PH345

COVID-19 PANDEMIC-RELATED EFFECTS AND COPING STRATEGIES AMONG ADULTS IN MALAYSIA
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INTRODUCTION

The implementation of the Movement Control Order (MCO) in response to the COVID-19 pandemic has had a huge effect on every individual and population, ranging from lifestyle changes to food access issues, panic buying, family relationships, and financial problems. Additionally, anxiety and stress associated with new and unexpected diseases, as well as the process of adjusting to new norms, can be exhausting, resulting in intense emotions.

AIM

The purpose of this study was to compare the effects of COVID-19 MCO and coping methods across specified demographic characteristics.

METHOD

- Study Design
  - A Cross-Sectional Online Survey
- Population
  - Malaysian, an internet user aged 18 years and above
- Data Collection
  - 7th & 8th April 2020 (Phase 2 of MCO)
- Instrument
  - The questionnaire included demographic information, effects of MCO and coping strategies, Likert scale type
- Analysis
  - Descriptive analysis, Independent T-test and One-Way ANOVA were conducted to perform the analysis. Statistical significance was accepted at p-values <0.05.
- Total Respondent
  - 9,987

RESULT

Respondent profile (N 9,987)

Gender	Female : (68.2%) Male : (31.8%)
Age	18 – 25 : 13.2% 26 – 35 : 30.1% 36 – 45 : 34.1% 46- 55 : 17.5% 56 and above : 5.1%
Marital Status	Single: 28.3% Married: 67.8% Divorce: 3.8%
Household income	< RM 4,000 : 30.4% RM4,001 – RM8,000 : 42.3% >RM8,001 : 27.2%
Race	Malay: 81.8% Others: 18.2%

Table 1 — Agreement among participants about COVID-19 pandemic-related effects

Domain	Items	Agreed
Enforcement Of MCO	It can prevent spread of COVID-19	98.4%
	Worried MCO will be extended	55.8%
	Worried when government announced MCO	53.6%
	Bored of repetitive daily activity at home	42.1%
	MCO disrupts daily routine	33.7%
	Felt stressed being confined at home	30.0%
Panic Buying	Bought food supply more than usual	50.9%
	Worried food supply on the market are insufficient	39.2%
Work/Study from Home	Worried of MCO effect on work/education	73.7%
	More productive working/learning from home	44.1%
Financial	Worried source of income affected because of MCO	57.9%
	Worried if government financial support is insufficient	57.3%

Table 2 — Agreement among participants on coping strategies during MCO

Items	Agreed
Talking to trusted people (family / friends)	84.0%
Maintain and practice a healthy lifestyle	88.8%
Avoid smoking, alcohol / drug	94.8%
Will contact healthcare provider for physical and mental help	91.9%

Table 3 — Independent T-Test for Gender Differences with COVID-19 Pandemic Related Effects and Coping Strategies

Variable	Mean (S.D)		T value (df)	P value*
	Male	Female		
Effects of MCO	35.46 (6.549)	103.17 (6.526)	1.721 (9895)	0.085
Coping Strategies during MCO	12.93 (1.695)	13.01 (1.721)	-2.119 (9895)	0.034*

(*p<0.05)

Table 4 — One Way ANOVA summary for COVID-19 Pandemic Related Effects

Variable	Df	Mean Square	F	Sig. (p)
Age				
Between Groups	4	90.685	2.125	.075
Within Groups	9892	42.673		
Household income				
Between Groups	2	62.751	1.470	.230
Within Groups	9894	42.689		
Marital Status				
Between Groups	2	170.422	3.994	.018*
Within Groups	9894	42.667		
Race				
Between Groups	5	102.834	2.410	.034*
Within Groups	9891	42.662		

(* p<0.05)

Table 5 — One Way ANOVA summary for Coping Strategies during MCO

Variable	Df	Mean Square	F	Sig. (p)
Age				
Between Groups	4	.976	.333	.856*
Within Groups	9892	2.935		
Household income				
Between Groups	2	4.104	1.398	.247*
Within Groups	9894	2.934		

(*p>0.05)

CONCLUSION

- Overall, the study found the participants experienced difference effects of MCO in terms of the enforcement, family relationship, panic buying, work/study from home and financial.

- However, the study showed the positive coping strategies among participants towards the effects such as practicing a healthy lifestyle.

- This study found a significant difference between the effects of MCO with marital status and race, but no differences between the effects of MCO with gender, household income and age group.

- Findings also revealed a significant difference between coping strategies and gender, but no differences between age and income.

- Understanding the effects of COVID-19 MCO and public coping strategies during COVID-19 pandemic is essential for mental health interventions and policy-making.

REFERENCES

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