

**QUALITY OF LIFE: COMMUTER COUPLES**



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**JANUARY 2013**

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## **5. Report**

### **5.1 Proposed Executive Summary**

Malaysia is indeed in a very comprehensive plan to ensure livelihood, poverty and social transformation. One of the strategies is to enhance the quality of life of Malaysians. Recently, commuter couples are becoming a phenomenon in Malaysia. Husbands and wives stay at different locations because of career commitment.

According to the article in Utusan Malaysia dated 3<sup>rd</sup> March 2011, Jabatan Kemajuan Islam Malaysia (JAKIM) in 2009 recorded that a divorce occurred every 15 minutes. Thus, JAKIM has organized a lot of programs to overcome this problem. Besides that, there a lot of news on crimes, alcoholism and drug addiction among youth. Therefore, successful family is the most important factor to have quality future generations. The disruption of the family institution has a significant negative effect on children. Dual-career commuter couples also have risk, challenges the family upbringing and creates possibilities of disruption to the family. So, this study intends to determine the factors affecting the quality of life of commuter couples. Hopefully this study will be able to be a guideline in achieving a successful family life.

The main purpose of this study is to determine which factor affects the quality of life of commuter couples such as physical, psychological, social, financial well-being, and child upbringing. Secondly it is to compare the quality of life of commuter couples according to some demographic factors.

A simple random sampling will be used to select the number of respondents from a list of UiTM staff from the Department of Administration UiTM Pahang. The data will be collected using a combination of self-construct questionnaires and established questionnaire which is WHO Quality of Life-BREF (WHOQOL-BREF). Descriptive analysis, independent sample t-test, analysis of variance will be used to analyze the data.

The result from this study is very important to improve the quality of life in terms of the physical, psychological, social, and financial well-being. Not only mothers but also fathers have an important contribution in their children's lives through the living arrangement for family members and the family structure.

## **5.2 Enhanced Executive Summary**

Dual-career couples who live apart or commuter couples are becoming a phenomenon in Malaysia after the changes of the economic structure from primary to secondary sector. Nowadays, there are more opportunities for women to pursue their own career. There are situations where the husband and wife have to live apart in order to manage each other's career. This study is aimed at studying the quality of life (QoL) of dual-career commuter couples. The QoL was measured based on three domains of the WHOQOL-BREF, namely, physical, psychological and social well-being. Besides, the QoL was measured also based on financial well-being and child upbringing. Data was collected from 100 respondents, either the wife or husband or both chosen at random among a list of UiTM Pahang's staffs and their spouse who are categorized as dual-career commuter couples. The findings indicate that the respondents have a fairly good quality of physical and psychological well-being. Even though the effect of living apart together is not astounding, there were grievances of feeling disrupted due to fatigue, getting tired easily and feeling abandoned, alone and fragmented. Furthermore, there is no difference in the QoL of male and female respondents. Difference in physical well-being was found among respondents that travel less than five hours compared to those travelling more than five hours. Most of the respondents agree that separation creates intense pressure to have quality time together, as stated in social well-being. They also agree that commuter marriage has caused financial problem and they spend a lot on travelling to meet their family. Moreover, respondents with no child have a better quality of life than those who have one or more children.