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INTRODUCTION

- ❑ Coronavirus disease (COVID-19) threatens everyone, especially the poor, elderly, disabled, young, and indigenous, generating uncertainty, routine changes, financial concerns, and psychological and emotional effects on society (1).
- ❑ Due to physiological and behavioral changes, adolescents and young people are especially susceptible to the mental health effects of stress; however, resilience research in this age group is lacking (2).
- ❑ This pandemic presents challenges to society, particularly in understanding and assessing indigenous resilience, particularly among the Malaysian Orang Asli.
- ❑ Thus, our research aims to examine the relationship between quality of life, self-esteem and family environment with resilience among Orang Asli youths in Gombak during COVID-19.

MATERIALS AND METHODS

- ❑ A cross-sectional study comprising Orang Asli communities was done in Gombak district, Selangor, between January and September 2022.
- ❑ A printed self-administered questionnaire as well as an online self-administered questionnaire using Google Forms were used to collect data from youths aged 18 to 24.
- ❑ Resilience was evaluated using the Conner-Davidson Resilience Scale-25 Malay (CD-RISC-25).
- ❑ While the WHOQOL-BREF questionnaire in Malay was used to measure quality of life (QOL), the Rosenberg Self-Esteem Scale (RSE) in Malay was used to measure self-esteem, and the Family Environmental Scale (FES) in Malay was used to measure family environment.
- ❑ The data was analysed using SPSS version 28.0. The Pearson correlation test was used to analyse the relationship between quality of life, self-esteem and family environment with resilience.

RESULTS

- ❑ The total number of participants in the study was 158.
- ❑ The quality of life and its domain, self-esteem, and family environment domains were significantly positively correlated with resilience (Table 1).
- ❑ However, the religious and traditional practice domain under the family environment did not show any correlation with the total score of resilience.
- ❑ Therefore, resilience can be enhanced by good quality of life, high self-esteem and supportive family environment which did not include the religious and traditional practice.

Table 1: The relationship between quality of life, self-esteem, and family environment with resilience of participants (N=158)

Variable	Mean (SD)	P-value	Correlate coefficient (r)
Resilience	69.28 (14.52)		1.00
QOL	3.95 (0.76)	<0.001*	0.399
General health	4.15 (0.69)	<0.001*	0.304
Physical health	59.10 (10.43)	<0.001*	0.344
Psychological	60.76 (16.83)	<0.001*	0.456
Social relationship	71.54 (13.72)	0.003*	0.236
Environment	68.39 (13.29)	<0.001*	0.448
Self-esteem	35.77 (4.94)	<0.001*	0.277
Family function			
Togetherness and harmony	18.13 (3.10)	0.007*	0.215
Expression	16.01 (3.75)	<0.001*	0.268
Relationship and family dynamic	18.83 (2.89)	<0.001*	0.424
Conflict	16.55 (3.84)	<0.001*	0.261
Religiosity and traditional practice	17.27 (3.18)	0.094	0.134

*Statistical significant at $\alpha=0.05$

CONCLUSION

- ❑ By developing culturally relevant approaches that avoid a one-size-fits-all approach and those that impose a western, biological programming framework on indigenous cultures, we can aid Orang Asli youths in becoming more resilient, improving their quality of life, boosting their self-esteem, and strengthening their families.

REFERENCES

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