

## Scoping Reviews on the Social Features Preferences of Active Ageing for the Multi-Generational Housing Environment

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### ABSTRACT

By the year 2030, the Malaysian elderly population is projected to be 15.3 per cent of the overall Malaysian total population due to increased life expectancy, lower fertility rate and changes in health lifestyle. Indirectly, this situation has created several challenges in providing better housing for the population. Hence, this study aims to highlight the conceptual framework for the housing environment preferences and social features for Quality of Life (QoL) and Active Ageing. The social features were derived from the literature review using the scoping review method. The findings reveal four (4) main social features of the quality of life and active ageing for the housing environment, such as (1) community engagement; (2) health and well-being; (3) accessibility and walkability; and (4) safety and security. The emphasis on the prominence of the social features for housing environment preferences will be significant in the improvement and inclusivity of the quality of life of the housing consumers, particularly the elderly generation, which is vital for the Malaysian context.

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**Contribution/Originality:** This study contributes to existing literature by synthesising social features preferences of active ageing in multi-generational housing. This study uses a scoping review methodology to identify the key features. The paper's primary contribution is finding that community engagement, health and well-being, accessibility, and safety are main features in supporting Ageing-in-Place in Malaysia.

## 1. Introduction

In most advanced democratic countries, the conduct of by-elections is an integral part of the worldwide population continues to escalate, leading to an increase in various age cohorts, including the elderly population. By 2030, Malaysia is projected to attain ageing

nation status, due to the continuous growth of the elderly population comprising 15% of the total population (Ismail et al., 2020). This demographic shift presents significant challenges, particularly in the allocation of essential resources, including land, healthcare, and housing (Bigonnesse et al., 2014). The rapid growth of ageing populations worldwide has intensified concerns regarding the provision of adequate housing, necessitating a better understanding of the needs and preferences of older adults to ensure sustainable living conditions (Mulliner et al., 2020).

In this context, the increasing number of older people poses a significant challenge to planners, architects, and policymakers. Older people who live alone without adequate support are mostly vulnerable to health and safety risks. Loss of physical strength and poor health conditions often require them to rely on assistance from others. Hence, the community and environment play an important role in ensuring that older people can age successfully in place, as ageing in place focuses on proper home modifications and living conditions (Mohd Yusof & Mat Yasin, 2023). Ageing in place is defined as older people staying in their own homes or moving within the same community, enabling them to stay familiar with their surroundings and stay connected (Ismail et al., 2020).

## 2. Literature Review

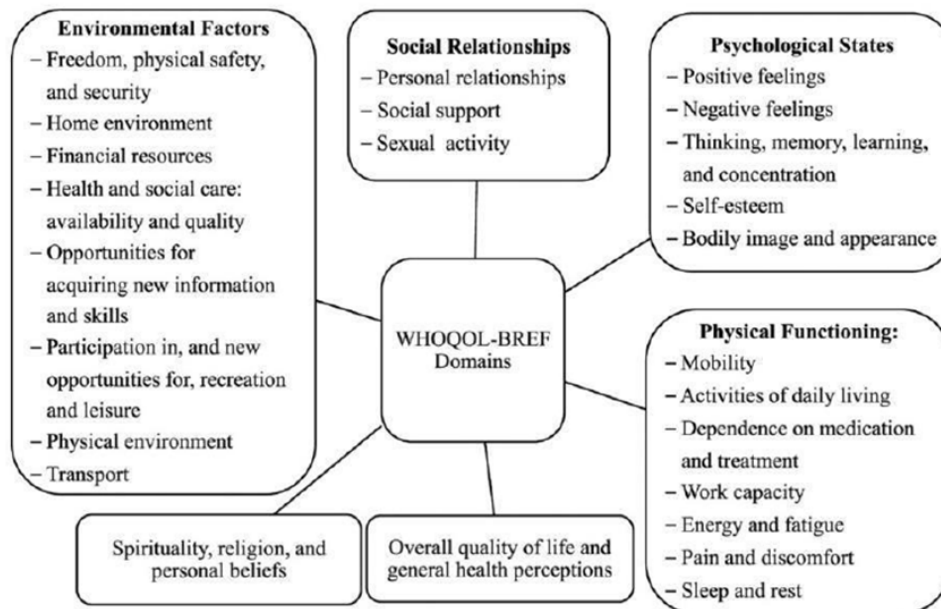
Successful ageing, productive ageing, and healthy ageing are other terms that are often used interchangeably with “Active ageing” due to its definition that intersects with one another (Nassir et al., 2015; Paul et al., 2012; Chalise, 2023). Active ageing is a comprehensive strategy approach that promotes older people to stay physically active, socially engaged, and economically productive. Active ageing and Ageing-In-Place (AIP) are interconnected concepts that emphasise the ability of older adults to maintain independence, participate in society, and enhance their overall well-being while remaining in their preferred living environment. The World Health Organisation (WHO) (2002) defines active ageing as the process of optimising health, participation, and security to enhance quality of life as people age.

Quality of Life (QoL) is quickly emerging as a standard of measurement for long-term care and gerontological service outcomes due to the unprecedented rapid growth rate of the ageing population worldwide. The WHO defines quality of life as “an individual's view of life concerning his or her objectives, aspirations, standards, and worries, and in the context of the culture and value system in which he or she lives”. It is a very broad concept that emphasises a person's environment, social, spiritual beliefs, level of independence, physical and mental health (Figure 1). A study by Eum and Kim (2021) found that health, participation, and security factors were key determinants of QoL, emphasising that economic stability, access to healthcare, and subjective health status significantly influenced well-being. A previous study by Oliveira et al. (2024) found that Active Ageing directly and positively affects self-assessed QoL, suggesting that individuals who actively engage in social and physical activities report higher life satisfaction.

As mentioned above, Active Ageing and Quality of Life (QoL) are closely interconnected, as active ageing contributes to maintaining and enhancing an individual's overall well-being. This can be supported by the World Health Organisation (WHO, 2002), which defines active ageing as the process of optimising health, participation, and security to enhance quality of life as people age. In addition, Active ageing and Ageing-In-Place (AIP) are also an interrelated concepts that emphasise the ability of older adults to maintain independence, participate in society, and enhance their overall well-being while

remaining in their preferred living environment. Ageing in place originally referred to people growing old in their own homes. Still, the concept has since expanded to include remaining in one's current community and living in a residence of one's choice (Bowling & Gabriel, 2007).

Figure 1: WHOQOL-BREF Domains

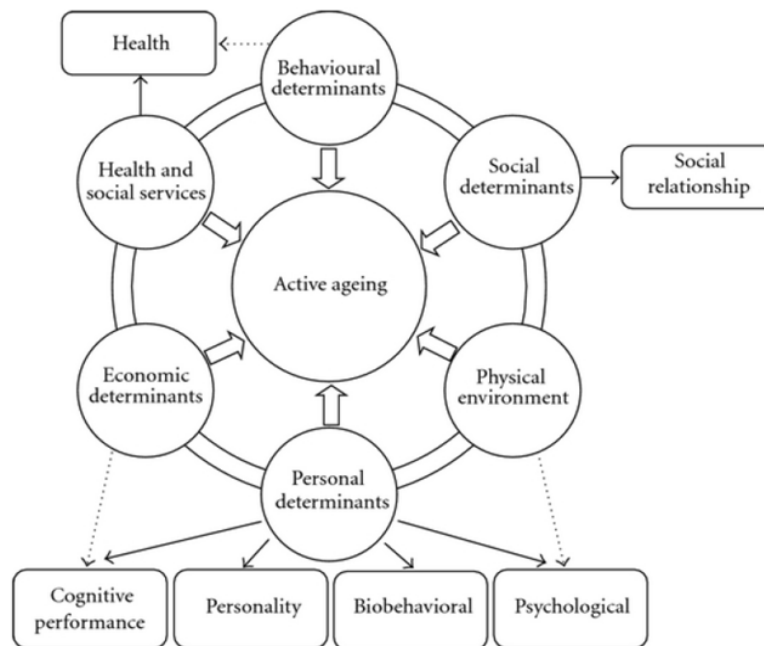


Source: Adapted from Purlampu et al. (2020)

Originally, ageing in place was initially understood as the ability to grow old in their own homes to remain independent. However, the definition of this concept has expanded to include staying in one's current community and living in a home of one's own choice (Bowling & Gabriel, 2007). It is generally accepted as a positive way of thinking about older age, as it allows older people to remain their independence despite changes in their health status and functional ability. Horner and Boldy (2008) emphasise that the importance of support that comes from familiar environments and social networks is a crucial factor in shaping an individual's ability to successfully ageing in place.

Most of the previous studies that explored the relationship between housing environments and quality of life have focused mostly on physical or design elements. Indirectly, there is a lack of focus on housing as a framework for promoting active ageing. A deficiency in awareness regarding active ageing among the population may negatively impact various domains of quality of life, including physical, psychological, social relationships, and environmental factors (Bahuri et al., 2022). As a result, current planning strategies may fall short in addressing the holistic needs of an ageing population. If the space does not allow for an adequate adaptation of the older person, it will limit their social interactions and produce negative consequences on their health (Buffel et al., 2012 as cited in Lebrusán & Gómez, 2022). Thus, this research aims to fill this gap by identifying the social features of housing environment preferences that support active ageing. Expanding the research to identify how both physical and social design features influence active ageing can provide a holistic understanding of this study.

Figure 2: The Framework of Active Ageing



Source: Adapted from Paul et al. (2012)

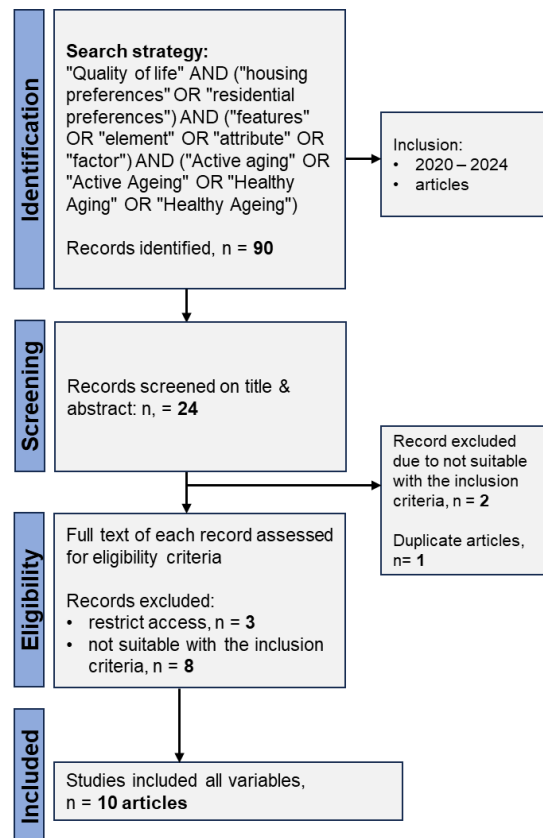
### 3. Research Methods

The overview of this research study was formed, employing Arksey and O'Malley's (2005) scoping review methodology. A scoping review is particularly useful for examining a broadly covered topic to comprehensively and systematically visualise the previous study via mind map and key concepts, theories, evidence, or research gaps indirectly identified (Arksey & O'Malley, 2005). This method plays a significant role in the ever-increasing tool of evidence synthesis approaches (Munn et al., 2018). This allows the inclusion of many different research designs, which suits the aim of giving an overview of the study.

#### 3.1. Search Strategy

This method was conducted using an online database to identify the relevant studies on the Social Features of Quality of Life (QoL) and Active Ageing for the Housing Environment Preferences. The search strategy was to use Boolean Operators that integrated several keywords to gain comprehensive literature focusing on housing preferences, quality of life, and active ageing, with some limitations. The inclusion criteria for the selection of studies included (a) studies that focused on the social features of the housing environment, (b) studies that have an impact on the quality of life and active ageing for housing consumers, and (c) studies involving an ageing population, such as older adults. Studies that were focused on population that lives in institutional settings, such as nursing homes or any assisted living and not related to any features of the housing environment, will be excluded. In addition, the studies were limited to the publication year between 2020 and 2024. This is to ensure the findings of the study reflect the latest trends and advancements in housing environment preferences. Figure 3 shows the study selection process conducted, which consists of four (4) stages as follows:

Figure 3: Flow diagram of the study selection process



Source: Authors

### 3.1.1. Identification

An online database search was done through Scopus, Web of Science, and Google Scholar in December 2024. To gain relevant and related journals and papers, the keywords in the search strategy were chosen carefully with the combination of several terms such as "quality of life", "housing preferences", "features", "active ageing", and "healthy ageing". The terms were integrated with appropriate Boolean Operators that were used to search in Scopus with some limitations included. Based on the search, there were 78 articles found in Scopus, 10 articles in Google Scholar and 2 articles found in Web of Science. However, the selection was limited to published papers from the years 2020 to 2024.

### 3.1.2. Screening

As a result, there were 24 articles that will be screened through titles and abstracts for eligibility. An article that is not related to the inclusion criteria as mentioned above will be excluded. In total, there was one (1) duplicate article, and two (2) articles were excluded while screening the titles and abstracts due to not meeting the eligibility criteria, such as population out of scope and no outcomes/findings on housing environment features.

### 3.1.3. Eligibility

During this stage, a total of 21 full-text articles were reviewed. As a result, eight (8) articles were excluded due to being unrelated to the eligibility criteria, as mentioned above, which are population out of scope and no outcomes/findings on housing environment features. Furthermore, three (3) studies were found to have restricted access, limiting the review.

3.1.4. Included

Lastly, there were only 10 articles identified and included because the results were highly relevant to the purpose of this study. Table 1 shows that most of the studies have significantly included social features in the housing environment to enhance the quality of life and active ageing.

Table 1: Summary of the Scoping Review on Social Features of the Quality of Life and Active Ageing for Housing Environment

The Social Features Preferences for the Multi-Generational Housing Environment										
Main Features and Sub-Features	Mulliner et al. (2020)	Wong et al. (2021)	Boffi et al. (2021)	Molina-Luque et al. (2022)	He & Jiang (2023)	Aclan et al. (2023)	Farias et al. (2023)	Chen et al. (2023)	Verderber et al. (2023)	Alipour & Meshkini (2024)
<b>Community Engagement</b>										
Indoor Spaces Facilities (i.e., community centre, multipurpose hall)	•	•		•	•	•		•		•
Outdoor Spaces/Green Spaces: (i.e., garden, intergenerational playground, shaded seating area, parks)	•	•	•	•	•	•		•	•	•
<b>Health and Well-Being</b>										
Physical Fitness Centre	•			•	•				•	•
Mutual Support (i.e., emotional, finances, family support)	•			•			•	•	•	
Nearby hospitals, clinics, and pharmacies	•	•		•	•			•	•	•
<b>Accessibility and Walkability</b>										
Pedestrian-Friendly Pathways	•					•				
Mobility scooter lane	•	•			•					
Ramps	•				•			•		
Anti-slip surfaces	•					•		•		
Handrails	•							•		
Mobility aids								•		
Transportation	•	•			•	•				•
Proximity to local facilities & amenities	•	•	•		•	•	•		•	•
<b>Safety and Security</b>										
CCTV Monitoring	•				•	•				•
Lighting	•		•						•	
Emergency Systems	•	•				•				
Waste Management System	•	•					•			•
Sound Insulation		•	•				•	•		

#### 4. Results

A total of 10 articles were found in the scoping review. The summary of the articles will be presented in Table 1. Based on the findings, four (4) social features were identified that play a role in making the concept of multi-generational housing, which can enhance the quality of life for active ageing. Although the inclusion criteria for the selected studies mentioned a focus on multi-generational populations, including both young and older adults. One (1) study was included in the analysis due to its focus on the general population of housing residents. This study was incorporated because its findings on housing preferences, accessibility, and liveability were still relevant to understanding the social features of multi-generational living arrangements.

The social features derived from the scoping reviews focus on the social activities (i.e., community engagement, health and well-being, walkability and accessibility, and safety and security) for the communities in the housing environment to embrace the concept of active ageing. The social features highlight the importance of social engagement with the community and can be regarded as the basis for successful living well-being arrangements. Social engagement is among the key determinants of active ageing, and social environments can be either facilitators (e.g., social support, positive social networks, cohesive neighbourhood) or barriers (e.g., social isolation, crime risk/exposure, social inequity) to active ageing (Portegijs et al., 2023). The World Health Organisation (WHO, 2024) describes the social environment as one of three determinants of health for Quality of Life (QoL). These features can be regarded as the basis for successful well-being living arrangements, which are related to the Ageing-in-Place (AIP) concept.

Studies by Mulliner et al. (2020) emphasise the crucial role of social features in influencing the quality of life and active ageing for older adults through their housing preferences. While much of the discussion revolves around physical characteristics such as home type, tenure, and accessibility, the findings also indicate that social features are important feature in providing older adults' well-being, independence, and community engagement. These preferences indirectly relate to Ageing-In-Place (AIP), which underscores the importance of maintaining social connections, familiar surroundings, and a supportive community environment, all of which are essential for emotional and psychological well-being. This can be supported by Pinazo-Hernandis et al. (2022), which states that ageing at home is associated with feelings of attachment to their home and social connections to the community, a sense of security and a feeling of autonomy. As people age, individuals tend to prefer staying close to family, friends or communities as social engagement and emotional support become increasingly crucial. The family plays a vital role in supporting active ageing among the elderly, including providing financial, material, and emotional support through companionship, active listening, and emotional comfort (Huang et al., 2021; Soren et al., 2022). The community environment is referred to as a part of the elderly individuals' daily lives in fostering social engagement and active ageing by providing essential services and activities (Lyu et al., 2021; Santos et al., 2022). The social features, such as proximity to family, friends, and support networks, correspond with the significance of interaction with others in reducing loneliness, improving mental health, and encouraging active ageing. The quality of social connections and the strength of emotional support from friends, family, and community contribute significantly to an individual's emotional well-being (Bussière et al., 2021; Cao et al., 2023).

In addition, community and environmental factors have significant effects on social well-being. Elderly people's sense of safety is associated with the urban environment, the social

environment, and individual health (Lu et al., 2023). The study revealed that a safe and clean neighbourhood was the most essential housing characteristic for older people, supporting the notion that a secure setting promotes increased community participation and social interaction. Older adults can maintain a healthy lifestyle while performing their activities of daily life in and out of their home environments when provided with a safe, comfortable and ambient neighbourhood environment (Rehal et al., 2021). Examples of these features include sufficient lighting, emergency call systems, and security monitoring, which can help reduce crime and enhance the safety of the residents, while a proper sanitation facility can keep the housing environment clean and free from pollution. This is supported by He et al. (2020); the elderly are more sensitive due to a decline in physical functioning, and they tend to have higher requirements for the built environment, such as air quality and lighting levels. Enhancing the safety of the environment can encourage participation in outdoor sports activities, which promotes better health and supports active ageing.

Furthermore, accessibility to healthcare services, local amenities, green spaces and public transportation is particularly important since they allow older adults to remain socially and physically active without relying solely on personal mobility, which can influence their overall housing satisfaction and quality of life. Effective mobility is essential for supporting the elderly in living independently by providing sufficient mobility and accessibility to essential services, including shops, medical facilities, and recreational destinations (Rashid et al., 2021). While physical design remains critical, social features such as proximity to support networks, safety, community accessibility, and shared living options are equally important in promoting the independence of older people and can impact their wellbeing and physical activity (Boldy et al., 2011). As a result, this study highlights the importance of comprehensive housing design that includes age-friendly neighbourhoods, walkable surroundings, and well-connected public places to promote healthy and active ageing.

In addition, a previous study from Wong et al. (2021) highlights the significance of the social features in enhancing well-being and promoting active ageing. This study demonstrates that active ageing was also determined by the quality of social engagement, support networks, and access to community resources. One of the most important findings of this study is that social participation can compensate for declines in physical health, reinforcing the idea that engagement in community activities and interpersonal relationships plays a fundamental role in maintaining well-being. The importance of social participation in physical health can be supported by Sulandari et al. (2024), which older adults recognise by having the ability to perform any activities/duties in daily life is critical for their well-being, emphasising the significance of health in their lives. In addition, by providing indoor or event spaces, encouraging older adults to actively participate in social events, volunteer work, or local activities to experience higher life satisfaction, reduced loneliness, and better mental health, which in line with the concept of active ageing, which emphasises continued participation in society to enhance quality of life. Social participation can directly improve life satisfaction, but it can also maintain a healthy psychological state and normal cognitive function, which is more effective in ensuring a high level of life satisfaction (Lv et al., 2023).

Social activities represent residents' social relationships with others and everyday activities, which are associated with their physical and mental health (Nummela et al., 2008). Examples of the features include accessibility, assistive features (e.g., handrails), daylighting, window views, indoor-outdoor connections, transitional areas, greenery,

hallways or footpaths for walking, and destinations in or around buildings that can encourage physical/social activities (Portegijs et al., 2023). A well-integrated social infrastructure and age-friendly physical features in the housing environment enhance accessibility, promote inclusivity, and ultimately contributing to better quality of life and stronger community connections. This study also states the importance of the safe and well-maintained environment, encouraging the social engagement. Adequate lighting and easy access to the public and green spaces encourage people to participate in outdoor activities to interact with the community, while remaining physically active. Satisfaction with public facilities, healthcare facilities, and greenery, parks, and pathways indirectly influences older people's life satisfaction through their sense of community (Zhang et al., 2021). Last but not least, the availability of affordable and high-quality healthcare services can help older adults to manage their health conditions effectively, allowing them to continue living independently in their preferred environments rather than relying on nursing homes, hospitals, or family caregivers.

Another previous study by He and Jiang (2023) highlights that social features are less pronounced at the community level compared to the physical features. However, it also plays a role in influencing ageing in place (AIP) preferences. The ability of the older adults to remain active within their home are mostly influenced by the availability of support systems, community engagement, and healthcare accessibility. This can be proven by the fact that social isolation and loneliness are highly correlated with a risk of health problems in older adults as stated in "Social Isolation and Loneliness in Older Adults" (National Academies of Sciences, Engineering, and Medicine, 2020), while having positive social relationships can help people live longer and healthier lives. Providing social spaces such as activity centres allows residents to participate in educational programmes and social gatherings, helping to prevent isolation and encourage community engagement. Additionally, outdoor spaces and pedestrian-friendly walkways promote social interaction and physical activity, while adequate lighting in those areas enhances safety, enabling them to access their environment with confidence, during the day and at night. The availability and accessibility of healthcare services, including clinics, mental health counselling, and wellness programmes, ensure the overall well-being of individuals. This can be supported by Rashid et al. (2022), by facilitating health and support services during emergencies is vital to independently maintaining good health as one ages. Thus, this study can prove that well-developed social features in the housing environment play a critical role in developing place attachment, leading to life satisfaction and intention for ageing in place (Han et al., 2021).

In contrast, Farias et al. (2023) primarily highlight the need for physical features and preferences in the housing environment, which provide a preventive function, delaying the beginning of care needs and decreasing the burden on the healthcare system as they age. A successful ageing should integrate the housing itself and the surrounding area to ensure a safe, healthy and supportive environment. Specifically, a few design standards in neighbourhood planning are needed, ensuring a comfortable, conducive, and safe living environment for the older adults (Khalid et al., 2020). Access to community services and strong social networks are critical in enabling older adults to keep their independence and well-being, considerably reducing the chance of being institutionalised. By ensuring that essential medical, social, and daily living support services are readily available, older individuals can continue to age in place comfortably, receive necessary care within their communities, and stay actively engaged with their surroundings for ageing in place (Campbell et al., 2021).

Next, the previous study by [Chen et al. \(2023\)](#) also stated that social and community engagement play an equally important role in ensuring that housing consumers can age comfortably in their preferred living arrangements. These findings contribute to enhancing older adults' capability to age in place by fostering a sense of security, belonging, and emotional well-being. Social interaction within the family, friends, and community makes individuals more likely to feel supported and enabled to remain in their homes rather than transitioning to institutional care. According to [Tang et al. \(2023\)](#), older people who receive more emotional support and make better use of social support are more likely to engage in mutual support. Mutual support from the community and local networks provides occasional assistance with daily tasks, reinforcing older adults' perceived control over their living situation. This aligns with [Charles et al. \(2020\)](#), who found that stronger trust-based relationships within communities lead to higher participation in intergenerational programmes, which foster mutual aid between younger and older generations.

Additionally, this study found that having space features to enable meeting opportunities, such as community centres, shared spaces, and local events, also helps to reduce social isolation and loneliness, which are common risk factors for premature institutionalisation. Intergenerational relationships foster a sense of purpose and social inclusion, ensuring that older adults remain actively engaged with society rather than feeling detached or burdensome. This can be supported by [Whear et al. \(2023\)](#) that intergenerational programmes are one option that can combine social interaction and connection across generations using meaningful and engaged activities, which can help to tackle feelings of loneliness and social isolation and improve well-being. This study reinforces the idea that ageing in place is not just about remaining in a familiar home but staying connected to a supportive social environment to thrive independently while maintaining emotional well-being.

Another study by [Alipour and Meshkini \(2024\)](#) also highlights another social feature, such as access to community centres and shared spaces to organise any events indirectly provide opportunities for social relationships with mutual support. These features play a role in enriching a sense of community. People tend to age in place when they feel connected and have adequate access to support networks, improving their overall life satisfaction. A safe and secure environment is also a part of important social feature influencing housing environmental preferences for successful ageing. Examples of safety features are well-lit streets, pedestrian-friendly pathways, and neighbourhood watch programmes or monitoring systems contribute to a stronger sense of security, enabling people to participate more actively in community life. Therefore, it promotes trust and social engagement, allowing housing consumers to interact without fear of crime or insecurity. Furthermore, access to healthcare services and any social welfare programmes is beneficial for vulnerable groups such as the elderly, allowing them to receive the necessary care and assistance to maintain their physical and mental health. By integrating these strong social features into the housing environment, it can enhance individuals' quality of life, promote active community engagement, and support long-term neighbourhood sustainability.

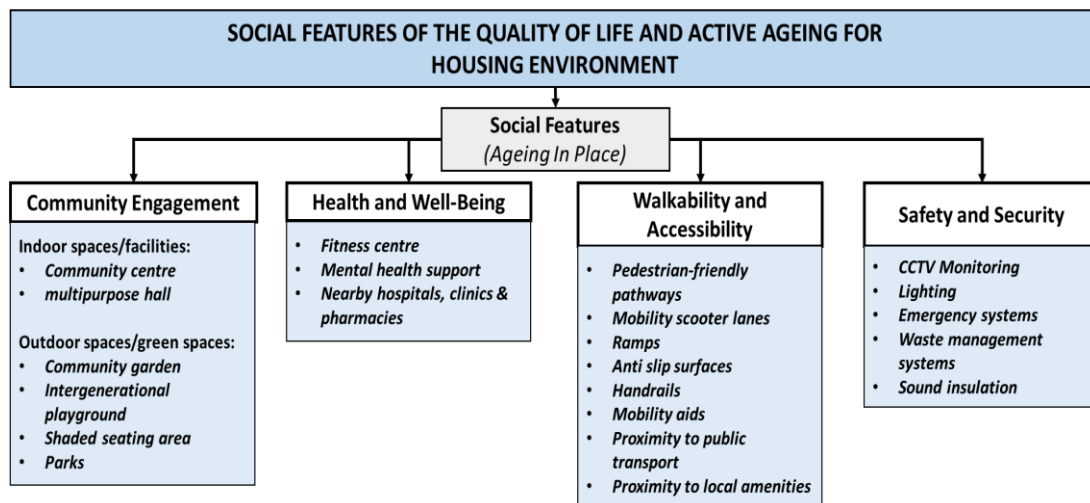
## 5. Conclusion

While this review has synthesised a broad range of international literature to identify key social features of housing environmental preferences for active ageing, its relevance can be strengthened through greater engagement with the Malaysian context. To enhance the

relevance of this conceptual framework, the results from this review will be used for the subsequent qualitative phase of the research, which includes interview sessions with experts from the industry, including academia, local government agencies, and the private sector, such as architects, housing developers, and non-governmental organisations. According to [Aithal and Aithal \(2020\)](#), expert validation plays a critical role in confirming and refining the components and structure of a study, particularly after initial literature exploration or survey efforts. This localised approach ensures that the conceptual framework aligns with the socio-cultural context, planning practices, and ageing policies in Malaysia. In addition, Malaysia has introduced relevant policies such as the National Policy for Older Persons (Dasar Warga Emas Negara), which promotes Ageing-In-Place (AIP) and age-friendly community design support Ageing-In-Place (AIP) initiatives.

The findings reveal four (4) main social features from the scoping reviews: (1) community engagement; (2) health and well-being; (3) walkability and accessibility; and (4) safety and security ([Figure 4](#)), which are significantly important for effective Ageing-In-Place (AIP), particularly for active ageing housing community environments. Ageing-In-Place (AIP) enables individuals to grow old in their chosen living environment, whether their current home or another preferred residence, while staying socially connected within their community, promoting independence, engagement, and overall well-being in an active ageing society ([Cho & Kwon, 2023](#)).

Figure 4: Conceptual Framework of the Social Features Preferences of Active Ageing for the Multi-Generational Housing Environment



Source: Authors

Furthermore, this study is significant for policymakers, housing providers, and architects as it offers valuable insights into the social features that contribute to an age-friendly housing environment, directly influencing the well-being and independence of older adults. By identifying the social features of community engagement, health and well-being, walkability and accessibility, and safety and security, the findings help provide a better understanding that evolves the needs and preferences of an ageing population by developing ageing strategies and planning policies that are more socially relevant. In addition, a well-designed housing environment that aligns with housing consumers' preferences will enable housing providers to create inclusive, sustainable multi-generational housing environments that meet the needs of both ageing individuals and younger generations, fostering stronger community bonds and improving overall quality

of life. These insights are particularly relevant in the context of Malaysia, where the ageing population is growing rapidly.

However, the comprehensive housing environment preferences consist of the physical and social features which provide a sense of balance between personal independence and social support. These features suggest a shift towards housing models that encourage community interaction while still maintaining personal privacy (Mulliner et al., 2020). While social features are essential for fostering an active ageing community, they were unable to capture the comprehensive factors that influence a sustainable living arrangement environment, especially for older adults. The absence of investigation on physical features, such as universal design, adaptive housing modifications, and smart home technologies, limits the study's ability to provide a well-integrated perspective on how the housing environment can further enhance independence and quality of life and particularly for active ageing. Additionally, focusing solely on social features may overlook the interaction between physical infrastructure and social well-being, which could provide more valuable insights into the provision of age-friendly housing environments.

Future research should integrate both physical and social features to develop a more inclusive conceptual framework that supports older adults in maintaining autonomy, safety, and meaningful community connections. More studies should be conducted to better understand Ageing-In-Place (AIP) in various aspects, including the embedding of the Quality-of-Life concept in housing environments to help the elderly successfully age in place (Ismail et al., 2024). Researchers should consider integrating local case studies and pilot projects, especially those that apply age-friendly design concepts such as smart home technology, universal design, and adaptive housing modifications. By combining these physical elements with the identified social features, a more comprehensive framework would be created, improving the relevance of the research and practical significance in Malaysia's planning environment.

### **Ethics Approval and Consent to Participate**

Ethical standards and guidelines for research involving human participants have been used alongside this study. Ethical approval was obtained from the UiTM Research Ethics Committee under the reference number REC/04/2025 (PG/MR/202). Confidentiality was strictly maintained throughout the research process.

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## Conflict of Interest

The authors reported no conflicts of interest for this work and declare that there is no potential conflict of interest with respect to the research, authorship, or publication of this article.

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