

A CROSS-SECTIONAL STUDY ON HELP-SEEKING BEHAVIOUR AMONG LOW SOCIOECONOMIC POPULATION IN PPR SRI PANTAI



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INTRODUCTION

This study aimed to explore the help-seeking behaviour of the low socioeconomic/B40 community in Projek Perumahan Rakyat (PPR) Sri Pantai, a low-cost housing project supported by the Malaysian government. Those who face financial stress are more predisposed to mental illnesses such as depression and anxiety. This research topic is significant because only a few studies have been done focusing on help-seeking behaviour amongst the B40 community. By understanding their help-seeking behaviour, we aim to raise awareness of the profound importance of help-seeking for mental health issues, especially amidst the trying times of the COVID-19 pandemic, a time when almost everyone is suffering mentally, physically, and even financially, more so, the B40 community.

OBJECTIVES

To investigate the effects of socio-demographics on help-seeking behaviour among low socioeconomic population in PPR Sri Pantai

To identify the common source of help that a low socioeconomic population may seek when they encounter any emotional or personal problems, and suicidal ideation.

To compare the tendency to seek help when one encounters suicidal ideation and personal or emotional problems at PPR Sri pantai

METHODOLOGY

A cross-sectional study was conducted among the residents living in the low-cost flats at PPR Sri Pantai. A total of 182 respondents (18 years and above) were included in the study using convenience sampling.

The translated (Malay) version of the General Help-Seeking Questionnaire (GHSQ) was used, which consisted of two main questions. The questionnaire was administered online using Google Forms.

The data was collected, organized, and exported into SPSS Statistics Version 25 (IBM, SPSS Inc, USA) to analyze and compare the variables as necessary.

A p-value <0.05 was standardized to be considered statistically significant.

Categorical data was presented using numbers and percentages. Chi-Square tests were used to compare the data.

KEY REFERENCES

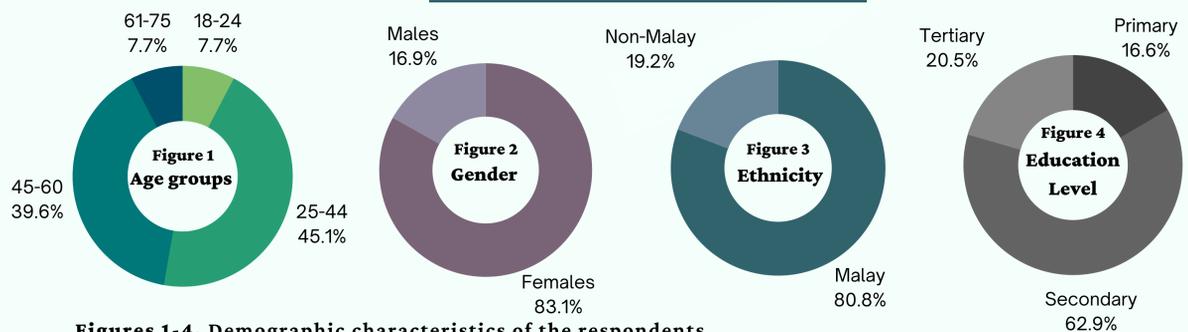


Scan the QR code for the references

CONCLUSIONS

- The majority were willing to seek help for both personal/ emotional problems and suicidal ideation.
- Statistically significant association was found between help-seeking behaviour and age, gender, education status, and race.
- Doctors/ GPs are the most preferred source of seeking help for both.
- Relatively low help-seeking from phone helplines and mental health professionals.
- More likely to seek help for suicidal ideation when compared with help-seeking for personal or emotional problems.
- This study provides useful data to government and non-governmental organizations so that proper mental health support can be channeled to the community in a more efficient manner.

RESULTS



Figures 1-4. Demographic characteristics of the respondents

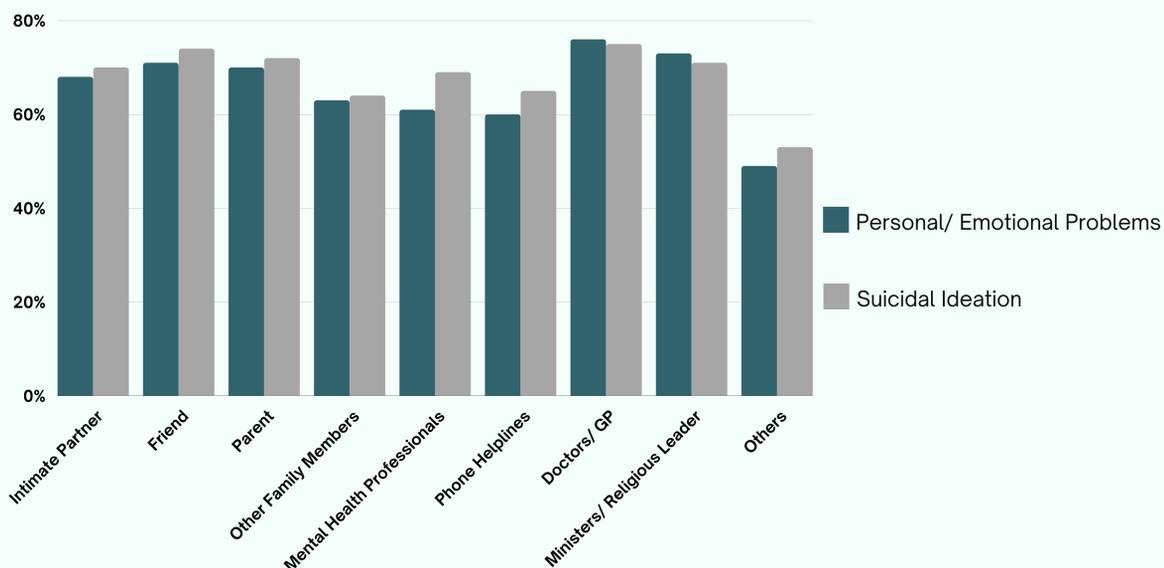


Figure 5. The overall percentage of help-seeking among different sources when faced with personal or emotional problems and suicidal ideation

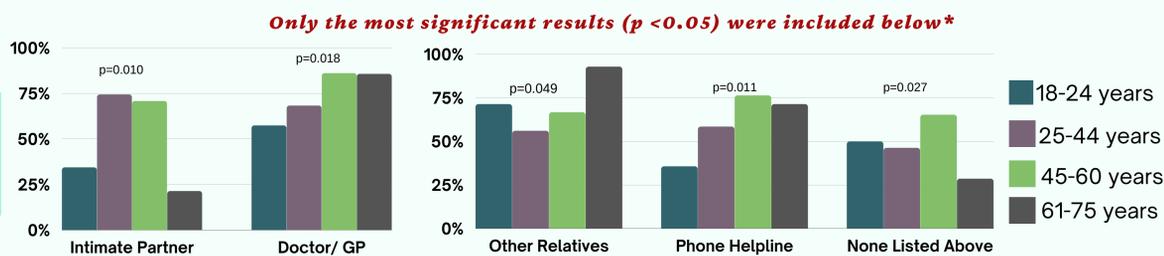


Figure 6. Age and percentage of help-seeking for emotional/ personal problems from different sources

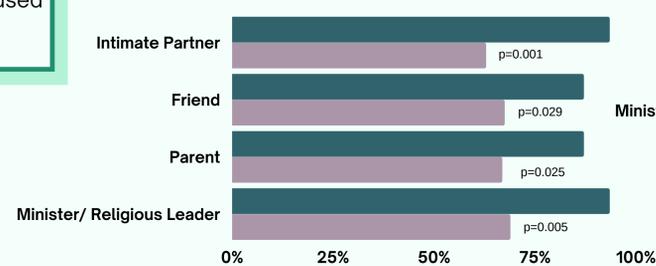


Figure 8. Gender and percentage of help-seeking for emotional/ personal problems from different sources

Figure 7. Age and percentage of help-seeking for suicidal ideation from different sources

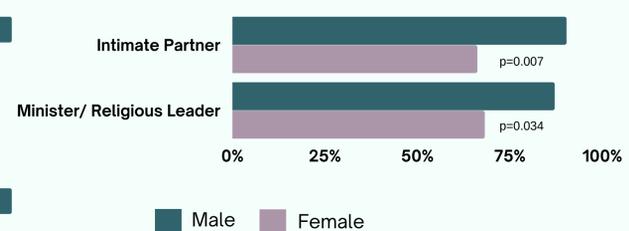


Figure 9. Gender and percentage of help-seeking for suicidal ideation from different sources

RECOMMENDATIONS

- Present the data to relevant organizations so that further steps can be taken to increase public awareness about mental health and help-seeking, especially at a time when mental health issues are steeply on the rise.
- The findings of this study can be used to compare help-seeking behaviour with other socioeconomic groups in Malaysia.
- Expand the research to include other PPRs across Malaysia to draw more reliable and accurate results that would better represent the help-seeking patterns among the B40 community across the nation.