

# THE PRACTICE OF PREVENTIVE BEHAVIOUR AFTER ONE YEAR OF THE COVID-19 PANDEMIC

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## INTRODUCTION

COVID-19 is highly contagious, and it is critical to practice preventive behaviours to reduce the possibility of getting the infection. Preventive behaviour encompasses any activity conducted by an individual who feels himself to be healthy with the intention of protecting disease or recognizing disease at an asymptomatic stage. This study aims to identify the public practice of preventive behaviour after the pandemic hit Malaysia almost one year.

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## RESULT

This study uncovered three significant socio-motivational themes: family support, community support and perceived healthcare provider (HCP) support.

### Demography

Total participants:

2,943



60.3%  
Female



80.9%  
tertiary education  
(diploma / degree)



29.6%  
from Selangor



74.0%  
Malay



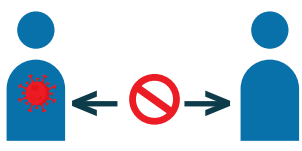
34.7%  
ages between 36  
and 45 years

### Preventive Behaviour



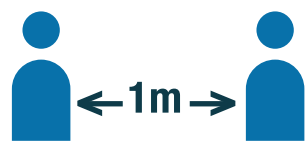
94.0%

Wear facemask



75.6%

Avoid meeting  
other people if  
experience  
symptoms



65.1%

Practise  
physical  
distancing



60.9%

Stay at home



59.7%

Wash hands  
regularly

### Avoid the Three 3Cs. Be aware of different levels of risk in the different settings



64.9%

Avoid crowded  
places with many  
people nearby



56.7%

Avoid close  
contact setting  
at close range  
without wearing  
a face mask



66.0%

Avoid confined  
& close areas  
with poor  
ventilation

\* The percentage (%) refer to those  
"ALWAYS" practice the behaviour

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## DISCUSSION

The results highlight that most respondents wear the mask as it is still compulsory. Additionally, participants took measures by avoiding contact with others who were experiencing symptoms. However, physical distancing, staying at home, and regularly washing hands were less popular.

In terms of avoiding 3C's, only about half of the participants consistently avoided crowded places, close-contact settings, and confined close areas. This study also revealed that participants who experienced more message fatigue have a reduced likelihood of adhering to COVID-19 preventive behaviours.

Preventive behaviour's effectiveness during a pandemic may be influenced by an individual's attitude toward the behaviour, subjective standards, and perceived behavioural control.

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## METHODOLOGY



### STUDY DESIGN

An online cross-sectional study



### STUDY POPULATION

Malaysian citizen, 18 years above and residing in Malaysia



### METHODS

Data were collected via an online survey using a Google Form and shared via email, website, and social media platform



### DATA COLLECTION DURATION

March– April 2021



### STUDY INSTRUMENT

- Bilingual (Malay and English)
- Socio-demographic profiles - categorical



## ACKNOWLEDGEMENT

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## REFERENCES

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