



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

# **ADHERENCE TOWARDS PREVENTIVE MEASURES AMONG MALAYSIAN PUBLIC DURING COVID-19 PANDEMIC- USING THEORY OF PLANNED BEHAVIOUR (TPB): AN ONLINE SURVEY**

## **KEY FINDINGS**

# **ADHERENCE TOWARDS PREVENTIVE MEASURES AMONG MALAYSIAN PUBLIC DURING COVID-19 PANDEMIC- USING THEORY OF PLANNED BEHAVIOUR (TPB): AN ONLINE SURVEY**

NMRR-20-632-54505, Infographic Booklet

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## INTRODUCTION

### OVERVIEW

At present, the pandemic impact of COVID-19 has affected all countries worldwide including Malaysia. During this pandemic the Malaysian Government imposes and enforces the Movement Control Order (MCO). The public were urged to comply with the MCO and practice advices provided by Ministry of Health (MOH). These require the public to make significant changes in daily lifestyles and habit.

### STUDY AIMS

To identify the factors contributing to adherence toward preventive measures among Malaysian public during COVID-19 pandemic.

#### MCO Instructions:

- 1) Stay at home
- 2) Remain wherever you are
- 3) Only one (1) person per family is allowed to go out to buy groceries

#### MOH Advice:

- 1) Wash hand with water and soap or use hand sanitizer frequently
- 2) Avoid crowded places
- 3) Practice social distancing at least one (1) meter

### METHODOLOGY



A Cross-Sectional Online Survey (Google Docs platform)



Data collection 10-21 April 2020



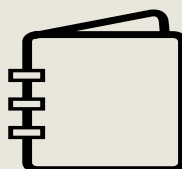
Convenient and snowballing sampling technique



A total of 12,251 respondents



Among Malaysian public aged 18 years old and above



Using a validated questionnaire (COVID-19-TPB-IPTK)

#### DISCLAIMER!

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

## KEY FINDINGS OF RESPONDENT'S PROFILE



Male 30.5% (n=3732)  
Female 69.5% (n=8519)



No formal education 0.2% (n=20)  
Primary Education 0.5% (n=60)  
Secondary Education 13.8% (n=1695)  
Form 6/ Cert/ Diploma 29.8 % (n=3656)  
Bachelor Degree 44.3% (n=5422)  
Masters 9.8% (n=1205)  
PhD 1.6% (n=193)



Islam 80% (n=9805)  
Buddhist 7.3% (n=899)  
Christian 9.4% (n=1149)  
Hindu 2.5% (n=304)  
Others 0.8% (n=94)



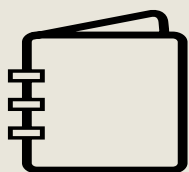
Malay 73.5% (n=9007)  
Chinese 10.6% (n=1299)  
Indian 3% (n=370)  
Bumiputera Sabah 7.1% (n=871)  
Bumiputera Sarawak 5% (n=609)  
Others 0.8% (n=95)



Living with families 88.8% (n=10875)  
Living with friends 5.3% (n=651)  
Alone 5.9% (n=725)



18-30 years old 28.94% (n= 3545)  
31-40 years old 41.95% (n=5140)  
41-50 years old 20.12% (n=2464)  
51-60 years old 7.87% (n=965)  
Above 61 years old 1.12% (n=137)



Private Sector 32% (n=3918)  
Government 37.2% (n=4554)  
Semi-government 4%(n=489)  
Self-employed 7.5% (n=915)  
Unemployed 17.4% (n=2137)  
Pensioner 1.9% (n=238)



A total of 12,251 respondents  
Malaysian 99.6% (n= 12205)  
Others 0.4% (n= 46)

## KEY FINDINGS FOR ADHERENCE TOWARDS MCO INSTRUCTIONS

### Attitude

97.9%

Agree it is a good way to stop the COVID-19 chain

98.6%

Agree it is beneficial to stop COVID-19 infection

98.9%

Agree they are less vulnerable to be infected with COVID-19

83.1%

Agree the instructions are not inconvenience

96.4%

Agree they are less anxious to be infected with COVID-19

84.1%

Agree usual life habits require changes

97.8%

Agree they are less likely to contract COVID-19 in public area

46.2%

Agree the instructions causes disruption of daily schedule

### Perceived Behaviour Control

87.6%

Agree they can follow the instructions if they want to

98.8%

Agree they are confident in their ability to perform the instructions

93.6%

Agree performing the instructions are easy

## KEY FINDINGS FOR ADHERENCE TOWARDS MCO INSTRUCTIONS

### Subjective Norms

97.9%

Agree that they follow the instructions because people close to them wants them to

92.9%

Agree that their surroundings influences them to comply to the instructions

99.5%

Are motivated to comply to the instructions to protect family members.

99.1%

Are motivated to comply to the instructions to protect their friends.

98.9%

Are motivated to comply to the instructions to protect their colleagues.

98.8%

Are motivated to comply to the instructions to protect their partner.

98.7%

Are motivated to comply to the instructions to protect themselves.

### Behaviour Intention

97.7%

Intend to follow MCO instructions

99.1%

Want to follow MCO instructions

96.4%

Expect to follow MCO instructions

## KEY FINDINGS FOR ADHERENCE TOWARDS MOH ADVICES

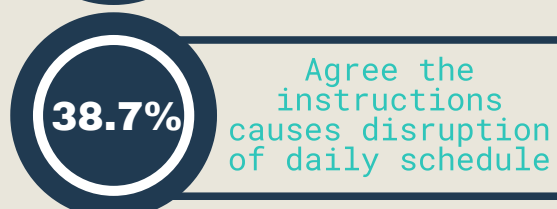
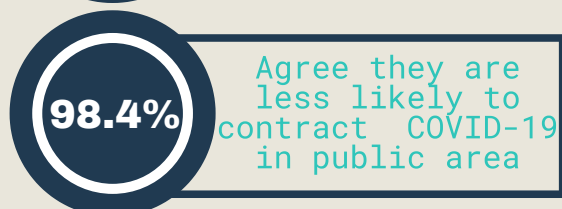
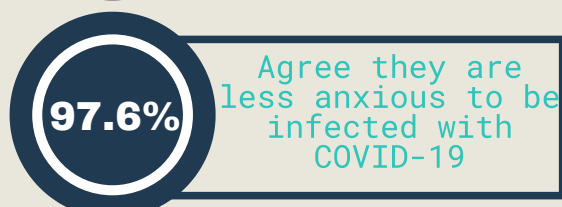
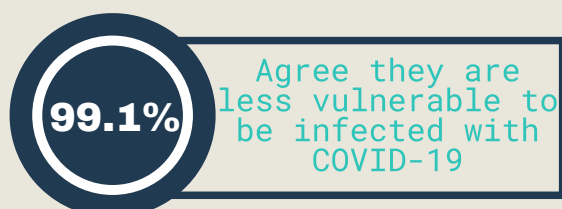
### Attitude

**99.4%**

Agree it is a good way to stop the COVID-19 chain.

**99.5%**

Agree it is beneficial to stop COVID-19 infection.



### Perceived Behaviour Control



**9 out of 10**

Respondents agree that it is easy to perform the behaviour and are confident in their ability to perform it

**87.9%**

Agree they can follow the MOH advices if they want to

**99.4%**

Agree they are confident in their ability to perform the MOH advices

**92.1%**

Agree performing the MOH advices are easy



## KEY FINDINGS FOR ADHERENCE TOWARDS MOH ADVICES

### Subjective Norm



9 out of 10

Respondent's agree that their surroundings, social pressure and various motivation are reasons to encourage them to follow MOH advices.

98.4%

Agree that they follow the advises because people close to them wants them to

94.2%

Agree that their surroundings influences them to comply to the instructions

99.6%

Are motivated to comply to the instructions to protect family members.

99.4%

Are motivated to comply to the instructions to protect their friends.

99.2%

Are motivated to comply to the instructions to protect themselves.

99.1%

Are motivated to comply to the instructions to protect their partner.

99%

Are motivated to comply to the instructions to protect their coleagues.

### Behaviour Intention

97.6%

Intend to follow MOH advices

99.5%

Want to follow MOH advices

97.5%

Expect to follow MOH advices



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