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**VIRTUAL REALITY & CURRENT PRACTICES  
(AN INTRODUCTION TO WIDAD FAROKAM)**

**<sup>1</sup>Siti Aminah Harun & <sup>2</sup>Mohd Farooq Ibrahim**

<sup>1</sup>Universiti Malaysia Pahang Al-Sultan Abdullah, Malaysia

<sup>1</sup>Universiti Malaya-Wales, Malaysia

<sup>2</sup>Widad University College, Malaysia

*<sup>1</sup>Corresponding author: [siti.aminah@umwales.edu.my](mailto:siti.aminah@umwales.edu.my)*

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**ABSTRACT**

This concept paper is a discussion that emphasizes the virtual reality support idea. Widad FAROKAM is an application based on the system that is compatible with the website surfed by mobile or desktop. The future target user of this system will rehearse the attention of completing the task given and divert their attachment growth by the involvement of a guardian within the task target. Still, the research must explore certain aspects which indeed can make up several issues arise. Widad FAROKAM' integrated system is based on the currently developed product of R&D named Widad Psychetra Door (WPD). Through the investigation and feasibility study from the same research in a previous paper published on Widad FAROKAM & WPD, the common representation arises from the fourth phase of this R&D product. This fourth phase involved virtual reality.

**Keywords:** Virtual reality.

## INTRODUCTION

Psychology explores the intricacies of human thought, behaviour, and mental processes. Psychology aims to comprehend the intricacies of emotional and cognitive processes, personality growth, memory formation, the impact of the unconscious mind, recovery from trauma, perception, and various other domains (Harun et al., 2022; 2021; 2020; 2018). Currently, individuals are experiencing heightened levels of stress compared to pre-pandemic times, particularly young adults in college and teenagers. However, considering the decrease in social interaction compared to usual circumstances, it is crucial to inquire about the well-being of self-reliant individuals during the pandemic. This Widad FAROKAM is anticipated to be in high demand for the treatment of teenagers who exhibit suicidal intent and have difficulties with social interaction and attachment with their parents. This R&D product's standard for the use of technology in healthcare settings and psychological support was established through collaboration and advice from technological experts from this research team.

Widad FAROKAM, users' natural factors such as attracting attention or simply declaring their decision should carry out the structured model's initiating notion in diminishing the intent to commit suicide (Harun et al., 2023). The need to comprehend the part attention-seeking plays in the lives of those who consider suicide. The focus varies depending on whether the relationship is with parents, friends, or intimate partners. The attention that is required will be stated along with the likelihood of suicide intent. The user experience that individuals get when they follow the activities provided by virtuality instruction is exercised by Widad FAROKAM APPs algorithms. This type of attention anticipates the psychological stage in which a person feels the satisfaction of attention while working with a partner to complete a task. The virtual activities will be smoothly directed by the suggested tools, such as PICO 4 (Pelet et al 2017a).

Virtual reality (VR) technology has proliferated recently. An in-depth examination of how people are interacting with VR content is necessary because this trend is growing. The capacity to proactively search for valuable information may be among the most significant and distinctive abilities of contemporary people. A billion people use information seeking (IS) in digital systems daily because to the growing ubiquity of information and communication technology.

Simultaneously, the IT sector, the general public, and researchers have all shown a renewed interest in (VR) technology due to recent breakthroughs. Although there are many different ways to define virtual reality, most definitions state that the main objective is to create an experience that is as realistic as possible by subjecting an organism, typically a human to artificially generated sensory stimulation usually computer-generated (SchleuBinger et al., 2023).

To better understand the factors influencing users to adopt (VR) games, individual and social aspects have been left out of previous models of technology acceptance. The positive relationship between adopting methods and (VR) acceptance points to a favorable reaction to simple experiences. Research by Hosseini in 2023 demonstrates how (VR) exergaming can help users pursue their objectives and participate in worthwhile activities. Additionally, the influence of social theories of ageing shows how technology is accepted as well as how (VR) exercise games are created and marketed to better meet the requirements and preferences of users in suicide intent (Hosseini et al., 2023).

Compared to traditional desktop, laptop, or mobile computer environments, today's immersive virtual reality systems completely enclose the user: A (VR) headset is usually worn on the user's head to provide full-depth perception with high-resolution screens, so substituting a virtual world for the user's actual perception of reality. (VR) installations frequently incorporate controller input, sometimes with haptic feedback, and aural output through headphones or adjacent speakers. The fundamental presumption is that these are engineering problems that can be resolved or solved. These difficulties are not essential characteristics of (VR), but they should be taken into account while creating software objects and carrying out research (LaValle, 2023).

Users' flow experiences are influenced by virtual (VR) travel attributes (such as sense and quality of information), how enjoyment is affected by emotion and prior experiences, and how satisfaction and booking or visitation intentions are affected by flow experiences and enjoyment. Flow experience was positively and considerably impacted by the sense and calibre of information in virtual reality travel. Furthermore, the enjoyment of virtual reality travel was positively and considerably influenced by emotions and past experiences. In a similar vein,

enjoyment and flow experience have a favourable and significant impact on contentment. (Sann et al., 2023). However, users' plans to visit and make reservations are adversely impacted by their level of pleasure with (VR)-related tourism experiences. In the same idea, the structured of Widad FAROKAM Virtual completion task creating the future behavior of enjoyment. This virtual completion task aims to be one of the apps interventions as one of the psychological supports which indicates our aim in fulfilling the phases in virtual Widad FAROKAM. When engaged in such virtual activities to the fullest, the attention level will also be influenced. Suicidal individuals will therefore become completely focused and lose all self-consciousness. This mood deepens, without much effort, one affective reaction to the Widad FAROKAM virtual system, which is characterised by the interaction bonded by partners' involvement in such activity. An individual can exert control over their planned action thanks to this delightful experience (Coppersmith et al., 2023). The completion job will act as a two-way conversation that directs users' attention and produces a positive user experience. According to Bloch-Elkouby et al. (2023), this interaction would provide a flow experience that could result in a decision to reclaim.

The relevance of mental health is becoming more widely acknowledged, and as a result, more people are accepting of seeking guidance or assistance from psychologists to help those in need. It takes a lot of work to draw clients, especially from people who continue to stigmatize mental health problems. To assist future users of this virtual system, Widad FAROKAM has created an executive application that will encourage task completion and lessen attachment dependence when guardians are involved. This method is essential for delving deeper into the application's potential as a coping strategy, a topic that is frequently discussed but never investigated. With the help of the virtual system, sufferers' suicidal thoughts should be lessened, and the government should be able to reduce the number of suicides. As the most recent step of intervention in lowering suicide attempts, the method incorporates virtual sessions. Virtual sessions in the wise of psychology's professionalism clarifying by respecting and maintaining the credibility of psychologists, aspiring psychologists can excel in their knowledge and abilities.

The target market for this Widad FAROKAM would have no trouble reaching the younger suicide intent, especially young adolescents in society, as the AI age in this century became the main diffuser for the

virtual reality tools like PICO 4 (Sulaiman et al., 2022; Saharuddin, 2020; Soh et al., 2018). Today's civilization is becoming more digitally integrated and networked, with computers and algorithms making ordinary tasks easier. ICTs have also enhanced the speed, scope, and size of information and knowledge access (Herzog et al., 2023; Pelet et al., 2017).

This study seeks to bridge the gap by investigating the deficit variable, such as attention will lead to recovered decisions by Widad FAROKAM users, who comprise the target sample (pilot study). The primary theoretical model for the current study is the Theory of Planned Behaviour (TPB). TPB is a powerful hypothesis that Ajzen presented in 1991 to explain people's behaviour (Ajzen, 1991; Wang et al., 2016; Yadav & Pathak, 2016). In recent study published by Ibrahim (2021) additional variables were incorporated into the TPB to better describe individual behaviour, taking into account the particular research setting and background. Through previous research also, Widad FAROKAM emphasised the therapists are required by APA ethical principles to stay away from any multiple relationships that are likely to cause them harm. Therapists ought to be aware of the private information about oneself that is readily accessible to the public on the internet. Furthermore, customers participating in sessions from home may raise privacy concerns due to potential interruptions. (Fauzi et al., 2021). The APA's ethical guidelines and the ISMHO (2009) both stress how crucial it is for therapists to take appropriate security precautions to maintain confidentiality. These security precautions could involve using firewalls, encryption software, and passwords to protect data from intruders or hackers. Widad FAROKAM has responded to these issues by taking action already. In addition, in accordance with the APA (2002) code of ethics, therapists should work with clients to create an emergency plan for alternate ongoing services in order to reduce the possibility of damage to clients in the event that the online virtual system experiences disruptions. As a result, the principles of beneficence and nonmaleficence, which aim to advance client welfare and prevent harm, are given priority by this virtual system (Willis, 2018).

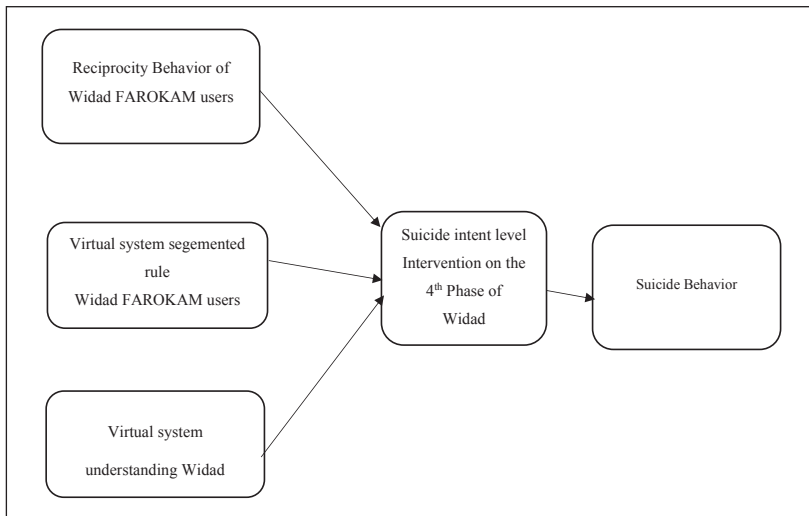
## **THEORETHICAL FRAMEWORK**

This concept paper is mainly done to address the WIDAD FAROKAM APPS integrated for psychological support in Virtual Reality

perspectives. Figure 1 shows the current study of R&D product development of Widad FAROKAM. In arguing about human intention and future behaviour, TPB theory focused on three key drivers. Three distinct determinants, attitudes, subjective norms (SN), and perceived behavioural control (PBC) showcase their quantifiable and perceived qualities (Ajzen, 1985; Ajzen & Driver, 1991, 1992). Suicide is a behaviour that reflects internal turmoil, occupying one's knowledge base to the fullest extent possible, and inner thoughts. Internal and external factors that reflect attitude, social norm, and perceived behavioural control (PBC) in TPB demonstrated the purpose of linking potential risk factors for suicidal behaviour (Rustagi et al., 2023; Charcopa et al., 2023; Ibrahim et al., 2021). This study attempts to broaden the concept of demonstrating the selecting variables that may lessen the likelihood of suicide behaviour.

**Figure 1**

*R&D Product development of Widad FAROKAM*



## LITERATURE REVIEW

The ideation of a virtual system may induce different understanding which it entails acknowledging differences in understanding and beliefs, as mentioned by Harun et al. (2015). The introduction of religion and spirituality is one of the most delicate and difficult areas to negotiate when it comes to different cultures. This may lead

to miscommunications and disputes amongst users of the virtual system. Established practice guidelines for virtual system, such as the American Psychological Association's Guidelines for providers of psychological services to ethnic, linguistic, and culturally diverse groups (APA, 1993), also include aspects of diversity, religion, and spirituality (Barnett & Johnson, 2011).

The ideation also on psychological supports using virtual system in this modern era, and with the endemic. The rise of virtual treatment in recent years has been noteworthy, affecting people worldwide, regardless of age, gender, social class, or cultural background. Since these approaches differ from standard treatment or sessions, research has concentrated on comprehending the underlying problems related to them. Confidentiality, security, and privacy are the main ethical issues with online or virtual therapy. These worries, as mentioned by Stoll and colleague (2020) are caused by using unencrypted websites or communication methods that are open to hackers. This may violate confidentiality agreements between therapists and clients by jeopardising the security of clients' data and running the danger of personal information leakage. Virtual therapy therefore confronts many difficulties, especially with regard to privacy (Stoll & Müller, 2020).

The authors have reviewed the current standards of practice and regulatory guidelines in this field in this virtual system and have determined that they are either nonexistent or insufficient. Many ethical questions remain unanswered due to the lack of guidance from legal or regulatory bodies, especially with regard to global or international regulation of cross-border practice, as well as the absence of specific ethical guidelines or codes of conduct for online psychotherapy (Stoll & Müller, 2020). A comparable strategy was previously used in the late 1990s with email therapy, when clients addressed problems like abusive relationships, sexual worries, or relationship disputes. But due to worries about privacy, morality, and legality, the approach was abandoned, underscoring the significance of therapist expertise, training, and understanding (Deborah, 1999). These concerns are still relevant in virtual therapy sessions in the modern period, even with technical developments (Ibrahim et al., 2021; Harun et al., 2020).

The use of virtual reality has become a potential tool in several clinical care and research sectors, serving as a technology, communication interface, and artificial experience. It can be used, for example, as a medium for in vivo exposure treatment, which uses touch, scent,

noises, visual cues, and perceptual stimulation to elicit emotions. The objective of this technique is to improve and include conventional therapeutic methods (Priyanka Dey & Samuel Rukhshan, 2019). The Human-Computer Interaction Group at Clark Atlanta University came up with the idea of using virtual reality technology to treat psychological illnesses in November 1992. The team then carried out ground-breaking pilot studies to treat particular phobias, including the dread of heights, flying, particular circumstances, and public speaking (Dey & Samuel Rukhshan, 2019; North et al, 1997).

Virtual speech therapy is being used more and more by child development psychologists to treat a variety of speech abnormalities, including stuttering, stroke-related aphasia, and pronunciation issues. In these sessions, therapists assess speech, offer solutions for speech problems, and assist clients in learning new speech patterns. Using robots rather than actual people to help with speech improvement is a new strategy in virtual speech therapy. In a similar vein, several experts in organizational and industrial psychology support virtual occupational therapy, which teaches people targeted life skills. Therapists use online tools like video chat to provide guidance, advice, and comments. Virtual reality may also be used in some types of virtual occupational therapy to replicate situations people could face in the real world. In general, virtual therapy, especially in clinical settings, focuses on enhancing the cognitive, emotional, biological, and behavioral aspects of human functioning throughout the lifespan, with an emphasis on helping people in distress by applying the best knowledge and techniques currently available (MedicalNewsToday, 2020).

### **Systematic Literature Review Specification**

According to the ideation of the virtual system aspect that has arisen, there are several key principles that must remain focused on the fundamental issues impacting the mental health of historically oppressed populations which include:

- a) The degree of users' access and involvement in mental health treatment
- b) The influence of partners' completion experiences, particularly on the client well being of suicide intent
- c) The degree to which the experiences of clients
- d) The effectiveness of the virtual system Widad FAROKAM as a function of psychological support system ideology



Examine how (VR) might encourage environmentally friendly conduct. The literature review incorporates a range of disciplines that address the benefits and constraints of (VR) in design experiences (Scurati et al., 2021) as well as how VR may offer a summary of education, training and transfer, and procedural, cognitive, and maintenance training. For example, the current (VR) research finding, Bekiroglu (2023) presents on sustainability field. In order to increase users' awareness of carbon emissions, this research employs (VR) technology to turn a carbon calculator into an immersive (VR) environment. This adds to the body of literature on (VR) and education for developing behaviour change with a sustainability focus (Bekiroglu, 2023).

The potential of (VR) in encouraging sustainable behaviours and stress the significance of integrating immersive experiences into campaigns for sustainability education and awareness (Aminah et al., 2022). All things considered, sheds light on how to use (VR) to promote sustainability and presents workable ideas for creating behaviour change interventions that target carbon emissions and many more research on VR that can be emphasizing to support the ideation of Widad FAROKAM VR in intention especially decreasing the intent suicide ideation. Table 1 .0 presents the summary of latest research on users' intention to used virtual reality based on specification of SLR review.

**Table 1**

*The Summary of Latest Research on Users' Intention to Used Virtual Reality*

No.	Authors	Terms used	Main Findings
1.	Ellyson et al., (2023)	Perceived control behaviour	Intention has been used as a proxy for actual behaviour
2.	Tan et al., (2023)	E-TPB of moral	Predict intention through emotion
3.	Wang et. al., (2023)	perceived behavioural control in E-TPB	The behavioural intention was adjustable in the control group. Live streaming

(continued)

No.	Authors	Terms used	Main Findings
4.	Wang et. al., (2024)	perceived behavioural control in E-TPB	Effect of display methods on intentions to use virtual reality.
5.	Chen et. al., (2024)	E-TPB	Acceptance and rejection of immersive virtual reality usage
6.	Yersüren et. al., (2024)	Perceived control behaviour	Virtual reality experience quality
7.	Hsiao et. al., (2023)	Perceived control behaviour	Purchase intention in virtual reality commerce environment.
8.	Zhu et. al., (2023)	E-TPB	Improve virtual reality
9.	Huang et. al., (2023)	UTAUT & TPB	Virtual reality behavioral intention
10.	Wang (2024)	E-TPB	Adoption of virtual reality technology based on VAM

It is also acknowledged that psychology and counselling have a significant influence on the development of mental health careers at this time. As a result, given the decades of slow progress, it is imperative to reinforce the foundations of psychology and counselling. As previously anticipated, scholarship, which takes multicultural factors into account has come to a pivotal point where it has the potential to profoundly influence every aspect of these professions.

Review findings from the last 20 years of study that expand on the impact of immersive technology on consumer behavior as these tools go from being quirky novelty items to a pervasive consumer utility. While previous assessments in this field have concentrated on a small number of immersive technologies or their use in a single industry, recent research compares and analyses VR's impact from an all-encompassing perspective (Ambika et al., 2023).

In addition, there are the hopes of prospective users. According to the findings, popular VR applications for seek to project a specific image of information to the public in a coordinated and consistent manner. The results further highlight how crucial it is to create VR future scenarios as a determining factor for strategic planning (Oncioiu et al., 2022).

**Table 2**

*The Summary of Latest Theory on Users' behavior in Virtual Reality Activities*

No	Authors	Main findings
1.	Yan et al. (2024)	interaction with virtual reality behaviour in a service setting, viewed through the lens of human-computer interaction
2.	Maroungkas et al. (2023)	A survey of learning theories, techniques, and methodologies pertaining to virtual reality in education over the past ten years
3.	Kari et al. (2023)	Acceptance and application of virtual reality games: an HMSAM expansion. Digital Reality
4.	Raj et al. (2023)	Recognising the intents of elderly people to utilise virtual reality for religious
5.	Oncioiu et al. (2022)	Virtual reality as a tool for behaviour perspective development
6.	Ambika et al. (2023)	Immersion technologies and the behaviour
7.	Schleußinger et al. (2023)	A scoping analysis of information seeking in virtual reality contexts is presented in Immersive Information Seeking
8.	Bekiroglu (2023)	Examining virtual reality's potential to encourage sustainable behaviours
9.	Sann et al. (2023)	Impacts of virtual reality travel using an expanded stimulus-organism-response model on satisfaction and intention to visit
10.	Hosseini et al. (2023)	A quantitative study with older persons was conducted to evaluate the acceptance of virtual reality in long-term care institutions.

In the world today, virtual reality is very important nowadays since that method can be considered as a medium for people who currently having such a difficult life. For instance, worldwide has been hit by the endemic which affects both physical and mental health. Many people living in a state of perpetual fear, persistent isolation, and elevated stress and anxiety are all completely valid feelings especially if the things are related to the world right now where we live and life for a living. On top of that, there's also the type of virtual reality to consider. Table 2.0 presents the ideation of intention in exercising the

virtual reality instruction through Widad FAROKAM in gaining the attention of the user's partner for completing the task given in Apps.

Based on the table 2, selected literature review from 2022 up to 2024, on users' behavior in (VR) activities The experiences of users can be influenced by various attributes of virtual reality (VR) travel, including the sense and quality of information provided (Hosseini et al., 2023). Additionally, enjoyment can be affected by emotions and prior experiences which will leading to decreasing number of suicide intent (Kari et al., 2023). Although research on virtual reality therapy is still in its early stages and not all approaches have been thoroughly tested, preliminary results point to the technology's potential benefits (Ambika et al., 2023). For instance, a 2020 study on virtual physical therapy following knee surgery showed results that were similar to those of in-person treatment, most significantly, at a lower cost. In a similar vein, a 2017 systematic review suggested that mental health treatments provided online could produce results and care that are comparable to those of traditional mental healthcare (MedicalNewsToday, 2020).

Emotions and previous experiences had a significant positive influence on the enjoyment of virtual reality travel. Similarly, enjoyment and flow experiences have a positive and significant impact on contentment (Sann et al., 2023). However, users' intentions to visit and make reservations are influenced by their level of enjoyment of VR-related tourism experiences. In the same vein, the Widad FAROKAM Virtual Completion Task is structured to create future enjoyment behaviour.

## **DISCUSSION**

There is a growing recognition of the importance of mental health, leading to an increased acceptance of seeking support or guidance from psychologists for those who require assistance. It requires significant effort to attract clients, particularly from individuals who persist in stigmatising mental health issues. Harun and colleagues (2023) recent research recommendationd, indicate a future study on suicide intent will essentially examine a sample of users who have expressed a readiness to do the tasks provided by Widad FAROKAM and summarise their thoughts upon finishing the activity using a virtual reality system. The most effective variable for interpreting user intent to commit suicide in this study can therefore be found using Structural Equation Modeling. Additionally, with its capacity to estimate models

that frequently exhibit a high degree of statistical power and help researchers conducting exploratory research on suicide intent and create more possible model theories (Hair et al., 2011; Henseler et al., 2015; Law & Fong, 2020).

In order to support future users of this virtual system, Widad FAROKAM has developed an executive application that aims to promote task completion and reduce reliance on guardians. This method is crucial for exploring the application's full potential as a coping strategy, a subject that is often talked about but rarely studied. The variables influencing users' enjoyment on (VR) identified by previous study based on Table 2.0, offers a variety of theories for how certain variables, particularly the attention deficit variable, may account for Malaysians' intention to commit suicide. In everyday life, contact within the same community may support the goal. Therefore, the shared factor that needs to be taken into account is introducing the benefits of the Widad FAROKAM virtual reality system using instruments such as PICO 4.

The virtual reality holds demand of virtual ideation on psychology support system increases tremendously during the pandemic (Harun et al., 2023). Gaining knowledge and educations to understand the nature of diversity is essential in order to respect the users need. There are many pros and cons of the virtual reality apps intervention. This should be addressed and handled to achieve a better and effective apps intervention for the future generations. This is because a key skill for this Widad FAROKAM Virtual Reality is the ability to connect with another person on a human level and the most important part of interpersonal skills are conversational skills such as responding and asking interactions during the completion of task. Beyond that, yet the user needs to be inquisitive for this virtual reality future tasks and attentive to their integrated rule in apps, inquiring about their views, feelings and emotions in a respectful, conscientious manner so they will know whether want to continue with a line of questioning or return to it in a later task completion in Widad FAROKAM Virtual Reality system.

## **CONCLUSION**

In the rapidly changing field of virtual reality sessions—which are becoming more and more common as research on the subject grows—aspiring psychologists need to constantly work to improve

their knowledge and abilities to properly handle ethical dilemmas. To maintain their integrity and professional credibility, psychologists must always look for up-to-date knowledge and references. Certain restrictions can be addressed in light of the past studies on this virtual reality concept paper.

One significant constraint is the dearth of researchers who concentrate on ethical concerns related to virtual reality. Consequently, public awareness and recognition of this approach are still in their early stages. Furthermore, studies on virtual reality tend to focus on a specific age group, usually young people. Because of this, conclusions and advice from these kinds of studies are exclusive to this population and cannot be applied to other age groups. For example, the ethical considerations in virtual reality might be very different if the study population was made up of teenagers or older individuals. These discrepancies in results could be caused by disparities in the cognitive development and knowledge levels of people in various age groups. Individual characteristics that help us stand out from the crowd and give us unique perspectives on the world are becoming more and more accepted in today's culture. It is commonly known that a variety of backgrounds, cultures, faiths, and other components have an impact on how we perceive the world and how different events and situations affect our feelings and actions.

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