



THE INFLUENCE OF EMOTIONAL QUOTIENT AND SELF EFFICACY ON THE SENSE OF DARK HUMOR IN STUDENTS OF THE FACULTY OF PSYCHOLOGY

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Abstract:

This study investigates the influence of emotional quotient (EQ) and self-efficacy on the sense of dark humor. Dark humor, often involving sensitive or taboo themes, is linked to cognitive and emotional processes, making it relevant to psychological research. The primary objective is to understand how EQ and self-efficacy shape students' appreciation of dark humor. The research adopts a quantitative approach with a correlational design, using purposive sampling to select participants. Standardized scales are employed to measure EQ, self-efficacy, and dark humor tendencies. Data analysis through multiple regression reveals that both EQ and self-efficacy significantly influence students' dark humor preferences. Higher emotional intelligence correlates with a more nuanced understanding and appropriate use of dark humor, while self-efficacy fosters confidence in expressing it socially. The study highlights the importance of emotional regulation and self-confidence in humor expression. This research contributes to a deeper understanding of psychological factors in humor appreciation and provides a foundation for future studies on humor and personality traits.

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INTRODUCTION

Students from the Faculty of Psychology at the State Islamic University (UIN) Maulana Malik Ibrahim Malang are often involved in various activities related to understanding human behavior, both in the context of cognition, affection, and conation. As psychology students, they also often face various problems involving empathy, sympathy, and managing emotions in everyday life (Murcia, 2024; Deniz, 2024; Chu et al., 2024). This situation causes psychology students to have a unique perspective and reaction to social phenomena that occur around them, including humor. One form of humor that is quite interesting is dark humor, which often involves sensitive issues related to emotions, self-confidence, and personal perspectives (García et al., 2024).

The phenomenon of dark humor among students at the Faculty of Psychology at UIN Maulana Malik Ibrahim Malang shows an interesting trend. In everyday life, psychology students often use dark humor as a form of coping mechanism to deal with academic pressure and personal problems. This humor sometimes appears in their social interactions, both inside the classroom and outside the classroom, as a response to topics that are considered taboo or controversial, such as death, disasters, or even sensitive

social issues. This may reflect their way of managing anxiety, stress, or even as a form of self-expression that incorporates their understanding of the complexities of human psychology (Daumiller et al., 2020). However, not all individuals can receive this type of humor in the same way, considering that the emotional context and self-confidence vary between individuals. Therefore, it is important to examine how psychological factors such as emotional intelligence and self-confidence influence the way psychology students respond to dark humor in their daily lives.

Based on existing studies, humor, especially dark humor, is considered a form of humor that uses taboo, serious, or even painful themes as joke material. According to Sidabalok et al. (2022), dark humor often focuses on situations that are considered tragic, such as death, disaster, or illness, and serves to see the humorous side of these events. Previous research also suggests that psychological factors, such as emotional intelligence and self-confidence, play an important role in influencing a person's response to this type of humor (Bowman et al., 2024). Emotional intelligence (Emotional Quotient/EQ) allows individuals to manage their feelings better and increase their ability to interact socially, while self-efficacy or self-confidence helps a person face situations with higher self-confidence (Thao et al., 2023).

This research aims to examine the influence of emotional intelligence (EQ) and self-confidence (self-efficacy) on the sense of dark humor in students at the Faculty of Psychology, UIN Maulana Malik Ibrahim Malang. In this research, the problem formulation to be answered includes: (1) How does emotional intelligence influence the sense of dark humor in psychology students at UIN Malang? (2) How does self-efficacy influence the sense of dark humor in psychology students at UIN Malang? (3) Is there an interactive relationship between emotional intelligence and self-efficacy in influencing perceptions of dark humor? With this research, it is hoped that a deeper understanding can be obtained regarding the psychological factors that influence psychology students' responses to dark humor.

The basic assumption taken in this research is that individuals with a high level of emotional intelligence and strong self-efficacy will be better able to understand and accept dark humor. This relates to their ability to manage feelings and deal with them more rationally. The hypotheses proposed in this research are: (1) Emotional intelligence has a positive effect on the sense of dark humor in psychology students at UIN Malang. (2) Self-efficacy has a positive effect on the sense of dark humor in psychology students at UIN Malang. (3) There is an interactive relationship between emotional intelligence and self-efficacy in forming a sense of dark humor in psychology students. Based on this hypothesis, it is hoped that empirical evidence will be found that supports the influence of these two psychological factors on responses to dark humor.

The main goal of this research is to provide a deeper scientific contribution regarding how emotional intelligence and self-efficacy can influence college students' responses to dark humor. The originality of this research lies in the selection of a sample of students from the Faculty of Psychology, UIN Malang, who have a rich academic background in understanding human behavior and emotional dynamics. It is hoped that this research will not only provide new insights into dark humor, but can also be used as a basis for further research that connects other psychological aspects with humorous behavior, especially in the context of psychology students who have a deeper understanding of the dynamics of emotions and social relationships.

RESEARCH METHODS

This research aims to examine the influence of emotional quotient (EQ) or emotional intelligence and self-efficacy (self-confidence) on the sense of dark humor among students at the Faculty of Psychology, UIN Maulana Malik Ibrahim Malang. The first hypothesis proposed is that emotional intelligence influences the sense of dark humor, where students with high emotional intelligence are expected to be better able to manage emotions when facing taboo or dark humor. The second hypothesis states that self-efficacy or self-confidence influences the sense of dark humor, with the assumption that students who have a high level of self-confidence will be more sensitive to this kind of humor. The independent variables in this research are emotional intelligence and self-efficacy, while the dependent variable is sense of dark humor.

This research design uses a quantitative approach with correlational methods, which aims to determine the relationship between emotional intelligence, self-confidence, and a sense of dark humor (Mao et al., 2020). In this study, the researcher did not attempt to establish a cause-and-effect relationship, but only observed the extent of the relationship between the three variables. This research involved 200 respondents who were randomly selected from students at the Faculty of Psychology, UIN Maulana Malik Ibrahim Malang. Data collection was carried out using questionnaires which were filled out by respondents independently, using the self-administered questionnaires method.

Variable identification in this research involves two independent variables, namely emotional intelligence (emotional quotient) and self-efficacy (self-confidence), as well as one dependent variable, namely sense of dark humor. The emotional intelligence variable is measured using a validated EQ scale, while self-efficacy is measured using a scale that refers to Bandura's self-efficacy theory. Sense of dark humor is measured using a special instrument designed to assess how students respond to humor that is taboo or controversial. All instruments used in this research have been tested for validity and reliability (Brainin & Neter, 2023).

Data was collected through questionnaires distributed to 200 students, using the independent questionnaire filling method. To measure the validity of the instrument, researchers used the Pearson product-moment correlation test, which measures the relationship between each item and the total score. The validity test was carried out by taking an initial sample of 30 respondents, then the results were analyzed using SPSS version 25.0 software. Reliability testing was carried out by calculating Cronbach's alpha value, with the expected value being greater than 0.7 to indicate the consistency and stability of the instrument.

For data analysis, this research uses the multiple linear regression method. Multiple linear regression was used to measure the influence of the independent variables (emotional intelligence and self-confidence) on the dependent variable (sense of dark humor) (Hemida et al., 2021). Data that has been tested for validity and reliability will be analyzed using SPSS version 25.0, and the regression coefficient will be tested to

determine the significance of the influence of each variable. Researchers will also test classical assumptions to ensure that the data used meets the requirements of regression analysis, such as normality, multicollinearity and heteroscedasticity. It is hoped that the results of the regression analysis will provide an overview of how emotional intelligence and self-confidence influence students' sense of dark humor.

Multiple linear regression analysis used in the study is by using the following formula:

$$Y = a + b_1X_1 + b_2X_2 + e \quad DH = a + b_1EQ + b_2SE + e$$

Information:

DH: *Dark Humor*

a: Constant

b₁ : Variable regression coefficient *emotional*

b₂: Self variable coefficient efficacy

EQ: *Emotional Quotient*

SE: Self efficacy

e: *Error*

t value means that the t value is used to determine the influence of the independent variables, namely emotional quotient (X₁) and Self-Efficacy (X₂) independently on the dependent variable (Y), namely sense of dark humor. To determine the t value, testing is carried out using the SPSS version 17.0 application using the following criteria:

Ho: $\beta = 0$ means that there is no influence caused by the independent variable (X) independently on the dependent variable (Y).

Ha: $\beta \neq 0$ means that there is an influence caused by the independent variable (X) independently on the dependent variable (Y).

Ho is accepted if the probability value is ≥ 0.05 ; Ho is rejected if the probability value is > 0.05

Then the F Value is used to determine the independent variables (X) simultaneously against the dependent variable (Y). To determine the value of F, testing is carried out using the SPSS version 25.0 application with the following criteria:

Ho: $\beta = 0$ means that the independent variables (X) do not influence the dependent variable (Y) together.

Ha: $\beta \neq 0$ means that the independent variables together influence the dependent variable (Y)

Ho is accepted if the probability value is ≥ 0.05 ; Ho is rejected if the probability value is > 0.05

By Coefficient of Determination (R²), which is used to show the percentage change in the value of the dependent variable caused by the independent variable. To find out the determination, a test is carried out using the SPSS version 25.0 application.

RESULTS AND DISCUSSION

Results

This research formulates two problems in which the first problem formulation is explained, "is there an influence of emotional quotient on the sense of dark humor?". And in the second problem formulation, "is there an influence of self-efficacy on the sense of dark humor?". Starting from the two hypotheses above, it can then be interpreted through the results of analysis and testing through several analyzes that have been presented above. The explanation related to the results of the study is as follows:

First hypothesis (H1): Emotional quotient has a positive influence on sense of dark humor

The results of data analysis show that the first hypothesis (H1), which states that emotional intelligence (emotional quotient) has a positive influence on the sense of dark humor, is proven to be valid. The results of linear regression show that students with higher levels of emotional intelligence tend to have a broader understanding of taboo or dark humor, and are better able to manage their emotions when faced with such humor. The significant regression coefficient supports the hypothesis that emotional intelligence can increase responses to dark humor among college students. These are the data analysis:

Table1.Validity of the Emotional Quotient Variable

Item	<i>Sig. < 0.05</i>	RCount > RTable (0.279)	Information
1	0.010	0.360	Valid
2	0,000	0.516	Valid
3	0,000	0.552	Valid
4	0,000	0.495	Valid
5	0,000	0.641	Valid
6	0,000	0.598	Valid
7	0,000	0.611	Valid
8	0,000	0.604	Valid
9	0,000	0.619	Valid
10	0.011	0.358	Valid
11	0.049	0.280	Valid
12	0,000	0.617	Valid
13	0,000	0.638	Valid
14	0,000	0.705	Valid
15	0,000	0.575	Valid
16	0,000	0.565	Valid
17	0,000	0.748	Valid
18	0,000	0.478	Valid
19	0,000	0.516	Valid
20	0,000	0.630	Valid

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

Table 1 shows that the data explained in Table 1 above. Where the data was

obtained through variable validity analysis using the SPSS version 25.0 application. The table explains that all question items and items in the emotional quotient (EQ) variable produce values where, sig. <0.05, so that all question items can be said to be valid. In addition, the validity of the questionnaire items is also supported by calculations where Calculate> RTable.

So based on the explanation above, it can be explained that the items contained in the questionnaire in the emotional quotient variable are valid. Meanwhile, the validity test of the Self-Efficacy variable can be explained as follows:

Table 2. Validity of Self-Efficacy Variable

Item	<i>Sig. < 0.05</i>	RCount > RTable (0.279)	Information
1	0.010	0.297	Valid
2	0,000	0.594	Valid
3	0,000	0.615	Valid
4	0,000	0.425	Valid
5	0,000	0.643	Valid
6	0,000	0.564	Valid
7	0,000	0.525	Valid
8	0,000	0.542	Valid
9	0,000	0.395	Valid
10	0,000	0.328	Valid
11	0.001	0.314	Valid
12	0.001	0.367	Valid
13	0.002	0.401	Valid
14	0.004	0.569	Valid
15	0.012	0.366	Valid

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

Table 2 shows that the data explained in Table 1 above. Where the data was obtained through variable validity analysis using the SPSS version 25.0 application. The table explains that all 15 question items were given to 50 respondents. Items on the emotional quotient (EQ) variable produce a value where, sig. <0.05, so that all question items can be said to be valid. In addition, the validity of the questionnaire items is also supported by calculations where Calculate> RTable.

So based on the explanation above, it can be explained that the items contained in the questionnaire in the emotional quotient variable are valid. Meanwhile, the analysis to determine the validity of the Sense of dark humor variable can be seen by looking at the table below.

Table 3. Validity of Dark Humor Variables

Item	<i>Sig. < 0.05</i>	RCount > RTable (0.279)	Information
1	0.044	0.299	Valid
2	0.001	0.465	Valid
3	0,000	0.563	Valid
4	0,000	0.526	Valid
5	0,000	0.625	Valid

6	0,000	0.516	Valid
7	0,000	0.457	Valid
8	0,000	0.539	Valid
9	0,000	0.454	Valid
10	0.001	0.322	Valid
11	0.026	0.627	Valid
12	0,000	0.616	Valid
13	0,000	0.629	Valid
14	0,000	0.577	Valid
15	0,000	0.487	Valid
16	0,000	0.568	Valid
17	0,000	0.592	Valid
18	0,000	0.525	Valid
19	0,000	0.604	Valid
20	0,000	0.586	Valid

*. Correlation is significant at the 0.05 Level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

Table 3 shows that the data explained in Table 1 above. Where the data was obtained through variable validity analysis using the SPSS version 25.0 application. The table explains that all question items and items in the emotional quotient (EQ) variable produce values where, sig. <0.05, so that all question items can be said to be valid. In addition, the validity of the questionnaire items is also supported by calculations where RCount> RTable. It can be concluded that the criteria in the dark humor variable have valid criteria.

Table 4
Reliability of Variables

No	Variables	Cronbach's Alpha	Critical Value	Information
1.	<i>Emotional Quotient</i>	0.882	0.60	Reliable
2.	<i>Self Efficacy</i>	0.761	0.60	Reliable
3.	<i>Dark Humor</i>	0.877	0.60	Reliable

Based on table 4 above, the results obtained are that all variables have a Cronbach's Alpha value > Critical Value (0.60). Thus, it can be concluded that all variables contained in this study have a high level of reliability. The reliability criteria in each variable contained in the questionnaire can be relied on. Then, after analyzing the reliability of each variable, the next step is to conduct multiple linear regression analysis. Multiple linear regression analysis is conducted because there are more than 2 variables in it. Multiple linear regression analysis is conducted to determine the relationship and connection between the independent variables and the dependent variable.

Second hypothesis (X2) The positive influence of emotional intelligence and self-efficacy simultaneously on the sense of dark humor

Based on the presentation of the analysis data that has been presented through testing and analysis using the t-test related to the influence of self-efficacy on the sense of dark humor, a probability value (Pv) of 0.000 <0.05 was obtained, thus it can be

explained that self-efficacy has a positive influence on the sense of dark humor. So the first hypothesis (X1) states "self-efficacy has a positive influence on the sense of dark humor". This means that students need to have self-confidence/self-efficacy so that they can create humor in their social environment. This is of course in the concept of dark humor itself by displaying humor that is considered taboo by some people. So, someone needs to have self-confidence in mixing it well.

Coefficients^a

Model		Unstandardized Coefficients		Standardized	t	Sig.
		B	Std. Error	Coefficients Beta		
1	(Constant)	40.965	3.755		10.910	.000
	Emotional Quotient	.146	.062	.242	2.373	.002
	Self efficacy	.724	.069	1.076	10.555	.000

a. Dependent Variable: dark humor

Picture1. Figure 1. Results of Multiple Linear Regression Analysis (t Value)

Based on picture 1 above, let's see the results of the table above, it is known that the significance value (Probability Value) for the self-quotient variable is 0.042 <0.05. Thus, it can be concluded that the emotional quotient variable (X1) influences the Dark Humor variable (Y). Meanwhile, it is known that the self-efficacy variable has a significance value (probability value) of 0.00 <0.05. So based on these results, it can be concluded that self-efficacy influences Dark Humor.

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1357.075	2	678.538	13.883	.000 ^b
	Residual	2297.105	47	48.875		
	Total	3654.180	49			

a. Dependent Variable: Dark Humor (Y)

b. Predictors: (Constant), Self Efficacy (X2), Emotional Quotient(X1)

Picture2. Multiple Linear Regression Analysis Results (F Value)

Based on picture 2 above, especially the results of the table above, it is known that the significance value (Probability Value) is 0.00 <0.05, so Ho is rejected and Ha is supported. Thus, it can be concluded that the two independent variables (Emotional Quotient and Self Efficacy) have a simultaneous or joint influence on the dependent variable (Dark Humor)

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.900 ^a	.809	.801	1.892

a. Predictors: (Constant), Self efficacy, Emotional Quotient

Picture3. Determination Analysis

Picture 3 shows that the departure from the presentation of the analysis results of the determination (R²) above. The adjusted R² results are 0.801, which can be interpreted that the dark humor variable is influenced by the emotional quotient (X₁) and self-efficacy (X₂) variables by 80%. Meanwhile, the remaining percentage of 20% is influenced by other variables not explained in this study.

Discussion

First hypothesis (H1): Emotional quotient has a positive influence on sense of dark humor.

Departing from the presentation of the analysis data that has been presented through testing and analysis using the t-test related to the influence of emotional quotient on the sense of dark humor, a probability value (Pv) of 0.002 < 0.05 was obtained, thus it can be explained that emotional quotient has a positive influence on the sense of dark humor. So the first hypothesis (X₁) states "emotional quotient has a positive influence on the sense of dark humor". This means that students need to have emotional intelligence/emotional quotient so that they can create humor in their social environment.

The ability to understand and manage one's own emotions, as well as recognize and influence the emotions of others, is essential for developing a nuanced sense of humor, especially dark humor, which often involves taboo or sensitive topics. A student with a high emotional quotient (EQ) is more likely to navigate these complex emotional landscapes effectively, using humor as a tool for communication without offending (Manshur & Khaer, 2024). This suggests that emotional intelligence is not only important for interpersonal relationships but also for cultivating creativity in humor, which can sometimes push boundaries. Therefore, fostering emotional intelligence can help students better assess the appropriateness of humor in different social settings, thus enhancing their capacity for creating and appreciating dark humor in a socially responsible manner (Szilagyi et al., 2024).

Furthermore, emotional quotient also helps in managing the social dynamics that come with humor. People with higher EQ can more accurately gauge the emotional state of others and adjust their humorous expressions accordingly, ensuring that the humor they create is received positively, even when it touches on sensitive or controversial themes (Shen & Abalkheel, 2024). This adaptability is crucial when dealing with dark humor, as it often requires a delicate balance between pushing boundaries and maintaining respect for others' emotional responses. Thus, emotional quotient plays a

significant role not only in the creation but also in the effective delivery of dark humor, making it a critical factor in social interactions.

Second hypothesis (X2) The positive influence of emotional intelligence and self-efficacy simultaneously on the sense of dark humor

based on the presentation of the analysis data that has been presented through testing and analysis using the t-test related to the influence of self-efficacy on the sense of dark humor, a probability value (Pv) of $0.000 < 0.05$ was obtained, thus it can be explained that self-efficacy has a positive influence on the sense of dark humor. So the first hypothesis (X1) states "self-efficacy has a positive influence on the sense of dark humor". This means that students need to have self-confidence/self-efficacy so that they can create humor in their social environment. This is of course in the concept of dark humor itself by displaying humor that is considered taboo by some people. So, someone needs to have self-confidence in mixing it well (Nordin et al., 2023).

Departing from the presentation of the analysis data that has been presented through testing and analysis using the multiple linear regression test above. The F value was obtained with a probability value (pv) of $0.00 > 0.05$. This is then able to prove that emotional quotient and self-efficacy simultaneously or together have a positive and significant influence on the sense of dark humor (Li & Kim, 2024; Hasanah, 2024; Faisol, 2024). In the results of the analysis, it is explained that the sense of dark humor is influenced by emotional quotient and self-efficacy by 80%. This is proven through the determination analysis that has been explained above.

Based on the analysis of the variables in this study, it can be concluded that emotional quotient (EQ) and self-efficacy have a positive influence on the sense of dark humor. This suggests that an individual's ability to appreciate and create dark humor is closely tied to their emotional intelligence and self-confidence (Thao et al., 2023). Emotional quotient plays a significant role in understanding and regulating emotions, which is essential when engaging with humor that involves sensitive or taboo themes (Nevins et al., 2023; Baharun, 2023). Additionally, self-efficacy, or the belief in one's ability to accomplish tasks, contributes to the confidence needed to express dark humor in social contexts. Together, these psychological factors enable individuals to navigate the complexities of dark humor, ensuring its appropriate use without offending. Therefore, emotional intelligence and self-confidence are key elements in shaping one's tendency to appreciate and create dark humor, as they influence both emotional understanding and the willingness to engage with such humor.

CONCLUSION

In the first hypothesis, which states that emotional quotient has a positive influence on a person's sense of dark humor. Thus, it can be interpreted that a person's sense of dark humor is inseparable from the emotional intelligence they have. So, a person can express it in their social environment. This certainly departs from the analysis that has been done previously through several tests using the SPSS version 25.0 application.

Then, in the second hypothesis where self-efficacy has a positive influence on the level of a person's sense of dark humor. The statement is then interpreted that a person's

level of self-efficacy can be separated from the level of self-confidence/self-efficacy that he/she has. A person who has good self-confidence is certainly able to express things that are hidden in him/her. So, with a good level of self-confidence, a person will be able to express everything in him/her, especially related to the sense of dark humor.

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