

DAFTAR PUSTAKA

- Abdel-Fattah, H. M. M. 2020. "Emotional Intelligence and Emotional Stability in Crises." *Journal of Psychiatry and Psychiatric Disorders* 4(2):56–62.
- Abood, Mohammed H., Bassam H. Alharbi, Fatin Mhaidat, and Ahmad M. Gazo. 2020. "The Relationship between Personality Traits, Academic *Self-efficacy* and Academic Adaptation among University Students in Jordan." *International Journal of Higher Education* 9(3):120–28.
- Adiyoso, Wignyo. 2022. "Kajian Hoax Dalam Pandemi Covid-19 Di Indonesia." *Bappenas Working Papers* 5(3):356–66. doi: 10.47266/bwp.v5i3.177.
- Adu-Amankwaah, Joseph, Richard Mprah, Adebayo Oluwafemi Adekunle, Marie Louise Ndzie Noah, Gabriel Komla Adzika, Jeremiah Ong'achwa Machuki, and Hong Sun. 2021. "The Cardiovascular Aspect of COVID-19." *Annals of Medicine* 53(1):227–36.
- Agastya, Kadek Deva. 2023. "How Is the Student Emotional Intelligence Enhanced by Developing Mindfulness Approach in the Higher Education School?"
- Agatz, Niels, Mike Hewitt, and Barrett W. Thomas. 2021. "'Make No Little Plans': Impactful Research to Solve the next Generation of Transportation Problems." *Networks* 77(2):269–86.
- Ahmad Uzir, Nora'ayu, Dragan Gašević, Wannisa Matcha, Jelena Jovanović, and Abelardo Pardo. 2020. "Analytics of Time Management Strategies in a Flipped Classroom." *Journal of Computer Assisted Learning* 36(1):70–88.
- Ahmed, Zeeshan, Sarwat Sabir, Zia ur Rehman, Mishal Khosa, and Anyl Khan. 2016. "The Impact of Emotional Intelligence on Employee's Performance in Public and Private Higher Educational Institutions of Pakistan." *IOSR Journal of Business and Management* 18(11):63–71. doi: 10.9790/487X-181104119127.
- Akbari, Omidullah, and Javed Sahibzada. 2020. "Students' Self-Confidence and Its Impacts on Their Learning Process." *American International Journal of Social Science Research* 5(1):1–15.
- Al-Maskari, Azzah, Thurayya Al-Riyami, and Siraj K. Kunjumammed. 2022. "Students Academic and Social Concerns during COVID-19 Pandemic." *Education and Information Technologies* 27(1):1–21.
- AL-Qadri, Abdo Hasan, and Wei Zhao. 2021. "Emotional Intelligence and Students' Academic Achievement." *Problems of Education in the 21st Century* 79(3):360.
- Al-Zoubi, Samer M., and Mohammad A. Bani Younes. 2015. "Low Academic Achievement: Causes and Results." *Theory and Practice in Language Studies* 5(11):2262.
- Alam, Fahad, Qing Yang, Muhammad Yaseen Bhutto, and Nadeem Akhtar. 2021. "The Influence of E-Learning and Emotional Intelligence on Psychological Intentions: Study of Stranded Pakistani Students." *Frontiers in Psychology* 12:715700.
- Alemayehu, Lekissa, and Hsiu-Ling Chen. 2023. "The Influence of Motivation on Learning Engagement: The Mediating Role of Learning *Self-efficacy* and Self-Monitoring in Online Learning Environments." *Interactive Learning*

- Environments* 31(7):4605–18.
- Alghamdi, Saleh A., Mohammed A. Aljaffer, Faisal S. Alahmari, Ahmed B. Alasiri, Abdullah H. Alkahtani, Fadhah S. Alhudayris, and Bassam A. Alhusaini. 2023. “The Impact of Low Self-Esteem on Academic Achievement and the Behaviors Related to It among Medical Students in Saudi Arabia.” *Saudi Medical Journal* 44(6):613.
- Alhadabi, Amal, and Aryn C. Karpinski. 2020. “Grit, *Self-efficacy*, Achievement Orientation Goals, and Academic Performance in University Students.” *International Journal of Adolescence and Youth* 25(1):519–35. doi: 10.1080/02673843.2019.1679202.
- Amir, Lisa R., Ira Tanti, Diah Ayu Maharani, Yuniardini Septorini Wimardhani, Vera Julia, Benso Sulijaya, and Ria Puspitawati. 2020. “Student Perspective of Classroom and Distance Learning during COVID-19 Pandemic in the Undergraduate Dental Study Program Universitas Indonesia.” *BMC Medical Education* 20(1):1–8.
- Andi, Hari Krishnan. 2014. “Emotional Intelligence of Malaysian Youths Hari Krishnan a/l Andi.” *Institut Penyelidikan Pembangunan Belia Malaysia* 143–64.
- Anksorus, Heidi, and Courtney L. Bradley. 2020. “Using Social Media and Focused Learning Activities to Impact *Self-efficacy* of Empathy.” *Currents in Pharmacy Teaching and Learning* 12(6):741–50.
- Ansari, Jamal Abdul Nasir, and Nawab Ali Khan. 2020. “Exploring the Role of Social Media in Collaborative Learning the New Domain of Learning.” *Smart Learning Environments* 7(1):1–16.
- Arar, Khalid H. 2021. “Research on Refugees’ Pathways to Higher Education since 2010: A Systematic Review.” *Review of Education* 9(3):e3303.
- Armenta, Christina N., Megan M. Fritz, Lisa C. Walsh, and Sonja Lyubomirsky. 2022. “Satisfied yet Striving: Gratitude Fosters Life Satisfaction and Improvement Motivation in Youth.” *Emotion* 22(5):1004.
- Arribathi, Abdul Hamid, Suwanto, Ali Miftakhu Rosyad, Mukti Budiarto, Dedeh Supriyanti, and fnm Mulyati. 2021. “An Analysis of Student Learning Anxiety during the COVID-19 Pandemic: A Study in Higher Education.” *The Journal of Continuing Higher Education* 69(3):192–205.
- Astin, Alexander W. 1999. “Student Involvement: A Developmental Theory for Higher Education.”
- Ayoung, Daniel Azerikatoa, Frederic Naazi-Ale Baada, and Patrick Baayel. 2021. “Access to Library Services and Facilities by Persons with Disability: Insights from Academic Libraries in Ghana.” *Journal of Librarianship and Information Science* 53(1):167–80.
- Azila-Gbettor, Edem M., and Martin K. Abiemo. 2021. “Moderating Effect of Perceived Lecturer Support on Academic *Self-efficacy* and Study Engagement: Evidence from a Ghanaian University.” *Journal of Applied Research in Higher Education* 13(4):991–1006.
- Baber, Hasnan. 2020. “Determinants of Students’ Perceived Learning Outcome and Satisfaction in Online Learning during the Pandemic of COVID-19.” *Journal of Education and E-Learning Research* 7(3):285–92.

- Baloh, Robert W. 2022. "Stress, Anxiety and Depression." Pp. 129–46 in *Exercise and the Brain: Why Physical Exercise is Essential to Peak Cognitive Health*. Springer.
- Bambaeeroo, Fatemeh, and Nasrin Shokrpour. 2017. "The Impact of the Teachers' Non-Verbal Communication on Success in Teaching." *Journal of Advances in Medical Education & Professionalism* 5(2):51.
- Bandura, Albert. 1977. "Self-efficacy: Toward a Unifying Theory of Behavioral Change." *Psychological Review* 84(2):191.
- Bandura, Albert. 1997. *Self-efficacy: The Exercise of Control*. Macmillan.
- Bandura, Albert. 2015. "Self-efficacy Conception of Anxiety." Pp. 89–110 in *Anxiety and self-focused attention*. Routledge.
- Bandura, Albert, and Sebastian Wessels. 1994. *Self-efficacy*. Vol. 4. na.
- Bar-On, Reuven, Richard Handley, and Suzanne Fund. 2013. "The Impact of Emotional Intelligence on Performance." Pp. 3–20 in *Linking emotional intelligence and performance at work*. Psychology Press.
- Bavel, Jay J. Van, Katherine Baicker, Paulo S. Boggio, Valerio Capraro, Aleksandra Cichocka, Mina Cikara, Molly J. Crockett, Alia J. Crum, Karen M. Douglas, and James N. Druckman. 2020. "Using Social and Behavioural Science to Support COVID-19 Pandemic Response." *Nature Human Behaviour* 4(5):460–71.
- Benner, Aprile D., Alaina E. Boyle, and Sydney Sadler. 2016. "Parental Involvement and Adolescents' Educational Success: The Roles of Prior Achievement and Socioeconomic Status." *Journal of Youth and Adolescence* 45:1053–64.
- Berliner, David C. 1993. "International Comparisons of Student Achievement." P. 25 in *National Forum*. Vol. 73. Honor Society of Phi Kappa Phi.
- Blasco-Belled, Ana, Radosław Rogoza, Cristina Torrelles-Nadal, and Carles Alsinet. 2020. "Emotional Intelligence Structure and Its Relationship with Life Satisfaction and Happiness: New Findings from the Bifactor Model." *Journal of Happiness Studies* 21(6):2031–49. doi: 10.1007/s10902-019-00167-x.
- Bloom, Benjamin S. 1972. "Innocence in Education." *The School Review* 80(3):333–52.
- Blumer, Herbert. 1986. *Symbolic Interactionism: Perspective and Method*. Univ of California Press.
- Blumer, Herbert. 2013. "Society as Symbolic Interaction." Pp. 179–92 in *Human behavior and social processes*. Routledge.
- Boateng, R., and Afua Amankwaa. 2016. "The Impact of Social Media on Student Academic Life in Higher Education." *Global Journal of Human-Social Science* 16(4):1–8.
- Bosak, Andy. 2018. "The Cardiorespiratory System." Pp. 22–49 in *Conditioning for Strength and Human Performance*. Routledge.
- Bottaccioli, Anna Giulia, Francesco Bottaccioli, Antonia Carosella, Vincenza Cofini, Paola Muzi, and Mauro Bologna. 2020. "Psychoneuroendocrinoimmunology-Based Meditation (PNEIMED) Training Reduces Salivary Cortisol under Basal and Stressful Conditions in Healthy University Students: Results of a Randomized Controlled Study." *Explore*

- 16(3):189–98.
- Buzinde, Christine N. 2020. “Theoretical Linkages between Well-Being and Tourism: The Case of Self-Determination Theory and Spiritual Tourism.” *Annals of Tourism Research* 83:102920.
- Carless, David. 2020. “Longitudinal Perspectives on Students’ Experiences of Feedback: A Need for Teacher–Student Partnerships.” *Higher Education Research & Development* 39(3):425–38.
- Carrillo, Carmen, and Maria Assunção Flores. 2020. “COVID-19 and Teacher Education: A Literature Review of Online Teaching and Learning Practices.” *European Journal of Teacher Education* 43(4):466–87.
- Casino-García, Ana María, María José Llopis-Bueno, and Lucía Inmaculada Llinares-Insa. 2021. “Emotional Intelligence Profiles and Self-Esteem/Self-Concept: An Analysis of Relationships in Gifted Students.” *International Journal of Environmental Research and Public Health* 18(3):1–23. doi: 10.3390/ijerph18031006.
- Cassidy, Simon. 2015. “Resilience Building in Students: The Role of Academic Self-efficacy.” *Frontiers in Psychology* 6:1781.
- Cassidy, Simon. 2016. “The Academic Resilience Scale (ARS-30): A New Multidimensional Construct Measure.” *Frontiers in Psychology* 7:1787.
- Cervone, Daniel, Daniele Artisticco, and Jane M. Berry. 2006. “Self-efficacy and Adult Development.” *Handbook of Adult Development and Learning* 169–95.
- Chan, Eric T. H., Tingting Elle Li, Tim Schwanen, and David Banister. 2021. “People and Their Walking Environments: An Exploratory Study of Meanings, Place and Times.” *International Journal of Sustainable Transportation* 15(9):718–29.
- Chandra, Yamini. 2021. “Online Education during COVID-19: Perception of Academic Stress and Emotional Intelligence Coping Strategies among College Students.” *Asian Education and Development Studies* 10(2):229–38.
- Chen, Weiyun, Xiangli Gu, Jun Chen, and Xiaozan Wang. 2022. “Association of Cardiorespiratory Fitness and Cognitive Function with Psychological Well-Being in School-Aged Children.” *International Journal of Environmental Research and Public Health* 19(3):1434.
- Cho, Moon-Heum, and Michele L. Heron. 2015. “Self-Regulated Learning: The Role of Motivation, Emotion, and Use of Learning Strategies in Students’ Learning Experiences in a Self-Paced Online Mathematics Course.” *Distance Education* 36(1):80–99.
- Chun, Edna, and Alvin Evans. 2023. *The Department Chair as Transformative Diversity Leader: Building Inclusive Learning Environments in Higher Education*. Taylor & Francis.
- Clark, Luther T., Laurence Watkins, Ileana L. Piña, Mary Elmer, Ola Akinboboye, Millicent Gorham, Brenda Jamerson, Cassandra McCullough, Christine Pierre, and Adam B. Polis. 2019. “Increasing Diversity in Clinical Trials: Overcoming Critical Barriers.” *Current Problems in Cardiology* 44(5):148–72.
- Clouston, Teena J. 2015. *Challenging Stress, Burnout and Rust-out: Finding Balance in Busy Lives*. Jessica Kingsley Publishers.

- Cobo-Rendón, Rubia, Yaranay López-Angulo, María Victoria Pérez-Villalobos, and Alejandro Díaz-Mujica. 2020. "Perceived Social Support and Its Effects on Changes in the Affective and Eudaimonic Well-Being of Chilean University Students." *Frontiers in Psychology* 11:590513.
- Coleman, James S., J. S. Campbell, E. Q. Campbell, C. J. Hobson, J. McPartland, A. M. Mood, F. D. Weinfeld, and R. L. York. 1966. "Equality of Educational Opportunity (Washington, Dc: Us Department of Health, Education, and Welfare, Us Government Printing Office)."
- Constantino, Sara M., Gregg Sparkman, Gordon T. Kraft-Todd, Cristina Bicchieri, Damon Centola, Bettina Shell-Duncan, Sonja Vogt, and Elke U. Weber. 2022. "Scaling up Change: A Critical Review and Practical Guide to Harnessing Social Norms for Climate Action." *Psychological Science in the Public Interest* 23(2):50–97.
- Cooley, Charles Horton. 2017. *Human Nature and the Social Order*. Routledge.
- Cooper, Robert K., and A. Coautor Sawaf. 1997. *Executive EQ: Emotional Intelligence in Leadership and Organization*. GROSSET,.
- Cronbach, Lee J., Robert L. Linn, Robert L. Brennan, and Edward H. Haertel. 1997. "Generalizability Analysis for Performance Assessments of Student Achievement or School Effectiveness." *Educational and Psychological Measurement* 57(3):373–99.
- Darling-Hammond, Linda, and Channa M. Cook-Harvey. 2018. "Educating the Whole Child: Improving School Climate to Support Student Success." *Learning Policy Institute*.
- Davis, Sarah K., and Rachel Nichols. 2016. "Does Emotional Intelligence Have a 'Dark' Side? A Review of the Literature." *Frontiers in Psychology* 7:1316.
- Delavande, Adeline, Emilia Del Bono, and Angus Holford. 2022. "Academic and Non-Academic Investments at University: The Role of Expectations, Preferences and Constraints." *Journal of Econometrics* 231(1):74–97.
- Delfino, Armando P. 2019. "Student Engagement and Academic Performance of Students of Partido State University." *Asian Journal of University Education* 15(1):n1.
- Dewey, John. 1900. "Psychology and Social Practice." *Science* 11(270):321–33.
- Dietrich, Cecile, Pamela Y. Frasier, and Ryan Nichols. 2017. "Measuring Health Care Provider Cultural Competency with Appalachian Populations: Validation of a Modified Cultural Self Efficacy Scale."
- Dolev, Niva, and Shosh Leshem. 2017. "Developing Emotional Intelligence Competence among Teachers." *Teacher Development* 21(1):21–39.
- Dominelli, Paolo B., Chad C. Wiggins, Tuhin K. Roy, Timothy W. Secomb, Timothy B. Curry, and Michael J. Joyner. 2021. "The Oxygen Cascade during Exercise in Health and Disease." Pp. 1017–32 in *Mayo Clinic Proceedings*. Vol. 96. Elsevier.
- Donnor, Jamel K. 2020. "Towards an Interest-Convergence in the Education of African-American Football Student Athletes in Major College Sports." Pp. 57–79 in *Critical Race Theory in Education*. Routledge.
- Downing, Virginia R., Katelyn M. Cooper, Jacqueline M. Cala, Logan E. Gin, and Sara E. Brownell. 2020. "Fear of Negative Evaluation and Student Anxiety in

- Community College Active-Learning Science Courses.” *CBE—Life Sciences Education* 19(2):ar20.
- Drigas, Athanasios, and Chara Papoutsis. 2020. “The Need for Emotional Intelligence Training Education in Critical and Stressful Situations: The Case of Covid-19.” *Int. J. Recent Contributions Eng. Sci. IT* 8(3):20–36.
- Dulewicz, Victor, and Malcolm Higgs. 2000. “Emotional Intelligence—A Review and Evaluation Study.” *Journal of Managerial Psychology* 15(4):341–72.
- Ebrahimi, Mohammad Reza, Hooshang Khoshsima, Esmail Zare-Behtash, and Tahereh Heydarnejad. 2018. “Emotional Intelligence Enhancement Impacts on Developing Speaking Skill among EFL Learners: An Empirical Study.” *International Journal of Instruction* 11(4):625–40.
- Elagizi, Andrew, Sergey Kachur, Salvatore Carbone, Carl J. Lavie, and Steven N. Blair. 2020. “A Review of Obesity, Physical Activity, and Cardiovascular Disease.” *Current Obesity Reports* 9:571–81.
- Eliason, Erika J., Jacey C. Van Wert, and Gail D. Schwieterman. 2022. “Applied Aspects of the Cardiorespiratory System.” Pp. 189–252 in *Fish Physiology*. Vol. 39. Elsevier.
- Ellwein, Laura Marie. 2008. “Cardiovascular and Respiratory Regulation, Modeling and Parameter Estimation.”
- Etherton, Kent, Debra Steele-Johnson, Kathleen Salvano, and Nicholas Kovacs. 2022. “Resilience Effects on Student Performance and Well-Being: The Role of *Self-efficacy*, Self-Set Goals, and Anxiety.” *The Journal of General Psychology* 149(3):279–98.
- Fakolujo, Idowu Yetunde, Oluwafisayo Modupe Gbadeyan, Fatima Alaba Ibrahim, Johnson Olaleye Oladele, and Adenike Temidayo Oladiji. 2024. “Nutrition and Fitness.” Pp. 169–80 in *Nutrition and Diet in Health*. CRC Press.
- Fernández-Abascal, Enrique G., and María Dolores Martín-Díaz. 2019. “Relations between Dimensions of Emotional Intelligence, Specific Aspects of Empathy, and Non-Verbal Sensitivity.” *Frontiers in Psychology* 10:1066.
- Ferreira, Marco, Baiba Martinsone, and Sanela Talić. 2020. “Promoting Sustainable Social Emotional Learning at School through Relationship-Centered Learning Environment, Teaching Methods and Formative Assessment.” *Journal of Teacher Education for Sustainability* 22(1):21–36.
- Festa, Felice, Silvia Medori, and Monica Macri. 2023. “Move Your Body, Boost Your Brain: The Positive Impact of Physical Activity on Cognition across All Age Groups.” *Biomedicines* 11(6):1765.
- Fiori, Marina, and Ashley K. Vesely-Maillefer. 2018. “Emotional Intelligence as an Ability: Theory, Challenges, and New Directions.” *Emotional Intelligence in Education: Integrating Research with Practice* 23–47.
- Firmansyah, Rizky, Dhika Putri, Mochammad Wicaksono, Sheila Putri, Ahmad Widianto, and Mohd Palil. 2021. “Educational Transformation: An Evaluation of Online Learning Due to COVID-19.” *International Journal of Emerging Technologies in Learning (IJET)* 16(7):61–76.
- Flensner, Karin K., Peter Korp, and Eva-Carin Lindgren. 2021. “Integration into and through Sports? Sport-Activities for Migrant Children and Youths.” *European Journal for Sport and Society* 18(1):64–81.

- Francis, Becky, Paul Connolly, Louise Archer, Jeremy Hodgen, Anna Mazonod, David Pepper, Seaneen Sloan, Becky Taylor, Antonina Tereshchenko, and Mary-Claire Travers. 2017. "Attainment Grouping as Self-Fulfilling Prophecy? A Mixed Methods Exploration of Self Confidence and Set Level among Year 7 Students." *International Journal of Educational Research* 86:96–108.
- Freire, Carlos, María del Mar Ferradás, Bibiana Regueiro, Susana Rodríguez, Antonio Valle, and José Carlos Núñez. 2020. "Coping Strategies and *Self-efficacy* in University Students: A Person-Centered Approach." *Frontiers in Psychology* 11:530329.
- Frey, Nancy, Douglas Fisher, and Dominique Smith. 2019. *All Learning Is Social and Emotional: Helping Students Develop Essential Skills for the Classroom and Beyond*. Ascd.
- Fu, Rui, Jinsol Lee, Xinyin Chen, and Li Wang. 2020. "Academic Self-perceptions and Academic Achievement in Chinese Children: A Multiwave Longitudinal Study." *Child Development* 91(5):1718–32.
- Gallagher, Matthew W., and Shane J. Lopez. 2008. "Hope, *Self-efficacy*, and Academic Success in College Students."
- Gallo-Villegas, Jaime A., and Juan C. Calderón. 2023. "Epidemiological, Mechanistic, and Practical Bases for Assessment of Cardiorespiratory Fitness and Muscle Status in Adults in Healthcare Settings." *European Journal of Applied Physiology* 123(5):945–64.
- Gao, Hong, Yangli Ou, Zhiyuan Zhang, Menghui Ni, Xinlian Zhou, and Li Liao. 2021. "The Relationship between Family Support and E-Learning Engagement in College Students: The Mediating Role of e-Learning Normative Consciousness and Behaviors and *Self-efficacy*." *Frontiers in Psychology* 12:573779.
- García-Martínez, Inmaculada, Eufrasio Pérez-Navío, Miguel Pérez-Ferra, and Rocío Quijano-López. 2021. "Relationship between Emotional Intelligence, Educational Achievement and Academic Stress of Pre-Service Teachers." *Behavioral Sciences* 11(7):95.
- García-Pérez, Laura, Marina García-Garnica, and Eva María Olmedo-Moreno. 2021. "Skills for a Working Future: How to Bring about Professional Success from the Educational Setting." *Education Sciences* 11(1):27.
- García, Emma, and Elaine Weiss. 2020. "COVID-19 and Student Performance, Equity, and US Education Policy: Lessons from Pre-Pandemic Research to Inform Relief, Recovery, and Rebuilding." *Economic Policy Institute*.
- Giulia, Venturelli, Spiga Giulia, and Ferri Paola. 2019. "Emotional Intelligence, Empathy and Alexithymia: A Cross-Sectional Survey on Emotional Competence in a Group of Nursing Students." *Acta Bio Medica: Atenei Parmensis* 90(Suppl 4):32.
- Goleman, D. 2001. "Emotional Intelligence: Perspectives on a Theory of Performance. The Emotionally Intelligent Workplace."
- Goleman, Daniel. 2020. *Emotional Intelligence: Why It Can Matter More than IQ*. Bloomsbury Publishing.
- Gootman, Marilyn Eisenstadt. 1976. *The Relationship Between Dramatic Play And*

- Self-Concept In Middle-Class Kindergarten Children*. University of Georgia.
- Griban, G., N. Lyakhova, O. Tymoshenko, Zh Domina, N. Dovgan, M. Kruk, I. Mychka, P. Tkachenko, B. Semeniv, and G. Grokhova. 2020. "Current State of Students' Health and Its Improvement in the Process of Physical Education."
- Gueldner, Barbara A., Laura L. Feuerborn, and Kenneth W. Merrell. 2020. *Social and Emotional Learning in the Classroom: Promoting Mental Health and Academic Success*. Guilford Publications.
- Gunu, U., and R. O. Oladepo. 2014. "Impact of Emotional Intelligence on Employees' Performance and Organizational Commitment: A Case Study of Dangote Flour Mills Workers." *University of Mauritius Research Journal* 20:1–32.
- Hablitz, Lauren M., and Maiken Nedergaard. 2021. "The Glymphatic System: A Novel Component of Fundamental Neurobiology." *Journal of Neuroscience* 41(37):7698–7711.
- Hall, John E. 2015. *Pocket Companion to Guyton & Hall Textbook of Medical Physiology E-Book: Pocket Companion to Guyton & Hall Textbook of Medical Physiology E-Book*. Elsevier Health Sciences.
- Hanley, Adam W., Mohammed H. Palejwala, Robert T. Hanley, Angela I. Canto, and Eric L. Garland. 2015. "A Failure in Mind: Dispositional Mindfulness and Positive Reappraisal as Predictors of Academic *Self-efficacy* Following Failure." *Personality and Individual Differences* 86:332–37.
- Haslam, S. Alexander, Filip Boen, and Katrien Franssen. 2020. "The New Psychology of Sport and Exercise: The Social Identity Approach."
- Hattie, John, and Eric M. Anderman. 2013. *International Guide to Student Achievement*. Routledge.
- Haverkamp, Barbara Franca, Jaap Oosterlaan, Marsh Königs, and Esther Hartman. 2021. "Physical Fitness, Cognitive Functioning and Academic Achievement in Healthy Adolescents." *Psychology of Sport and Exercise* 57:102060.
- Hayes, Louise L., and Joseph V Ciarrochi. 2015. *The Thriving Adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals, and Build Connection*. New Harbinger Publications.
- He, Pingxiang, Guohua Zheng, and Zhengwe Gong. 2021. "Survival of Folk Sports–Related Cultural Heritage in China." *The International Journal of the History of Sport* 37(12):1159–71.
- Henslin, James M. 1981. *Down to Earth Sociology:: Introductory Readings*. Simon and Schuster.
- Herrera-Pavo, Miguel Ángel. 2021. "Collaborative Learning for Virtual Higher Education." *Learning, Culture and Social Interaction* 28:100437.
- Herrera, Pablo Alberto, Solange Campos-Romero, Wilsa Szabo, Pablo Martínez, Viviana Guajardo, and Graciela Rojas. 2021. "Understanding the Relationship between Depression and Chronic Diseases Such as Diabetes and Hypertension: A Grounded Theory Study." *International Journal of Environmental Research and Public Health* 18(22):12130.
- Hitches, Elizabeth, Stuart Woodcock, and John Ehrich. 2022. "Building *Self-*

- efficacy* without Letting Stress Knock It down: Stress and Academic *Self-efficacy* of University Students.” *International Journal of Educational Research Open* 3:100124.
- Hollenbeck, John R., and Bradley B. Jamieson. 2015. “Human Capital, Social Capital, and Social Network Analysis: Implications for Strategic Human Resource Management.” *Academy of Management Perspectives* 29(3):370–85.
- Honicke, Toni, and Jaclyn Broadbent. 2016. “The Influence of Academic *Self-efficacy* on Academic Performance: A Systematic Review.” *Educational Research Review* 17:63–84.
- Hood, S., N. Barrickman, N. Djerdjian, M. Farr, S. Magner, H. Roychowdhury, R. Gerrits, H. Lawford, B. Ott, and K. Ross. 2021. “‘I like and Prefer to Work Alone’: Social Anxiety, Academic *Self-efficacy*, and Students’ Perceptions of Active Learning.” *CBE—Life Sciences Education* 20(1):ar12.
- Hosen, Mosharrof, Samuel Ogbeibu, Beena Giridharan, Tat-Huei Cham, Weng Marc Lim, and Justin Paul. 2021. “Individual Motivation and Social Media Influence on Student Knowledge Sharing and Learning Performance: Evidence from an Emerging Economy.” *Computers & Education* 172:104262.
- Howell, Rachel A. 2021. “Engaging Students in Education for Sustainable Development: The Benefits of Active Learning, Reflective Practices and Flipped Classroom Pedagogies.” *Journal of Cleaner Production* 325:129318.
- Hunter, Emily M., and Cindy Wu. 2016. “Give Me a Better Break: Choosing Workday Break Activities to Maximize Resource Recovery.” *Journal of Applied Psychology* 101(2):302.
- Hwang, Mae Hyang, Hee Cheol Choi, Anna Lee, Jennifer D. Culver, and Brian Hutchison. 2016. “The Relationship between *Self-efficacy* and Academic Achievement: A 5-Year Panel Analysis.” *The Asia-Pacific Education Researcher* 25:89–98.
- Inganah, Siti, Rani Darmayanti, and Nopia Rizki. 2023. “Problems, Solutions, and Expectations: 6C Integration of 21 St Century Education into Learning Mathematics.” *JEMS: Jurnal Edukasi Matematika Dan Sains* 11(1):220–38.
- Intezari, Ali, and David J. Pauleen. 2018. “Conceptualizing Wise Management Decision-making: A Grounded Theory Approach.” *Decision Sciences* 49(2):335–400.
- Jackson, Yvette. 2015. *The Pedagogy of Confidence: Inspiring High Intellectual Performance in Urban Schools*. Teachers College Press.
- Jaggars, Shanna Smith, and Di Xu. 2016. “How Do Online Course Design Features Influence Student Performance?” *Computers & Education* 95:270–84.
- Jana, Sonali, P. Manjari, and Iqbal Hyder. 2023. “Physiology of Respiration.” Pp. 171–92 in *Textbook of Veterinary Physiology*. Springer.
- Jbaily, Abdulrahman, Spencer Frank, and Andrew J. Szeri. 2020. “Pulmonary Mechanics and Gas Exchange: A Mathematical Framework.” *International Journal of Engineering Science* 154:103276.
- Jeffreys, Marianne R. 2015. “Jeffreys’s Nursing Universal Retention and Success Model: Overview and Action Ideas for Optimizing Outcomes A–Z.” *Nurse Education Today* 35(3):425–31.

- Jeong, Hyun-Chul, and Wi-Young So. 2020. "Difficulties of Online Physical Education Classes in Middle and High School and an Efficient Operation Plan to Address Them." *International Journal of Environmental Research and Public Health* 17(19):7279.
- Jia, Yanxian, and Ling Cheng. 2022. "The Role of Academic Buoyancy and Social Support on English as a Foreign Language Learners' Motivation in Higher Education." *Frontiers in Psychology* 13:892603.
- Kågesten, Anna, Susannah Gibbs, Robert Wm Blum, Caroline Moreau, Venkatraman Chandra-Mouli, Ann Herbert, and Avni Amin. 2016. "Understanding Factors That Shape Gender Attitudes in Early Adolescence Globally: A Mixed-Methods Systematic Review." *PloS One* 11(6):e0157805.
- Kandaurova, Maria, and Seung Hwan Mark Lee. 2019. "The Effects of Virtual Reality (VR) on Charitable Giving: The Role of Empathy, Guilt, Responsibility, and Social Exclusion." *Journal of Business Research* 100:571–80.
- Keinki, C., E. Seilacher, M. Ebel, D. Ruetters, I. Kessler, J. Stellamanns, I. Rudolph, and J. Huebner. 2016. "Information Needs of Cancer Patients and Perception of Impact of the Disease, of *Self-efficacy*, and Locus of Control." *Journal of Cancer Education* 31:610–16.
- Kim, Jinhee, Hyunkyung Lee, and Young Hoan Cho. 2022. "Learning Design to Support Student-AI Collaboration: Perspectives of Leading Teachers for AI in Education." *Education and Information Technologies* 27(5):6069–6104.
- Kiuru, Noona, Ming-Te Wang, Katariina Salmela-Aro, Lasse Kannas, Timo Ahonen, and Riikka Hirvonen. 2020. "Associations between Adolescents' Interpersonal Relationships, School Well-Being, and Academic Achievement during Educational Transitions." *Journal of Youth and Adolescence* 49(5):1057–72.
- Kliziene, Irina, Ginas Cizauskas, Saule Sipaviciene, Roma Aleksandraviciene, and Kristina Zaicenkoviene. 2021. "Effects of a Physical Education Program on Physical Activity and Emotional Well-Being among Primary School Children." *International Journal of Environmental Research and Public Health* 18(14):7536.
- Köseoglu, Yaman. 2015. "*Self-efficacy* and Academic Achievement--A Case from Turkey." *Journal of Education and Practice* 6(29):131–41.
- Kovalchuk, Vasyl, Ivan Prylepa, Oleksandra Chubrei, Inna Marynchenko, Vitalii Opanasenko, and Yevhenii Marynchenko. 2022. "Development of Emotional Intelligence of Future Teachers of Professional Training." *International Journal of Early Childhood Special Education* 14(1).
- Kustyarini, K. 2020. "Self Efficacy and Emotional Quotient in Mediating Active Learning Effect on Students' Learning Outcome." *International Journal of Instruction* 13(2):663–76. doi: 10.29333/iji.2020.13245a.
- Kutsyuruba, Benjamin, Don A. Klinger, and Alicia Hussain. 2015. "Relationships among School Climate, School Safety, and Student Achievement and Well-being: A Review of the Literature." *Review of Education* 3(2):103–35.
- Lai, Chiu-Lin, and Gwo-Jen Hwang. 2016. "A Self-Regulated Flipped Classroom Approach to Improving Students' Learning Performance in a Mathematics

- Course.” *Computers & Education* 100:126–40.
- Lakkala, Suvi, Alvyra Galkienė, Julita Navaitienė, Tamara Cierpiałowska, Susanne Tomecek, and Satu Uusiautti. 2021. “Teachers Supporting Students in Collaborative Ways—An Analysis of Collaborative Work Creating Supportive Learning Environments for Every Student in a School: Cases from Austria, Finland, Lithuania, and Poland.” *Sustainability* 13(5):2804.
- Lauwers, Laura, Michael Leone, Madeleine Guyot, Ingrid Pelgrims, Roy Remmen, Kris Van den Broeck, Hans Keune, and Hilde Bastiaens. 2021. “Exploring How the Urban Neighborhood Environment Influences Mental Well-Being Using Walking Interviews.” *Health & Place* 67:102497.
- Leal, M. Fernanda C., Rita I. L. Catarino, Adriana M. Pimenta, and M. Renata S. Souto. 2023. “The Influence of the Biometals Cu, Fe, and Zn and the Toxic Metals Cd and Pb on Human Health and Disease.” *Trace Elements and Electrolytes* 40(1):1.
- Lee, Sungjun, Yonghyun Choi, Eunseo Jeong, Jongjun Park, Jiwon Kim, Masayoshi Tanaka, and Jonghoon Choi. 2023. “Physiological Significance of Elevated Levels of Lactate by Exercise Training in the Brain and Body.” *Journal of Bioscience and Bioengineering* 135(3):167–75.
- Li, Chengchen. 2020. “A Positive Psychology Perspective on Chinese EFL Students’ Trait Emotional Intelligence, Foreign Language Enjoyment and EFL Learning Achievement.” *Journal of Multilingual and Multicultural Development* 41(3):246–63. doi: 10.1080/01434632.2019.1614187.
- Li, Chengchen, and Jinfen Xu. 2019. “Trait Emotional Intelligence and Classroom Emotions: A Positive Psychology Investigation and Intervention among Chinese EFL Learners.” *Frontiers in Psychology* 10:2453.
- Li, Wenbo, and Guobin Dai. 2021. “The Inheritance and Dissemination of Wushu Culture in the Global Era.” *The International Journal of the History of Sport* 38(7):768–78.
- Li, Xinnan, Min Liu, Haofei Yu, Zhanjia Zhang, and Zhonghui He. 2022. “The Influence of Sports on Proactive Personality and Academic Achievement of College Students: The Role of *Self-efficacy*.” *Frontiers in Psychology* 13:943347.
- Lin, Xiaolin, Mauricio Featherman, and Saonee Sarker. 2017. “Understanding Factors Affecting Users’ Social Networking Site Continuance: A Gender Difference Perspective.” *Information & Management* 54(3):383–95.
- Liu, Xiang, Michael Yao-Ping Peng, Muhammad Khalid Anser, Wei-Loong Chong, and Biqu Lin. 2020. “Key Teacher Attitudes for Sustainable Development of Student Employability by Social Cognitive Career Theory: The Mediating Roles of *Self-efficacy* and Problem-Based Learning.” *Frontiers in Psychology* 11:1945.
- López-Cassà, Èlia, Felicidad Barreiro Fernández, Salvador Oriola Requena, and Josep Gustems Carnicer. 2021. “Emotional Competencies in Primary Education as an Essential Factor for Learning and Well-Being.” *Sustainability* 13(15):8591.
- Lopez-Zafra, Esther, Manuel Miguel Ramos-Álvarez, Karima El Ghoudani, Octavio Luque-Reca, José María Augusto-Landa, Benaissa Zarhbouch, Smail

- Alaoui, Daniel Cortés-Denia, and Manuel Pulido-Martos. 2019. "Social Support and Emotional Intelligence as Protective Resources for Well-Being in Moroccan Adolescents." *Frontiers in Psychology* 10:1529.
- MacCann, Carolyn, Yixin Jiang, Luke E. R. Brown, Kit S. Double, Micaela Bucich, and Amirali Minbashian. 2020. "Emotional Intelligence Predicts Academic Performance: A Meta-Analysis." *Psychological Bulletin* 146(2):150.
- Macdonald, Sharon. 2020. "Identity Complexes in Western Europe: Social Anthropological Perspectives." Pp. 1–26 in *Inside European Identities*. Routledge.
- Maddux, James E. 2016. "Self-efficacy." Pp. 41–46 in *Interpersonal and intrapersonal expectancies*. Routledge.
- Maddux, James E., and Jennifer T. Gosselin. 2012. *Self-efficacy*. The Guilford Press.
- Maguire, Rebecca, Arlene Egan, Philip Hyland, and Phil Maguire. 2017. "Engaging Students Emotionally: The Role of Emotional Intelligence in Predicting Cognitive and Affective Engagement in Higher Education." *Higher Education Research & Development* 36(2):343–57.
- Magulod Jr, Gilbert C. 2017. "Factors of School Effectiveness and Performance of Selected Public and Private Elementary Schools: Implications on Educational Planning in the Philippines." *Asia Pacific Journal of Multidisciplinary Research* 5(1):73–83.
- Mahoney, Joseph L., Roger P. Weissberg, Mark T. Greenberg, Linda Dusenbury, Robert J. Jagers, Karen Niemi, Melissa Schlinger, Justina Schlund, Timothy P. Shriver, and Karen VanAusdal. 2021. "Systemic Social and Emotional Learning: Promoting Educational Success for All Preschool to High School Students." *American Psychologist* 76(7):1128.
- Mamurov, Bahodir, Abdukhakim Mamanazarov, Kobiljon Abdullaev, Ismoil Davronov, Nurzod Davronov, and Kosimjon Kobiljonov. 2020. "Acmeological Approach to the Formation of Healthy Lifestyle among University Students." Pp. 347–53 in *III International Scientific Congress Society of Ambient Intelligence 2020 (ISC-SAI 2020)*. Atlantis Press.
- Manderino, Mary A., Lawrence H. Ganong, Carol A. Yonkman, and Ann Royal. 1986. "Evaluation of a Cardiac Arrest Simulation." *Journal of Nursing Education* 25(3):107–11.
- Manikandan, G., Suryakumar Murugaiah, Kalyani Velusamy, Ambaliga Bharathi Kavithai Ramesh, Shruthi Rathinavelu, Rajkamal Viswanathan, and Mohammad Nabi Jageerkhan. 2022. "Work Life Imbalance and Emotional Intelligence: A Major Role and Segment Among College Teachers." *International Journal of Professional Business Review* 7(6):e0832–e0832.
- Marcinkowska, Anna B., Natalia D. Mankowska, Jacek Kot, and Pawel J. Winklewski. 2022. "Impact of Hyperbaric Oxygen Therapy on Cognitive Functions: A Systematic Review." *Neuropsychology Review* 1–28.
- Martínez-Borreguero, Guadalupe, Jesús Maestre-Jiménez, Milagros Mateos-Núñez, and Francisco Luis Naranjo-Correa. 2020. "Analysis of Environmental Awareness, Emotions and Level of *Self-efficacy* of Teachers in Training within the Framework of Waste for the Achievement of Sustainable Development."

Sustainability 12(6):2563.

- Martínez-Martínez, Ana María, Remedios López-Liria, José Manuel Aguilar-Parra, Rubén Trigueros, María José Morales-Gázquez, and Patricia Rocamora-Pérez. 2020. "Relationship between Emotional Intelligence, Cybervictimization, and Academic Performance in Secondary School Students." *International Journal of Environmental Research and Public Health* 17(21):7717.
- Masters, Ken. 2013. "Edgar Dale's Pyramid of Learning in Medical Education: A Literature Review." *Medical Teacher* 35(11):e1584–93.
- Mauriz, Elba, Sandra Caloca-Amber, Lucía Córdoba-Murga, and Ana María Vázquez-Casares. 2021. "Effect of Psychophysiological Stress and Socio-Emotional Competencies on the Clinical Performance of Nursing Students during a Simulation Practice." *International Journal of Environmental Research and Public Health* 18(10):5448.
- Mayer, John D., and Casey D. Cobb. 2000. "Educational Policy on Emotional Intelligence: Does It Make Sense?" *Educational Psychology Review* 12:163–83.
- Mayer, John D., and Peter Salovey. 1995. "Emotional Intelligence and the Construction and Regulation of Feelings." *Applied and Preventive Psychology* 4(3):197–208.
- Mayer, John D., Peter Salovey, and David Caruso. 2000. "Models of Emotional Intelligence." *Handbook of Intelligence* 2:396–420.
- Mayer, John D., Peter Salovey, and David R. Caruso. 2004. "TARGET ARTICLES:" Emotional Intelligence: Theory, Findings, and Implications"." *Psychological Inquiry* 15(3):197–215.
- McGaw, Iain J., and Nia M. Whiteley. 2024. "Respiratory and Cardiovascular System." Pp. 21–45 in *Ecophysiology of the European Green Crab (Carcinus Maenas) and Related Species*. Elsevier.
- McKeown, Margaret G., Amy C. Crosson, Debra W. Moore, and Isabel L. Beck. 2018. "Word Knowledge and Comprehension Effects of an Academic Vocabulary Intervention for Middle School Students." *American Educational Research Journal* 55(3):572–616.
- Mead, George H. 1913. "The Social Self." *The Journal of Philosophy, Psychology and Scientific Methods* 10(14):374–80.
- Mekhed, O., and M. Nosko. 2021. "The Biological and Social Fundamentals of Healthy Living of Participants of the Educational Process."
- Méndez-Alonso, David, Jose Antonio Prieto-Saborit, Jose Ramón Bahamonde, and Estíbaliz Jiménez-Arberás. 2021. "Influence of Psychological Factors on the Success of the Ultra-Trail Runner." *International Journal of Environmental Research and Public Health* 18(5):2704.
- Meng, Lingquan, and Jianping Qi. 2018. "The Effect of an Emotional Intelligence Intervention on Reducing Stress and Improving Communication Skills of Nursing Students." *NeuroQuantology* 16(1).
- Meyers, Sal, Katherine Rowell, Mary Wells, and Brian C. Smith. 2019. "Teacher Empathy: A Model of Empathy for Teaching for Student Success." *College Teaching* 67(3):160–68.
- Mishchenko, Viktor, and Andrzej Suchanowski. 2010. *Athletes' Endurance and*

- Fatigue Characteristics Related to Adaptability of Specific Cardiorespiratory Reactivity.* Jędrzej Sniadecki Academy of Physical Education and Sport.
- Moawd, Samah Alsaid, Shereen Hamed Elsayed, Walid Kamal Abdelbasset, Gopal Nambi, and Anju Verma. 2020. "Impact of Different Physical Activity Levels on Academic Performance of PSAU Medical Female Students." *Arch Pharm Pract* 11(1):100–104.
- Monselise, Assaf, Reuven Bar-On, Lisa Chan, Naama Leibushor, Kevin McElwee, and Jerry Shapiro. 2013. "Examining the Relationship between Alopecia Areata, Androgenetic Alopecia, and Emotional Intelligence." *Journal of Cutaneous Medicine and Surgery* 17(1):46–51.
- Monterrosa, Eva C., Edward A. Frongillo, Adam Drewnowski, Saskia de Pee, and Stefanie Vandevijvere. 2020. "Sociocultural Influences on Food Choices and Implications for Sustainable Healthy Diets." *Food and Nutrition Bulletin* 41(2 suppl):59S-73S.
- Morales-Rodríguez, Francisco Manuel, Isabel Espigares-López, Ted Brown, and José Manuel Pérez-Mármol. 2020. "The Relationship between Psychological Well-Being and Psychosocial Factors in University Students." *International Journal of Environmental Research and Public Health* 17(13):4778.
- Morales-Rodríguez, Francisco Manuel, and José Manuel Pérez-Mármol. 2019. "The Role of Anxiety, Coping Strategies, and Emotional Intelligence on General Perceived *Self-efficacy* in University Students." *Frontiers in Psychology* 10:1689.
- Morales-Sánchez, Verónica, Jacobo Hernández-Martos, Rafael E. Reigal, Juan P. Morillo-Baro, Montserrat Caballero-Cerbán, and Antonio Hernández-Mendo. 2021. "Physical Self-Concept and Motor *Self-efficacy* Are Related to Satisfaction/Enjoyment and Boredom in Physical Education Classes." *Sustainability* 13(16):8829.
- Morales Rodríguez, Francisco Manuel, Rene Rodriguez Clares, and María Remedios García Muñoz. 2020. "Influence of Resilience, Everyday Stress, *Self-efficacy*, Self-Esteem, Emotional Intelligence, and Empathy on Attitudes toward Sexual and Gender Diversity Rights." *International Journal of Environmental Research and Public Health* 17(17):6219.
- Mota-Rojas, Daniel, Dina Villanueva-García, Alfonso Solimano, Ramon Muns, Daniel Ibarra-Ríos, and Andrea Mota-Reyes. 2022. "Pathophysiology of Perinatal Asphyxia in Humans and Animal Models." *Biomedicine* 10(2):347.
- Moudatsou, Maria, Areti Stavropoulou, Anastas Philalithis, and Sofia Koukouli. 2020. "The Role of Empathy in Health and Social Care Professionals." P. 26 in *Healthcare*. Vol. 8. MDPI.
- Munford, Robyn, and Jackie Sanders. 2020. "Shame and Recognition: Social Work Practice with Vulnerable Young People." *Child & Family Social Work* 25(1):53–61.
- Munna, Afzal Sayed, and Md Abul Kalam. 2021. "Teaching and Learning Process to Enhance Teaching Effectiveness: A Literature Review." *International Journal of Humanities and Innovation (IJHI)* 4(1):1–4.
- Murphy, Joseph. 2001. *The Productive High School: Creating Personalized Academic Communities*. Corwin Press.

- Narici, Marco, Giuseppe De Vito, Martino Franchi, Antonio Paoli, Tatiana Moro, Giuseppe Marcolin, Bruno Grassi, Giovanni Baldassarre, Lucrezia Zuccarelli, and Gianni Biolo. 2021. "Impact of Sedentarism Due to the COVID-19 Home Confinement on Neuromuscular, Cardiovascular and Metabolic Health: Physiological and Pathophysiological Implications and Recommendations for Physical and Nutritional Countermeasures." *European Journal of Sport Science* 21(4):614–35.
- Nofrizal, Dedi, Liliana Puspa Sari, Pangondian Hotliber Purba, Esty Setyo Utaminingsih, Devi Catur Winata, Muhammad Syaleh, Ahmad Al Munawar, Edi Kurniawan, Rahmat Permana, and Wiwik Yunitaningrum. 2024. "The Role of Traditional Sports in Maintaining and Preserving Regional Culture Facing the Era of Society 5.0." *Retos: Nuevas Perspectivas de Educación Física, Deporte y Recreación* 60.
- Oguntuase, Solomon B., and Yanlin Sun. 2022. "Effects of Mindfulness Training on Resilience, Self-Confidence and Emotion Regulation of Elite Football Players: The Mediating Role of Locus of Control." *Asian Journal of Sport and Exercise Psychology* 2(3):198–205.
- Owens, A. D., and R. L. Hite. 2022. "Enhancing Student Communication Competencies in STEM Using Virtual Global Collaboration Project Based Learning." *Research in Science & Technological Education* 40(1):76–102.
- Ozdemir, Esra, and Mostafa Papi. 2022. "Mindsets as Sources of L2 Speaking Anxiety and Self-Confidence: The Case of International Teaching Assistants in the US." *Innovation in Language Learning and Teaching* 16(3):234–48.
- Pacheco, Emily-Marie, Elinor Parrott, Rina Suryani Oktari, and Helene Joffe. 2022. "How Schools Can Aid Children's Resilience in Disaster Settings: The Contribution of Place Attachment, Sense of Place and Social Representations Theories." *Frontiers in Psychology* 13:1004022.
- Papadopoulos, Dimitrios. 2020. "Effects of a Social-Emotional Learning-Based Program on Self-Esteem and Self-Perception of Gifted Kindergarten Students: A Pilot Study." *Journal for the Education of Gifted Young Scientists* 8(3):1275–90.
- Pape, Madeleine. 2020. "Gender Segregation and Trajectories of Organizational Change: The Underrepresentation of Women in Sports Leadership." *Gender & Society* 34(1):81–105.
- Park, Sun Young, Nazanin Andalibi, Yikai Zou, Siddhant Ambulkar, and Jina Huh-Yoo. 2020. "Understanding Students' Mental Well-Being Challenges on a University Campus: Interview Study." *JMIR Formative Research* 4(3):e15962.
- Parviainen, Tiina, Pessi Lyyra, and Miriam S. Nokia. 2022. "Cardiorespiratory Rhythms, Brain Oscillatory Activity and Cognition: Review of Evidence and Proposal for Significance." *Neuroscience & Biobehavioral Reviews* 142:104908.
- Pearce, R. G. 1921. "The Cardiorespiratory Mechanism in Health and Disease." *Archives of Internal Medicine* 27(2):139–67.
- Pedersen, Marlene Rosager Lund, Anne Faber Hansen, and Karsten Elmose-Østerlund. 2021. "Motives and Barriers Related to Physical Activity and Sport

- across Social Backgrounds: Implications for Health Promotion.” *International Journal of Environmental Research and Public Health* 18(11):5810.
- Pedler, Megan Louise, Royce Willis, and Johanna Elizabeth Nieuwoudt. 2022. “A Sense of Belonging at University: Student Retention, Motivation and Enjoyment.” *Journal of Further and Higher Education* 46(3):397–408.
- Pitzer, Jennifer, and Ellen Skinner. 2017. “Predictors of Changes in Students’ Motivational Resilience over the School Year: The Roles of Teacher Support, Self-Appraisals, and Emotional Reactivity.” *International Journal of Behavioral Development* 41(1):15–29.
- Pohontsch, N. J., A. Stark, M. Ehrhardt, T. Kötter, and M. Scherer. 2018. “Influences on Students’ Empathy in Medical Education: An Exploratory Interview Study with Medical Students in Their Third and Last Year.” *BMC Medical Education* 18(1):1–9.
- Pozo-Rico, Teresa, and Ivan Sandoval. 2020. “Can Academic Achievement in Primary School Students Be Improved through Teacher Training on Emotional Intelligence as a Key Academic Competency?” *Frontiers in Psychology* 10:505892.
- Raghuveer, G. 2020. “Cardiorespiratory Fitness in Youth: An Important Marker of Health: A Scientific Statement From the American Heart Association.” *Circulation* 142(7). doi: 10.1161/CIR.0000000000000866.
- Ragusa, Antonio, Jeronimo González-Bernal, Ruben Trigueros, Valeria Caggiano, Noelia Navarro, Luis A. Minguez-Minguez, Ana I. Obregón, and Carmen Fernandez-Ortega. 2023. “Effects of Academic Self-Regulation on Procrastination, Academic Stress and Anxiety, Resilience and Academic Performance in a Sample of Spanish Secondary School Students.” *Frontiers in Psychology* 14:1073529.
- Rahiem, Maila D. H. 2021. “Remaining Motivated despite the Limitations: University Students’ Learning Propensity during the COVID-19 Pandemic.” *Children and Youth Services Review* 120:105802.
- Rajbhar, Rimjhim, and U. V Kiran. 2017. “A Study on Differences in Emotional Intelligence among Normal and Differently Abled Adolescents.” 3(3):217–21.
- Ramakreshnan, Logaraj, Chng Saun Fong, Nik Meriam Sulaiman, and Nasrin Aghamohammadi. 2020. “Motivations and Built Environment Factors Associated with Campus Walkability in the Tropical Settings.” *Science of the Total Environment* 749:141457.
- Reeve, Johnmarshall, and Sung Hyeon Cheon. 2021. “Autonomy-Supportive Teaching: Its Malleability, Benefits, and Potential to Improve Educational Practice.” *Educational Psychologist* 56(1):54–77.
- Reid, Stephen G., Lena Sundin, and William K. Milsom. 2005. “The Cardiorespiratory System in Tropical Fishes: Structure, Function, and Control.” *Fish Physiology* 21:225–75.
- Renke, Maria B., Anna B. Marcinkowska, Sylwester Kujach, and Paweł J. Winklewski. 2022. “A Systematic Review of the Impact of Physical Exercise-Induced Increased Resting Cerebral Blood Flow on Cognitive Functions.” *Frontiers in Aging Neuroscience* 14:803332.
- Riggins, Stephen Harold. 1990. *Beyond Goffman: Studies on Communication*,

- Institution, and Social Interaction*. Walter de Gruyter.
- Roberson, S. A. M. 2020. "Developing Student Success through Persistence: Teaching More than Content." *Education* 141(2):83–100.
- Roksa, Josipa, and Peter Kinsley. 2019. "The Role of Family Support in Facilitating Academic Success of Low-Income Students." *Research in Higher Education* 60:415–36.
- Rosenberger, Cynthia. 2014. "Beyond Empathy: Developing Critical Consciousness through Service Learning." Pp. 23–43 in *Integrating service learning and multicultural education in colleges and universities*. Routledge.
- Rowe, Anna D., and Julie Fitness. 2018. "Understanding the Role of Negative Emotions in Adult Learning and Achievement: A Social Functional Perspective." *Behavioral Sciences* 8(2):27.
- El Said, Ghada Refaat. 2021. "How Did the COVID-19 Pandemic Affect Higher Education Learning Experience? An Empirical Investigation of Learners' Academic Performance at a University in a Developing Country." *Advances in Human-Computer Interaction* 2021:1–10.
- Saiyad, Shaista, Amrit Virk, Rajiv Mahajan, and Tejinder Singh. 2020. "Online Teaching in Medical Training: Establishing Good Online Teaching Practices from Cumulative Experience." *International Journal Of Applied And Basic Medical Research* 10(3):149–55.
- Salcinovic, Benjamin, Michael Drew, Paul Dijkstra, Gordon Waddington, and Benjamin G. Serpell. 2022. "Factors Influencing Team Performance: What Can Support Teams in High-Performance Sport Learn from Other Industries? A Systematic Scoping Review." *Sports Medicine-Open* 8(1):25.
- San Román-Mata, Silvia, Pilar Puertas-Molero, José Luis Ubago-Jiménez, and Gabriel González-Valero. 2020. "Benefits of Physical Activity and Its Associations with Resilience, Emotional Intelligence, and Psychological Distress in University Students from Southern Spain." *International Journal of Environmental Research and Public Health* 17(12):4474.
- Schachner, Maja K., Peter Noack, Fons J. R. Van de Vijver, and Katharina Eckstein. 2016. "Cultural Diversity Climate and Psychological Adjustment at School—Equality and Inclusion versus Cultural Pluralism." *Child Development* 87(4):1175–91.
- Schunk, Dale H. 2023. "Self-Regulation of *Self-efficacy* and Attributions in Academic Settings." Pp. 75–99 in *Self-regulation of learning and performance*. Routledge.
- Schunk, Dale H., and Maria K. DiBenedetto. 2014. "Academic *Self-efficacy*."
- Schunk, Dale H., and Maria K. DiBenedetto. 2016. "*Self-efficacy* Theory in Education." *Handbook of Motivation at School* 2:34–54.
- Schunk, Dale H., and Maria K. DiBenedetto. 2021. "*Self-efficacy* and Human Motivation." Pp. 153–79 in *Advances in motivation science*. Vol. 8. Elsevier.
- Schunk, Dale H., and Carol A. Mullen. 2012. "*Self-efficacy* as an Engaged Learner." *Handbook of Research on Student Engagement* 219–35.
- Schutte, Nicola S., John M. Malouff, Chad Bobik, Tracie D. Coston, Cyndy Greeson, Christina Jedlicka, Emily Rhodes, and Greta Wendorf. 2001. "Emotional Intelligence and Interpersonal Relations." *The Journal of Social*

- Psychology* 141(4):523–36.
- Schutz, Alfred. 1964. “The Social World and the Theory of Social Action.” Pp. 3–19 in *Collected papers II: Studies in social theory*. Springer.
- Sciaraffa, Mary A., Paula D. Zeanah, and Charles H. Zeanah. 2018. “Understanding and Promoting Resilience in the Context of Adverse Childhood Experiences.” *Early Childhood Education Journal* 46:343–53.
- Sekreter, Gulseren. 2019. “Emotional Intelligence as a Vital Indicator of Teacher Effectiveness.” *International Journal of Social Sciences & Educational Studies* 5(3):286–302.
- Seli, Helena. 2019. *Motivation and Learning Strategies for College Success: A Focus on Self-Regulated Learning*. Routledge.
- Shafait, Zahid, Muhammad Asif Khan, Umar Farooq Sahibzada, Zdzisław Dacko-Pikiewicz, and József Popp. 2021. “An Assessment of Students’ Emotional Intelligence, Learning Outcomes, and Academic Efficacy: A Correlational Study in Higher Education.” *Plos One* 16(8):e0255428.
- Shamsuddin, Nurasma’, and Jasber Kaur. 2020. “Students’ Learning Style and Its Effect on Blended Learning, Does It Matter?.” *International Journal of Evaluation and Research in Education* 9(1):195–202.
- Shenaar-Golan, Vered, Ofra Walter, Zeev Greenberg, and Alexander Zibenberg. 2020. “Emotional Intelligence in Higher Education: Exploring Its Effects on Academic *Self-efficacy* and Coping with Stress.” *College Student Journal* 54(4):443–59.
- Shengyao, Ye, Hashem Salarzadeh Jenatabadi, Ye Mengshi, Chen Minqin, Lin Xuefen, and Zaida Mustafa. 2024. “Academic Resilience, *Self-efficacy*, and Motivation: The Role of Parenting Style.” *Scientific Reports* 14(1):5571.
- Shin, Myeong-Hee. 2018. “Effects of Project-Based Learning on Students’ Motivation and *Self-efficacy*.” *English Teaching* 73(1):95–114.
- Sibbick, Elise, Ruth Boat, Mustafa Sarkar, Julie P. Johnston, Maddie Groom, Ryan A. Williams, Karah J. Dring, Feng-Hua Sun, and Simon B. Cooper. 2024. “Associations of Physical Activity and Cardiorespiratory Fitness with Cognitive Function, Self-Control, and Resilience in Young People with Attention Deficit Hyperactivity Disorder.” *Advanced Exercise and Health Science*.
- Skura, Monika, and Joanna Świdarska. 2022. “The Role of Teachers’ Emotional Intelligence and Social Competences with Special Educational Needs Students.” *European Journal of Special Needs Education* 37(3):401–16.
- De Sousa, Ricardo Augusto Leoni, Alex Cleber Improta-Caria, Roque Aras-Júnior, Edilamar Menezes de Oliveira, Úrsula Paula Reno Soci, and Ricardo Cardoso Cassilhas. 2021. “Physical Exercise Effects on the Brain during COVID-19 Pandemic: Links between Mental and Cardiovascular Health.” *Neurological Sciences* 42:1325–34.
- Sprenger, Marilee. 2020. *Social-Emotional Learning and the Brain: Strategies to Help Your Students Thrive*. Ascd.
- Stein, Steven J., and Howard E. Book. 2011. *The EQ Edge: Emotional Intelligence and Your Success*. John Wiley & Sons.
- Sternberg, Robert J., and Elena L. Grigorenko. 2007. *Teaching for Successful*

- Intelligence: To Increase Student Learning and Achievement*. Corwin Press.
- Stevanović, Aleksandra, Radoslav Božić, and Slaviša Radović. 2021. "Higher Education Students' Experiences and Opinion about Distance Learning during the Covid-19 Pandemic." *Journal of Computer Assisted Learning* 37(6):1682–93.
- Strange, C. Carney, and James H. Banning. 2015. *Designing for Learning: Creating Campus Environments for Student Success*. John Wiley & Sons.
- Su, C-H, and C-H Cheng. 2015. "A Mobile Gamification Learning System for Improving the Learning Motivation and Achievements." *Journal of Computer Assisted Learning* 31(3):268–86.
- Sugahara, Satoshi, Kazumi Suzuki, and Gregory Boland. 2010. "Students' Major Choice in Accounting and Its Effect on Their Self-efficacy towards Generic Skills: An Australian Study." *Asian Review of Accounting* 18(2):131–47.
- Super, Sabina, Kirsten Verkooijen, and Maria Koelen. 2018. "The Role of Community Sports Coaches in Creating Optimal Social Conditions for Life Skill Development and Transferability—a Salutogenic Perspective." *Sport, Education and Society* 23(2):173–85.
- Tajfel, Henri, John C. Turner, William G. Austin, and Stephen Worchel. 1979. "An Integrative Theory of Intergroup Conflict." *Organizational Identity: A Reader* 56(65):9780203505984–16.
- Tam, Hau-lin, Sylvia Y. C. L. Kwok, Anna N. N. Hui, Doris Ka-yin Chan, Cynthia Leung, Janet Leung, Herman Lo, and Simon Lai. 2021. "The Significance of Emotional Intelligence to Students' Learning Motivation and Academic Achievement: A Study in Hong Kong with a Confucian Heritage." *Children and Youth Services Review* 121:105847.
- Teixeira, Ricardo João, Tânia Brandão, and Artemisa Rocha Dores. 2022. "Academic Stress, Coping, Emotion Regulation, Affect and Psychosomatic Symptoms in Higher Education." *Current Psychology* 41(11):7618–27.
- Tezci, Erdogan, Fahri Sezer, Ugur Gurgan, and Sumer Aktan. 2015. "A Study on Social Support and Motivation." *The Anthropologist* 22(2):284–92.
- Thomas, Christopher, and Staci Zolkoski. 2020. "Preventing Stress among Undergraduate Learners: The Importance of Emotional Intelligence, Resilience, and Emotion Regulation." P. 94 in *Frontiers in Education*. Vol. 5. Frontiers Media SA.
- Thompson, Nadine, and Stephanie Wilkie. 2021. "'I'm Just Lost in the World': The Impact of Blue Exercise on Participant Well-Being." *Qualitative Research in Sport, Exercise and Health* 13(4):624–38.
- Timischl, Susanne. 1998. "A Global Model of the Cardiovascular and Respiratory System." *Karl-Franzens-Universität Graz, Austria*.
- Travis, Justin, Alyssa Kaszycki, Michael Geden, and James Bunde. 2020. "Some Stress Is Good Stress: The Challenge-Hindrance Framework, Academic Self-efficacy, and Academic Outcomes." *Journal of Educational Psychology* 112(8):1632–43. doi: 10.1037/edu0000478.
- Trigueros, Ruben, Marta García-Tascón, Ana M. Gallardo, Antonio Alías, and José M. Aguilar-Parra. 2020. "The Influence of the Teacher's Prosocial Skills on the Mindwandering, Creative Intelligence, Emotions, and Academic

- Performance of Secondary Students in the Area of Physical Education Classes.” *International Journal of Environmental Research and Public Health* 17(4):1437.
- Trigueros, Rubén, Ana M. Padilla, José M. Aguilar-Parra, Patricia Rocamora, María J. Morales-Gázquez, and Remedios López-Liria. 2020. “The Influence of Emotional Intelligence on Resilience, Test Anxiety, Academic Stress and the Mediterranean Diet. A Study with University Students.” *International Journal of Environmental Research and Public Health* 17(6):2071.
- Truong, Huong May. 2016. “Integrating Learning Styles and Adaptive E-Learning System: Current Developments, Problems and Opportunities.” *Computers in Human Behavior* 55:1185–93.
- Tschannen-Moran, Megan, and Peggy McMaster. 2009. “Sources of *Self-efficacy*: Four Professional Development Formats and Their Relationship to *Self-efficacy* and Implementation of a New Teaching Strategy.” *The Elementary School Journal* 110(2):228–45.
- Usher, Ellen L., Caihong R. Li, Amanda R. Butz, and Joanne P. Rojas. 2019. “Perseverant Grit and *Self-efficacy*: Are Both Essential for Children’s Academic Success?” *Journal of Educational Psychology* 111(5):877–902. doi: 10.1037/edu0000324.
- Velthuis, Chantal, Petra Fisser, and Jules Pieters. 2015. “Collaborative Curriculum Design to Increase Science Teaching *Self-efficacy*: A Case Study.” *The Journal of Educational Research* 108(3):217–25.
- Walberg, Herbert J. 2001. “Achievement in American Schools.” *Moe, T. A Primer on America’s Schools Hoover Institution, Books Online* 43–67.
- Walther, Joachim, Shari E. Miller, and Nicola W. Sochacka. 2017. “A Model of Empathy in Engineering as a Core Skill, Practice Orientation, and Professional Way of Being.” *Journal of Engineering Education* 106(1):123–48.
- Wang, Kun, Ying Yang, Tingran Zhang, Yiyi Ouyang, Bin Liu, and Jiong Luo. 2020. “The Relationship between Physical Activity and Emotional Intelligence in College Students: The Mediating Role of *Self-efficacy*.” *Frontiers in Psychology* 11:529209.
- Wang, Shouliang, Haijiao Long, Lianjie Hou, Baorong Feng, Zihong Ma, Ying Wu, Yu Zeng, Jiahao Cai, Da-wei Zhang, and Guojun Zhao. 2023. “The Mitophagy Pathway and Its Implications in Human Diseases.” *Signal Transduction and Targeted Therapy* 8(1):304.
- Wang, Yurou, Mengya Xia, Wenjing Guo, Fangjie Xu, and Yadan Zhao. 2022. “Academic Performance under COVID-19: The Role of Online Learning Readiness and Emotional Competence.” *Current Psychology* 1–14.
- Warren, Liz, Dawn Reilly, Agnieszka Herdan, and Yong Lin. 2021. “*Self-efficacy*, Performance and the Role of Blended Learning.” *Journal of Applied Research in Higher Education* 13(1):98–111.
- Wen, Ya, Huaruo Chen, Liman Pang, and Xueying Gu. 2020. “The Relationship between Emotional Intelligence and Entrepreneurial *Self-efficacy* of Chinese Vocational College Students.” *International Journal of Environmental Research and Public Health* 17(12):4511.
- Woods, Carl T., Ian McKeown, Martyn Rothwell, Duarte Araújo, Sam Robertson,

- and Keith Davids. 2020. "Sport Practitioners as Sport Ecology Designers: How Ecological Dynamics Has Progressively Changed Perceptions of Skill 'Acquisition' in the Sporting Habitat." *Frontiers in Psychology* 11:654.
- Wu, Tung-Ju, Lian-Yi Wang, Jia-Ying Gao, and An-Pin Wei. 2020. "Social Support and Well-Being of Chinese Special Education Teachers—An Emotional Labor Perspective." *International Journal of Environmental Research and Public Health* 17(18):6884.
- Xu, Bing, Nian-Shing Chen, and Guang Chen. 2020. "Effects of Teacher Role on Student Engagement in WeChat-Based Online Discussion Learning." *Computers & Education* 157:103956.
- Yu, Jianhui, Changqin Huang, Tao He, Xizhe Wang, and Linjie Zhang. 2022. "Investigating Students' Emotional *Self-efficacy* Profiles and Their Relations to Self-Regulation, Motivation, and Academic Performance in Online Learning Contexts: A Person-Centered Approach." *Education and Information Technologies* 27(8):11715–40.
- Yuliang, Wang. 2019. "The Development History and Guiding Significance of China's View of Higher Vocational Education in the 40 Years of Reform and Opening Up." *Journal of Sichuan Vocational and Technical College* 5:119–23.
- Zacarian, Debbie, and Michael Silverstone. 2020. *Teaching to Empower: Taking Action to Foster Student Agency, Self-Confidence, and Collaboration*. ASCD.
- Zachary, Lois J., and Lisa Z. Fain. 2022. *The Mentor's Guide: Facilitating Effective Learning Relationships*. John Wiley & Sons.
- Zaman, Umer, Laura Florez-Perez, Pablo Farías, Saba Abbasi, Muddasar Ghani Khwaja, and Tri Indra Wijaksana. 2021. "Shadow of Your Former Self: Exploring Project Leaders' Post-Failure Behaviors (Resilience, Self-Esteem and *Self-efficacy*) in High-Tech Startup Projects." *Sustainability* 13(22):12868.
- Zander, Lysann, Jasperina Brouwer, Ellen Jansen, Claudia Crayen, and Bettina Hannover. 2018. "Academic *Self-efficacy*, Growth Mindsets, and University Students' Integration in Academic and Social Support Networks." *Learning and Individual Differences* 62:98–107.
- Zeidner, Moshe, and Gerald Matthews. 2017. "Emotional Intelligence in Gifted Students." *Gifted Education International* 33(2):163–82.
- Zhang, Huijie, Fan Hong, and Fuhua Huang. 2020. "Cultural Imperialism, Nationalism, and the Modernization of Physical Education and Sport in China, 1840–1949." Pp. 42–59 in *Sport and Christianity*. Routledge.
- Zhang, Yan. 2022. "The Influence of Social Support on the Physical Exercise Behavior of College Students: The Mediating Role of *Self-efficacy*." *Frontiers in Psychology* 13:1037518.
- Zheng, Saijing, Mary Beth Rosson, Patrick C. Shih, and John M. Carroll. 2015. "Understanding Student Motivation, Behaviors and Perceptions in MOOCs." Pp. 1882–95 in *Proceedings of the 18th ACM conference on computer supported cooperative work & social computing*.
- Zheng, Zhou, and Siti Maziha Mustappha. 2022. "A Literature Review on the Academic Achievement of College Students." *Journal of Education and*

Social Sciences 20(1):11–18.

- Zhoc, Karen C. H., Ronnel B. King, Tony S. H. Chung, and Junjun Chen. 2020. “Emotionally Intelligent Students Are More Engaged and Successful: Examining the Role of Emotional Intelligence in Higher Education.” *European Journal of Psychology of Education* 35(4):839–63.
- Zhu, Yonghai, Yingying Xu, Xinyu Wang, Shiyu Yan, and Li Zhao. 2022. “The Selectivity and Suitability of Online Learning Resources as Predictor of the Effects of *Self-efficacy* on Teacher Satisfaction during the COVID-19 Lockdown.” *Frontiers in Psychology* 13:765832.



Intelligentia - Dignitas