



MINISTRY OF WOMEN, FAMILY AND
COMMUNITY DEVELOPMENT



REPORT ON FAMILY WELL-BEING INDEX 2022



REPORT ON FAMILY WELL-BEING INDEX 2022

NATIONAL POPULATION AND FAMILY DEVELOPMENT BOARD (NPFDB)



NATIONAL POPULATION AND FAMILY DEVELOPMENT BOARD

Published By:

**NATIONAL POPULATION AND FAMILY DEVELOPMENT BOARD
POPULATION AND FAMILY RESEARCH DIVISION**

No.12B, Bangunan LPPKN, Jalan Raja Laut,
50712 Kuala Lumpur,
Malaysia

Phone : 03-2613 7555
Webpage : <https://www.lppkn.gov.my>
Facebook : Lembaga Penduduk dan Pembangunan Keluarga Negara
E-mail : penduduk@lppkn.gov.my

Published in May 2026

All Rights Reserved ©

No part of this publication may be reproduced or stored in a retrieval system, or transmitted in any form or by any means, whether electronic, mechanical, photocopying, recording and/or otherwise, without prior permission from the National Population and Family Development Board, Malaysia.

National Library of Malaysia
Cataloguing-in-Publication Data NPFDB
Report on Family Well-Being Index 2022
ISBN: 978-629-95492-1-5



Cataloguing-in-Publication Data

Perpustakaan Negara Malaysia

A catalogue record for this book is available
from the National Library of Malaysia

ISBN 978-629-95492-1-5

TABLE OF CONTENTS

1

FOREWORD **vii**

Minister of Women, Family and
Community Development **vii**

Secretary General,
Ministry of Women, Family
and Community Development **viii**

Director General,
National Population and
Family Development Board **ix**

2

ACKNOWLEDGEMENTS **x**

3

RESEARCH TEAM **xii**

4

EXECUTIVE SUMMARY **xiii**

5

INTRODUCTION **1**

Background **1**

Family Concept **2**

Family Well-Being **2**

Overview of the Family
Well-Being Index (FWBI) **3**

Family Well-Being Index 2022
(FWBI 2022) Study **8**

Significance of the Family
Well-Being Index 2022
(FWBI 2022) Study **8**

Limitations of the Study **9**

6

METHODOLOGY **9**

Study Design **9**

Sampling Frame **9**

Sampling Design **9**

Sample Size **9**

Scope of the Study **10**

Instrument **10**

Domains and Indicators of the
Family Well-Being Index 2022 **11**

Instrument Reliability **15**

Duration and Method of
Data Collection **15**

Data Analysis **15**

7

FINDINGS OF THE FAMILY WELL-BEING INDEX 2022 (FWBI 2022) **16**

Respondents' Profile **16**

Index, Domain, and Indicator
Scores of the Family Well-Being
Index 2022 (FWBI 2022)

Family Relationship Domain **19**

Family Economy Domain **19**

Family Health Domain **19**

Family Safety Domain **19**

*Family and Community
Involvement Domain* **19**

*Family, Role of Religion
and Spiritual Practices Domain* **19**

Housing and Environment Domain **19**

TABLE OF CONTENTS

<i>Family and Communication Technology Domain</i>	19	Family Well-Being Index 2022 (FWBI 2022) Scores by State	29
<i>Domain and Indicator Scores of Family Well-Being Index 2022 (FWBI 2022)</i>	20	<i>Johor</i>	29
Index, Domain and Indicator Scores of the Family Well-Being Index 2022 (FWBI 2022) by Demographic Characteristics	21	<i>Kedah</i>	31
<i>Family Well-Being Index 2022 (FWBI 2022) Domain Scores by Strata</i>	21	<i>Kelantan</i>	33
<i>Family Well-Being Index 2022 (FWBI 2022) Indicator Scores by Strata</i>	22	<i>Melaka</i>	35
<i>Family Well-Being Index 2022 (FWBI 2022) Domain Scores by Ethnicity</i>	23	<i>Negeri Sembilan</i>	37
<i>Family Well-Being Index 2022 (FWBI 2022) Indicator Scores by Ethnicity</i>	24	<i>Pahang</i>	39
<i>Family Well-Being Index 2022 (FWBI 2022) Domain Scores by Household Income</i>	25	<i>Pulau Pinang</i>	41
<i>Family Well-Being Index 2022 (FWBI 2022) Indicator Scores by Household Income</i>	26	<i>Perak</i>	43
<i>Family Well-Being Index 2022 (FWBI 2022) Domain Scores by Family Type</i>	27	<i>Perlis</i>	45
<i>Family Well-Being Index 2022 (FWBI 2022) Indicator Scores by Family Type</i>	28	<i>Selangor</i>	47
		<i>Terengganu</i>	49
		<i>Sabah</i>	51
		<i>Sarawak</i>	53
		<i>Federal Territory of Kuala Lumpur</i>	55
		<i>Federal Territory of Putrajaya</i>	57
		<i>Federal Territory of Labuan</i>	59
		8	
		TRENDS OF FAMILY WELL-BEING INDEX	61
		Family Well-Being Index Performance by Domain	62
		Family Well-Being Index Performance by State	67

TABLE OF CONTENTS

9

FAMILY CHALLENGES 69

Main Challenges Faced by Families 69

Core Values Deemed Important in Family Life 69

Understanding of Family Well-Being 70

10

KEY FINDINGS 71

11

RECOMMENDATIONS TO STRENGTHEN THE LEVEL OF FAMILY WELL-BEING 72

12

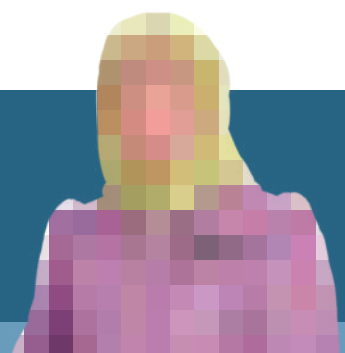
REFERENCES 74

13

APPENDICES 75

FOREWORD

MINISTER OF WOMEN, FAMILY AND COMMUNITY DEVELOPMENT



Family is a highly crucial institution that nurtures the next generation. A prosperous and harmonious family cultivates quality individuals, building a skilled, capable generation. Guided by the vision and mission to become a leading authority in family and community development and well-being, in line with the Malaysia MADANI agenda, the Ministry of Women, Family and Community Development (MWFC) commits to address the issues and challenges faced by families and society.

Through the National Population and Family Development Board (NPFDB), MWFC initiated various efforts to measure and monitor the level of family well-being in Malaysia since 2011 under the Tenth Malaysia Plan (10th MP). The monitoring initiative then continued from 2016 to 2019 under the Eleventh Malaysia Plan (11th MP) and in 2022 under the Twelfth Malaysia Plan (12th MP). This published Report on Family Well-Being Index 2022 (FWBI 2022) demonstrates the Malaysian government's ongoing commitment and dedication. On a maximum scale of 10.00, FWBI score increased from 7.55 in 2011 to 7.93 in 2022. This increase in the score reflects the success of Malaysian families in overcoming various challenges, particularly during the post-COVID-19 pandemic period. This success is also driven by the implementation of the National Family Policy (NFP). In line with the reporting requirements of the Twelfth Malaysia Plan (12th MP), FWBI 2022 designated FWBI score as one of the key indicators for the focus area of "Empowering Specific Target Groups: Strengthening the Family Institution", with a target score of 8.00.

I would like to take this opportunity to extend my congratulations and commendations to NPFDB and MWFC for the successful implementation of the FWBI 2022 study. My sincere appreciation goes to all parties involved, both directly and indirectly, in the successful execution of this study. It is hoped that this report will serve as a reference for all levels, including policymakers, policy implementers, researchers and the wider community to enhance family well-being in Malaysia.

YB DATO' SRI HAJAH NANCY SHUKRI

Minister of Women, Family and Community Development

FOREWORD

**SECRETARY GENERAL,
MINISTRY OF WOMEN,
FAMILY AND COMMUNITY
DEVELOPMENT**



Family is the foundation of a prosperous society. The well-being of the family institution is a key element in the development of a nation. Therefore, the family perspective must always be prioritised to ensure that this institution remains prosperous and continues to contribute to the country's socio-economic development.

Family well-being encompasses various dimensions that influence the harmony of a family's life. The Family Well-Being Index 2022 (FWBI 2022) serves as an objective and scientific benchmark for monitoring the level of family well-being in Malaysia. Overall, the FWBI 2022 score is 7.93 on a maximum scale of 10.00.

Although this score indicates the moderate level of Malaysian family well-being, it is gradually approaching a higher level, the target score of 8.00, as outlined in the Twelfth Malaysia Plan (12th MP). This increase in the score reflects the success of Malaysian families in navigating various challenges for their family well-being.

It is hoped that the Report on FWBI 2022 can serve as a primary reference and a useful input for all stakeholders, particularly in the family sector to ensure a stronger, prosperous and sustainable future for the family institution.

DATUK DR. MAZIAH CHE YUSOFF

Secretary General
Ministry of Women, Family and Community Development

FOREWORD

DIRECTOR GENERAL, NATIONAL POPULATION AND FAMILY DEVELOPMENT BOARD



In order to strengthen the family institution, Malaysia requires a comprehensive model to measure the level of family well-being. Therefore, the National Population and Family Development Board (NPFDB) established a new trajectory of family research in Malaysia by introducing the Family Well-Being Index (FWBI) in 2011 to measure the level of family well-being. To continue the efforts of measuring and monitoring family well-being, NPFDB conducted the fourth series of the FWBI study in 2022 and subsequently published the Report on Family Well-Being Index 2022 (FWBI 2022).

With a recorded score of 7.93 on a maximum scale of 10.00, FWBI 2022 indicates a moderate level of family well-being. The FWBI 2022 score shows an increase of 0.21 points (2.7%) from the FWBI 2019 score. This increase in the score was contributed by five domains that recorded scores above 8.00, namely (i) Family Relationship Domain, (ii) Family, Role of Religion, and Spiritual Practices Domain, (iii) Family and Community Involvement Domain, (iv) Family and Communication Technology Domain, and (v) Family Health Domain.

The fourth series of this study also proposed 17 suitable interventions in efforts to enhance family well-being in Malaysia. It is hoped that this report can serve as an important input and reference for stakeholders in formulating development plans and family-based social intervention programmes, in line with one of the main focus areas of the Twelfth Malaysia Plan (12th MP) – “Empowering Specific Target Groups: Strengthening the Family Institution”.

DATO' ABDUL SHUKUR ABDULLAH

Director General
National Population and Family Development Board

ACKNOWLEDGEMENTS

The National Population and Family Development Board (NPFDB) expresses its highest appreciation and thanks to the ministries, agencies, and departments involved in the implementation of the Family Well-Being Index 2022 (FWBI 2022) Study.

TECHNICAL COMMITTEE FAMILY WELL-BEING INDEX 2022 (FWBI 2022) STUDY

MINISTRIES

Ministry of Economy	Ministry of Rural Development
Ministry of Women, Family and Community Development	Ministry of Education
Ministry of Health	Ministry of Communications
Ministry of Home Affairs	
Ministry of Housing and Local Government	

DEPARTMENTS

Department of Statistics Malaysia	Department of National Unity and Integration
Department of Islamic Development Malaysia	

UNIVERSITIES / INSTITUTES

Universiti Malaya	Social Institute of Malaysia
Universiti Teknologi MARA	Institute for Youth Research Malaysia

NON-GOVERNMENTAL ORGANISATIONS

Focus on the Family	Pertubuhan IKRAM Malaysia
---------------------	---------------------------

NPFDB

Population and Family Research Division	Strategic Planning Division
Family Well-Being Division	Human Reproductive Division

WORKING COMMITTEE FOR FAMILY WELL-BEING INDEX 2022 (FWBI 2022) STUDY

CHAIRPERSON

Mr. Hairil Fadzly Md. Akir
Deputy Director General (Management), NPFDB

MEMBERS

Prof. Dr. Tey Nai Peng
Universiti Malaya

Dr. Zainah Shariff
Institute for Youth Research Malaysia

Dr. Ahmad Nazim Aimran
Universiti Teknologi MARA

Strategic Planning Division, NPFDB

Family Well-Being Division, NPFDB

Human Reproductive Division, NPFDB

UKM Pakarunding Sdn. Bhd.

SECRETARIAT

Research and Development Unit
Population and Family Research Division
National Population and Family Development Board

RESEARCH TEAM

ADVISOR

Dato' Abdul Shukur Abdullah
Director General, NPFDB



Mr. Hairil Fadzly Md. Akir
Deputy Director General (Management), NPFDB



Dr. Mohd Azizuddin Mohd Yussof
Deputy Director General (Policy), NPFDB

PROJECT LEADER

Mr. Adzmel Mahmud
Director
Population and Family Research Division, NPFDB



RESEARCH TEAM

Population and Family Research Division, NPFDB

- Mr. Irwan Nadzif Mahpul
- Mrs. Noor Azlin Muhammad Sapri
- Mrs. Nur Airena Aireen Azman
- Mrs. Massita Mohamad
- Ms. Rosdiana Abdul Hamid
- Mr. Khairul Faqri Kamalul Razib

UKM Pakarunding

- Prof. Madya Ts. Dr. Mohd Sobhi Ishak
- Prof. Madya Dr. Mohd Mahadee Ismail
- Prof. Ulung Datuk Dr. Shamsul Amri Baharuddin
- Dr. Azizah Sarkowi
- Dr. Noraihan Mohamad
- Mr. Hj. Ahmad Zul Hakimi Hassim



REPORT PROVIDER

- Mr. Adzmel Mahmud
- Mrs. Noor Azlin Muhammad Sapri
- Mr. Irwan Nadzif Mahpul
- Mrs. Nur Airena Aireen Azman
- Mr. Ismahalil Ishak
- Mrs. Massita Mohamad
- Mr. Ahmad Rasyidee Abdul Razak
- Ms. Rosdiana Abdul Hamid
- Mr. Khairul Faqri Kamalul Razib
- Mrs. Umie Nabihah Mustafar

SECRETARIAT

Research and Development Unit
Population and Family Research Division
National Population and Family Development Board

EXECUTIVE SUMMARY

As part of the efforts to strengthen the family institution in Malaysia, a comprehensive model to measure family well-being is required. Therefore, the Ministry of Women, Family and Community Development (MWFCD), through the National Population and Family Development Board (NPFDB), has taken steps to establish a new trajectory in family research in the country by developing instruments to measure the level of family well-being in Malaysia. This involves the implementation of the Family Well-Being Index (FWBI) Study, which started back in 2011. The execution of the FWBI is crucial as no previous measurement was developed to reflect the state of family well-being in the country. The FWBI serves as a subjective assessment method across various dimensions, which measures family well-being from the perspectives of the mothers or fathers.

The Report on Family Well-Being Index 2022 (FWBI 2022) is the fourth publication, part of a series that provides an overview of the level of family well-being in Malaysia. FWBI 2022 is one of NPFDB's major research projects, an ambitious effort aimed at promoting research on family-related issues by disseminating the findings within the scientific community and presenting evidence-based policy recommendations and interventions to all levels, including policymakers, policy implementers, programme executors, researchers and the public for strengthening the family institution. Family well-being is a concept that encompasses various dimensions affecting the welfare and harmony of a family's life. It involves various internal and external factors related to the family institution. Internal factors include family relationships, family health and the role of religion within a family. Meanwhile, external factors involve the influence of society, community and technology on a family.

The fourth series of the FWBI 2022 study conducted across Malaysia, is a large-scale and nationally representative study. For the implementation of the FWBI 2022 study, the Department of Statistics Malaysia (DOSM) provided assistance and technical services in terms of sampling design and sample selection. A total of 8,460 Malaysian households were selected for this study. Respondents consisted of Malaysian mothers or fathers with children aged between 3 and 24 years. Face-to-face interviews and surveys were conducted for data collection. The fieldwork took five months, from 20 December 2022 to 30 May 2023.

EXECUTIVE SUMMARY

The FWBI 2022 study retained eight domains from the second and third studies of the series, while improving the indicators and items based on current family-related needs and issues. The FWBI 2022 instrument consisted of 184 questions divided into three components: personal and family background, family relationships and challenges faced, and eight domains of family well-being, which include (i) Family Relationship; (ii) Family Economy; (iii) Family Health; (iv) Family Safety; (v) Family and Community Involvement (vi) Family, Role of Religion and Spiritual Practices; (vii) Housing and Environment and (viii) Family and Communication Technology.

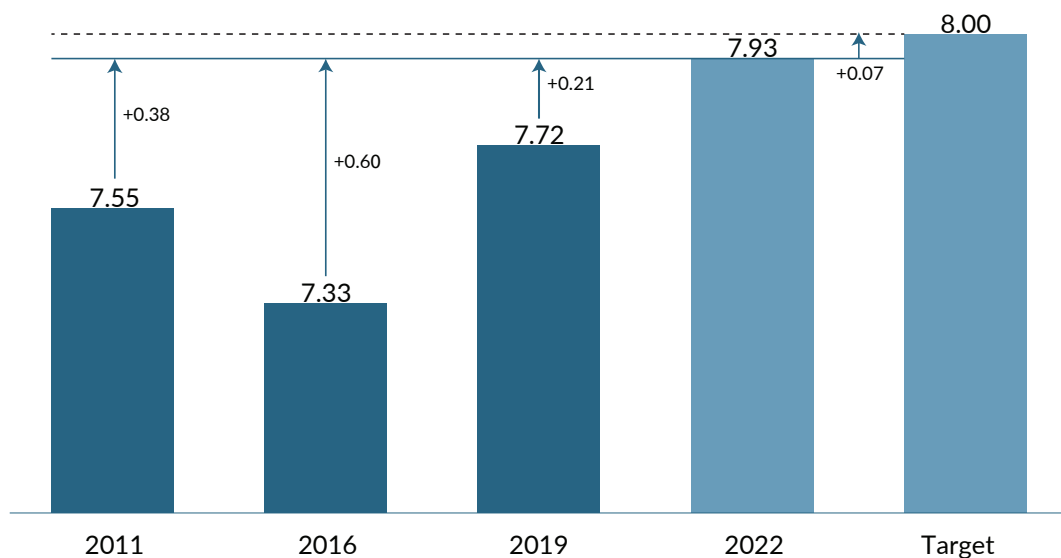
Out of 8,460 Malaysian households, 5,236 respondents were successfully interviewed, comprising 2,784 fathers (53.2%) and 2,452 mothers (46.8%). The majority of respondents were aged 40 to 49 years, Malay, and married and reported to complete secondary education and resided in urban areas. More than two-thirds of respondents (68.9%) belonged to the B40 group, with family income of below RM4,850. In terms of family composition, three-quarters of respondents (75.3%) were from nuclear families where father, mother and children live together.



THE LEVEL OF FAMILY WELL-BEING IN MALAYSIA IS IMPROVING

The FWBI 2022, which measures the level of family well-being in Malaysia, reused the instruments from the FWBI 2019, retaining all eight domains. Accordingly, FWBI scores are categorised as low (0.00–4.99), moderate (5.00–7.99) and high (8.00–10.00). The FWBI 2022 study indicated moderate level of family well-being with a recorded score of 7.93, representing an increase of 0.21 points from the FWBI 2019 score.

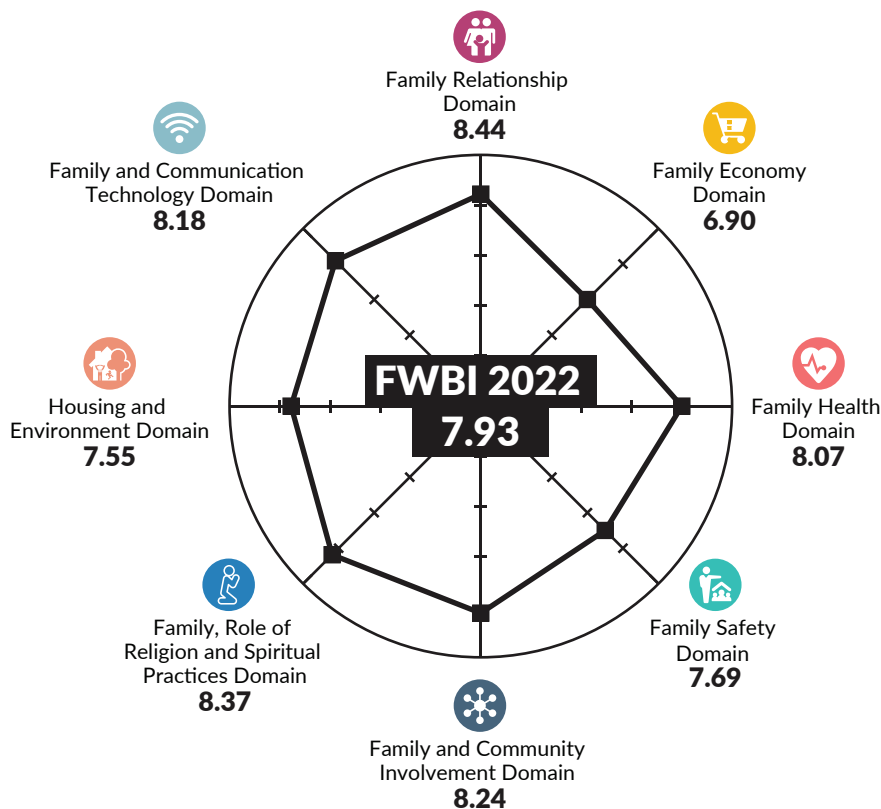
Although the FWBI 2022 score indicates a moderate level of family well-being, it is considered approaching the high level score of 8.00. The increase in the FWBI 2022 score as compared with previous FWBI scores, reflects the success of Malaysian families in overcoming various challenges to achieve their respective family well-being.



Family Well-Being Index (FWBI) Scores by Year of Implementation

FIVE DOMAINS RECORDED SCORES OF ABOVE 8.00 WITH THE FAMILY RELATIONSHIP DOMAIN RECORDING THE HIGHEST SCORE

The increase in the FWBI 2022 score was contributed by five domains that scored above 8.00, namely Family Relationship (8.44); Family, Role of Religion, and Spiritual Practices (8.37); Family and Community Involvement (8.24); Family and Communication Technology (8.18); and Family Health (8.07). Meanwhile, domains with scores below 8.00 were Family Safety (7.69); and Housing and Environment (7.55); with Family Economy recording the lowest score (6.90).



HIGHER SCORES WERE OBSERVED AMONG MALAY MOTHERS RESIDING IN URBAN AREAS, WITH HIGHER EDUCATION AND INCOME LEVEL, WHO WERE MARRIED AND LIVING IN EXTENDED FAMILY HOUSEHOLDS

Mothers recorded a higher score of 7.95 than fathers (7.91). In terms of ethnicity, Malay respondents recorded the highest score of 7.97, followed by Chinese respondents (7.95), other Bumiputera respondents (7.89), and Indian respondents (7.80). Respondents residing in urban areas recorded a higher score of 7.95 than those residing in rural areas (7.90). Regarding education level, those with a Doctor of Philosophy (PhD) recorded the highest score of 8.37, followed by Master's degree holders (8.14) and Bachelor's degree holders (8.08).

Family well-being is also closely associated with household income. Respondents with monthly household income of RM10,971 and above recorded the highest score of 8.24, followed by those with monthly household income between RM4,851 and RM10,970 (8.06), and respondents with monthly household income of RM4,850 and below (7.87). In terms of marital status, married respondents recorded the highest score (7.94), followed by widowers/widows (7.93) and divorcees (7.62). Meanwhile, regarding family type, respondents from extended family households recorded the highest score of 8.00, followed by nuclear family households (7.93) and single-parent family households (7.83).

SIX STATES RECORDED SCORES ABOVE 8.00 WITH PERAK RECORDING THE HIGHEST SCORE



RECOMMENDATIONS TO STRENGTHEN THE LEVEL OF FAMILY WELL-BEING IN MALAYSIA

DOMAIN	RECOMMENDATIONS TO STRENGTHEN THE LEVEL OF FAMILY WELL-BEING IN MALAYSIA
FAMILY RELATIONSHIP	• Cultivate awareness of work-family balance • Strengthen initiatives for family-friendly best practices in the workplace • Expand support services for families experiencing stress or crises to foster more resilient families • Broaden knowledge on parenting skills
FAMILY ECONOMY	• Increase secondary family income and passive income • Enhance awareness of sound financial management • Increase women's participation in the labour market through the expansion of the care industry
FAMILY HEALTH	• Strengthen health awareness • Foster an active and healthy lifestyle together as a family to support the Madani Afiat initiative
FAMILY SAFETY	• Enhance family emergency knowledge among urban and rural communities • Strengthen understanding of family safety
FAMILY AND COMMUNITY INVOLVEMENT	• Enhance family engagement and awareness of the community • Strengthen strategic collaboration towards family well-being
FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES	• Empower the cultivation of noble values and spiritual practices within families through the perspective of their respective religions
HOUSING AND ENVIRONMENT	• Enhance family awareness and literacy regarding Local Authority (PBT – PihakBerkuasaTempatan) regulations • Expand environmental pollution awareness and preservation campaigns
FAMILY AND COMMUNICATION TECHNOLOGY	• Enhance digital literacy among parents

INTRODUCTION

BACKGROUND

The Family Well-Being Index (FWBI), which was developed by the National Population and Family Development Board (NPFDB), an agency under the Ministry of Women, Family and Community Development (MWFC), to measure the level of family well-being in Malaysia. NPFDB created this instrument through the FWBI study, which was first conducted in 2011. There was previously no established metric to measure the state of family well-being in the country (NPFDB, 2013).

Since then, several waves of related studies have been carried out. FWBI score has served as a benchmark for determining the level of family well-being in Malaysia. The index has also become an important input for national policy documents, such as the Eleventh Malaysia Plan (11th MP) and the Twelfth Malaysia Plan (12th MP), as well as a key reference for formulating policies, programmes, and initiatives aimed at strengthening the family institution nationwide.

The COVID-19 pandemic has had profound impact on individual and collective well-being worldwide, including in Malaysia. The outbreak disrupted multiple aspects of life—health, economy, social relations, education, and security (Sahrani et al., 2023). These disruptions deeply affected families, altering their daily routines and destabilising the foundation of family well-being. A study by UNICEF (2024) found that, even after the pandemic subsided, new challenges emerged for families, including rising living costs, increasing education expenses, and worsening mental health pressures within families and communities.

Recognising these challenges, NPFDB remains committed to strengthening the family institution and monitoring the nation's family well-being continuously. Thus, the fourth series of FWBI 2022 was conducted. The execution of FWBI 2022 aligned with the reporting requirements of the 12th MP, which designated the FWBI score as a key indicator under the focus area "Empowering Targeted Groups: Strengthening the Family Institution", with a target score of 8.00 (out of a maximum score of 10.00). Furthermore, the index supports global reporting commitments under the Sustainable Development Goals (SDGs), particularly SDG 3: Good Health and Well-Being, which aims to ensure healthy lives and promote well-being for all at all ages.

THE CONCEPT OF FAMILY

According to the National Population and Family Development Board (NPFDB, 2013), family is the smallest unit of society, comprising the head of the family and the number of individuals living together under one roof, connected with one another through ties of blood, marriage, or adoption. However, in the present day, work and educational demands have resulted in some family members not living together. Therefore, the concept of a family should not be confined within the framework of living arrangements or the notion of residing under one roof.

This is because there are husbands or wives who may live apart due to employment in distant locations, while children may reside in hostels for study or work. Although husbands, wives, or children do not live under one roof, their responsibilities and rights towards one another remain intact.

A family typically consists of a husband or father, a wife or mother, and one child or children. These members are expected to perform their respective social roles in accordance with their social positions. Structurally, a nuclear family comprises a married couple and their unmarried children, including adopted children, whereas an extended family includes grandparents, in-laws, grandchildren, uncles and aunts, cousins, and others.

There are various other forms of family present in society, such as single-parent families, childless families, blended families, grandparent-led families, and non-conventional families (Mwangi, 2021), including commuter families and sandwich families (NPFDB, 2013). This diversity in family formation reflects a new social phenomenon that potentially influences the level of family well-being.

FAMILY WELL-BEING

As with previous FWBI studies, FWBI 2022 adopted the same definition in describing family well-being. NPFDB (2020) defined family well-being as a condition in which the family is safe, healthy, peaceful, comfortable, harmonious, and content. This definition also emphasises the aspects of satisfaction and comfort in terms of spirituality, economy and finance, mental and psychosocial health, politics, and sustainability.

Family well-being is also dependent on and closely related to the rights, responsibilities, respect, and dignity of individuals within the family unit. Based on this definition, it can be observed that family well-being is a multidimensional concept encompassing various aspects of life that influence the prosperity and harmony of family life. It involves a range of interrelated internal and external factors within the family institution.

Internal factors relate to family relationship, family health, and the role of religion within the household. Meanwhile, external factors involve the influence of society, the community, and technology on the family. In general, family well-being is not only associated with internal family factors but also with the family's interaction with its surrounding environment (NPFDB, 2020).

OVERVIEW OF THE FAMILY WELL-BEING INDEX (FWBI)

In order to strengthen the family institution, Malaysia requires a comprehensive model that accurately reflects the state of family well-being in the country. NPFDB took the initiative to establish a new direction in family research by developing an instrument to measure the level of family well-being. With that, a series of FWBI studies commenced in 2011. The primary objectives of the FWBI 2011 study were to assess the level of family well-being from a multidimensional perspective, monitor changes in family well-being over time, and propose suitable policies and intervention programmes to further strengthen the family institution in Malaysia (NPFDB, 2013). The effort to develop and measure FWBI was supported by Noor et al. (2014), who noted that, prior to this, no specific measurement was developed to assess the state of family well-being in Malaysia.

The FWBI 2011 study employed a subjective assessment approach across multiple dimensions, measuring family well-being from the perspectives of mothers or fathers (NPFDB, 2013). It was based on a quantitative methodology using a cross-sectional survey design. The study adopted a two-stage stratified random sampling design to ensure proportional representation according to strata (urban and rural areas) and ethnic groups within each state. Data collection was conducted through face-to-face interviews using structured questionnaires with respondents who met the eligibility criteria, namely Malaysian mothers or fathers with children aged between 13 and 24 years. A total of 5,616 respondents participated in the FWBI 2011 study.





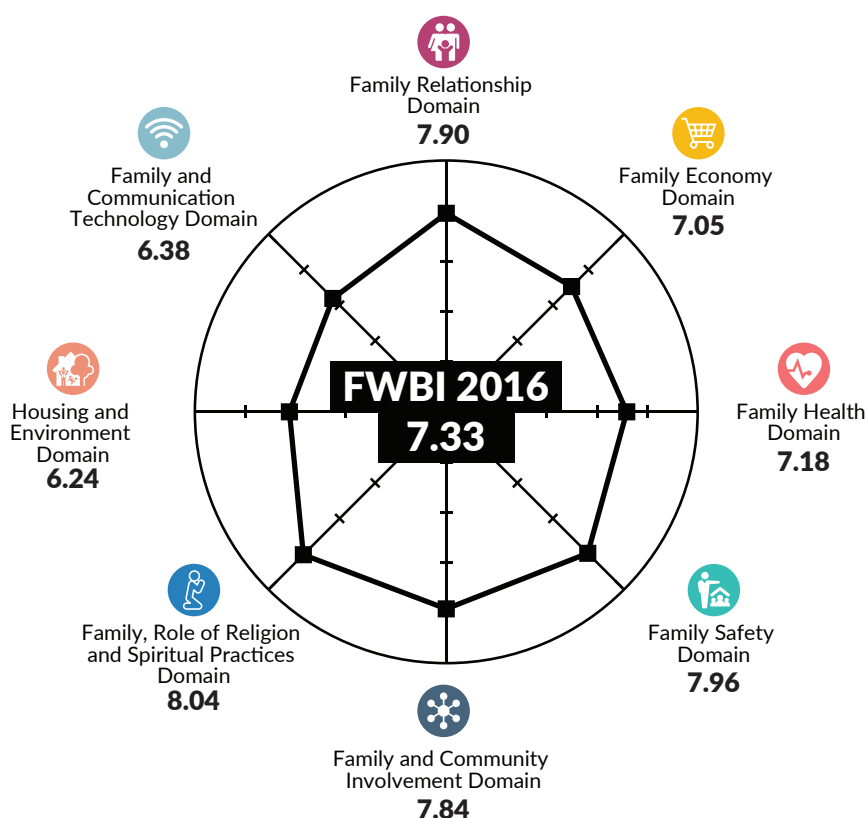
Based on literature review, focus group discussions, and pilot studies, the concept of family well-being was defined as a subjective, multidimensional assessment of family welfare from the perspectives of mothers or fathers, measured across seven domains: (i) Family Relationship; (ii) Family Economy; (iii) Family Health; (iv) Family Safety; (v) Family and Community; (vi) Family and Religion/Spirituality; and (vii) Housing and Environment. The measurement of FWBI 2011 employed these seven core domains, encompassing 23 indicators and 74 items. The FWBI utilised a 10-point maximum scale, where a higher score indicates a higher level of family well-being. The index scores were categorised as low (0.00–4.99), moderate (5.00–7.99), and high (8.00–10.00). The first series of the FWBI study conducted in 2011 recorded an index score of 7.55 (out of a maximum score of 10.00), indicating a moderate level of family well-being in Malaysia. The Family and Religion/Spirituality Domain recorded the highest score of 8.25, placing it in the “high” category. The FWBI 2011 was also adopted as one of the National Key Performance Indicators (NKPis) under the 11MP, within the Strategic Thrust on Strengthening Inclusivity Towards an Equitable Society, with a target score of 8.00 by 2020.



In 2016, NPFDB (2017) conducted the second series of the FWBI studies to measure and monitor the level of family well-being in Malaysia. The instrument used in the FWBI 2011 study was reviewed and re-evaluated to ensure the relevance of its domains and indicators to the current family conditions and challenges. Consequently, the instrument introduced the Family and Communication Technology Domain, acknowledging the growing influence of communication technology on family well-being. As a result, the measurement in the second study of FWBI 2016 was based on eight domains.

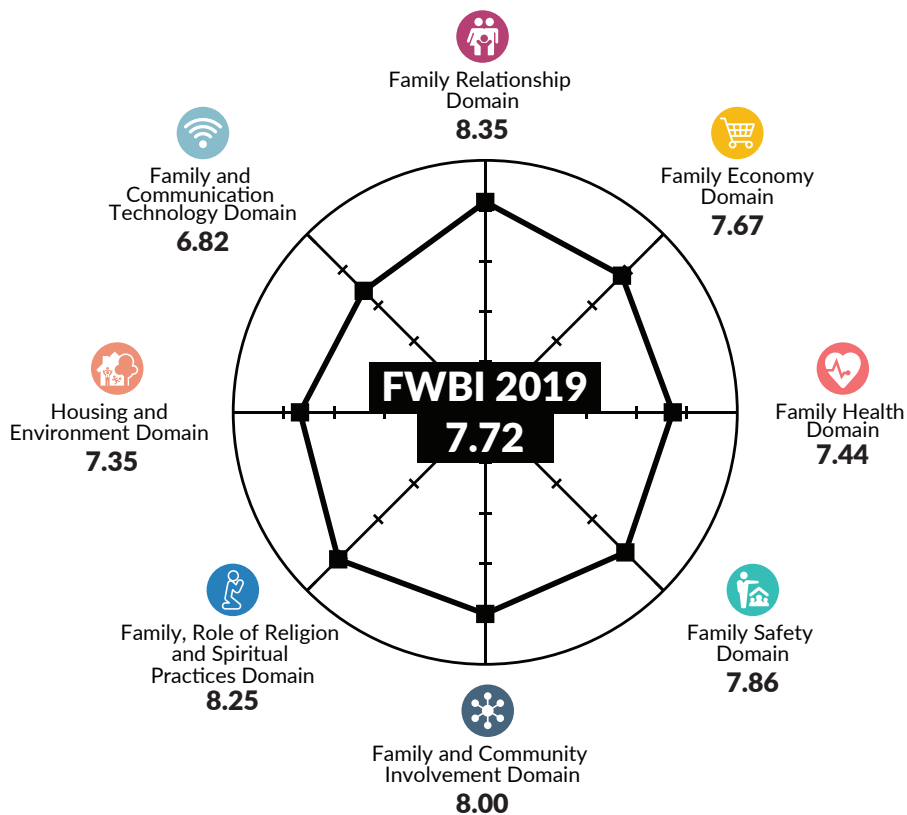
The FWBI 2016 study maintained the same methodology as the FWBI 2011 study, which involved a quantitative approach with a cross-sectional survey design. Two-stage stratified sampling was conducted, which included face-to-face interviews using structured questionnaires. However, the selection criteria of respondents in the FWBI 2016 study differed slightly from those in the FWBI 2011 study. The FWBI 2011 study involved Malaysian mothers or fathers with children aged 13 to 24 years, whereas the FWBI 2016 study sampled Malaysian mothers or fathers with children aged 3 to 24 years. A total of 3,878 respondents from various states across Malaysia participated in the FWBI 2016 study.

The FWBI 2016 comprised eight domains, 23 indicators, and 93 items. The findings of the FWBI 2016 study recorded an overall score of 7.33, which was categorised as moderate. Only Family, Role of Religion, and Spiritual Practices Domain (8.04) achieved a score exceeding 8.00, which was classified as high. The remaining domains recorded scores below 8.00, with the Housing and Environment Domain registering the lowest score at 6.24. Due to the revisions made to the domains, indicators, items, and selection criteria of respondents, comparative analysis of the findings between the FWBI 2011 and FWBI 2016 studies could not be conducted (NPFDB, 2017).



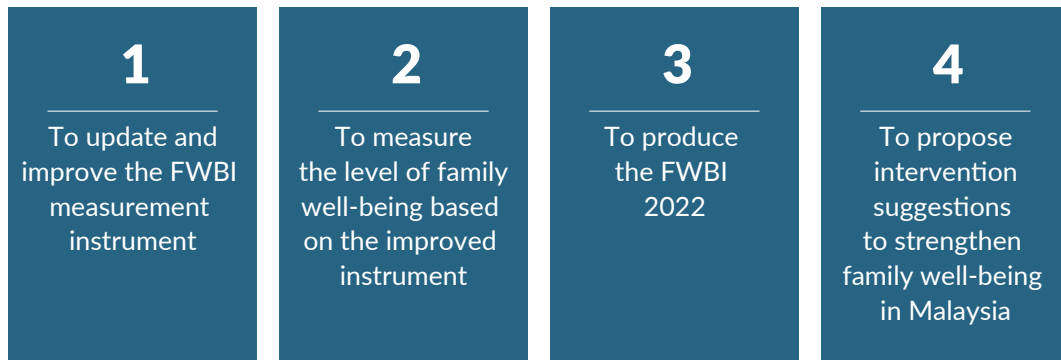
NPFDB (2020) continued to measure and monitor family well-being with the implementation of the third series of the FWBI study in 2019. The FWBI 2019 study maintained eight domains by reusing the instrument introduced in the FWBI 2016 study with minimal improvements to several specific items and indicators. In line with the reporting requirements of the Eleventh Malaysia Plan (11th MP), the FWBI 2019 study made FWBI as one of the National Key Performance Indicators (KPIs).

The FWBI 2019 study maintained the same methodology as the FWBI 2016 study. There were 5,005 respondents involved in the FWBI 2019 study nationwide. The instrument used in the FWBI 2019 study contained eight domains with 22 indicators and 121 items. The results of the FWBI 2019 study revealed a score of 7.72 (out of a maximum scale of 10.00). Although this score increased from the FWBI 2016 score by 0.39, the level of family well-being in Malaysia was still at a moderate level. The increase in the FWBI 2019 score was contributed by three Domains scoring above 8.00 (high level), namely Family Relationship Domain (8.35), Family, Role of Religion, and Spiritual Practices Domain (8.25), and Family and Community Involvement Domain (8.00). Meanwhile, other domains scored below 8.00, with the Family and Communication Technology Domain recording the lowest score (6.82).



FAMILY WELL-BEING INDEX STUDY 2022 (FWBI 2022)

The objectives of the FWBI 2022 study are as follows:



SIGNIFICANCE OF THE FAMILY WELL-BEING INDEX (FWBI 2022) STUDY

FWBI study is an initiative that measures and monitors the level of family well-being in the country for enhanced quality of life and overall family welfare. This study was carried out in recognition of the importance of family as the fundamental social unit in shaping humane individuals and nurturing strong generations for national development. The FWBI measurement also indirectly assessed the impact and effectiveness of the nation's social and economic development policies on families.

In line with the reporting requirements of the Twelfth Malaysia Plan (12th MP), the implementation of the FWBI 2022 study identified the FWBI as one of the key indicators under the focus area of "Empowering Targeted Groups: Strengthening Family Institutions", with a target score of 8.00 (on a maximum scale of 10.00). Additionally, this index aligned with the reporting requirements of one of the global agendas, the Sustainable Development Goals (SDGs), specifically SDG 3: Good Health and Well-Being—ensuring healthy lives and promoting well-being for all age groups.

The FWBI 2022 measurement was also deemed crucial in providing the government with up-to-date data on the level of family well-being during the post-COVID-19 period. The findings of FWBI 2022 would add value to the body of literature on family well-being and serve as a vital reference and input for various stakeholders in developing strategies and programmes to strengthen family well-being in Malaysia.

LIMITATIONS OF THE STUDY

The limitation of this study was the selection criteria of respondents, which consisted of Malaysian mothers or fathers with children aged 3 to 24 years. However, the retention of these criteria was intended to ensure continuity in reporting, thereby allowing comparison with the previous FWBI studies.

METHODOLOGY

STUDY DESIGN

This study employed a quantitative approach in the form of a cross-sectional survey.

SAMPLING FRAME

The sampling frame used for this study's sample selection was based on the National Household Sampling Frame (NHSF), which consists of Enumeration Block (EB) established for the 2020 Population and Housing Census and updated periodically. An EB refers to a geographical area delineated for survey operation purposes, typically containing an average of 80 to 120 households.

SAMPLING DESIGN

The FWBI 2022 study employed a two-stage stratified sampling design, where the primary strata covered all states in Malaysia, and the secondary strata comprised urban and rural areas. Sample selection was then carried out at the enumeration block (EB) level using the probability proportionate to size (PPS) method. Subsequently, household samples were selected from the chosen EBs using a systematic sampling method based on the generated random numbers and the settings of selection intervals, ensuring that each household had an equal probability of being selected. The Department of Statistics Malaysia (DOSM) assisted in implementing this procedure in an orderly and scientific manner to produce unbiased samples that were deemed representative of the entire household population in Malaysia.

SAMPLE SIZE

The sample size for the FWBI 2022 study was ensured to represent the population according to the specified levels of analysis. The estimation of the sample size considered several elements, including findings from previous surveys, the index rate, the level of the sampling design, the targeted margin of error, and the response rate from past surveys.

SCOPE OF STUDY

Conducted nationwide, while taking into account the assessment from the perspectives of Malaysian parents with children aged

3 to 24 years old

INSTRUMENTS

The FWBI 2022 instrument comprised 136 items covering

**8 domains and
22 indicators**

Based on the review of both local and international literature, as well as focus group discussions with subject matter experts, improvements were made to the instrument. Accordingly, all eight domains and 22 indicators used in the FWBI 2019 study were retained, with modifications to two indicators, namely those under the Housing and Environment Domain and the Family and Communication Technology Domain.

The Housing and Environment Domain in the FWBI 2019 study comprised three indicators: Housing Area Indicator, Pollution Level Indicator, and 3R Practices Indicator. The definitions for the Housing Area Indicator and Pollution Level Indicator remained relevant and were maintained in the FWBI 2022 study. However, the 3R Practices Indicator was revised to the Environmental Cleanliness Indicator. This indicator in this study referred to the awareness and knowledge of environmental cleanliness, specifically the preservation of the environment from pollution and harmful elements that may affect family health. The Environmental Cleanliness Indicator was deemed more comprehensive than the 3R Practices Indicator in measuring environmental cleanliness, which aligned with SDG Goal 11, aiming to make cities and human settlements inclusive, safe, resilient, and sustainable (DOSM, 2022).

The Family and Communication Technology Domain in the FWBI 2019 study consisted of two indicators: The Influence of Communication Applications Indicator and Parental Control of Communication Technology Usage Indicator. Based on the literature review, The Influence of Communication Applications Indicator was revised to the Digital Utilisation Indicator. This indicator in this study referred to the comprehensive use of digital technology, extending beyond mere interaction. Its development was justified by the Malaysia Digital Economy Blueprint (MyDIGITAL) 2021 (Economic Planning Unit, 2022) for the strengthening of technology adoption in the country. The use of internet technology increased significantly during the COVID-19 pandemic, affecting various sectors nationwide. Therefore, this indicator was modified to measure the impact of technology use more broadly, encompassing entertainment, education, health, and economic aspects, rather than being limited to interaction or communication alone.

The Parental Control of Communication Technology Usage Indicator was also enhanced by redefining the indicator as monitoring and supervision of children's communication technology use, specifically in relation to social media. The revised definition adopted a more general terminology, replacing the specific examples used in the FWBI 2019 study, such as SMS, WhatsApp, WeChat, and Telegram.

DOMAINS AND INDICATORS OF THE FAMILY WELL-BEING INDEX 2022



FAMILY RELATIONSHIP DOMAIN

PARENTAL INVOLVEMENT INDICATOR

The joint participation of parents and children in daily activities, developing discipline and responsible behaviour, and expressing praise and affection

WORK-FAMILY BALANCE INDICATOR

The balance of time and positive perception of an individual on the relationship between career and family roles, where the relationship is viewed as balanced and equal with one another

QUALITY TIME WITH FAMILY INDICATOR

The time spent by parents in carrying out activities that appeal to children and recreational activities, as well as the time used by children to share their stories with parents

FAMILY FUNCTIONING INDICATOR

The family's abilities to interact, communicate, make decisions, solve problems, and maintain relationships with one another

CLOSE RELATIONSHIP INDICATOR

Emotional relationship, trust, and empathy between family members

FAMILY COPING INDICATOR

The ability of individuals and families to handle problems or stress well

FAMILY RESILIENCE INDICATOR

The ability of the family to face and overcome stress and difficulties



FAMILY ECONOMY DOMAIN

FINANCIAL WELL-BEING INDICATOR

Assessment of the family's financial condition to achieve the current financial well-being and fulfill the existing financial commitments

FINANCIAL MANAGEMENT INDICATOR

Assessment of how financial resources are managed to achieve family financial goals



FAMILY HEALTH DOMAIN

FAMILY HEALTH PRACTICE INDICATOR

Healthy lifestyle, including exercise activity, balanced daily food servings, non-smoking practices, no substance abuse, and no chronic disease problems in the family

GENERAL HEALTH INDICATOR

Comprehensive physical and mental well-being conditions and social aspects of the family



FAMILY SAFETY DOMAIN

FAMILY SAFETY INDICATOR

The individual's level of sensitivity and awareness on family safety, as well as the confidence of safety in the residential surroundings

EMERGENCY KNOWLEDGE INDICATOR

Awareness and understanding related to skills and safety measures during emergencies



FAMILY AND COMMUNITY INVOLVEMENT DOMAIN

COMMUNITY COOPERATION INDICATOR

Social relationships that exist from the need to develop family ties with the community

COMMUNITY RELATIONSHIP INDICATOR

Good relationship with neighbours, visiting neighbours, and caring for the community



FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN

ROLE OF RELIGION INDICATOR

The role of religion on the individual. Measured through its role as a basis of family well-being and understanding of life

SPIRITUAL PRACTICES INDICATOR

Spiritual strengthening in life. Measured based on various spiritual practices following religious beliefs and adherence



HOUSING AND ENVIRONMENT DOMAIN

HOUSING AREA INDICATOR

Infrastructure provided for individual and family well-being. Measured based on the accessibility to transportation facilities and infrastructure in the residential area and the level of satisfaction with utilities and community assistance

ENVIRONMENTAL CLEANLINESS INDICATOR

Awareness and knowledge about environmental cleanliness (environmental sustainability). Environment free from pollution, contamination, and elements that endanger family health

POLLUTION LEVEL INDICATOR

Odour pollution and noise pollution involving the maintenance of waste, drainage system, and the level of noise in the residential area



FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN

DIGITAL UTILISATION INDICATOR

The utilisation of digital technology towards family life well-being in the social, learning, and family economic aspects

PARENTAL CONTROL OF COMMUNICATION TECHNOLOGY USAGE INDICATOR

Monitoring and supervision over children's use of communication technology in social media and computers

INSTRUMENT RELIABILITY

In general, internal consistency measures were used to determine the reliability of a research instrument. Internal consistency is measured based on indicators that measure reliability, such as the Cronbach's alpha coefficient. In this FWBI 2022 study, the Cronbach's alpha coefficient was used to test the internal consistency of the constructed items. According to Bougie and Sekaran (2020), Cronbach's alpha coefficient of above 0.70 is often used as the basis for determining the reliability of a questionnaire. The indicator constructs of the FWBI 2022 instrument recorded Cronbach's alpha coefficients between 0.77 and 0.94, suggesting their high and acceptable level of reliability (Bougie & Sekaran, 2020).

DURATION AND METHOD OF DATA COLLECTION

The study's fieldwork took five months from 20 December 2022 to 30 May 2023. For data collection, face-to-face interviews using structured questionnaires were conducted at the respondents' residence. All data were collected using Computer-Assisted Personal Interview (CAPI) methodology. On average, the time taken to interview each respondent ranged from 30 to 40 minutes.

DATA ANALYSIS

Questionnaire data were collected and analysed using the IBM SPSS software to obtain the necessary information. Frequency analysis and mean value analysis were conducted. The obtained scores were normalised to a 10 point scale using the item method aimed at standardising data analysis and interpretation (NPFDB, 2013).

Subsequently, the FWBI was generated by calculating the average domain scores. Domain scores were obtained by averaging the scores of all indicators within each domain. The FWBI used a maximum score of 10.00, where a higher score indicates better family well-being (NPFDB, 2020).

$$\text{Indicator Score} = \frac{M_1 - M_2}{R} \times 10$$

$$\text{Domain Score} = \frac{\sum \text{Indicator Score}}{N \text{ Indicator}}$$

$$\text{Index Score} = \frac{\sum \text{Domain Score}}{N \text{ Domain}}$$

Guide:

Σ : Total score

M_1 : Average score

M_2 : Item minimum scale

R: Range (maximum item scale
– minimum item scale)

N: Quantity

FINDINGS OF THE FAMILY WELL-BEING INDEX 2022 (FWBI 2022) STUDY

RESPONDENTS' PROFILE

Out of 8,460 visited households, this study successfully interviewed 5,236 respondents, comprising 2,784 fathers (53.2%) and 2,452 mothers (46.8%). Nearly two-thirds of the respondents involved in this study were from the urban areas (65.8%). Nearly three-quarters of the respondents were Malays (72.8%), followed by the ethnicities of Chinese (11.9%), other Bumiputera (9.2%), Indian (4.8%), and others (1.3%). The distribution of respondents revealed that nearly one-third were in the age range of 40 to 49 years old (32.7%). About 26.5% were of aged 30 to 39 years old. The majority of respondents were still married (93.2%), followed by widowers/widows (4.6%) and divorces (2.2%).

In terms of education, there were three categories with the highest number of respondents: secondary education (33.0%), followed by Bachelor's Degree (21.1%) and Diploma (18.4%). Concerning the aspect of household monthly income, 68.9% of the total respondents earned below RM4,850, followed by those earning between RM4,851 to RM10,970 (26.0%) and above RM10,971 (5.1%). About 75.3% of the participating families were of nuclear family type. This was followed by extended families (15.5%), single-parent families (6.9%), and combined families (0.4%). The remaining 1.9% consisted of families where parents and their children no longer live together under the same roof (1.4%), families under grandparent care (i.e., children cared by grandparents) (0.4%), and non-conventional families (i.e., large families resulting from polygamy) (0.1%).

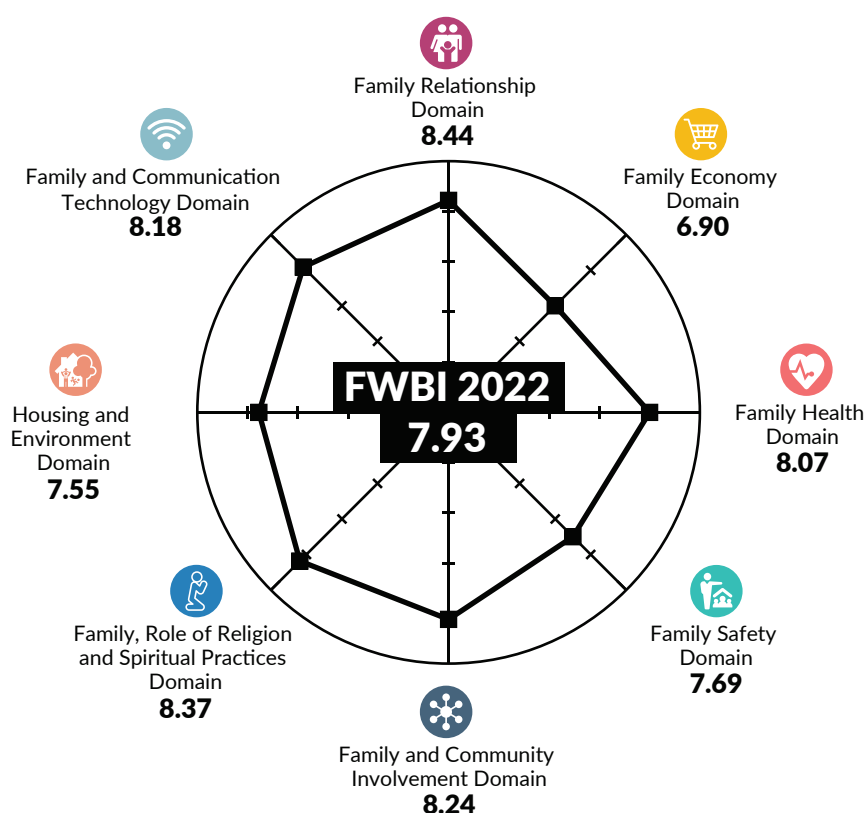
Profile	Quantity	Percentage (%)
Gender		
Male (Father)	2,784	53.2
Female (Mother)	2,452	46.8
Strata		
Urban	3,447	65.8
Rural	1,789	34.2
Ethnicity		
Malay	3,810	72.8
Other Bumiputera	482	9.2
Chinese	622	11.9
Indian	252	4.8
Others	70	1.3

REPORT ON FAMILY WELL-BEING INDEX 2022

Profile	Quantity	Percentage (%)
Age		
18-29 years old	380	7.3
30-39 years old	1,385	26.5
40-49 years old	1,714	32.7
50-59 years old	1,121	21.4
60-69 years old	481	9.2
70 years old and above	155	3.0
Marital Status		
Married	4,881	93.2
Widower/widow	240	4.6
Divorced/separated	115	2.2
Level of Education		
No Schooling (No Certificate)	193	3.7
Low (Standard 5 Assessment/UPSR)	179	3.4
Lower Secondary (LCE/SRP/PMR)	292	5.6
Secondary (MCE/SPM/SPVM/O Level)	1,730	33.0
Upper Secondary (STPM/STAM/A Level)	223	4.3
Skills Certificate	300	5.7
Diploma	964	18.4
Bachelor's Degree	1,107	21.1
Master's Degree	198	3.8
Doctorate (PhD)	50	1.0
Monthly Household Income		
RM4,850 and below	3,608	68.9
RM4,851 - RM10,970	1,359	26.0
RM10,971 and above	269	5.1
Family Type		
Nuclear Family (father, mother, and child)	3,941	75.3
Extended Family (father, mother, child, and other family members)	811	15.5
Single-parent family (single father/mother and child)	359	6.9
Blended Family (stepfather/stepmother and step-siblings)	22	0.4
Others	103	1.9

INDEX, DOMAIN, AND INDICATOR SCORES OF THE FAMILY WELL-BEING INDEX 2022 (FWBI 2022)

The FWBI 2022 score recorded 7.93 (out of a maximum scale of 10.00), indicating a moderate level of family well-being. Out of the eight domains measured, five domains recorded high scores exceeding 8.00: (i) Family Relationship Domain (8.44); (ii) Family, Role of Religion and Spiritual Practices Domain (8.37); (iii) Family and Community Involvement Domain (8.24); (iv) Family and Communication Technology Domain (8.18); (v) Family Health Domain (8.07). Meanwhile, Family Safety Domain (7.69), Housing and Environment Domain (7.55), and Family Economy Domain (6.90) recorded moderate scores of below 8.00. The Family Economy Domain recorded the lowest score, indicating the economic impact on the well-being of Malaysian families.



Family Well-being Index 2022 (FWBI 2022)



FAMILY RELATIONSHIP DOMAIN

The overall score for the Family Relationship Domain was 8.44. The Close Relationship Indicator recorded the highest score at 9.18, followed by Family Functioning Indicator (9.03), Parental Involvement Indicator (8.80), Family Coping Indicator (8.24), Quality Time with Family Indicator (8.17), Family Resilience Indicator (8.14), and Work-Family Balance Indicator (7.56).



FAMILY HEALTH DOMAIN

The overall score for the Family Health Domain was 8.07. The Family Health Practices Indicator (8.33) recorded a higher score than the General Health Indicator (7.81).



FAMILY AND COMMUNITY INVOLVEMENT DOMAIN

The overall score for the Family and Community Involvement Domain was 8.24. The Community Relationship Indicator (8.58) recorded a higher score than the Community Cooperation Indicator (7.90).



HOUSING AND ENVIRONMENT DOMAIN

The overall score for the Housing and Environment Domain was 7.55. The Housing Area Indicator recorded the highest score at 8.16, followed by the Pollution Level Indicator (7.60) and the Environmental Cleanliness Indicator (6.89).



FAMILY ECONOMY DOMAIN

The overall score for the Family Economy Domain was 6.90. The Financial Well-Being Indicator (6.92) recorded a slightly higher score than the Financial Management Indicator (6.88).



FAMILY SAFETY DOMAIN

The overall score for the Family Safety Domain was 7.69. The Family Safety Indicator (8.15) recorded a higher score than the Emergency Knowledge Indicator (7.22).



FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN

The overall score for the Family, Role of Religion and Spiritual Practices Domain was 8.37. The Role of Religion Indicator (8.72) recorded a higher score than the Spiritual Practices Indicator (8.02).



FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN

The overall score for the Family and Communication Technology Domain was 8.18. The Digital Utilisation Indicator (8.56) recorded a higher score than the Parental Control of Communication Technology Usage Indicator (7.80).

DOMAIN AND INDICATOR SCORES OF THE FAMILY WELL-BEING INDEX 2022 (FWBI 2022)

DOMAIN / INDICATOR	SCORE
FAMILY RELATIONSHIP DOMAIN	8.44
Parental Involvement	8.80
Quality Time with Family	8.17
Close Relationship	9.18
Work-Family Balance	7.56
Family Functioning	9.03
Family Coping	8.24
Family Resilience	8.14
FAMILY ECONOMY DOMAIN	6.90
Financial Well-being	6.92
Financial Management	6.88
FAMILY HEALTH DOMAIN	8.07
Family Health Practices	8.33
General Health	7.81
FAMILY SAFETY DOMAIN	7.69
Family Safety	8.15
Emergency Knowledge	7.22
FAMILY AND COMMUNITY INVOLVEMENT DOMAIN	8.24
Community Cooperation	7.90
Community Relationship	8.58
FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN	8.37
Role of Religion	8.72
Spiritual Practices	8.02
HOUSING AND ENVIRONMENT DOMAIN	7.55
Housing Area	8.16
Environmental Cleanliness	6.89
Pollution Level	7.60
FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN	8.18
Digital Utilisation	8.56
Parental Control of Communication Technology Usage	7.80

INDEX, DOMAIN AND INDICATOR SCORES OF THE FAMILY WELL-BEING INDEX 2022 (FWBI 2022) BY DEMOGRAPHIC CHARACTERISTICS

Analysis was conducted to observe the FWBI 2022 scores by strata, ethnicity, income and family type.

By strata, Malaysian families in urban areas (7.95) recorded higher FWBI score than those in rural areas (7.90).

FAMILY WELL-BEING INDEX 2022 (FWBI 2022) DOMAIN SCORES BY STRATA

DOMAIN	Urban	Rural
FAMILY RELATIONSHIP	8.44	8.45
FAMILY ECONOMY	6.94	6.85
FAMILY HEALTH	8.09	8.03
FAMILY SAFETY	7.68	7.71
FAMILY AND COMMUNITY INVOLVEMENT	8.21	8.28
FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES	8.35	8.41
HOUSING AND ENVIRONMENT	7.68	7.35
FAMILY AND COMMUNICATION TECHNOLOGY	8.21	8.13
FWBI 2022	7.95	7.90

INDICATOR SCORES OF THE FAMILY WELL-BEING INDEX 2022 (FWBI 2022) BY STRATA

Indicator	Urban	Rural
FAMILY RELATIONSHIP DOMAIN		
Parental Involvement	8.79	8.81
Quality Time with Family	8.16	8.18
Close Relationship	9.19	9.17
Work-Family Balance	7.54	7.59
Family Functioning	9.03	9.03
Family Coping	8.24	8.22
Family Resilience	8.14	8.14
FAMILY ECONOMY DOMAIN		
Financial Well-Being	6.93	6.90
Financial Management	6.94	6.80
FAMILY HEALTH DOMAIN		
Family Health Practices	8.36	8.27
General Health	7.82	7.80
FAMILY SAFETY DOMAIN		
Family Safety	8.17	8.12
Emergency Knowledge	7.18	7.29
FAMILY AND COMMUNITY INVOLVEMENT DOMAIN		
Community Cooperation	7.87	7.94
Community Relationship	8.55	8.62
FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN		
Role of Religion	8.70	8.77
Spiritual Practices	8.00	8.05
HOUSING AND ENVIRONMENT DOMAIN		
Housing Area	8.44	7.73
Environmental Cleanliness	6.95	6.79
Pollution Level	7.64	7.53
FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN		
Digital Utilisation	8.60	8.51
Parental Control of Communication Technology Usage	7.82	7.75

FAMILY WELL-BEING INDEX 2022 (FWBI 2022) DOMAIN SCORES BY ETHNICITY

By ethnicity, Malay recorded the highest score at 7.97, followed by Chinese (7.95), other Bumiputera (7.89), Indian (7.80), and others (7.15).

DOMAIN	Malay	Chinese	India	Other Bumi	Others
FAMILY RELATIONSHIP	8.43	8.39	8.29	8.59	8.06
FAMILY ECONOMY	6.93	7.25	6.91	6.75	5.77
FAMILY HEALTH	8.06	8.35	7.91	8.03	7.54
FAMILY SAFETY	7.70	7.82	7.43	7.76	6.54
FAMILY AND COMMUNITY INVOLVEMENT	8.21	8.10	8.00	8.50	7.79
FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES	8.60	7.44	7.83	8.31	7.42
HOUSING AND ENVIRONMENT	7.66	7.96	7.88	7.01	6.52
FAMILY AND COMMUNICATION TECHNOLOGY	8.20	8.23	8.16	8.13	7.59
FWBI 2022	7.97	7.95	7.80	7.89	7.15

FAMILY WELL-BEING INDEX 2022 (FWBI 2022) INDICATOR SCORES BY ETHNICITY

Indicator	Malay	Chinese	India	Other Bumi	Others
FAMILY RELATIONSHIP DOMAIN					
Parental Involvement	8.79	8.73	8.57	8.95	8.17
Quality Time with Family	8.14	8.15	8.05	8.39	7.09
Close Relationship	9.13	9.12	9.11	9.38	9.34
Work-Family Balance	7.67	7.65	7.62	7.27	6.20
Family Functioning	9.00	8.99	8.83	9.22	8.97
Family Coping	8.17	8.08	7.97	8.56	8.47
Family Resilience	8.10	8.00	7.90	8.41	8.15
FAMILY ECONOMY DOMAIN					
Financial Well-Being	6.97	7.20	6.91	6.78	5.42
Financial Management	6.89	7.31	6.92	6.72	6.12
FAMILY HEALTH DOMAIN					
Family Health Practices	8.37	8.78	8.34	8.06	7.34
General Health	7.75	7.93	7.48	8.01	7.75
FAMILY SAFETY DOMAIN					
Family Safety	8.14	8.17	7.74	8.32	7.63
Emergency Knowledge	7.25	7.48	7.11	7.20	5.45
FAMILY AND COMMUNITY INVOLVEMENT DOMAIN					
Community Cooperation	7.91	7.64	7.58	8.13	7.18
Community Relationship	8.50	8.57	8.42	8.86	8.40
FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN					
Role of Religion	8.88	7.77	8.04	8.87	8.18
Spiritual Practices	8.31	7.12	7.62	7.75	6.65
HOUSING AND ENVIRONMENT DOMAIN					
Housing Area	8.31	8.76	8.56	7.37	7.37
Environmental Cleanliness	7.06	7.36	7.28	6.20	5.23
Pollution Level	7.62	7.77	7.81	7.46	6.94
FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN					
Digital Utilisation	8.55	8.69	8.58	8.60	7.99
Parental Control of Communication Technology Usage	7.86	7.78	7.74	7.67	7.19

FAMILY WELL-BEING INDEX 2022 (FWBI 2022) DOMAIN SCORES BY HOUSEHOLD INCOME

The FWBI 2022 score was found to increase with the rising income. Families with monthly income exceeding RM10,971 recorded the highest score at 8.24, followed by those with monthly income between RM4,851 and RM10,970 (8.06) and monthly income of below RM4,850 (7.87).

DOMAIN	RM4,850 & below	RM4,851 - RM10,970	RM10,971 & above
FAMILY RELATIONSHIP	8.41	8.51	8.65
FAMILY ECONOMY	6.70	7.34	7.78
FAMILY HEALTH	8.02	8.18	8.30
FAMILY SAFETY	7.60	7.86	8.12
FAMILY AND COMMUNITY INVOLVEMENT	8.26	8.15	8.34
FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES	8.38	8.33	8.44
HOUSING AND ENVIRONMENT	7.46	7.78	7.82
FAMILY AND COMMUNICATION TECHNOLOGY	8.11	8.33	8.46
FWBI 2022	7.87	8.06	8.24

FAMILY WELL-BEING INDEX 2022 (FWBI 2022) INDICATOR SCORES BY HOUSEHOLD INCOME

Indicator	RM4,850 & below	RM4,851 - RM10,970	RM10,971 & above
FAMILY RELATIONSHIP DOMAIN			
Parental Involvement	8.76	8.86	9.04
Quality Time with Family	8.09	8.32	8.54
Close Relationship	9.15	9.21	9.43
Work-Family Balance	7.53	7.63	7.57
Family Functioning	9.01	9.05	9.20
Family Coping	8.19	8.30	8.53
Family Resilience	8.12	8.18	8.22
FAMILY ECONOMY DOMAIN			
Financial Well-Being	6.77	7.23	7.72
Financial Management	6.63	7.46	7.84
FAMILY HEALTH DOMAIN			
Family Health Practices	8.26	8.48	8.50
General Health	7.77	7.88	8.10
FAMILY SAFETY DOMAIN			
Family Safety	8.07	8.29	8.75
Emergency Knowledge	7.14	7.44	7.49
FAMILY AND COMMUNITY INVOLVEMENT DOMAIN			
Community Cooperation	7.92	7.81	8.03
Community Relationship	8.60	8.49	8.64
FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN			
Role of Religion	8.74	8.67	8.72
Spiritual Practices	8.03	7.99	8.15
HOUSING AND ENVIRONMENT DOMAIN			
Housing Area	8.00	8.57	8.58
Environmental Cleanliness	6.81	7.08	7.10
Pollution Level	7.55	7.69	7.77
FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN			
Digital Utilisation	8.51	8.66	8.81
Parental Control of Communication Technology Usage	7.71	8.00	8.12

FAMILY WELL-BEING INDEX 2022 (FWBI 2022) DOMAIN SCORES BY FAMILY TYPE

In terms of family type, extended families recorded the highest score of 8.00. This was followed by nuclear families (7.93), single-parent families (7.83), and blended families (7.32).

DOMAIN	Nuclear Family	Extended Family	Single-parent Family	Blended Family
FAMILY RELATIONSHIP	8.43	8.58	8.37	7.49
FAMILY ECONOMY	6.92	6.95	6.63	5.81
FAMILY HEALTH	8.10	8.11	7.73	7.04
FAMILY SAFETY	7.70	7.75	7.57	7.05
FAMILY AND COMMUNITY INVOLVEMENT	8.18	8.51	8.32	7.50
FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES	8.36	8.43	8.40	8.40
HOUSING AND ENVIRONMENT	7.57	7.41	7.59	7.34
FAMILY AND COMMUNICATION TECHNOLOGY	8.18	8.27	8.05	7.92
FWBI 2022	7.93	8.00	7.83	7.32

FAMILY WELL-BEING INDEX 2022 (FWBI 2022) INDICATOR SCORES BY FAMILY TYPE

Indicator	Nuclear Family	Extended Family	Single-parent Family	Blended Family
FAMILY RELATIONSHIP DOMAIN				
Parental Involvement	8.79	8.87	8.73	8.00
Quality Time with Family	8.16	8.30	8.12	7.20
Close Relationship	9.17	9.29	9.12	8.00
Work-Family Balance	7.54	7.71	7.39	6.55
Family Functioning	9.02	9.13	8.97	8.02
Family Coping	8.22	8.42	8.16	7.09
Family Resilience	8.11	8.35	8.08	7.55
FAMILY ECONOMY DOMAIN				
Financial Well-Being	6.92	7.01	6.71	5.67
Financial Management	6.92	6.90	6.55	5.96
FAMILY HEALTH DOMAIN				
Family Health Practices	8.36	8.28	8.02	6.92
General Health	7.83	7.93	7.44	7.16
FAMILY SAFETY DOMAIN				
Family Safety	8.15	8.27	8.06	7.42
Emergency Knowledge	7.25	7.24	7.09	6.68
FAMILY AND COMMUNITY INVOLVEMENT DOMAIN				
Community Cooperation	7.84	8.17	7.96	6.97
Community Relationship	8.52	8.84	8.68	8.03
FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN				
Role of Religion	8.70	8.83	8.83	8.55
Spiritual Practices	8.02	8.04	7.97	8.26
HOUSING AND ENVIRONMENT DOMAIN				
Housing Area	8.22	7.90	8.03	7.84
Environmental Cleanliness	6.92	6.70	7.01	6.77
Pollution Level	7.58	7.62	7.74	7.42
FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN				
Digital Utilisation	8.56	8.67	8.44	8.28
Parental Control of Communication Technology Usage	7.80	7.87	7.66	7.56

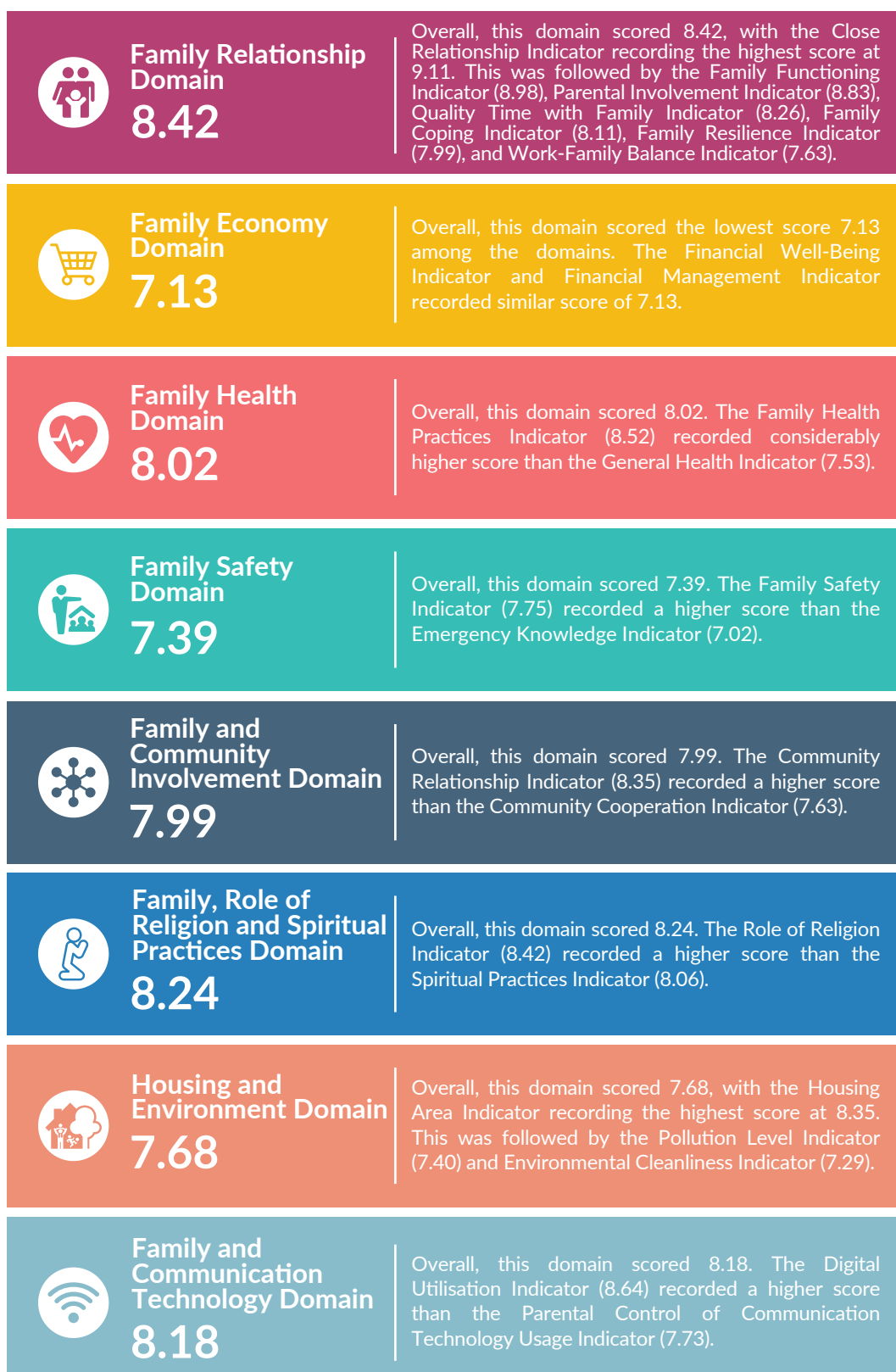


FWBI 2022
SCORE BY STATE

FWBI SCORE 2022

JOHOR 7.88

MODERATE LEVEL





FWBI 2022 SCORE BY STATE

FWBI SCORE 2022

KEDAH 8.04

HIGH LEVEL



Family Relationship Domain

8.43

Overall, this domain scored 8.43. The Close Relationship Indicator recorded the highest score at 9.15, followed by the Family Functioning Indicator (8.99), Parental Involvement Indicator (8.78), Family Coping Indicator (8.26), Quality Time with Family Indicator (8.17), Family Resilience Indicator (8.15), and Work-Family Balance Indicator (7.54).



Family Economy Domain

7.06

Overall, this domain scored the lowest score (7.06) among the domains. The Financial Well-Being Indicator (7.18) recorded slightly higher score than Financial Management Indicator (6.93).



Family Health Domain

8.19

Overall, this domain scored 8.19. The Family Health Practices Indicator (8.50) recorded considerably higher score than the General Health Indicator (7.89).



Family Safety Domain

7.75

Overall, this domain scored 7.75. The Family Safety Indicator (8.31) recorded higher score than the Emergency Knowledge Indicator (7.18).



Family and Community Involvement Domain

8.18

Overall, this domain scored 8.18. The Community Relationship Indicator (8.42) recorded higher score than the Community Cooperation Indicator (7.94).



Family, Role of Religion and Spiritual Practices Domain

8.57

Overall, this domain scored 8.57. The Role of Religion Indicator (8.87) recorded higher score than the Spiritual Practices Indicator (8.28).



Housing and Environment Domain

7.86

Overall, this domain scored 7.86. The Housing Area Indicator recorded the highest score at 8.34, followed by the Pollution Level Indicator (7.78) and Environmental Cleanliness Indicator (7.45).



Family and Communication Technology Domain

8.28

Overall, this domain scored 8.28. The Digital Utilisation Indicator (8.58) recorded higher score than the Parental Control of Communication Technology Usage Indicator (7.98).

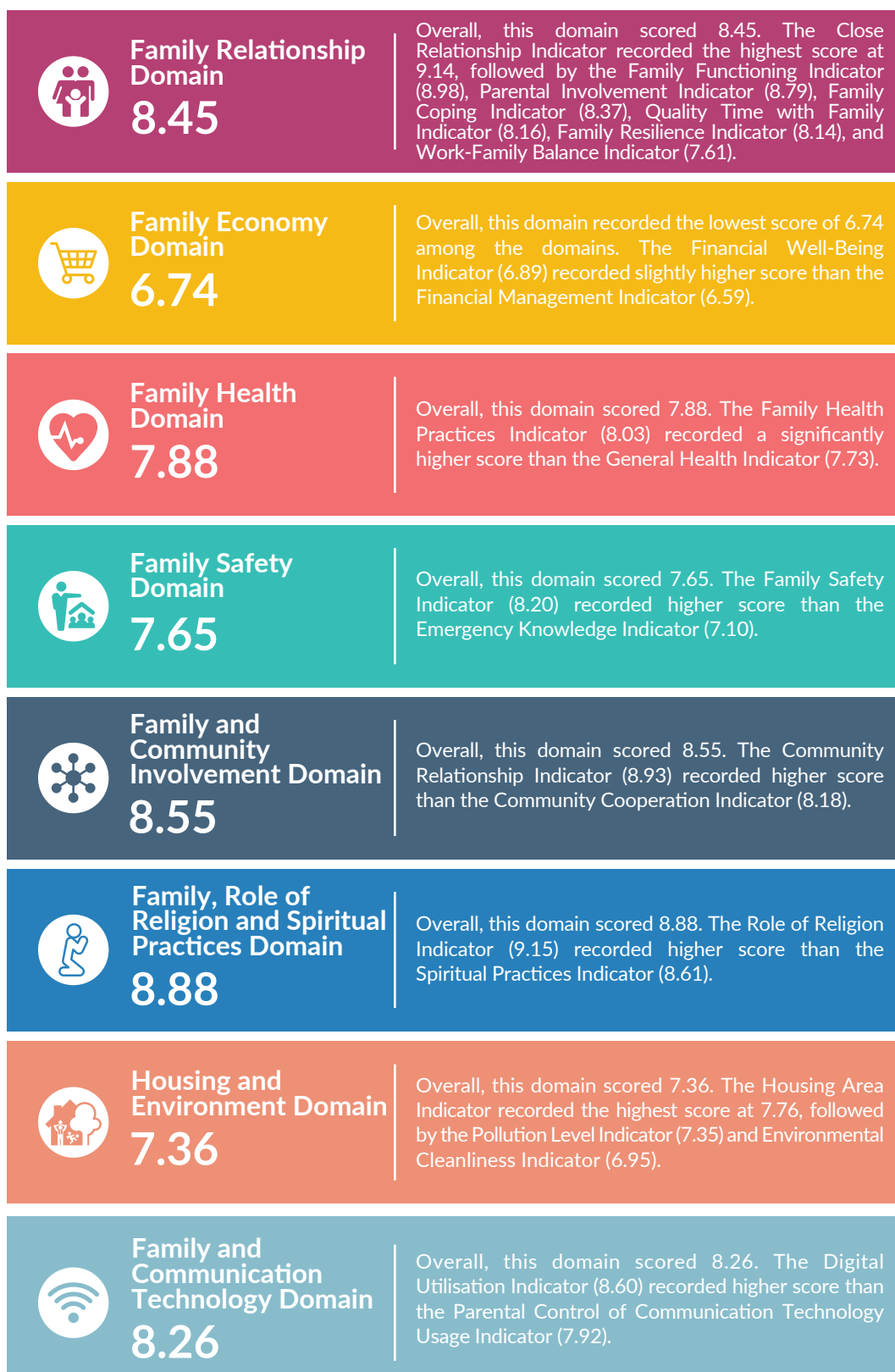


FWBI 2022 SCORE BY STATE

FWBI SCORE 2022

KELANTAN 7.97

MODERATE LEVEL





FWBI 2022 SCORE BY STATE

FWBI SCORE 2022

MELAKA 7.83

MODERATE LEVEL



Family Relationship Domain

8.35

Overall, this domain scored 8.35. The Close Relationship Indicator recorded the highest score at 9.06, followed by the Family Functioning Indicator (8.97), Parental Involvement Indicator (8.77), Family Coping Indicator (8.15), Quality Time with Family Indicator (8.07), Family Resilience Indicator (7.96), and Work-Family Balance Indicator (7.45).



Family Economy Domain

6.75

Overall, this domain recorded the lowest score at 6.75 among the domains. The Financial Management Indicator (6.85) recorded slightly higher score than the Financial Well-Being Indicator (6.66).



Family Health Domain

7.72

Overall, this domain recorded 7.72. The Family Health Practices Indicator (7.87) recorded slightly higher score than the General Health Indicator (7.56).



Family Safety Domain

7.17

Overall, this domain scored 7.17. The Family Safety Indicator (8.05) recorded higher score than the Emergency Knowledge Indicator (6.30).



Family and Community Involvement Domain

8.28

Overall, this domain scored 8.28. The Community Relationship Indicator (8.58) recorded higher score than the Community Cooperation Indicator (7.98).



Family, Role of Religion and Spiritual Practices Domain

8.35

Overall, this domain scored 8.35. The Role of Religion Indicator (8.60) recorded higher score than the Spiritual Practices Indicator (8.09).



Housing and Environment Domain

7.88

Overall, this domain scored 7.88. The Housing Area Indicator recorded the highest score at 8.57, followed by the Pollution Level Indicator (7.66) and Environmental Cleanliness Indicator (7.40).



Family and Communication Technology Domain

8.12

Overall, this domain scored 8.12. The Digital Utilisation Indicator (8.45) scored higher than the Parental Control of Communication Technology Usage Indicator (7.79).



FWBI 2022 SCORE
BY STATE

FWBI 2022 SCORE

NEGERI SEMBILAN
8.00

HIGH LEVEL



Family Relationship Domain

8.41

Overall, this domain scored 8.41. The Close Relationship Indicator recorded the highest score at 9.10, followed by Family Functioning Indicator (9.07), Parental Involvement Indicator (8.75), Family Coping Indicator (8.16), Family Resilience Indicator (8.03), Quality Time with Family Indicator (8.02), and Work-Family Balance Indicator (7.76).



Family Economy Domain

7.07

Overall, this domain recorded the lowest score (7.07) among the domains. The Financial Management Indicator (7.17) recorded slightly higher score than the Financial Well-Being Indicator (6.98).



Family Health Domain

8.07

Overall, this domain scored 8.07. The Family Health Practices Indicator (8.22) recorded considerably higher score than General Health Indicator (7.93).



Family Safety Domain

7.84

Overall, this domain scored 7.84. The Family Safety Indicator (8.35) recorded higher score than Emergency Knowledge Indicator (7.33).



Family and Community Involvement Domain

8.22

Overall, this domain scored 8.22. The Community Relationship Indicator (8.53) recorded higher score than Community Cooperation Indicator (7.92).



Family, Role of Religion and Spiritual Practices Domain

8.07

Overall, this domain scored 8.07. The Role of Religion Indicator (8.52) recorded higher score than Spiritual Practices Indicator (7.63).



Housing and Environment Domain

7.87

Overall, this domain scored 7.87. The Housing Area Indicator recorded the highest score at 8.71, followed by the Pollution Level Indicator (7.88) and Environmental Cleanliness Indicator (7.01).



Family and Communication Technology Domain

8.42

Overall, this domain scored 8.42. The Digital Utilisation Indicator (8.88) recorded higher score than the Parental Control of Communication Technology Usage Indicator (7.96).

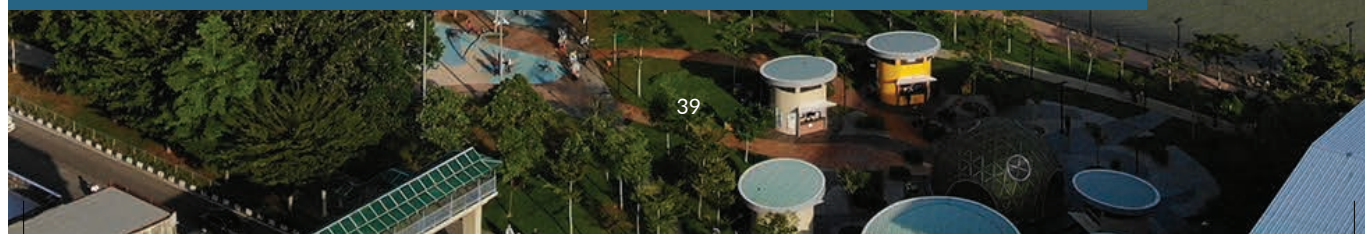


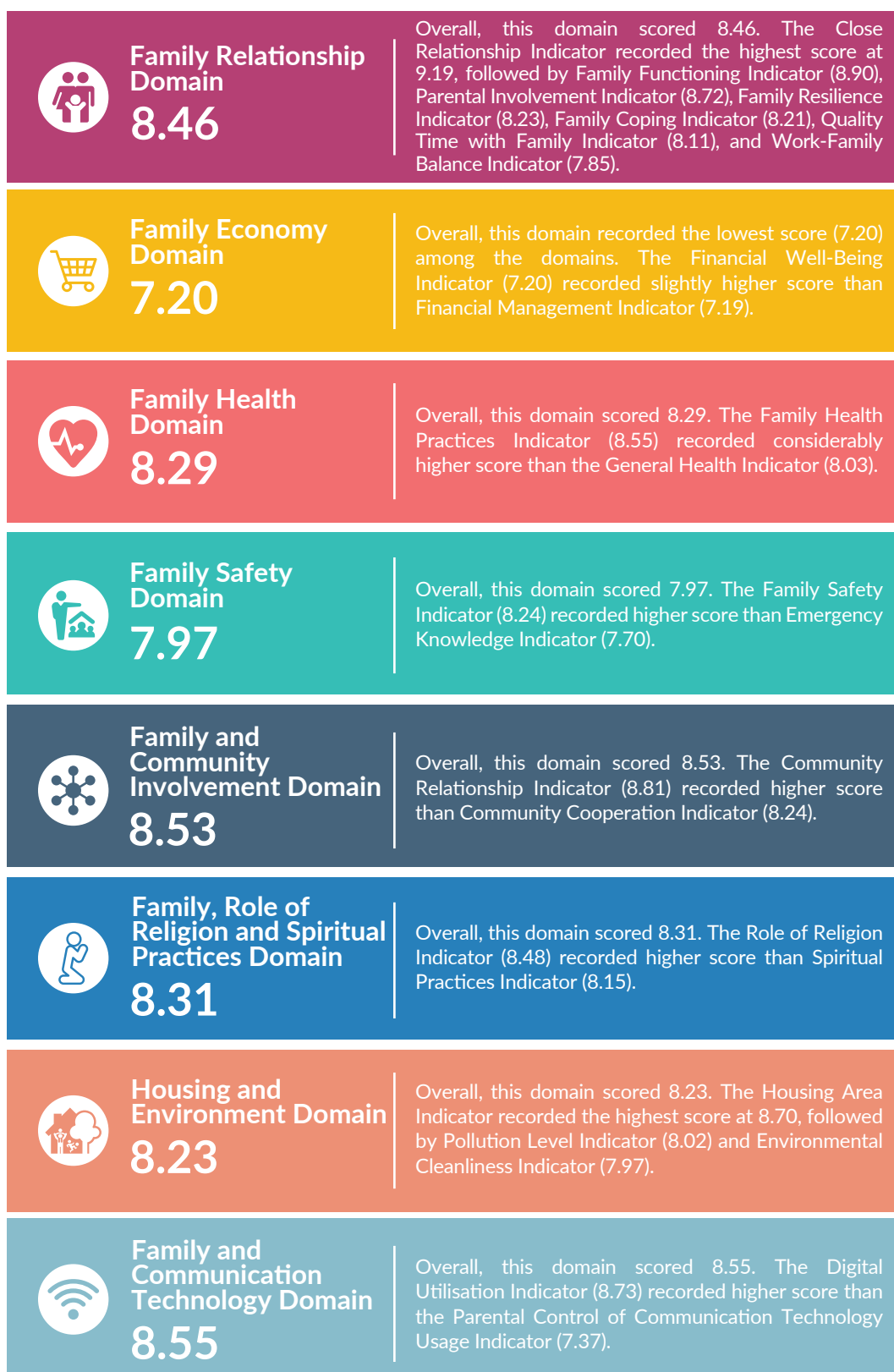
FWBI 2022 SCORE
BY STATE

FWBI 2022 SCORE

PAHANG 8.19

HIGH LEVEL





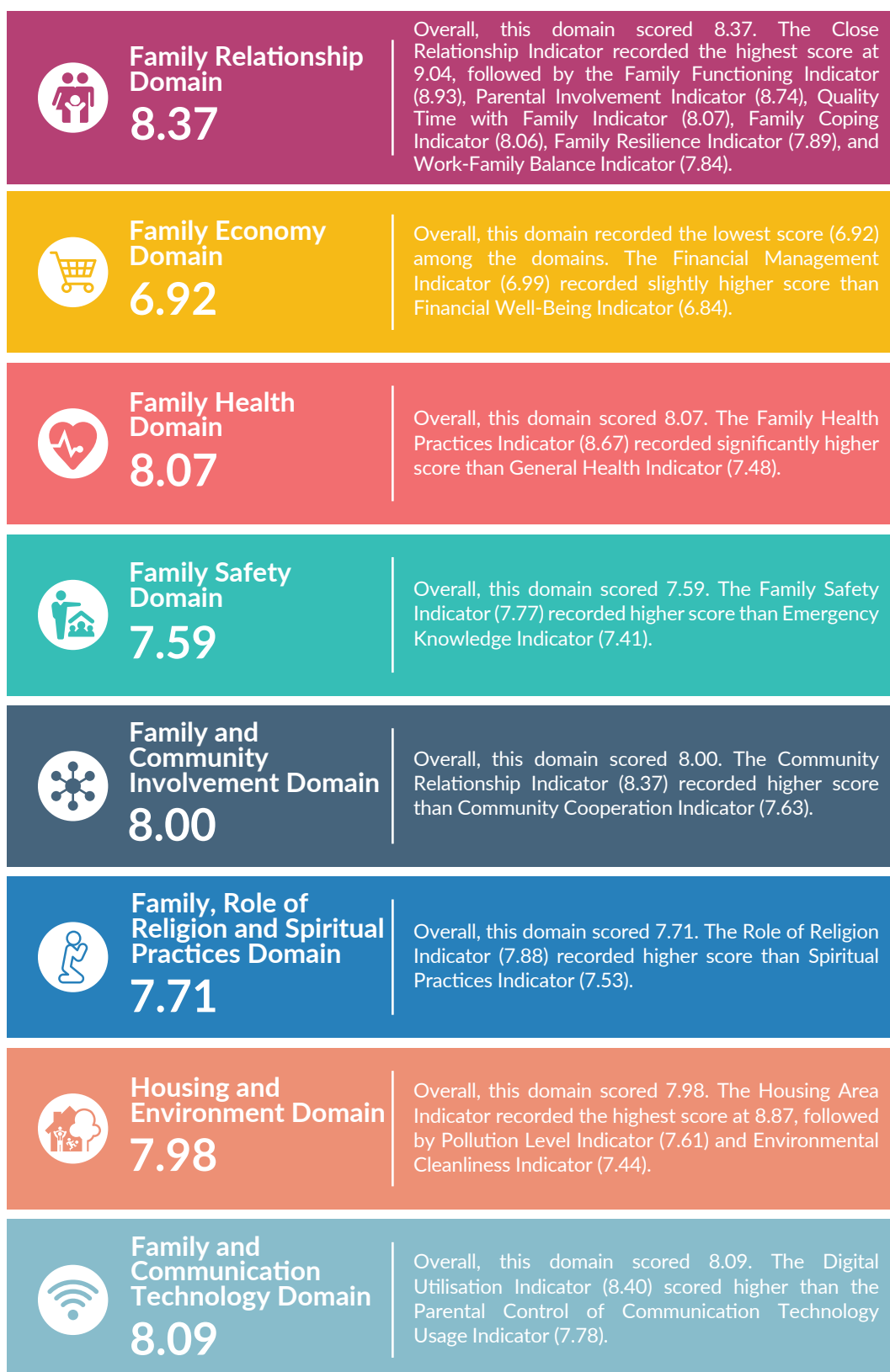


FWBI 2022 SCORE
BY STATE

FWBI 2022 SCORE

PULAU PINANG
7.84

MODERATE LEVEL





FWBI 2022 SCORE
BY STATE

FWBI 2022 SCORE

PERAK 8.23

HIGH LEVEL



Family Relationship Domain

8.63

Overall, this domain scored 8.63. The Family Functioning Indicator recorded the highest score at 9.35, followed by Close Relationship Indicator (8.99), Parental Involvement (8.82), Quality Time with Family (8.56), Family Resilience (8.43), Family Coping (8.16) and Work-Family Balance (8.09).



Family Economy Domain

7.53

Overall, this domain recorded the lowest score (7.53) among the domains. The Financial Well-Being Indicator (7.69) recorded slightly higher score than Financial Management Indicator (7.37).



Family Health Domain

8.11

Overall, this domain scored 8.19. The Family Health Practices Indicator (8.36) recorded considerably higher score than General Health Indicator (7.87).



Family Safety Domain

8.19

Overall, this domain scored 8.19. The Family Safety Indicator (8.57) recorded higher score than Emergency Knowledge Indicator (7.81).



Family and Community Involvement Domain

8.42

Overall, this domain scored 8.42. The Community Relationship Indicator (8.68) recorded higher score than Community Cooperation Indicator (8.16).



Family, Role of Religion and Spiritual Practices Domain

8.58

Overall, this domain scored 8.58. The Role of Religion Indicator (8.85) recorded higher score than Spiritual Practices Indicator (8.31).



Housing and Environment Domain

8.10

Overall, this domain scored 8.10. The Housing Area Indicator recorded the highest score at 8.30, followed by the Pollution Level Indicator (8.28) and Environmental Cleanliness Indicator (7.73).



Family and Communication Technology Domain

8.25

Overall, this domain scored 8.25. The Digital Utilisation Indicator (8.60) recorded higher score than the Parental Control of Communication Technology Usage Indicator (7.91).



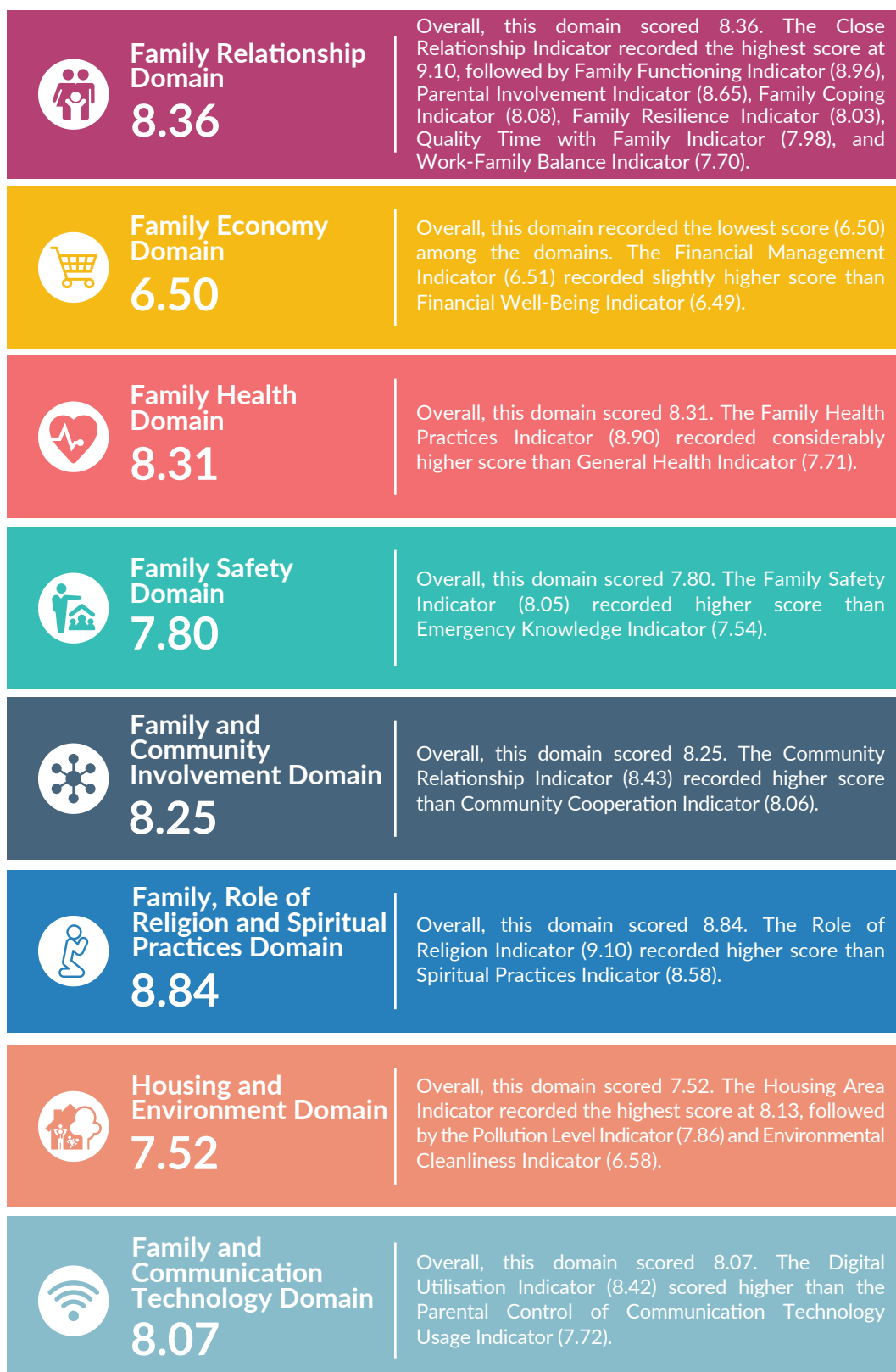
FWBI 2022 SCORE BY STATE

FWBI 2022 SCORE

PERLIS 7.95

MODERATE LEVEL

ELIAN





FWBI 2022 SCORE
BY STATE

FWBI 2022 SCORE

SELANGOR 7.87

MODERATE LEVEL



Family Relationship Domain

8.39

Overall, this domain scored 8.39. The Close Relationship Indicator recorded the highest score at 9.11, followed by the Family Functioning Indicator (8.87), Parental Involvement Indicator (8.85), Quality Time with Family Indicator (8.24), Work-Family Balance Indicator (8.07), Family Coping Indicator (7.87), and Family Resilience Indicator (7.76).



Family Economy Domain

6.83

Overall, this domain scored 6.83. The Financial Management Indicator (6.87) recorded slightly higher score than Financial Well-Being Indicator (6.80).



Family Health Domain

8.08

Overall, this domain scored 8.08. The Family Health Practices Indicator (8.51) recorded higher score than General Health Indicator (7.65).



Family Safety Domain

7.53

Overall, this domain scored 7.53. The Family Safety Indicator (7.83) recorded higher score than Emergency Knowledge Indicator (7.23).



Family and Community Involvement Domain

7.90

Overall, this domain scored 7.90. The Community Relationship Indicator (8.21) recorded higher score than the Community Cooperation Indicator (7.59).



Family, Role of Religion and Spiritual Practices Domain

8.10

Overall, this domain scored 8.10. The Role of Religion Indicator (8.32) recorded higher score than Spiritual Practices Indicator (7.87).



Housing and Environment Domain

7.87

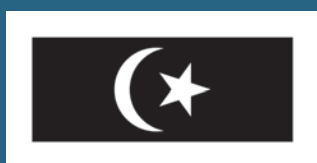
Overall, this domain scored 7.87. The Housing Area Indicator recorded the highest score at 8.79, followed by the Pollution Level Indicator (7.51) and Environmental Cleanliness Indicator (7.32).



Family and Communication Technology Domain

8.25

Overall, this domain scored 8.25. The Digital Utilisation Indicator (8.55) recorded higher score than the Parental Control of Communication Technology Usage Indicator (7.94).

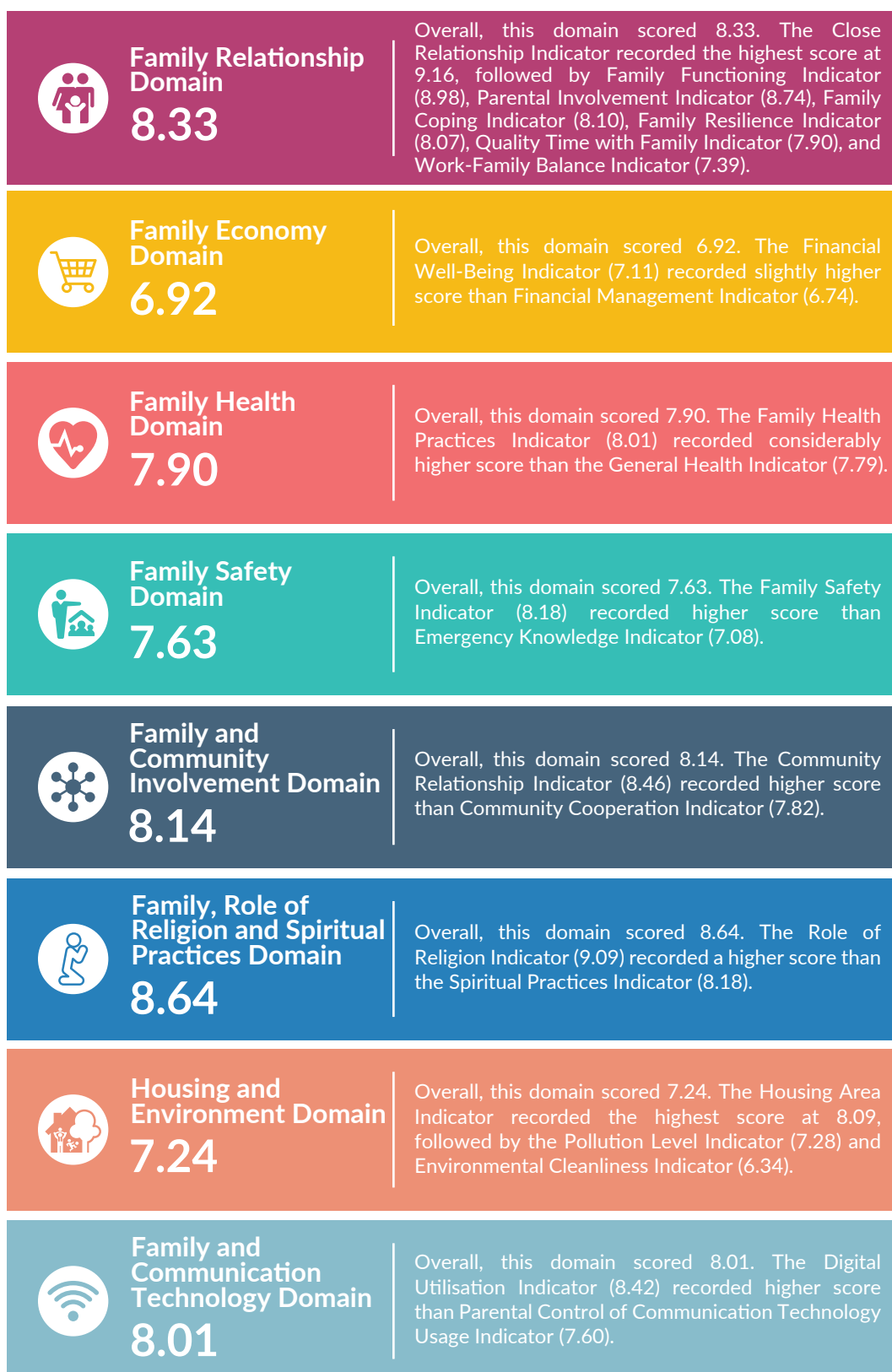


FWBI 2022 SCORE
BY STATE

FWBI 2022 SCORE

TERENGGANU 7.85

MODERATE LEVEL





FWBI 2022 SCORE
BY STATE

FWBI 2022 SCORE

SABAH 7.82

MODERATE LEVEL



Family Relationship Domain

8.54

Overall, this domain scored 8.54. The Close Relationship Indicator recorded the highest score at 9.39, followed by Family Functioning Indicator (9.20), Parental Involvement Indicator (8.89), Family Coping Indicator (8.57), Family Resilience Indicator (8.39), Quality Time with Family Indicator (8.27), and Work-Family Balance Indicator (7.10).



Family Economy Domain

6.71

Overall, this domain scored 6.71. The Financial Management Indicator (6.71) recorded slightly higher score than Financial Well-Being Indicator (6.70).



Family Health Domain

8.03

Overall, this domain scored 8.03. The General Health Indicator (8.04) recorded significantly higher score than Family Health Practices Indicator (8.02).



Family Safety Domain

7.70

Overall, this domain scored 7.70. The Family Safety Indicator (8.29) recorded higher score than Emergency Knowledge Indicator (7.11).



Family and Community Involvement Domain

8.42

Overall, this domain scored 8.42. The Community Relationship Indicator (8.85) recorded higher score than Community Cooperation Indicator (7.99).



Family, Role of Religion and Spiritual Practices Domain

8.14

Overall, this domain scored 8.14. The Role of Religion Indicator (8.76) recorded higher score than Spiritual Practices Indicator (7.52).



Housing and Environment Domain

6.95

Overall, this domain scored 6.95. The Pollution Level Indicator recorded the highest score at 7.42, followed by Housing Area Indicator (7.39) and Environmental Cleanliness Indicator (6.03).



Family and Communication Technology Domain

8.07

Overall, this domain scored 8.07. The Digital Utilisation Indicator (8.56) recorded the highest score than Parental Control of Communication Technology Usage Indicator (7.57).



FWBI 2022 SCORE BY STATE

FWBI 2022 SCORE

SARAWAK 7.82

MODERATE LEVEL



Family Relationship Domain

8.37

Overall, this domain scored 8.37. The Close Relationship Indicator recorded the highest score at 8.98, followed by Family Functioning Indicator and Parental Involvement Indicator (8.87), Quality Time with Family Indicator (8.23), Family Coping Indicator (8.10), Family Resilience Indicator (8.00), and Work-Family Balance Indicator (7.54).



Family Economy Domain

6.80

Overall, this domain scored 6.80. The Financial Management Indicator (6.97) recorded slightly higher score than Financial Well-Being Indicator (6.63).



Family Health Domain

7.86

Overall, this domain scored 7.86. The Family Health Practices Indicator (8.13) recorded significantly higher score than the General Health Indicator (7.58).



Family Safety Domain

7.62

Overall, this domain scored 7.62. The Family Safety Indicator (8.00) recorded higher score than Emergency Knowledge Indicator (7.23).



Family and Community Involvement Domain

8.22

Overall, this domain scored 8.22. The Community Relationship Indicator (8.67) recorded higher score than Community Cooperation Indicator (7.78).



Family, Role of Religion and Spiritual Practices Domain

8.29

Overall, this domain scored 8.29. The Role of Religion Indicator (8.51) scored higher than Spiritual Practices Indicator (8.06).



Housing and Environment Domain

7.25

Overall, this domain scored 7.25. The Housing Area Indicator recorded the highest score at 7.58, followed by Pollution Level Indicator (7.19) and Environmental Cleanliness Indicator (6.98).



Family and Communication Technology Domain

8.19

Overall, this domain scored 8.19. The Digital Utilisation Indicator (8.50) scored higher than the Parental Control of Communication Technology Usage Indicator (7.88).



FWBI 2022 SCORE BY STATE

FWBI 2022 SCORE

FT KUALA LUMPUR 7.99

MODERATE LEVEL



Family Relationship Domain

8.42

Overall, this domain scored 8.42. The Close Relationship Indicator recorded the highest score at 9.38, followed by Family Functioning Indicator (8.89), Parental Involvement Indicator (8.67), Family Coping Indicator (8.35), Family Resilience Indicator (8.18), Quality Time with Family Indicator (7.95), and Work-Family Balance Indicator (7.50).



Family Economy Domain

6.77

Overall, this domain scored 6.77. The Financial Management Indicator (6.87) recorded slightly higher score than Financial Well-Being Indicator (6.67).



Family Health Domain

8.30

Overall, this domain scored 8.30. The Family Health Practices Indicator (8.65) recorded significantly higher score than General Health Indicator (7.95).



Family Safety Domain

7.85

Overall, this domain scored 7.85. The Family Safety Indicator (8.36) recorded higher score than Emergency Knowledge Indicator (7.34).



Family and Community Involvement Domain

8.06

Overall, this domain scored 8.06. The Community Relationship Indicator (8.51) recorded higher score than Community Cooperation Indicator (7.62).



Family, Role of Religion and Spiritual Practices Domain

8.41

Overall, this domain scored 8.41. The Role of Religion Indicator (8.69) recorded higher score than Spiritual Practices Indicator (8.14).



Housing and Environment Domain

7.89

Overall, this domain scored 7.89. The Housing Area Indicator recorded the highest score at 9.02, followed by Pollution Level Indicator (7.78) and Environmental Cleanliness Indicator (6.88).



Family and Communication Technology Domain

8.18

Overall, this domain scored 8.18. The Digital Utilisation Indicator (8.47) scored higher than the Parental Control of Communication Technology Usage Indicator (7.89).

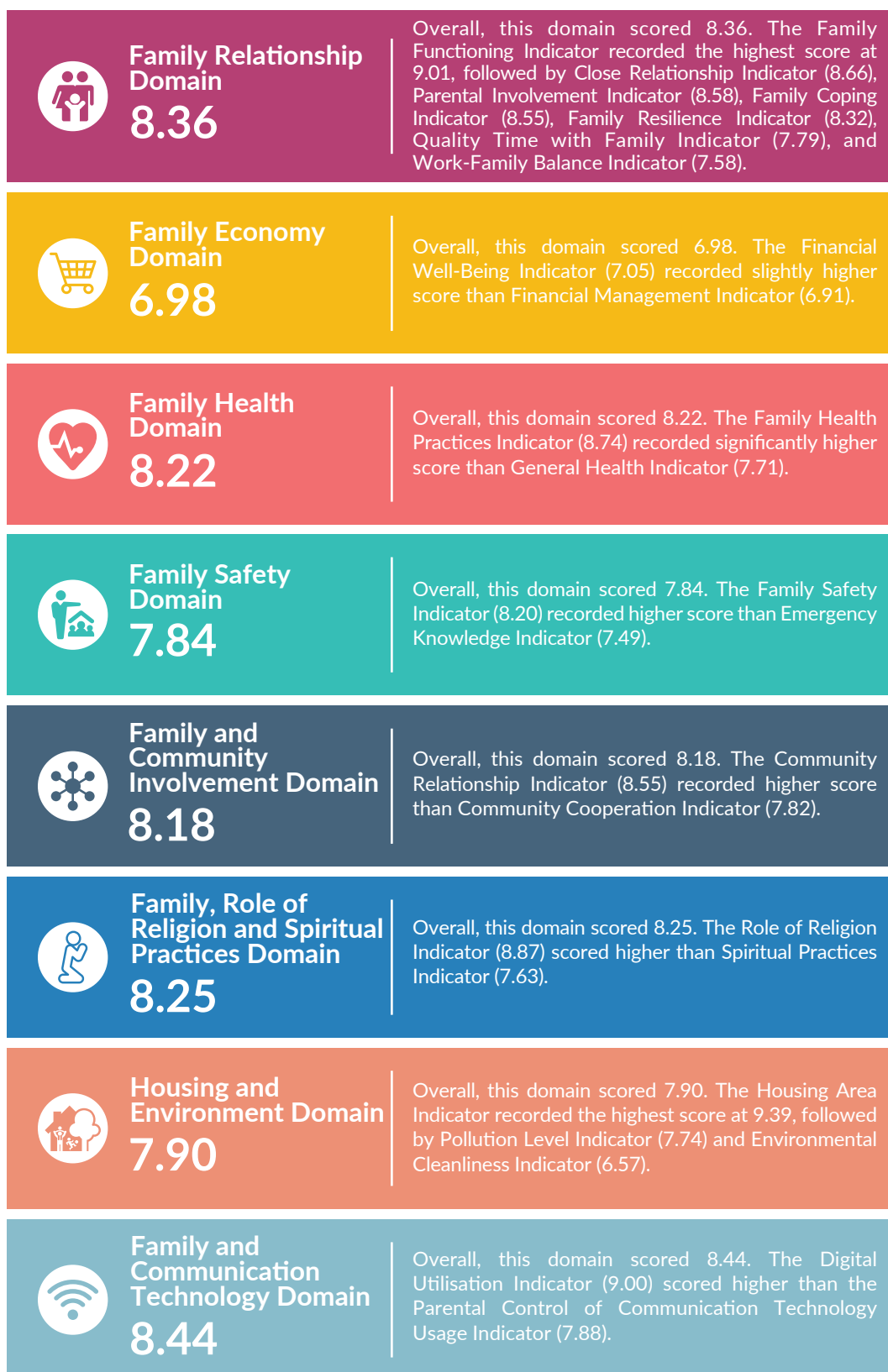


FWBI 2022 SCORE BY STATE

FWBI 2022 SCORE

FT PUTRAJAYA 8.02

HIGH LEVEL





FWBI 2022 SCORE
BY STATE

FWBI 2022 SCORE

FT LABUAN
8.19

HIGH LEVEL

Pejabat Penguatkuasaan
Pejabat 25 September 2018
Bersamaan 15 Muharrar 1440 Hijrah



Family Relationship Domain

8.62

Overall, this domain scored 8.62. The Close Relationship Indicator recorded the highest score at 9.18, followed by Family Functioning Indicator (9.08), Parental Involvement Indicator (8.91), Family Coping Indicator (8.51), Family Resilience Indicator (8.36), Quality Time with Family Indicator (8.47), and Work-Family Balance Indicator (7.81).



Family Economy Domain

6.90

Overall, this domain scored 6.90. The Financial Well-Being Indicator (6.92) recorded slightly higher score than Financial Management Indicator (6.89).



Family Health Domain

8.25

Overall, this domain scored 8.25. The Family Health Practices Indicator (8.49) recorded significantly higher score than General Health Indicator (8.02).



Family Safety Domain

8.51

Overall, this domain scored 8.51. The Family Safety Indicator (8.78) recorded higher score than Emergency Knowledge Indicator (8.24).



Family and Community Involvement Domain

8.53

Overall, this domain scored 8.53. The Community Relationship Indicator (8.85) recorded higher score than Community Cooperation Indicator (8.22).



Family, Role of Religion and Spiritual Practices Domain

8.54

Overall, this domain scored 8.54. The Role of Religion Indicator (8.82) recorded higher score than the Spiritual Practices Indicator (8.26).



Housing and Environment Domain

7.73

Overall, this domain scored 7.73. The Pollution Level Indicator recorded the highest score at 7.95, followed by Housing Area Indicator (7.68) and Environmental Cleanliness Indicator (7.56).



Family and Communication Technology Domain

8.45

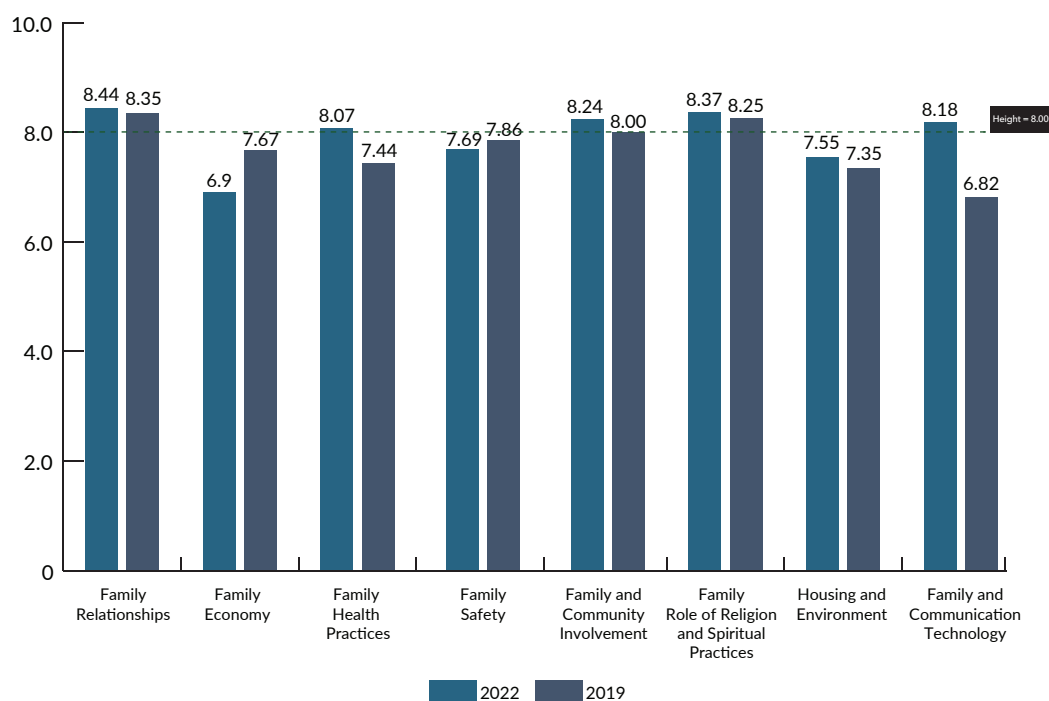
Overall, this domain scored 8.45. The Digital Utilisation Indicator (8.69) scored higher than the Parental Control of Communication Technology Usage Indicator (8.22).

TRENDS OF FAMILY WELL-BEING INDEX

Overall, the FWBI 2022 scored 7.93, out of a maximum scale of 10.00, suggesting the moderate level of family well-being in Malaysia. The FWBI 2022 score increased from FWBI 2019 score (7.72) by 0.21 points (or 2.7%). The FWBI 2022 score was found to approach the high level (8.00), as targeted in the Twelfth Malaysia Plan (12MP).

In particular, five domains scored above 8.00, namely Family Relationship (8.44), Family, Role of Religion, and Spiritual Practices (8.37), Family and Community Involvement (8.24), Family and Communication Technology (8.18), and Family Health Practices (8.07). Meanwhile, domains with scores below 8.00 included Family Safety (7.69), Housing and Environment (7.55), and Family Economy (6.90). As compared to FWBI 2019, only three domains recorded scores exceeding 8.00, namely Family Relationship (8.35), Family, Role of Religion, and Spiritual Practices (8.25), and Family and Community Involvement (8.00).

Six domains in FWBI 2022 showed increment from the previous year, namely Family Relationship (0.09 points), Family Health (0.63 points), Family and Community Involvement (0.24 points), Family, Role of Religion, and Spiritual Practices (0.12 points), Housing and Environment (0.20 points), and Family and Communication Technology (1.36 points). Meanwhile, the domain scores of Family Economy and Family Safety declined by 0.77 points and 0.17 points, respectively, within the same period.





FAMILY WELL-BEING INDEX PERFORMANCE BY DOMAIN

FAMILY RELATIONSHIP DOMAIN

Overall, the FWBI performance of Family Relationship Domain increased from 8.35 in 2019 to 8.44 in 2022 by 1.1%. The performance of three indicators increased within the same period—Close Relationship (8.0%), Family Functioning (7.4%), and Parental Involvement (3.8%). Meanwhile, the performance of the remaining indicators decreased—Work-Family Balance (3.4%), Family Resilience (2.7%), Family Coping (2.5%), and Quality Time with Family (2.4%). Further observation found that almost all indicators in this domain scored above 8.00 (high level), except for Work-Family Balance Indicator that scored 7.56 (moderate level). This indicated that families in Malaysia face challenges in balancing the needs between work and family.

INDICATOR	FWBI 2022	Level of Well-Being	FWBI 2019	Change (%)
FAMILY RELATIONSHIP DOMAIN	8.44	High	8.35	1.1
Parental Involvement	8.80	High	8.48	3.8
Quality Time with Family	8.17	High	8.37	-2.4
Work-Family Balance	7.56	Moderate	7.83	-3.4
Close Relationship	9.18	High	8.50	8.0
Family Functioning	9.03	High	8.41	7.4
Family Coping	8.24	High	8.45	-2.5
Family Resilience	8.14	High	8.37	-2.7

FAMILY ECONOMY DOMAIN

Overall, the FWBI performance of Family Economy Domain decreased from 7.67 in 2019 to 6.90 in 2022 by 10.0%. The performance of both indicators in this domain, namely Financial Well-Being and Financial Management, decreased by 10.2% and 9.8%, respectively, within the same period. Further observation found that both indicators in this domain scored below 8.00 (moderate level). This indicated that families in Malaysia face difficulties related to family economic matters, particularly financial management and financial well-being. Therefore, stakeholders need to focus on initiatives and programmes that strengthen family economy to improve the performance of Family Economy Domain to a high level.

INDICATOR	FWBI 2022	Level of Well-Being	FWBI 2019	Change (%)
FAMILY ECONOMY DOMAIN	6.90	Moderate	7.67	-10.0
Financial Well-Being	6.92	Moderate	7.67	-9.8
Financial Management	6.88	Moderate	7.66	-10.2

FAMILY HEALTH DOMAIN

Overall, the FWBI performance of Family Health Domain increased from 7.44 in 2019 to 8.07 in 2022 by 8.5%. The performance of both indicators in this domain, namely Family Health Practices and General Health, increased by 7.2% and 9.8%, respectively, within the same period. Further observation found that Family Health Practices Indicator (8.33) demonstrated a high level. Meanwhile, General Health Indicator (7.81) demonstrated a moderate level. This indicated that families in Malaysia generally have good level of health. However, programmes and awareness activities for health maintenance and healthy lifestyle adoption need to be intensified for improved self-health and family well-being.

INDICATOR	FWBI 2022	Level of Well-Being	FWBI 2019	Change (%)
FAMILY HEALTH DOMAIN	8.07	High	7.44	8.5
Family Health Practices	8.33	High	7.77	7.2
General Health	7.81	Moderate	7.11	9.8

FAMILY SAFETY DOMAIN

Overall, the FWBI performance of Family Safety Domain decreased from 7.86 in 2019 to 7.69 in 2022 by 2.2%. The performance of both indicators in this domain, namely Family Safety and Emergency Knowledge, decreased by 2.0% and 2.4%, respectively, within the same period. Further observation found that Family Safety Indicator scored 8.15, suggesting a high level. Meanwhile, Emergency Knowledge Indicator scored 7.22, indicating a moderate level. Therefore, the organisation of activities and programmes concerning family emergencies needs to be intensified in order to enhance how family members deal with emergency situations in terms of their awareness, knowledge, and actions required to be taken.

INDICATOR	FWBI 2022	Level of Well-Being	FWBI 2019	Change (%)
FAMILY SAFETY DOMAIN	7.69	Moderate	7.86	-2.2
Family Safety	8.15	High	8.32	-2.0
Emergency Knowledge	7.22	Moderate	7.40	-2.4

FAMILY AND COMMUNITY INVOLVEMENT DOMAIN

Overall, the FWBI performance of Family and Community Involvement Domain increased from 8.00 in 2019 to 8.24 in 2022 by 3.0%. The performance of both indicators, namely Community Cooperation and Community Relationship, increased by 1.9% and 4.0%, respectively, within the same period. Further observation revealed a moderate level for Community Cooperation Indicator (7.90) and a high level for Community Relationship Indicator (8.58). This indicated the need for the organisation and implementation of various activities and programmes at the community level to further enhance the interaction and cooperation between families and residents within the local community. Close cooperation within the community improves the community relationships and subsequently ensures the safety and harmonious state of the families and residents.

INDICATOR	FWBI 2022	Level of Well-Being	FWBI 2019	Change (%)
FAMILY AND COMMUNITY INVOLVEMENT DOMAIN	8.24	High	8.00	3.0
Community Cooperation	7.90	Moderate	7.75	1.9
Community Relationships	8.58	High	8.25	4.0

FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN

Overall, the FWBI performance of Family, Role of Religion, and Spiritual Practices Domain increased from 8.25 in 2019 to 8.37 in 2022 by 1.5%. The performance of both indicators, namely the Role of Religion and Spiritual Practices, increased by 1.6% and 1.3%, respectively, within the same period. Further observation revealed that Role of Religion Indicator (8.72) and Spiritual Practices Indicator (8.02) displayed high level. This indicated the emphasis of families in Malaysia on the role of religion and spiritual practices for good family well-being.

INDICATOR	FWBI 2022	Level of Well-Being	FWBI 2019	Change (%)
FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN	8.37	High	8.25	1.5
Role of Religion	8.72	High	8.58	1.6
Spiritual Practices	8.02	High	7.92	1.3

HOUSING AND ENVIRONMENT DOMAIN

Overall, the FWBI performance of Housing and Environment Domain increased from 7.35 in 2019 to 7.55 in 2022 by 2.7%. The performance of Housing Area Indicator increased by 9.4%, while the performance of Pollution Level Indicator decreased by 0.9%. Meanwhile, Environmental Cleanliness Indicator was only recently introduced under this domain in FWBI 2022. Further observation found that only Housing Area Indicator recorded 8.16 (high level), while Pollution Level Indicator (7.60) and Environmental Cleanliness Indicator (6.89) attained moderate level. This indicated that Malaysian families face pollution and environmental cleanliness problems. Therefore, strategies, initiatives, and programmes to maintain the environment and surroundings need to be enhanced to ensure clean and safe environment for the well-being of families and communities in general.

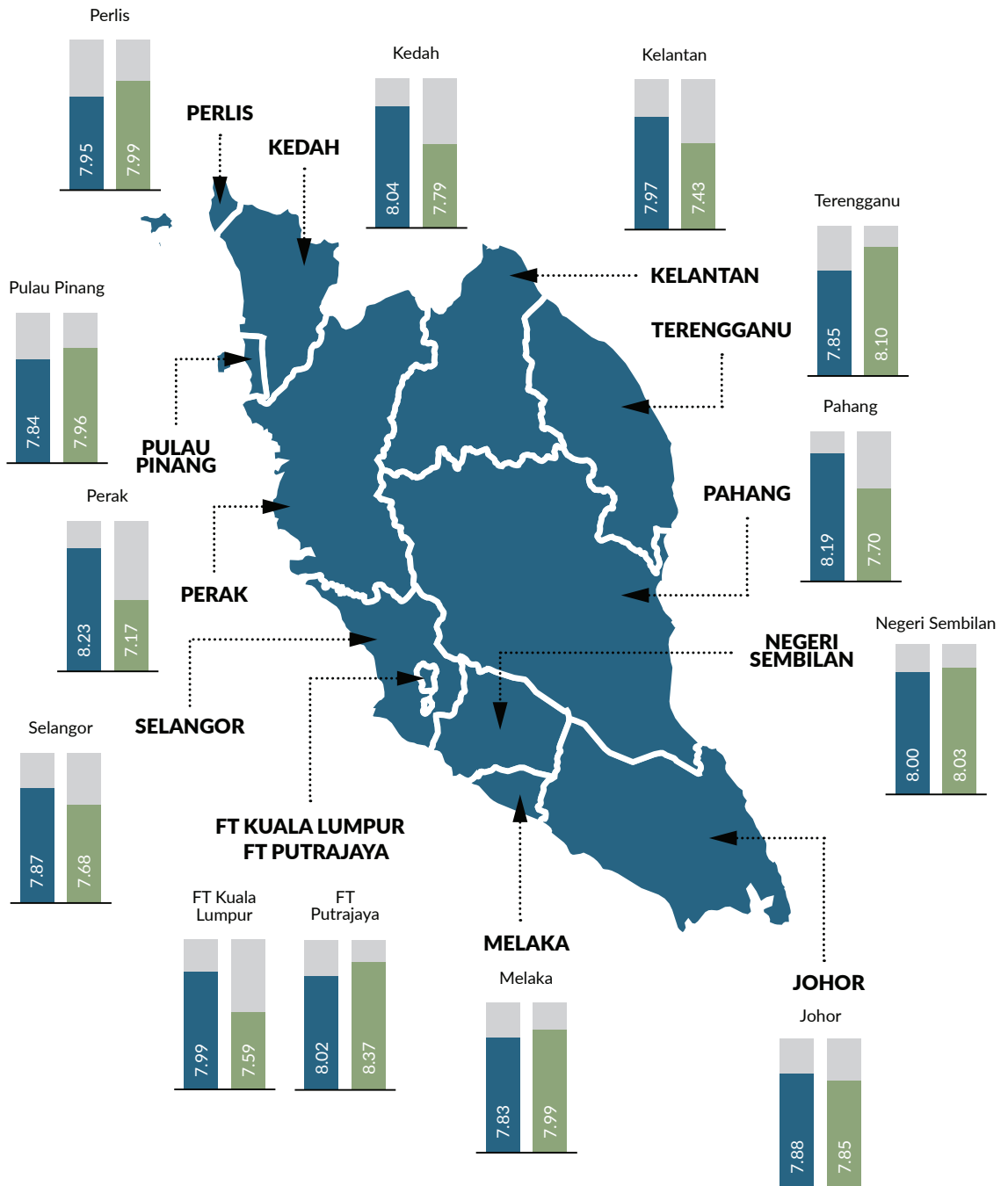
INDICATOR	FWBI 2022	Level of Well-Being	FWBI 2019	Change (%)
HOUSING AND ENVIRONMENT DOMAIN	7.55	Moderate	7.35	2.7
Housing Area	8.16	High	7.46	9.4
Pollution Level	7.60	Moderate	7.67	-0.9
Environmental Cleanliness	6.89	Moderate	-	-

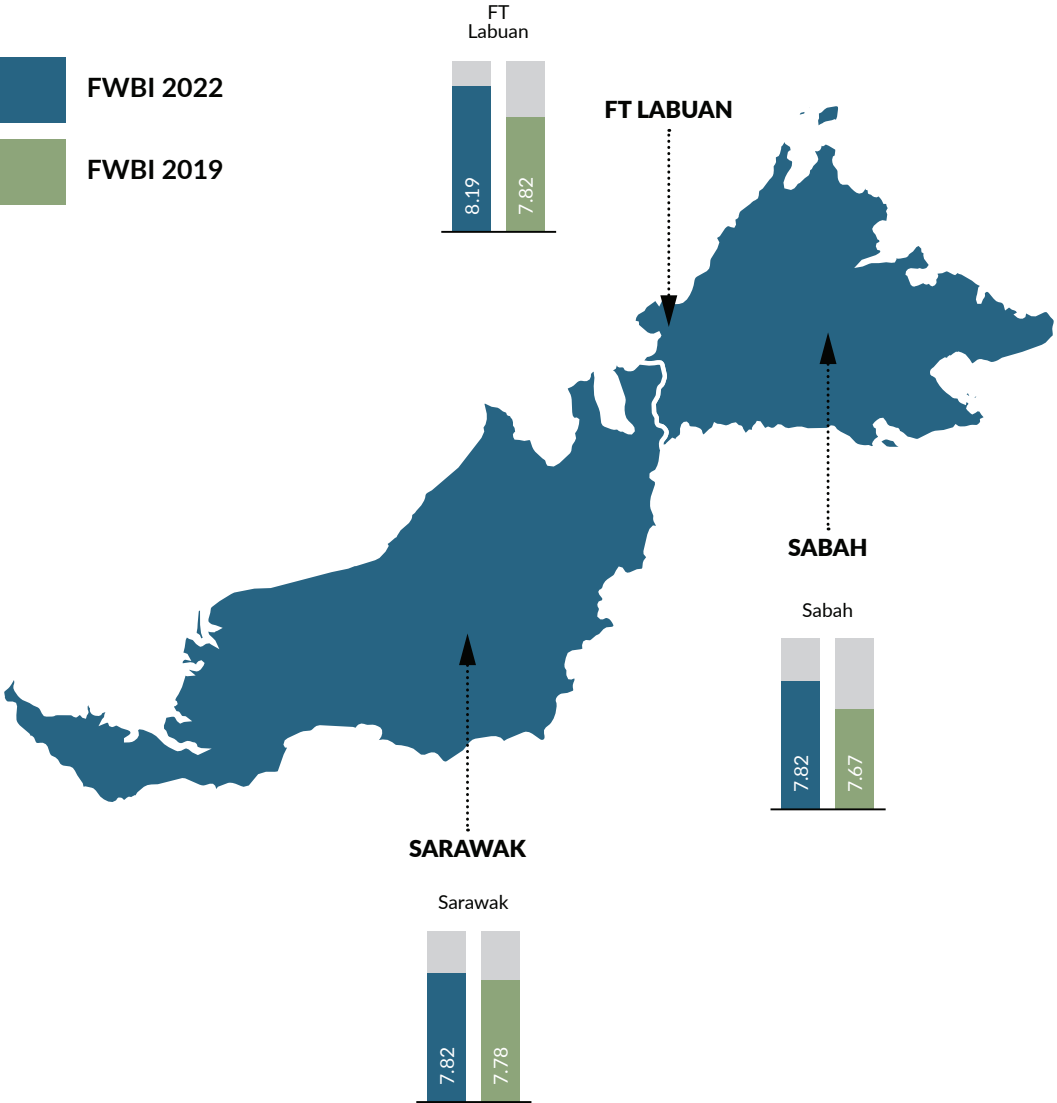
FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN

Overall, the FWBI performance of Family and Communication Technology Domain increased from 6.82 in 2019 to 8.18 in 2022 by 19.9%. Although Parental Control of Communication Technology Usage Indicator increased by 4.4%, the recorded score of 7.80 remained at a moderate level. Meanwhile, Digital Utilisation Indicator was only recently established under this domain in FWBI 2022 to replace the influence of Communication Applications Indicator in the previous series due to the current evolution of time. This new indicator served to examine the extent to which families benefit from the increasingly developing digital world. The recorded scores indicated the need for Malaysian families to improve their knowledge regarding the management and control of access to communication technology and the use of gadgets. The absence of good knowledge of communication technology control risks family well-being due to the emergence of uncontrolled negative elements. Relevant stakeholders need to intensify efforts to implement activities and programmes focusing on gadget literacy.

INDICATOR	FWBI 2022	Level of Well-Being	FWBI 2019	Change (%)
FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN	8.18	Moderate	6.82	19.9
Digital Utilisation	8.56	High	-	-
Parental Control of Communication Technology Usage	7.80	Moderate	7.47	4.4

PERFORMANCE OF THE FAMILY WELL-BEING INDEX BY STATE

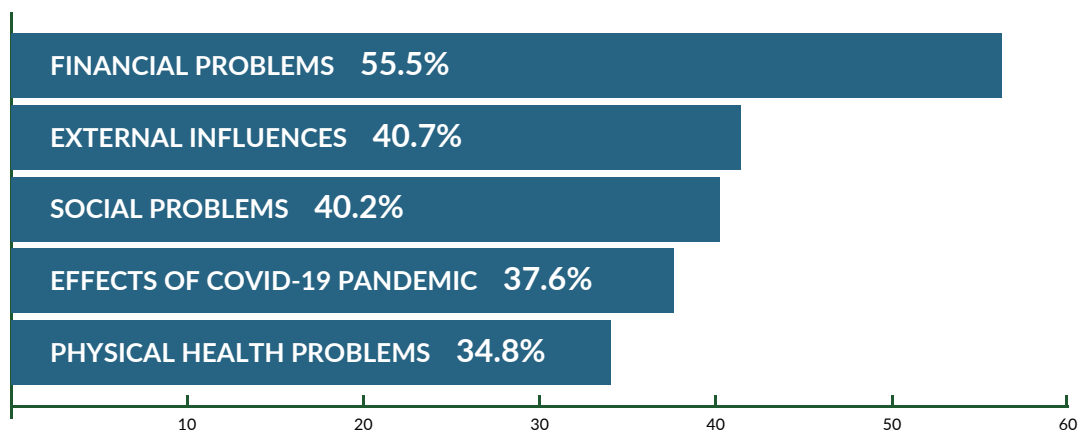




FAMILY CHALLENGES

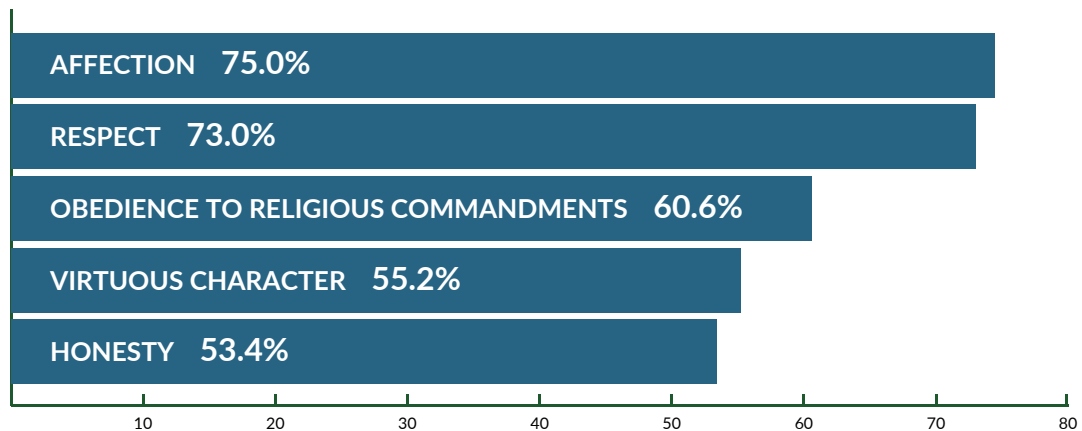
MAIN CHALLENGES FACED BY FAMILIES

Findings indicated various key challenges faced by contemporary families. Among the five most critical challenges include financial problems (55.5%), external influences (40.7%), social problems (40.2%), effects of COVID-19 pandemic (37.6%), and physical health problems (34.8%).



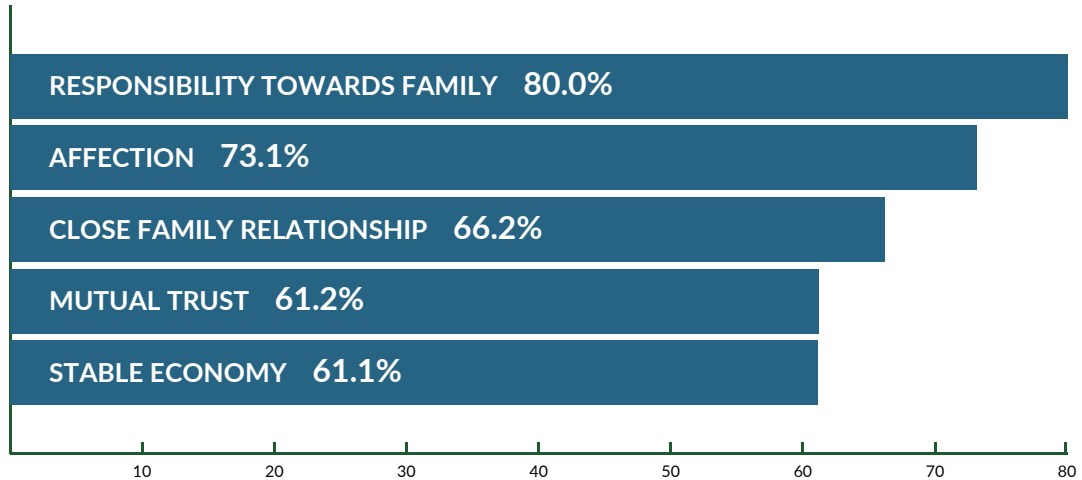
CORE VALUES DEEMED IMPORTANT IN FAMILY LIFE

The five noble values deemed important in family life included affection (75.0%), mutual respect (73.0%), obedience to religious command (60.6%), virtuous character (55.2%), and honesty (53.4%).



UNDERSTANDING OF FAMILY WELL-BEING

The study found various aspects of understanding of family well-being among the respondents, which included responsibility towards family (80.0%), affection (73.1%), close family relationship (66.2%), mutual trust (61.2%), and stable economy (61.1%).



KEY FINDINGS

As part of the efforts to strengthen family institutions in Malaysia, NPFDB has implemented several series of the FWBI study since 2011. The fourth series of the FWBI study was conducted in 2022 (the FWBI 2022 study) to measure, evaluate and monitor the level of family well-being in Malaysia. The fieldwork operation for data collection was implemented post-COVID-19 pandemic from 20 December 2022 to 30 May 2023 (five months). A total of 5,236 Malaysian mothers or fathers with children aged 3 to 24 years old participated in this study.

The overall FWBI score increased by 7.72 in 2019 to 7.93 in 2022 by 0.21 points (or 2.1%). Although the FWBI 2022 score indicated a moderate level of family well-being, it approached the high level threshold of 8.00. The increase in the FWBI 2022 score was contributed by five domains with scores exceeding 8.00 (high level), namely Family Relationship (8.44); Family, Role of Religion, and Spiritual Practices (8.37); Family and Community Involvement (8.24); Family and Communication Technology (8.18); and Family Health (8.07). Meanwhile, domains that recorded scores below 8.00 included Family Safety (7.69); Housing and Environment (7.55); and Family Economy (6.90).

The analysis of FWBI 2022 scores by demographic characteristics showed that mothers (7.95) recorded slightly higher score than fathers (7.91). Urban residents scored 7.95, whereas rural residents scored 7.90. Meanwhile, respondents from extended family households recorded the highest score at 8.00, followed by those from nuclear family households (7.93) and single-parent family households (7.83). As for ethnic groups, Malay respondents recorded the highest score at 7.97. This was followed by the Chinese respondents (7.95), other Bumiputera respondents (7.89), and Indian respondents (7.80). Respondents with household monthly income of RM10,971 and above recorded the highest score at 8.24. This was followed by respondents with household monthly income between RM4,851 and RM10,970 (8.06) and respondents within the income group of RM4,850 and below (7.87).

RECOMMENDATIONS TO STRENGTHEN THE LEVEL OF FAMILY WELL-BEING

The findings of the FWBI 2022 study showed a positive trend, where the overall score and domain scores increased from the previous study's scores (the FWBI 2019 study). All existing efforts and initiatives contributing to family well-being in Malaysia should be continued. The findings of the FWBI 2022 study were discussed through an engagement session that involved 15 government agencies at the federal and state levels, including representatives from non-governmental organisations. The engagement session successfully produced several intervention suggestions based on the domains of FWBI 2022 that can be used as a guide to strengthen the level of family well-being.

FAMILY RELATIONSHIPS DOMAIN

- Instil awareness and knowledge about maintaining balance between career demands and family needs
- Empowering initiatives for good family-friendly practices at the workplace
- Expanding family support services for families experiencing stress or crisis to create more resilient families
- Expanding knowledge of parenting skills

FAMILY ECONOMY DOMAIN

- Increase secondary and passive income
- Increase awareness regarding prudent financial management
- Increase women's participation in the labour market through the development of the care industry

FAMILY HEALTH DOMAIN

- Strengthen health awareness
- Nurture active and healthy lifestyles to support the Madani Afiat initiative

FAMILY SAFETY DOMAIN

- Increase family emergency knowledge among urban and rural communities
- Strengthen the understanding of family safety

FAMILY AND COMMUNITY INVOLVEMENT DOMAIN

- Increase family's concern, involvement, and awareness towards the community

FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES DOMAIN

- Empower strategic cooperation towards family well-being
- Empower the application of noble values and family spiritual practices from the perspective of their respective religions

HOUSING AND ENVIRONMENT DOMAIN

- Increase literacy on local authority (PBT) regulations among families
- Expand environmental pollution prevention campaigns

FAMILY AND COMMUNICATION TECHNOLOGY DOMAIN

- Increase digital literacy among parents

REFERENCES

Bougie, R., & Sekaran, U. (2020). *Research methods for business: a skill building approach* (8th ed.). John Wiley & Sons.

Jabatan Perangkaan Malaysia. (2022). *Indikator Matlamat Pembangunan Mampan Malaysia 2021*.

LPPKN. (2013). *Laporan Kajian Indeks Kesejahteraan Keluarga Malaysia 2011*.

LPPKN. (2017). *Laporan Indeks Kesejahteraan Keluarga Malaysia 2016*.

LPPKN. (2020). *Laporan Indeks Kesejahteraan Keluarga Malaysia 2019*.

Mwangi, S. (2021). *7 types of family structure*. <https://www.moms.com/family-structure-types/>

Noor, N. M., Gandhi, A. D., Ishak, I., & Wok, S. (2014). Development of Indicators for Family Well-Being in Malaysia. *In Social Indicators Research* (Vol. 115, Issue 1). <https://doi.org/10.1007/s11205-012-0219-1>

Sahrani, M. N., Adha, N., Hamid, A., & Othman, N. (2023). Kehidupan Norma Baharu Pandemik Covid-19: Analisis Perspektif Kesihatan Dan Undang-Undang. *Asian Journal of Law and Governance*, 5(4), 14–23.

UNICEF. (2024). *Ranjau Sepanjang Jalan*. UNICEF Malaysia.

Unit Perancang Ekonomi. (2022). *Rangka Tindakan Ekonomi Digital Malaysia 2021*.

APPENDICES

APPENDIX 1 : DISTRIBUTION OF HOUSEHOLDS INVOLVED

State	No. of Chosen Households	No. of Households Managed to be Interviewed
Johor	492	283
Kedah	528	349
Kelantan	612	423
Melaka	420	273
Negeri Sembilan	636	400
Pahang	564	444
Pulau Pinang	564	362
Perak	456	220
Perlis	528	334
Selangor	972	610
Terengganu	468	325
Sabah	552	316
Sarawak	480	306
Federal Territory of Kuala Lumpur	504	184
Federal Territory of Labuan	432	238
Federal Territory of Putrajaya	252	169
Total	8,460	5,236

APPENDIX 2 : LIST OF DOMAINS, INDICATORS / ITEMS OF FWBI 2022

DOMAIN	INDICATORS / ITEMS
FAMILY RELATIONSHIP	Parental Involvement • Encourage the child to help with household chores • Educate the child to be a responsible person • Pay attention to the daily activities the child does • Show affection to the child • Praise the child when they behave well • Check the child's homework at least once a week • Attend the child's school activities/programmes (e.g., sports day and parent-teacher day) • Encourage the child to share problems with the parents • Know who the child befriend
	Quality Time with Family • Spend time talking with the child when the child wants to talk about something • Always do recreational activities together with the child • Spend time doing activities that the child likes • Eat together as a family • Celebrate special days (e.g., birthday, wedding anniversary, and festive celebrations) together as a family • Watch television/movies together as a family • Always allocate time for holiday as a family
	Close Relationship • Cultivate close relationship with one another • Can depend on family members when facing problems • Can share worries with family members at any time • Feel secure and safe enough when with family
	Work-Family Balance • Satisfied with the balance between work and family life • Work can increase knowledge, benefitting the family • Work gives the sense of happiness and helps to be a better family member

DOMAIN	INDICATORS / ITEMS
FAMILY RELATIONSHIP	• Work leads one to success and to be better for the family • Have the opportunity to choose flexible work hours • Pressure from work does not affect the family • Overtime work/second job does not impact the quality time with family • Not bring home negative feelings from the workplace • Always discuss childcare arrangement • Not carry out work matters while with the family
	Family Functioning • Can share tasks and responsibilities within the family regardless of gender • Both sons and daughters share the same responsibility for household chores • Can accept differences in family members' personalities (e.g., differences in personality, opinions, and characters) • Give family members the opportunity to explain a situation • Always discuss with family members when making decisions related to the family • Build nurturing family environment that builds family bonds
	Family Coping (When facing problems or crises) • Share problems with family members • Family members support one another in times of difficulty • Try to find an immediate solution when facing a problem • Stay united no matter how difficult the situation is • Can face hardship and reach a solution together • Can adapt when there is a crisis affecting the family • Resilient in facing difficulties

DOMAIN	INDICATORS / ITEMS
FAMILY ECONOMY	Family Resilience (After the occurrence of a problem or crisis) • The whole family tries to understand what happened • Has no difficulty facing various daily life challenges • Does not blame family members for their mistakes • Discuss ways to prevent the same situation from happening again • Learn a lesson from what has happened • Share feelings about the problems faced with family members
	Financial Well-Being • Not burdened with debt • Stable financial situation • Can settle monthly bills (e.g., electricity bill, water bill, and credit card debt) • Have savings that can be used in case of emergency • Good standard of living
	Financial Management • Saves for the future • Have sufficient insurance protection for the family • Have investment schemes (e.g., ASB and unit trust) for the future
FAMILY HEALTH	Family Health Practices • Well-balanced daily meals (containing dairy products, vegetables, fruits, grains, and protein) • Recreation/exercise at least three times a week • Keeps basic medicines in case a family member falls sick (e.g., fever medicine, cough medicine, and flu medicine) • Undergo health check-up at least once a year
	General Health • Overall health level of the family • Physical health level of the family • Mental health level of the family • Social health level of the family

DOMAIN	INDICATORS / ITEMS
FAMILY SAFETY	Family Safety • Sensitive to family safety issues (e.g., abuse, kidnapping, snatch theft, and house breaking) • Always remain vigilant and take safety measures (e.g., local community patrol, install lights and locks, and CCTV) • Feel safe at home • Ensure that dangerous items (e.g., medicines, poisonous items, and electrical equipment) are not easily accessible by children • Educate children about family safety issues (e.g., kidnapping, house breaking, and road safety)
	Emergency Knowledge • Know how to use a fire extinguisher • Have emergency medical supplies at home (e.g., wound medicine, antiseptic, bandage, plaster, cotton ball, and others) • Have an evacuation plan in case of emergency • Know the emergency telephone number to contact • Have basic first aid knowledge
FAMILY AND COMMUNITY INVOLVEMENT	Community Cooperation • Know who to contact when needing help in the neighbourhood • Contribute to help the community (e.g., financial contribution, contribution of effort, and contribution of ideas) • Participate in neighbourhood activities (e.g., communal work and discussion) • Share information or give feedback within the community (e.g., bulletin board and WhatsApp group)
	Community Relationship • Establish good relationship with neighbours • Love the community • Always greet the neighbours • Invite neighbours on festive days or certain occasions (e.g., wedding feast and birthday celebration) • Can depend on neighbours to look after the house when away from home

DOMAIN	INDICATORS / ITEMS
FAMILY, ROLE OF RELIGION AND SPIRITUAL PRACTICES	Role of Religion • Belief in religion influences the way of life • Belief in religion shapes moral principles • Religion plays an important role in daily life • Children grow up with religious tenets • Children grow up with religious practices Spiritual Practices • Involve oneself in religious/spiritual activities (e.g., zikir (remembrance of God), mantra, recite the Quran, and fasting) • Practise religious teachings (e.g., do good to others) based on religious/spiritual books/scriptures • Talk about religious/spiritual topics among family members • Attend religious activities at the place of worship • Follow religious activities online (e.g., listen to sermons on YouTube and read religious knowledge on websites)
	Housing Area • Easy access to public transport services in the residential area • Satisfactory basic facilities (e.g., water and electricity supply) in the residential area • Availability of community assistance facilities (e.g., RELA and auxiliary police) • Sufficient infrastructure (e.g., post office, grocery store, playground, and fire hydrant) in the residential area • Access to 3R (Reduce, Reuse, Recycle) facilities in the residential area • Satisfactory internet access in the residential area Environmental Cleanliness • No printing of receipts (e.g., bank statements and bills) to reduce paper usage • Separate rubbish (recyclables and non-recyclables) at home • Use reusable bags to avoid using plastic bags • Produce new materials from recycled materials (e.g., compost fertiliser and decorative items)

DOMAIN	INDICATORS / ITEMS
HOUSING AND ENVIRONMENT	• Resell unused items for additional income • Continue sanitation practices despite the end of the pandemic • Advise family members to maintain the cleanliness of public toilets Pollution Level • Maintain low pollution level in the residential area • Well-maintained rubbish in the residential area • Well-maintained drainage system in the residential area • Not exposed to noise pollution
FAMILY AND COMMUNICATION TECHNOLOGY	Digital Utilisation • The use of telecommunication devices brings the family relationship closer • Have more conversation topics due to news sharing through communication applications • A shared Internet-based entertainment activity for the family • Ease of financial management through online banking applications • Ease of family health matters through e-health applications • Online health information for the family • Gain vast information via Google, Facebook, YouTube, and other online platforms • Improves children's academic mastery via online learning Parental Control of Communication Technology Usage • Become social media friends (e.g., Facebook, Instagram, and Twitter) with children • Establish specific family rules related to the use of communication technology • Always control/monitor the websites accessed/visited by children • Educate children about internet risks and dangers • Educate children to protect themselves online (e.g., no sharing of personal information with outsiders and use of passwords)



MINISTRY OF WOMEN, FAMILY AND
COMMUNITY DEVELOPMENT



www.lppkn.gov.my



ISBN 978-629-95492-1-5



9 786299 549215