Data Article

The role of local wisdom “Ugahari” and the impact of internet and mobile technology on work-life-balance during COVID-19 outbreak: Data set from malaysian workers

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A B S T R A C T

This article presents internet and mobile technology (IMT) usage during the pandemic and examines its impact on Malaysian workers’ work-life balance. This study also included the Malaysian local value, namely Ugahari, and its role in shaping individual work and personal/family life behavior. The operationalization of variables was developed based on the work-life balance from permeability and flexibility, type of work-life balance consequences, and the theory of planned behavior utilized for local wisdom to characterize the respondents. Data were collected through online surveys and distributed to industries and government agencies in the Urban Area of Malaysia. There are 466 valid and complete questionnaires. The data set has been collected as a reference source for further research regarding the role of local value “Ugahari, especially on work-life balance.

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Specifications Table

| Subject                  | Social Science                          |
|--------------------------|-----------------------------------------|
| Specific subject area    | Social Science                          |
| Type of data             | Table                                   |
| How data were acquired   | Data is collected through online and offline surveys |
| Data format              | Raw, analyzed, descriptive and statistical data |
| Parameters for data collection | The data consist of workers in middle management positions and above, located in Kuala Lumpur, Selangor, and Putra Jaya, Malaysia, |
| Description of data collection | Data collection is done in two ways, namely online and offline. Online data collection was carried out using a monkey survey—the filling period was October 18, 2020, to April 28, 2021. The dataset included 466 valid responses. And the questionnaire is provided as a supplementary file |
| Data source location     | Kuala Lumpur, Selangor and Putra Jaya, Malaysia |
| Data accessibility       | Data is included in this article         |
| Related research article | S. Kusairi, S. Muhamad, N.A. Razak, A.P. Trapsila, Managing Work-Life Balance (WLB) during the COVID-19 Pandemic: The Role of Information and Communication Technology (ICT) and Local Wisdom, Jafeb. |

Value of the Data

- The dataset uses the internet and mobile technology and the role of local wisdom “Ugahari” to study their impact on work-life balance.
- This Data is helpful for both public and private policymakers to improve workers’ wellbeing during the COVID-19 pandemic.
- The data presented can further discuss the development of work-life balance theory, especially concerning culture and local wisdom.
- Researchers give flexibility to anyone to modify and use in other contexts.

1. Data Description

The data in this study is premier data, and it is collected from respondents using the questionnaire. The population frame is workers at the middle level of management from the public and private sectors. Public sectors are divided into clusters based on the department, and private sectors are divided into groups based on the industrial types. The questionnaire is given to all selected respondents. Closed questions were used in this questionnaire, and the options used a Likert scale model. The questionnaire is built on a solid definition as a determinant of how each variable is measured. This process is a critical step of survey research to ensure that the questionnaire items are related to the main problem being studied. The model’s evaluation by looking at a loading value of 0.5–0.60 is considered sufficient, and the average variance extracted (AVE) value must be greater than 0.5. Finally, composite reliability by looking at the Cronbach's Alpha value for the condition is > 0.70 [1].

Survey data is broadly divided into two parts: First, demographics include gender, age, marital status, race, number of children, and salary (Table 1). Second explorations of all analyzed variables, including the role of Ugahari and the impact of IMT on work-life balance for more detail, can be seen in (Tables 2–4). Furthermore, The dataset, available on the Mendeley Data repository (https://data.mendeley.com/datasets/xnryh937hc/1).
Table 1
Respondents’ characteristics (N = 466).

| Characteristics                      | N  | %     |
|--------------------------------------|----|-------|
| Demographic characteristics          |    |       |
| Gander                               |    |       |
| Male                                 | 238| 51.07%|
| Female                               | 228| 48.93%|
| Age                                  |    |       |
| < 25                                 | 71 | 15.24%|
| 26–30                                | 117| 25.11%|
| 31–35                                | 105| 22.53%|
| 36–40                                | 71 | 15.24%|
| 41–45                                | 41 | 8.80% |
| 46–50                                | 27 | 5.79% |
| 51–55                                | 24 | 5.15% |
| > 55                                 | 10 | 2.15% |
| Marital Status                       |    |       |
| Divorce                              | 10 | 2.15% |
| Married                              | 260| 55.79%|
| Not married                          | 196| 42.06%|
| Race                                 |    |       |
| Chinese                              | 93 | 19.96%|
| Iban                                 | 3  | 0.64% |
| Indian                               | 19 | 4.08% |
| Kadazan-dusun                        | 2  | 0.43% |
| Malay                                | 344| 73.82%|
| Other                                | 5  | 1.07% |
| Number of Children                   |    |       |
| 1                                    | 56 | 12.02%|
| 2                                    | 77 | 16.52%|
| 3                                    | 52 | 11.16%|
| 4                                    | 27 | 5.79% |
| > 4                                  | 10 | 2.15% |
| No children                          | 244| 52.36%|
| Work-Related Variable                |    |       |
| Wage                                 |    |       |
| < RM5,000                            | 281| 60.30%|
| RM 5001–RM 7500                      | 80 | 17.17%|
| RM 7501–RM 10,000                    | 69 | 14.81%|
| RM 10,001–RM 12,500                  | 16 | 3.43% |
| RM 12,251–RM 15,000                  | 7  | 1.50% |
| > RM 15,000                          | 13 | 2.79% |

2. Experimental Design, Materials and Methods

The questionnaires were distributed in two ways: first, using the traditional method (offline) by visiting the cluster of sampled companies. They were secondly using online survey through https://www.surveymonkey.com/r/5YGVBCY. In the process, most of the respondents came from Kuala Lumpur and Selangor. Respondents from Putra Jaya Malaysia are devoted to respondents who work in the public sector. The average time for filling out the questionnaire per respondent is 30 min. In general, the number of respondents who filled in was 580, but 466 respondents met the requirements to continue the analysis after the screening—the filling period from October 18, 2020, to April 28, 2021.

Conclusive empirical findings from previous research will support the development of research instruments. The development of the model in this study consists of two exogenous variables, namely the internet and mobile technology (IMT) [2] and Malaysian local wisdom “Ugahari.” For variables endogenous there are eight constructs namely: Integration [3], Autonomy [4], Interference [5], Segmentation [6], Job satisfaction [7], job stress [8], permeability [9] and flexibility [3]. Most of the measurements in this study use a five-point Likert scale where 1 =
Table 2
Descriptive results of participants’ responses.

| Variables     | Description                                                                                                               | N   | Min | Max | Mean | Std. Deviation |
|---------------|--------------------------------------------------------------------------------------------------------------------------|-----|-----|-----|------|----------------|
| **Permeability** |                                                                                                                         |     |     |     |      |                |
| PE01          | I think about my family members when I am at work.                                                                          | 466 | 1   | 5   | 3.59 | 1.004          |
| PE02          | I stop in the middle of my work to address a family concern                                                                  | 466 | 1   | 5   | 3.62 | 0.969          |
| PE03          | I take care of family matters while I am at work.                                                                           | 466 | 1   | 5   | 3.52 | 0.993          |
| PE04          | I receive work-related calls (Phone, Email, WhatsApp, etc.) while I am at home.                                               | 466 | 1   | 5   | 3.68 | 0.973          |
| PE05          | I think about work-related concerns while I am at home.                                                                      | 466 | 1   | 5   | 3.37 | 1.009          |
| PE06          | I stop in the middle of my home activities to address a work concern.                                                        | 466 | 1   | 5   | 3.31 | 0.978          |
| **Flexibility** |                                                                                                                         |     |     |     |      |                |
| FL01          | If the need arises, I could leave work early to attend to family-related issues.                                             | 466 | 1   | 5   | 3.55 | 0.939          |
| FL02          | I am willing to take time off from work to deal with my family and personal responsibilities.                               | 466 | 1   | 5   | 3.68 | 0.912          |
| FL03          | From a family and personal life standpoint, there is no reason why I cannot rearrange my schedule to meet the demands of my work. | 466 | 1   | 5   | 3.49 | 0.837          |
| FL04          | If the need arises, I could work late without affecting my family and personal responsibilities                             | 466 | 1   | 5   | 3.65 | 0.819          |
| **Integration** |                                                                                                                         |     |     |     |      |                |
| In01          | I tend to integrate my work and family duties when I work at home                                                           | 466 | 1   | 5   | 3.35 | 0.855          |
| In02          | I tend to integrate my work and family duties when at work.                                                                  | 466 | 1   | 5   | 3.35 | 0.838          |
| **Autonomy**  |                                                                                                                         |     |     |     |      |                |
| AU01          | I am allowed to decide how to go about getting my job done (the methods to use).                                            | 466 | 1   | 5   | 3.69 | 0.822          |
| AU02          | I can choose the way to go about my job (the procedures to utilize).                                                        | 466 | 1   | 5   | 3.69 | 0.813          |
| AU03          | I am free to choose the method(s) to use in carrying out my work.                                                           | 466 | 1   | 5   | 3.64 | 0.843          |
| AU04          | I have control over the scheduling of my work.                                                                               | 466 | 1   | 5   | 3.54 | 0.869          |
| AU05          | I have some control over the sequencing of my work activities (when I do what).                                               | 466 | 1   | 5   | 3.57 | 0.834          |
| **Interference** |                                                                                                                         |     |     |     |      |                |
| INT01         | The time I spend with my family often causes me not to spend time in activities at work that could be helpful to my career. | 466 | 1   | 5   | 2.83 | 0.971          |
| INT02         | When I get home from work, I am often too frazzled to participate in family activities/ responsibilities.                   | 466 | 1   | 5   | 2.88 | 1.006          |
| INT03         | I am often so emotionally drained when I get home from work that it prevents me from contributing to my family.            | 466 | 1   | 5   | 2.93 | 1.040          |

(continued on next page)
| Variables | Description                                                                 | N  | Min | Max | Mean  | Std. Deviation |
|-----------|-----------------------------------------------------------------------------|----|-----|-----|-------|----------------|
| INT04     | Due to stress at home, I am often preoccupied with family matters at work. (such as children mischief at school/home). | 466 | 1   | 5   | 2.71  | 1.039          |
| INT05     | Because I am often stressed from family responsibilities, I have a hard time concentrating on my work. | 466 | 1   | 5   | 2.70  | 1.054          |
| INT06     | Tension and anxiety from my family life often weaken my ability to do my job. | 466 | 1   | 5   | 2.72  | 1.089          |
| Segmentation  | Where I work, people can keep work matters at work.                     | 466 | 1   | 5   | 3.45  | 0.905          |
| SS01      | At my workplace, people are able to prevent work issues from creeping into their home life. | 466 | 1   | 5   | 3.21  | 0.937          |
| SS02      | Where I work, people can mentally leave work behind when they go home.     | 466 | 1   | 5   | 3.23  | 0.938          |
| IMT       | How many of the phone calls (cell phone) you make and receive on your phone are personal? | 466 | 1   | 5   | 3.39  | 0.940          |
| IC01      | How often do you usually take your mobile phone on a workday to talk to your family or friends? | 466 | 1   | 5   | 3.25  | 0.983          |
| IC02      | How many of the phone calls (cell phone) you make and receive on your phone are for work? | 466 | 1   | 5   | 3.66  | 0.930          |
| IC03      | How often do you usually answer the mobile for working purposes during a holiday? | 466 | 1   | 5   | 3.27  | 1.017          |
| Ugahari   | The people around me believe that harmony between life and work is important. | 466 | 1   | 5   | 4.06  | 0.826          |
| UG01      | I have the support of people around me to arrange the best time possible so that my responsibilities as a family member and worker can run optimally. | 466 | 1   | 5   | 3.92  | 0.861          |
| UG02      | The community around me believes that overwork is one thing that is not good. | 466 | 1   | 5   | 3.83  | 0.807          |
| UG03      | I have enough time to interact with friends and build quality relationships with family. | 466 | 1   | 5   | 3.73  | 0.789          |
| UG05      | I used to work proportionally.                                             | 466 | 1   | 5   | 3.80  | 0.804          |
| UG06      | I limit the additional work to ensure my core task settled well.           | 466 | 1   | 5   | 3.81  | 0.880          |
| UG07      | I realize that controlling the frequency of technology used, such as mobile technology, email, etc., is important. | 466 | 1   | 5   | 3.65  | 0.908          |
| UG08      | People around me realize that excessive use of technology such as mobile phones, the internet etc., can have negative impacts both mentally and physically. | 466 | 1   | 5   | 3.62  | 0.893          |
| UG09      | I have the support from the community around me to regulate the use of technology so as not to overdo it. | 466 | 1   | 5   | 3.62  | 0.893          |
Table 3
Measurement model evaluation.

| Research construct | The average variance extracted (AVE) | Cronbach's alpha | Composite reliability |
|--------------------|-------------------------------------|------------------|-----------------------|
| Permeability       | 0.528                               | 0.821            | 0.87                  |
| Flexibility        | 0.595                               | 0.773            | 0.854                 |
| Integration        | 0.865                               | 0.844            | 0.928                 |
| Interference       | 0.655                               | 0.894            | 0.919                 |
| Autonomy           | 0.686                               | 0.885            | 0.916                 |
| Segmentation       | 0.752                               | 0.835            | 0.901                 |
| IMT                | 0.613                               | 0.791            | 0.613                 |
| Ugahari            | 0.564                               | 0.906            | 0.921                 |

Table 4
Correlations between variables.

| Variable          | PE01 | PE02 | PE03 | PE04 | PH05 | PH06 | FL01 | FL02 | FL03 | FL04 |
|-------------------|------|------|------|------|------|------|------|------|------|------|
| Respondent...     |      |      |      |      |      |      |      |      |      |      |
| Gender            |      |      |      |      |      |      |      |      |      |      |
| Age               |      |      |      |      |      |      |      |      |      |      |
| Marital Status    |      |      |      |      |      |      |      |      |      |      |
| Race              |      |      |      |      |      |      |      |      |      |      |
| Number of Children|      |      |      |      |      |      |      |      |      |      |
| Wage              |      |      |      |      |      |      |      |      |      |      |
| Integration       |      |      |      |      |      |      |      |      |      |      |
| Autonomy          |      |      |      |      |      |      |      |      |      |      |
| Interference      |      |      |      |      |      |      |      |      |      |      |
| Segmentation      |      |      |      |      |      |      |      |      |      |      |
| IMT               |      |      |      |      |      |      |      |      |      |      |
| Ugahari           |      |      |      |      |      |      |      |      |      |      |

** Correlation is significant at the 0.01 level (2-tailed).
* Correlation is significant at the 0.05 level (2-tailed).
Strongly Disagree, 3 = Neither Agree nor Disagree, and 5 = Strongly Agree. The rating scales allow results to be analyzed and interpreted statistically.

The data screening process is carried out in two ways: First, screening the completeness of filling out all the questions in the questionnaire. At this stage, the researcher ensures that all the data collected is complete and suitable for analysis. Second, check whether there are irregularities in filling out; for example, respondents’ names are not familiar, industries not in the Google database, and others; this is important to ensure the quality of the data obtained.

**Ethics Statement**

All procedures performed in studies followed the ethical standard of University Malaysia Terengganu. Informed consent was obtained from all respondents involved in the study. Participants were informed that the survey was anonymous.

**Data Availity**

The Role Of Local Wisdom “Ugahari” And The Impact Of Internet And Mobile Technology On Work-Life-Balance During COVID-19 Outbreak: Data Set From Malaysian Workers (original Data) (mendelay Data).

**Declaration of Competing Interest**

The authors state that they have no competing interests and have no conflicts of interest concerning the research described in this paper.

**CRediT Author Statement**

**Suhal Kusairi:** Conceptualization, Methodology; **Suriyani Muhamad:** Supervision; **Norizan Abdul Razak:** Supervision; **Aji Purba Trapsila:** Data curation, Writing – original draft.

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**Supplementary Materials**

Supplementary material associated with this article can be found in the online version at doi:10.1016/j.dib.2021.107779.

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