

Demographic Differences in Cabin Fever

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PURPOSE

- ❖ The study aimed to examine how differences in demographic variables can influence cabin fever among Malaysian adults.

METHODOLOGY

- ❖ A total of 124 adults (75% females) aged 19-57 years old ($M = 29.3$ years) in Malaysia completed the online survey while staying at home during the Movement Control Order (MCO).
- ❖ Differences in the level of cabin fever by age, employment status, and gender were compared by running independent sample t-test analyses.

RESULTS

- ❖ Youths (19-24 years old) suffered with more behavioural symptoms of cabin fever compared to adults with the age range of 25-57 years old.
- ❖ Unemployed adults exhibited a significantly higher level of cabin fever compared to employed adults.
- ❖ No significant difference was found in cabin fever for males and females.

Results of Independent Sample t-test ($N = 124$)

Groups (N)	Mean Score		
	Cabin fever	Emotional symptoms	Behavioural symptoms
19-24 years old (40)	11.475	5.325	6.150
25-57 years old (84)	10.048	5.548	4.500
$t =$	0.981	-0.229	2.668**
Unemployed (44)	12.750	6.500	6.250
Employed (80)	9.275	4.913	4.363
$t =$	-2.369*	-1.691	-3.159**
Males (31)	10.097	5.129	4.968
Females (93)	10.645	5.591	5.054
$t =$	-0.348	-0.441	-0.125

Note. * $p < .05$, ** $p < .01$

CONCLUSION

- ❖ Demographic variables such as age and employment status can influence cabin fever among Malaysian adults. Thus, the psychological well-being of the high-risk groups (i.e., young and unemployed adults) should be considered when they are required to stay at home for a lengthy period.