



## CURRICULUM VITAE



Updated: 11th June 2020

### PERSONAL DETAILS

**Name** : Dr. Mastura binti Mahfar  
**Gender** : Female  
**Nationality** : Malaysian  
**Marital Status** : Married  
**Permanent Address** : 49, Jalan Pulai Perdana 1/1, Taman Sri Pulai Perdana, 81110 Johor Bahru, Johor  
**Correspondent Address** : Department of Psychology  
School of Human Resource Development and Psychology  
Faculty of Social Sciences and Humanities  
Universiti Teknologi Malaysia  
81310 UTM Skudai, Johor  
**Tel** : (Mobile) : +(6)013-7009356, (Office): + (6)07-5610018  
**E-mail** : mastura@utm.my  
**Staff ID** : 9201  
**Expertise** : Guidance and Counselling/Psychology

### ACADEMIC QUALIFICATIONS

Year 2011 : **Ph.D in Guidance and Counselling (Education)**  
Universiti Putra Malaysia (UPM), Serdang, Selangor  
Year 2004 : **Masters of Education (Guidance and Counselling)**  
Universiti Teknologi Malaysia (UTM), Skudai, Johor Bahru  
CGPA: 3.97  
Year 1996 : **Bachelor of Education (Guidance and Counselling)**  
Universiti Putra Malaysia (UPM), Serdang, Selangor  
i) *Best Graduate Academic in Counselling Programme*  
ii) *Best Student, Kolej Mohamad Rashid, UPM Session 1994/95*

Year 1992 :            **i) Matriculation Of Accountancy**  
                              **ii) Matriculation Of Science**  
Universiti Putra Malaysia (UPM), Serdang, Selangor  
CGPA: 3.70

## ADMINISTRATIVE EXPERIENCE

### **Positions/Employer**

May 2008 - Present:        **Senior Lecturer**  
                                      (May 2008 – present)  
                                      School of Human Resource Development and Psychology  
                                      Faculty of Social Sciences and Humanities,  
                                      Universiti Teknologi Malaysia, Johor

2002 – 2006                :        **University Counsellor**  
                                      Counselling and Career Centre, UTM Skudai

1996 – 2002                :        **School Counsellor**  
                                      Sekolah Tun Fatimah, Johor Bahru  
                                      i) *Honour Award - ‘Dedication and Dynamic’*  
                                      ii) *Excellent Service Award, 2001*

## COMMITTEE MEMBER (ACADEMIC/ COMMUNITY SERVICE)

### **(National /University)**

1. Timbalan Pengerusi Jawatankuasa Panel Intervensi Psikologi Universiti (*Exit Policy*), UTM, 2019 - present (**University**).
2. Committee of Panel Intervensi Psikologi Universiti (*Exit Policy*), UTM, 2017 – Mei 2020 (**University**).
3. Committee Member of Seminar Kelestarian Perkhidmatan Awam bersempena dengan 60 Tahun Malaysia Merdeka, Institut Tadbiran Awam Negara Kampus Wilayah Selatan (IKWAS) & Fakulti Pengurusan UTM (12 Sept. 2017) (**National**).
4. Committee Member of Siasatan Memorandum Anggota Bahagian Keselamatan UTM (*University Task Force*), 2017 (**University**).
5. Task Force for UTM Non Academic Staff (Management & Professional) Recruitment, 2015 (**University**)
6. Committee Member of Pemantapan *Human Resource Blue Print*, HRM, UTM, 2012). (**University**).

### **(Faculty/School Level)**

1. Task Force Generic Skills Rubric Development, Fakulti Sains Sosial dan Kemanusiaan (FSSH), Dis 2019 – Nov 2020

2. Task Force Anugerah Pengajaran, akulti Sains Sosial dan Kemanusiaan (FSSH), 2020
3. Committee of Penilaian Pentaksiran Pembelajaran, Fakulti Sains Sosial dan Kemanusiaan (FSSH), Mac 2019 – Mac 2021
4. Coordinator of Penilaian Pentaksiran Pembelajaran, School of HRD & Psychology (SHARPS), Mac 2019 – 14 Mac 2021
5. Committee of Makmal and Bengkel, Fakulti Sains Sosial dan Kemanusiaan (FSSH), Julai 2018 – June 2021
6. Coordinator of Makmal and Bengkel, School of HRD & Psychology (SHARPS), Julai 2018 – June 2021
7. Committee of Kecemerlangan dan Pembangunan Pelajar, Fakulti Sains Sosial dan Kemanusiaan (FSSH), Jan 2020 – Dis 2020
8. Task Force Penerbitan Jurnal Sains Humanika dan Jurnal Kemanusiaan, SHARPS, FSSK, UTM, June 2020 – Dis 2020
9. Coordinator of Undergraduate Project (SHAY Program), SHARPS, UTM, Jan 2019 – June 2021
10. Chairperson of Undergraduate Project Seminar, SHARPS, FSSK Nov 2019
11. Task Force Bengkel Semakan Kurikulum Program Sarjana Psikologi, 2019
12. Committee Member (International Conference on Social Sciences, Management & Accounting (ICSSMA 2019)
13. Coordinator of Psychology with HRD Undergraduate Programme, Faculty of Management (1<sup>st</sup> Sept, 2015 - January, 2018)
14. Head of Panel (Psychology with HRD), Faculty of Management (1<sup>st</sup> January, 2013 - 31<sup>st</sup> August, 2015)
15. Internal Auditor of Pasca Siswazah Program, Faculty of Management, 2017
16. Committee of MHAR Master Programme, Faculty of Management (1<sup>st</sup> January, 2015 - 31<sup>st</sup> December, 2017)
17. Committee of Ph.D, Faculty of Management (1<sup>st</sup> January, 2014 - 31<sup>st</sup> December, 2015)
18. Committee Member of Kualiti & Nilai Holistik, Faculty of Management, 2017
19. Committee Member of Executive, JPSM, 2017
20. Coordinator of Colloquium, Department of HRD, 2015
21. Committee Member of Merangka Kertas Kerja Sarjana Psikologi Industri (*Taught Course*), 2015.
22. Committee Member of Laporan Tahunan Fakulti, 2015
23. Task Force for Undergraduate Proposal (PSM), 2015
24. Task Force for Pemantauan Makmal Kaunseling, 2015
25. Academic Advisor, 2011 – present
26. Coordinator of “Introduction to Structural Equation Modelling” Colloquium, 2015
27. Committee Member of Emergency Rescue Team, 2015- present

28. Committee Member of International Conference on Human Resource Development (ICHRD), 2015
29. Coordinator of "Introduction to Rasch Model" Colloquium, 2014
30. Committee Member of International Conference on Human Human Resource Development (ICHRD), 2014
31. Committee Member of Audit Akreditasi Penuh Program Sarjana Muda Psikologi (Psikologi & Industri), 2014
32. Facilitator of Harvard Business School (HBS) Case Studies, 2012
33. Coordinator of Colloquium, Department of HRD, Faculty of Management, (28 Sept 2011 – 23 Sept, 2013).
34. Committee Member of Curriculum Evaluation Program Master Of Philosophy (Psychology), 2012
35. Coordinator of Elective Courses UHS 2102, 2012
36. Head of Committee (First Year Experience -FYE), Faculty of Management, UTM (2009-2011)
37. Coordinator of Mahasiswa *Program UTM International Degree*, Faculty of Management, UTM (2011-2012)
38. Advisor Kelab SMART (2009-2011)

## RESOURCE PERSON/ INVITED / GUEST SPEAKER

### **Resource Person (National/University)**

1. **Head of Trainer (Pakar Rujuk)**, Developing *SMART Work Life Module*, UTM (2018).
2. **Head of Trainer (Pakar Rujuk)**, Kursus Asas Kaunseling Peringkat Penyelia, organized by Jabatan Imigresen Malaysia, negeri Johor, 2015.

### **Invited/Guest Speaker (National/University)**

1. Speaker for Seminar Profesionalisme Guru Kaunseling Batu Pahat & SBP Zon - "*Suicidal Intervention*", Multimedia University, Melaka, Nov 2019.
2. Speaker for Lawatan Penanda Aras Kepakaran Kaunseling from Bahagian Psikologi & Kaunseling, Kementerian Pendidikan Malaysia (KPM), Nov 2018
3. Speaker/ Facilitator for Program *Smart Work Life* Staf Pejabat Keselamatan,UTM. August 2019.
4. Speaker for Bengkel Penulisan Projek Sarjana Muda - "Guidelines For A Successful Undergraduate Project", SHARPS, FSSK, Sept 2019
5. Speaker for Majlis Apresiasi dan Bual Bicara Setiausaha UTM - "Keseronokan Bekerja", Dec 2019.
6. Speaker/Facilitator for Bengkel SMART Work Life, UTM (17-18 January 2018).
7. Speaker for Latihan Persediaan Program Khidmat Komuniti AKRAB UTM, 2017

8. Speaker for Kursus AKRAB UTM – April, 2017
9. Speaker for Bengkel Motivasi & Profesionalisme Guru, Sekolah Tun Fatimah, 2017
10. Speaker for Program Motivasi - "Menatar Diri, Membina Potensi", Organized By Bahagian Sumber Manusia (BSM), UTM, 17 August 2016.
11. Speaker for Seminar Kesetiausahaan, Teknik Komunikasi Berkesan (Siri 1 & 2), 2014, organized by UTM
12. Facilitator for Program Latihan Model ACT (Mangsa Banjir Kelantan), 2015
13. Speaker for Kursus Asas Kaunseling Peringkat Penyelia (Jabatan Imigresen Malaysia, Johor), 2015
14. Speaker for Kemahiran Asas PRS (Sek.Men. Sains Batu Pahat, Johor), 2018 and 2015
15. Speaker for Basic Counselling Skills, Sekolah Tun Fatimah, 2015
16. Speaker and Facilitator for Communication Skills Course for UTM Staff, 2014
17. Speaker for Seminar Kesetiausahaan UTM: Teknik Komunikasi Berkesan (Siri 1), 2014
18. Speaker for Motivasi, Ibu Tunggal, Kulai Jaya, Johor. 2013
19. Speaker for Kursus Penasihat Akademik Pensyarah Kanan, UTM (2012), organized by Bahagian Pra Siswazah, UTM
20. Speaker for "Public Speaking" – Induction Course for UTM Professional Staff, 2006
21. Speaker for Program Anak Angkat & Motivasi Pelajar Orang Asli Johor, 2006
22. Speaker for Counseling Skills Workshop – Kursus Kastam Diraja Malaysia in Johor's state level, 2006
23. Speaker and Facilitator for Kursus Kemahiran Kaunseling, Agensi Anti Dadah Johor, 2006
24. Speaker for UPSR Seminar (organized by UMNO Johor), 2006
25. Speaker for "Kepentingan Bekerja" at Pusat Serenti Tampoi, Johor Bahru, 2006.

## AWARDS AND HONOURS RECEIVED

Year	Awards / Achievement
2019	1. UTM CCIN Certificate of Appreciation - High Impact Project /Star Rating:3 (Penerapan Kemahiran Berfikir Kritis dan Kreatif Murid Sekolah Rendah melalui Pengkhususan Program <i>Be Smart and Creative</i> ) – Project Leader
2019	2. UTM CCIN Certificate of Appreciation - High Impact Project /Star Rating:3 ( <i>Improvement of students motivation, time management and teamwork through a specialized program: Sharing is Caring Workshop</i> ) – Project Member

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|------|-----|--|
| 2019 | 3.  | UTMLead Award of Excellence for Active Blended Learning Course   |
| 2018 | 4.  | Anugerah Perkhidmatan Cemerlang, Fakulti Sains Sosial dan Kemanusiaan (FSSH).  |
| 2018 | 5.  | Anugerah “Staf Paling Efisien” for School of Human Resource and Development”, FSSK, UTM  |
| 2017 | 6.  | Honour Award – Excellent Service Award, Universiti Teknologi Malaysia  |
| 2017 | 7.  | Anugerah Kualiti Perkhidmatan, Faculty of Management   |
| 2017 | 8.  | UTMLead Award of Excellence for Active Blended Learning Course   |
| 2016 | 9.  | Anugerah Pencapaian Gemilang, Faculty of Management  |
| 2015 | 10. | Bronze Medal, Pertandingan Invention, Innovation and Design In E-Learning Sempena Karnival E-Pembelajaran Universiti Peringkat Kebangsaan 2015 (NUCEL2015), UPSI, Perak. |
| 2014 | 11. | INATEX Bronze Medal, UTM (Module of 5K Single Mother), UTM   |
| 2014 | 12. | MTE Bronze Medal (Single Mother Portal), Malaysian Technology Expo ( <i>National level</i> )   |
| 2014 | 13. | Gold Medal Innovation in Counseling (Smart Life of Single Mother), National Exposition & Competition on Counseling Innovation.   |
| 2013 | 14. | INATEX Silver Medal (Smart Life of Single Mother System – A New Interactive Portal), UTM   |
| 2011 | 15. | Honour Award – Excellent Service (Category of Study Leave), Faculty of Management  |
| 2007 | 16. | Honour Award –Popular Lecturer (Personality & Teaching), Awarded by First Year SHR Students In Malam Pra-Graduan   |
| 2006 | 17. | Honour Award – Excellent Staff, Department of Human Resource Development, Faculty of Management  |
| 2005 | 18. | Honour Award – Excellent Service Award, Universiti Teknologi Malaysia (Counselling & Career Centre)  |

## **PROFESSIONAL MEMBERSHIP**

### ***National Committee***

1. Member, PERKAMA (Persatuan Kaunseling Malaysia), 2009 – present.
2. Registered Counsellor, Counsellors Act 580, Lembaga Kaunselor Malaysia, Membership No: 901365, 27 Mei 2008 - present.

### ***International Appointment/Committee***

1. Member, *American Counseling Association (ACA)*. Membership No: 6486961. 2017- present.
2. Secretary, Regional Conference On Human Resource Development (RESERD). 14<sup>th</sup> - 16<sup>th</sup> January 2008. Primula Beach Resort, Terengganu.
3. Committee Member of International Conference on Human Resource Development (ICHRD), 5-7 July, 2015 & 2-4 November 2014.

### **ACADEMIC RECOGNITION AND ACADEMIC LEADERSHIP / SANJUNGAN & KEPIMPINAN AKADEMIK**

#### ***Keynote Speaker:***

1. **Mastura Mahfar** (2016). "*Intervention of Stress: Choice Theory and Reality Therapy*". National Seminar on Psychology & Counselling, organized by Psychology Division, Ministry of Education. 25 October 2016. Dewan AADK, Bangi, Selangor.

#### ***Academic Expert Reviewer (National/University)***

##### **(National)**

1. Expert Reviewer, Modul Pemantapan Disiplin REBT, UPSI, October, 2019
2. Reviewer of ICSMMA Articles, Sept 2019.
3. Expert Reviewer, *Module of Brief Coping Stress*, USM, 2019
4. Expert Reviewer, *Instrument of Pembangunan Kesejahteraan Pendidikan*, UKM, 2019
5. Expert Reviewer, SCS Employee Excellence Program, Unit Sumber Manusia Negeri, Jabatan Ketua Menteri Sarawak, Mei, 2017.
6. Expert Reviewer, Development of MKK\_CIP Module (Career Preparation - Cognitive Information Processing) – PhD. Faculty of Educational Studies, UPM, February, 2016.
7. Expert Reviewer, Video Session of REBT Group Counselling – Master Dissertation. Faculty of Educational Studies, August 2016.
8. Expert Reviewer, Development of Solution-Focused Group Work (SFGW) – PhD. Faculty of Educational Studies, UPM, August, 2016.
9. Expert Reviewer, Video Session of REBT Group Counselling – Master Dissertation. Faculty of Educational Studies, August, 2016.
10. Expert Reviewer, Development of "Pembimbing Rakan Sebaya" Module & Content Validity of Instrument), PhD, Faculty of Educational Studies, UPM, 2015
11. Expert Reviewer, Development of Career Development Intervention Module (Cognitive Information Processing), PhD, Faculty of Educational Studies, UPM, 2015

12. Expert Reviewer, Development of Adlerian Guidance Group Module, PhD, Faculty of Educational Studies, UPM, 2015
13. Manuscript Reviewer, "Personality Development", Universiti Malaysia Sabah, 2015.
14. Expert Reviewer, Modul IDEA-I (Coping Skills), PhD, Faculty of Educational Studies, UPM, 2014.
15. Reviewer For International Graduate Conference On Engineering, Social & Humanity (IGCSH), UTM, 2014
16. Expert Reviewer, Modul Terapi REBT& Modul Daya Tahan, UPM, 2012.
17. Expert Reviewer, Modul Kelompok Terapi Kognitif Tingkah Laku (CBT), UPSI, 2012

### **(University)**

18. Evaluator of Fundamental Research Grant (UTMFR 2019/1).
19. Expert Reviewer Panel for Anugerah Buku Karya Asli UTM, March 2019.
20. Expert Reviewer, Interview Protocol (Autisme Learning)– PhD, Faculty of Education, September 2016.
21. Expert Reviewer, Interview Protocol (Model Sokongan Remaja Muslim) – PhD, Faculty of Education, September 2016.
22. Internal Reviewer of Jurnal Kemanusiaan, "Hubungan antara efikasi sendiri dengan kepuasan kerja kakitangan sokongan Hospital Sultan Ismail", UTM, Sept., 2016.
23. Internal Reviewer of Jurnal Kemanusiaan, "Soal selidik amalan belajar pelajar berprestasi rendah Sekolah Berasrama Penuh", UTM, October 2016.
24. Internal Reviewer for Content Validity (Parenting Styles Instrument), Master Dissertation, Faculty of Education, UTM, August, 2016.
25. Internal Reviewer for Content Validity (Resiliency Therapy Instrument), Faculty of Education, UTM, 2015
26. Expert Reviewer for Development of "Modul Ibu Tunggal Mangsa Penceraian", Faculty of Education, UTM, 2015
27. Internal Reviewer of Sains Humanika Journal, "Personaliti dan Gaya Pembelajaran dalam Kalangan Pelajar Tingkatan Empat Sekolah Menengah Kebangsaan Kawasan Skudai, Johor", 2015.
28. Internal Reviewer of Sains Humanika Journal, "Penyelidikan dalam Eksperimentasi Latihan Perubatan Siswazah (*Housemanship*)", 2014.
29. Internal Reviewer of Sains Humanika Journal, "Kebimbangan (*Anxiety*) Dari Perspektif Psikologi Islam dan Cara Mengatasinya", 2014.
30. Internal Reviewer of Jurnal Kemanusiaan, "Pembinaan, Kesahan dan Kebolehpercayaan Modul Gabungan Kaunseling Brief dengan Teori Kognitif Tingkah laku (KBKT) Terhadap Masalah Kebimbangan", 2014.



31. Expert Reviewer, Modul Hijrah, PhD, Faculty of Education, UTM, 2014
32. Reviewer, Social Science Track for International Graduate Conference On Engineering, Social & Humanity (IGCSH), UTM, 2014
33. Expert Reviewer, Psychology Instrument. Dissertation of Master, Faculty of Education, UTM, 2014.
34. Internal Reviewer of Sains Humanika Journal, "Kesihatan Mental, REBT & Muslim", 2014.
35. Expert Reviewer, Content Validity (Resiliency Therapy Instrument), Faculty of Education, UTM, 2015.
36. Expert Reviewer, Development of "Modul Ibu Tunggal Mangsa Penceraian", Faculty of Education, UTM, 2015.
37. Expert Reviewer of Jurnal Teknologi, "Faktor Sokongan Individu Terhadap Kecemerlangan Wanita Bekerjaya Dan Berumahtangga", UTM, 2013.
38. Expert Reviewer, Modul 'Sayangku' Pencegahan Zina Remaja, UTM, 2012.
39. Expert Reviewer of Jurnal Teknologi, "Pengaruh Cinta dan Nafs ke atas Salah Laku Seks dalam Kalangan Remaja di Sekolah-sekolah Menengah", UTM, 2012.
40. Expert Reviewer of Jurnal Kemanusiaan, "Pengaruh Refleksi Personal Ke Atas Hubungan Di Antara Persepsi Risiko Terhadap Ekspedisi Pendakian Advantur Dan Kemahiran Pemikiran Kritis", UTM, 2012.
41. Expert Reviewer of Jurnal Kemanusiaan, "Hubungan Antara Pengalaman Guru Dengan Efikasi Kolektif Guru Sekolah Menengah", UTM, 2012.
42. Expert Reviewer of Jurnal Kemanusiaan, "Penceraian Dalam Keluarga Islam dan Faktor-Faktornya: Kajian Di Mahkamah Rendah Syariah Padang Terap, Kedah", UTM, 2012.
43. Expert Reviewer of Jurnal Kemanusiaan, "Pelakuan Jenayah dan Kebimbangan Masyarakat: Satu Kajian Persepsi Penduduk Bandar Di Pulau Pinang", UTM, 2012.
44. Expert Reviewer of Jurnal Teknologi, "Dealing With Irrational Thoughts Among Muslim", UTM, 2012.
45. Reviewer of Article, 4th International Graduate Conference on Engineering, Science and Humanities (IGCESH), 2012.

## RESEARCH ACTIVITIES

### Summary:

#### No. of Research Grant Project :

National Grant		UTM Grant	
Leader	Member	Leader	Member
-	7	3	12

#### Ammount Research Grant :

National Grant		UTM Grant	
Leader	Member	Leader	Member
-	RM582,063.00	RM30,000.00	RM296,462.00

#### Principal Researcher (UTM Grant):

1. **Mastura Mahfar**, Faizah Abd. Ghani, Aslan Amat Senin, Mohd. Nasir Masroom, Halimah Mohd Yusoff, Norashikin Mahmud, Siti Noraishah Mohd Ramlan, *Development of SMART Work-Life Module in reducing job stress among UTM support staff*. Sponsored by Research University Grantt (RUG) Tier 2 (Budget approved **RM10,000**). 10<sup>th</sup> October 2016 – 10<sup>th</sup> October 2017. Cost Center No: Q.J130000.2629.11J73. Status: **Completed**.
2. **Mastura Mahfar**, Faizah Abd. Ghani, Azlina Kosnin, Noriza Abu Bakar. *Mediating effect of irrational beliefs in the relationship between stress exposure and reaction of stress among fully residential school teachers*. Potential Academic Staff (PAS) Grantt Research, Sponsored by UTM (Budget approved **RM20 000**). 1<sup>st</sup> December 2012 – 30<sup>th</sup> November 2013. Cost Center No: Q.J130000.2729.00K02. Status: **Completed**.
3. **Mastura Mahfar**, Ishak Mad Shah & Hamdan Abdul Kadir. *Keselarasan personaliti dan persekitaran kursus di kalangan pelajar tahun satu, FKA dan FPPSM UTM berasaskan tipologi kerjaya Holland*. Fundamental Research Project under RMC, UTM (**No Budget**). 1<sup>st</sup> Mei 2007 – 31<sup>st</sup> Mei 2008. Status: **Completed**.

#### Project Member (UTM Grant):

1. Siti Aisyah Panatik, Roziana Shaari, **Mastura Mahfar**, Wan Mohd Azam Wan Mohd Daud, Mohammad Saipol Mohd Sukor, Noraini Rusbadrol, *Organizational Citizenship Behavior: The Role of Psychological Contract and Organizational Culture as Moderator Variable*. Sponsored by OTR, UTM (Budget approved **RM10 000**). 01<sup>th</sup> March 2020 – 28<sup>th</sup> Feb 2021. Cost Center No: R.J. 130000.7353.4B566. Status: **In progress**.
2. Mohammad Saipol Mohd Sukor, Siti Aisyah Panatik, **Mastura Mahfar**, Norashikin Mahmud, Wan Mohd. Azam Wan Mohd Yunus. *Impak Humor Terhadap Stres, Penglibatan Kerja Dan Kesejahteraan Hidup Dalam Kalangan Alumni UTM Johor*. Sponsored by RUG, UTM. (Budget approved **RM10 000**). 01<sup>th</sup> August 2019 – 31<sup>th</sup> Nov. 2022. Cost Center No: R.J. 130000.2653.16J65. Status: **In progress**

3. Wan Mohd Azam Wan Mohd Daud, Siti Aisyah Panatik, **Mastura Mahfar**, Umar Haiyat Abd Kohar, Aqeel Khan. *The Effect of Parental Psychological Capital (Psycap), Social Support and Symptoms Severity on Subjective Wellbeing Among Parents of Children with Autism Spectrum Disorders*. Sponsored by RUG, UTM. (Budget approved **RM15 000**). 01<sup>th</sup> Nov 2019 – 30<sup>th</sup> April 2022. Cost Center No: R.J. 130000.2653.18J01. Status: **In progress**.
4. Aslan Amat Senin, Kamariah Ismail, Mohd Norfian Alifiah, **Mastura Mahfar**, et al., *Modelling Inter-Sectoral Linkages in Innovation Using Bibliographic and Patent Data*. Sponsored by UTMFR. (Budget approved **RM69 462.00**). 01<sup>th</sup> Jan 2020 – 30<sup>th</sup> June 2022. Cost Center No: Q.J 130000.2555.20H80. Status: **In progress**.
5. Mohd. Nasir Masroom, Siti Norlina Muhamad, **Mastura Mahfar**, Norashikin Mahmud & Sulaiman Shakib Mohd Noor. *Kesihatan jiwa dalam kalangan remaja hamil tanpa nikah di Rumah Tumpangan Baitus Solehah*. Sponsored by Research University Grantt (RUG) Tier 2 (Budget approved **RM10 000**). 01<sup>th</sup> June 2017 – 31<sup>th</sup> Mei 2018. Cost Center No: Q.J130000.2729.02K92. Status: **Completed**.
6. Norashikin Mahmud, **Mastura Mahfar**, Nasir Masroom, Lily Suriani Mat Ariff, Roziana Shaari & Norakmar Nordin, *Health promoting life-style behavior and recommendations on how to promote healthy behaviors*. Sponsored by Research University Grantt (RUG) Tier 2 (Budget approved **RM7 000**). 01<sup>th</sup> December 2016 – 30<sup>th</sup> November 2017. Cost Center No: Q.J130000.2629.13J12. Status: **Completed**.
7. Aslan Amat Senin, Md. Razib Arshad, Zainab Khalifah, Nor Sa'adah Abd Rahman, **Mastura Mahfar**, Nor Zafir Md Salleh, Mohd Effandi Yusoff, Sariati Azman. *Measuring science, technology and innovation activities using patent citation data*. Sponsored by RUG Tier 1, UTM (Budget approved **RM30 000**). 1<sup>st</sup> October 2016 – 31<sup>th</sup> March 2018. Cost Center No: Q.J130000.2529.15H55. Status: **Completed**.
8. Aslan Amat Senin *et al.*, & **Mastura Mahfar**. The community impact of utm's innovation and technology transfer. Sponsored by RUG Tier 1 (Flagship), UTM (Budget approved **RM45 000**). 1<sup>st</sup> October 2014 – 31<sup>th</sup> March 2016. Cost Center No: Q.J130000.2429.02G66. Status: **Completed**.
9. Faizah Abd. Ghani, **Mastura Mahfar**, Adibah Latiff, Sapiyah Sulaiman, Azian Abd. Aziz, Azlina Kosnin, Zaidatun Tasir, Halijah Ibrahim. *Pemeriksaan ibu tunggal melalui Terapi Resilience*. Sponsored by RUG Tier 1, UTM (Budget approved **RM30 000**). 1<sup>th</sup> Mei 2015 - 31<sup>st</sup> Oktober 2016. Cost Center No: Q.J130000.2729.09H65. Status: **Completed**.
10. Halimah Mohd Yusoff, **Mastura Mahfar**, Ishak Mad Shah, Roya Anvari. *The impact of emotional intelligence on motivation among UTM students*. Potential Academic Staff (PAS) Grantt Research, Sponsored by UTM (Budget approved **RM20 000**). 1<sup>st</sup> March 2015 – 07<sup>th</sup> April 2016. Cost Center No: Q.J130000.2729.01K51. Status: **Completed**.
11. Roslee Ahmad, Mohd. Shariff Mustaffa, **Mastura Mahfar**, Adibah Abdul Latif, Hamdan Said, Lokman Hakim, et al. *Program Pendidikan Kesihatan Menangani Stres dalam Kalangan Care-giver Pesakit Kanser di HIS*. Sponsored by RUG Tier 1, UTM (Budget approved **RM30 000**). 1<sup>th</sup> Mei 2015 - 31<sup>st</sup> Oktober 2017. Cost Center No: Q.J130000.2506.09H60. Status: **Completed**.

12. Noriza Abu Bakar, & **Mastura Mahfar**. *Exploring relationships between supply chain management practices and management accounting*. Potential Academic Staff (PAS) Grantt Research. Sponsored by UTM (Budget approved **RM20 000**). 1<sup>st</sup> August 2012 – 31<sup>st</sup> July 2013. Cost Center No R.J130000.7729.4P060 Status: **Completed**.

## FUNDAMENTAL RESEARCH GRANT SCHEME (FRGS FUND)/ EXPLORATORY RESEARCH GRANTT SCHEME (ERGS)/ CONTRACT RESEARCH – NATIONAL GRANT

### **Fundamental Research Grant Scheme (FRGS Fund) –National Grant**

#### **Project Member:**

1. Halimah Mohd Yusoff, Norhayati, Zakuan, Wan Mohd. Azam Wan Mohd Yunus, **Mastura Mahfar**, et al, *Pembentukan Model Kesejahteraan Psikologi Dan Sosial Golongan Miskin Bandar*. Fundamental Research Grantt Scheme (FRGS), Sponsored by MOHE (Budget approved **RM80,950.00**). 01<sup>th</sup> Sept 2019 – 30<sup>th</sup> Nov. 2022. Cost Center No: R.J130000.7853.5F142. Status: **In progress**.
2. Faizah Abd. Ghani, **Mastura Mahfar**, Hamdan Said, et al. *Helping Pedophilia Victims With I Care, You Deserve Module*. Fundamental Research Grantt Scheme (FRGS), Sponsored by MOHE (Budget approved **RM53 000**). 15th August 2017 - 31st Mei 2020. Cost Center No: R.J130000.7831. 4F977. Status: **In Progress**.
3. Faizah Abd. Ghani, **Mastura Mahfar**, Shaharuddin Mohd Salleh, Megat Aman Zahiri Megat Zakaria, Hamdan Said, Farahwahida Mohd Yusof. *Aplikasi Model Rawatan ACT dalam proses tolong mangsa trauma pasca bencana*. Fundamental Research Grantt Scheme (FRGS), Sponsored by MOHE (Budget approved **RM70 000**). 1<sup>th</sup> April 2015 - 31st December 2015. Cost Center No: R.J130000.7831. 4F698. Status: **Completed**.
4. Roslee Ahmad, Mohamed Shariff Mustaffa, **Mastura Mahfar**, Mohd Daud Abu Yamin & Mohd Khairul Ismail. *Pendekatan kaunseling kelompok untuk menangani masalah emosi di kalangan anak yatim di Asrama Pertubuhan Anak Yatim Islam Johor*. Fundamental Research Project under RMC, Sponsored by UTM (Budget approved **RM40 000**). Vot 71944. Status: **Completed**.

### **Exploratory Research Grantt Scheme (ERGS) – National Grant**

#### **Project Member:**

5. Roslee Ahmad, Mohd. Shariff Mustaffa, **Mastura Mahfar**, Lokman Mohd Tahir, Narina A.Samah, Aqel Khan. *Kajian penerokaan pola tingkah laku, personaliti dan pendekatan kaunseling Choice Theory bagi menangani pelajar tercicir di kawasan luar bandar*. Exploratory Research Grantt Scheme (ERGS), Sponsored by MOHE (Budget approved **RM80 000**). 1<sup>st</sup> June 2013 - 31<sup>st</sup> Mei 2015. Cost Center No: R.J130000.7831.4L135. Status: **Completed**.

6. Faizah Abd. Ghani, Mastura Mahfar, Azlina Kosnin, Zaidatun Tasir, Halijah Ibrahim (2012). Latihan Program Smart Life ke Arah Penjanaan Minda Kreatif dan Transformasi Kehidupan Yang Produktif dalam Kalangan Ibu Tunggal di Johor. Exploratory Research Grantt Scheme (ERGS), Sponsored by MOHE (Budget approved **RM60 000**).15th June 2012 -31st December 2013. Cost Center No: R.J130000.7831.4L045. Status: **Completed**.

### **Contract Research Project Awarded By Institut Integriti Malaysia (IIM) – National Grant**

#### **Project Member:**

7. Rosman Yusof, **Mastura Mahfar**, et al. *Kajian Impak Program-program Institut Integriti Malaysia Dalam Melaksanakan Pelan Integriti Nasional*. Sponsered by IIM (Budget approved **RM198,113.00**). 1<sup>st</sup> January 2012 – 31<sup>st</sup> December 2013. Cost Center No: R.J130000.7629.4C034. Status: **Completed**.

### **CONSULTANCY/PERUNDINGAN**

#### **Summary:**

**No. of Consultancy Grant Project :**

<b>State Project</b>		<b>University Project</b>	
Leader	Member	Leader	Member
-	1	1	-

**Ammount Consultancy Grant :**

<b>State Project</b>		<b>University Project</b>	
Leader	Member	Leader	Member
-	RM36,316.00	RM50,000.00	-

#### **Principal Consultant:**

1. **Mastura Mahfar (Principal Consultant)**, Faizah Abd. Ghani, Azlina Kosnin & Hasdiana Hussin (2012). *Pembinaan Inventori Personaliti Staf Sokongan, UTM Skudai*. Funded by UTM (Budget approved **RM50,000**). Collaboration with Bahagian Pengurusan Modal Insan, UTM Skudai (From September 2012 – August 2013). Vol. 691. Status: **Complete**.

#### **Project Member:**

1. **Mastura Mahfar**, etc. *International Conference on Social Sciences, Management and Accounting (ICSSMA 2019)*
2. **Mastura Mahfar**, etc. *International Seminar on Management and Social Sciences (ISMSS 2019)*
3. **Mastura Mahfar**, etc. *Bengkel Penyuntingan Manuskrip, SHARPS, FSSK, UTM, 2018*

4. Yusof Suratman, **Mastura Mahfar** & Ahmad Shukri Mohd Nain (2009). *Kajian Pelaksanaan Program Tuisyen HIKMAH, Yayasan Pelajaran Johor*. Funded by Yayasan Pelajaran Johor (Budget approved **RM36,316**) under Research Grant Scheme. June 2007 – December 2009. Vol. 63089. Status: **Completed**.

## TEACHING ACTIVITIES

### **Undergraduate Program**

Course Code	Course	Credit
SHAY 1023	Introduction to Counseling	3
SHAR 2043	Industrial Counseling	3
SHAY 2043	Micro Counseling	3
SHAY 3073	Group Counseling	3
SHAY 4083	Conflict Management	3

### **Master Program**

Course Code	Course	Credit
MHR 1123/MHAR 1093	Counseling at Workplace	3

### **General University Course**

Course Code	Course	Credit
UHAS 2102	Introduction to Counseling	2
UHAS 2122	Creative and Critical Thiking	2
UHAS 1012/UHMT1012	Graduate Success Attributes	2
UHAS 2602	Introduction to Industrial Psychology	2
UHAS 2052	Communication Skills	2

## SUPERVISION / PENYELIAAN

### **PhD Graduated (Main Supervisor)**

1. Abdah binti Ishak (2020)  
Thesis title: *Stres Kerja Sebagai Mediator Terhadap Hubungan antara Personaliti Big Five dengan Kepuasan Kerja dan Prestasi Kerja Staf Sokongan Di UTM Johor Bahru*
2. Nurul Iman Binti Abdul Jalil (2017)  
Thesis title: *Effects of Rational Emotive Behavioural Therapy Training Module on Irrational Beliefs and Job Stress Among Support Staff at Universiti Teknologi Petronas*

### **PhD Graduated (Co-Supervisor)**

1. Muhammad Siddique (2017)  
Thesis title: *The Influence of Workplace Isolation on the Relationship between Servant Leadership, Self-Efficacy and Job Outcomes.*
2. Halimah Mohd Yusof (2016)  
Thesis title: *Effects of Emotional Competence Training on Leaders Emotional Intelligence and Self Motivation in an Organization.*

### **PhD In progress (Main Supervisor)**

1. Fauziah binti Saden (2019).  
Thesis title: *Kesan Modul Terapi Kognitif Tingkahlaku Terhadap Kemurungan dan Pengherotan Kognitif dalam kalangan Wanita Hamil Luar Nikah*
2. Nor Amirah Masduki (2020)  
Thesis title: *Antecedents of Perceived Employability: Role of Career Self-Management and Core Self-Evaluations*
3. Saiful Lizan@Hasnul Hisyam Suparman (2018)  
Thesis title: *Kesan Modul Kognitif ke atas Motivasi Penapaian dan Stres Akademik r Institut Pendidikan Guru.*
4. Nik Rafidah binti Nik Yusoff (2017)  
Thesis title: *Kesan Modul Kesediaan Kerjaya ke atas Personaliti Big Vive dan Efikasi Kendiri Kerjaya*

### **PhD In progress (Co-Supervisor)**

1. Muhammad Khairi Bin Abdul Majid (2015)  
Thesis title: *The Moderating Effects of Psychological Capital and Organization Commitment on Relationship Between Job Demands Job Resources and Job Burnout.*

### **MSc. Student by Research (Main Supervisor)**

1. Noor Hidayah Saihan (2017)  
Thesis Title: *A Study The Mediating Role of Job Stress Between Work Performance And Work Life-Balance in Organizational Setting*

### **MSc. Student Mixed-Mode Graduated (Main Supervisor)**

1. Chua Yong Sheng (2017)  
Thesis title: *The Impact of Personality Big Five on Irrational Beliefs among Chinese Teachers*
2. Komalaa Naaidu Parthiban (2017)  
Thesis title: *Work Motivation Factors that Influences the Gene- Y Employees Turnover Intention. A Case Study in one of the Manufacturing Company in Johor Bahru*
3. Salleh bin Mohd Nor (2017)  
Thesis title: *A Study Of Emotional Intelligence Relationship with Job Burnout in Universiti Teknikal Malaysia Melaka*

4. Lam Shi Xian (2016)  
Thesis title: *The Relationship between Big Five Personality and Job Burnout among Secondary School Teachers Zone Pasir Gudang, Johor*
5. Daniel Albert Wong (2016)  
Thesis title: *The Relationship between Knowledge Sharing and Structural Empowerment in Developing Effacacies among Malaysian Secondary School Teacher*
6. Zhang Xi (2016)  
Thesis title: *The Relationship between Big Personality and Motivation among China Civil Servants*
7. Holila (2016)  
Thesis title: *The Relationship between Big Five Personality and Job Performance among Employees at Saipem Indonesia Karimun Branch*
8. Khoo Hui Xian (2015)  
Thesis title: *Irrational Beliefs as Mediator in the Relationship between Activating Event and Stress among Secondary Schools Teachers in Skudai*
9. Nik Badrul Nik Ismail (2015)  
Thesis title: *Hubungan antara Gaya Kepimpinan Pengetua dan Motivasi Guru*

***MSc. Student Mixed-Mode Graduated (Co Supervisor)***

1. Enoch Ang (2017)  
Thesis title: *Hubungan Kecerdasan Emosi dan Personaiti dalam Kalangan Guru Sekolah Rendah Daerah Kota Tinggi*
2. Ng Geik Ying (2017)  
Thesis title: *Hubungan Kecerdasan Emosi dengan Prestasi Kerja Guru SKJC Kota Tinggi*
3. Nur Aida Alias (2014)  
Thesis title: *Reading Habits among Adolescents*
4. Nurrul Iza Md Said (2012)  
Thesis title: *Analisis Mediator Pemikiran Tidak Rasional Antara Peristiwa Tekanan dan Reaksi Tekanan*
5. Sudi Abdullahi Abdi (2012)  
Thesis title: *Organizational Commitment*

***MSc. Student Mixed-Mode In progress (Main Supervisor)***

1. Jah Syazwani binti Jasni (2016)  
Thesis title: *The Impact of Internal Service Quality towards Job Performance.*



## POSTGRADUATE EXAMINATION / VIVA

### **PhD Internal Examiner (Full thesis)**

1. Bernadeth Tongli (2015)  
Thesis title: *Pengaruh Kompetensi dan Motivasi dalam Hubungan antara Pembangunan Kerjaya dan Prestasi Kerja*

### **PhD Internal Examiner (Proposal)**

1. Bakri Zainal (2015)  
Thesis title: *Kesan Latihan Konsep Kendiri terhadap Konsep Kendiri dan Asertif Pegawai Kanan Trafik Bukit Aman*
2. Jimisiah Jaafar (2015)  
Thesis title: *Pembangunan Kemahiran Employability Pelajar Kejuruteraan Pembuatan di Rangkaian Universiti Teknikal Malaysia (MTUN).*
3. Anwar Rasheed (2015)  
Thesis title: *Examining the Mediating Role of Feedback Environment in the Relationship between Emotional Intelligence and Turnover Intentions.*
4. Mardhiah Yaakob (2014)  
Thesis title: *Relationship between Emotional Intelligence, Occupational Stress and Job Satisfaction among Teachers.*
5. Lim Lee Ping (2014)  
Thesis title: *Moderating Effect of Affective Commitment on the Relationship between Personality and Customed-Oriented Behaviors among Nurses.*
6. Norhayati Binti Ahmad (2014)  
Thesis title: *Kesan Modul Pencegahan Tabiat Merokok Pelajar Sekolah Rendah.*
7. Syeda Sharbana Kirani (2013)  
Thesis title: *Motivational Link between Personality and Performance*
8. Subhan Kadir (2013)  
Thesis title: *Burnout dan Kepuasan Kerja serta Pengaruh Motivasi ke atas Prestasi Jururawat.*
9. Inam Ul Haq (2013)  
Thesis title: *Interpersonal Mistreatment and Job Outcome: Mediating Role of Job Stress and Moderating Role of Psychological Capital.*
10. Shazia Kazi (2012)  
Thesis title: *The Impact of Social Support on TEH Relationship Between Stress and Lifa Satisfaction among Muslim Working and Non-Working Married Women*
11. Anwar Khan (2012)  
Thesis title: *Job Stress, Performance and Resources in Academia; A Study of Higher Education Institutions of Pakistan*

### **Msc Internal Examiner (Full Thesis)**

1. Khairunnisa Hamid (2013)  
Thesis title: *The Effectiveness of Parenting at Work Program on Work Family Conflict, Job Stress and Parenting Stress among Career Earner Couple.*

### **Msc Internal Examiner (Mixed-Mode)**

1. Nabilah Salam (2017)  
Thesis title: *Relationship Between Employee Engagement Factors & Employee Engagement at ABN Industries.*
2. Norliyana Binti Zakaria (2016).  
Thesis title: *The Effects of Big Five Personality Traits on Career Success in an Organizational.*
3. Nur Noor Hidayu Md Suhaimi (2016).  
Thesis title: *The Effectiveness of Business Incubation in Malaysia Polytechnics Entrepreneurship Centre*
4. Kavitah A/P Batumalai (2015).  
Thesis title: *Impact of Survivor Syndromes on Job Satisfaction and Employees' Performance*
5. Famizah Asyikin Binti Azman (2015).  
Thesis title: *Work to Life Conflict and Job Stress Examining the Role of Social Support as Moderator*
6. NorFaedah bt Mahmud (2015).  
Thesis title: *Exploring Employees' Followership and Cognitive Style in Uniform Bodies.*
7. Zawanah binti Md Rahani (2015).  
Thesis title: *Hubungan antara Faktor Tekanan dengan Kesan Tekanan dan Prestasi Kerja Guru.*
8. Nur Hidayah Johar (2015).  
Thesis title: *Kesan Gaya Kepimpinan Transaksi dan Transformasi terhadap Keinginan Berhenti Kerja Pekerja*
9. Kartighaibalan 2014.  
Thesis title: *Factors Affecting Job Satisfaction among Employees of Fast Food Restaurants.*
10. Sharifah Rohaiza (2014).  
Thesis title: *Kesan Latihan Konsep Kendiri ke atas Dimensi Konsep Kendiri Pegawai Kumpulan Sokongan MJBKT.*
11. Nurabidah Ahyan (2014).  
Thesis title: *Hubungan antara Pendekatan Pengajaran Pensyarah terhadap Pendekatan Pembelajaran serta Kesan Efikasi Kendiri sebagai Moderator.*

12. NoorAzwin Abd Jalil (2013).  
Thesis title: *Penyesuaian Diri, Stres Pembudayaan danKemahiran Penyelesaian Pelajar Antarabangsa UTM Skudai.*
13. Hu Pei (2013).  
Thesis title: *The Relationship between Leadership Styles and Employee Motivation.*
14. Hairul Akmal Mohd Halim (2013).  
Thesis title: *Stres sebagai Penyederhana ke atas Hubungan antara Gaya Kepimpinan dan Tingkah laku Buli Pekerja*
15. Mardhiah Yaakob (2012).  
Thesis title: Strategi Daya Tindak sebagai Moderator bagi Hubungan antara Kecerdasan Emosi, Kepuasan Kerja, dan Komitmen Organisasi.

## PUBLICATIONS

### Summary:

**ORCID ID:** <https://orcid.org/0000-0001-5286-4335>

**Scopus Author ID: 56146388500**

**H-Index (SCOPUS) : 3**

**(Google Scholar) : 6**

**Total Citations (SCOPUS): 31**

Publication	Total	Category
Publication in WOS/ISI	1	
Publication in SCOPUS	12	<b>Indexed International Publication Journals (WOS &amp; SCOPUS) = 13</b>
Publication in Excellence in Research for Australia (ERA)	2	
Publication in Web of Science (WOS/ISI) Procedia	2	
Journal Article Non Citation-Indexed	12	Non-Indexed Publication Journals = 12
Book Chapter i) Editor ii) Author	3 8	<b>Chapters in Book = 11</b>
Original Book	4	In publication by UTM Penerbit Press
Research Book	1	In publication by UTM Penerbit Press
Classified/Technical Report	1	
Proceedings/ Conference paper	16	

### **WOS/ISI Indexed Article Journal :**

1. **Mastura Mahfar**, Sidek Mohd Noah, Aslan Amat Senin (2019). Development of Rational Emotive Education Module for Stress Intervention of Malaysian Boarding School Students. *SAGE Open*. April-June 2019: 1-16. DOI: 10.1177/2158244019850246

### **SCOPUS Indexed Article Journal :**

1. Asa Ismia Bunga Aisyahrani, Lina Handayani, Maya Kusuma Dewi, **Mastura Mahfar** (2020) A concept of materialism and well-being. *International Journal of Evaluation and Research In Education*. 9 (1): 62-68.
2. Xian, T.S., Panatik, S.A., **Mahfar, M.**, Yunus, W.M.A.W.M. (2020) Irrational beliefs and mental health among malaysian secondary school teachers. *International Journal of Psychosocial Rehabilitation*. 24(5): 698-709.
3. Xian, L.S., **Mahfar, M.**, Yunus, W.M.A.W.M., Senin, A.A., Khan, A. (2020) Big five personality and job burnout among Malaysian secondary school teachers. *International Journal of Psychosocial Rehabilitation*. 24(5): 682-697
4. Yusoff, N.R.B.N., **Mahfar, M.B.**, Saud, M.S.B. (2019) Module development models for developing the career readiness-personality (Cr-P) module. *International Journal of Recent Technology and Engineering*. 8(3): 6203-6208.
5. Yusoff, N.R.B.N., **Mahfar, M.B.**, Saud, M.S.B. (2019) A review of social career cognitive theory (SCCT) for career decision self-efficacy (CDSE). *International Journal of Engineering and Advanced Technology*. 8(5C):808-817
6. Yusoff, A.M.B., Ghani, F.B.A., Ramli, J.B, & **Mahfar, M.B** (2017). Understanding Young Adults' Perception on E-Cigarette: A qualitative study. *Man in India*. 97(12): 221-228.
7. Yusoff, A.M.B., Ghani, F.B.A., Ramli, J.B, & **Mahfar, M.B** (2017). Gestalt Therapy in Anger Intervention: A case study of married student. *Man in India*. 97(12): 229-236.
8. Nurul Iman Abd Jalil & **Mastura Mahfar** (2016). The Validity and Reliability of Rational Emotive Behavioural Therapy (REBT) Module Development for University Support Staff. *Asian Social Science*. 12 (2): 129-137. ISSN: 1911-2025.
9. Abdul Sami, Ahmad Jusoh, **Mastura Mahfar**, Muhammad Imran Qureshi & Muhammad Muddassar (2016). Role of Ethical Culture in Creating Public Value. *International Review of Management and Marketing*. 6 (S4): 255-261. ISSN: 2146-4405.
10. Faizah Abd Ghani, **Mastura Mahfar**, Azian Abd Aziz, & Farah Adibah Ibrahim. *Relationship between Beliefs System and Emotional Well-Being of Single Mothers* (2015). *Asian Social Science*. 11 (27): 28-42. ISSN: 1911-2017.
11. Halimah M. Yusof, Hamdan A. Kadir & **Mastura Mahfar** (2014). The Role of Emotions In Leadership. *Asian Social Science*. 41-49. ISSN: 1911-2017.
12. Yoong Lee Fong & **Mastura Mahfar** (2013). Relationship between Occupational Stress and Turnover Intention among Employees in a Furniture Manufacturing Company in Selangor. *Jurnal TEKNOLOGI (Sciences and Engineering)*. 33-39. ISSN: 01279696.

### **ERA (Excellence in Research for Australia) Indexed Journal :**

1. **Mastura Mahfar**, Khoo Hui Xian, Faizah Abd. Ghani & Azlina Kosnin (2018). Irrational Beliefs as Mediator in the Relationship Between Activating Event and Stress in Malaysian Fully Residential School Teachers. *Asian Social Science*. 14 (10): 21-30. ISSN: 1911-2025.
2. **Mastura Mahfar**, Aslan Amat Senin, Chua Yong & Faizah Abd. Ghani (2018). The Influence of Personality Traits on Irrational Beliefs in Malaysian Teachers. *International Journal of Academic Research in Business and Social Sciences*. 8(8): 775-789. ISSN 2222-6990.

### **ISI Indexed Proceedings:**

1. Muhammad Khairi Abdul, Norhani Bakri, **Mastura Mahfar** (2018). Psychological capital moderating relationship between job demands, job resources and job burnout. *European Proceedings of Social and Behavioural Sciences*. 40: 806-814. DOI: 10.15405/epsbs.2018.05.66.
2. **Mastura Mahfar**, Sidek Mohd Noah, Jamaludin Ahmad, Wan Marzuki Wan Jaafar, Aslan Amat Senin (2014). Effects of rational emotive education module on irrational beliefs and stress among fully residential school students in Malaysia. *Procedia Social and Behavioral Sciences*. 114: 239-243. ISSN: 18770428.
3. Aslan Amat Senin, **Mastura Mahfar**, Muhammad Zeeshan Shaukat, Ishfaq Ahmed, Ishak Mad Shah (2014). Job satisfactions of academics in Malaysian public universities. *Procedia Social and Behavioral Sciences*. 54-158. ISSN: 18770428.

### **Non Indexed Journal :**

1. Nik Rafidah Nik Yusoff, **Mastura Mahfar**, Muhammad Sukri Saud (2019) Developing and Testing the Validity of Career Readiness-Personality (CR-P) Module for University Students. *International Journal of Recent Technology and Engineering (IJRTE)*, ISSS: 2277-3878, Volume-8, Issue-3S2.
2. Komalaa Naidu Parthiban, **Mastura Mahfar** (2019). The Influence of Work Motivation on Turnover Intention among Gen Y Employees. *International Journal of Recent Technology and Engineering (IJRTE)*, ISSS: 2277-3878, Volume-8, Issue-3S2.
3. **Mastura Mahfar**, Nur Liyana Idrus, Nur Iffah Mohd Sabri, Nur Najwa Farhana Abdul Halim. (2018). Keinginan mendapatkan perkhidmatan kaunseling: Perspektif Pelajar UTM berdasarkan Model Cramer. *Jurnal Kemanusiaan*. 16(1): 21-32. ISSN 2600-755X.
4. Abdah Ishak, **Mastura Mahfar** & Halimah Yusof. (2018). Hubungan antara personaliti Big Five dengan kepuasan kerja dalam kalangan pekerja sokongan di UTM, Kampus Johor. *Sains Humanika*. 10(3): 37-45. e-ISSN ISSN: 2289-6996.
5. Abdah Ishak & **Mastura Mahfar** (2016). A review of impact of Big Five Personality, self-efficacy, job autonomy on job satisfaction among employees. *Sains Humanika*. 8:1: 13-21. e-ISSN ISSN: 2289-6996.

6. Nik Badrul Nik Ismail & **Mastura Mahfar** (2015). *Hubungan antara Gaya Kepimpinan Pengetua dan Motivasi Guru*. *Sains Humanika*. 5:1: 9–18. e-ISSN ISSN: 2289-6996.
7. Muhammad Siddique, Amran Rasli, **Mastura Mahfar** (2014). A Review of Causes and Consequences of Workplace Isolation. *Sains Humanika*. 2:3: 137–141. e-ISSN ISSN: 2289-6996.
8. **Mastura Mahfar**, Sidek Mohd Noah, Jamaludin Ahmad, Wan Marzuki Wan Jaafar & Ishak Mad Shah (2012). The Relationship between irrational beliefs and stress among fully residential school students in Johor. *Jurnal TEKNOLOGI*. 59: 115-123. ISSN 0127–9696.
9. Ishak Mad Shah, **Mastura Mahfar**, Daliyana Bt Mohd Dali, Fatin Aina Leong Abdullah (2012). Kecerdasan emosi dalam kalangan pegawai kastam gred W17 di Jabatan Kastam Diraja Malaysia, Johor Bahru. *Jurnal TEKNOLOGI*. 59: 141-145. ISSN 0127–9696.
10. **Mastura Mahfar** & Sidek Mohd Noah (2009). Rational emotive behavioral therapy (REBT) perspectives on children's and adolescents' cognitive and emotion and treatment strategies. *Jurnal PERKAMA*.15: 56-70. ISSN 0127/6301.
11. **Mastura Mahfar**, Fadilah Zaini, Norakmar Nordin (2007). Analisis faktor penyebab stres dalam kalangan pelajar UTM. *Jurnal Kemanusiaan*. 9: 62-72. ISSN 1675-1930.
12. **Mastura Mahfar**, Ishak Mad Shah & Hamdan Abdul Kadir (2008). Kekongruenan personaliti-persekitaran kursus dan hubungannya dengan pencapaian akademik pelajar. *Jurnal Kemanusiaan*. 12: 23-32.

## PROCEEDINGS / CONFERENCE

### **Proceedings/Conference (Paper Presented):**

1. Komalaa Naidu Parthiban, **Mastura Mahfar** (2019). "The Influence of Work Motivation on Turnover Intention among Gen Y Employees". International Conference On Social Sciences, Management & Accounting (ICSSMA 2019), Holiday Villa, Johor Bahru.
2. Nik Rafidah Nik Yusof & **Mastura Mahfar** (2018). "Kepentingan Efikasi Kendiri Kerjaya Pelajar dalam Intervensi Kerjaya Pelajar Universiti" di Regional Conference on Counselling and Development, UPM Serdang. 23 February 2018.
3. Nasir Masroom & **Mastura Mahfar** (2017). "Employer's Leadership Style Based on Perception among People At KD Sri Medini". Prosiding SHAR
4. **Mastura Mahfar** (2017). Kajian Burnout dalam Kalangan Staf Kumpulan Pelaksana Pejabat Pendaftar UTM, Johor Bahru. Prosiding SHAR.
5. Holila & **Mastura Mahfar** (2015). "A Review of Big Five Personality and Job Performance among Employees". International Conference on Human Resource

Development (ICHRD). April 2015. Faculty of Management, Johor Bahru.

6. **Mastura Mahfar** (2015). "Managing Stress At Workplace Using REBT Approach". International Conference on Human Resource Development (ICHRD). April 2015. Faculty of Management, Johor Bahru.
7. **Mastura Mahfar** (2013). "The Implementation of REBT on Children & Adolescents". Persidangan Antarabangsa Pendidikan & Kaunseling. Mac 2013. Universiti Teknologi Tun Hussein Onn, Batu Pahat, Johor.
8. Nurul Iman Ahmad & **Mastura Mahfar** (2012). "A Content Validity Study of the Staff Irrational Beliefs Inventory (SIBI)". 9<sup>th</sup> International Conference (ICSS). Mei 2013. Thailand.
9. Nurul Iman Ahmad & **Mastura Mahfar** (2012). Rational Emotive Behavioral Therapy (REBT) in The Treatment of Job Stress Among Staff". 9<sup>th</sup> International Postgraduate Research Colloquium (IPRC). October 2012. Kuala Lumpur.
10. **Mastura Mahfar** & Sidek Mohd Noah (2009). *Satu tinjauan: Sistem kepercayaan tidak rasional dalam kalangan pelajar UTM*. Konvensyen Persatuan Kaunseling Malaysia kali ke-14. 2<sup>nd</sup>-3<sup>rd</sup> June 2009. Universiti Putra Malaysia, Serdang.
11. **Mastura Mahfar** & Sidek Mohd Noah (2008). *The relationship between irrational beliefs and stress among UTM students based on rational emotive behavioral therapy approach*. Seminar Kebangsaan Kemahiran Insaniah Kesejahteraan Sosial (SKIKS). 18<sup>th</sup> – 19<sup>th</sup> August 2008. Mahkota Hotel, Melaka.
12. Ishak Mad Shah, **Mastura Mahfar** & Hamdan Abdul Kadir (2008). *Degree of congruence on personality-environmental patterns among human capital*. Regional Conference On Human Resource Development (RESERD). 14<sup>th</sup>-16<sup>th</sup> January 2008. Primula Beach Resort, Terengganu.
13. **Mastura Mahfar** (2007). *Aplikasi Terapi Rasional Emotif Tingkah laku (REBT) terhadap klien yang mengalami tekanan*. Konvensyen Kaunseling Kebangsaan PERKAMA. 24<sup>th</sup> - 26<sup>th</sup> July 2007. Pusat Konvensyen, Universiti Utara Malaysia, Sintok, Kedah.
14. Ishak Mad Shah & **Mastura Mahfar** (2007). *Impacts of transaction and transformation leadership among principals on teachers' behavioral*. Asean Symposium On Educational Management And Leadership (ASEMAL). 18<sup>th</sup> -19<sup>th</sup> August 2007. Legend Hotel, Kuala Lumpur.
15. **Mastura Mahfar**, Ishak Mad Shah & Hamdan Abdul Kadir (2007). *Kekongruenan personaliti-persekitaran kursus dan hubungannya dengan pencapaian akademik pelajar*. Simposium Pengajaran dan Pembelajaran UTM. 28<sup>th</sup> -29<sup>th</sup> November 2007. New York Hotel, Johor Bahru.
16. Hamdan Abdul Kadir & **Mastura Mahfar** (2007). *Penglibatan kakitangan masyarakat KEMAS dalam pembelajaran bukan formal: Kajian kes di Batu Pahat, Johor*. Konvensyen Kaunseling Kebangsaan PERKAMA. 24<sup>th</sup> - 26<sup>th</sup> July 2007. Pusat Konvensyen, Universiti Utara Malaysia, Sintok, Kedah.

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