

## **A29 Relationship between perceived stress with body mass index and physical activity among female workers during the Conditional Movement Control Order period in Kota Kinabalu, Sabah**

***Norliyana A, Nuramalia R and Annim Syahfierah AH***

*Faculty of Food Science and Nutrition, Universiti Malaysia Sabah*

The COVID-19 pandemic has resulted in the most rapid transformation on workplace culture. Working from home (WFH) has become the new normal and can affect an individual's mental and physical health. A cross sectional study was conducted to explore the perceived stress level and its relationship with body mass index (BMI) and physical activity in 141 female workers during the Conditional Movement Control Order (CMCO) period in Kota Kinabalu, Sabah. An online survey was distributed using non-probability convenient sampling between Oct 2020 and Jan 2021 using Google Form. The survey consisted of four components: (1) Socio-demographic characteristics (2) Perceived Stress Scale (PSS-10) of Sheldon Cohen (3) Malay International Physical Activity Questionnaire and (4) Anthropometric data (height, body weight and body mass index, BMI). The results showed that mean score of perceived stress was  $18.09 \pm 5.39$  and BMI was  $25.42 \pm 5.49$  kg/m<sup>2</sup>. The median (Q1, Q3) of physical activity score was 2050 (772.50, 4932.50) MET-min/week. Majority of female workers (66.0%) had high perceived stress level followed by 22.7% and 11.3% with moderate and low perceived stress level, respectively. No significant correlation was found between score of perceived stress with BMI ( $r = -0.011$ ,  $p = 0.893$ ) and physical activity score ( $r = 0.009$ ,  $p = 0.918$ ). Of the 141 participants who completed the survey, 84 (59.6) were WFH while 57 (40.4%) were working from the office (WFO). Chi-square analysis indicates that no significant association was found between perceived stress level and work location (WFH vs. WFO) during the CMCO period ( $p = 0.336$ ). In conclusion, a high level of perceived stress was observed among female workers during the pandemic. Therefore, the need for stress-coping strategies should be emphasized to improve employees' health and well-being.