



MINISTRY OF WOMEN, FAMILY AND  
COMMUNITY DEVELOPMENT



NATIONAL POPULATION AND FAMILY DEVELOPMENT BOARD (NPFD)



NATIONAL POPULATION AND FAMILY DEVELOPMENT BOARD  
(NPFD)



# REPORT ON MALAYSIAN FAMILY WELL-BEING INDEX 2019

NATIONAL POPULATION AND FAMILY DEVELOPMENT BOARD  
(NPFDB)

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# CONTENTS

<b>FOREWORD</b>	<b>03</b>
Minister of Women, Family and Community Development	03
Secretary General, Ministry of Women, Family and Community Development	04
Director General, National Population and Family Development Board	05
<b>ACKNOWLEDGEMENT</b>	<b>06</b>
<b>RESEARCH TEAM</b>	<b>07</b>
<b>EXECUTIVE SUMMARY</b>	<b>08</b>
<b>INTRODUCTION</b>	<b>10</b>
Background	10
Family Well-Being	10
The Development of the Malaysian Family Well-Being Index	11
Family Well-Being Domains and Indicators	14
<b>METHODOLOGY</b>	<b>18</b>
Study Design	18
Sampling Frame	18
Sampling Design and Sample Size	18
Scope of Study	18
Instruments	18
Data Collection	19
Index Calculation	19
Indicator, Domain and Index Score Category	19
<b>MALAYSIAN FAMILY WELL-BEING INDEX 2019</b>	<b>20</b>
Index, Domain and Indicator Scores	22
Index, Domain and Indicator Scores By Demographic Characteristics	25
<b>FWBI 2019 SCORES BY STATE</b>	<b>33</b>
<b>COMPARISON OF FWBI 2016 &amp; FWBI 2019 SCORES</b>	<b>66</b>
Comparison of Overall Scores on Indexes, Domains and Indicators	66
Comparison of Scores By State	67
<b>FAMILY CHALLENGES</b>	<b>70</b>
<b>CONCLUSION</b>	<b>72</b>
<b>RECOMMENDATIONS</b>	<b>73</b>
<b>REFERENCES</b>	<b>75</b>
<b>APPENDICES</b>	<b>76</b>
Appendix 1: Distribution Of Successfully Interviewed Living Quarters For FWBI 2019 Study	76
Appendix 2: List of FWBI 2019 Domains, Indicators and Items	77

# REPORT ON MALAYSIAN FAMILY WELL-BEING INDEX 2019



FOREWORD

**MINISTER OF WOMEN, FAMILY  
AND COMMUNITY DEVELOPMENT**

The well-being of the family institution is one of the main agendas of the Ministry of Women, Family and Community Development (MWFCD) towards achieving the vision as the principal leader in attaining gender equality, and the development of caring and prosperous families and communities as the basis for the formation of an illustrious developed nation.

The periodic monitoring of the level of family well-being through the implementation of the Family Well-Being Index (FWBI) Study by the National Population and Family Development Board (NPFDB) is the government's continuous commitment in ensuring that family institutions are able to continue contributing to the country's socio-economic development.

It is hoped that the results of this FWBI 2019 Study will be an important reference for all parties in formulating and developing policies, programmes and services specifically relating to the strengthening and improvement of family well-being in this country.



**THE HONOURABLE DATUK SERI RINA MOHD HARUN**  
MINISTER OF WOMEN, FAMILY AND COMMUNITY DEVELOPMENT

**FOREWORD**

**SECRETARY GENERAL  
MINISTRY OF WOMEN, FAMILY  
AND COMMUNITY DEVELOPMENT**

Prosperous families produce the country's human capital and future generations. The National Family Policy sets the goal of developing prosperous, healthy and resilient families to ensure social stability. Recognizing this fact, the Ministry of Women, Family and Community Development (MWFCD) through the National Population and Family Development Board (NPFDB) introduced the Family Well-Being Index (FWBI) Study in 2011 to measure the level of family well-being in Malaysia. The information generated by this study is used in the policy formation, planning and implementation processes of intervention programmes to strengthen family institutions.

Efforts to better understand family well-being assists the ministry to realize MWFCD's vision of achieving the development of caring and prosperous families and communities, whilst supporting Government planning through the Twelfth Malaysia Plan (12<sup>th</sup> MP) and the 2030 Sustainable Development Goals.

The responsibility to enhance family well-being in Malaysia has to be supported by various parties including the government, the private sector, non-governmental organizations and society itself. Appropriate actions and measures on the domains and indicators in FWBI 2019 must be well-planned so that the index achievement can be improved in the future, as outlined in the 11<sup>th</sup> MP which targets the Family Well-Being Index score to reach 8.0 out of a maximum scale of 10.



As such, it is hoped that the findings of the latest FWBI 2019 Study will be used as a reference and able to benefit the relevant parties. The roles and support by all parties including government agencies, the private sector, non-governmental organizations, communities and families need to be further intensified and strengthened in formulating family programmes and initiatives to attain better levels of family well-being in the future.

**DATO' DR. JUNAIDAH KAMARRUDDIN**  
**SECRETARY GENERAL**  
Ministry of Women, Family and  
Community Development



FOREWORD

**DIRECTOR GENERAL**  
**NATIONAL POPULATION AND**  
**FAMILY DEVELOPMENT BOARD**

The Family Well-Being Index (FWBI) Study was carried out for the first time by the National Population and Family Development Board (NPFDB) in 2011. The formation of FWBI 2011 is a yardstick for the level of family well-being in Malaysia, which takes into account seven main domains, namely family relationship, family economy, family health, family safety, family and community, family and religion/spirituality as well as housing and environment. FWBI 2011 became the foundation for the formation of the second series of studies, being FWBI 2016, which covered the same domains with an additional domain of family and communication technology.

To continue monitoring the level of Malaysian family well-being, the NPFDB carried out the third series of FWBI Studies in 2019. Overall, the FWBI 2019 score was at a moderate level of 7.72 out of a maximum scale of 10. The FWBI 2019 score showed improvement compared with the FWBI 2016 score.

FWBI 2019 maintains all eight domains applied during FWBI 2016 with improvements to some items in certain domains. There are three domains that recorded scores above 8.0, namely the Family Relationship Domain, the Family, Role of Religion and Spiritual Practices Domain, and the Family and Community Involvement Domain. FWBI 2019 recorded three domains achieving scores above 8.0 compared to only one domain during FWBI 2016.



The FWBI result is an important input and reference for policy makers, planners and programme managers in formulating development plans and family-based social intervention programmes, in line with one of the strategic thrusts of the Eleventh Malaysia Plan (11<sup>th</sup> MP), namely enhancing inclusiveness towards an equitable society.

**ABDUL SHUKUR ABDULLAH**  
**DIRECTOR GENERAL**  
National Population and Family  
Development Board

# ACKNOWLEDGEMENT

The National Population and Family Development Board (NPFDB) would like to express its deepest appreciation to the Ministries, agencies and departments involved in conducting the Family Well-Being Index Study 2019. This appreciation is directed to all those involved as follows:

## TECHNICAL COMMITTEE MEMBERS

- Ministry of Economic Affairs
- Ministry of Women, Family and Community Development
- Ministry of Health Malaysia
- Ministry of Home Affairs
- Ministry of Housing and Local Government
- Ministry of Rural Development
- Ministry of Education
- Ministry of Transport
- Ministry of Communications and Multimedia
- Ministry of Human Resources
- Ministry of Energy and Natural Resources
- Ministry of Energy, Science, Technology, Environment and Climate Change
- Department of Statistics Malaysia
- Department of Islamic Development Malaysia
- Department of National Unity and National Integration
- Institute for Youth Research Malaysia
- The University of Malaya
- The National University of Malaysia
- MARA University of Technology, Shah Alam
- Federation of Reproductive Health Associations Malaysia
- Focus on the Family
- Strategic Planning Division, NPFDB
- Family Well-Being Division, NPFDB

## INVITED MEMBERS

- Social Institute of Malaysia
- National Anti-Drugs Agency
- Universiti Putra Malaysia
- Sunway University
- Institute of Islamic Understanding, Malaysia
- Pertubuhan IKRAM Malaysia
- Yayasan Generasi Gemilang
- Malaysian Consultative Council of Buddhism, Christianity, Hinduism, Sikhism and Taoism
- Human Reproduction Division, NPFDB
- Selangor State NPFDB
- Federal Territory of Kuala Lumpur NPFDB

As well as to individuals directly and indirectly involved in making FWBI 2019 a success. May FWBI 2019 be a reference for all parties in formulating family development programmes to elevate family well-being to a better level.

# RESEARCH TEAM



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**ABDUL SHUKUR ABDULLAH**  
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# EXECUTIVE SUMMARY

## THE MALAYSIAN FAMILY WELL-BEING INDEX (FWBI)

The Family Well-Being Index (FWBI) is a multidimensional benchmark specifically developed to measure the level of family well-being in Malaysia. This index is generated through a mother's or father's assessment of their family's well-being. The Malaysian FWBI was introduced in 2011 with a score value of 7.55 out of a maximum scale of 10. To ensure that the FWBI remains relevant, the domains and indicators used have been reviewed and updated to keep pace with current developments. As such, the second series of FWBI was conducted in 2016. The score obtained for the Family Well-Being Index 2016 (FWBI 2016) was 7.33 out of a maximum scale of 10.

To continue monitoring the level of family well-being in Malaysia, FWBI 2019 which is the third series was carried out. FWBI 2019 was conducted to meet one of the requirements of the National Outcomes set in the Eleventh Malaysia Plan (11<sup>th</sup> MP), which is to achieve a score of 8.0 out of a maximum scale of 10.

The collection of information for index generation adopted a cross-sectional survey approach. The sampling method used was two-stage stratified sampling. The list of samples utilised in this study was obtained from the Department of Statistics Malaysia. The respondents in this study comprised of Malaysian mothers or fathers having children aged between 3 to 24 years. A total of 5,005 respondents were successfully interviewed.

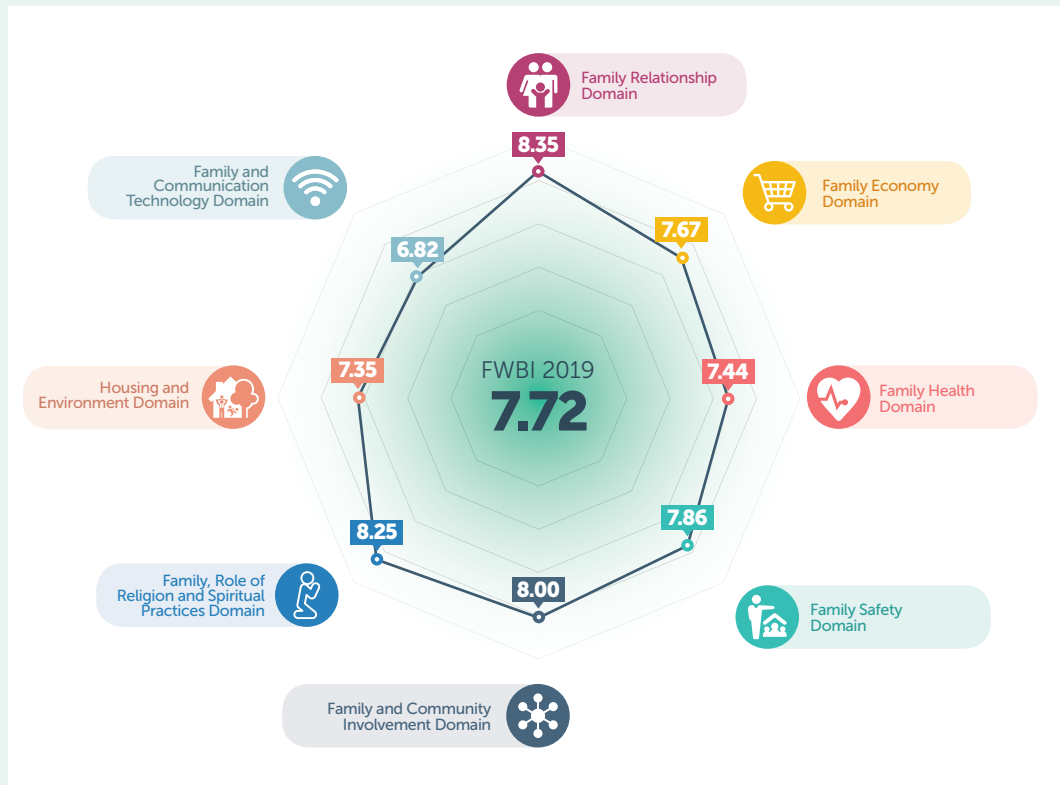
FWBI 2019 adopts a score of 10 as the maximum scale, where higher score values obtained demonstrate better levels of family well-being. In this study, levels of family well-being were divided into three categories, being low (score of 0-4), moderate (score of 5-7) and high (score of 8-10).

INDICATOR / DOMAIN / INDEX SCORE	CATEGORY
0-4	Low
5-7	Moderate
8-10	High

## MALYSIAN FAMILY WELL-BEING HAS INCREASED

The Malaysian Family Well-Being Index Score 2019 recorded in this study is 7.72 out of a maximum scale of 10. Out of the eight domains identified, the Family Relationship Domain recorded the highest domain score, being 8.35. This is followed by the Family,

Role of Religion and Spiritual Practices Domain (8.25), Family and Community Involvement Domain (8.00), Family Safety Domain (7.86), Family Economy Domain (7.67), Family Health Domain (7.44), Housing and Environment Domain (7.35) and Family and Communication Technology Domain (6.82). Although the FWBI 2019 score is still at a moderate level, it has shown an increase of 0.39 points compared to 7.33 for FWBI 2016.



This study also found that the FWBI 2019 score was increasing by household income group. The FWBI 2019 score was higher in families living in rural areas. In terms of family type, the 2019 FWBI score was higher in nuclear family and blended family groups.

The FWBI 2019 score by state revealed the Federal Territory of Putrajaya as recording the highest score and the state of Perak with the lowest score.

# INTRODUCTION

## BACKGROUND

The family institution is an important institution in Malaysian society. A prosperous family will produce a prosperous society. Rapid economic and social developments have affected the well-being of families in terms of family relationships, lifestyle, work and family balance as well as cost of living. Thus, the family institution has to be enhanced and strengthened from time to time in order to continue contributing to the nation's socio-economic development. Economic development must be balanced with good social development covering physical, emotional and spiritual aspects to ensure that the well-being of families in the country is not adversely affected. Prosperous families are able to produce a generation or human capital of quality for the country's future development. Today, the family institution faces various challenges that can undermine the well-being of the family itself. Issues relating to harmony in the household, balance between work and family, family economic management, health condition of family members, level of family safety, family and community relations, family spiritual practices, peaceful environment for families as well as the influence of technology on families are often factors influencing family well-being.

Recognizing this fact, the MWFCDB through the NPFDB remains committed in monitoring the level of family well-being in Malaysia. Community empowerment to build a productive and prosperous society through the strengthening of family institutions was clearly stated in the Eleventh Malaysia Plan (11<sup>th</sup> MP) document and is one of the Government's principal commitments. This commitment will continue to be reinforced in the Twelfth Malaysia Plan (12<sup>th</sup> MP).

## FAMILY WELL-BEING

Family well-being is a multidimensional concept that supports various aspects of individual and family life. The NPFDB (2017) defines family well-being as a condition where a family is in a safe, healthy, peaceful, comfortable, harmonious and satisfying state. This definition also emphasizes aspects of satisfaction and comfort in spiritual, economic and financial, mental, psychosocial, health, political and sustainability terms.

Past studies have also stated that family well-being is pivotal in influencing an individual's personality (Cousins, 1989; Lee et al., 2012), besides being the main and oldest cornerstone in the formation of a quality society (DeFrain and Asay 2007; Krys et al. 2019). Family relationships including social support (love and advice) and tension (criticism, excessive demands) between family members are viewed as among the elements influencing physical, psychological and behavioural well-being (Pearlin, 1999).

Family well-being is also the basis for the stability of social and emotional relationships of individuals in a family. Apart from social and emotional relationships, it needs to be supported by physical factors to complement the basic needs of individuals and families. The well-being of children and teenagers, for example, is built based on a prosperous family. Family well-being is seen as an individual's resource to develop self-potential, empower social skills, become more creative, resilient and healthy. On the other hand, the failure of a family to attain well-being is seen to adversely affect the psychosocial development of children and other family members. Children and teenagers exposed to family problems such as parental divorce, domestic conflict and parental psychopathology, for example, are more likely to face mental health problems. (Bakker, Ormel, Verhulst, & Oldehinkel, 2012). Therefore, family well-being is not merely viewed based on the internal factors of the family alone, but also takes into account the family's interaction with the environment.

## THE DEVELOPMENT OF FWBI

The Malaysian Family Well-Being Index (FWBI) is a form of measurement developed to measure the level of family well-being in the country. The FWBI measures the level of well-being of a family in Malaysia which involves all aspects of family development and its functions in society. The production of the FWBI underwent several key phases starting with identifying domains and indicators as well as determining the methods and formulas to generate the required indexes.

Rapidly changing family dynamics also pose a major challenge to the FWBI, in that the measurements used take current conditions into account. Recognizing this fact, the domains and indicators used were updated for each study series. Today, the FWBI has evolved with the implementation of several series of studies starting from FWBI 2011 to FWBI 2016 up to the latest FWBI 2019.

## Family Well-Being Index 2011 (FWBI 2011)

FWBI 2011 became a trigger for the development and implementation of the

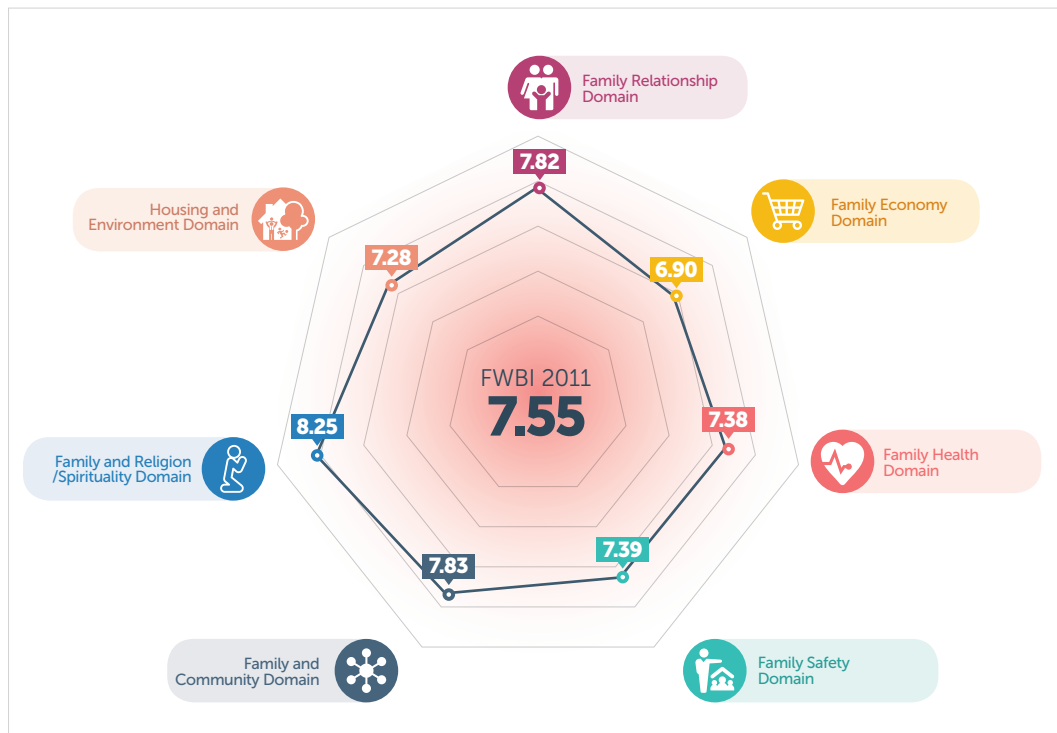


measurement of family well-being levels in Malaysia. This index portrays the level of family well-being through selected domains specifically related to family matters. Seven domains were

identified as key measurements to determine the level of well-being of Malaysian families, namely the Family Relationship Domain, Family Health Domain, Family Economy Domain, Family, Religion/Spirituality Domain, Family Safety Domain, Family and Community Domain and Family and Environment Domain.

The index score recorded in 2011 was 7.55 out of a maximum scale of 10. Of the seven domains found in FWBI 2011, the Family and Religion/ Spirituality Domain recorded the highest domain score (8.25), followed by the Family and Community Domain (7.83), Family Relationship Domain (7.82), Family Safety Domain (7.39), Family Health Domain (7.38), Family and Environment Domain (7.28), and Family Economy Domain (6.90).





The FWBI 2011 that was conducted provided a new alignment for family research in Malaysia. FWBI 2011 was made one of the outcomes in the Eleventh Malaysia Plan (11<sup>th</sup> MP), under the strategic thrust of enhancing inclusiveness towards an equitable society, which targeted the Family Well-Being Index score to reach 8.0 out of a maximum scale of 10 by 2020.

family conditions and challenges. A series of workshops and pre-tests were conducted for this purpose. The results of the evaluation determined that a new domain had to be added to FWBI 2016 while maintaining all seven measurement domains used in 2011. The domain added for FWBI 2016 was the Family and Communication Technology Domain.

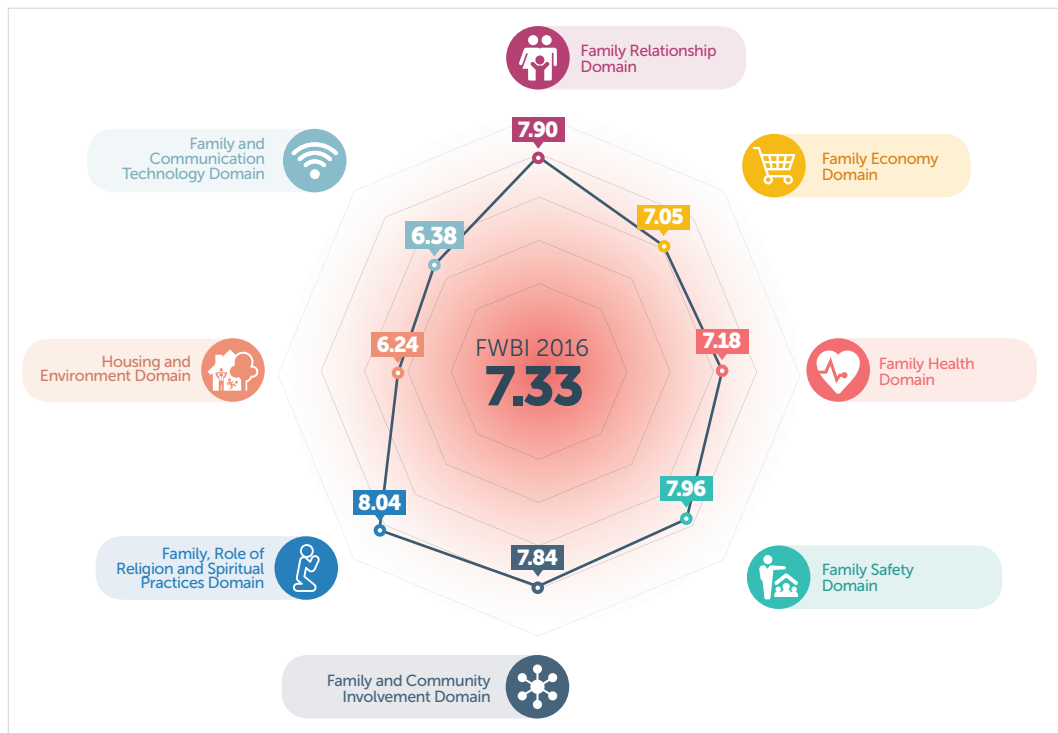
### Family Well-Being Index 2016 (FWBI 2016)



In 2016, the NPFDB carried out the Family Well-Being Index Study (FWBI 2016). In the study, all domains and indicators used during FWBI 2011 underwent a process of review and re-evaluation to ensure that the domains and indicators were still relevant to current

Overall, the FWBI 2016 score was at a moderate level of 7.33 out of a maximum scale of 10. Of the eight domains found in FWBI 2016, the Family, Role of Religion and Spiritual Practices Domain recorded the highest domain score, being 8.04, and was categorized as high. This was followed by the Family Safety Domain (7.96), Family Relationship Domain (7.90), Family and Community Involvement Domain (7.84), Family Health Domain (7.18), Family Economy Domain (7.05), Family and Communication Technology Domain (6.38), and Housing and Environment Domain (6.24). Score values for all the specified domains were at a moderate level.





A comparison between FWBI 2016 and FWBI 2011 scores could not be made as there were significant changes specifically in terms of the increase in the number of domains.

FWBI 2016 was used as a reference in the development and implementation of programmes and activities at community level. In 2016, the NPFDB developed the Family and Community Empowerment Programme (FACE), being a programme to enhance the well-being of families by empowering families and communities. Among the goals of FACE are to build a productive and prosperous society, identify local needs to formulate appropriate intervention programmes to elevate the level of family well-being as well as empower social mechanisms in existing communities to form 'Family Champions'. The FWBI 2016 instrument was used to monitor the well-being of 33 communities involved in the FACE programme.

## Family Well-Being Index 2019 (FWBI 2019)

The third series of the Family Well-Being Index Study in 2019 was an effort to continue monitoring the level of family well-being in Malaysia. For continuity in the measurement of family well-being, the domains and indicators used in FWBI 2016 were adopted as the main reference. As such, the objectives of the FWBI 2019 Study were to:

- measure the level of family well-being based on an improved set of indicators;
- generate the Malaysian Family Well-Being Index 2019; and
- present recommended programmes and initiatives to strengthen family well-being

## **FAMILY WELL-BEING DOMAINS AND INDICATORS**



### **FAMILY RELATIONSHIP**

**DOMAIN**



#### **PARENTAL INVOLVEMENT INDICATOR**

The joint participation of parents and children in daily activities, developing discipline and responsible behaviour, and expressing praise and affection.



#### **CLOSE RELATIONSHIP INDICATOR**

Emotional connection, trust and empathy between family members.



#### **QUALITY TIME WITH FAMILY INDICATOR**

The time spent by parents in carrying out activities that appeal to children and recreational activities as well as the time used by children to share their stories with parents.



#### **FAMILY FUNCTIONING INDICATOR**

The time spent by parents in carrying out activities that appeal to children and recreational activities as well as the time used by children to share their stories with parents.



#### **WORK-FAMILY BALANCE INDICATOR**

The balance of time and positive perception of an individual on the relationship between career and family roles where the relationship is viewed as balanced and equal with one another.



#### **FAMILY COPING INDICATOR**

The ability of individuals and families to handle problems or pressures well.



#### **FAMILY RESILIENCE INDICATOR**

The family's ability to face stress and difficulties as well as to overcome such stress or difficulties.



## **FAMILY ECONOMY**

**DOMAIN**



### **FINANCIAL WELL-BEING INDICATOR**

An assessment of the family's financial condition in meeting current financial well-being and settling existing financial commitments.



### **FINANCIAL MANAGEMENT INDICATOR**

An assessment of the ways to manage financial resources to achieve the financial goals of the family.



## **FAMILY HEALTH**

**DOMAIN**



### **FAMILY HEALTH PRACTICES INDICATOR**

Healthy lifestyle including exercise activities, balanced daily meals, no smoking, not involved in substance abuse and no chronic illness in the family.



### **GENERAL HEALTH INDICATOR**

The overall physical, mental and social well-being of the family.



## **FAMILY SAFETY**

**DOMAIN**



### **FAMILY SAFETY INDICATOR**

The individual's level of sensitivity and awareness on family safety as well as the confidence of safety in the residential surroundings.



### **EMERGENCY KNOWLEDGE INDICATOR**

Awareness and understanding relating to skills and safety measures during emergencies.



## **FAMILY AND COMMUNITY INVOLVEMENT**

**DOMAIN**



### **COMMUNITY COOPERATION INDICATOR**

Social relationships that exist from the need to develop family ties with the community.



### **COMMUNITY RELATIONSHIP INDICATOR**

Good relationships with neighbours, visiting neighbours and love for the community.



## **FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES**

**DOMAIN**



### **ROLE OF RELIGION INDICATOR**

The role of religion on the individual. Measured through its role as a basis of family well-being and understanding of life.



### **SPIRITUAL PRACTICES INDICATOR**

Spiritual strength in life. Measured through various spiritual practices according to religious beliefs and convictions.



## HOUSING AND ENVIRONMENT

DOMAIN



### HOUSING AREA INDICATOR

The infrastructure provided for the well-being of individuals and families. Measured through accessibility to transportation facilities and infrastructure in residential areas, level of utility satisfaction and community assistance.



### POLLUTION LEVEL INDICATOR

Odour and noise pollution involving waste management, the drainage system and noise level in residential areas.



### 3R PRACTICES INDICATOR

Refers to awareness and knowledge on the use of plastics, reuse of goods and recycling of goods for reuse.



## FAMILY AND COMMUNICATION TECHNOLOGY

DOMAIN



### INFLUENCE OF COMMUNICATION APPLICATION INDICATOR

The effect of telephone use on family interaction.



### PARENTAL CONTROL OF COMMUNICATION TECHNOLOGY USAGE INDICATOR

The monitoring and supervision of communication technology usage among children such as SMS, WhatsApp, Wechat, Telegram and computers.

# METHODOLOGY

## STUDY DESIGN

This study was in the form of a cross-sectional survey.

## SAMPLING FRAME

The sampling frame for this study was the Enumeration Block (EB) list which was updated through information on Living Quarters (LQ) during the Population and Housing Census 2010.

## SAMPLING DESIGN AND SAMPLE SIZE

Two-stage stratified sampling was conducted (first stage: state strata; second stage: urban and rural strata). Sample selection was then done at EB level by using the probability proportionate to size method. Subsequently, LQ samples from selected EBs were chosen by using a systematic method. The determination of the sample size and selection of chosen LQs were assisted by the Department of Statistics Malaysia to ensure that the samples involved depicted the national sampling.

## SCOPE OF STUDY

The study was conducted throughout Malaysia. Respondents of the study consisted of Malaysian mothers or fathers having children aged between 3 to 24 years old.



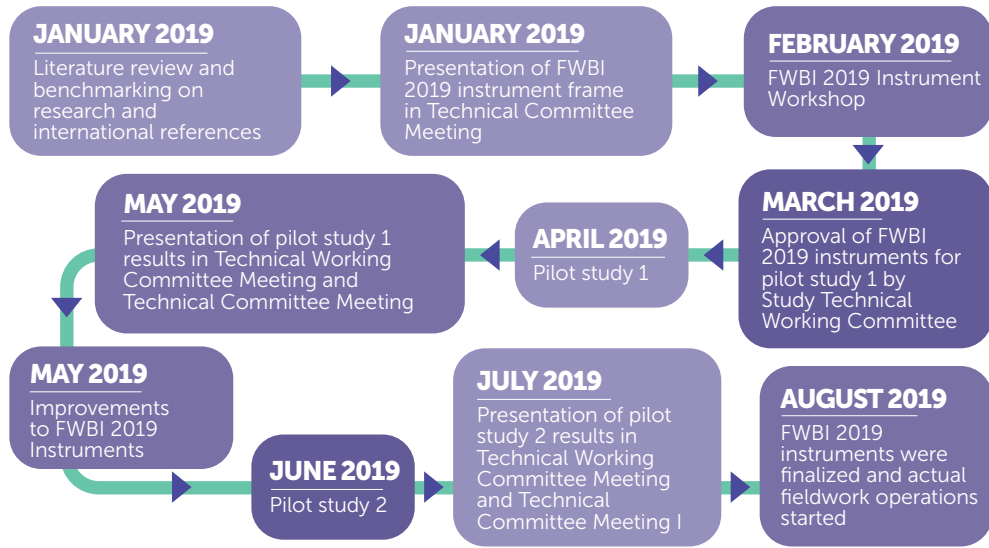
**FWBI 2019 instruments contained 121 items covering**

**8 domains and 22 family well-being indicators”**

## INSTRUMENTS

FWBI 2019 instruments contained 121 items covering 8 domains and 22 family well-being indicators. Improvements to the FWBI 2019 instruments underwent benchmarking as well as literature review on research from within and outside the country, in addition to discussions with experts in related fields. Reliability tests were conducted and the Cronbach Alpha values obtained were good, namely between 0.71 - 0.94.

**TIMELINE OF FWBI 2019 INSTRUMENT IMPROVEMENTS**



**DATA COLLECTION**

Data was collected through face-to-face interviews at the respondents' living quarters by using Computer Assisted Personal Interviewing (CAPI). On average, the time taken for interviewing was between 30 to 45 minutes.

**INDEX CALCULATION**

FWBI 2019 used a score of 10 as the maximum scale where the higher the score value obtained, the better the level of family well-being.

**CALCULATION FORMULA**

$$Indicator\ Score = \frac{M_1 - M_2}{R} \times 10$$

$$Domain\ Score = \frac{\sum indicator\ score}{N\ indicator}$$

$$Index\ Score = \frac{\sum domain\ score}{N\ domain}$$

**INDICATOR**

- M<sub>1</sub>** Mean score
- M<sub>2</sub>** Minimum scale
- R** Range (maximum scale - minimum scale)
- N** Number

**INDICATOR, DOMAIN AND INDEX SCORE CATEGORY**

Family well-being levels were divided into three (3) categories i.e. low (score of 0-4), moderate (score of 5-7) and high (score of 8-10).


INDICATOR/DOMAIN/INDEX SCORE	CATEGORY
0-4	Low
5-7	Moderate
8-10	High

# MALAYSIAN FAMILY WELL-BEING INDEX 2019

## RESPONDENT PROFILE

The total number of respondents involved in this study was 5,005 parents consisting of 44.4 percent fathers and 55.6 percent mothers. 79.5 percent of the respondents lived in towns. The majority of respondents were aged between 40-49 years (32.0%) and 30-39 years (31.3%). Most of the respondents' family types consisted of nuclear families comprising fathers, mothers and children i.e., 75.8 percent, followed by 18.7 percent extended families comprising fathers, mothers, children and other family members, 5.1 percent single-parent families and 0.4 percent blended families comprising stepfather/stepmother and stepsiblings. On average, the number of household members was 4.7 persons.

Nearly two-thirds or 63.8 percent of the respondents were Malay, 19.7 percent are Chinese, 9.6 percent are others Bumiputera and 6.5 percent are Indian. In terms of household income, almost two-thirds or 62.5 percent were

A total of  
**5,005**   
respondents were  
successfully covered  
consisting of  
44.4 percent fathers and  
55.6 percent mothers”

respondents from households earning RM1,001 to RM4,000, followed by 25.8 percent households earning RM4,001 to RM10,000. 10.0 percent of respondents were from households earning RM1,000 and below. Only a small number i.e., 1.7 percent of respondents were from households earning more than RM10,001.



**FWBI 2019 STUDY RESPONDENT PROFILE**

<b>PROFILE</b>	<b>NUMBER</b>	<b>PERCENTAGE</b>
<b>GENDER</b>		
Male	2,221	44.4
Female	2,784	55.6
<b>AGE</b>		
18-29	376	7.5
30 -39	1,568	31.3
40-49	1,601	32.0
50-59	1,072	21.4
60-69	332	6.6
70 and above	56	1.1
<b>STRATA</b>		
Urban	3,978	79.5
Rural	1,027	20.5
<b>ETHNICITY</b>		
Malay	3,195	63.8
Other Bumiputera	478	9.6
Chinese	987	19.7
Indian	323	6.5
Others	22	0.4
<b>HOUSEHOLD INCOME</b>		
RM1,000 and below	498	10.0
RM1,001-RM4,000	3,128	62.5
RM4,001-RM10,000	1,292	25.8
RM10,001 and above	87	1.7
<b>FAMILY TYPE</b>		
Nuclear Families	3,795	75.8
Extended Families	937	18.7
Single-parent Families	255	5.1
Blended Families	18	0.4

## INDEX, DOMAIN AND INDICATOR SCORES

The Malaysian Family Well-Being Index 2019 recorded a score of 7.72 out of a maximum scale of 10, which was at a moderate level. From the eight domains, the Family Relationship Domain recorded the highest domain score of 8.35, followed by the Family, Role of Religion and Spiritual Practices Domain (8.25), Family and Community Involvement Domain (8.00), Family Safety Domain (7.86), Family Economy Domain (7.67), Family Health Domain (7.44), Housing and Environment Domain (7.35) and Family and Communication Technology Domain (6.82).



**From the eight domains, Family Relationship Domain recorded the highest domain score of**

# 8.35”





### **FAMILY RELATIONSHIP DOMAIN**

The overall score for the Family Relationship Domain was 8.35. In the study, the Close Relationship Indicator recorded the highest score of 8.50, followed by Parental Involvement (8.48), Family Coping (8.45), Family Functioning (8.41), Quality Time With Family (8.37), Family Resilience (8.37) and Work-Family Balance (7.83) Indicators.



### **FAMILY AND COMMUNITY INVOLVEMENT DOMAIN**

Analysis showed that the overall score for the Family and Community Involvement domain was 8.00. The Community Relationship Indicator (8.25) recorded a higher score than the Community Cooperation Indicator (7.75).



### **FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN**

The overall score for the Family, Role of Religion and Spiritual Practices Domain was 8.25. Analysis found that the Role of Religion Indicator recorded a much higher score than the Spiritual Practices Indicator, with scores of 8.58 and 7.92 respectively.



### **FAMILY ECONOMY DOMAIN**

Analysis on the Family Economy Domain showed an overall score of 7.67. The Financial Well-Being Indicator was found to have recorded a slightly higher score than the Financial Management Indicator, with scores of 7.67 and 7.66 respectively.



### **HOUSING AND ENVIRONMENT DOMAIN**

The Housing and Environment Domain recorded an overall score of 7.35. The 3R Practices Indicator recorded the lowest score of 6.92, followed by the Housing Area (7.46) and Pollution Level (7.67) Indicators.



### **FAMILY HEALTH DOMAIN**

The overall score for the Family Health Domain was 7.44. It was found that the Family Health Practices Indicator recorded a higher score than the General Health Indicator, with scores of 7.77 and 7.11 respectively.



### **FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN**

The overall score for the Family and Communication Technology Domain was 6.82. The Parental Control of Communication Technology Usage Indicator recorded a higher score than the Influence of Communication Application Indicator, with scores of 7.47 and 6.17 respectively.



### **FAMILY SAFETY DOMAIN**

The Family Safety Domain recorded an overall score of 7.86. It was found that the Family Safety Indicator recorded the highest score of 8.32 compared to the Emergency Knowledge Indicator score of 7.40.

**FAMILY WELL-BEING INDICATOR SCORES 2019**

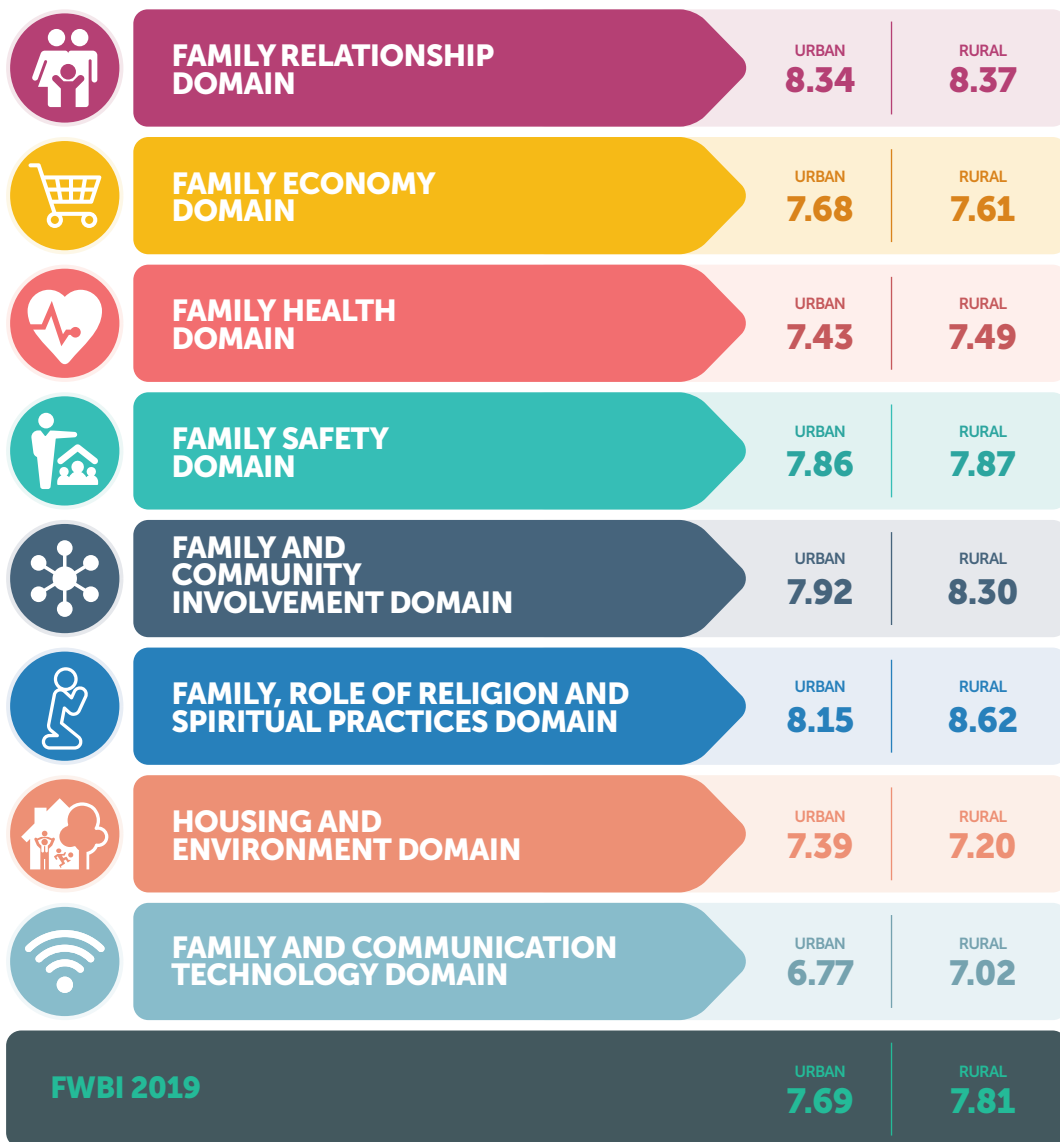
INDICATOR	SCORE VALUE
<b>FAMILY RELATIONSHIP DOMAIN</b>	
Parental Involvement	8.48
Quality Time With Family	8.37
Work-Family Balance	7.83
Close Relationship	8.50
Family Functioning	8.41
Family Coping	8.45
Family Resilience	8.37
<b>FAMILY ECONOMY DOMAIN</b>	
Financial Well-Being	7.67
Financial Management	7.66
<b>FAMILY HEALTH DOMAIN</b>	
Family Health Practices	7.77
General Health	7.11
<b>FAMILY SAFETY DOMAIN</b>	
Family Safety	8.32
Emergency Knowledge	7.40
<b>FAMILY AND COMMUNITY INVOLVEMENT DOMAIN</b>	
Community Cooperation	7.75
Community Relationship	8.25
<b>FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN</b>	
Role of Religion	8.58
Spiritual Practices	7.92
<b>HOUSING AND ENVIRONMENT DOMAIN</b>	
Housing Area	7.46
Pollution Level	7.67
3R Practices	6.92
<b>FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN</b>	
Influence of Communication Application	6.17
Parental Control of Communication Technology Usage	7.47

## INDEX, DOMAIN AND INDICATOR SCORES BY DEMOGRAPHIC CHARACTERISTICS

An analysis according to the demographic characteristics of the respondents was conducted to view the FWBI 2019 scores by strata, ethnicity, income and family type.

A comparison by strata found that rural families had a higher score of 7.81 compared to urban families (7.69).

### DOMAIN AND FWBI 2019 SCORES BY STRATA



**FAMILY WELL-BEING INDICATOR SCORES BY STRATA**

INDICATOR	URBAN	RURAL
<b>FAMILY RELATIONSHIP DOMAIN</b>		
Parental Involvement	8.48	8.46
Quality Time With Family	8.38	8.35
Work-Family Balance	7.79	8.01
Close Relationship	8.50	8.51
Family Functioning	8.41	8.43
Family Coping	8.45	8.47
Family Resilience	8.37	8.38
<b>FAMILY ECONOMY DOMAIN</b>		
Financial Well-Being	7.68	7.62
Financial Management	7.68	7.60
<b>FAMILY HEALTH DOMAIN</b>		
Family Health Practices	7.74	7.91
General Health	7.13	7.07
<b>FAMILY SAFETY DOMAIN</b>		
Family Safety	8.30	8.41
Emergency Knowledge	7.42	7.33
<b>FAMILY AND COMMUNITY INVOLVEMENT DOMAIN</b>		
Community Cooperation	7.67	8.09
Community Relationship	8.18	8.50
<b>FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN</b>		
Role of Religion	8.50	8.89
Spiritual Practices	7.81	8.35
<b>HOUSING AND ENVIRONMENT DOMAIN</b>		
Housing Area	7.52	7.21
Pollution Level	7.62	7.86
3R Practices	7.03	6.51
<b>FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN</b>		
Influence of Communication Application	6.10	6.40
Parental Control of Communication Technology Usage	7.43	7.64

## REPORT ON MALAYSIAN FAMILY WELL-BEING INDEX 2019

As for scores by ethnicity, Malays recorded the highest score of 7.87, followed by Indians (7.55), Other Bumiputeras (7.52), Others (7.45) and Chinese (7.44).

### DOMAIN AND FWBI 2019 SCORES BY ETHNICITY

Domain	MALAY	OTHER BUMI.	CHINESE	INDIAN	OTHERS
<b>FAMILY RELATIONSHIP DOMAIN</b>	<b>8.44</b>	<b>8.21</b>	<b>8.17</b>	<b>8.28</b>	<b>8.55</b>
<b>FAMILY ECONOMY DOMAIN</b>	<b>7.69</b>	<b>7.52</b>	<b>7.79</b>	<b>7.33</b>	<b>7.30</b>
<b>FAMILY HEALTH DOMAIN</b>	<b>7.56</b>	<b>7.15</b>	<b>7.30</b>	<b>7.33</b>	<b>7.26</b>
<b>FAMILY SAFETY DOMAIN</b>	<b>7.94</b>	<b>7.73</b>	<b>7.76</b>	<b>7.67</b>	<b>7.80</b>
<b>FAMILY AND COMMUNITY INVOLVEMENT DOMAIN</b>	<b>8.25</b>	<b>7.90</b>	<b>7.49</b>	<b>7.68</b>	<b>7.94</b>
<b>FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN</b>	<b>8.71</b>	<b>7.98</b>	<b>7.15</b>	<b>8.26</b>	<b>7.81</b>
<b>HOUSING AND ENVIRONMENT DOMAIN</b>	<b>7.45</b>	<b>6.95</b>	<b>7.23</b>	<b>7.45</b>	<b>6.91</b>
<b>FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN</b>	<b>6.95</b>	<b>6.73</b>	<b>6.66</b>	<b>6.44</b>	<b>6.06</b>
<b>FWBI 2019</b>	<b>7.87</b>	<b>7.52</b>	<b>7.44</b>	<b>7.55</b>	<b>7.45</b>

REPORT ON **MALAYSIAN FAMILY WELL-BEING INDEX 2019**

**FAMILY WELL-BEING INDICATOR SCORES BY ETHNICITY**

INDICATOR	MALAY	OTHER BUMI.	CHINESE	INDIAN	OTHERS
<b>FAMILY RELATIONSHIP DOMAIN</b>					
Parental Involvement	8.58	8.36	8.29	8.42	8.41
Quality Time With Family	8.45	8.22	8.23	8.35	8.73
Work-Family Balance	7.95	7.79	7.62	7.63	7.92
Close Relationship	8.61	8.28	8.34	8.39	8.91
Family Functioning	8.50	8.28	8.25	8.36	8.36
Family Coping	8.53	8.32	8.30	8.43	8.68
Family Resilience	8.46	8.22	8.19	8.37	8.84
<b>FAMILY ECONOMY DOMAIN</b>					
Financial Well-Being	7.71	7.37	7.79	7.36	7.32
Financial Management	7.66	7.68	7.79	7.30	7.27
<b>FAMILY HEALTH DOMAIN</b>					
Family Health Practices	7.87	7.65	7.60	7.71	6.64
General Health	7.24	6.65	7.01	6.94	7.88
<b>FAMILY SAFETY DOMAIN</b>					
Family Safety	8.39	8.20	8.26	8.05	8.70
Emergency Knowledge	7.49	7.27	7.27	7.29	6.91
<b>FAMILY AND COMMUNITY INVOLVEMENT DOMAIN</b>					
Community Cooperation	8.05	7.71	7.15	7.33	7.22
Community Relationship	8.46	8.10	7.82	8.02	8.66
<b>FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN</b>					
Role of Religion	8.93	8.32	7.82	8.43	8.64
Spiritual Practices	8.49	7.63	6.48	8.09	6.97
<b>HOUSING AND ENVIRONMENT DOMAIN</b>					
Housing Area	7.61	6.90	7.25	7.55	7.39
Pollution Level	7.80	7.39	7.39	7.76	7.21
3R Practices	6.92	6.54	7.04	7.04	6.12
<b>FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN</b>					
Influence of Communication Application	6.29	6.07	6.00	5.86	5.30
Parental Control of Communication Technology Usage	7.61	7.40	7.32	7.02	6.83



## REPORT ON MALAYSIAN FAMILY WELL-BEING INDEX 2019

In terms of family type, nuclear families and blended families recorded the highest scores of 7.78 each. This was followed by extended families (7.58) and single-parent families (7.34).

### DOMAIN AND FWBI 2019 SCORES BY FAMILY TYPE

Domain	Nuclear Families	Extended Families	Single-Parent Families	Blended Families
<b>FAMILY RELATIONSHIP DOMAIN</b>	<b>8.39</b>	<b>8.31</b>	<b>7.86</b>	<b>8.39</b>
<b>FAMILY ECONOMY DOMAIN</b>	<b>7.72</b>	<b>7.56</b>	<b>7.22</b>	<b>7.62</b>
<b>FAMILY HEALTH DOMAIN</b>	<b>7.53</b>	<b>7.22</b>	<b>6.95</b>	<b>7.54</b>
<b>FAMILY SAFETY DOMAIN</b>	<b>7.93</b>	<b>7.70</b>	<b>7.39</b>	<b>7.91</b>
<b>FAMILY AND COMMUNITY INVOLVEMENT DOMAIN</b>	<b>8.05</b>	<b>7.90</b>	<b>7.63</b>	<b>8.02</b>
<b>FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN</b>	<b>8.30</b>	<b>8.09</b>	<b>8.15</b>	<b>8.55</b>
<b>HOUSING AND ENVIRONMENT DOMAIN</b>	<b>7.41</b>	<b>7.16</b>	<b>7.13</b>	<b>7.48</b>
<b>FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN</b>	<b>6.88</b>	<b>6.70</b>	<b>6.39</b>	<b>6.73</b>
<b>FWBI 2019</b>	<b>7.78</b>	<b>7.58</b>	<b>7.34</b>	<b>7.78</b>

**FAMILY WELL-BEING INDICATOR SCORES BY FAMILY TYPE**









INDICATOR	NUCLEAR FAMILIES	EXTENDED FAMILIES	SINGLE-PARENT FAMILIES	BLENDED FAMILIES
<b>FAMILY RELATIONSHIP DOMAIN</b>				
Parental Involvement	8.50	8.47	8.19	8.83
Quality Time With Family	8.41	8.35	7.93	8.00
Work-Family Balance	7.89	7.73	7.35	8.08
Close Relationship	8.61	8.41	7.38	8.63
Family Functioning	8.45	8.37	8.07	8.28
Family Coping	8.48	8.45	8.09	8.47
Family Resilience	8.41	8.35	8.00	8.44
<b>FAMILY ECONOMY DOMAIN</b>				
Financial Well-Being	7.72	7.57	7.25	7.84
Financial Management	7.73	7.55	7.20	7.41
<b>FAMILY HEALTH DOMAIN</b>				
Family Health Practices	7.83	7.68	7.33	7.75
General Health	7.24	6.77	6.56	7.32
<b>FAMILY SAFETY DOMAIN</b>				
Family Safety	8.36	8.27	7.95	8.32
Emergency Knowledge	7.51	7.14	6.82	7.50
<b>FAMILY AND COMMUNITY INVOLVEMENT DOMAIN</b>				
Community Cooperation	7.83	7.60	7.29	7.63
Community Relationship	8.28	8.20	7.98	8.42
<b>FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN</b>				
Role of Religion	8.61	8.51	8.47	8.95
Spiritual Practices	7.99	7.66	7.80	8.15
<b>HOUSING AND ENVIRONMENT DOMAIN</b>				
Housing Area	7.53	7.22	7.22	8.09
Pollution Level	7.70	7.55	7.60	7.40
3R Practices	7.00	6.70	6.55	6.93
<b>FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN</b>				
Influence of Communication Application	6.20	6.12	5.84	6.46
Parental Control of Communication Technology Usage	7.56	7.29	6.93	7.01

## REPORT ON MALAYSIAN FAMILY WELL-BEING INDEX 2019

It was found that the 2019 FWBI scores were increasing in tandem with the increase in income groups. Families with household incomes of RM1,000 and below had the lowest score of 7.35, followed by households

having incomes of RM1,001-RM4,000 (7.71), RM4,001-RM10,000 (7.85) and households with incomes of RM10,001 and above recorded the highest score of 8.02.

### DOMAIN AND FWIB 2019 SCORES BY HOUSEHOLD INCOME

Domain	RM1,000 & BELOW	RM1,001-RM4,000	RM4,001-10,000	RM10,001 & ABOVE
 <b>FAMILY RELATIONSHIP DOMAIN</b>	<b>8.05</b>	<b>8.35</b>	<b>8.43</b>	<b>8.48</b>
 <b>FAMILY ECONOMY DOMAIN</b>	<b>6.93</b>	<b>7.60</b>	<b>8.04</b>	<b>8.50</b>
 <b>FAMILY HEALTH DOMAIN</b>	<b>6.89</b>	<b>7.41</b>	<b>7.69</b>	<b>7.98</b>
 <b>FAMILY SAFETY DOMAIN</b>	<b>7.47</b>	<b>7.85</b>	<b>8.02</b>	<b>8.15</b>
 <b>FAMILY AND COMMUNITY INVOLVEMENT DOMAIN</b>	<b>7.89</b>	<b>8.01</b>	<b>8.02</b>	<b>7.96</b>
 <b>FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN</b>	<b>8.29</b>	<b>8.27</b>	<b>8.18</b>	<b>8.46</b>
 <b>HOUSING AND ENVIRONMENT DOMAIN</b>	<b>6.80</b>	<b>7.35</b>	<b>7.51</b>	<b>7.65</b>
 <b>FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN</b>	<b>6.52</b>	<b>6.81</b>	<b>6.95</b>	<b>6.73</b>
<b>FWBI 2019</b>	<b>7.35</b>	<b>7.71</b>	<b>7.85</b>	<b>8.02</b>

REPORT ON **MALAYSIAN FAMILY WELL-BEING INDEX 2019**

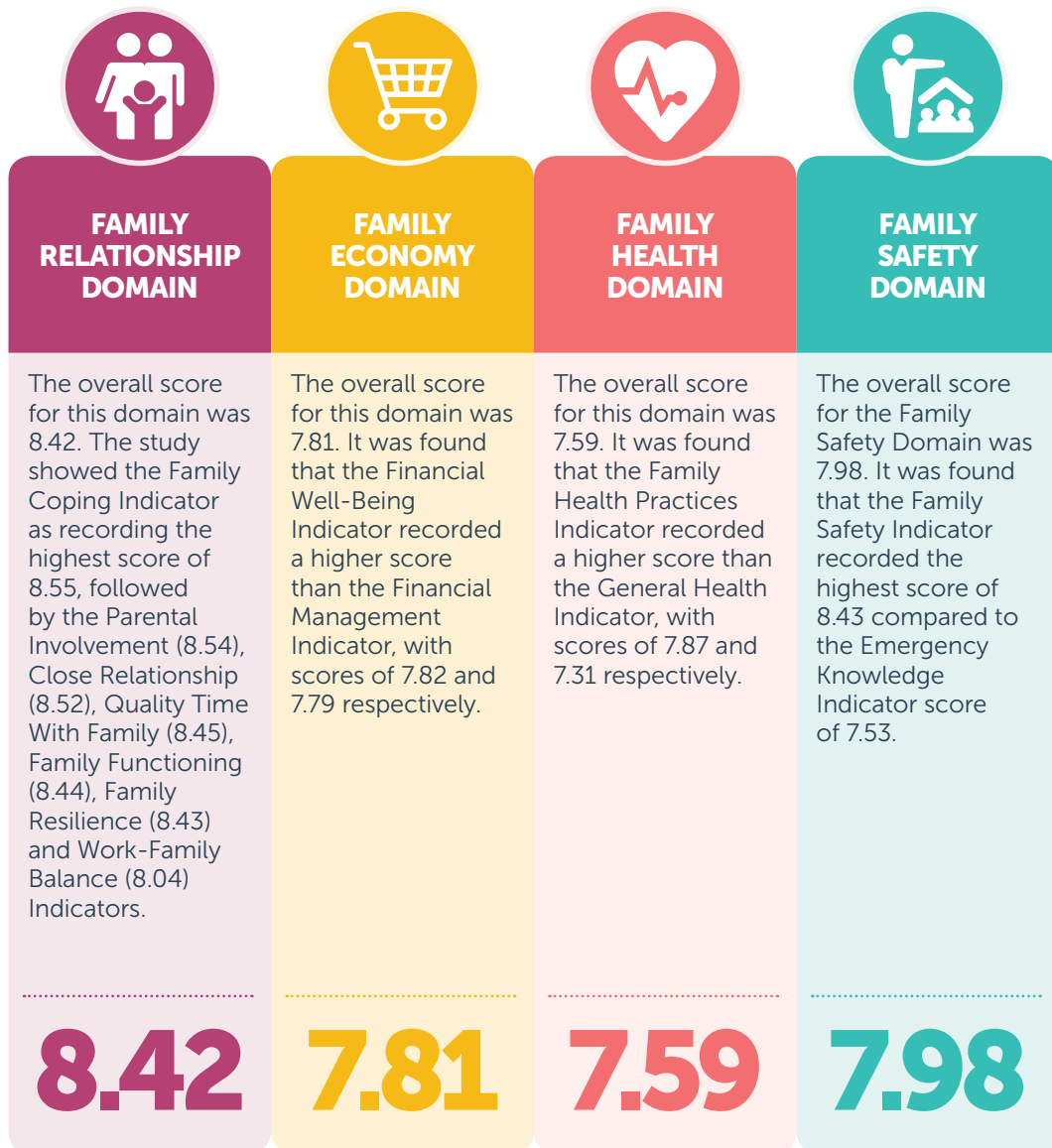
**FAMILY WELL-BEING INDICATOR SCORES BY HOUSEHOLD INCOME**

INDICATOR	RM1,000 & BELOW	RM1,001- RM4,000	RM4,001- 10,000	RM10,001 & ABOVE
<b>FAMILY RELATIONSHIP DOMAIN</b>				
Parental Involvement	8.20	8.47	8.60	8.58
Quality Time With Family	7.92	8.37	8.53	8.51
Work-Family Balance	7.63	7.87	7.83	7.82
Close Relationship	8.10	8.51	8.61	8.81
Family Functioning	8.15	8.41	8.51	8.51
Family Coping	8.21	8.46	8.52	8.58
Family Resilience	8.16	8.39	8.40	8.53
<b>FAMILY ECONOMY DOMAIN</b>				
Financial Well-Being	6.95	7.62	8.01	8.52
Financial Management	6.91	7.59	8.07	8.47
<b>FAMILY HEALTH DOMAIN</b>				
Family Health Practices	7.43	7.73	7.99	8.23
General Health	6.35	7.10	7.39	7.72
<b>FAMILY SAFETY DOMAIN</b>				
Family Safety	8.13	8.29	8.44	8.52
Emergency Knowledge	6.81	7.40	7.60	7.78
<b>FAMILY AND COMMUNITY INVOLVEMENT DOMAIN</b>				
Community Cooperation	7.61	7.75	7.80	7.81
Community Relationship	8.18	8.27	8.23	8.11
<b>FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN</b>				
Role of Religion	8.59	8.58	8.56	8.65
Spiritual Practices	7.98	7.95	7.80	8.27
<b>HOUSING AND ENVIRONMENT DOMAIN</b>				
Housing Area	6.80	7.48	7.61	7.86
Pollution Level	7.48	7.67	7.73	7.68
3R Practices	6.12	6.91	7.20	7.41
<b>FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN</b>				
Influence of Communication Application	6.05	6.12	6.33	6.27
Parental Control of Communication Technology Usage	6.99	7.50	7.58	7.67



**FWBI 2019 SCORES  
BY STATE**

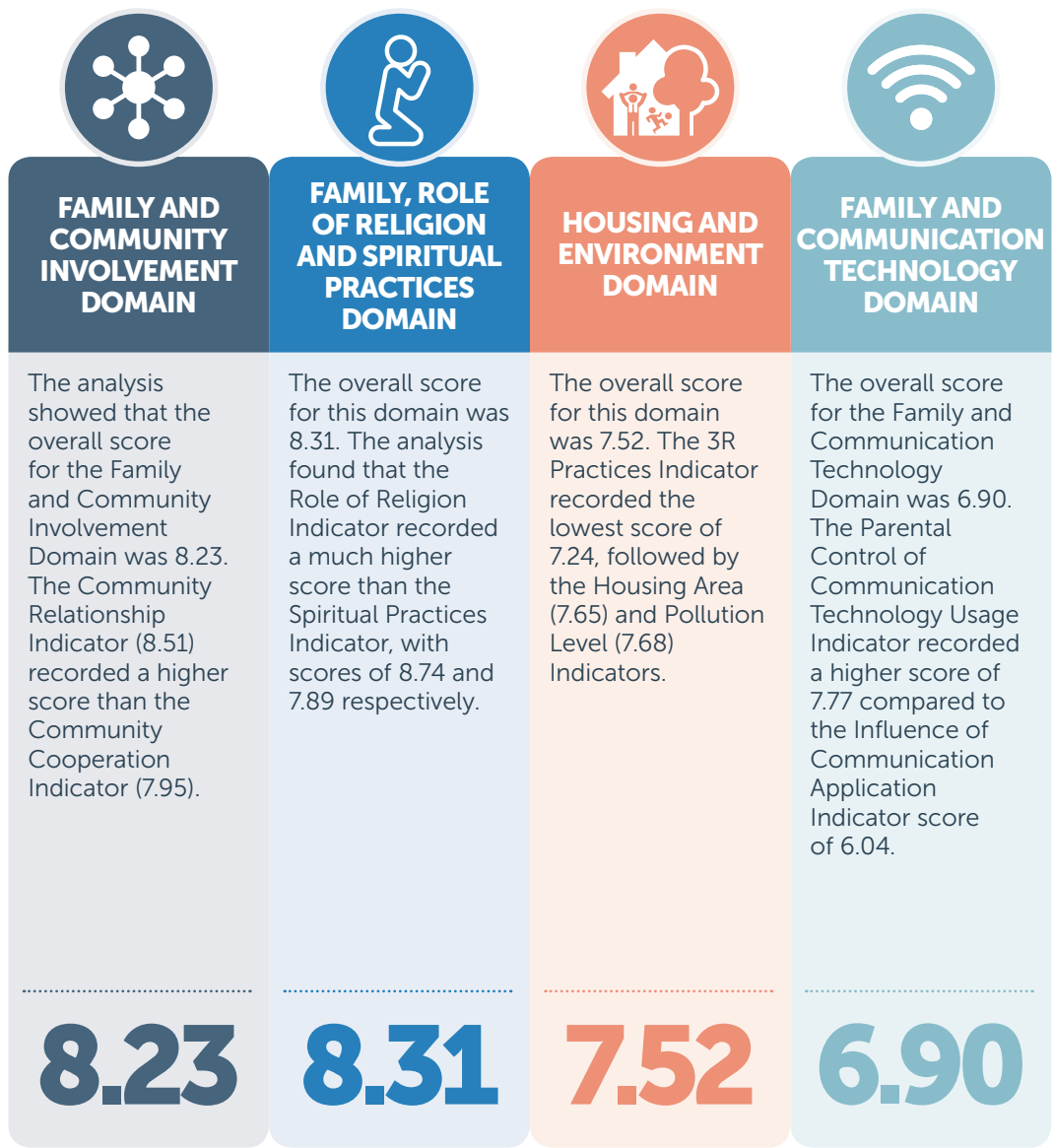
# JOHOR



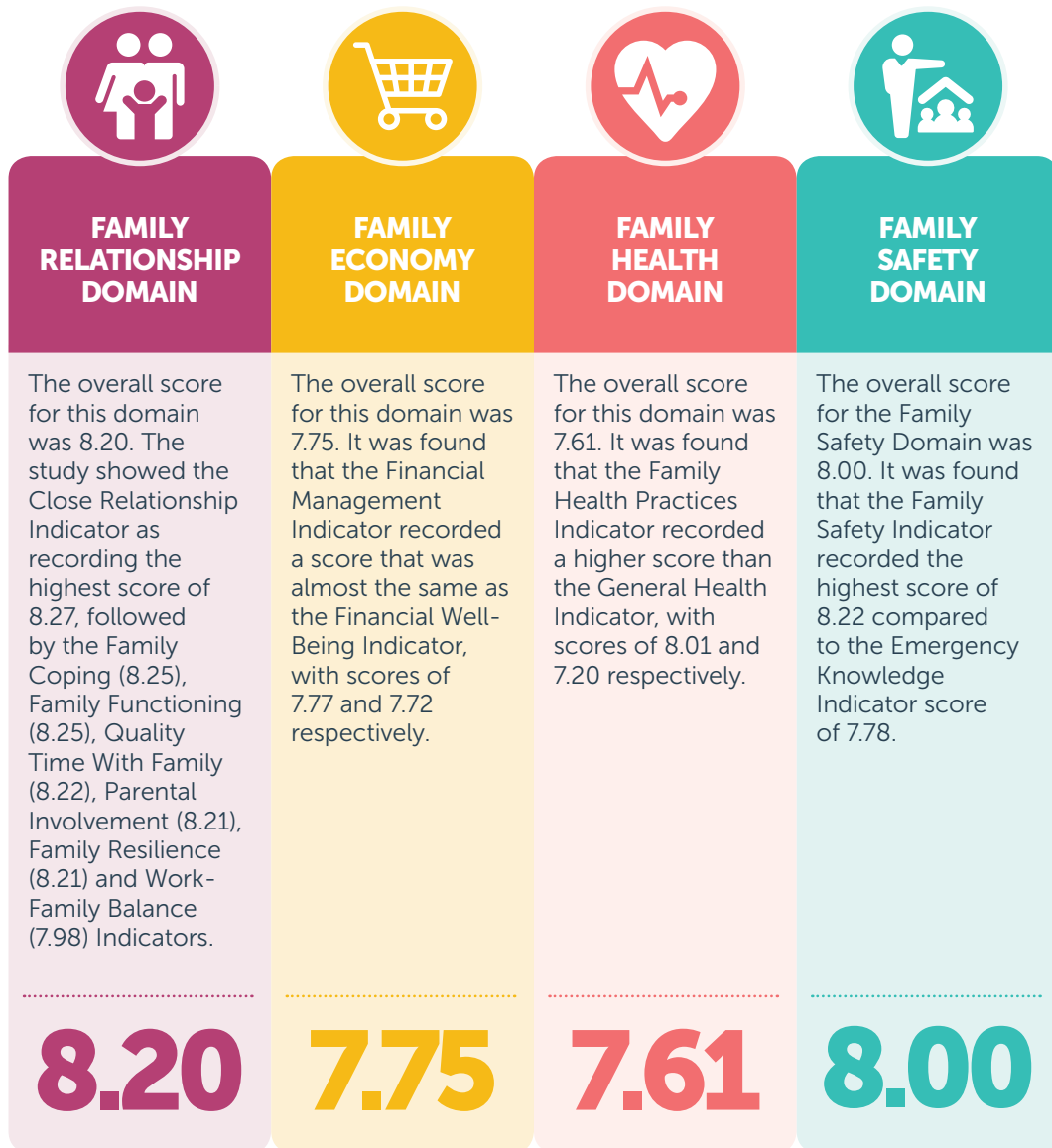
**MALAYSIAN FAMILY WELL-BEING INDEX 2019**

The Family Well-Being Index Score for **Johor** was **7.85**

from a maximum score of 10, which was at the moderate level.



## KEDAH

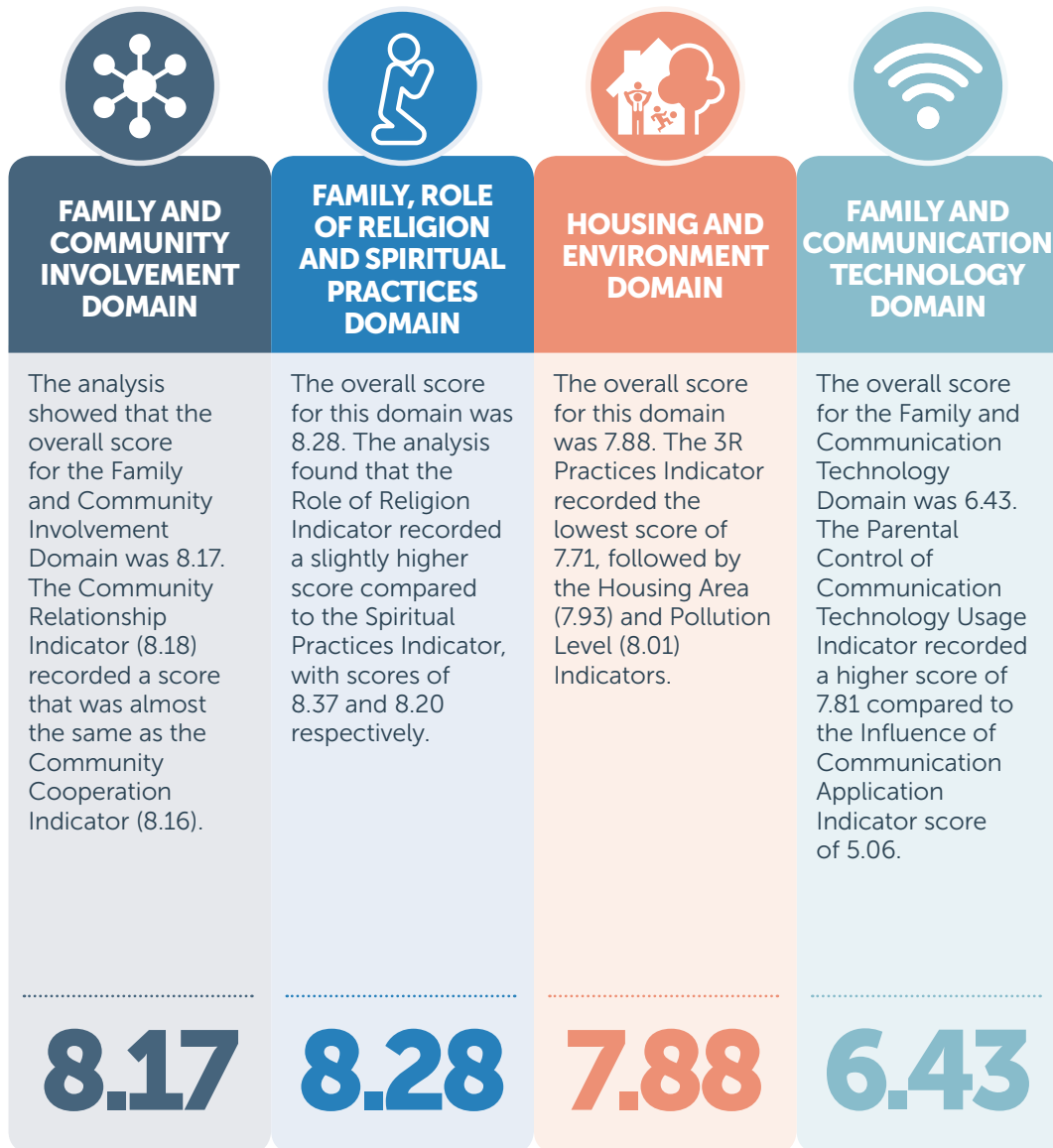


**MALAYSIAN FAMILY WELL-BEING INDEX 2019**

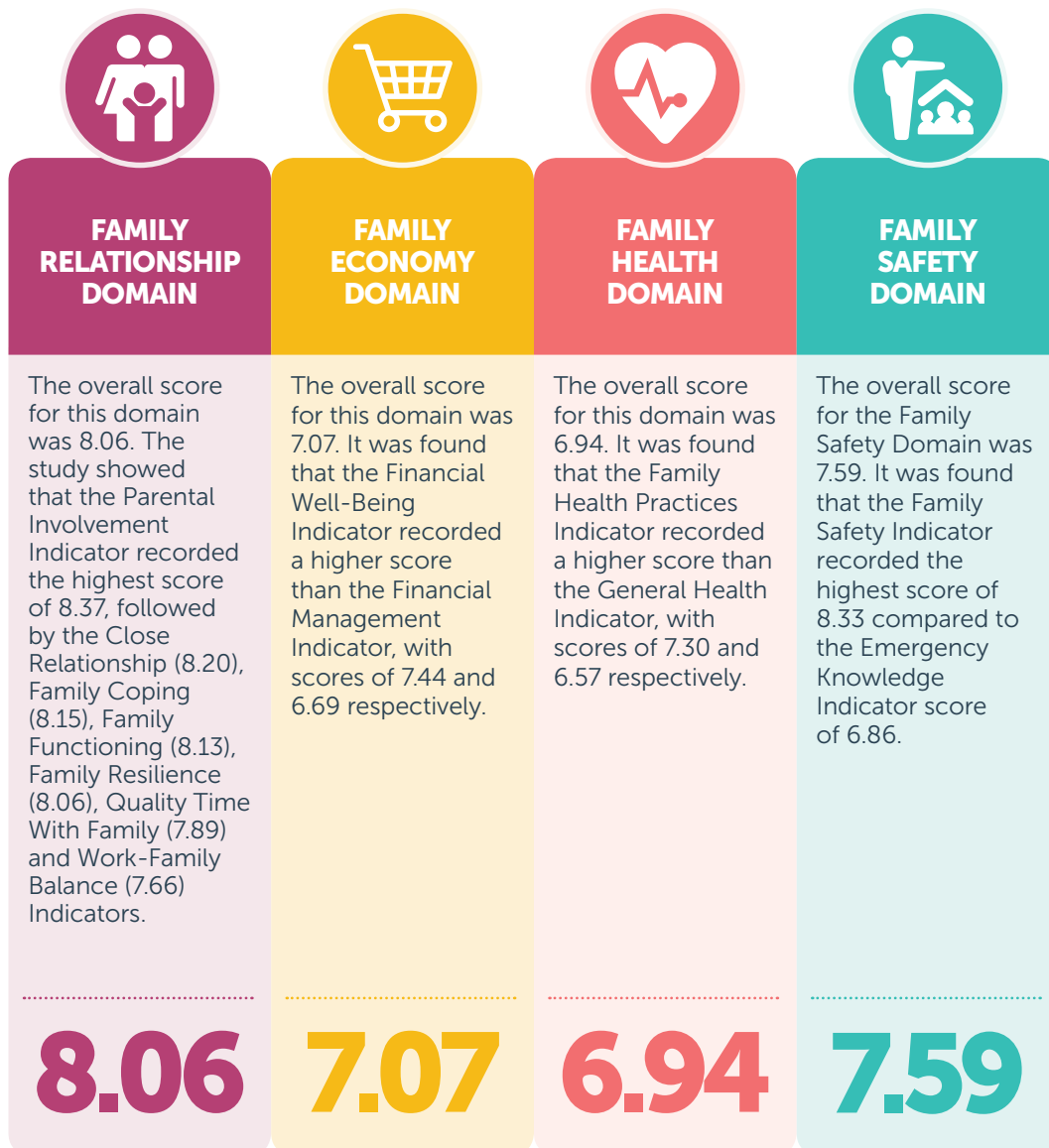
The Family Well-Being Index Score for **Kedah** was **7.79**

from a maximum score of 10, which was at the moderate level.





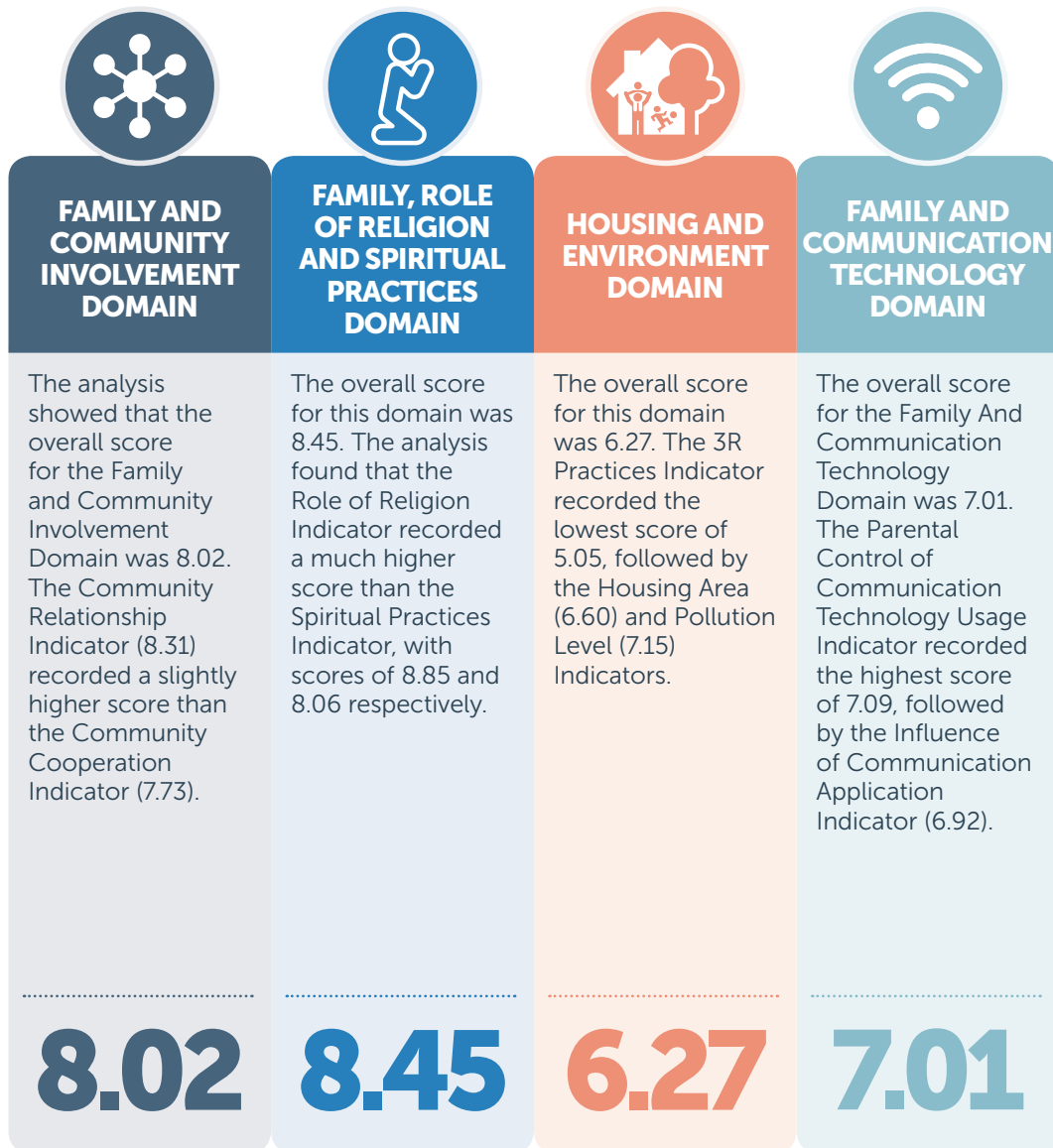
## KELANTAN



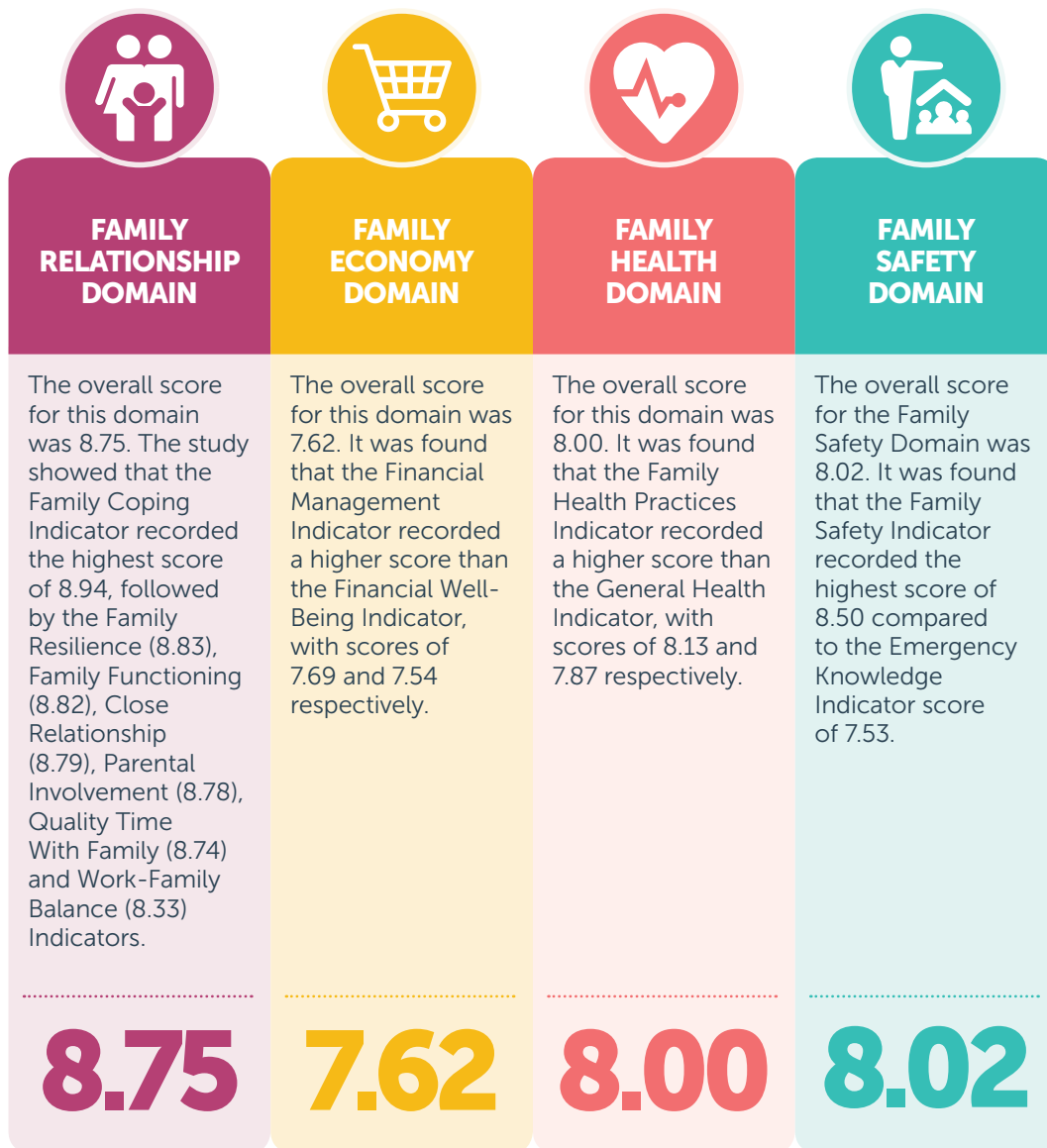
**MALAYSIAN FAMILY WELL-BEING INDEX 2019**

The Family Well-Being Index Score for **Kelantan** was **7.43**

from a maximum score of 10, which was at the moderate level.



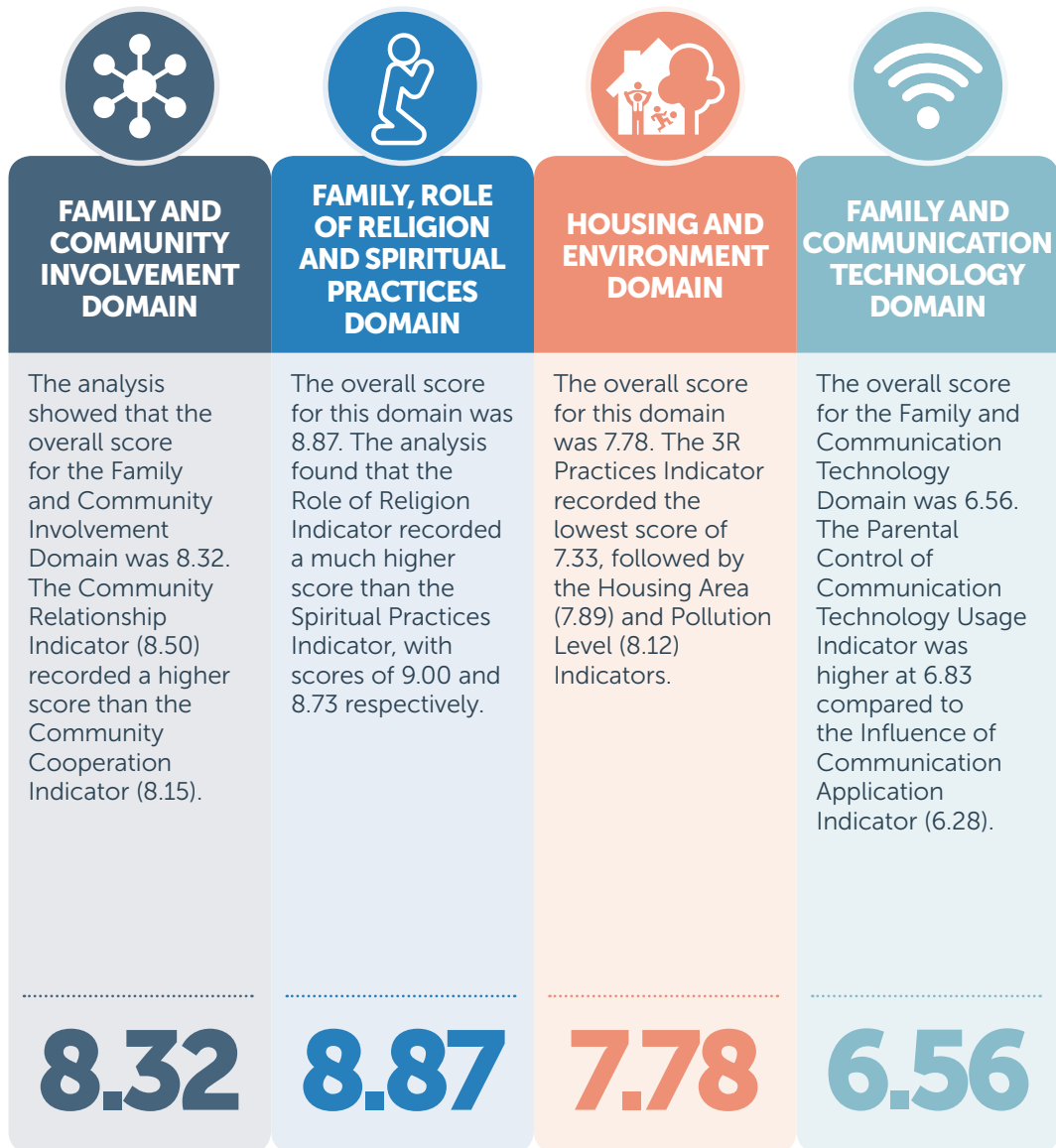
## MALACCA



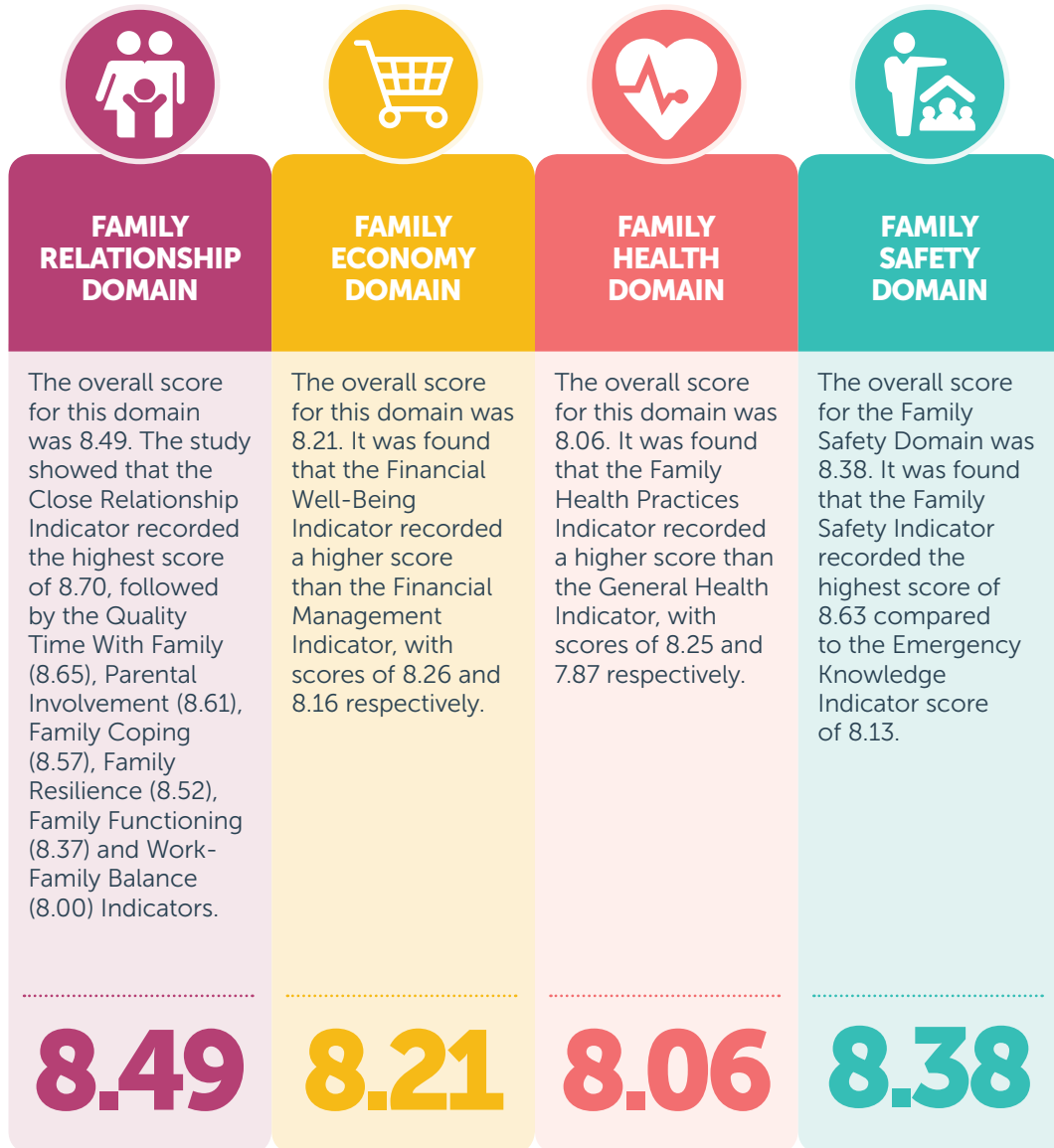
**MALAYSIAN FAMILY WELL-BEING INDEX 2019**

The Family Well-Being Index Score for **Malacca** was **7.99**

from a maximum score of 10, which was at the moderate level.



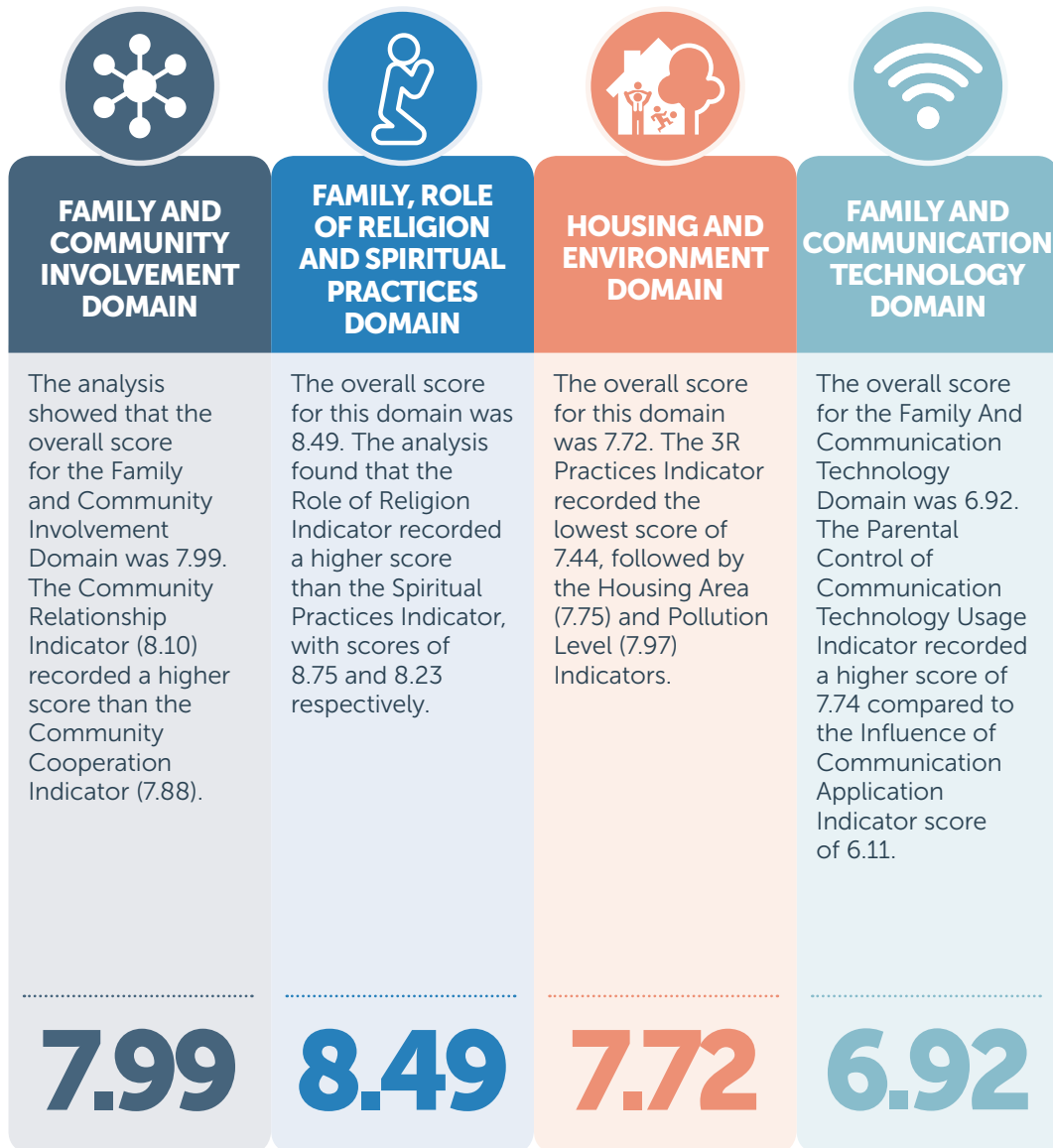
## NEGERI SEMBILAN



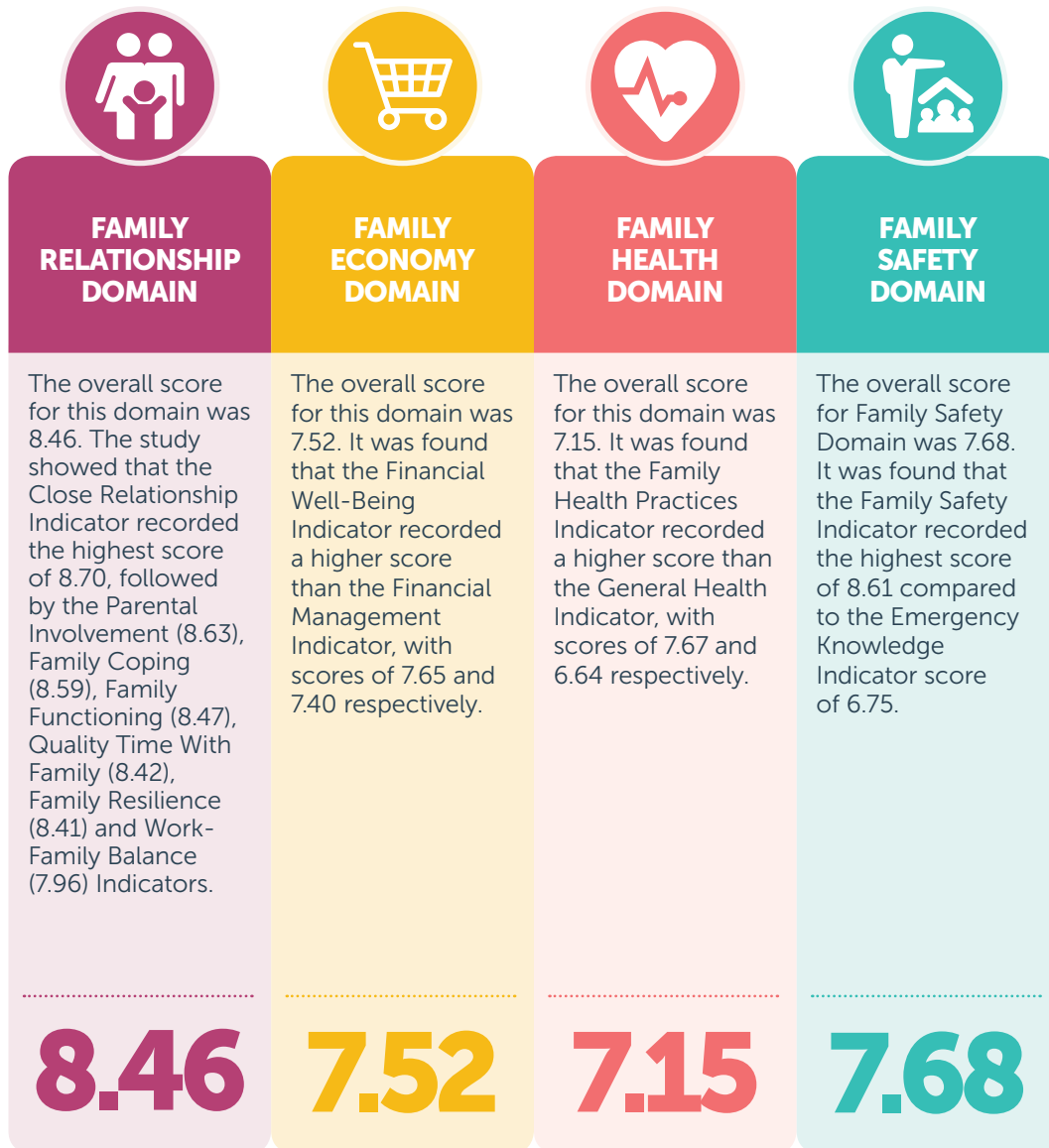
**MALAYSIAN FAMILY WELL-BEING INDEX 2019**

The Family Well-Being Index Score for **Negeri Sembilan** was **8.03**

from a maximum score of 10, which was at the high level.



## PAHANG

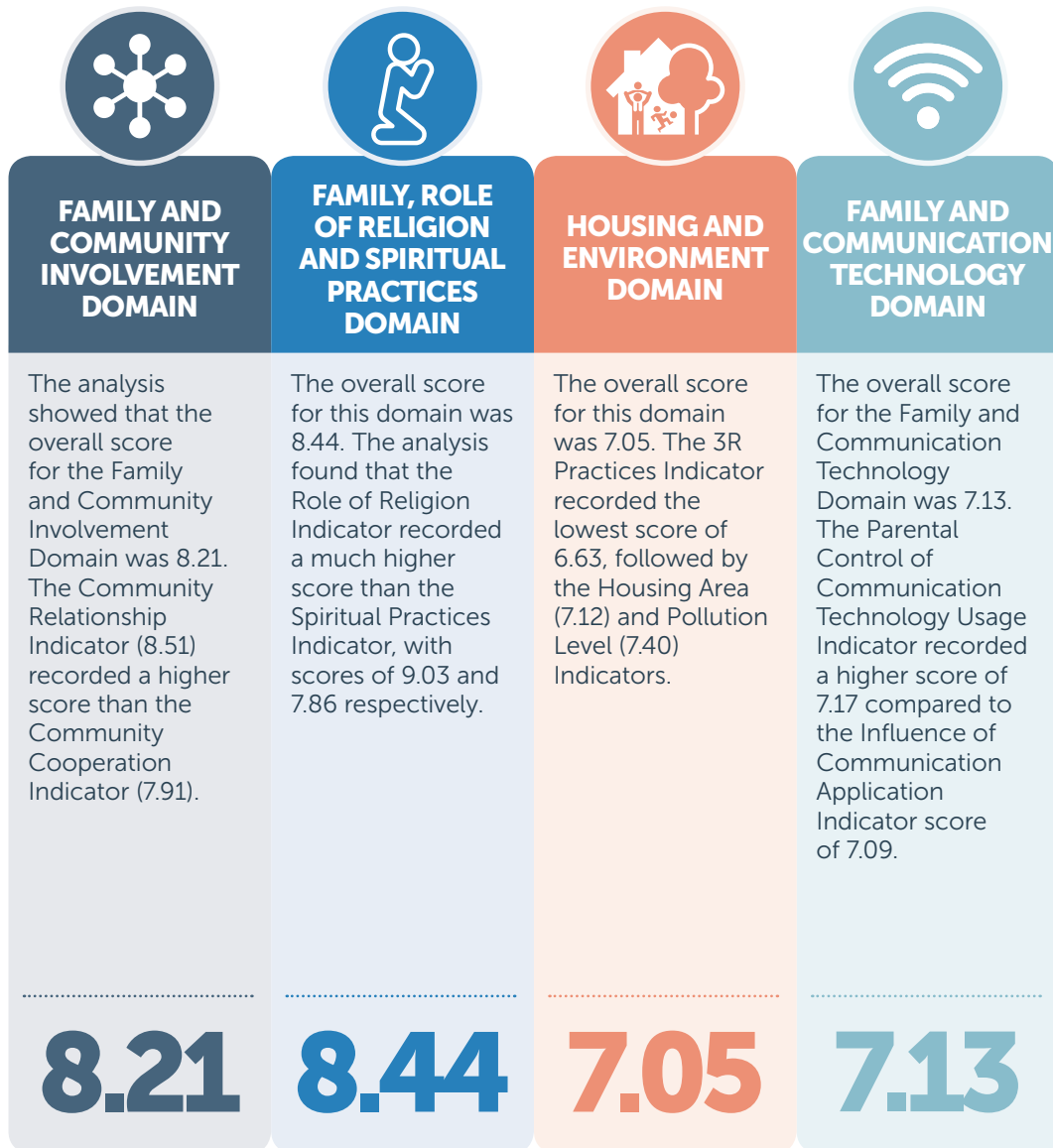


**MALAYSIAN FAMILY WELL-BEING INDEX 2019**

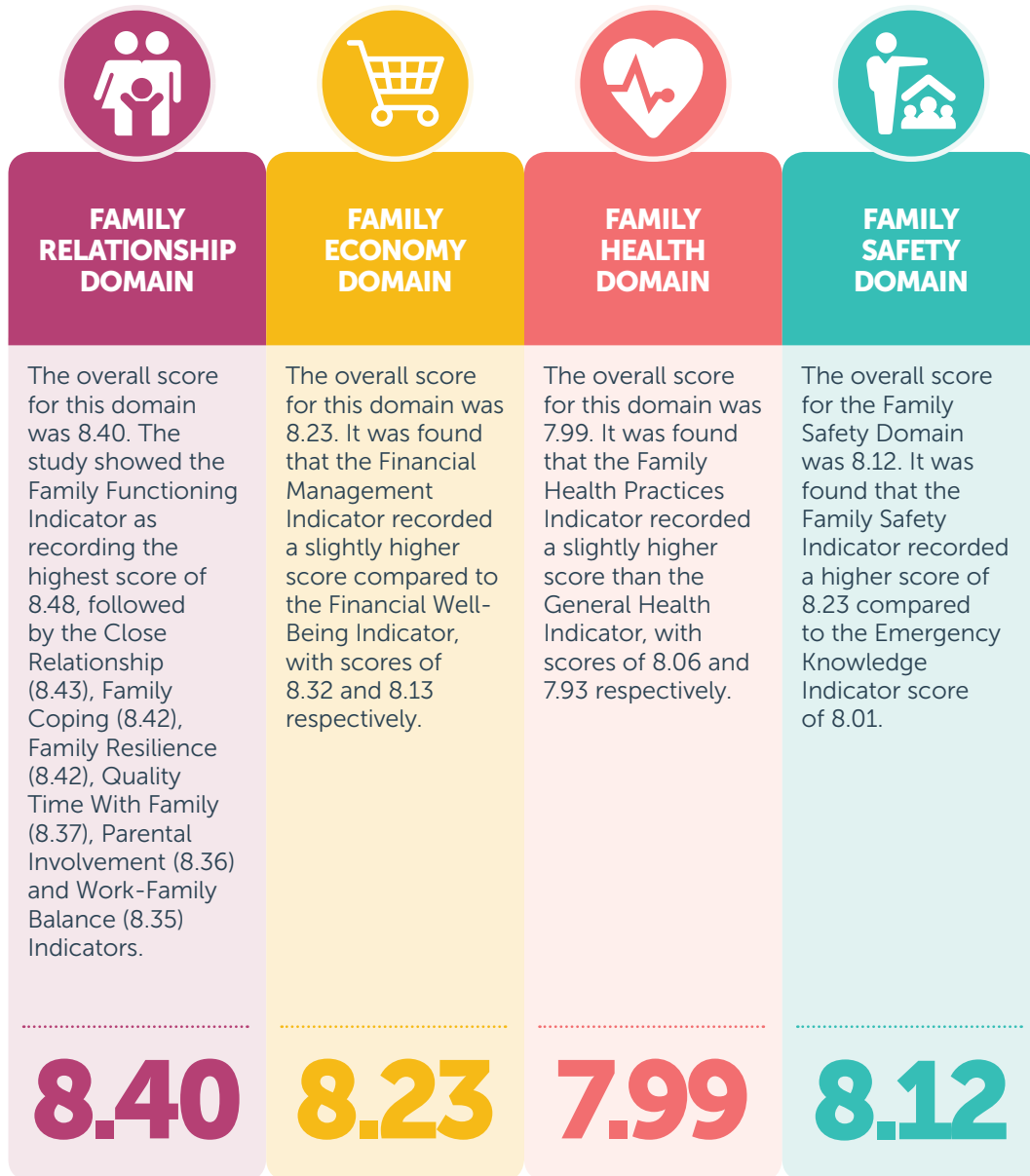
The Family Well-Being Index Score for **Pahang** was **7.70**

from a maximum score of 10, which was at the moderate level.





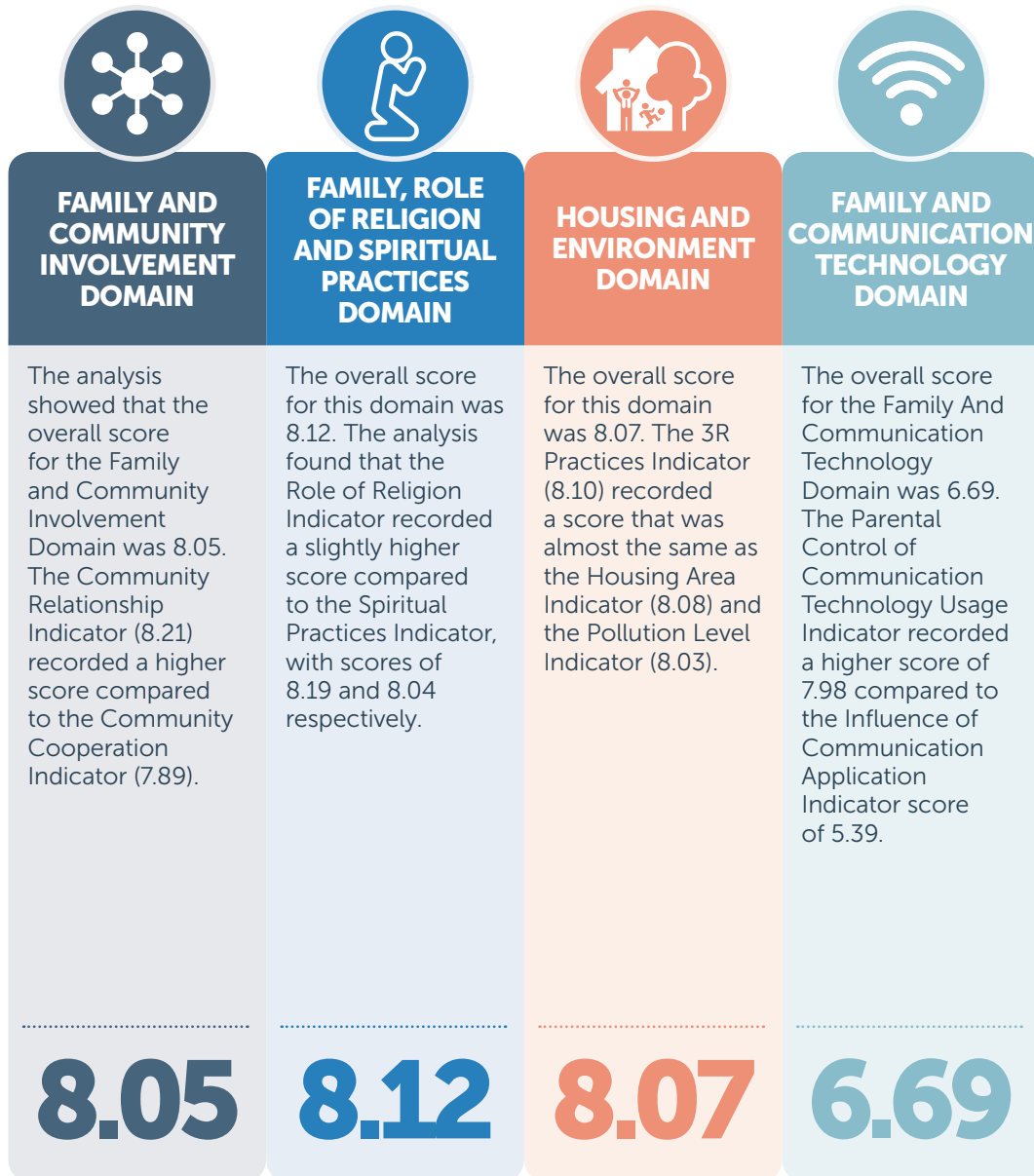
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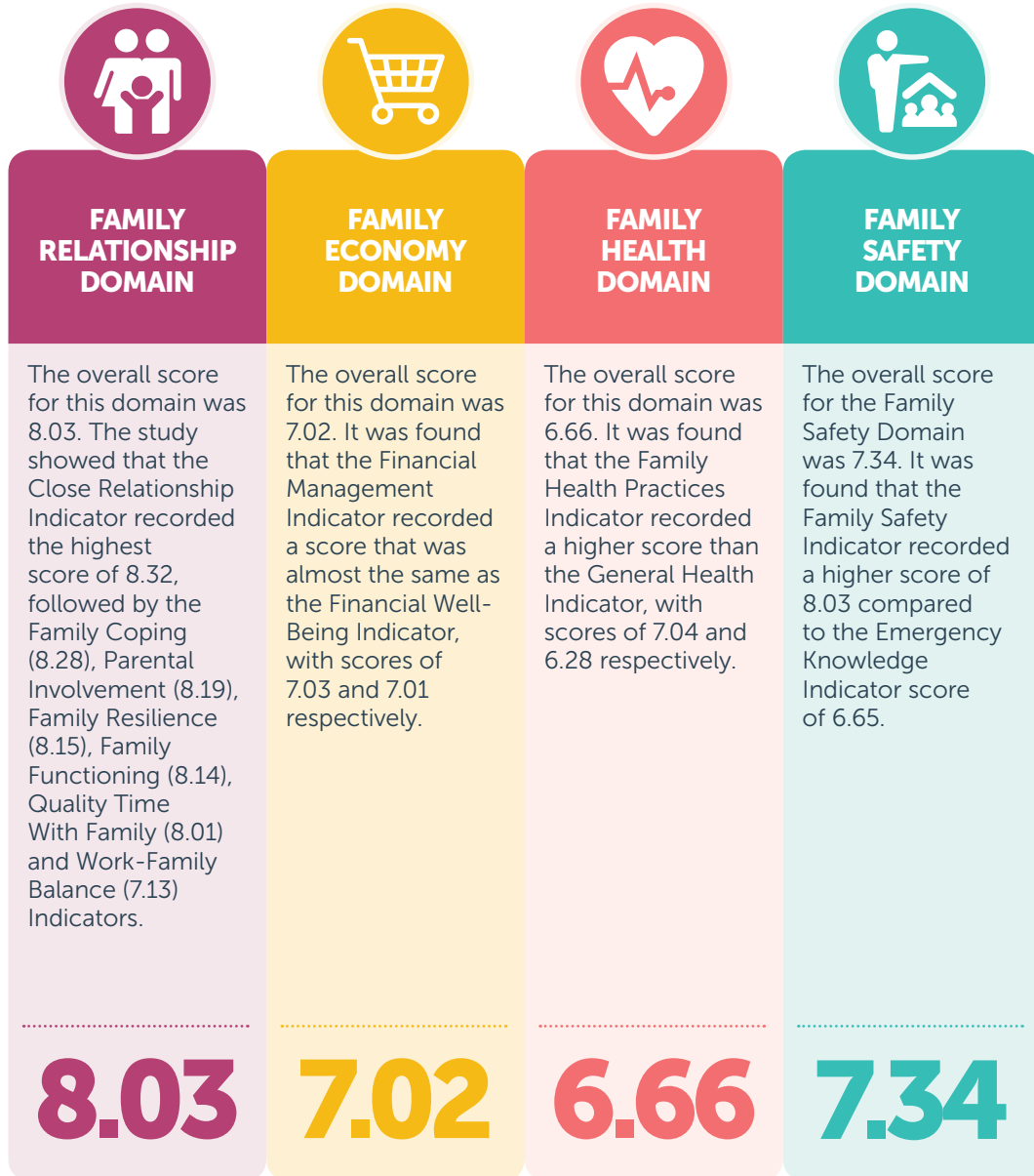
**MALAYSIAN FAMILY WELL-BEING INDEX 2019**

The Family Well-Being Index Score for **Penang** was **7.96**

from a maximum score of 10, which was at the moderate level.



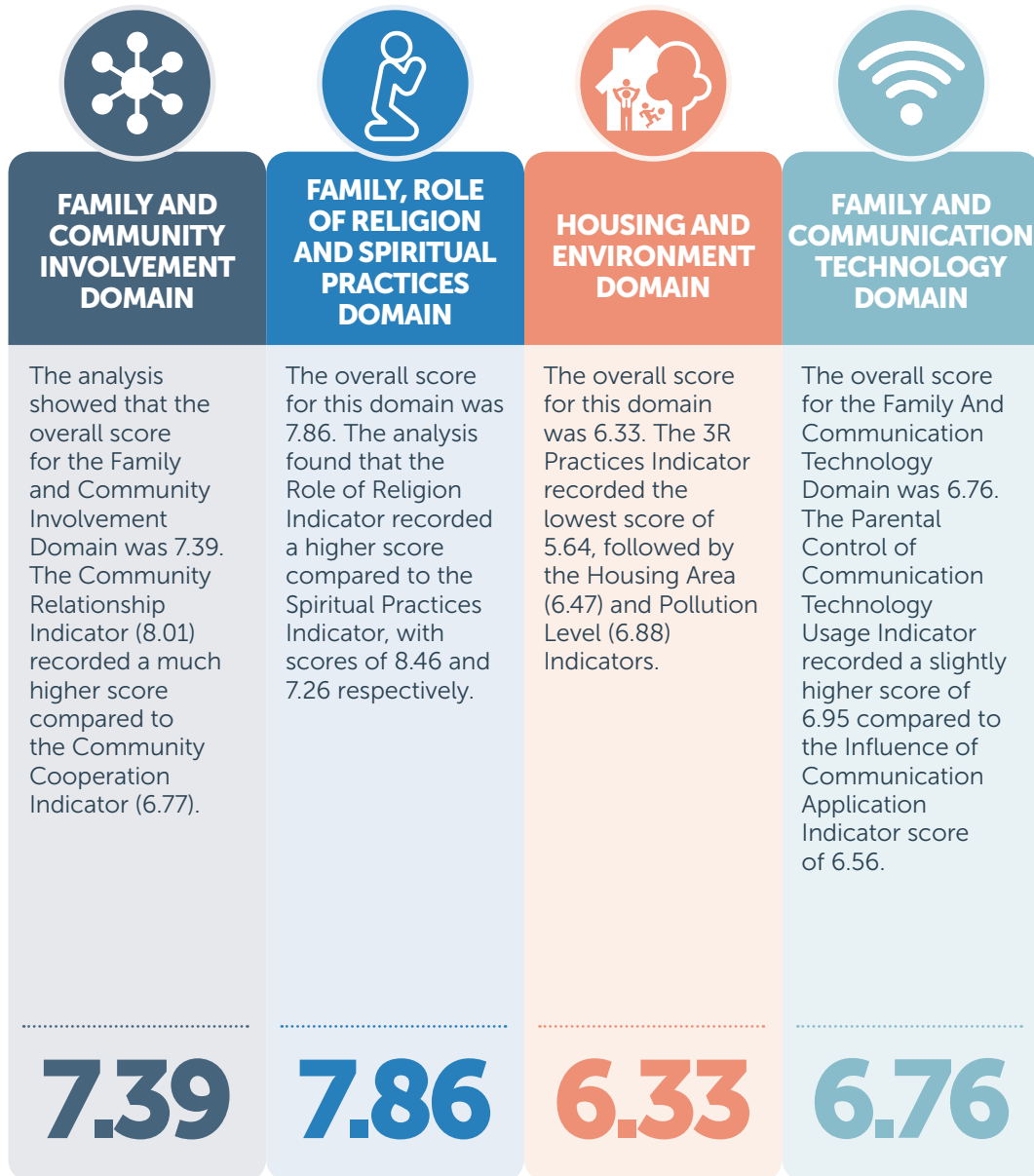
## PERAK



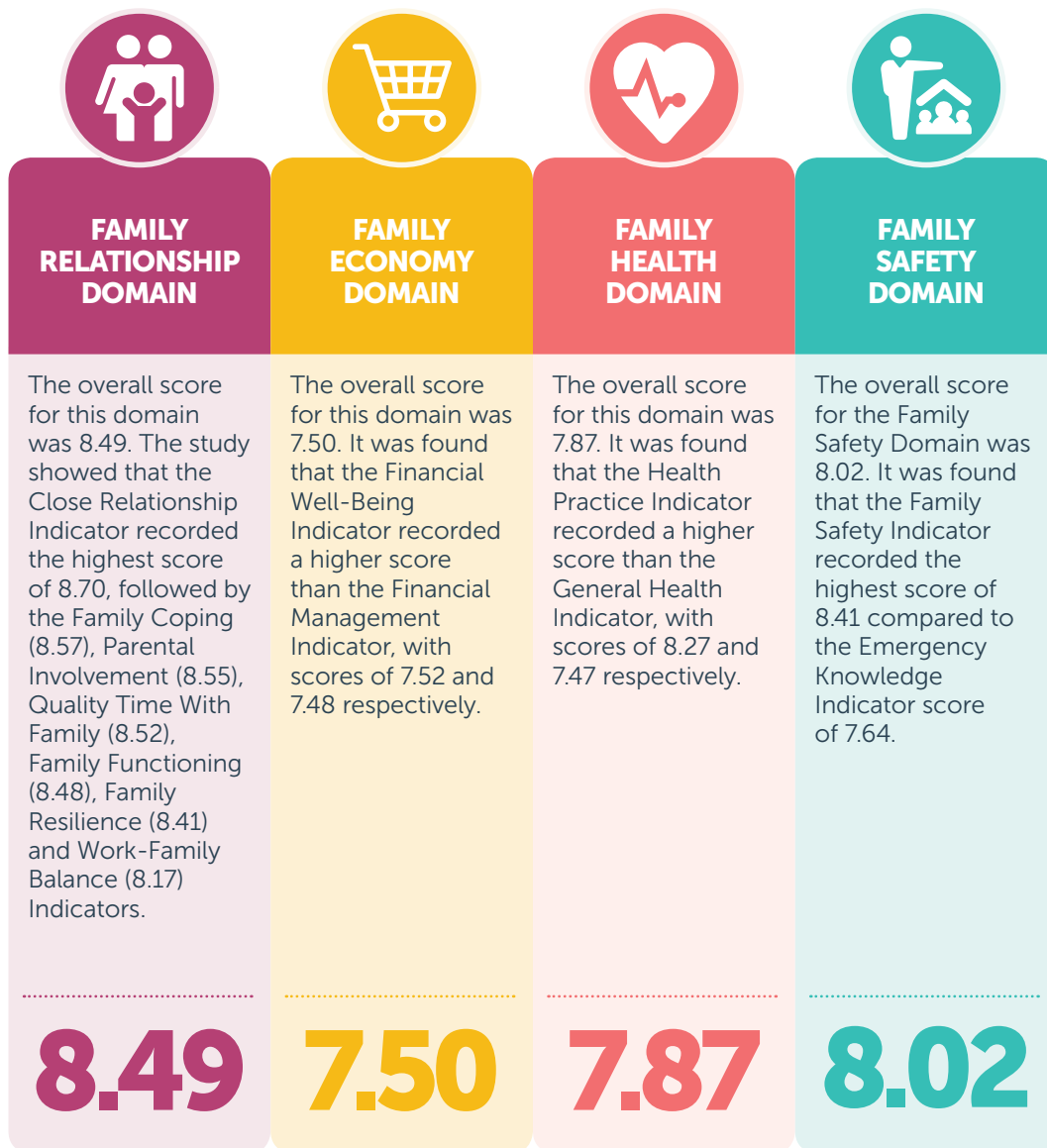
**MALAYSIAN FAMILY WELL-BEING INDEX 2019**

 The Family Well-Being Index Score for **Perak** was **7.17**

from a maximum score of 10, which was at the moderate level.



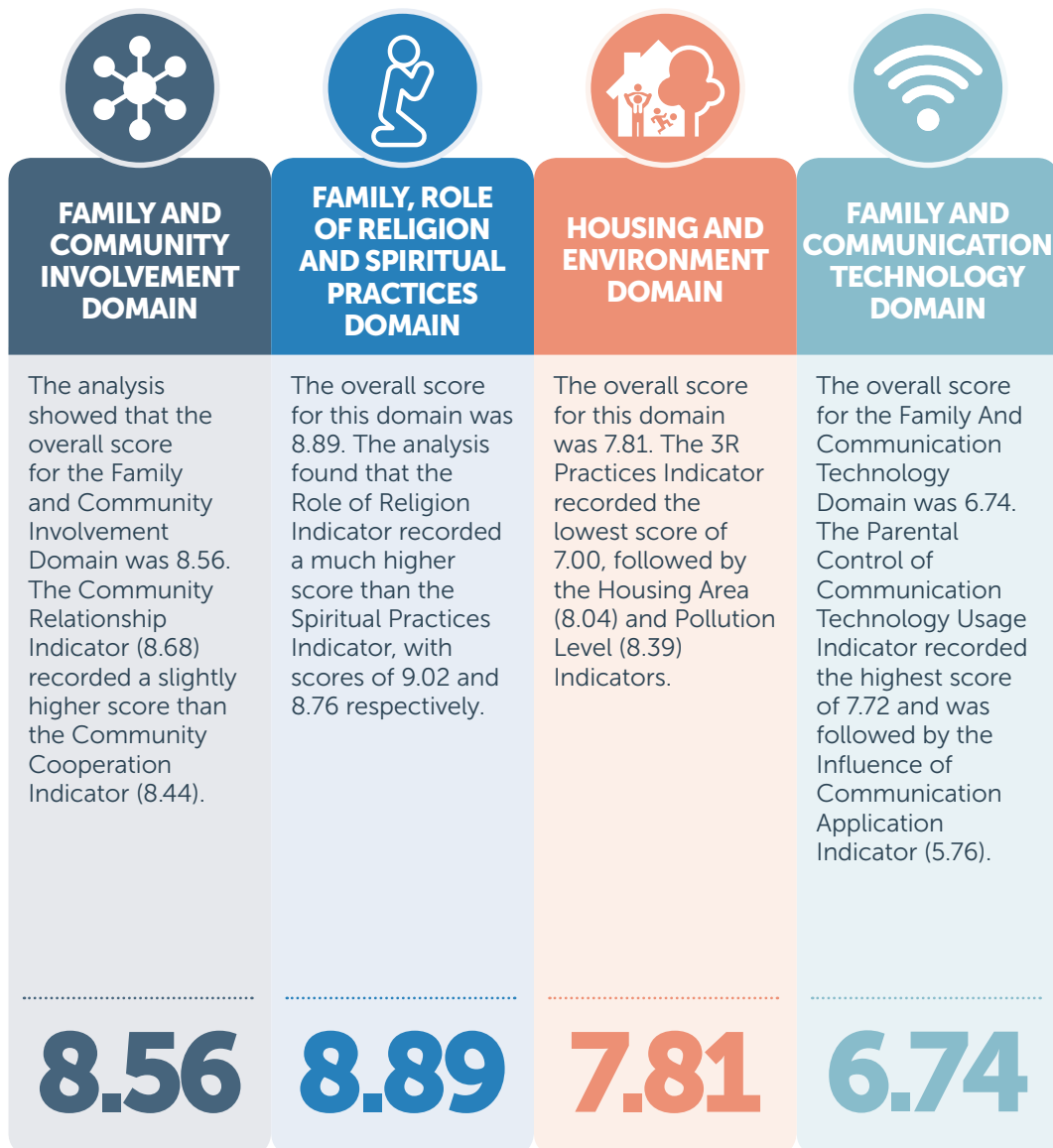
## PERLIS



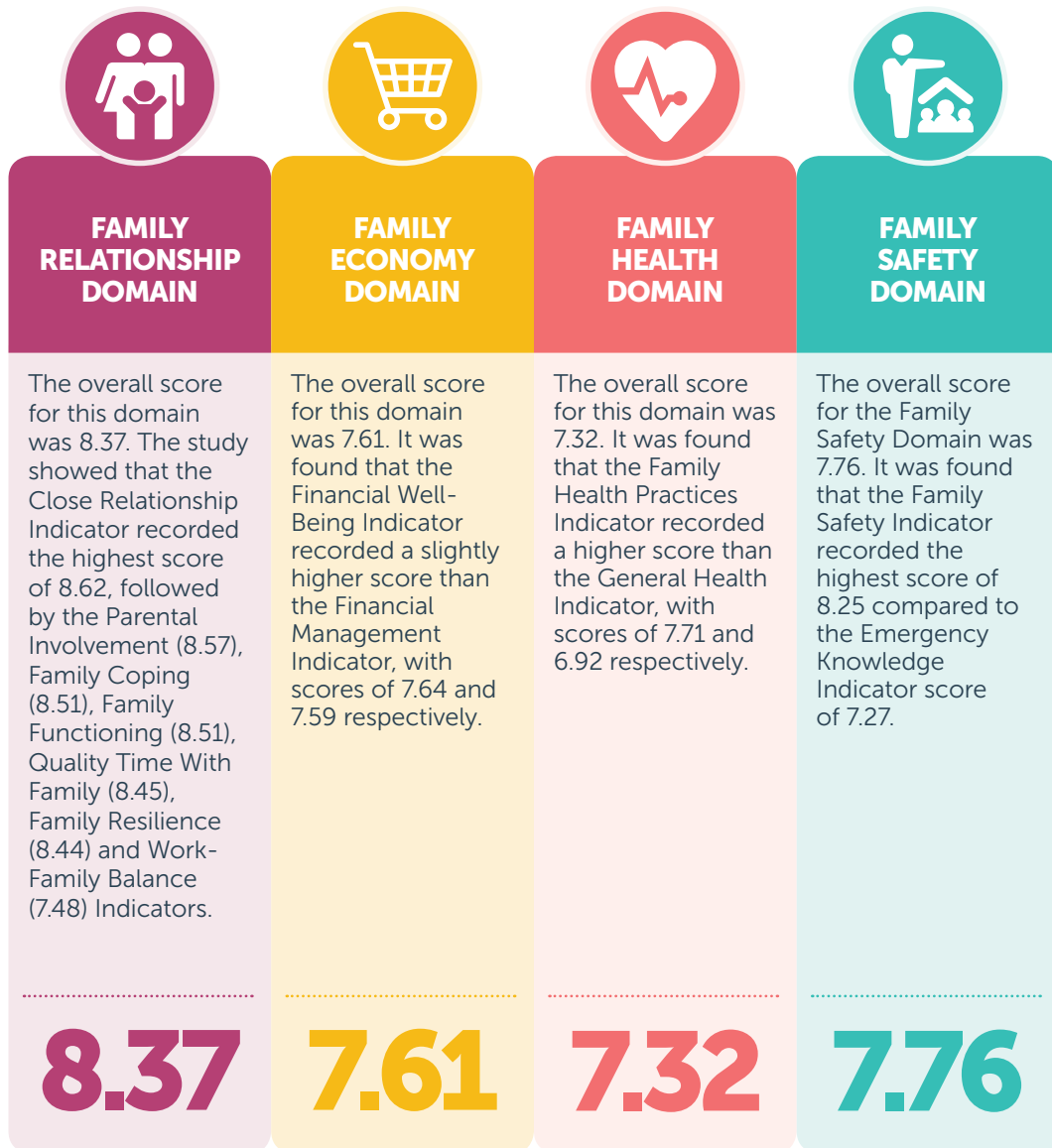
**MALAYSIAN FAMILY WELL-BEING INDEX 2019**

The Family Well-Being Index Score for **Perlis** was **7.99**

from a maximum score of 10, which was at the moderate level.



## SELANGOR

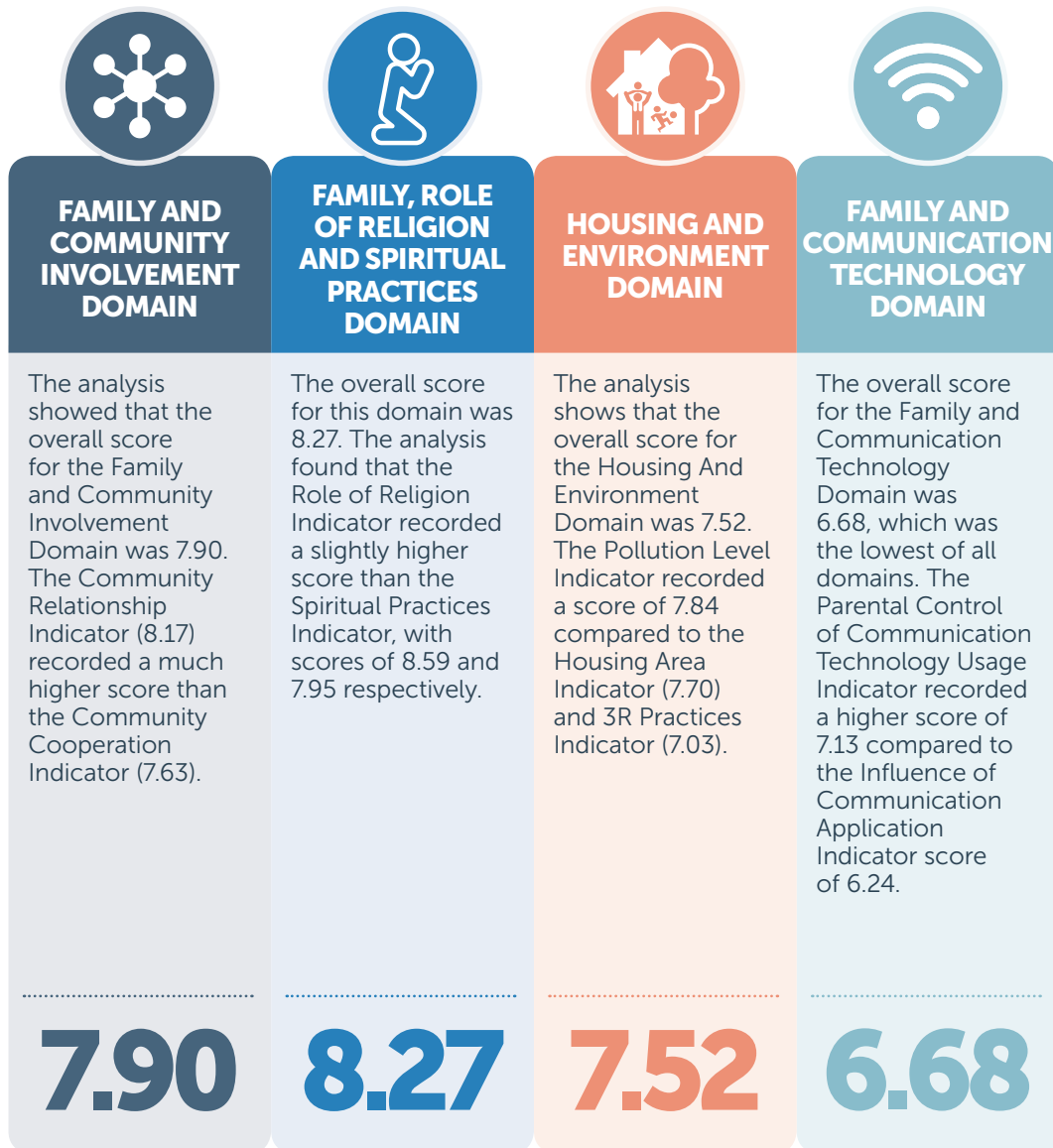


**MALAYSIAN FAMILY WELL-BEING INDEX 2019**

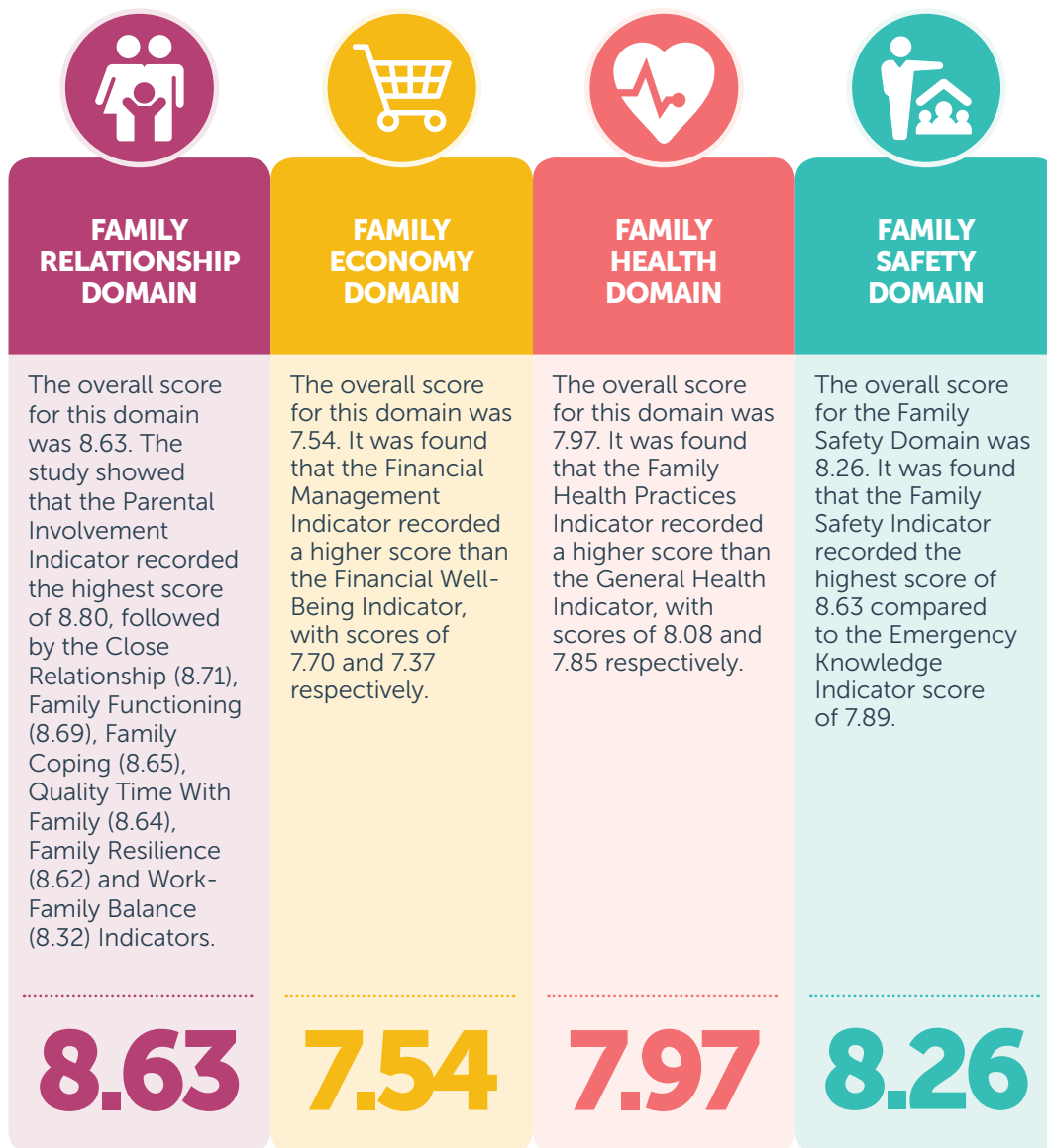
The Family Well-Being Index Score for **Selangor** was **7.68**

from a maximum score of 10, which was at the moderate level.





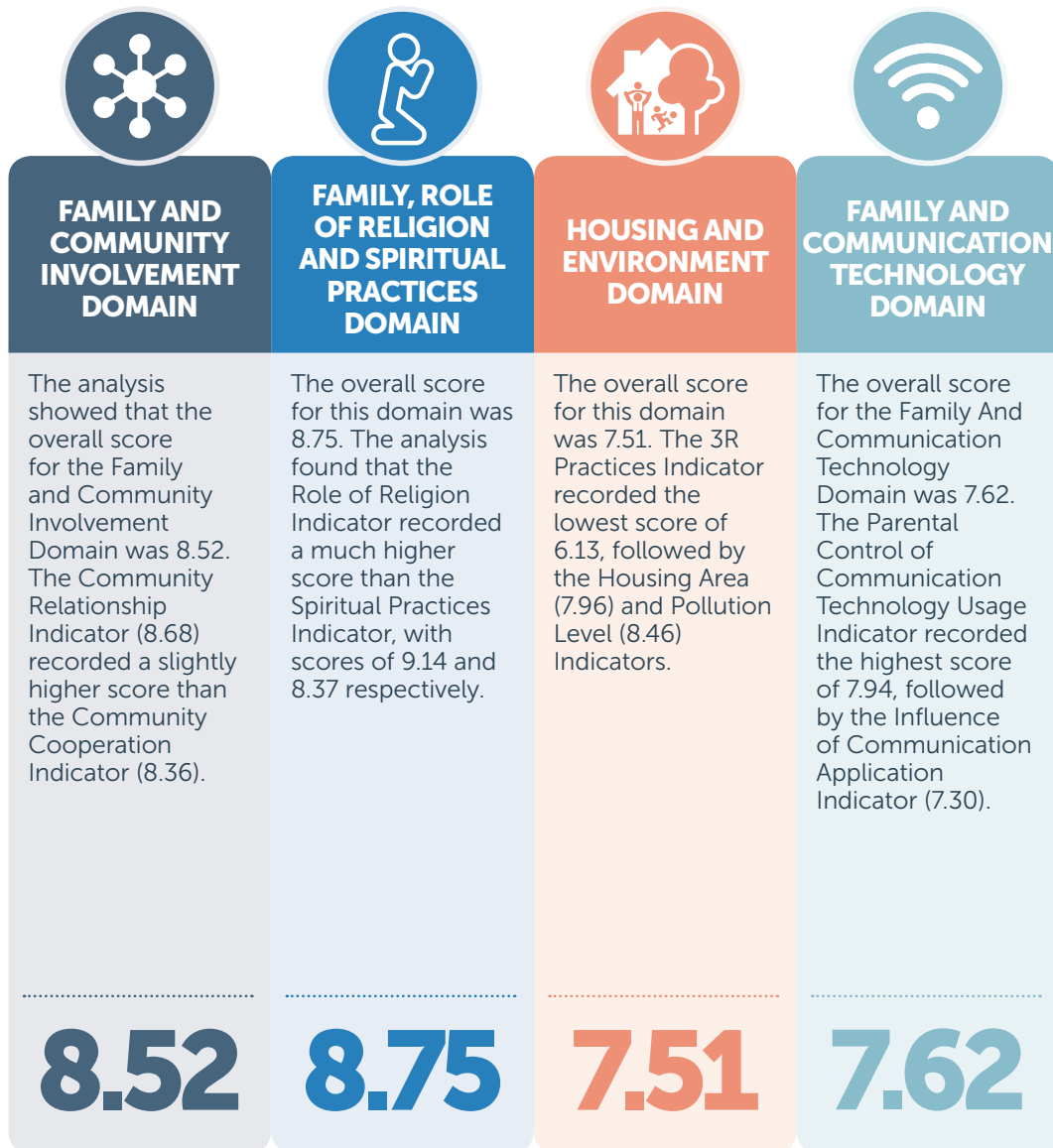
## TERENGGANU



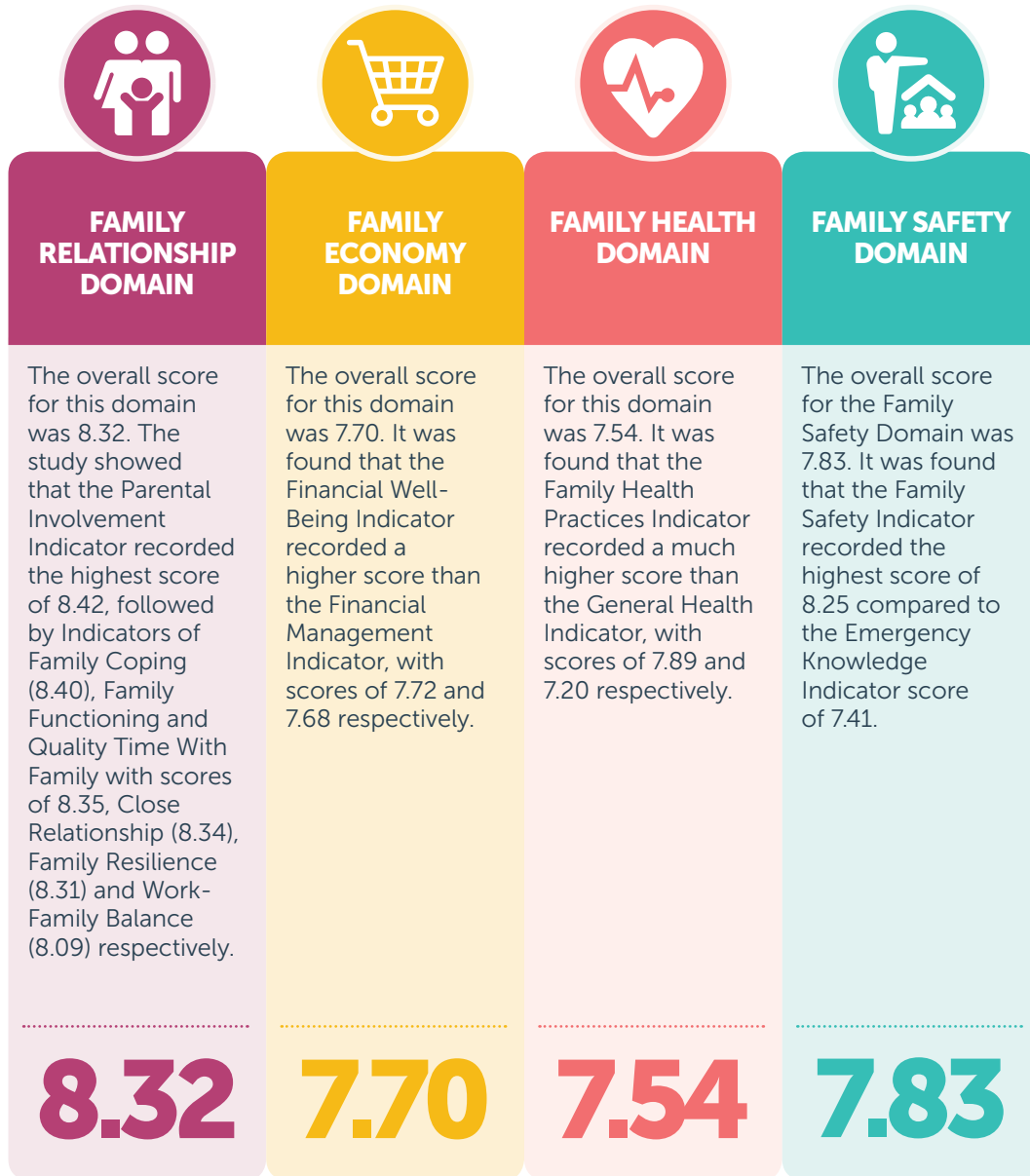
**MALAYSIAN FAMILY WELL-BEING INDEX 2019**

The Family Well-Being Index Score for **Terengganu** was **8.10**

from a maximum score of 10, which was at the high level.



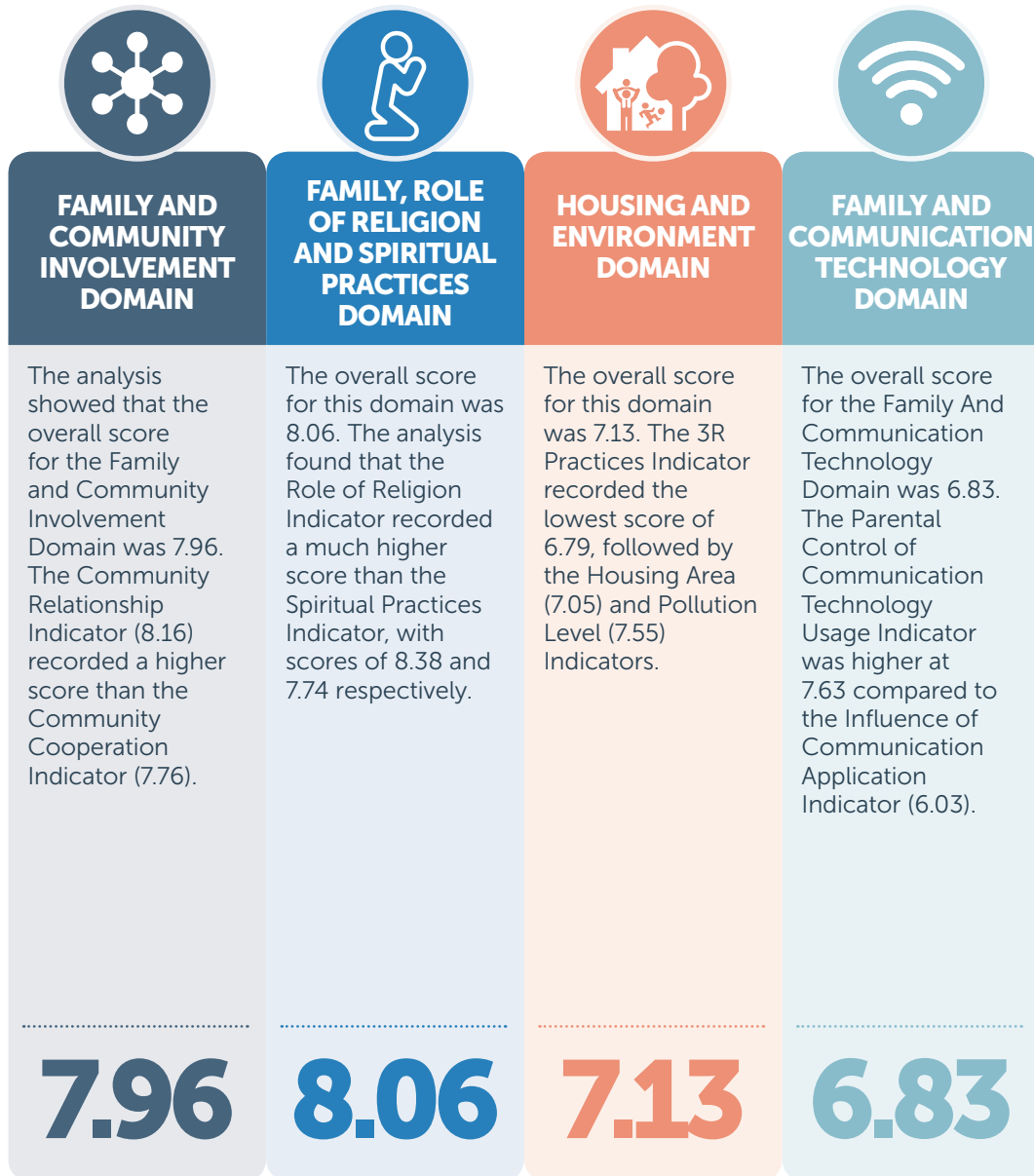
## SABAH



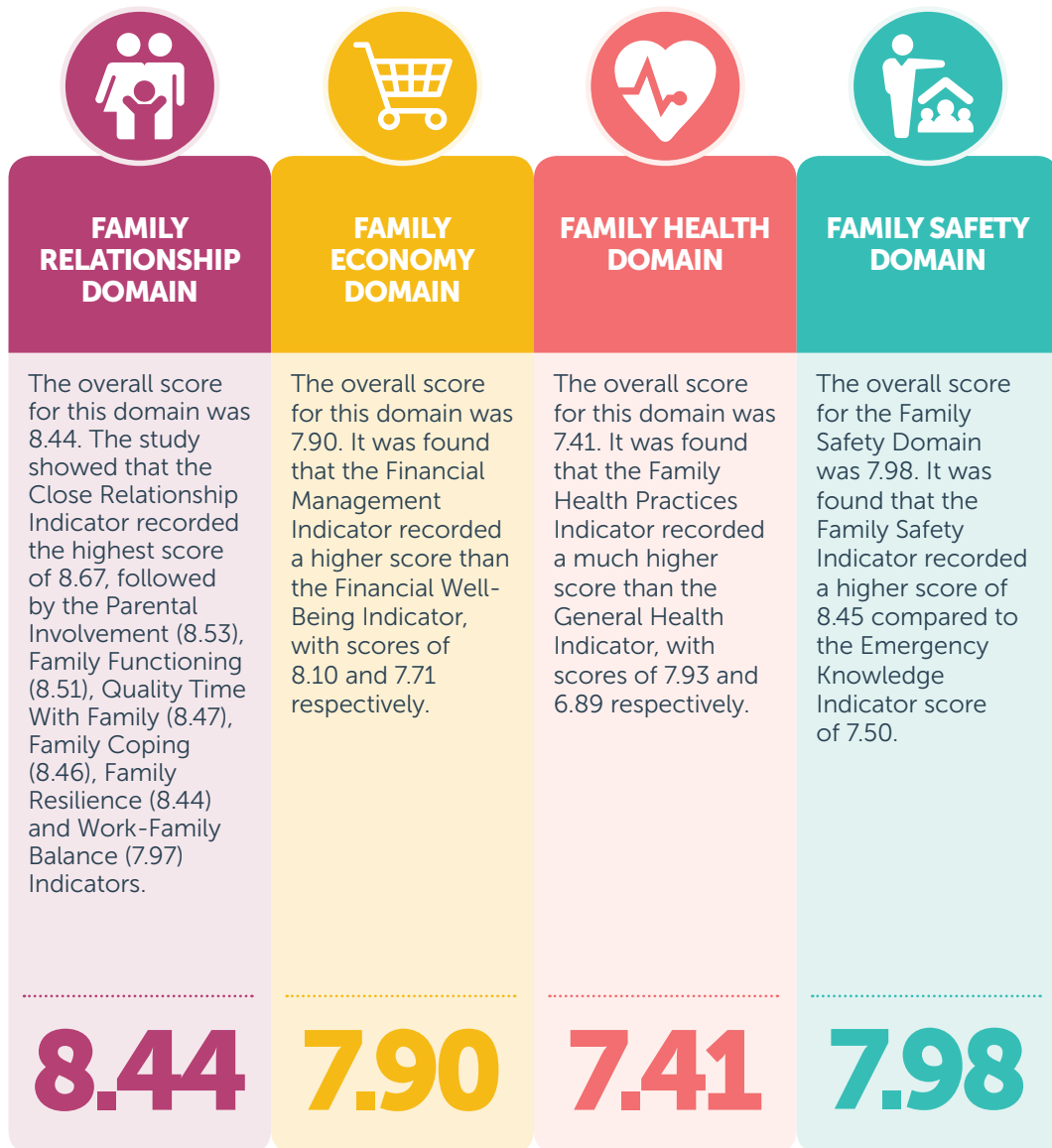
**MALAYSIAN FAMILY WELL-BEING INDEX 2019**

 The Family Well-Being Index Score for **Sabah** was **7.67**

from a maximum score of 10, which was at the moderate level.



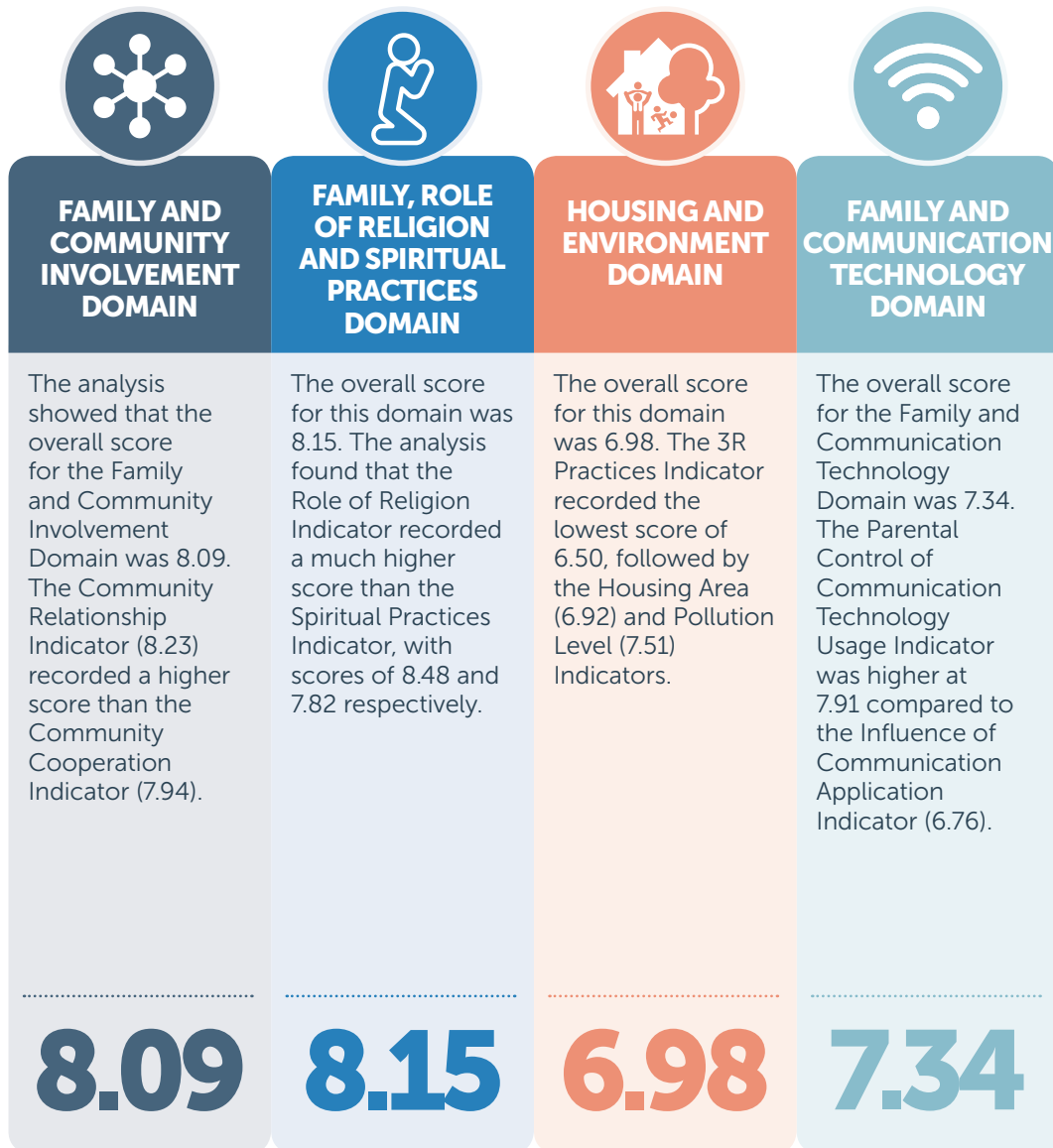
## SARAWAK



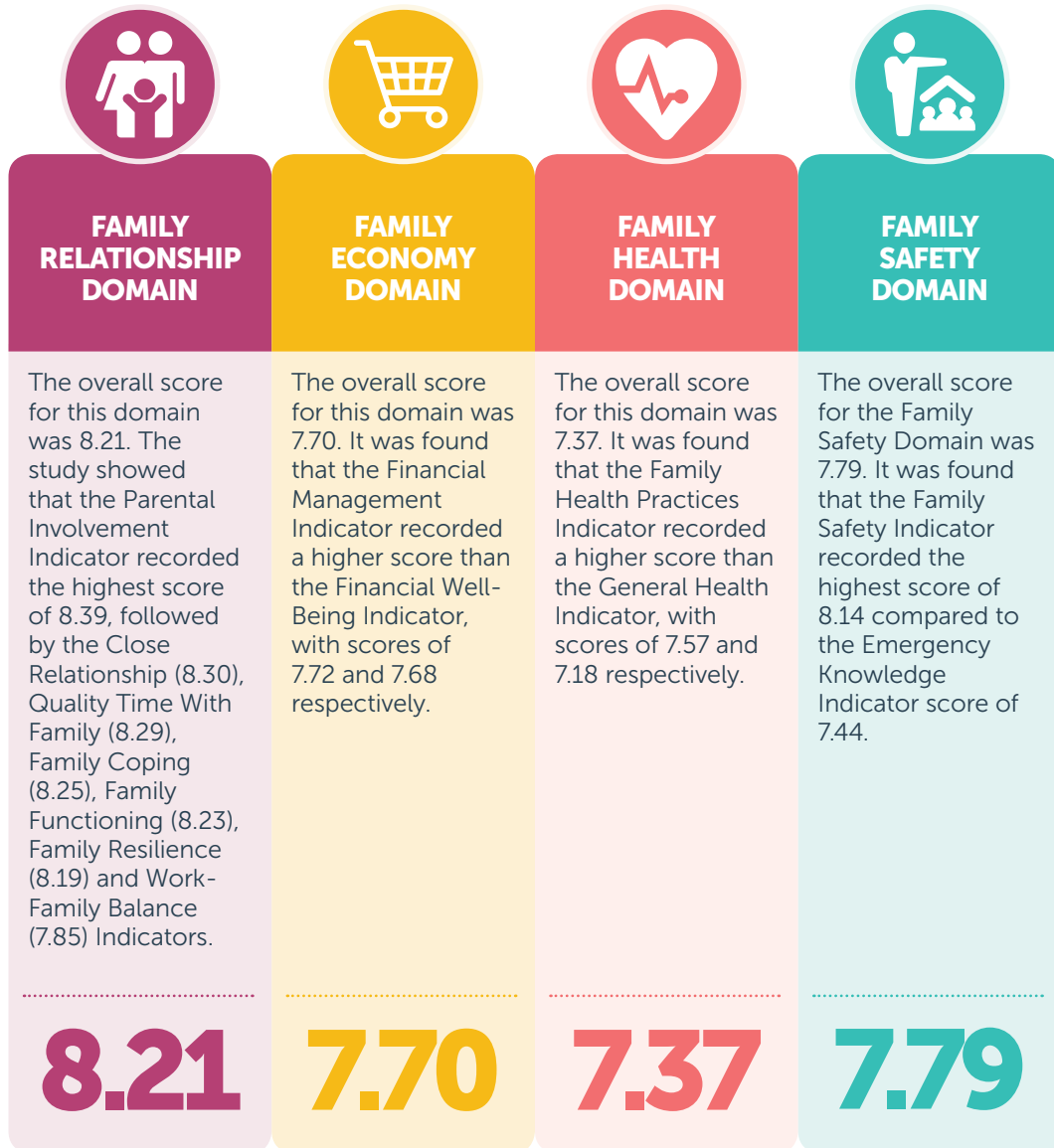
**MALAYSIAN FAMILY WELL-BEING INDEX 2019**

The Family Well-Being Index Score for **Sarawak** was **7.78**

from a maximum score of 10, which was at the moderate level.



## FEDERAL TERRITORY OF KUALA LUMPUR



**MALAYSIAN  
FAMILY  
WELL-BEING  
INDEX 2019**

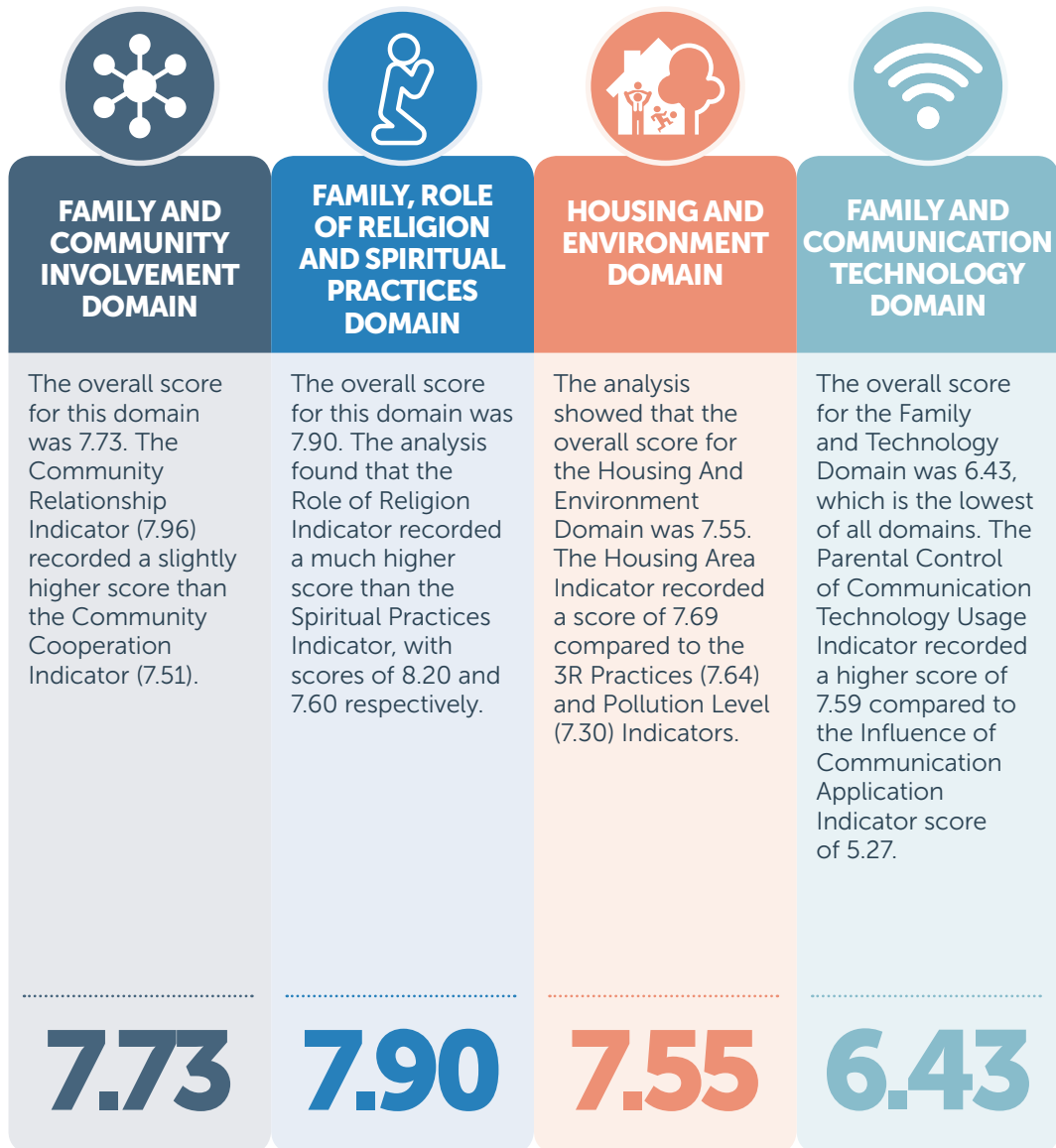


The Family Well-Being Index Score for the **F.T. of Kuala Lumpur** was

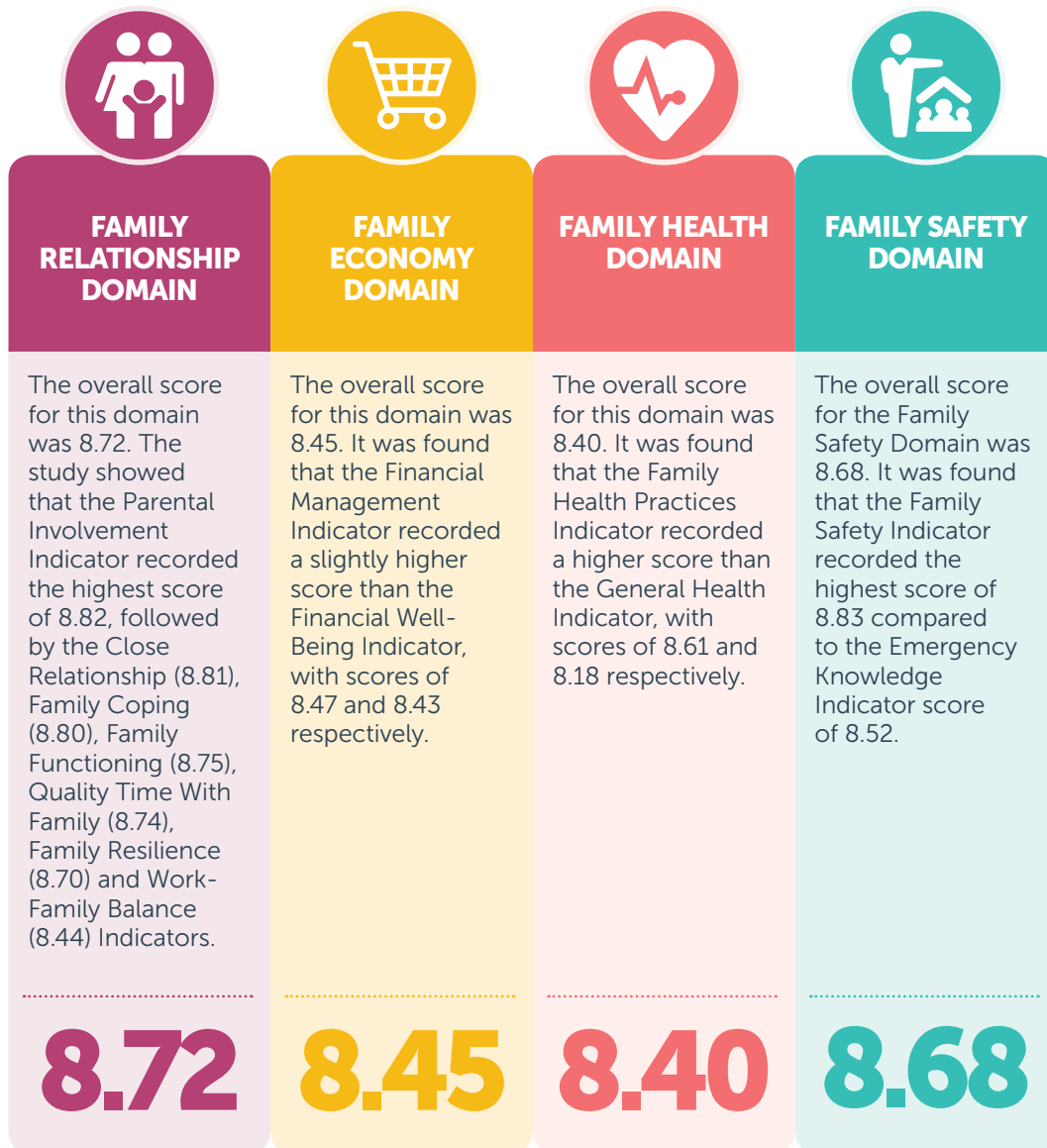
**7.59**

from a maximum score of 10, which was at the moderate level.





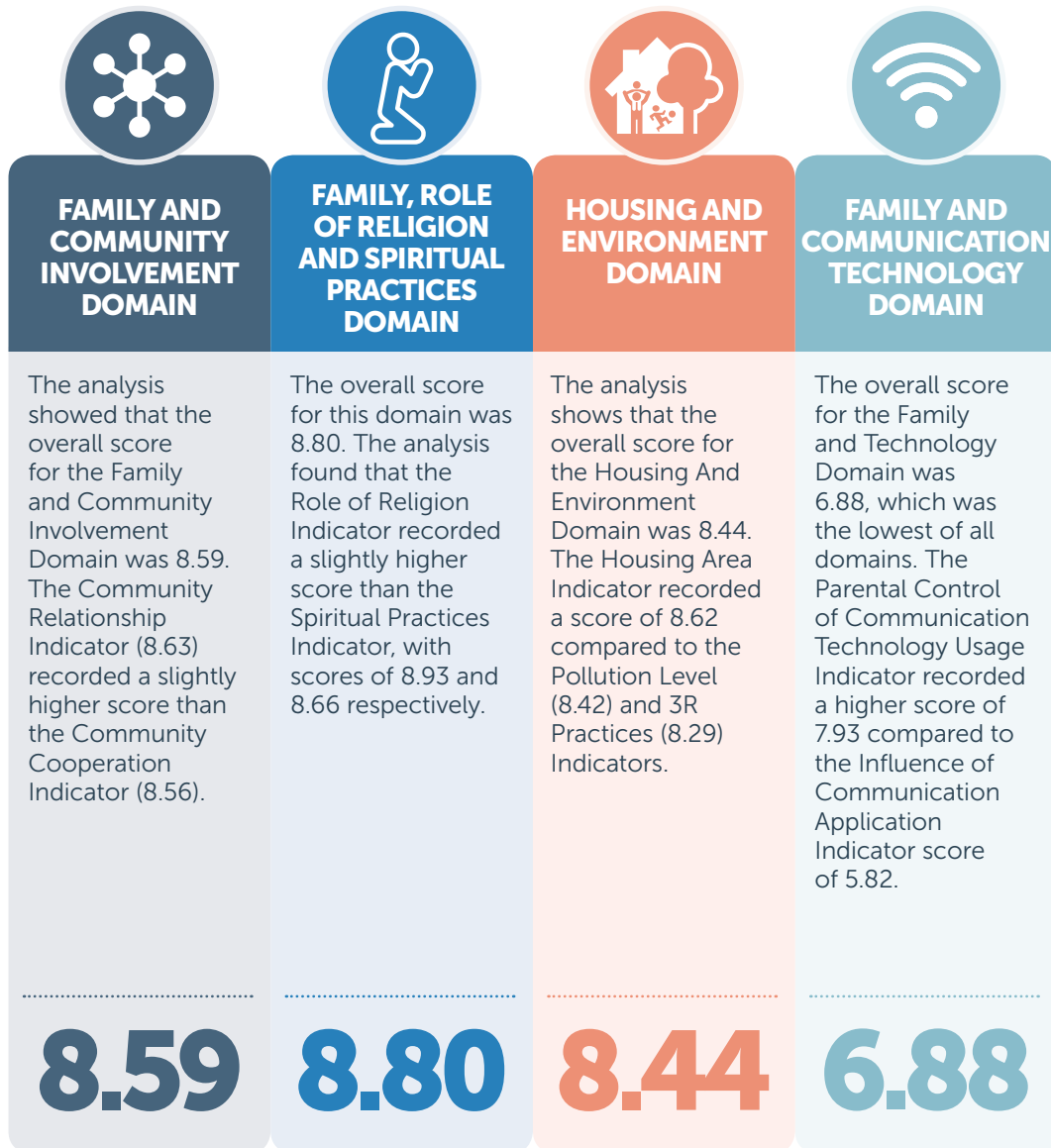
## FEDERAL TERRITORY OF PUTRAJAYA



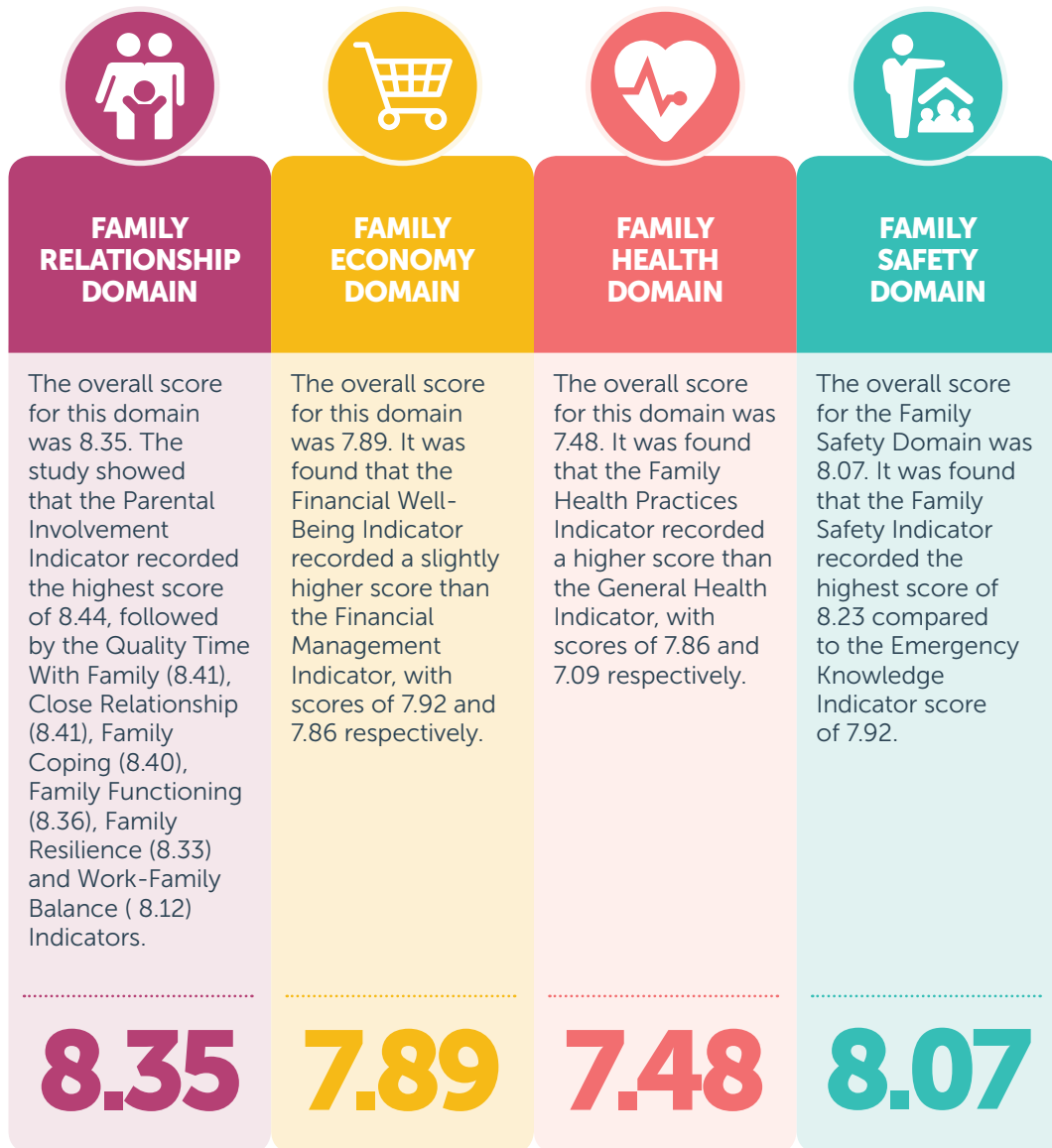
**MALAYSIAN FAMILY WELL-BEING INDEX 2019**

The Family Well-Being Index Score for the **F.T. of Putrajaya** was **8.37**

from a maximum score of 10, which was at the high level.



## FEDERAL TERRITORY OF LABUAN



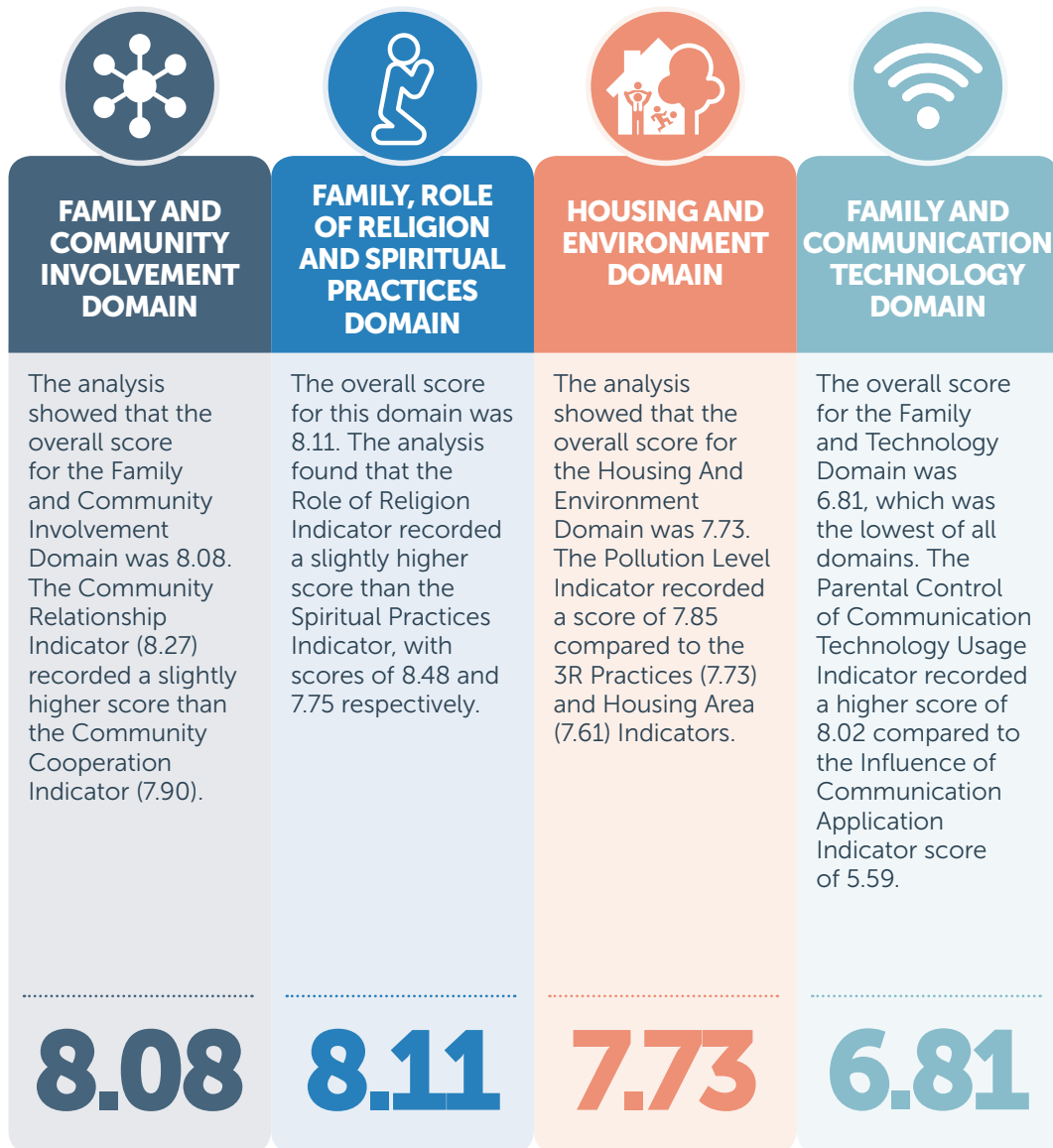
**MALAYSIAN  
FAMILY  
WELL-BEING  
INDEX 2019**



The Family Well-Being Index Score for the **F.T. of Labuan** was

**7.82**

from a maximum score of 10, which was at the moderate level.



## COMPARISON OF FWBI 2016 & FWBI 2019 SCORES

### COMPARISON OF OVERALL SCORES ON INDEXES, DOMAINS AND INDICATORS

The FWBI score had increased by 0.39 points from 7.33 for FWBI 2016 to 7.72 for FWBI 2019.

There were three domains that scored above 8.0, namely the Family Relationship Domain (8.35), Family, Role of Religion and Spiritual Practices Domain (8.25) and Family and Community Involvement

Domain (8.00) in FWBI 2019. Compared to FWBI 2016, only one domain recorded a score above 8.0, namely the Family, Role of Religion and Spiritual Practices Domain (8.04).

A comparison of domain scores between FWBI 2019 and FWBI 2016 further found that all domains recorded an increase in scores, except for the Family Safety Domain which recorded a slight decrease to 7.86 (FWBI 2019) compared to 7.96 (FWBI 2016).

### INDEX, DOMAIN AND INDICATOR SCORES BY FWBI 2019 AND FWBI 2016

INDEX/DOMAIN/INDICATOR	FWBI 2019	FWBI 2016
<b>INDEX</b>	<b>7.72</b>	<b>7.33</b>
<b>FAMILY RELATIONSHIP DOMAIN</b>	<b>8.35</b>	<b>7.90</b>
Parental Involvement Indicator	8.48	8.38
Quality Time with Family Indicator	8.37	7.76
Work-Family Balance Indicator	7.83	6.92
Close Relationship Indicator	8.50	7.92
Family Functioning Indicator	8.41	8.11
Family Coping Indicator	8.45	7.99
Family Resilience Indicator	8.37	8.20
<b>FAMILY ECONOMY DOMAIN</b>	<b>7.67</b>	<b>7.05</b>
Financial Well-Being Indicator	7.67	7.00
Financial Management Indicator	7.66	7.09

INDEX/DOMAIN/INDICATOR	FWBI 2019	FWBI 2016
<b>FAMILY HEALTH DOMAIN</b>	<b>7.44</b>	<b>7.18</b>
Family Health Practices Indicator	7.77	7.13
General Health Indicator	7.11	7.22
<b>FAMILY SAFETY DOMAIN</b>	<b>7.86</b>	<b>7.96</b>
Family Safety Indicator	8.32	8.35
Emergency Knowledge Indicator	7.40	7.57
<b>FAMILY AND COMMUNITY INVOLVEMENT DOMAIN</b>	<b>8.00</b>	<b>7.84</b>
Community Cooperation Indicator	7.75	7.69
Community Relationship Indicator	8.25	7.98
<b>FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN</b>	<b>8.25</b>	<b>8.04</b>
Role of Religion Indicator	8.58	8.46
Spiritual Practices Indicator	7.92	7.62
<b>HOUSING AND ENVIRONMENT DOMAIN</b>	<b>7.35</b>	<b>6.24</b>
Housing Area Indicator	7.46	6.55
Pollution Level Indicator	7.67	6.85
3R Practices Indicator	6.92	5.32
<b>FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN</b>	<b>6.82</b>	<b>6.38</b>
Influence of Communication Application Indicator	6.17	5.98
SMS Usage and Telephone Call Indicator	-	7.83
Parental Control of Communication Technology Usage Indicator	7.47	5.28

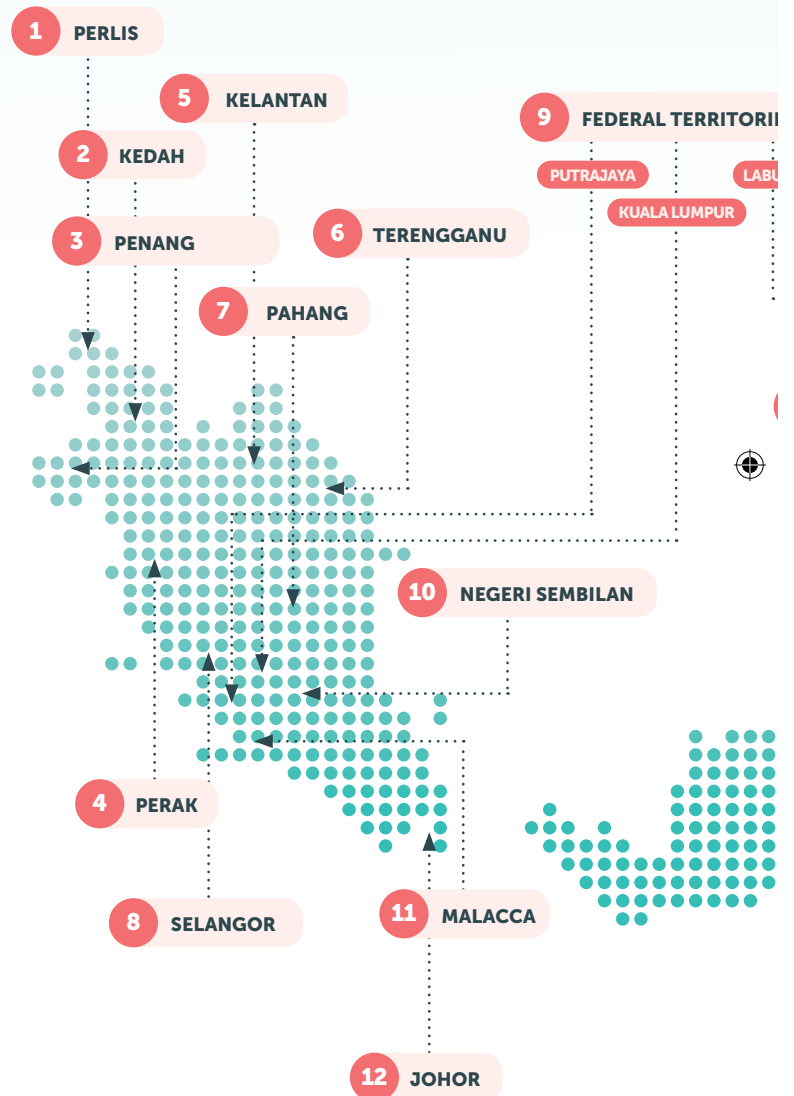
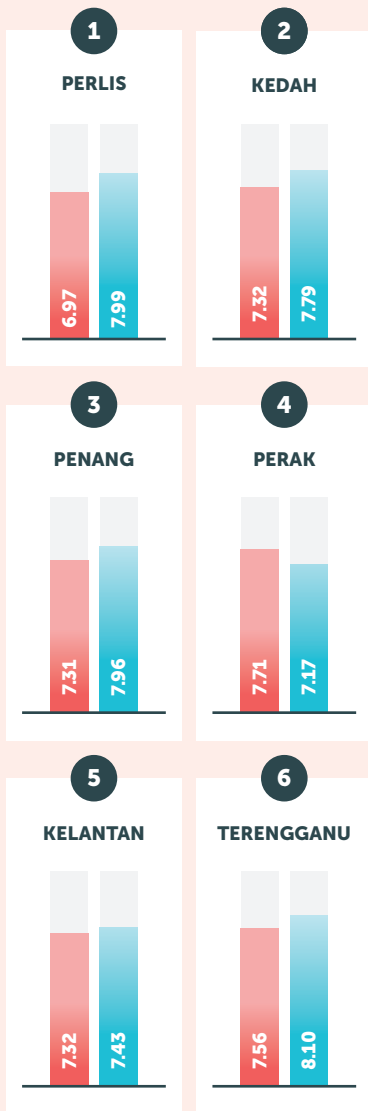
## COMPARISON OF SCORES BY STATE

A comparison of FWBI 2019 and FWBI 2016 scores by state found three states that recorded scores above 8.0 in FWBI 2019, namely the Federal Territory of Putrajaya (8.37), Terengganu (8.10) and Negeri Sembilan (8.03), compared to only the state of Malacca (8.23)

which recorded a score above 8.0 in FWBI 2016. All states showed increased scores in FWBI 2019 except for Perak (FWBI 2019: 7.17; FWBI 2016: 7.71) and Malacca (FWBI 2019: 7.99; FWBI 2016: 8.28). Perak recorded the lowest score in FWBI 2019 which was 7.17. Whereas Pahang was the state that recorded the lowest score in FWBI 2016, namely 6.72.

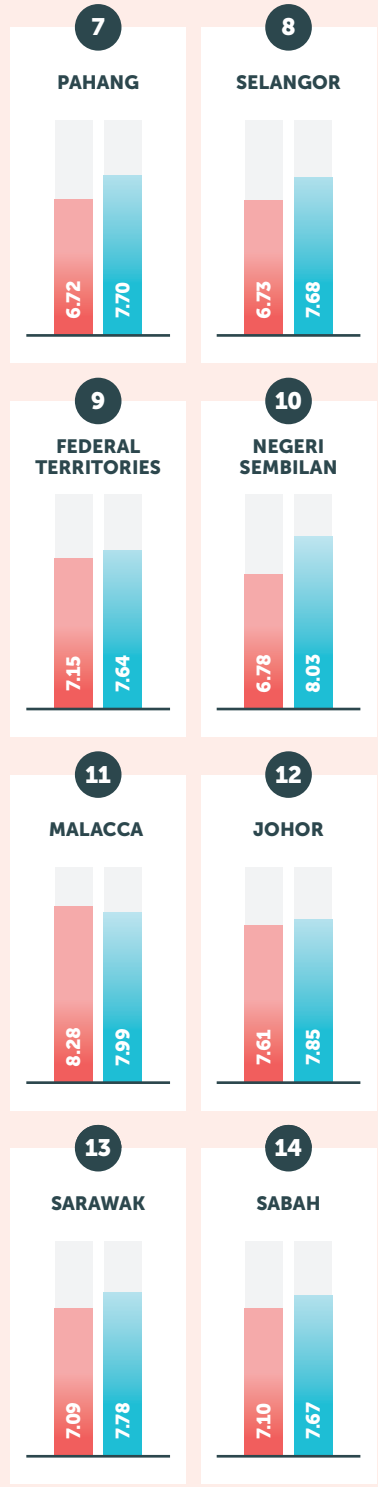
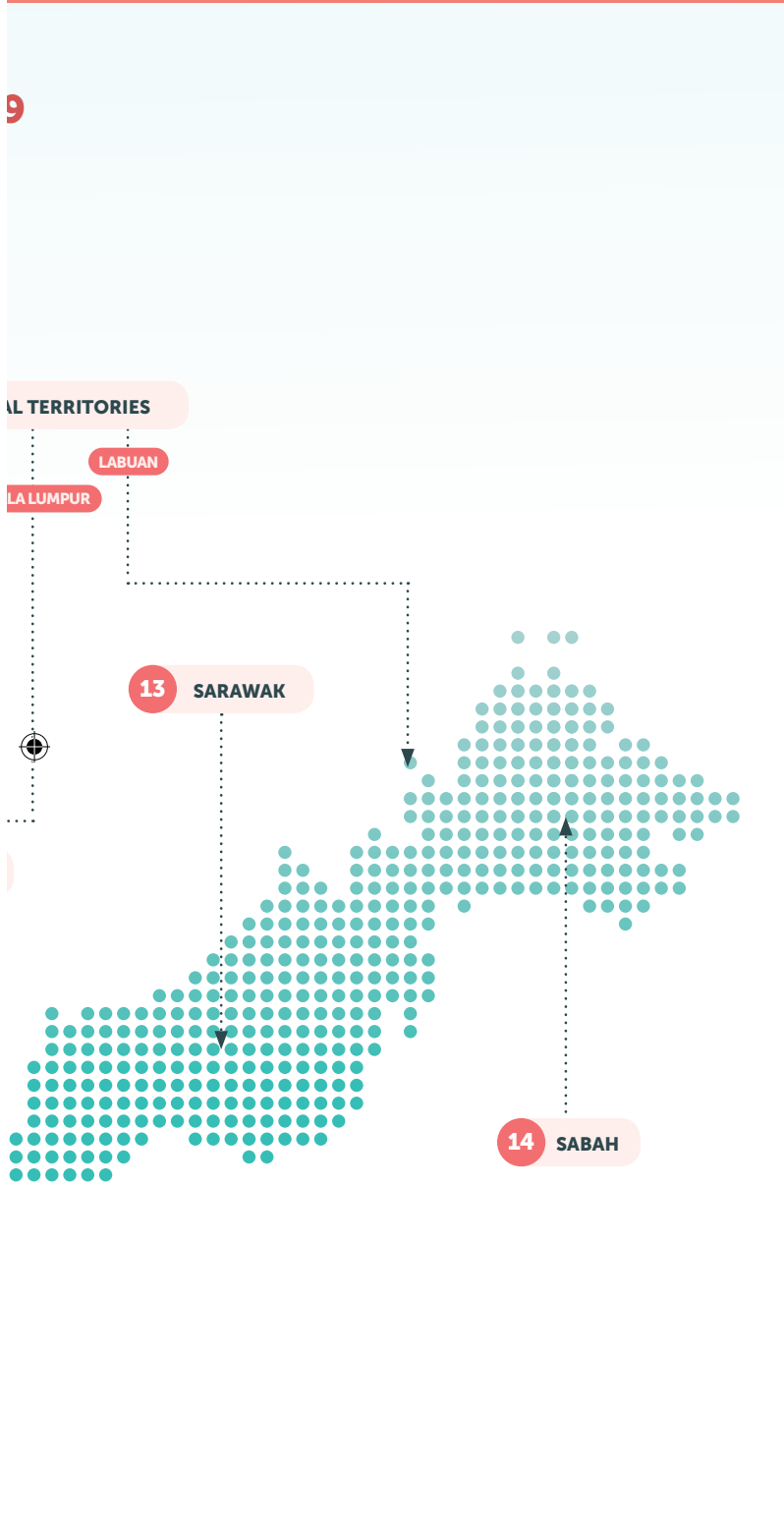


## FWBI 2016 SCORES AND FWBI 2019 SCORES BY STATE





REPORT ON MALAYSIAN FAMILY WELL-BEING INDEX 2019

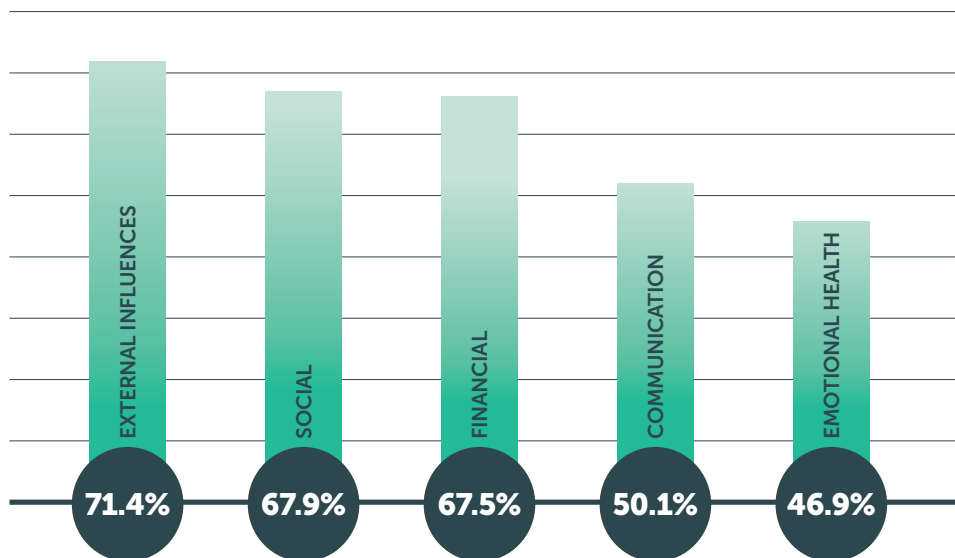


# FAMILY CHALLENGES

## MAIN CHALLENGES FACED BY FAMILIES

The majority of families in the country faced problems of external influences (71.4%), followed by social problems (67.9%), financial problems (67.5%), communication problems (50.1%) and emotional health problems (46.9%).

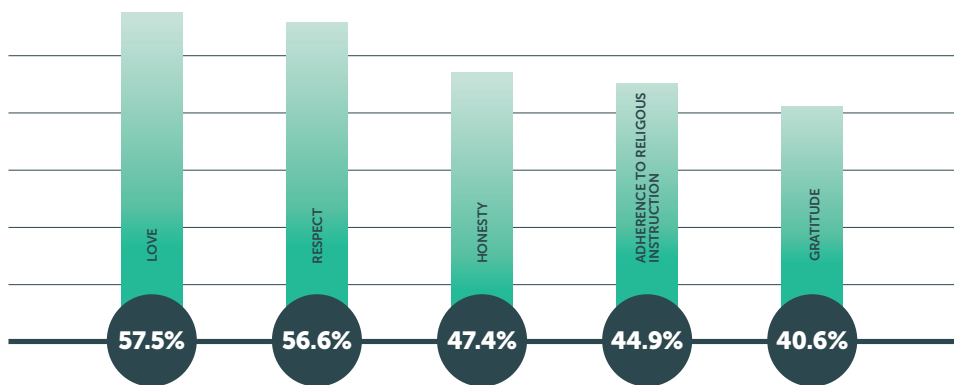
MAIN CHALLENGES FACED BY FAMILIES



## GOOD VALUES THAT ARE CONSIDERED TO BE IMPORTANT IN FAMILY LIFE

The five main values considered to be important in family life were love (57.5%), respect (56.6%), honesty (47.4%), adherence to religious instructions (44.9%) and gratitude (40.6%).

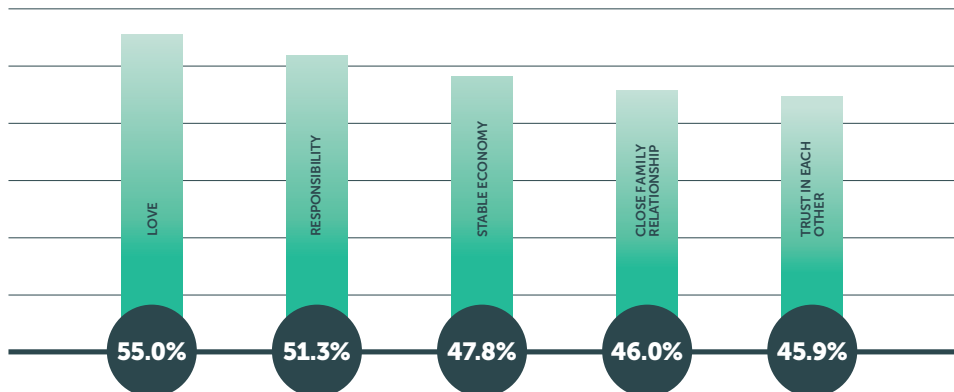
GOOD VALUES THAT ARE CONSIDERED TO BE IMPORTANT IN FAMILY LIFE



## FAMILY UNDERSTANDING ABOUT "FAMILY WELL-BEING"

The five main keys of family understanding about "family well-being" were love (55.0%), responsibility towards family (51.3%), stable economy (47.8%), close family relationship (46.0%) and trust in each other (45.9%).

FAMILY UNDERSTANDING ABOUT "FAMILY WELL-BEING"



# CONCLUSION

Overall, the index score was at a moderate level of 7.72 from a maximum scale of 10. Although this score was still at a moderate level, it showed good improvement, namely 0.39 points compared to 7.33 for FWBI 2016. Of the eight FWBI 2019 domains, there were three FWBI 2019 domains which obtained scores of 8.0 and above, where the highest domain scores were the Family Relationship Domain which recorded a score of 8.35, Family, Role of Religion and Spiritual Practices Domain (8.25) and Family and Community Involvement Domain (8.00). The Family and Communication Technology Domain recorded the lowest domain score of 6.82. As for the indicator scores, it was found that the Role of Religion Indicator recorded the highest score of 8.58 and the Influence of Communication Application Indicator recorded the lowest score of 6.17.

Analysis of the study by demographic characteristics showed that the 2019 FWBI scores were increasing by household income group. The 2019 FWBI scores for families living in rural areas were higher than for families living in urban areas. The FWBI 2019 scores by family type showed that nuclear families and blended families recorded the highest scores of 7.78 compared to extended families and single-parent families.

The FWBI 2019 score by state showed that the Federal Territory of Putrajaya recorded the

highest score of 8.37 and Perak recorded the lowest score of 7.17.

Perak and Malacca showed decreases in FWBI 2019 scores compared to FWBI 2016 scores. Other states recorded increases in their respective scores.



**The 2019 FWBI score was still at a moderate level but improved by**

# 0.39

**points compared to 7.33 for FWBI 2016**”

# RECOMMENDATIONS

The FWBI 2019 study showed that the overall index scores and domain scores had increased compared to FWBI 2016. All existing efforts and initiatives that contribute to the well-being of families in Malaysia should be continued. In this regard, among the recommendations from the FWBI 2019 Study that can be used as a guide to empower families in Malaysia to achieve better levels of family well-being in the future are to:

## RESEARCH

- a. Incorporate a multidimensional model as a complement to existing FWBI instruments, that is, taking into account external factors such as crime rates and cost of living in the measurement of family well-being in Malaysia.

## POLICY DIRECTION

- a. Take into account the elements of Family Impact Assessments in the formulation of new family-related policies, programmes or services to obtain a general overview of the impact or potential of such new policy, programme or service on families;
- b. Create initiatives that support intergenerational unity to enhance collective responsibilities in society. This step is to ease the burden of care not only

to parents but collective responsibilities between the government, communities and families;

- c. Strengthen parental support especially in the early stages of childhood as preparation for couples in more organized and prepared childcare; and
- d. Introduce family support centres in all states to enable early intervention for families at risk.

## SPECIFIC INTERVENTION TO IMPROVE FAMILY WELL-BEING

### Family Relationship Domain

- Encourage and promote the implementation of family-friendly initiatives in Malaysia to assist work-life balance
- Optimize social media platforms as agents of social change to improve family relationships
- Strengthen professional groups and social workers to carry out family intervention programmes

## **Family Economy Domain**

- Encourage public-private partnerships to launch family-centred financial education programmes
- Strengthen efforts in assisting B40 families in becoming self-sufficient
- Increase activities and communications to the public about existing finance-related initiatives
- Establish a community of volunteers who promote good financial practices

## **Family Health Domain**

- Promote campaigns and workshops related to healthy eating habits
- Promote fun and rewarding creative initiatives to encourage people to exercise
- Raise awareness on the importance of conducting periodic medical check-ups
- Introduce online health monitoring methods to contact families with limited mobility

## **Family Safety Domain**

- Encourage the use of basic first aid equipment
- Build awareness on safety measures during crisis situations
- Take steps to reduce incidents of drug-related safety issues

## **Family and Community Involvement Domain**

- Empower urban poor neighbourhoods through building ownership and leadership
- Organize more social events to create better integration

## **Family, Role of Religion and Spiritual Practices Domain**

- Continue supporting family-friendly programmes among multi-racial and multi-religious communities

## **Housing and Environment Domain**

- Promote 'waste to wealth' programmes as motivation to the local community in recycled waste management
- Increase enforcement to ensure clean neighbourhoods
- Implement tracking program of collected recycled waste

## **Family and Communication Technology Domain**

- Encourage digitization in parenting style manner
- Encourage parental involvement and participation on social media
- Obligate parental controls on popular social media platforms and applications
- Increase understanding on the dangers and menace of using social media and communication platforms with respect to privacy

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# APPENDICES

**APPENDIX 1 : DISTRIBUTION OF SUCCESSFULLY INTERVIEWED LIVING QUARTERS FOR FWBI 2019 STUDY**

STATE	NO. OF LQ SUCCESSFULLY INTERVIEWED
Johor	341
Kedah	304
Kelantan	287
Malacca	157
Negeri Sembilan	295
Pahang	311
Penang	307
Perak	268
Perlis	264
Sabah	346
Sarawak	300
Selangor	700
Terengganu	361
F.T. of Kuala Lumpur	314
F.T. of Labuan	254
F.T. of Putrajaya	196
<b>TOTAL</b>	<b>5,005</b>



**APPENDIX 2 : LIST OF FWBI 2019 DOMAINS, INDICATORS AND ITEMS**

<b>FAMILY RELATIONSHIP DOMAIN</b>	
<b>INDICATOR</b>	<b>ITEM</b>
<b>PARENTAL INVOLVEMENT</b>	Encourage children to help with house chores
	Teach children to become responsible people
	Pay attention to activities carried out by children
	Express love to children
	Praise children when they behave well
	Check children's homework at least once a week
	Attend children's school activities
	Encourage children to share problems with parent
	Know children's friends
<b>QUALITY TIME WITH FAMILY</b>	Spend time chatting with children when they want to talk about something
	Frequently carry out recreational activities
	Spend time carrying out activities that children like
	Often have meals with the family
<b>WORK-FAMILY BALANCE</b>	Celebrate special days with the family
	Satisfied with work and family life balance
	Work helps to increase knowledge help to be a better family member
	Work gives happiness and help to be a better family member
	Work leads to success and help to be a better family member
	Given opportunity to choose flexible working hours
	Stress from work does not affect the family
	Overtime (OT) work does not impact the quality time with the family
Parents do not bring negative feelings from work to home	
Parents are always worried about childcare arrangements	

REPORT ON **MALAYSIAN FAMILY WELL-BEING INDEX 2019**

INDICATOR	ITEM
<b>CLOSE RELATIONSHIP</b>	Have close relationships with each other
	Rely on each other during difficult times
	Able to share worries at any time
	Parents are very close to each other
	Feel safe and reassured with spouse
<b>FAMILY FUNCTIONING</b>	Share duties and responsibilities in the family
	Accept personality differences of family members
	Give children opportunities to explain the situation
	Always discuss with the children when making a family-related decision
	Have a supportive and nurturing family environment
<b>FAMILY COPING</b>	Family members support each other in times of difficulties
	Find immediate solution when faced with problems
	Remain together no matter how difficult the situation is
	Able to face difficulties and reach a solution
	Able to adapt when there is a crisis among family members
	Remain strong in facing difficulties
<b>FAMILY RESILIENCE</b>	Try to understand what happened
	Do not have difficulties to rebound back into normal daily routines
	Will avoid blaming family members on the crisis
	Will discuss ways to prevent the same situation from happening again
	Learn from what happened
	Will share feelings about the problem with family members

### **FAMILY ECONOMY DOMAIN**

<b>INDICATOR</b>	<b>ITEM</b>
<b>FINANCIAL WELL-BEING</b>	Family is not burdened by debt
	Family's current financial situation is stable
	Family is able to settle bills every month
	Have savings that can be used in the event an emergency occurs
	Family's standard of living is good
<b>FINANCIAL MANAGEMENT</b>	Family saves for the future
	Always settle bills consistently/on time
	Only incur necessary family expenses
	Keep track of family expenses
	Register children under savings schemes
	Have sufficient insurance coverage for the family

### **FAMILY HEALTH DOMAIN**

<b>INDICATOR</b>	<b>ITEM</b>
<b>FAMILY HEALTH PRACTICES</b>	Balanced daily meals
	Recreation/exercise at least once a week
	Basic medicines are available in the house in case a family member falls sick
	Conduct medical check-ups at least every three years
<b>GENERAL HEALTH</b>	Level of the family's general health
	Level of the family's physical health
	Level of the family's mental health
	Level of the family's social health

## FAMILY SAFETY DOMAIN

INDICATOR	ITEM
<b>FAMILY SAFETY</b>	Aware of family safety issues
	Always alert and take safety measures
	Feel safe at home
	Ensure that dangerous items are not easily accessible by children
	Educate children about family safety issues
<b>EMERGENCY KNOWLEDGE</b>	Know how to use fire extinguishers
	Know the location of the nearest fire hydrant in the housing area
	Have emergency medical equipment at home
	There is a rescue plan in case of an emergency

## FAMILY AND COMMUNITY INVOLVEMENT DOMAIN

INDICATOR	ITEM
<b>COMMUNITY COOPERATION</b>	Know who to contact when in need of assistance in the neighbourhood
	Make contributions to help the community
	Participate in neighbourhood activities
	Share information or give feedback in the community
<b>COMMUNITY RELATIONSHIP</b>	Have good relationships with neighbours
	Love the community
	Always greet neighbours
	Invite neighbours over to the house on festive days
	Able to rely on neighbours to look after the house when no one at home

## FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN

INDICATOR	ITEM
<b>ROLE OF RELIGION</b>	Religious beliefs influence way of life
	Religious beliefs form moral principles
	Religion plays an important role in daily life
	Children grow up with religious beliefs
	Children grow up with religious practices
<b>SPIRITUAL PRACTICES</b>	Engage in religious activities
	Perform worship/prayers
	Practice religious teachings based on religious/spiritual books/ scriptures
	Discuss religious/spiritual topics between family
	Attend religious activities / services at places of worship regularly

## HOUSING AND ENVIRONMENT DOMAIN

INDICATOR	ITEM
<b>HOUSING AREA</b>	Easy access to public transport services in the residential area
	Basic amenities in the residential area are satisfactory
	Community assistance facilities are easily accessible
	Adequate infrastructure in the residential area
	Have access to 3R facilities in the residential area
<b>POLLUTION LEVEL</b>	The pollution level in the residential area is low
	Garbage in the housing area is well-managed
	The drainage system in the housing area is well maintained
	The housing area is not exposed to noise
<b>3R (REDUCE, REUSE, RECYCLE) PRACTICES</b>	Family brings their own containers or bags when buying food
	Use recycled bags when buying groceries
	Family puts recyclable waste into recycle bins
	Strive to reduce the use of plastic materials
	Separate garbage (recyclable and non-recyclable) at home

**FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN**

INDICATOR	ITEM
<b>INFLUENCE OF COMMUNICATION APPLICATION</b>	Communication applications make it easy for the whole family to communicate with each other
	The use of communication applications has brought a positive influence to the family
	Family has more common topics of conversation due to influence communication applications
	Use messaging and call applications to organize daily activities such as family gatherings and keep track of children's locations
	Children complains about parents use of communication applications
	Communication applications give problems to the family
	Parents' relationship with children have become increasingly distant since they had their own telecommunications devices
	Family rarely talk at mealtimes due to interruptions from telecommunication devices
<b>PARENTAL CONTROL OF COMMUNICATION TECHNOLOGY USAGE</b>	Children are friends on social media sites
	Have specific family rules relating to the use of communication technology
	Keep track of what children are accessing on the Internet
	Educate children about the risks and dangers of the Internet
	Educate children on knowing how to protect themselves when using the Internet



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