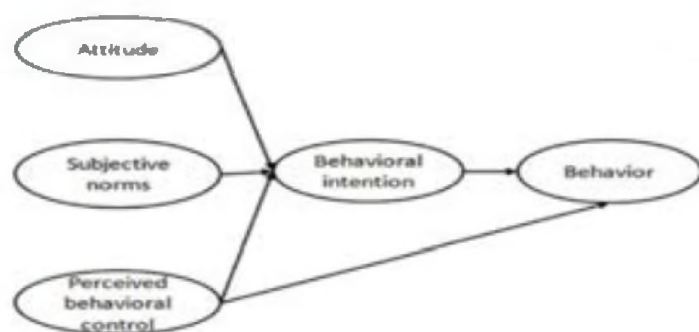
as a job, especially among recent grads. Numerous studies have been done to determine the elements that are most important in motivating people to choose entrepreneurship as their career choice. The Theory of Planned Behaviour (TBP) has been utilised in a majority of studies on entrepreneurial intention (Ajzen, 1991).

The Theory of Planned Behaviour (Ajzen, 1985) has been developed to clarify and support the process of people's decision-making and involvement in a specific business plan. Kolvereid (1996) has asserted that the Ajzen framework (1991) is a key paradigm to explain or forecast people's intentions to become entrepreneurs. The Theory of Planned Behaviour is an expansion of the Theory of Reasoned Action, also known as TRA or ToRA (Ajzen & Fishbein, 1980; Fishbein & Ajzen, 1975), has been necessitated by the original model's limits in addressing activities over which people have imperfect volitional control. The intention of an individual to engage in a certain behaviour is a key component of the Theory of Planned Behaviour, just like what it has been in the

original Theory of Reasoned Action. There are three variables which can be used to explain a person's intention to carry out an action, namely attitudes towards behaviour, subjective norms, and perceived behavioural control (Figure 1).

Attitudes Towards Behaviour According to Ajzen (2005), people's beliefs of the consequences of performing a behaviour determine how they develop their attitudes. Azjen (2012) has further highlighted that the real or symbolic representations of a behaviour can trigger people to activate their favourable or unfavourable attitudes automatically. The desire to launch a business may be motivated by both intrinsic and extrinsic rewards, such as monetary benefits, independence or autonomy, personal benefits, and family security (Choo & Wong 2006; Vanevenhoven & Liguori 2013). According to some experts, 'pull' variables account for a considerable portion of entrepreneurial motivation (Gilad & Levine, (1986). Hence, those wanting independence, self-fulfilment, prosperity, and other desired outcomes are more likely to find entrepreneurship

Figure 1



appealing (Keeble, 1992; Orhan & Scott, 2001).

Subjective Norms

Subjective norms in the context of entrepreneurship show how much an individual's relevant environment (peers, family, and society) perceives starting a business as a positive or negative action. According to Ajzen's review of the literature, subjective norms are not a reliable indicator of intention (Ajzen, 1991). In the meantime, a study by Falck et al. (2012) has shown that young people, who either have an entrepreneurial parent or school friends or peers who have entrepreneurial parent, report greater business start-up intentions. Krueger et al. (2000) have demonstrated that intentions are significantly influenced by subjective norms.

Comparable studies in China (Yang, 2013; Siu & Lo, 2013), Saudi Arabia (Aloulou, 2016), and India (Roy et al., 2017) have provided empirical evidence that people are more likely to intend to start a business if they believe that their peers, family, and friends support them

in their entrepreneurial endeavours. This is due to the fact that the possibility of receiving social and emotional supports for a choice one makes gives one's behaviour more motivation.

Perceived Behavioural Control

Entrepreneurship's perspective of behaviour control is related to how one views technical skills needed, financial risks, administrative burden, and available resources and skills (Mwiya, 2017). Based on an empirical study, experts in Spain (Linan & Chen, 2009), (Linan et al., 2011), Ukraine (Solevik et al., 2012), the United States and Turkey (Ozaralli & Rivenburgh, 2016), China (Yang, 2013), and Malaysia (Chual et al., 2016) have determined that the perception of behavioural control in connection to the establishment of new ventures correlates with the level of intention to launch a firm.

It is assumed that people who believe entrepreneurship to be a realistic career option and those who believe that they are personally competent of founding and running a business will pursue an entrepreneurial career.

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MASTERING THE ART OF ARCHERY

MASTERING THE **ART OF** ARCHERY

A BEGINNER'S GUIDE TO EQUIPMENT,
TECHNIQUE, AND SAFETY



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Archery is a sport that has been known for centuries. Archery has experienced a resurgence in popularity in recent years as more people discover its uniqueness and difficulty. In addition, archery is an excellent choice of sport and is suitable for individuals from all walks of life, whether they wish to compete at the highest level or are simply seeking a new hobby that provides benefits for their physical and mental health. Archery requires both physical and mental skill, making it a great sport for people of all ages and abilities. Archery is a sport of strategy. Target accuracy is of the utmost importance for an archer (Hardi et al., 2022). Each participant must be capable of shooting arrows at a predetermined target. However, if you are new to the sport, the beginning can be intimidating and nerve-racking. Different types of equipment, techniques, and rules can make it difficult to develop an interest in archery. If you are interested in getting into archery, this article will provide you with a basic guide and new information.



Equipment

The first requirement is a bow and arrows. There have been a variety of different designs for bows throughout history, with several major categories including traditional and long bows, recurve bows, crossbows, and compound bows (Verma, 2020). Beginners prefer recurve bows because they are relatively simple to use and maintain. Choose an arrow with the appropriate length and weight for your bow, as well as an arrow rest.

Form and technique

After choosing a bow and arrows, it is time to learn proper archery form and technique. The fundamental steps are as follows:

Stance

With feet shoulder-width apart and perpendicular to the target, maintain a tall stance.

Grip

Maintain a relaxed, comfortable grip on the bow, using your fingertips instead of pads.

Nock

Attach the arrow's nock to the bowstring and arrow rest.

Draw

Using your back muscles, pull the bowstring back with your fingers while keeping your arms stable and elbows out. Bring the bowstring to your



cheek or mouth, using the same point as an anchor point each time.

Concentrate on the target while lining up the bowstring, sight, and arrowhead.

Release

Gently and evenly release the bowstring without jerking or twisting your hand.

Practice

Archery requires practise to be mastered; therefore, you must be patient and persistent in your practise to achieve proficiency. Start by shooting at close range, then gradually increase the distance as your skills improve. Try to shoot consistently, such as by adhering to a routine for each shot. To prevent fatigue and injury, it is recommended to rest and stretch.

Security

Important safety factors are necessary to maintain a safe training environment. Ensure

that archers always use the proper equipment, shoot in a safe and designated area, and abide by all regulations. Never target humans or animals, and never shoot without an arrow. If you are uncertain about anything, consult a certified instructor or trainer.

Archery is an enjoyable and rewarding sport that anyone can enjoy. Whenever an archer performs a sequence of movements in archery, there will always be physical forces that apply pressure on the body. These forces will then travel along the bones and joints of the body (Lau et al., 2020). By understanding the fundamentals of equipment, form and technique, training, and safety, you can begin your archery journey with confidence and zeal. Therefore, do not delay any longer. Please acquire your own bow, proceed to the range, and begin shooting.

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BENARKAH BELANJAWAN 2023 BERSIFAT ANTI-KAYA?

BENARKAH BELANJAWAN 2023 BERSIFAT ANTI- KAYA?



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Belanjawan 2023 yang dibentangkan semula oleh Perdana Menteri Datuk Seri Anwar Ibrahim yang juga Menteri Kewangan pada 24 Februari, 2023 dirumuskan sebagai Belanjawan Madani yang menumpukan kepada 12 ikhtiar utama. Belanjawan tahun ini memperuntukkan 388.1 billion ringgit dengan agihan sebanyak 289.1 bilion ringgit untuk perbelanjaan pengurusan manakala 99 bilion ringgit bagi perbelanjaan pembangunan. Dengan tema Membangun Malaysia MADANI, belanjawan ini mendepani cabaran yang begitu hebat kerana terpaksa mewarisi hutang dan liabiliti sebanyak RM1.5 trillion, bersamaan 81% KDNK. Di samping itu 46 billion ringgit diperuntukkan untuk bayaran khidmat hutang yang mencecah 16 peratus daripada hasil kerajaan.

Antara intipati belanjawan yang menarik perhatian banyak pihak ialah cadangan memperkenalkan cukai barangan mewah dengan had nilai tertentu mengikut jenis barangan mewah berikutan jurang kekayaan antara golongan T20 dan 'super kaya' di Malaysia dengan rakyat miskin semakin ketara. Dikebanyakan negara luar apabila golongan kayangan ini berbelanja barangan mahal dan mewah mereka

akan dikenakan tax dan cukai, namun ianya belum dilaksanakan di Malaysia. Justeru, bermula tahun 2023, cukai barangan mewah dan mahal akan dikenakan. Antara barangan yang akan dikenakan cukai berkenaan ialah jam tangan mewah dan barangan fesyen mewah.

Pelbagai pihak tampil dengan pendapat dan pandangan masing-masing sebaik sahaja Perdana Menteri Datuk Seri Anwar Ibrahim mengumumkan pelaksanaan cukai barangan mewah ini. Dr Carmelo Ferlito, iaitu Ketua Pegawai Eksekutif Pusat Pendidikan Pasaran (CME) berpendapat bahawa cukai ke atas barangan mewah adalah demagogi dan melanggar prinsip ekuiti mendatar. Mereka juga mahukan jumlah cukai yang sama dibayar oleh pembayar cukai tanpa mengira faedah yang diperolehi oleh mereka. Disamping itu juga, cukai baharu yang dilihat berunsur 'anti-kaya' atau 'anti-perniagaan' hanya akan menjejaskan ekosistem pelaburan tempatan. Prof. Madya Dr. Baharom Abdul Hamid dari Universiti Kewangan Islam Global (INCEIF) berpendapat bahawa cukai barangan mewah tidak memberi kesan yang akan menjejaskan rakyat kebanyakan berbanding jika cukai

barang dan perkhidmatan (GST) dilaksanakan semula. Sekiranya GST dilaksanakan semula oleh kerajaan, golongan B40 akan terkesan. Oleh itu, kerajaan menyasarkan golongan kaya yang mampu membayar lebih cukai. Justeru, inisiatif memperkenalkan cukai barang mewah dilihat sangat wajar dan telah mengambil kira mengenai masa depan rakyat marhaen.

Berikut adalah antara kebaikan yang bakal diperoleh dengan pelaksanaan cukai barangan mewah:

- Mampu meningkatkan hasil negara tanpa memberi kesan terhadap golongan rakyat kebanyakan.
- Mengurangkan jurang kekayaan di antara golongan kaya dan miskin di Malaysia disamping boleh mewujudkan satu tanggungjawab sosial dengan mengagihkan kekayaan golongan mewah kepada mereka yang memerlukan.
- Kerajaan boleh memantau trend perbelanjaan mewah di Malaysia.
- Kerajaan boleh mengurangkan kadar jenayah dengan menjejaki perbelanjaan jenama mewah di Malaysia dengan lebih cekap bagi tujuan 'money laundering' daripada aktiviti haram mereka.

Berikut adalah antara keburukan dengan pelaksanaan cukai barangan mewah:

- Menjejaskan pendapatan negara apabila pelancong

tidak lagi berminat untuk berbelanja

- di negara ini.
- Negara mungkin akan mengalami peningkatan dalam pengeluaran barangan palsu membanjiri pasaran akibat harga yang dikenakan terlalu mahal ke atas barangan mewah.
- Peningkatan kadar jenayah melibatkan penyeludupan untuk tujuan mengelak dikenakan cukai.

Mengenakan cukai ke atas barangan mewah adalah satu langkah wajar dan sudah tentu meletakkan barangan berkenaan di kedudukan lebih tinggi dan hanya mereka yang kaya mampu memilikinya. Jadi, tidak salah rakyat yang berkemampuan sama-sama menggalas tanggungjawab membangunkan negara dengan mengagihkan semula sebahagian daripada kekayaan mereka kepada mereka yang memerlukan.

Belanjawan 2023 telah memperuntukkan bajet tertinggi dalam sejarah negara. Diharapkan belanjawan

“Cukai barangan mewah tidak memberi kesan yang akan menjejaskan rakyat kebanyakan berbanding jika cukai barang dan perkhidmatan (GST) dilaksanakan semula.”

-Baharom

bertemakan Malaysia Madani yang mencerminkan prinsip pertanggungjawaban dan sistem nilai luhur mampu mendepani cabaran ekonomi global yang sarat dengan ketidaktentuan. Walaupun belanjawan yang diusahakan tidak mampu memuaskan hati semua pihak, namun sokongan padu dan kerjasama semua pihak amat diperlukan demi mencapai hasrat dan cita-cita semua lapisan masyarakat agar negara tercinta dapat bersaing dengan negara lain bagi mewujudkan ekonomi negara yang lebih mampan dan mampu menstabilkan taraf hidup rakyat secara keseluruhan.

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- [5] <https://budget.mof.gov.my/manfaat/>



Taman Eko-Rimba Gunung Datuk terletak di Hutan Simpan Tampin. Lokasinya terletak di jalan Tampin-Seremban iaitu 10 km dari Bandar Tampin dan 35 km dari Bandar Seremban. Kedudukannya adalah di sempadan Negeri Sembilan dan Melaka. Kemudahan yang disediakan di Taman Eko-Rimba Gunung Datuk adalah seperti tandas, dewan terbuka, tapak perkhemahan, wakaf, tempat letak kenderaan, rumah penginapan dan gerai jualan.

Gunung Rembau dan Gunung Gagak merupakan puncak paling hampir dengan Gunung Datuk. Sehingga awal tahun 90-an, dipercayai Gunung Datuk merupakan lokasi pertapaan untuk mendapatkan ilmu putih (ilmu baik) manakala Gunung Gagak lokasi pertapaan untuk mendapatkan ilmu hitam (ilmu jahat). Selain daripada mendaki Gunung Datuk, aktiviti mendaki boleh juga dilakukan di Gunung Rembau, Gunung Gagak, Trans-Naning yang menghubungkan Gunung Datuk, Gunung Tampin dan Gunung Datuk-Batu Maloi. Pada tahun 1372, menurut pakar rujuk adat dan budaya Negeri Sembilan, Allahyarham Profesor Norhalim Ibrahim, di dalam tradisi Adat Papatih, Gunung Datuk merupakan tempat yang digunakan oleh Datuk Papatih Nan Sebatang untuk mengumpulkan ketua-ketua adat dan mengisytiharkan gelaran serta nama penyandang Datuk Lembaga. Walau bagaimanapun catatan itu hanya di dalam laporan dan bukannya dicetak di dalam buku.

Diantara sembilan gunung yang terdapat di Negeri Sembilan, Gunung Datuklah yang paling popular dikalangan pendaki kerana mempunyai flora dan fauna yang belum tercemar.





Akhbar Sinar Harian turut menyiarkan hasil temu bual bersama dua peminat susur galur sejarah Negeri Sembilan Mohd Khairil Hisham Mohd Ashaari, 48, dan Osman Mohammad, 54, yang mengetahui kisah sejarah kewujudan kesan sebelah tapak kaki Hang Tuah di puncak Gunung Datuk yang menjadikannya menarik untuk dikunjungi. Sebelah tapak lagi dikatakan berada di Tanjung Tuan, Port Dickson. Walau bagaimanapun terdapat juga kenyataan menyatakan tapak kaki berkenaan didapati pada batu di salah sebuah sekolah di Daerah Rembau.

Puncak Gunung Datuk berada pada ketinggian 884 meter (2900 kaki) menyamai ketinggian Gunung Angsi dan merupakan puncak gunung yang tertinggi di Daerah Rembau. Ia memberikan pandangan panorama 360 yang menarik kepada pendaki kerana berpeluang menikmati matahari terbit jika mula mendaki seawal jam empat pagi dan melihat kapal belayar di Selat Melaka.

Titik permulaan pendakian adalah tidak kurang daripada 80 meter dari paras laut dan masa pendakian ke puncak mengambil masa selama dua jam.

Sebelum memulakan pendakian, setiap pendaki perlu merekodkan nama masing-masing di permit renjer untuk tujuan keselamatan. Bayaran RM5 juga dikenakan sebagai kos memelihara alam dan kos operasi tandas. Laluan pendakian bermula dengan menyeberangi anak sungai dan menaiki tangga. Pendaki tidak memerlukan pemandu arah kerana laluannya tidak ekstrem dan mempunyai tanda arah yang jelas.

Cabaran bermula pada sejam yang pertama apabila pendaki perlu menempuhi laluan berbatu yang tinggi sebelum menempuhi laluan yang landai.

Terdapat juga kawasan lapang untuk berehat atau berkhemah sebelum pendaki naik ke puncak. Sebelum menamatkan pendakian ke puncak, pendaki diuji dengan puncak gunung yang berbatu dan pendaki perlu memanjat tangga yang menegak bersudut 90 darjah yang bergoyang walaupun sudah diikat dengan tali. Di puncak Gunung Datuk terdapat banyak batu-batu besar dan ruangnya tidak terlalu besar. Pendaki bergilir-gilir menikmati pemandangan keindahan alam semulajadi di puncak Gunung Datuk. Rata-rata pendaki baru aktiviti lasak ini berpuas hati dengan pengalaman yang diperolehi kerana Gunung Datuk mempunyai lokasi yang sesuai untuk menjalankan aktiviti rekreasi yang bersifat santai tetapi mencabar.

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EOSEUNGSANGAK TRAIL OF THE HALLASAN MOUNTAIN

EOSEUNGSANGAK TRAIL OF THE HALLASAN MOUNTAIN

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Hallasan is a volcanic mountain located in Jeju Island, which is a volcanic island in South Korea. It is the highest mountain in South Korea, with a peak that reaches 1,950 meters (6,398 feet) above sea level. Hallasan is a popular destination for hiking and offers breathtaking views of the surrounding landscape. There are seven hiking trails available around Hallasan mountain. However, only two trails could reach the summit of Hallasan, which are Songpanak and Gwaneumsa trail. Both trails are 9.6 km and 8.7 km respectively, which need approximately 4-5 hours to reach the summit. Eoseungsaengak is one of the shortest trails on Hallasan. This easy hike takes just thirty minutes to hike to the top, starting at the Hallasan National Park Visitor Centre. The Eoseungsaengak Trail starts at the Eorimok entrance, which is one of the main entrances to the Hallasan National Park and leads up to its peak.



On March 6, 2023, a hiking expedition through the Eoseungsaengak trail was held to explore the scenic views along the trail. The trail is approximately 1.3 km from the starting point to the Eoseungsaengak peak. Even though it was during the winter season, the view and scenery were still eye-catching and breathtaking. Along the way, the trail was built with wooden steps, some of which were rocky; hence, it was easy even for small children to reach the peak. Overall, it was a wonderful experience hiking one of the trails to Hallasan. In the near future, if we were given the opportunity to come again, we would definitely return for the other paths, particularly those leading to the Hallasan summit.



Rujukan

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CARBON EMISSION

DISCLOSURE AND BUSINESS WELFARE



The earth's condition is getting hotter, and the air temperature is increasing, causing global warming. One of the UN (United Nations) intergovernmental bodies is responsible for increasing knowledge of human-caused climate change. The Intergovernmental Panel on Climate Change (IPCC) predicts that global temperatures will rise by 2°C per decade over the next two decades. The effects of global warming are increasing temperatures, rising sea levels, and melting snow. In addition, severe climatic disturbances and a global population surge can increase emissions and excess consumption of natural resources. To overcome this many countries have set quantitative carbon emission reduction targets and are striving to achieve control over global temperature rise within 2°C above pre-industrial levels. Climate change and its negative



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impacts need to be included in business strategy as part of important decisions. Whether you realize it or not, business activities, especially the use of fossil fuels, changes in land use, and forest fires result in an increase in greenhouse gases (GHG) (hereinafter using the term "carbon emissions"). Therefore, encouraging world governments including Indonesia to issue regulations so that all business actors or companies publicly report information about carbon emissions in the form of emission disclosure contained

in the sustainability report. Putting carbon accounting on the corporate agenda is the first step toward a better journey for all of us.

In the report which is often referred to as Carbon Emission Disclosure (CDP), which is part of carbon accounting in which companies measure, recognize, record, present, and disclose carbon emissions, several corporate sectors report high carbon emissions. Some of the company sectors in question are the utilities, energy, and

materials sectors. Other sectors such as consumer goods, health, and finance also report generating carbon emissions from their business activities. The carbon emissions produced by the company will be higher with the increasing capacity of using machines in production or transportation activities. Companies that understand the urgency of sustainability in business understand that reporting carbon emission footprints is extremely important. Apart from being part of compliance with statutory regulations or avoiding external criticism, disclosing carbon emissions is a moral responsibility as part of the transition to a sustainable company by achieving a low-carbon strategy. An international investment company, Fidelity, explained that in several developed countries, they have implemented various emission reduction policies such as carbon taxes, emissions reduction funds, and even emissions trading.

In Indonesia, there is a regulation regarding the National Action Plan for Reducing Greenhouse Gas Emissions (RAN-GRK) contained in Presidential Decree no. 61 of 2011. In the Presidential Decree, it is written that business actors need to contribute to efforts to reduce GHG emissions to achieve the goals of the United Nations Framework Convention on Climate Change (UNFCCC). The regulation is expected to be able to bridge the development of various sectors toward reducing emissions and increasing the absorption of carbon emissions through investment.

Carbon emission disclosure is still classified as voluntary for companies in Indonesia. The importance of disclosing carbon emissions is expected to encourage companies to be more transparent in conveying environmental information so

that stakeholders can monitor the extent to which companies care about climate change. Businesses should pay more attention to this matter considering that in the last few decades, environmental conditions have worsened and there are widespread demands from various layers of society for the creation of livable environmental conditions.

Benefits of carbon disclosure

There are many benefits for businesses when reporting and working to reduce carbon emissions. Not only to fulfill legal requirements and obligations but there are many positive things that can be achieved;

First, as a carbon strategy, tracking the carbon footprint of a business, in fact, makes the business operationally more resilient in cutting carbon emissions to near zero. The carbon strategy in question can take advantage of the blockchain's role in tracing, tracking, and recording. This means supply chain digitalization through data management is a solution for tracking emissions and further reducing carbon footprints.

Second, saving costs. Measuring carbon emissions is the initial action to reduce them and save costs in the long term. These savings are achieved through lower purchasing costs and energy bills, or through more efficient business operations.

Third, to achieve a competitive advantage. Companies that report on carbon demonstrate leadership in investment, helping businesses attract new customers and investors.

Fourth, public relations opportunities. Companies that openly communicate their carbon footprint are seen as more

socially responsible and benefit from greater public awareness.

Fifth, attracting professional workers. Today's era is actually looking for socially responsible companies that communicate openly and have credentials related to climate action. In a survey conducted by Swytch (a blockchain-based platform), currently, almost 40% of millennials choose a job because of the sustainability of the company.

Sixth, access to funding and green capital. Controlling carbon emissions is expected to increase the availability of greater capital for businesses. The existence of green credit provides credit facilities for companies that are more environmentally friendly.

Last but not least, carbon accounting helps to reduce carbon emissions which leads to the ultimate goal of limiting carbon emissions and stopping global warming. Thus, companies disclosing carbon emission reports hope to gain social legitimacy from society and as a form of company performance in the environmental sector. The benefits of carbon disclosure as conveyed will impact business prosperity.

If developed countries have taken many actions to prevent carbon emissions, we should at least not reverse direction. We have to push the gap and should do our best to reduce the gap. Doesn't Allah SWT ask us to do good (ihsan), including preserving nature? Holy Qur'an confirms that humans are caliphs (as managers and prosper) on earth who are given the right to preserve nature.

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"Better three hours too soon than a minute too late"

William Shakespeare

Time's a finite resource, definitely. We have day light and night. They all count for 24 hours, which're our daily capital. How time's spent depends on individuals. Some people have it well-spent in a productive way, which's worth the time, but many have it squandered and wasted, disappearing into thin air. But the time I'm talking about has nothing to do with frequencies, for instance, "How many times we've met?". Don't get confused with 'thyme', too. It's all about the clock that's ticking and the time that's running.

Some people stick to being 'punctual', while some others are rather 'flexible' with time. Malays, for example, are a race that's typically associated with being late; a situation by which people are deemed behind time, behind schedule, not on time, unpunctual, delayed, tardy, and slow. Phrases like "Okay, on the way!" and "Wait wait wait!"

are common ones heard of when it comes to fulfilling promises not at a designated time. 'Janji Melayu' or 'Malays' Promise' is a term used when people feel angry and upset with someone or a group of people who're late in doing something or walking the talk.

Sounds negative? In a way, it does. It carries a negative connotation and bad reputation. But there's an explanation behind this. According to Dutch social-psychologist Professor Geert Hofstede at the Maastricht University in the Netherlands, time flexibility's one of the six dimensions developed in his founded Cultural Dimensions Theory. He's opined that time flexibility exercised by the Malays, particularly, and the Malaysians, generally, has allowed a collective mind to function. This enables us to distinguish who belongs to which group of people that's relatively different from other groups with different cultures and perceived flexibility of time.

One of the Cultural Dimensions discussed by Professor Hofstede is 'Uncertainty Avoidance'. Through the lens of the dimension, the effort a society shows to evade uncertainty in the future is reflected. In other words, there're some societies that hate a sense of ambiguity, improbability, and vagueness in their future. As a result, this has motivated them to organise schemes, schedules, and worst-case-scenario contingency plans beforehand for the use in emergency times and during uncertainties in the future.



Diagram 1 – Cultural Dimensions (Source: Hofstede Inside)

However, according to Professor Hofstede, the Malays or Malaysians have scored 36 per cent in this dimension. This means that the Malaysian society has been popular for being quite 'relaxed' and rather 'flexible' when it comes to avoiding uncertainty. It could be summarised that time flexibility is favourable, particularly for planning either personal or organisational activities and programmes. According to the psychologist, being late five minutes for a mean of an hour is an act that doesn't require an apology.



Diagram 2 – Uncertainty Avoidance (Source: Daily Express)

I'm not saying that I've over-generalised my perception of time flexibility on all and sundry of the society. There're many people who give their commitments to keeping promises at designated times. But we've seen this deeply immersed in our culture. Seeing is believing. We've somewhat thrown ourselves in it. It's part of our culture. It's imminent and impending. That's why the term 'Janji Melayu' keeps recurring in making promises, and is commonly heard when someone has failed to honour his or her promise or commitment with others, which would potentially lead to cancelling what's promised or planned and triggering frustration and anger by some parties. This would scrape off, corrode, and destroy a sense of trust in people. It's worth to say that fulfilling promises is highly demanded in Islam, notwithstanding what's promised small or big.

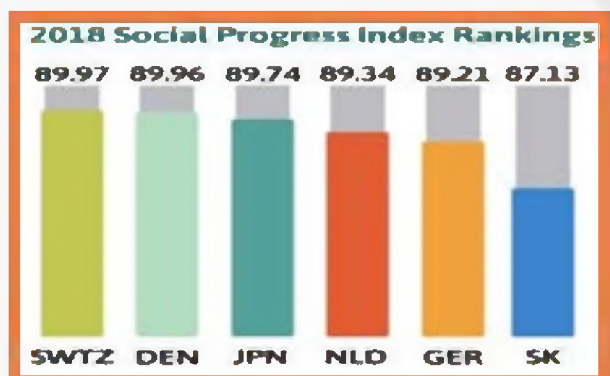


Diagram 3 – 2018 Social Progress Index Rating (Source: Social Progress Imperative)

From a sociological aspect, many studies have been done on punctuality according to races. In general, developed nations are recognised as being tremendously concerned and highly disciplined about punctuality. This can be further reinforced if you happen to be in the Switzerland, Denmark, Japan, the Netherlands, German, and South Korea, according to the 2018 Social Progress Index Rankings. What has amazed me is the Japanese society that's most serious about this. If you're late, you'll risk offending them. But this isn't my wild perception. It's indeed a special term in the culture of the Japanese people who care about punctuality. That's

why public transportation, such as buses and high-speed trains, could be expected to arrive and depart exactly on schedule. The same situation goes to the bus service in England where I've found out that every bus stop – I'm not talking about a 'bus station', okay! – has its own schedule of a double-decker bus arrival and departure, which's absolutely mind-blowing. I've also been impressed by a pair of commuters from two different directions arriving simultaneously at the same commuter station in the Netherlands when I transited in the country for a layover. This transportation-system efficiency wouldn't have been impossible if they won't value time as it should really be.

All in all, we really love time flexibility, be us the Malays or non-Malays, notwithstanding our different religions and cultures. However, when this overly practised flexibility causes trouble to people, it's a moment to retreat and rethink. As a lay individual, I hate waiting. I'm very concerned and worried if I'd cause others to wait for me. In my point of view, I believe that punctuality is not optional but mandatory. Changing the mentality is the must. Altering the way we deal with time is also key. The Malays or Malaysians aren't excluded.

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GRADUATES WHO ARE THE URBAN POOR

GRADUATES

WHO ARE THE URBAN POOR



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Did you know that even if they are an officers or executives, graduates with a bachelor's degree earn only in between RM1,100 to RM2,200 on average per month? This is a regular scenario that new graduates experience in their professional lives these days. When these students graduate and move out into the real world, they become urban poor, even though they are highly educated. Every year, thousands of graduates are produced in the country however they have added to urban poverty. These graduates' wages are essentially the same as those without a degree or diploma at this moment. In fact, some of them have less than those who have a high school diploma or a certificate. An officer but only earns RM1,100 each month? This means they have entered the hardcore poor group. Even security guard, for example, are paid more than that.

Admittedly urban poverty cannot be measured by income alone. It is measured on the level of local quality of life and amenities. But if the wages are very inadequate, they cannot rent a comfortable house and buy a vehicle. Furthermore, they must contend with the ever-increasing high prices of food and other needs. So, in this condition, how can individual experience a sense of quality of life? Which is remarkable given that grads have been hovering around the same wage price for nearly 30 years. Is that amount of money sufficient, given the rising cost of goods and services? Education loans must also be paid off. This was a concern for most recent graduates.

Despite the government's announcement of numerous job prospects in the Economic Gig, majority of fresh graduates engage in e-hailing services like food delivery, products delivery, and passenger transportation. It is considerably very hard to find a suitable job based on their qualifications because most employers prefer candidates with at least two years of working experience. How long do you think graduates will want to work in this field? In professional domains, we are losing their enthusiasm and skill. It won't finish with "thank goodness they were able to work instead of being unemployed." There are indeed high-skill jobs that are lucrative for freelancer jobs such as engineer,



accountant, graphic designer, programmer, videographer, and others but it is not much and less advertised. Advertisements for experienced workers, on the other hand, mention a pay of RM2,200. Even individuals in high positions earn less than RM3,000 per month. Employers like this are the ones who misunderstand the nature of professionals and undervalue them. The Department of Statistics Malaysia in 2021 reported that most graduates who

entered the job market in 2020 received an estimated monthly salary of between RM1,001 to RM1,500 compared to RM2,001 to RM2,500 in 2019. The department also reported, the rate of skills-related underemployment, which forces graduates to work as low-skilled workers, grew from 32.7 percent in the first quarter of 2017 to 36.8 percent in the third quarter of 2020.

The government has authorized a new minimum wage rate of RM1,500 per month, which had taken effect on May 1 across the country. It is hoped that this implementation will improve the salaries of graduates and professionals. A failed wage system for graduates also dragged down failure to the country's education system. After all, we believe that higher education can help people get out of poverty, but the truth is that every year, graduates from the universities become urban poor. If this trend continues, graduation salaries would likely linger around RM1,500 in the next 30 years. Despite our pursuit of various changes for advancement, it appears that we are stuck in the ancient period when it comes to pay problems. We are happy to have a large number of graduates in a variety of professions. Children from rural areas typically dominate local universities, yet their pride eventually leads to their becoming urban poor.



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CIKGU OMA ALI: PENGASAS TEKNIK BBMA

Cikgu Oma Ali

PENGASAS TEKNIK BBMA



Pengenalan

Oma bin Ali, atau lebih mesra disapa dengan panggilan Cikgu Oma Ally, merupakan seorang trader yang tidak asing lagi dalam dunia trading. Beliau mempunyai pengalaman selama 30 tahun dalam bidang kewangan dan pelaburan di mana beliau telah mula berkecimpung dalam pasaran kewangan sekitar hujung tahun 80-an dan menjadi ahli Malaysian Association of Technical Analysts (MATA).

Sebagai seorang trader yang berpengalaman luas, beliau telah berjaya mengasaskan teknik trading berdasarkan Technical Analysis (analisa teknikal), iaitu sebuah teknik yang boleh diguna pakai untuk

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membuat keputusan pelaburan menggunakan pelbagai jenis instrument atau aset kewangan seperti saham dan indeks, matawang asing, kripto, metal, pasaran hadapan, bon, dan lain-lain.

Teknik ini dinamakan BBMA, iaitu gabungan dua buah indikator utama, iaitu Bollinger Bands dan Moving Average, untuk membaca pergerakan candlestick atau harga pasaran. Teknik ini sangat popular dalam kalangan trader nusantara, iaitu dari Malaysia, Indonesia, Brunei, dan Singapura. Cikgu Oma Ally telah mengasaskan teknik dan strategi trading tersebut sejak tahun 2010. Usaha beliau ini telah banyak membantu ramai trader, tidak kira apa bangsa sekalipun, yang terlibat dalam pelaburan menggunakan pelbagai jenis instrumen.

Beliau seringkali menggunakan tagline

menarik dalam kelas-kelas trading anjurannya, antaranya '1 Rumah 1 ATM' dan 'One Step Ahead'. Ini berikutan ramai orang yang mempunyai aspirasi untuk mendapatkan kehidupan yang lebih baik melalui aktiviti pelaburan. Untuk mencapai objektif tersebut, pendidikan dalam bidang trading dan pelaburan mestilah diterjemahkan secara khusus melalui penganjuran seminar dan kelas percuma atau berbayar.

Bursa Malaysia.

Teknik BBMA ini telah dipatenkan sebagai sebuah teknik yang diasaskan oleh Cikgu Oma Ally bersama co-founder Cikgu Roohi Adnan, di bawah hakcipta BBMA Team@ (menurut Trade Marks Act 1976 dan Trade Marks Regulations 1977) yang telah didaftarkan sebagai sebuah syarikat di bawah Suruhanjaya Syarikat Malaysia (SSM).



Diagram 1 – Penggunaan Bollinger Bands dan Moving Averages dalam Teknik BBMA

Selain mengajar kelas-kelas trading untuk retail traders tempatan mahupun luar negara, Cikgu Oma Ally juga menawarkan perkhidmatan sebagai Technical Analyst dan Financial Consultant kepada bank-bank pelaburan seperti Maybank Investment Bank (Malaysia) dan agensi-agensi kerajaan seperti Tabung Haji (TH) dan lain-lain. Beliau juga banyak membantu mengembangkan bakat dan kemahiran ramai ejen syarikat broker saham (Remisers) dalam bidang teknikal berkaitan pelaburan saham dan memahami produk-produk yang ditawarkan dalam

Penggunaan Multi Time Frame (MTF) Penggunaan indikator-indikator seperti di atas perlu dijalinan dengan penggunaan kaedah Multi Time Frame (MTF) yang juga menjadi asas utama dalam memahami Teknik BBMA. Terdapat banyak Time Frame (jangka masa) yang boleh digunakan oleh trader seperti Monthly (MN), Weekly (W1), Four Hours (H4), One Hour (H1), Fifteen Minutes (M15), Five Minutes (M5), dan One Minute (M1). Untuk menggunakan kaedah MTF, trader tidak boleh menggunakan jangka masa sesuka hati mereka untuk membuat analisa pasaran. Sebaliknya, mereka perlulah menggunakan susunan Time Frame tertentu yang telah ditetapkan seperti berikut:

- MN / W1 / D1
- W1/ D1 / H4
- D1 / H4/ H1
- H4 / H1 / M15
- H1 / M15 / M5
- M15 / M5 / M1



Diagram 2 – BBMA Structure dalam Teknik BBMA



Diagram 3 – Penggunaan Kaedah Multi Time Frame (MTF) dalam Teknik BBMA

Tahap Kelas Teknik BBMA Untuk mempelajari Teknik BBMA ini, terdapat tiga (3) peringkat kelas yang perlu diikuti demi mendapatkan pemahaman yang jitu. Oleh itu, Team BBMA@ menganjurkan kelas Basic BBMA, Intermediate BBMA, dan Advanced BBMA secara berperingkat. Kelas-kelas asas Teknik BBMA ini biasanya diadakan setiap tahun dengan kadar yuran tertentu. Untuk mara ke kelas atau peringkat seterusnya (Intermediate dan Advanced Levels), pelajar-pelajar BBMA perlulah menguasai kesemua fungsi Basic BBMA dan mengasah ilmu yang dipelajari terlebih dahulu dalam dunia trading.

Multiple-Layer Entries Selain Teknik BBMA yang telah menjadikan Cikgu Oma Ally seorang guru

trading yang popular, beliau juga terkenal dengan Multiple-Layer Entries. Sebelum ini, kebiasaannya trader hanya buy atau sell dengan jumlah lot tertentu, sebagai contoh '1 layer per lot'. Namun, beliau telah memperkenalkan Multiple-Layer Entries, iaitu memasukkan sejumlah entry Buy atau Sell yang

kekuatan trend di Time Frame lebih besar dan validation tertentu di Time Frame kecil menurut disiplin Teknik BBMA menggunakan Sharp Entry Point.

Penglibatan di Peringkat Antarabangsa Selain mengadakan kelas Teknik BBMA di Malaysia, Cikgu Oma Ally juga aktif



Diagram 4 – Multiple-Layer Entries Menggunakan Teknik BBMA

dikenali sebagai lapisan 'Kek Sarawak'. Multiple-Layer Entries ini boleh dilakukan dengan mengenal pasti

mengikuti perkembangan dalam bidang trading dengan menjadi tetamu jemputan dalam program

anjuran International Federation of Technical Analysts (IFTA), Free Trade Area of the Americas (FTAA), dan World Islamic Financial Centre. Beliau juga telah dijemput oleh Marketing Departments of Financial Institutions untuk menyampaikan ucapan di China dengan membawa visi dan misi BBMA sebagai wadah dalam bidang trading. Selain mengajar kelas BBMA pelbagai peringkat di Malaysia, beliau juga aktif menganjurkan kelas trading di Asia Tenggara, khususnya di Indonesia, Singapura, dan Brunei.

Kesimpulan

Sebagai penutup, Cikgu Oma Ally telah terbukti banyak berjasa dalam melahirkan ramai trader bergelar jutawan dalam bidang pelaburan di dalam dan luar negara. Namun, untuk menguasai bidang pelaburan, tidak kira menggunakan apa instrumen sekalipun, penguasaan ilmu, disiplin, dan psikologi yang tinggi amat diperlukan. Memahami fungsi kesemua garisan dalam Teknik BBMA ini adalah merupakan satu kepastian agar keputusan trading yang diambil itu tepat. Ini supaya wang yang dilaburkan itu dapat berkembang seperti yang diimpikan. Selain itu, aktiviti pelaburan yang dijalankan diharapkan agar dapat meningkatkan lagi peluang pendapatan seterusnya menjana ekonomi negara tercinta.

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Gunung Angsi merupakan sebuah gunung yang terletak di Tanjung Ipoh, daerah Kuala Pilah, Negeri Sembilan, Malaysia dan mempunyai ketinggian setinggi 825 meter (2,702 kaki). Ia merupakan salah satu tarikan bagi Hutan Rekreasi Ulu Bendol dan terbuka bagi aktiviti pendakian. Pendakian Gunung Angsi biasanya mengambil masa selama dua jam dimana ianya melalui laluan trek sepanjang 4.5 kilometer sepanjang Sungai Batang Terachi. Jadi, gunung ini menjadi salah satu tarikan bagi para peminat aktiviti pendakian di sekitar negeri tersebut bahkan dari seluruh tanah air.

Setiap minggu di media sosial, ada saja kumpulan-kumpulan pendaki memuatnaik gambar aktiviti pendakian mereka ke Gunung Angsi. Oleh itu, ia membuatkan kami terpanggil untuk cuba dan merasai sendiri pengalaman mendaki ke puncak Gunung Angsi. Walaupun kami bermastautin di negeri Terengganu, namun minat yang mendalam terhadap aktiviti sebegini membuatkan kami sanggup untuk ke sana. Trip kami ini merupakan yang pertama kali dan kami memilih untuk melalui Bukit Putus dan berakhir di Ulu Bendul. Jarak perjalanan adalah lebih kurang 12 km dengan ketinggian 825 meter dari paras laut.

Pada jam 7.30 pagi kami memulakan perjalanan dari Lukut ke Ulu Bendul yang terletak dalam daerah Kuala Pilah. Memandangkan kami akan memulakan pendakian dari Bukit Putus dan berakhir di Ulu Bendul, perjalanan kami melibatkan penggunaan dua buah kereta. Setelah lebih kurang satu jam perjalanan kami tiba di Ulu Bendul, sebuah kereta diletakkan di kawasan



meletak kereta. Kemudian kami berempat bertolak ke Bukit Putus menaiki sebuah lagi kereta. Sebelum memulakan pendakian kami ke kaunter untuk mendapatkan permit. Hanya perlu membayar RM5 sahaja seorang. Setelah merakam gambar kenangan di papan tanda Gunung Angsi kami bersedia utk memulakan pendakian. Segala keperluan dipastikan cukup sebelum memulakan pendakian.

Pada jam 9.30 pagi, pendakian bermula dengan mendaki anak tangga besi sehingga bertemu laluan yang sebenar. Sepanjang perjalanan mendaki, laluan agak becak dan licin disebabkan hujan di awal pagi. Perjalanan untuk sampai ke puncak mengambil masa lebih kurang 2 jam termasuk sesi-sesi bergambar di sepanjang perjalanan. Terdapat banyak akar di sepanjang laluan pendakian ianya agak memudahkan perjalanan kami. Lebih kurang jam 11.30

pagi kami berempat tiba di puncak dan tidak lupa utk merakam gambar dan video pemandangan yang sangat indah di puncak Gunung Angsi untuk dijadikan kenangan. Setelah puas bergambar, kami berehat dan menikmati bekal yang dibawa. Masing-masing membawa makanan yang mudah sahaja sekadar untuk mengalas perut. Terdapat sebuah gazebo yang besar disediakan di puncak khas untuk para pendaki menghilangkan penat. Setelah cukup berehat di puncak, pada jam 12.00 tengahari kami memulakan perjalanan turun melalui laluan ke Ulu Bendul. Laluan ini agak berbeza dengan laluan semasa mendaki tadi. Ianya agak mencabar kerana laluan menurun tanpa penghujun dengan akar yang banyak, ditambah pula keadaan laluan yang basah. Tidak dapat kami bayangkan kalau mendaki dari Ulu Bendul ke puncak. Cabaran berganda. Perjalanan turun melalui beberapa checkpoint iaitu yang pertama Bukit



Botak. Kami perlu turun menggunakan tangga yang disediakan. Terdapat beberapa anak sungai perlu direntasi sepanjang perjalanan tersebut.. Sungai pertama agak mudah direntas memandangkan air yang sangat cetek dan berbatu. Kami sempat berehat sebentar bagi menghilangkan penat. Perjalanan diteruskan dan bertemu lagi sungai yang tersedia tali utk merentas iaitu checkpoint kedua Sungai Terakhir. Kami merentas sungai dengan berhati-hati menggunakan tali yang diikat melintang sungai. Checkpoint ketiga Kem Tangga Batu merupakan salah satu kawasan yang kami tempuhi.

Sepanjang perjalanan menurun, terdapat banyak pacat ditemui dan ada yang sempat hinggap ke kulit dan seluar. Mungkin disebabkan keadaan basah selepas hujan diawal pagi menyebabkan pacat-pacat ini muncul. Checkpoint yang keempat adalah Sistem Siren dimana terdapat kotak siren dipasang di tebing sungai. Kemudian kami bertemu sebuah lagi sungai yang perlu direntas. Mungkin sungai ini checkpoint ke lima Jeram Kak Lang. Sungai ini agak deras airnya dan tiada tali disediakan. Tepat jam 2.30 petang kami tiba di Taman Rekreasi Ulu Bendul. Selesai pendakian, kami membersihkan diri di kawasan perkhemahan Ulu Bendul dan kemudian makan serta solat di situ.

Secara kesimpulannya, trip pertama ke Gunung Angsi berjaya dan sangat menarik.



Pengalaman yang sangat berharga apabila kami berjaya melalui laluan turun ke Ulu Bendul tanpa pemandu arah. InsyaAllah ada masa kami datang lagi.

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PENDAKIAN BUKIT TOK GUNUNG: TRANS BUKIT KABUNG - BATU PUTIH

pendakian bukit tok gunung

765 mdpl

trans bukit kabung - batu putih

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Pendakian kami yang disertai oleh lebih kurang 15 orang bermula seawal jam 8:30 pagi. Sesi pendakian dimulakan dengan bacaan doa oleh seorang rakan pendaki senior dan diikuti dengan sedikit aktiviti regangan sebelum memulakan pendakian. Bagi pendaki yang baru berjinak-jinak dengan aktiviti mendaki ini, trek Bukit Tok Gunung dirasakan agak sukar kerana terdapat banyak laluan yang pacak. Pendakian ke puncak Tok Gunung dengan jarak lebih kurang 7 ke 8 kilometer memakan masa lebih kurang dua hingga dua setengah jam bergantung kepada stamina pendaki. Untuk sampai ke puncak Tok Gunung, kami perlu melalui beberapa bukit iaitu Bukit Kabung dan Bukit Batu Putih. Terdapat trek dengan jalan balak yang banyak ditumbuhi resam sepanjang perjalanan. Banyak juga terdapat spesies periuk kera dan orkid sepanjang pendakian ke puncak.

Bukit Tok Gunung adalah salah satu bukit yang agak popular di Hulu Terengganu. Walaupun bukit ini tidak terkenal dan menjadi tumpuan seperti bukit-bukit lain di Terengganu mahupun di luar Terengganu, namun pendakian ke sini agak mencabar. Dengan ketinggian 765 meter dari aras laut, bukit yang terletak di Kampung Jenagor, Kuala Berang, Hulu Terengganu ini berada di dalam hutan simpan kekal.



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Pengalaman yang paling tidak dapat dilupakan semasa mendaki bukit ini ialah kehadiran pacat yang sangat banyak sebaik sahaja bermula pendakian hinggalah ke puncak bukit. Mungkin disebabkan keadaan tanah yang lembab akibat hujan pada malam sebelumnya membuatkan pacat berlumba-lumba untuk keluar mencari mangsa. Kami seakan-akan diserang bertubi-tubi dengan 'tentera' pacat di sepanjang pendakian.

Bukan setakat hinggap di kaki dan tangan malah sampai ke dalam baju. Arrrghhhhhh!!! Betul-betul stress dengan pacat. Memang serik kalau dikenangkan kembali pengalaman berdepan dengan pacat yang luar biasa banyaknya di sini pada ketika ini. Namun, semangat untuk terus mendaki masih belum luntur dek serangan pacat dan keinginan untuk sampai ke puncak masih berkobar-kobar. Sampai di puncak Tok Gunung, kami mengambil kesempatan untuk berehat sambil menikmati panorama di puncak bukit dan menjamah bekalan makanan yang dibawa.



Trek yang kami lalui juga mempunyai Air Terjun Olak Lintang yang sangat cantik dan mempesonakan. Kumpulan kami sempat singgah berehat untuk makan dan solat di kawasan air terjun ini semasa perjalanan pulang. Sememangnya keindahan alam semulajadi sebeginilah yang selalu dinantikan oleh setiap pendaki. Adalah menjadi satu bonus jika bertemu dengan kawasan air terjun cantik seperti ini selain menikmati keindahan panorama di puncak bukit. Kepuasannya adalah sesuatu yang luar biasa. Kami juga tidak melepaskan peluang untuk mengambil gambar di kawasan air terjun ini untuk kenangan.

Secara kesimpulannya, pendakian ke Bukit Tok Gunung adalah satu pengalaman baru bagi kami yang masih baru berjinak-jinak dalam aktiviti mendaki. Persediaan mental, fizikal, stamina dan juga sedikit latihan adalah perlu untuk pendakian ke sini. Semoga bertemu lagi untuk pendakian ke destinasi berikutnya.

AKU, DIA

&

NICU

SIRI 6

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.....Tanpa berlagang, aku dan suamiku terus ke Hospital Universiti Sains Malaysia (HUSM) manakala abah dan mama tolong selesaikan urusan di Hospital Pakar Perdana. Sesampai kami di HUSM, terus aku dimasukkan ke salah satu bilik di wad bersalin. Bilik persediaan mungkin. Semuanya telah tersedia, doktor dan jururawat bertugas terus membuat pemeriksaan kepadaku dan menjalankan beberapa prosedur. Keadaannya sangat pantas, masing-masing menjalankan tanggungjawab masing-masing dengan sangat efisien. Aku hanya mampu berserah dan pasrah. Doktor yang bertugas ketika itu menjelaskan kepadaku keadaan aku dan bayi dalam kandungan yang sangat berisiko tinggi. Beliau juga memaklumkan bahawa pembedahan kecemasan perlu dilaksanakan demi menyelamatkan kami berdua. Aku mengangguk tanda faham. Doktor tersebut terus menghubungi seseorang.

Tidak lama kemudian, kecoh kedengaran di luar bilik persediaan tersebut. Hatiku berdegup kencang. Aku tertanya-tanya, apa yang terjadi di luar bilik tersebut? (.....dari Siri 5)

Tiba-tiba seorang lelaki yang masih tegap dalam lingkungan 50-an muncul di hadapan pintu bilik persediaan tersebut. Beliau tersenyum dan terus masuk untuk mendapatkan keterangan daripada doktor yang bertugas. Setelah itu, beliau menghampiri katilku dengan senyuman sambil menyapa, "Afizah, saya Doktor Nik Zaki. Beliau adalah doktor pakar dan beliau menerangkan keadaan terkini serta prosedur yang perlu dijalankan dalam kadar segera memandangkan bayi dalam kandunganku sudah kritikal. Dengan berat bayi dalam lingkungan 1kg, bacaan CTG yang tidak stabil dan degupan jantung bayi sudah mulai lemah, peluang untuk bayi bertahan adalah sangat tipis. Namun, beliau akan cuba sedaya upaya untuk menyelamatkan kami berdua, tetapi aku perlu bersedia dengan sebarang kemungkinan yang akan berlaku. Aku pasrah dan berserah kepada Allah. Aku hanya mampu berdoa agar semuanya dipermudahkan dan selamat. Moga Allah beri yang terbaik buat kami.

Sedang aku bersiap untuk ke dewan bedah, suamiku memasuki bilik persediaan bagi menandatangani dokumen-dokumen yang berkaitan untuk urusan pembedahan tersebut. Tapi sayangnya, suamiku tidak dibenarkan menemaniku sewaktu pembedahan dijalankan. Ini kali pertama suamiku tiada di sisi semasa proses kelahiran anak kami. Wajah pilu, sayu dan risau terpancar di wajah suamiku tapi masih mampu tersenyum untuk memberi semangat kepadaku.

Tidak lama selepas itu, aku ditolak ke dewan bedah. Sebelum pembedahan dimulakan, aku dicucuk ubat bius dan dalam keadaan separa sedar terasa perutku seperti ditekan-tekan. Aku terlelap beberapa kali kerana kepenatan. Penat kerana risaukan keadaan bayi dalam kandunganku. Adakah dia akan selamat? Bepeluangkah aku memegang dan memeluknya? Pelbagai soalan bermain difikiranku. Tiba-tiba, "Allahuakbar!!...Allahuakbar!!" dengan penuh lantang doktor pakar bertakbir diiringi pula dengan laungan kalimah-kalimah suci Al-Quran. Aku terkejut, jantungku berdegup kencang. Kemudian terdengar "uuwaaaaa...", tangisan serta sahutan suara halus, sayup kedengaran dan terus menghilang.



"Allahuakbar, suara tangisan anakku...", bisik hati ini. Tidak sabar aku ingin melihat dan memeluknya. Tetapi di mana bayiku? Suara tangisannya tidak lagi kedengaran. Aku menangis kerisauan dan tanpa aku sedari, sekali lagi aku terlelap. Tidak lama kemudian aku dikejutkan dengan suara lembut doktor pakar memanggil namaku, "Afizah....Afizah... Alhamdulillah, semuanya sudah selesai dan bayi juga selamat tetapi perlu terus dibawa ke Unit Rawatan Rapi Neonatal (NICU)." Aku hanya mampu mengangguk dan air mataku jatuh berlinangan tanda bersyukur. Terasa seperti diawang-awangan. Sempat aku mengucapkan terima kasih kepada beliau sebelum aku kembali terlelap kepenatan. Aku kembali sedar semasa berada di sudut pemerhatian. Jururawat menasihatkan aku untuk terus berehat sementara dipindahkan ke wad dan aku diminta untuk berbaring dalam posisi 180 darjah selama 6 jam. Aku juga perlu berpuasa dalam tempoh tersebut.



Hampir 30 minit juga aku berada di sudut pemerhatian. Kemudian aku ditolak ke wad dan alhamdulillah suamiku, abah, mama, emak saudara dan adikku dibenarkan melawat ketika itu. Kami sempat berbual seketika sebelum mereka pulang berehat setelah hampir seharian berada di hospital memberi sokongan kepada kami dan menunggu sehingga semua urusan selesai. Setelah mereka pulang, aku berehat ditemani rakan-rakan ibu yang lain. Aku mendapat perkhabaran yang suamiku dibenarkan melawat bayi kami di NICU. Buat sementara waktu, suamiku yang menguruskan segala keperluan bayi kami di sana. Alhamdulillah, aku dikurniakan suami yang bertanggungjawab dan anak-anak kami dikurniakan ayah yang mithali serta penyayang. Sepanjang perkahwinan kami, suami aku yang banyak menguruskan anak-anak dan urusan rumahtangga. Jadi aku tidak perlu risau tentang keperluan bayi kami di NICU kerana aku yakin suamiku mampu menguruskannya.

Sepanjang aku di wad, masih ada lagi ujian yang telah aku harungi namun ianya tidaklah sehebat ujian bayiku yang berada di NICU. Maka bermulalah perjalanan kehidupan kami dengan DIA & NICU...

.....bersambung.....



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