EP022

The Role of Life Struggles in Shaping Coping Strategies among Healthcare Assistants



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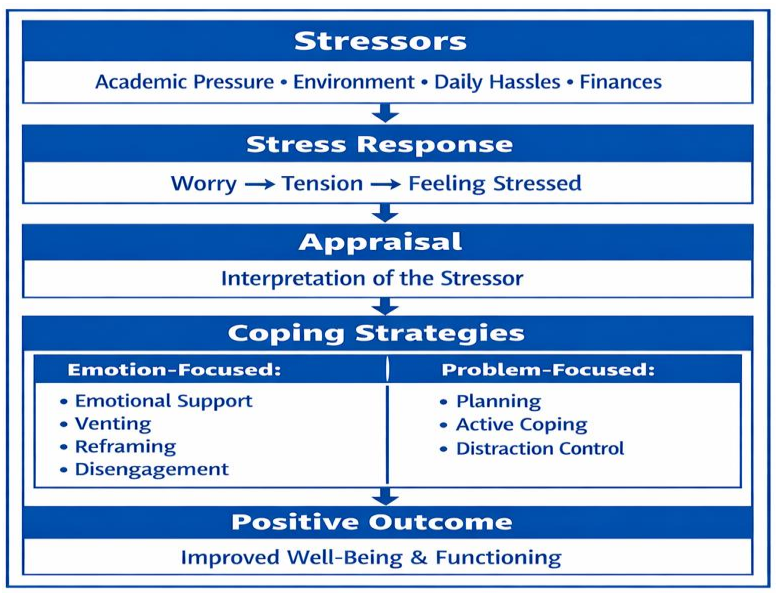
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Introduction

Life struggles, encompassing personal, financial, and social challenges, require significant psychological adjustment. In Malaysia's post-COVID-19 landscape, depression rates have doubled (NHMS 2023). Despite their frontline role, Healthcare Assistants (HCAs) at Hospital Kuala Lumpur (HKL) remain an under-researched demographic regarding their coping mechanisms.



Simplified theoretical framework adapted from Baqutayan et al (2015), based on Lazarus & Folkman (1986) and Carver et al (1989)

Objectives

This proposal aims to investigate the impact of life struggles on coping strategies among HCAs at HKL, specifically focusing on religious coping.

Methodology

Cross-sectional Study
May to July 2026

Step 1:
Purposive Sampling
N= 367 HCAs in HKL

Step 2:
Tools
Malay Brief Cope
Malay R-Cope

Step 3:
✓ **Correlation**
✓ **Regression**

Expected Study Outcome

- **Stressors & Coping Pattern Identification**
- **Life struggles & Religious Coping Correlation**
- **Targeted Support Modules in Mental Health**
- **Evidence for Mental-health policy and training**
- **Expands HCA evidence and guides future policy**

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Discussion and Conclusion

Understanding coping responses among HCAs is essential for workplace resilience. This study will offer insights for structured mental health interventions and religious-integrated support systems to enhance staff well-being in healthcare settings.

Acknowledgement

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References

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