

Coping with Mental & Physical Health during Covid-19 Pandemic

Views from Malaysian Leisure & Recreational Users



Forests and Human Health: A One Health Perspective's
IUFRO ALL DIVISION CONFERENCE
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Sreeetheran Maruthaveeran, PhD
Assoc. Professor
Department of Landscape Architecture
Faculty of Design & Architecture
Universiti Putra Malaysia



Issues

35.82% of people gained weight during the pandemic



19,903 Surveyed

TOLL ON MENTAL HEALTH

WHAT'S THE REASON?

- Financial insecurity, such as pay cuts and layoffs
- Anxiety/depression
- Lack of space
- Rise of anger
- Discovery of spouse's extra-marital affair
- Worsening of any existing mental health illnesses

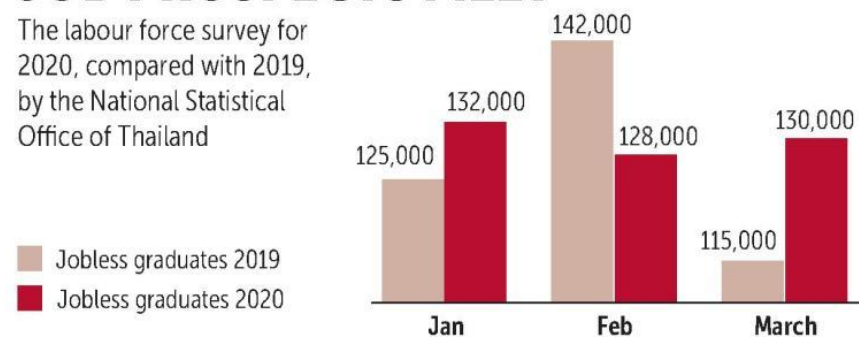


Mental health issues take a toll after major life events. I did not see any patients between March 19 and June 5. But once I resumed work, I found a dramatic surge in the number of cases of marital disharmony

Sabyasachi Mitra
PSYCHIATRIST

JOB PROSPECTS MELT

The labour force survey for 2020, compared with 2019, by the National Statistical Office of Thailand



ALTERNATIVE VIEW

Estimated number of jobless graduates cited by Minister of Higher Education, Science, Research and Innovation Suvit Maesincee as of April 2020

500,000

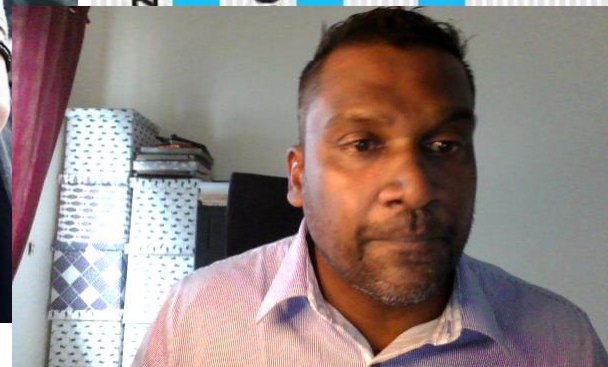
Current jobless graduates

300,000

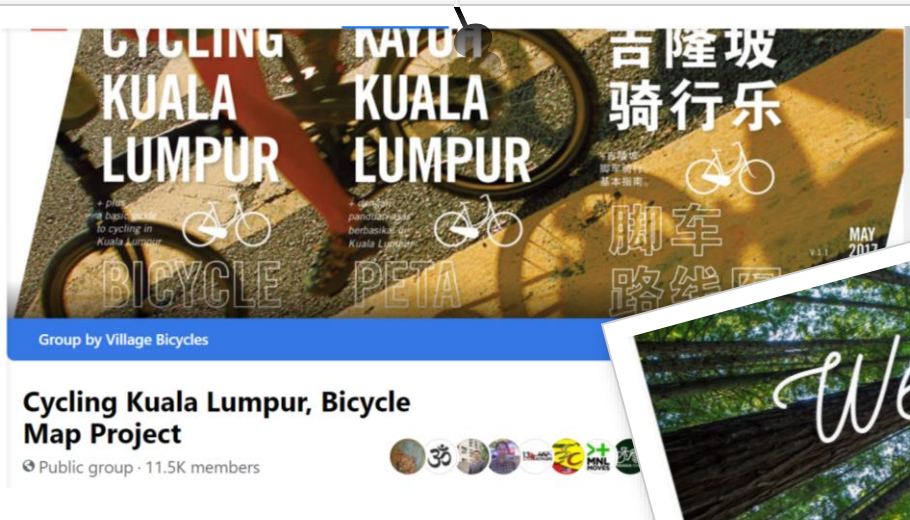
Graduates likely to join job market this year



Not quite feeling at home under lockdown



Recreational/Leisure Social Media Groups


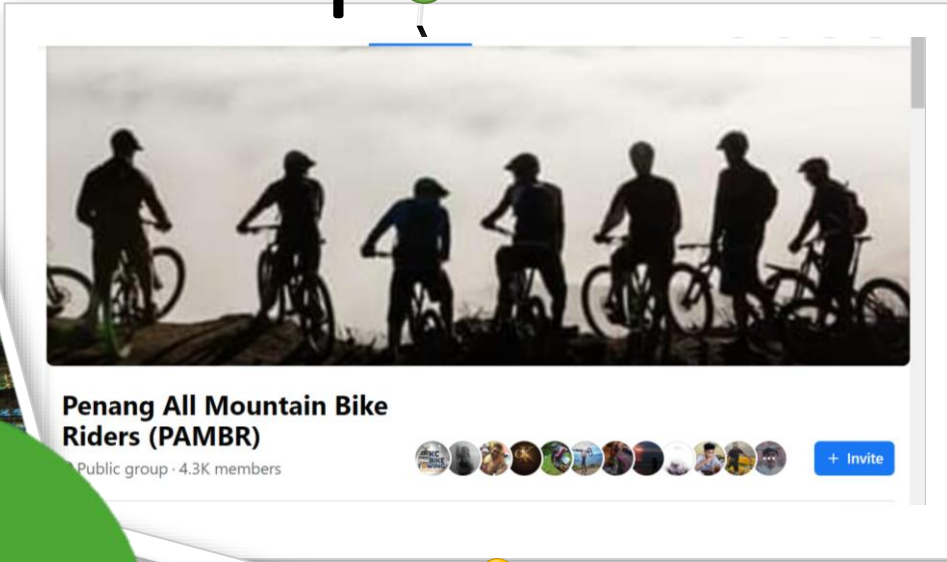


CYCLING KUALA LUMPUR
KUALA LUMPUR
吉隆坡 骑行乐
脚车 路线图
MAY 2017
BICYCLE PETA

Group by Village Bicycles

Cycling Kuala Lumpur, Bicycle Map Project

Public group · 11.5K members



Penang All Mountain Bike Riders (PAMBR)

Public group · 4.3K members


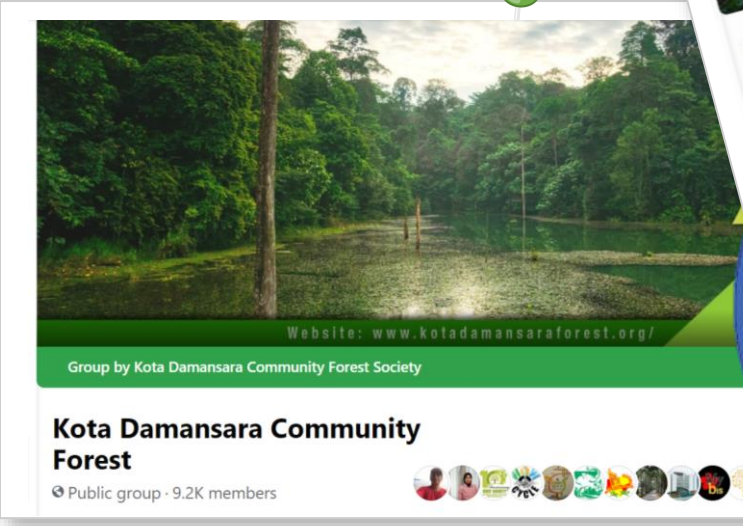
+ Invite



Trailblazer Hiking Club Malaysia (THCM)

Private group · 1.2K members

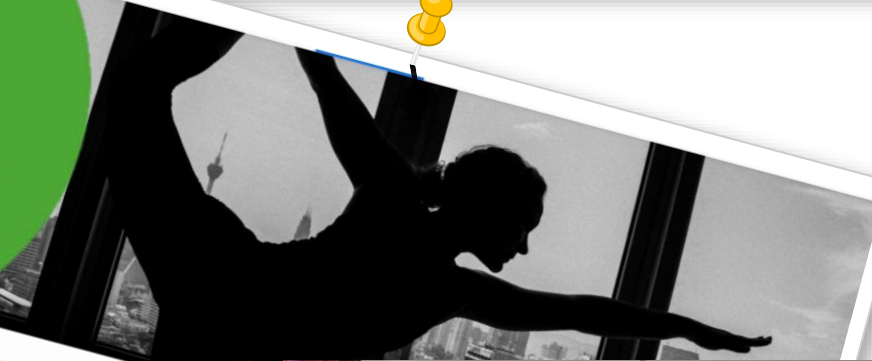
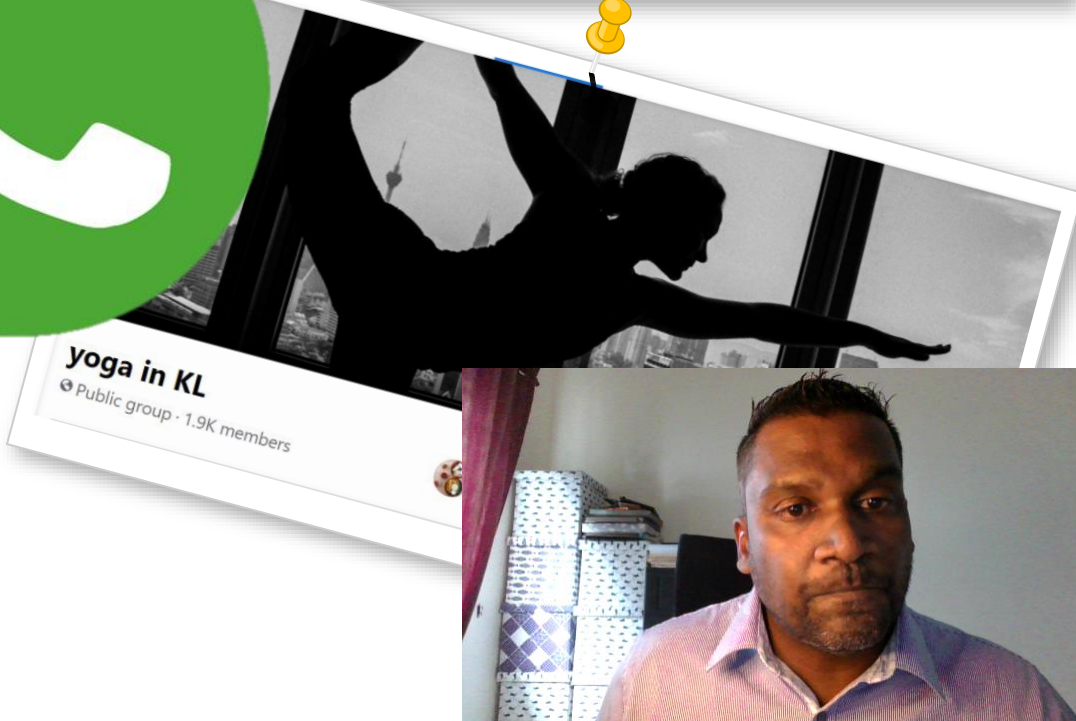
Website: www.kotadamansaraforest.org/



Group by Kota Damansara Community Forest Society

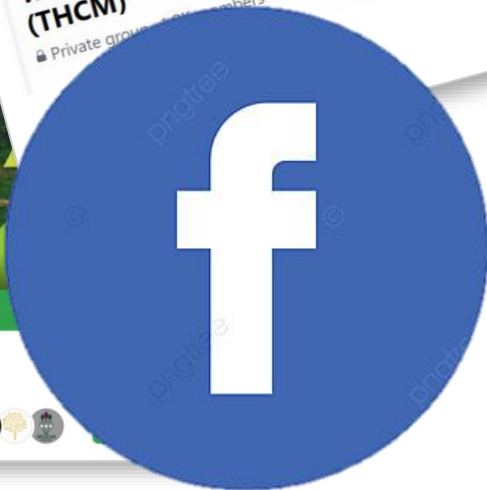

Kota Damansara Community Forest

Public group · 9.2K members

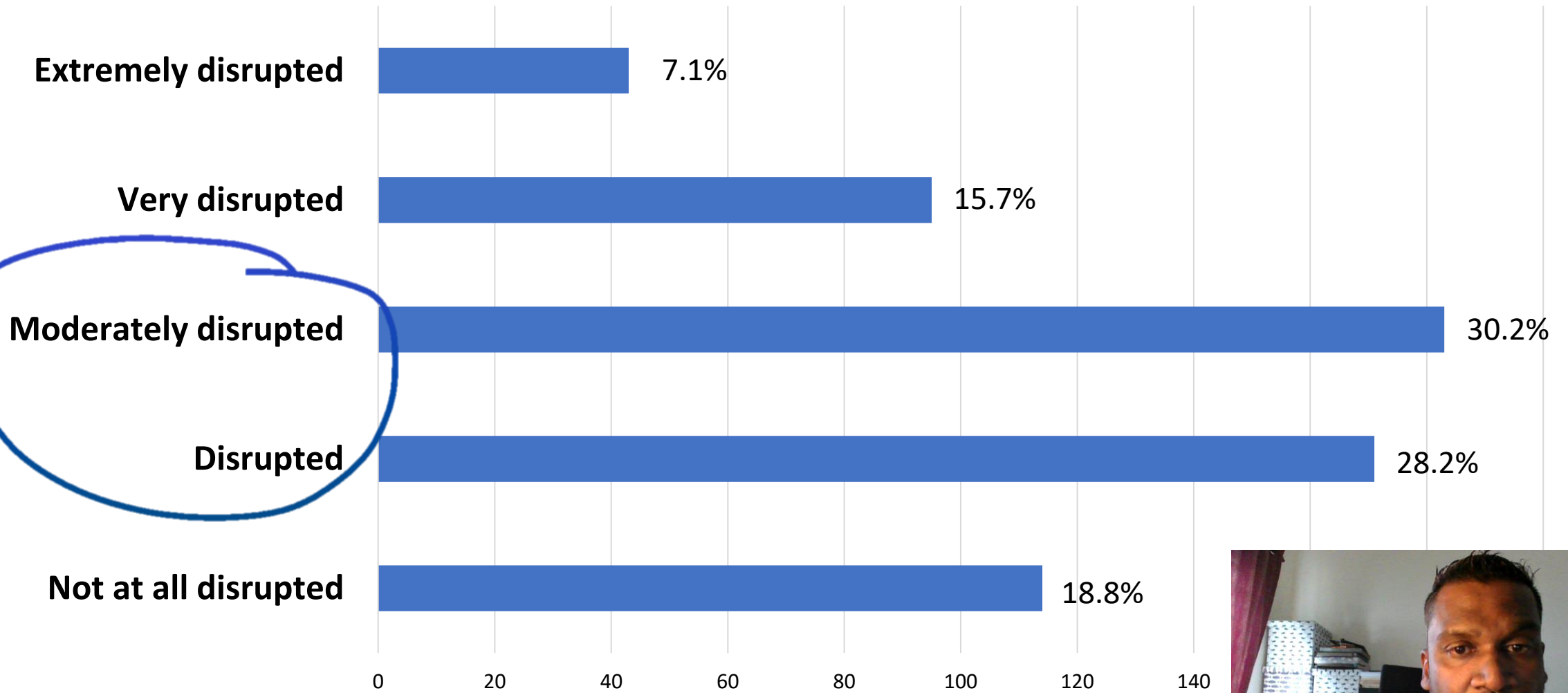


yoga in KL

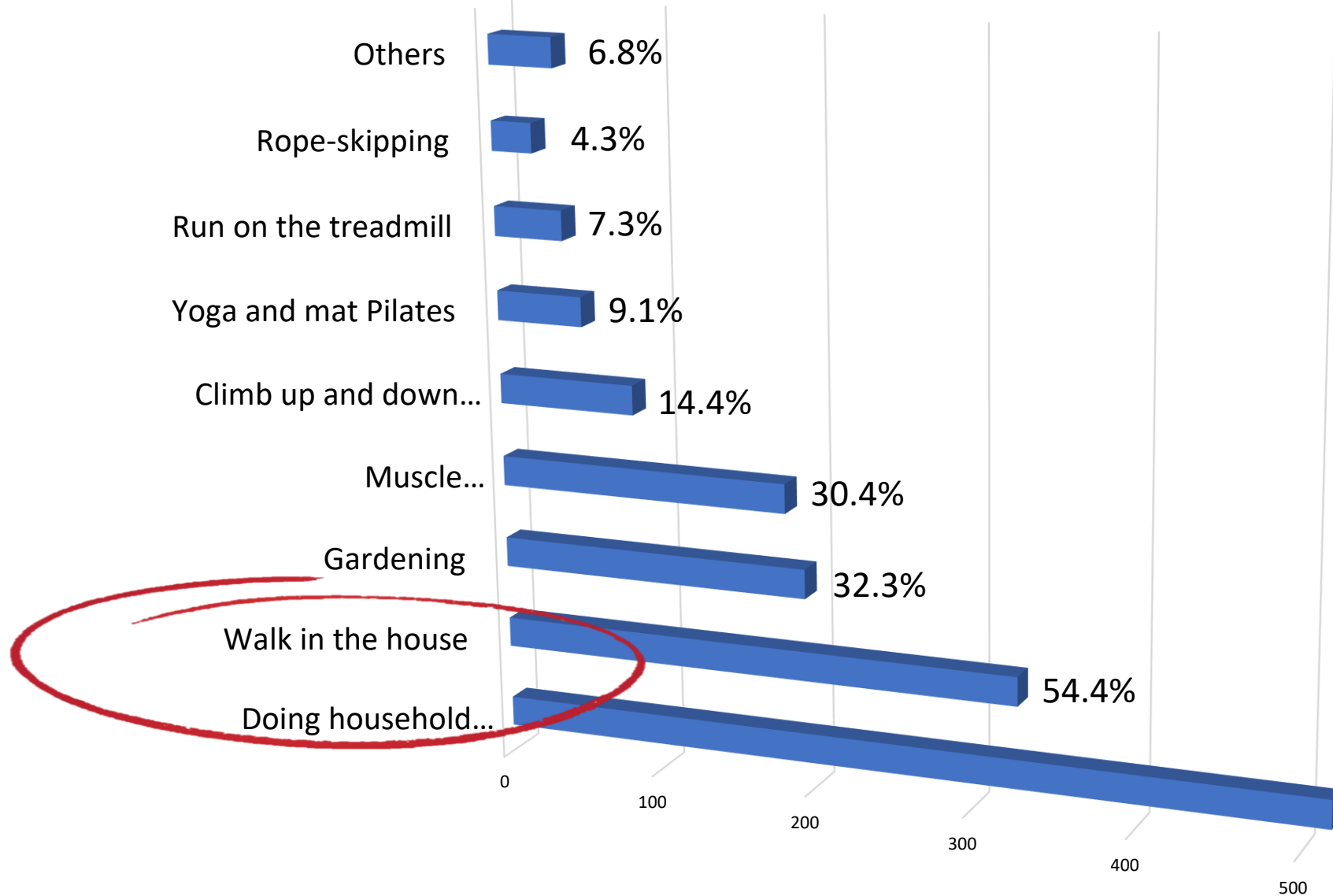
Public group · 1.9K members



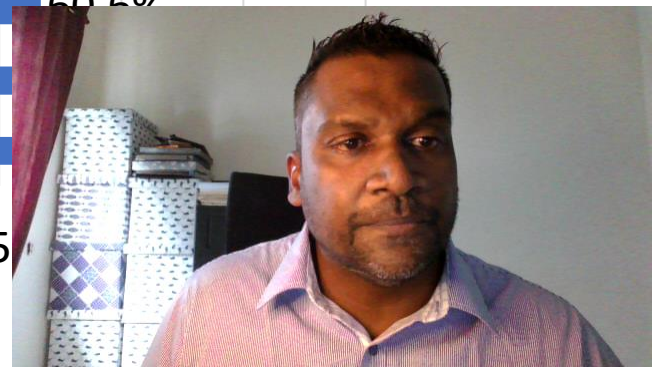
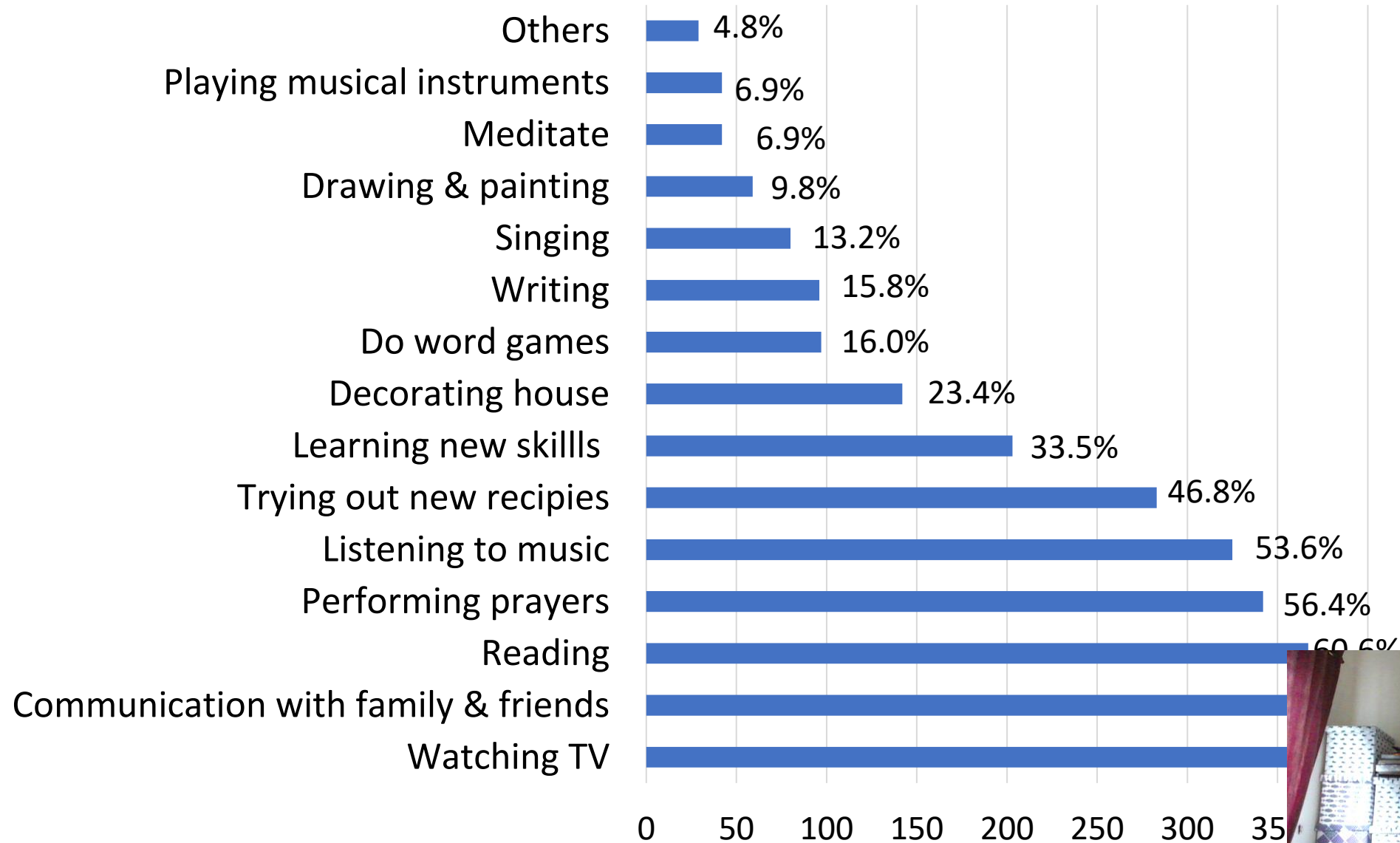
Overall level of physical & mental health



Physical activities during the confinement period



Mental activities during the confinement period



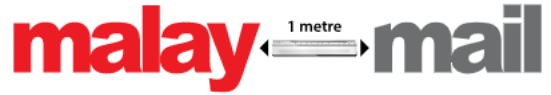
GHQ-12

GHQ-12 Items	Mean	SD
Capable of making decisions	3.04	.800
Able to face problems	2.98	.823
Playing a useful role	2.86	.851
Been able to concentrate on what you're doing?	2.82	.776
Able to enjoy day-to-day activities	2.74	.905
Feeling reasonable happy	2.68	.823
Felt constantly under strain	1.90	.752
Loss much sleep over worry	1.74	.790
Feeling unhappy and depressed	1.74	.717
Could not overcome difficulties	1.68	.744
Losing confidence	1.59	.700
Thinking of self as worthless		

1= Never 2= Sometimes 3= U



Emerging questions



HOME / MALAYSIA

Experts: Rethink on urban design much needed as Covid-19 reshapes what Malaysians want, need

Friday, 10 Jul 2020 06:56 AM MYT

BY SOO WERN JUN



Thank you



Parks & Recreation in Malaysia: Adapting to COVID-19 Pandemic
MyParks Webinar Series
25 August 2021

Sreetheran Maruthaveeran, PhD
Senior Lecturer, Department of Landscape Architecture
Faculty of Design & Architecture
Universiti Putra Malaysia

