

Volume 3 (2025)



RMU e-Bulletin



Research Management Unit
Universiti Teknologi MARA Cawangan Kedah

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eISSN : 2805-47 5X

Published by : Universiti Teknologi MARA
08400 Merbok, Kedah Malaysia

Printed by : Perpustakaan Sultan Badlishah
Universiti Teknologi Mara Cawangan Kedah
08400 Merbok Kedah

e ISSN 2805- 47 5X



9772805 475 000

Table of → Contents

05

Editorial Note

07

Business, Accounting
& Financial

30

Law & Policy

73

IR 5.0

83

Literature & Culture

108

Islamic Scholar
Quote

110

Designer's Thoughts

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Embracing New Horizons: A Fresh Start for 2025



As we stand at the threshold of a new year, I welcome you to RMU4U Third Edition (January 2025). The start of a new year symbolizes renewal, an opportunity to recalibrate our aspirations and refresh our collective commitment to academic excellence, research endeavours, and impactful scholarly contributions.

The year 2024 saw significant progress within our academic and research community. It was a testament to the passion, perseverance, and creativity of all members of the UiTM Kedah family. As we reflect on those accomplishments, let us also look ahead with determination to elevate our efforts in research, publication, and innovation. Let 2025 be the year we chart new pathways for discovery and collaboration, bringing our work to greater heights.

This year, I encourage all of us to reaffirm our scholarly goals by setting clear, measurable targets for research outputs, impactful writings, and knowledge sharing, aiming to contribute meaningfully to society both locally and globally. Let us strengthen research collaborations by building networks across disciplines, faculties, and institutions to foster cross-disciplinary solutions to real-world challenges. At the same time, we must focus on innovation by exploring new ideas, embracing digital tools, and pioneering creative solutions that align with global trends and local needs. Above all, let us support each other by sharing expertise, mentoring the next generation, and collaborating to overcome challenges, creating a thriving research ecosystem where everyone uplifts one another.

Let this be a year where we balance ambition with reflection, passion with purpose, and innovation with impact. The Research Management Unit (RMU) remains steadfast in supporting your research journey through resources, platforms, and opportunities for growth.

As we embark on this new chapter, I wish each of you the strength to pursue your aspirations and the resilience to overcome any obstacles. Together, let us make 2025 a year of breakthroughs, achievements, and shared successes.

Here's to a productive and inspiring year ahead.

Sincerely,

Prof. Dr. Roshima Said

Acting Rector, UiTM Kedah



A Message from the Chief Editor

Dear Readers,

I am pleased to announce the return of the RMU4U Bulletin with Volume 3, showcasing a diverse array of academic inquiries and professional perspectives across multiple themes. This edition continues our commitment to facilitating intellectual exchange and presenting research that engages with contemporary issues.

In this volume, the Law & Policy theme stands out with the highest number of contributions, featuring 14 papers that explore significant aspects of governance, justice, and societal well-being. These papers highlight the role of legal frameworks and policies in addressing current challenges and contributing to societal development.

Highlighted works include topics such as "Enhancing Access to Justice: The Role, Challenges, and Future of Small Claims Courts in Malaysia" and "Environmental Public Interest Litigation: Broadening Locus Standi to Safeguard Collective Interests," which examine the evolving landscape of legal rights and public interest. Additional discussions, such as "Alternative Dispute Resolution (ADR) in Islamic Banking and Finance in Malaysia" and "Balancing Nature and Faith: Protection and Conservation of Water Resources from the Perspective of Islamic Law," shed light on the interplay between ethics, faith, and law in addressing societal challenges.

In addition to the focus on Law & Policy, this issue covers a range of topics that contribute to understanding innovation and societal change. Articles such as "AI-Driven Recommendations in Mobile Shopping Apps," "Podcasts, Animations & Gen Z: Revamping Organizational Behavior Learning," and "The Role of Social Media in Shaping Islamic Entrepreneurship" explore the intersections of technology, education, and culture in today's world.

This edition represents the collaborative work of our contributors, whose insights and expertise have shaped the content of this bulletin. We encourage readers to engage with these ideas and consider their implications for further research and practical applications.

I would like to thank the authors, reviewers, and editorial team members who made RMU4U Bulletin Volume 3 possible. We hope this publication serves as a resource for understanding key issues and inspires further exploration.

Thank you for being part of this endeavor. Let us continue to learn and exchange ideas

Warm regards,

Dr Azyyati Anuar
Chief Editor, RMU4U E-Bulletin





SILAT CEKAK MALAYSIA:

A PATHWAY TO EMPOWERING WOMEN THROUGH TRADITION, DISCIPLINE, AND HOLISTIC DEVELOPMENT

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Silat Cekak Malaysia (or Silat Cekak), a traditional Malay martial art, is not just a method of self-defense but a dynamic framework for physical, mental, and spiritual empowerment. Originating from Kedah, Silat Cekak has its roots in Malay history, evolving from the era of pre-Langkasuka grandeur through the challenges of Thai imperialism in 1821.

Beyond its historical significance, Silat Cekak integrates practical techniques with cultural and spiritual values, providing women with a powerful pathway to self-discovery and resilience. Its profound impact is evident in the ways it blends historical legacy, practical application, mental fortitude, and spiritual enrichment into a holistic art form (Janudin & Yusoff, 2021).



Silat Cekak is a martial art deeply rooted in both spiritual and practical dimensions, reflecting the values of harmony, discipline, and self-improvement. Inspired by movements in Islamic prayer (Solat), its techniques align with natural human motions, such as "Kaedah A" from the act of Doa, "Kaedah B" from Qiam, "Kaedah C" from Rukuk, and "Kaedah D" from Takbir (Silat Cekak Malaysia, 2024). This thoughtful design ensures simplicity and accessibility, making it suitable for individuals of all ages and genders. Organized into a systematic three-tier curriculum, Silat Cekak emphasizes efficient learning within a short timeframe, prioritizing self-defense with a philosophy of 99% defense and only 1% offense, where attacking is a last resort for personal safety. Beyond combat, Silat Cekak fosters a balance between physical and spiritual growth through religious and community activities, embedding moral and cultural values. This holistic and lifelong learning approach enables practitioners to serve their religion, community, and nation, embodying the noble essence of Silat Cekak.

Practical Techniques for Modern Empowerment

At its core, Silat Cekak is designed for practical self-defense, relying on efficient, direct techniques rather than acrobatics or brute strength. This emphasis on precision and leverage ensures accessibility for women, as the art prioritizes strategy over physical power. Halim et al. (2024) underscores that the stability of Silat Cekak's combat techniques enables practitioners to neutralize threats effectively, making it an empowering tool for personal safety and self-reliance. Such techniques resonate with broader studies on the practicality of martial arts, which highlight their ability to foster independence and confidence in individuals, especially women (Halim et al., 2024). By mastering Silat Cekak, women not only gain practical self-defense skills but also develop a profound sense of empowerment that transcends physical safety.

The Impact of Silat Cekak on Women's Mental and Emotional Empowerment

Silat Cekak provides women with significant psychological and emotional benefits that extend beyond physical training. The art's emphasis on discipline, focus, and consistency helps practitioners develop mental resilience, equipping them to manage stress effectively and maintain emotional balance. Practicing Silat Cekak can boost self-confidence, enhance emotional control, and strengthen decision-making skills, providing essential tools for tackling both personal and professional challenges. These benefits align with broader evidence on the mental health advantages of martial arts, which highlight their role in reducing stress and fostering composure under pressure.

What sets Silat Cekak apart is its incorporation of spiritual growth, an essential element that complements its practical and psychological focus. By teaching values such as humility, discipline, and inner peace, Silat Cekak offers women a deeper connection to their personal values and a sense of balance in life. This spiritual dimension enriches the overall experience, transforming it into a holistic practice that integrates physical training with moral and emotional development.

Furthermore, Silat Cekak's foundation in Malay cultural traditions provides a unique source of empowerment for women. By engaging with its heritage, practitioners find a meaningful sense of identity and belonging. For women, this connection to cultural values like respect and humility enhances their self-concept and reinforces ties to their community. The combination of practical self-defense, mental resilience, spiritual growth, and cultural pride makes Silat Cekak an empowering pathway for women, enabling them to embrace personal growth while preserving and celebrating their heritage. This synergy of tradition and modern application ensures that Silat Cekak remains a powerful tool for women's empowerment today.



Challenging Gender Stereotypes

Silat Cekak challenges conventional gender roles by empowering women within a traditionally male-dominated space. Through its inclusive approach, women learn self-defense while redefining societal perceptions of strength and capability. This shift has both symbolic and practical implications, inspiring others to challenge stereotypes and embrace their own potential. The involvement of women in Silat Cekak underscores its transformative power, as female practitioners become role models for resilience and empowerment in their communities.

Silat Cekak offers a unique, holistic pathway to empowerment, blending practical self-defense, mental discipline, cultural heritage, and spiritual growth. Its relevance spans historical preservation and modern adaptability, providing women with tools to navigate the complexities of contemporary life with confidence and resilience. For women seeking to discover their inner strength, reconnect with their heritage, and achieve holistic personal growth, Silat Cekak is more than a martial art, it is a journey worth undertaking, a legacy worth preserving, and a practice worth mastering.

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Dr. Azlyn Ahmad Zawawi is an Associate Professor at Universiti Teknologi MARA (UiTM), Kedah, with 17 years of academic experience and a background in multiple leadership roles at the university. She has led numerous research and consultation projects and published in national and international indexed journals. Her specializations include Organizational Behavior in the public sector, team performance management, industrial relations, and public sector management. Additionally, she is skilled in quantitative research methods, particularly those exploring individual and team behavior within organizations. Beyond her academic work, Dr. Azlyn is the Advisor to the Persatuan Seni Silat Cekak UiTM Kedah Branch. She was among the first members to join the association in 1999 during her diploma studies at UiTM Kedah.



e ISSN 2805- 47 5X



9772805 475 000

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