

Tindak balas psikologikal terhadap COVID-19 di kalangan rakyat Malaysia/ Psychological response towards COVID-19 among Malaysians

Kajian rintis ini terbuka kepada semua rakyat Malaysia berumur 18 tahun dan ke atas. Kajian rintis ini bertujuan untuk mengetahui respon psikologikal awal rakyat Malaysia berikutan wabak COVID-19. Soal selidik ini mempunyai 7 bahagian dan akan mengambil masa anda selama 5-10 minit untuk melengkapkannya. Kerjasama anda untuk melengkapkan soal selidik ini amatlah diharapkan. Terima kasih.

This pilot study is open to all Malaysians aged 18 and over. This pilot study aimed to identify early psychosocial responses to Malaysians following the COVID-19 outbreak. This questionnaire has 7 sections and will take 5-10 minutes to complete. Your cooperation to complete this questionnaire is highly anticipated. Thank you.

Kelulusan etika/Ethics approval: UMREC Reference No.: UM.TNC2/UMREC – 847

* Required

1. Saya mengesahkan bahawa dengan menekan Saya bersetuju untuk meneruskan soal selidik ini, saya telah memberi kebenaran untuk menyertai kajian ini. I confirm that by clicking the I agree to continue with this survey, I have granted my consent to participate in this study. *

Mark only one oval.

1- Saya bersetuju meneruskan soal selidik ini/ I agree to continue with this survey

2- Saya tidak bersetuju/ I do not agree

Maklumat Am/General Information

2. A1. Umur/ Age *

3. A2. Jantina/ Gender *

Mark only one oval.

[1] Lelaki/ Male

[2] Perempuan/ Female

4. A3. Bangsa/ Ethnicity *

Mark only one oval.

[1] Melayu/ Malay

[2] Cina/ Chinese

[3] India/ Indian

[4] Bumiputera Sabah/Sarawak/ Bumiputera Sabah/Sarawak

[5] Lain/lain/Others

5. A3.o Lain-lain bangsa, sila nyatakan/ Other ethnicity, please specify

6. A4. Tahap pendidikan tertinggi/ Highest educational level *

Mark only one oval.

[1] Tiada pendidikan formal/ No formal education

[2] Sekolah rendah/ Primary school

[3] Sekolah menengah/ Secondary school

[4] Kolej/Universiti/ Tertiary

7. A5. Pekerjaan/Occupation

8. A5_o Kategori Pekerjaan/ Occupation type *

Mark only one oval.

- [1] Profesional/ Professional
- [2] Pentadbiran/Managerial
- [3] Pekerja am/General worker
- [4] Surirumah/ Housewife
- [5] Pelajar/ Student
- [6] Sudah bersara/ Retired
- [7] Tidak bekerja/ Unemployed

9. A6.Purata pendapatan bulanan isi rumah/ Monthly average household income *

Mark only one oval.

- [1] MYR 1,000 and below
- [2] MYR 1,001 – 2,000
- [3] MYR 2,001 – 3,000
- [4] MYR 3,001 – 4,000
- [5] MYR 4,001 – 5,000
- [6] MYR 5,000 – 6,000
- [7] MYR 6,001 – 7,000
- [8] MYR 7,001 – 8,000
- [9] MYR 8,001 – 9,000
- [10] MYR 9,001 – 10,000
- [11] More than MYR 10,000

10. A7. Kawasan tempat tinggal/ Locality *

Mark only one oval.

- [1] Bandar/ Urban
- [2] Pinggir bandar/ Sub urban
- [3] Kampung/ Rural

11. A8. Negeri/ State *

Mark only one oval.

- [1] Kedah
- [2] Kelantan
- [3] Melaka
- [4] Negeri Sembilan
- [5] Pahang
- [6] Perak
- [7] Perlis
- [8] Pulau Pinang
- [9] Sabah
- [10] Sarawak
- [11] Selangor
- [12] Terengganu
- [13] WP Kuala Lumpur
- [14] WP Labuan
- [15] WP Putrajaya
- [16] Johor

KEPERCAYAAN KESIHATAN- PERSEPSI MUDAH TERKENA JANGKITAN DAN
KETERUKAN JANGKITAN CORONAVIRUS/ HEALTH BELIEF – PERCEIVED
SUSCEPTIBILITY AND SEVERITY ABOUT CORONAVIRUS

Persepsi mudah terkena jangkitan/ risiko/ Perceived Susceptibility/Risk

12. B1. Berapa kebarangkalian anda untuk dijangkiti dengan jangkitan COVID-19?/
How do you perceived YOUR likelihood to be infected with COVID-19 infection?

*

Mark only one oval.

- [1] Tidak langsung/ Not at all
- [2] Sedikit/ Somewhat
- [3] Sangat/ Very
- [4] Tersangat / Extremely

Persepsi Keterukan/ Perceived Severity

13. B2. Berapa tahap kebimbangan anda tentang akibat daripada jangkitan COVID-19?/
How worried are you about the consequences of getting COVID-19? *

Mark only one oval.

- [1] Tidak bimbang sama sekali/ Not at all
- [2] Sedikit/ Somewhat
- [1] Sangat/ Very
- [0] Tersangat / Extremely

Kesan Psikososial,
Emosi dan Tingkah
Laku dari wabak
COVID-19/
Psychosocial,
Emotional and
Behavioral
Consequences of
COVID-19 outbreak

Pernyataan di bawah adalah mengenai kesan ke atas psikososial, emosi dan tingkah laku anda akibat wabak COVID-19. Sila pilih yang jawapan yang benar mengenai anda/ Below are the statements regarding impact on your psychosocial, emotional and behavioral consequences of COVID-19 outbreak. Please choose which answer best describes you.

14. TAKUT/ FEAR *

Mark only one oval per row.

	[1] Sangat tidak setuju/ Strongly disagree	[2] Tidak setuju/ Disagree	[3] Setuju/ Agree	[4] Sangat setuju/ Strongly agree
D1. Anda takut untuk berhubungan dengan orang yang ada tanda-tanda selesema seperti batuk, hidung berair, bersin, demam/ You are afraid to be in contact with people with flu symptoms eg cough, running nose, sneezing, fever	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D2. Anda takut untuk makan di luar (pusat penjaja, gerai makanan)/ You are afraid to eat outside (eg. hawker centers, food courts)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D3. Anda takut untuk berhubungan dengan orang yang baru pulang dari luar negara/ You are afraid to be in contact with people who have just return from overseas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D4. Anda takut untuk makan haiwan liar/ You are afraid of eating wildlife animals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. TINGKAH LAKU MENGELAK/ AVOIDANCE BEHAVIORS *

Mark only one oval per row.

	[1] Sangat tidak setuju/ Strongly disagree	[2] Tidak setuju/ Disagree	[3] Setuju/ Agree	[4] Sangat setuju/ Strongly agree
D5. Anda elak pergi tempat yang ramai orang (pusat membeli-belah, panggung wayang)/ You would avoid going to crowded places (eg. shopping mall) cinema),	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D6. Anda elak keluar ke tempat awam/ You would avoid going out to public places.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D7. Anda elak pergi keluar negara/ You would avoid going abroad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D8. Anda elak menaiki pengangkutan awam (bas, teksi, kereta api, kapal terbang)/ I would avoid taking public transport (eg. bus, taxi, train, airplane)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D9. Anda elak makan di luar (pusat penjaja/ gerai makanan)/ You avoid eating outside (eg. hawker centers, food courts)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. TINGKAH LAKU PERLINDUNGAN/ PROTECTIVE BEHAVIORS *

Mark only one oval per row.

	[1] Sangat tidak setuju/ Strongly disagree	[2] Tidak setuju/ Disagree	[3] Setuju/ Agree	[4] Sangat setuju/ Strongly agree
D10. Anda basuh tangan kerap dan teliti/ You wash hands frequently and thoroughly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D11. Anda pakai topeng muka apabila keluar di tempat awam/ You wear face mask when out in public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D12. Anda tutup batuk dan bersin anda/ You cover my coughs and sneezes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D13. Tinggal di rumah dari pergi bekerja atau sekolah jika sakit/ Staying home from work or school if sick	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D14. Ambil ubat pencegahan (konvensional atau ubat tradisional)/ Taking preventive medicine (Conventional or Traditional medicine)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D15. Menjalani cara hidup sihat untuk elak jangkitan seperti makan makanan berkhasiat, sentiasa bersenam dan dapatkan tidur yang cukup/ Adopt healthy lifestyle to avoid infection such as eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

nutritious food,
exercise regularly,
and get enough
sleep.

17. KESAN/ IMPACT *

Mark only one oval per row.

	[1] Sangat tidak setuju/ Strongly disagree	[2] Tidak setuju/ Disagree	[3] Setuju/ Agree	[4] Sangat setuju/ Strongly agree
D17. Wabak COVID-19 memberi kesan kepada kewangan saya/ The COVID-19 outbreak has affected me financially.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D16. Wabak COVID-19 memberi kesan kepada pekerjaan saya/ The COVID-19 outbreak affects my job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D18. Wabak COVID-19 memberi kesan kepada aktiviti rutin seharian keluarga saya/ The COVID-19 outbreak affects my family's daily routine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D19. Wabak COVID-19 memberi kesan perjalanan berkaitan pekerjaan saya/ The COVID-19 outbreak affects my work-related travel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D20. Wabak COVID-19 memberi kesan kepada perjalanan yang tidak berkaitan dengan kerja saya (waktu lapang atau sebab peribadi yang lain)/ The COVID-19 outbreak affects my non work-related travel (eg. for leisure or other personal reasons)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

MAKLUMAT BERKAITAN CORONAVIRUS/ CORONAVIRUS –RELATED
INFORMATION

STATE ANXIETY TRAIT INSTRUMENTS (STAI)

18. Baca setiap pernyataan yang menyatakan apa yang anda rasa sekarang berikutan wabak COVID-19 pada masa sekarang. Tiada jawapan salah atau betul. Jangan luangkan masa terlalu banyak untuk satu pernyataan namun sila beri jawapan yang paling menggambarkan perasaan anda sekarang/ Read each statement that indicate how you feel right now regarding the outbreak of COVID-19, that is, at this moment. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best. *

Mark only one oval per row.

	[1] Tidak sama sekali/ Not at all	[2] Sedikit/ Somewhat	[3] Sederhana/ Moderately so	[4] Sangat/ Very much so
F1. Saya rasa tenang/ I feel calm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F2. Saya rasa tertekan/ I am tense	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F3. Saya rasa susah hati/ I feel upset.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F4. Saya rasa selesa/ I am relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F5. Saya rasa berpuas hati/ I feel content	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F6. Saya sedang bimbang/ I am worried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Google Forms