



CURRICULUM VITAE



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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

Appointments & Teaching Experiences

Position	Duration
1. Senior Lecturer, Department of Human Development and Family Studies, Faculty of Human Ecology, UPM.	July 2010 - present.
2. Tutor, Department of Human Development and Family Studies, Faculty of Human Ecology, UPM.	July 2003 – June 2010
3. Head of External Education and Industrial Training, Faculty of Human Ecology, UPM	Dec. 2014- Mar. 2017
4. Coordinator of Bachelor Science of Human Development Program in Campus and Distance Education, Faculty of Human Ecology, UPM	2012-2017
5. Coordinator of Diploma in Human Development, Faculty of Human Ecology UPM	2014-2015
6. Assistant Registrar Academic Development and Student Intake UNITI College, Port Dickson, Negeri Sembilan	Jan. 2003 – Jun. 2003
7. Executive Academic Development UNITI College, Taman Maluri, Cheras, Kuala Lumpur	Jan. 2001-Dec. 2002

Cited Journals

1. **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
2. Yui 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
3. **Zarinah Arshat, Z.**, 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
4. Siti Nor Yaacob, Yui 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
5. 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.
6. **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.
7. **Zarinah Arshat** & Rozumah Baharudin (2014). Family correlates of child outcomes among rural Malay Families. *Pertanika Journal Social Science & Humanities*, 22(1), 681-693.
8. **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.
9. **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.
10. Krauss, S. E., Rozumah Baharudin, **Zarinah Arshat**, Mohd Ibrani Shahrimin 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.
11. **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

12. 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.
13. **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.
14. 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.
15. **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.
16. **Zarinah Arshat** & Abu Bakar, M. H. (2011). Proses keluarga dan kesejahteraan psikologi anak dalam kalangan keluarga berpendapatan rendah. *Manusia dan Masyarakat*, 20,128-139.
 17. **Zarinah Arshat** & Rozumah Baharudin (2011). Perkaitan antara faktor sosioekonomi dan kualiti tingkahlaku keibubapaan dalam keluarga berisiko. *Jurnal Kemanusiaan*, 17, 57-65
 18. **Zarinah Arshat** & Rozumah Baharudin, Rumaya Juhari, R., & Mansor Abu Talib (2009). Tekanan ekonomi, kekuatan keluarga dan harga kendiri anak (*Economic strain, family strength and children's self-esteem*). *Jurnal Manusia dan Masyarakat*, 18, 117-127.
 19. **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.
 20. 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.
 21. **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.
 22. **Zarinah Arshat**, & Abdul Bassit Husin (2002). Estim diri dan matlamat remaja (*Self-esteem and aim of adolescents*). *Jurnal Kebajikan Masyarakat*, 24(1), 40-48.
 23. **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.
 24. **Zarinah Arshat** & Rozumah Baharudin (1999). Perkaitan di antara faktor sosioekonomi dan pencapaian akademik anak (*Relationship between socio-economic factors and children's academic achievement*). *Jurnal Kebajikan Masyarakat*, 21 (2), 27-28.

Publication

Books

Publication

Chapters in Books

1. **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.
2. **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.
3. **Zarinah Arshat** (2011). Remaja dan persekitaran sekolah (*Adolescent and school environment*). In Siti Nor Yaacob & Zainal Madon (Eds), *Konteks perkembangan dan masalah remaja (Context of adolescent development and problem)*. Selangor: Jetprint Sdn. Bhd.
4. **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 Proceeding

1. Siti Nor Yaacob, Jia Yui, F., Rumaya Juhari & **Zarinah Arshat** (2017). Relationship between negative life events and mental health problems among adolescents from divorced families: The

- importance of coping strategi. Paper presented at Human Ecology International Conference 2017 (HEIC), Towards a safer world: Adressing the dynamic of Human Ecological Challenges, April 18-20, at Dorsette, Putrajaya, Malaysia.
2. 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 2nd International Social Development Conference, organized by Pusat Pengajian Pskologi Gunaan, Dasar dan Kerja Sosial UUM, August 17-18 at Bayview Hotel Langkawi, Kedah, Malaysia.
 3. Nurul Hidayah Abdul Rahman, **Zarinah Arshat**, Muslihah Hasbullah & Zanariah Ismail, (2016). Maternal literacy beliefs, home literacy environment and children litercy skills using LINUS Programme in Malaysia. Paper presented at Persidangan Pendidikan Awal Kanak-kanak Peringkat Kebangsaan Kali Pertama (1st NCECEd), Universiti Malaya, Malaysia, 12 March (p.38).
 4. 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 2nd International Research Conference on Economics Business and Social Sciences (IRSEBSS) 2017. Paper presented at Park Royal Hotel Penang, Malaysia, July 11-12
 5. **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, 29th to 30th March, 2017 (pg. 270-274). ISBN: 978-967-13620-2-0.
 6. Siti Nor Yaacob, Jia Yuin, 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.
 7. **Zarinah Arshat**, Chai Yoke, Ng, & Farah Syuhada Pai (2016). Relationship between family cohesion, parental monitoring, peer influence and delinquency among Chinese adolescent. *Proceeding of 60th The IIER International Conference*. Paper presented at Malacca, Malaysia, 15th February 2016 (pp 32-36). ISBN:978-93-85973-30-7.
 8. **Zarinah Arshat**, & Farah Syuhada Pai (2016). Family functioning, peer relationship and life satisfaction among adolescent of low income family. *Proceeding of 60th The IIER International Conference*. Paper presented at Malacca, Malaysia, 15th February 2016 (pp 40-43). ISBN:978-93-85973-30-7.
 9. **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.
 10. 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.
 11. **Zarinah Arshat** & Farah Syuhada Pai (2015). Strengths and Challenges of Dual-Earner Commuter Families. Paper presented at International Joints 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.
 12. **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.
 13. **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.

14. 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
15. **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.
16. 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). 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.	Development of Malaysian Family Stress Model of B40 Family	Project leader	2016- 2018	MOHE	In progress
2.	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	In progress
3.	The Development and Testing of Grandparenting Stressor-Strength Inventory in Malaysia	Team Member	2014-2016	MOHE	Complete
4.	Children and Adult in Divorced Families: Personal, Interpersonal and Contextual Challenges and Well-being	Team Member	2014- 2015	RMC, UPM	Complete
5.	Developing a Model of Strengths and Stressors of Dual Earner Commuter Family	Project leader	2014-2015	MOHE	Complete

6.	Exploring the Pathways from Parental Religiosity to Problem Behaviors for Muslim Adolescents	Team Member	2013-2015	MOHE	Complete
7.	Development of Malaysian Parenting Behavior Inventory	Team Member	2012- 2014	MOHE	Complete
8.	Developing a Model of Informal Support intervention to Domestic Violence Survivors	Team Member	2013-2015	MOHE	Complete
9.	The Relationship between Social Support and Work-Family Conflict Efficacy among Married Working Mothers in Urban Areas	Team Member	2012-2014	RMC, UPM	Complete

Awards and Recognition

Name	Award Authority	Type	Year
1. Excellence Award in Service	UPM	-	2016
2. Excellence Award in Service	UPM	-	2014
3. Excellence Award in Service	UPM	-	2013
4. Excellence Award in Service	UPM	-	2009
5. UPM Design, Innovation and Research Exhibition	UPM	Silver Medal	2006
6. UPM Design, Innovation and Research Exhibition	UPM	Gold Medal	2005
7. UPM Design, Innovation and Research Exhibition	UPM	Bronze Medal	2005

Students Supervision

PhD Main-Supervisor

Name	Title	Status
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PhD Co-Supervisor

1. Mariani Omar	Modelling Academic Help-Seeking Behavior among Low Academic Achieving Students in Malaysian Private University	Graduated
2. Chong Shue Ling	Social Support from Parents and Peers, Optimism and Psychological Well-Being of Early Adolescents in Kuala Lumpur, Malaysia	Graduated
3. 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
4. Elham Vaez	VSA Model to Predict Marital Satisfaction of Middle East Postgraduate Students in Selected Malaysian Universities	Graduated
5. Farimah Dokoushkani	Relationship between Acculturative Stress, Marital Conflict, Adult Attachment, Differentiation of Self, Dyadic Coping and Marital Satisfaction Among Sojourner Couples in Malaysia	Graduated

6. Amira Najiha Yahya	Paternal Attachment, Negative Life Events, Cognitive Diathesis Predicting Depressive Symptoms in Adolescents	On going
7. Athirah Yasmin Mohd Shakir	Parental Attachment, Self-Regulations and Cognitive Functions of Adolescents with Conduct Problems in Malaysia	On going
8. Nursyuhaidah Mohd Kadri	Parental Religious Socialization, Adolescent Emotional and Behavioural Problems of Institutionalized Muslim Adolescent in Malaysia	On going
9. Suzana Binti Mohd Hanifa (GS43530)	The Role of Schedule Control, Supervisory Support, Core Self-Evaluations, Work-Family Conflict and Psychological Well-being among Nurses in Selangor.	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	On going

MS with Thesis Co-Supervisor

Name	Title	Status
1. Azimah Ahmad Zaki	Violent Video Games and Aggressive Behaviour with Parental Monitoring as Moderator among Adolescents in Petaling, Selangor, Malaysia.	Graduated
2. Che Wan Kartina Che Wan Ahmad	Relationship between Work-Family Conflict, Psychological Hardiness, Coping Strategy and Psychological Distress	On going
3. Tang Lee Foong	Relationship between Parental Involvement, Parenting Styles and Intellectual Ability of Pre-Schoolers in Banting, Selangor	On going