

A photograph of a family of three in a lush green field. A woman on the left is looking up at a young child being held by a man on the right. The child is smiling and looking down. The background is a bright, sunny outdoor setting with trees and a clear sky. A semi-transparent teal rectangular box is overlaid in the center of the image, containing the title text in white, bold, sans-serif font.

IMPACT OF THE PANDEMIC ON FAMILY LIFE



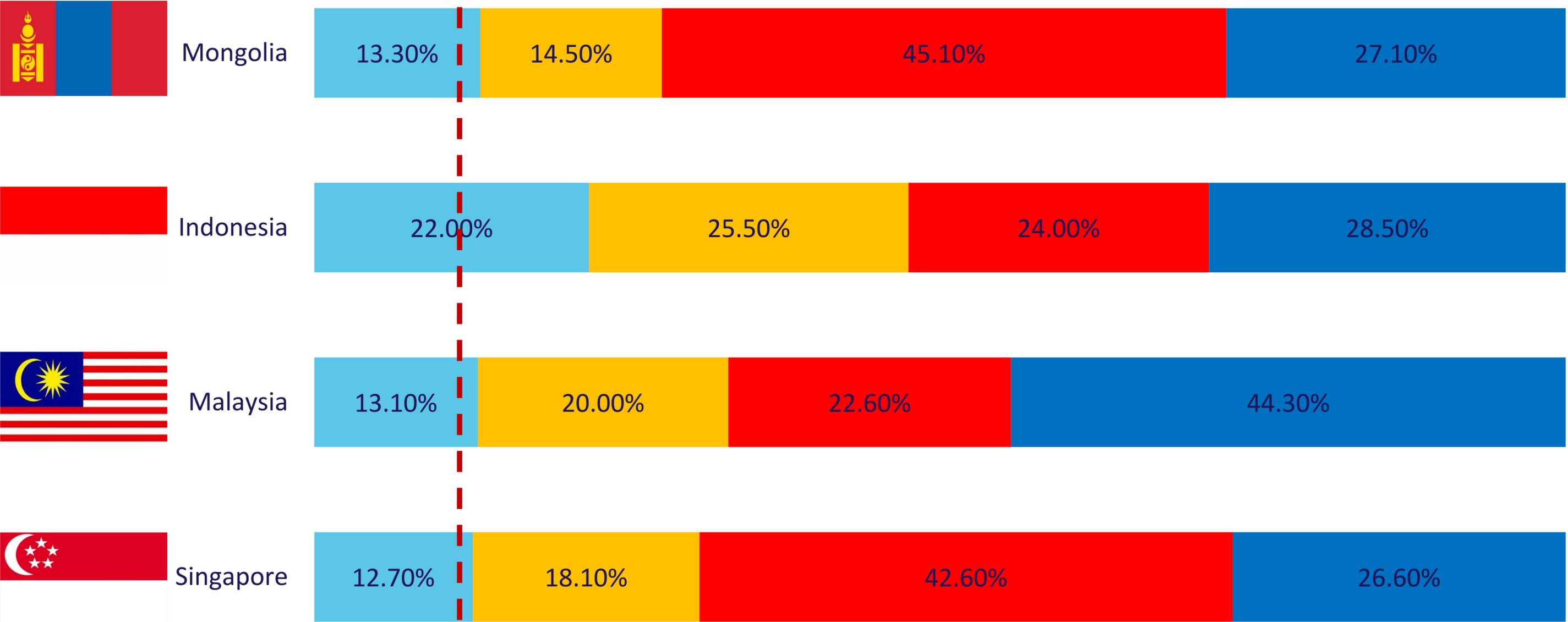
Practitioner

**Academia /
Research**

Impact of The Pandemic on Children

Children of **single parents** experienced an elevated range of **anxiety** than those of two parents.

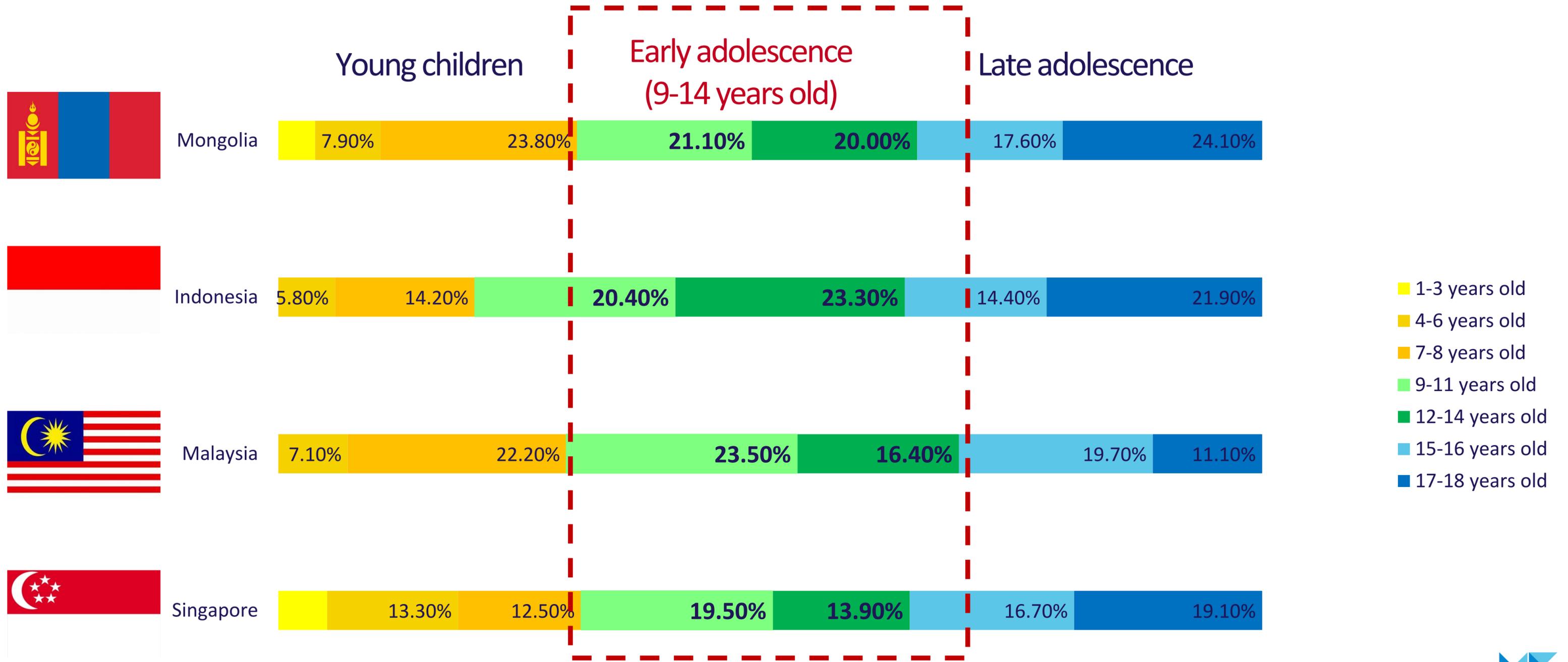
■ Married and living together ■ Married but living apart ■ Widowed ■ Divorced



Single parents



Children in **early adolescence** age experienced higher level of **anxiety** than other children.



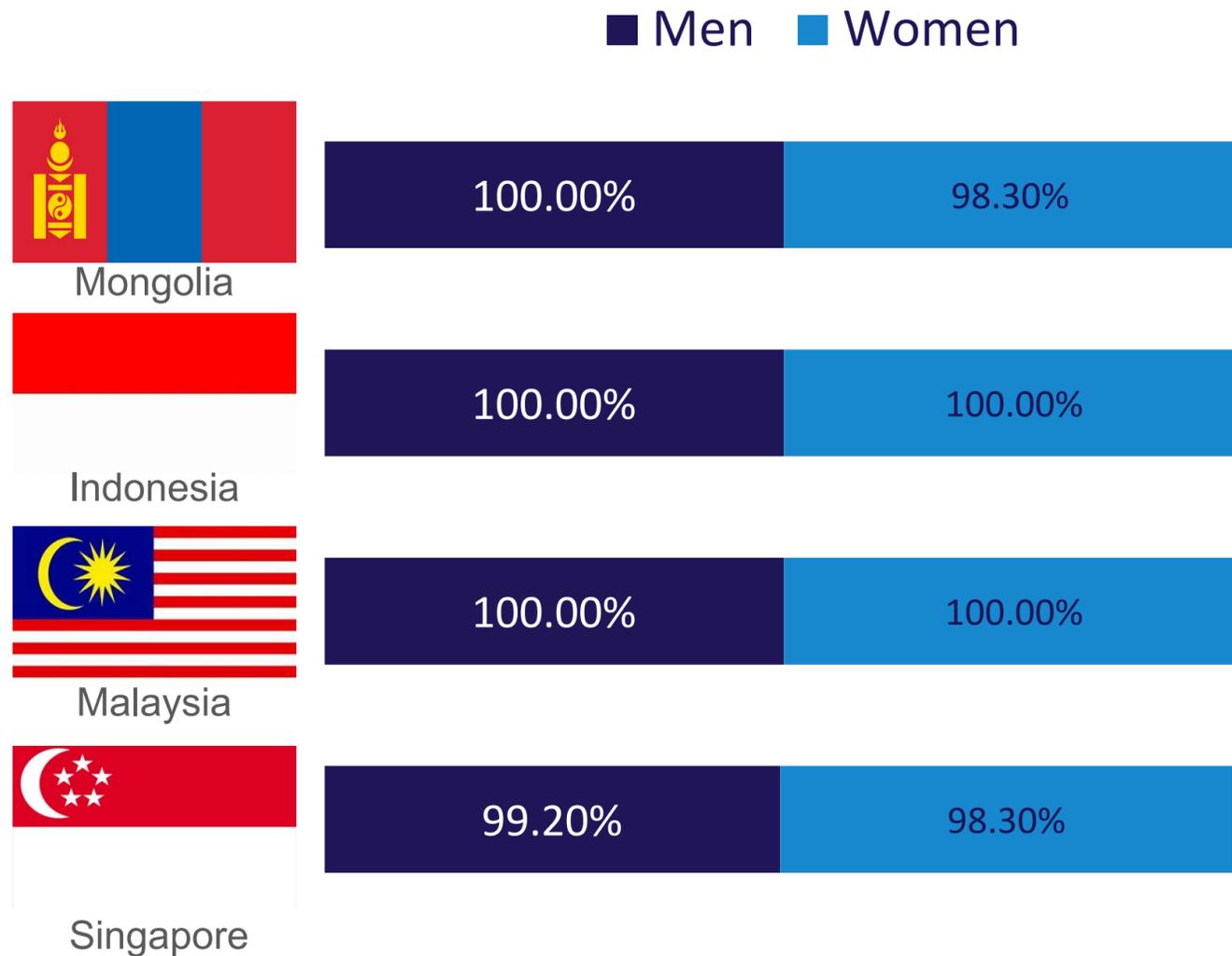
Impact of The Pandemic on Parents

Fathers in Malaysia and Mongolia experienced higher level of severe and extremely severe depression than mothers during the pandemic.

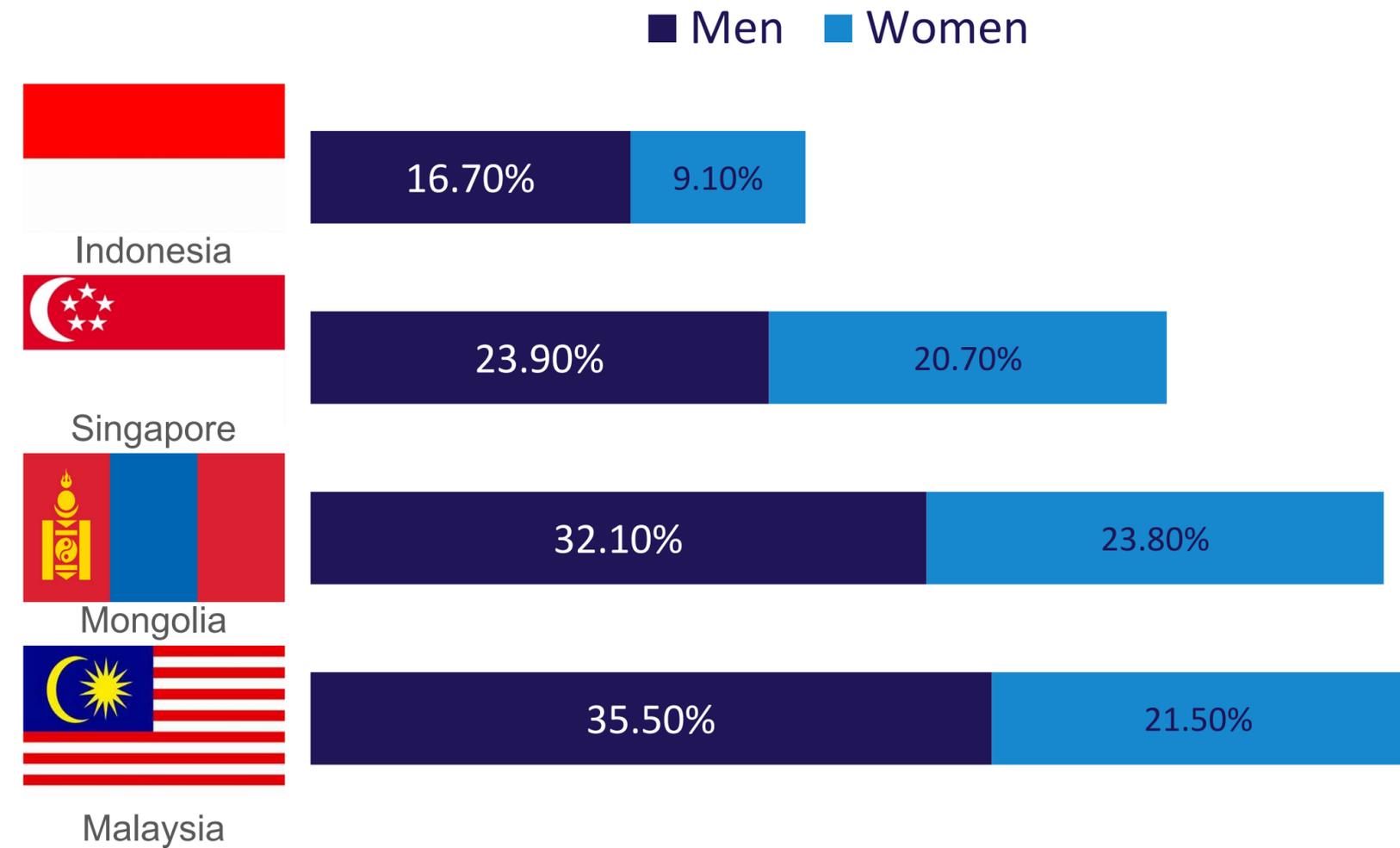
■ Men ■ Women



Fathers in the four countries experienced higher level of severe and extremely severe anxiety and stress than mothers during the pandemic.



Anxiety



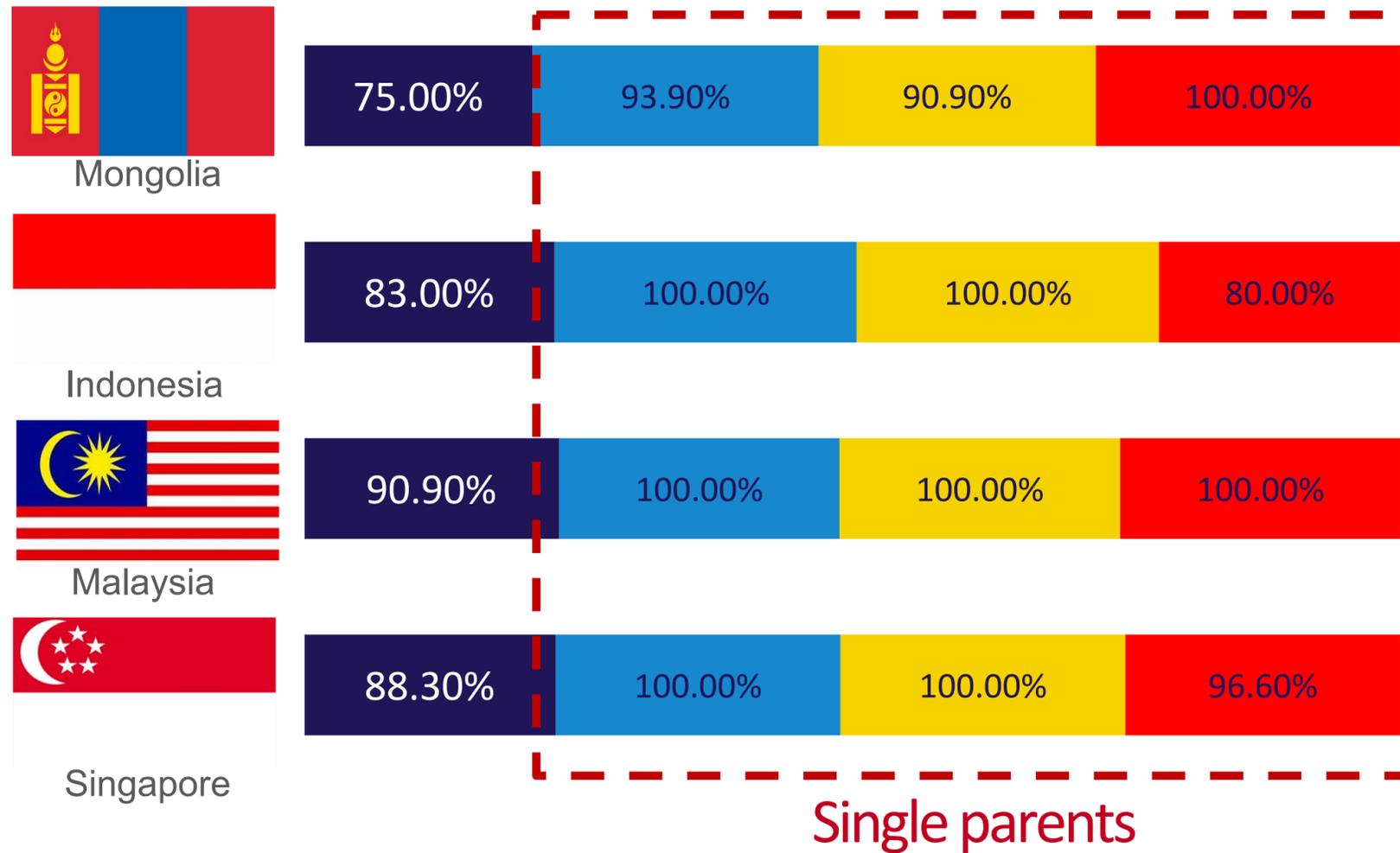
Stress



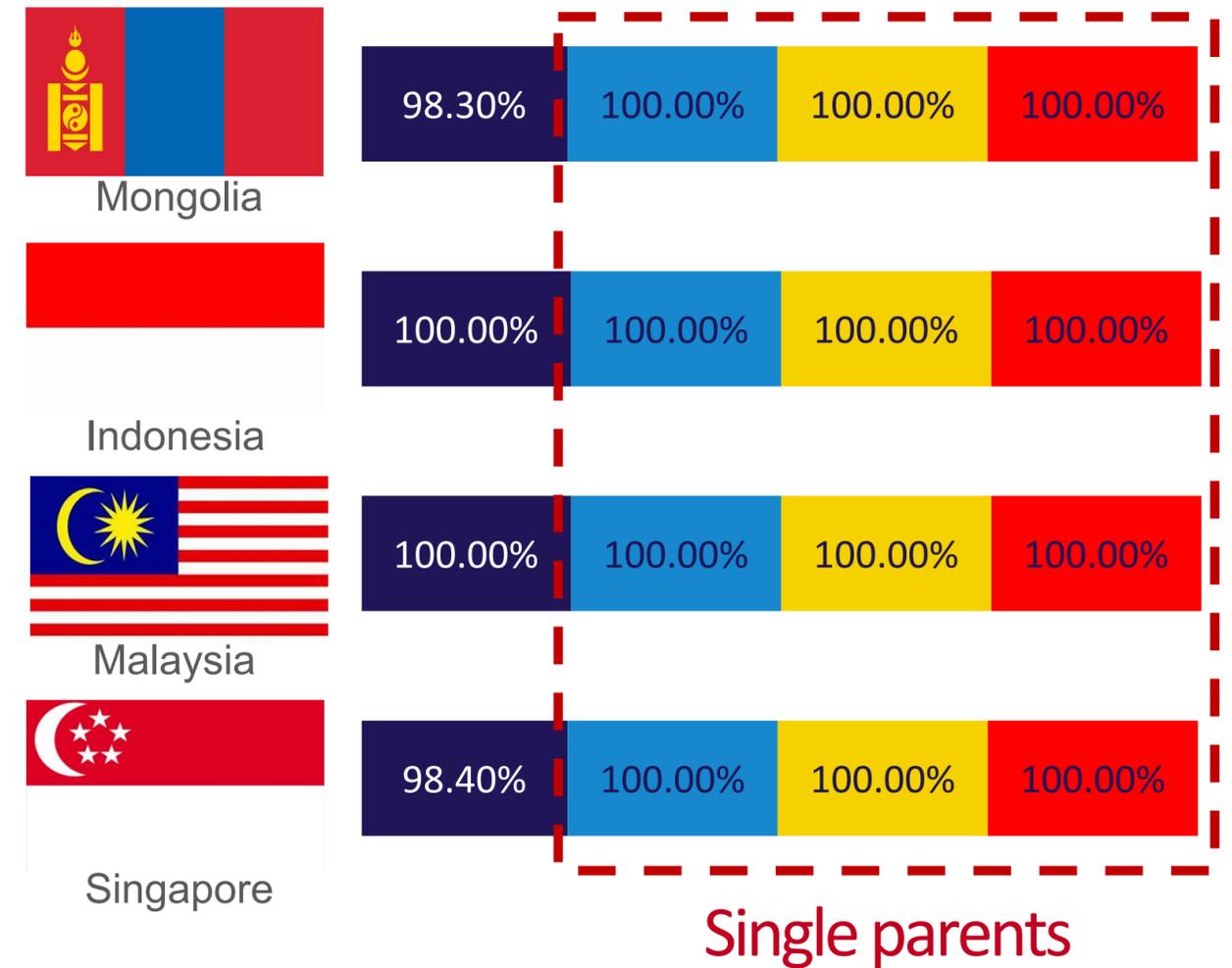
Single parents in the four countries experienced higher level of severe and extremely severe depression and anxiety than intact families during the pandemic.

■ Married and living together
 ■ Married but living apart
 ■ Widowed
 ■ Divorced

■ Married and living together
 ■ Married but living apart
 ■ Widowed
 ■ Divorced



Depression



Anxiety



Positive Impact of The Pandemic on Parent-Child Relationships

Two common areas in parent-child relationships improved during the pandemic.

- **Communication** (Indonesia, Malaysia, Mongolia, Singapore)
 - When my child has a problem, he/she usually comes to me to talk things over
 - If I have to say no to my children, I try to explain why
 - My child would say that I am a good listener
- **Involvement** (Malaysia, Mongolia, Singapore)
 - I spend a great deal of time with my child
 - I am very involved with my child's sports or other activities
 - I am very involved with my child's education

Parents' **Positive Coping Strategies** during The Pandemic

Two common most used coping strategies by parents during the pandemic.

- **Acceptance** (Malaysia, Mongolia, Singapore)
 - I've been accepting the reality of the fact that it has happened
 - I've been learning to live with it
- **Religion** (Indonesia, Malaysia, Singapore)
 - I've been trying to find comfort in my religion or spiritual beliefs
 - I've been praying or meditating

**#StayHome
Create Fun
Family
Moments**

facebook

The #StayHome Create Fun Family Moments (28 March - 12 May 2020) was organised in conjunction with the Movement Control Order in Malaysia. This is to **encourage families create fun family moments together** and by doing so, **build fond memories and strengthen their bond with each other.**

Families are required to post their fun moments via photo or video, including every member under the roof, and complete a slogan "My family stays strong during a crisis by..." in 20 words or less.

392,213 reach

through Facebook,
Instagram & E-blast

**377 total
entries**

**192 unique
participants**

#StayHome
Create Fun
Family
Moments



#81 My family stays strong during a crisis by using objects found around the house to make a fun life-size game board such as Tic-Tac-Toe.



#214 (video) My family stay strong during the crisis by laughing, dancing, bonding, creating and not sweating the small stuffs because we have each other and that's more important.



family.org.my/thriving

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Family Bonding Time Was Non-existent Before The MCO

By Xue Fen, a 33-year-old teacher, who works in KL but lived with her parents and sister in Penang (her hometown) during the MCO.



Family Time Alleviated Depression

By Siti Nordiana binti Wahid, a 33-year-old religious teacher who lives with her husband and 6-year-old son in Kota Bharu, Kelantan.



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Infecting Friends With "Treating" Spirit

By Grace Kee, a 38-year-old entrepreneur who lives with her husband and two boys aged 10 and 7 in Selangor.



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Witnessed Children's Precious Milestones During MCO

By Ariel, a 40-year-old teacher who lives with her husband and four children in Petaling Jaya.



Thank You