Validation of the Malay version of the active ageing awareness questionnaire

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ABSTRACT
Increasing ageing population is a global phenomenon. As a result, the World Health Organization had proposed the Active Ageing Framework in 2002 which serve as a guide for the policy maker to develop a policy or program to ensure the quality of life of the older adult population. Malaysia is estimated to be an aged nation in 2030 and various Active Ageing initiatives have been introduced by the policy maker. However, less is known about its awareness at the population level. We have developed the Malay version of the Active Ageing Awareness Questionnaire (AAAQ), which is a content and face valid, and reliable instrument to assess adult population awareness. This study aimed to examine the psychometric properties of the questionnaire. This was a cross-sectional study. The 22-item AAAQ was tested among 404 employees aged between 40 and 60 years old, conveniently selected from various organisations in two districts in Johor. Construct validity and internal consistency was performed after the AAAQ had gone through the initial process of content validation, back-to-back translation and reliability analysis. The data were analysed using Analysis of Moment Structure version 22 and Statistical Packages for the Social Sciences version 23. The model has three construct, namely health, participation and security with 16 items out of 22 that demonstrated factor loading) =0.5, and best fit (Chi-squared/degree of freedom=2.646; Tucker-Lewis index=0.950; comparative fit index=0.959; and root mean square error of approximation=0.074). Composite reliability and average variance extracted of the three domains ranged from 0.872 to 0.946 and 0.582 to 0.856 respectively. This study suggested that the Malay version of 16-item AAAQ is valid and reliable, thus it is acceptable to be used to assess active ageing awareness among the population aged 40 and 60 years.

Variation of social competence scores by gender among adolescents aged 16-18 in Peninsular Malaysia: Malaysian Health and Adolescents Longitudinal Research Team study (MyHeARTs)

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ABSTRACT
Introduction: Social competence measures the ability of an individual to have positive interactions with people and the surrounding environment. It incorporates skills such as decision making authority, positive negotiations and conflict resolving skills. Higher levels of social competence is a protective factor against high risk behaviour. The aim of this analysis is to explore the variation of Social Competence Scale (SCS) scores by gender among adolescents aged 16-18 in peninsular Malaysia. **Methods:** This cross-sectional analysis utilizes information from the 2016 follow up of the MyHeARTs cohort. A translated and validated Social Competence Scale (SCS) was used to measure social competence. Students of 14 secondary schools stratified into urban and rural areas from three states (Selangor, Perak and Wilayah Persekutuan Kuala Lumpur) in peninsular Malaysia participated in the study. **Results:** We included 1,032 students, of which 349 (33.83%) were males, and 683 (66.17%) were females, in this analysis. The overall SCS mean ± standard deviation (SD) score was 21.6±6.4. The SCS scores in females (21.0±6.5) was significantly higher than the males (21.9±6.5); P=0.024. The mean difference between females and males adjusted for urban status and ethnicity was 1.0 (95%CI 0.2, 1.9; P=0.016) **Conclusion:** The social competence scores was higher in females compared to males. However, further research on plausible mediators of this association are needed to better understand the complex interplay between gender and social competence.