

PREVALENCE AND PREDICTORS OF HAPPINESS INDEX AMONG RESIDENTS OF PPR SRI PANTAI DURING THE COVID-19 PANDEMIC



Khine Min Min Thein, Kirtthi Vignaa Vishveswaran A/L Arumugam, Lee Hock Seng, Ling Jong Siang and Dr. Wong Yin How.

School of Medicine, Faculty of Health and Medical Sciences, Taylor's University No. 1 Jalan Taylors, 47500 Subang Jaya, Selangor Darul Ehsan, Malaysia

INTRODUCTION

Happiness is thought to be crucial to our sense of well-being. In 2021, Malaysia took 81st place out of 149 countries in World Happiness Report. PPR Sri Pantai is a part of the B40 community in Malaysia, defined as households earning less than RM4850 per month. In the past 2 years, with COVID-19, Movement Control Order has been imposed with many unprecedented changes. There has been an increase in economic uncertainty, fear, disruption of all parts of life and for many individuals, stress and mental and physical health problems, particularly among those with low socioeconomic level.

OBJECTIVES

- To assess the **prevalence of happiness** among the population in PPR Sri Pantai during different points of the Movement Control Order (MCO).
- To determine the association between **happiness and sociodemographic factors**.
- To investigate the association of **happiness with mental well-being and quality of life**.

METHODOLOGY

STUDY DESIGN & SETTINGS

A retrospective cross-sectional study was conducted among the adult population (18 years and above) of the residents from a low socio-economic background who are living in PPR Sri Pantai, Malaysia. The total sample size is 265 participants. A total of 110 respondents in 2020 and 155 respondents in 2021 were recruited. Study has been approved Taylor's human ethic committee with the code HEC 2019/058.

SURVEY INSTRUMENTS

The Malay version of the Oxford Happiness Questionnaire (OHQ) was used and data was collected from January 2020 to July 2021 and then, organised and analysed with Statistical Package for the Social Sciences (IBM SPSS version 28). There was also use of DASS21 and WHOQOL_BREF.

DATA ANALYSIS

- Frequency table** for sociodemographic variables.
- Chi-Square tests** to determine association between happiness and sociodemographic variables.
- Pearson correlation coefficient** to look for strength of association between happiness with mental well-being and quality of life.

STATISTICAL SIGNIFICANCE

A p-value <0.05 was standardised to be considered as statistically significant

RESULTS & DISCUSSION

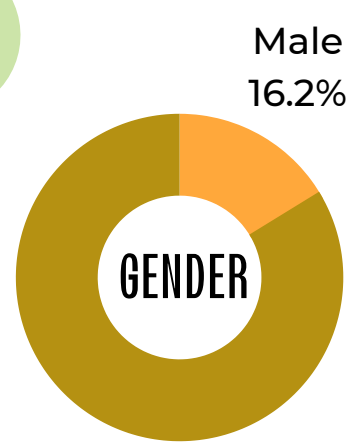
SOCIODEMOGRAPHIC CHARACTERISTICS

110 respondents in 2020, 155 respondents in 2021

Mean Age (2020)
42.5 ± 12.4

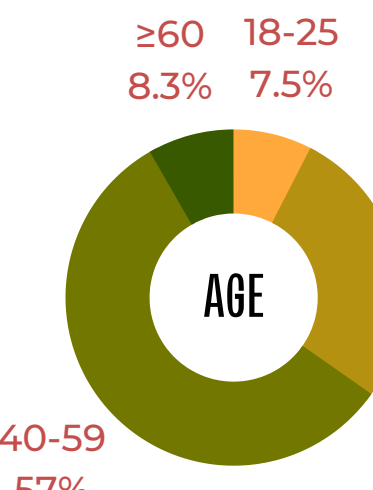
N=265

Mean Age (2021)
43.8 ± 10.8



Female 83.8%

Non-Malay 17.7%



40-59 57%

Tertiary 18.9%

Primary 9.1%

Secondary 72.1%

Normal 17.7%

Overweight 33.2%

Obese 49.1%

Not working 45.7%

Working 44.9%

Divorced/widowed 17.4%

Married 65.7%

Housewife 9.4%

Single 17%

Malay 82.3%

| Socio-Demographic Variables | 2020 | | Chi-Square Value | 2021 | | Chi-Square Value | |
|-----------------------------|------------|---------------|------------------|-----------|---------------|------------------|--------|
| | Happy (%) | Not Happy (%) | | Happy (%) | Not Happy (%) | | |
| Ethnicity | Malay | 65.6 | 34.4 | 4.631* | 54.1 | 45.9 | 5.885* |
| | Non-Malay | 35.7 | 64.3 | | 30.3 | 69.7 | |
| BMI | Normal | 62.5 | 37.5 | | 43.5 | 56.5 | |
| | Overweight | 77.8 | 22.2 | 6.848* | 46.2 | 53.8 | 0.841 |
| | Obese | 50.0 | 50.0 | | 52.5 | 47.5 | |

*. P-value is significant as it is less than the 0.05 level (2-tailed).

2020:
Significant association between happiness & ethnicity.
Significant association between happiness and BMI.

2021:
Significant association between happiness & ethnicity.

ASSOCIATIONS BETWEEN HAPPINESS & MENTAL WELL-BEING & QOL

There is a **significant moderate negative correlation** between happiness and depression ($r = -0.422$ in 2020 and -0.444 in 2021), anxiety ($r = -0.368$ in 2020 and -0.391 in 2021) and stress ($r = -0.441$ in 2020 and -0.379 in 2021).

| | 2020 | | Chi-Square Value | 2021 | | Chi-Square Value | |
|------------|---------------|---------------|------------------|-----------|---------------|------------------|----------|
| | Happy (%) | Not Happy (%) | | Happy (%) | Not Happy (%) | | |
| Depression | Depressed | 32.3 | 67.7 | 15.980** | 25.5 | 74.5 | 16.857** |
| | Not Depressed | 73.4 | 26.6 | | 60.6 | 39.4 | |
| Anxiety | Anxious | 40.4 | 59.6 | 15.911** | 32.3 | 67.7 | 12.53** |
| | Not Anxious | 77.8 | 22.2 | | 61.1 | 38.9 | |
| Stress | Stressed | 15.0 | 85.0 | 7.573* | 28.6 | 71.4 | 7.573* |
| | Not Stressed | 72.2 | 27.8 | | 55.0 | 45.0 | |

*. P-value is significant as it is less than the 0.05 level (2-tailed).
**. P-value is significant as it is less than the 0.01 level (2-tailed).

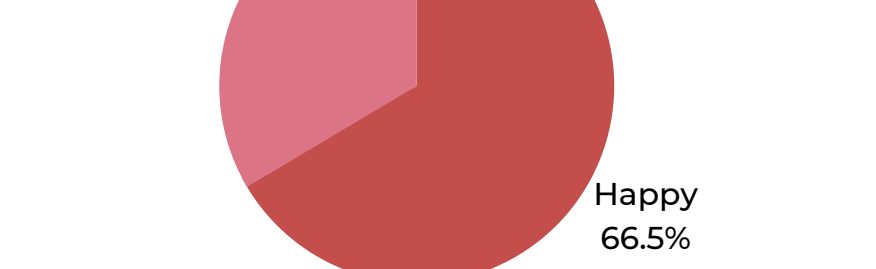
There is a **significant moderate to strong positive correlation** between happiness and psychological, physical, social and environmental domains of quality of life.

| | Physical | Psychological | Social | Environmental |
|----------------|----------|---------------|--------|---------------|
| 2020 OHQ Score | 0.501* | 0.663* | 0.589* | 0.406* |
| 2021 OHQ Score | 0.628* | 0.719* | 0.566* | 0.391* |

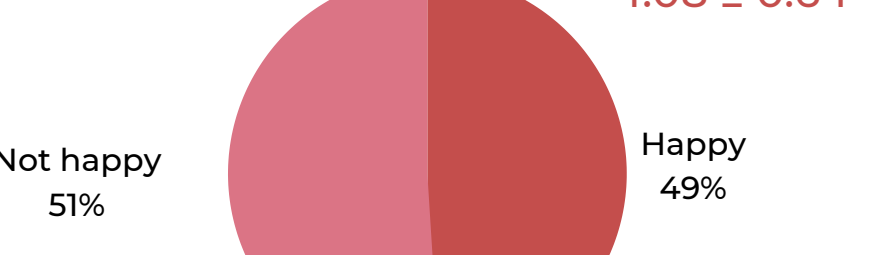
*. Correlation is significant as it is less than the 0.01 level (2-tailed).

PREVALENCE OF HAPPINESS OF RESPONDENTS DURING COVID-19

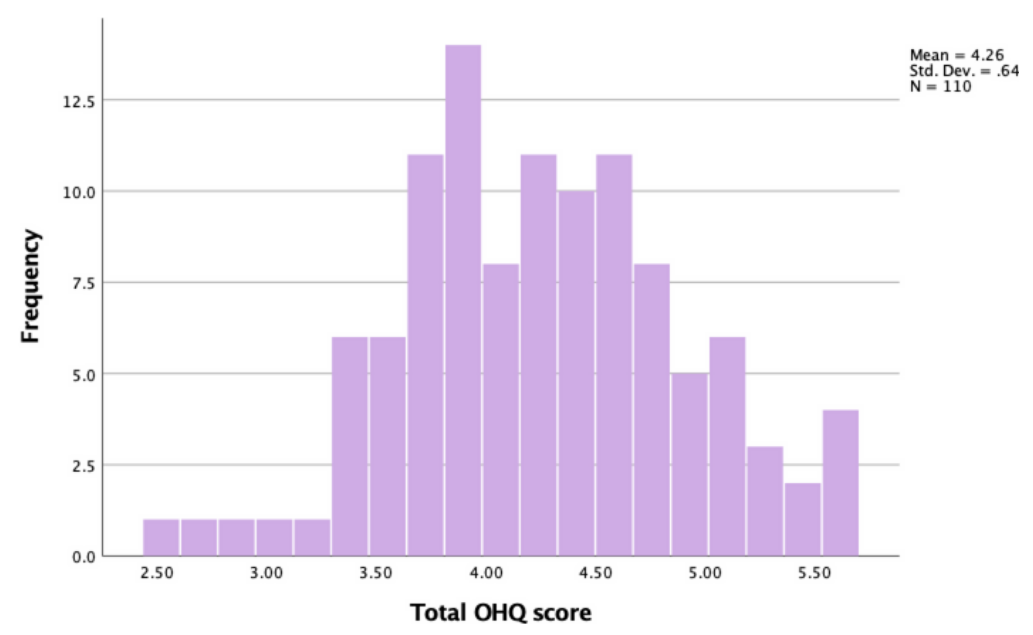
Not happy 33.5%
OHQ Score: 4.26 ± 0.65



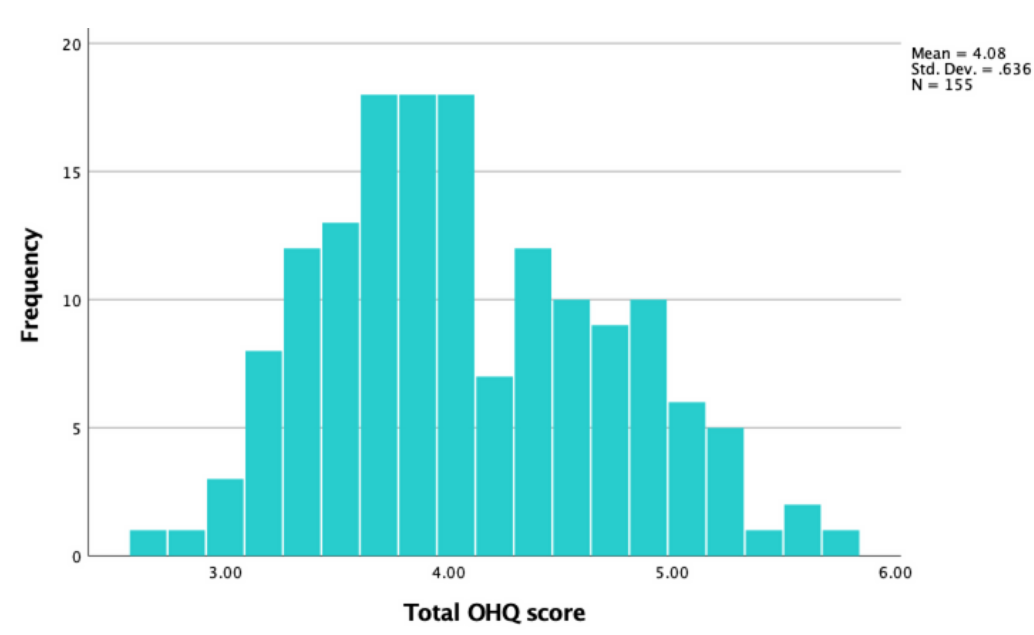
2020
OHQ score: 4.08 ± 0.64



2021



Distribution of OHQ Scores in 2020



Distribution of OHQ Scores in 2021

CONCLUSION

The happiness level of PPR Seri Pantai residents decreased from 2020 to 2021 across different phases of MCO, suggesting the strict rules of lockdown impose an effect on happiness. There is significant association for BMI and ethnicity in 2020; only ethnicity marks association in 2021. Otherwise, there is not much association between sociodemographic data and happiness level among the residents. Happiness index is negatively associated with mental health and positively associated with the quality of life.

RECOMMENDATIONS

- Continuous aid being given to b40 community
- Do an at-home workout
- To be socially active (Online)
- Learn a useful craft

SCAN HERE FOR OHQ MALAY VERSION!



SCAN HERE FOR ACKNOWLEDGEMENT AND REFERENCES!

