

# COVID-19 PANDEMIC: COPING STRATEGIES DURING MOVEMENT CONTROL ORDER IN MALAYSIA

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## INTRODUCTION

1

The impact of COVID-19 pandemic may be stressful for some people. Fear and anxiety about a new disease can be overwhelming and cause strong emotions.

2

Thus, coping with stress in a healthy way may enable people to manage and prepare for any unforeseen circumstances related to COVID-19 pandemic.

3

This study explores on how public deal/ cope with stressful situations during Movement Control Order (MCO).



**STOP COVID-19** CoronaVirus

## MATERIALS AND METHODS



### 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)

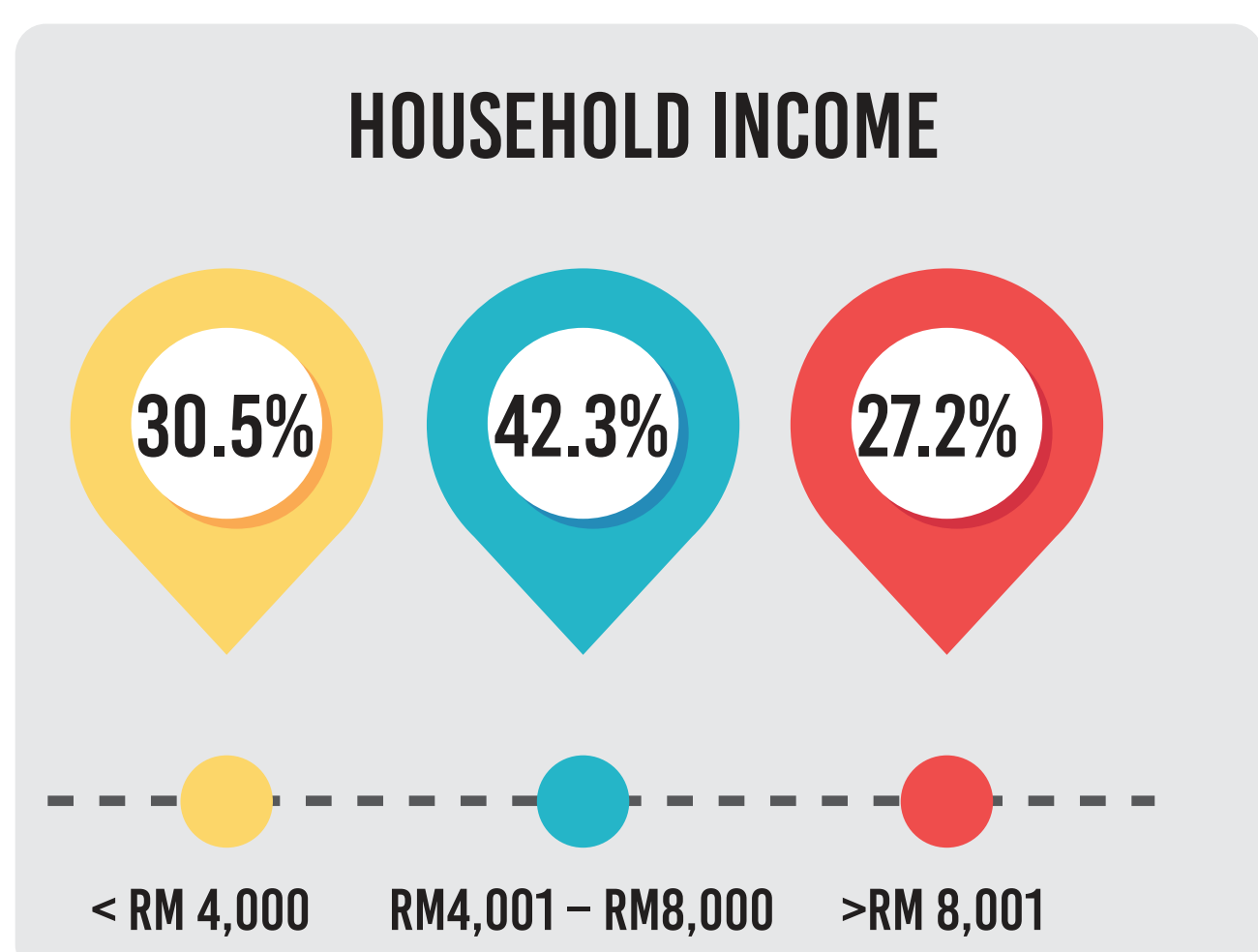
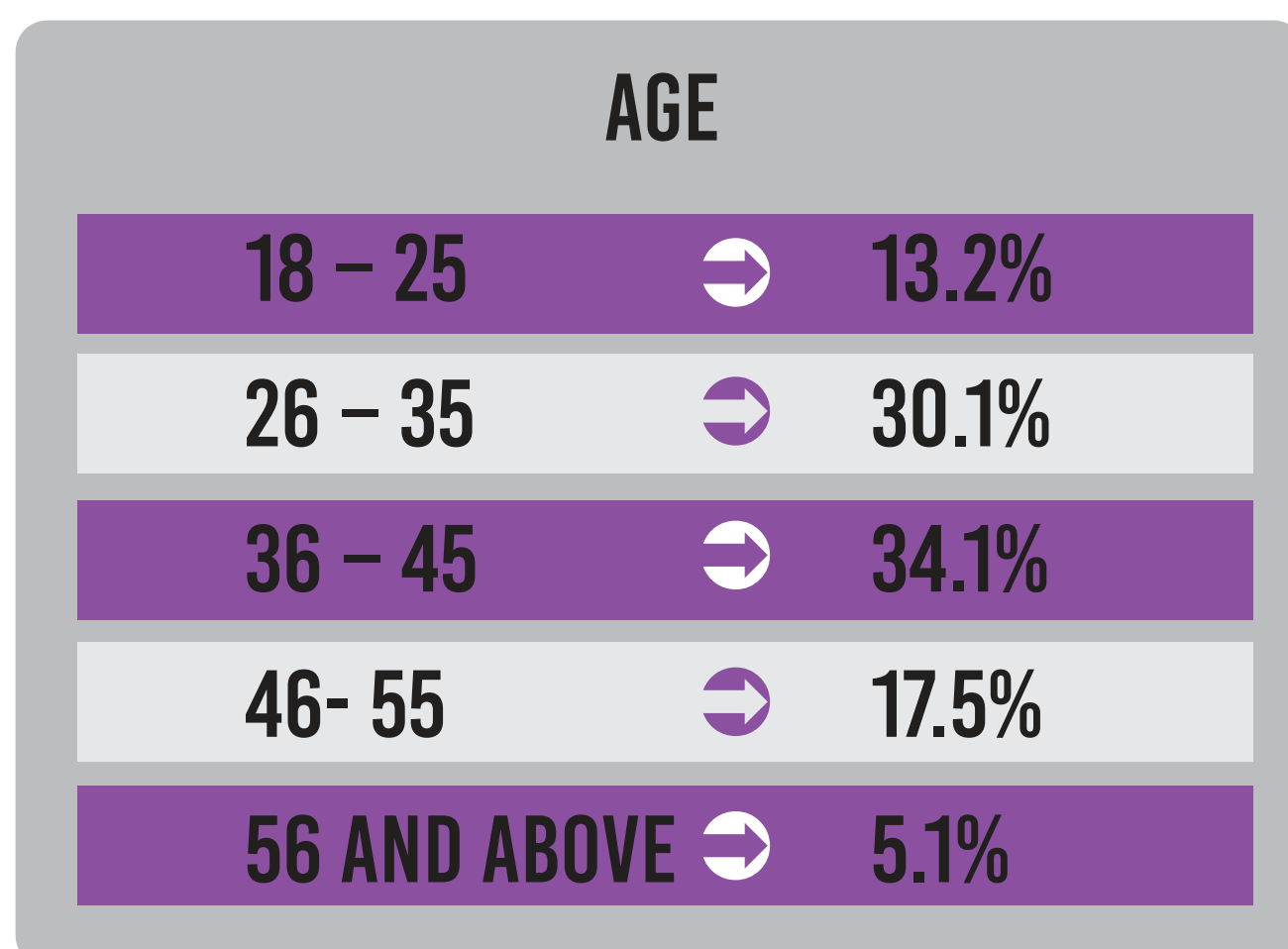
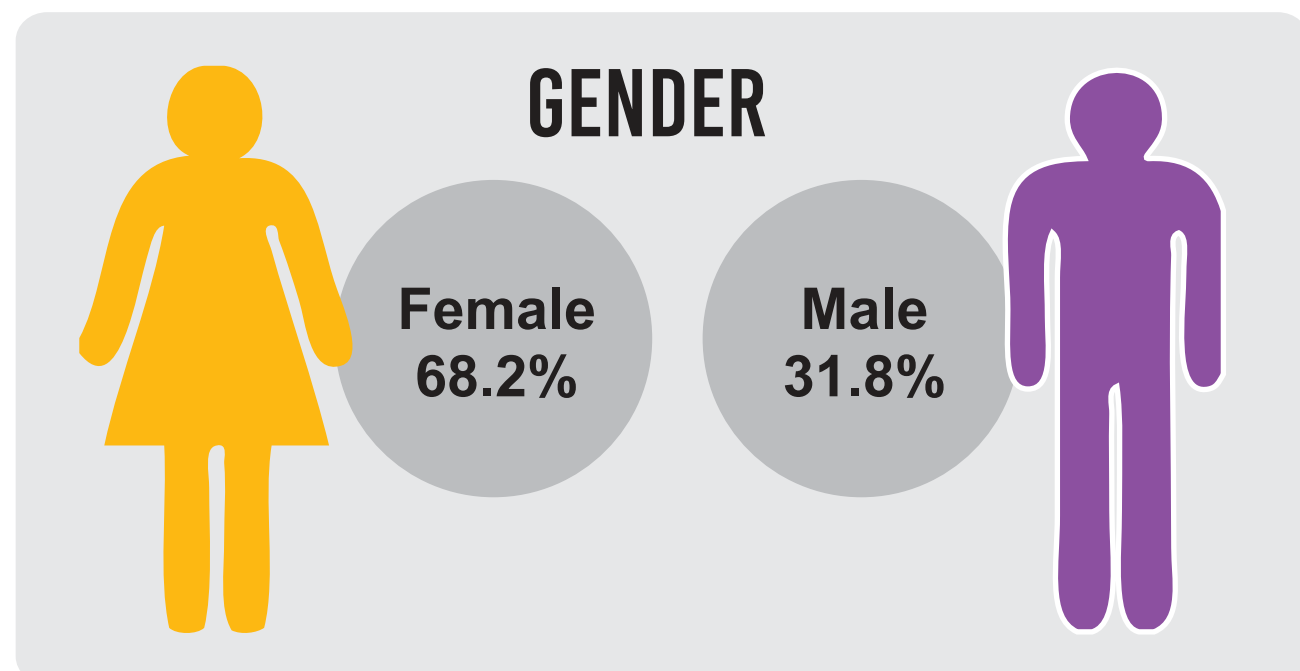


### TOTAL RESPONDENT

9,987

## RESULTS

### Respondent Profile (N=9987)



**Table 1 : Mean and Standard Deviation for Coping Strategies during MCO**

ITEMS	MEAN	STD. DEVIATION
TALKING TO TRUSTED PEOPLE (FAMILY/FRIENDS)	3.51	0.590
MAINTAIN AND PRACTICE A HEALTHY LIFESTYLE	3.57	0.555
AVOID SMOKING, ALCOHOL/DRUG	2.70	0.891
WILL CONTACT HEALTHCARE PROVIDER FOR PHYSICAL AND MENTAL HELP	3.32	0.652



**Table 2 : Independent T-Test for Gender Differences with Coping Strategies during MCO**

Variable	Mean (S.D)		t value (df)	p value*
	Male	Female		
Coping Strategies during MCO	13.15 (1.746)	13.18 (1.771)	-839 (9895)	0.401*

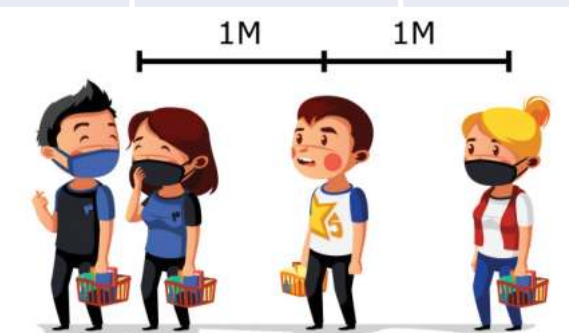
\*p>0.05



**Table 3: One Way ANOVA summary for Coping Strategies during MCO**

Variable	Df	Mean Square	F	Sig. (p)
<b>Age</b>				
Between Groups	4	1.685	0.542	0.705*
Within Groups	9892	3.109		
<b>Household income</b>				
Between Groups	2	2.406	0.774	0.461*
Within Groups	9894	3.109		

\*p>0.05



## DISCUSSION / CONCLUSION

This study found the highest mean value for coping strategies was practicing a healthy lifestyle, followed by talking to other trusted people (i.e. family members and friends), seeking help by contacting healthcare personnel and avoid smoking/ consume alcohol and taking drugs.

Findings also revealed no significant difference between coping strategies with gender, age and household income (p>0.05).

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

## ACKNOWLEDGMENT

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