

**UNIVERSITI TEKNOLOGI MARA
FACULTY OF ADMINISTRATIVE SCIENCE &
POLICY STUDIES**



**A Study on the Factors that Lead to Emotional Distress During
Movement Control Order (MCO) Among People in Seremban 3**

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Abstract

The aim of this study or research is to investigate the factors that lead to emotional distress which is financial status, changes in norms and uncertainties and the consequences towards the emotional distress during Movement Control Order (MCO) among people in Seremban 3. This study used quantitative methods and convenience sampling involved 400 of people in Seremban 3 through questionnaires. This research indicates that understanding the factors that lead to emotional distress among the people in Seremban 3 is influenced by financial status, changes in norms and uncertainties and identifies the most influential factor that lead to emotional distress during Movement Control Order (MCO). The result of this study shows that all three factors, which are financial status, changes in norms and uncertainties have an important relationship with emotional distress. Therefore, responsible entities such as the government as well as non-governmental organizations (NGO) should make sure that our Malaysian public must have a strong awareness on the importance of mental health and also to prevent emotional distress to occur if there is Movement Control Order (MCO) that will happen again in the future. This finding will also provide intuition which will help our municipalities to promote awareness among the public in Malaysia.

Table Of Content

Acknowledgement	i
Declaration	iii
Abstract	iv
Abstrak	v
Chapter 1 :Introduction	1
1.1 Overview	1
1.2 Research Background.....	1
1.3 Problem statement	2
1.4 Research Questions	2
1.5 Research Objectives	3
1.6 Scope of Study	3
1.7 Significance of the proposed study	3
1.8 Definition of terms, terminology and concepts	4
1.8.1 Emotional distress.....	4
1.8.2 Financial Status.....	4
1.8.3 Uncertainties	5
1.8.4 Norms	5
Chapter 2 : Literature Review & Conceptual Framework.....	7
2.1 Introduction	7
2.2 Definition of emotional distress	7
2.3 Covid-19 Pandemic	7
2.4 Movement Control Order (MCO)	8
2.5 Mental Health.....	8
2.6 The factors that leads to emotional distress	9
2.7 Conceptual Framework	13
2.8 Summary	14
Chapter 3 : Methodology.....	16
3.1 Introduction	16
3.2 Research design.....	16

3.3 Unit/level of analysis.....	17
3.4 Sample size.....	17
3.5 Sampling technique.....	18
3.6 Measurement/Instrumentation.....	18
3.6.1 Theoretical definition, operational definition and measurement of the variable used	19
3.7 Data collection.....	20
3.8 Data analysis	21
3.8.1 Descriptive analysis.....	21
Chapter 4 : Findings	24
4.1 Introduction	24
4.2 Profile of Respondents	24
4.3 Reliability Test Results	26
4.4 Normality Test Results.....	27
4.5 Main Findings	27
a) To study the relationship between uncertainties and emotional distress during the MCO.....	27
b) To identify the relationship between financial status and emotional distress during the MCO.....	27
c) To explain the relationship between the changes in norms and emotional distress during..... the MCO.....	27
d) To identify the most influential factors that led to emotional distress during the MCO.	27
4.6 Summary	29
Chapter 5 : Discussion And Conclusion.....	30
5.1 Introduction	30
5.2 Summary of Findings	30
5.2.1 Objective 1.....	30
5.2.2 Objective 2.....	30
5.2.3 Objective 3.....	31