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HOW MALAYSIANS FARED DURING LOCKDOWN – SURVEY RESULTS

10 June 2020



"YOU OK OR NOT DURING MCO?" HOW MALAYSIANS FARED DURING LOCKDOWN – SURVEY RESULTS

A RATIONALE

B METHODOLOGY

C KEY FINDINGS

D DATA AND ANALYSIS

E APPENDIX



UNDERSTANDING THE IMPACTS OF LOCKDOWN ON MALAYSIAN HOUSEHOLDS

- COVID-19 has been an unprecedented event, shutting most of the world's population indoors, with over a 100 countries having engaged in either partial or full lockdown.
- Malaysia's Movement Control Order (MCO) began on the 18th of March and ended with the introduction of the Conditional Movement Control Order (CMCO) on the 4th of May 2020.
- The aim of the survey was to understand how the Malaysian population fared during the MCO and use the data to develop solutions that can best address their needs as lockdown measures ease.



Asia

Malaysia's unemployment rate at highest in a decade: Statistics department

More than 600,000 Malaysians are now unemployed.





Covid-19: Work from home tensions run high in world's biggest quarantine







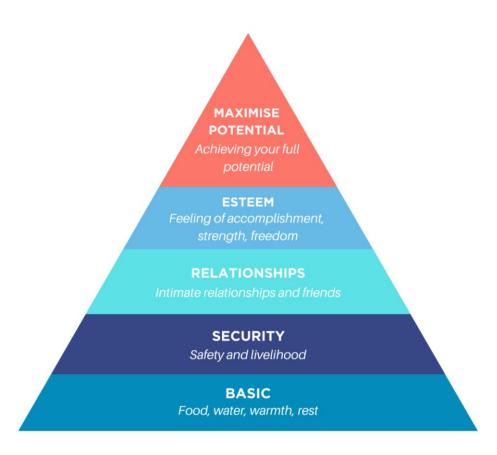
MCO may make or break families, relationships





A MALAYSIAN-ISED APPROACH, LAH!

MASLOW'S HIERARCHY OF NEEDS



- 2,240 (69.5%) of responses were deemed usable based on full completion of the demographic section.
- A quirky, localised approach was taken to counter the feeling of survey fatigue amongst Malaysians.
- Questions were asked in a humorous manner with a touch of Manglish and colloquialisms, complemented with a few classic Lat cartoons*.
- The survey was structured around Maslow's hierarchy of needs, which covers basic, security, relationship, esteem, and maximised potential needs.
- Malay and English versions were created on SurveyMonkey and distributed through an online snowball approach, relying on participants sharing the survey to increase catchment and scope of the results.
- There are certain limitations to acknowledge. Although efforts were made to ensure fair representation, there was a disproportionate spread of respondents by state, age group, occupation, income background, as well as a small skew in female representation.
- The survey ran from the 15th of May to 23rd of May 2020



CLASSIC LAT CARTOONS USED IN "YOU OK OR NOT DURING MCO?" SURVEY

BASIC

Food, water, warmth, rest



1. Could you access the food you needed to sustain your household during MCO?

○ No problem

A little susah

○ Tak boleh

2. How well did you sleep during MCO?

Better than before MO

Same-same

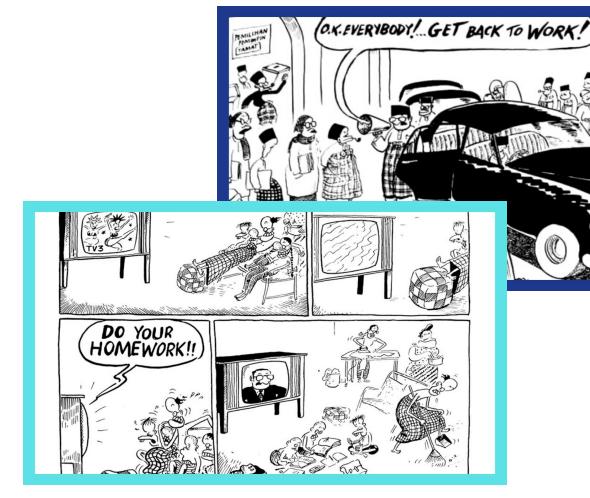
○ Worse than before MCO

3. How comfortable did you feel at home?

Cramped

○ Ok lah

Lots of space





KEY FINDINGS

WIDER OBSERVATIONS

- Generally, respondents fared well during MCO, especially in meeting their basic needs.
- 85.6% had no problem accessing the food they needed to sustain their households, 94.1% felt they had enough space at home to feel comfortable and 90.4% of respondents felt safe in their neighbourhood.
- The most common valuable lesson respondents learnt was self and home improvement.

2 DEMOGRAPHIC DIFFERENCES

- On closer inspection, there were differences in experiences based on certain background demographics, such as gender and occupation
- A higher proportion of women felt that household work and childcare were not evenly split with their spouse.
- A higher proportion of those employed in sales and the arts/entertainment industry were also more likely to struggle with paying their bills and rents/mortgages.

3 INTERRELATED FACTORS

- Factors affecting a respondent's experience of MCO are interrelated, both positively and negatively. This is shown through generational
 and stress patterns.
- Those who felt stressed, generally felt stressed in other aspects of life, such as having poorer quality of sleep, difficulty in accessing food and feeling more strained family relations
- Interrelatedness of factors can also be seen in age groups. While younger generations reported experiencing more negative emotions during MCO, older generations were found to have more positive emotions during the MCO.

D. DATA AND ANALYSIS



WIDER OBSERVATIONS

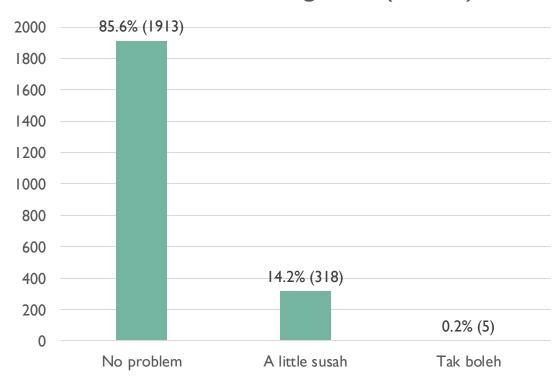
RESPONDENTS GENERALLY FARED WELL OVER MCO, ESPECIALLY IN MEETING THEIR BASIC NEEDS





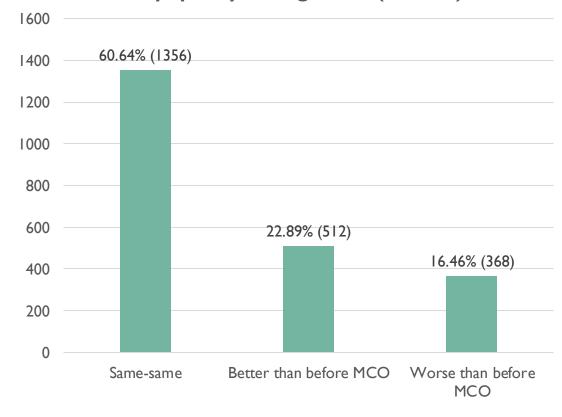
A LARGE MAJORITY OF RESPONDENTS COULD ACCESS THE FOOD THEY NEEDED OVER MCO AND SLEPT THE SAME OR BETTER

Food access during MCO (n=2236)



 85.6% of respondents had no problem accessing food over MCO

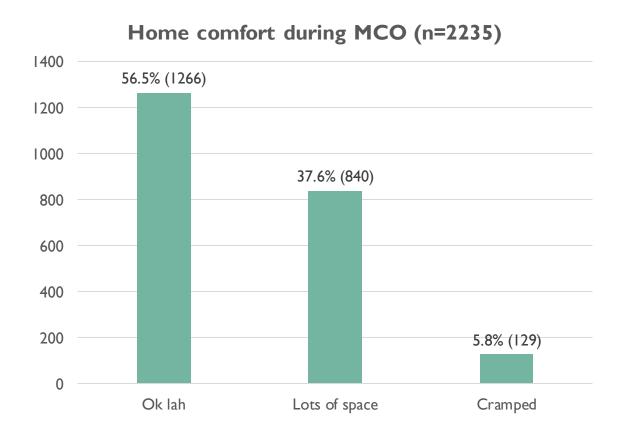
Sleep quality during MCO (n=2236)

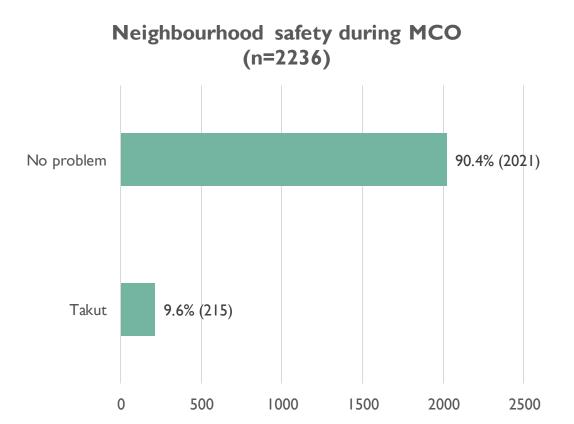


 83.53% of respondents slept the same or better than before MCO



MOST RESPONDENTS FELT COMFORTABLE AND SAFE AT HOME DURING MCO

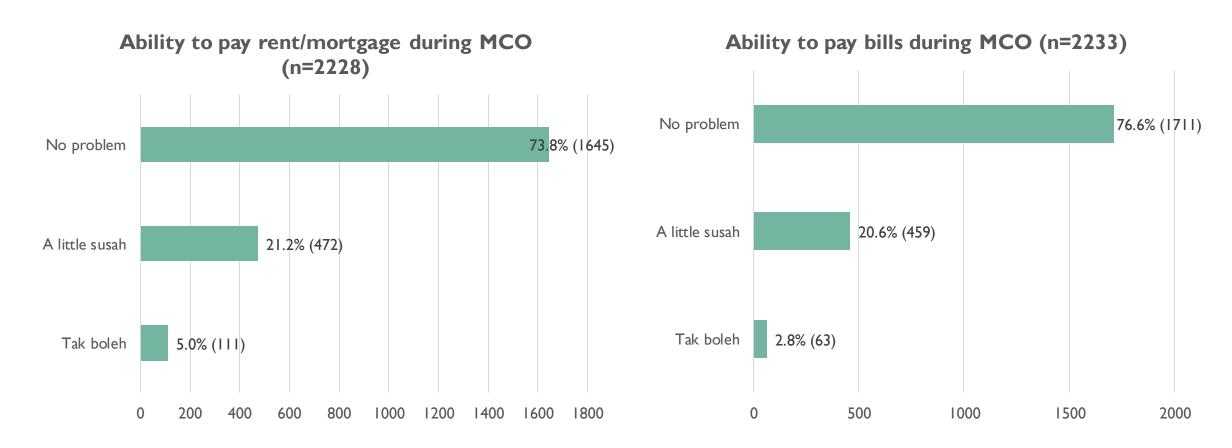




 94.1% of respondents found their home was comfortable enough of MCO 90.4% of respondents felt safe in their neighbourhood during MCO



AROUND 75% OF RESPONDENTS HAD NO ISSUES PAYING THEIR RENT/MORTGAGE AND BILLS DURING MCO



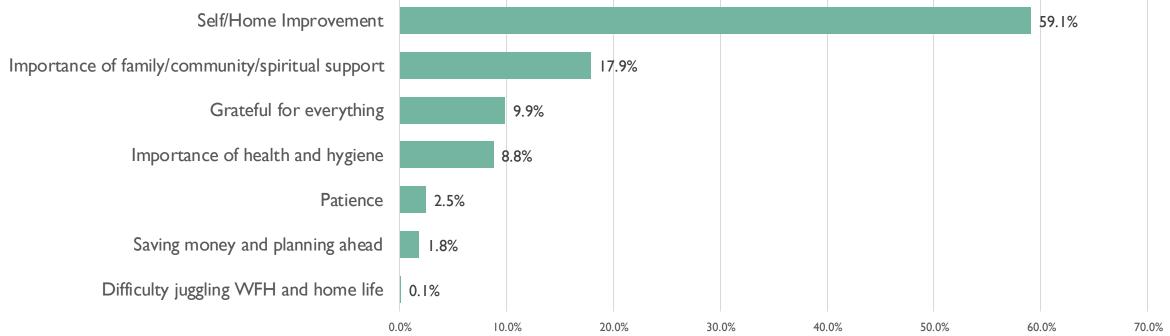
 73.8% of respondents had no issues paying their rent/mortgage during MCO 76.6% of respondents had no issues paying their bills during MCO



KEY LESSONS DURING MCO WERE SELF AND HOME IMPROVEMENT, AS WELL AS IMPORTANCE OF FAMILY, COMMUNITY, AND SPIRITUAL SUPPORT

- Of those who reported learning a valuable lesson during MCO, a high proportion of respondents felt they had undergone some form of self or home improvement (59.1%)
- Other common lessons were the importance of family, community and spiritual support (17.9%)



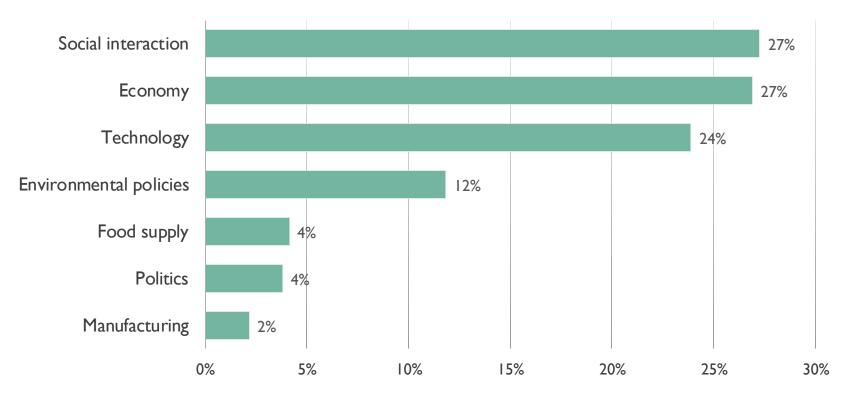




RESPONDENTS FELT COVID-19 WILL HAVE THE BIGGEST IMPACT ON SOCIAL INTERACTION, THE ECONOMY AND TECH IN THE NEXT 10 YEARS

 Respondents felt that the social interaction (27%), the economy (27%), and technology (24%) will change the most in 10 years

What will change the most in the next 10-years because of Covid-19





ALTHOUGH MOST RESPONDENTS FARED WELL DURING MCO, CERTAIN GROUPS FARED BETTER THAN OTHERS BASED ON DEMOGRAPHICS

MEETING BASIC NEEDS

- A large majority of respondents had no problem meeting their basic needs, such as accessing food, sleeping quality and comfort at home.
- 85.6% had no problem accessing the food they needed to sustain their households.
- 83.53% of respondents slept the same or better than before MCO.
- 94.1% felt they had enough space at home to feel comfortable.

2 FEELING SECURE

- Most respondents also felt their security needs were met during MCO. However, on closer inspection there were inequalities in experience based on certain demographic traits, which is explored in the following slides.
- 90.4% of respondents felt safe in their neighbourhood during MCO.
- 73.8% of respondents had no issues paying their rent/mortgage during MCO.
- 76.6% of respondents had no issues paying their bills during MCO.

VALUABLETAKEAWAYS

- MCO was used as a time for reflection and growth.
- Popular lessons that people learnt over lockdown related to self or home improvement, the importance of family, community and spiritual support, as well as a general sense of gratitude.
- Respondents also felt that COVID-19 will most radically change social interaction, the economy and technology over the next 10 years.



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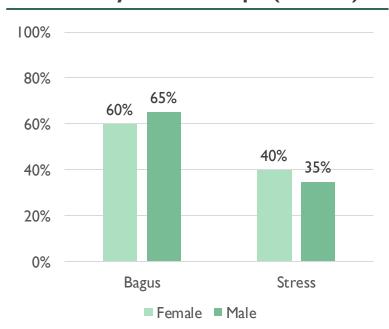
DEMOGRAPHIC DIFFERENCES

Certain groups fared better than others based on demographic differences, such as age, gender and occupation



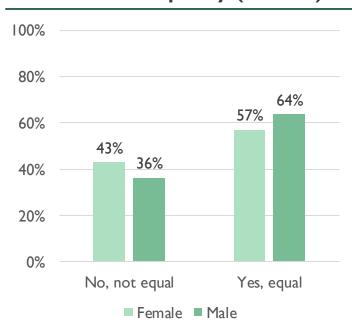
WOMEN FEELING MORE STRESSED ABOUT THEIR FAMILY RELATIONS MAY LINK TO PERCEPTIONS OF UNEQUAL HOME AND CHILDCARE

Family Relationships (n=1986)



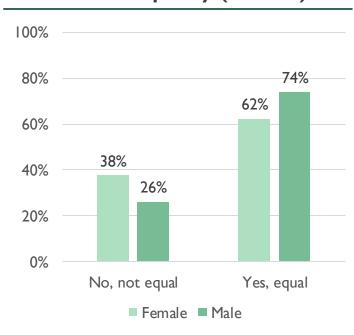
Women (40%) felt more stressed than men (35%) about their relationship with their family

Housework Equality (n=1481)*



 A higher proportion of women (43%) felt that housework was not equally split with their spouse than men (36%)

Childcare Equality (n=1137)**



A higher proportion of women (38%) felt that childcare was not equally split with their spouse than men (26%)

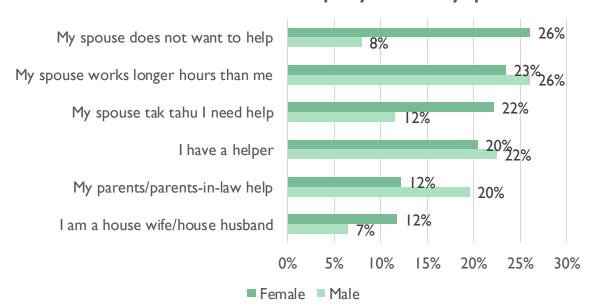
^{*}The total is based on respondents with spouses (excluding single people)

^{**}The total is based on respondents with spouses (excluding single people and single parents)



REASONS FOR THE UNEQUAL SPLIT IN HOME AND CHILDCARE WERE ALSO DIVIDED

Reasons for childcare not equally shared by spouse



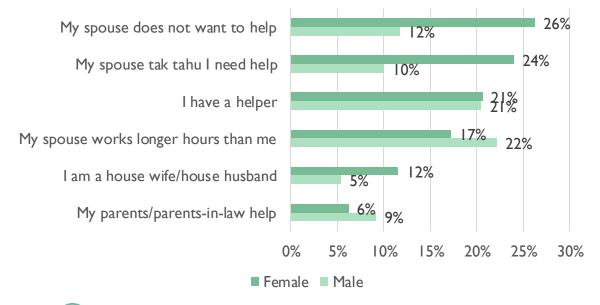


Women felt that the main reasons for the unequal split in childcare was because their spouse did not want to help, worked longer hours and did not know they needed help



Men felt it was because their spouse worked longer hours, they had a helper and they had help from their parents/parents-in-law

Reasons for housework not equally share by spouse





Women felt that the main reasons for the unequal split in housework was because their spouse did not want to help, did not know they needed help, or they had a helper



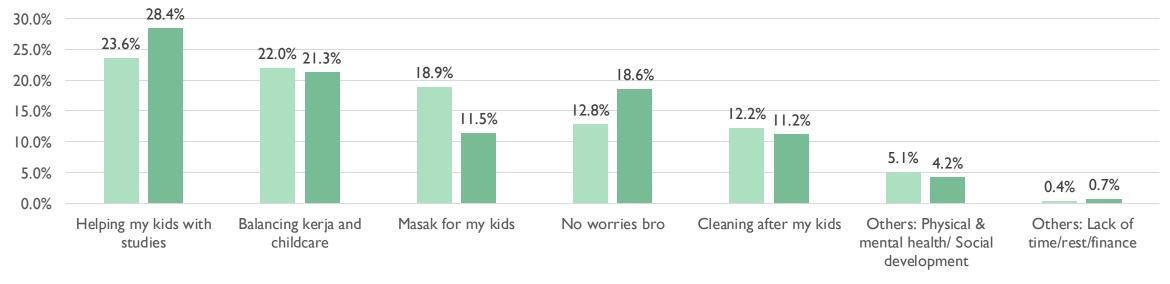
Men felt it was because they had a helper, their spouse worked longer hours and their spouse did not know they needed help



MEN WERE MORE WORRIED ABOUT TEACHING THEIR CHILDREN, WHILE WOMEN WERE MORE CONCERNED ABOUT FEEDING THEM

- Common concerns across both genders were balancing work and childcare, as well as cleaning after their kids. They also listed additional concerns such as physical and mental health, lack of basic needs and security that affects the children.
- Females were more concerned about **providing food** for the children (18.9%) than men (11.5%).
- Males were more concerned about helping children with their studies (28.4%) than females (23.6%). A higher proportion of men were also more chilled and worried less (18.6%).

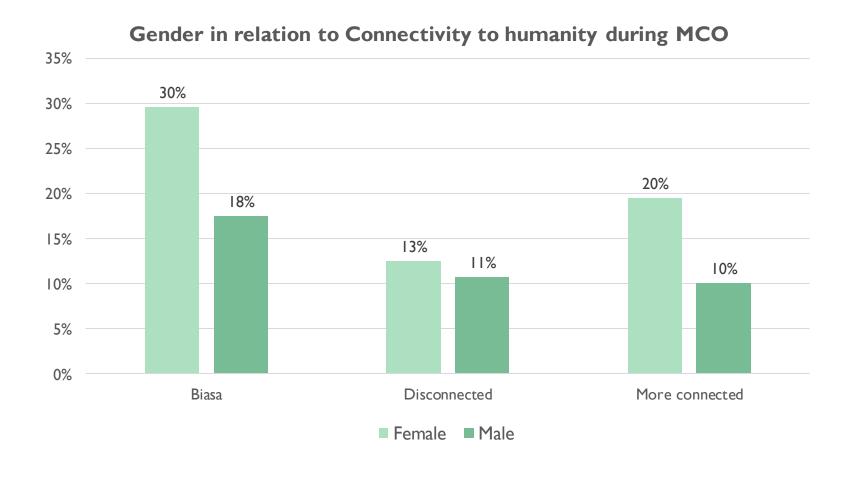
Gender in relation to Concern about children at home





WOMEN FELT MORE CONNECTED TO THE REST OF HUMANITY DURING MCO THAN MEN

Women (20%) felt more connected than men (10%) to humanity during MCO

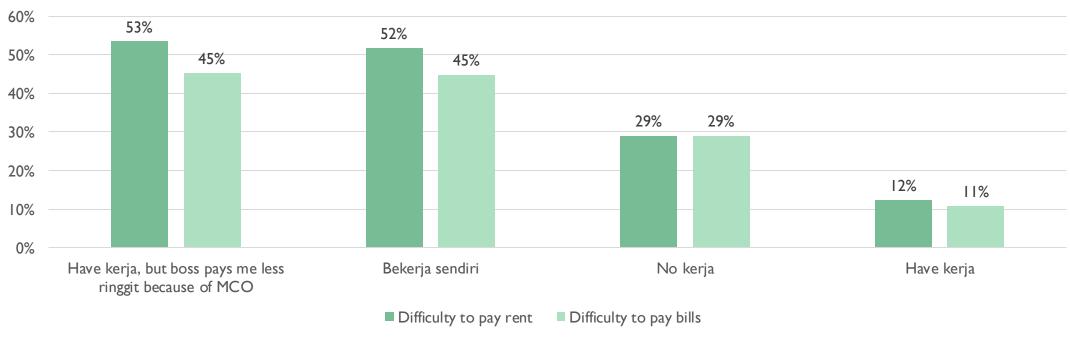




THOSE EARNING LESS WAGES DURING MCO STRUGGLED MORE TO PAY RENT AND BILLS THAN THE UNEMPLOYED

Around half of respondents who were self-employed and employed but paid less because of MCO struggled more to
pay their rent and bills than people who are unemployed or employed.

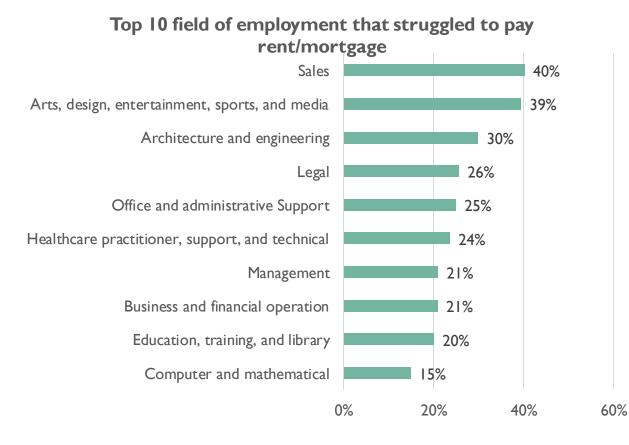




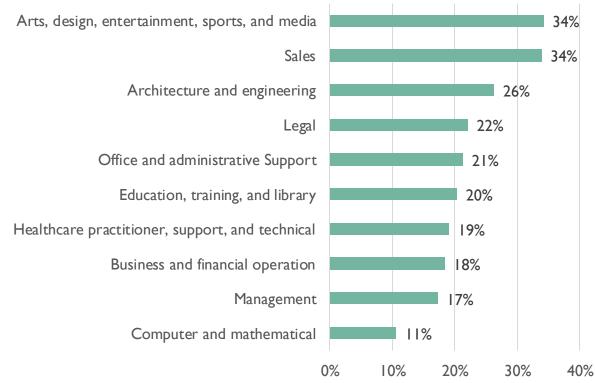


THOSE WORKING IN SALES AND ARTS/ENTERTAINMENT STRUGGLED THE MOST TO PAY THEIR RENT AND BILLS

 People who were employed in sales, arts/entertainment, and architecture/engineering struggled more to pay their rent/mortgage and bills than those in other fields of employment



Top 10 field of employment that struggled to pay bills

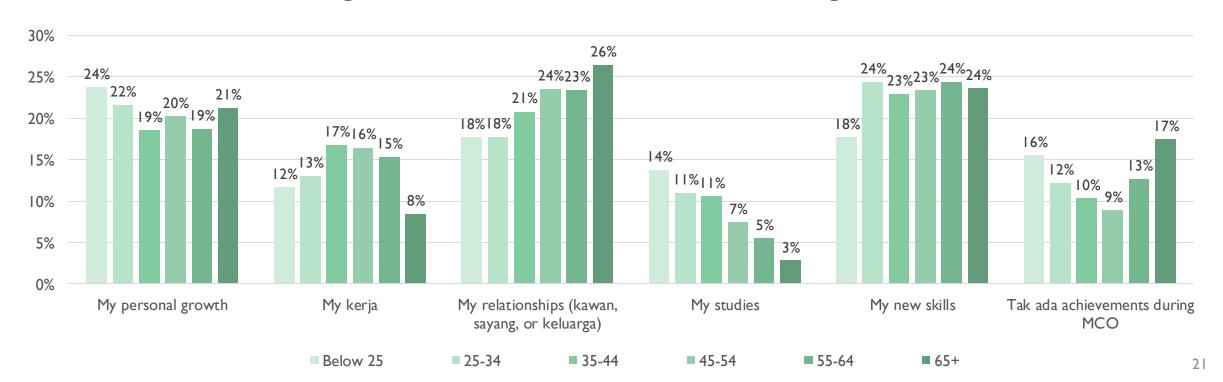




THOSE UNDER 25 FELT PROUDEST OF THEIR PERSONAL GROWTH, WHILE THOSE OVER 65 HAD GREATER RELATIONSHIP GAINS

- Relative to other age groups:
 - Those under 25 (16%) and above 65 (17%) felt they had no achievements during MCO
 - Under 25s were proudest of their personal growth (24%) and least proud of their new skills (18%)
 - Over 65s were proudest of their relationship achievements (26%) and least proud of their work (8%) and studies (3%)

Age and in relation to Proudest achievement during MCO



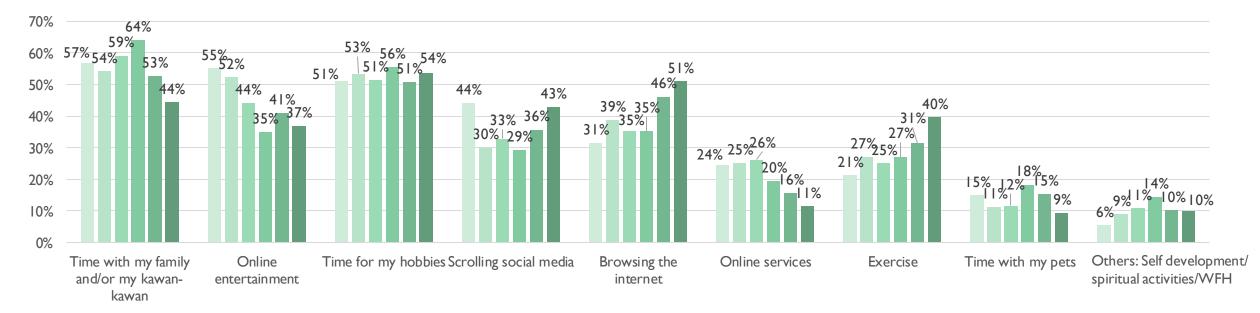


THE MOST POPULAR WAY ALL AGES RELAXED WAS BY SPENDING TIME WITH THEIR FAMILY AND FRIENDS

Across all ages, the most popular way for respondents to keep happy and relaxed during MCO was to spend time with friends and/or family, as well as have time for their hobbies and consume online entertainment. Relative to other age groups:

- Those aged 45 to 54 spent more time with their family and friends
- Above 65s found exercising a popular way to stay happy and relaxed
- Those aged above 55 found browsing the internet particularly relaxing

Age in relation to Ways to keep gembira and relax during MCO

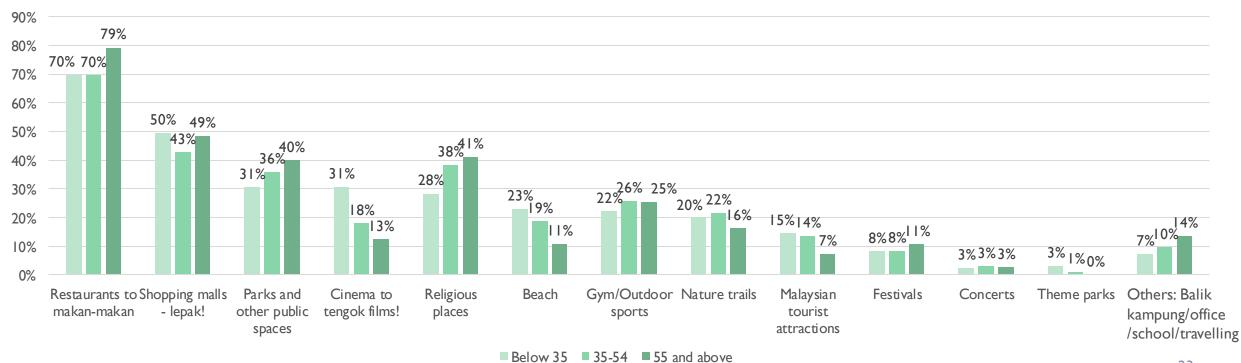




PLACES TO MAKAN-MAKAN AND THE MALL WERE THE MOST MISSED ACROSS ALL AGE GROUPS

Most people missed eating in **restaurants and shopping malls**. There are certain places missed more by different generations. Relative to other ages:

- The younger generations (below 35) missed the cinema and beach
- The older generations (55 and above) missed religious places, and parks and other public spaces. Older generations also wished to return to normal life, listing other places that typically frequent such as their kampungs, the office and travelling in general.
 Age in relation to Places missed the most during MCO





GENDER, EMPLOYMENT AND AGE WERE SOME OF THE FACTORS AFFECTING HOW THE MCO WAS EXPERIENCED

GENDER DISCREPENCIES

- There were discrepancies in how men and women perceived the MCO, particularly in the equality of housework and childcare split e.g. 43% of women with spouses felt that housework was not equally split with their spouse than men (36%).
- This likely relates to women feeling more stressed about family relationships than men during the MCO.
- Reasons for the unequal split were also different e.g. the most common reason why women felt that housework was unequally split was because their spouse did not want to help, while men felt it was because their spouse worked longer hours.

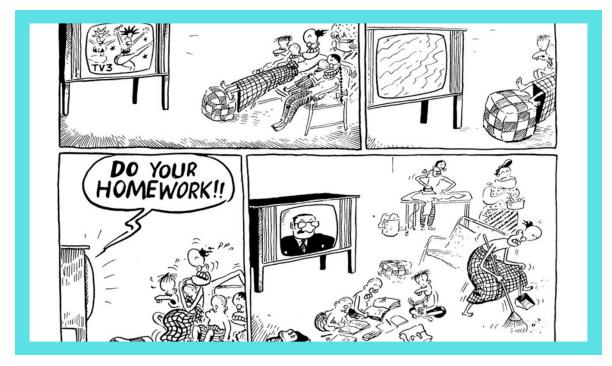
EMPLOYMENT INEQUALITIES

- Those working in some of the most disrupted industries struggled with their finances during the MCO.
- People who were employed in sales, arts/entertainment, and architecture/engineering struggled more to pay their rent/mortgage and bills than
 those in other fields of employment.
- Around half of respondents who were self-employed and employed but paid less because of the MCO struggled more to pay their rent and bills than people who are unemployed or employed.

3 GENERATIONAL GAPS

- Different age groups also had varied experiences of the MCO, which is explored in more depth in the following slides.
- Those under 25 felt proudest of their personal growth, while those over 65 had greater relationship gains.
- While the most missed places during the MCO across all ages was restaurants and the shopping, older generations were more likely to miss religious places and parks/public spaces more than younger generations.

D. DATA AND ANALYSIS



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INTERRELATED FACTORS - AGE

Patterns in the negative experience of younger generations during MCO versus older generations suggest how an interrelation of factors affect experience

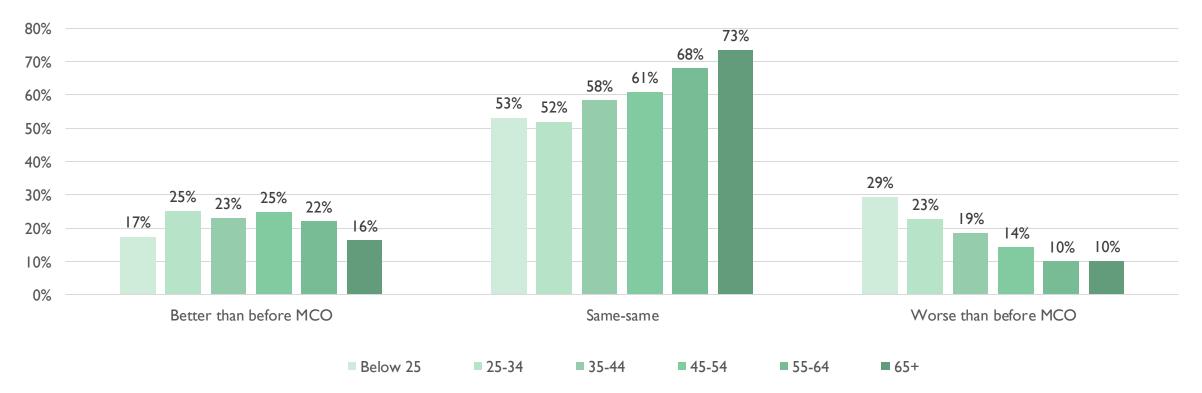


YOUNGER RESPONDENTS SLEPT WORSE DURING MCO

Most of the respondents have the same sleeping quality before and during MCO. However, relative to other ages:

Younger generations slept worse during MCO (Under 25: 29%) compared to older generations (Over 55: 10%).

Age in relation to Quality of sleep



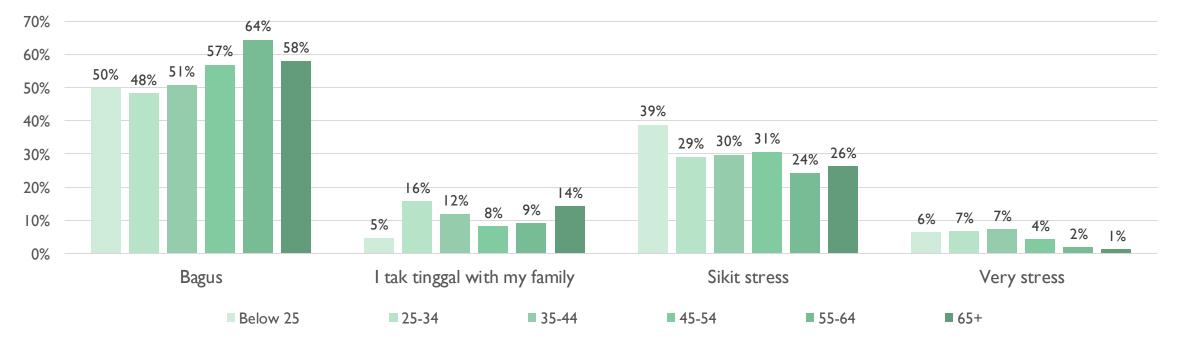


THOSE AGED UNDER 25 FELT MORE STRAINED ABOUT THEIR FAMILY RELATIONSHIPS UNDER LOCKDOWN

Relative to other ages:

- Those above 45 felt good about their family relations at home during the MCO
- Those aged under 25 felt stressed (45%) about their family relations at home during the MCO

Age in relation to Family relationships during MCO



Source:

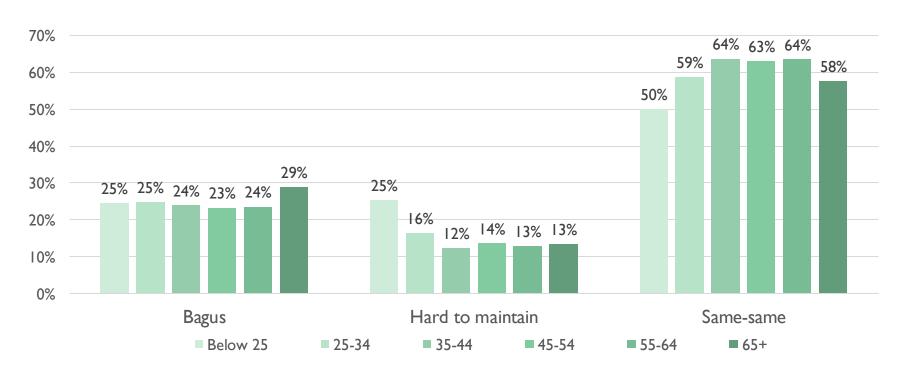


FRIENDSHIPS WERE HARDER TO MAINTAIN FOR THOSE BELOW 25

A majority of people found that the MCO did not have a detrimental effect on their friendships. However, relative to other ages:

Those aged 25 and below (25%) found their friendships harder to maintain than other age groups

Age in relation to Maintaining friendships during MCO





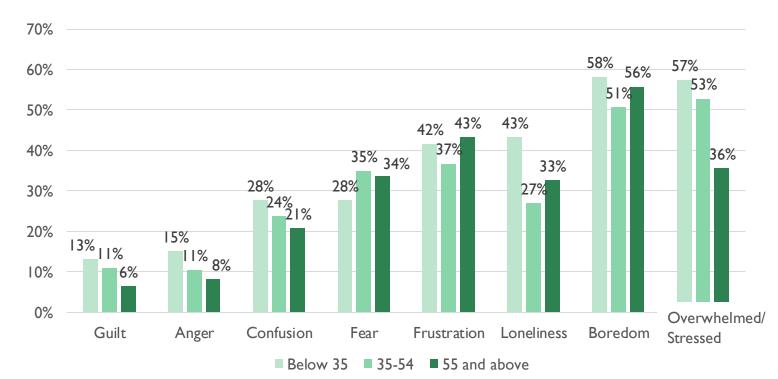
OLDER GENERATIONS FELT MORE POSITIVE DURING THE MCO, WHILE YOUNGER GENERATIONS FELT MORE NEGATIVE EMOTIONS

- With uncertainty surrounding the pandemic, the older generation managed to be more positive (e.g. calm, happy, motivated) compared to the younger generation
- The younger generation was more weighed down by negative feelings (e.g. stressed, boredom and loneliness).
- However, those above 55 (34%) did feel more fear than those under 35 (28%)

Age in relation to Positive Feelings

70% 66% 60% 50% 42% 42% 40% 34% 30% 21% 20% 13% 10% Calm Excitement Motivated **Happiness** ■ Below 35 ■ 35-54 ■ 55 and above

Age relation with Negative Feelings

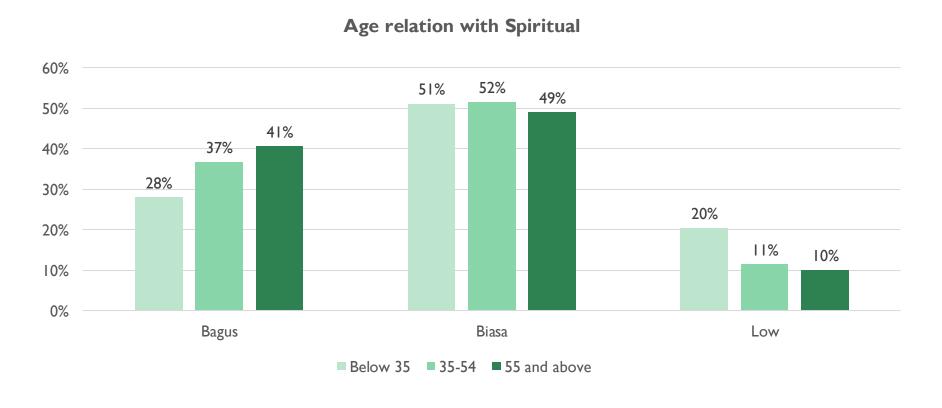




OLDER GENERATIONS FELT BETTER ABOUT THEIR SPIRITUALITY DURING THE MCO THAN THE YOUNGER GENERATION

About half of people from each group generally felt the same about their spirituality during the MCO. Relative to other ages:

- Those above 55 (41%) felt better about their spirituality compared to the younger generation
- Those below 35 (20%) felt lower about their spirituality than the older generation



D. DATA AND ANALYSIS



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INTERRELATED FACTORS - STRESS

Respondents that experienced stress in one aspect of their life also felt stress in other aspects, suggesting the interrelatedness of factors influencing how a person fared during MCO

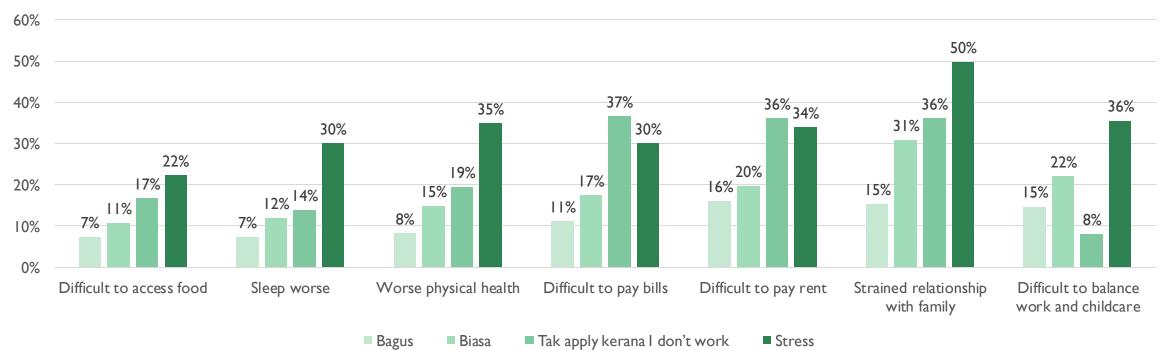


THOSE WITH STRESSFUL WORK ENVIRONMENTS ALSO FELT STRESSED ACROSS OTHER NEEDS

Compared to those with normal or better work environments, those who found their work environment stressful also struggled more to access:

- basic needs (poorer access to food, have deteriorating health, suffer more from sleep deprivation)
- security needs (lack of financial stability)
- social needs (have poorer relationships and struggle more to balance work and childcare)

Work environment in relation to difficulty in accessing Other needs

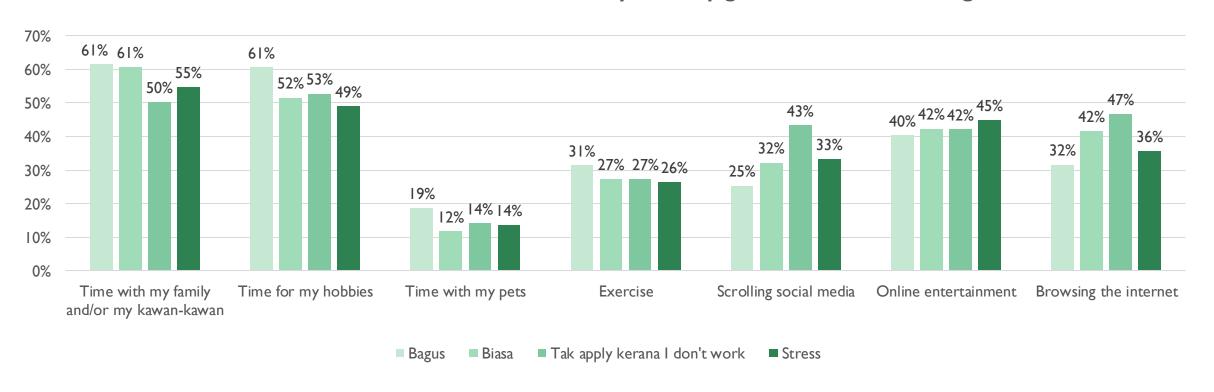




THE MOST COMMON WAY TO UNWIND FOR THOSE WITH STRESSFUL WORK ENVIRONMENTS WAS SPENDING TIME WITH FAMILY/FRIENDS

• The most popular ways for respondents who had stressful work environments to relax was to spend time with family and friends (55%), indulge in their hobbies (49%) and enjoy online entertainment (45%)

Work Environment in relation to Ways to keep gembira and relax during MCO





PATTERNS IN THE POSITIVE AND NEGATIVE EXPERIENCES OF THE MCO REVEAL THE INTERRELATEDNESS OF FACTORS

COMPLEXITY OF FACTORS

- Factors affecting a respondent's experience of MCO are interrelated, both positively and negatively. Generational patterns and overlaps in stress factors reveal this complexity.
- **2** GENERATIONAL PATTERNS
 - Younger generations appear to have had a more negative experience over MCO with poorer sleep quality, more stressed family relations, harder to maintain friendships and generally feeling more negative emotions during lockdown (such as stress, boredom and lone liness).
 - On the other hand, the opposite was found in older generations who had better sleep quality, less stressed family relations, easier to maintain friendships, as well as generally feeling more positive during lockdown (calm, motivated and excitement).
 - Relative to other ages, those below 35 felt lower about their spirituality during lockdown while those above 55 felt better about it.

3 LAYERS OF STRESS

- Respondents feeling stressed in one aspect of their lives were likely to also feel stressed in other aspects.
- A high proportion of those who felt stressed about their work environment also struggled with accessing food, had worse physical health, had poorer sleep quality, more strained family relations and found it difficult to juggle work and childcare.
- On the other hand, those who did not feel stressed about their work environment struggled less in those aspects of their lives.
- The most popular ways for respondents who had stressful work environments to relax was to spend time with family and friends, indulge in their hobbies and enjoy online entertainment

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APPENDIX



MALAYSIA POST-MCO SURVEY

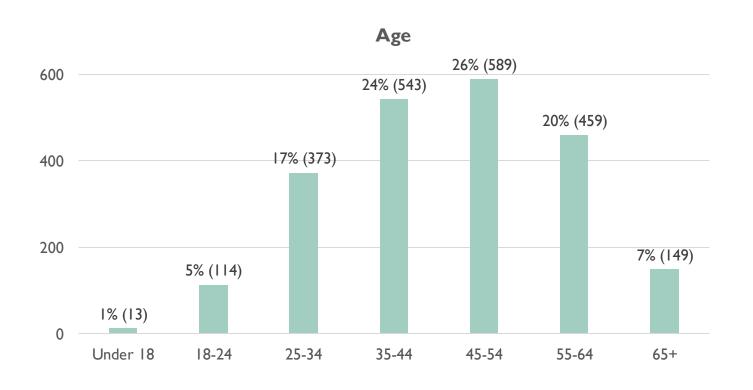
- A > RESPONDENTS DEMOGRAPHIC
- B > BASIC NEED
- c > SECURITY
- D > RELATIONSHIPS
- E > ESTEEM
- F > MAXIMISE POTENTIAL

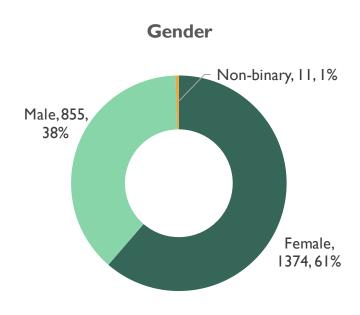


DISTRIBUTION OF POST-MCO SURVEY RESPONDENTS BY STATE

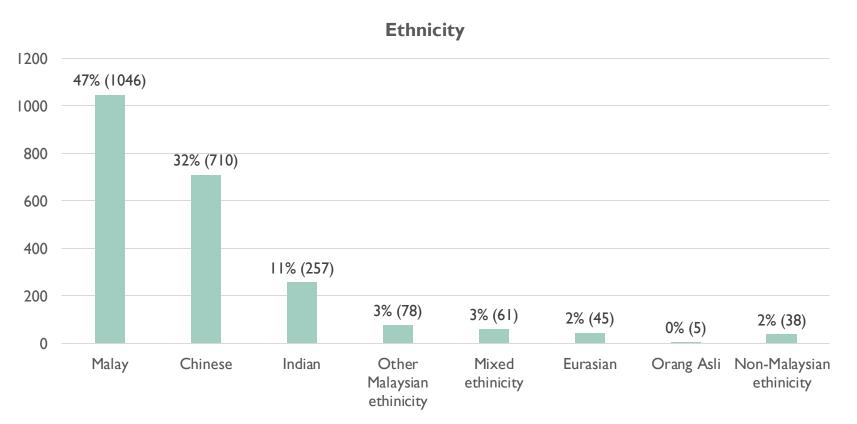








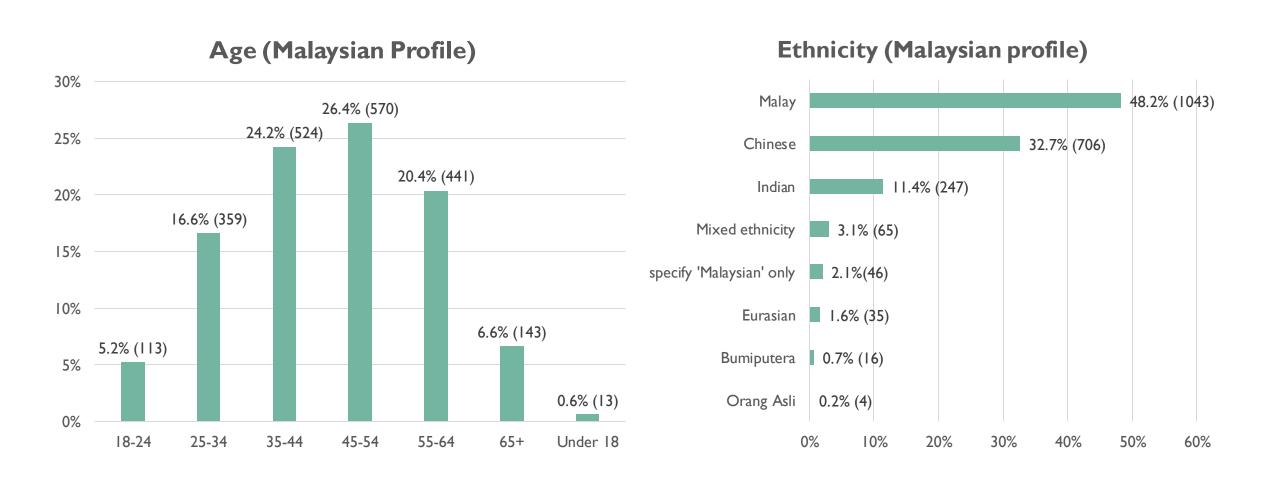




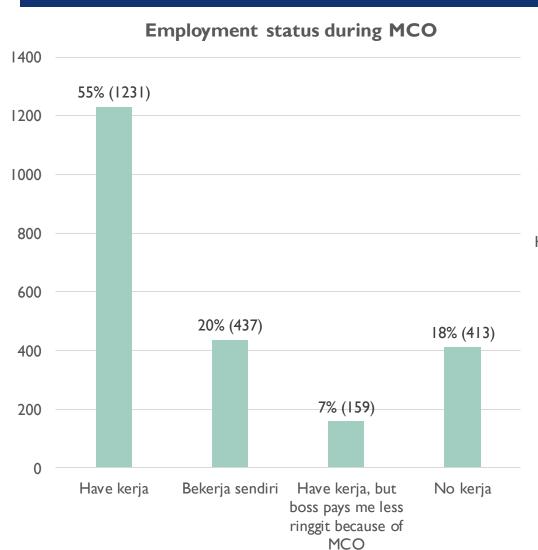
Nationality	Number	Percentage
Malaysian	2163	97%
Non-Malaysian	77	3%
Asia Pacific	37	
Europe	20	
North America	12	
South America	2	
Africa	1	
Others (not specified)	5	



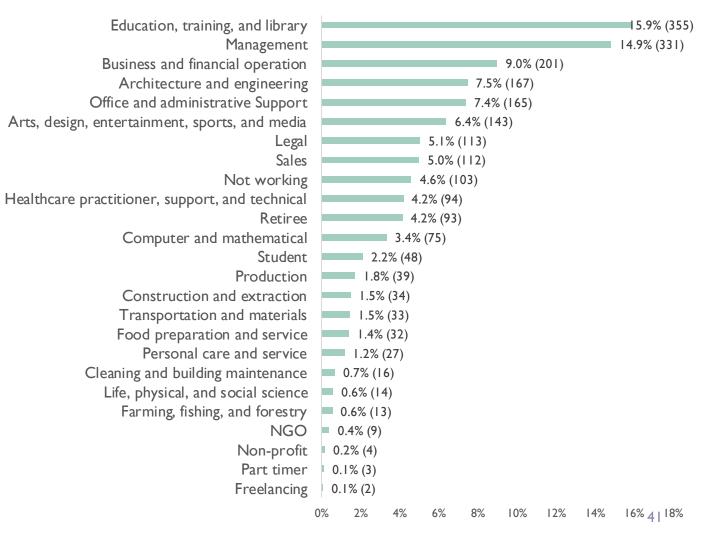
RESPONDENTS DEMOGRAPHIC (MALAYSIAN PROFILE, N=2163)



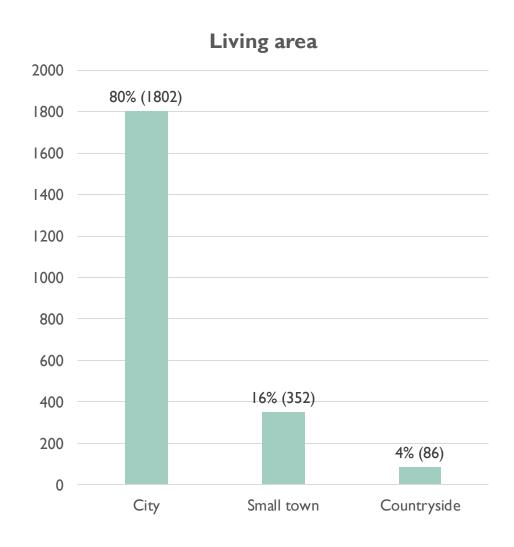


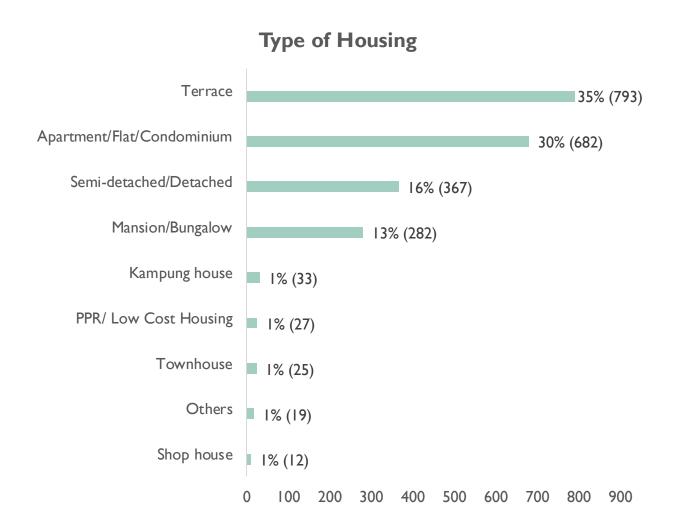


Type of Occupation

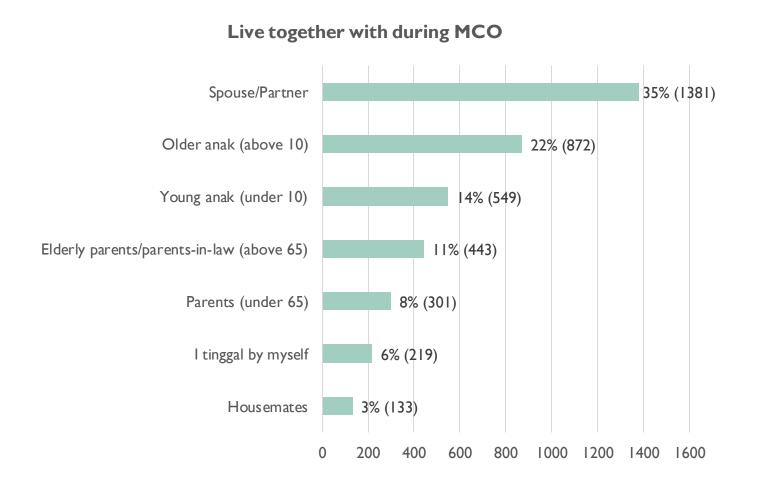




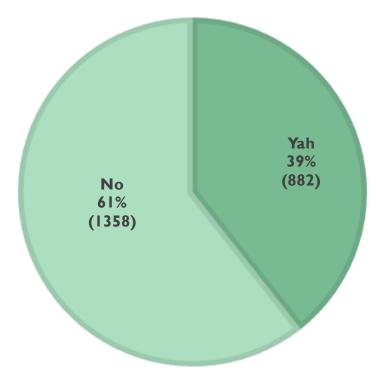






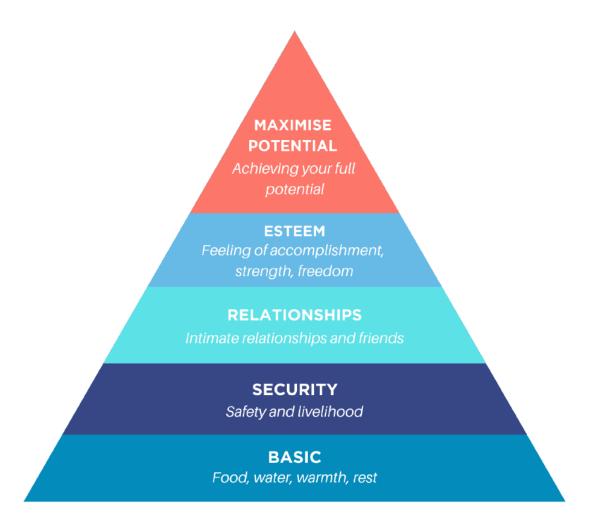


Live with pet during MCO





MASLOW'S HIERARCHY OF NEEDS

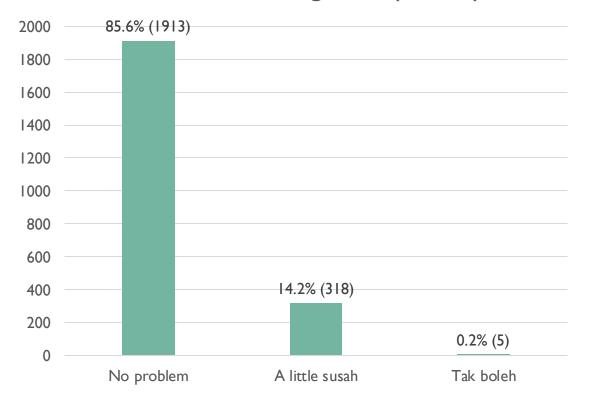




BASIC NEEDS

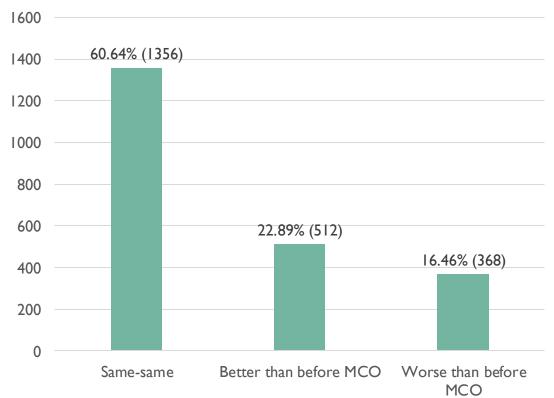
1. Could you access the food you needed to sustain your household during MCO?

Food access during MCO (n=2236)



2. How well did you sleep during MCO?

Sleep quality during MCO (n=2236)

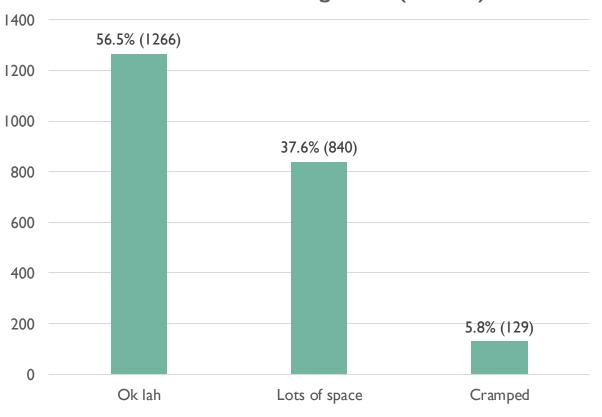




BASIC NEEDS

3. How comfortable did you feel at home?

Home comfort during MCO (n=2235)

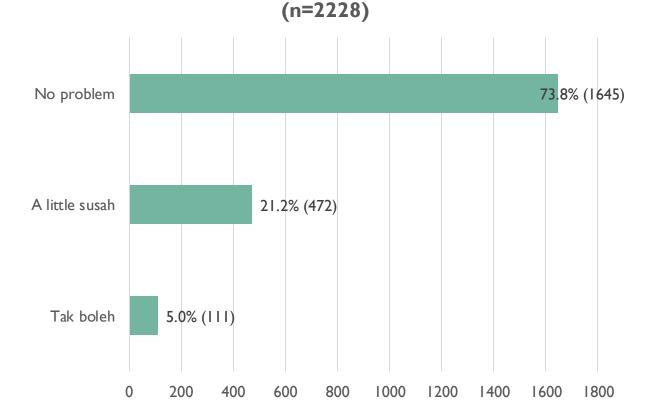




SECURITY

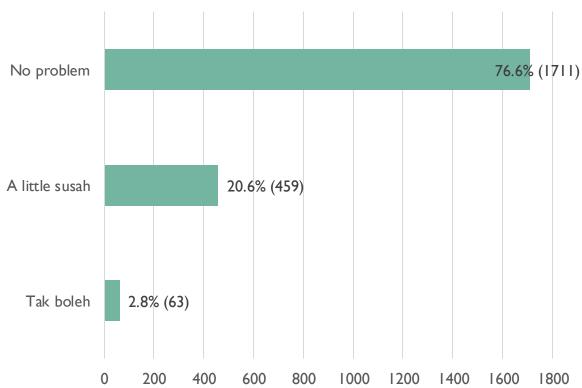
4. Were you able to pay your rent/mortgage during MCO?

Ability to pay rent/mortgage during MCO



5. Were you able to pay your bills during MCO?

Ability to pay bills during MCO (n=2233)





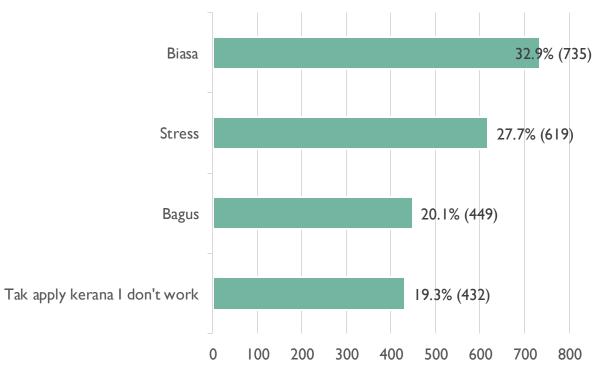
SECURITY

6. Did you work from home during MCO?

7. How was your work environment during MCO?

Working from home during MCO (n=2226) Yah 75.7% (1684) No 24.3% (542) 500 1000 1500 2000

Work environment during MCO (n=2235)



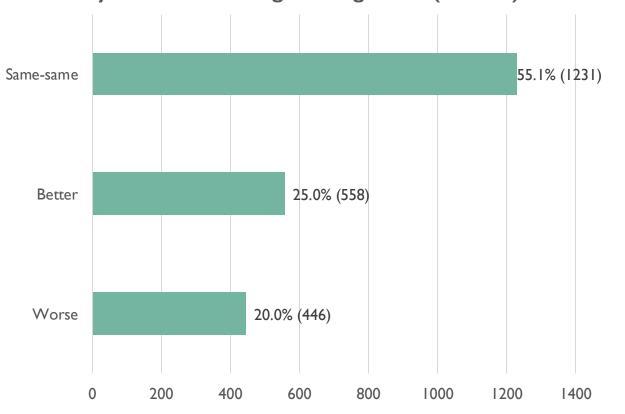


SECURITY

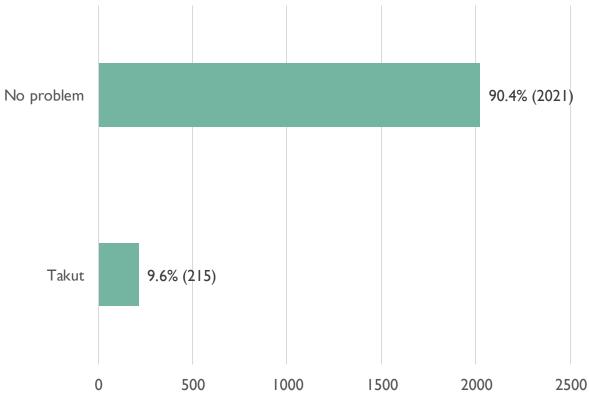
8. How did your physical health change during MCO?

9. How safe did you feel in your neighbourhood during MCO?

Physical health change during MCO (n=2235)



Neighbourhood safety during MCO (n=2236)

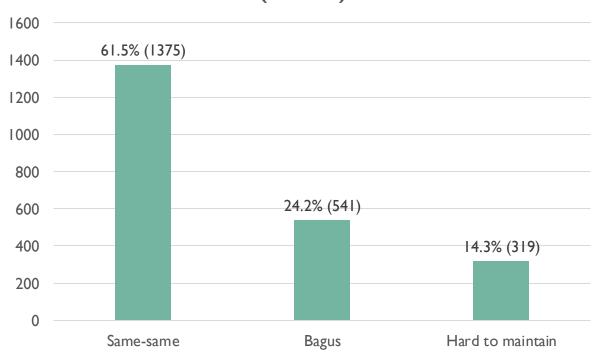




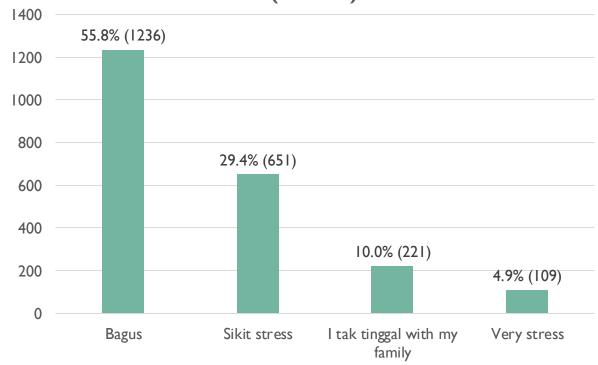
10. How was your relationship with your friends during MCO?

11. How was your relationship with your family at home during MCO?

Relationship with friends during MCO (n=2235)



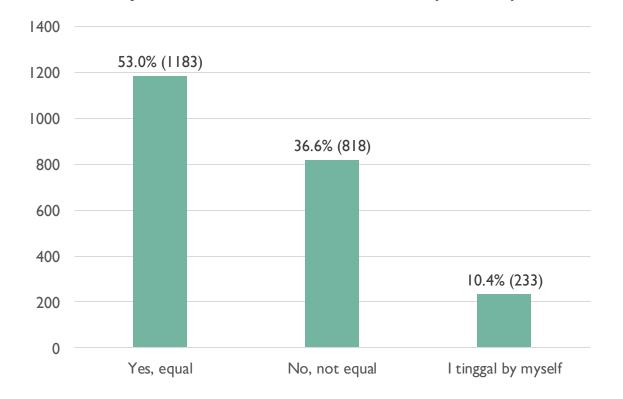
Relationship with family at home during MCO (n=2217)





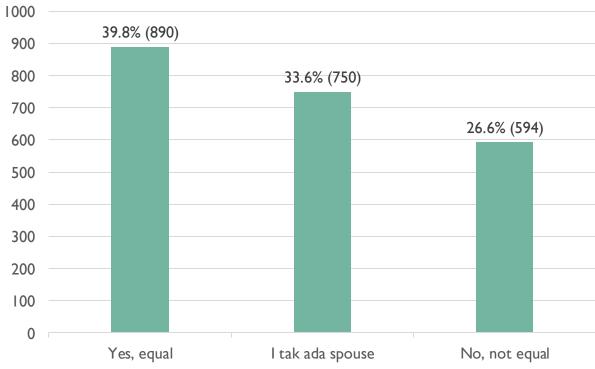
12. Did all the adults in your house share the housework equally?

Equal adult housework at home (n=2234)



13. Did you and your spouse share the housework equally?

Equal spouse housework (n=2234)

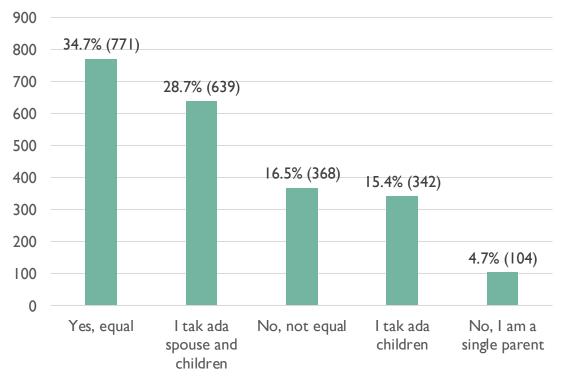




14. Did you and your spouse share child care equally?

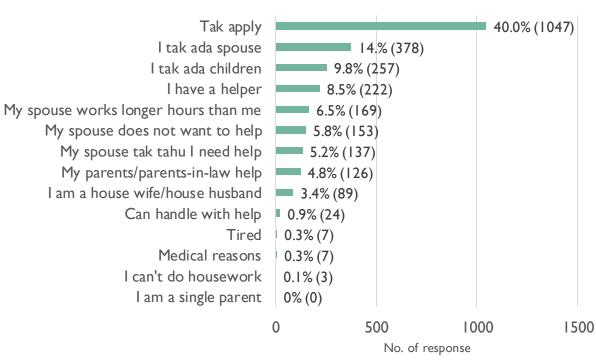
15. If housework and/or childcare was NOT equally shared with your spouse during MCO, why?

Equal child care at home (n=2224)



Reason for unequality housework/childcare

No. of response = 2619 n=2240

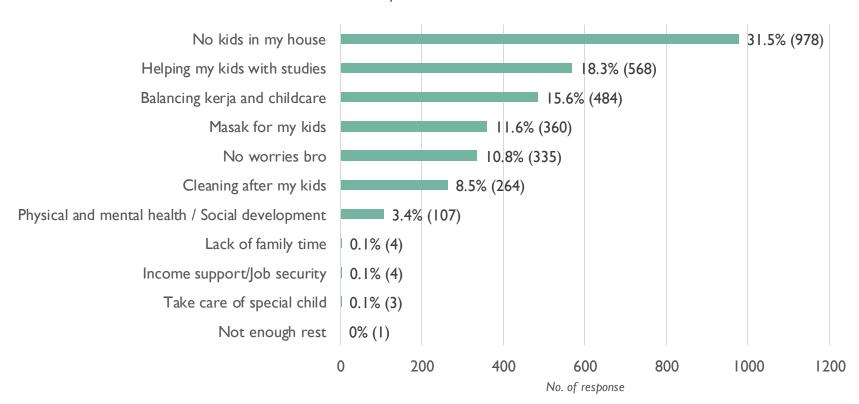




16. If you have children at home, what were you mainly worried about?

Concerns on children at home

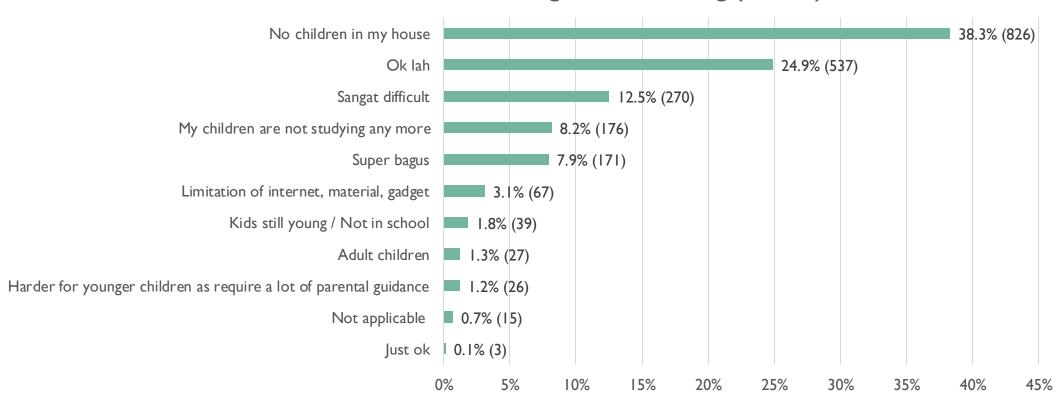
No. of response = 3108 n=2240





17. If you have children at home, was online learning and home schooling effective during MCO?

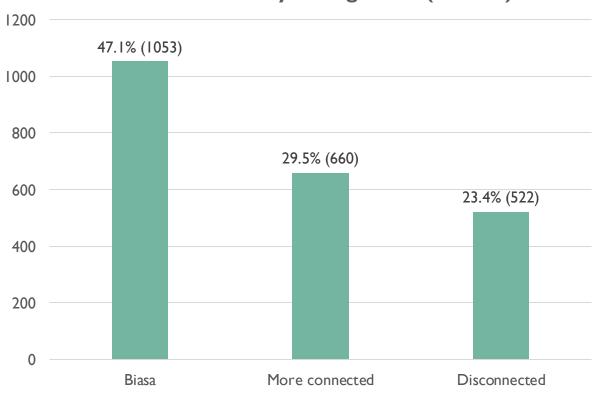
Effectiveness of Online Learning/Home schooling (n=2157)





18. How connected did you feel to the rest of humanity during MCO?

Human connectivity during MCO (n=2235)



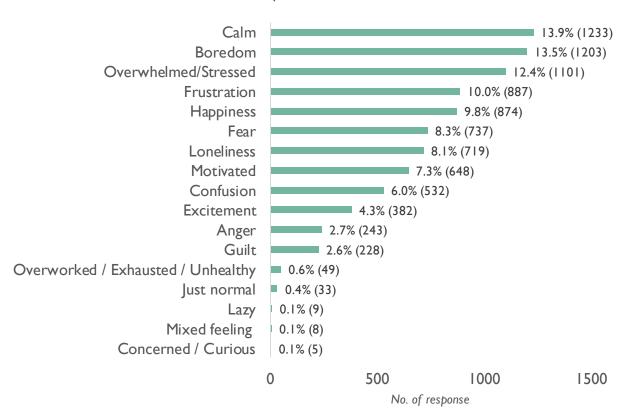


ESTEEM

19. How did you mostly feel during MCO?

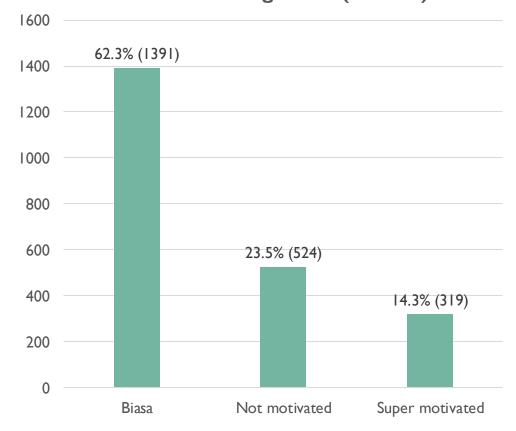
Feelings during MCO

No. of response = 8891 n = 2240



20. How motivated did you feel during MCO?

Motivation during MCO (n=2234)



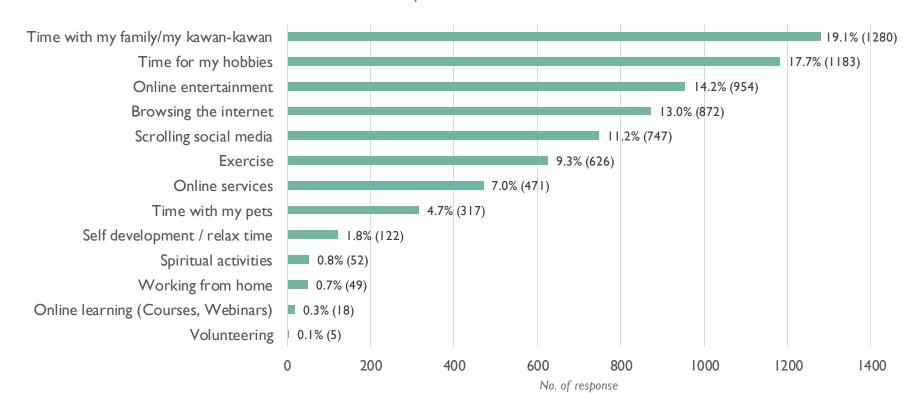


ESTEEM

21. What helped you stay relaxed and gembira during MCO?

Reason to stay relaxed/happy during MCO

No. of response = 6696 n=2240



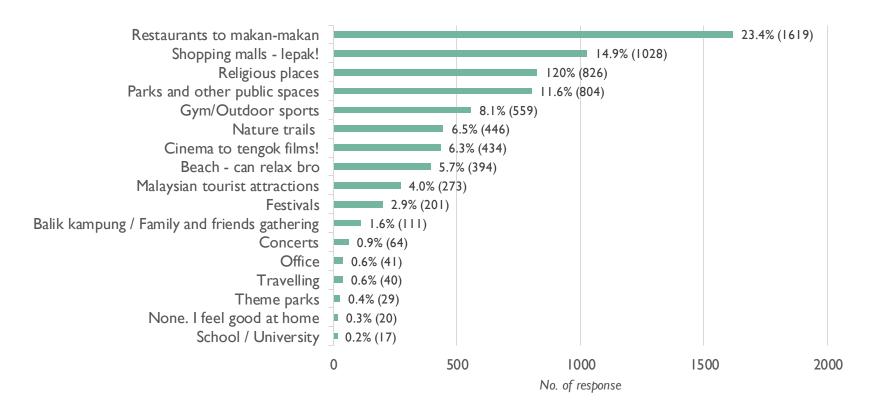


ESTEEM

22. Which places did you miss most during MCO?

Places people miss the most during MCO

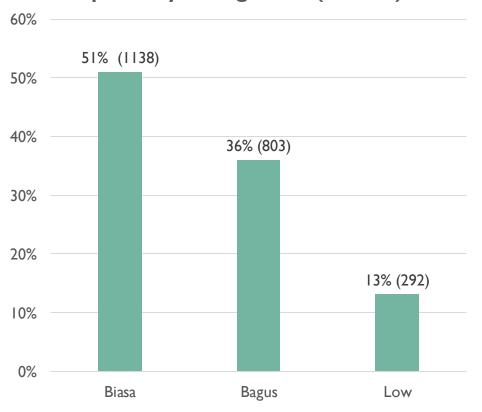
No. of response = 6906 n=2240





23. How did you feel spiritually during MCO?

Spiritually during MCO (n=2233)

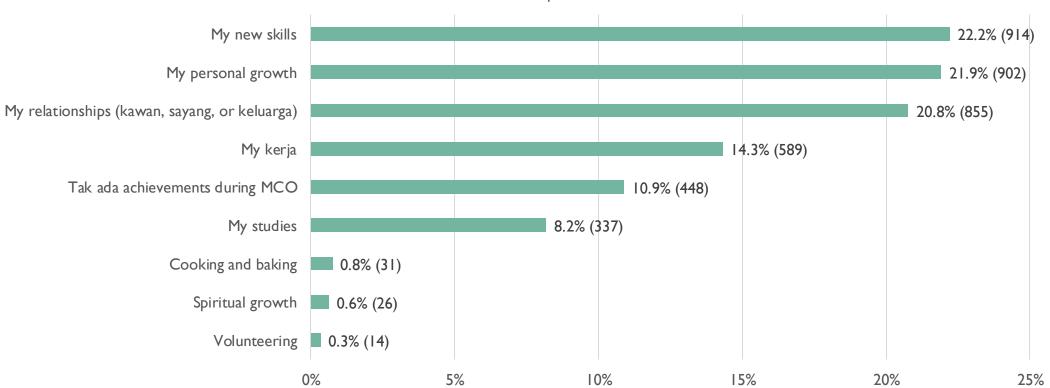




24. What were your proudest achievements during MCO?

Proudest achievements during MCO

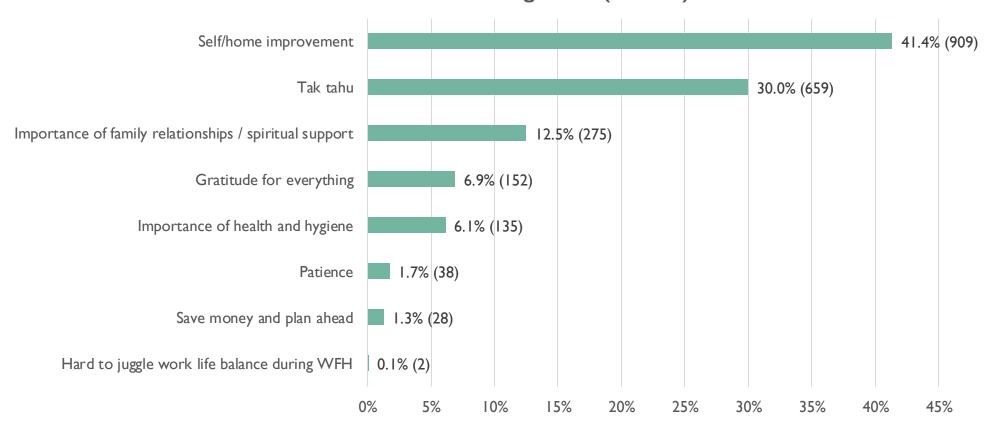
No. of response = 6396 n=2240





25. Did you learn any valuable lessons during MCO?

Valuable lessons during MCO (n=2198)

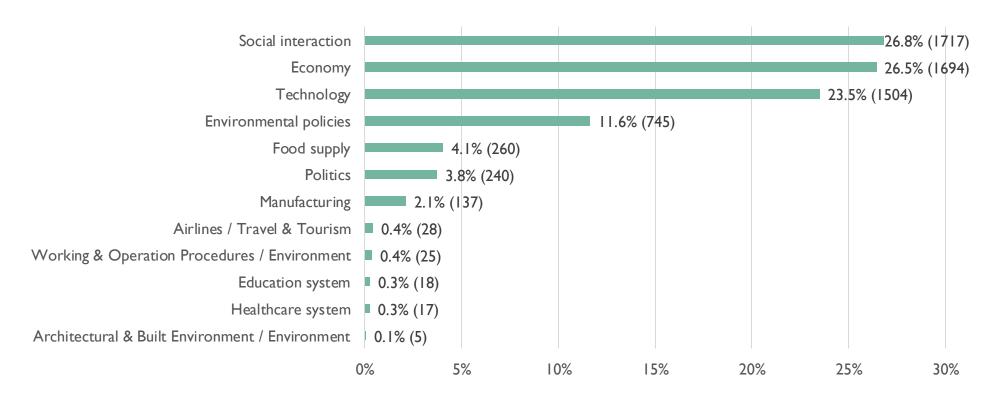




26. What will change the most in the next 10-years because of Covid-19?

What will change the most in the next 10-years because of Covid-19

No. of response = 6390 n = 2240



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