

# **Proceedings of the 3<sup>rd</sup> International Conference on Psychology and Health Issues**

2 November 2024, Padang, West Sumatera, Indonesia

*ICoPHI 2024*

## **General Chair**

Silvi Juwita, M.Psi., Universitas Negeri Padang, Indonesia

## **Technical Programme Chairs**

Dr. Farah Aulia, S.Psi., M.Psi., Universitas Negeri Padang, Indonesia

Fidia Oktarisa, S.Psi., M.Psi., Universitas Negeri Padang, Indonesia

# Conference Organization

## Steering Committee

Prof. Dr. Suryanef, M.Si	Universitas Negeri Padang, Indonesia
Dr. Farah Aulia, M.Psi, Psikolog	Universitas Negeri Padang, Indonesia
Dr. Ns. Armaita, S.Kep., SKM., M.Si	Universitas Negeri Padang, Indonesia
Dr. Mardianto, M.Si	Universitas Negeri Padang, Indonesia
Dr. Ns. Linda Marni, S.Pd., S.Kep., M.M.Kes	Universitas Negeri Padang, Indonesia

## Organizing Committee

### General Chair

Silvi Juwita, S.Psi., M.Psi	Universitas Negeri Padang, Indonesia
-----------------------------	--------------------------------------

### General Co-Chair

Iftita Rahmi, M.Psi	Universitas Negeri Padang, Indonesia
---------------------	--------------------------------------

### TPC Chair and Co-Chair

Dr. Farah Aulia., M.Psi., Psikolog	Universitas Negeri Padang, Indonesia
Fidia Oktarisa, S.Psi., M.Psi., Psikolog	Universitas Negeri Padang, Indonesia

### Sponsorship and Exhibit Chair

Suryanti, S. AP	Universitas Negeri Padang, Indonesia
-----------------	--------------------------------------

### Local Chair

Rudi Mahesa Agus, A.Md	Universitas Negeri Padang, Indonesia
------------------------	--------------------------------------

### Workshops Chair

Putri Sukma Deri, M.Psi	Universitas Negeri Padang, Indonesia
-------------------------	--------------------------------------

### Publicity & Social Media Chair

Wirza Feny Rahayu, M.Psi., Psikolog	Universitas Negeri Padang, Indonesia
-------------------------------------	--------------------------------------

### Publications Chair

Fidia Oktarisa, S.Psi., M.Psi., Psikolog	Universitas Negeri Padang, Indonesia
--	--------------------------------------

### Web

Khairul Afdhal, S.Pd	Universitas Negeri Padang, Indonesia
----------------------	--------------------------------------

### Posters and PhD Track Chair

Dr. (Cand) Rindang Ayu, S.Psi., M.Si	Universitas Negeri Padang, Indonesia
--------------------------------------	--------------------------------------

### Panels Chair

Rahmah Rezki Elvika, M.Si	Universitas Negeri Padang, Indonesia
---------------------------	--------------------------------------

### Demos Chair

Indriyani Santoso, S.Psi., M.Si	Universitas Negeri Padang, Indonesia
---------------------------------	--------------------------------------

### Tutorials Chairs

Izzanil Hidayati, S.Psi., M.A	Universitas Negeri Padang, Indonesia
Rizal Kurniawan, S.Psi., M.A	Universitas Negeri Padang, Indonesia

**Technical Program Committee**

Dr. Farah Aulia, S.Psi., M.Psi., Psikolog

Dr (Cand) Amin Akbar, S.Psi., M.A,

Dr. Ns. Linda Marni, S.Pd., S.Kep., M.M.Kes

Dr. Erpita Yanti.SKM.M.M.Kes

Fidia Oktarisa, S.Psi., M.Psi., Psikolog

Devi Lusiria, M.Psi., Psikolog

Izzanil Hidayati, S.Psi., M.A

Rizal Kurniawan, S.Psi., M.A

Universitas Negeri Padang, Indonesia

Universitas Pendidikan Sultan Idris, Malaysia

Universitas Negeri Padang, Indonesia

Universitas Negeri Padang, Indonesia

Universitas Negeri Padang, Indonesia

Universitas Negeri Padang, Indonesia

Universitas Negeri Padang, Indonesia

Universitas Negeri Padang, Indonesia

## Preface

Praise be to God Almighty for the successful organization of the 3rd International Conference on Psychology and Health Issues (ICOPHI) with the theme "Embracing Change: Advancing Equality, Health, and Well-being Across Family, Educational, and Workplace Context". This conference was held on November 2, 2024, as a commitment to advancing knowledge and scholarly discussions in the fields of psychology and health issues.

The conference featured a series of activities attended by participants from various backgrounds, including academics, researchers, students, and practitioners. The Plenary Session was one of the main highlights, featuring four highly esteemed keynote speakers (1) Prof. Tso Ying Lee, (2) Prof. Dr. Zulakbal bin Abd Karim, (3) Dr. (Cand) Tesi Hermaleni, M.Psi., Psikolog, and (4) Dr. Ns. Armaita, S.Kep., SKM., M.Si .

Additionally, the conference hosted Oral Presentations, where presenters, both offline and online via Zoom Meeting, delivered their research findings within 15 minutes, including a discussion session. This activity created a dynamic platform for exchanging ideas, expanding insights, and fostering networking among researchers. This proceeding compiles 39 papers presented during the conference. Each paper represents an academic endeavor that has undergone a rigorous selection and review process to ensure quality and relevance in supporting the development of psychology and health sciences.

We extend our gratitude to everyone who contributed to the success of this conference, especially to Silvi Juwita, M.Psi., as the Chair of the Organizing Committee, the keynote speakers, participants, reviewers, committee members, and all those who played a role in making this event possible. We also express our appreciation to the authors who shared their research findings through this proceeding.

We hope this proceeding serves as a valuable reference for readers and provides meaningful contributions to advancing knowledge in psychology and health sciences. Finally, we aspire for this conference to be the starting point for broader collaborations in the future.

Prof. Dr. Suryanef, Dr. Farah Aulia and Silvi Juwita, M.Si., M.Psi

# Contents

## Mental Health

Mental Health of Students Who Experience Bullying at University X <i>Hasan Syakur Jundana Harahap, Endah Andriani Pratiwi</i>	1
Consumer Satisfaction in Online Counseling Service Users at Psychological Service Providers <i>Fidia Oktarisa, Dicky Listin Quarta, Nora Afrita</i>	8
Achievement Motivation is Related to Emotional Stability in Students Who Participate in Competitions <i>Puan Maharani, Jihan Fadila Naswa, Meitia Safitri, Hanifa Azura Nurhamsyah, Syukriati Syukriati, Putri Salsabila, Nadila Salza Putri</i>	17
Addressing Irrational Beliefs and Avoidance Coping in Adolescents: A Rational Emotive Behavioral Therapy Case Study <i>Ifitita Rahmi, Hanifa Laura Dalimunthe, Nazarlin Nazarlin, Free Dirga Dwarta</i>	23
Emotional Regulation and Resilience Among Students in Yogyakarta <i>Narastri Insan Utami, Indri Safitri Dwiyaningsih</i>	36
Insomnia Levels in Freshmen Do Not Depend on Emotional Regulation <i>Andareas Kiser Purba, M. Izha Afdwikki, Defi Syazana Nadhira, Akmal Bakri, Metha Arian Milanda, M. Farhan Putra Maisoni</i>	43
Dark Jokes as a Coping Mechanism for Gen-Z Physically Disabled People <i>Dinda Putri Abadi, Mohammad Hilfi Azra Dzikrulloh, Moch. Syihabudin Nuha, Linka Latifany Falasifa Reidana, Fitri Wahyuni</i>	49
Systematic Review and Meta-Ethnography: Youth Experiences Related to Future Time Perspective <i>Dwi Nur Rachmah, Wiwin Hendriani, Primatia Yogi Wulandari</i>	58
Latent Personality Profiles of Correctional Officers: a Profile Analysis of the Five Factor Model of Personality <i>Retno Ryani Kusumawati, Retika Najmamulat Asih, Adil Kurnia</i>	72
Cross Cultural Adaptation of the Dark Personality Instrument for the Indonesian Context: A Preliminary Study <i>Aflah Zakinov Irtta, Zakwan Adri, Siti Isma Sari Lubis, Zidan Maliki Akbar, Zahwa Saviola Ramadhini</i>	79

## Educational Psychology

The Role of Teacher Autonomy Support on Student Engagement <i>Mario Pratama, Anindra Guspa, Gusfi Maulidinda Kirmila, Zakhiah Istikhomah Anasril</i>	87
The Influence of Lecturers' Enthusiasm and Ability on Quality of Educational Services to Students <i>Dewi Ulfah Arini, Khairunnisa Khairunnisa, Agita Tunjungsari</i>	91
Psychometric Property Analysis Of The Indonesian Version Of The Moral Character Scale <i>Miftahul Jannah, Devi Lusiria</i>	98

## **Digital Learning**

- Digital Learning: Indispensable Impact of Parental Involvement toward Children's Learning Beyond The Pandemic Era (A Literature Review) 108  
*Haryasena Panduwiyyasa, Fariz Rifqi M, Elvaretta Alexandra, Mayla Fatima Putri I Y, Izzafi Aziz Mannan*
- How Activity Focus Emotions Influence Cognitive Engagement in Asynchronous Learning 131  
*Putri Sukma Deri, Izzanil Hidayati, Silvi Juwita*
- Exploring Self-Regulation Dynamics among Psychology Students: a Pathway to Effective Blended Learning in Higher Education 140  
*Izzanil Hidayati, Putri Sukma Deri, Serly Safitri, Abdur Rahman, Meria Susanti*

## **Family Resilience**

- Directions of Fathering Research in the Last Ten Years among Fathers of Children with ASD; a Literature Review 147  
*Achmad Mujab Masykur, Wiwin Hendriani, Nur Ainy Fardana Nawangsari*
- Reluctance Towards Counseling in Indonesian Fatherless Young Adults 160  
*Nastia Syifa Suryadi*

## **Digital Well-Being**

- K-Pop Influence: Examining the Link between Culture, Behavior, and Learning Motivation through Regression Correlation Analysis 173  
*Hanif Ayunda Safitri Haryanto, Amelia Millati Azka, Karunia Putri Parhusip, Haryasena Panduwiyyasa*

## **Organizational Well-Being**

- Workplace Well-being and Employees' Job-Hopping Intention in Indonesia 190  
*Dewi Soerna Anggraeni*
- Followership With Relative Deprivation In Technician Employees PT. GTM Padang 199  
*Harri Kurniawan, Rahmi Rahmi, Mita Fani Tri Mutya*
- The mental workload of managerial employees at PT. X: Do gender, age and length of service matter? 205  
*Adil Kurnia, Retno Ryani Kusumawati, Akhmad Baidun*

## **School Well-Being**

- Psychological Wellbeing of Kindergarten Teachers: a Quantitative Review 213  
*Fatma Nofriza, Ester Karosekali, Rifat Rifat*
- The Role of Teacher Interpersonal Behavior in Enhancing Student Well-being: The Mediating Effect of Self-esteem 220  
*Farah Aulia, Diana Setiyawati*
- From Home to School: The Impact of Parenting Styles on Student Well-Being 227  
*Jihan Sahirah, Lathifah Nur, Riffa Felinaweny, Silvi Juwita, Fidia Oktarisa*
- Scooping Review: Determinant Of Well-Being Adolescent Inmates 237  
*Citra Widyastuti, Nurul Hartini, Triana Kesuma Dewi*

Psychological Preparedness of Disaster Teacher in Small Volcanic Island: A Mixed Methods Study <i>Dewi Mufidatul Ummah, Koentjoro Soeparno, Praditya Putri Pertiwi, Rahmat Mamuasi</i>	246
The Role of Resilience and Perception of Social Support on Flourishing in Medical Professional Education Students <i>Rusdi Rusli, Nola Aulia Tasya, Meydisa Utami Tanau</i>	256
From Policy to Practice: Understanding the Implementation of Individualized Educational Programs (IEPs) in Inclusive Primary Schools <i>Wirza Feny Rahayu, Rahmadianti Aulia, Audia Syaidina, Nurul Hidayah</i>	270
<b>Abusive Behavior</b>	
Audiovisual Program-Based Psychoeducation for Improving Literacy about Bullying and Sexual Violence for Pre-School Children <i>Nanda Audia Vrisaba, Diana Rahmasari, Qurrota A'yuni Fitriana, Onny Fransinata Anggara, Fitriana Maghfiroh</i>	283
Garda Upstander Training: Experience Preventing School Bullying and Developing Students' Prosocial Behavior <i>Rofi'atunnisa Rofi'atunnisa, Febriyanti Dwi Safitri, Tina Hayati Dahlan</i>	290
School Bullying Victimization and Perpetration: Predictive of Percieve Parental Acceptance-Rejections in Adolescents <i>Imam Catur Pratomo, Iqraini Azzahra, Annisa Noviantie, Tina Hayati Dahlan</i>	301
A Solution-Focused Group Work in Preventing Bullying in an Islamic Junior High School <i>Khairatul Ulya Ilma, Tina Hayati Dahlan</i>	308
The Role of Personality Traits in Predicting School Bullying among Adolescents <i>Mima Afifah Fajria Bawole, Ghina Rifkiya, Tina Hayati Dahlan</i>	320
Master's Students of Educational Psychology: Knowledge, Attitudes, and Their Perceived Skills in Promoting Prosocial Behavior in Bullying Situation <i>Nurra Gaia Dewiyanti, Tina Hayati Dahlan</i>	333
<b>Community Health</b>	
The Role of Collectivist Culture in the Communication between Obstetrician-Gynecologist and Patients on Medical Center at Papua Indonesia: Ethnographic Case Study <i>Shinta Lukito</i>	339
Health Education for Hamlet Heads: Initiation of Prevention of Non-Communicable Diseases in the Community <i>Deden Iwan Setiawan, Desty Ervira Puspaningtyas</i>	346
Metabolic and Nutritional Profiles: Supporting School Well-being for Students <i>Desty Ervira Puspaningtyas, Puspita Mardika Sari, Silvia Dewi Styaningrum, Adi Sucipto</i>	352
The Effect Of Birthing Ball Exercise On The Duration Of Active Phase 1 In Laboring Women <i>Ruri Yuni Astari, Yeti Yuwansyah, Siska Herawati, Dewi Novita</i>	359