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AicQoL2023Bangkok

11th AMER International Conference on Quality of Life

Al Meroz Hotel, Bangkok. Thailand, 28-30 Apr 2023



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11th AMER International Conference on Quality of Life (AicQoL Al Meroz Hotel, Bangkok. Thailand, 28-30 Apr 2023

> *Editor* Mohamed Yusoff Abbas

Acknowledgement

The organiser, Faculty of Architecture, Silpakorn University, Bangkok, Thailand in collaboration with the Association of Malaysian Environment-Behaviour Researchers (AMER) and cE-Bs (Centre for Environment-Behaviour Studies), College of Built Environment, Universiti Teknologi MARA, Malaysia congratulate the many that made this conference possible. In particular the Distinguished Keynote Speaker, International Scientific Committee / Editorial Team, Breakout Chairs, and the paper contributors.

Thank you all!

Foreword

The GameChanger 2021 (#GC2021) initiated in early 2021 whereby it is compulsory for contributions from Malaysia to include international co-authors, is to increase our publications to be contributed by multinational authors. We believe that initiative would tremendously increases the chances for our publications to be indexed by more reputable indexing bodies, such as Scopus. As such, commencing 2021 only multinational authored contributions from Malaysia shall be accepted for publications.

The 11th AMER International Conference on Quality of Life (AicQoL2023Bangkok), organised by the Faculty of Architecture, Silpakorn University, Bangkok, Thailand in collaboration with AMER (Association of Malaysian Environment-Behaviour Researchers), and cE-Bs (Centre for Environment-Behaviour Studies, College of Built Environment, Universiti Teknologi MARA, Malaysia marked our 41st international conference to be organized, It was fully managed by AMER's subsidiary, emAs (AMER Event Management & Services) under emAs emAs Resources

AicQoL2023Bangkok) managed to attract an overall total of 60 abstracts. However only 51 abstracts were approved. Two of the numbers withdrew, while the remaining seven abstracts were rejected due to non-compliance.

Of the abstracts approved, authors from 16 countries contributed. Abstract from sole countries were contributed by Thailand, five numbers, while one each from Indonesia and Nigeria. Majority of the abstracts (44 numbers) were in collaboration with Malaysian authors. The most were together with Indonesia (16 numbers), followed by China (14), Australia (3), two each from Saudi Arabia and USA, and one each from Bangladesh, Brunei, Germany, India, Iraq, New Zealand, Phillipines, and UK.

Overall, the abstracts were categorised into 21 sub-categories, eventhough some could easily fit in other categories. The top sub-category of 12 abstracts being the Health / Healing Environment, followed by eight abstracts each - Design & Creative Environment, and Educational / Learning Environment.

Thanks again for your continuous support as always, and hope for an enlightening conference!

Prof. Dr. Mohamed Yusoff Abbas Chair AicQoL2023Bangkok, 28-30 Apr 2023 president@amerabra.org

About the Conference

Background

The AMER (ABRAmalaysia) support for the AcE-Bs and AicE-Bs conferences, initially organised by the Centre for Environment-Behaviour Studies (cE-Bs), FSPU, UiTM, Malaysia, and co-hosted by international colleagues within the Environment-Behaviour (EB) disciplines, have been held and planned to be away from Malaysia, worldwide. There is a need for an annual serial internationally very relevant behavioural-themed conference in/nearby Malaysia, not only for the benefit of AMER / ABRA local members who could not participate at the AcE-Bs and AicE-Bs conferences being held worldwide, but also for potential international participants who would like to present their papers in/nearby Malaysia. What behavioural-themed can be most relevant affecting all nations than the QoL (Quality of Life)?

Thus, the timely and relevance of the Annual Serial Landmark International (ASLI) Conferences on QoL, back-to-back. The AicQoL, AMER International Conference on Quality of Life. shall be held at the ASEAN venues, while the AQoL, ABRA International Conference on Quality of Life shall be held in non-ASEAN countries. AicQoL is also strategized to coincide with AMER's AGMs.

The maiden AicQoL2013Langkawi, Malaysia was held on 6-7 April 2013. That was followed by:-2nd AicQoL2014KotaKinabalu, Malaysia, 04-05 January 2014 3rd AicQoL2015Jakarta, Indonesia, 25-27 April 2015 4th AicQoL2016Medan, Indonesia, 25-27 February 2016 5th AicQoL2017Bangkok, Thailand, 25-27 February 2017 6th AicQoL2018PerhentianIslands, Malaysia, 03-04 March 2018 7th AicQoL2019Bali, Indonesia, 16-17 Feb 2019. 8th AicQoL2020Malacca, Malaysia, 18-19 Mar 2020 (Virtually presented on 25 Mar 2020) 9th AicQoL2021BukutTinggi, Pahang, Malaysia, 17-18 Mar 2021 (1st hybrid) 10th AicQoL2022Penang, Malaysia, 16-17 Mar 2022 (hybrid)

Prior to 2015 all AicQoL Proceedings were published and accessible online in Elsevier's Procedia Social and Behavioural Sciences in www.ScienceDirect.com, which were also indexed in Thomsom Reuters (TR) CPCI, in their Web of Science (WoS). Post 2015, under the initiative by emAs, future proceedings shall be published in the E-BPJ (Environment-Behaviour Proceedings Journal) by the e-IPH (International Publishing House, UK), currently indexed in Clarivate Analytics Web of Science (WoS), and scienceOPEN.

AicQoL2023Bangkok, 28-30 Apr 2023

The hybrid WoS-indexed AicQoL2023 (11th AMER International Conference on Quality of Life), being held at AI Meroz hotel, Bangkok Thailand, from 28-30 Apr 2023 is organised by the Faculty of Architecture, Silpakorn University, Bangkok, Thailand, in collaboration with AMER (Association of Malaysian Environment-Behaviour Researchers) and cE-Bs (Centre for Environment-Behaviour Studies, College of Built Environment, Universiti Teknologi MARA, Malaysia. The event is fully managed by AMER's subsidiary, emAs (AMER Event Management & Services) under emAs emAs Resources.

The conference focuses on Quality of Life issues affecting the Asian/African/Arabian communities in both their countries and nons. Issues affecting other communities are also most welcomed.

Paper presenters are allowed to either present F2F or virtually. However, only those who present F2F shall be in the running for the Best Paper awards, amounting to more than cash RM10,000.00 with the grand prize of cash RM3,000.00 for THE Best Paper.

The e-IPH, UK publishes both the Abstract Book (eISBN 978-1-913576-10-3), and the Proceeding in the E-BPJ (Environment-Behaviour Proceedings Journal), eISSN 2398-4287, 8(24) May 2023, issue. Currently, the E-BPJ is indexed in Clavirate Analytics Web of Science (WoS) and ScienceOpen. Extended versions of the selected papers shall be published as freely accessible articles, online, in our other international journals – AjBeS, AjQoL, ajE-Bs or jABs, @ no publication charges.

Continuing with our Game Changer 2021 initiative, #GC2021 – only internationally-authored* (for Malaysians) papers shall be considered for publications in the Proceedings (E-BPJ), and in our other four international journals.

(* At least one of the authors must be from abroad; Failing which, a 100% additional surcharge of the published Registration Fees shall apply. Those from abroad must not be Malaysians, nor non-Malaysians studying/working in Malaysia. The co-author from abroad must also not co-authored in another paper. Failing which all the papers they co-authored will be disqualified in the running for the Best Paper awards).

Conference Tracks Paper contributions involved the following environments (though not exhaustive):-Children / Youth Environment: Climatic Environment Commercial/Retail/Services Environment: Communication / Social Media Environment; Community Environment / Social Psychology; Construction Environment; Design & Creative Environment; Educational / Learning Environment; Elderly Environment; Energy Environment: General Psychology; Green Environment: Healthcare / Healing Environment: Hospitality / Tourism Environment; Inclusive Environment; Landscaping Environment: Legal Matters: Leisure / Recreational / Sports Environment; Local Cultural / Heritage Environment (Food included); Management & Production Environment; Natural Environment: Policy Matters Public Sector Environment. Residential Environment: Rural Environment / Rural Psychology; Sustainable Environment: Technology-related Environment; Transportation / Travelling Environment; Urban Environment / Urban Psychology;

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Children / Youth Environment

A 01 CYE 001

Factors Influencing Adolescents' Use of Social Media for Nutrition Intervention

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Abstract

Background: Adolescents are the largest population using social media for diverse purposes in daily life and this use is influenced by a variety of factors. Hence, it is applied in nutrition intervention, which resulted in improvements in body weight and composition, physical activity level, and healthy food intake including desirable intake of high-energy dense (HED) foods and sugar-sweetened beverages (SSBs). However, some intervention lacks participation and engagement. Significance: This study will provide important information regarding adolescents' opinions on using social media for nutrition intervention while providing data on how they perceive the information and design elements in the current intervention. It could offer crucial information to Malaysian public health experts, politicians, organizations, and healthcare professionals for the development of an effective intervention that takes adolescents' perceptions into account. Aim: To identify factors influencing adolescents' social media use for nutrition interventions. **Objectives:** 1) To identify social media features, user characteristics, and environmental factors that affect adolescents in using social media for nutrition-related purposes and 2) To determine whether young people would be interested in following a social media intervention for nutrition related to HED foods and SSBs. Method: In-depth interview was conducted virtually for 30 to 60 minutes using semi-structured interview guestions focusing on nutrition-related matters especially HED foods and SSBs with 15 adolescents aged 14 to 18 years old. The transcripts were analyzed using thematic

analysis and a deductive approach, where components are categorized according to the chosen theoretical themes and subthemes. Peer debriefing with two other reviewers was performed to ensure data credibility. **Findings**: Almost all the teenagers interviewed were interested in participating in nutrition interventions including HED foods and SSBs using social media. Three categories of factors were identified influencing them which are user characteristics (belief and attitude, cognitive factors, demographics, health condition, physiological factors, and skills), environmental factors (relationship, community, societal and professional), and social media features (appearance, assessment, cognitive and behavior, burdens and content, delivery, emotional, identity and message, functional, social and participation). **Limitations:** This study has a small sample size and focused on certain states in Malaysia that may not represent the entire adolescent population. **Implications:** The findings can help future researchers or organizations in developing social media interventions related to nutrition by taking into account the factors that affect adolescents to ensure high participation and engagement.

Keywords: Adolescents; Social media; Nutrition; Intervention

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Commercial/Retail/Services Environment

A 02 CRSE 003

Boosting the Intention to Purchase Online: An analysis of e-service quality among customers

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Abstract

The internet development has created new opportunities for purchasing goods and services, leading to a remarkable increase in online shopping. Therefore, the industry needs to recognize the components of e-service quality that can influence online purchase intention. This study intends to investigate the impact of e-service quality on Malaysian customers' propensity to make online purchase. Data were collected using questionnaires and the instrument was adapted from previous studies. The guestionnaires were distributed to online shoppers in Klang Valley, Malaysia. A total of 212 guestionnaires were usable for further data analysis. For the sampling technique, purposive sampling was employed as the respondents needed to fulfil specific criteria to be eligible to answer the questionnaire, which is they need to have at least one-time experience of purchasing online via the website. In order to evaluate both the measurement and structural model of the study, the PLS-SEM method of data analysis was applied. The use of PLS-SEM was appropriate as it is considered as one of the most rigorous techniques for data analysis. According to the data analysis findings, the likelihood of making an online purchase was significantly and positively impacted by all the e-service quality dimensions namely trust, shopping enjoyment, website design, and privacy. Thus, all of the hypotheses were supported and it was found that shopping enjoyment had the most significant effect on Malaysian customers' intention to make an online purchase. This study also put forward several recommendations that can be

considered by future researchers as studies related to e-service quality are still evolving. Furthermore, there are several gaps yet to be studied and addressed. Overall, the findings of the current study contribute fresh insights to the existing literature and have practical implications for the outcomes of e-service quality from the viewpoint of Malaysian customers. The findings will assist online retailers to better understand their consumers' expectations in terms of e-service quality, allowing them to devote more attention to meeting these expectations.

Keywords: E-Service Quality; Purchase Intention; Online Retailers; PLS-SEM

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A 03 CRSE 002

Examining the Investment Intention of Green Financial Products among Chinese Investors

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Abstract

This study explores the predictors influencing the investment intention of green financial products among China investors. China's national carbon emission trading market started online in July 2021, first incorporating the power industry (Zhang et al., 2022). Carbon financial product instruments such as carbon futures and other derivatives will also enter the market one after another (Zhang et al., 2021). Understanding the factors influencing the intention to invest in green financial products among China investors is essential. In recent years, sustainable and green finance has become increasingly crucial for promoting environmentally responsible investment. However, more information is needed about the factors that influence the acceptance of green financial products among China investors.

The financial industry players, investors and policymakers need to understand the perceived behavioural control, value, risk, knowledge, social status, social influence, attitude, and trust towards green financial products, towards the intention to invest in the green financial product among China investors. This understanding will lead to better development and a more sustainable and responsible financial system in China. Besides, the impact of government support for green finance will be investigated in this study as a moderator. A cross-sectional study will collect data from 384 China investors with convenience sampling. A self-administered questionnaire will be distributed to the

selected corporate institutions. The data collected will be analysed using SPSS and SmartPLS. The researchers will analyse regression to examine the relationships between the independent, moderating, and dependent variables. Hence, this study is expected to provide a systematic and rigorous approach to investigating the factors influencing the intention of green financial products among China investors. By exploring these variables that underpin investors' decision-making processes, this study can provide insights for financial institutions and policymakers on how to promote sustainable finance and increase the adoption of green financial products in China. The results of this study can contribute to developing a more sustainable and responsible financial system in China. It will help create awareness towards United Nations' Sustainable Development Goals Number 9 on industry, innovation and infrastructure and 12 on responsible production and consumption. This study is limited to China investors who provide particular cultural perspectives, and the findings could be less applicable to other parts of the world. Therefore, the results can be improved if other countries' investors are included in the research.

Keywords: Green Finance, Investor Intention, Government Support, China

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A 04 CRSE 004

Malaysia's Human Capital Index and Education: A new beginning for the nation

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Abstract

Background -this is an early investigation of Malaysian human capital development. In 2018, the World Bank's recommended an index that forecasts a country's HC productivity that specifies what children born today will be able to achieve if current health and education trends continue into the future. The current ranking of Malaysia is 0.61, indicating that a child born in Malaysia today will be 61 percent as productive as she would be if she was provided with a full education and adequate health care. The number is higher than East Asia & Pacific and Upper Middle Income countries. The World Bank's evaluation is based on four components.

Significance- Malaysian studies of the HC index are few and the literature describes many strategies. The government strives to ensure its people is thriving. Policy makers will learn that a nation's future begins with young people.

This study aimed to find out whether children potential will be evident when they are 18 years old, assuming that they receive the appropriate education and are healthy.

Objectives- To investigate the relationship between children who take two types of national examination when they are 12 years old and when they are 17 years old.

Methods - this study focuses on the HCI; schooling years, test scores, child survival, and adult survival. The main focus is to compare the results of a 12-year-old test score for the Malaysian national examination conducted in year six known as Primary School Achievement Test (UPSR) and their 18-year-old test scores for an examination known as Malaysia Certificate of Education (SPM). Paired t-test using SPSS software was used for

data analysis. The sample size was 334 students who took the national exams for the period between 2009 and 2018.

Limitation. The Human Capital Index consists of five indicators. Financial and time constraints prevented the researchers from covering the health aspect. The research was funded by small grants over a two-year period.

The results indicate that the null hypothesis failed to be rejected. The significance of the World Bank's claim should therefore not be overlooked.

Keywords: Human Capital Index, Early education, Country growth, Human capital in Malaysia

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A 05 CRSE 001

Mechanism of Green Finance Awareness on Sustainable Competitiveness of SMEs

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Abstract

According to the White Paper on China's Prospects for the Next 50 Years (Frost & Sullivan Report, 2021), a series of environmental problems caused by global warming has caused substantial economic losses to society, driving countries worldwide to introduce carbon emission control measures one after another. China accounts for 27 percent of global carbon emissions. As the largest carbon emitter in the world, China is actively building a carbon trading market to realize the goal of carbon emission control and carbon neutralization through the green financial trading mechanism of carbon emission rights and other measures. The demand for new energy drives the growth of power generation of new energy. For example, the proportion of photovoltaic power generation in new energy assets is expected to increase significantly from 3% in 2019 to 15% in 2025. Green finance in the economy has been growing, and enterprises are the main body of power consumption. Most studies consider green finance awareness an effective practice to help enterprises achieve sustainable development goals. However, some studies argue that environmental protection is additional costs and hurts profit. Is green finance awareness promote sustainable competitiveness? This study constructs the conceptual model to determine whether green finance awareness is conducive to building sustainable competitiveness. In addition, this study uses the environmental, social, and governance (ESG) model to evaluate firms' sustainability in China. This study explores the mechanisms of sustainable green finance competitiveness, including green finance awareness and supply chain among SME management in China. Furthermore, this study also examines the mediating role of green innovation and the moderating effect of redundant resources and environmental turbulence toward sustainable competitiveness. A self-administrative questionnaire will be distributed to 1,000 corporate senior management respondents. These include 700, 200, and 100 corporate senior managers from China (Bohai area, Pearl River Delta vicinity, and Yangtze River Delta region), Malaysia, and Singapore, respectively, by using a purposive sampling technique. SPSS and PLS-SEM will be used to test the hypotheses. This study aligns with Sustainable Development Goal 11, i.e., sustainable cities and communities, and Sustainable Development Goal 13, i.e., climate action. Hence, the study will guide enterprises to build sustainable competitiveness in green finance awareness. This study also echoes the China government's "double-carbon" target initiative presented in the 75th session of the United Nations General Assembly that achieves a carbon peak by 2030 and carbon neutrality by 2060.

Keywords: green finance awareness; sustainable competitiveness; ESG, SDG

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Communication / Social Media Environment

A 06 CSME 001

Factors Influencing Adolescents' Use of Social Media for Nutrition Intervention

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Abstract

Background: Adolescents are the largest population using social media for diverse purposes in daily life and this use is influenced by a variety of factors. Hence, it is applied in nutrition intervention, which resulted in improvements in body weight and composition, physical activity level, and healthy food intake including desirable intake of high-energy dense (HED) foods and sugar-sweetened beverages (SSBs). However, some intervention lacks participation and engagement. Significance: This study will provide important information regarding adolescents' opinions on using social media for nutrition intervention while providing data on how they perceive the information and design elements in the current intervention. It could offer crucial information to Malaysian public health experts, politicians, organizations, and healthcare professionals for the development of an effective intervention that takes adolescents' perceptions into account. Aim: To identify factors influencing adolescents' social media use for nutrition interventions. Objectives: 1) To identify social media features, user characteristics, and environmental factors that affect adolescents in using social media for nutrition-related purposes and 2) To determine whether young people would be interested in following a social media intervention for nutrition related to HED foods and SSBs. Method: In-depth interview was conducted virtually for 30 to 60 minutes using semi-structured interview questions focusing on nutrition-related matters especially HED foods and SSBs with 15 adolescents aged 14 to 18 years old. The transcripts were analyzed using thematic analysis and a deductive approach, where components are categorized according to the chosen theoretical themes and subthemes. Peer debriefing with two other reviewers was performed to ensure data credibility. **Findings**: Almost all the teenagers interviewed were interested in participating in nutrition interventions including HED foods and SSBs using social media. Three categories of factors were identified influencing them which are user characteristics (belief and attitude, cognitive factors, demographics, health condition, physiological factors, and skills), environmental factors (relationship, community, societal and professional), and social media features (appearance, assessment, cognitive and behavior, burdens and content, delivery, emotional, identity and message, functional, social and participation). **Limitations:** This study has a small sample size and focused on certain states in Malaysia that may not represent the entire adolescent population. **Implications:** The findings can help future researchers or organizations in developing social media interventions related to nutrition by taking into account the factors that affect adolescents to ensure high participation and engagement.

Keywords: Adolescents; Social media; Nutrition; Intervention

Design / Creative Environment

A 07 DCE 001

Artistic Practice: Potential of natural fiber composite in developing printmaking matrix

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Abstract

Natural fiber composites have great potential in developing printmaking matrix due to their unique properties and benefits. These composites are made by combining natural fibers such as wood dust, bagasse, rice straw or any wood waste, which results in some significant artistic practice for printmaking. Printmaking is a form of fine art in which the work involves the transfer of images from the surface of one matrix to the surface of another matrix. This printmaking work was produced using various techniques and approaches, and artists always conduct a wide range of trials and investigations, all directed towards producing important output printmaking itself. Thus, this study considers some possibilities of their aesthetic qualities, natural fiber composites offer a unique texture and visual interest that can enhance the final print. The fibers in the composite can create a natural grain pattern that adds depth and richness to the image, and the subtle variations in color and texture can create a sense of organic warmth and authenticity. The experimentations will be conducted in a lab polymer with a semiscientific approach that looks at any subsequent result for each outcome to explore new forms of artistic expression. Another benefit of natural fiber composites is their versatility. They can be easily shaped and moulded into various forms, making them suitable for various printmaking techniques, including relief, intaglio, and planographic printing. Natural fiber composites can also be combined with other materials, such as rubber and LDPE (Low-Density Polyethylene), to create a hybrid printmaking matrix that offers even greater possibilities for artistic expression. The significances of this study contribute that SDG12, Worldwide consumption and production, a driving force of the global economy, rest on using the natural environment and resources in a way that continues to have destructive impacts on the planet. This study can benefit many parties, including researchers, printmakers, fine artists, art students, designers, entrepreneurs and others in the printmaking and art industries. In conducting this study, some limitations that involve the prototype size (matrix) limited with the mould size provided in the Polymer Lab at Universiti Teknologi MARA Shah Alam. Only local natural waste will use in this experiment. The finding of this study expected a new approach and material in printmaking that can be used in studio practice.

Keywords: Artistic Practice; Natural Fiber; Composite; Printmaking

A 08 DCE 010

Concept and Factors Affecting Well-Being as Perceived by Bangkok Homebuyers

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Abstract

The concept of 'well-being' has not only been theorized since ancient Greek but has also been measured and researched by various disciplines worldwide. However, there needs to be more research on well-being in Thailand, particularly in the built environment. Changing lifestyles and family structures, coupled with the recent Covid-19 pandemic, have emphasized health and well-being in every aspect of the Bangkokians' lives. In response to these growing concerns, the Bangkok Metropolitan Administration (BMA) has prepared a policy to transform the city codes and regulations, which will affect both the real estate sector and the potential homebuyers once it is enacted. Thus, this exploratory study aims to: [1] explore how the Bangkok potential home buyers define the notion of well-being and [2] identify the built environment and socioeconomics attributes that the Bangkok potential home buyers perceived as factors contributing to the state of wellbeing. The objectives of this study include: [1] to establish a research model of the environmental design factors affecting the perception of well-being in the context of the Bangkok Metropolitan area, [2] to inform the authorities and real estate sector on the built environment and socio-cultural factors affecting perceived well-being. From September to November of 2022, 78 informants, age range 18-53 years old, consisting of middle and high-income potential homebuyers, were recruited and equally divided into 13 focus groups. Each group was led by trained moderators. During the 2-hour discussions, the informants' understanding of well-being and features promoting well-being were recorded, transcribed, and analyzed using content analysis. To substantially represent the characteristics and overarching perception of Bangkok home buyers toward well-being

and environmental factors affecting this notion. Results from this research indicated that the informants perceived well-being as a highly positive feeling derived from having good physical and mental health. Factors contributing to well-being included living in a good environment and friendly community, encompassing a comfortable and convenient lifestyle and safe and appealing design of the built environment. Understanding of perceived well-being of Bangkok's potential home buyers could be used to inform city development policies toward sustainability and real estate investors for appropriate design. Factors emerging from this study will also be used as variables for further systematic studies of well-being in the context of the Asian urban area.

Keywords: Well-being, Built Environment, Bangkok, Home Buyer

A 09 DCE 004

Exploring Contemporary University Campus Planning and Design in Southeast Asia

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Abstract

Emphasis on incorporating Sustainable Development Goals (SDGs) into campus planning and design focus on creating spaces that promote student well-being, encourage community and collaboration and foster inclusivity and sustainability. The role of campus planning and design in shaping the university experience is rising in Southeast Asia's rapidly changing higher education landscape. However, the higher education landscape in Southeast Asia is often overlooked, setting it apart from its more developed counterparts in the West. The unfavourable campus environment contributes to poor physical and mental health among students, negatively affecting their quality of life. This paper explores current trends and themes in campus planning and design, emphasizing the challenges of meeting the changing needs. This paper also adopts the SDG(s) framework as a narrative device to contextualize the study. There are two (2) objectives; to map the direction of campus planning and design based on existing literature and to provide a comprehensive overview of best practices that put the SDG(s) framework at the forefront of campus planning and design in Southeast Asian nations. This paper employed

scoping literature review method by narrowing down literature from online databases; ScienceDirect, Web of Science and Scopus. Data filtration criteria such as search inquiry keywords, country of the study area and year limitation (2002-2022) were also applied to identify the most relevant articles, resulting in 96 research articles. Apart from non-English language, the search criteria are exempted from review articles, conference abstracts, editorials, short communications, book reviews, conference announcements, case reports and product reviews. In addition, articles without open access and replicates were also removed. Findings showed that to achieve effective campus planning and design in Southeast Asian countries, the thermal comfort of the microclimate should be emphasized by leveraging the tropical features using nature-based approaches. Additionally, it is found that sociocultural background plays a vital role in shaping recreational and social areas by providing various activities whilst using technology to enrich the university experience. As this study may improve understanding, the findings could provide trajectory features for the physical environment of campus planning and design in Southeast Asia.

Keywords: higher education institutions; campus planning and design; Southeast Asia ; Sustainable Development Goals (SDGs)

A 10 DCE 007

Factors affecting Interior Preference in Thai Traditional Architecture

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Abstract

Kaplan and Kaplan's model of environmental preference, which identifies complexity, coherence, mystery, and legibility as factors influencing human preference toward landscape and architectural design, has been widely studied. How well this model predicts preference for the interior environment is known. This quantitative study aimed to investigate the extent to which these four factors predict the interior preferences of Thai traditional interior architecture, specifically the Buddhist temple's ordination hall (Ubosot) and image hall (Vihara). The sample comprised 45 fourth-year students of the Department of Interior Architecture, School of Architecture, Art, and Design, KMITL, who visited over 30 temples in central and northern Thailand. The students completed an online guestionnaire that assessed the key factors. The standard multiple regression analysis showed that the overall regression was statistically significant (R2 = .351, F(4, 1395) = 188.22, p = .000), which indicated that all four factors were predictors of interior environmental preference. Most notably, the mystery factor was the strongest contributor to interior environmental preferences ($\beta = .324$, p = .000), followed by coherence ($\beta =$.295, p = .000), legibility (β = .100, p = .000), and complexity (β = .068, p = .007) respectively. This result indicated that mystery was an initial factor in interior environmental preference. Most respondents had not previously encountered the interior spaces of Ubosot and Vihara. These interior design elements, for example, the Buddha statue, occlusion, visual permeability, spatial form, and decoration, provided new

information and motivated individuals to explore the inner areas of the building. On the other hand, complexity had the least contribution to interior environment preference due to the range of occlusion present. These findings have meaningful implications for interior design criteria if designers aim to create desirable interior environments. Further research is warranted to determine which interior architectural elements are the factors in predicting interior preference.

Keywords: Interior preference; Thai interior architecture; Kaplan and Kaplan's model of environmental preference; Interior design elements

A 11 DCE 005

Priority Characteristics When Designing Blue Space For Stress Reduction: A Delphi interview

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Abstract

Mental health is one of the top illnesses globally. It is associated with stress. Prolonged stress can increase the risk of mental health. Researchers argued that focusing on trying to 'fix' mental health problems is a misguided approach and, alone, will not sustain a flourishing society. The clinical diagnosis of mental health is just the tip of the iceberg; supporting human flourishing is equally essential for mental well-being, a truly 'salutogenic' (health-promoting) approach to how we design our spaces. The blue-space theory suggests using water in architecture for stress reduction. Therefore, better mental health. However, a knowledge gap exists in identifying the most stress-reductionist characteristics. As we previously identified the factors through a systematic review (PRISMA). However, this research aims to evaluate the most effective characteristics of stress reduction. We used the Delphi technique as a methodology to conduct the study. The Delphi technique is a scientific method to interview experts to generate insights on current difficult questions, especially in situations with limited availability of information. In this interdisciplinary research project. Delphi is used as a method to investigate the aspects of the blue space that can have a stress-reduction effect. We used Beiderbeck's guidelines on how to conduct the best practices of the Delphi technique. The selection of experts has been made very carefully made, considering the following criteria, The size of the panel, level of expertise, level of heterogeneity, level of interest, access to the panel. The interview was executed in three phases: preparing, conducting, and analysing. Results have been obtained from 12 experts in the blue-space field. Descriptive statistics analysis method will be used to describe the basic features of the data collected from interviewees and provide summaries of the sample and the measures using simple graphics analysis. And describe what the data is all about in a quantitative description.

Keywords: Blue-Space; Stress; Healing-space;

A 12 DCE 009

Privacy and Relationships of Roommates in the Situation of Covid 19

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Abstract

The COVID-19 situation affects room usage behaviors among students sharing residential spaces. The lack of privacy may have an impact on the students' relationships. This study aimed to 1.) investigate the relationship between privacy and the relationships of students who share a residential space in the COVID-19 situation. 2.) investigate the relationship between sensitivity to the lack of privacy and relationship status among students who share a residential space in the COVID-19 situation. This study is a mixedmethods research using a combination of gualitative and guantitative research. The data were collected by observing physical environments and behavioral traces from photographs taken inside four private houses and dormitories, conducting a focus group interview and interviewing eight students, and distributing guestionnaires to 61 students. Research instruments included 1) a list of photographs, 2.) a focus group form, 3.) an interview form, and 4.) an online questionnaire. Qualitative data were analyzed by content analysis, data grouping, prioritizing, and describing. Quantitative data were analyzed by descriptive statistics, correlations, and one-way ANOVA. The findings indicated that in COVID-19, half of the sample group felt more negative from being disturbed in their privacy. Privacy and the relationships between roommates were positively correlated. Negative feelings from less privacy and the relationships between roommates were found to be moderately negatively correlated, r (61) = -.513, p < .01. If they have privacy while using the room, their relationships will be better. On the contrary, if they have less privacy, the relationships between roommates will be worse. Relationship status did not affect sensitivity to the lack of privacy between roommates. Therefore, the residential space used together by students during COVID-19 should have furniture and lighting equipment suitable for the number of students in the room so that students can modify or choose to use them freely. Furniture arrangements should be separated between roommates to reduce noise and light disturbances and to increase privacy in the space by obscuring vision from roommates or creating private corners, e.g., sleeping areas and working areas. To reduce stress and negative emotions among roommates, residential spaces shared by students in the COVID-19 situation should be arranged to increase the privacy of room users. This may bring about a positive effect on the relationships of those who share a room.

Keywords: Privacy; Relationships; Bedroom; Roommates

A 13 DCE 002

Sustainable Textile Design Pattern Biological Image Brand

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Abstract

Sustainable textile design is an approach to creating environmentally and socially responsible textiles. It involves using materials and processes that minimize environmental and human health harm. One way to achieve this is through the use of biological imagery in textile design patterns. Biological imagery is images of living organisms or their parts in art and design. In sustainable textile design, biological imagery can be used to create patterns inspired by nature that promote the conservation of natural resources. For example, a textile designer might use images of leaves, flowers, or animals in their designs. Sustainable textile design patterns with biological images aim to create environmentally responsible products that promote sustainability and offer unique and visually appealing designs. Using biological imagery in sustainable textile design can also be a way to promote a brand's commitment to sustainability. By incorporating images of plants and animals in its designs, a brand can communicate its values and its dedication to protecting the environment. One approach is to use digital printing to transfer images onto textiles. This process allows designers to create highly detailed and intricate patterns that are difficult to achieve using traditional printing techniques. Overall, the method for implementing sustainable textile design patterns with biological images to create a brand that values sustainability involves using eco-friendly materials, natural motifs, and energyefficient production processes, branding and marketing, and encouraging innovation and experimentation. While incorporating sustainable textile design patterns with biological images can be a positive step towards promoting sustainability and environmental responsibility, some limitations should be considered, such as limited design options. Using only biological images for pattern design may limit the range of designs that can be created. Designers may find creating unique and diverse patterns challenging using only natural motifs. Overall, sustainable textile design patterns that incorporate biological imagery can be a powerful way to promote sustainability and create beautiful, eco-friendly textiles. Overall, the implications of sustainable textile design patterns with biological images for a brand are largely positive, with the potential to improve environmental conditions, attract socially conscious consumers, enhance brand reputation, create new market opportunities, and encourage innovation and creativity.

Keywords: biological image brand; textile design pattern; sustainable; imagery

A 14 DCE 003

Thermal and Environmental Design for Human Comfort from Japanese Architecture in Thailand

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Abstract

Between the 1960s to the early 1990s, Thailand received financial along with technical support from Japan through Japan International Cooperation Agency (JICA) to help to develop human resources for the growing agricultural and industrial sectors in response to the country's National Socio-Economic Development Plan 1 (NSEDP 1). Customarily, in all the JICA projects, the design and building of these facilities would also be done by Japanese architectural design and construction firms. The preliminary investigation revealed that these JICA-funded buildings are not only aesthetically pleasing but also carry ingenious design attributes that could effectively cope with the climate condition of a tropical country such as Thailand. Thus, this study aims to investigate architectural details that facilitate thermal and environmental comfort unique to four case studies of Japanese-designed research and education facilities in Thailand that were built from the 1960s to the 1990s. The goal of this research is to document the information related to Japanese Modernism Design in Thailand as well as to determine the tropical architectural design features that are unique to these buildings. Five case studies consist of the King Mongkut's Institute of Technology Ladkrabang (KMITL)'s Auditorium (1974). Central Laboratory Facilities at Kasetsart University's Kampangsaen Campus (1978), King Mongkut's Institute of Technology Ladkrabang's Lecture Room Building Complex (1983), the Thammasat University's Institute of Japanese Studies (1984), and The Environmental Research and Training Center (1989). The main data sources include archival records,

architectural drawings, and data from field research, including direct observation and artifactual measurement, with a supplementary interview with facility managers and executives the facilities. The findings reveal various patterns of roofing design such as double-layer and curved roofs, the buildings' orientation, and the use of water features around and within the building compounds. Other strategies included the use of double-layer walls to create an air pocket that helps to buffer the heat, ventilation holes in the walls, and concrete roofing to reduce the accumulation of heat and humidity that may lead to health problems for the building occupants. Architectural detail collected from this study may be adapted and used in sustainable contemporary building design that would increase human comfort while reducing energy consumption. As many of these buildings are thirty years and older, further research studies may focus on exploring approaches for building conservation or retrofit to serve the needs of today's occupants while maintaining their design and historical integrity.

Keywords: comfort factor, Japanese Modernism, tropical architecture

Educational / Learning Environment

A 15 ELE 003

Examining Sino-Foreign Joint School Students' Speaking Performance in the EFL Learning Environment: A case study

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Abstract

A guality learning environment is often viewed as a significant factor in student satisfaction with the learning experience. In learning English as a Foreign language (EFL), students often shy away from speaking as it is often viewed as a difficult skill to master. Hence, speaking is often said to be the 'black sheep' of the EFL classroom, as it is often neglected by exam-oriented instructors in most EFL learning environments. In China, EFL students in Sino-Foreign Joint School (SFJS) students are required to achieve higher English language performance as a majority of them aim to study in cooperative universities abroad. Therefore, the main aim of this study is to examine SFJS students' speaking performance in the EFL learning environment. The study also explored the relationship among anxiety, motivation, willingness to speak and English language performance of EFL students. The study was conducted in one SFJS located in Chongging, China, and the population sample comprised 318 EFL students. The study adopted an explanatory sequential research design with a mixed method approach wherein data were collected via a survey and semi-structured interviews with a sub-sample of 29 students. The guantitative data were analyzed utilizing SPSS Version 22.0 and involved both descriptive and inferential statistics, whilst the qualitative data were thematically analyzed employing NVivo Version 12. The quantitative findings revealed that there was significant negative relationship between anxiety and motivation level of EFL students in SFJS and significant negative relationship between anxiety and willingness to speak. However, there was a significant positive relationship between motivation level and willingness to speak. Similarly, the qualitative findings revealed that those who are more anxious tend to be less motivated and less willing to communicate in English. The findings of this study imply that SFJS students are rather anxious when it comes to speaking in English. Therefore, language instructors should seek to lower students' affective filter by delivering more praise and motivation alongside integrating positive psychology into their speaking classrooms. Language instructors also need to provide a quality learning environment where students can view speaking as an enjoyable and meaningful learning activity.

Keywords: English as a foreign language (EFL), anxiety, motivation, willingness to speak

A 16 ELE 004

Exploring Metacognitive Awareness of Reading Strategies for Quality EFL Teaching and Learning

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Abstract

English is fast becoming an international language, and most institutions of higher learning in China have embraced English as a foreign language (EFL). Nonetheless, studies have shown that Chinese EFL learners display limited English language performance. To enhance their language performance, it is pertinent that they possess effective reading strategies, as reading provides 'comprehensible' input for successful language gains. Therefore, this study aimed to examine EFL tertiary students' metacognitive awareness of reading strategies. The study was conducted in one provincial university located in Shandong Province, China, involving 424 EFL students. The study utilized an explanatory sequential research design with a mixed-method approach. Data were collected via a three-pronged approach employing a reading comprehension test, a questionnaire and interviews. The quantitative data were analyzed using SPSS Version 22, whilst gualitative data were analyzed employing NVivo through thematic analysis. The findings revealed that the EFL students possessed average reading comprehension abilities, and whilst there was no significant difference in their reading performance based on gender, a significant difference was recorded based on perceived language proficiency, academic performance and discipline of study. The students also possessed medium levels of metacognitive awareness of reading strategies, with problem-solving strategies as the most frequently employed strategies and support strategies as the least frequently used strategies. Furthermore, a significant difference was seen in their metacognitive awareness based on gender, language proficiency, academic performance and discipline of study. These findings imply that EFL students' average reading comprehension abilities may most probably be due to their lack of knowledge and awareness of the effective use of reading strategies, as teachers may to a certain extent be too exam-oriented in preparing students for their public examinations such as CET-4 and TEM-4. Henceforth, it is recommended that EFL instructors enhance EFL students' learning environment by providing explicit help in equipping students with metacognitive awareness of reading strategies so that they can become more effective, critical and autonomous readers. Likewise, EFL teachers need to be provided with more training so that systematic integration of metacognitive awareness of reading strategies can be integrated effectively into EFL classrooms in China.

Keywords: Metacognitive Awareness; Reading Strategies; Quality EFL Teaching and Learning

A 17 ELE 005

Gender (Dis)Parity in Higher Education Leadership: Women academicians' perspective

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Abstract

The issues of gender disparity and the under-representation of Malaysian women in senior leadership positions can be considered an incomplete initiative of the gender equality agenda. Past research has continuously debated whether women faced challenges in leadership positions. Nevertheless, knowledge on how women in Malaysian HE perceive the issues pertaining to the agenda is lacking. Hence, this article intends to examine women academicians' perception on issues related to gender disparity particularly on the current situation of women academics in Malaysian higher learning

institutions. Using stratified sampling method, a cross-sectional survey was distributed to 20 public universities and answered by 394 women academicians within 3 months from December 2022 until February 2023. The survey is divided into six (6) sections namely demographic profile, women representation and equality, drivers, barriers and challenges, best practices and open-ended comments. Data was analyzed using SPSS 28 and mean value was calculated for all the constructs of the study. The findings indicate that women academicians perceive a higher education environment is conducive for their career development. The result also depicts although there is a glaring gender disparity at the decision-making level, women academicians perceive they have received equal access and opportunities to be leaders. It was also discovered that although women academicians receive good support from their institutions, balancing between family and work remains a major hurdle. Result also reveals that women academicians are struggling with multiple roles and workloads as leaders and highlighted as one of the great challenges and barriers in terms of leadership roles in the universities. However, they acknowledge the need for better policies to enable them to accept decision making positions such as strengthening work life balance, family friendly policy. Majority of women academics agreed there is a need for fairer and more transparency in leadership selection processes. This study however is limited to only women academicians in public universities. Future studies should embark on a wider scope covering women academicians in private universities and colleges to further discover significant findings. This study contributes towards enriching the body of knowledge in the areas of gender studies particularly on women leadership.

Keywords: Gender 1; Parity 2; Leadership 3; Perception 4

A 18 ELE 008

Quality of Teacher's Life: Why leave the profession?

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Abstract

In China, teachers from private higher education institutions (HEIs) account for 20% of teachers in the whole higher education system in 2021. However, with the number of private higher education institutions (HEIs) increasing year by year, teachers from these institutions are showing an upward trend to leave the education sector. Teacher turnover has been a concern for educators and policymakers worldwide, and many countries are grappling with the loss of high-quality teachers. As teachers' life constitutes their personal, work, and social life, it is critical to understand their decision to leave from these three aspects. This conceptual paper will first explicate how personal factors, institution factors, and external factors affect teacher turnover intention in private higher education institutions (HEIs) in China. By utilizing Self-Determination Theory (SDT), this paper will delineate how high-quality teachers' personal, work, and social life improve teachers' autonomy at work, thus negatively impacting their turnover intention. This paper aims to examine teacher turnover by linking personal factors, institution factors, and external factors while taking the influence of autonomy into consideration, which is valued by teachers in different counties and different education institutions. To achieve this goal, extant knowledge of teacher turnover will be reviewed and relationships among factors that affect teacher turnover will be sorted. Finally, a conceptual framework of teacher turnover will be proposed with autonomy as the mediator. This paper will help researchers as well as policymakers understand teacher turnover in a different light and provide reference for future studies. As teacher turnover is an issue that influences students' learning experience, institutions' reputation and the sustainable development of private higher education institutions (HEIs), this paper has pivotal importance in retaining teachers for private higher education institutions (HEIs) in China. As this paper focuses on teachers from higher education in China, and the role of autonomy may vary in different educational contexts, the proposed framework needs to be tested in empirical studies in the future.

Keywords: Teacher Turnover; Private Higher Education Institutions (HEIs); Autonomy

A 19 ELE 001

Student Learning Engagement with Emerging Technologies: A case study

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Abstract

Despite the numerous downside effects of the Covid-19 pandemic, there has been a silver lining regarding the emergence of various technologies into the teaching and learning (T&L) process. Today there is a critical call for educators in 21st-century classrooms to utilize emerging technologies such as artificial intelligence, virtual reality, and augmented reality to enable more realistic, engaging and innovative teaching methodologies to enhance students' learning gains. There is no denying that though these emerging technologies help teachers and students to maintain a relatively stable ecological environment of education and to assure global education continuity, the guestion that begs to be answered is to what extent learners are engaging with the overnight emerging technologies. Therefore, this exploratory study aimed to examine Chinese EFL tertiary student engagement with emerging technologies in the EFL classroom based on Laurillard's conversational model. In this study 'emerging technologies' refer to technological platforms and tools that have been embraced in the T&L process over the last decade (2002-2022). The study utilized an explanatory sequential research design set in a public university in southwest China. It involved approximately 120 EFL sophomore students, where data were collected via a two-pronged approach employing a survey questionnaire and semi-structured interviews. The quantitative data were analyzed using descriptive and inferential statistics, while the gualitative data were analyzed thematically. The findings of the study revealed that student engagement with

technology tools overall was at a moderate level. Examining the use of technological tools in the four language skills, students indicated the highest frequency use of technological tools for writing, followed by listening and speaking. The least interaction with emerging technology tools was employed for reading and enhancing vocabulary skills. Students also indicated that close to 45% of them were aware of the latest technologies for EFL learning, whilst another 34% highlighted that technology tools did little to enhance student interactivity. The main limitation of this study perhaps lies in the limited sample size, which restricts the generalization of findings to the larger undergraduate EFL population in China. Nonetheless, the study has shed light on emerging technologies for EFL teaching and learning in China.

Keywords: EFL students, learner engagement, emerging technologies

A 20 ELE 002

Sustaining Students' Quality Learning Environment: Reviewing factors to Graduate-on-Time

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Abstract

The democratization of education has witnessed an exponential growth in postgraduate education all around the globe. Despite the significant growth, high attrition rates and failure to graduate on time (GOT) continue to plague the quality of the postgraduate learning environment. At the global level close to 60 percent of PG students fail to GOT. A review of literature reveals that several factors such as student satisfaction and wellbeing, institutional learning environment and supervisory factors can affect postgraduate students' failure to GOT. Therefore, the aim of this empirical study was to investigate the significant factors in students' learning environment that affect their failure to GOT. This study was conducted in a private university located in Peninsular Malaysia and involved an intact first-year group of fifty (50) postgraduate students who had embarked on a PhD(Education) by research mode. This study utilized a descriptive case study design with a mixed-methods approach wherein data were collected via a three-pronged approach involving three tests, a survey guestionnaire and five focus-group interviews. The three skill-based tests included a test on critical reading, academic writing, and research skills. The quantitative data were analyzed utilizing SPSS version 25 and involved descriptive, inferential and SmartPLS analyses. On the other hand, the qualitative data were thematically analyzed utilizing Braun & Clarke's (2019) thematic framework. The findings revealed that all the three main skills of reading, writing and research skills do affect students' ability to GOT but the most significant factor was critical reading skills. Likewise, the findings also displayed that institutional quality learning environment, student motivation, student wellbeing and supervisory factors influence students' ability to GOT with supervisory factors been the most significant factor. These findings imply that to create a sustainable quality learning environment for postgraduate study, universities should integrate early intervention training programs to hone students' critical literacy and research skills. This ought to be coupled with an environment that embraces the critical role played by supervisors. Though the main limitation of this study lies in the limited sample size, there is no denying that the study has shed light on the significant factors that can help students GOT that indirectly enhances the quality learning environment of postgraduate study.

Keywords: postgraduate students; graduate-on-time; quality learning environment, influencing factors,.

A 21 ELE 007

Teacher Identity in China from 2012 to 2022: A literature review

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Abstract

Teacher identity is a teacher's understanding of his own teaching profession in his own environment, and constantly pursuits of his own identity process. China is the most populous country in the world, with a large number of teachers, and after decades of development, the research on teacher status has attracted more and more attention. Teacher identity plays an important role in their work and life, it is not only in a core position in teacher personal development, but also is an important theoretical framework for teacher research, so it is of great research significance. Thus, this study aims to sort out the development context, hot topics and development trend on teacher identity in China through a literature review, which can help more scholars pay attention to China's teacher identity research. This bibliometrics analysis study uses CiteSpace literature visualization analysis software as a research tool to explore teacher identity related studies published in China's National Knowledge Infrastructure (CNKI) and Web of Science (WOS) from 2012 to 2022. There are some limitations to this study. First, the study draws from the CNKI and WOS database, which may limit the number of included works. Second, unlike traditional literature reviews, this study uses the Cite space tool for data-based analysis, which has better explanatory implications for capturing the authors, institutions, and topics of the literature. However, it does not allow for a comprehensive analysis of each element specifically. The study will imply that helping researcher for identified the growth trajectory of literature on this topic over time since 2012. The findings also will reveal the research object changes and sub-topics that researcher often investigate when studying teacher identity, as well as the scholars' research focus on

those sub-topics across different periods. Through literature review of teacher identity in China, this paper is expected to help understand the topic and content of teacher identity research, promote the research on teacher identity, and provide more research directions and ideas for teacher identity research.

Keywords: Teacher Identity; CiteSpace; Literature Review

A 22 ELE 006

Why Do Students Plagiarise? An empirical study on built environment students amidst Covid-19

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Abstract

Covid-19 has changed a facade of higher education in coping with unprecedented transformation levels from a face-to-face final examination into the alternative assessment since March 2020. Plagiarism, and to a certain extent misconducts, during take-home and online examinations have been battering the higher education fraternity relentlessly since the onset of Covid-19 pandemic. With physical activities abruptly cancelled in most, if not all, of the institutions of higher learning, the conventional assessment of final examinations need to be shifted online. The advent of Internet of Things (IoT) as well as scores of cutting-edge devices have engendered a two-sided effect; on one hand, shifting to online assessment is not insurmountable for instructors, but on the other, it provides avenues for learners to embark on unethical behaviours and attitude. Many assessment tools have been introduced, such as project-based assessment and take-home assessment but the plagiarism and misconduct among students remains. Hence to understand this paradox, this research aimed at developing a model which can elucidate the types, reasons and strategies to mitigate plagiarism and misconducts in take-home and online examinations. The instrument employed for this research was an online guestionnaire, and the study population was determined to be built environment students from five established universities in Malaysia. A total of 308 survey forms were analysed using factor analysis, structural equation modeling (SEM) and content analysis. Findings indicated that "relying on print reference sources" was most rampant during take-home and online examinations, while "Pressure due to financial problem" was the most significant reason for this unruly behaviour. Nevertheless, respondents did perceive that "clear instruction and briefing" can mitigate such behaviour. From the developed model, "authentic assessment" was unveiled as one of the most important strategies in mitigating plagiarism and misconducts. In sum, this study managed to lay a solid groundwork for instructors to handle future take-home and online examinations more effectively, which have gradually morphed into a new-norm in higher education post pandemic.

Keywords: Misconduct, Online Examinations, Plagiarism, Take-Home

Elderly Environment

A 23 EE 002

A Comparative Study of Female Retirement Awareness and Readiness in Malaysia and China

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Abstract

According to the World Social Report 2023, there will be 16 billion people aged 65 and above in the world in 2050, compared to 7.61 billion people in 2021. The World Health Statistics (2019) highlighted that the life expectancy of women is 74.2 years and men's is 69.8 years. Hence, it is crucial to encourage early retirement planning among women. In China, an observable trend has been the substantial rise in working women dedicating a significant amount of time to their employment. As a result, a phenomenon has emerged whereby some women are increasingly apprehensive about having children, which may potentially create a social issue in the future. Additionally, Ferry's (2016) study found that among the largest 100 companies across 10 Asia Pacific countries, including Malaysia, those with at least 10% of female board representation had higher returns, as measured by ROE and ROI, than companies with less than 10% female board representation. This raises questions about whether these women have the intention and knowledge to plan for their retirement, and whether women in Malaysia have better retirement planning than those in China or vice versa. This study aims to explore the factors that influence retirement planning awareness and readiness among women in Malaysia and China. Moreover, the moderating effect of self-efficacy towards retirement readiness will be examined. The study will employ a purposive sampling technique to distribute a selfadministered questionnaire to 300 respondents, comprising 100 female employees in Malaysia and 200 in China. SPSS and SmartPLS will be used to test the hypotheses. This study aligns with Sustainable Development Goals 3 and 5, which relate to good health, well-being, and gender equality. Given the challenges of ageing population and existing inequalities, it is imperative for society to address these issues and seize the opportunities that they present for the benefit of future generations (World Social Report, 2023). This study will provide valuable insights for policymakers to adopt better strategies to address women's issues and improve their quality of life, including promoting fertility.

Keywords: Female Retirement Planning; Comparing Malaysia and China; Gender Equality; Quality of Life

A 24 EE 001

Reasons for Caring for Older Person: A Malaysian perspective

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Abstract

Malaysia is set to become an ageing country by 2030, with more than 10 percent of its population consisting of older persons. This demographic shift is associated with many physical, psychological, and cognitive impairments that can lead to dependency. In such cases, older persons often require care at home, which affects the quality of life for both caregivers and the older person. Studies show that caregivers of dependent elderly person often experience stress and anxiety. However, few studies have explored the views and experiences of caregivers who care for dependent older persons living at home, particularly in Malaysia. This study aims to explore the reasons why caregivers in Malaysia care for older persons at home. The study used a qualitative approach, involving in-depth individual interviews with twelve caregivers who had been caring for patients with moderate to severe dependency in Activities of Daily Living (ADL) for more than three months. Participants were recruited through purposive sampling, and thematic analysis was used to explore the caregivers' experiences of caring for an older person. Four themes emerged from the analysis: personal factors of the caregiver, personal factors of the elderly person, support from others, and environmental factors. The caregivers cited personal factors such as filial piety and a sense of duty towards their elderly parents as key reasons for caring for them at home. Additionally, they mentioned that providing care allowed them to repay their parents for their sacrifices in raising them. The study also found that the elderly person's personal factors, such as their health status and behaviour, influenced the caregiver's decision to provide care. Support from family members and friends was another important factor that influenced the caregiver's decision to care for the older person. The physical and social environment also played a role in the caregiver's decision to care for the older person at home. In conclusion, this study sheds light on the experiences and reasons why caregivers in Malaysia care for older persons at home. The findings suggest that interventions should be developed to address the needs of caregivers, taking into account their cultural and spiritual values. By providing support to caregivers, older persons can receive the care they need while maintaining their quality of life.

Keywords: caregivers, reason, experience, qualitative study,

General Psychology

A 25 GP 001

Using Dass-21 to Measure the Psychological Stress of Malaysians during Covid-19

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Abstract

COVID-19 rocked the world in 2020, and by January 2021, the total number of world cases of COVID-19 recorded a high of more than 82.4 million. The Movement Control Order (MCO) was imposed immediately in Malaysia in March 2021 which lasted for more than six months. This led to a huge psychological impact among Malaysians. This study was first done in late 2020, where the main objective was to examine the psychological impact of COVID-19 among Malaysians. This study employed a mixed method, Using purposive sampling, a quantitative study was done on a sample of 400 respondents. Using the DASS-21 instrument, the study examined the psychological impact of Covid 19 on Malaysians, focusing on depression, anxiety, and stress. Meanwhile, the independent variables are risk perception, individual behaviour, mental health, and media usage (COPAQ). The findings found that an early stage of COVID-19 spread in this country caused a serious psychological impact among children, students, and also adults. Besides, females, those with higher educational levels, employment status and losing a job or any wages were associated with implementing movement control order. While risk perception and mental health were found to have a positive relationship and have a significant impact on the psychological impact among Malaysians. Findings indicate that COVID-19 did have an impact on Malaysians' psychological aspects. However, the more interesting finding was that this stress and anxiety were more due to the movement constraint. This meant that the most affected people were those people who were stuck in their houses and could not be reached properly. To further explore how Malaysians felt now back in 2021, a qualitative study was done recently on 10 participants to explore to what extent Malaysians were impacted psychologically due to COVID-19 once MCO was removed. Findings show that many of them faced some form of psychological effect, but it was more due to certain environmental factors and workplace issues. Non-flexibility and lack of empowerment were identified as reasons for stress and anxiety. Besides contributing to the body of knowledge, this study also shows that quality of life was seriously affected by workplace policies that need immediate attention.

Keywords: Psychological Impact; COVID-19; Mental Health; Quality of Life

Health / Healing Environment

A 26 HE 010

Assessment of Knowledge, Physical Activity and Calcium Intake among Female University Students

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Abstract

Osteoporosis-related fractures have been recognised as a significant health problem and its prevalence is increasing globally. Individual that are at risk of developing osteoporosis and broken bones are mainly females. Lack of adequate knowledge and practices are the factors that could lead to osteoporosis. Many research was done to investigate the relationship between these factors and osteoporosis among elderly. However, little is known about the magnitude of correlation between knowledge and physical activity towards dietary calcium intake among female university students. Therefore, the aim of this study was to determine the level of knowledge about osteoporosis, physical activity levels and their association with calcium intake in a public university in Malaysia. A crosssectional study was conducted, and 276 female undergraduate students aged 18 to 26 years old were recruited using convenience sampling method. A set of guestionnaires that comprised of socio-demographic information, Osteoporosis Knowledge Assessment Tool, Food Frequency Questionnaire, and International Physical Activity Questionnaire was distributed to the participants. The questionnaires were in English and were validated. Descriptive statistics were used to report the data and correlation test was done to identify the magnitude of correlation between variables. Results from this study show that majority of female students have low knowledge about osteoporosis (76.1%) but

moderate level of physical activity (47.1%). Most of the female students do not adhere to the recommended calcium intake (79.0%). Pearson correlation analysis showed a weak positive correlation and no significant difference between knowledge (r= 0.051, p=0.121) and physical activity (r = 0.081, p=0.181) in relation to dietary calcium intake. Low knowledge and low calcium intake at a young age can be detrimental to bone health and increase the risk of osteoporosis-related fractures later in life. This study suggests that education about the importance of dietary calcium is necessary to improve for bone health maintenance.

Keywords: calcium; dietary; female; osteoporosis

A 27 HE 012

Career Choice Factors and Clinical Performance among Health Sciences Students

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Abstract

Background: The issue of youths' employment decisions has piqued the curiosity of many people. The correct career choice is vital for students in professional courses since it has an impact on their academic achievement and future careers. Purposes: The purposes of this study were to identify career choice factors and its association with clinical performance among Health Science students. Material & Methods: A selfadministered survey was given to 112 health sciences students who undergo a clinical training to evaluate how their career was chosen. The career choice factors were categorized into personal, economic, environmental, social and professional. The clinical performance of each student was obtained in the form of Grade Point Average (GPA) through informed consent. Results: The finding showed that 'educational gualifications' (r=0.19,p=0.04), 'lifestyle' (r=0.26, p<0.01) and 'interact with other people' (r=0.30, p<0.01) were the factors that significantly correlated with students' clinical performance. Meanwhile, within the subgroup who current course was the first choice of course, 'job availability' (r=0.31, p=0.02), 'lifestyle' (r=0.42, p<0.01) and 'interact with other people' (r=0.47, p=0.00) were found significantly correlated with clinical performance. Subsequently, apart from other mode of entry, only foundation subgroup showed significant correlation with clinical performance. The factor that associated with clinical performance were parent's advice (r=0.35, p<0.01), 'lifestyle' (r=0.27, p=0.03) and 'interact with people'(r=0.39, p=0.001). **Conclusion:** The pattern of career choice factors among health science students can be observed in regard to lifestyle associated with the job, ability to interact with people, job availability and stability, educational qualifications as well as parent's advice. These determinant factors affects the student clinical performance. The findings indicate that institutions of higher learning should provide information job descriptions and career opportunity to be used for career decision-making particularly for health sciences profession. It was because, the rationale for choosing the courses might have an impact on the academic performance of students in general or the clinical performance of students in the health sciences.

Keywords: Career Choice; Clinical Performance; Undergraduate; Health Sciences

A 28 HE 002

Current Physiotherapy Approaches for Patellofemoral Pain Syndrome

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Abstract

Backgrounds Patellofemoral pain syndrome (PFPS) affects athletes and young people. Exercise therapy has been shown to reduce pain and improve physical function in PFPS patients, but there was a lack of info on Kinesiophobia and Education. There are no known effects of blood flow constraints and kinesiophobia on PFPS, possibly due to a lack of investigation on kinesiophobia related to knee conditions. Significant This study investigates current evidence of physiotherapy treatment for patellofemoral pain. It provides a new finding of the best physiotherapy evidence for clinical practice consistent with SDG no. 3 (good health and well-being). Aims This study investigates the evidence of the type of physiotherapy management for PFPS. Objective 1) to identify current physiotherapy management for PFPS and 2) to determine the best physiotherapy approach for PFPS based on evidence. Methods This review assessed various studies about physiotherapy for PFPS published between 2013 and 2023. The search used electronic databases, including Google Scholar, PubMed, and ScienceDirect. The keywords used were "Physiotherapy management PFPS," "Outcome measure PFPS," "Therapeutic Exercise in the Rehabilitation of Patellofemoral Pain," "Therapeutic Exercise for Quadriceps," "Core training in PFPS," "Stretching," "Dry needling "Blood flow restriction training," "Powerplate Vibration,", "PFPS Kinesiophobia" and "Patient education". PICO (population, intervention, comparison, and outcome) included randomized controlled studies of PFPS who underwent physiotherapy for pain, physical function, and kinesiophobia. The quality evaluation utilized the McMaster Critical Review

Form for Quantitative Studies. Limitations Due to a lack of research and data on blood flow restrictions, kinesiophobia and education on the PFPS, the scope of this study was restricted to the available literature found in the database. Results According to McMaster score, One article scored "Excellent" (15/16), six scored "Very good quality" (13-14/16), three scored "Good" (11-12/16), and one scored "Poor" (10/16), Seven studies on physiotherapy exercises (open and closed kinetic chain movements for hip and knee strengthening, guadriceps strengthening, core strengthening, hamstrings and guadriceps stretching), two on blood flow restrictions with guadriceps strengthening, one on education where the study designed individual physiotherapy exercises and educated their patients, and one on preventing kinesiophobia with knee strengthening, education, correcting knee movement, and gait retraining. All studies indicate that the best physiotherapy approach should include knee strengthening, guadriceps and hamstring flexibility, kinesiophobia prevention, and patient education. Implications Physiotherapy improves pain, physical function, and kinesiophobia in PFPS, but further research is needed for therapeutic use. This research aims to lower client, healthcare, and national costs.

Keywords: physiotherapy; patellofemoral pain; physical functions; kinesiophobia

A 29 HE 008

Development and Validation of Food Frequency Questionnaire (FFQ) for Ultra-processed Food Consumption among Adults in Malaysia: A protocol study

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Abstract

Background: The penetration of ultra-processed foods in the industry has been theorised to the global escalation of the overweight and obesity epidemic. Previous studies indicated that ultra-processed food had been linked to poor nutrient profiles, which can further affect or complicates one's weight and health status. These findings should be used to develop effective policy solutions to address rising ultra-processed food consumption, especially in Malaysia. However, the majority of data on ultra-processed food consumption in previous studies have been derived from 24-hour dietary recall, general FFQs, and food diaries, which have not been validated explicitly for assessing ultra-processed food. Hence, developing a validated dietary assessment tool is crucial to assess the intake of ultra-processed food among the Malaysian population. The main objective of this study is to develop and validate a food frequency questionnaire for ultra-processed food intake (FFQ-UPF) among Malaysian adults. **Methods:** This study will

utilise a cross-sectional study design to develop and validate a food frequency questionnaire, specifically on ultra-processed food (FFQ-UPF) which consists of five steps: development, content validation, face validation, criterion (concurrent) validation and reproducibility of the newly developed FFQ-UPF. The ultra-processed food items in FFQ-UPF will be identified from the subject's three days 24-hour dietary recall. Subjects will also be provided with a primary food checklist based on the literature review search for potential ultra-processed foods consumed by Malaysian adults. Next, a comprehensive literature review search will be conducted to determine suitable frequency options and portion sizes in assessing and estimating ultra-processed food intake for a specific time frame. Secondly, the expert panels will validate the content for items' validity and relevancy for using the content validity index (CVI), content validity ratio (CVR) and Kappa statistics. Following the content validation, the newly developed FFQ-UPF will be pilot tested to the target population based on the sample size recommended for the comprehensibility and clarity of the FFQ-UPF. Next, the newly developed FFQ-UPF will be validated against three days 24-hour diet recall for criterion(concurrent) validation. In this study, the newly developed FFQ-UPF (FFQ-UPF2) will be administered again to the subjects after two weeks of completing the first FFQ-UPF (FFQ-UPF1) during face validation. Discussion: This study will develop a food frequency questionnaire focusing on ultra-processed food products consumed by adults, which can be used as a diet assessment tool to assess mainly ultra-processed food intake in epidemiological studies.

Keywords: ultra-processed food; FFQ-UPF; development; Malaysia

A 30 HE 001

Effect of Contrast Polarity towards Eye Fixation Rates When Reading on Smartphone

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Abstract

The introduction of advanced eye tracking technology today has allowed easy analysis of eye movement patterns that provides better data quality and higher data validity. Besides, the widespread use of smartphones in a variety of tasks has increased awareness to study the performance of eve movement when reading using a smartphone. Since the prevalence of social media usage with different contrast polarity in smartphones is increasing nowadays this study is conducted to investigate the effect of contrast polarity towards eve fixation patterns when reading text on the smartphone in bright and dark conditions among the emmetropic and myopic populations. The cross-sectional study was conducted involving ten students from the Faculty of Health Sciences, Universiti Teknologi MARA consisting of six myopes and four emmetropes, with ages ranging from 19 to 25 years old. Ergoneers Dikablis eye tracker was used to track the eye fixation pattern when reading text on a smartphone using positive and negative contrast screen polarity display, in bright and dark conditions. Reading text consists of a thread from the Twitter application. The number of fixation and duration of fixation showed no statistically significant difference when reading text on a smartphone using positive and negative contrast polarity in both bright and dark conditions (p=0.160 and 0.099 respectively). However, emmetropic subjects showed a higher number of fixation and duration of fixation when reading text using positive contrast polarity in bright conditions compared to myopic subjects (p=0.046). Reading text on a smartphone using either positive contrast or negative contrast polarity display has no significant effect towards the eye fixation pattern in both bright and dark conditions. Hence, reading text using both polarity displays on smartphones provides equivalent fixation eye movement patterns towards the readers regardless of the illumination. However, the emmetropic population will show higher eye fixation rates when reading using positive contrast in bright conditions compared to the myopic population. This concludes that emmetropic's eye movement efficiency seems superior, possibly due to lower spherical order aberration as pupil size decreases in bright illumination and bright contrast is an advantage compared to the myopic population.

Keywords: Contrast Polarity; Fixation Rates; Eye Tracking; Light conditions

A 31 HE 004

Effect of Display Polarity on Amplitude of Accommodation and Visual Fatigue

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Abstract

Digital eye fatigue is an eye and vision condition in long-term computer, tablet, and cell phone users. Display settings on electronic devices have a significant impact on visual performance. This study aimed to assess the changes in the amplitude of accommodation under different display polarities and ascertain the effect of varying display polarities on visual fatigue. A cross-sectional study was conducted, with 30 subjects recruited from the UITM Puncak Alam student population aged 20 to 25. The subjects underwent a reading task for 30 minutes with both positive and negative display polarities randomly. The amplitude of accommodation was measured using Royal Air Force (RAF) rule, and subjects were required to complete a subjective symptoms questionnaire before and after the reading task. There were 30 subjects with a mean age of 23.53 ± 1.19 years. 76.7% (n=23) were females, and 23.3% (n=7) were males. 60% (n=18) were spectacle wearers, and 40% (n=12) were non-spectacle wearers. The amplitude of accommodation was significantly reduced after the visual task with both display polarities (p < 0.05). The subjective symptom questionnaire scores were substantially more significant after the reading task with both display polarities (p<0.05). The subject's post-amplitude of accommodation was reduced by 0.08D and 0.04D in positive and negative polarity for each scale of eye symptoms score, respectively. No significant association was found between post-amplitude of accommodation and the total subjective eye symptoms scores [positive polarity ($R^2 = 0.024$, p = 0.418); negative polarity ($R^2 = 0.005$, p = 0.719). In conclusion, the amplitude of accommodation reduces after 30 minutes of reading,

disregarding display polarity. Regarding visual fatigue, both polarities have a significant effect after 30 minutes of reading, especially the sensation of the eye (eyestrain). Nevertheless, there is no association between the objective (post-AA) and subjective (post-VF questionnaire) assessment. Further studies are warranted to be carried out in a diverse age group as the participants in this study were focused only on young adults between the ages of 20 to 25. This would decipher that the accommodation and visual fatigue differ for different age groups.

Keywords: Display polarity; the amplitude of accommodation; visual fatigue

A 32 HE 005

Effects of Self- Myofascial Release on Pain andFlexibility among Individuals with Low Back Pain

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Abstract

Background: Low back pain (LBP) is a common problem due to poor posture. This results from a decrease in flexibility and increased tension in the hamstring and calf muscles and may cause plantar fascia tightness, contributing to the alteration of posture during prolonged standing. Significance: The plantar fascia is part of the superficial backline (SBL), and its function is to produce the extension and hyperextension needed for someone to keep a straight posture. Aims: This study explores the short-term effects of a self-management myofascial approach in managing LBP. Objective: 1. To compare intervention between Self- Mvofascial Release (self-MFR) and hamstring static stretching on pain and flexibility among LBP individuals. 2. To determine the effect of self-MFR on pain and flexibility among LBP individuals. Methods: The design of this study is a quasi-experimental study. Seventy participants aged range 20-55 years old will be randomly assigned into two groups:(i) intervention(n=35) or (ii)control(n=35). The intervention participants are administered by self-MFR to the plantar fascia, using a tennis ball. Each intervention participants used their foot to move the tennis ball to the forefoot and heel region following the beat of the metronome, which is set to 4 beats per direction, for 2 minutes for each foot. Participants were instructed to apply mild, an even pressure of 6/10 using the Visual Analogue Scale (VAS). The control group were performing hamstring stretching, each lift

and hold for 5 seconds, repeated six times, with no rest between repetitions. Selfmyofascial release and hamstring static stretching exercise was applied 2 times per week for 6 weeks. The VAS was used to assess pain levels and the modified sit and reach test was utilized to evaluate muscle flexibility. A two-way ANOVA and paired T-test were used to compare between groups' analysis outcome measurements and determine the effects of self-MFR on pain and flexibility. Limitations: There is a different perception of pain level among the participants based on the pressure applied during the self-MFR on the plantar fascia. Findings: There was a significant difference between the intervention and control groups in pain and flexibility (P<0.05). In addition, there was a significant effect of self-MFR on pain (*t*: 6.21; P<0.05) and flexibility (*t*: -5.65; P<0.05) among LBP individuals. Implications: These studies suggest that self-MFR on the plantar fascia is an effective treatment for decreasing the pain level and improving muscle flexibility among LBP individuals.

Keywords: low back pain, muscle flexibility, self - myofascial release, pain intensity

A 33 HE 006

Health Promoting Lifestyle among Nurses in a Tertiary Hospital, Malaysia

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Abstract

Background: Obesity has become a worldwide issue. Numerous non-communicable comorbidities, including cardiovascular diseases, other chronic diseases like diabetes mellitus, chronic renal disease, and many malignancies, are linked to obesity, particularly in Malaysia. Moreover, nurses are essential for health protection and health promotion operations. Consequently, nurses should set an example of healthy behaviors by leading a healthy lifestyle. Objective: This study aimed to determine the prevalence of obesity and health-promoting lifestyles among nurses in a tertiary hospital, in Malaysia. Methodology: In a cross-sectional study, a purposive sample of 417 Registered Nurses weed using a Likert scale guestionnaire to determine Health-Promoting Lifestyle Profile II (HPLP-II) and the questionnaire involving descriptive characteristics of nurses. Data was collected between July and August 2022 with a convenience sampling (online survey). **Results:** The finding shows that more than half of the respondents were obese (n = 233, 55.9%). The total score of the health-promoting lifestyle of the nurses was 142.46±22.70. For each scale, the highest score contributes to Spiritual Growth (mean= 27.84 ± 4.55), followed by Interpersonal Relationship (mean= 26.82±4.15), Nutrition (mean= 23.34±4.28), Health Responsibility (mean= 22.59±5.31), Stress Management (mean= 22.43±3.88) and the lowest score was Physical Activity (mean= 19.45±4.54). Based on the Pearson correlation coefficient, a weak, positive correlation between Body Mass Index and Health Responsibility was statistically significant (r = 0.129, p = 0.009). In short, when Body Mass Index is high, Health Responsibility also increases. **Conclusion:** Obesity among nurses who are role models in promoting healthy behaviors is a serious health issue. Therefore, regular weight management awareness campaigns and preventative measures should be implemented among registered nurses. Furthermore, the government should implement strategies and policies to prevent or reduce obesity among nurses. Moreover, nurses aged 40 and above should attend compulsory motivation or stress management programs to manage stress effectively to achieve health goals and maintain a healthy lifestyle among nurses and society.

Keywords: Nurse(s), Health-Promoting Lifestyle Profile (HPLP), Body Mass Index (BMI), Obesity

A 34 HE 009

Knowledge, Attitude, and Practices towards Needle-Stick Injuries among Nurses in A Public Hospital, Malaysia

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Abstract

Background: Needle Stick Injuries (NSI) is a needle puncture wound that can expose blood and other body fluids. Needles, like hypodermic needles, blood collection needles, and intravenous stylets, can cause NSI. The NSI cases worldwide reveal nurses are more likely to contract blood-borne pathogens such as Hepatitis B, C, and HIV and it always happened in medical wards in government hospitals. **Significance:** Nurses must provide effective nursing care and a safe hospital environment for their patients. Thus, patients are comfortable and trust the nurses to deliver a safe and positive atmosphere. **Aim and objective:** To assess nurses' knowledge, attitudes, and practices (KAP) towards NSI at a Kuala Lumpur government hospital and the association between socio-demographic variables and KAP. **Methods:** A descriptive cross-sectional study was conducted among staff nurses in the medical ward from May to August 2022. The convenience sampling method was used with a sample size of 208 nurses calculated using Raosoft software. KAP towards NSI data were gathered via a self-administered questionnaire. **Findings:**

Most nurses were female (n=172, 82.7%), under 30 (n=138, 66.3%), had more than 5 years of work experience (n=105, 50.5%), had a diploma (n=192, 92.3%), had completed Hepatitis B vaccination (n=201, 96.6%), knew hospital policies/guidelines regarding NSI (n=204, 98.1%), received knowledge from the hospital (n=113, 54.3%), attended NSI courses (n=133, 63,9%), and always wore gloves. The majority of nurses (n=174, 83,7%) had high knowledge, 15.8% (n=33) had medium knowledge, and 0.5% (n=1) had low knowledge. Attitude shows that 81.2 percent of nurses (n=169) have a good attitude. 17.8% (n=37) have a medium attitude, and 1% (n=2) have a low attitude. Nurses had good (n=180, 86.5%), medium (n=37, 17.8%), and low (n=4) practices. Completed Hepatitis B vaccination (p= 0.009), CME/CNE/course attendance (p= 0.009), and gloves use (p= 0.024) were associated with knowledge level. While age was significantly associated with practice level (p= 0.006). Conclusion and Implication: KAP toward NSI among nurses in the medical ward were high. However, to reduce NSI in the workplace, Continuous Nursing Education related to NSI, hand washing, post-exposed prophylaxis, and safe work practices like gloves and no recapping should be conducted to create awareness by boosting up their KAP level. Limitation: The primary limitation of crosssectional studies is that the temporal link between the outcome and the exposure cannot be determined because both are examined at the same time.

Keywords: Keywords: KAP NSI, medical ward nurses, government hospital

A 35 HE 003

Nutritional Status and Factors affecting Food Intake among Hospitalised Patients in Hospital Al-Sultan Abdullah

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Abstract

Hospital food intake can impact patients' nutritional status, resulting in a lengthier hospital stay or a higher mortality rate. Thus, this study aimed to investigate the nutritional status of hospitalised patients and the factors influencing their dietary intake. An observational cross-sectional study was conducted at Hospital Al-Sultan Abdullah (HASA) among 160 patients. All eligible participants were provided with informed consent. Data were obtained through questionnaires and anthropometry measurements. Malnutrition risk was assessed using Nutritional Risk Screening 2002, and factors affecting food intake were also investigated using a questionnaire. Participants' weight and height were estimated using the anthropometry assessment formula. Descriptive analyses were used to describe the characteristics of the participants, and the Pearson correlation test was used to determine the association between weight and nutritional status. A total of 160 participants were enrolled in this study, where 55% (88 participants) were male, and the mean age of all participants was 48±15 years old. The mean body mass index for weight status was 25.3 ± 8.1 kg/m2. Among 160 participants that were screened for malnutrition risk, it was found that 52.1% (113) posed no risk of malnutrition, 23.1% (37) were at low

risk, and 6.3% (10) were at risk of malnutrition. The current finding shows that the significant factors impacting the food intake of the patients were food tasting differently (48.8%), eating less than what is supplied (40.6%), lack of appetite (38.1%), early satiety (35%) and not enjoying the flavour of the meal (31.3%). In conclusion, the food appearance, taste, quality, and temperature of the food supplied, as additional factors such as underlying sickness, hospital protocol, and eating challenges, are also regarded to have a significant impact on a patient's diet. However, the risk of malnutrition status was found that no association with weight status among the participants. Therefore, it is essential to employ effective strategies and treatments to increase dietary intake among hospitalised patients to meet their nutritional needs and encourage a speedier recovery.

Keywords: food intake; hospitalised patients; nutritional status

A 36 HE 013

Ocular Complaint and Visual-related Activities among Healthy Smokers: A cross-sectional study

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Abstract

Although smoking prevalence has decreased in Malaysia, it is still a national concern as it remains high compared to industrialized countries. Nicotine, a component of tobacco, has been demonstrated to alter retinal response properties, while the smoke can cause irritation and inflammation of the anterior eye. Harmful compounds in electronic cigarettes (e-cigarettes) have also been shown to impact tear film instability, alter tear protein components, and decrease goblet cell density, which can ultimately lead to dry eye disease. Nevertheless, the visual and ocular-related complaints that may arise due to physiological changes of the ocular due to smoking are inadequately explored. Hence, this study aims to investigate ocular discomfort and visual-related activities among healthy smokers. A cross-sectional study and convenience sampling were done among healthy smokers, aged 18 years old and above who smoked tobacco or e-cigarettes in Selangor. The calculated total sample size for this study is 384 to 95% of the confidence interval, 5% margin error, and 50% of the response distribution. The ocular and visual-related complaint among smokers was determined by the self-administered questionnaire, the Ocular Surface Disease Index (OSDI) and the Visual Activities Questionnaire (VAQ) with the value of Cronbach α was 0.95 and 0.93 respectively. A total of 518 health smokers who were predominantly male (93.8%), aged between 18 to 61 years old (mean=31.27 \pm 9.16), participated in this study. Majority of the participants, with 7.36 (\pm 7.12) years mean duration of smoking smoked tobacco only (44%), followed by e-cigarettes only (36.1%) and both (19.9%). Overall, 39.2% of smokers had severe OSDI scores indicating dry eye symptoms and the highest composite score of VAQ was glare disability (3.67 \pm 0.84). A comparison of OSDI scores and VAQ scores between groups showed age, dual smokers, longer duration of smoking, and current-daily smokers obtained significantly higher scores (p<0.005). In conclusion, this study reveals severe dry eye syndrome and glare disability are prominent among smokers, which are associated with age group and smoking behaviours. Studies investigating how extensive ocular and visual-related activities that affected due to smoking are still lacking. This study aids in understanding the adverse effects of smoking could bring on ocular health, thus allowing preventive and therapeutic measures to be taken. Future studies should be done extensively with batteries of clinical assessment to postulate the ocular and visual changes.

Keywords: Smoking; Ocular complaint; Visual-related activities; Dry eye syndrome

A 37 HE 007

Type of Sitting Posture and Low Back Pain among University Students

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Abstract

Background: Low back pain (LBP) is one of the common musculoskeletal problems affecting university students. Changes in the mode of study from face-to-face to online distance learning force the students to sit longer and might alter their sitting posture. Significance: This study provides information for healthcare and researchers to develop approaches for minimizing LBP among students. This is consistent with sustainable development goal (SDG) no 3 (good health and well-being). Aim: This study explores the incidence of LBP, time spent sitting, and type of sitting posture among students during ODL. Objectives: 1. To compare the time spent among students with and without LBP. 2. To determine the association between the type of sitting posture (A= Kyphotic, B= Upright with lumbar hyper-lordosis, C= Good posture, D= Slouched) and LBP among students. Methods: This cross-sectional study recruited students from the Faculty of Health Sciences. The sample size was 223, but when considering a 30% attrition rate, the sample size was 420. This study included students aged between 19-24 years old. The

participants were excluded when presented with a serious chronic illness. The survey was conducted online using a self-administered questionnaire for the total time spent sitting daily, the type of usual sitting posture, the adapted sitting habits, and the presence of LBP (Nordic Musculoskeletal Assessment). The data were analyzed using descriptive, independent t-test, and chi-square. Limitations: There was a lack of studies investigating the type of sitting posture and LBP pain among university students. Therefore, it is difficult to compare with another study. Findings: A total of 343 respondents were included for analysis. This study reported a high prevalence of students with LBP (60%), and the majority (56%) were seated for more than 10 hours daily. A significant result was reported in the total time spent between students with and without LBP (t = -3.49, P < 0.001). However, no association was found between the type of sitting posture and LBP among the students (X^2 = 5.59, P = 0.134). Implications: This study has shown a high prevalence of LBP among students and suggests that prolonged time spent sitting can highly expose students to LBP. The type of sitting posture does not associate with LBP among the students. Hence, promoting educational awareness of frequent physical activity and avoiding sustained posture should be cultivated among the students to minimize LBP.

Keywords: Low back pain; Sitting habits; Sitting posture; Sitting time

Local Heritage Environment

A 38 LHE 001

Local Wisdom in Cultural Ceremony of Angkola Indigenous Community

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Abstract

Language is the foundation of human verbal connection. In language studies, discourse analysis is a phrase wherein the meaning of what someone says extends well beyond a single sentence. Interpreting a discourse requires a thorough examination of the speech acts from the speakers, thus uncovering the connection between them and the meanings of the speech they produce. In social life, social interactions are expressed through the variety of customary rituals that constitute a sort of culture. During traditional ceremonies, cultural representations in the form of language are frequently expressed, particularly when the speakers utter terms of inference. A discourse analysis approach can be utilized to identify and comprehend the speech acts of various ethnic groups, as it is dependent on the social and cultural context of the speakers. Indonesia is a unified state comprised of thousands of tribes and languages, with each region having its own customs, culture, and rules for living. The indigenous community in Indonesia boasts a variety of speech acts. During the mangupa ritual, members of the Angkola Batak ethnic group in Sumatra, Indonesia conduct speech acts in a focused and sequential manner. The elements of this ceremony are embodied in the form of objects, whereas the utterances during the ceremony contain inferred meanings. Therefore, the purpose of this study is to investigate the inference meanings that result from mangupa ceremonial speech acts. This inference is replete with sound advices, which is expressed as the local wisdom of the community. This research employed textual documentation, observation during ceremonies, and interviews. The gathered data were thoroughly analyzed by utilizing the linguistic theory of discourse throughout the speech acts. It is discovered that semantic, syntactic, and discourse inference provide explanations for utterances in the *mangupa* traditional ceremony. Furthermore, the relevance of each object in the *mangupa* attributes is heavily reliant on the capability of the speakers to produce beautiful expressions by linking these objects to the meaning that they intended, thus creating various inferred meanings delivered through speech acts.

Keywords: Discourse; Inference; Local Wisdom; Mangupa

A 39 LHE 002

Social Acceptability of Royal Sovereignty among the Traditional Wood Carvers in Malaysia

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Abstract

The royal sovereignty is a social acceptance between the commoners and the rulers that develops the hierarchy of social status. The effect of this understanding is presented among the traditional wood carvers, whereby only the chosen one will be honoured to become the wood carver for the royal buildings. It is important to identify the culture that has been inherited to select the royal wood carver and the customary aspect of sovereignty that prohibits the commoners from applying the selection of wood carving designs to their houses. This study will explicitly examine the sociocultural influences of the sovereignty and determine the intricate ornamentation of the wood carvings specialy in a palace. The methodology selected to achieve the objectives of the study was mainly the qualitative research methodology. The research tools consisted of interviews with the targeted master craftsmen, a review of data collection and measured drawings, and the precedent study. This study focused on a traditional timber palace, namely Istana Tengku Long, Terengganu, as a case study, as it is the most preserved timber palace remains in the National Museum Terengganu, Malaysia. The findings show that the elements of the wood carvings applied in Istana Tengku Long were dedicated to the ruler during the era

and were incomparable with the commoners' houses. The calligraphy motifs of Quranic verses, mixed motifs of flora and fauna, and also the intricate 3D incisions of the timber panels are the prominent designs of this palace's wood carving ornamentation. Thus, the sovereignty of the ruler has controlled indirectly the custom, including the elements of aesthetic of the building during the era, to show the social status between the ruler and the ruled persons. The implication of the study is the enhanced understanding of mutual acceptance of the sovereignty concept in social life among the wood carvers, which results in the indirect regulation of the wood carving ornamentation at the palace and the house. This study also exposes the beauty of the mutual social understanding and responsibility that create the aesthetic decoration of a palace.

Keywords: Royal; Wood Carver; Sovereignty; Malay Socioculture

Policy Matters

A 40 PM 001

Downward Accountability as a Tool to Enhance Malaysian NPO's Effectiveness

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Abstract

Being the helping hand for the government to improve the quality of life of the communities, nonprofit organisations (NPO) have been demanded to prove their accountability towards their stakeholders. In addition, NGOs will play a crucial role in achieving the 17 SDGs by 2030. Being one of the pillars of the third sector, NGOs are one of the required partners for achieving the SDGs in collaboration with other major sectors. Accountability is an obligation to conduct and account for the organisation's performance, according to Oakes and Young (2008). One of the types of accountability that get less attention from NPO is downward accountability which will be the focus of this study. Downward accountability can be defined as to emancipate power to individuals below in the aid chain, such as from an organisation to the intended beneficiaries. Several mechanisms can be utilised in order to implement the accountability of NPO, which are information disclosure, participation mechanism and self-regulation. This study will contribute to the improvement of the practice of the three mechanisms among NPOs in order to enhance accountability in the organisation. This study will explore how the downward accountability mechanisms influence NPO effectiveness. This paper aims to assess the relationship between information disclosure and participation mechanism with NPO effectiveness. This study will employ a quantitative research strategy, and it will be a cross-sectional survey. The instrument that will be used is a structured questionnaire that has been adapted from several previous studies. The final valid data consist of 214

participants from Malaysian nonprofits in the Klang Valley area, Malaysia. The primary analysis used Structural Equation Modeling (SEM). The conclusions of this research will give insight and persuade the related authorities to direct more attention towards the third sector and to tighten the laws and regulations that regulate this sector in order to promote accountability.

Keywords: Information disclosure; Participation mechanism; NPO effectiveness; Nonprofit organisation

Residential Environment

A 41 RE 001

Assessment of Indoor Air Quality of a Student Housing in Akure, Nigeria

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Abstract

Quality of life issues are usually manifest through housing conditions. Student housing, especially, plays a crucial role in the health and wellbeing, academic performance, and overall quality of life of young people attending higher institutions of learning. Indoor Environmental Quality (especially air quality) of student housing is generally an overlooked factor in terms of the growth and development in the youth environment. This exploratory study aims to assess indoor air quality within rooms of a male student housing facility on the campus of Federal University of Technology, Akure, Nigeria. In terms of air guality, the focus was on temperature, humidity, particulate matter (PM) 2.5, PM10, Total volatile organic compounds (TVOC) and CO₂. Field experimental monitoring approach was used. The potable 6-in-1 indoor air quality monitor was deployed to take readings of air quality parameters (temperature, humidity, PM 2.5, PM10, TVOC and CO₂) for four days in four rooms selected within the hostel. Through the device, the parameters were monitored at hourly intervals during the day (8am to 11pm daily) for the study period. The data was harvested through the air mentor app which is available on mobile phone and linked to each of the deployed instruments. After cleaning, the data was analyzed using descriptive statistical methods. Being a small (exploratory) one, the study has some limitations as evidenced in the period and scope of measurement. It however sets the stage for more extensive research on indoor air quality in the housing environment within the tropical setting. The data shows that most of the indoor air quality parameters for each room were above the acceptable threshold for most part of the monitoring period. These conditions are negative for the occupants' quality of life. It will be better to improve fenestration in the building and employ shading elements like trees to enhance air quality in this and other kinds of student housing.

Keywords: thermal comfort; indoor pollution; overcrowding; housing quality

Rural Environment

A 42 RuE 001

Examining the Phenomenon of Juveniles Digital Addiction in Rural China

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Abstract

In recent years, following the success of China's poverty alleviation campaign and the acceleration of rural revitalization. China's rural areas have achieved full Internet coverage and popularised digital equipment and information communications technology (ICT) infrastructure. While such progress brings convenience and benefits, digital addiction among rural juveniles escalates. Digital addiction affects rural juveniles and hampers the harmony and stability of families and society. As such, it is significant to investigate, sort out and analyze the phenomenon of digital addiction among juveniles in rural China. It focuses on rural juveniles, aiming to understand them and their guardians on digital addiction, the characteristics of rural juveniles' digital addiction, and the influencing factors. This paper explores the degree, characteristics, causes, effects, and prevention and control of rural juveniles' digital addiction. 16 juveniles and their guardians from rural areas were selected as samples by using semi-structured interviews which were conducted from January 2023 to February 2023. The digital addiction phenomenon of juveniles was investigated and analyzed by gualitative research using NVivo software. This researcher conducted open coding on the interview texts preliminarily screened and processed and extracts related concept categories. Based on this, we continue to dig deep into the relationship between concept categories and construct a combination structure of concepts. In addition, this study explores the cognition of rural juveniles and their guardians on digital addiction, the representation of digital addiction, and the influencing factors of digital addiction and summarizes the findings of digital addiction and the key factor to prevent addiction. The parent-child cognitive dislocation and dynamic complexity of rural juveniles' digital addiction, as the importance of digital literacy education, enrich the existing research, and it has a good social impact. There are some limitations in that the research perspective of this paper is mainly based on the standpoint of rural juveniles and their guardians. Since juveniles are closely related to their guardians and are educated and influenced by their guardians, the results produced by interviews are relatively limited. Follow-up research needs to be emphasized to achieve a breakthrough in the perspective of problem solving. Furthermore, this study only selects Shannxi province as the research scope. The relevant findings need to be further analyzed and discussed with more typical cases to provide more powerful direct evidence for developing solutions for rural juveniles' digital addiction.

Keywords: Digital addiction; Rural juveniles; Social work; Digital literacy

Sustainable Environment

A 43 SuE 002

A Systematic Review for Advancing Inclusive and Sustainable Waste Management in Thailand

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Abstract

In 2018, China's ban on importing waste products, including plastics and paper, redirected these materials to other countries, including Thailand. However, the country's lack of effective waste management practices has resulted in unprocessed waste contributing to pollution, overflowing landfills, and exploitation of waste pickers. Waste pickers, often from impoverished backgrounds, lack social security and face exploitation from recycling middleman who buys solid waste from them at low prices.

Through a systematic literature review, we focused on academic and peer-reviewed articles published within the last ten years. We used a comprehensive search strategy to ensure that we captured as much relevant literature as possible. The objective is to identify gaps in current research and suggest ways to utilize mobile platforms in order to transform the recycling industry ecosystem in Thailand. By combining online applications with offline management, such as establishing waste buying hubs in every province and using a backhaul logistics platform which will reduce the carbon footprint and the environmental impact of the truck's road trip, the approach aims to improve the well-being and income of waste pickers and small recycling shops while reducing the number of middleman, decreasing transportation costs, and enabling the government to collect the VAT tax.

By improving the recycling business ecosystem, this approach could contribute to achieving SDG 12, promoting sustainable consumption and production patterns. Specifically, the solution could contribute to achieving target 12.4, which aims to ensure that waste is managed sustainably, and the goal's overarching target of reducing the amount of waste generated through prevention, reduction, recycling, and reuse.

Furthermore, this solution could contribute to achieving SDG 1, reducing poverty, by improving the income and well-being of waste pickers, who often come from impoverished backgrounds. It could also contribute to achieving SDG 8, promoting decent work and economic growth, by creating more sustainable and fair job opportunities in the waste management sector.

In conclusion, leveraging mobile platforms to transform the recycling business ecosystem in Thailand has the potential to contribute significantly to achieving SDG 12, promoting sustainable consumption and production patterns, as well as SDGs 1 and 8. By reducing unfair pricing practices, improving the well-being and income of waste pickers and small recycling shops, and enabling better control over tax collection, this solution could provide a model for other countries facing similar waste management challenges.

Keywords: Recycling Platform; Fair price; Backhaul logistics; Sustainable Development Goal

Transport / Travel Environment

A 44 TTE 001

Relationship of Cognitive Ability and Self-Confidence in Driving Activities among Post-Stroke Survivors

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Abstract

Driving is crucial to maintaining independence in everyday life and community access after a stroke. Loss of confidence may be one of the main reasons for returning to driving after a stroke, and changes in cognitive functioning may affect how safely one can do so. Driving thus requires not only performance competence and confidence but also cognitive capacity. This study aimed to investigate the association between post-stroke survivors' cognitive abilities and driving activity's self-confidence. Thirty-three participants (n=33) from Hospital Taiping in Perak aged 35 to 65 years who had driven before their stroke and were one month to six months post-stroke participated in a cross-sectional study. The participants were required to respond to questions on the Driving Survey Questionnaire and Stroke Drivers' Screening Assessment (SDSA) to determine their level of cognitive capacity. The Adelaide Driving Self-Efficacy Scale (ADSES) also was given to test participants' confidence levels in executing driving-related tasks. The results show 51.1% (n=17) of participants' scores pass with a mean predictive score of 10.35 (SD = 5.32) and 48.5% (n=16) scores fail with a mean predictive score of 10.67 (SD = 3.05) on the SDSA assessment. 66.7% (n=22) participants scored a range of 0 to 106, indicating not confident in performing driving activities, and 33.3% (n=11) scored above 107, which indicates confidence in performing driving activities. There were significant differences between the pass and fail groups with their self-confidence score (p < 0.05, 95% CI = 52.57, 68.79). There was a significant association between cognitive ability between age (X2 (1, N = 33) = 6.798, p <0.05) and driving status (X2 (1, N = 33) = 14.29, p <0.05). However, only driving status shows a significant association with self-confidence after post-stroke (X2 (1, N = 33) = 12.438, p <0.05). Total SDSA predictive value and total ADSES score showed a good, positive relationship (r = 0.579) which is statistically significant (p < 0.05). In conclusion, an off-road evaluation can identify cognitive capacity and self-confidence influencing driving performance. Age and post-stroke survivors' driving status must be considered when assessing their driving ability. The involvement of the occupational therapist in post-stroke survivors' driving concerns, such as cognitive ability and self-confidence, is crucial in giving advice and conducting early assessments.

Keywords: Cognitive ability; Self-confidence; Driving; Post-stroke

Urban Environment

A 45 UE 001

Examining the Well-being of Citizens' Satisfaction: Comparing Smart Cities in Malaysia and China

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Abstract

According to the World Cities Report 2022, it is anticipated that 68% of the world's population would reside in urban areas by 2050. As cities become increasingly populous and complicated with people moving into urban areas, studies show that smart cities offer themselves as a potential answer. Even though more and more nations are pushing towards smart cities, a bottom-up strategy for managing them must also consider the well-being of their residents. Hence, this study aims to investigate and evaluate a scale that assesses whether citizens' well-being is promoted by developing a smart city, consistent with Sustainable Development Goal (SDG) 3 on good health and well-being and SDG 11 on sustainable cities and communities. The research objective has two prongs. Firstly, it aims to identify the factors that influence citizens' well-being. Then it examines the mediator effect of citizen satisfaction between perceived smart public service (PSPS), perceived smart infrastructure (PSI), perceived smart environment protection (PSEP), and well-being in smart cities, comparing the situation in Malaysia and China.

A questionnaire will be distributed to 400 citizens residing in Malaysia and China's smart cities using a purposive sampling technique. Data will be analyzed using a structural

equation modelling technique (SEM). This research supports the theoretical underpinnings of how smart cities are considered to be developed and the importance of citizen satisfaction as a mediator when evaluating citizens' well-being. By exploring the relationship between smart city development and residents' well-being, this study hopes to contribute to the research literature, which is interdisciplinary. In addition, it offers recommendations for government priority setting in planning smart cities and for local communities to adopt smart city development initiatives. This study is limited to quantitative research techniques, and the research scope is context-specific. As such, further research should cover more countries. Qualitative research techniques such as interviews could be adopted to explore the new possibilities related to citizens' well-being in the smart city dimension.

Keywords: smart cities, well-being, citizen satisfaction, SDG 3 & 11

A 46 UE 002

Exploring the implications of 15-min Commercial Circle on Citizen's Quality of Life in Zhengzhou, China

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Abstract

Background: The rapid urbanization process has exerted a tremendous impact on the social, economic, and environmental aspects of the city. This urbanization has catalyzed the advent of the 15-minute commercial circle in major cities in China. However, research on this topic mainly contains more theoretical discussion or guidance and less focus on its ramification(positive/harmful) on the residents' quality of life.

Significance: This paper helps to delineate the urban agglomeration and optimization strategies for the 15-minute commercial circle and also unravel its impacts on resident quality of life, which in turn, promotes the Sustainable Development of the city.

Aim & Objectives: This study aims to propose the current construction plan and future development goals of the Zhengzhou 15-minute commercial circle in China by exploring its influence on the Quality of Life among the citizens.

Methods: Informed by inductive reasoning, this study employs semi-structured interviews with 15 community residents in Zhengzhou, China. NVivo software would be to unpack the impact of the 15-minute Commercial Circle on the community.

Limitations & Findings, Implications: The study found that the 15-minute Commercial Circle generated employment opportunities, increased wages, and facilitated access to goods and services, resulting in economic prosperity; it also improved living standards, public services, and infrastructure. However, the business environment development also

had negative implications for residents, such as environmental degradation and pollution, reducing the quality of life and endangering public health. Furthermore, extensive enterprise development could replace small ones and traditional markets, resulting in adverse social and cultural impacts.

Overall, the 15-minute Commercial Circle plays a Janus-faced role in shaping the quality of life of community residents in Zhengzhou. In the future, sustainable and inclusive 15-minute Commercial Circle and business practices should be promoted to ensure that economic growth benefits all residents, with environmental protection prioritized and income inequality addressed. This study has its limitations in its small sample with a focus on Zhengzhou, China. It may not fully represent the situation of the 15-minute Commercial Circle in other places.

Keywords: 15-minute Commercial Circle; Resident Quality of Life; Urbanization; Zhengzhou

A 47 UE 003

Spatial Perception and Existential Senses of Being in a Place

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Abstract

The first condition in understanding a place is by being in situ, which can be referred to as physically being in the place. Peter Zumthor's architecture suggests that a truly meaningful spatial experience refers to the idea of being in the place to understand it through existential senses. Spatial perception can be possessed from physical features, historical values, social and cultural characteristics, experiential ties, and other collective aspects within its surrounding. With digital technology becoming a dominant source of communication and lifestyle nowadays, people tend to indulge too much in the virtual experience of a place without actually being there. This excessive digital consumption gives an unreal sense of spatial experience to today's generation and, thus, threatens the relevance and value of architectural design. While human psychology itself conveys that based on the environmental psychology perspective, an individual's spatial perception can only be acquired by actually being in the place. Therefore, this research is conducted to explore the pattern of spatial perception and existential senses of being in a place from the interior architecture students' point of view. The study employed a gualitative method of 'non-verbal interview' which was retrieved from the spatial experience portfolios composed by second-year interior architecture students (n=67) of a higher learning institution in Malaysia. The spatial experience portfolios consist of narrative and images of public place visited by the students, located within Klang Valley areas. The students were constructed to choose a public place of their interest to visit, take some time to observe, sense the space, and then narrate their spatial experience in the portfolio. This portfolio images and non-verbal interview analysis are a part of the methodologies discussed in Ray Lucas's Research Methods for Architecture. This study highlights the importance of seeing and experiencing a place in-situ to truly understand the architecture.

Keywords: Spatial perception; existential senses; in-situ; spatial experience.

Working Environment

A 48 WE 001

Knowledge, Attitude and Practice of Computer Vision Syndrome among Office Workers

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Abstract

Computer Vision Syndrome (CVS) is a combination of eye and vision disorders caused by near activities done in conjunction with or while using a computer. Recently, many people worlwide, including Malaysia, especially office workers, spend most of their time in front of a computer screen to facilitate their work. It is crucial to determine office workers' understanding of CVS because it is presumable that knowledge is relevant to preventing the condition. Thus, the study investigates the level of knowledge, attitude, and practice of using Visual Display Unit (VDU) on CVS and the association between knowledge, attitude, and practice of using VDU on CVS among office workers. This cross-sectional study used online self-administered questionnaires regarding the socio-demographic factors and occupational factors towards the knowledge, attitude, and practices among office workers on CVS. The guestionnaire was distributed through e-mail to 254 office workers in the UiTM Puncak Alam campus. Most respondents (76%) knew prolonged computer digital screen usage could lead to CVS. More than half of the respondents knew that practicing good computer ergonomics can reduce discomfort and risk of injury due to work (76%) and the importance of taking regular screen breaks to prevent eye strain (69%), respectively. There was a significant association between the level of CVS knowledge and gender, years of working with computers, and refractive error status (p<0.05). Also, there was a significant association between years working with computers and respondents' refractive error status with their attitude toward CVS and their practice preventing CVS (p<0.05). Knowledge, attitude, and practices on preventive measures on CVS while using VDU were satisfactory among the staff in UiTM Puncak Alam. There was a good level of knowledge about CVS in the studied population. Nevertheless, this study is limited to university staff, so it is suggested that future studies use a larger sample size from diverse populations to provide more significant statistical reliability. The data obtained from this study will guide education institutions and health educators to develop and revise training programs to improve computer users' knowledge and awareness of CVS.

Keywords: Computer vision syndrome; Video display unit; Knowledge; Attitude

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A 49 WE 003

Quality of Work Life among Nurses in Malaysia Government Hospital

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Abstract

Globally, in the health care system, nurses are affected by the quality of work life because the nurse is the largest group and has become a front liner in the health care system. Therefore, it will affect dynamic changes in the work environment. The focus issues in nursing are excessive workload and poor work conditions. This study aims to assess the quality of work life among nurses in government hospitals.

Method: A cross-sectional study was conducted among 1008 nurses who worked in five government hospitals (regional) from 1st March 2020 to 30th April 2020. Data were collected using online questionnaires adapted by Swamy (2015) with assistance from the nursing management in each hospital. The current reliability coefficient was 0.974 through a pilot study. The data were analyzed with descriptive and inferential statistics.

Result: The mean age of the nurses participating in this study was $36.79 (\pm 16.65)$. Most were female, Malay, married, permanent, and clinical nursing with diploma-level education. This study revealed the grand mean of $3.6 (\pm 0.58)$, coined as the Quality of Work Life (QWOL) among the nurses was satisfied. Most (69.4%) were delighted with the training and development, followed by job satisfaction and security (68.1%). At the same time, the autonomy of work (31.7%) and the facilities for nurses (41.6%) were among the dimension \pm of work that was not satisfied by the nurses in this study. Monthly income,

dependent child and adult, work experiences, and job position were found to have a significant association with the QOWL among the nurses who participated in this study. Conclusion: The quality of nursing work life was at a moderate level, and needs to examine the effectiveness, efficacy, and cost benefits of specific strategies to improve nurses' quality of life. The health care authorities should implement policies to strengthen the operational standards of nurses and their QoWL so that nurses can provide excellent and effective care for their patients.

Keywords: quality of work life, nurses, government hospital

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A 50 WE 002

Revised Development of LEO/SKiPP on Worker's Mental Health Status

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Abstract

Background: The role of occupational therapists in evaluating and carrying out programs in psychosocial rehabilitation is vital. Occupational therapists usually use assessment and screening forms that can identify the problems faced by the person. In the field of return to work, the initial assessment is usually used to get an overview of a problem faced by the employee, both physically and mentally. Accordingly, a simple and accurate screening should save time and manpower. Significance: This study is critical because it will report previous studies' latest results and improvements. Aim: This study explores the potential screening and reporting used using the Likelihood Scale of Environment & Occupation (LEO) or is also known as Skala Kemungkinan Persekitaran & Pekerjaan (SKiPP), related to local industry in Malaysia. Objective: The re-evaluation of the LEO/SKiPP screening is done to report the latest developments in the development of the instrument. Method: The previous LEO/SKiPP underwent expert review and comments during the knowledge transfer program. Seven employers and 125 employees participated in the two-day online sharing sessions. To maintain confidentiality, all employees participating in this study were labeled from 01 to 44. Limitations: A complete and specific study of certain sectors should be carried out to develop a more accurate average scale. Interested researchers are invited to use this instrument and refer to previous methods. Findings: From the survey conducted, respondent number 124 found to be fall under the category of 'require for urgent intervention' followed by numbers 111, 102, 77, 36, 6, 19, and 82. Employers Practice Managing Psychosocial Risk in the Workplace: The IMAGE star rating system consistently scores for all 25 items ranging from 4.00 to 4.71. Implications: As a result of the partnership with the industry and the knowledge transfer program carried out previously, it was found that there were proposed changes in the reporting that had been published before. This study reports the changes and recommendations that have been made. Among the findings from the latest study is the change and development of a more accurate and sensitive risk matrix. Implications: Hopefully, this latest finding will be a reference for employers and employees in psychosocial risk assessment and management programs in the workplace. This latest study also notes constraints in forming a universal term for all industries in Malaysia.

Keywords: Psychosocial risk at the workplace; Worker's mental health status; Likelihood Scale of Environment & Occupation; Occupational therapy intervention

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A 51 WE 004

Using the P-O Fit Theory to Examine Work Attitudes of Employees in Shanghai, China

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Abstract

The "Involution (Nei Juan)" and "Lying flat (Tang Ping)" movements have gained wide popularity in China, and the "996" overtime working schedule of working from 9 am to 9 pm has led to great dissatisfaction among Chinese employees. The traditional impression of working hard ethics may no longer be the image of the current employment situation. Research related to Chinese work attitudes mainly focuses on the Confucian context; however, it is evident that the employees may expect differently from the workplace and traditional hardship, and collectivism may not be the priority of their work norms. The study aims to examine the factors that contribute to the transformation of Chinese work attitudes and examine the mediating role of work values in a conceptual model of work attitudes. Based on the theories of P-O fit and generational cohort, a conceptual model of work attitudes was constructed. This paper is a pilot study which uses a quantitative methodology using purposive sampling, where 105 Chinese employees working in the Shanghai services sector responded. The study tried to examine whether there are correlations between demographic factors and employees' working attitudes using unpaired t-test and one-way ANOVA analysis. Out of the six demographic factors, three variables significantly correlated with work attitudes that are gender, educational level and working years in the current organization.

The proposed conceptual framework could be used to assess employees' work attitudes. This model may also contribute to the body of knowledge, which shows factors influencing employees' work attitudes. This study provides insight into the academic field of workrelated attitudes in Shanghai. Future studies should extend the scope to other cities and compare the differences in work attitudes in other industry sectors. Despite arguments regarding generational differences in the workplace, there is a lack of empirical studies that have been found to incorporate generational differences, personality traits and organizational culture as a framework to examine work attitudes. The assessment tools used for individuals to measure their attitudes and values at work. It is predicted that the proposed conceptual framework could be used to assess employee work attitudes from an individual perspective and evaluate the situation of corporate organizational culture. This model could also help scholars to understand which aspect is more correlated to influence work attitudes. This issue is pertinent when it comes to quality of life of employees.

Keywords: Work Attitudes; Work Values; Chinese Employees

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