

# Overview of the Availability of Survey Data and Study Findings on Ageing in Malaysia

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# Content

**Characteristics of Older Malaysians**

**Research on Ageing in Malaysia**

**Key Findings and Discussion**

**Conclusion and the Way Forward**

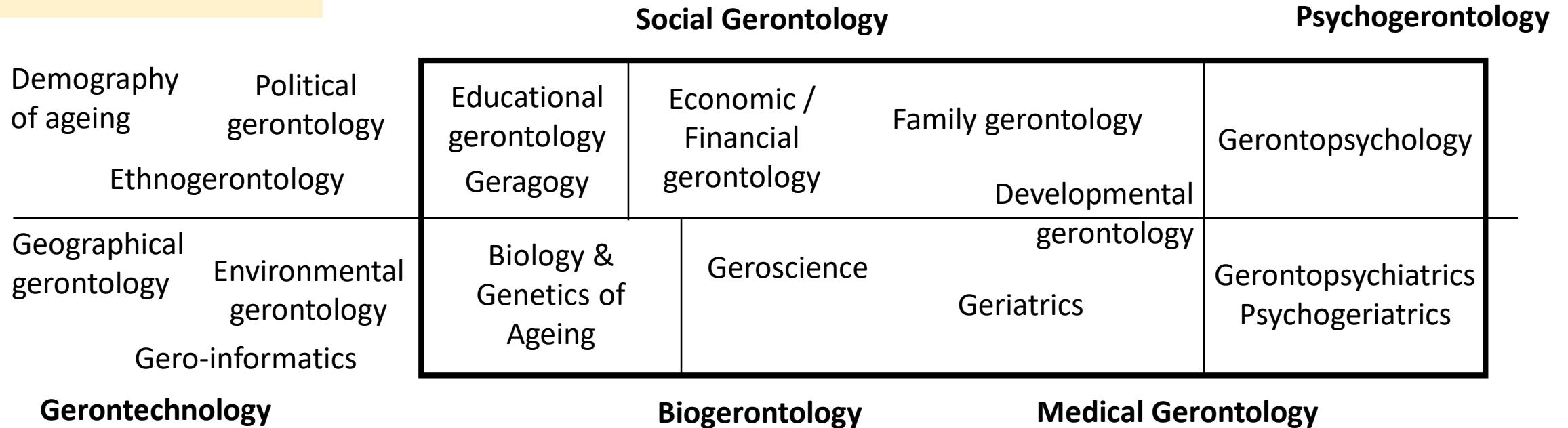
# MILESTONES

- 1990 – The *National Council of Senior Citizens Organizations Malaysia* or **NACSCOM** was founded
- 1991 – The *Golden Age Foundation*, later Persatuan Kebajikan **USIAMAS** Malaysia was founded
- 1992 – The *Gerontological Association of Malaysia* (**GEM**) was founded
  - On 1<sup>st</sup> October, Malaysia celebrated her first **National Day of Older Persons**
- 1995 – The first **National Policy for the Elderly** (NPE) was approved by the cabinet on 25<sup>th</sup> October
- 1996 – The **National Advisory and Consultative Council for the Elderly** (NACCE) was established
- 1997 – The **Plan of Action** for the National Policy for the Elderly was launched. The Ministry of Health established the **National Council of Health for the Elderly** and introduced a national **Elderly Health Care Program**
  - The *Alzheimer's Disease Foundation Malaysia* (**ADFM**) was registered in 1997.
- 2000 – The first **geriatric ward** opened at Seremban General Hospital
- 2002 – The **Institute of Gerontology** (IG) was established at UPM
  - The *Malaysian Healthy Ageing Society* (**MHAS**) was founded
- 2005 – **Basic Gerontology & Geriatric Services** was introduced as an elective subject for upper secondary students
- 2008 – The Ministry of Health launched a **National Health Policy for Older Persons**
- 2011 – The new **National Policy for Older Persons** (NPOP) was approved by the cabinet
  - The **Social Security Research Centre** (SSRC) was established at UM
- 2012 – The *Malaysian Society of Geriatric Medicine* (**MSGM**) was founded
  - The **Community Rehabilitation and Ageing Research Centre** (H-CARE) established at UKM
  - The **Minimum Retirement Age Act** (2012) was passed & the **Private Retirement Scheme** (PRS) was introduced
- 2015 – The **USM-RIKEN International Centre for Ageing Science** (URICAS) was established at USM
  - IG was rebranded by the cabinet as the **Malaysian Research Institute on Ageing** (MyAgeing), UPM
- 2016 – Monash University Malaysia launched its **Gerontechnology Lab**
- 2018 – **Private Aged Healthcare Facilities and Services Act** was passed in December 2017 and gazetted
  - The *Association for Residential Aged Care Operators of Malaysia* (**AgeCOpe**) was founded
- 2019 – **Income Tax (Deduction for Employment of Senior Citizen, Ex-Convict, Parolee, Supervised Person and Ex-Drug Dependant) Rules 2019** introduced



# Locating the Field

## GERONTOLOGY



*“...as we know, there are **known knowns**; there are things we know that we know.  
 There are **known unknowns**; that is to say, there are things that we now know we don't know.  
 But there are also **unknown unknowns**; there are things we do not know we don't know.”*



- Donald Henry Rumsfeld, US Secretary of Defence, 2002



# Regular Data on Ageing in Malaysia

## Censuses & Surveys

- Census (decennial); Household Income & Expenditure Survey (once every 4 to 5 years); Labour Force Survey (annual); Migration Survey; Economic Census; Salary & Wages Survey (DOSM)
- Financial Capability & Inclusion Survey, 2011 & 2015 (BNM)
- National Health & Morbidity Survey, NHMS I-IV, 1986 - 2019 (MOH)
- Malaysian Family & Population Survey I-V, 1974 - 2014 (decennial) (NPFDB)

## Administrative / Demographic Data

- Vital statistics (DOSM & NRD)
- Education statistics (MOE)
- Health statistics (MOH - IKU, CRC, etc.)
- Welfare statistics, e-Bantuan (DSW)
- Housing data (MHLG, NAPIC)
- Marriage & Divorce statistics (NRD)
- Social Protection statistics (KWSP, KWAP, SOCSO, Zakat/Baitulmal)
- Societies (ROS) & Companies (ROC, SC)
- Migrant Workers statistics (MHA)
- Crime & traffic statistics (Police, MIROS)

# Living Arrangement by Generations, Malaysia, 2014

Generations Living Together	Households without Older Persons		Households with at Least 1 Older Persons		Total Households	
	n	%	n	%	n	%
Living Alone	472	<b>4.78</b>	281	<b>5.66</b>	753	<b>5.07</b>
1 Generation Household	949	<b>9.61</b>	786	<b>15.84</b>	1,619	<b>10.91</b>
2 Generation Households	7,636	<b>77.31</b>	2,025	<b>40.82</b>	9,535	<b>64.26</b>
3 Generation Households	538	<b>5.45</b>	1,564	<b>31.53</b>	2,095	<b>14.12</b>
4+ Generation Households	5	<b>0.05</b>	52	<b>1.05</b>	54	<b>0.36</b>
Skipped Generation Households	26	<b>0.26</b>	138	<b>2.78</b>	164	<b>1.11</b>
Undetermined	251	<b>2.54</b>	115	<b>2.32</b>	618	<b>4.16</b>
<b>Total</b>	<b>9,877</b>	<b>100.00</b>	<b>4,961</b>	<b>100.00</b>	<b>14,838</b>	<b>100.00</b>

Source: Author re-tabulation of HES2014 microdata, DOSM, 2016 [unpublished data]

# Older Persons by Household Income Levels, 2014

Household Income Levels	All Households	Households without Older Persons	Households with Older Persons	Number & Percentage of Older Persons
<b>B40</b> [≤RM3,531.52]	5,935 (40%)	3,672 (37.2%)	<b>2,263</b> <b>(45.6%)</b>	3,139 (45.5%)
<b>M40</b> [RM3,531.53 - RM7,708.16]	5,936 (40%)	4,103 (41.5%)	<b>1,833</b> <b>(37.0%)</b>	2,561 (37.1%)
<b>T20</b> [RM7,708.17+]	2,967 (20%)	2,102 (21.3%)	<b>865</b> <b>(17.4%)</b>	1,197 (17.4%)
<b>Poverty Line</b> <b>(Hh 4.2p &lt; RM930)</b>	193 (1.3%)	148 (1.5%)	<b>45</b> <b>(0.9%)</b>	59 (0.9%)
<b>Total</b>	14,838 Hh	9,877 Hh	<b>4,961 Hh</b>	6,897 OP

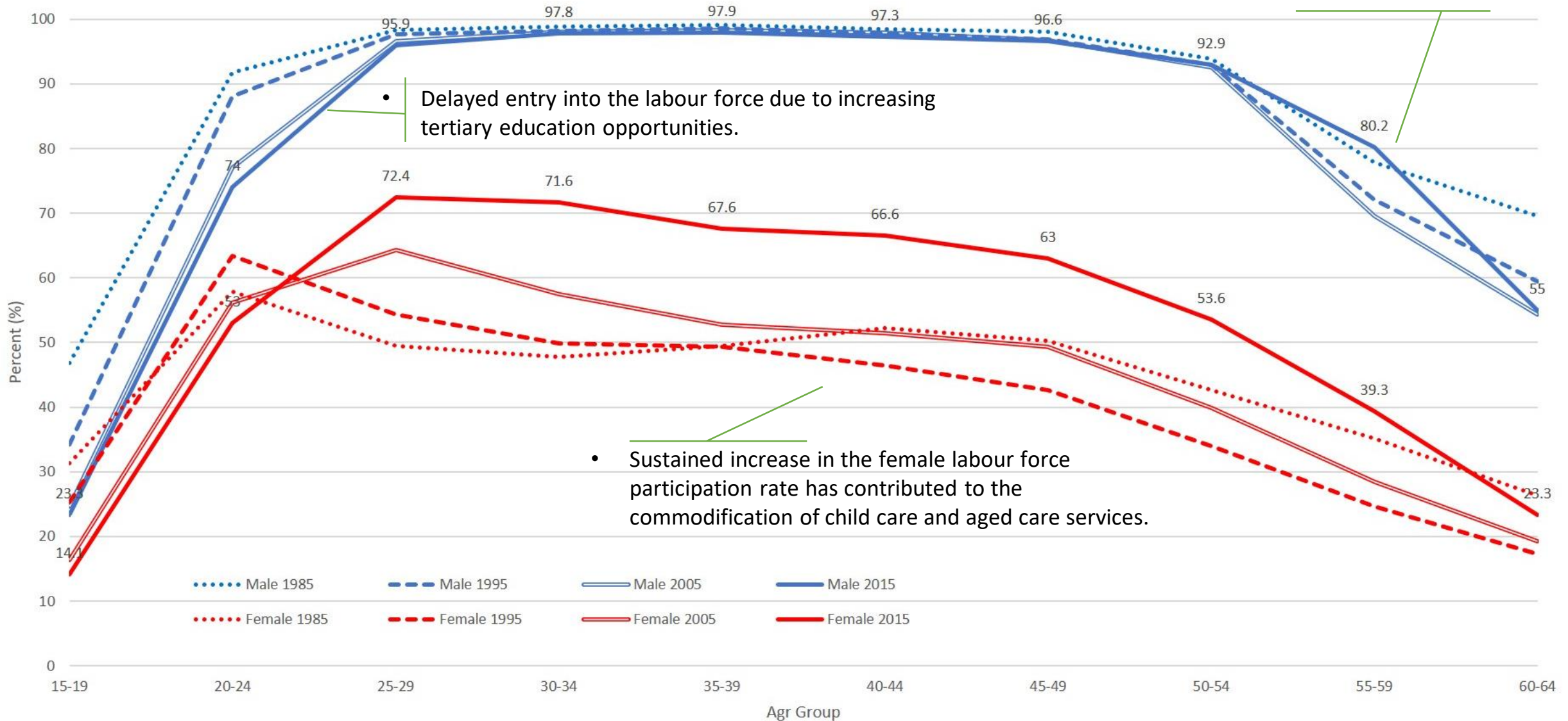
Source: HES2014 microdata, Dept. of Statistics Malaysia, 2016 [unpublished data]





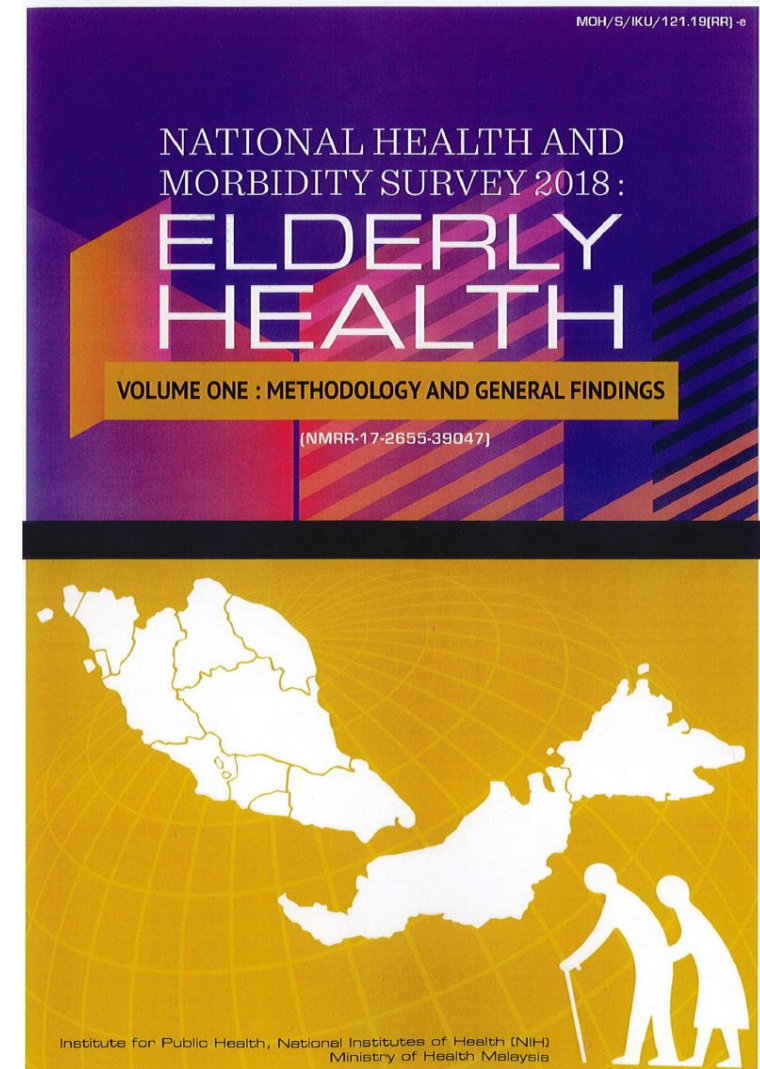
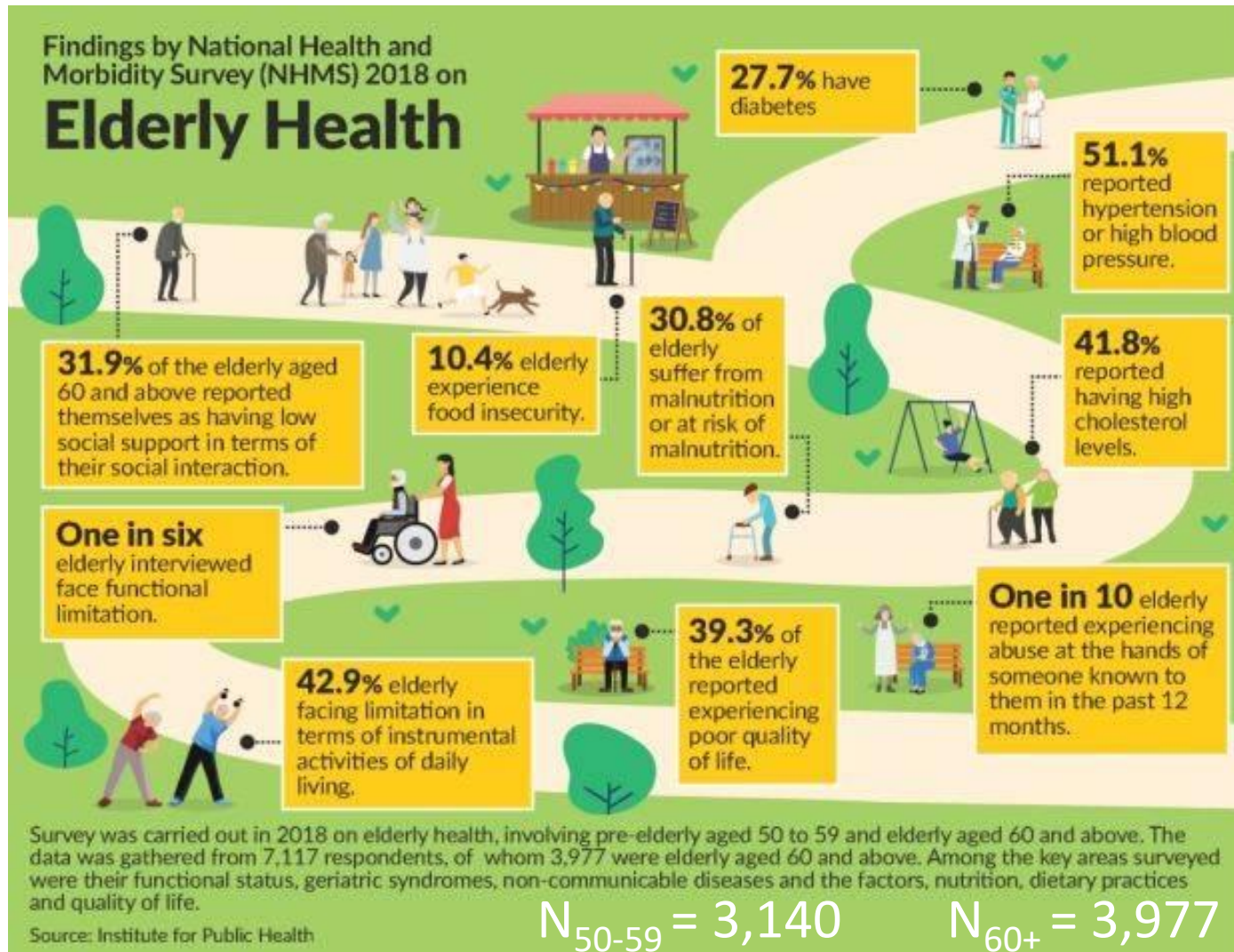
# Labour Force Participation Rates by Age Group and Sex, Malaysia, 1985 – 2015

- Public: Mandatory retirement age was raised from 55 to 56 in 2001, increasing to 58 in 2008 and to 60 in 2012 (Act 227)
- Private: Minimum Retirement Age Act 2012 (Act 753)





# National Health and Morbidity Survey, 2018



<https://www.thestar.com.my/metro/metro-news/2019/08/23/looking-after-our-elderly>



# Penggajian dan Guna Tenaga Warga Emas di Malaysia, 2018

4,832 survey  
responses collected

Share of total  
responses<sup>1)</sup>

Future work preferences	<b>Cluster 1</b>	<b>No interest</b> No intention of being in labour force	40%
	<b>Cluster 2</b>	<b>Self-employed</b> Intends to start/ continue working for oneself	32%
	<b>Cluster 3</b>	<b>Salaried</b> Intends to start/ continue work in a salaried position	25%
	<b>Cluster 4</b>	<b>Unpaid / volunteer</b> Intends to start/continue work in an unpaid position	2%

## Most common challenges



Family **obligations and restrictions** from working children



Sufficient **personal savings**, passive income, or income from family



Desire for more **leisure time** and less stressful activities



**Perception** that employers do not want older workers or prefer younger ones



**Lack of information** on available jobs and suitable opportunities

National Strategic Development Plan  
on Ageing Population

## INCLUSION AND EMPLOYMENT OF MALAYSIA'S AGEING POPULATION



JANUARY  
2019

# Funded Research on Ageing in Malaysia

## Preliminary Findings

- MOSTI/MESTECC - 27
  - (eScience) 2006-2016 – 11 projects
  - (IRPA) pre 2006 – ~16 projects
- MOHE - 64
  - 2011 - 2016 - 64 projects  
(FRGS - 47; RAGS - 5; ERGS - 11; LRGS - 1(5))
    - S&T - 13
    - Med & Health - 14
    - SS & Others - 37  
(e.g. economics, social support etc.)
- STEM grant value > than Social Sciences
- Information needed for varsity funded studies.

MOSTI	Total Projects	Ageing-related		
		S&T	M	SS
2006	1,169	2	0	1
2007	935	0	0	0
2008	415	2	1	0
2009	215	0	1	0
2010	101	0	0	0
2011	241	0	0	0
2012	~510	1	1	1
2013	~280	0	0	0
2014	~250	1	0	0
2015	~240	0	0	0
2016	~90	0	0	0

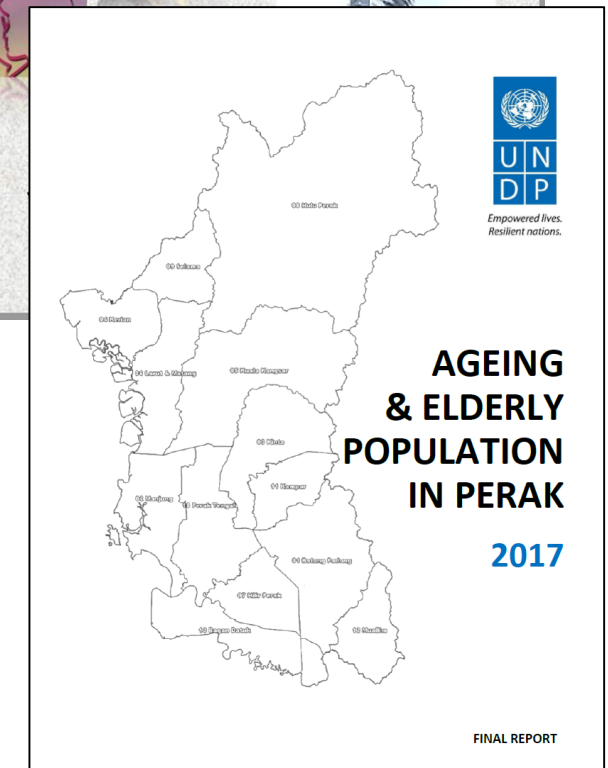
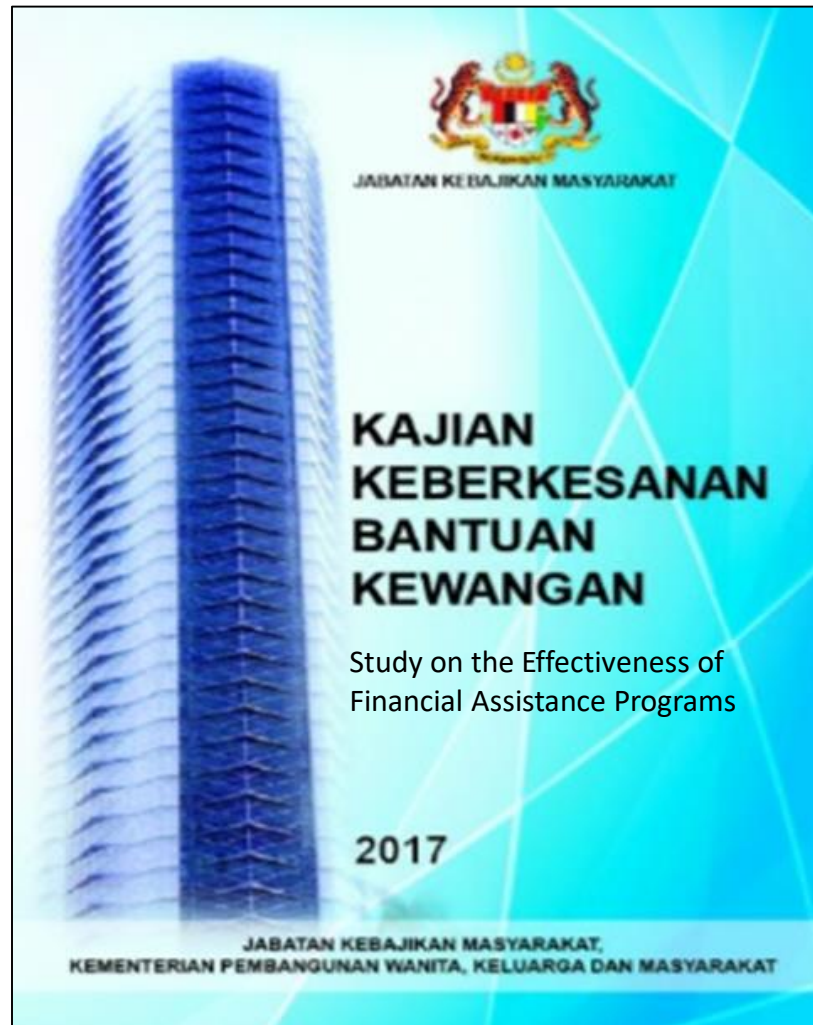
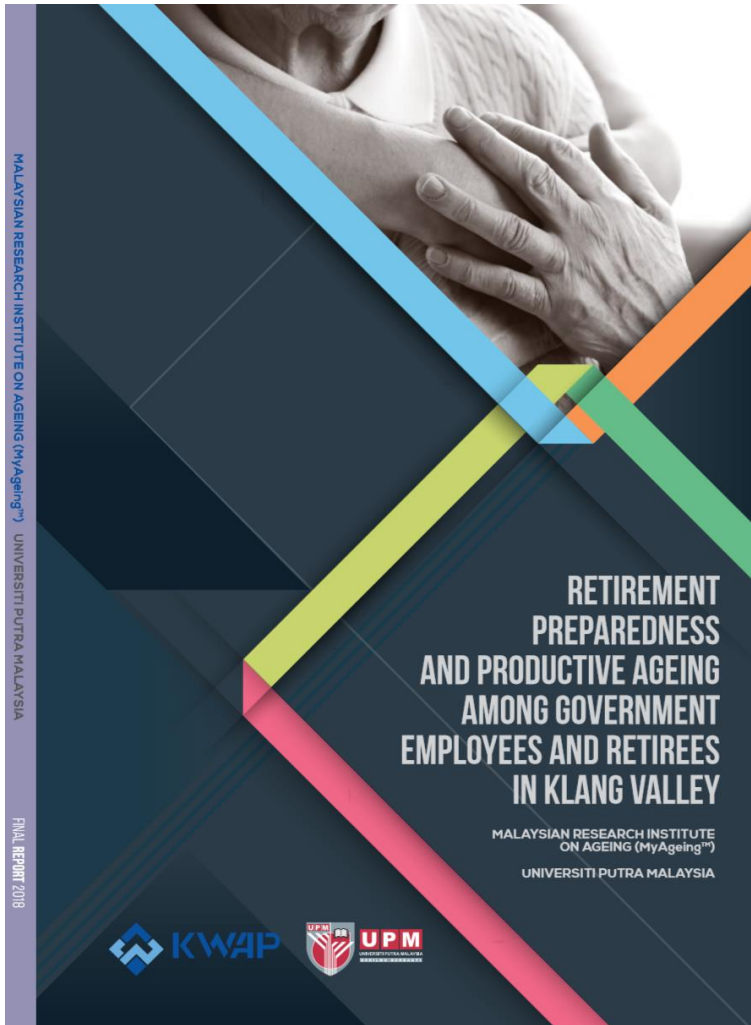
Source: Author's desk survey of projects

# Major Surveys on Ageing by IG/MyAgeing

- **Perception of Needs and Problems of the Elderly (1997)**  
PI: *Tengku Aizan Hamid* [IRPA]; n = 1,794 (1999, 60+ 4 state [Johor, Perak, Kedah, Kelantan] study)
- **Mental Health and Quality of Life of Older Malaysians (2003)**  
PI: *Tengku Aizan Hamid* [part of IRPA PR]; n = 2,780 (2005, 60+ nationwide)
- **Patterns of Social Relationships and Psychological Well-being among Older Persons in Peninsula Malaysia (2007)**  
PI: *Nurizan Yahya* [eScience]; n = 1,880 (2008, 60+ 4 zones in Peninsula Malaysia study)
- **Review of the National Policy for the Elderly and Action Plan Survey (2007)**  
PI: *Tengku Aizan Hamid* [MWFCDD]; n = 5,600 (18-25; 26-39; 40-59; 60+); n<sub>60</sub> = 1,309 (2008/09, 60+ nationwide)
- **Determinants of Wellness among Older Malaysians (2008)**  
PI: *Tengku Aizan Hamid* [MOH]; n = 2,541 (2009, 60+ nationwide)
- **Consumer Behaviour and Income Adequacy among Older Consumers (2015)**  
PI: *Jariah Masud* [MDTCC]; n = 4,428 (50+); n<sub>60</sub> = 2,379 (2016, 60+ nationwide)
- **Identifying Psychosocial & Economic Risk Factors & Quantifying the Costs of Age-related Cognitive Impairment: Implications of Population Ageing in Malaysia (2013 - 2018)**  
PI: *Tengku Aizan Hamid* [part of LRGS TUA]; n<sub>baseline</sub> = 2,322 (2013/14, 60+ 4-state study)



# Recently Completed Consultancies



# Other Major Surveys on Ageing in Malaysia

- **South East Asia Community Observatory (SEACO, 2011) study**  
Contact: *Daniel D. Reidpath*, Monash Malaysia;  $n_{\text{baseline}} = 44,902$  in 13 355 Hh (2012/13, Segamat, Johor);  $n_{\text{health}} = 25,184$  (5+, 2013/14); ~20% is 60+
- **Malaysian Elders Longitudinal Research (MELoR, 2012)**  
PI: *Shahrulbahyah Kamaruzzaman*, UM [HIR Grant];  $n_{\text{baseline}} = 1,565$  (55+, 2013/14, Greater Klang valley area in 3 parliamentary constituencies)
- **Longitudinal Study on Neuroprotective Model for Healthy Longevity (TUA) among Malaysian Older Adults (TUA, 2012)**  
PI: *Suzana Shahar*, UKM [MOE LRGS];  $n_{\text{baseline}} = 2,322$  (60+, 2013+2 waves, 4-state [Kelantan, Johor, Perak, Selangor] study)
- **Malaysian Elder Mistreatment Project (MAESTRO) study (2012)**  
**Prevent Elder Abuse and Neglect Initiative (PEACE) (2014)**  
PI: *Noran Naqiah Mohd Hairi*, UM;  $n_{\text{baseline}} = 2,324$  (60+, 2013+1 wave, Kuala Pilah, NS)
- **Malaysia Ageing and Retirement Survey (MARS, 2018)**  
PI: *Norma Mansor*, UM;  $n_{\text{baseline}} = \text{targeted 7-8k}$  (40+, 2019, nationwide)

# Selected Findings

Highlights from Past Studies on Ageing in Malaysia



# Intergenerational Transfers, 1999



Source: Tengku-Aizan et al. [Perception of Needs and Problems of the Elderly, 1999]

# Expectations of Care in Sickness by Older Malaysians, 2005

Care Provider	Sex		Ethnicity			Stratum		Total (%)
	Male	Female	Malay	Chinese	Indian	Urban	Rural	
<b>Spouse</b>	30.3	9.3	19.4	25.9	9.8	21.2	20.1	20.7
<b>Children</b>	55.3	75.3	68.8	54.1	76.8	60.9	68.2	64.5
<b>Grandchildren</b>	0.5	2.4	1.8	1.0	0.0	0.7	2.3	1.4
<b>Siblings</b>	1.2	1.2	1.0	1.8	1.2	1.4	1.0	1.2
<b>Relatives</b>	0.8	2.8	1.1	1.3	2.4	2.2	1.1	1.7
<b>Neighbours / Friends</b>	0.8	0.8	1.0	1.0	0.0	1.0	0.8	0.8
<b>Others</b>	3.0	2.8	2.9	2.8	3.7	2.9	2.9	2.9
<b>Nil</b>	8.0	5.4	3.9	11.9	6.1	9.7	3.6	6.8

# Mental Health of Older Malaysians, 2005

## Summary of Logistic Regression Analysis Predicting Organic Disorder (n = 2542)

Predictor	B	SE	Wald	Odds Ratio	95% CI
Stratum	-0.300	0.127	5.594 *	0.741	0.578-0.950
Sex	-0.396	0.146	7.351 **	0.673	0.506-0.896
Ethnicity	0.825	0.180	20.999 **	2.281	1.603-3.246
Marriage Status	-0.134	0.142	0.893	0.874	0.662-1.155
Employment	-0.059	0.157	0.140	0.943	0.693-1.283
Income Category	-0.224	0.063	12.635 **	0.799	0.706-0.904
Age	0.034	0.008	16.054 **	1.034	1.017-1.052
Level of Education	-1.047	0.137	57.944 **	0.351	0.288-0.460
Constant	-3.714	0.666	31.106	0.024	

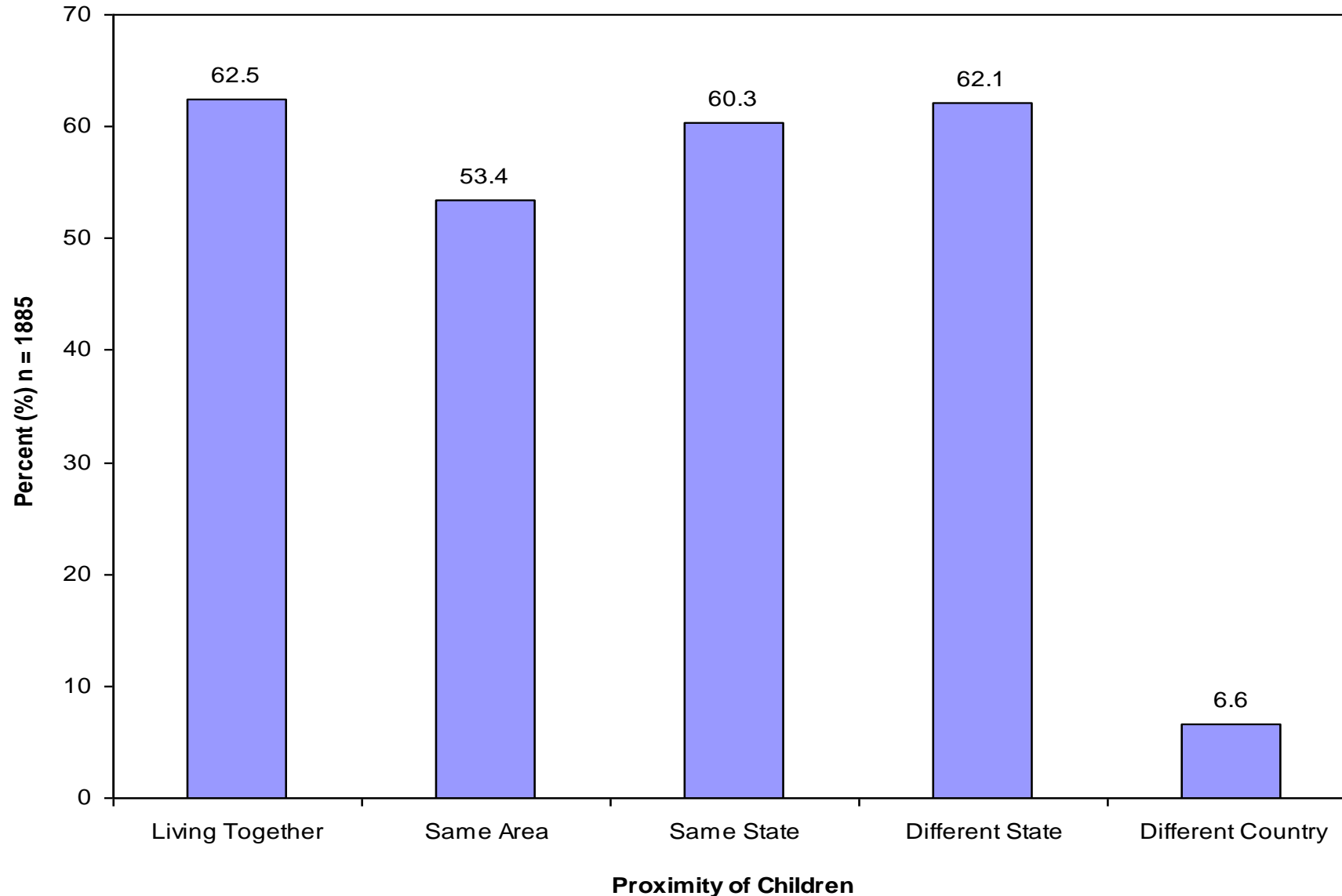
\* p < 0.05 . \*\* p < 0.01

Note:  $\chi^2 = 298.869$ , df = 8, p = 0.000, Nagelkerke's R<sup>2</sup> = 0.198

- The GMS-AGECAT analysis for the three syndrome clusters yielded a crude prevalence rate for organic disorder (14.4%), undifferentiated depression (11.7%) and anxiety (1.6%).

# Location of Adult Children by Proximity, 2008

\* at least one

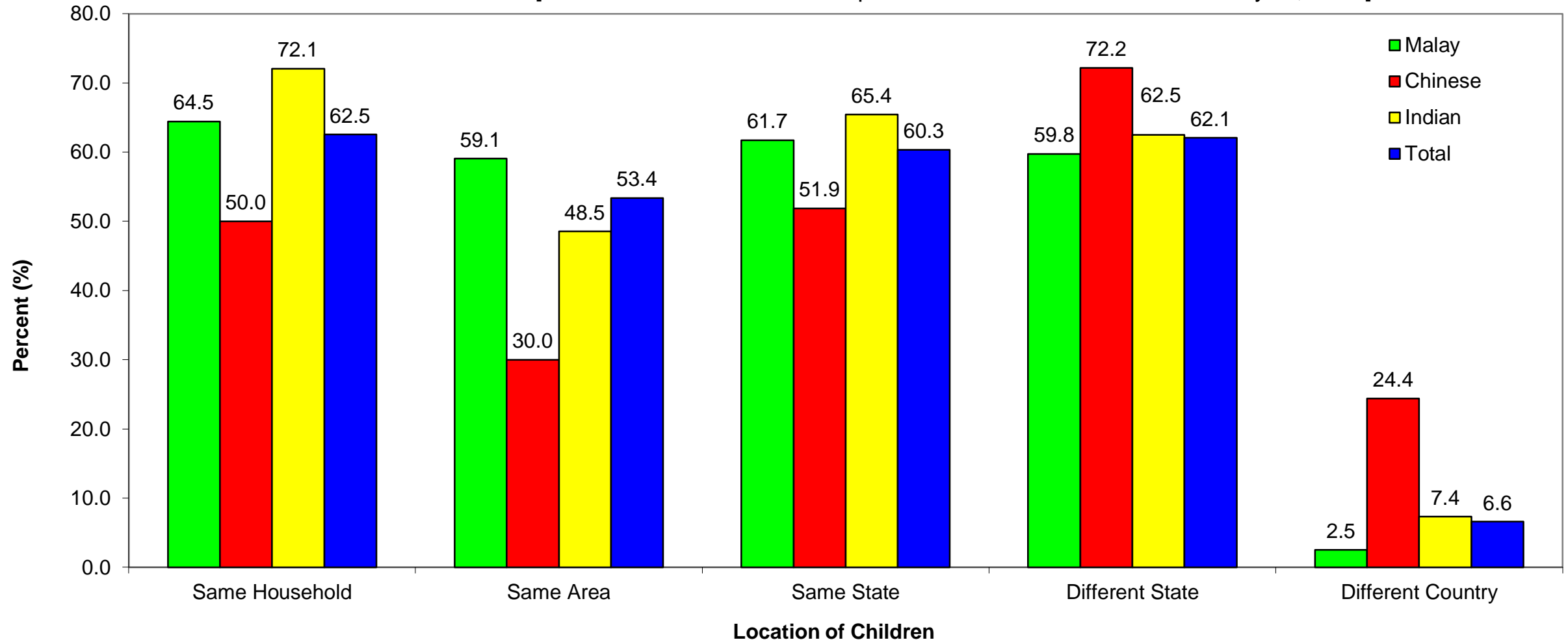


- Most elderly (62.5%) live with their children or have other children living in the same area (53.4%).
- But there are significant ethnic differences.

Source: Nurizan et al. [Patterns of Social Relationship and PWB of Older Persons in Malaysia, 2008]

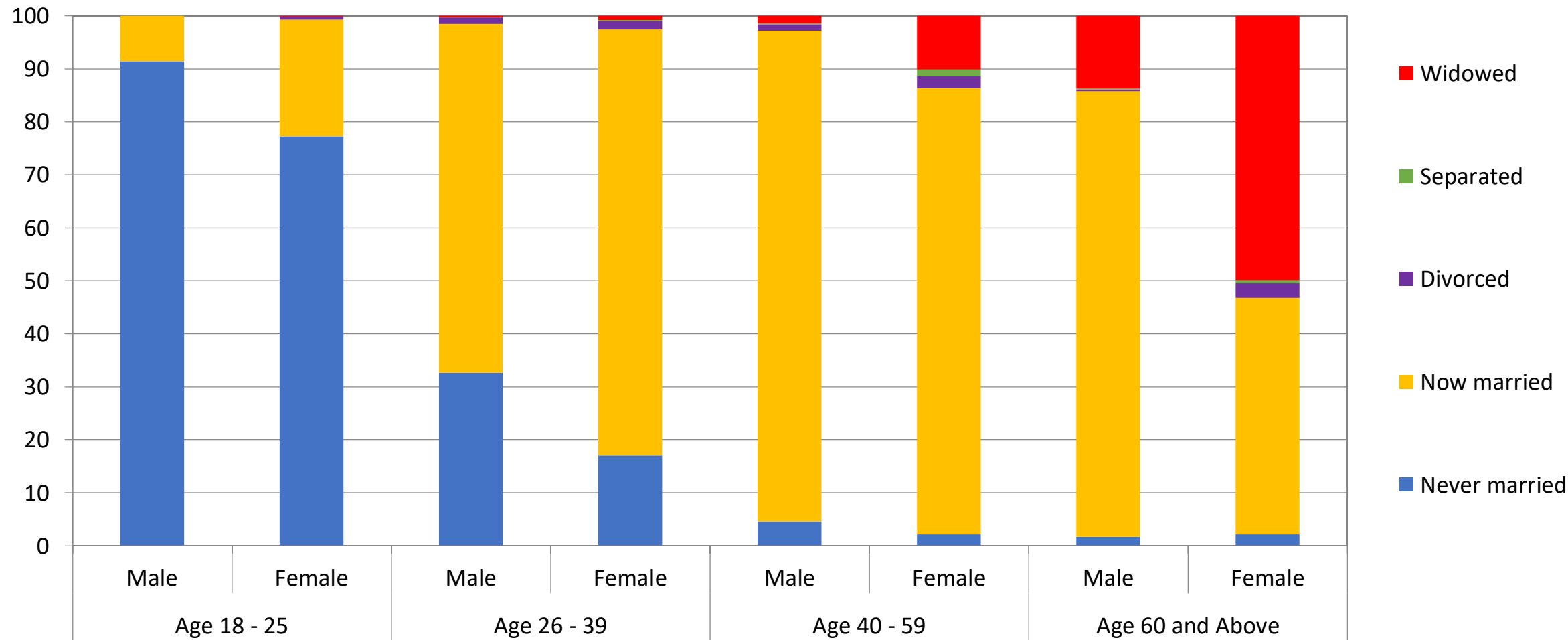
# Location of Adult Children according to Distance by Ethnicity, 2008

Source: Nurizan et al. [Patterns of Social Relationship and PWB of Older Persons in Malaysia, 2008]

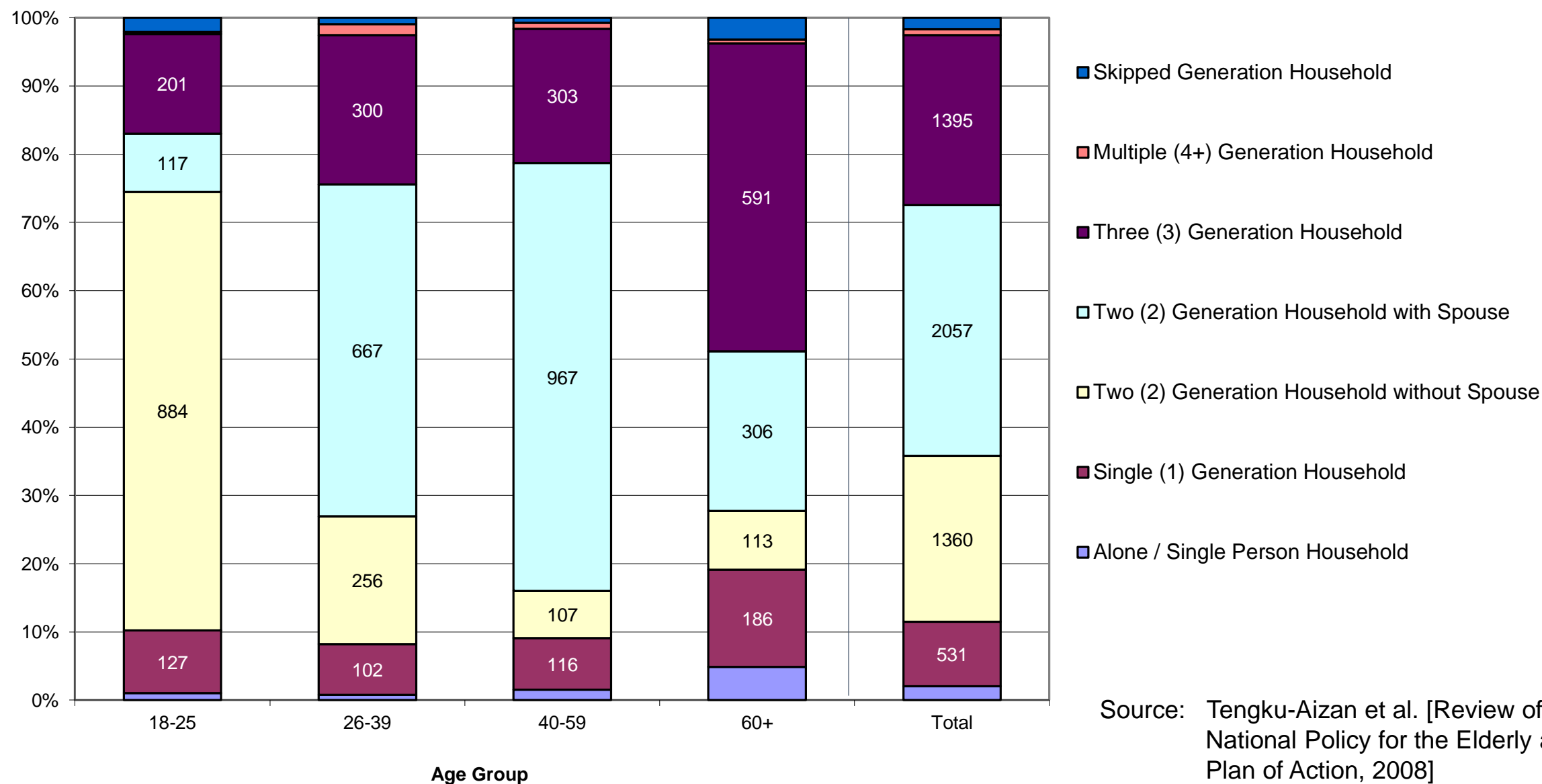


# Marital Status by Age Group & Gender, 2008

Source: Tengku-Aizan et al. [Review of the National Policy for the Elderly and Plan of Action, 2008]



# Generations in a Household by Age Group, 2008





## Life Insurance Coverage, 2009

Age Group	Bottom 40% [RM0-RM2,303]	Middle 40% [RM2,304-RM6,522]	Top 20% [RM6,523+]	Total
18-25	10.5	20.5	25.0	14.9
26-39	13.4	40.3	61.4	25.2
40-59	12.5	36.9	60.9	23.2
60+	4.8	13.9	31.7	8.2
<b>Total</b>	<b>10.3</b>	<b>28.7</b>	<b>47.1</b>	<b>18.1</b>

## Medical Insurance Coverage, 2009

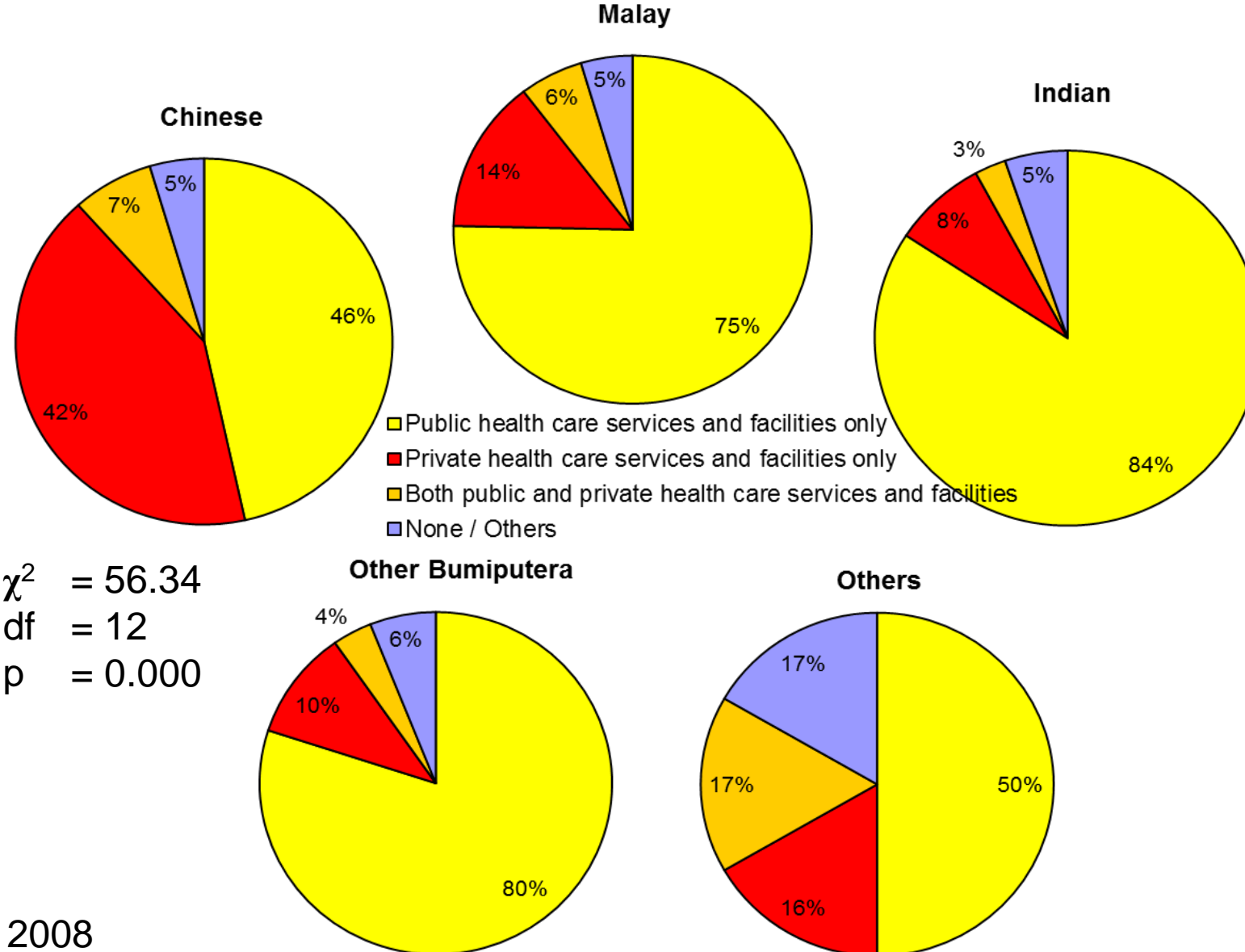
Age Group	Bottom 40% [RM0-RM2,303]	Middle 40% [RM2,304-RM6,522]	Top 20% [RM6,523+]	Total
18-25	2.2	11.4	12.5	6.1
26-39	4.2	23.0	34.3	12.3
40-59	4.0	18.1	41.4	10.7
60+	1.7	7.1	26.8	4.0
<b>Total</b>	<b>3.1</b>	<b>15.4</b>	<b>29.7</b>	<b>8.5</b>

Source: UPM Consultancy, 2009 “Survey on the National Policy for the Elderly”

Life & Medical Insurance  
Coverage of Malaysians by Age  
Group and Income Level, 2009

# Utilization of Health Care Services by Ethnicity, 2008

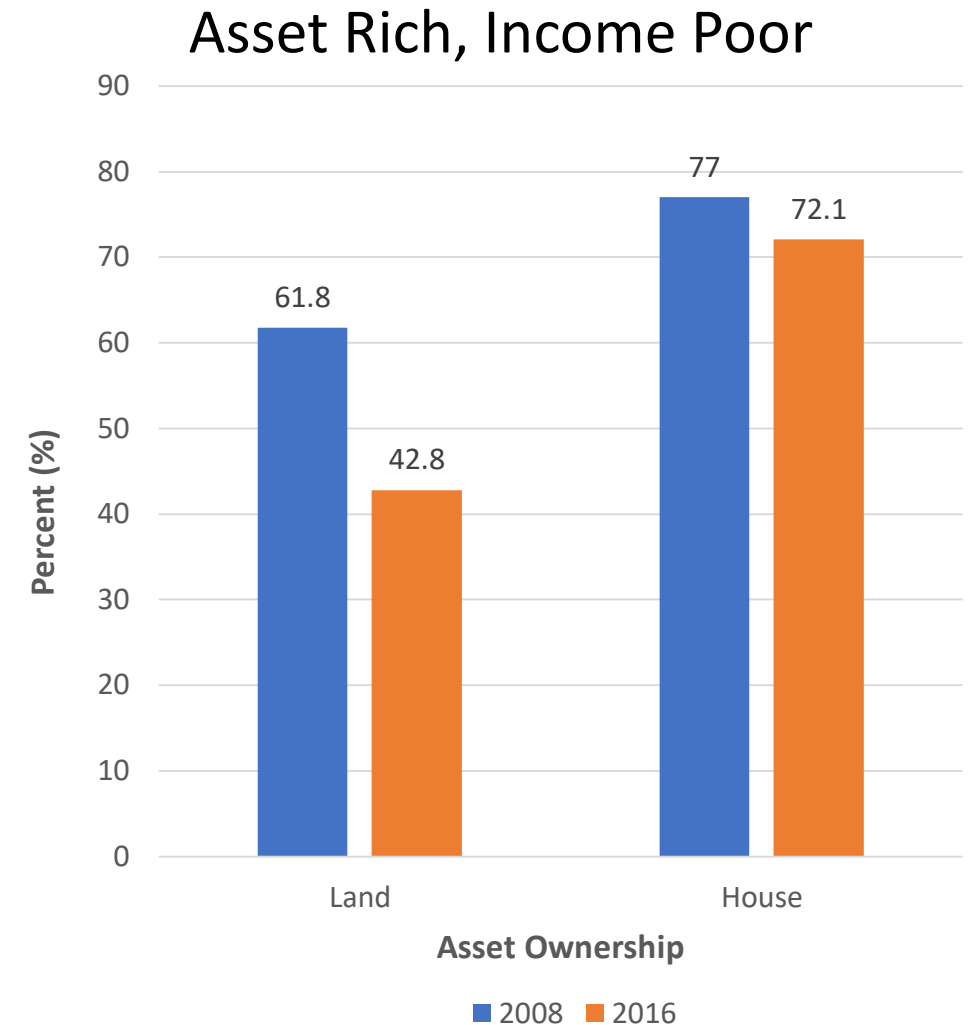
past 6 months



Source: DWEN, 2008

# Income Security in Old Age, 2008 & 2016

Type	2008 (n = 1,309)	2016 (n = 2,379)
Salary / Wages	10.8	12.9
Business	10.5	9.9
Rent	2.8	2.6
Dividend	0.5	0.5
Welfare	2.4	12.4
Pension	12.7	18.6
SOCSSO	n/a	1.0
Agriculture	10.7	11.1
Annuity	0.2	0.0
Children	52.9	56.2
Others	0.2	5.7



Source: Consumer Behaviour and Income Adequacy among Older Consumers, 2016; UPM Consultancy, 2009 - Survey on the NPE

# Crude Prevalence Rates of Chronic Diseases among Older Malaysians (60+), 2005 & 2013

Diseases	MHQOLOM, 2005						TUA, 2013					
	Male		Female		Total (2,979)		Male		Female		Total (2,322)	
	N	%	N	%	N	%	N	%	N	%	N	%
Hypertension	404	29.5	505	34.5	909	<b>30.5</b>	521	46.8	647	53.6	1,168	<b>50.3</b>
Heart Problems	147	10.8	118	8.1	265	<b>8.9</b>	147	13.2	92	7.6	239	<b>10.3</b>
Diabetes	189	13.8	239	16.3	428	<b>14.4</b>	294	26.4	311	25.7	605	<b>26.1</b>
Kidney Problems	30	2.2	31	2.1	61	<b>2.0</b>	29	2.6	11	0.9	40	<b>1.7</b>
Cancer	5	0.4	6	0.4	11	<b>0.4</b>	6	0.5	31	2.6	37	<b>1.6</b>
Stroke / Angina	27	2.0	22	1.5	49	<b>1.6</b>	33	3.0	12	1.0	45	<b>1.9</b>
Gout	96	7.0	83	5.6	179	<b>6.0</b>	76	6.8	28	2.3	104	<b>4.5</b>

# LRGS TUA Cognitive & Psychosocial Measures

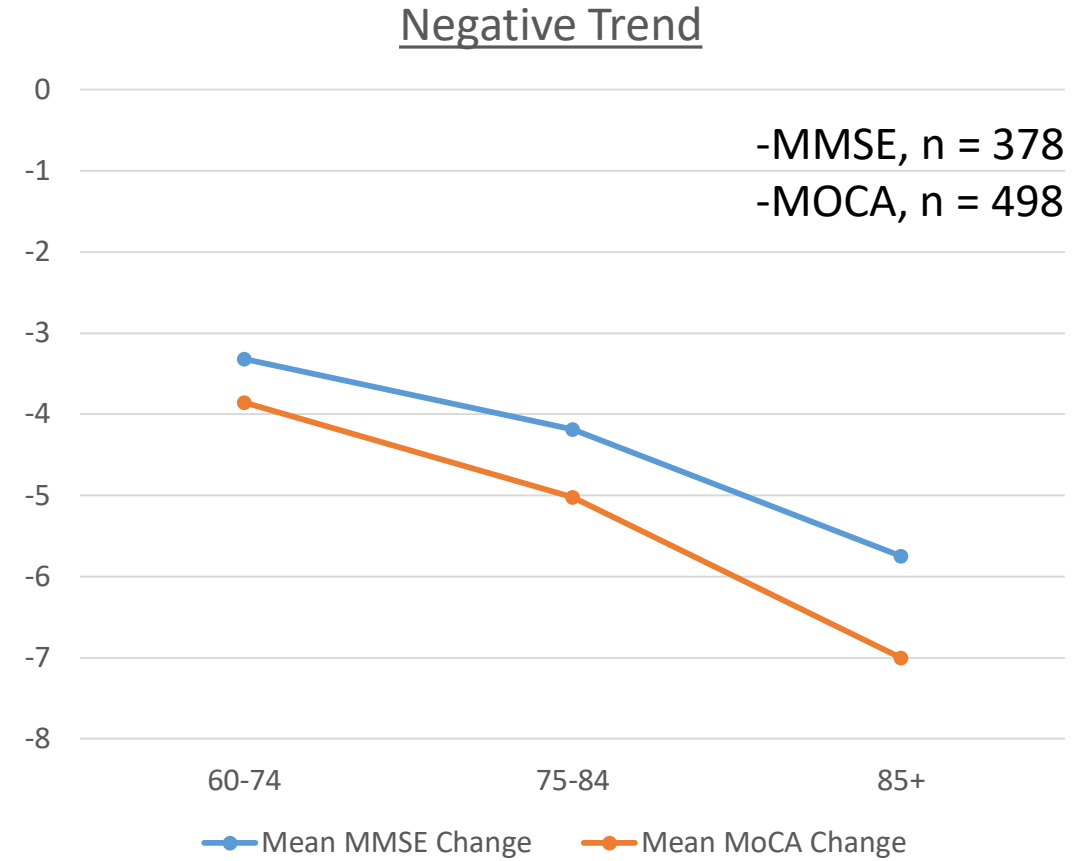
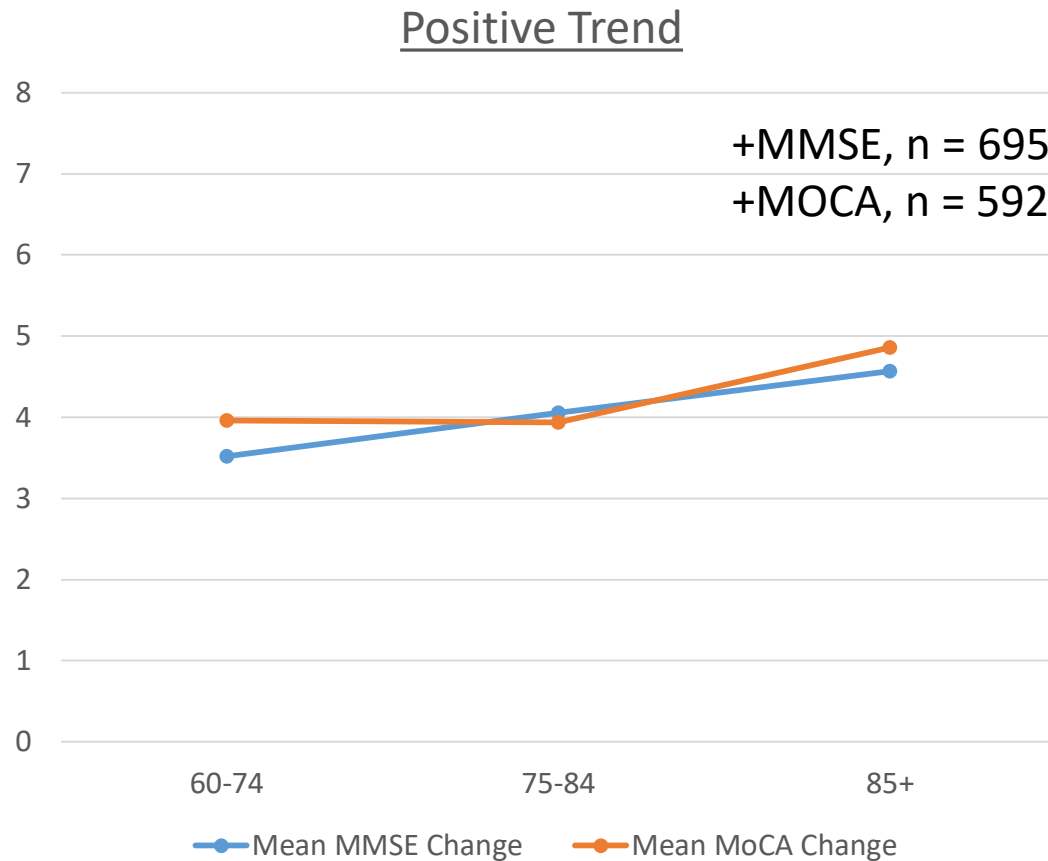
Measures	Baseline, 2013 (n = 2,325)		Wave 1 , 2013 Matched-sample		Wave 3, 2016 (n = 1,232)	
	M	SD	M	SD	M	SD
MMSE	<b>22.62</b>	5.025	<b>23.15</b>	4.606	<b>24.15</b>	4.898
MoCA	<b>17.38</b>	6.776	<b>19.00</b>	5.616	<b>19.30</b>	5.944
Digit Span	<b>7.48</b>	2.437	<b>7.54</b>	2.341	<b>8.41</b>	2.997
Depression (GDS)	<b>2.70</b>	2.275	<b>2.60</b>	2.177	<b>3.03</b>	2.395
Social Support (MOS-SSS)	<b>39.52</b>	14.726	<b>40.3</b>	14.464	<b>38.22</b>	14.564
Satisfaction with Life (SWLS)	<b>8.16</b>	2.325	<b>8.15</b>	2.227	<b>9.36</b>	1.712
Flourishing	<b>13.81</b>	6.762	<b>13.53</b>	6.839	<b>16.65</b>	7.080
Loneliness	<b>3.28</b>	0.935	<b>3.23</b>	0.835	<b>3.47</b>	1.140
Perceived Stress (PSS-4)	<b>3.18</b>	3.040	<b>3.14</b>	2.965	<b>6.90</b>	2.037
Perceived QoL	<b>1.66</b>	0.690	<b>1.68</b>	0.675	<b>1.62</b>	0.648

# Economic & Health Variables

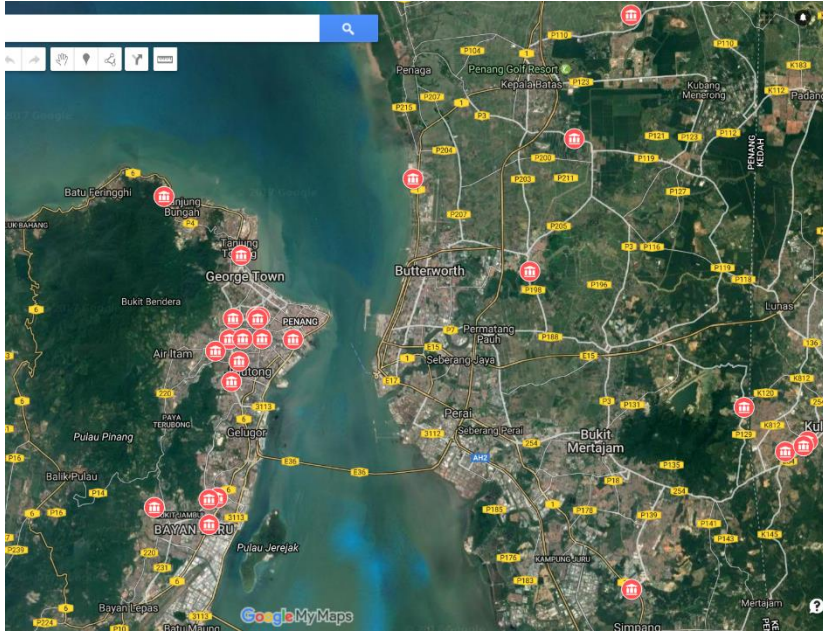
Variables		Baseline, 2013 (n = 2,325)		Wave 1 , 2013 Matched-sample		Wave 3, 2016 (n = 1,232)	
		N / M	% / SD	N / M	% / SD	N / M	% / SD
Income Adequacy	Not enough	221	<b>9.7</b>	105	<b>8.7</b>	66	<b>5.4</b>
	E for basic needs	581	<b>25.6</b>	322	<b>26.5</b>	280	<b>22.8</b>
	E for most things	338	<b>14.9</b>	193	<b>15.9</b>	238	<b>19.4</b>
	E for all things	539	<b>23.7</b>	280	<b>23.1</b>	333	<b>27.2</b>
	E for all & can save	593	<b>26.1</b>	313	<b>25.8</b>	309	<b>25.2</b>
Hypertension		1,059	<b>45.5</b>	595	<b>48.3</b>	691	<b>56.1</b>
Hypercholesterolemia		595	<b>25.6</b>	382	<b>31.0</b>	548	<b>44.5</b>
Joint Pain		245	<b>10.5</b>	304	<b>24.7</b>	361	<b>29.4</b>
Heart Problem		203	<b>8.7</b>	120	<b>9.8</b>	96	<b>7.8</b>
Diabetes		553	<b>23.8</b>	291	<b>23.7</b>	335	<b>27.2</b>

- The sample shows some indication of survivorship bias.

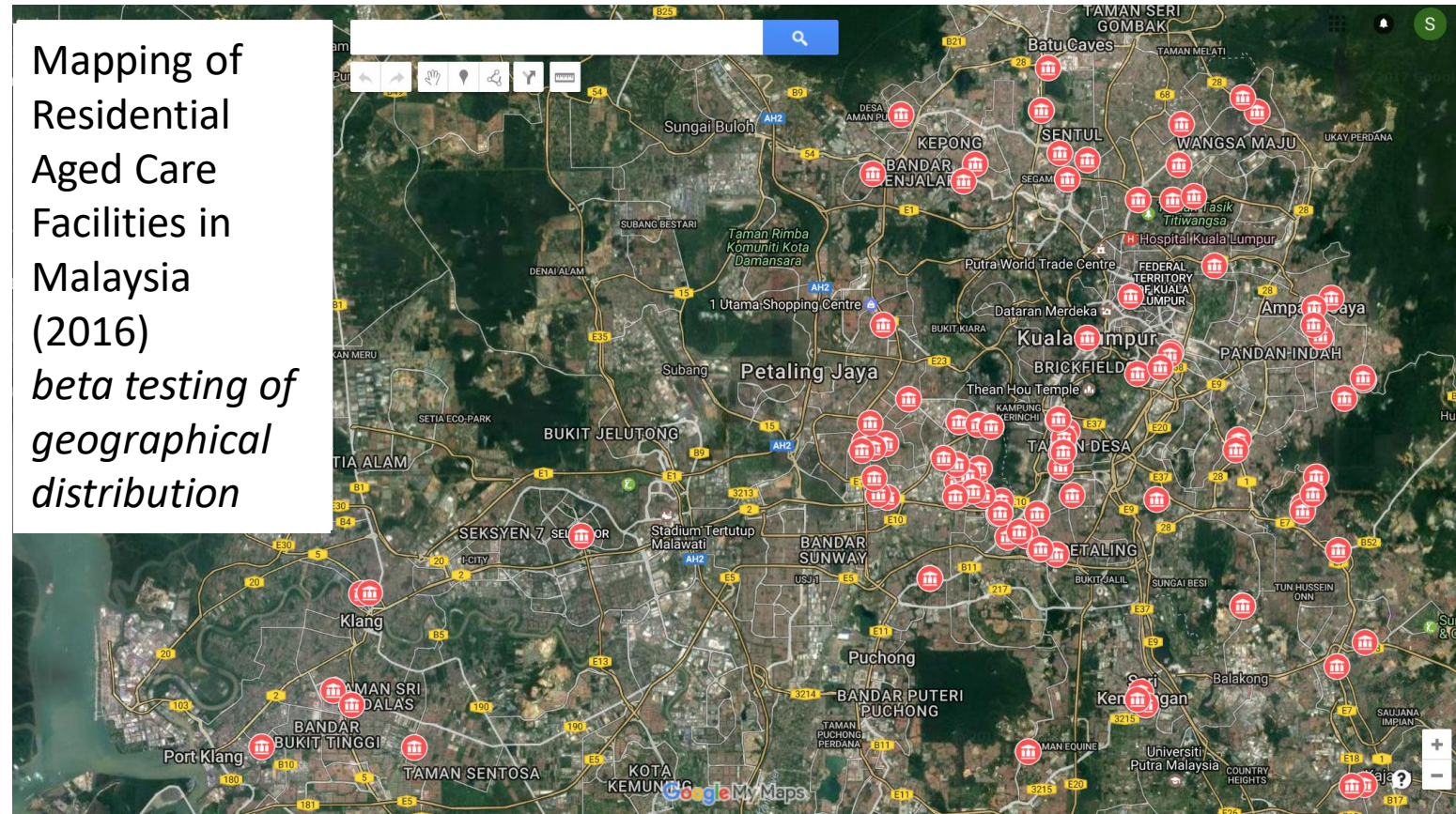
# Means Plot of Cognitive Measures' Changes by Age Group and Trend (Wave 1 & 3), 2013 & 2016





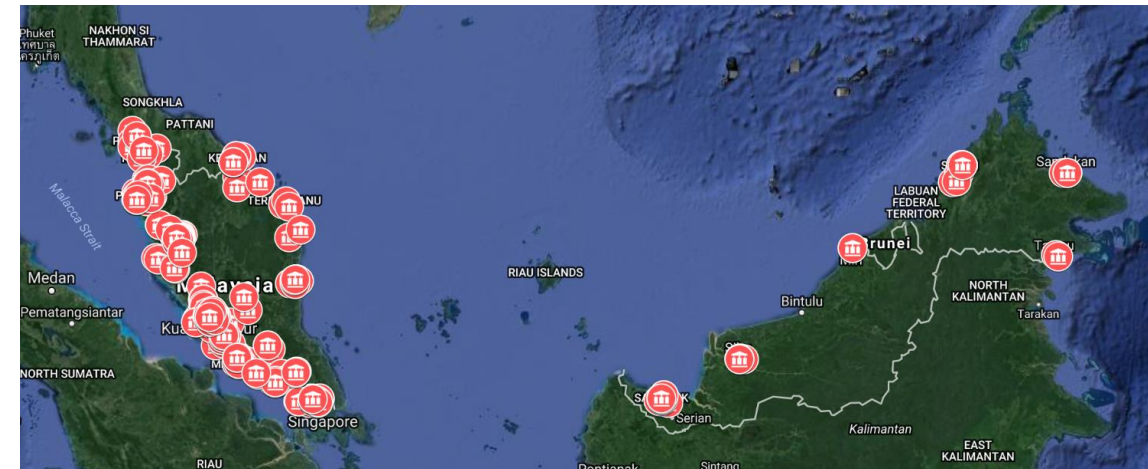


Mapping of Residential Aged Care Facilities in Malaysia (2016)  
*beta testing of geographical distribution*



# The Way Forward

- Need for survey of aged care operators, staff or Residents on a systematic basis.
- Analysis of social assistance, pension or retirement savings databases.
- Studies at local level, focusing on context/situation variables

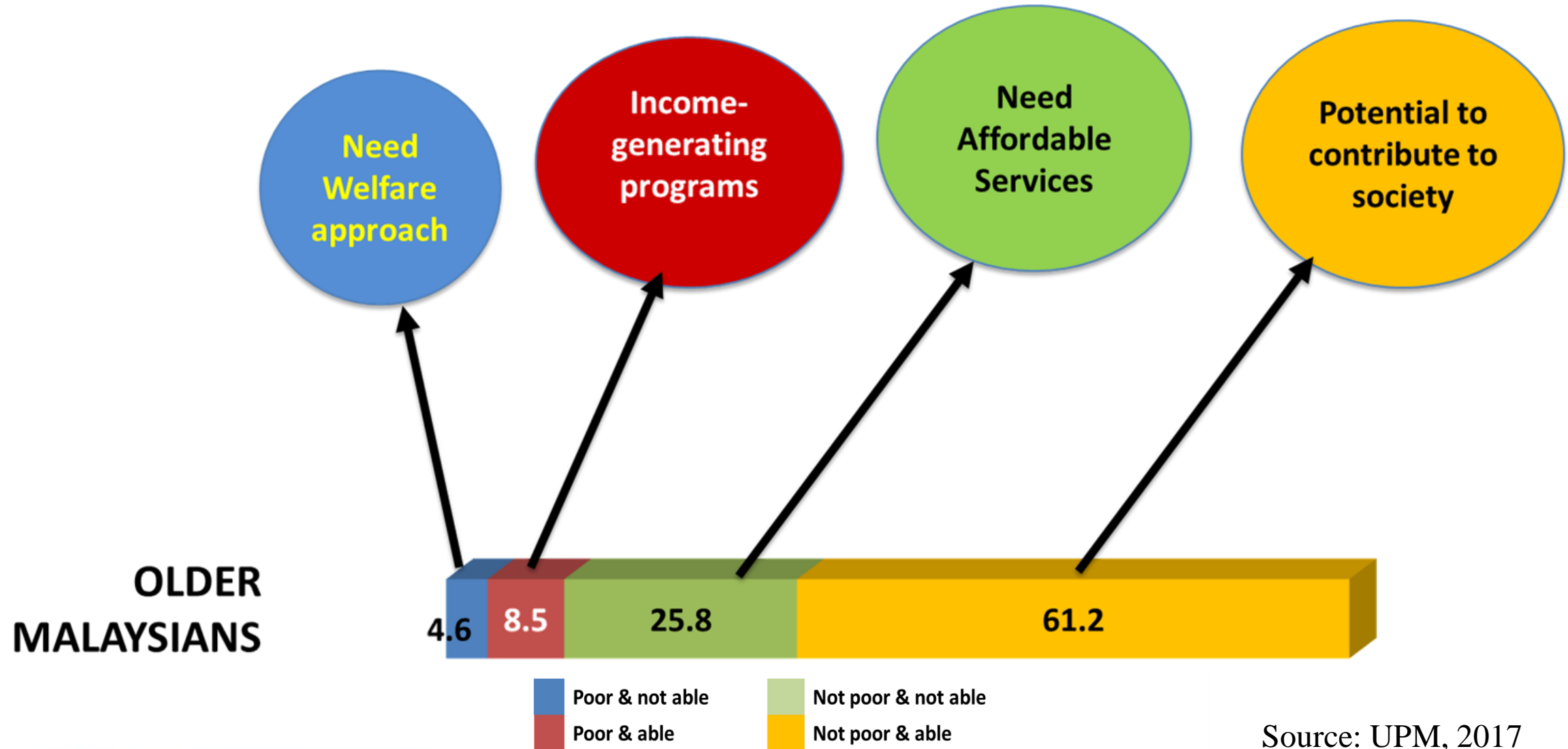




# Issues and Challenges of Door-to-door Surveys

1. Access to and cooperation from target groups  
[urban-rural; Chinese; highrise residence; literacy level; interference]
2. Sampling method and sampling frame (e.g. multi-stage; boundaries)  
[center/facility-based; socio-economic status]
3. Language and interviewing skills (translation and inter-rater issues)  
[multilingual; multicultural; generation gap]
4. Data collection and data processing/entry methods  
[CAPI, web/paper-based; data capture (e.g. scans)/digitization]
5. High cost and resource intensive (e.g. remote areas; concurrent teams; cash advances)
6. Quality control measures (e.g. training, GIS, recordings; non-response analysis)
7. Feasibility of repeated surveys (e.g. respondent fatigue; test-retest reliability)  
[High drop-out rates]

# Putting Things into Perspective



Source: UPM, 2017



**TERIMA KASIH/*THANK YOU***

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