

Meaningful, Cognitive, and Leisure Activities and Life Satisfaction in Community-Dwelling Older Adults

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ABSTRACT

Engagement in meaningful, cognitive, and leisure activities has been shown to influence life satisfaction among older adults. This study examined these relationships in a cross-sectional survey of 134 community-dwelling older adults aged 60 years and above. Instruments included the Engagement in Meaningful Activities Survey (EMAS-12), Satisfaction with Life Scale (SWLS-5), and Cognitive and Leisure Activities Scale (CLAS-16). Based on established scoring, EMAS engagement levels were categorised as low (<30), moderate (30–39), and high (≥40). Results indicated that 59% of participants reported moderate engagement, 26.1% high engagement, and 14.9% low engagement. Mean scores were EMAS 36.1 (SD = 7.44), SWLS 29.28 (SD = 3.77), and CLAS 40.41 (SD = 10.00). Correlation analysis revealed that EMAS was significantly associated with SWLS ($r = 0.45$, $p < 0.001$) and CLAS ($r = 0.44$, $p < 0.001$), while SWLS was also positively related to CLAS ($r = 0.27$, $p = 0.002$). Significant differences in engagement were found based on community activity involvement ($p < 0.001$), education level ($p < 0.001$), and occupation type ($p < 0.001$). A weak but significant negative correlation was observed between EMAS and age ($r = -0.29$, $p < 0.001$). These findings suggest that while life satisfaction among older adults was generally high, engagement in meaningful and cognitive-leisure activities was only moderate, highlighting the need for tailored, age-friendly interventions. This study addresses reviewer feedback by clarifying the cut-off points for engagement categories to enhance interpretability of results.

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1. INTRODUCTION

1.1 Background of the study

The global trend of population aging has become an increasingly significant demographic shift, with the number of individuals aged 60 and above projected to rise by 56% between 2015 and 2030 (United Nations, 2015). This shift is particularly pronounced in developing nations such as Malaysia, where the aging population is expanding rapidly. Malaysia is expected to attain the status of an aging nation by 2030, when 14% of its population will be aged 60 years and over—a figure that is anticipated to increase to 23.6% by 2050 (Naraval et al., 2017; ICOMP, 2017). This demographic transformation carries substantial implications for the country's social welfare systems, community support structures, and public policy planning (Lim et al., 2017).

More recent national data further highlight this trend. According to the Department of Statistics Malaysia (DOSM, 2025), older adults aged 65 years and above now represent 8.0% of the Malaysian population, an increase from 7.6% in 2024. The median age has risen to 31.3 years, and twelve states—including Melaka (7.3%), Pahang, and Kuala Lumpur (7.1%)—have already surpassed the ageing threshold. These updated figures reinforce Malaysia's rapid transition into an ageing society and underscore the importance of locally relevant research and policies (DOSM, 2025). At the regional level, the ASEAN+3 Macroeconomic Research Office (AMRO, 2025) reported that population ageing is accelerating across Southeast Asia, with Malaysia among the fastest-aging countries in the region. The report emphasises fiscal challenges related to pensions and healthcare financing, and calls for stronger community-based interventions to sustain older adults' participation and well-being (AMRO, 2025).

Considering these changes, enhancing the quality of life among older adults has become a key societal priority. Life satisfaction understood as a person's overall evaluation of their life circumstances in accordance with their personal values and expectations is increasingly recognized as a core indicator of well-being in later life (Diener et al., 1985; Veenhoven, 1996). Studies have consistently shown that active participation in meaningful, cognitively stimulating, and leisure-oriented activities contributes positively to life satisfaction among older populations (Fernández-Mayoralas et al., 2015; Haewon Ju, 2017).

Engagement in meaningful activities such as volunteering, community participation, or pursuing long-held interests supports a sense of purpose and identity and has been linked to greater psychological well-being and social integration (Townsend & Polatajko, 2007; Cruyt et al., 2023). Likewise, cognitively engaging pursuits, including reading, writing, and reflective conversations, play a valuable role in maintaining mental sharpness and encouraging lifelong learning (Stern & Munn, 2009; Sweller, 2019). Meanwhile, leisure activities whether social, creative, or physical offer opportunities for enjoyment, relationship-building, and stress relief, all of which are crucial for emotional resilience and social connectedness in older age (Wang et al., 2012; Fancourt et al., 2021).

1.2 Problem Statements

Although numerous studies have highlighted the positive relationship between activity engagement and life satisfaction among older adults, important gaps in literature remain. Much of the existing research has been concentrated in Western contexts, often overlooking the cultural, economic, and social particularities of aging populations in Southeast Asia, including Malaysia. Furthermore, while past studies have explored the effects of specific types of activities such as social, cognitive, or recreational engagements, relatively few have examined how these domains interact or collectively contribute to overall satisfaction in later life.

This gap is especially relevant in the Malaysian context, where older adults frequently face multiple challenges that limit their ability to participate in fulfilling activities. These challenges include limited income, declining physical capacity, lack of transportation, and insufficient support systems within the community (Safian et al., 2021; Jariah et al., 2012). When such barriers persist, older individuals may experience reduced opportunities for meaningful engagement, which has been linked to diminished

emotional well-being, a weakened sense of purpose, and lower levels of overall life satisfaction (Şahin et al., 2019; Boccaccio et al., 2021)

1.3 Objectives of the study and Research Question

The objective of the study is to investigate the relationship between engagement in meaningful activities with cognitive and leisure activities and satisfaction of life among older people in the community. Six research questions were formulated to achieve the research objectives. The six questions are:

1. What is the level of engagement in meaningful activities among older people in the community?
2. What is the level of satisfaction with life among older people in the community?
3. What is the level of engagement in cognitive and leisure activities among older people in the community?
4. Is there any relationship between engagement in meaningful activities with cognitive and leisure activities and satisfaction with life among older people in the community?
5. Is there any association between engagement in meaningful activities with demographic data (age, number of households, number of close friends, number of community activities involved in the last 6 months, and distance between home and treatment facilities) among older people in the community?
6. Is there any significant difference between engagement in meaningful activities with demographic data (gender, economic status, level of education, marital status, type of occupation, ethnicity, geographic location, living arrangement, involvement in community activities) among older people in the community?

2. LITERATURE REVIEW

2.1 Prevalence of Older People in Malaysia

The global trend of population aging is accelerating, reshaping societal structures and posing complex challenges for families, communities, and national development agendas. According to the United Nations (2015), the global population of individuals aged 60 and above is expected to double by 2050, reaching approximately 2.1 billion. Malaysia is no exception to this trend. National data show that the proportion of citizens aged 60 and over increased from 7.0% in 2020 to 7.4% in 2021 and is projected to exceed 15% by 2030 marking the country's formal entry into aging nation status (Department of Statistics Malaysia [DOSM], 2022; Statista Research Department, 2023).

This demographic transformation presents pressing social policy concerns, particularly in terms of how communities can support the well-being, participation, and autonomy of older individuals. In Malaysia, most older adults live within the community rather than in institutional settings, underscoring the importance of understanding their everyday experiences, access to support systems, and quality of life within diverse social environments (Omar, 2003; World Health Organization [WHO], 2002). As the aging population grows, it becomes increasingly crucial to develop inclusive, age-friendly communities that can adapt to changing social needs and foster active aging across various cultural and economic contexts (Lim et al., 2017).

2.2 Issues among Older People in Malaysia

Older adults in Malaysia face complex challenges spanning health, social, and economic dimensions. An estimated 80% live with at least one chronic condition, and many experience physical limitations that restrict activity participation (Safian et al., 2021; Omar, 2003). Economic vulnerability, particularly among women, arises from discontinuous employment and inadequate pensions, while social isolation is exacerbated by urbanisation and shrinking family units (Jariah et al., 2012; Shah et al., 2021). Emotional well-being is also threatened by loneliness and reduced perceived usefulness, with COVID-19 disruptions further amplifying these vulnerabilities (Clair et al., 2021; Smith & Lim, 2020; Costenoble et al., 2023).

Despite these challenges, Malaysia's policy agenda increasingly supports "aging in place," emphasising the need for communities to provide age-friendly environments and inclusive opportunities for participation (CDC, 2009; Hagen, 2013). However, there remains limited evidence on how meaningful, cognitive, and leisure activities directly relate to life satisfaction among Malaysian older adults, underscoring a clear research gap.

2.3 Measurement Tools and Gaps in the Literature

A strength of recent research lies in the use of validated measurement tools to assess older adults' engagement and well-being. The Engagement in Meaningful Activities Survey (EMAS-12) is widely applied to capture participation in activities aligned with personal values, demonstrating high reliability ($\alpha = 0.91$ in this study) (Goldberg et al., 2002; Eakman, 2011). Similarly, the Satisfaction with Life Scale (SWLS-5) offers a concise yet robust measure of overall life satisfaction (Diener et al., 1985), while the Cognitive and Leisure Activities Scale (CLAS-16) evaluates engagement in mentally stimulating and recreational tasks, also showing strong psychometric properties (Galvin et al., 2021).

While these tools are established internationally, relatively few studies have applied them in Malaysia, limiting culturally specific insights. Previous findings show meaningful activity is associated with enhanced well-being (Townsend & Polatajko, 2007; Cruyt et al., 2023), cognitive and leisure activity reduces risk of cognitive decline (Stern & Munn, 2009; Kim et al., 2020), and leisure participation supports emotional resilience (Ryu & Heo, 2017; Fancourt et al., 2021). However, much of this evidence is drawn from Western or East Asian settings, with Malaysian data sparse.

Thus, although the literature confirms the positive impact of meaningful, cognitive, and leisure engagement on life satisfaction, the gap lies in the lack of synthesis of these domains within a Malaysian context. This study addresses that gap by examining how these activities interact collectively to influence life satisfaction among community-dwelling older adults, using validated measures and local data to strengthen culturally relevant evidence.

2.4 Engagement in Meaningful, Cognitive, and Leisure Activities

Engagement in meaningful activities is recognised as a key determinant of life satisfaction, fostering purpose, identity, and social inclusion (Townsend & Polatajko, 2007; Cruyt et al., 2023). In Malaysia, religious and community involvement has been linked with greater emotional well-being, underscoring the importance of culturally embedded roles (Shah et al., 2021; Bone et al., 2022). International research similarly demonstrates that participation in volunteering, cultural, and outdoor activities promotes psychological resilience and reduces loneliness (Gagliardi et al., 2020; Yoon et al., 2020).

Cognitive and leisure activities provide stimulation that supports memory, learning, and mental alertness. Activities such as reading, puzzles, and informal learning opportunities are protective against cognitive decline (Stern & Munn, 2009; Sweller, 2019). Evidence from Japan shows that cognitive leisure participation is associated with lower risk of cognitive impairment, even among older adults with depressive symptoms (Kim et al., 2020). In Europe, leisure engagement has been consistently linked to higher well-being and optimism in later life (Ryu & Heo, 2017; Brajša-Žganec et al., 2010). Recent studies also highlight the impact of COVID-19, where disruptions to daily routines significantly reduced life satisfaction and activity levels among older adults (Costenoble et al., 2023).

While these findings collectively affirm the importance of engagement, most data derive from Western or East Asian contexts. Malaysian studies remain limited, and few have examined the combined contribution of meaningful, cognitive, and leisure activities to overall life satisfaction. The gap is therefore twofold: (i) insufficient local evidence applying validated tools to measure engagement, and (ii) a lack of integrated analysis across activity domains. This study seeks to address these gaps by exploring the associations among meaningful, cognitive, and leisure activities with life satisfaction in community-dwelling older adults in Malaysia.

3. METHODOLOGY

3.1 Study Design and Setting

This study employed a quantitative, cross-sectional design to examine the relationship between engagement in meaningful, cognitive, and leisure activities with life satisfaction among community-dwelling older adults. Data collection was conducted between October 2023 and August 2025 at multiple community venues, including Bukit Chera (Shah Alam), Petaling Jaya, Cheng (Melaka), Negeri Sembilan, and Kota Bharu (Kelantan).

3.2 Sample Size and Recruitment

A purposive sampling method was applied to recruit participants aged 60 years and above from community centres and local associations. Based on Cohen's (1992) power analysis for medium effect size ($r = 0.3$, $\alpha = 0.05$, power = 0.80), the minimum required sample was 84. To strengthen generalisability, a total of 134 participants were recruited, yielding a response rate of 93% after excluding incomplete questionnaires.

3.3 Inclusion and Exclusion Criteria

Inclusion criteria were: (i) community-dwelling adults aged 60 years and above, (ii) ability to communicate in Bahasa Malaysia or English, and (iii) absence of cognitive impairment or physical disability that would prevent completion of the survey. Participants with diagnosed dementia, severe psychiatric conditions, sensory impairments (e.g., uncorrected hearing or vision loss), or mobility limitations requiring full-time assistance were excluded to ensure reliability of responses.

3.4 Instruments

Data were collected using a structured questionnaire with four sections:

- a) Section A: Demographic information (age, gender, education, marital status, income, occupation, ethnicity, living arrangement, and participation in community activities).

- b) Section B: Engagement in Meaningful Activities Survey (EMAS-12) adapted from Goldberg et al. (2002) and Eakman (2010, 2011). The 12-item tool uses a 4-point Likert scale (1 = rarely, 4 = always). Cut-off points applied were: low (<30), moderate (30–39), and high (≥ 40). The Cronbach's alpha in this study was 0.91.
- c) Section C: Satisfaction with Life Scale (SWLS-5) developed by Diener et al. (1985), consisting of 5 items on a 7-point scale (1 = strongly disagree, 7 = strongly agree). Cronbach's alpha in this study was 0.87. Section D: Cognitive and Leisure Activities Scale (CLAS-16) developed by Galvin et al. (2021), comprising 16 items rated on a 5-point Likert scale (1 = never, 5 = very often). Cut-off points were: low (<35), moderate (35–44), and high (≥ 45). Cronbach's alpha in this study was 0.80.

3.5 Ethical Considerations

Ethical approval was obtained from the Faculty Ethics Review Committee, Universiti Teknologi MARA (Ref. No: FERC/FSK/MR/2024/00298). Participation was voluntary, and informed consent was obtained from all respondents. Confidentiality and anonymity were strictly maintained throughout the study.

3.6 Data Analysis

Data were analysed using IBM SPSS Statistics version 28. Descriptive statistics (mean, SD, frequencies) were used to summarise demographic variables and instrument scores. Independent t-tests and one-way ANOVA assessed group differences across demographic factors. Pearson correlation was used to explore associations among EMAS, SWLS, and CLAS scores. Significance was set at $p < 0.05$.

4. FINDINGS

4.1 Findings for Demographic Profile

The study involved 134 elderly respondents, predominantly female (75.4%), with the majority aged between 60 to 69 years (72.2%) and a mean age of 67.21 years ($SD = 7.39$). Most participants were Malay (97%), married (70.9%), and held tertiary education (66.4%). Economically, 62.7% earned RM 5,250 and below, and 54.5% were professionals or managers. A majority resided in urban areas (52.2%) and lived with their spouse (50.7%). Most (76.9%) reported participation in community activities, indicating strong social involvement.

Table 2: Findings for demographic profile

No.	Variables	N (%)
1.	Age	
	60 - 69 years old	97 (72.20)
	70 - 79 years old	25 (18.70)
	80 years and above	12 (9.00)
	Age mean (SD) = 67.21 (7.39)	
2.	Gender	
	Female	101 (75.40)
	Male	33 (24.60)
3.	Economic Status	
	RM 5,250 below	84 (62.70)
	RM 5,250 - RM 11, 819	45 (33.60)
	RM 11,820 and above	05 (3.70)

4.	Level of education	
	Primary	20 (14.90)
	Secondary	25 (18.70)
	Tertiary	89 (66.40)
5.	Marital Status	
	Single	7 (5.20)
	Married	95 (70.90)
	Divorced	04(3.00)
6.	Widowed	28 (20.90)
	Type of occupation	
	Manager/Professional	73 (54.50)
	Technician/Support worker	05 (03.70)
	Government Servant	31 (23.10)
	Laborer/Machine Operator	15 (11.20)
7.	Housewife	10 (7.50)
	Ethnicity	
	Malay	130 (97.00)
	Chinese	02 (1.50)
	Indian	2 (1.50)
8.	Others	0 (0)
	Geographic location	
	City	70 (52.20)
	Town	25 (18.70)
9.	Rural Areas	39 (29.10)
	Living arrangements	
	Husband	68 (50.70)
	Wife	25 (18.70)
	Children	25 (18.70)
	Self	11 (8.20)
10.	Others	05 (3.70)
	Involvements in community activities	
	Yes	103 (76.90)
	No	31 (23.10)

4.2 Findings for Outcome Measure

Engagement in Meaningful Activities (EMAS). The EMAS (12 items, score range 12–48) recorded a mean total score of 36.1 (SD = 7.4). Engagement levels were categorised as low (<30), moderate (30–39), and high (≥ 40). Based on these cut-off points, 59% of respondents demonstrated moderate engagement, 26.1% high engagement, and 14.9% low engagement.

Satisfaction with Life (SWLS): The SWLS (5 items, score range 5–35) yielded a mean total score of 29.3 (SD = 3.8), corresponding to an average item mean of 5.9 on the 7-point scale. Cut-off categories were applied as follows: low (≤ 20), satisfied (21–25), and very satisfied (≥ 26). In this sample, 55.2% were categorised as satisfied and 30.6% as very satisfied, indicating generally high life satisfaction.

Cognitive and Leisure Activities (CLAS) : The CLAS (16 items, score range 16–80) produced a mean score of 40.4 (SD = 10.0). Engagement levels were classified as low (<35), moderate (35–44), and high (≥ 45). A majority of participants fell in the moderate category, with variability reflecting differences in education and community resources.

4.3 Correlations Between Activity Engagement and Life Satisfaction

Correlation analyses revealed that EMAS scores were moderately associated with SWLS ($r = 0.45$, $p < 0.001$) and CLAS ($r = 0.44$, $p < 0.001$). SWLS and CLAS were also significantly correlated ($r = 0.27$, $p = 0.002$). Age was weakly but negatively associated with both EMAS ($r = -0.29$, $p < 0.001$) and SWLS (r

= -0.21, $p = 0.01$), indicating that increasing age was linked to lower engagement and life satisfaction. Household size also correlated negatively with SWLS ($r = -0.27$, $p < 0.001$) as show in Table 3.

Table 3: Correlations between outcome measures

No.	Research Instruments	1	2	3	4	5	6	7	8
1	EMAS	-							
2	CLAS	0.43** <0.00	-						
3	SWLS	0.44** <0.00	0.26** 0.00	-					
4	Age	-0.29** <0.00	-0.24** 0.00	-0.74 0.39	-				
5	Number of community activities in the last 6 months	0.17* 0.04	0.21* 0.01	0.11 0.17	-0.16 0.06	-			
6	Distance between home and treatment facilities	-0.04 0.59	-0.05 0.53	0.01 0.88	0.13 0.13	-0.03 0.65	-		
7	Number of households	0.05 0.52	0.09 0.27	0.05 0.56	-0.27** 0.00	0.10 0.23	0.06 0.44	-	
8	Number of close friends	0.16 0.06	0.25** 0.00	0.18* 0.03	-0.21 0.01	0.14 0.10	-0.06 0.47	0.05 0.51	-

4.4 Group Differences in Activity Engagement

Significant group differences were found in EMAS scores across education, occupation, and community activity involvement. Older adults with tertiary education ($M = 38.1$, $SD = 6.9$) scored significantly higher than those with secondary ($M = 32.9$, $SD = 7.0$) or primary education ($M = 31.1$, $SD = 6.9$) ($p < 0.001$, $\eta^2 = 0.15$). Similarly, participants with professional/managerial backgrounds ($M = 38.3$, $SD = 6.5$) had higher engagement than machine operators ($M = 30.2$, $SD = 7.1$) ($p < 0.001$, $\eta^2 = 0.14$). Involvement in community activities within the past six months was also associated with higher EMAS scores ($M = 37.2$, $SD = 6.4$) compared to those not involved ($M = 32.4$, $SD = 9.5$) ($p < 0.001$, $\eta^2 = 0.07$) as shown in Table 4 and 5.

No significant differences were found for gender, income, marital status, ethnicity, or geographic location, indicating broad relevance of meaningful activity engagement across demographic groups.

Table 4: Significance differences ratio data

No.	Variables	Mean (SD)	t	df	p	r
	Male	35.48 (7.81)	0.54	132	0.58	0.00
	Female	36.31 (7.34)				

Yes	37.22 (6.35)	3.28	132	0.00	0.07
No	32.39 (9.46)				

Table 5: Significance differences categorical data

No	Items	Mean (SD)	P	F	df
1	RM 5,250 and below	35.96 (7.38)	0.83	0.17	2
	RM 5,250 - RM11,819	36.16 (7.89)			
	RM 11,820 above	36.10 (7.44)			
2	Tertiary	38.13 (6.88)	<0.00	11.88	2
	Secondary	32.92 (6.96)			
	Primary	31.05 (6.87)			
3	Single	37.29 (12.01)	0.85	0.25	3
	Married	36.08 (7.13)			
	Divorce	33.25 (4.57)			
	Widowed	36.29 (7.44)			
4	Professional	38.34 (6.48)	<0.00	5.29	4
	Technician	32.20 (13.66)			
	Government Servant	34.81 (7.52)			
	Operator	30.20 (7.14)			
	Housewife	34.60 (3.92)			
5	Malay	36.28 (7.45)	0.25	1.39	2
	Chinese	28.50 (0.70)			
	Indian	32.00 (7.07)			
	Others	-			
6	City	37.63 (6.92)	0.28	3.67	2
	Town	33.32 (4.58)			
	Rural Area	35.15 (9.12)			
7	Husband	36.44 (7.23)	0.97	0.11	4
	Wife	35.64 (6.35)			
	Child	35.48 (7.70)			
	Self	35.80 (7.19)			
	Others	4.80 (7.44)			

5. DISCUSSION

This study examined the associations between engagement in meaningful, cognitive, and leisure activities with life satisfaction among community-dwelling older adults in Malaysia. The results showed that although overall life satisfaction was high, engagement in meaningful and cognitive-leisure activities was only moderate. Importantly, meaningful activity engagement was positively associated with both life satisfaction and participation in cognitive-leisure activities, underscoring the central role of purposeful activity in maintaining well-being in later life. The associations observed are consistent with international findings linking meaningful activities to psychological well-being (Eakman et al., 2011; Cruyt et al., 2023) and cognitive-leisure participation to reduced cognitive decline and improved resilience (Stern & Munn, 2009; Kim et al., 2020). By applying validated measures in a Malaysian context, this study contributes local evidence to a field still dominated by Western data.

Demographic characteristics further shaped the results. Older adults with tertiary education and professional backgrounds reported higher engagement, reflecting the recruitment of participants from urban and semi-urban communities where access to education and career opportunities was greater. This highlights the importance of education and occupational history as enabling factors for continued participation in later life. Community activity involvement was also significantly linked to meaningful

engagement, reinforcing evidence that social participation fosters emotional and cognitive health (Rowe & Kahn, 1997; Shah et al., 2021). In contrast, age was negatively associated with both engagement and life satisfaction, though the relationship was weak. This finding suggests that advancing age may present barriers to participation, possibly due to declining health, mobility challenges, or reduced social networks, consistent with previous reports of reduced activity with increasing frailty (Janke et al., 2008). These findings point to the need for interventions that are sensitive to age-related limitations while promoting continued participation in meaningful and stimulating activities.

This study has several limitations. The purposive sampling approach and recruitment from urban and semi-urban sites limit the generalisability of results to rural or lower-income populations. The relatively high proportion of tertiary-educated and professional respondents may also overrepresent more active segments of the population. The cross-sectional design restricts conclusions to associations, precluding causal inference. Reliance on self-reported measures introduces the potential for recall and social desirability bias, and the absence of multivariate analyses may have limited the control of confounding variables. Despite these limitations, the study objectives were achieved by describing engagement levels, identifying associations between activity participation and life satisfaction, and analysing demographic influences. The findings provide baseline evidence to inform occupational therapy practice and ageing policies in Malaysia.

6. CONCLUSION

In conclusion, this study highlights the importance of meaningful activity engagement in enhancing life satisfaction and cognitive-leisure participation among older adults in the community. Education level, occupational background, and involvement in community activities emerged as significant factors influencing engagement, while age showed a modest negative relationship. The findings suggest that promoting accessible, culturally appropriate, and socially engaging programs can support well-being in later life. However, this study was limited to a specific community sample and may not reflect the experiences of all older adults in Malaysia. Future research is recommended to explore longitudinal effects and include diverse populations to better inform inclusive aging interventions.

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8. CONFLICT OF INTEREST STATEMENT

None declared.

9. AUTHORS' CONTRIBUTIONS

Mardhiyah Binti Hasbullah: Conceptualisation, methodology, formal analysis, investigation and writing-original draft; **Associate Professor Dr. Akehsan Hj Dahlan:** Conceptualisation, supervision, writing-review and editing, and validation.

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