

**PROCEEDING
ASEAN CONFERENCE
2nd Psychology & Humanity
February 19 – 20, 2016**

**Optimalizing Human Strenght for Productivity
and Well Being**

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Dr. Syed Muhamad Syed Abdullah (Universiti Sains Malaysia)

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Dilarang memperbanyak karya tulis ini dalam bentuk dan dengan cara apapun tanpa seijin tertulis dari penerbit.

Preface

In the name of Allah SWT, the Most Gracious, the most Merciful. All the praises and thank be to Allah, the Lord of the universe. We thank to God because we have conducted the important event running smoothly, the 2nd Seminar on Psychology and Humanity held by students of Master of Psychology, University of Muhammadiyah Malang. That seminar got blessing from Allah SWT and runs well.

The seminar is conducted every year. From year to year, it will be broader scope. If last year conducted in national level, this year we invited friends/colleagues from ASEAN region to work together on the topic that we have discussed. And our planned for next year, this seminar will be held in a much broader scale, in the Asia- European scope. Some of friends from Europe have expressed their willingness for participation in the seminar by next year.

The theme of this seminar is: “Optimizing the human strength for productivity and well-being.” We consider this topic relevant today's condition.” Human strength as the chosen theme in the present seminar is an important concept in modern psychology. We believe that the progress of nations is happening, because of the strength character of its citizens. Human strength means, is the ability of individuals to overcome the various problems and developing themselves in their lives, as well as the collective power of individuals to face the challenges of the community social life. Advances technology is useless if it is not based on human strength is good of its users. Individuals and communities experiencing shocks and psychosocial problems when they encountered the changes and developments of technology occurred, because they don't have human strength.

The second is productivity. The manifestation of a healthy person and a person who runs the social psychosocial functioning is to produce something as a manifestation of an individual's life but doesn't mean the cause of death. In a productive society, competitiveness is not a problem, because it will always yield (production) what its ability and does not stop at the level as consumers. Productivity is basically the duty of every individual to contribute positively to the society. In a broad context, the productive is not only in a form of goods, but in all affairs of human life.

The third keyword of the seminar topic is well-being. One of the goals of this life is to achieve the prosperous life. This well-being has a very broad meaning, they are: social welfare, economic prosperity, psychological well-being. However, the achievement of well-being can be obtained if the prerequisites is previously achieved, including productivity achieved by the individual. In other words, productivity is manifested by individuals basically to obtain the well-being, otherwise if the individual does not obtain prosperity in life, there is no useful by himself.

We appreciate to the Master of Psychology Program who organized this seminar to discuss more in-depth to obtain a broad perspective on the welfare of individuals regarding the power of human being (human strength).

The seminar was followed by 130 Call for Papers. They welcome from the Department of Psychology and related fields of science are very nice. Again we on the said seminar we are very grateful to the guest speakers who comes exclusively for the purposes of this seminar. The ideas presented by the speakers will provide insight the meaningful for all of us to understand the concept and application of the character strength which is relevant to the productivity and well-being.

We acknowledged and honored to the especial guest for your willingness participating this seminar. In behalf of this matter, I would like to relay my deeply gratitude to the following persons:

1. Prof. Dr. Mohd. Zaidi Haji Hajazi from University of Selangor, Malaysia which from the very beginning we work together and who expressed his desire to participate in this seminar.
2. Dr. Syed Muhammad Syed Abdullah from the University of Science Malaysia in Pinang. A friend who have known me long enough and willing to deliver his papers in this seminar.
3. Dr. Agnes del Rosario-Crisostomo from Bulacan State University, Philippines, he had been long journey from Malolos to Malang.
4. Mr. Sapon Satornsumritpol, M.Ed. from Rajamangala University of Technology in Thanabury, Thailand.
5. Dr. LisnawatiRuhaena from University of Muhammadiyah Surakarta, who also sincerely to become a speaker in the seminar.
6. Dr. Iswinarti, as well as the organizer of this seminar, she also prepared her papers for the implementation of the seminar.
7. Prof. Dr. Nilar Kyu from University of Yangon, Myanmar, he has obtained the approval from the government of Myanmar for attending the seminars. Hopefully tomorrow he can be with us.

And actually there are speakers who are willing to participate, but unfortunately they couldn't join of this seminar, because of some reason namely:

1. Prof. Dr. Sek Sisokhom from Royal University of Phnom Penh.
2. Dr. Nguyen Thi Than Tu from University of Social Science and Humanities, Ho Chi Min, Vietnam.

However, overall the seminar had been run well, and this proceeding has be issued as dissemination for the public. That is all and thank.

Malang, February 2016
Editor,

Dr. Latipun, M.Kes

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