



**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

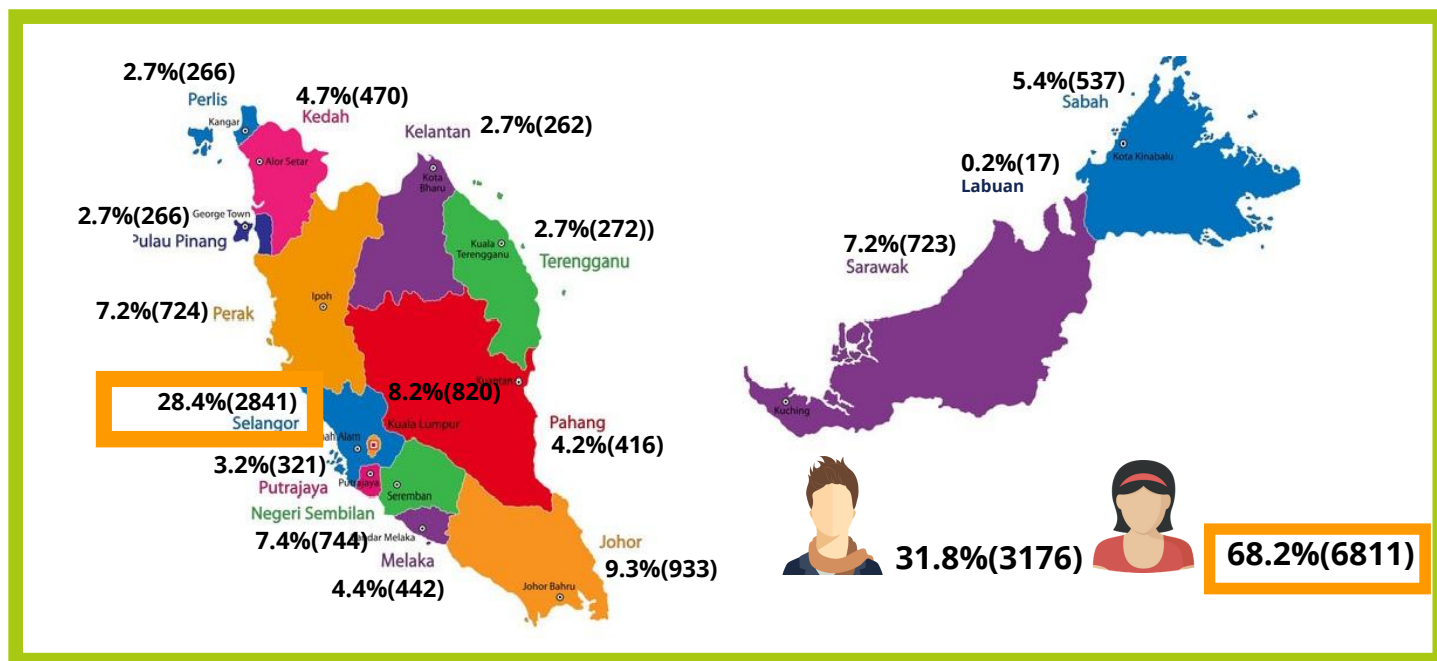
99.1% (9,987 agreed to participate)

## 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)



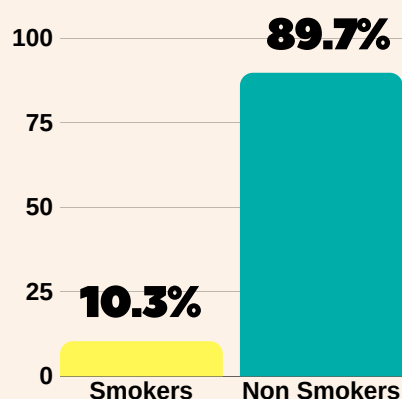
Single: 28.3% (2829)  
**Married: 67.8% (6775)**  
 Divorce: 3.8% (383)



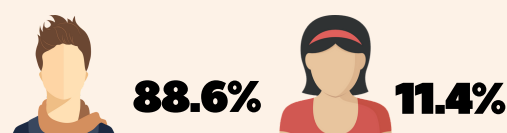
< RM 4,000 : 30.4% (3038)  
**RM4001 – RM8,000 : 42.3% (4238)**  
 > RM 8001 : 27.2% (2721)

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

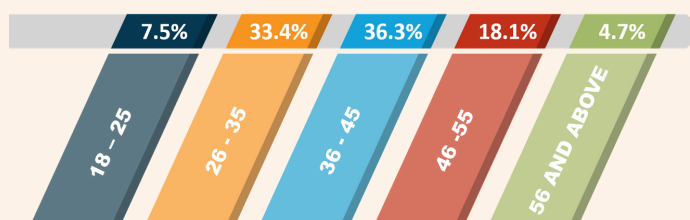
## PERCENTAGE OF SMOKERS AND NON-SMOKERS



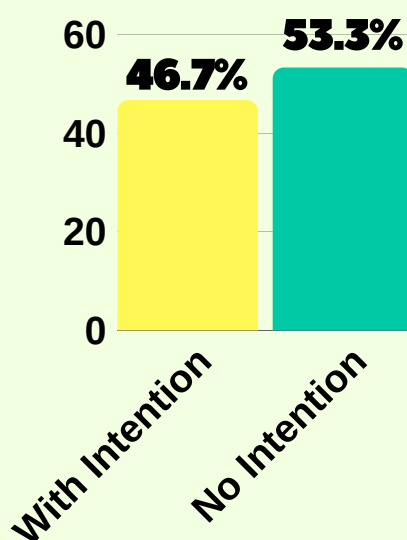
## SMOKERS BY GENDER (N=1027)



## SMOKERS BY AGE GROUPS (N=1027)



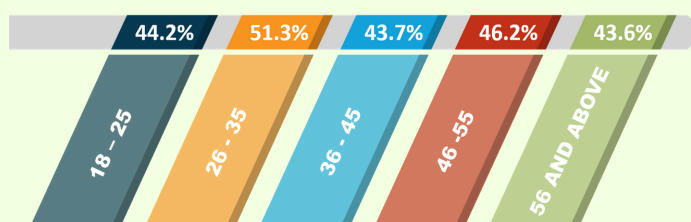
## SMOKERS WITH INTENTION TO QUIT SMOKING



## 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

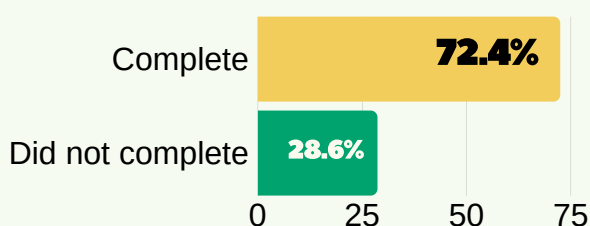
-World Health Organization, 2020-

**66**

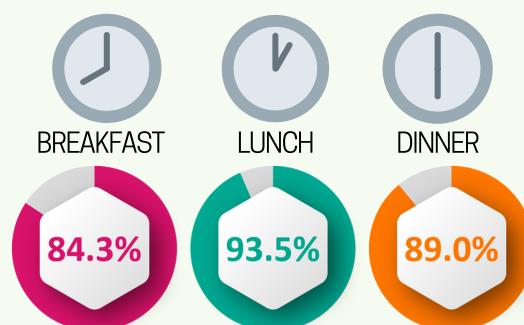


# EATING BEHAVIOUR DURING THE MOVEMENT CONTROL ORDER (MCO)

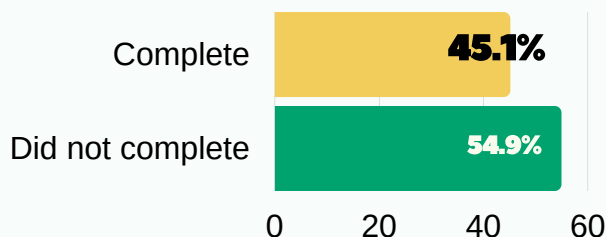
## COMPLETE DAILY INTAKE OF MAIN MEALS (BREAKFAST, LUNCH, AND DINNER)



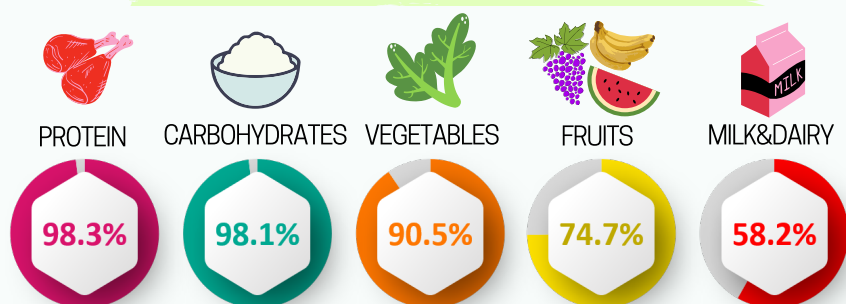
## Breakdown of daily main meals intake



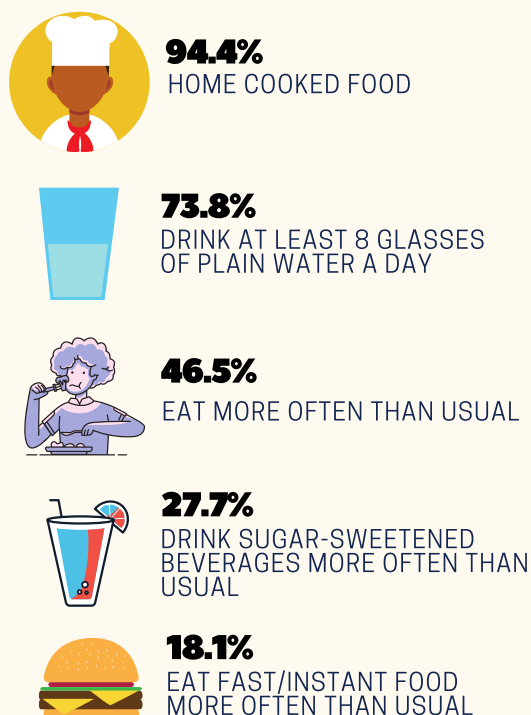
## COMPLETE DAILY INTAKE OF FOOD GROUPS (CARBOHYDRATES, PROTEIN, FRUITS, VEGETABLES, AND MILK & DAIRY PRODUCTS)



## 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



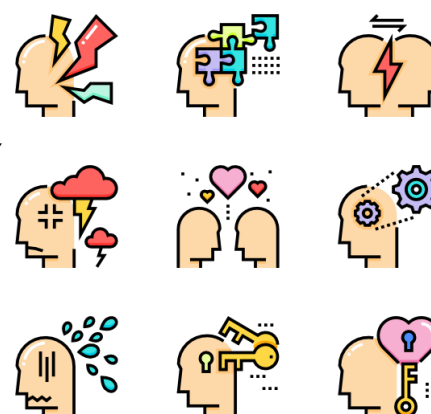
**84.0%**

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)



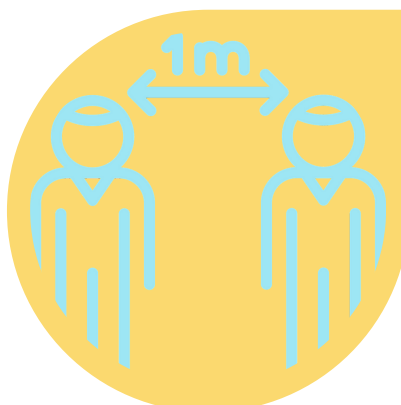
Wash hands with water & soap regularly  
**99.0%**



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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