

## Documents

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**Mental health problems among the local community of megah villa apartments in Sepang, Malaysia**  
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### Abstract

Background: Mental health disorder has dramatically emerged out as a serious public health concern in both developed and developing nations. Due to its greater impact on Disability Adjusted Life Years (DALYs), it was highlighted in the Sustainable Development Goal (SDG) agenda for better global transformation by 2030. In Malaysian context, mental disorders are estimated to affect about 8.6% of total DALYs. National Health Morbidity Survey (NHMS) in 2015 reported the prevalence of mental health problem among adults and children as 29.2% and 12.1% respectively; with prevalence of suicidal attempt gradually on the rise. The study aims to determine mental health problems among the residents of Megah Villa Apartment, Kota Warisan, Sepang, Selangor. Methodology: A cross-sectional study was carried out to obtain the status of mental health among residents by using General Health Questionnaire-12(GHQ-12) questionnaire. A stratified, random sampling method was initialized to select unit of houses for participation in this study. After sample size calculation, a total of 218 data was collected and analyzed by using the IBM SPSS Statistics version 20.0 software. Result: The overall prevalence of mental health problem among residents was 29.4%. The greatest contributing factor of mental health problem among respondents in Megah Villa Apartment was mostly work (39%). There was no significant association between mental health problem and physical activity ( $p>0.05$ ). Conclusion: The respondents of Megah Villa Apartment have a higher prevalence of mental health problem compared to NHMS 2015 with a mean difference of 0.2%. This shows that the pattern of mental health problems has affected the general population in country. Therefore, it is important for the government and health authorities to scrutinize this matter and develop necessary interventions or coping mechanisms like "10B" introduced by the Ministry of Health to encourage better living standards. © 2020, Advanced Scientific Research. All rights reserved.

### Author Keywords

Coping Mechanism; Mental Health; Sociodemographic Factors

### Index Keywords

adult, Article, community mental health, cross-sectional study, disability-adjusted life year, female, General Health Questionnaire, household income, human, knowledge, Malaysia, male, mental disease, mental health problem score, physical activity, physical inactivity, physical well-being, prevalence, scoring system

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