General

44 guidance and counselling teachers participate in Profesor Turun Padang Programme, Biofeedback Technology Utilisation Course

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GAMBANG, 26 June 2024 – A total of 44 guidance and counselling teachers throughout Pahang participated in the Profesor Turun Padang Program of Biofeedback Technology Utilisation Course conducted by the lecturer of the Centre for Human Sciences (PSK), Universiti Malaysia Pahang Al-Sultan Abdullah (UMPSA), Professor Ts. Dr. Muhammad Nubli Abdul Wahab.

The programme was organised by PSK UMPSA, Pahang State Education Department and Pahang State National Counselling Teacher Council (MGKK).

The opening ceremony was officiated by the Dean, Centre for Human Sciences (PSK), Dr. Mohamad Hilmi Mat Said.

Professor Ts. Dr. Muhammad Nubli shared the outcome of his research on Biofeedback Technology which is used to measure the changing status of individuals.

It seeks to measure changes in psychological components through physiological stimuli.

The one-day programme was divided into two topics, namely the Basic Biofeedback Technique in the Student Self Change Programme and Biofeedback Technique Practice in student mentoring sessions.

According to him, biofeedback can be classified as a technique of using tools that can provide direct and accurate information about changes in physiological functions that are fully controlled by the nervous system.

“Through the use of appropriate tools, information about specific physiological functions can be monitored easily and accurately.

For example, sensor devices such as plethyplesmograph (PPG) can allow researchers to better understand changes in heart rate variability (HRV) that are difficult to understand through naked-eye observation alone.

“In short, this technique serves to stimulate and increase self-awareness and control of the mind, heart and emotions assisted by electronic sensors that can translate physiological signals of the body.

“As a university based on technical and vocational education and training (TVET), this technology can help strengthen and support the development of sustainable education.

“This technology is expected to help teachers in school guidance and counselling programmes in Pahang,” he said.

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