



## CURRICULUM VITAE



### ASSOCIATE PROF. DR. ZARINAH ARSHAT

Department of Human Development and Family Studies  
Faculty of Human Ecology  
Universiti Putra Malaysia  
43400 UPM Serdang, Selangor  
Malaysia

Office : 03-97697139

Fax : 03-89467093

Email : [zarinah\\_upm@upm.edu.my](mailto:zarinah_upm@upm.edu.my)

ORCID:<http://orcid.org/0000-0002-1489-5429>

Google scholar ID: Zarinah Arshat

Research gate: Zarinah Arshat

### Education

1. PhD (Family Ecology), 2010, Universiti Putra Malaysia.
2. Master Science (Family Ecology), 2001, Universiti Putra Malaysia.
3. Bachelor Science (Human Development), 1998, Universiti Putra Malaysia.

### Area of Interest

1. Family and Child Development
2. Family and Child At-Risks
3. Family Strengths

### Professional Qualification/Membership/Affiliation

1. Member of The National Council of Professors, 2022-present
2. Member of Malaysian Social Science Association, 2019-present
3. Member of Malaysian Psychological Association (PSIMA), 2019-Lifetime
4. Member of Family Empowerment (FAME) PPM-001-10-21102017, 2019- present
5. Member of International Society for the Study of Behavioural Development, 2019 –present
6. Member of UPM Academic Officers Association, 2010-present

### Appointments & Teaching Experiences

Position	Duration
1. Editorial Board of Malaysian Journal of Human Ecology (MJHE)	2021-2023
2. Associate Prof, Department of Human Development and Family Studies, Faculty of Human Ecology, UPM.	July 2019-present
3. Senior Lecturer, Department of Human Development and Family Studies, Faculty of Human Ecology, UPM.	July 2010 – August 2019
4. Tutor, Department of Human Development and Family Studies, Faculty of Human Ecology, UPM.	July 2003 – June 2010
5. Head of External Education and Industrial Training, Faculty of Human Ecology, UPM	Dec. 2014- Mar. 2017

- |   |                       |
|---|-----------------------|
| 6. Coordinator of Bachelor Science of Human Development Program in Campus and Distance Education, Faculty of Human Ecology, UPM | 2012-2017, 2019-2021  |
| 7. Coordinator of Diploma in Human Development, Faculty of Human Ecology UPM  | 2014-2015             |
| 8. Assistant Registrar Academic Development and Student Intake UNITI College, Port Dickson, Negeri Sembilan                     | Jan. 2003 – Jun. 2003 |
| 9. Executive Academic Development UNITI College, Taman Maluri, Cheras, Kuala Lumpur   | Jan. 2001-Dec. 2002   |

## Publication

### Journal

#### Cited Journals

1. **Zarinah Arshat**, Mandy Leow Zhia Hooi, Tun Ju Ern, & Nurul Saidatus Shaja'ah Ahmad Shahril. (2022). Maternal warmth, motivation for engagement in cyberbullying and cyberbullying involvement among undergraduate students. *International Journal of Academic Research in Business and Social Sciences*, 12(7), 149 – 159. <http://dx.doi.org/10.6007/IJARBSS/v12-i7/13045>
2. Ning Foo, Nellie Ismail, & **Zarinah Arshat** (2022). Relationship between screen time, sleep duration, parent-child interaction and psychosocial adjustment among preschool children in Selangor, Malaysia. *Journal of Educational and Developmental Psychology*, 12(2). <http://doi.org/10.5539/jedp.v12n2p94>
3. Wan Arnidawati Wan Abdullah, **Zarinah Arshat**, Mohammad Mujaheed Hassan, Ng Eng Eng, Nur Liana Zamani (2022). Stages of employment readiness and propensity to return to work. *Journal of Positive School Psychology*, 6(3), 5000-5012.
4. Haikal Anuar Adnan, **Zarinah Arshat**, & Nurul Saidatus Shaja'ah Ahmad Shahril (2022). A cross-sectional study of Malaysian low-income drug addict wives: Relationship between family impact, coping and mental wellbeing. *F1000Research*, 11:683  
<https://doi.org/10.12688/f1000research.122476.1>
5. Nurul Saidatus Shaja'ah Ahmad Shahril, **Zarinah Arshat**, & Adnan, Haikal Anuar Adnan (2022). Parental stress and depression symptoms among B40 wives of drug addicts in Malaysia: Resilience as a mediator. *F1000Research*. 11:954.  
<https://doi.org/10.12688/f1000research.123365.1>
6. Nor Sheereen Zulkefly, Athirah Yasmin Mohd Shakiry, Rozumah Baharudin, **Zarinah Arshat** & Zanariah Ismail (2021). Maternal attachment and cognitive distortion of Muslim adolescents in juvenile rehabilitation residential schools: Self-regulation as mediating mechanism. *Journal of Muslim Mental Health*, 15(2), 1-13. <https://journals.publishing.umich.edu/jmmh/article/id/415/>
7. Sodiq Adewale Yusuf, Mohd Najmi Daud, & **Zarinah Arshat**. Perception on the role of parenting style on juvenile delinquency among adolescents in the government remand homes, Lagos State Nigeria. *International Journal of Academic Research in Business and Social Sciences*, 11(6), 1425–1441. DOI:10.6007/IJARBSS/v11-i6/10042
8. Mohammed Nyah & **Zarinah Arshat** (2021). Association between family involvement, play, and literacy skills among preschoolers from low-income families in Nigeria: The mediating role of literacy interest. *Turkish Journal of Computer and Mathematics Education*, 12(10), 4287-4292. <https://turcomat.org/index.php/turkbilmat/article/view/5155>
9. Ju Ern Tun, **Zarinah Arshat** & Nellie Ismail (2021). Sex differences in screen time and playfulness among Chinese preschool children. *Turkish Journal of Computer and Mathematics Education*, 12(10), 4293-4297. <https://turcomat.org/index.php/turkbilmat/article/view/5156>
10. Okoye Chukwuebuka Joseph, Muslihah Hasbullah, & **Zarinah Arshat** (2021). A review of literature on parenting styles, parental competence and emotional intelligence among college students. *Medico-legal Update*, 21(2), 901-907.
11. Ju Ern Tun, **Zarinah Arshat** & Nellie Ismail (2020). Playfulness and emotional intelligence of Chinese preschool children: Is it parental monitoring so important? *TEST Engineering & Management*, 83, 3025-3037.

12. Ng Eng Eng, Mohd Najmi Daud, Zarinah Arshat, & Naqi Dahamat Azam (2020). Social preference towards reactive aggression among justice-involved adolescents in Malaysia. *International Journal of Academic Research in Business and Social Sciences*, 10(7), 265–279. DOI:10.6007/IJARBSS/v10-i7/7414
13. Farah Syuhada Pai & **Zarinah Arshat** (2020). Job satisfaction and family functioning of dual-earner commuter family in Malaysia. *Journal of Social Sciences*. (Accepted for Publication)
14. Siti Nor Yaacob, Fam Jia Yuin, Muslihah Hasbullah, **Zarinah Arshat**, & Rumaya Juhari (2019). Negative life events and mental health problem: The importance of coping strategi. *Pertanika Journal Social Science & Humanities*, 27(S1), 77-87.
15. Low Biam Hong, **Zarinah Arshat** & Siti Nor Yaacob (2018). Temperament and anxiety of children in childcare centre : Child-parent relationship as mediator. *International Journal of Humanities and Social Science*, 8(5), 79-86. doi:10.30845/ijhss.v8n5p9
16. **Zarinah Arshat** & Chun Ee, A. (2017). Perceived parental control and disclosure of adolescents with disciplinary problems. *Asian Social Science*, 13(11), 42-46. doi:10.5539/ass.v13n1p42
17. Yuin Fam, J., Siti Nor Yaacob, Rumaya Juhari, **Zarinah Arshat**, & Firdaus Mukhtar, (2017). General attitudes towards marriage scale: Psychometric properties in Malaysia adolescents of divorced families. *Journal of Child and Family Studies*, 26, 3351-3359. DOI 10.1007/s10826-017-0849-7
18. **Zarinah Arshat**, Farah Syuhada Pai, Zanariah Ismail & Rozumah Baharudin (2016). Parenting stress and family functioning of commuter family in Malaysia. *Asian Social Science*, 12(7), 178-185. doi:10.5539/ass.v12n7p178
19. Siti Nor Yaacob, Yuin Fam, J., Firdaus Mukhtar, & **Zarinah Arshat** (2016). Being caught in the middle of inter-parental conflict: Relationship between interparental conflict and attitudes towards marriage among male and female adolescents from divorced families. *Asian Social Science*, 12(12), 57-64. doi:10.5539/ass.v12n12p57
20. Mei Yee, C., & **Zarinah Arshat** (2016). Moderating effects of teachers teaching experience on home learning associated with literacy skills among Chinese Preschoolers. *Asian Social Science*, 12(2), 23-31. doi:10.5539/ass.v12n2p23.
21. **Zarinah Arshat** & Rozumah Baharudin (2014). Psychometric evaluation of the Australian Inventory of Family Strengths (AIFS) with rural Malay Families in Malaysia. *Pertanika Journal Social Science & Humanities*, 22(2), 271-284.
22. **Zarinah Arshat** & Rozumah Baharudin (2014). Family correlates of child outcomes among rural Malay Families. *Pertanika Journal Social Science & Humanities*, 22(1), 681-693.
23. **Zarinah Arshat** (2013). Adolescents and parental perception of family strength: relation to Malay adolescent emotional and behavioural adjustment. *International Journal of Humanities and Social Science*, 13(8), 163-168.
24. **Zarinah Arshat**, & Rozumah Baharudin (2009). Correlates of family strengths in Malaysia. *European Journal of Social Sciences*, 10(1), 13-24.
25. **Zarinah Arshat** & Rozumah Baharudin, Rumaya Juhari, & Mansor Abu Talib, (2009). Relationships between family background and family strengths with children's social competence. *Pertanika Journal Social Science & Humanities*, 17(2), 273-282.
26. Krauss, S. E., Rozumah Baharudin, **Zarinah Arshat**, Mohd Ibrani Shahrudin Adam Asim, Rumaya Juhari, & Siti Nor Yaacob (2007). A comparison of component structures for the Australian Inventory of Family Strengths (AIFS) between an Australian and Malaysian sample. *Journal of Comparative Family Studies*, 38(4), 588-604.
27. **Zarinah Arshat** & Rozumah Baharudin, Rumaya Juhari, & Rojanah Kahar (2002). Tingkah aku keibubapaan dan penyesuaian tingkah laku anak dalam keluarga berisiko di luar bandar (*The quality of parental behavior and children's adjustment in at-risk family from rural areas*). *Pertanika Journal Social Science & Humanities*, 10(2), 165-178.

## Non Cited Journals

28. Tun Ju Ern, **Zarinah Arshat** & Nellie Ismail (2021). Predictors of emotional intelligence among preschool children in Kuala Lumpur, Malaysia. *GATR Global J. Bus. Soc. Sci. Review*, 9(1), 23 – 32. [https://doi.org/10.35609/gjbssr.2021.9.1\(3\)](https://doi.org/10.35609/gjbssr.2021.9.1(3))
29. Okoye Chukwuebuka Joseph, Muslihah Hasbullah, & **Zarinah Arshat** (2021). A review of literature on parenting styles, parental competence and emotional intelligence among college students. *Medico-legal Update*, 21(2), 901-907. <https://doi.org/10.37506/mlu.v21i2.2798>
30. Tang Lee Foong, **Zarinah Arshat** & Rumaya Juhari (2020). Sex differences in intellectual ability among preschool children in Putrajaya. *International Journal of Education, Psychology and Counselling*, 5(34), 40-59. DOI: 10.35631/IJEPC.534004
31. Suzana Mohd Hanifa, Zanariah Ismail, Saodah Ahmad, & **Zarinah Arshat**. Work-Family conflict and psychological health among nurses: A preliminary observation. *Malaysian Journal of Social Sciences and Humanities*, 5(7), 113-123. <https://doi.org/10.47405/mjssh.v5i7.449>
32. Tan Pey Shyan & **Zarinah Arshat** (2019). Parental attachment, smartphone addiction and stress among undergraduate students. *International Journal of Education, Psychology and Counselling*, 4(32), 149-163. DOI:10.35631/IJEPC.4320015
33. Shahnaz Sheibani, Rumaya Juhari, Mariani Mansour, **Zarinah Arshat**, Majid Yoosefi Looyeh (2018). Relationship between gender, family income, and parenting with positive well-being of Iranian adolescents in Malaysia. *Socialinis Darbas Social Work*, 16(2), 190-207.
34. **Zarinah Arshat**, Zanariah Ismail, & Rosmaria Omar (2018). Effects of family functioning on socioemotional behaviour of children in low income family. *Journal of Social Science and Humanities*, 1(2), 47-52. DOI: 10.26666/rmp.jssh.2018.2.8
35. **Zarinah Arshat**, Zanariah Ismail, Farah Syuhada Pai (2018). Keluarga B40: Tekanan dan kekuatan. *Journal of Advanced Research in Social and Behavioural Sciences*, 10(1), 91-102. [http://www.akademiabaru.com/doc/ARSBSV10\\_N1\\_P91\\_102.pdf](http://www.akademiabaru.com/doc/ARSBSV10_N1_P91_102.pdf)
36. **Zarinah Arshat** & Rozana Japara (2018). Penglibatan ibu bapa, sokongan sosial dan kesejahteraan psikologi remaja. *International Journal of Education, Psychology and Counselling*, 3(12), 37-45.
37. **Zarinah Arshat** & Cecelia Anak Pana (2018). Kualiti perkahwinan, keutuhan keluarga dan pencapaian anak. *Journal of Advanced Research in Social and Behavioural Sciences*, 11(1), 145-153. [http://www.akademiabaru.com/doc/ARSBSV11\\_N1\\_P145\\_153.pdf](http://www.akademiabaru.com/doc/ARSBSV11_N1_P145_153.pdf)
38. Sarah Hashempour, Mariani Mansor, Rumaya Juhari, **Zarinah Arshat** & Mohammed Bashir Saidu (2017) Gender and age differences in social anxiety among Iranian immigrants children in Kuala Lumpur Malaysia. *International Journal of Humanities and Social Science Invention*, 6(4), 2319-7714.
39. **Zarinah Arshat** & Nafesa Ismail (2017). Effects of family relationships on adolescents self-control and self-efficacy. *International Journal of Humanities and Social Science Invention*, 6(10), 2319-7722.
40. Chun Ee, A. & **Zarinah Arshat** (2017). Parent-child relationship and depression among adolescents in Selangor, Malaysia. *International Journal of Humanities and Social Science Invention*, 6(10), 2319-7714.
41. **Zarinah Arshat** & Rozumah Baharudin, Rumaya Juhari, Muslihah Hasbullah, Nur Ruziani Ishak. (2012). Ciri-ciri keluarga utuh di Malaysia: Satu tinjauan awal. *Manusia dan Masyarakat*, 22, 103-114.
42. **Zarinah Arshat** & Abu Bakar, M. H. (2011). Proses keluarga dan kesejahteraan psikologi anak dalam kalangan keluarga berpendapatan rendah. *Manusia dan Masyarakat*, 20, 128-139.
43. **Zarinah Arshat** & Rozumah Baharudin (2011). Perkaitan antara faktor sosioekonomi dan kualiti tingkahlaku keibubapaan dalam keluarga berisiko. *Jurnal Kemasyarakatan*, 17, 57-65
44. **Zarinah Arshat** & Rozumah Baharudin, Rumaya Juhari, R., & Mansor Abu Talib (2009). Tekanan ekonomi, kekuatan keluarga dan harga diri anak (*Economic strain, family strength and children's self-esteem*). *Jurnal Manusia dan Masyarakat*, 18, 117-127.
45. **Zarinah Arshat** & Rozumah Baharudin, Rumaya Juhari & Mansor Abu Talib & Mohd Ibrani Shahrudin Adam Asim (2008). Perkaitan antara kualiti tingkahlaku keibubapaan dan estim diri anak sekolah rendah (*Relationship between the quality of parental behavior and self-esteem of primary school children*). *Jurnal Kebajikan Masyarakat*, 32, 57-69.



46. Rozumah Baharudin, Siti Nor Yaacob & **Zarinah Arshat** (2008). Dinamik keluarga tiri dan penyesuaian tingkahlaku anak (*Dynamic of step family and children's behavioral adjustment*). *Malaysian Journal of Social Policy and Society*, 5, 89-108.
47. **Zarinah Arshat** & Rozumah Baharudin, Krauss, S. E., & Rumaya Juhari (2006). Exploring associations between family background and child outcomes among high and low-risk poor families from rural Malaysia. *Journal of ARAHE (Asian Regional Association for Home Economics)*, 13(3), 147-155.
48. **Zarinah Arshat**, & Abdul Bassit Husin (2002). Estim diri dan matlamat remaja (*Self-esteem and aim of adolescents*). *Jurnal Kebajikan Masyarakat*, 24(1), 40-48.
49. **Zarinah Arshat** & Rozumah Baharudin (2001). Kualiti persekitaran sosial keluarga dan pencapaian akademik anak (*The quality of family social environment and children's academic achievement*). *Jurnal Pembangunan Sosial*, 2, 161-184.
50. **Zarinah Arshat** & Rozumah Baharudin (1999). Perkaitan di antara faktor sosioekonomi dan pencapaian akademik anak (*Relationship between sosio-economic factors and children's academic achievement*). *Jurnal Kebajikan Masyarakat*, 21 (2), 27-28.

#### Publication

##### Books

1. Muslihah Hasbullah & **Zarinah Arshat** (Eds) (2018). Wanita dan Pembangunan Manusia. Serdang: UPM Press.

#### Publication

##### Chapters in Books

1. Zanariah Ismail & **Zarinah Arshat** (2018). Wanita dan pekerjaan (Women and work). In Muslihah Hasbullah & Zarinah Arshat (Eds). Wanita dan Pembangunan Manusia (Women and Human Development). Selangor: Penerbit Universiti Putra Malaysia.
2. **Zarinah Arshat** & Zanariah Ismail (2018). Wanita sebagai ibu (Women as mother). In Muslihah Hasbullah & Zarinah Arshat (Eds). Wanita dan Pembangunan Manusia (*Women and Human Development*). Selangor: Penerbit Universiti Putra Malaysia
3. **Zarinah Arshat**, & Nor Hajar Mokhtar (2014). Kefungsian keluarga, masalah tingkah laku dan pencapaian akademik anak (*Family functioning, behavioural problem and academic achievement of children*). In Baharudin, R & Abu Talib, M. (Eds), Kefungsian Keluarga (*Family Functioning*). Selangor: UKM Press.
4. **Zarinah Arshat** & Nurzila Megawati Mahmud (2014). Hubungan rakan karib, tingkahlaku prososial dan pencapaian akademik anak dalam keluarga dwi-kerjaya (*Best friend relationship, prosocial behaviour and akademik achievement of children in dual career family*). In Rozumah Baharudin & Mansor Abu Talib (Eds), Kefungsian Keluarga (*Family Functioning*). Selangor: UKM Press.
5. **Zarinah Arshat** (2011). Remaja dan persekitaran sekolah (*Adolescent and school environment*). In Siti Nor Yaacob & Zainal Madon (Eds), Konteks perkembangan dan masalah remaja (*Contex of adolescent development and problem*). Selangor: Jetprint Sdn. Bhd.
6. **Zarinah Arshat** (2007). Pengabaian terhadap ibu bapa (*Neglected parent*). In Rumaya Juhari & Siti Nor Yaacob(Eds.), Isu keluarga temporer (*Contemporary family issues*). Kuala Lumpur: Inreach Edition.

#### Publication

##### Conference Papers

1. Haikal Anuar Adnan, **Zarinah Arshat**, & Nurul Saidatus Shaja'ah Ahmad Shahril (2022, August). *Association between economic strain, marital conflict, social support, and mental wellbeing among low-income drug addict wives* [Paper presentation]. Asia Pacific Special Education and Mental Health Conference, Penang, Malaysia.
2. Nurul Saidatus Shaja'ah Ahmad Shahril, **Zarinah Arshat**, & Adnan, Haikal Anuar Adnan (2022, June). *Parental stress and depression symptoms among B40 wives of drug addicts in*

- Malaysia: Resilience as a mediator* [Paper presentation online]. International Conference on Economics, Business, Tourism & Social Sciences (ICEBTS-2022), Bandung, Indonesia.
3. Haikal Anuar Adnan, **Zarinah Arshat**, & Nurul Saidatus Shaja'ah Ahmad Shahril (2022, May). *Malaysian low income drug addict wives: Stress, Coping and mental wellbeing* [Paper presentation online]. International Conference on Economics, Business, Tourism & Social Sciences (ICEBTS-2022), Kuala Lumpur, Malaysia.
  4. Mohammed Nyah & **Zarinah Arshat** (2021, June). *Association between family involvement, play, and literacy skills among preschoolers from low-income families in Nigeria: The mediating role of literacy interest* [Paper presentation online]. 4th International Conference on Multi-Disciplinary Research Studies and Education (ICMDRSE-2021), Kuala Lumpur Malaysia.
  5. Ju Ern Tun, **Zarinah Arshat** & Nellie Ismail (2021, June). *Sex differences in screen time and playfulness among Chinese preschool children* [Paper presentation online]. 4th International Conference on Multi-Disciplinary Research Studies and Education (ICMDRSE-2021), Kuala Lumpur Malaysia.
  6. Tun Ju Ern, **Zarinah Arshat** & Nellie Ismail (2020, December) [Paper presentation online]. *Predictors of emotional intelligence among preschool children in Kuala Lumpur, Malaysia*. 11th Global Conference on Business and Social Science, Bangkok, Thailand.
  7. Ju Ern Tun, **Zarinah Arshat** & Nellie Ismail (2020, February). *Playfulness and emotional intelligence of Chinese preschool children: Is it parental monitoring so important?* International Conference on Economics, Business, Tourism and Social Sciences (ICEBTS-2020), Kuala Lumpur, Malaysia
  8. Farah Syuhada Pai, **Zarinah Arshat**, Zanariah Ismail & Shaja'ah Shahril (2019). Family functioning and psychological wellbeing of dual-earner commuter couples in Malaysia. Proceeding of International Conference on Education, Engineering, Business, Social Science and Technology 2019 (EBSTEC 2019). Paper presented at Dorsett Putrajaya, Malaysia, 2 November 2019 (pg. 58-66). eISBN: 978-967-16956-4-7. (AWARDED AS BEST PAPER)
  9. **Zarinah Arshat**, Zanariah Ismail, Mariani Mansor, Zainal Madon, & Rosmaria Omar (2018). Relationship between economic pressure and family functioning among B40 family. Proceedings of Paper 108<sup>th</sup> IASTEM International Conference. Paper presented at Kota Kinabalu, Sabah, Malaysia, 10<sup>th</sup>-11<sup>th</sup> March 2018 (pg. 27-30). ISBN 978-93-87703-61-2
  10. Nursyuhaidah Mohd Kadri, Nor Shereen Zulkefly, Rozumah Baharudin, **Zarinah Arshat**, & Zanariah Ismail (2018). Adolescent Religiosity, self-control, and externalizing problem behavior of Muslim adolescents in approved schools in Malaysia. Proceeding of International Mental Health Conference 2018. Paper presented at TNCPI Building, University Putra of Malaysia, Malaysia, 3-6 July (pg.61): ISBN:978-967-960-434-4.
  11. Siti Nor Yaacob, Jia Yuin, F., Rumaya Juhari & **Zarinah Arshat** (2017). Relationship between negative life events and mental health problems among adolescents from divorced families: The importance of coping strategy. Paper presented at Human Ecology International Conference 2017 (HEIC), Towards a safer world: Addressing the dynamic of Human Ecological Challenges, April 18-20, at Dorsette, Putrajaya, Malaysia.
  12. Zanariah Ismail, **Zarinah Arshat**, & Mansor Abu Talib, (2016). The relationship between perceived self-efficacy, work-family conflict and well-being among married working mothers in Selangor. Paper presented at 2<sup>nd</sup> International Social Development Conference, organized by Pusat Pengajian Psikologi Gunaan, Dasar dan Kerja Sosial UUM, August 17-18 at Bayview Hotel Langkawi, Kedah, Malaysia.
  13. Nurul Hidayah Abdul Rahman, **Zarinah Arshat**, Muslihah Hasbullah & Zanariah Ismail, (2016). Maternal literacy beliefs, home literacy environment and children literacy skills using LINUS Programme in Malaysia. Paper presented at Persidangan Pendidikan Awal Kanak-kanak Peringkat Kebangsaan Kali Pertama (1<sup>st</sup> NCECEd), Universiti Malaya, Malaysia, 12 March (p.38).
  14. Ramasamy, M. S., Rahimah Ibrahim, Zainal Madon, & **Zarinah Arshat** (2017). A validity study of Malay-translated version of the modified caregivers strain index questionnaire (M-CSI-M). Abstract Book of Proceeding of 2<sup>nd</sup> International Research Conference on

- Economics Business and Social Sciences (IRSEBSS) 2017. Paper presented at Park Royal Hotel Penang, Malaysia, July 11-12
15. **Zarinah Arshat** & Yoke Lee. W. (2017). Parent attachment, peer attachment and depression among adolescents in Selangor. *Proceeding of ICARBSS, 2017, Langkawi Malaysia*. Paper presented at Aseania Resort & Spa Langkawi, Malaysia, 29<sup>th</sup> to 30<sup>th</sup> March, 2017 (pg. 270-274). ISBN: 978-967-13620-2-0.
  16. Siti Nor Yaacob, Jia Yui, F., **Zarinah Arshat** & Firdaus Mukhtar (2016). Inter-parental conflict, maladaptive coping, and depression among adolescents from from divorce family. *Conference Proceedings of International Conference on Social and Economic Development (ICSED2016)*. Paper presented at School of Social and Economic Development, Universiti Malaysia Terengganu, Malaysia, November 1-3 (pp.484-498). e-ISBN:978-967-0962-58-0.
  17. **Zarinah Arshat**, Chai Yoke, Ng, & Farah Syuhada Pai (2016). Relationship between family cohesion, parental monitoring, peer influence and delinquency among Chinese adolescent. *Proceeding of 60<sup>th</sup> The IIER International Conference*. Paper presented at Malacca, Malaysia, 15<sup>th</sup> February 2016 (pg 32-36). ISBN:978-93-85973-30-7.
  18. **Zarinah Arshat**, & Farah Syuhada Pai (2016). Family functioning, peer relationship and life satisfaction among adolescent of low income family. *Proceeding of 60<sup>th</sup> The IIER International Conference*. Paper presented at Malacca, Malaysia, 15<sup>th</sup> February 2016 (pp 40-43). ISBN:978-93-85973-30-7.
  19. **Zarinah Arshat** & Farah Syuhada Pai. (2015). Dual-earner commuter family: Factors to commute, strengths and stressors. *Proceeding of ICHS UPSI 2015: Bridging Development & Transformation in the Wake of Global Challenges*. Paper presented at Universiti Pendidikan Sultan Idris, Perak, 7-9 April (pp.717-725). Tanjung Malim. ISBN:978-983-2063-98-8.
  20. Muslihah Hasbullah, Rojanah Kahar, Sa'odah Ahmad & **Zarinah Arshat** (2015). Informal social support for domestic violence survivors in Malaysia: A review of literatur. *Conference Proceedings of 2nd International Conference on Education, Social Sciences and Humanities*. Paper presented at Istanbul, Turkey, 8-10 June 2015. ISBN:978-605-64453-3-0.
  21. **Zarinah Arshat** & Farah Syuhada Pai (2015). Strengths and Challenges of Dual-Earner Commuter Families. Paper presented at International Joins Seminar 'Changing Families, Intergenerational Ties and Social Integration across Continents: The Future Orientation of Research and Practice, Manchester Metropolitan University, Manchester, United Kingdom, 2-5 June. Faculty of Health, Psychology and Social Care, Manchester Metropolitan University.
  22. **Zarinah Arshat**, Rozumah Baharudin & Mei Yee, C. (2014). Perception of family strengths among Chinese adolescents: Relation to psychological well-being. *Conference Proceedings of 2014 Asia-Pacific Social Science Conference*. Paper presented at Seoul Korea, 8-10 January 2014. ISBN:987-986-90052-5-8.
  23. **Zarinah Arshat** & Rozumah Baharudin (2013). Perceived family strengths and psychosocial adjutment in adolescent. *Proceeding of National Psychology II 2013*. Paper presented at Universiti Malaysia Sabah, 7-8 November 2013.
  24. Zanariah Ismail, **Zarinah Arshat** & Jian Yan, L. (2013). Relationship between work family conflict and job satisfaction with turnover intention among white-collar workers in Selangor. *Proceeding of National Psychology II 2013*. Paper presented at Universiti Malaysia Sabah, 7-8 November 2013
  25. **Zarinah Arshat**, Lai, S. P. & Nur Ruziani Ishak, (2011). Keutuhan keluarga dan tingkah laku delinkuen dalam kalangan remaja di Selangor. Paper presented at Seminar Kebangsaan Polisi Keluarga Malaysia, September 14-15, Faculty of Human Ecology, Universiti Putra Malaysia.
  26. Nur Ruziani Ishak, **Zarinah Arshat**, & Rozumah Baharudin, (2011). Perkaitan antara tingkah laku keibubapaan dan aktiviti delinkuen remaja Felda. Paper presented at Seminar Kebangsaan Polisi Keluarga Malaysia, September 14-15, Faculty of Human Ecology, Universiti Putra Malaysia.

## Publication

### Other Publications

1. **Zarinah Arshat**, Rozumah Baharudin, Zanariah Ismail, Farah Syuhada Pai, & Mei Yee, C. (2017). Research report of Developing a model of strengths and stressors of dual earner commuter family. Ministry of Higher Education Malaysia and Universiti Putra Malaysia.
2. **Zarinah Arshat (2015)**. Module Developmental Psychology Adult and Aging (FEM3102). UPMET, UPM, Serdang, Selangor.
3. **Zarinah Arshat**, A., Baharudin, R., Juhari, R., & Kahar, R (2004). Predictors of behavioral adjustments amongst children from rural at-risk families. *Human Ecology Research Buletin*, 4(1), 19-27.
4. **Zarinah Arshat** (2003). The quality of parental behaviour and children's behavioural adjustment in at-risk family in rural area (Abstract Thesis Master). *Human Ecology Research Buletin*, 3(1), 61.
5. **Zarinah Arshat** & Baharudin, R. (2000). Pengaruh persekitaran sosial keluarga ke atas pencapaian akademik anak (*The influence of family social environment on child's academic achievement*). *Human Ecology Research Buletin*, 2(1), 6-10.

### Research Projects

No.	Project Title	Role	Year	Source of fund	Status
1.	Keberkesanan Teknik Scaffolding ke atas Kemahiran Menyelesaikan Masalah dalam kalangan Kanak-kanak Prasekolah	Team Member	2020-2023	RMC, UPM	In progress
2.	COVID-19 Parenting Emergency Response: Promoting Positive Parenting and Preventing Violence against Children in Malaysia	Team Member	2021-2022	UNICEF	In progress
3.	Healthy and Sustainable Marriage: Exploring Model of Risk and Protective Factors during the Foundation Years among B-40 Married Couples	Team Member	2020-2022	MOHE	In progress
4.	Pemodelan Daya Tindak, Adaptasi Dan Kesejahteraan Psikologi Dalam Kalangan Isteri B40 Kepada Penagih Dadah Di Malaysia	Project Leader	2019-2022	MOHE	Completed
5.	PLH Digital: Covid-19 Response Phase 2 (PLH = Parenting for Lifelong Health)	Team Member	Jan 2021- Dec 2021	UNICEF	Completed
6.	Relationship Between Electronic Devise Usage, Play, Parental Monitoring and Emotional Intelligence among Preschool Children in Kuala Lumpur	Project Leader	2019-2021	RMC, UPM	Completed
7.	The Effectiveness Of Lam Assessment On Stages Of Employment Readiness (Laser) Usage In Measuring Readiness Among Participants Of Socso's Return To Work Programme	Team Member	2018-2021	PERKESO	Completed
8.	Research and Consultancy Services to Support National Population and Family Development Board (LPPKN) to Review	Team Member	2018-2020	UNICEF	Completed



and Strengthen their Parenting Modules as Regards Prevention and Response to Violence Against Children

9.	Legal Socialization and Its Effects On Compliance With Family Law In Malaysia	Team Member	2017-2018	RMC, UPM	Completed
10.	Development of Malaysian Family Stress Model of B40 Family	Project leader	2016- 2018	MOHE	Completed
11.	Konflik Kerja-Keluarga (KKK) dan Kesejahteraan Psikologi: Persepsi Ibu Bapa Bekerja Berpendapatan Rendah (B40) Terhadap Cabaran, Implikasi dan Daya Tindak	Team Member	2016- 2018	MOHE	Completed
12.	Social Supports From Parents And Peers, Optimism, And Psychological Well-Being In Adolescents	Team Member	2014-2016	RMC, UPM	Completed
13.	The Development and Testing of Grandparenting Stressor-Strength Inventory in Malaysia	Team Member	2014-2016	MOHE	Completed
14.	Children and Adult in Divorced Families: Personal, Interpersonal and Contextual Challenges and Well-being	Team Member	2014- 2015	RMC, UPM	Completed
15.	Developing a Model of Strengths and Stressors of Dual Earner Commuter Family	Project leader	2014-2015	MOHE	Completed
16.	Exploring the Pathways from Parental Religiosity to Problem Behaviors for Muslim Adolescents	Team Member	2013-2015	MOHE	Completed
17.	Development of Malaysian Parenting Behavior Inventory	Team Member	2012- 2014	MOHE	Completed
18.	Developing a Model of Informal Support intervention to Domestic Violence Survivors	Team Member	2013-2015	MOHE	Completed
19.	The Relationship between Social Support and Work-Family Conflict Efficacy among Married Working Mothers in Urban Areas	Team Member	2012-2014	RMC, UPM	Completed
20.	Development of Malaysian Family Strengths Scale	Project Leader	2010-2012	MOHE	Completed

## Awards and Recognition

Name	Award Authority	Type	Year
1. Excellence Award in Service	UPM	-	2021
2. Excellence Award in Service	UPM	-	2020
3. Excellence Award in Service	UPM	-	2019
4. Certificate of Best Paper Award	Academia Industry Networks	-	2019
5. Excellence Award in Service	UPM	-	2018
6. Excellence Award in Service	UPM	-	2017
7. Excellence Award in Service	UPM	-	2016
8. Excellence Award in Service	UPM	-	2014
9. Excellence Award in Service	UPM	-	2013
10. Excellence Award in Service	UPM	-	2009
11. UPM Design, Innovation and Research Exhibition	UPM	Silver Medal	2006
12. UPM Design, Innovation and Research Exhibition	UPM	Gold Medal	2005
13. UPM Design, Innovation and Research Exhibition	UPM	Bronze Medal	2005

## Students Supervision

### PhD Main-Supervisor

Name	Title	Status
1. Mohd Haikal Anuar Bin Adnan	Konflik Perkahwinan, Strategi Daya Tindak, Sokongan Sosial dan Kesejahteraan Psikologi dalam Kalangan Isteri Penagih Dadah B40 di Malaysia	On going
2. Shi Lulu	Parental Social Media Use, Parental Attachment, Child Effortful Control and Problem Behaviors Among Preschool Children in China	On going
3. Liu Xu	Factors of Parents' Partiality Feeling among Students in High Education Institutions in China	On-going

### PhD Co-Supervisor

1. Melissa Ong Ying Sim	Perceived Parental Acceptance-Rejection, Emotion Regulation and Socio-Behavioral Adjustment Among Adolescents in Selangor	Graduated
2. Mariani Omar	Modelling Academic Help-Seeking Behavior among Low Academic Achieving Students in Malaysian Private University	Graduated
3. Chong Shue Ling	Social Support from Parents and Peers, Optimism and Psychological Well-Being of Early Adolescents in Kuala Lumpur, Malaysia	Graduated
4. Sara Hashempour	Relationship between Maternal Behavior, Maternal Attachment, Acculturation, Locus of Control and Social Anxiety Among Iranian Primary School Children in Kuala Lumpur, Malaysia	Graduated

5. Elham Vaez	VSA Model to Predict Marital Satisfaction of Middle East Postgraduate Students in Selected Malaysian Universities	Graduated
6. Farimah Dokoushkani	Relationship between Acculturative Stress, Marital Conflict, Adult Attachment, Differentiation of Self, Dyadic Coping and Marital Satisfaction Among Sojourner Couples in Malaysia	Graduated
7. Sara Ghazizadeh Ehsaei	Relationships between Parental Autonomy Support, Teacher's Autonomy Support, Academic Self-Regulation, and Psychological Well-Being among Iranian Adolescents in Kuala Lumpur, Malaysia	Graduated
8. Amira Najiha Yahya	Paternal Attachment, Negative Life Events, Cognitive Diathesis Predicting Depressive Symptoms in Adolescents	Graduated
9. Athirah Yasmin Mohd Shakir	Parental Attachment, Self-Regulations and Cognitive Functions of Adolescents with Conduct Problems in Malaysia	Graduated
10. Nursyuhaidah Mohd Kadri	Parental Religious Socialization, Adolescent Emotional and Behavioural Problems of Institutionalized Muslim Adolescent in Malaysia	Graduated
11. Suzana Binti Mohd Hanifa	The Role of Schedule Control, Supervisory Support, Core Self-Evaluations, Work-Family Conflict and Psychological Well-being among Nurses in Selangor	Graduated
12. Mohan a/l S.Ramasam	Effect of Mindfulness-Based Cognitive Therapy on Self-Compassion, Satisfaction With Life and Mindfulness among Caregivers of Dependent Older Adults	Graduated
13. Shahnaz Sheibani	Relationship Between Individual and Family Factors, Peer Relationship and Acculturation with Positive Well-Being among Iranian Adolescents In Malaysia	Graduated
14. Rozita binti Wahab	Perkaitan antara Penggunaan Teknologi Digital, Hubungan Ibu Bapa-Anak, Kawalan Kendiri dan Perkembangan Sosio-Emosi dalam Kalangan Kanak-Kanak Prasekolah di Semenanjung Malaysia	Graduated
15. Syah Qurratu 'aini bt Sahrani @ Shahrani	Relationships Between Adult Attachment, Psychological Distress, Perceived Social Support, Religious Coping and Marital Health among Married Individuals in Selangor, Malaysia	On-going
16. Liu Xiaoyuan	Relationship between Social Support, Psychological Capital, Emotional Intelligence, and Academic Burnout among Junior High School Students in Ningxia, China	On-going
17. Siti Zakiah binti Syed Mustafa	Relationship between Temperament, Parent Behaviour, Motivation, and Creativity among Preschool Children in Kuala Lumpur	On-going

18. Su Zelin	Relationships among Family Environment Characteristics, Emotional Quotient, and Children's school Adaptation	On-going
--------------	--	----------

#### MS with Thesis Main Supervisor

Name	Title	Status
1. Law Biam Hong	Child's Temperament, Child-Parent Relationship and Anxiety among Children in Childcare Centre in Urban Selangor, Malaysia	Graduated
2. Ang Chun Ee	Predictors of Depression among Adolescents with Disciplinary Problems in Selangor, Malaysia	Graduated
3. Chan Mei Yee	Home Learning Environment, Child's Task Focused Behaviour in School, Teacher's Teaching Experience, and Literacy Skills among Chinese Preschoolers in Selangor, Malaysia	Graduated
4. Farah Syuhada Pai	Job Satisfaction, Family Functioning and Psychological Well-being among Dual Earner Commuter Family in Malaysia	Graduated
5. Tang Lee Foong	Relationship between Parental Involvement, Parenting Styles and Intellectual Ability of Pre-Schoolers in Banting, Selangor	Graduated
6. Tun Ju Ern	Relationships between Electronic Device Usage, Play, Parental Monitoring and Emotional Intelligence among Preschool Children	Graduated
7. Sii Hung Ee	Relationship between Maternal Autonomy Support, Child's Playfulness, Child's Gender, and Child's Emotion Regulation among Preschoolers in Klang Valley	On-going
8. Seri Nur Hanis binti Zainal Azman	Parent Attachment, Exposure to Media Violence, Self – Control And Aggressive Behaviour Among Adolescents in Perak	On-going
9. Nurul Saidatus Shaja'ah Ahmad Shahril	Relationship between Parental Stress, Social Support and Coping Strategies with Psychological Well-Being among Wives Of Drug Addict In Malaysia	On-going
10. Bathmini Sivanasan	Relationship between Parental Overprotection and Teacher-Child Relationship with Child anxiety among Pre-schoolers.	On-going

#### MS with Thesis Co-Supervisor

Name	Title	Status
1. Okoye Chukwuebuka Joseph	Relationship between Parenting Style and Parental Competence on Emotional Intelligence of College Students in Urban Area of Anmbra State, Nigeria	Graduated
2. Yusuf Sodiq Adewale	Perception on The Role of Parenting Styles and Peer Influence on Juvenile Delinquency Among Adolescents in The Government Remand Homes in Lagos, Nigeria	Graduated



3. Ng Eng Eng	Callous-Unemotional Traits, Social Preference and Aggression among Justice-Involved Adolescents in West Malaysia	Graduated
4. Shideh Seyedsalehi	Investment Model of Marital Commitment Among Married Postgraduate Students in Tehran, Iran	Graduated
5. Anisha Joanne a/p Chandrasegaran	Effects Of Mastery and Material Value on Life Satisfaction Among Adults in the Klang Valley, Malaysia	Graduated
6. Azimah Ahmad Zaki	Violent Video Games and Aggressive Behaviour with Parental Monitoring as Moderator among Adolescents in Petaling, Selangor, Malaysia.	Graduated
7. Tan Wang Yin	Relationship between Maternal Emotion Socialization, Maternal Attachment, Emotion Regulation and Behavioural Adjustment Problems among Children in Selangor, Malaysia	On-going
8. Foo Ning	The Relationship between Screen Time, Sleep Duration, Parent-Child Interaction and Psychosocial Adjustment among Preschool Children	On-going