CONTEMPORARY MALAYSIAN FAMILIES
“EVIDENCE BASED INTERVENTIONS”

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PRESENTATION:

- INTRODUCTION
- TRENDS, CHALLENGES AND INTERVENTIONS
- EVIDENCE BASED INTERVENTIONS
Family is a social unit in the community

Family’s Challenges: - embody positive changes
- mitigate negative consequences
- new values

Strong Family - provides support
- encouraging healthy, emotional & physical growth
<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population (2009)</td>
<td>28.3 million</td>
</tr>
<tr>
<td></td>
<td>(2010 – 29 million)</td>
</tr>
<tr>
<td>Age Distribution (2008)</td>
<td></td>
</tr>
<tr>
<td>0-14 years</td>
<td>31.6% (9.2 million)</td>
</tr>
<tr>
<td>15-24 years</td>
<td>18.4% (5.3 million)</td>
</tr>
<tr>
<td>25-59 years</td>
<td>42.6% (12.4 million)</td>
</tr>
<tr>
<td>60-74 years</td>
<td>5.6%</td>
</tr>
<tr>
<td>75+</td>
<td>1.4%</td>
</tr>
<tr>
<td>Male (2008)</td>
<td>50.9%</td>
</tr>
<tr>
<td>Female (2008)</td>
<td>49.1%</td>
</tr>
<tr>
<td>Average annual growth rate (2006-2010)</td>
<td>1.6%</td>
</tr>
<tr>
<td>Median age (2008)</td>
<td>24.8 years</td>
</tr>
<tr>
<td>Total Fertility Rate (2009)</td>
<td>2.2 – Children/Woman</td>
</tr>
<tr>
<td>No. of Household/Families (2010)</td>
<td>Almost 7 Million (62-70% Nuclear) – Peninsular Malaysia (70%)</td>
</tr>
<tr>
<td>Working married women (2004)*</td>
<td>58.0%</td>
</tr>
</tbody>
</table>

Note: Statistics Department, Malaysia
Trends, Challenges & Interventions

Population, Family & Marital Dynamics Trends

Mean age for marriage

**Male**  
- 26.6 years (1980)  
- 28.6 years (2000)

**Female**  
- 23.5 years (1980)  
- 25.1 years (2000)

Note: Statistics Department, Malaysia
Number of Households/ Families

2000
4.8 million households

2010
7 million households
Percentage of nuclear families

Average household/family

## Divorce Rates

### Marriage

<table>
<thead>
<tr>
<th>Year</th>
<th>Muslim</th>
<th>Non-Muslim</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001</td>
<td>90,259</td>
<td>55,017</td>
<td>145,276</td>
</tr>
<tr>
<td>2008</td>
<td>130,314</td>
<td>52,908</td>
<td>183,222</td>
</tr>
</tbody>
</table>

### Divorce

<table>
<thead>
<tr>
<th>Year</th>
<th>Muslim</th>
<th>Non-Muslim</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001</td>
<td>13,187</td>
<td>3,238</td>
<td>16,425</td>
</tr>
<tr>
<td>2008</td>
<td>22,289</td>
<td>3,150</td>
<td>25,439</td>
</tr>
</tbody>
</table>

Source: JAKIM & National Registration Department, Malaysia
Trends, Challenges & Interventions

Monitoring of Population and Family Trends

- Census Data
- Vital Statistics
- Malaysian Fertility and Family Survey
- Malaysian Population and Family Survey
- Opinion polls
- Case studies
Challenges Affecting Contemporary Families

1. Finance
2. Parenting of Adolescent Children
3. Changing Values
4. Gender Issues
5. Work-life Balance
Evidence Based Interventions

To Build Resilient Families

- Policies
- Interventions
National Family Policy (NFP)

Putting in a family perspective in all policies, programmes and services

Ensures that all citizens can live in a conducive environment for family well-being and development of a resilient nation
Policies

NFP’s Plan of Action

Guideline for all sectors to maintain the centrality of family in social development as well as to prioritise issues and actions pertaining to family within various social domains
National Family Policy

6 domains

- Strengthen Core Family Values
- Family Support Services
- Build Strong Foundations for Young People
- Meet Parenting Needs of Families
- Make Family a Corporate value
- Strengthen the Institution of Marriage
Reproductive Health & Social Education Policy (Nov 2009)

OBJECTIVE

- To increase the awareness of members of the society on reproductive health and social education;
- To develop expertise in reproductive health and social education;
- To enhance research and development; and
- To improve the effectiveness of the implementation of Reproductive Health and Social Education Policy.
Evidence Based Interventions

- Adolescents
- High-Risk Families
- Pre Marital Courses
- Family Support Services
- Parenting Courses
- Monitoring Malaysian Family Well-being
Adolescent Reproductive Health & Social Education

I’m In Control module (Adolescent’s Edition)

to give skills to adolescents and young people to prevent or reduce sexual risk-taking behaviors that may lead to unintended pregnancy & STIs

I’m In Control Module (Parents’ edition)

to provide knowledge, information and awareness on adolescent reproductive health and sexuality issues among parents & teachers
Strong Foundation for Young People

- kafe@TEEN Adolecent Centre (4)
- Modular training in ARSH
  - “I’m In Control” Module
  - Life Skill Module
- 1-day/2-3 days camp
- Partnership with NGOs
- Pilot Project in 5 schools & community
- kafe@TEEN Portal
Strengthening Marriage Institution

- Modular training
- Partnership with NGOs/religious bodies
- Interactive 2-day session
- Four (4) languages
- 150 courses/year
SMARTSTART

Pre-marriage course conducted for couples intending to get married and those married less than 5 years.

To provide them with the relevant information, knowledge and skills to equip them to face challenges in married life.
Meeting the Parenting Needs of the Family

- Modular training
- Employers subsidise at workplace
- Partnership with NGOs
- 1-day interactive session
- 150 courses/year
Parenting@Work programme

- To provide guidance on parenting skills, ensure stable and resilient families
- To equip families to face modern day challenges and work-life balance issues
SMARTBelanja@LPPKN

- to educate family members, especially young families on good family financial management
- to guide and teach participants to differentiate between ‘needs’ and ‘wants’
High-Risk Families

LPPKN@Komuniti

- Nur@rumah
  (Home visit for unmet need for FP/RH)
- Parenting@Home
- Smartbelanja@LPPKN
- Community/Group Counselling
- POP Komuniti (data collection)
- Low income households
Family Support Services

1-stop Family Centre

- Counseling/Mediation
- Therapy
- Reproductive Health Services (FP, Reproductive Cancer Detection, Wellness)
- Adolescent Psychosexual Development
- Family/RH Education
- Training (TOT, Industrial training)
- Resource Centre
- Childcare Centre (Seremban 2 & Bertam)

On-line Services

- e-mamogram
- kafe4TEEN
- e-Parenting
Monitoring Malaysian Family Well-being

- Indicators on Family Well-being
- Research on current and emerging population and family related issues
- Social policies and intervention programmes
CONCLUSION

- Leverage on the Demographic Bonus
- Promote Family Friendly Initiatives (policies, programmes, services)
- Propogate Core Family Values for Character Building
THANK YOU

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