

**MENTAL HEALTH AND OTHER ASSOCIATED
FACTORS WITH FEAR OF COVID19 AMONG
WORKERS OF OIL AND GAS INDUSTRY IN
MALAYSIA DURING COVID-19 PANDEMIC**



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**THESIS SUBMITTED IN FULFILMENT OF
THE REQUIREMENTS FOR THE DEGREE OF
MASTER OF SCIENCE**

**FACULTY OF MEDICINE AND HEALTH SCIENCES
UNIVERSITI MALAYSIA SABAH
2023**

ABSTRACT

The mankind mental health has been compromised during the existence of Coronavirus disease (Covid-19); an infectious disease caused by SARS-CoV-2 Virus which became pandemic on 11 March 2020 worldwide. There was limited availability of studies in this area affecting the mental health of the workers due to poor assessment. The objective was to assess the mental health in fear of Covid-19 among oil and gas workers. Through looking at the underlying psychological variables in time of Covid-19 pandemic, in the relationship of fear of Covid-19 with Sociodemographic and Occupational factors, DASS-21, and Brief-COPE. Data collection was done among the homogenous population of oil and gas industry workers by performing a cross-sectional study with an estimated sample size of 299. Research tools were Depression, Anxiety and Stress Scale 21 (DASS21), Brief COPE and fear of Covid-19 Scale (FCV-19S) as to assess the research variables. Questionnaire involves sociodemographic and occupational factor applied and data validation analysis done by using IBM SPSS Statistics 27 software. Result for the descriptive analyses of DASS-21 indicates a prevalence of 26.8% for depression, 33.4% for anxiety and 17.1% for stress among oil and gas workers. Using the Linear multiple regression, most result significantly show that all types of coping style (problem-oriented, emotional-oriented, and dysfunctional- oriented) were predictors of fear of COVID-19 with a result of $\beta = -0.382$, $t = -2.945$, $p = 0.003$ in emotional-oriented coping, $\beta = 0.430$, $t = 3.017$, $p = 0.003$ in problem-oriented coping and $\beta = 0.460$, $t = 4.586$, $p < 0.001$ for dysfunctional coping. Through these, it shows that dysfunctional coping style have the most significant results in fearing of Covid-19 study amongst workers in oil and gas industry in Sabah, Malaysia. In conclusion, there is a significant mental health issue in coping with the fear of Covid-19 that simultaneously came with depression, stress, and anxiety during pandemic of Covid-19 in the daily life of an oil and gas industry workers. It is through managing their coping style that the fear of COVID-19 could be address by the upper management. Such as intensify the psychological intervention focusing the oil and gas personnel. Further research will be needed to enhance and improve the workers coping style to improve their mental health.

Keywords: Mental health, fear of Covid-19, oil and gas industry workers, FCV-19, DASS-21, Brief COPE.

ABSTRAK

MENTAL HEALTH ASSESSMENT FOR FEAR OF COVID-19 AMONG WORKERS AT THE OIL AND GAS INDUSTRY IN MALAYSIA DURING COVID-19 PANDEMIC

Kesihatan mental manusia sejagat sedikit-sebanyak terjejas dengan kehadiran penyakit Coronavirus (Covid-19) yang secara asasnya berjangkit disebabkan oleh mSARS-COV-2 virus dan menjadi pandemik pada 11 Mac 2020. Pembelajaran mengenai ketakutan terhadap Covid-19 dalam industri minyak adalah terhad untuk digunakan dalam penyelidikan yang mana ianya telah menyebabkan gangguan kesihatan mental pekerja minyak dan gas di Malaysia. Objektif penyelidikan ini adalah untuk memberi penilaian kesihatan mental berkenaan "fear of Covid-19" dalam kalangan pekerja dalam industri minyak dan gas dengan melihat melalui perhubungan "fear of Covid-19" dengan sociodemografik dan faktor pekerjaan. Pengumpulan data dilakukan dalam kalangan pekerja industri minyak dan gas di Sabah, Malaysia dengan angaran saiz sampel sebanyak 299 individu. Kajian dijalankan dengan mengaplikasikan kaedah keratan rentas menggunakan alat penyelidikan "DASS-21, Brief COPE dan "fear of Covid-19 Scale" untuk menilai penyelidikan pembolehubah. Penyata soal selidik termasuklah sociodemografik dan faktor pekerjaan digunakan untuk menganalisis data melalui perisian IBM SPSS statistik 27. Hasil analisis deskriptif DASS-21 menunjukkan kelaziman sebanyak 26.8% untuk kemurungan manakala sebanyak 33.4% untuk kebimbangan dan tekanan dengan kelaziman 17.1% dalam kalangan pekerja industri minyak dan gas. Melalui kaedah "Linear Multiple regression" kebanyakan keputusan menunjukkan hasil yang ketara kepada semua jenis "coping style" (problem-oriented, emotional-oriented, and dysfunctional-oriented) merupakan indikasi kepada prediktor "fear of Covid-19", dengan keputusannya "Emotion-oriented coping ($\beta = -0.382$, $t = -2.945$, $p = 0.03$), Problem-oriented coping ($\beta = 0.430$, $t = 3.017$, $p = 0.003$), Dysfunctional coping ($\beta = 0.460$, $t = 4.586$, $p = < 0.001$)". Kaedah ini, ia menunjukkan "coping dysfunctional style" mempunyai keputusan signifikansi tertinggi dalam pembelajaran FOC-19 terhadap pekerja-pekerja Industri Minyak dan gas di Sabah, Malaysia. Kesimpulannya, terdapat isu signifikansi dalam mengatasi kesihatan mental terhadap FOC-19 yang serentak membawa bersama depresi, stress dan anxiety semasa pandemic Covid-19 kepada kehidupan seharian pekerja-pekerja industri minyak dan gas. Adalah dengan pengurusan gaya bahawa FOC-19 boleh di tangani oleh pengurusan atasan. Ia itu dengan meningkatkan lagi psikologikal intervensi di kalangan pekerja Gas dan Minyak. Penyelidikan seterusnya adalah diperlukan untuk dapat memperbaiki gaya hidup kesihatan mental pekerja-pekerja.

Kata kunci: Kesihatan mental, Covid-19, workers, Oil and Gas, FOC-19, DASS-21, Brief COPE