

# *ANXIETY DISORDERS*

SYMPTOMS, TYPE, CAUSE AND TREATMENT



## *SYMPTOMS*

BY SHAHERA SUFIAN

Have you ever felt worried, anxious, hesitant, your heart pounding and you started sweating? These are some of the anxiety symptoms. It is normal to experience anxiety because it is one of the ways our brain reacts to and alert the potential dangers ahead. However, you must ensure that the feeling does not persist to the detriment of your mental and physical health. People can become nervous or anxious before taking a test, attending an interview, or if they have made an important decision. These are occasional anxieties. The main thing that we must be cautious about is the anxiety disorder.

Anxiety disorder is a situation in which a person has an excessive worry on a problem which is in a rational mind, is a manageable thing. They tend to have an obsession and over concern on an ordinary circumstance which unintentionally will give impact to their daily life. This anxiety commonly affects the peoples' social lives such as when an individual starts avoiding interaction with people, work, school, family gathering and all events that involves interaction. This is because they want to avoid things that can trigger their symptoms.

Anxiety disorders may affect anybody, and we have cases involving prominent Hollywood and Malaysian celebrities such as Selena Gomez, Lady Gaga, Ariana Grande, Kim Kardashian, Maya Karin, Janna Nick, Haqiem Rusly, and many more (Nelson C, 2018)

Anxiety disorder is a range of linked illnesses, each with their own set of symptoms. However, all types of anxiety disorder share one feature: persistent, excessive dread or worry in non-threatening situations. People usually have one or more of the following symptoms:

**Physical signs and symptoms:**

- Cold or sweaty hands
- Dry mouth
- Palpitations in the heart
- Nausea
- Numbness or tingling sensations in the hands or feet.
- Muscle tenseness
- Breathing difficulty.

**Emotional symptoms:**

- Feeling nervous, restless, or tense
- Nightmares.
- Recurring thoughts or flashbacks to catastrophic events
- Obsessive, uncontrollable thoughts

**Behavioral symptoms:**

- Inability to remain quiet and steady.
- Repetitive behaviors, such as washing hands repeatedly.
- Having difficulty in sleeping.



There are several types of anxiety disorders, each with its own set of symptoms. The following are the most common types of anxiety disorder:

- Generalized anxiety disorder (GAD) is characterized by persistent and excessive anxiety and concern over activities or events and even in ordinary or routine situations. Some symptoms can be related to this anxiety is they will become exhausted, headaches, tension, nausea because of their worries.
- Agoraphobia is a form of anxiety disorder in which you will keep avoiding a location or any circumstances that can make you feel trapped, powerless or embarrassed.
- Panic disorder is characterized by panic attacks and sudden feelings of terror sometimes striking repeatedly and without warning. During a panic attack, you may break out in a cold sweat, have chest discomfort, and have a racing heart (palpitations). You can feel like you're choking or suffering a heart attack at times. These panic episodes may cause you to worry about it happening again or to avoid circumstances where it had happened.
- Phobias are defined by intense fear when exposed to a specific object or scenario, as well as a strong desire to avoid it. Some examples of phobias include fear of animals, blood, flying, height & injections.
- Separation anxiety disorder is a condition that happens most commonly in children and teenagers who are worried about being separated from their parents. Children suffering from separation anxiety disorder may worry that their parents will be hurt in some way or will not return as promised. It occurs frequently among preschoolers. However, older children and adults who experience a stressful event may also suffer from separation anxiety disorder.
- Social anxiety disorder (social phobia) is characterized as having extreme anxiety and self-consciousness in everyday social interactions. You may be concerned that others will judge you, or that you will embarrass yourself or expose yourself to ridicule. People suffering from social anxiety disorder may completely avoid social situations.



## ***CAUSES & TREATMENT***

Although there are no specific reasons for anxiety disorder, there are several factors that might raise your chances of getting one. One of the factors is genetics. Usually, parents who have anxiety can inherit that illness to their kid, just as the child might inherit their physical appearance such as eye colour, hair colour, and nearsightedness. It is not only that, sometimes a parent also can inherit it through their behaviors. Next, another factor that contributes to the anxiety disorders is the environment. An anxiety disorder can also be triggered by unhealthy environment. People who are always stress at the workplace could be getting anxiety disorders without their realizing it. Commonly, it happens when a person had stress over on some matter on the longer period like they keep thinking over unsettled matter at their workplace. A traumatic event could also lead to this illness. People with traumatic events will keep being feared, sad or having unsettled mind. The last factor is medical condition. There are some medical problems that link with these disorders such as diabetes, heart disease and drug misuse. Besides that, sometimes it can also be a side effect from certain medication. It was very important to have a comprehensive physical check so that, all medication is taken accordingly.

As we know that these disorders could lead to the bad side effects, we have to find a way to cure it as early as possible before it becomes worse. Early therapy may provide you with the highest chance of recovery. There are several approaches to treating and managing these illnesses. The two common methods suggested is through counselling and medication. Individuals can seek assistance through medicine, as various types of pharmaceuticals are used to treat anxiety problems. All drugs must be reviewed by a doctor or psychiatrist, who will explain the benefits and drawbacks of each medication and help you choose the one that is right for you. Some examples of medicine that can be taken is antidepressants, bupropion, benzodiazepines and buspirone (BuSpar). Psychological counselling is another way that has been recommended. You can get help from licensed doctors or psychiatrist about all your anxiety issues. Those people will have a talk with you, and you can express all your thoughts and feelings to them. By that, they can advise a way on how you can comprehend and control all your feeling and suggest a solution to it. Some psychiatrists will be using a cognitive-behavioral therapy (CBT), whereas they will teach us on how to be more positive in all behaviors that lead to the troublesome feeling and through that you will find a way to overcome it. And as for students, they should join adventure clubs to gain confidence among themselves.



# AVIATION REVENUE

REASON TO SMILE ON GLOBAL PANDEMIC



BY NUR HIDAYAH MOHD NOR

Since the 9/11 tragedy that happened in United States, Aviation industry has been in shocked with the impacts. A lot of potential customers has changed their interest in supporting airlines due to the loss of confidence with this industry. However, we as aviators know that aviation industry will always fight back and will always be the number one worldwide transportation.

Due to the following incident, aviation has come out with lots of procedures and rules that has been tightened to ensure that the same incident will not happen again. As a result, our industry has expanded day by day. We can see the increasing number of airlines and more countries with more than one airline flying across the world. This shows that there is an increase in demand as well as support from the customers and passengers.



NYC 9/11 memorial and museum

Keep improvising and keep expanding has become the trademark for aviation industry. However, during the early 2020, the world has been facing one disease that has interrupted and delayed the progress of our aviation industry from expanding. COVID-19 has strike most of the countries where every single industry was suffering from the impact. Aviation was not left behind as this industry faced a lot of issues in-terms of the lost of assets as well as the decreasing number of passengers' demands. However, with the strong and intelligent manpower, we aviators managed to control some of the causes to ensure that we will still be one of the backbone industries in the world.



The reasons for the decreasing in passenger's demand is due to two main factors. The new procedures and protocols made by the governments as well as the health organization has made an extra costing not only for the passengers but also the airlines itself. The passengers need to sacrifice their time and money for quarantine while the airlines need to spend lots of money to ensure their employee and their flight is in great condition as well as avoiding any spreading of the virus.



Figure 2 show one passengers doing swab-test before entering Mumbai International Airport

Different countries suffered different causes due to COVID-19. Some countries have better ways to control this virus, but some does not. Different situation on different countries have made lots of obstacle for airlines and passengers. For example, in India, the cases are increasing rapidly compared to New Zealand. Therefore, the restriction for both countries, making it very difficult for passengers to come through as well as the procedures needed to be followed by the airlines. Not to mention that additional SOPs made by the government, especially for the countries that are able to control and fight back the spreading of corona virus.

Lots of procedures and documentation, as well as the restriction made by the government due to the fact that worldwide borders are still not fully opened, airlines have come up with better planning whereby they try to focus more on domestics. We can see that although during April until August 2020, the international flight dropped more than 50% for their revenue and passengers' demands, but for the domestic, there is an increasing number for its demand. This is because there are less SOPs and also restriction due to travelling in the same country. For instance, China, where the numbers of domestic flight between November and December 2020

are the same in 2019. We can see that the domestic flights are recovering rapidly which is good news as the international flight will follow it soon.

We all know aviation is one of the backbones in the world economic, therefore the government will not only see the aviation suffering alone as lots of contribution has been made by this industry. A total of \$225 billion of governments liquidity has kept the airlines operating during this pandemic. As for the shareholders and capitals market, their low of demand has ensured that their investment look healthier as it has shifted the power of bargain.

As for now, we may suffer a delay in terms of the industry's operation and progression, but as usual, we will come out with the best solution with a good result. We have experienced the fall during 9/11, but we can see how strong we are when we fight back and become what we are today. A slight of delay will not ensure the worst results in the future. We have strong power to forecast and predict for the next 10 to 20 years' progression. In conclusion, we have a good potential with powerful manpower to be together to ensure that our Aviation Industry become one of the biggest industries in the world that can contribute more for Global-Economic Activity.



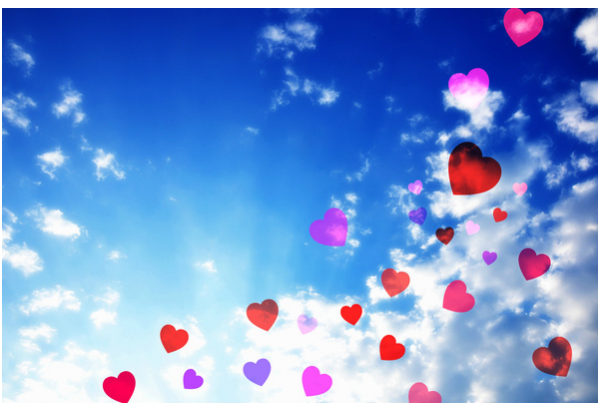
Figure 3 show an MOU agreement between Malaysian Government and MAS airlines

# LOVE



BY NURHANI SHARUL

Have you ever fallen in love? Either with someone or something, love is one of the greatest emotions that contribute to how we live our life. With love there will be hope, passion, tolerance and affection. There are so many ways to describe the definition of love in life.



**Today, we will take a closer look at a few different kinds of love which we truly believe that each one of us have already experienced. There are good benefits underneath the emotion that we call love.**



## ***FAMILY LOVE***

Family love is ultimately important for everyone's emotional well-being. Lack of love from the family can lead to negative impact on one's soul for a long term. Humans tend to argue and misunderstanding can happen even for just small things. Frustration will not come along if they crave for love, but when being ignored, especially when it involves family members. For example, parents will potentially compare their children with one another if there are any differences between their children's achievement.

This kind of practice can ruin children's emotions and as a result, they will protest just to get attention from people. From here we can conclude that such a loving and supportive family contributes to a better life. Make changes now and if you are one of the people who experience this kind of emotion, try to be more unprejudiced and do not repeat the cycle with your kids one day.

## ***SELF-LOVE***

Self-love is when you appreciate yourself in a way you will feel a greater satisfaction in life. When we love ourselves, it will bring us a more positive attitude towards life and career. It can also encourage our physical, psychological and spiritual growth as human beings and as a result, it can produce good habits for life. Appreciate yourself and love your body. Humans use their bodies to express feelings but sometimes things can get out of hand and they might end up hurting themselves and create negativity. People can say bad things about someone, but do not let them make you weak. Avoid yourself from feeling demotivated or stressed. Keep in mind that a good life comes from a good lifestyle. You must learn to listen to your body. Take care of your health and eat balanced diet is some of the ways to love yourself. Always prepare to change from negative to positive thinking. As a result, you will be ready to face the world ahead of you.



## ***LOVE WHAT YOU DO***

What you do is what you love. This phrase reflects that people tend to choose to do what they love. It doesn't matter in terms of work, study or daily routine, but you need to change the perspective too. You should love the things that you do instead of doing what you love. In life, we can choose what we love but sometimes it doesn't turn out to be exactly as we want. For example, you want to work in the company for the position you love, but you are not qualified for the position and asked to work for another position instead. Eventually, it will become your passion as long as you accept and do it with your heart. We clearly think that successful people become one because they do love and have the passion of what they do for a living. Do not lose hope on what you feel is the best for you and fight for what you believe. We need to learn on accepting all of our weaknesses at hand and turn them into strengths.

In conclusion, love is our life and by not believing that, we may continue our life without true love, and we will feel the loneliness and dissatisfaction of what we have. Learning to love and being loved is important as this kind of emotions will make you the best version of yourself. Keep in mind that when we truly love someone or something, we make the world a better place for now and the future.



# WHY STUDY IN MALAYSIA



## ***COMPLETE REASON TO CHOOSE MALAYSIA AS STUDY ABROAD DESTINATION***

BY NOORJANA ABDUL RANI

### **SAFETY**

- It is politically stable and geographically secure country
- Malaysia is the 5th most peaceful country in the Asia Pasific
- Top 25 by Global Peace Index 2018 ranking in Most Peaceful Countries in the world

### **CULTURAL HOTSPOT**

- Most of the world religions, including Islam, Buddhism, Hinduism and Christianity are present in Malaysia
- It is a melting pot for culture and provides a friendly environment for students
- Generally, Malaysia's weather is warm and humid. Therefore, light and thin attires are enough to survive here.

## *IN THIS ISSUE*

THERE ARE MORE THAN 175,000 INTERNATIONAL STUDENTS FROM MORE THAN 100 COUNTRIES NOW IN MALAYSIA. AS FOR NOW, IT IS ESTIMATED THAT 1 OUT OF 10 STUDENTS IN MALAYSIA ARE INTERNATIONAL STUDENTS.



# WHY STUDY IN MALAYSIA

## LOW COST OF LIVING & QUALITY OF LIFE

- Malaysia is very affordable country for students
- It is widely regarded as a comfortable place to live and study
- Not only that the cost is relatively low, but the quality of Malaysian higher education is seen to be good, yielding a growing perception that higher education in Malaysia represents value for money

## QUALITY EDUCATION

- Malaysia acknowledged as 11th most preferred study destination in the world by UNESCO
- All education institutions in Malaysia are monitored by Malaysia Qualification Agency (MQA) and the Ministry of Education

## ATTRACTIVE UNIVERSITY OPTIONS TO CHOOSE FROM

- There are many options to choose from to study in Malaysia.

## TUITION FEE

- Tuition fees here in Malaysia are almost 1/3 of what you would expect in the UK or Australia.
- The cost of undergraduate and graduate degree programmes in Malaysia is a bargain.

## LANGUAGE OF INSTRUCTION

- English is the primary source medium of instruction for all courses in tertiary education
- Most instruction is offered in English, which is viewed as offering better access to international employment opportunities.

## 5 TOP COURSES

1. Chemical Engineering
2. Electrical & Electronic Engineering
3. Accountancy & Business
4. Chemistry
5. Aviation

## PARTNESHIPS WITH GLOBALLY RECOGNISED UNIVERSITIES

- Students also can choose to study in Malaysia for the first part of their course and experience life abroad for the remainder of the studying years.
- This means that you can obtain a degree from a foreign university while studying in Malaysia which is the top student destination.

IN UniCAM NOW,  
WE HAVE MORE  
THAN 50 ACTIVE  
INTERNATIONAL  
STUDENTS FROM  
ALMOST 20  
COUNTRIES & 50  
INTERNATIONAL  
STUDENTS HAVE  
ALREADY  
GRADUATED &  
FINISHED THEIR  
STUDIES.



# WHY STUDY IN MALAYSIA

## **LENIENT VISA REGULATION**

There is no any visa interview level and the success rate for getting a visa is also quite high

## **CHEAP AIR TRAVEL FARE**

- With more than 20 low-cost carriers across the Southeast Asia region alone, travelling is no longer reserved for the less fortunate.

## **POST-STUDY WORK OPPORTUNITIES**

- After completing education, you can apply for a job with suitable employers.

## **ABUNDANT OF STUDENT SUPPORT FOR INTERNATIONAL STUDENTS**

- All international schools and tertiary education institutions in Malaysia have International Students Officer to guide students in matters such as immigration, visa, accommodation, liaison within the college or campus department and etc. We are able to assist if you have any enquiries.
- This article is prepared by Unicam's Head of Finance & International Student Department – Noorjana Abdul Rani (+6019-3753000)

**YOU ALSO CAN BE PART OF THE TEAM. COME JOIN US**





# FINE DINING

At 30,000 Feet Above Sea Level



## BY DANIEL TANGKUYONG

In the late 70s, travelling by plane was affordable only for certain group of people especially the elite group. Back then, passengers will dress to travel by plane as it is one of the elegant ways to travel. And because of that, British Airways decided to introduce First Class Cabin to its passengers. Since then, the service has been improvised and upgraded to fulfil the purpose of passengers travelling in first class including dining.

Dining in first class is like dining in a five-star hotel where passengers get to try every course of the meal, right from starter or appetizer down to dessert. As for stater, it normally comes either in hot appetizer or cold canapé.



COLD CANAPÉ

## HOT APPETIZER

*Is a starter that is served hot such as Malaysian Satay or grilled chicken wrapped in pandan leaves and may also come in grilled skewer.*

## COLD CANAPÉ

*Is an appetizer that is served chilled such as 'Amuse Bouche' or cold cuts and may be even cold pastrami served with garlic and salsa sauce.*



## HORS D'OEUVRES

*Is also known as an appetizer or starter in a small dish served before a meal in European cuisine. Some hors d'oeuvres may be served before seating such as at a reception or party. In Airline services, they are served together with caviar on a small toast and other 5 of caviar condiment such as chop parsley, chop onion, lemon wedge, minced egg white and minced egg yolk.*

**SOUP** has always been served piping hot cream of clear consommé. Cream soup normally served with a diced shape of toast also known as crouton where clear consommé is served with garnishes such as chop coriander or shredded meat or seafood. It comes in a flavour either chicken or tom yum flavour.

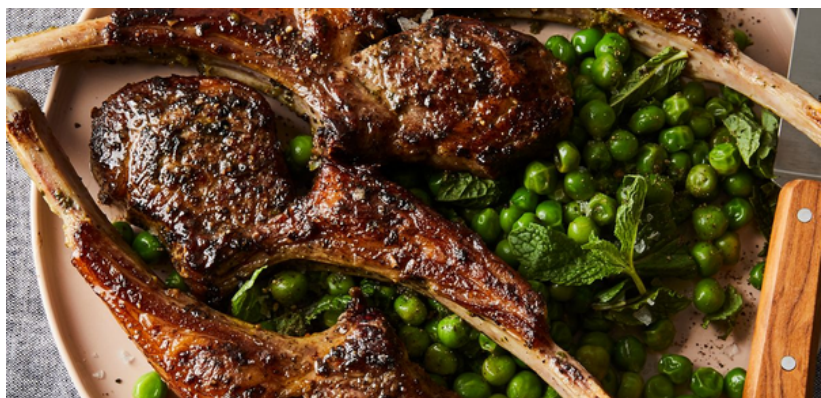
**SALAD** is a dish consisting of mixed raw vegetables and they are often dressed with vinaigrette or thousand island. It can also be eaten without a dressing at all. There are several types of salad served based on the ingredient like Pasta Salad which is normally served along with pasta. Besides that, there is also Caesar Salad which is served with croutons and thin slice of cheese and dressed with vinaigrette.

**MAIN COURSE** is the important part of service concept. There are a few categories of main course that can be selected from western menu, local cuisine or even vegetarian pasta. Selection of red meat from beef, veal, lamb mutton to venison. Most of these meats are accompanied with grilled vegetable, baked or mashed potato and served with the gravy. Main local cuisine is white rice served with many choices of side dish such as beef, chicken, seafood or stir-fried vegetables.

**CHEESE & FRUITS** are the combination of flavours that are complementary because the fruit brings out certain notes in the cheese, or vice versa. You have sweet and juicy against salty and savoury, firm versus soft, nutty with candylike, and so on and so forth. The cheese is usually consumed together with plain crackers. There are a few types of cheese available in the market. Some of it are blue cheese, gouda, cheddar, camembert and many more.



PASTA SALAD



MAIN COURSE

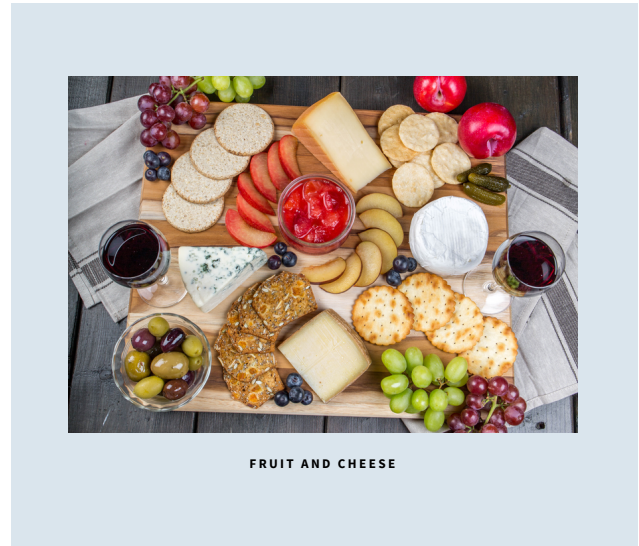


**DESSERT** is the sweet course eaten at the end of the meal. The term dessert can be applied to many confections, such as biscuits, cakes, cookies, custards, gelatines, ice creams, pastries, pies, puddings, sweet soups, tarts and fruit salad. Fruit is also commonly found in dessert courses because of its naturally occurring sweetness. According to food scientist, Steven Witherly, our appetite fades after we eat too much of the same type of food. A dessert course tricks our brain into wanting more food. "As we eat the savoury course, we rapidly reduce our hunger pangs and become full. The pleasure of the first course has passed (savoury and hot)".

**COFFEE & TEA** is normally served at the last course together with dessert. The best selection of coffee are the ones brewed, instant, roma and cappuccino whilst the tea is served from English, earl grey, twinning to camomile. It is usually accompanied with pralines which is a sugar-coated nut. Traditionally, a praline is a maple or brown sugar flavoured confection made from pecans. Some pralines are simply a nut with a brown sugar coating around them while others, flat and have a harder crunchier texture with pecans mixed in.



COFFEE AND TEA



FRUIT AND CHEESE



JACKFRUIT SAGO PUDING



# *CAN AIR TRAVEL CAUSES CANCER?*

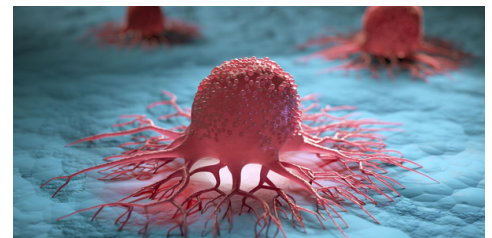


**BY DINA NAZRI**

## *WHAT IS CANCEL CELLS?*

Cells are the fundamental units that make up the human body. Cells develop and die to make new cells as the body needs them. For the most part, cells die when they get too old or damaged. Then, at that point, new cells have their spot.

When the genetic changes, it is the time for cancer to begin interfering with this orderly process. Cells start to grow uncontrollably. For these uncontrollable cells, it will form a mass called tumor. But we must remember, not all tumors are cancerous and not all cancers come from tumors. A cancerous tumor is malignant, meaning it can grow and spread to other parts of the body. A benign tumor means the tumor can grow but will not spread to the other parts of body.



## **COSMIC RAYS COMING AT YOU**

You must be thinking that a frequent flyer's radiation dose comes from the security checkpoints at the airport where with the whole-body scanner and baggage x-ray machine, but it's totally wrong. The chances of radiation doses absorbing the body of the passengers from all the security procedures are very little.

Do you know that the major source of radiation exposure from air travel comes from the flight itself? This is because at the very high altitude, the air gets thinner. The further you go from the surface of the Earth, the fewer molecules to deflect incoming cosmic rays or a radiation from outer space. This is due to less atmospheric shielding which will make us more exposed to radiation.

More extreme situations for astronauts who travel entirely outside of the earth atmosphere and having none of its protective shielding. The effect is they receive high radiation doses. Too long in space can cause space explorers disease and potential heart infirmities when they return back to earth.

## *RADIATION RISKS OF ULTRA FREQUENT FLYING*

In April 2021, one of the famous business travelers, Tom Stuker became the world's most frequent flyer logging 18, 000, 000 miles of air travel on United Airlines over the last 14 years. That is indeed a lot of time up in the air. If Stuker's traveling behavior is similar to other business air travelers, he may already have eaten 6500 inflight meals, drank 5250 beverages, watched thousands of inflight movies and made about 10,000 visits to the aircraft toilets. You also might be surprised that he would also have accumulated a radiation dose equivalent to 1000 of chest x-rays. Do you think that he has a high risk of cancer?

Researchers have conducted studies whether air radiation and cancer disease have a strong relationship or not. Based on the findings, the percentage is very small compared to the percentage of inheritance of the cancer disease from family genetic. Using specific calculation, researchers found out that average air traveler increased risk of getting cancer is less than 0.5 percent.

A 0.01 percent increase in risk of getting cancer is the same as one chance in 200 of getting cancer. Meaning that, 1 in every 200-air traveler logged 18,000,000 miles of air travel like Stuker, only one is expected to get cancer. The other 199 travelers might suffer from other health issues such as diabetes, heart disease and blood pressure. Therefore, it's also the same in Stuker's case where his chances of getting cancer is very small.

To make your activity complete, make a rundown of the multitude of advantages that you've gotten from your air travel over your lifetime (open positions, excursion travel, family visits, etc. Assuming you think your advantages have been small compared to your raised disease hazard, perhaps it's an ideal opportunity to re-examine flying. Yet, for some individuals today, flying is a need of life. Therefore, do not worry too much on the chances of getting cancer due to flying but focus more on the advantages that you will get from air travelling.





# INDUSTRIAL REVOLUTION TIMELINE

*WHERE ARE WE NOW?*



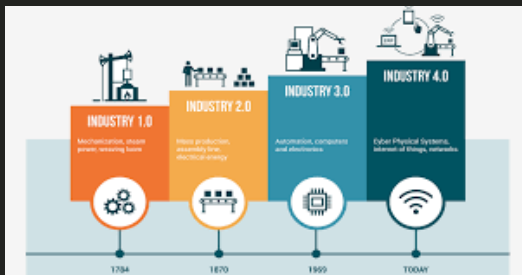
**BY MUHAMMAD ZULHIQMI BIN MOHD JAMIL**

In the modern world history, Industrial Revolution (IR) can be understood by the adaptation and implementation of modern technology in sustaining our daily life. In the early days, the definition of industrial revolution itself is a changing process from handicraft economy to the one that use machine for the purpose of mass production and manufacturing.

The technological changes will help in boosting the economy as the projected number of production scale will be increased by the help of specific machines. Since the beginning of industrial revolution, we've seen a lot of improvements and transformations in the niche industrial category. Till date, there are four industrial revolution and each of the revolution focuses on different development of the industry.

*SINCE THE BEGINNING OF INDUSTRIAL REVOLUTION, WE'VE SEEN A LOT OF IMPROVEMENTS AND TRANSFORMATIONS IN THE NICHE INDUSTRIAL CATEGORY.*

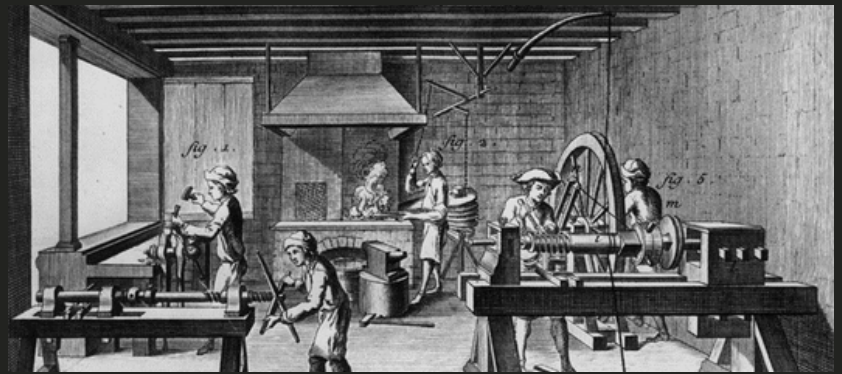




Little did we know, the first revolution of industry (Industry 1.0) has already begun since the early 18th century in Europe and United States. For the past 250 years, agriculture industry was the main source of economy. Workers labored almost six days a week just to keep the crops growing so that they can sell and generate income from it. Apart from that, most of the goods such as jewelry, were made by craftsmen and it took them days and even weeks to complete a complex design of the goods. With the introduction of machine in the latter half of 1700s, the main source of economy has changed from agriculture to production industry.

*SINCE THE BEGINNING OF THE INDUSTRIAL REVOLUTION, WE'VE SEEN A LOT OF IMPROVEMENT AND TRANSFORMATION IN NICHE INDUSTRIAL CATEGORIES.*

All products were produced and has been processed by using machine for the first time. During the period, the development of steam engine had transformed the way goods were produced including the mass extraction process of coal. Before the introduction of the steam engine, workers had to mine the coal manually in order to extract it from the surface of the earth. The method was not productive at all since more workers were needed to complete the work and it took them weeks to do so. Other than that, the steam engine was also used in other production process such as in the making of textile and also metal forging, which then produced varieties of goods that can be used in wear design and construction of buildings.



In the early 1870s, the discovery of electricity, gas and oil has transformed the industry all over again. This is when Industry 2.0 took place. With all the essential discovery, some industries such as transportation, manufacturing and communication started to get a jump start in the market. The invention of combustion engine was then translated to the production of plane, car and train that has been used in transporting goods across the country. Back in the days, people used telegraph to contact those who are located far away but with the discovery of electricity source, one of the famous scientists, Alexander Graham Bell managed to patented the first bell telephone which took place in June 1875. Since then, more electrical devices such as advance motors, generators and meters were invented with its main goal is to solve specific problem and help in sustaining the society.



*ALEXANDER GRAHAM BELL MANAGED TO PATENTED THE FIRST BELL TELEPHONE AND IT TOOK PLACE IN JUNE 1875.*

In the early '70s, as more technology has been developed from time to time, it resulted in the introduction of partial automation using memory programmable controls and computers. When programming and computers were produced, it promoted the development of automation where programmable robots and other hardware, using logic processors and information technology were used in helping some human tasks.

Those tasks including material cutting, data arrangement & sorting whereas human input and control were still needed. Back in the days, computer was meant to be used in calculation since most of the calculation was done manually by human. With the introduction of arithmetic programming and algorithm, some of the calculation was made simple as you can just key in the input numbers and the algorithm will calculate it for you. The computer was also made in order to gather and store important data which enables the people to process it for some certain work. In the manufacturing point of view, the creation of Computer Numerical Control (CNC) machine which was based on computer application, greatly helps the industry to propel further as complex and difficult design of goods can be produced by appropriate parameters programming.



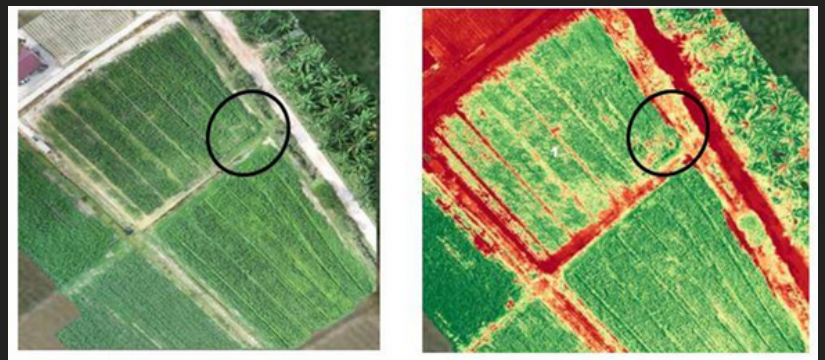
Nowadays, as we move ourselves further ahead, the function of automation, data analytics and machine learning are highly needed throughout industrial operation. The 2-way interaction between human to system has been introduced in Industry 4.0 where it represents a new era in managing the industrial value chain. There are 6 highlighted technologies that drive IR4.0 including Internet of Things (IoT), cloud computing, AI & Machine learning, edge computing, cybersecurity and digital twin. To understand the technological process, we need to look at the first technology which is IoT.



*ALEXANDER GRAHAM BELL MANAGED TO PATENTED THE FIRST BELL TELEPHONE AND IT TOOK PLACE IN JUNE 1875.*

It is the key component that allows machine to connect with other web enable devices in order to obtain large amount and precise data. Those massive data will then be stored and analysed in a cloud computing system. With the help of AI and machine learning, those stored data in cloud computing can be interpreted by the machine to improve their predictability and automation precision of operation. In IR4.0, cybersecurity is also said to be one of the important technologies that has been introduced to protect any kind of system from unpredicted malware and ransomware attack.

One of the examples of IR4.0 application is smart farming. Conventionally, farmers will spray their crops manually using water pump to maintain the health of their plants. The action is said to be impractical since more workforce and time will be needed to finish the process. By implementing technology from IR4.0, a drone can be deployed to help the farmers in spraying the area. Not only that, drone can also be used to track health condition of the crops. This can be done by collecting multiple pictures of crops over time and process the data captured using machine learning algorithm. Based on the processed data, it will help the farmers to analyse the condition of the crops, hence identify which area that can be improved.



All in all, more expected and unexpected technologies will emerge from time to time. All these driven technologies will then bring us towards the next industrial revolution that can change the way we work and communicate with systems in our daily life. As part of the community, it is important for us to keep on updating with appropriate knowledge in technological advancement, and swiftly adapting ourself in this never-ending learning process.

# DEPRESSION & MENTAL HEALTH



## Mental Health Conditions

by Nor Diyana Mohamad Saleh

Mental health condition is expected to be the second biggest health problem affecting Malaysians after heart disease (Family & Youth, 2019). Mental health can be defined as a state of well-being in which the people or individual is aware of his or her own capabilities, able to cope with the normal stresses of life and can manage to contribute to the society (WHO, 2021). On the other hand, a serious medical illness which negatively influence someone's feeling and behaviour can be defined as depression. Depression is one of the mental health conditions raised due to incapability of individual to stay focus and think consciously. Some people say that depression can be treated but others see it as a dead end.







## Depression Can Be Cured

Depression happens for many reasons, which can lead to various mental and physical issues. It can negatively give a major impact on the function of oneself at work or at home. There are mild to severe symptoms experienced by those who are depressed. A sad feeling, losing interest in the routine or activities that they once enjoyed doing, having difficulty to sleep, fatigue, difficult to think, concentrating or making decision, and the worst one is to have a thought of committing suicide, all of these are symptoms of depression.

The Ministry of Health have conducted a national survey and based on the findings, almost one third of the Malaysian adults aged 16 years and above (29.2%) have mental health condition, nearly triple from 11.2% in 2006. This result has shown that many individuals are affected by their life situation. They could not cope with the pressure they received from their surroundings until committing suicide is the only options left for them. Moreover, depression can be caused by traumatic incidents. It happens when the individual is in fear and stressful situations. Kids and even adults that experience verbal, physical bullying and cyberbullying are at greater risk of developing depression.

It is crucial to treat depression at early stage. There are many ways to help people with depression. The first step is to gain the support from people around you. It would be so difficult to cope with that situation alone, thus, staying connected with other people and involving yourself with any social activities can help to divert your attention as well as making a huge difference in your perspective and thinking.

Additionally, some people claimed that reaching out and asking for support is a sign of weakness but they are wrong. You do not know how much people's love and care can be a great medicine to your depression. The attention and love by anyone will help people to become stronger, especially when we know that they are people who able to listen attentively and compassionately without judging us.

Furthermore, people can cope with the depression by fighting with their negative and unrealistic ways of thinking. Having a negative mindset is only putting a negative spin on everything, including the way you see yourself and your expectations for the future. The deeper you think about it, the more negative impact it will be on you. You will have a thought that you could not do anything and it stops you from growth and can even stop you from enjoying your life. Be more positive is the only way to deal with such situation. Just think positive! Whenever you are having a negative thought, replace them with a more balanced way of thinking.

"STAY  
POSITIVE  
even it  
feels like  
your life  
is falling  
apart"

# SLEEP

BY FEQRY YANI

## STUDENTS HOLIDAY

Sleep is a physical and mental state that typically lasts several hours every night, in which the nervous system is relatively inactive, the eyes are closed, the postural muscles are relaxed, and consciousness is practically deferred. Sleep affect our daily functioning to our mental and physical health.



### ACCORDING TO THE CDCTRUSTED SOURCE, THE BREAKDOWN IS AS FOLLOWS:

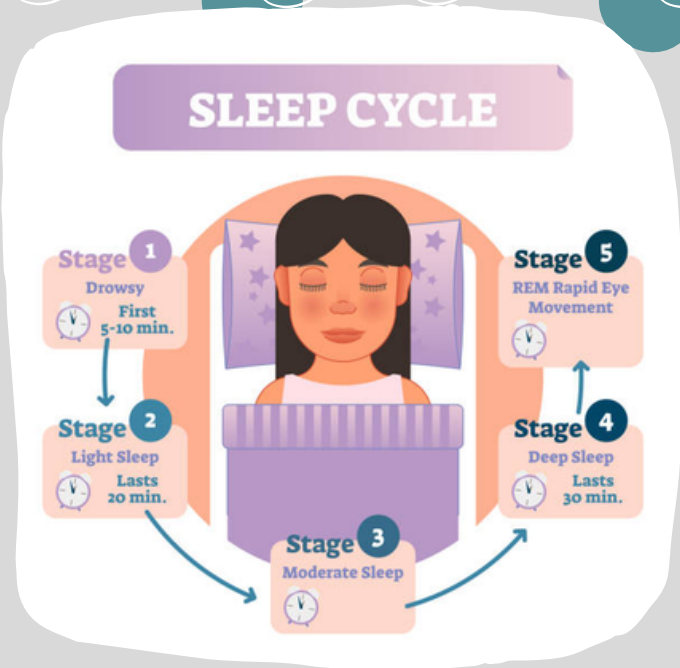
Newborns (0–3 months) : 14–17 hours  
 Infants (4–12 months) : 12–16 hours  
 Toddler (1–2 years) : 11–14 hours  
 Preschool (3–5 years) : 10–13 hours  
 School age (6–12 years) : 9–12 hours  
 Teen (13–18 years) : 8–10 hours  
 Adult (18–60 years) : 7-plus hours  
 Adult (61–64 years) : 7–9 hours  
 Adult (65+ years) : 7–8 hours

In sleep cycle, there are FIVE stages. The first stage is drowsy which takes about 5 to 10 minutes. Second stage is light sleep which lasts for about 20 minutes. In this phase, our eyes movement stop, and brain waves become slower. During the third stage, the wave of the brain is extremely slower, and we call it as the moderate stage. Deep sleep is the fourth stage in which it lasts about 30 minutes after the sleep begins. For the final stage, we call it the REM which stands for Rapid Eye Movement. At this stage, our heart rate and blood pressure increase.



## THE IMPORTANCE OF GOOD SLEEP

### REGENERATE OUR BODY & BRAIN



During the sleep time, our body system will repair and heal blood vessel and heart. It will protect from heart and kidney disease, low blood pressure and stroke. By having a good sleep, it will lower the risk of diabetes, and sustain your body weight. Through sleeping, your body will produce hormones including ghrelin and leptin. It is difficult to focus and absorb new info when you do not get enough sleep. This is because, your brain does not have enough time to store the memories properly.

## SOCIAL AND EMOTIONAL INTELLIGENCE

Sleep is closely related to someone's emotional and social intelligence. People who do not get satisfaction during sleep is more likely to have problems with diagnosing other people's emotions and expressions. Your mind requires the time to recognise and respond appropriately. When you cut your sleep short, you are more likely to have negative emotional reactions and fewer positive ones.





## PREVENTING DEPRESSION

Nowadays, depression issue is popular among the people around us. Lack of quality of sleep may have been one of the causes for this issue. Some people have depression issues due to lack of sleep because they are trying to struggle to balance between their work and personal life. Managing your time wisely may have a good effect on your sleep which will help to avoid from depression issue. Another study issued in the Journal of Australian and New Zealand of Psychiatry Trusted Sources advises that people who suffer from sleep syndromes such as insomnia are more likely to show symptoms of depression.

Finally, if you have any difficulties in falling asleep, try going to bed and wake up at the same time daily. It might be hard at the beginning, especially on weekends, but once you establish a routine, getting up early during the week becomes much easier. You can choose a suit and pack your bag on the following day, take a warm bath, listening to music, and schedule time for reading. In the long run, it will bring you much more advantages and help you manage your time and tasks better.

