

**The Effect of the Involvement of Other Persons Within Activity-  
Travel Patterns On People's Social and Mental Health**

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Dissertation submitted in partial fulfilment of  
the requirements for the  
Bachelor of Engineering (Hons)  
Civil and Environmental Engineering

FYP II January 2021

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## **CERTIFICATION OF APPROVAL**

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by

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A project dissertation submitted to the  
Civil & Environmental Engineering Programme  
Universiti Teknologi PETRONAS  
in partial fulfilment of the requirement for the  
BACHELOR OF ENGINEERING (Hons)  
(CIVIL)

Approved by,

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(Dr Dimas Bayu Endrayana)

UNIVERSITI TEKNOLOGI PETRONAS  
TRONOH, PERAK  
January 2021

## **CERTIFICATION OF ORIGINALITY**

This is to certify that I am responsible for the work submitted in this project, that the original work is my own except as specified in the references and acknowledgements, and that the original work contained herein have not been undertaken or done by unspecified sources or persons.

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MUHAMMAD FARIS FAHMI BIN ABDUL FATAH

## **ABSTRACT**

Our lives consist of various activities in space and time. The activities will shape our lives and occur at few geographic locations for a limited time duration. Human have limited time and resources to allocate between activities that are needed and desired. Time geography framework allow us to analyse the travel behaviour of human based on their constraint which is capability, coupling and authority constraints which can be used to better understanding human behaviour during travel and aiding in planning location of activities and infrastructure. Health is somehow can affect the travel behaviour of human as it limits the capability of individual to perform activities which then considered as part of capability constraint. Using The (2019) Malang Greater Area (MGA) datasets, this study analyse the influence of involvement of other person within activity-travel pattern on social and mental health. Previous study on social and mental health condition in travel has rarely addressed the involvement of other person so this research will try to relate it within the activity-travel pattern using bivariate analysis. Human deals with other person throughout the day so it is believed that this involvement will affect one's social and mental health by social inclusion/exclusion. Moreover, having more predictable activity-travel pattern will provide more opportunity in understanding social inclusion/exclusion which then related with social and mental health.

## **ACKNOWLEDGEMENT**

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# CHAPTER 1

## 1.0 INTRODUCTION

### 1.1 Project Background

People travel to satisfy their need and desires or to participate in activity. It is impossible for human to do all in one place, thus it is needed for travel. For instance, an individual need to go to office for work. Work is considered the individual's need and cannot be achieved without travelling since the office is situated outside of human's time-space anchor (house) and travel is needed even by walking. Hagerstrand (1970) mention that, travel is a permanent constraint that an individual must do to fulfil their needs and desires.

Hagerstrand's (1970) time geographic framework is wide and powerful perspective that analyse the human behaviour on participation in activities and opportunities. The time geographic framework can complement a broad range of approaches to modelling human behaviour, in addition helping the planning and location of activities places, where societies devote enormous amount of energy and resources to overcoming spatial and temporal constraint (Miller, 2003). The time-geography theory is the theory that include the complexity in understanding people's activity-travel behaviour. People's activity-travel behaviour is shaped by three components: the needs (social psychological aspect), the constraints (the human geography aspect that contain capability, coupling and authority constraints) (Hagerstrand, 1970; Neutens et al,2008), and the resources (the external aspects such as money, the built environment conditions, and the access to the various transportation mode) (Dharmowijoyo, 2016).

Each individual has different constraints, needs and resources so the time-space paths is different for each individual. Hagerstrand (1970) described some constraints that may affect people in participating in activities which are capability, coupling and authority constraint and the interaction of these constraints will shape the daily time-space prism. Capability constraints speak for limitation of people's capacity or ability

to play out specific activities. Coupling constraints tells about the limitation of people's decisions in view of the need of being at the same area in the meantime to meet different people or materials. Authority constraints shows the time-space confinements that are forced by experts who have control over any given person.

In consideration of health, capability constraints are defined as individual's incapability to relate with physical needs and limitations in performing activities hence health is part of capability constraint. According to WHO, "health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". Health conditions revealed another constraint that missed to be captured by conventional spatiotemporal variables (Dharmowijoyo, 2020). This dimensions of individual constraint are not only physical where human is physically unable to fulfil their needs but also social and mental health which contribute to people activity-patterns.

The social and mental health is influenced by various spatiotemporal variables within activity-travel patterns. Van Der Berg et al., (2017) mentioned that, previous study has mainly focussed on the more objective measures of social activity-travel behaviour such as social network size and social activity-travel frequency and studies in subjective quality of social interactions has rarely been addressed. Current studies include some interaction on activity-travel patterns on social and mental health. These interaction is geographical features (Zhang, 2013; Dharmowijoyo, 2020), activity patterns (Zhang, 2013; Van Der Berg et al., 2017; Dharmowijoyo, 2020) and travel patterns (Van Der Berg et. Al., 2017; Dharmowijoyo, 2020) where these interactions are assumed to affect one's social and mental health (Dharmowijoyo, 2020). However, there is an interaction that rarely been involve which is involvement of other person in activity-travel pattern. According to Van Der Berg et.al. (2017), the quality of social contacts influence subjective well-being, hence the presence of other person will influence the number of social interactions. For instance, individuals with children will have limited involvement in social activities and social interaction than individual without children thus interact with the time-use dimension in affecting transport-related social inclusion/exclusion and, in turn, social and mental health. That is why it is interesting to investigate the involvement of other person within activity-travel patterns on other people's social and mental health.

## **1.2 Problem Statement**

Dharmowijoyo (2016) mentioned that, how a person perceives the possibilities offered by time and space to satisfy his/her needs and desires can make a person perceive different subjective responses to various actions, such as different motorized mode shared, time-use for activities, and also different health conditions. The knowledge on daily activity participation and travel behaviour (activity-travel pattern) will help improving the design of transport network conditions and enhancing social and mental health of travellers.

Previous studies try to correlate the effect of activity-travel patterns on health condition but the study shown the effect is indirect. Some research revealed that effect of the involvement of other persons on mobility (Van Der Berg et. Al., 2017) and well-being. It is expected that the effect of other persons within activity-travel patterns might correlate with social and mental health conditions. Therefore, this study investigate how is social and mental health conditions of people affected by involvement of other person after including geographical limitation, travel patterns and activity patterns.

## **1.3 Objectives**

The main objective of this research are:

1. To determine bivariate analysis between multiple variables such as geographical, travel patterns and activity patterns on social and mental health
2. To determine bivariate analysis between the effect of the involvement of other persons within activity-travel patterns on social and mental health

## **1.4 Scope of Study**

This paper addresses the involvement of other persons, whether it can affect the social and mental health of individuals. Involvement of other person can limit the social interaction of a person, reducing social inclusion and social and mental health.

Scope of study also comprises the interactions of geographical features, activity pattern and travel pattern on social and mental health. It is expected that the provision of dedicated public transport system would correlate with better transport-related social inclusion and social health. More physical demand transport mode such as walking and cycling, as well as the provision of denser public services will lead to more inclusive access to transport and, ultimately social and mental health.

## **CHAPTER 2**

### **2.0 LITERATURE REVIEW**

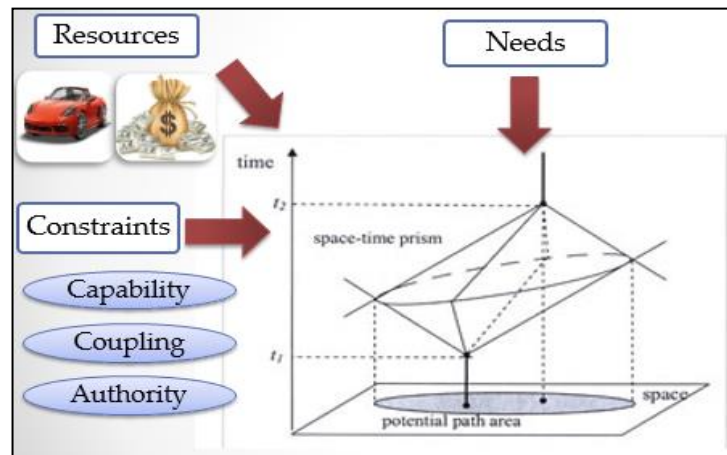
#### **2.1 Time-space Prism**

Human behaviour is very complex and rapid expansion of studies and theory are developed to focus on how people allocate their time within different activities while dealing with the time constraint and space in participating in the activities. In conjunction of this literature, Hagerstrand introduced time geography framework or time-space prisms that suggest activity participation has both temporal and spatial attributes (Hagerstrand,1970; Fox, 1965; Miller, 2003; Neutens et. Al., 2010; Miller 2017). This theory is used in analysing human movement and activities in space and time. Each individual has different personal (such as age, gender and employment type) and social identities (such as a household member, a company and in a certain community) resulting in different needs and constraints between individuals (Dharmowijoyo, 2016). The difference in personal and social identities shows how individual interact with other individuals or material within the constraints on choice imposed by economic, cultural factor, temporal and the nature of space itself. Moreover, resources also are required in involving with certain activity in order to fulfil individual's need and desires. The resources (such as money and vehicle) provides more opportunity for individual to participate in activities or trip. For instance, person with a car will have more activities in wider space than person without one as the car can travel farther while maintaining the time budget for travel. This explains how the theory put an individual in geographic system with different land configuration and distance between locations influence individual's activity-travel behaviour (Dharmowijoyo, 2016) in which an individual performing activities at certain time with given time duration (Hagerstrand, 1970)

According to Fox (1995), the time geography approach has factors that constrict an individual's freedom to move and occupy certain time and certain location which Hagerstrand (1970) identifies as capability, coupling and authority constraints. Capability constraints speak for the limitation that individual can participate in activities that requires individual to meet physiological needs such as eating and sleep

or limit the distance that individual can travel in given time space by having to work for example. Coupling constraints tells about the individual need to join other or involvement other person, at specific time and place such as sending kids to school or having a meeting. Authority constraints shows that the space-time confinements are controlled by person with his given power or rule such as the host of a house can determine who can enter the house. These constraints associate with people's needs within a time and space scale. Therefore, the needs-constraint interactions within time and space would shape the different path and prism of an individual and can describe day-to-day activity-travel behaviour.

Figure 1 Hagerstrand's Time-Space Prism



## 2.2 Health as Part of Capability Constraint

As defined by World Health Organization (WHO), health is not only related with disease or infirmity but also related with mental and social health. Mental and social health refers to an individual's emotional, social and psychological well-being and it is a fundamental for individual to live a full life and active lifestyle. In term of time-space prism point of view, health variables are found to shape people activity-travel participation where it contributes to people's activity-travel pattern (Zhang, 2013; Dharmowijoyo, 2016). As mentioned by Hagerstrand (1970), capability constraint speaks for limitation of people's capacity or ability to play out specific activities hence in conjunction with health definition by WHO, health can be hypothesized as capability constraints.

Health conditions revealed another constraint that missed to be captured by conventional spatiotemporal variables. This dimensions of individual constraint are not only physical where human is physically unable to fulfil their needs but also social and mental health. Dharmowijoyo et. al. (2020) mentioned that, people with specific limitation (social and mental health) will also have different activity-travel pattern. The constraints, need and resources will be different from day-to-day and this differences will shape individual's time-space prism or activity-travel participation on daily basis which can be used to explain activity-travel pattern and in turn, social and mental health.

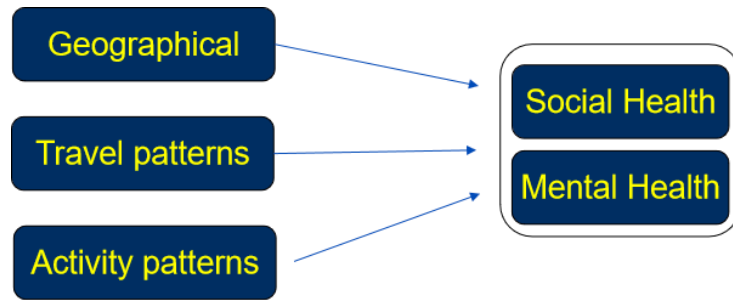
Health and travel are interlinked at many levels. However, Van Wee and Ettema (2016) and Zhang (2013), mentioned that the influence of activity-travel participations does not directly influencing the health variables. There are some intermediate variables that intermediate the influence of activity-travel participation variables on health parameters. Physical intensities, social intensities, active transport and the affective measurement of each activity might intermediate the influence of activity-travel participations on health parameters. Travel influence subjective well-being via exposure to physical and social environment or participate in out-of-home activities that satisfy one's needs such as social interaction (Van Wee and Ettema, 2016). Therefore, it can be concluded that social and mental health is influenced by activity-travel pattern.

### **2.3 Activity-travel patterns that influencing social and mental health**

Social and mental health is influenced by various variables within activity-travel patterns. Previous study has mainly focussed on the more objective measures of social activity-travel behaviour and however, according to Van Der Berg et al (2017), studies in subjective quality of social interactions has rarely been address. Social activities are important aspect of individual's quality of life and well-being (Van Der Berg et. al., 2017) so planners and policy makers tries to improve quality of life as well as well-being of humans. Existing study on activity-travel pattern on social and mental health condition revealed that the interaction between geographical features, activity patterns and travel patterns (Zhang, 2013; Dharmowijoyo et. al., 2020; Van Der Berg et. al., 2017) have influence on subjective well-being.



Figure 2 Shows Current Study On Interaction of Activity-Travel Patterns That Influencing Social and Mental Health

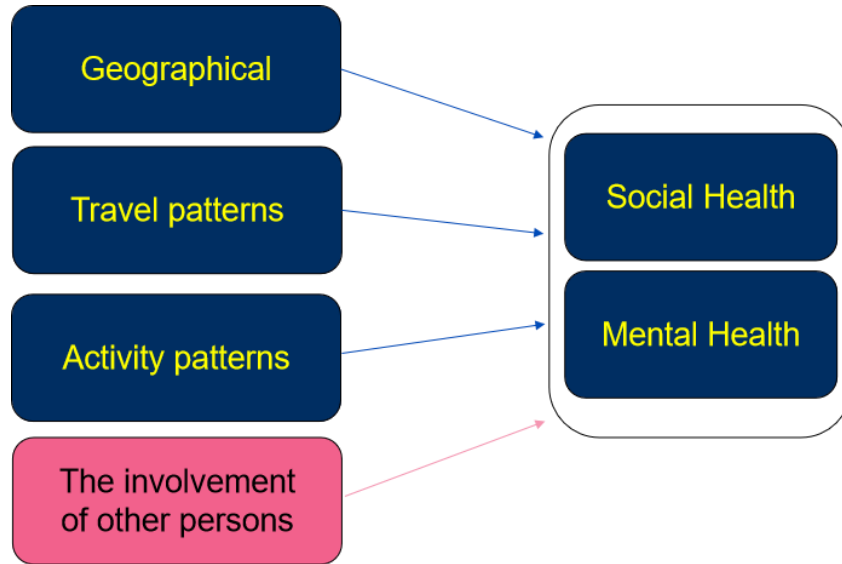


Research suggests that geographical feature, distance and accessibility influence social interaction hence affect the quality of life and well-being. Zhang (2013), Van Der Berg et. al. (2017) and Dharmowijoyo et. al. (2020) agrees that the good walkability area and access to public amenities has more access to social networks and performing social activities that can improve social health. In other word, the good walkability neighbourhood not only improves physical health but also increase the chances to have interactions with other person and increases the number of social interactions. Moreover, ability to access public amenities such as parks can contribute to reduction of being alone especially in today’s environment. While for activity pattern, it is determined that some activity such as health promotion activities and lifestyle habit affects social and mental health (Zhang, 2013 and Dharmowijoyo et.al., 2020). Lifestyle habit such as breakfast greatly influential to social activities thus affect the social and mental health. Lastly, travel mode choice is also influencing the health where social and transport drawbacks are described from the time-space prism perspective as the provision of resources in the social and transport aspects that can explain the exclusion process from society. These interactions are assumed to affect one’s social and mental health on a daily basis (Dharmowijoyo et. Al. 2020).

Involvement of other person also believed to affect quality of life as mention by Van Der Berg et. al. (2017), the quality of social contact influence subjective well-being thus the presence of other person will influence the number of social interactions. The involvement of other person such as children where the person with children needs to take care of his children thus limiting the social activities involve and reducing the social interaction while the person without a child can involve in many activity, increasing the social interactions and increasing social and mental health. The

interaction can affect the social inclusion or exclusion of an individual. Figure 3 shows how involvement of other person will interact within activity-travel pattern on social and mental health.

Figure 3 shows how involvement of other person within activity-travel pattern on social and mental health.

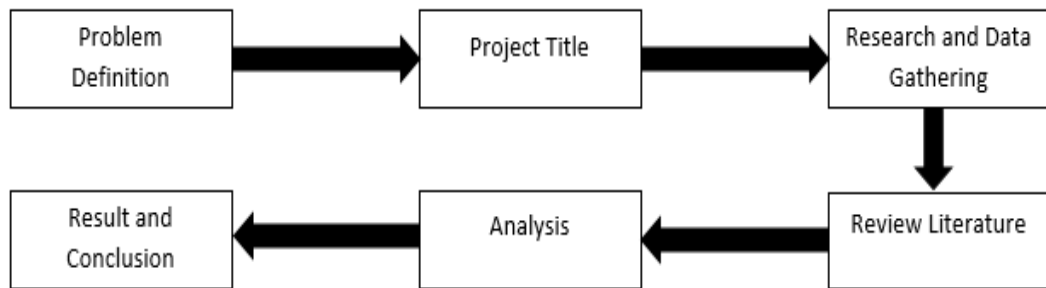


## CHAPTER 3

### 3.0 RESEARCH METHODOLOGY

#### 3.1 Project Flowchart

Figure 4 Shows The Flowchart of The Project



#### 3.2 Methods of Information Collection

Various of articles and journals have been collected and have been used for this research. All of the sources have been carefully reviewed for better understanding of the topic. To ensure that all information is reliable for review, all information is collected from trusted and verified sources.

#### 3.3 Research Methodology

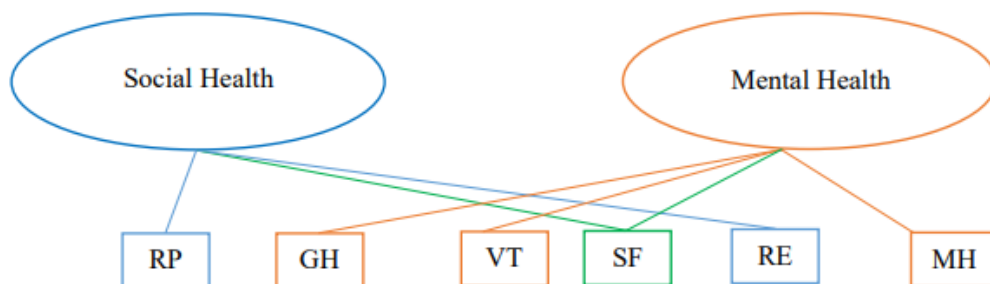
if. Data Collection

This research will be studying how is transport and health condition of people affected by the involvement of other person, after including geographical limitations, travel patterns and activity pattern using the datasets that have been collected from previous study which is Malang Greater Area (MGA) 2019 dataset. The data is collected for 5 consecutive weekdays and it has numerical information combined with other multidimensional information on the time used and activities participation related with this research which is household information, and health performance. There were two household information conducted in the survey, first was for capturing

basic socio-demographic and household information (gender, age, income, household size, dependent child, built environment, travel behaviour), second was for recording physical activities and health performance regarding social and mental health.

From the dataset, it contained health-related Quality of Life (QoL) and their influencing factor which all eight subscales in Short-Form 36 (SF-36) are being used to analyse involvement of other person, travel patterns, geographical features and lifestyle habits with health-related QoL (Zhang, 2013).

Figure 5 Health-related QoL with two factor structure by Zhang (2013)



The activity-travel patterns are categorised into several group which is mandatory where the activity is fixed and hard to be reschedule, discrete where activity have higher degree of tolerance, maintenance activity which undertaken needs and desire of individuals, leisure activities and also multitasking activity. The category of data of MGA 2019 is shown in more detail in Table 1 below.

- |  |
|--|
| <ul style="list-style-type: none"> <li>○ Discretionary In-home</li> <li>○ Discretionary Out-home</li> <li>○ Mandatory In-home</li> <li>○ Mandatory Out-home</li> <li>○ Online Resting In-home</li> <li>○ Offline Resting Out-home</li> </ul> |
|--|

Table 1 Model Classification

ii. Data Input and Interpretation

After the required data have been extracted from MGA, it will be transferred into computer using Microsoft Excel which then will be analysed. It is important to have the right data in order to produce good result.

Figure 6 Data Input in Microsoft Excel

Name	NO	Partis	MH	Day	Day_Code	Gender	Age	Ageclass	Age_below22	Age23_45	Age46_55	Age_Above_56	Dependen	HH
1 Sarimin	1	-083	-287	Monday	1	1	50	3	0	0	0	0	0	6
2 Sarimin	1	-083	-287	Tuesday	2	1	50	3	0	0	0	0	0	6
3 Sarimin	1	-083	-287	Wednesday	3	1	50	3	0	0	0	0	0	6
4 Sarimin	1	-083	-287	Thursday	4	1	50	3	0	0	0	0	0	6
5 Sarimin	1	-083	-287	Friday	5	1	50	3	0	0	0	0	0	6
6 Gini	2	-083	-287	Monday	1	0	40	2	0	0	0	0	0	6
7 Gini	2	-083	-287	Tuesday	2	0	40	2	0	0	0	0	0	6
8 Gini	2	-083	-287	Wednesday	3	0	40	2	0	0	0	0	0	6
9 Gini	2	-083	-287	Thursday	4	0	40	2	0	0	0	0	0	6
10 Gini	2	-083	-287	Friday	5	0	40	2	0	0	0	0	0	6

After inputting the data, it then will be interpreted to give better understanding and wide picture of the research. The data then will be interpreted using SPSS software

Figure 7 Data input in SPSS software

Name	NO	Partis	MH	Day	Day_Code	Gender	Age	Ageclass	Age_below22	Age23_45	Age46_55	Age_Above_56	Dependen	HH
1 Sarimin	1	-3.03000000000000	-2.87000000000000	Monday	1	1	50	3	0	0	0	0	0	6
2 Sarimin	1	-3.03000000000000	-2.87000000000000	Tuesday	2	1	50	3	0	0	0	0	0	6
3 Sarimin	1	-3.03000000000000	-2.87000000000000	Wednesday	3	1	50	3	0	0	0	0	0	6
4 Sarimin	1	-3.03000000000000	-2.87000000000000	Thursday	4	1	50	3	0	0	0	0	0	6
5 Sarimin	1	-3.03000000000000	-2.87000000000000	Friday	5	1	50	3	0	0	0	0	0	6
6 Gini	2	-3.03000000000000	-2.87000000000000	Monday	1	0	40	2	0	0	0	0	0	6
7 Gini	2	-3.03000000000000	-2.87000000000000	Tuesday	2	0	40	2	0	0	0	0	0	6
8 Gini	2	-3.03000000000000	-2.87000000000000	Wednesday	3	0	40	2	0	0	0	0	0	6
9 Gini	2	-3.03000000000000	-2.87000000000000	Thursday	4	0	40	2	0	0	0	0	0	6
10 Gini	2	-3.03000000000000	-2.87000000000000	Friday	5	0	40	2	0	0	0	0	0	6

ii. Data Analysis

The Statistical Package for the Social Scientist (SPSS) software will be use to analyse all the data that has been interpret. SPSS software us a software for statistical analysis, data management and documentation which is used widely in social science. It can explore the interaction of individual’s activity-travel pattern on social and mental

health. The result is then can be created in graphical presentations of questionnaire data that can be used for various function such as reporting or presentations. In this research, to further analyse the influence of activity-travel pattern on social and mental health, bivariate analysis will be used. Bivariate analysis is the simplest form of quantitative analysis involving two variables (dependent and independent) to determine the empirical relationship between them. in this study, the dependent variables will be the activity-travel pattern including involvement of other person while the independent variable will be the p value of social and mental health. The equation involve is:

$Y = a + bX$  , where Y is dependent variable and X in independent variable

## CHAPTER 4

### 4.0 RESULTS AND DISCUSSION

#### 4.1 Summary of MGA dataset

Table 2 Sample of Malang Greater Area dataset

Variables	Percentage / Mean
<b>Gender</b>	
Male	48.9%
Female	51.1%
<b>Respondent Occupation</b>	
Student	27.3%
Worker	44.0%
Unemployed	28.6%
<b>Age</b>	
Below 22 Years Old	27.6%
23 – 45 Years Old	51.5%
46 – 55 Years Old	13.8%
Above 56 Years Old	7.2%
<b>Household</b>	
Number of Household Members	4.56
Dependent Child Per Household	0.10
<b>Income</b>	
Lower Income	74.5%
Middle Income	18.3%
High Income	7.2%
<b>Health</b>	
Social Health	0.008%
Mental Health	-0.058%

#### 4.2 Descriptive Analysis

##### i. Activity Pattern

The data were analysed from the survey by plotting the graph of time spent on various behaviours toward social and mental wellbeing. Figure 16 shows the time used for out of home, in home mandatory activities, in home online resting, out home offline resting, in home online resting and out home online resting for individual with low

social health and high social health. The analysis of activity-travel pattern on social health shows that the time spent for in home mandatory activity such as sleeping or eating is fairly the same for both low and high social health which indicates that the activity does not have high impact on social health. The statement is also applicable to out of home offline resting (recreation/eating outside) and out of home online resting (browsing/social media) as their average time spent is nearly the same with each other.

As for in home online resting (browsing/social media) and in home offline resting (watching television/reading), it shows that each of the activity has significant difference on the average time spent of low and high social health where the time spent for high social health activities is higher than low social health activities. The most noticeably cause of the differences is individuals will spend more time doing the activities that have a positive impact of their social health, which in turn will have an impact in daily activity pattern.

Out home mandatory activity however is different than other activities as individuals have spent more time doing activity that have negative impact on their social health. It is because the out home mandatory activity such as working will limit the social interaction as an individual spent one-third of their day in the office resulting in low social health.

Figure 8 Day-to-day individual’s activity pattern on Social Health

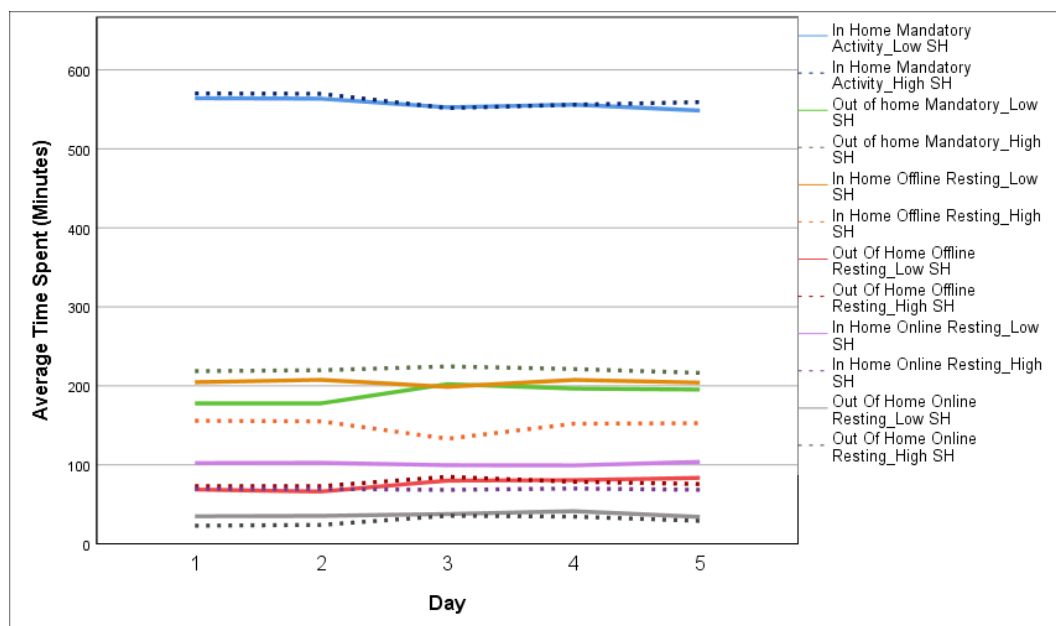
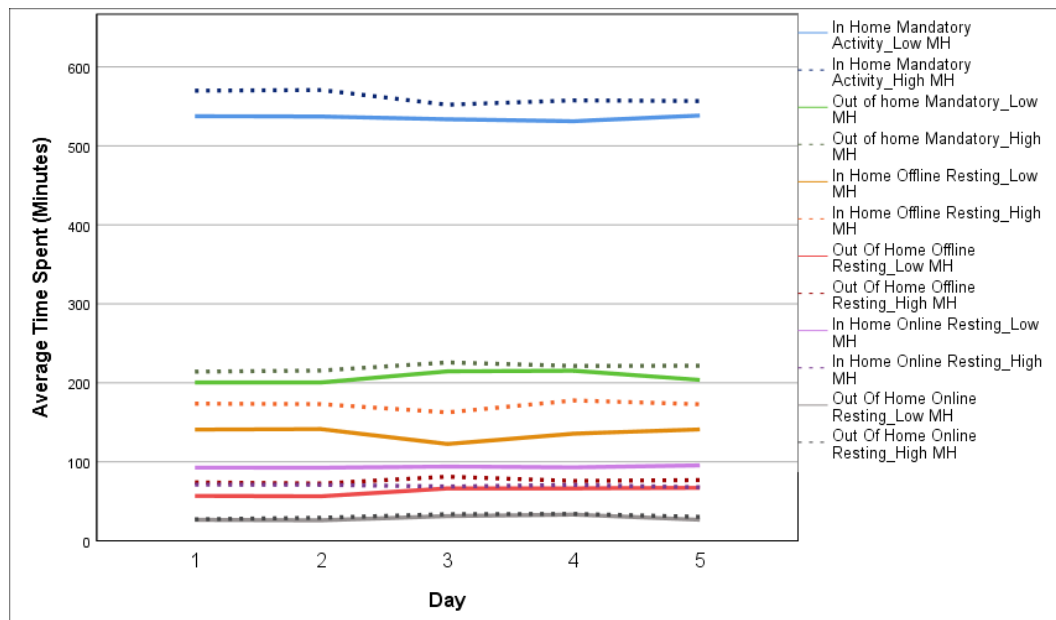




Figure 17 shows the different between average time spent for activities with low and high mental health. It shows that for in home mandatory activity, out of home mandatory activity, in home offline resting and out home offline resting has the same pattern; individual spent more time on activities which has high mental health. This is because individuals tend to do more activities which with or without their consciousness will effect mental health. For instance, having more time reading or watching television will help improve psychology than sleeping.

The out of home online resting has no significant in mental health as the graph shows that the average time spent for both low and high mental health is nearly the same.

Figure 9 Day-to-day individual's activity pattern on Mental Health



ii. Involvement of Other Person

Social Health

Figure 10 Involvement of other persons during IH Offline Resting on social health

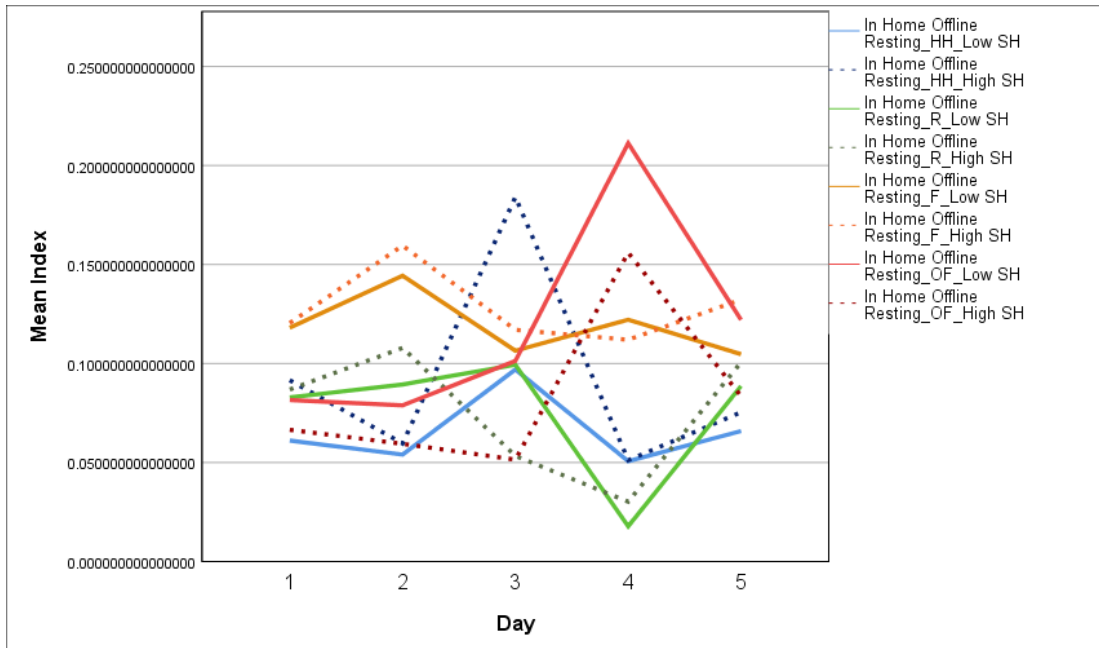


Figure 11 Involvement of other persons during OH Offline Resting on social health

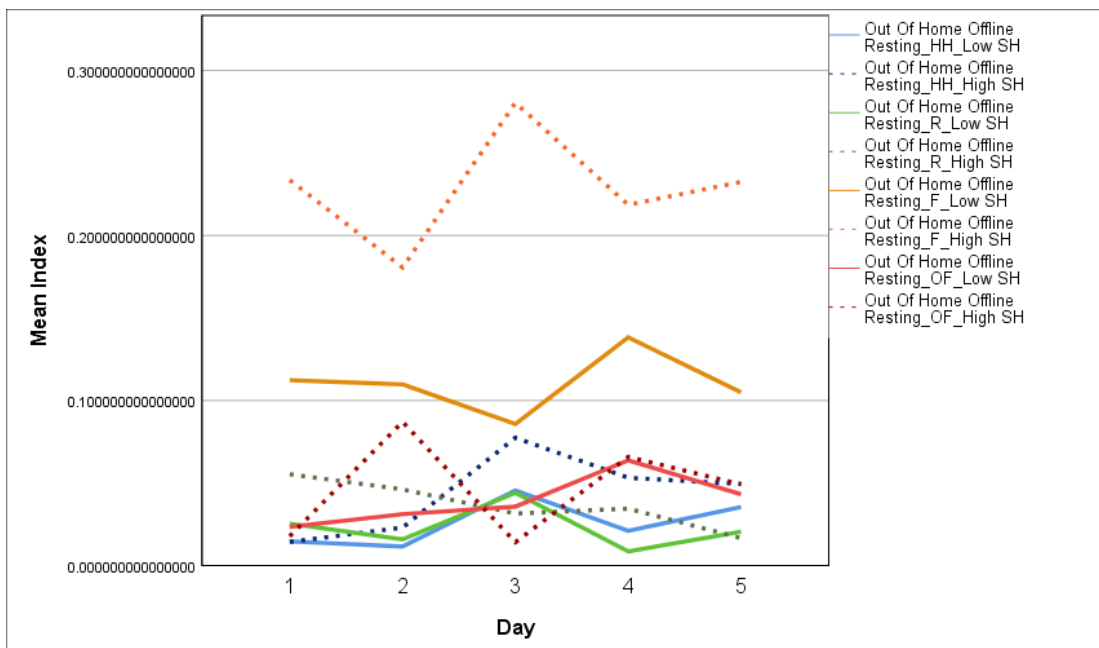


Figure 12 Involvement of other persons during IH Online Resting on social health

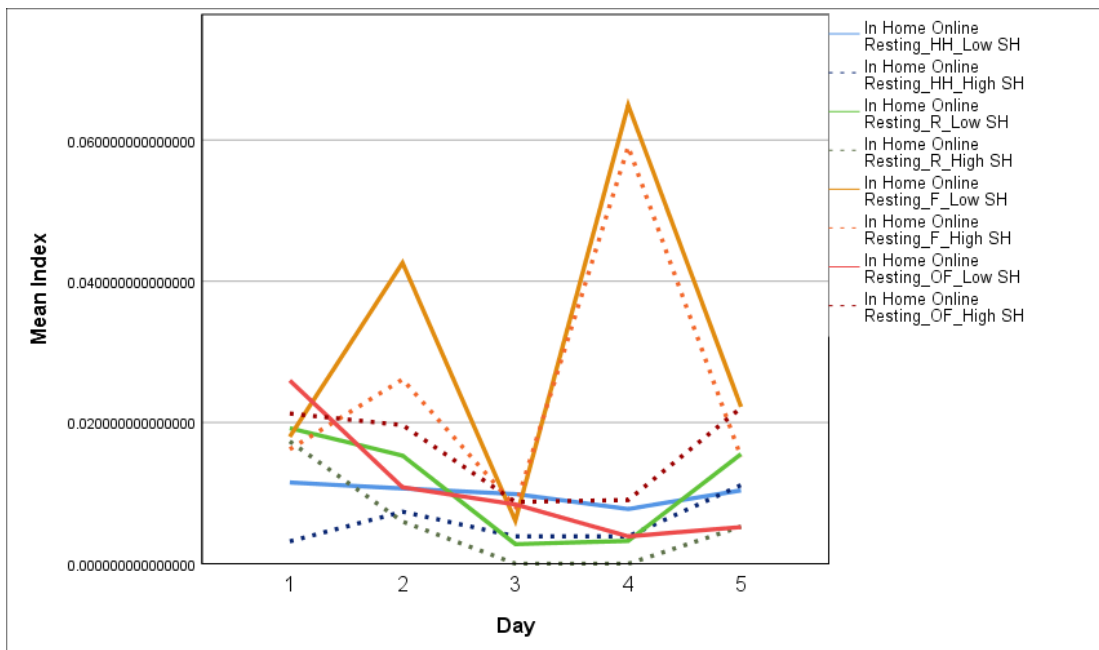


Figure 13 Involvement of other persons during IH Online Resting on social health

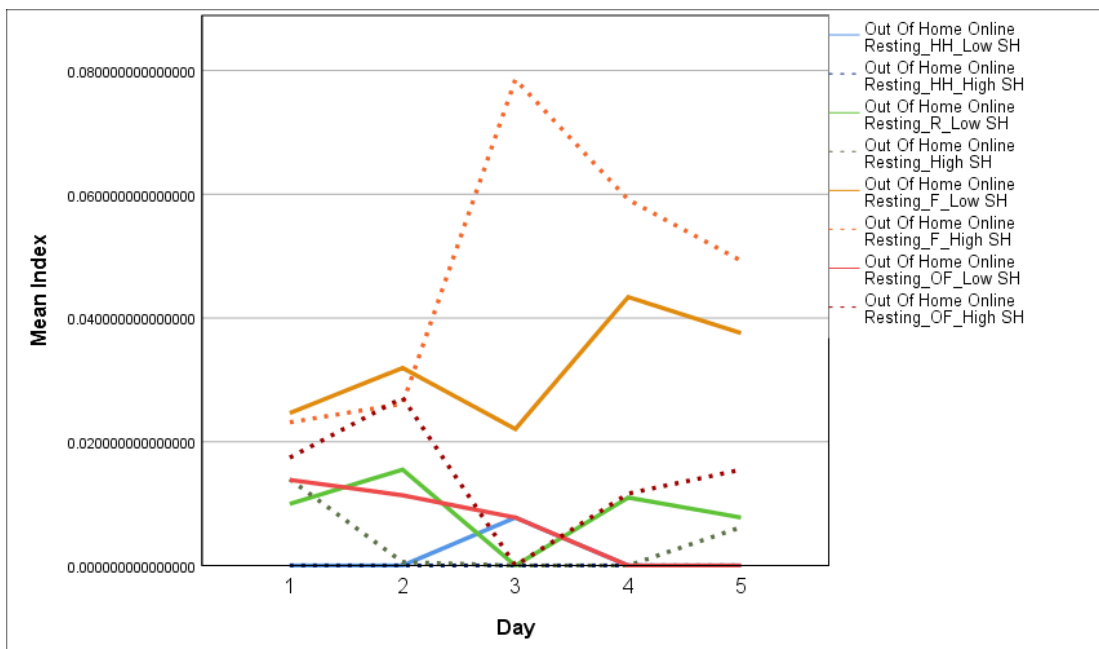


Figure 14 Involvement of other persons during IH Mandatory on social health

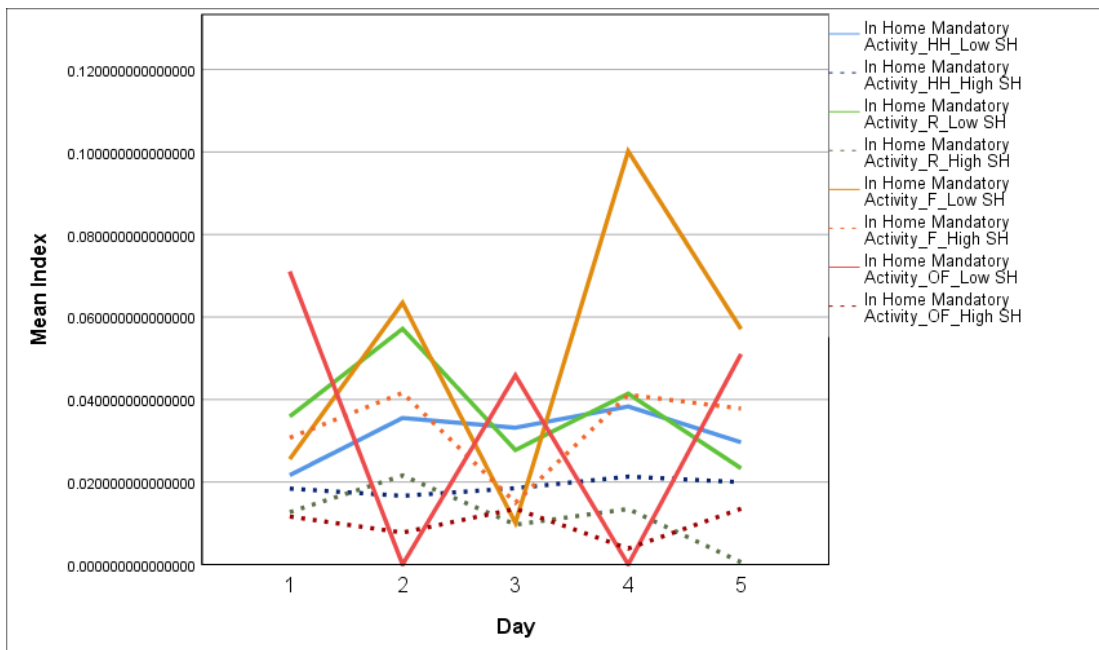
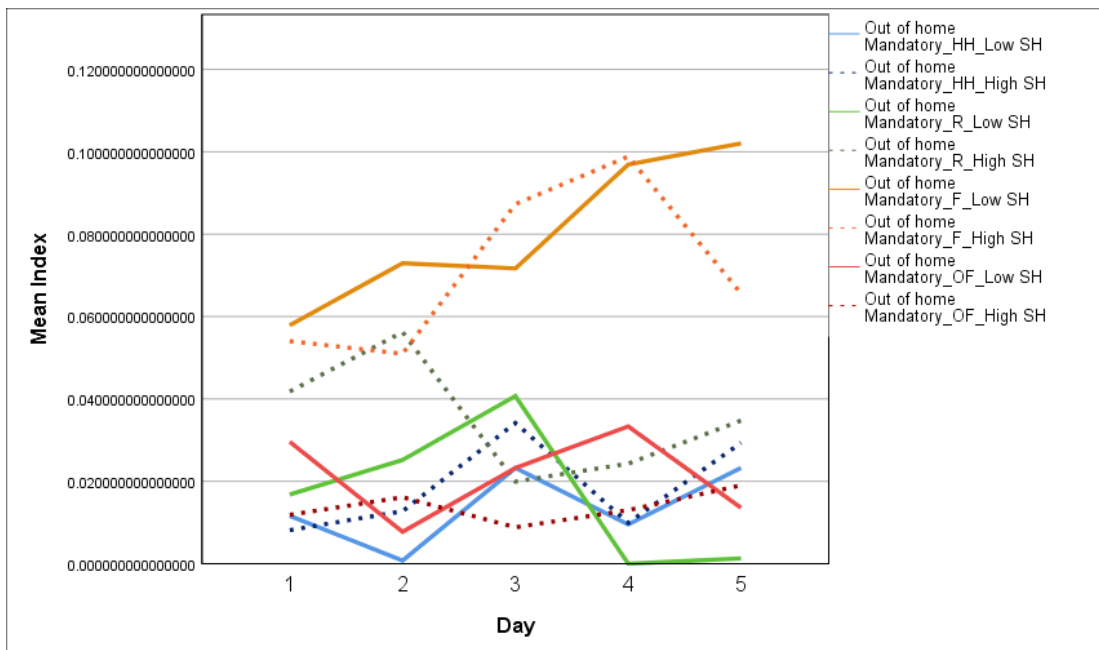


Figure 15 Involvement of other persons during OH Mandatory on social health



## Mental Health

Figure 16 Involvement of other persons during IH Offline Resting on mental health

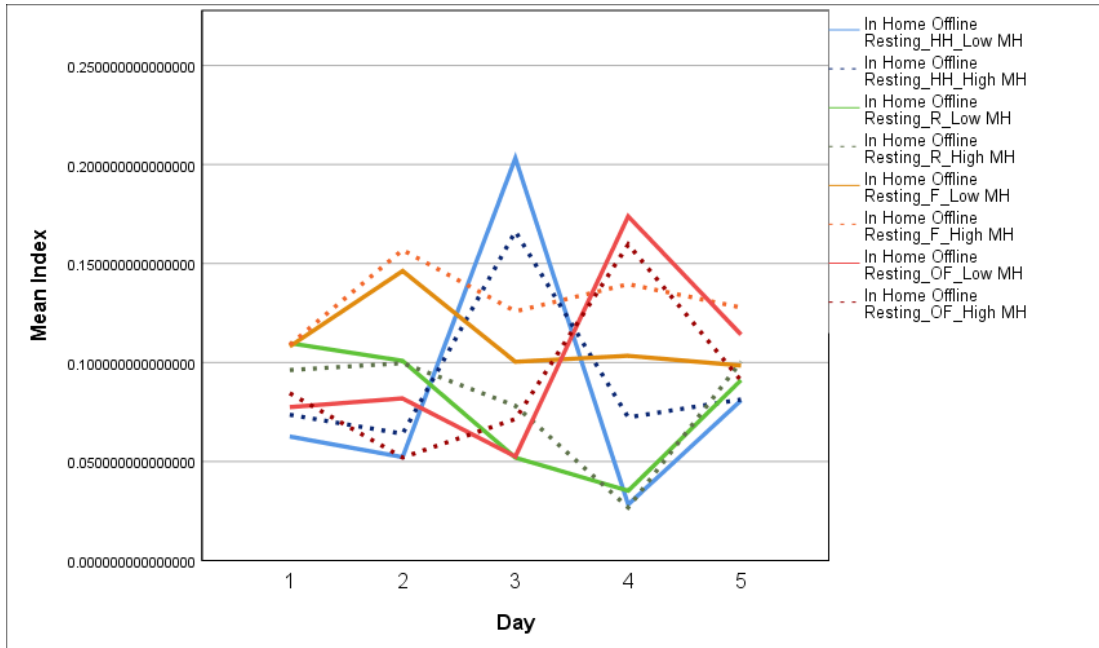


Figure 17 Involvement of other persons during OH Offline Resting on mental health

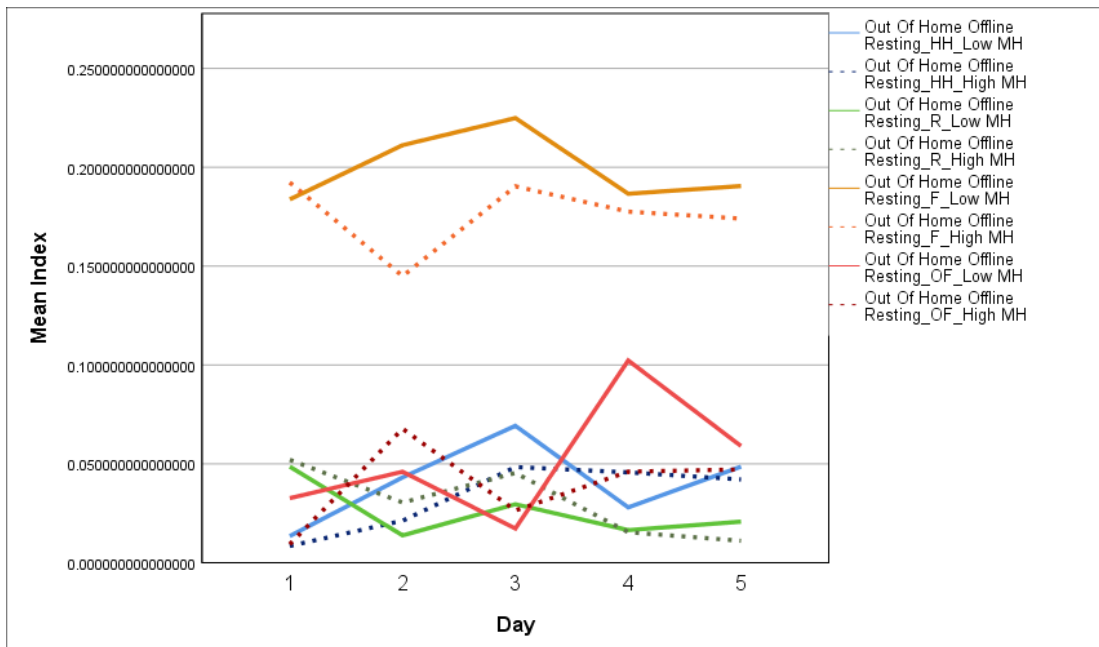


Figure 18 Involvement of other persons during IH Online Resting on mental health

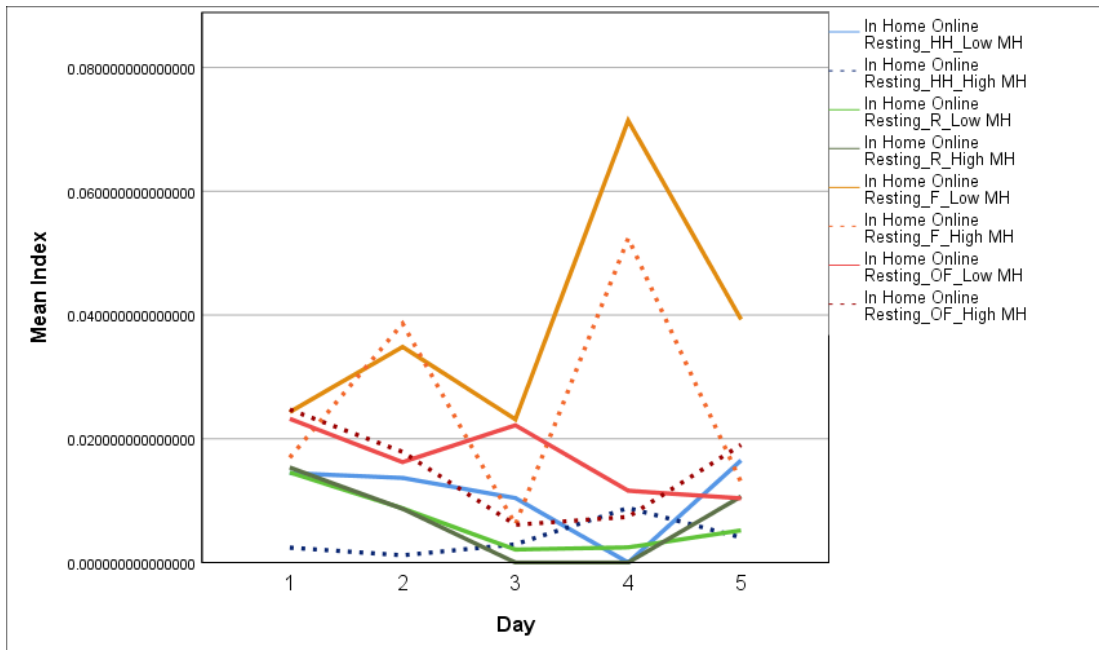


Figure 19 Involvement of other persons during OH Online Resting on mental health

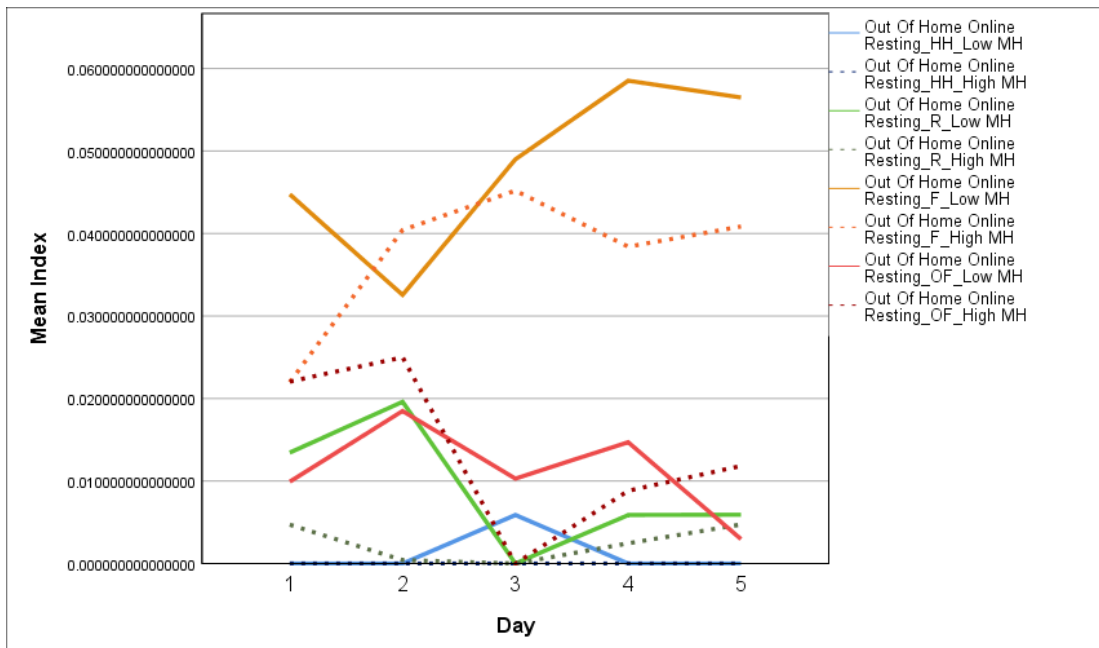


Figure 20 Involvement of other persons during IH Mandatory on mental health

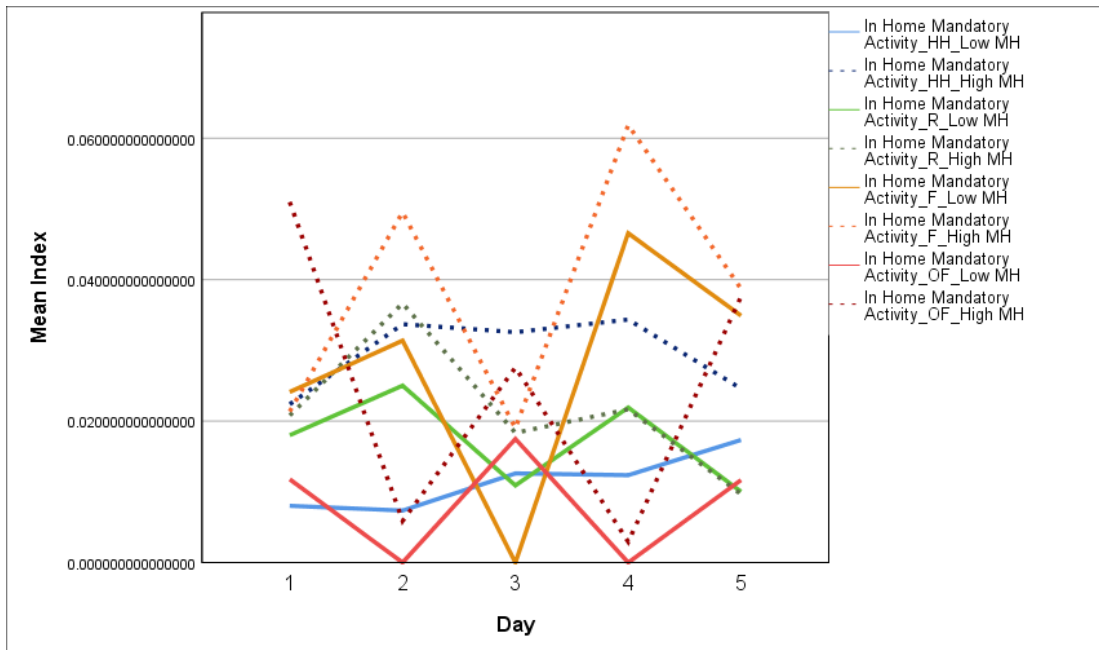
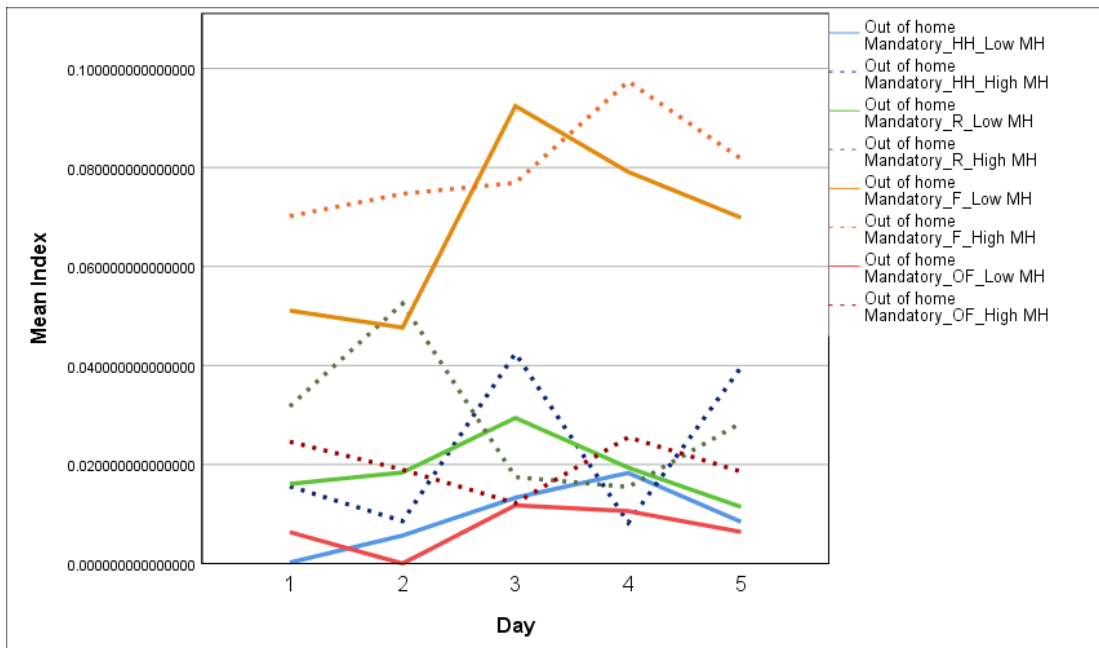


Figure 21 Involvement of other persons during OH Mandatory on mental health



As for the involvement of other person, Figure 10 to Figure 15 shows the mean index of involvement of other person within same activities with respect to social health while Figure 16 to Figure 21 shows for the mental health.

For social health, Figure 10, Figure 12, Figure 14 and Figure 15 shows that the different in high and low social health mean index between the person involved during the activity is fairly the same. This indicates that the involvement of other person during conducting this activity does not influence one's social health. For example, the involvement of relative during reading which is in home online resting category will not effect the social health as the social interaction cannot be made during reading. However, Figure 11 and Figure 13 shows that the out of home offline resting and in home online resting with the involvement of friend has a significant effect on social and mental health than household, relative and online friend.

Next is mental health which the difference between high and low mean index of mental health is nearly the same for all person involved in out of home mandatory, in home online resting, in home offline resting and out of home offline resting activities. However, Figure 19 and Figure 20 shows that there is a significant different of in home mandatory activity with online friend and out of home online resting activity with friend which has an effects on individual's mental health.

### **4.3 Sociodemographic**

Sociodemographic variable has important role in understanding the social and mental health in this study. Crucially, people with more time working will have lower mental health than unemployed individual. However, working individual will have more financial well-being will increase mental health and also increase social inclusion at workplace. Based on Figure 13, as expected, the longer time spent in home and the minimum exposure with socialization reduces the social and mental health. It shows how sociodemographic variables will affect the social and mental health condition of an individual.



Figure 22 Sociodemographic effect on social and mental health

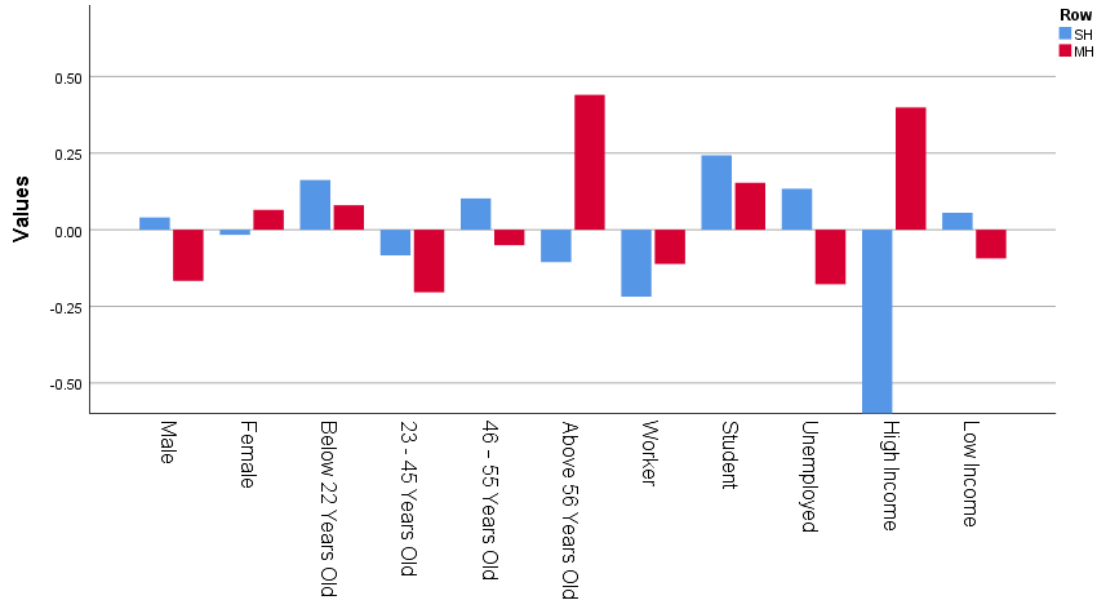


Table 3 Average of social and mental health by socio-demographic variables

	Gender		Age Class				Occupation			Income	
	Male	Female	Below 22 Years Old	23 - 45 Years Old	46 - 55 Years Old	Above 56 Years Old	Worker	Student	Unemployed	High Income	Low Income
	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean
SH	0.04	-0.02	0.16	-0.08	0.10	-0.11	-0.22	0.24	0.13	-0.60	0.06
MH	-0.17	0.06	0.08	-0.20	-0.05	0.44	-0.11	0.15	-0.18	0.40	-0.09

## 4.4 Model Estimation Result

Table 4 Model estimation result

Characteristics	Social Health		Mental Health	
	P-value (Sig.)	T-Stat	P-value (Sig.)	T-Stat
<b>Gender (Compared to male)</b>				
Female	0.52	0.62	0.06	-1.87
<b>Age (Compared to 23-45)</b>				
Below 22	<b>0.01</b>	2.35	<b>0.04</b>	1.97
46 – 55	0.18	-1.31	0.41	-0.81
Above 56	0.89	0.12	<b>0.00</b>	-2.71
<b>Occupation (Compare to Non-worker)</b>				
Student	<b>0.01</b>	0.34	0.47	0.93
Worker	<b>0.01</b>	-1.42	0.37	0.25
<b>Income (Compare to low income)</b>				
High Income	<b>0.00</b>	3.75	<b>0.04</b>	-2.05
<b>Average variability on household involvement</b>				
In home mandatory	<b>0.04</b>		<b>0.00</b>	
Out home mandatory	0.13		0.09	
In home discretionary	0.13		0.05	
Out home discretionary	0.17		0.21	
In home online resting	0.33		0.13	
Out home online resting	0.23		0.09	

<b>Average variability on relative involvement</b>				
<b>In home mandatory</b>	<b>0.00</b>		0.32	
<b>Out home mandatory</b>	0.18		0.15	
<b>In home discretionary</b>	0.28		0.05	
<b>Out home discretionary</b>	0.19		0.14	
<b>In home online resting</b>	0.07		0.39	
<b>Out home online resting</b>	0.05		0.29	
<b>Average variability on friend involvement</b>				
<b>In home mandatory</b>	<b>0.00</b>		0.16	
<b>Out home mandatory</b>	<b>0.03</b>		0.25	
<b>In home discretionary</b>	0.14		0.48	
<b>Out home discretionary</b>	<b>0.00</b>		0.21	
<b>In home online resting</b>	0.07		0.17	
<b>Out home online resting</b>	0.38		<b>0.02</b>	
<b>Average variability on online friend involvement</b>				
<b>In home mandatory</b>	<b>0.00</b>		<b>0.00</b>	
<b>Out home mandatory</b>	0.08		0.15	
<b>In home discretionary</b>	<b>0.00</b>		0.20	
<b>Out home discretionary</b>	0.22		<b>0.00</b>	
<b>In home online resting</b>	0.17		0.24	
<b>Out home online resting</b>	0.06		0.13	

\*Coefficient less than 0.05 is significant

From the table, the T-stats shows whether compared group has a higher mean social and mental health than the control group. This value can be used to show the difference in average between group. For example, we can see that in the Income Variable, the T-stats for high income is -2.056 compared to low income in mental health condition. This shows that the mean mental health for high income is lower than low income.

Next is coefficient or P-value which shows the significance of the data. The groups that have coefficient less than 0.05 means that it is statistically significant data and may affect the dependant variable which is social and mental health.

#### **4.5 Social Health**

According to the findings, both worker and non-workers have poor social wellbeing. This could be due to workers concentrating on their own jobs and not socialising with others, and for non-workers, it could be due to people staying at home. Individuals from low-income families, on the other hand, suffer from poor social health. This is due to their limited resources, which hinder their ability to travel, such as when people want to meet up with friends and family to socialise. They will almost certainly struggle to pay the transportation fees (e.g., fuel money, ticket price) that are imposed on them.

#### **4.6 Mental Health**

From the table, it is observed that young individuals aged 22 and below has a high mental health compare to other age group. This shows that the life as an adult affect the mental health as younger person does not have much responsibility. As for the income group, it is observed that low income household will have high mental health as they have much time to do their own activities.

## **CHAPTER 5**

### **5.0 CONCLUSION**

In conclusion, this project aims to successfully determine bivariate analysis between multiple variables such as geographical, travel patterns and activity patterns on social and mental health. Besides that, the study successfully determined bivariate analysis between the effect of the involvement of other persons within activity-travel patterns on social and mental health. It is proven that the socio-demographic factor such as household income, age and gender has significance effect to social and mental health. The results also show daily activity-travel behaviour of each individual that influences their social and mental health.

In future work, more knowledge, collecting more papers related to subjects, reviewing previous researches, and data are required for future research projects, with a focus on the main point of the study to perform comprehensive analysis in order to investigate the influence of activity-travel actions, activity participation and the involvement of other person

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## APPENDICES

### SURVEI RUMAH TANGGA 2-AKTIVITAS FISIK

#### *(HOUSEHOLD SURVEY-PHYSICAL ACTIVITY)*

Survey ini akan mempertanyakan aktivitas fisik dan sosial individu, serta komunikasi dalam keluarga (rumah tangga), perilaku/gaya hidup dan kualitas hidup.

Dalam proses survey ini, Anda akan didampingi/dibantu oleh surveyor, sehingga Anda dapat dengan mudah menjawab setiap pertanyaan. Jawablah setiap pertanyaan pada kolom jawab yang disediakan. Terimakasih untuk keikutsertaan Anda dalam survey ini.

<b>Nama Kepala Keluarga (KK)</b>	:	
<b>Alamat Rumah</b>	:	
<b>Kelurahan, Kecamatan, Wilayah Pengembangan, Kota</b>	:	
<b>Nomor KK</b>	:	
<b>Tanggal Survei</b>	:	
<b>Nama Surveyor</b>	:	



**A. AKTIVITAS FISIK**

1. Tolong sebutkan berat dan tinggi badan Anda!.....kg.....cm

1.1 Untuk seluruh anggota keluarga dalam rumah tangga Anda, tolong sebutkan berat dan tinggi badannya! (*Urutan nama anggota keluarga disesuaikan dengan pertanyaan pada kuesioner Rumah Tangga-1*)

*Contoh:*

No	Kode	Nama	Berat	Tinggi
1	1	<i>Nur Eny F</i>	62 kg	165 cm
2	2	<i>Hasan</i>	12 kg	110 cm
3	2	<i>Husein</i>	5 kg	60 cm
4	8	<i>Masa'di</i>	40 kg	150 cm

No		Nama	Berat	Tinggi
1			.....kg	.....cm
2			.....kg	.....cm
3			.....kg	.....cm
4			.....kg	.....cm



2. Apakah Anda memiliki pekerjaan atau kegiatan sukarela (tidak dibayar) di luar rumah? (Jawaban A-B)

Contoh: Apakah Anda memiliki pekerjaan atau kegiatan sukarela (tidak dibayar) di luar rumah? (Jawaban A-B)

A

Jika responden menjawab "TIDAK", lanjut ke pertanyaan nomor 9)

- A. 1.Ya
- B. 2.Tidak

2.1 Untuk seluruh anggota keluarga dalam rumah tangga Anda, apakah mereka memiliki pekerjaan atau kegiatan sukarela (tidak dibayar) di luar rumah? (Urutan nama anggota keluarga disesuaikan dengan pertanyaan pada kuesioner Rumah Tangga-1)

Contoh:

No	Kode	Nama	Pekerjaan atau kegiatan sukarela
1	1	Nur Eny F	B

No	Kode	Nama	Pekerjaan atau kegiatan sukarela
1			
2			
3			
4			

3. Aktivitas Berat

3.1 Selama 7 hari yang lalu, berapa hari dalam 1 minggu anda melakukan aktivitas berat (mengangkat beban berat, menaiki tangga, dll) sebagai bagian dari pekerjaan Anda?..... hari per minggu

3.2 Selain itu, berapa lama (waktu) Anda terbiasa meluangkan waktu dalam satu hari untuk melakukan aktivitas fisik berat sebagai bagian dari pekerjaan Anda?

(Jawaban: A-I)

- A. 0 s.d 30 menit/hari
- B. 30 s.d 60 menit/hari
- C. 60 s.d 90 menit/hari
- D. 90 s.d 120 menit/hari
- E. 120 s.d 150 menit/hari
- F. 150 s.d 180 menit/hari
- G. 180 s.d 210 menit/hari
- H. 210 s.d 240 menit/hari
- I. >240 menit/hari

3.3 Bagaimana dengan keluarga Anda? (Urutan nama anggota keluarga disesuaikan dengan pertanyaan pada kuesioner Rumah Tangga-1)

Contoh:

No	Kode	Nama	Jumlah hari melakukan aktivitas berat	Berapa lama dalam 1 hari melakukan aktivitas berat
1	1	<i>Nur Eny F</i>	0 hari per 1 minggu	<i>A (contoh)</i>
2	2	<i>Hasan</i>	0 hari per 1 minggu	<i>A (contoh)</i>
3	2	<i>Husein</i>	0 hari per 1 minggu	<i>A (contoh)</i>
4	8	<i>Mas'Adi</i>	0 hari per 1 minggu	<i>A (contoh)</i>

No	Kode	Nama	Jumlah hari melakukan aktivitas berat	Berapa lama dalam 1 hari melakukan aktivitas berat
1			.....hari per 1 minggu	
2			.....hari per 1 minggu	
3			.....hari per 1 minggu	
4			.....hari per 1 minggu	

4. Aktivitas fisik moderat/sedang

4.1 Pikirkan kembali tentang aktivitas fisik yang Anda lakukan setidaknya selama 10 menit dalam satu waktu. Selama 7 hari yang lalu, berapa hari Anda melakukan aktivitas fisik moderat/sedang seperti membawa beban ringan, sebagai bagian dari pekerjaan Anda? (tidak termasuk “berjalan kaki”).....hari per 1 minggu

4.2 Berapa lama (waktu) Anda terbiasa meluangkan waktu dalam satu hari untuk melakukan aktivitas fisik moderat/sedang sebagai bagian dari pekerjaan Anda?

(Jawaban: A-I)

- |                           |                           |
|---------------------------|---------------------------|
| A. 10 s.d 30 menit/hari   | F. 150 s.d 180 menit/hari |
| B. 30 s.d 60 menit/hari   | G. 180 s.d 210 menit/hari |
| C. 60 s.d 90 menit/hari   | H. 210 s.d 240 menit/hari |
| D. 90 s.d 120 menit/hari  | I. >240 menit/hari        |
| E. 120 s.d 150 menit/hari |                           |

4.3 Bagaimana dengan keluarga Anda? (*Urutan nama anggota keluarga disesuaikan dengan pertanyaan pada kuesioner Rumah Tangga-1*)

No	Kode	Nama	Jumlah hari melakukan aktivitas moderat/sedang	Berapa lama dalam 1 hari melakukan aktivitas moderat/sedang
1			.....hari per 1 minggu	
2			.....hari per 1 minggu	
3			.....hari per 1 minggu	
4			.....hari per 1 minggu	

5. Berjalan kaki

5.1 Selama 7 hari yang lalu, berapa hari Anda berjalan selama setidaknya 10 menit, sebagai bagian dari pekerjaan Anda? (tidak termasuk berjalan kaki sebagai bagian dari perilaku perjalanan Anda dari dan atau ke tempat kerja/sekolah).....hari/minggu

5.2 Berapa lama (waktu) Anda terbiasa meluangkan waktu dalam satu hari untuk berjalan kaki sebagai bagian dari pekerjaan/sekolah mereka? (Jawaban: A-H)

A. 10 s.d 15 menit/hari

B. 15 s.d 30 menit/hari

C. 30 s.d 45 menit/hari

D. 45 s.d 60 menit/hari

E. 60 s.d 75 menit/hari

F. 75 s.d 100 menit/hari

G. 100 s.d 120 menit/hari

H. >120 menit/hari

5.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Jumlah hari melakukan aktivitas berjalan kaki	Berapa lama dalam 1 hari melakukan aktivitas berjalan kaki
1			.....hari per 1 minggu	
2			.....hari per 1 minggu	
3			.....hari per 1 minggu	
4			.....hari per 1 minggu	

6. Aktivitas perjalanan dengan kendaraan bermotor

6.1 Selama 7 hari yang lalu, berapa hari anda melakukan perjalanan dengan kendaraan bermotor seperti kereta, bus, mobil, motor, tram? .....hari/minggu

6.2 Berapa lama (waktu) Anda terbiasa meluangkan waktu dalam satu hari untuk melakukan perjalanan dengan kendaraan bermotor? (*Jawaban: A-H*)

- |                         |                          |                           |
|-------------------------|--------------------------|---------------------------|
| A. 0 s.d 15 menit/hari  | <input type="checkbox"/> | E. 60 s.d 75 menit/hari   |
| B. 15 s.d 30 menit/hari |                          | F. 75 s.d 100 menit/hari  |
| C. 30 s.d 45 menit/hari |                          | G. 100 s.d 120 menit/hari |
| D. 45 s.d 60 menit/hari |                          | H. >120 menit/hari        |

6.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Jumlah hari melakukan aktivitas berkendara bermotor	Berapa lama dalam 1 hari melakukan aktivitas berkendara bermotor
1			.....hari per 1 minggu	
2			.....hari per 1 minggu	
3			.....hari per 1 minggu	
4			.....hari per 1 minggu	

7. Aktivitas perjalanan dengan sepeda

7.1 Selama 7 hari yang lalu, berapa hari Anda menggunakan sepeda setidaknya selama 10 menit dalam satu waktu untuk berpergian dari satu tempat ke tempat lain? .....hari/minggu

7.2 Selama 7 hari yang lalu, berapa hari Anda menggunakan sepeda setidaknya selama 10 menit dalam satu waktu untuk berpergian dari satu tempat ke tempat lain? (Jawaban: A-H)

- |                         |                           |
|-------------------------|---------------------------|
| A. 10 s.d 15 menit/hari | E. 60 s.d 75 menit/hari   |
| B. 15 s.d 30 menit/hari | F. 75 s.d 100 menit/hari  |
| C. 30 s.d 45 menit/hari | G. 100 s.d 120 menit/hari |
| D. 45 s.d 60 menit/hari | H. >120 menit/hari        |

7.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Jumlah hari melakukan aktivitas bersepeda	Berapa lama dalam 1 hari melakukan aktivitas bersepeda
1			.....hari per 1 minggu	
2			.....hari per 1 minggu	
3			.....hari per 1 minggu	
4			.....hari per 1 minggu	

8. Aktivitas perjalanan dengan berjalan kaki

8.1 Selama 7 hari yang lalu, berapa hari anda berjalan kaki setidaknya selama 10 menit, untuk berpergian dari satu tempat ke tempat lain? .....hari/minggu

8.2 Berapa lama (waktu) Anda terbiasa meluangkan waktu dalam satu hari untuk berjalan kaki untuk berpergian dari satu tempat ke tempat lain? (Jawaban: A-H)

A. 10 s.d 15 menit/hari

60 s.d 75 menit/hari

B. 15 s.d 30 menit/hari

F. 75 s.d 100 menit/hari

C. 30 s.d 45 menit/hari

G. 100 s.d 120 menit/hari

D. 45 s.d 60 menit/hari

H. >120 menit/hari

8.3 Bagaimana dengan keluarga Anda?



No	Kode	Nama	Jumlah hari melakukan aktivitas berjalan kaki	Berapa lama dalam 1 hari melakukan aktivitas berjalan kaki
1			.....hari per 1 minggu	
2			.....hari per 1 minggu	
3			.....hari per 1 minggu	
4			.....hari per 1 minggu	

9. Aktivitas berat di pekarangan/halaman atau di dalam rumah

9.1 Selama 7 hari yang lalu di sekitar rumah Anda (seperti pekerjaan rumah, berkebun, dll) setidaknya selama 10 menit dalam satu waktu, berapa hari Anda melakukan aktivitas fisik berat (seperti mengangkat beban berat, dll) di pekarangan/halaman atau di dalam rumah Anda? .....hari/minggu

9.2 Berapa lama (waktu) Anda terbiasa meluangkan waktu dalam satu hari untuk melakukan aktivitas fisik berat di pekarangan/halaman atau di dalam rumah Anda?

(Jawaban: A-H)

- |                         |                           |
|-------------------------|---------------------------|
| A. 10 s.d 15 menit/hari | E. 60 s.d 75 menit/hari   |
| B. 15 s.d 30 menit/hari | F. 75 s.d 100 menit/hari  |
| C. 30 s.d 45 menit/hari | G. 100 s.d 120 menit/hari |
| D. 45 s.d 60 menit/hari | H. >120 menit/hari        |

9.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Jumlah hari melakukan aktivitas berat di pekarangan/halaman	Berapa lama dalam 1 hari melakukan aktivitas berat di pekarangan/halaman
1			.....hari per 1 minggu	
2			.....hari per 1 minggu	
3			.....hari per 1 minggu	
4			.....hari per 1 minggu	

10. Aktivitas moderat/sedang di pekarangan/halaman atau di dalam rumah

10.1 Selama 7 hari yang lalu di sekitar rumah Anda (seperti pekerjaan rumah, berkebun, dll) setidaknya selama 10 menit dalam satu waktu, berapa hari Anda melakukan aktivitas fisik sedang/moderat (seperti mengangkat beban ringan, menyapu dll) di pekarangan/halaman atau di dalam rumah Anda?.....hari/minggu

10.2 Berapa lama (waktu) Anda terbiasa meluangkan waktu dalam satu hari untuk melakukan aktivitas fisik sedang/moderat di pekarangan/halaman atau di dalam rumah Anda? (Jawaban: A-H)

- |                         |                           |
|-------------------------|---------------------------|
| A. 10 s.d 15 menit/hari | E. 60 s.d 75 menit/hari   |
| B. 15 s.d 30 menit/hari | F. 75 s.d 100 menit/hari  |
| C. 30 s.d 45 menit/hari | G. 100 s.d 120 menit/hari |
| D. 45 s.d 60 menit/hari | H. >120 menit/hari        |

10.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Jumlah hari melakukan aktivitas moderat/ sedang di pekarangan/halaman	Berapa lama dalam 1 hari melakukan aktivitas moderat/ sedang di pekarangan/halaman
1			.....hari per 1 minggu	
2			.....hari per 1 minggu	
3			.....hari per 1 minggu	
4			.....hari per 1 minggu	

11. Aktivitas duduk

11.1 Selama 7 hari yang lalu, berapa lama (waktu) Anda terbiasa meluangkan waktu dalam satu hari untuk duduk (seperti duduk saat bekerja, les, waktu luang, saat membaca buku, menonton televisi, dll) pada hari kerja (*weekdays*)? (*Jawaban: A-I*)

- |                           |                          |                           |
|---------------------------|--------------------------|---------------------------|
| A. 0 s.d 30 menit/hari    | <input type="checkbox"/> | F. 150 s.d 180 menit/hari |
| B. 30 s.d 60 menit/hari   |                          | G. 180 s.d 210 menit/hari |
| C. 60 s.d 90 menit/hari   |                          | H. 210 s.d 240 menit/hari |
| D. 90 s.d 120 menit/hari  |                          | I. >240 menit/hari        |
| E. 120 s.d 150 menit/hari |                          |                           |

11.2 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Berapa lama dalam 1 hari melakukan aktivitas duduk
1			
2			
3			
4			

**B. AKTIVITAS FISIK DI WAKTU LUANG**

12. Berjalan kaki di waktu luang atau tidak dalam rangka melakukan perjalanan

12.1 Dengan tidak menghitung kegiatan berjalan kaki yang sudah disebutkan sebelumnya, selama 7 hari yang lalu, berapa hari Anda berjalan kaki setidaknya selama 10 menit di waktu luang Anda?

12.2 Berapa lama (waktu) Anda terbiasa meluangkan waktu dalam satu hari untuk berjalan kaki di waktu luang Anda? (*Jawaban: A-H*)

- A. 10 s.d 15 menit/hari
- B. 15 s.d 30 menit/hari
- C. 30 s.d 45 menit/hari
- D. 45 s.d 60 menit/hari
- E. 60 s.d 75 menit/hari
- F. 75 s.d 100 menit/hari
- G. 100 s.d 120 menit/hari
- H. >120 menit/hari

12.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Jumlah hari melakukan aktivitas berjalan kaki di waktu luang	Berapa lama dalam 1 hari melakukan aktivitas berjalan kaki di waktu luang
1			.....hari per 1 minggu	
2			.....hari per 1 minggu	
3			.....hari per 1 minggu	
4			.....hari per 1 minggu	

**13. Persepsi dalam melakukan aktivitas berjalan kaki di waktu luang!**

13.1 Seberapa senang Anda ketika Anda berjalan kaki di waktu luang Anda selama 7 hari yang lalu?

tdk senang 1 2 3 4 5 6 7 sgt senang

13.2 Bandingkan dengan tahun lalu, seberapa sering Anda berjalan kaki di waktu luang Anda?

lbh jarang 1 2 3 4 5 6 7 lbh sering

13.3 Bagaimana dengan keluarga Anda?

Contoh:

No	Kode	Nama	Seberapa senang berjalan kaki di waktu luang	Seberapa sering berjalan kaki di waktu luang dibandingkan dengan tahun lalu
1	1	Nur Eny F	tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering
2				
3				
4	8	Mas'adi	tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering
No	Kode	Nama	Seberapa senang berjalan kaki di waktu luang	Seberapa sering berjalan kaki di waktu luang dibandingkan dengan tahun lalu
1			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering
2			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering
3			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering
4			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering

No	Kode	Nama	Seberapa senang berjalan kaki di waktu luang	Seberapa sering berjalan kaki di waktu luang dibandingkan dengan tahun lalu

14. Aktivitas fisik berat di waktu luang atau berolahraga berat

14.1 Coba pikirkan mengenai aktivitas fisik yang Anda lakukan setidaknya selama 10 menit. Selama 7 hari yang lalu, berapa hari Anda melakukan aktivitas fisik berat seperti aerobic, lari, bersepeda cepat, berenang, bermain bola, dll di waktu luang Anda?.....hari/minggu

14.2 Berapa lama (waktu) Anda terbiasa meluangkan waktu dalam satu hari untuk melakukan aktivitas fisik berat seperti aerobic, lari, bersepeda cepat, berenang, bermain bola, dll di waktu luang Anda? (Jawaban: A-H)

- A. 0 s.d 15 menit/hari
- B. 15 s.d 30 menit/hari
- C. 30 s.d 45 menit/hari
- D. 45 s.d 60 menit/hari
- E. 60 s.d 75 menit/hari
- F. 75 s.d 100 menit/hari
- G. 100 s.d 120 menit/hari
- H. >120 menit/hari

14.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Jumlah hari melakukan aktivitas berolahraga berat	Berapa lama dalam 1 hari melakukan aktivitas berolahraga berat
1			.....hari per 1 minggu	
2			.....hari per 1 minggu	
3			.....hari per 1 minggu	

No	Kode	Nama	Jumlah hari melakukan aktivitas berolahraga berat	Berapa lama dalam 1 hari melakukan aktivitas berolahraga berat
4			.....hari per 1 minggu	

15. Persepsi melakukan aktivitas fisik berat di waktu luang atau berolahraga berat!

15.1 Seberapa senang Anda ketika Anda melakukan aktivitas fisik berat di waktu luang Anda selama 7 hari yang lalu?

tdk senang 1 2 3 4 5 6 7 sgt senang

15.2 Bandingkan dengan tahun lalu, seberapa sering Anda melakukan aktivitas fisik berat di waktu luang Anda?

lbh jarang 1 2 3 4 5 6 7 lbh sering

15.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Seberapa senang berolahraga berat di waktu luang	Seberapa sering berolahraga berat di waktu luang dibandingkan dengan tahun lalu
1			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering
2			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering
3			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering



4			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering

16. Aktivitas fisik moderat/sedang di waktu luang atau berolahraga moderat/sedang

16.1 Coba pikirkan mengenai aktivitas fisik yang Anda lakukan setidaknya selama 10 menit. Selama 7 hari yang lalu, berapa hari Anda melakukan aktivitas fisik sedang/moderat seperti bersepeda ringan, renang ringan, tenis, dll di waktu luang Anda? .....hari/minggu

16.2 Berapa lama (waktu) Anda terbiasa meluangkan waktu dalam satu hari untuk melakukan aktivitas fisik sedang/moderat seperti bersepeda ringan, renang ringan, tenis, dll di waktu luang Anda? (*Jawaban: A-H*)

- A. 10 s.d 15 menit/hari
- B. 15 s.d 30 menit/hari
- C. 30 s.d 45 menit/hari
- D. 45 s.d 60 menit/hari
- E. 60 s.d 75 menit/hari
- F. 75 s.d 100 menit/hari
- G. 100 s.d 120 menit/hari
- H. >120 menit/hari

16.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Jumlah hari melakukan aktivitas berolahraga moderat/sedang	Berapa lama dalam 1 hari melakukan aktivitas berolahraga moderat/sedang
1			.....hari per 1 minggu	
2			.....hari per 1 minggu	
3			.....hari per 1 minggu	
4			.....hari per 1 minggu	

No	Kode	Nama	Jumlah hari melakukan aktivitas berolahraga moderat/sedang	Berapa lama dalam 1 hari melakukan aktivitas berolahraga moderat/sedang

17. Persepsi melakukan aktivitas moderat/sedang di waktu luang atau berolahraga moderat/sedang

17.1 Seberapa senang Anda ketika Anda melakukan aktivitas fisik sedang/moderat di waktu luang Anda selama 7 hari yang lalu?

tdk senang 1 2 3 4 5 6 7 sgt senang

17.2 Bandingkan dengan tahun lalu, seberapa sering Anda melakukan aktivitas fisik sedang/moderat di waktu luang Anda?

lbh jarang 1 2 3 4 5 6 7 lbh sering

17.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Seberapa senang berolahraga moderat/sedang di waktu luang	Seberapa sering berolahraga moderat/sedang di waktu luang dibandingkan dengan tahun lalu
1			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering
2			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering
3			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering
4			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering

No	Kode	Nama	Seberapa senang berolahraga moderat/sedang di waktu luang	Seberapa sering berolahraga moderat/sedang di waktu luang dibandingkan dengan tahun lalu

### C. AKTIVITAS SOSIAL DAN KOMUNIKASI DALAM KELUARGA

#### 18. Aktivitas sosial dan komunikasi dalam keluarga

18.1 Coba pikirkan mengenai aktivitas sosial yang Anda lakukan setidaknya selama 10 menit. Selama 7 hari yang lalu, berapa hari Anda melakukan aktivitas sosial seperti kegiatan sukarela, organisasi, penyelenggaraan acara, bersosialisasi, dll?

18.2 Berapa lama (waktu) Anda terbiasa meluangkan waktu dalam satu hari untuk melakukan aktivitas sosial? *(Jawaban A-H)*

- |                         |                           |
|-------------------------|---------------------------|
| A. 0 s.d 15 menit       | E. 60 s.d 75 menit/hari   |
| B. 15 s.d 30 menit/hari | F. 75 s.d 100 menit/hari  |
| C. 30 s.d 45 menit/hari | G. 100 s.d 120 menit/hari |
| D. 45 s.d 60 menit/hari | H. >120 menit/hari        |

18.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Jumlah hari melakukan aktivitas sosial	Berapa lama dalam 1 hari melakukan aktivitas sosial
1			.....hari per 1 minggu	
2			.....hari per 1 minggu	
3			.....hari per 1 minggu	

No	Kode	Nama	Jumlah hari melakukan aktivitas sosial	Berapa lama dalam 1 hari melakukan aktivitas sosial
4			.....hari per 1 minggu	

**19. Persepsi dalam melakukan aktivitas sosial!**

19.1 Seberapa senang Anda ketika Anda melakukan aktivitas sosial?

tdk senang 1 2 3 4 5 6 7 sgt senang

19.2 Bandingkan dengan tahun lalu, seberapa sering Anda melakukan aktivitas sosial?

lbh jarang 1 2 3 4 5 6 7 lbh sering

19.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Seberapa senang melakukan aktivitas sosial	Seberapa sering melakukan aktivitas sosial dibandingkan dengan tahun lalu
1			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering
2			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering
3			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering

No	Kode	Nama	Seberapa senang melakukan aktivitas sosial	Seberapa sering melakukan aktivitas sosial dibandingkan dengan tahun lalu
4			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering

20. Aktivitas bersama keluarga

20.1 Selama 7 hari yang lalu, berapa hari Anda biasa mengisi waktu dengan berkomunikasi atau beraktivitas bersama anggota keluarga pada hari kerja (weekday)?

20.2 Selama 7 hari yang lalu, berapa lama (waktu) Anda biasa mengisi waktu dengan berkomunikasi atau beraktivitas bersama anggota keluarga pada akhir pekan (weekend)? (Jawaban A-H)

- |                         |                           |
|-------------------------|---------------------------|
| A. 0 s.d 15 menit/hari  | E. 60 s.d 75 menit/hari   |
| B. 15 s.d 30 menit/hari | F. 75 s.d 100 menit/hari  |
| C. 30 s.d 45 menit/hari | G. 100 s.d 120 menit/hari |
| D. 45 s.d 60 menit/hari | H. >120 menit/hari        |

20.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Jumlah hari melakukan aktivitas keluarga	Berapa lama dalam 1 hari melakukan aktivitas keluarga
1			.....hari per 1 minggu	

No	Kode	Nama	Jumlah hari melakukan aktivitas keluarga	Berapa lama dalam 1 hari melakukan aktivitas keluarga
2			.....hari per 1 minggu	
3			.....hari per 1 minggu	
4			.....hari per 1 minggu	

21. Persepsi melakukan aktivitas bersama keluarga!

21.1 Seberapa senang Anda ketika Anda melakukan aktivitas komunikasi bersama anggota keluarga?

tdk senang 1 2 3 4 5 6 7 sgt senang

21.2 Bandingkan dengan tahun lalu, seberapa sering Anda melakukan aktivitas komunikasi bersama anggota keluarga?

lbh jarang 1 2 3 4 5 6 7 lbh sering

21.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Seberapa senang melakukan aktivitas keluarga	Seberapa sering melakukan keluarga dibandingkan dengan tahun lalu
1			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering

No	Kode	Nama	Seberapa senang melakukan aktivitas keluarga	Seberapa sering melakukan keluarga dibandingkan dengan tahun lalu
2			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering
3			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering
4			tdk senang 1 2 3 4 5 6 7 sgt senang	Lbh jarang 1 2 3 4 5 6 7 lbh sering

#### D. PERILAKU/KEBIASAAN DALAM GAYA HIDUP

##### 22. Perilaku/kebiasaan dalam gaya hidup

No	Pertanyaan	Seberapa sering sarapan setiap hari
1	Bandingkan dengan tahun lalu, seberapa sering Anda sarapan setiap hari?	Lbh jarang 1 2 3 4 5 6 7 lbh sering
2	Bandingkan dengan tahun lalu, seberapa sering Anda tidur selama rata-rata 7-8 jam?	Lbh jarang 1 2 3 4 5 6 7 lbh sering
3	Bandingkan dengan tahun lalu, seberapa sering Anda makan dengan gizi yang seimbang?	Lbh jarang 1 2 3 4 5 6 7 lbh sering
4	Bandingkan dengan tahun lalu, seberapa sering Anda merokok?	Lbh jarang 1 2 3 4 5 6 7 lbh sering

No	Pertanyaan	Seberapa sering sarapan setiap hari
5	Bandungkan dengan tahun lalu, seberapa sering Anda melakukan aktivitas fisik dan olahraga rutin?	Lbh jarang 1 2 3 4 5 6 7 lbh sering
6	Bandungkan dengan tahun lalu, seberapa sering Anda minum minuman berakohol terlalu banyak?	Lbh jarang 1 2 3 4 5 6 7 lbh sering
7	Bandungkan dengan tahun lalu, seberapa sering Anda bekerja kurang dari 9 jam/hari?	Lbh jarang 1 2 3 4 5 6 7 lbh sering
8	Bandungkan dengan tahun lalu, seberapa sering Anda mengalami stress/tekanan?	Lbh jarang 1 2 3 4 5 6 7 lbh sering

23. Mohon pilih ekspresikan perilaku/kebiasaan dalam gaya hidup keluarga Anda!

Mohon pilih salah satu rating dari range berikut: Lbh jarang 1 2 3 4 5 6 7 lbh sering

Contoh:

No	Kode	Nama	Pertanyaan No:							
			1	2	3	4	5	6	7	8
1	1	<i>Nur Eny F.</i>	7	2	3	1	7	1	6	7

No	Kode	Nama	1	2	3	4	5	6	7	8
1										
2										
3										



No	Kode	Nama	1	2	3	4	5	6	7	8
4										

#### E. KESEHATAN DAN KAITANNYA DENGAN KUALITAS HIDUP

##### 24. Persepsi tentang kesehatan Anda! (GH)

24.1 Secara umum, Anda berpikir bahwa kesehatan Anda?

sgt buruk 1 2 3 4 5 6 7 sgt baik

24.2 Bandingkan dengan tahun lalu, bagaimana Anda berpikir tentang kesehatan Anda secara umum?

lbh buruk 1 2 3 4 5 6 7 lbh baik

24.3 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Seberapa baik kesehatan Anda	Seberapa baik kesehatan Anda dibandingkan dengan tahun lalu
1			Sgt buruk 1 2 3 4 5 6 7 sgt baik	Lbh buruk 1 2 3 4 5 6 7 lbh baik
2			Sgt buruk 1 2 3 4 5 6 7 sgt baik	Lbh buruk 1 2 3 4 5 6 7 lbh baik
3			Sgt buruk 1 2 3 4 5 6 7 sgt baik	Lbh buruk 1 2 3 4 5 6 7 lbh baik

No	Kode	Nama	Seberapa baik kesehatan Anda	Seberapa baik kesehatan Anda dibandingkan dengan tahun lalu
4			Sgt buruk 1 2 3 4 5 6 7 sgt baik	Lbh buruk 1 2 3 4 5 6 7 lbh baik

25. Pertanyaan berikut ini berkaitan dengan aktivitas Anda sehari-hari. Apakah kondisi kesehatan Anda saat ini membatasi Anda dalam beraktivitas? Seberapa besar?

A. YA, Sangat membatasi B. YA, hanya sedikit membatasi C. Tidak membatasi sama sekali

No	Pertanyaan	Membatasi atau Tidak? (Jawaban A-C)
1	Aktivitas berat (lari, mengangkat beban berat, dan olahraga berat lainnya)	
2	Aktivitas sedang (bowling, golf, memindahkan meja, dll)	
3	Mengangkat atau membawa barang belanjaan (groceries)	
4	Menaiki beberapa anak tangga	
5	Menaiki satu anak tangga	
6	Berlutut, berputar dll	
7	Berjalan lebih dari 1 mil	
8	Berjalan beberapa ratus yard	
9	Berjalan seratus yard	
10	Mandi dan berpakaian	

25.1 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Pertanyaan/Jawaban A-C										
			1	2	3	4	5	6	7	8	9	10	
1													
2													
3													
4													

26. Selama 4 minggu yang lalu, berapa banyak (waktu) Anda mendapat masalah berikut pada saat bekerja atau aktivitas harian lainnya sebagai akibat dari kondisi kesehatan Anda? (Jawaban A-E) (RP)

- A. Sepanjang Waktu      B. Hampir Sepanjang Waktu      C. Beberapa Waktu  
 D. Sangat Jarang      E. Tidak Pernah

No	Pertanyaan	Berapa banyak waktu mendapat masalah (Jawaban A-E)
1	Memangkas waktu Anda untuk bekerja	
2	Pencapaian yang tidak seperti yang diharapkan/diinginkan	
3	Keterbatasan dalam pekerjaan atau aktivitas tertentu lainnya	

4	Kesulitan dalam bekerja atau berkegiatan	
---	--	--

26.1 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Pertanyaan/Jawaban A-E			
			1	2	3	4
1						
2						
3						
4						

27. Selama 4 minggu yang lalu, berapa banyak (waktu) Anda mendapat masalah berikut pada saat bekerja atau aktivitas harian lainnya sebagai akibat dari kondisi emosional Anda? (RE)

- A. Sepanjang Waktu      B. Hampir Sepanjang Waktu      C. Beberapa Waktu  
D. Sangat Jarang      E. Tidak Pernah

No	Pertanyaan	Berapa banyak waktu mendapat masalah (Jawaban A-E)
1	Memangkas waktu Anda untuk bekerja	
2	Pencapaian yang tidak seperti yang diharapkan/diinginkan	
3	Melakukan pekerjaan atau aktivitas lebih ceroboh dibandingkan biasanya	

27.1 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Pertanyaan/Jawaban A-E		
			1	2	3
1					
2					
3					
4					

**28. Selama 4 minggu yang lalu, bagaimana kondisi Anda atas beberapa pertanyaan berikut mengganggu aktivitas Anda? (BP)**

- A. Tidak sama sekali      B. Sedikit      C. Cukup  
D. Cukup banyak      E. Sangat banyak

No	Pertanyaan	Seberapa Jauh Mengganggu (Jawaban A-E)
1	Selama 4 minggu yang lalu, sejauh apakah masalah kesehatan atau emosional Anda mengganggu aktivitas sosial Anda dengan keluarga, sahabat, tetangga, dll? (SF)	
2	Seberapa banyak sakit (jasmani) yang Anda alami selama 4 minggu terakhir?	
3	Selama 4 minggu terakhir, berapa banyak sakit tersebut mengganggu pekerjaan Anda (baik di dalam/luar rumah atau di tempat kerja)	

28.1 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Pertanyaan/Jawaban A-E		
			1	2	3
1					
2					
3					
4					

29. Pertanyaan berikut ini berkaitan dengan perasaan Anda dan keadaan yang terjadi selama 4 minggu terakhir. Untuk setiap pertanyaan, jawablah dengan memilih jawaban jawaban yang sesuai dengan perasaan Anda! (MH)

Berikut pilihan jawabannya:

- A. Sepanjang Waktu      B. Hampir Sepanjang Waktu      C. Beberapa Waktu  
 D. Sangat Jarang      E. Tidak Pernah

No	Pertanyaan	Berapa lama Anda merasakan berdasarkan pertanyaan berikut? (Jawaban A-E)
1	Apakah Anda merasa hidup?	
2	Apakah Anda merasa nervous?	
3	Apakah Anda merasa sangat down?	

No	Pertanyaan	Berapa lama Anda merasakan berdasarkan pertanyaan berikut? (Jawaban A-E)
4	Apakah Anda merasa tenang/damai?	
5	Apakah Anda memiliki banyak energi?	
6	Apakah Anda merasa depresi?	
7	Apakah Anda merasa terasing?	
8	Apakah Anda merasa bahagia?	
9	Apakah Anda merasa lelah?	

29.1 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Pertanyaan/Jawaban A-E								
			1	2	3	4	5	6	7	8	9
1											
2											
3											
4											

**30. SALAH atau BENAR setiap pernyataan berikut ini untuk Anda? (GH)**

Berikut pilihan jawabannya:

- A. Sangat Benar Sekali      B. Benar      C. Tidak Tahu  
D. Salah      E. Sangat Salah Sekali

No	Nama	Bagaimana perasaan Anda mengenai pertanyaan berikut? (Jawaban A-E)
1	Saya lebih mudah terserang sakit dibandingkan dengan orang lain	
2	Saya paling sehat dibandingkan dengan orang lain	
3	Saya pikir kesehatan saya memburuk	
4	Kesehatan saya sangat sempurna	

30.1 Bagaimana dengan keluarga Anda?

No	Kode	Nama	Pertanyaan/Jawaban A-E			
			1	2	3	4
1						
2						
3						
4						



# Survei Diari Aktivitas Seseorang

## INSTRUKSI UNTUK MENDATA KEGIATAN HARIAN ANDA:

1. Surveyor akan membantu menjelaskan dan akan membantu dalam pengumpulan nantinya
2. Tolong berikan informasi dasar seperti tempat tinggal, RT/RW, gender, umur dan lain-lain
3. Anda diperbolehkan mengisinya di waktu yang membuat Anda merasa nyaman
4. Aktivis dibagi menjadi di rumah, di sekolah/kantor, dan di luar rumah atau tempat kerja/sekolah
5. Aktivitas di dalam lingkungan tempat tinggal, berarti aktivitas di dalam wilayah kelurahan
6. Di kendaraan berarti saat Anda berada di kendaraan
7. Tolong catat aktivitas yang Anda lakukan di rumah/sekolah/kantor/lingkungan tempat tinggal, dengan mengikuti contoh

yang ada

8. Tolong catat moda perjalanan yang Anda gunakan, catat per 15 menit Anda gunakan

## 9. Kriteria aktivitas terdiri dari:

- |   |  |
|---|--|
| A : Tidur   | H : Aktivitas dengan Anak di bawah 6 tahun, seperti  |
| B : Kegiatan pribadi seperti: mandi, sikat gigi, berhias dan sebagainya                         | - Merawat/ <i>Baby sitting</i>   |
| C : Makan dan minum di dalam rumah  | - Bermain bersama  |
| D : Aktivitas istirahat offline, seperti:   | - Memberi makan  |
| - Menonton TV/mendengarkan radio  | I : Aktivitas pekerjaan di kantor, seperti:  |
| - Mendengarkan radio  | - Bekerja di atas meja di dalam ruangan  |
| - Mendengarkan musik  | - Melakukan penelitian/eksperimen di laboratorium  |
| - Membaca majalah koran, koran, komik dsb   | - Berbicara dengan klien di telpon   |
| - Istirahat dan relaksasi   | J : Dalam perjalanan (Mohon sampaikan kategori moda yang digunakan seperti disampaikan pada bagian 11 di bawah:)   |
| - Lainnya   | K : Pekerjaan lapangan atau di luar kantor seperti mengoperasikan mesin atau alat berat, memantau pekerjaan di luar kantor/inspeksi, aktivitas engineering, dan sejenisnya |
| E : Aktivitas istirahat online  | L : Penjualan ke rumah-rumah atau kantor-kantor/sales, pengantaran/delivery, pembelian/purchasing  |
| - Browsing  | M : Aktivitas belajar di dalam lingkungan sekolah  |
| - Social media  | N : Aktivitas belajar di luar lingkungan sekolah, seperti kunjungan ke kebun binatang, museum dan sejenisnya   |
| - Main game online  | O : Makan dan minum di luar rumah  |
| - Aktivitas online lainnya  | P : Berbelanja kebutuhan sehari-hari atau <i>grocery shopping (non-sight seeing shopping)</i>  |
| F : Aktivitas sosial dan keluarga, seperti:   | Q : <i>Online shopping</i>   |
| - Ngobrol bersama teman/keluarga  | R : <i>Sight seeing shopping</i> seperti ke shopping/trade mall/factory outlet   |
| - Ngobrol bersama teman/keluarga di telepon   | S : Aktivitas organisasi, sukarelawan, politik, kepemudaaan, pramuka, keagamaan dan sejenisnya   |
| - Berjalan-jalan/bersepeda bersama dengan pasangan atau anak-anak atau anggota keluarga lainnya | T : Berolahraga  |
| - Mengunjungi rumah teman/sahabat, atau keluarga atau relasi                                    | U : Melakukan perawatan kesehatan ke RS, puskesmas, klinik atau dokter pribadi   |
| - Beribadah di luar rumah   | V : Aktivitas mengantar menjemput anak/anggota keluarga lainnya/teman/sahabat/relasi   |
| G : Aktivitas rumah tangga, seperti:  | W : Berlibur   |
| - Membersihkan rumah  |  |
| - Memasak   |  |
| - Membuat kue   |  |
| - Mencuci   |  |

- Menyeterika
- Membuat minuman
- Lainnya

**11. Kriteria moda terdiri dari:**

- |   |  |
|---|--|
| 1 : Berjalan kaki   | 12 : Bus Besar dan Medium Non AC       |
| 2 : Berjalan kaki dari/ke stasiun/halte bus dan sejenisnya            | 13 : Bus kecil/Angkot                  |
| 3 : Bersepeda   | 14 : Taksi                             |
| 4 : Mengendarai motor   | 15 : Taksi Online                      |
| 5 : Sedan, jeep, kijang dan sejenisnya                                | 16 : Ojeg                              |
| 6 : <i>Station wagon</i> , seperti: suzuki carry, MPV, dan sejenisnya | 17 : Ojeg Online                       |
| 7 : <i>Pick up</i>  | 18 : Becak motor, Bajaj dan sejenisnya |
| 8 : Truk  | 19 : Bus sekolah/Karyawan              |
| 9 : Kereta Api Eksekutif  | 20 : Delman                            |
| 10 : Kereta Api Ekonomi   | 21 : Lainnya:                          |
| 11 : Bus Besar dan Medium dengan AC                                   |  |

## CONTOH:

NO	JAM	AKTIVITAS DI RUMAH	AKTIVITAS DI TEMPAT KERJA/ SEKOLAH	AKTIVITAS DI TEMPAT LAIN <sup>1</sup>	JENIS AKTIVITAS KEDUA <sup>2</sup>	ALAMAT/ LOKASI DETIL <sup>6</sup>
	<b>03.00</b>	A				
	03.15	A				
	03.30	A				
	03.45	A				
	<b>04.00</b>	E				
	04.15	E				
	04.30	E				
	04.45	E				
	<b>05.00</b>	A				
	05.15	A				
	05.30	A				
	05.45	A				
	<b>06.00</b>	A				
	06.15	A				
	06.30	A				
	06.45	A				
	<b>07.00</b>	A				
	07.15	A				
	07.30	D				
	07.45	D				
	<b>08.00</b>	D				
	08.15	D				
	08.30	D			C	
	08.45	D			C	

NO	JAM	AKTIVITAS DI RUMAH	AKTIVITAS DI TEMPAT KERJA/ SEKOLAH	AKTIVITAS DI TEMPAT LAIN <sup>1</sup>	JENIS AKTIVITAS KEDUA <sup>2</sup>	ALAMAT/ LOKASI DETIL <sup>6</sup>
	<b>09.00</b>	I2				
	09.15			I, 2		
	09.30			I, 10		
	09.45			I, 10		
	<b>10.00</b>			I, 10		
	10.15			I, 2		
	10.30		H		D	
	10.45		H		D	
	<b>11.00</b>		H		D	
	11.15		M		E	
	11.30		M		E	
	11.45		H			
	<b>12.00</b>		H		E	
	12.15		H		E	
	12.30		M		E	
	12.45		M		E	
	<b>13.00</b>		M		E	
	13.15		M		E	
	13.30		H			
	13.45		H			
	<b>14.00</b>		H			
	14.15		H			
	14.30		H		E	
	14.45		H		E	
	<b>15.00</b>		H			
	15.15		M		E	
	15.30		M		E	
	15.45		H			
	<b>16.00</b>		H			
	16.15		H			
	16.30		H			
	16.45		H			TEKNIKRINGEN 10, STOCKHOLM 100 22
	<b>17.00</b>			I, 2	D	
	17.15			I, 10	N, D	
	17.30			I, 10	N, D	
	17.45			I, 10	D	
	<b>18.00</b>			O	E	<b>KROGARVÄGEN, 10 FITTJA 145 90</b>
	18.15			O	E	
	18.30			O	E	
	18.45			I, 12		
	<b>19.00</b>			I, 2	D	
	19.15	D				
	19.30	D				
	19.45	F			D	
	<b>20.00</b>	F			D	
	20.15	C			D	
	20.30	C				
	20.45	E				

NO	JAM	AKTIVITAS DI RUMAH	AKTIVITAS DI TEMPAT KERJA/ SEKOLAH	AKTIVITAS DI TEMPAT LAIN <sup>1</sup>	JENIS AKTIVITAS KEDUA <sup>2</sup>	ALAMAT/ LOKASI DETIL <sup>6</sup>
	21.00	E				
	21.15	E				
	21.30	E			D	
	21.45	E			D	
	22.00	E			D	
	22.15	E				
	22.30	A				
	22.45	A				
	23.00	A				
	23.15	A				
	23.30	A				
	23.45	A				
	00.00	A				
	00.15	A				
	00.30	A				
	00.45	A				
	01.00	A				
	01.15	A				
	01.30	A				
	01.45	A				
	02.00	A				
	02.15	A				
	02.30	A				
	02.45	A				
	03.00	A				

<sup>1</sup> Aktivitas selain di tempat kerja/sekolah

<sup>2</sup> Aktivitas kedua ini atau *secondary activities* adalah aktivitas yang dilakukan bersamaan (multi-tasking) dengan kegiatan primer atau pertama. Kegiatan yang mungkin direcord adalah *passive leisure* dan makan atau kegiatan C, D dan E.

<sup>3</sup> 1 untuk kegiatan yang melibatkan satu orang dan 2 untuk melibatkan lebih dari 2 orang. Kode 11 atau 21 bila pelibatan orang lain dilakukan secara off-line, dan 21 atau 22 bila melibatkan secara on-line

<sup>4</sup> 1 untuk bila yang terlihat adalah anggota keluarga, 2 jika anggota keluarga besar, 3 jika kolega di tempat kerja atau komunitas bisnis, 4 untuk teman di sekolah atau komunitas, 5 untuk tetangga sekitar rumah, 6 untuk teman online.

<sup>5</sup> Bagaimana rating perasaan Anda ketika melakukan aktivitas utama (primer)? Tidak Positif 1 ..... 7 Sangat Positif

<sup>6</sup> Mohon dituliskan alamat/lokasi untuk kegiatan di tempat kerja/sekolah dan di tempat lain

## HARI 1:

Nama Surveyor	:	
Tanggal Survei	:	
Hari survey (1-21), Hari Kerja (1) atau Akhir Pekan (0)	:	

<b>Nama Individu yang diwawancarai (Umur)</b>	:	
<b>Alamat Rumah</b>	:	
<b>Kelurahan, Kecamatan, Wilayah Pengembangan, Kota</b>	:	
<b>Nomor KK</b>	:	
<b>Nomor Individu</b>	:	
<b>Jam berapa Anda berangkat dari rumah</b>	:	
<b>Jam berapa Anda datang ke rumah</b>	:	
<b>Jam berapa Anda tidur hari ini</b>	:	

Q1	Bagaimana menurut Anda kondisi hari ini memperhatikan aktivitas Anda pada hari ini?	Sangat buruk	1	2	3	4	5	6	7	Sangat baik
Q2	Bagaimana mood Anda hari ini memperhatikan aktivitas Anda pada hari ini?	Negatif	1	2	3	4	5	6	7	Positif
Q3	Apakah kegiatan Anda hari ini mencapai tujuan yang Anda inginkan	Jauh lebih rendah dari tujuan yang saya harapkan	1	2	3	4	5	6	7	Jauh lebih tinggi dari tujuan yang saya harapkan
Q4	Bila memperhitungkan segalanya, bagaimana pengaruh kegiatan hari ini dengan kepuasan hidup Anda secara menyeluruh?	Sangat tidak puas	1	2	3	4	5	6	7	Sangat puas

NO	JAM	AKTIVITAS DI RUMAH	AKTIVITAS DI TEMPAT KERJA/ SEKOLAH	AKTIVITAS DI TEMPAT LAIN <sup>1</sup>	JENIS AKTIVITAS KEDUA <sup>2</sup>	MELIBATKAN ORANG LAIN? <sup>3/</sup>  JENIS RELASI DENGAN ORANG LAIN? <sup>4</sup>	ALAMAT/ LOKASI DETIL <sup>6</sup>
	<b>03.00</b>						
	03.15						
	03.30						
	03.45						
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	04.15						
	04.30						
	04.45						
	<b>05.00</b>						

NO	JAM	AKTIVITAS DI RUMAH	AKTIVITAS DI TEMPAT KERJA/ SEKOLAH	AKTIVITAS DI TEMPAT LAIN <sup>1</sup>	JENIS AKTIVITAS KEDUA <sup>2</sup>	MELIBATKAN ORANG LAIN? <sup>3</sup> / JENIS RELASI DENGAN ORANG LAIN? <sup>4</sup>	ALAMAT/ LOKASI DETIL <sup>6</sup>
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	16.45						

NO	JAM	AKTIVITAS DI RUMAH	AKTIVITAS DI TEMPAT KERJA/ SEKOLAH	AKTIVITAS DI TEMPAT LAIN <sup>1</sup>	JENIS AKTIVITAS KEDUA <sup>2</sup>	MELIBATKAN ORANG LAIN? <sup>3</sup> / JENIS RELASI DENGAN ORANG LAIN? <sup>4</sup>	ALAMAT/ LOKASI DETIL <sup>6</sup>
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	02.30						
	02.45						
	<b>03.00</b>						

<sup>1</sup> Aktivitas selain di tempat kerja/sekolah

<sup>2</sup> Aktivitas kedua ini atau *secondary activities* adalah aktivitas yang dilakukan bersamaan (multi-tasking) dengan kegiatan primer atau pertama. Kegiatan yang mungkin direcord adalah *passive leisure* dan makan atau kegiatan C, D dan E.

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<sup>5</sup> Bagaimana rating perasaan Anda ketika melakukan aktivitas utama (primer)? Tidak Positif 1 ..... 7 Sangat Positif

<sup>6</sup> Mohon dituliskan alamat/lokasi untuk kegiatan di tempat kerja/sekolah dan di tempat lain