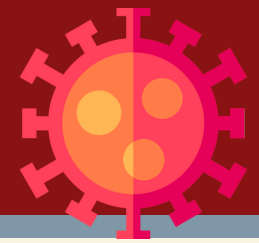
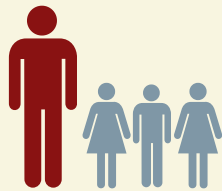


Public Opinion: Impact of Covid-19 on Behavioural and Lifestyle Changes, Work From Home (WFH) and Family Planning



How Have Malaysian's Behavioural & Lifestyle Changed During COVID-19?

n: 1,175 respondents all over Malaysia



1 in 4
people said their
life changed in a
MAJOR WAY

Financial Adjustments That Malaysians Made Due to the Covid-19 Outbreak



49%
Not eating out



44%
Cut monthly
expenses



40%
Drawing down on
savings



28%
Looking for a job/
seeking additional
work (gig economy)

63%

of Malaysians felt their daily
stress level **GONE UP** during
the Covid-19 outbreak



Activities That Malaysians Felt Comfortable Doing During Recovery MCO

62% Visited close friends or family
members at their home

56% Went to shopping mall

53% Dined out at a restaurant

46% Went back to the workplace

34% Got a haircut at a barber

Government's Assistance That Malaysians Have Received



Free
daily 1GB
Internet



National
Prihatin
Aid (BPN)



EPF withdrawals
(i-Lestari) of
RM500 a month

Work From Home (WFH)

n: 968 working respondents

1/2

preferred split half@office
& half@home, if given the
option to continue WFH



said that their employers
provided flexible working
arrangements during
Covid-19

Malaysian's Working Experience During Covid-19

enjoyed being with
family when WFH **81%** **19%**

preferred working
in office over WFH **63%** **37%**

said their productivity
increased when WFH **51%** **49%**



Yes



No

Work From Home (WFH)

Greatest Challenges/Concerns of WFH During Covid-19



Distractions at home 52%



Staying motivated 35%



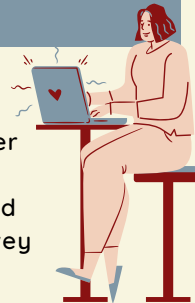
Lack of dedicated space for home office 33%



Fear of pay cut 32%



Managing workload 31%



Survey methodology:

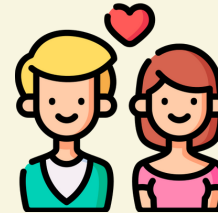
A total of 1,175 respondents all over Malaysia comprised of 621 males and 554 females aged 18 years and over participated in an online survey from 17th to 20th July 2020

Family Planning

n: 537 married respondents

1 in 3

married respondents said Covid-19 has changed their family planning decisions by delaying having children

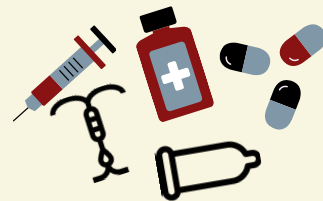


Family Planning Method Used During Covid-19

42% didn't use any method at all

modern methods

- 27% Condom
- 10% Contraceptive pill
- 5% Injection
- 4% IUD
- 4% Implant



non-modern methods

- 17% Withdrawal
- 9% Rhythm method
- 9% Abstinence
- 7% Traditional
- 5% Breastfeeding



Reasons for Delaying Having Children

58%

don't have enough money saved

34%

worried about contracting Covid-19

32%

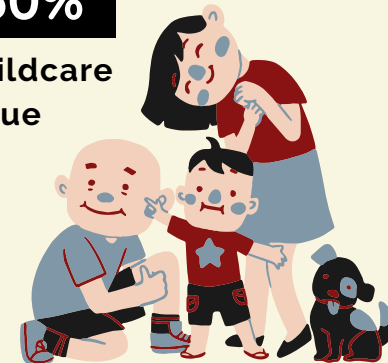
worried about access to prenatal care due to Covid-19 outbreak

31%

delaying having a child for financial reasons because of the Covid-19 outbreak

30%

childcare issue



71%

said they don't have any difficulty in getting the contraceptive supplies during Covid-19 pandemic



For more information:

Population and Family Research Division,
NATIONAL POPULATION AND FAMILY DEVELOPMENT BOARD,
Ministry of Women, Family and Community Development

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