

## **UNIVERSITI PUTRA MALAYSIA**

## ECONOMIC HARDSHIP, FAMILY SUPPORT AND SUBJECTIVE WELLBEING AMONG VULNERABLE-TO-POVERTY HOUSEHOLD HEADS IN SELANGOR, MALAYSIA

## **NORAINI BINTI ISMAIL**

**FEM 2016 18** 



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**NORAINI BINTI ISMAIL** 

Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia, in Fulfillment of the Requirements for the Degree of Doctor of Philosophy

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Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfillment of the requirement for the Degree of Doctor of Philosophy

## ECONOMIC HARDSHIP, FAMILY SUPPORT AND SUBJECTIVE WELLBEING AMONG VULNERABLE-TO-POVERTY HOUSEHOLD HEADS IN SELANGOR, MALAYSIA

By

### **NORAINI BINTI ISMAIL**

## February 2016

Chairman: Professor Laily binti Hj. Paim, PhD

Faculty: Human Ecology

Well being (WB) has been studied by social scientists for decades. Little attention was given to subjective approach of WB among household heads (HHHs) that are vulnerable to poverty (VTP). This study adds to the existing literature on subjective well being (SWB) of people who are VTP in Malaysia.

People differ in their experiences of SWB. Some individuals experience low levels of SWB even with certain advantages. There are evidence to suggest that poor people does not necessarily have low levels of SWB. It is thought that there is a strong link between income, utility and WB. However, some studies indicate that income, poverty and various hardship measures are only moderately interrelated. Available research indicates that people are able to evaluate their own SWB. Other things can make people well. There are some evidence to suggest that non-poor people are more likely to report varying degrees of hardship than poor people. Past literatures showed that there are several determinants like socio-demographic, socio-economic and social capital are identified as dynamics for quality of life in Malaysia and it is found that very few studies on WB are conducted in Malaysia either using objective or subjective measures.

This study is therefore one of the first, if not the first, to truly enhance the comprehension of the SWB of VTP HHHs in Malaysia. The objectives of the study are: i) to assess the level of SWB among vulnerable HHHs; ii) to describe the level of economic hardship (EH) experienced by VTP HHHs; iii) to determine the level of family support (FS) of the VTP HHHs; iv) to identify the relationship between EH and SWB; and v) to examine the moderating effects of FS on the relationship between EH and SWB. The respondents are 379 VTP HHHs in selected districts of Selangor, Malaysia.

The study is based on a data collected in 2010, which uses the "Vulnerability Index" instrument that was designed for the research of Vulnerability Index, by a

group of researchers in the Faculty of Human Ecology, Universiti Putra Malaysia. The Structural Equation Modelling (SEM) AMOS including The Confirmatory Factor Analysis, The Measurement Model, The Structural Model, and the Multi Group Analysis were employed to examine the levels of SWB, EH and FS, correlation between EH and SWB, as well as the moderation effect of FS on the relationship between EH and SWB.

The findings of the study have theoretical, practical and methodological implications. The data shows 91.8% of HHHs were satisfied with their lives. HHHS have stable levels of SWB which strengthen the Set Point Theory. Data shows 91.3% of HHHs have experienced some EH, HHHs can accommodate EH. The finding fits the Theorem of Incomparable Utilities. Data shows 90.7% HHH have received the support from family. Family plays an important role as resources which provide support to the HHHs. The result is in line with the Social Production Function Theory. Practically this study contributed in terms of actions projected as interventions aimed in enhancing SWB among VTP populations. The study contributed methodologically in terms of using SEM AMOS, whereas previous studies used SPSS. This study is exceptional since it uses indirect measures of material hardship to identify individuals who do not consume minimal levels of basic goods and utilities.

For the hypotheses testing, the study discovered that the EH had a significant negative relationship with SWB. The level of FS has not significantly affected SWB. The hypothesized measurement model of FS fully moderated the relationship between EH and SWB. The hypothesized structural model of EH and SWB fits the respondents' data. The moderation effect of FS was more apparent among those who reported to have the most support from their families as compared to those who reported to have more and least support.

Consistent with the Set-Point Theory, the level of SWB was firm although with the existence of EH. The findings of the study revealed the importance of FS in lessening the effect of EH on SWB. HHHs that were characterized as VTP are HHs that have these characteristics; either single parents and aged, or having disabled members in the HH. FS in terms of psychological and physical helps can enhance their SWB. The result supported the theory of Social Production Function where the HHH was presumed to have achieved their SWB by optimizing within their limited resources.

The study analysis suggests a moderation effect of FS on the relationship between EH and SWB among VTP HHHs in Malaysia. FS buffers the relationship between EH and SWB. A novel result has not yet established in such a framework. Policy implications of the findings were discussed in the effort to promote SWB enhancement in the country. The outcome of the study also established the fact that individuals' perspectives of their own SWB were unique and was sometimes not influenced by any sociological, psychological, economical or environmental complications.

## Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk Ijazah Doktor Falsafah

## KEPERITAN EKONOMI, SOKONGAN KELUARGA DAN KESEJAHTERAAN HIDUP SUBJEKTIF DALAM KALANGAN KETUA ISI RUMAH GOLONGAN RENTAN MISKIN DI SELANGOR

Oleh

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Sejak beberapa dekad yang lalu saintis sosial telah mengkaji mengenai kesejahteraan hidup subjektif. Tetapi hanya segelintir pengkaji menggunakan pendekatan 'subjektif kepada kesejahteraan dalam kalangan 'rentan miskin'. Kajian ini merupakan tambahan kepada kajian sedia ada mengenai kesejahteraan hidup subjektif isirumah rentan miskin terutamanya di Malaysia.

Individu mempunyai perbezaan dalam kesejahteraan hidup subjektif mereka. Sesetengah daripada mereka mengalami tahap kesejahteraan hidup subjektif yang rendah biarpun mempunyai beberapa kelebihan. Terdapat pernyataan bahawa orang miskin tidak semestinya mempunyai kesejahteraan hidup yang rendah. Ada pendapat bahawa terdapat hubungkait yang kuat antara pendapatan dan kesejahteraan. Walau bagaimanapun, terdapat kajian yang menunjukkan bahawa terdapat sedikit hubung kait antara kemiskinan dari segi pendapatan dan pelbagai ukuran kepayahan hidup. Kajian yang ada menunjukkan bahawa individu boleh menilai kesejahteraan hidup subjektif mereka sendiri. Terdapat perkara-perkara lain yang membuatkan mereka selesa. Terdapat bukti yang mengatakan bahawa individu yang tidak miskin lebih suka mengadu yang mereka menghadapi beberapa kesukaran berbanding mereka yang miskin. literatur menunjukkan bahawa beberapa penentu dikenal pasti seperti sosio demografi, sosio ekonomi dan modal sosial sebagai penentu kepada kualiti hidup di Malaysia dan terdapat hanya sedikit kajian di Malaysia yang menggunakan sama ada ukuran objektif atau subjektif.

Kajian ini antara yang terawal walaupun bukan yang pertama yang benar-benar cuba mendalami kesejahteraan hidup dalam kalangan ketua isirumah rentan miskin di Malaysia. Objektif kajian ini adalah bagi: i) menilai tahap kesejahteraan hidup subjektif di kalangan ketua isirumah golongan rentan miskin; ii) menggambarkan tahap keperitan ekonomi; iii) menentukan tahap sokongan keluarga bagi ketua isirumah rentan miskin; iv) mengenal pasti hubungan di

antara keperitan ekonomi dan kesejahteraan hidup subjektif; dan v) mengenal pasti kesan moderasi sokongan keluarga dalam hubungan di antara keperitan ekonomi dan kesejahteraan hidup subjektif. Responden merupakan 379 ketua isirumah golongan rentan miskin dalam beberapa daerah terpilih di negeri Selangor, Malaysia.

Kajian ini berdasarkan data yang diperolehi pada tahun 2010 yang menggunakan instrumen "Vulnerability Index", yang dibina untuk kajian pembentukan satu Vulnerability Index oleh sekumpulan pengkaji daripada Fakulti Ekologi Manusia, Universiti Putra Malaysia. Kajian ini menggunakan Structural Equation Modelling (SEM) AMOS untuk analisis data termasuklah Confirmatory Factor Analysis, Measurement Model dan Structural Model dan Multi Group Analysis untuk mengenal pasti tahap-tahap kesejahteraan hidup subjektif, keperitan ekonomi, sokongan keluarga, korelasi di antara keperitan ekonomi dan kesejahteraan hidup subjektif, serta kesan moderasi sokongan keluarga dalam hubungan di antara keperitan ekonomi dengan kesejahteraan hidup subjektif.

Penemuan kajian mempunyai implikasi dari segi teori, praktikal dan metodologi. Analisis data mendapati bahawa 91.8 peratus responden mempunyai tahap kesejahteraan hidup subjektif "memuaskan". Ketua isirumah mempunyai tahap kesejahteraan hidup subjektif yang stabil yang menguatkan Teori Set Point. Analisis data kajian menunjukkan 91.3 peratus ketua isirumah mengalami "sedikit" keperitan ekonomi, dan ketua isirumah boleh menerima keadaan berkenaan. Penemuan ini menyokong Theorem of Incomparable Utilities. Data menunjukkan 90.7 peratus memperoleh sokongan yang "banyak" dan "agak banyak" daripada ahli keluarga. Keluarga memainkan peranan sebagai sumber yang menyediakan sokongan kepada ketua isirumah. Dapatan ini selaras dengan Teori Social Production Function. Dari segi praktikal, kajian ini memberi sumbangan dalam mencadangkan tindakan sokongan yang bertujuan untuk meningkatkan kesejahteraan hidup subjektif dalam kalangan golongan rentan miskin. Dari segi metodologi, kajian ini memberi sumbangan dengan penggunaan SEM AMOS di mana kajian sebelum ini menggunakan SPSS. Kajian ini berlainan dengan kajian-kajian terda<mark>hulu kerana menggunakan</mark> ukuran 'indirect' untuk mengukur kepayahan material bagi mengenal pasti individu yang tidak dapat memenuhi tahap minima keperluan asas.

Ujian hipotesis kajian mendapati bahawa keperitan ekonomi mempunyai hubungan negatif yang siknifikan dengan kesejahteraan hidup subjektif. Tahap sokongan keluarga tidak memberi kesan siknifikan kepada kesejahteraan hidup subjektif. "Measurement Model" bagi sokongan keluarga memberi kesan moderasi penuh dalam hubungan di antara keperitan ekonomi dan kesejahteraan hidup subjektif. "Struktural Model" bagi keperitan ekonomi dan kesejahteraan hidup subjektif adalah selaras dengan data responden. Kesan moderasi oleh sokongan keluarga ke atas hubungan di antara keperitan ekonomi dan kesejahteraan hidup subjektif paling ketara bagi ketua keluarga yang mendapat sokongan yang banyak daripada ahli keluarga berbanding dengan mereka yang dilaporkan mendapat sokongan yang sedikit.

Selari dengan Teori Set Point, tahap kesejahteraan hidup subjektif ketua isirumah dalam kajian adalah tetap walaupun mengalami sedikit keperitan ekonomi.

Dapatan kajian juga mendapati sokongan keluarga adalah sangat penting dalam mengurangkan beban keperitan ekonomi terhadap kesejahteraan hidup subjektif. Sokongan keluarga dari segi psikologi serta lain-lain pertolongan bentuk fizikal boleh meningkatkan tahap kesejahteraan hidup subjektif bagi ketua isirumah di bawah kategori berpendapatan rendah, tidak mempunyai pasangan, lanjut usia, atau mempunyai ahli keluarga yang kurang upaya. Dapatan kajian menyokong Teori *Social Production Function* yang mendapati ketua isirumah menikmati kesejahteraan hidup subjektif dengan mengoptimumkan sumber-sumber yang terhad.

Analisis kajian ini mendapati terdapat kesan moderasi oleh sokongan keluarga ke atas hubungan di antara keperitan ekonomi dan kesejahteraan hidup subjektif dalam kalangan ketua isirumah golongan rentan miskin di Malaysia. Sokongan keluarga memberi kesan kepada hubungan di antara keperitan ekonomi dan kesejahteraan hidup subjektif. Ini merupakan hasil penemuan baru yang belum ada dalam rangka seumpama ini. Implikasi dari segi polisi dibincangkan dengan mengambil kira penghebahan program peningkatan kesejahteraan hidup dalam negara. Hasil kajian mendapati bahawa seseorang individu mempunyai pandangan yang unik terhadap kesejahteraan hidup subjektif masing-masing sehingga kadang-kadang tidak dipengaruhi oleh sebarang unsur komplikasi sosial, psikologi, ekonomi, mahupun persekitaran.

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This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfillment of the requirement for the degree of Doctor of Philosophy. The members of the Supervisory Committee were as follows:

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### **CHAPTER 1**

### INTRODUCTION

### 1.1 Introduction

The introductory part provides the general background of the study, the problem statement, research questions and objectives of the study, significance of the study, limitations of the study, conceptual and operational definition of relevant terms, and organization of the study.

## 1.2 Background of the study

Economic hardship (EH) or poverty is a multidimensional social phenomenon that has become one of the topics of interest in economics development. Approximately six billion people in the world have not getting what they want (World Bank Development Indicators). Poverty is a condition of having little or no money, goods, or means of support; state of being poor, for example a person whom has not enough money to pay a person's bills (Kusnic and Davanzo, 2014). According to The World Bank (2011) definition, vulnerability to poverty (VTP) is the probability of being in poverty.

Theoretically, it is the risk of experiencing poverty. Empirically, there are three definitions: vulnerability as expected poverty (VEP), vulnerability as low expected utility (VEU) and vulnerability as uninsured exposure to risk (VER) (Celidoni, Economiche, Degli, and Di. 2013). Economic deprivation in a large fragment of population results in poor access to health care, poor educational status, will shorten life expectancy and thus will lead to unsatisfactory living conditions and low level of SWB (Redmond, 2014). The United Nation's Millennium Development Goals aims to 'halve poverty' by halving the number of people living on less than a dollar a day. Likewise in the 1995 Copenhagen Summit, Members of the Organisation for Co-operation and Development (OECD) aims by 2015, to reduce poverty in third world countries by at least one half. Strong economic growth is the basic to forthcoming poverty eradication and to enhance the living conditions of individuals apart from other factors including have strong social bonding such as supports from family. The living standards of all OECD countries were very low on average by contemporary criteria. It is expected that in 2050, if the non-OECD countries are able to switch to a sustainable higher growth trail, the global poverty ratio will decrease from about 21 percent in 2005 to less than 2.5 percent.

VTP and economic problems challenge the SWB of Malaysian families as well. Although the government of Malaysia has been focused on eradicating poverty since 1970, and be successful in reducing the poverty rate from 49.3 percent in 1970 to 3.8 percent in 2009, but it has not been totally eradicated. In 2013, there are about 3.4 percent of the Malaysian population who fell below the poverty

threshold out of the 28.4 million population (World Bank Development Indicators) and 2.2 percent of its population who were living less than \$2.00 a day at international prices. This economic disadvantage tends to effect the VTP group that was represented in the lower parts of income distribution. The focus now is to uplift the income levels of the bottom 40 percent HHs, which are entitled for support and resources, based on their specific needs (The Economic Planning Unit, 2011). In 2009, the bottom 40 percent HHs (of about 2.4 million HHs) had a total family income level of less than RM2,300 per month. 90.6 percent of them are within the VTP HHs group, 7.6 percent within the poor groups and 1.8 percent within the hard-core poor groups. The mean monthly income of the bottom 40 percent HHs in 2009 was RM1,440. There are initiatives to increase the income level and SWB of this group including the effort of strengthening the social protection programmes to ensure the basic living necessities and services, and issues impacting their living standards and SWB are addressed.

According to Inoquchi and Fujii (2012), people in Southeast Asia assess their happiness more positively than their GDP per capita and the Human Development Index (HDI) suggests. It also explained that people in more competitive Southeast Asia like Malaysia, Thailand and Vietnam incline to select QOL-enriching factors including friendships, neighbours, family life, marriage and spiritual life in their daily lifestyle. This is slightly different with South Asia countries like Bhutan, the Maldives, and Pakistan where these countries tend to harmonize public sphere factors due to the fact that these countries face the challenge of tropical weather systems and have dominant-state structures. It also depicted that the standard of living and marriage or being married are important determinants for an overall quality of life in Asia. In addition to that, Inoguchi and Fujii (2012) found that Brunei emerges as the greatest nation of happiness with a positive 93 points on the Percentage Difference Index (PDI) which is followed by Maldives, Malaysia and Bhutan respectively. Malaysia and Bhutan both showed a positive 78.7 and 78.2 PDI points. It also discovered that there are an overwhelming majority of 85 percent respectively from people living in Malaysia saying that they are very happy or quite happy nowadays.

Wellbeing (WB) is the ultimate goal of public policy and individuals. Most people have their own lists of 'basic needs', or elements of a full life, or the constituents of WB beyond the income that the 'poor' would have less of. People likely include happiness, health and longevity, as the characteristics of a good life and Diener (2010) evidently shows that SWB causally affects health and longevity. Lyubomirsky, Tkach, Dimatteo, and Robin (2013) demonstrates that happy individuals tend to have larger social rewards, better work outcomes, greater coping abilities, better immune system, more cooperative, pro-social, and be more charitable. One question needs to be asked is; whether all 'poor people' are not happy with their lives. However, ample evidence explains that 'objective' factors alone do not capture the "very well" levels of WB. Anderson (2010) identified that in 2000, Vietnam had the same income as the UK in the early Nineteenth Century, but modern Vietnamese live an average of 28 years longer and the infant mortality rate is only a quarter as high compared to the UK in 1800s.

There is no association between the speed of the enhancement in most WB variables and the speed of GDP per capita growth across countries in the past, as showed by Stevenson and Wolfers (2012) and Bartolini and Bilancini (2010). They noted that unlike income, most WB variables are rapidly converging and that significant enhancements have occurred even in countries that have seen no economic progress. Camfield (2012) identified that disparity from socio-economic deprivation adversely affects people's environmental SWB and improved material resources do not directly lead to enhancements in SWB as argued by Layard and Programme (2012).

It is a widely held view that the more the EH people suffer, the lower the level of SWB people perceive. The effects of EH are serious; which includes severe health problems among children, low birth weight of infants, often miss school due to sickness, stress in families that is associated with domestic violence which includes abuses on children and the elderly. While effects of low SWB vary accordingly, it depends upon the inner strengths of individuals including psychological distress such as depression, social disengagement, as well as other mental and physical disorders. However, there are inconsistencies with this view.

Research shows that the relative income is important to individuals' subjective view of their income inadequacy. Even, in poor communities and in developing countries, it is hard to predict who will perceive themselves as 'poor'. This is in line with Campbell (2005) who noted that only 12 percent of the difference in perceived consumption adequacy can be explained by measures of perceived consumption adequacy in Jamaica, although all the determinants of WB like age, income, education, marriage, employment and health are put together, the result is still a small percentage of the difference explained WB. In the United States, these factors only explained eight percent of the variation of the WB, seven percent in Latin America, and four percent in Russia (Cummins, 2005; Graham, 2011; Rojas, 2007a).

There are some evidence to suggest that non-poor people are more likely to report a numerous materials hardship than poor people do. For example the study on material hardships (Heflin, 2009; Msw, Santhiveeran, and Hunter, 2008) reported that while about 13 percent of respondents under 200 percent of the poverty level reported not having enough food to eat, only 2 percent of those over 200 percent of the poverty line said the same. As these results indicate, many people who are VTP do not report numerous types of material hardship, and some people who are not deprived do. Thus, it suggests that it is timely to look into the 'subjective' perception of the people rather than look into the deficiency of a particular basket of common things to all societies.

A greater level of SWB corresponds to a greater utility level. The quality of social relationships was identified as one of the most consistent predictors of SWB. Previous studies have identified the influence of social support on SWB and there

exists an association between social support and SWB. Seligman and Diener (2009) illustrate that people who have satisfying family relationships, report being satisfied with their lives. Similarly a research conducted of married adults over a 10-year period finds that family income and FS are considered to be the primary sources of happiness (North, Holahan, Moos, and Cronkite, 2008a).

However, these studies do not specifically focus on the VTP population as this study intended to. The potential of FS in reducing the effects of EH on individuals function by enhancing their perception of personal resources and overcome challenges cannot be underemphasized. It plays an important role in enhancing the SWB of other members in the family especially household heads (HHHs). Family plays a vital role in providing support in terms of sharing hurdles and sorrows, solving problems, and assists to resolve family matters that involve certain decision-makings. This argument is in line with some researchers Carr (2007) and Taylor, Budescu, Gebre, and Hodzic (2014), showing the link between the stress of adults and children that bears emotional and behavioural outcomes were moderated by the availability of social support or kin support.

The impetus of this study is fuelled by the fact that pursuing the same policies hinders the improvement in living conditions for Malaysians who are vulnerably prone to poverty, which amounts to 40 percent from the total population. The main challenge that confronts the government now is ensuring all policies involving poverty eradication meets the objective and target in addressing poverty and WB. In the short-term, the answer lies in designing a better poverty abatement policy with programmes that comprehensively involves certain members in the family. The key to success of such programmes is that it must be based on the precise evaluation of the current economic stature of the target group by a third party. The present study fills the gap that is germane to the relationship between EH and SWB as well as the effect of FS as a moderator among VTP HHHs in Malaysia.

Past literatures showed that there are several determinants like socio-demographic, socio-economic and social capital are identified as dynamics for quality of life in Malaysia (Ibrahim Din, Ahmad, Ghazali, Said, Shahar, Razali, 2013; K and Siop, 2008; Momtaz, Ibrahim, Hamid, and Yahaya, 2011; Yadollahi, Paim, and Othman, 2009; Yahaya, Abdullah, Momtaz, and Hamid, 2010). It is found that very few studies on WB are conducted in Malaysia either using objective or subjective measures. However, with the exception of the research undertaken by Momtaz et. al (Momtaz et al., 2011), and Noor, Ghandi, Ishak and Wok (2012a), studies on SWB in Malaysia are highly limited. Previous studies either focusing on psychological factors or determinants of WB for instance Momtaz et. al (2011) studied the socio-demographic factors of elderly WB, and Noor, Ghandi, Ishak and Wok (2012a) were focusing on the development of indicators for family WB in Malaysia. This study is therefore one of the first, if not the first, truly enhance the comprehension of the SWB of VTP HHHs in Malaysia.

### 1.3 Problem Statement

People differ in their experiences of SWB. For example, some individuals experience high levels of SWB even with their contrary living conditions, while others experience low levels of SWB even with certain advantages such as education, wealth and good health. It is often thought that there is a strong link between income, utility, welfare and WB. Rich people have more goods and greater access to services, better health (McGillivray, 2005), and money that enables them to fulfil physical needs. A serious weakness in this argument is that money does not raise one's SWB, although Diener and Biswar (2002) pointed out that richer people are only slightly happier than most others within most economically developed nations. There are some evidence to suggest that poor people is not necessarily has low level of SWB. For example Mcgillivray and Clarke (2006) pointed out that between 73 percent and 82 percent of respondents reported to be either satisfied or very satisfied, even with large rampant capability poverty. In Mexico where 55 percent of the respondents are "poor" by UNDP definitions, only 5 percent admitted that they did not have a happy life (UNDP, 2005, p.220). Similarly Rojas (2007b) discovers there was an extremely high proportion of "happy people" and a high percentage of "unhappy rich people". Likewise, in a poor country like Nigeria, it is reported that average happiness on a ten-point scale of 6.82 in 1995 while Japan's average was 6.61 and South Korea was 6.69 (Frey and Stutzer, 2011). These situations suggest that being poor "materially" is unnecessarily not being well; there are other things that can make people well. Based on these arguments, there is a need to examine the SWB level of the VTP HHHS as main concern of this study.

It is believed that the level of EH has an impact on people's overall view on SWB. Humans feel good or bad about certain things, and SWB is linked with things that people value in their lives. Some scholars hold the view that people have ideas about what will make them happy. They are focusing on what they have, able to do and want to do in their lives and live according to the ideas what will make them pleased as pointed out by Camfield (2012) and Rojas (2006). Some scholars featured this as the fulfilment of 'basic needs' or Veenhoven called it "liveability" (2012). Basic needs were the strongest predictor of life evaluations. The fulfilment of basic needs believed to be influenced in their judgments on SWB. Basic needs have an intrinsic value and possibly can buffer the effect of adverse conditions albeit it could not increase WB's level of individuals. Since then, the individuals are capable to assess their own situation. For example Mayer and Jencks (1989) found that poor persons are significantly more likely to experience hardships and poverty, but it explains only a small amount of the variation in material hardships across individuals. Dolan and White (2006) point out that the effect of material WB on SWB diminishes with higher levels of material WB. Thus, people's judgments of their SWB are dependent on what they understand by 'being well'. Therefore, there is a need to examine the level of EH experienced by these VTP HHHS, in order to further study their insight of SWB.

Previous studies have identified that EH has a disruptive influence on individuals and families (Conger et al., 2013; Elder, 2012). EH can have profound influence

on the social, physical and developmental needs of children and families (Lee, Wickrama, and Simons, 2012). It contributes to the adverse effects on children and parents' emotions, behaviours, academic failures and poor cognitive functioning. In general, lower income people are having greater EH than those with a higher income, although it varies depending upon financial obligations.

Moreover, it is believed that happier people are healthier than unhappy people and they earn more. According to Veenhoven (2013), SWB depends on the fulfilment of certain absolute biological and psychological necessities. SWB builds on hardship because people have a tendency to be happier after hard times. The earlier part in life when it is was seen as the worst, then moving on to another stage of life although still in a lower standard and then moving to the more favourable stage of life which is the present life. Thus, a certain degree of hardship is important to appreciate SWB. However, the empirical literatures (Beverly, 2008a; Bradshaw, 2006; Perry, Williams, Wallerstein, and Waitzkin, 2008) on the relationship between income poverty and various hardship measures indicate that they are only moderately interrelated with one another. Even, some studies (Heflin, 2009; Msw et al., 2008) indicate that many people who are prone to be VTP do not report various types of material hardship, but some individuals who are not deprived do. On the basis of above contentions, it may be deduced that EH is relevant indicator that people use to make judgments of SWB. Taking these findings into consideration, the researcher argued that the relationship between EH and SWB also need to be examined as this study hypothesizes that the less the EH, the higher the level of SWB of HHH in the study.

The main factor behind an individual to uplift and enhance his/her SWB is the family, who is always there to provide support either materially and psychologically. Naturally everyone prefers to be in a company and do not like to isolate themselves. Strong and positive social relationships provide personal ties, support and the feeling of belonging and identity. As found out by Diener and Seligman (2009) that having close personal relationships with others contributed significantly to SWB.

Most individuals that declare themselves happy are found to have good social relationships including having good marital relationships and family WB (Frey and Stutzer, 2011; Myers, 2000; Wickrama, Surjadi, Lorenz, Conger, and Walker, 2012). Conversely, a great number of researches indicate that bad social relationships have a strong destructive impact on WB (Campbell and Cocco, 2007). Hence, it suggests that people need the support of others in order to enhance their own WB. Any individuals who have good social networks and civic associations have been proven to be resilient in opposing poverty as well as being invulnerable to being poor while enjoying the engagements and leverages of material gain (Noor, Gandhi, Ishak, and Wok, 2012b; Schafft, 2006). Therefore, the researcher argues that the level of FS to the VTP HHHs also needs to be examined.

In Malaysia, the hard core poverty is almost zero percent and the incidence of poverty was 0.6 percent in year 2014 and among ethnic groups, Bumiputera was 0.8 percent, Chinese was 0.1 percent, Indians was 0.6 percent and other ethnics was 0.9 percent. Poverty in Selangor was found to be 0.2 percent and the incidence of poverty show highest in Kelantan and Sarawak 0.9%. While urban poverty was 0.3% and rural poverty was 1.6% (The Malaysian Economic in Figures, Economic Planning Unit, 2015). It witnessed the decline from 5.7 percent incidence of poverty and hard core poverty was 1.2 percent in 2004.

Income share of bottom 40 percent (B40 group) of HHs Malaysia was 16.5 percent, the middle 40 percent was 36.9 percent whereas the top 20 percent of HHs was 46.6 percent in 2014. Mean monthly gross HH income for bottom 40 percent of HHs was RM2,537, middle 40 percent was RM4,585 whereas the top 20 percent was RM14,305. The poverty percentage and the gaps and differences between the two HHs groups in terms of income share and mean monthly gross income showed that the EH or poverty or income inequality is still depicted and prevalent in Malaysia although in a very small percentage since there are many programs and efforts by the government in abating the incidence of poverty. In the recent 11th Malaysia Plan, the focus of the government is to elevate the standard of living of those falling under the bottom 40 percent HH group income share.

Conceptually, SWB is an outcome of human activities. It represents a condition of life that one has accomplished. It is an outcome of many aspects including satisfaction with economic conditions and having good familial relationships. Whereas EH do not have specifically the same effects on all families and individuals (Donnellan, Conger, McAdams, and Neppl, 2009). Some families show considerable signs of distress and disturbances whereas others do not depend on personal characteristics and positive self-views one has (Wei, Liao, Ku, and Shaffer, 2011). This characteristic will promote more success in any relationships and can have 'stress-suppressing' effects (Craft, Johnson, and Ortega, 2008) and help individuals effectively resolve problems (Howell and Hill, 2009). Although many studies pointed out that social support is very important in one's life.

However, it is found that studies specifically detailing on FS in enhancing SWB is scarce although there are some that has considered quality of family relationships as a determinant of SWB (Holder, 2012; Sheldon and Hoon, 2007). Therefore, the researcher envisioned to focus on the importance of familial relationships and supports people's WB in relation to EH HHHs had experienced. In order to identify the matter, there is a need to study the moderation effects of FS on the relationship between EH and SWB in the lives of rural VTP HHHs in Selangor.

In summary, all current and available researches indicate that people are able to evaluate their own SWB. There are cases where people with EH reported to be happy while social support is important in determining the SWB among

individuals. However, what are not known are the level of SWB, level of EH, level of FS, the relationship between EH and SWB and the moderation effect of FS on the relationship between EH and SWB among VTP HHHs in Selangor. Thus, this study aims to acquire those evidences from this subset population group.

## 1.4 Research Questions and Objectives

The study will answer these questions:

- 1. What is the level of SWB of the VTP HHHs?
- 2. What is the level of EH of the respondents?
- 3. Is there any significant relationship between EH and SWB?
- 4. What is the level of FS of the respondents?
- 5. Is there any moderation effect of FS (decision, sharing, solving) on the relationship between EH and SWB?

Generally, the main objective of the present study is to measure the levels of EH, FS and SWB. In addition to that, this study also intent to develop a Structural Equation Modelling in order to examine the relationship between EH and SWB, and the moderation effect of FS on the relationship between EH and SWB among VTP HHHs, in Selangor, Malaysia.

Specifically, this study on SWB has been inspired by five main objectives:

- To assess the level of SWB among VTP HHHs;
- 2. To describe the level of EH experienced by VTP HHHs;
- 3. To determine the level of FS of the VTP HHHs;
- 4. To identify the relationship between EH and SWB; and
- 5. To examine the moderating effects of FS on the relationship between EH and SWB.

## 1.5 Research Hypotheses

The hypotheses for this study were developed based on the problem statement, objective of the study, and the theoretical as well as the conceptual indications identifies from the previous literatures. Therefore, the research hypotheses that were tested are as follows:

Ha<sub>1</sub>: The level of FS has a significant effect on SWB.

Ha<sub>2</sub>: There is significant relationship between EH and SWB.

 $Ha_3$ : The hypothesized Structural Model of EH and SWB fits the

respondents' data.

Ha4 : The hypothesized Measurement Model of FS moderates the relationship between EH and SWB fits the respondents' data.

## 1.6 Significance of the Study

This study is significant because it bridged the gap that exists in previous literatures. It is due to the fact that the data was used to examine the relationship between EH and SWB, relationship between level of FS and SWB, and the moderation effect of FS on the relationship between EH and SWB among VTP HHHs which is generally scarce in the existing literature.

Moreover, this study is significant because it aims to explore the perception of subjective dimension of WB of VTP people within Malaysian context, which is scarcely being focused by researchers. Thus, the findings are important to contribute to the understanding of SWB at the grassroots' level. Thus, the findings of this study may provide the impetus for new policy and programme development in benefitting these families that are in the VTP group.

This study is unique in its own way in which it marries between the objective and subjective approach in understanding SWB of VTP HHHs. This study measures the subjective outlook of SWB whereby at the same time attempts to comprehend the EH through the objective measures. Therefore, this study is significant because it will contribute to the field in terms of its unique approach. Likewise, the findings of this study posed a challenge for further researchers to build on the limitations of this study due to the fact that SWB and EH could be studied through multidimensional features.

The present study also bridged the gap that exists in previous literatures pertinent to the importance of FS in suppressing the effects of EH and more or less in stabilizing if not enhancing SWB of HHH that are VTP in Malaysia. This study will serve as a blueprint for family economics development strategy in Malaysia, especially in designing poverty abatement policy, plan and programmes to address the current economic challenges that are faced by most of the families in the developing countries.

Finally, the findings of this study will serve as a relevant material for students of Family Economics and Management Studies, Community Development, Sociology, Psychology, and Economics, and for the general Malaysian public.

## 1.7 Scope of the Study

This study covers only seven localities within Hulu Langat District which includes Ampang 1, Ampang 2, Cheras, Beranang, Semenyih, Kajang and Hulu Langat. The study employed relevant data from the huge data collected in 2010, which

was using instrument of "Vulnerability Index", designed for the research of the development of Vulnerability Index conducted by a group of researchers in Human Ecology Faculty, Universiti Putra Malaysia. However, for the purpose of this study, the study analysed the data collected for only 15 questions from 30 questions of the "Vulnerability Index" Questionnaire. The questionnaire attempted to measure various dimensions of vulnerability (i.e. income poverty); personality (locus of control); level of vulnerability to be poor (human capital, physical capital, and social capital); and mediated by coping strategies.

The study only covered the information on EH, SWB, and FS among the respondents. Therefore, the findings of this study may only be generalized to the population of Selangor, because the characteristics of the sampled respondents may differ from the population of other states in Malaysia.

Moreover, this study only covers HHHs that are VTP, which are characterized either as single parent, aged or having disabled members in the HH. Thus, the findings of this study may not suit other characteristics of the VTP HHHs.

## 1.8 Limitations of the Study

This study has several limitations. Firstly, this study is only limited to Selangor state because the respondents were confined to several districts in Selangor. Secondly, the study covers only VTP HHHs which were characterized by being single parents, aged, or having disabled member in the HH. Thirdly, this study only employed data on EH, SWB and FS from the very large dataset which were collected to the purpose of establishing the index of vulnerability for Malaysia.

Fourthly, in terms of the EH measurement, this study used measurement using 16 items regarding respondents' ability to afford necessities (Rowley and Feather, 1987). All 16 items assessed the hardship experienced in past 12 months. Whereas there are several measurements in assessing EH for example Lempers et al. (1989) assessed EH with 12 items. The measurement referred to increases or decreases in the family's income during the past 6 months and the extent of the family's current financial problems. Whereas Conger, Elder, and their colleagues in the lowa Youth and Families Project measured economic pressure with three components; perceived inability to make ends meet, the sense of not having enough money for necessities, and reports of economic adjustments that were made in reaction to insufficient resources (McLoyd et al., 1994). This measurement indicated whether these events had occurred in the past 3 months.

Fifthly, the questionnaire used social capital assessments to assess the interaction in the societal-group level, including items to assess the helps from neighbours, relatives, friends; and family and spouse. However, for the purpose of this study, the researcher just used data on three items assessing support from family and spouse.

While the study does have limitations, it also offers strength. This dataset is new and relatively large dataset, which had not been previously analysed, thus providing opportunity to gain insights into the comprehension of a unique population.

## 1.9 Conceptual and Operational Definition of Terms

SWB refers to an individual's evaluation of his or her life condition overall - the totality of pleasure and pains, or quality of life (Bradburn, 1969; Campbell et. al, 1976; Diener, 1984; Omodei and Wearing, 1990; Watson, 1988). SWB is operationalised as the perceived overall satisfaction with life. Although SWB and life satisfaction are interchangeably used, however, only the concept of SWB is used in this study.

EH is conceptualized as "inadequate consumption of very basic goods and services such as food, housing, clothing, and medical care" (Beverly, 2008b). It is operationalised as deprivation of material WB: lack of money needed to meet family needs for food, clothing, shelter, education, medical care and difficulty paying bills.

FS has been conceptualized as "the beneficial interpersonal transactions that protect people from adverse effects of stressful occurrences" (Cohen and McKay, 1984). In this study, it has been operationalised as support in terms of ability to consult during decision making, to share the problem and to help in times of needs.

## 1.10 Organization of the Thesis

For good chapter organizations, this study will use a traditional method of research design, which uses only five chapters. The first chapter of the thesis presents the background of the study, problem statements, research questions and research objectives, hypotheses of the study, significance and scope of the study, limitations of the study and conceptual and operational definitions of terms and organization of the study. Chapter two includes the overview of SWB in Malaysian context, poverty and VTP in Malaysia, the variables like SWB, EH, and FS. It also contains the relevant theories and the conceptual framework. Chapter three contains research methodology which includes research design, data source, and selection of variables, instrumentation and procedures of statistical analysis. Chapter four presents the empirical findings and interpretations on the questions of the levels of SWB, EH and FS of the respondents, and followed by the hypotheses testing. The tests include measurements and structural models of the data to test the effects of FS on SWB, to test the correlational relationship between EH and SWB, and to test the moderation effect of FS on the relationship between the two variables. Chapter five consists of the summary, the conclusions, implications and recommendations of the study.

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## LIST OF PUBLICATIONS

Haji Paim, Abu Samah, Awang, Ismail, *The moderating role of family support on the relationship between economic hardship and subjective wellbeing among vulnerable households*, Proceedings from *Seminar Proceedings for the 18<sup>th</sup> National MACFEA Seminar 2014*, 27<sup>th</sup>-28<sup>th</sup> August 2014.

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