IMPACT OF THE PANDEMIC ON FAMILY LIFE
Impact of The Pandemic on Children
Children of **single parents** experienced an elevated range of **anxiety** than those of two parents.
Children in **early adolescence** age experienced higher level of anxiety than other children.
Impact of The Pandemic on Parents
Fathers in Malaysia and Mongolia experienced higher level of severe and extremely severe depression than mothers during the pandemic.
Fathers in the four countries experienced higher level of severe and extremely severe anxiety and stress than mothers during the pandemic.
Single parents in the four countries experienced higher level of severe and extremely severe depression and anxiety than intact families during the pandemic.
Positive Impact of The Pandemic on Parent-Child Relationships
Two common areas in parent-child relationships improved during the pandemic.

- **Communication** (Indonesia, Malaysia, Mongolia, Singapore)
  - When my child has a problem, he/she usually comes to me to talk things over
  - If I have to say no to my children, I try to explain why
  - My child would say that I am a good listener

- **Involvement** (Malaysia, Mongolia, Singapore)
  - I spend a great deal of time with my child
  - I am very involved with my child’s sports or other activities
  - I am very involved with my child’s education
Parents’ Positive Coping Strategies during The Pandemic
Two common most used coping strategies by parents during the pandemic.

• **Acceptance** (Malaysia, Mongolia, Singapore)
  – I’ve been accepting the reality of the fact that it has happened
  – I’ve been learning to live with it

• **Religion** (Indonesia, Malaysia, Singapore)
  – I’ve been trying to find comfort in my religion or spiritual beliefs
  – I’ve been praying or meditating
The #StayHome Create Fun Family Moments (28 March - 12 May 2020) was organised in conjunction with the Movement Control Order in Malaysia. This is to encourage families create fun family moments together and by doing so, build fond memories and strengthen their bond with each other.

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

392,213 reach through Facebook, Instagram & E-blast
377 total entries
192 unique participants
#81 My family stays strong during a crisis by using objects found around the house to make a fun life-size game board such as Tic-Tac-Toe.

#214 (video) My family stay strong during the crisis by laughing, dancing, bonding, creating and not sweating the small stuffs because we have each other and that’s more important.
Family Bonding Time Was Non-existent Before The MCO

By Jun Fen, a 33 year-old teacher, who works at SK Tuaran with nine parents and six as Tuaran (five fruit trees) during the MCO.

Family Time Alleviated Depression

By Sari, a 34 year-old, who decided to return home with her extended family, and was able to learn from the MCO.

Infesting Friends With “Treating” Spirit

By Grace, a 74 year-old, who has lived with her husband and two children in Kuala Lumpur.

Witnessed Children’s Precious Milestones During MCO

By Arul, a 40 year-old teacher who was able to enjoy and share with her family during the MCO.