



**INSTITUTE FOR HEALTH BEHAVIOURAL RESEARCH
MINISTRY OF HEALTH MALAYSIA**

Health & Social Behaviour during Movement Control Order (MCO) following COVID-19

An online survey among adult internet users in Malaysia

KEY FINDINGS

HEALTH & SOCIAL BEHAVIOUR DURING MOVEMENT CONTROL ORDER (MCO) FOLLOWING COVID-19: AN ONLINE SURVEY AMONG ADULT INTERNET USERS IN MALAYSIA

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INTRODUCTION

OVERVIEW

Currently, Malaysians are facing new challenges with the impact of COVID-19 especially with the enforcement of the Movement Control Order (MCO). This health crisis is creating a significant impact to every individual and for overall population—from changing of lifestyle, food access issues, income disruptions, emotional distress, and beyond.

AIMS

The objective was to investigate the Malaysian health behaviour on smoking, physical activity, eating behaviour, responsibility on preventive measures, effect of MCO and coping strategies during MCO following COVID-19. This study also assessed public acceptance on behavioural change after MCO.

METHODOLOGY



STUDY DESIGN

A Cross-Sectional Online Survey



DATA COLLECTION

7th & 8th April 2020
(Phase 2 of MCO)



SAMPLING TECHNIQUE

Snowballing Technique-
Through Social Media,
Messaging App, Official
Website



ETHICAL APPROVAL

Medical Research Ethics Registry
(MREC), NMRR 20-634-54511



TARGET POPULATION

Malaysian, an internet user
aged 18 years and above



TOTAL RESPONSE

10,078 respondents



INSTRUMENT

Validated questionnaire
(IHBR-HSB-MCO-COVID19)



RESPONSE RATE

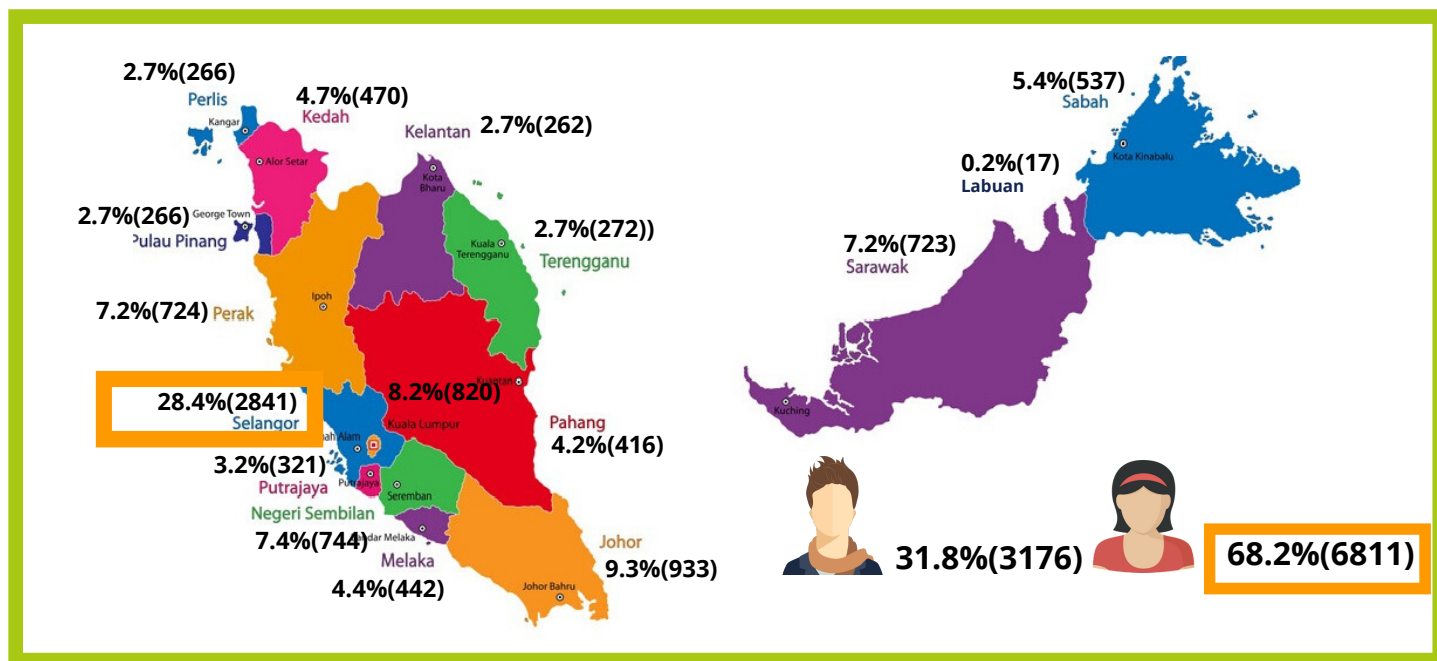
99.1% (9,987 agreed to participate)

DISCLAIMER!

This online survey uses non-probability sampling, thus results of this study only represents feedback given by Malaysians answering this survey.

RESPONDENT'S PROFILE

RESPONDENT'S PROFILE (N=9987)



AGE

18 – 25 : 13.2% (1321)
 26 – 35 : 30.1% (3008)
36 – 45 : 34.1% (3408)
 46 – 55 : 17.5% (1743)
 56 and above : 5.1% (507)



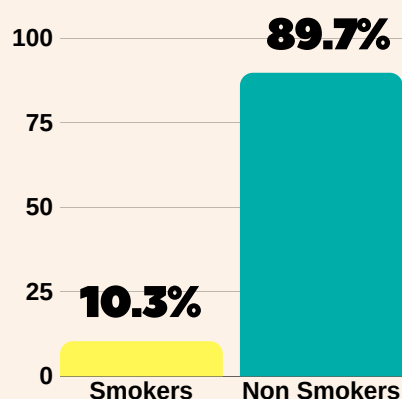
Single: 28.3% (2829)
Married: 67.8% (6775)
 Divorce: 3.8% (383)



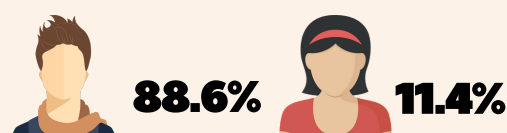
< RM 4,000 : 30.4% (3038)
RM4001 – RM8,000 : 42.3% (4238)
 > RM 8001 : 27.2% (2721)

THE MOVEMENT CONTROL ORDER (MCO): IS IT A GOOD TIME TO STOP SMOKING?

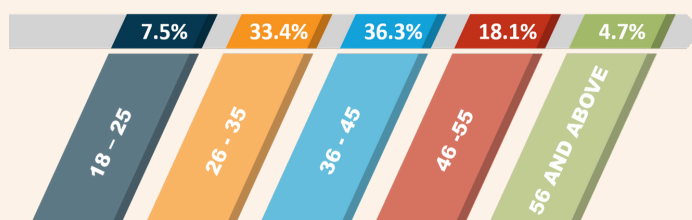
PERCENTAGE OF SMOKERS AND NON-SMOKERS



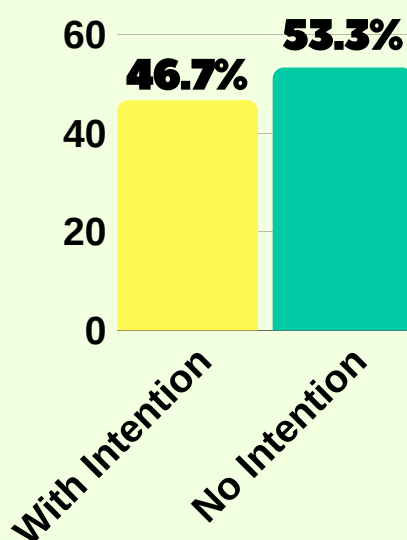
SMOKERS BY GENDER (N=1027)



SMOKERS BY AGE GROUPS (N=1027)



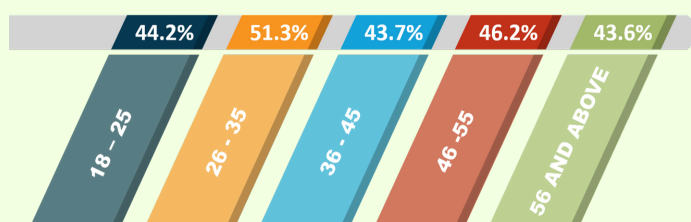
SMOKERS WITH INTENTION TO QUIT SMOKING



SMOKERS WITH INTENTION TO QUIT SMOKING BY GENDER (N=480)



SMOKERS WITH INTENTION TO QUIT SMOKING BY AGE GROUPS (N=480)



66

Tobacco smoking is known to be a risk factor for acute respiratory infections and it has also identified it as a specific risk factor for COVID-19 (World Health Organization). Given the risks of smoking during this pandemic, there are effective options for quitting smoking during the pandemic includes nicotine replacement, behavioural support such as telephone, internet and text messaging programmes, and gradual quitting. The evidence suggests people who smoke should use a combination of stop smoking medicines and behavioural support to give them the best chances of success (Cochrane Reviews, 2020)

DOES THE MOVEMENT CONTROL ORDER (MCO) RESTRICT PHYSICAL MOVEMENT?

69.0%

Practice a sedentary lifestyle (prolonged sitting >30 minutes daily)

85.5%

Practice a sedentary lifestyle (screen time >30 minutes daily)

MOST FREQUENT ACTIVITY AT HOME



18.8%
INTERNET SURFING



18.2%
COOKING/HOUSE CHORES



16.9%
SIT/RECLINE CONTINUOUSLY



16.9%
WATCHING TELEVISION



14.4%
EXERCISE



8.8%
OTHERS



6.0%
GARDENING



94.7%

Agreed physical activity should be practice during MCO

67.2%

Agreed the MCO is not a barrier to do physical activity

How to stay active in and around the home during COVID-19

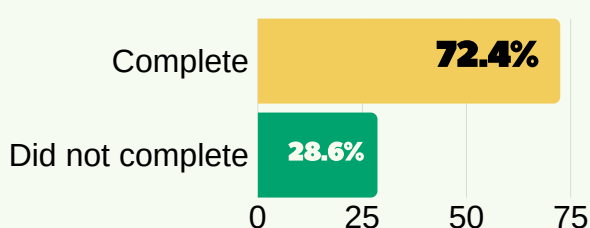
1. Try and reduce prolonged sitting time
2. Set up a regular routine to be active every day
3. Be active with your family and friends
4. Set yourself and your family: Be Active goals

-World Health Organization, 2020-

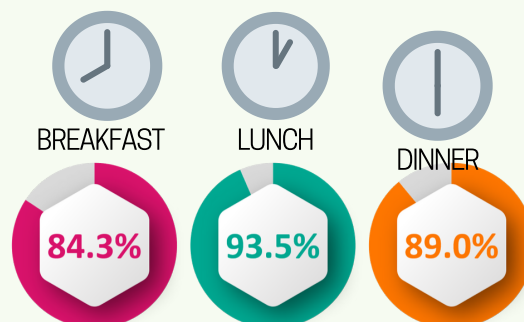
66

EATING BEHAVIOUR DURING THE MOVEMENT CONTROL ORDER (MCO)

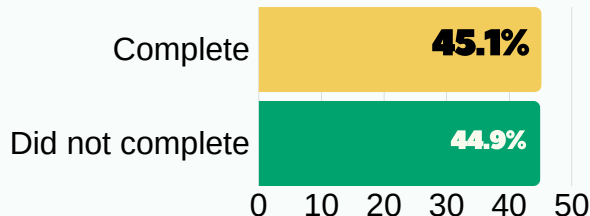
COMPLETE DAILY INTAKE OF MAIN MEALS (BREAKFAST, LUNCH, AND DINNER)



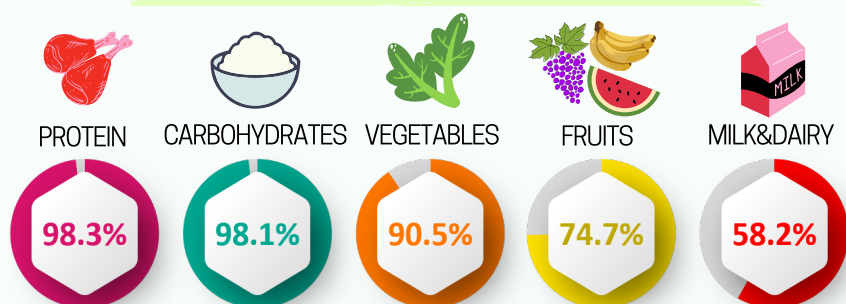
Breakdown of daily main meals intake



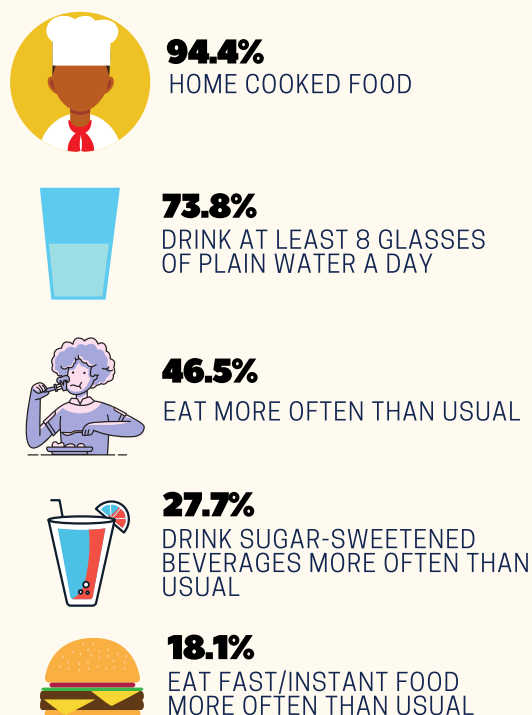
COMPLETE DAILY INTAKE OF FOOD GROUPS (CARBOHYDRATES, PROTEIN, FRUITS, VEGETABLES, AND MILK & DAIRY PRODUCTS)



Breakdown of daily food groups intake



FOOD EATING BEHAVIOUR



“

Eat healthy by preparing a healthy and balanced menu. Reduce intake of sugar, salt and fat; and eat more fruits and vegetables. - Datuk Dr Noor Hisham Abdullah, Director General of Health, Ministry of Health Malaysia, 2020

RESPONSIBILITY TOWARDS COVID-19 PREVENTIVE MEASURES

MAIN PREVENTIVE MEASURES



99.0%
CLEAN &
DISINFECT HOUSE



98.9%
WASH HANDS
REGULARLY



98.8%
PRACTICE SOCIAL
DISTANCING



98.3%
WEAR FACE
MASK



98.1%
STAY AT
HOME

WHAT TO DO WHEN SICK



98.8%
Seek medical
advice



99.1%
Avoid meet
others



99.1%
Disclosing travel
history to healthcare
provider for purpose
of contact tracing



99.4%
Notify the nearest
clinic / hospital if any
family / household
member has COVID-19
symptoms

“

Individual action and responsibility are as important with government action on preventing the spread of COVID-19 (Roy et al. 2020)

EFFECTS OF MOVEMENT CONTROL ORDER (MCO)

01



ENFORCEMENT OF MCO

- 98.4%** It can prevent spread of COVID-19
- 55.8%** Worried MCO will be extended
- 53.6%** Worried when government announced MCO
- 42.1%** Bored of repetitive daily activity at home
- 33.7%** MCO disrupts daily routine
- 30.0%** Felt stressed being confined at home

02



FAMILY RELATIONSHIP

- 94.8%** Family/household relationship become more closer
- 86.7%** Worried about the safety of family living apart
- 7.1%** Often fight with couple/family during throughout MCO

03



PANIC BUYING

- 50.9%** Bought food supply more than usual
- 39.2%** Worried food supply on the market are insufficient

04



WORK/STUDY FROM HOME

- 73.7%** Worried of MCO effect on work/education
- 44.1%** More productive working/learning from home

05



FINANCIAL

- 57.9%** Worried source of income affected because of MCO
- 57.3%** Worried if government financial support is insufficient

COPING STRATEGIES DURING MOVEMENT CONTROL ORDER (MCO)



94.8%

Avoid smoking,
alcohol/drug



88.8%

Maintain a healthy
lifestyle



91.9%

Will contact healthcare
provider for physical &
mental help



84.0%

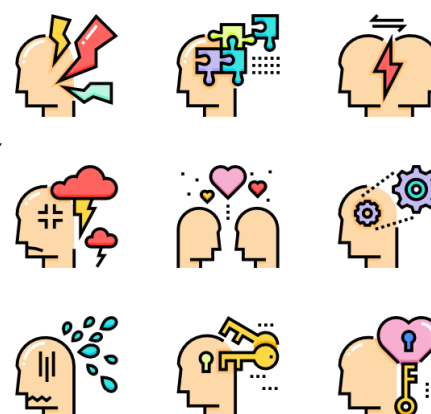
Talking to trusted
people (family/
friends)



“ For general population:

1. Minimize watching, reading or listening to news that causes to feel anxious or distressed;
2. Seek information only from trusted sources and mainly to take practical steps to prepare your plans and protect yourself and loved ones;
3. Protect yourself and be supportive to others;
4. Working together as one community can help to create solidarity in addressing COVID-19 together.

- Guideline COVID-19 Management: Mental Health & Psychosocial Support in COVID-19, Ministry of Health Malaysia (2020)-



ACCEPTED CHANGES IN NORMS AFTER MOVEMENT CONTROL ORDER (MCO)



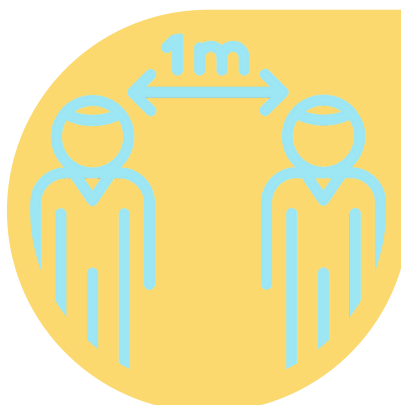
Wash hands with water & soap regularly
99.0%



Wear a face mask if have fever & cough
97.7%

Practice Social Distancing
96.0%

Avoid crowded places & limit social gatherings
40.5%



the new normal

We must adapt to the new normal. Even then, we may not be able to go back to way things were. For as long as the virus exists, we must do the new normal such as social distancing, avoid mass gatherings and crowded places, and look after one's personal hygiene (Tan Sri Muhyiddin Yassin, Prime Minister Malaysia)

“



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