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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Advisor
Dr. Manimaran a/l Krishnan, Director of IHBR

Principal Investigator
Norbaidurah Ithnain, Health Education Officer of IHBR

Co-Investigator:
Alberny Joslyn Panting, Health Education Officer of IHBR
Rosnani Kassim, Health Education Officer of IHBR
Nadia Amirudin, Health Education Officer of IHBR
Saiful Adli Suhaime, Health Education Officer of IHBR

Data Analyst
Khairul Amar Musa, Research Officer (PSH), IHBR

Reviewer
Komathi a/p Perialathan, Health Education Officer of IHBR
Dr. Mohammad Zabri Johari, Health Education Officer of IHBR
Dr Feisul Idzwan Mustapha, Deputy Director (NCD) Non-Communicable Disease Section, Disease Control Division, Ministry of Health

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Institute for Health Behavioural Research (IHBR),
National Institutes for Health,
Blok B3, NIH Complex,
No.1, Jalan Setia Murri U13/52,
Seksyen U13 Setia Alam,
40170, Shah Alam, Selangor.
No Tel : 03-33627600
No Fax : 03-33627601
Website: www.iptk.gov.my
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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 (N=9987)

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

Institute for Health Behavioural Research, National Institutes for Health (NIH), Ministry of Health Malaysia @2020

Norbaidurah Ithnain, Albeny Joslyn Panting, Rosnani Kassim, Nadia Amirudin, Saiful Adli Suhaimi, Khairul Amar Musa

- **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)

- **Income**
  - < 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)

"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 practiced 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-
EATING BEHAVIOUR DURING THE MOVEMENT CONTROL ORDER (MCO)

**Complete daily intake of main meals** (breakfast, lunch, and dinner)

- Complete: 72.4%
- Did not complete: 28.6%

**Breakdown of daily main meals intake**

- Breakfast: 84.3%
- Lunch: 93.5%
- Dinner: 89.0%

**Complete daily intake of food groups** (carbohydrates, protein, fruits, vegetables, and milk & dairy products)

- Complete: 45.1%
- Did not complete: 54.9%

**Breakdown of daily food groups intake**

- Protein: 98.3%
- Carbohydrates: 98.1%
- Vegetables: 90.5%
- Fruits: 74.7%
- Milk & Dairy: 58.2%

**Food eating behaviour**

- 94.4% Home cooked food
- 73.8% Drink at least 8 glasses of plain water a day
- 46.5% Eat more often than usual
- 27.7% Drink sugar-sweetened beverages more often than usual
- 18.1% Eat fast/instant food more often than usual

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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)

### 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

### 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

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

### Work/Study from Home
- 73.7% Worried of MCO effect on work/education
- 44.1% More productive working/learning from home

### 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

91.9% Will contact healthcare provider for physical & mental help

88.8% Maintain a healthy lifestyle

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.

We must adapt to the new normal. Even then, we may not be able to go back to the 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)
Study Overview & Respondent's Profile

Behavioural Change after MCO End: Are Malaysian ready for the new normal?