



OPEN YOUR HEART TO BERSIH, CEKAP & AMANAH

**CAWANGAN PENGURUSAN PSIKOLOGI
KEMENTERIAN KERJA RAYA MALAYSIA**



WHAT IS IT ACTUALLY?

FAIRNESS

Fairness is an element of integrity that could have a number of different conceptualizations. It would depend on one's standards for what is fair. It may be based on **equality, effort, equity**, or some other standard. For example, if equality is perceived to be an attribute of fairness in a company, all employees may be allowed to share their opinions and participate in decisions. If effort is perceived to be an attribute of fairness, then employees who make a great effort at their jobs may receive an increase in their salary or gratitude.



WHAT IS IT ACTUALLY?

CONSISTENCY

The above definition also suggest that integrity reflects consistent behavior. Thus, a person who is only sometimes fair or honest may not be judged to have integrity.



WHAT IS IT ACTUALLY?

ETHICS

Ethics reflects principles of moral behavior, and integrity is a basic principle of moral behavior. In fact, integrity can be viewed as the foundation of moral behavior. Moral behavior reflects consistency in honesty and fairness.



CHALLENGES

HARD TO ACCOMPLISH
SOCIAL CONFORMITY
PSYCHOLOGICAL HURDLES



6 STEPS TO A LIFE OF INTEGRITY

1

Find and define your sense of purpose

So the starting point to creating a life of integrity is to ask these questions about purpose and opportunity, and to keep them always simmering on the front burner of your life. Be willing to acknowledge and then explore your passions, callings, and motivations. Intentionally sort through and set priorities. Sit down with yourself and decide on the meaning of work and relationships for you rather than simply taking what you get.



6 STEPS TO A LIFE OF INTEGRITY

2

Sort out shoulds and wants

Each time you do listen to and act upon these gut and heart impulses, however faint, this source of information about you becomes ever-stronger in your brain and life. But this once again requires courage (the essential ingredient of integrity) to step away from the crowd and listen to your own inner voice.



6 STEPS TO A LIFE OF INTEGRITY

3

Define your values & vision

The final step in this discovery process is to filter all this information through your own values—your vision of a “good” life and a “good” person you can be proud of. The key here is *your* values, not merely copying those of others. Like purpose, values too are to be discovered and evolve, but also like purpose, they require that you put them on the front burner, intentionally decide what it is you want those values and visions to be

.



6 STEPS TO A LIFE OF INTEGRITY

4

Make clear decisions

Through the filter of your values, your sense of purpose, your gut instincts and desires you want to make clear decisions. That does not mean the decisions are easy: Do you take a less-stressful job so you have more time to spend with your kids, for example, or do you take a more stressful job but one that pays more and allows you to provide more opportunities for your kids, like a college education? Tough!



6 STEPS TO A LIFE OF INTEGRITY

5

Stay committed to what you believe

checking in with yourself and asking, *Am I living my life? Am I proud of my life so far measured by my goals and expectations?* This is about having "the courage of your convictions" that people so often talk about—the willingness to step up and speak. Though difficult at first, this process too gets easier with practice and as you find that what you feared would happen rarely does.



6 STEPS TO A LIFE OF INTEGRITY

6

Stay open to change

Creating integrity is not a forced march through life, and it's not about not being better, trying harder, and following yet another should. It's about self-honesty and having the courage to hear and accept what your heart and life are telling you so that you can more fully become who you already are.



Sekian, Terima Kasih

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