

**AN INSIGHT INTO POST-
INDEPENDENCE MALAYSIAN
WOMEN'S WELL-BEING**

Editor

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**HEALTH-RELATED LIFESTYLES, PERCEIVED
HEALTH STATUS AND LIFE SATISFACTION
AMONG POST-INDEPENDENCE
MALAYSIAN WOMEN**

Hariyati Shahrina Abdul Majid

Introduction

Women in Malaysia have gone through dramatic changes in their personal and professional lives, both at home and at work. These transformations have challenged the health field to expand its understanding of the meaning attached to women's health. The philosophy of health and its care for women has evolved from a reproduction-centered medical model to one that increasingly describes women's health in terms of the totality of their experiences across the life span (Ministry of Women and Family Development, 2003), including their expanded social and economic roles and the influence of culture, psychology and social factors.

Since independence, Malaysian women have made great strides in their standard of living and quality of life. There has been a steady improvement in the health status of Malaysian women as indicated by the rising life expectancy at birth and declining maternal mortality and fertility rate. The average life expectancy of women increased from 58.1 years in 1957 to 75 years in 2000, an increase of 29%(www.moh.gov.my).