


## RESEARCH ARTICLE

# Quality of life among undergraduate university students during COVID-19 movement control order in Sarawak

Whye Lian Cheah  | Leh Shii Law | Keng Hoong Teh | Su Ling Kam |  
Grace Ern Hui Voon | Han Yong Lim | Nuhes Seelan Shashi Kumar

Faculty of Medicine and Health Sciences,  
Universiti Malaysia Sarawak, Kota Samarahan,  
Sarawak, Malaysia

## Correspondence

Whye Lian Cheah, Faculty of Medicine and  
Health Sciences, Universiti Malaysia Sarawak,  
94300 Kota Samarahan, Sarawak, Malaysia.  
Email: wlcheah@unimas.my

## Abstract

**Background and Aims:** This study aimed to examine the quality of life (QoL) and health satisfaction of undergraduate university students in Sarawak during MCO and its association with socio-demographic profiles.

**Methods:** In this cross-sectional study, QoL and satisfaction of health of 503 undergraduate university students (63.4% females) from a public university was assessed online using the World Health Organization QoL (WHOQOL)-BREF instrument.

**Results:** The overall QoL and satisfaction with health were  $3.7 \pm 0.87$  and  $3.9 \pm 0.82$ , respectively. Male students showed significantly lower mean scores for the environmental domains than female students ( $63.37 \pm 16.21$  vs  $68.10 \pm 14.00$ ,  $P < .01$ ). Students who lived inside the campus (vs outside campus) showed significantly lower mean score for the physical health ( $61.49 \pm 13.94$  vs  $67.23 \pm 13.93$ ,  $P < .01$ ), environmental health ( $58.35 \pm 15.07$  vs  $70.49 \pm 13.21$ ,  $P < .01$ ), overall QoL ( $3.39 \pm 0.90$  vs  $3.84 \pm 0.83$ ,  $P < .01$ ), and satisfaction with health ( $3.71 \pm 0.90$  vs  $3.97 \pm 0.77$ ,  $P < .01$ ). Students with parent's income below RM5000 (vs parent's income more than RM5000) had significantly lower mean score for the environmental domain ( $65.06 \pm 14.35$  vs  $68.20 \pm 15.74$ ,  $P < .05$ ). Others ethnicity scored significantly lower than Bumiputera Sarawak and Malay while Bumiputera Sarawak scored significantly lower than Chinese in physical health domain (Malay =  $65.73 \pm 13.40$ , Chinese =  $63.24 \pm 15.35$ , Bumiputra Sarawak =  $67.35 \pm 13.30$ , Others =  $60.84 \pm 15.88$ ,  $P < .05$ ). Malay ( $69.99 \pm 15.20$ ) scored significantly higher than other ethnicities (Chinese =  $63.58 \pm 15.80$ ; Bumiputera Malaysia =  $65.23 \pm 13.66$ ; others =  $63.98 \pm 15.59$ ) in environmental domain ( $P < .01$ ). When comparing between religions, the results also showed there were significant differences between different religion groups in overall QoL (Islam =  $3.75 \pm 0.93$ , Christianity =  $3.77 \pm 0.79$ , Others =  $3.34 \pm 1.14$ ,  $P < .05$ ), physical health (Islam =  $65.00 \pm 13.86$ , Buddhism =  $68.40 \pm 11.99$ , Christianity =  $64.77 \pm 14.94$ , Others =  $61.00 \pm 16.03$ ,  $P < .05$ ), and environmental health (Islam =  $69.66 \pm 15.48$ , Buddhism =  $64.99 \pm 11.36$ , Christianity =  $64.87 \pm 15.61$ , Others =  $62.13 \pm 16.28$ ,  $P < .05$ ).

This is an open access article under the terms of the Creative Commons Attribution-NonCommercial License, which permits use, distribution and reproduction in any medium, provided the original work is properly cited and is not used for commercial purposes.

© 2021 The Authors. *Health Science Reports* published by Wiley Periodicals LLC.