



PENGURUSAN PEMANTAUAN KERATAN AKHBAR MBSJ
TARIKH: 01 JULAI 2024 (ISNIN)

MEDIA ELEKTRONIK (AKHBAR ONLINE / TELEVISYEN / RADIO)

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LAIN-LAIN PBT

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Pemilik harta terima notis nilai baharu MBSJ boleh buat bantahan hingga 2 Ogos

by Suhaila Shahrul Annuar June 28, 2024 10:53 am

SHAH ALAM, 28 JUN: Pemilik harta yang menerima notis senarai nilai baharu Majlis Bandaraya Subang Jaya (MBSJ) boleh membuat bantahan sehingga 2 Ogos.

Baghian Komunikasi Korporat Jabatan Korporat Dan Pengurusan Strategik MBSJ memaklumkan 326,646 Notis Senarai Nilai Baharu dihantar melalui pos kepada pemilik hartanah untuk pemakluman sejak 21 Jun.

"Bantahan nilai boleh dibuat menerusi laman sesawang MBSJ di pautan <https://bantahan.mbsj.gov.my/> sebelum atau selewat-lewatnya pada 2 Ogos," katanya dalam kenyataan.

Menurut MBSJ semakan semula nilai bagi mengimbangi pendapatan, perbelanjaan dan pengurusan perkhidmatan MBSJ yang semakin meningkat sekali gus menyokong urus tadbir bandar raya lebih cekap untuk keselesaan serta kesejahteraan komunitinya.

Jelasnya Kerajaan Negeri menetapkan kenaikan cukai taksiran baharu tidak melebihi 25 peratus dari cukai lama melibatkan semua kategori harta iaitu kediaman, perdagangan, perindustrian, dan tanah kosong (pertanian).

"Pemilik harta boleh menyemak senarai nilai baharu di kaunter semakan di Laman Kenanga, Aras 1 MBSJ, Persiaran Perpaduan, USJ 5 bermula semalam hingga 2 Ogos," katanya.

Sebelum ini MBSJ memaklumkan nilai baharu cukai taksiran akan dikuatkuasa pada 1 Januari 2025.

Pihaknya tidak menaikkan cukai taksiran selama 32 tahun sejak 1992 bagi kawasan Subang Jaya dan Bandar Sunway manakala USJ, Puchong, Seri Kembangan dan Serdang selama 28 tahun sejak 1996.

SEMAKAN SENARAI NILAIAN BAHARU MAJLIS BANDARAYA SUBANG JAYA
BAGI CUKAI TAKSIRAN BERKUAT KUASA 1 JANUARI 2025

FORMULA KIRAAN CUKAI TAKSIRAN

Contoh pengiraan Cukai Taksiran seperti berikut:

(i) Pengiraan Cukai Taksiran atas bangunan

Nilai Sewa	RM1,500.00
Nilai Sewa Sewa (RM1,500.00 x 12 bulan)	RM18,000.00
Nilai Tahunan (Sewa Sewa)	RM18,000.00
Kadar Cukai Kediaman	4%
Cukai Taksiran Tahunan	RM720.00

(ii) Pengiraan Cukai Taksiran atas tanah kosong

Kawasan Tanah perorg	5,000 meter
Harga Perakam kilometer Perakam semp	RM4,000.00
Harga Perakam Tanah	RM20,000.00
Nilai Tahunan (50% daripada Harga Perakam)	RM10,000.00
Kadar Cukai Perakam	5%
Cukai Taksiran Tahunan	RM500,000.00

KADAR TAKSIRAN BAHARU
ARAS NILAIAN BAHARU TAHUN 2025

4%	Bangunan Kediaman & Tanah Kosong Kediaman
3%	Perdagangan (Dondomium, Rumah Bandar, Pangsapuri)
3.5%	Pangsapuri Servis, Kiri Apartment
5%	Bangunan Perikanan & Tanah Kosong Perikanan
5.5%	Bangunan Perikanan & Tanah Kosong Perikanan
3%	Ara & Pasir Air Selangor
2%	Tanah Kosong Pertanian

CARA MEMBUAT BANTAHAN

Sebarang yang bantahan atau penahan bagi semakan pengiraan yang diberikan dalam Senarai Nilai Baharu ini boleh dibuat melalui kaunter 142 Ara 121 membuat bantahan secara bertulis kepada Cukai Bandar, Majlis Bandaraya Subang Jaya pada atau sebelum 2 Ogos 2024 dan Majlis Bandaraya Subang Jaya akan membuat semakan semula Senarai Nilai Baharu ini pada atau sebelum 2 Ogos 2024.

"Hantar bantahan dalam tempoh masa penahan bantahan di kaunter semakan semula Senarai Nilai Baharu di [www.mbsj.gov.my](https://bantahan.mbsj.gov.my/)"

SEBARANG PERTANYAAN

BP 1 - SUBANG JAYA/USJ	03-80263115
BP 2 - SUBANG HI-TECH	03-80264333
BP 3 - PUTRA HEIGHTS	03-80263114
BP 4 - KINARA	03-80264336
BP 5 - PUCHONG	03-80263114
BP 6 - BANDAR PUTRA PERMAI	03-80263250
BP 7 - SERI KEMBANGAN	03-80267426

Sila Imbas Kod QR

untuk maklumat lanjut berkenaan Semakan Semula Senarai Nilai Baharu Pada Ara 121 Tahun 2025

SEMAKAN SENARAI NILAIAN BAHARU MAJLIS BANDARAYA SUBANG JAYA
BAGI CUKAI TAKSIRAN BERKUAT KUASA 1 JANUARI 2025

Tarikh: 27 Jun 2024 hingga 2 Ogos 2024

Masa: Isnin hingga Jumaat (8.00 pagi hingga 5.00 petang)

Tempat: Laman Kenanga, Aras 1, Majlis Bandaraya Subang Jaya, Persiaran Perpaduan, USJ 5, 47610 Subang Jaya, Selangor

Mana-mana pemunya (pemilik) atau penduduk sesuatu kawasan berdaftar dalam Senarai Nilai Majlis Bandaraya Subang Jaya atau seseorang yang diberi Surat Perwakilkan Kuasa daripada mana-mana pemunya atau penduduk sesuatu kawasan tersebut, boleh hadir bagi membuat semakan dan cabutan daripada Senarai Nilai tanpa sebarang bayaran pada ketetapan seperti di atas.

NOTIS SENARAI NILAIAN BAHARU

IKLAN WARTA SENARAI NILAIAN BAHARU

KRONOLOGI SEMAKAN SENARAI NILAIAN BAHARU

1992 → 1996 → 2020

Berkuat 28 tahun → Berkuat 24 tahun

PUNCA KUASA UNTUK MELAKSANAKAN PENILAIAN SEMULA CUKAI TAKSIRAN

- Kuasa untuk melaksanakan Penilaian Semula Cukai Taksiran adalah seperti diperuntukkan di Akta Kerajaan Tempatan 1976 (Akta 170) Seksyen 15(2) seperti di bawah:
- "Sebagai Senarai Nilai baru yang mengandungi butiran-butiran yang sama seperti dalam subseksyen (1) hendaklah disediakan dan diupayakan sekali tiap-tiap lima tahun atau dalam tempoh yang dijalankan sebagaimana ditentukan oleh Pihak Berkuasa Negeri"
- Kerajaan Negeri Selangor juga telah bersetuju supaya Pihak Berkuasa Tempatan melaksanakan proses Penilaian Semula Cukai Taksiran ke atas semua pengiraan / harta di dalam kawasan pentadbiran Pihak Berkuasa Tempatan.

SELANGORKINI ONLINE
TARIKH: 01 JULAI 2024

Raja Muda berkenan lancar Tanjong Subang Jaya, jenama hotel FAS

by Suhaila Shahrul Annuar © June 30, 2024 2:00 pm



Duli Yang Teramat Mulia (DYTM) Raja Muda Selangor Tengku Amir Shah berkenan hadir ke majlis pelancaran Hotel Tanjong Subang Jaya pada 30 Jun 2024. Foto AHMAD ZAKKI JILAN/SELANGORKINI

SUBANG JAYA, 30 JUN- Duli Yang Teramat Mulia (DYTM) Raja Muda Selangor berkenan melancarkan Tanjong Subang Jaya, jenama perkhidmatan perhotelan Persatuan Bola sepak Selangor (FAS).

Tengku Amir Shah merangkap Presiden FAS menyempurnakan pelancaran jaringan jenama perhotelan Tanjong By FAS itu di pekarangan Kompleks Sukan 3K Subang Jaya di sini hari ini.



Setiasaha Agung Persatuan Bola sepak Selangor (FAS) Izrin Nabil Ismail

Setiasaha agung FAS berkata sebagai lebaran baharu FAS dalam industri perhotelan, Tanjong Subang Jaya merupakan hotel bertemakan sukan bola sepak pertama di Malaysia dengan kapasiti 40 bilik.

Menurut Izrin Nabil Ismail, menggunakan pelaburan RM2.5 juta, pembangunan hotel itu memperbaharui bangunan sedia ada Majlis Bandaraya Subang Jaya (MBSJ) selain menempatkan pejabat urusan FAS, restoran serta Red Giant Physio Centre sebagai pusat rawatan dan pemulihan fisio bertaraf industri.

"Berpusat di Kompleks Sukan 3K, Tanjong Subang Jaya memfokuskan penggunaan fasiliti yang telah dibangunkan oleh MBSJ dengan memberi nilai tambah melalui aktiviti pembangunan bola sepak FAS.

"Ia termasuk kursus pembangunan jurulatih dan pengadil, klinik bola sepak, penganjuran pelbagai acara sukan dan seminar di peringkat tempatan dan antarabangsa serta perkhidmatan fisioterapi untuk pemulihan sukan," katanya.



Duli Yang Teramat Mulia (DYTM) Raja Muda Selangor Tengku Amir Shah berkenan melihat bilik Hotel Tanjong Subang Jaya selepas melancarkan hotel tersebut pada 30 Jun 2024. Foto AHMAD ZAKKI JILAN/SELANGORKINI

Menurut Izrin Nabil lagi, ia diinspirasi daripada bunga rasmi Selangor iaitu tanjong pecah sembilan yang melambangkan sejarah, kesatuan dan kejayaan sembilan daerah negeri ini yang menjadi sumber kekuatan FAS.

"Pada hari ini FAS mencatat sejarah baharu dengan pelancaran satu jenama dalam perkhidmatan perhotelan dan hospitaliti.

"Walaupun dari pandangan kasar usaha ini mungkin berbeza daripada teras FAS iaitu memberi penekanan yang besar kepada pembangunan bola sepak akar umbi namun ia amat penting dan satu langkah yang amat besar kepada FAS ke arah mewujudkan kelestarian dan kemampan industri bola sepak Selangor.

"Menerusi usaha bersama MBSJ pelancaran hotel ini turut bertujuan mewujudkan pusat komuniti dan sukan yang aktif serta sebagai inisiatif melestarikan industri bola sepak akar umbi di Selangor," katanya.

SELANGORKINI ONLINE
TARIKH: 01 JULAI 2024

MBSA to reconsider 60% rental hike for Section 16 market traders

SHAH Alam City Council (MBSA) will reconsider the proposed 60% increase in rental rates for traders at Pasar Moden Seksyen 16.

Mayor Datuk Mohd Fauzi Mohd Yatim said the proposed increase was based on costs

incurred by the city council.

He said MBSA had been operating at a loss, with a deficit of RM20,000 monthly due to higher maintenance costs.

"The rental rates at the market range from RM100 to RM400, depending on the size of the

shop area," he said after the MBSA full board meeting.

Mohd Fauzi said MBSA held an engagement session with the traders on June 26 to discuss the proposed increase.

He said the 60% increase aimed to only cover costs, but

added that traders had objected to it during the session.

"The traders did not agree to the reassessment of rental rates, citing current economic conditions.

"As such, MBSA will review the proposal in our committee meet-

ing to determine the appropriate percentage increase.

"If there are objections, we will consider their merits.

"MBSA will strive to support the traders and may absorb the costs," he added. — By MEGAT SYAHAR

THE STAR

01 JUL 2024

Tarikh:.....

Putting Selangor on cultural map

MBPJ hosts inaugural conference to support creative sectors in state

By SHEILA SRI PRIYA
sheilasripriya@thestar.com.my

THE state government wants to tap into the creative industry to bolster the local economy and support Visit Selangor 2025 campaign.

Petaling Jaya City Council (MBPJ) hosted the first Selangor Creative Cities Network conference as part of Unesco's Creative Cities Network (UCCN).

The state wants to cultivate best practices in the creative industry to prepare for Visit Selangor 2025, said Deputy State Secretary (Development) Datuk Johary Anuar during the event's launch at MBPJ's Dewan Sivik.

"Unesco's UCCN was launched in 2004 to strengthen the relationship between cities with creative potential.

"Some 350 cities in the world are in UCCN including two in Malaysia – Kuching Selatan, City of Gastronomy in 2021 and Ipoh, City of Music in 2023.

"Under UCCN, cities must have one or more of the following elements: arts and folklore, music, design, film, literature, craft, media arts and gastronomy.

"Selangor has its potential products too, such as 'Festival Merayakan Seni Budaya: Kesenian Mah Meri', which falls under the arts category.

"The Mah Meri tribe has its own unique Orang Asli culture, which is still preserved in the Kuala Langat district.

"Besides MBPJ, Subang Jaya City Council (MBSJ), Klang Royal City Council (MBDK), Sepang and Hulu Selangor municipal councils have agreed to be part

"We want tourists to embark on the 'Pusing Selangor Dulu' campaign to visit Sabak Bernam, Kuala Selangor, Sepang and Kuala Langat."

Anfaal Saari

MBPJ
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1/7

of the Selangor Creative Cities network," said Johary.

UCCN promotes cooperation with and among cities that have identified creativity as a strategic factor for sustainable urban development.

Also present was Selangor women, family empowerment, welfare and care economy committee chairman Anfaal Saari.

She said to generate greater productivity within the creative industry, some RM1mil had been allocated.

There are funds to kick-start business, financial management, marketing and product placements.

"For Visit Selangor 2025 we plan to attract both local and European markets," said Anfaal.

"We want tourists to embark



(From third left) Mohamad Zahri and Anfaal with local guitar makers at the Selangor Creative Cities Network conference. With them are (from left) MBPJ Department of Building Control director Ismathinoon Abd Rahman and MBPJ deputy mayor Aznan Hassan.

on the 'Pusing Selangor Dulu' campaign to visit Sabak Bernam, Kuala Selangor, Sepang and Kuala Langat.

"We have allocated a RM3.3mil budget for this.

Petaling Jaya mayor Mohamad Zahri Samingon said the Selangor Creative Cities Network conference would come up with a blueprint for local councils to develop their creative sectors.

"In Petaling Jaya, we have the annual folklore festival that showcases both international and local folk arts.

"This festival also provides economic opportunities for those in other sectors, such as the food and beverage industry," he said.



Performers doing a cultural dance during the event at Dewan Sivik.

THE STAR

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Tarikh:.....

DBKL
Star
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FEEDBACK SOUGHT

The public can give their views on Kuala Lumpur City Hall's (DBKL) 2025 budget today at Pusat Komuniti Seri Petaling for the Seputeh constituency; July 6 at The Federal Kuala Lumpur for the Bukit Bintang constituency; July 13 at Pusat Komuniti Lembah Pantai for the Lembah Pantai constituency; July 20 at Auditorium Pejabat Cawangan Segambut for the Segambut constituency and July 27 at Dewan Serbaguna Jinjang Utara for the Kepong constituency. For details, call 03-2617 9000.

MPS
Star
1/7

PARKING MATTERS

>Sepang Municipal Council (MPSepang) will enforce parking charges at Perdana Central Business District, Jalan Lingkaran Cyber Point, Tamarind Square, Nadayu Square and Dengkil starting today. Payment can be made via eCoupon, monthly pass and smartphone apps. For details, call 1-300-88-2025.

> MPSepang will start towing vehicles parked illegally in Dengkil starting today. For details, call 03-8319 0200 ext 230/296/266/271.

CASHLESS PAYMENT

Putrajaya Corporation will only facilitate cashless payment at all its recycling centres from today. For details, visit www.ppj.gov.my

MBPJ
Star
1/7

MBPJ BUDGET

Petaling Jaya City Council (MBPJ) is calling for the public to give input for next year's budget. Deadline is July 21. For details, visit www.mbpj.gov.my

THE STAR

Tarikh: 01 JUL 2024

MPKj
Star
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GREEN SCHOOLS

Kajang Municipal Council (MPKajang) is organising its Green School Award for primary and secondary schools. Judging will be based on cleanliness, innovation, creativity and community involvement. Deadline is Aug 26. For entry forms, visit www.mpkj.gov.my

THE STAR

Tarikh: 01 JUL 2024

DBKL replacing broken tactile tiles in Brickfields

DBKL
Star
1/7

Story and photo by JAROD LIM
jarodlim@thestar.com.my

KUALA Lumpur City Hall (DBKL) is making repairs to tactile paths along Jalan Tun Sambanthan 3 and Jalan Tun Sambanthan 1 in Brickfields following complaints from the visually impaired.

DBKL advisory board member Carmen Leong said replacement of the broken tactile tiles would cost between RM150,000 and RM200,000.

"It involves replacing 100m of the tactile path and resurfacing the pedestrian walkway at Jalan Tun Sambanthan 3 first, before replacing the broken tiles at the walkway along Jalan Tun Sambanthan 1.

"We will use concrete tactile tiles which are more durable.

"The tile replacement works began on June 25 and will take about two weeks," she said, adding that DBKL took action after a site visit on May 7 and June 12 based on the complaints.

Leong said DBKL had also issued summonses to those



(From left) Lai, Goh, Leong, Klinik Sai Cares general practitioner Dr Ganeson Krishnan and Fong checking out the resurfacing of a pedestrian walkway at Jalan Tun Sambanthan 3.

blocking the path.

"During the site visit, we noticed a lot of motorcycles parked on the tactile path along Jalan Tun Sambanthan 3.

"We have asked DBKL's enforcement officers to fine those who commit the offence," she said in urging the public not to block such tactile paths.

Chinese Cultural Association of the Blind Malaysia president Goh Harp Boon said the tactile path stretch along Jalan Tun Sambanthan 3 was vital for the visually impaired.

"Many blind adults work as massage therapists at a nearby hotel and rely on the tactile path to navigate their way.

"However, the path was broken and unusable, posing a danger to them.

"We have also encountered a lot of obstructions along the way, such as motorcycles, rubbish as well as tables and chairs," he said.

Goh said he once advised a motorcyclist not to park on the

tactile path, but got a scolding from the biker instead.

In June, *StarMetro* highlighted the plight of the visually impaired navigating their way in Brickfields due to obstructions along the tactile path such as tables and chairs placed by traders on public walkways.

As a result, several restaurants blocking the tactile path were fined during a site visit by DBKL.

DBKL advisory board member Andre Lai said he would highlight the issue of obstructions on the tactile path to the respective DBKL departments.

"Restaurants are not allowed to put anything on the tactile path and we will look into the matter," he said.

Bukit Bintang Federal Territory Residents Representative Council (MPPWP) chairman Ben Fong said the visually impaired should have priority while navigating in Brickfields.

"I urge the public to be understanding of the needs of the blind," he said.

THE STAR

Tarikh: 01 JUL 2024

Chinatown traders wary about relocation plan

Lee Lam Thye market vendors in KL feel two-storey building nearby may not be conducive for business

By JAROD LIM

jarodlim@thestar.com.my

TRADERS of Lee Lam Thye market in Chinatown, Kuala Lumpur fear that a move to relocate them will adversely impact their business and livelihood.

Kuala Lumpur City Hall (DBKL) plans to build a new two-storey market complex nearby for them.

This was revealed during an engagement session with the affected traders, Kuala Lumpur Hawkers and Petty Traders Association, DBKL, Bukit Bintang MP Fong Kui Lun and Tan Sri Lee Lam Thye, whom the market is named after.

During the briefing, DBKL said the proposed building would house market traders now operating at the intersection of Lorong Bandar 22 and Lorong Galeri Lee Lam Thye.

"The market traders will be relocated to facilitate beautification works for Lorong Galeri Lee Lam Thye and the lane off Jalan Tun HS Lee under the first and second phases of the project.

"This also includes upgrading of the pedestrian walkway, removing obstacles as well as restoring and beautifying the old lanes.

"DBKL plans to maintain some of the features of the market.

"The third phase is the construction of the two-storey market complex which is expected to start in 2025," said a DBKL spokesperson.

The proposed market complex will be located at the site of the old Madras Cinema that burnt down in 1978 along Lorong Bandar 22, and is just a stone's throw from the current market.

Back in the day, it was a popular cinema that mainly screened Chinese movies.

The site is currently being used as a parking lot from 9am onwards after the Pasar Karat traders vacate it.

An illustration by DBKL displayed at the engagement session showed the top floor of the proposed two-storey complex will house traders from Lee Lam Thye market while the bottom floor will function as trading space for about 114 Pasar Karat traders as well as a parking lot.

The proposed project will affect about 100 market traders.

Uncertain about relocation

Curry noodle vendor Choy Kah Uen said he did not want to move.

"We have been here for a long time and regular customers know where to find us.

"The lot offered at the market complex is smaller compared to the current lot that we are operating from.

"If we want to preserve the culture of Lee Lam Thye market,



An arch bearing Lee's name in Chinese leads to the market which was renamed after him in recognition of his efforts to save it in the 1990s. — Photos: LOW BOON TAT/The Star

Proposed development of Lee Lam Thye market at Lorong Bandar 22, Kuala Lumpur



Location of the proposed site for the market building.

then we should be allowed to stay here," he said.

Curry laksa vendor KF Chin said he was uncertain about the project.

"If I am given a nice lot to operate from, then I might move. So far, I am content with my current location at the market," he said.

A butcher who only wanted to be known as Chan expressed indifference about the project.

"If the local authority wants us to move, I would just follow. "After all, what power do I have to go against it?"

"A two-storey building won't be able to meet customers' parking needs as there is a lack of parking in the area now," said the trader.

Kuala Lumpur Hawkers and Petty Traders Association chairman Datuk Ang Say Tee said that after the project's completion,

DBKL would designate stalls for them which would be able to house all the traders.

"Stalls will be categorised according to meat, seafood, vegetables as well as cooked food.

"There will also be a dining area for customers, as well as other facilities such as toilets and basic amenities such as electricity, water and sewerage system.

"The Lee Lam Thye market has a long history but hasn't been upgraded, in comparison to the surrounding structures and establishments.

"We welcome DBKL's plan to upgrade the area but there are still a lot of things to smoothen out," he said.

Ang said the association was gathering feedback from stakeholders to be presented to DBKL.

"There are several problems we see with the proposed project.



Chin says he is uncertain about the move as he's happy with his current location.

"Firstly, although the two-storey building will be able to cater to all the traders, there will be insufficient parking for customers.

"So, we are hoping DBKL will consider building a four-storey market complex to address the lack of parking," he said.

"The plan to beautify the lanes that the market is currently occupying is good but we are concerned that vagrants and the homeless would end up there as this would create a bad impression among tourists.

"The authorities need to conduct frequent monitoring and patrolling there," he said.

During a visit to the site by StarMetro, it could be seen that the clearing of illegal structures and preparations for beautification works had already begun.

Notices by the DBKL Licensing and Business Development Department had also been issued to traders who had erected illegal structures, to remove or dismantle them.

'KL plan must be people-oriented for a liveable city'

By JAROD LIM
jarodlim@thestar.com.my

ADVOCATES for sustainable cities are urging Kuala Lumpur City Hall (DBKL) to gazette a people-oriented draft Kuala Lumpur Local Plan (KLLP) 2040 to turn Kuala Lumpur into a more liveable city.

"We want a plan where people take pride in the city, not one that puts people's interests at risk."

"Mismanagement in town planning would affect future generations," said Selamatkan Kuala Lumpur (SKL) chairman Datuk M. Ali.

In a four-hour presentation during a public hearing session for KLLP2040 at Menara DBKL 1, the group urged the local authority to preserve retention ponds, adhere strictly to gazetted land use and improve open spaces in the draft plan.

"For example, retention ponds should be preserved in their originality to ensure their functions."

"A comprehensive list and locations of all retention ponds under the Drainage and Irrigation Department (DID) and DBKL should be included in the



Ali (front row, third from left) looking at the presentation slides with Booi Charn (on his right) together with Charles (back row, right) while other members of SKL and KLRA+SD look on.

KLLP2040 as requested," he told a panel comprising various individuals.

The group also urged the panel to put in recommendations to protect more public and open spaces and stop the widespread conversion of de facto public land.

"There are questionable calculations of open spaces where the draft plan stated that total open space in Kuala Lumpur was 4,798.94ha.

"However, this includes the required green spaces in commercial and residential buildings which are not accessible to the public, hence creating an untrue representation of the city's actual measurements of open spaces."

"It constitutes half (2,324 ha) of additional open space which cannot be verified as it is based on a broad estimated percentage contribution of non-open space land," said SKL committee member Charles Tan.

The group also urged the removal of open space 2 (OS2) land use category while private open space (OS3) should not be considered as open space.

"OS2 can be used for transportation projects without first changing the land use."

"Hence, this category would inflate and distort the actual open space land area in the city."

"As for OS3 zoned land, it is permissible with conditions to build golf facilities, tourist

accommodation as well as serviced apartments under Land Use and Building Class 2024.

"It also has no requirement to be accessible to the general public."

"This is against the Federal Territory (Planning) Act 1982 which states that open space is a public place and should not be restricted as in the case of a private golf course," he said.

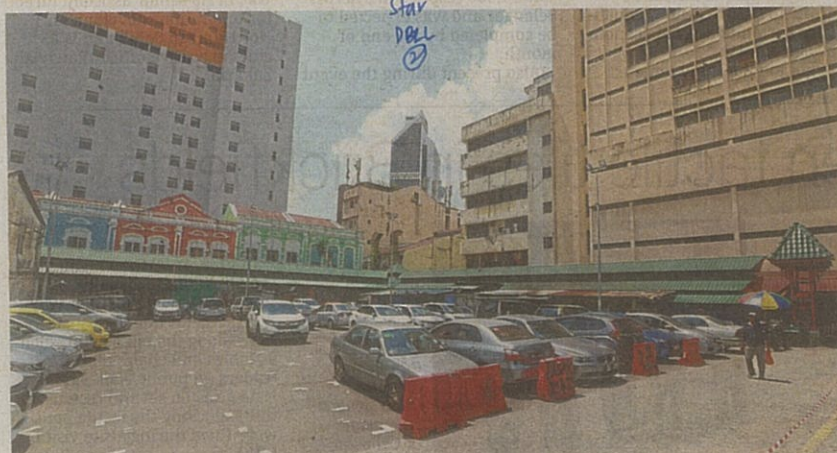
Kuala Lumpur Residents Action for Sustainable Development Association (KLRA+SD) chairman Tan Booi Charn said hillslope development restriction on Class 4 slopes should be included in the draft KLLP2040.

"Previously, this restriction was included in the KLLP2020 but was not stated in the draft KLLP2040 plan."

"We are proposing to restrict development on the hillslope at 150m above sea level instead of the previous 300m," she said.

Booi Charn added that there was also a need for an implementation and evaluation task force to be formed and to meet periodically.

"This is to ensure that the draft plan achieves the targeted sustainability agenda in the city," she said.



The two-storey market complex will be built at the parking lot next to the Lee Lam Thye market.

"Failure to adhere to the notice can result in demolition or confiscation of such structures," stated the notice.

Temporary relocation

Ang said since beautification of the lanes would be conducted before the construction of the building, traders would need to operate temporarily elsewhere.

"There are some spaces at Lorong Petaling but we are still in the midst of discussing this with DBKL," he said.

Lee said he had met with Kuala Lumpur mayor Datuk Seri Kamarulzaman Mat Salleh and the DBKL department concerned regarding the market complex.

"They reassured me that they would preserve the name of the market."

"There is an arch bearing the name of the market in Chinese characters and I hope they would retain that while beautifying the lanes," he said.

In the 1990s, the market was at risk of being closed due to



Lee hopes the arch of the market and its name will be retained.

hygiene issues and the traders appealed to Lee, who was then Bukit Bintang MP, to intervene. Lee stepped in to help about 200 market traders.

The market was then renamed the Lee Lam Thye market to commemorate his contributions to local commerce.

Lee said he was aware that the proposed project was a collabora-



Ang (right) talking to traders about the proposed plan to relocate the market.

tion between Think City and DBKL but said he had not received any updates.

In a statement, Think City said



The project will affect about 100 market traders.

Lane, Madras Cinema and the market.

As a part of the Petaling Street precinct, it is rich in history and heritage and possessed significant potential, the statement said.

The programme aims to rejuvenate the lane through elevating public spaces, adaptively reusing shophouses and introducing new businesses and content.

"Improvements to public spaces are scheduled to begin in the third quarter of this year."

"The project aims to connect the past and the future by revitalising the market area through street restoration and beautification."

"This involves enhancing the streetscape, improving public amenities and promoting cultural heritage through interpretive elements and community-centric activities."

According to the statement, the project goal was to create a vibrant, culturally rich environment that would enhance the area's liveability and economic vitality.

the project was part of the Madras Area Improvement Programme, to highlight the historical significance of Madras

By SHALINI RAVINDRAN
shaliniravindran@thestar.com.my

SELANGOR government may introduce affordable housing quotas specifically tailored for vulnerable groups such as single mothers.

State women and family empowerment, welfare and care economy committee chairman Anfaal Saari (pic) said giving access to home ownership would provide a much-needed lifeline for those struggling to find stable and secure housing.

She said a study on "empowering women through home ownership in Selangor" was being carried out by Selangor Housing and Property Board (LPHS) in collaboration with Universiti Utara Malaysia (UUM) to come up with a proposal to increase home ownership.

"This (special quota) proposal has been raised before in the state assembly, specifically for single mothers, people with disabilities and senior citizens.

"We have affordable housing schemes such as Rumah Selangorku.

"I believe this housing scheme can also provide special quotas for these groups."

Anfaal said this after launching a legal awareness programme on property ownership at a resort in Kuala Selangor that was attended by some 200 women.

The programme was organised by LPHS and Wanita Berdaya Selangor (WBS), which is a subsidiary of Menteri Besar Incorporated set up to

S'gor mulls housing quota for vulnerable groups

Exco member says home ownership important in empowering single mothers, the disabled and seniors



implement programmes under the Selangor Women and Family Development standing committee.

During the event, participants also gave input for the home ownership study.

Anfaal said there was currently little data on property ownership among women in Selangor.

"With this study, we will be able to identify issues and propose solutions, which could include special quotas.



Asteria Apartment in Bandar Parklands, Klang, one of several developments under the Rumah Selangorku affordable housing scheme. — Filepic

"This is part of the state's efforts to ensure gender equality for sustainable socio-economic development."

She said the study targeted

some 1,000 respondents across Selangor and was expected to be completed by the end of month.

Also present during the event

was LPHS senior assistant director (operations development) Nor Hanizan Sahib and WBS chief executive officer Rawiyah Zakaria.

THE STAR

Tarikh: 01 JUL 2024

Time to push our cities, say tourism players

By GERARD GIMINO
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PETALING JAYA: With 12 Malaysian cities listed among the top 1,000 global cities in a recent Oxford Economics survey, the recognition can boost the nation's tourism sector, say stakeholders.

Malaysian Tourism Federation president Datuk Tan Kok Liang said the listing can lead to increased curiosity and interest from potential tourists who may be more likely to choose Malaysian cities as their travel destinations.

"The listing also enhances Malaysia's brand as a desirable travel destination, potentially attracting more international events, conferences and business travellers," he said when contacted.

Tan stressed the need to improve several key areas to further enhance tourists' perception of Malaysia.

This includes enhancing infrastructure and connectivity, cultural preservation and promotion, and sustainability initiatives.

"Improving road and air connectivity ensures ease of travel within and between cities. We also have to highlight Malaysia's rich cultural heritage through festivals, museums and cultural tours to make it a unique selling point.

"Eco-friendly tourism practices and sustainable developments should similarly be promoted to attract environmentally-conscious travellers," he added.

Tan said tourist areas should



Keep it clean: Tourist areas should also be safe and well maintained, contributing towards the overall visitor experience, said one tourism player. — THOMAS YONG/The Star

also be safe and well maintained, contributing towards the overall visitor experience.

"Invest in digital marketing campaigns and maintain a strong online presence to reach a global audience, showcasing the diverse attractions Malaysia offers," he said.

According to the Oxford Economics Global Cities Index 2024 that covered 163 countries, 12 Malaysian cities made the top 1,000 list.

Kuala Lumpur was placed at 135 followed by George Town, Penang (351); Melaka (359); Johor Baru, Johor (376); Butterworth-Bukit Mertajam, Penang (385); Kota Kinabalu, Sabah (391); Kuantan, Pahang (412); Kuching, Sarawak (419); Kota Baru, Kelantan (433); Seremban, Negri Sembilan (447); Kuala Muda,

Kedah (459); and Ipoh, Perak (465).

The Index comprises five categories: economy, human capital, quality of life, environment, and governance, aggregated to create an overall score for each city.

Malaysian Association of Tour and Travel Agents (MATTA) president Nigel Wong said the listing gave a good impression of Kuala Lumpur and may favourably influence the minds of some tourists.

"It gives a general impression of what the capital may look like compared with other major well-known urban centres in the region.

"It may also convey a sense of how safe a city is, what facilities are available and its affordability," he said.

Wong said there are many

Malaysian cities in the Top 1,000 cities global ranking

Cities	Ranking
Kuala Lumpur	135
Georgetown, Penang	351
Melaka	359
Johor Baru, Johor	376
Butterworth-Bukit Mertajam, Penang	385
Kota Kinabalu, Sabah	391
Kuantan, Pahang	412
Kuching, Sarawak	419
Kota Baru, Kelantan	433
Seremban, Negri Sembilan	447
Kuala Muda, Kedah	459
Ipoh, Perak	465

Source: Oxford Economics Global Cities Index 2024



things that can be done to positively position Malaysia as a tourism destination.

He highlighted providing more parking for licensed tourist vehicles and having more and better public walkways in cities.

"We need to show the world all the new and exciting attractions Malaysia has to offer, including improved facilities," he said.

THE STAR

01 JUL 2024

Tarikh:.....

Many hooked on AI-generated boyfriend app

Star
1/7

AN application known as Character AI allows girls to pick "boyfriends" generated by artificial intelligence from hundreds of choices, including celebrities, *Kosmo! Ahad* reported.

As a result, it said Malaysian teenage girls were hooked on the app, spending hours text messaging their virtual boyfriends.

Several of them said they enjoyed their imaginary relationships as their virtual boyfriends were "always available, more romantic and understood them better".

A 17-year-old student, known as Alesya, said she was drawn to the app as it allowed her to choose

the character of her boyfriend.

"Also, virtual boyfriends do not judge us, unlike real boyfriends," she said.

Suraya, another teenager, said she used the app to chat with her favourite Korean celebrities.

"It feels like I have a secret friend in my pocket. Although I know it is AI-generated and not real, it is not detrimental to me in any way. Most importantly, I know how to control myself," she said.

However, two parents said their daughters who were addicted to it showed behavioural changes since they started using the app.

> With its reputation of being haunted, the century-old Kellie's Castle in Batu Gajah, Perak, is attracting local visitors with a fascination for the paranormal.

Mingguan Malaysia reported that many visitors claimed to have sighted an apparition of a woman, especially at a particular roofed balcony.

The building's managing director, Zamari Muhyi, said that apart from the balcony, there were three other "unnerving" locations, including the master bedroom.

He said the entity would usually appear at the said balcony from 5.15pm onwards and several visi-

tors had captured images of it.

Zamari said the apparition was also active between midnight and 3am. He said several "experiments" conducted in the building in the past years substantiated claims of the hauntings.

"In 2017, we explored the building for spirits with a group. A woman in the group was possessed by a spirit. Suddenly, she started speaking like a man.

"I asked who he was and he identified himself as Gopal, a laundry man who couldn't return home to India. Upon his death, his spirit ended up wandering aimlessly in the building," he said.

> The daily also reported that Malaysians topped the list of being the most obese people in South-East Asia. This made them susceptible to premature death, non-communicable diseases and other health conditions.

It reported that Malaysia topped the list of nine countries followed by Thailand and Singapore, while the leanest people were from Vietnam, Cambodia and Laos.

Health and dietary experts said the high obesity rate was attributed to their intake of food and drinks high in sugar and calories. Other factors include the low consumption of fruits and vegetables.

THE STAR

Tarikh: 01 JUL 2024



Human voice or deepfake?

IT is increasingly difficult to tell whether it's a human or an AI-generated voice that is speaking – at least consciously.

Researchers have observed that our brains react differently to deepfake voices than to natural ones, even though we may not be fully aware of this.

Fake voices appear to lead to less pleasure when listening, according to the study published in the journal *Communications Biology*.

Algorithms for voice synthesis are now so powerful that the characteristics of voice clones come very close to those of natural speakers.

Voices imitated with deepfake technologies are being used in fraud attempts over the telephone and to give virtual assistants the voice of a celebrity.

The team led by Claudia Roswadowitz from the University of Zurich analysed how well human identity is preserved in voice clones. The researchers recorded the voices of four German-speaking men in 2020 and then used computer algorithms to generate deepfake voices of these speakers.

Pretty perfect

The study then tested the quality of the imitation, evaluating how convincingly the identity was cloned. To do this, 25 test subjects were asked to determine whether the identities of two pre-recorded voices were identical or not.

In around two-thirds of the tests, the deepfake voices were correctly assigned to the respective speaker.

"This makes it clear that although current deepfake voices do not perfectly imitate identity, they have the potential to deceive people's perceptions," said Roswadowitz.

The researchers then used functional magnetic resonance imaging (fMRI) to investigate how individual areas of the brain react to fake and real voices.

According to the results, there were differences in two central areas: the nucleus accumbens and the auditory cortex. The researchers

believe it is likely that both areas play an important role in whether a person recognises a deepfake voice as fake or not.

"The nucleus accumbens is an important part of the reward system in the brain," Roswadowitz says. It was less active when a deepfake and a natural voice were compared than when two real voices were compared.

In other words, listening to a fake voice activates less of our brain's reward system.

Compensating for flaws

According to the study, there was also a difference in activity in the auditory cortex, which is responsible for analysing sounds.

This area was more involved when it came to recognising the identity of deepfake voices.

"We suspect that this area reacts to the imperfect acoustic imitation of deepfake voices and tries to compensate for the missing acoustic signal," said Roswadowitz.

The cortex probably compensated largely in secret.

"Something then signals to the conscious mind that something is different and more difficult, but this often remains below the threshold of perception."

The rapid development of AI technologies has led to a massive increase in the creation and dissemination of deepfakes, the researchers note.

So would today's deepfakes, created four years later, completely trick listeners? Or would the results be similar?

"That's a very exciting question," says Roswadowitz. Newer AI-generated voices would probably have a slightly better sound quality.

Roswadowitz assumes that the differences in activity in the auditory cortex would be smaller than at the time when this study was conducted.

This is because this region reacts to the different sound quality. In the nucleus accumbens, on the other hand, she expects possibly similar results. "It would be very interesting to investigate this."

— dpa

THE STAR

01 JUL 2024

Tarikh:.....

Stabilkan ekonomi negara terlebih dahulu

Pelaksanaan rasionalisasi subsidi RON95 memerlukan satu analisis mendalam dan pragmatik

Oleh FARHANA ABD KADIR
SHAH ALAM

Rasionalisasi subsidi terhadap petrol RON95 hanya sesuai dilaksanakan ketika ekonomi negara berada dalam keadaan stabil atau menunjukkan pertumbuhan positif.

Koordinator Pusat Keusahawanan Mahasiswa Akademi Pembangunan PKS dan Keusahawanan Malaysia (MASMED) dari Universiti Teknologi Mara (UiTM), Dr Mohamad Idham Md Razak berkata, pelaksanaannya juga memerlukan satu analisis mendalam dan pragmatik.

Menurutnya, ia tidak boleh dilaksanakan tanpa meminimumkan risiko gangguan ekonomi dan sosial yang mungkin timbul akibat perubahan drastik dalam dasar atau struktur perniagaan.

"Rasionalisasi perlu dilaksanakan pada masa di mana penerimaan masyarakat terhadap perubahan adalah tinggi.



MOHAMAD IDHAM

sa tempoh ketidakstabilan seperti pilihan raya atau krisis ekonomi global bagi mencapai matlamat yang diinginkan," katanya kepada *Sinar Harian* di sini.

Mohamad Idham berkata, kerajaan juga perlu mempertimbangkan penggunaan teknologi untuk mengawal selia pelaksanaan subsidi petrol bagi memudahkan peman-



Pakar berpandangan pelaksanaan rasionalisasi RON95 tidak boleh dilaksanakan tanpa meminimumkan risiko gangguan ekonomi dan sosial rakyat Malaysia - Gambar hiasan

"Memilih waktu yang sesuai juga bermaksud memastikan perubahan tidak dilaksanakan sema-

tauhan supaya dapat mengelakkan penyelewengan.

Ujar beliau, penggunaan teknologi bukan sahaja membantu mengurangkan beban kos sara hidup rakyat, tetapi juga menyokong matlamat jangka panjang mengurangkan subsidi umum yang membebankan ekonomi negara.

"Ini akan menyumbang kepada kelestarian fiskal serta penjanaan dana untuk pembangunan infrastruktur dan perkhidmatan awam yang lebih baik," ujarnya.



SINAR HARIAN
Tarikh: 01 JUL 2024

Amaun subsidi petrol perlu munasabah - FOMCA

nt 1/7

SHAH ALAM - Amaun subsidi petrol RON95 yang akan diberikan kepada rakyat perlu mencukupi untuk mengimbangi kos perbelanjaan sekiranya rasionalisasi ke atas bahan api itu dilaksanakan.

Ketua Pegawai Eksekutif (CEO) Gabungan Persatuan-Persatuan Pengguna Malaysia (FOMCA), Saravanan Thambirajah berkata,



**SARAVANAN
THAMBIRAJAH**

perkara itu perlu diteliti agar tidak memberi kesan buruk kepada ekonomi rakyat Malaysia.

Beliau bagaimanapun berkata, buat masa ini sukar untuk menetapkan anggaran jumlah subsidi petrol yang mencukupi untuk menampung perbezaan harga petrol RON95 apabila diapungkan kelak.

Namun, beliau yakin amaunnya nanti akan ditentukan apabila kerajaan melakukan audit menerusi data Sistem Pangkalan Data Utama (PADU).

"Kerajaan perlu kumpulkan maklumat di peringkat bawah dari segi penggunaan sebenar petrol bulanan dan keperluan rakyat yang layak iaitu golongan B40 dan M40. Kos ulang alik ke tempat kerja misalnya bukannya murah kerana mereka juga perlu membayar tol, cukai jalan dan insurans kenderaan.

"Jangan setakat bergantung kepada statistik sedia ada. Kebergantungan kerajaan terhadap statistik sedia ada sebelum ini menyebabkan mereka lupa apa keadaan sebenar rakyat di luar sana," katanya ketika dihubungi *Sinar Harian*.

Saravanan berkata, pelbagai implikasi buruk dikhuatiri akan berlaku sekiranya nilai subsidi diberikan tidak munasabah.

"Kuasa beli rakyat akan jatuh sebab duit habis untuk menampung perbelanjaan petrol yang semakin bertambah.

"Akhirnya, golongan B40 mungkin tidak mampu membeli makanan berkhasiat buat keluarga mereka. Malah, tidak mustahil masalah sosial dan jenayah semakin meningkat kerana rakyat tidak cukup gaji. Kerajaan perlu teliti risiko-risiko seperti ini," katanya.

SINAR HARIAN

Tarikh:0..1..JUL..2024..

Kerajaan digesa segera wartakan peraturan kawalan vape

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SHAH ALAM - Persatuan Perubatan Malaysia (MMA) menggesa kerajaan segera mewartakan peraturan untuk mengawal selia industri vape bagi memastikan produk berkenaan tidak dipromosi atau dibeli golongan bawah umur.

Presidennya, Dr Azizan Abdul Aziz berkata, langkah segera itu perlu diambil susulan terdapat kes mangsa dikaitkan dengan kesan pengambilan rokok elektronik itu termasuk kecederaan kepada paru-paru yang turut dilaporkan melibatkan kanak-kanak.

"MMA mahu kerajaan mempercepatkan pewartaan peraturan ini. Difahamkan bahawa draf peraturan tersebut telah siap sejak hujung tahun lalu, namun sehingga kini belum ada sebarang berita mengenainya dan kita harap penjelasan diberikan oleh pihak kerajaan.

"Kami juga merayu kepada semua ahli Parlimen untuk bersikap tegas dalam isu kritikal ini dengan memberi tekanan kepada kerajaan untuk segera memuktamadkan peraturan ini.

"Ini kerana ahli Parlimen memainkan peranan penting dalam memastikan masa depan yang lebih baik kepada generasi muda. Kesihatan dan kesejahteraan belia harus menjadi keutamaan, melangkaui kepentingan politik.

"Pihak kami juga mengharapkan sokongan semua ahli Parlimen dalam menangani isu yang mendesak ini, selain



DR AZIZAN

bersedia untuk bekerjasama membendung penggunaan vape ini bagi melindungi generasi muda daripada terkesan bahaya," katanya dalam satu kenyataan pada Ahad.

Sinar Harian pada Mac lalu melaporkan sebanyak 111 kes berhubung pendedahan keracunan berkaitan rokok elektronik dan cecairnya telah dirujuk ke pusat

panggilan Pusat Racun Negara (PRN) Universiti Sains Malaysia (USM) sejak 2015 hingga tahun lepas.

Selain itu, terdapat juga laporan beberapa kes antaranya seorang kanak-kanak di Bera, Pahang disyaki mengalami keracunan nikotin akut dipercayai tersedut atau tertelan cecair daripada peranti vape jenis pakai buang.

MMA melalui kenyataan sama turut menggesa tiga tindakan segera yang diperlu ambil antaranya mengehadkan penjualan dan promosi produk vape berhampiran institusi pendidikan.

Turut didesak supaya diambil tindakan segera ialah dengan melaksanakan peraturan iklan dan pembungkusan yang ketat bagi mengelak ia menjadi sasaran golongan muda.

"Desakan ketiga ialah segera perketat penguatkuasaan membendung amalan jualan vape dan pemasaran yang menyalahi undang-undang agar ia tidak boleh dibeli oleh mereka yang berumur di bawah 18 tahun," katanya.

SINAR HARIAN

Tarikh: ...01 JUL 2024.....

PH
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Kutipan Tabung Solidariti Selangor FC melepasi RM50,000

SHAH ALAM - Tabung Solidariti Bersama Selangor FC yang di-buka minggu lalu akan ditutup pada 2 Julai depan.

Exco Belia, Sukan dan Keusahawanan Selangor, Mohd Najwan Halimi berkata, lebih RM50,000 terkumpul setakat jam 6.30 petang Sabtu.

Menurutnya, wang terkumpul akan diserahkan 100 peratus kepada pasukan bola sepak Selangor FC.

"Jumlah sumbangan diterima setakat jam 6.30 petang Sabtu ialah sebanyak RM50,248.52.

"Terima kasih kepada semua pe-



MOHD NAJWAN

nyumbang dari seluruh negara yang menzahirkan sokongan dan solidariti kepada Selangor FC," katanya menerusi perkongsian di laman sosial Facebook.

Katanya, orang ramai yang masih mahu menyumbang RM1 sebagai tanda solidariti boleh berbuat demikian melalui imbasan pada kod QR disediakan.

Terdahulu, tabung tersebut ditubuhkan sebagai tanda solidariti terhadap pasukan bola sepak Selangor FC yang didenda RM100,000 oleh Liga Bola Sepak Malaysia (MFL) selepas ketidakhadirannya ke Perlawanan Piala Sumbangsih pada 10 Mei lalu.

Penarikan diri pasukan Gergasi Merah Kuning dalam perlawanan menentang Johor Darul Ta'zim itu atas faktor keselamatan susulan kejadian simbah asid menimpa pemainnya, Faisal Halim.

Susulan itu, kerajaan negeri bersetuju melancarkan usaha bersama dan memberi peluang kepada semua pihak termasuk peminat Merah Kuning mengumpul dana bagi membayar denda.

Bagaimanapun, MFL mengurangkan hukuman dikenakan daripada RM100,000 kepada RM60,000 kepada Selangor FC sebagai menjunjung kasih dan menghormati titah Sultan Selangor, Sultan Sharafuddin Idris Shah.

TABUNG SOLIDARITI BERSAMA SELANGOR FC

Kutipan setakat 25 Jun 2024, 6.30 petang.

RM50,248.52

MSN #KITASELANGORFC

Kutipan setakat jam 6.30 petang pada Sabtu.

SINAR HARIAN
Tarikh: 01 JUL 2024



Ringgit dijangka diniagakan pada RM4.70 dan RM4.71 berbanding dolar AS pada minggu ini.

Ringgit dijangka diniaga dalam jajaan kecil

Pada RM4.70 dan RM4.71
berbanding dolar AS
pada minggu ini

KUALA LUMPUR

Ringgit dijangka diniagakan dalam jajaan kecil pada RM4.70 dan RM4.71 berbanding dolar AS dalam dagangan berhati-hati minggu ini walaupun mata wang Amerika Syarikat (AS) mungkin susut berikutan pengumuman data Perbelanjaan

Penggunaan Peribadi (PCE) AS yang lebih rendah.

Ketua Ahli Ekonomi Bank Muamalat Malaysia Bhd, Dr Mohd Afzanizam Abdul Rashid berkata, walaupun demikian Rizab Persekutuan (Fed) AS dijangka mengekalkan kadar faedah semasa.

"Pendirian untuk menaikkan kadar faedah oleh Rizab Persekutuan AS berkemungkinan mengehadkan potensi kenaikan ringgit minggu depan.

"Konsensus dalam kalangan penganalisis kewangan, ahli ekonomi dan peserta pasaran meramalkan Indeks Harga PCE akan menyusut daripada 2.7 peratus kepada 2.6 pe-

ratus," katanya kepada Bernama.

PCE teras bulanan AS, tidak termasuk turun naik barangan makanan dan tenaga bagi Mei 2024 dilaporkan meningkat 0.1 peratus berbanding bulan sebelumnya, mendorong Fed untuk menurunkan kadar faedah pada akhir tahun ini.

Mesyuarat Jawatankuasa Pasaran Terbuka Persekutuan (FOMC) AS dijadualkan diadakan pada akhir bulan Julai.

Pada asas Jumaat ke Jumaat, ringgit meningkat kepada 4.7160/7190 berbanding dolar AS daripada 4.7110/7145 pada minggu sebelumnya.

SINAR HARIAN

01 JUL 2024

Tarikh:

Penurunan kadar surcay ICPT

Kerajaan pantau kesan harga barang

Subsidi elektrik bersasar diharap tak jejas kepentingan majoriti rakyat

Oleh Siti Aminah Mohd Yusof
bhnews@bh.com.my

Butterworth: Penurunan kadar surcay Pelepasan Kos Tidak Berimbang (ICPT) kepada pengguna komersial dan industri dijangka dapat membantu menurunkan harga barangan, kata Perdana Menteri, Datuk Seri Anwar Ibrahim.

Beliau berkata, pihak kerajaan bersetuju untuk menurunkan kadar surcay ICPT kepada syarikat besar dengan maksud mereka dapat membantu dalam usaha mengurangkan harga barangan.

"Kita akan pantau adakah penurunan kadar elektrik ini akan membawa kesan penurunan harga barang," katanya dalam sidang media di sini, kelmarin.

Beliau berkata kerajaan Persekutuan melaksanakan subsidi elektrik secara bersasar dengan syarat utama ia tidak akan menjejaskan kepentingan majoriti rakyat Malaysia.

Kementerian Peralihan Tenaga dan Transformasi Air (PETRA) dalam kenyataan kelmarin mengumumkan tiada kenaikan tarif elektrik kepada semua pengguna elektrik di Semenanjung mulai 1 Julai hingga 31 Disember ini.

Kenyataan itu memaklumkan penurunan surcay sebanyak 1 sen/kWj kepada kategori lampu jalan (tarif G dan G1) di bawah seliaan Pihak Berkuasa Tempatan (PBT), manakala pengguna komersial dan industri juga akan mengalami penurunan kadar surcay ICPT sebanyak 1 sen/kWj, bagi tempoh sama.

Tolak dakwaan pembangkang

Sementara itu, Menteri Ekonomi, Rafizi Ramli menolak dakwaan pembangkang kononnya negara meminjam daripada Tabung Kewangan Antarabangsa (IMF).

Katanya, hanya negara yang berada di ambang muflis dan ti-

dak mampu lagi membayar hutang akan memohon bantuan kewangan daripada IMF.

Beliau berkata, ini berbeza dengan keadaan ekonomi negara ini yang masih mampu membayar hutang tanpa perlu meminjam daripada institusi kewangan dunia itu.

Beliau juga berkata IMF juga adalah tempat terakhir mana-mana negara mendapatkan bantuan kewangan.

"Faham ke tidak kenapa negara-negara lain pergi kepada IMF? IMF adalah institusi kewangan terakhir dunia (dimohon pinjaman). Maksudnya apabila sudah pinjam satu dunia (daripada pihak lain), bila sudah tak boleh bayar hutang nak bankrap macam Sri Lanka baru kamu pergi kepada IMF."

"Kamu tak pergi kepada IMF kalau kamu masih boleh bayar hutang. Ada Malaysia nak bankrap sekarang? Ada kita tak boleh bayar (hutang)?," katanya.

Rafizi yang juga Naib Presiden PKR berkata negara yang masih mempunyai wang akan dianggap sebagai gila jika masih ingin meminjam kepada IMF justeru soal itu seharusnya tidak ditimbulkan oleh pembangkang.

BERITA HARIAN
01 JUL 2024
Tarikh.....

'Jangkitan bakteria pemakan daging' bukan cabaran kesihatan negara

Kuala Selangor: Kementerian Kesihatan (KKM) mengambil pendekatan bahawa Sindrom Kejutan Toksik Streptokokus (STSS) yang melanda Jepun ketika ini bukan cabaran kepada kesihatan negara.

Menteri Kesihatan, Datuk Seri Dr Dzulkefly Ahmad, berkata Pertubuhan Kesihatan Sedunia (WHO) belum memberi apa-apa maklumat atau perkembangan berhubung jangkitan bakteria itu.

"Saya ambil sikap ia bukan satu cabaran kerana bukan *public health hazard* atau risiko dalam konteks hingga saat ini," katanya selepas merasmikan Karnival Kita MADANI peringkat Selangor di sini, semalam.

Terdahulu, Institut Penyakit Berjangkit Nasional (NIID) melaporkan Jepun mencatat lebih 1,000 kes STSS pada tahun ini.

Menurut data NIID, setakat 9 Jun lalu, kes awal mencecah 1,019, menandakan peningkatan ketara dalam penyebaran jangkitan bakteria itu berbanding tahun sebelumnya.

STSS yang juga dikenali sebagai jangkitan streptokokus inva-



Kakitangan Kementerian Komunikasi melayan pengunjung yang singgah di reruai kementerian itu pada Karnival Kita MADANI Peringkat Negeri Selangor yang berlangsung di Dewan Datuk Penggawa Permatang Kuala Selangor, semalam. (Foto BERNAMA)

sif teruk, adalah penyakit yang bermula secara tiba-tiba yang disebabkan Streptokokus Kum-pulan A.

Gejala awal biasanya termasuk sakit tekak, demam, hilang selera makan, cirit-birit, muntah dan masalah gastrousus lain ser-

ta tanda septik seperti tekanan darah rendah.

Jika tidak dirawat segera boleh menyebabkan kerosakan tisu lembut, kegagalan pernafasan, kegagalan hati, kegagalan buah pinggang dan kegagalan pelbagai organ, dengan kadar kematian melebihi 30 peratus.

Penyebaran penyakit ini atau 'jangkitan bakteria pemakan daging' kerana keparahannya berlaku lebih cepat tahun ini.

Sehingga 2 Jun, sebanyak 977 kes telah dilaporkan, melebihi jumlah keseluruhan 941 kes sepanjang tahun lepas.

STSS disebarkan, terutama melalui titisan daripada mukosa hidung atau tekak dan melalui sentuhan dengan luka.

Pakar memberi amaran gejala awal jangkitan bakteria ini sering disalah anggap sebagai selesema biasa, disebabkan perkembangan penyakit yang cepat.

Demam panas disertai kecelaruan atau kemerahan yang merebak cepat di sekitar luka adalah tanda amaran yang memerlukan perhatian perubatan segera.

Subsidi bersasar perkukuh penarafan kredit Malaysia

BH
1/7

Usaha pacu prestasi perdagangan, pelaburan asing jadi lebih baik

Oleh Mohd Zaky Zainuddin
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Penyasaran semula subsidi yang sedang dijalankan oleh kerajaan berpotensi meletakkan Malaysia pada kedudukan lebih baik dalam kalangan agensi penarafan kredit dunia seperti Fitch Ratings, Moody's dan S&P Global Ratings (S&P).

Dua daripada agensi penarafan utama dunia, Fitch dan S&P minggu lalu menyatakan defisit fiskal Malaysia dijangka mengecil susulan penyasaran semua subsidi secara berfasa yang sudah dimulakan.

Pengarah Eksekutif Institut Penyelidikan Ekonomi Malaysia (MIER), Dr Anthony Dass, berkata lebih penting adalah kerajaan pimpinan Perdana Menteri, Datuk Seri Anwar Ibrahim komited memastikan bantuan kewangan diterima oleh mereka yang sangat me-

merlukan, selain menggalakkan kecekapan dan keadilan dalam pasaran.

"Dengan beralih daripada subsidi pukal sehingga memaksa kerajaan mengeluarkan RM81 bilion pada 2023, langkah terbaharu ini (rasionalisasi subsidi) sepatutnya membantu kerajaan mengurangkan defisit fiskal kepada 4.3 peratus daripada Keluaran Dalam Negara Kasar (KDNK) pada 2024 berbanding 5 peratus pada 2023," katanya kepada BH.

Dass berkata, tumpuan utama kini tertumpu kepada penyasaran RON95, selepas kerajaan melaras semula harga telur dan elektrik.

"Rasionalisasi RON95 membantu kerajaan mengisi jurang sekitar RM2.2 bilion untuk memenuhi pengurangan subsidi RM11.4 bilion kepada RM52.8 bilion pada 2024.

"Memandangkan keseriusan kerajaan terhadap dasar pembaharuan dan rasionalisasi subsidi, ia menjadi petanda baik dalam jangka sederhana hingga panjang," katanya.

Bagaimanapun, beliau berkata, buat masa ini mungkin terlalu awal membuat kesimpulan penilaian kredit negara akan bertambah baik.

"Walaupun sebarang peningkatan kepada penarafan kredit negara pastinya positif yang lebih

penting adalah menilai ekonomi keseluruhan dari sudut pandangan holistik.

"Dengan kerajaan menunjukkan kepentingan disiplin fiskal, memperbaiki kehadiran antarabangsa Malaysia dengan siri lawatan Perdana Menteri untuk menambah baik perdagangan dan pelaburan, ia berpotensi meningkatkan negara daripada persekitaran ekonomi 'stabil' ketika ini kepada persekitaran 'positif'.

"Peningkatan sebegini pasti memberi petanda baik kepada negara dari segi keyakinan pelabur dan perniagaan, kemampanan pertumbuhan, aliran masuk pelaburan langsung asing (FDI) serta potensi ringgit," katanya.

Ketua Ekonomi dan Kewangan Sosial Bank Muamalat Malaysia, Dr Mohd Afzanizam Abdul Rashid, berkata meskipun rasionalisasi subsidi langkah tidak po-

pular, ia tetap dilaksanakan bagi memastikan sumber kerajaan dibelanjakan ke arah perkara yang dapat meningkatkan produktiviti negara dan kesejahteraan rakyat.

Beliau berkata, rasionalisasi subsidi menjadi pertumbuhan ekonomi lebih berkualiti kerana berasaskan produktiviti dan pelaburan, bukan penggunaan semata-mata.

Ekonomi lebih stabil

Katanya, jika situasi itu dapat dicapai, pertumbuhan ekonomi lebih stabil disebabkan setiap faktor pengeluaran seperti buruh, modal, tanah, teknologi dan usahawan dapat berinteraksi secara efektif serta menghasilkan suatu produk berkualiti tinggi.

"Sudah pasti perkara ini menaikkan markah penilaian kredit oleh agensi penarafan kredit seperti Moody's, S&P dan Fitch ter-

hadap kerajaan Malaysia.

"Apabila reformasi ekonomi ini diteruskan dengan konsisten, sudah pasti merubah tinjauan kepada penarafan sedia ada iaitu 'neutral'.

"Sekiranya tinjauan penarafan dinaikkan, kemungkinan penarafan sedia ada iaitu A3, A- dan BBB+ dapat dinaikkan lagi, sekali gus menarik minat pelabur asing untuk membeli saham dan bon di Malaysia.

"Situasi ini juga mewujudkan permintaan terhadap ringgit. Oleh itu, nilai ringgit berpotensi meningkatkan jika reformasi ekonomi seperti antaranya rasionalisasi subsidi bahan api dapat diteruskan dengan konsisten," katanya.

Mohd Afzanizam menjelaskan, penarafan kredit yang baik mendorong harga saham dan bon meningkat, sekali gus menaikkan pulangan pelaburan institusi seperti Kumpulan Wang Simpanan Pekerja (KWSP), Kumpulan Wang Persaraan (Diperbadankan) (KWAP), Pemodal Nasional Bhd (PNB), Lembaga Tabung Haji (TH) dan Lembaga Tabung Angkatan Tentera (LTAT).

"Institusi pelaburan ini juga boleh memberi kadar dividen lebih tinggi berbanding tahun sebelumnya jika prestasi pelaburan menjadi lebih baik," katanya.

Rasionalisasi RON95 membantu kerajaan mengisi jurang sekitar RM2.2 bilion untuk memenuhi pengurangan subsidi RM11.4 bilion kepada RM52.8 bilion pada 2024

Dr Anthony Dass,
Pengarah Eksekutif MIER



BERITA HARIAN
Tarikh.....0.1..JUL..2024

Dana asing akan kembali sebaik ringgit mengukuh

Dana pelabur asing mungkin kembali ke pasaran saham tempatan sebaik ringgit mengukuh, demikian menurut MIDF Research.

Firma penyelidikan pasaran itu berkata, menuju ke separuh kedua 2024 dijangka dana pelabur asing kembali ke pasaran saham tempatan berdasarkan unjuran ringgit lebih kukuh berpunca kemungkinan pemotongan kadar faedah AS, selain pandangan dari segi asas pasaran.

"Kami jangka ini menjadi pemicu utama bagi prestasi pasaran saham Malaysia separuh kedua 2024 yang secara berhati-hati kekal memberangsangkan," katanya dalam laporan prestasi

pasaran saham separuh 2024.

MIDF Research berkata, sejak kebelakangan ini dana pelabur asing yang mengalir ke dalam pasaran saham tempatan bergerak sejajar prestasi mata wang.

Ia berkata, sejak awal tahun sehingga 14 Mac lalu, dana pelabur asing tidak mengambil kira pergerakan ringgit berbanding dolar Amerika Syarikat (AS) kerana aliran masuk bersih RM24.5 juta yang dipacu kemasukan bersih pada Januari dan Februari, meskipun nilai mata wang tempatan merosot pada masa itu.

Katanya, ia mungkin disebabkan faktor lain seperti jangkaan pemotongan kadar faedah

AS pada permulaan awal tahun ini.

"Bagaimanapun, aliran dana pelabur asing mulai mencerminkan pergerakan ringgit berbanding dolar AS selepas tempoh itu.

"Menganalisis aliran dana pelabur asing dan pergerakan ringgit berbanding dolar AS antara 14 Mac hingga 24 Jun lalu, kami menyaksikan korelasi sebanyak -0.91, menunjukkan terdapat aliran masuk dana asing semasa nilai ringgit meningkat dan sebaliknya," katanya.

Pengukuhan dolar AS berpanjangan semasa separuh pertama 2024, dipengaruhi sentimen kadar faedah tinggi lebih lama seperti diisytiharkan Rizab Perse-

kutuan (Fed).

Namun, ringgit pulih agak ketara daripada paras terendah dalam tempoh 26 tahun pada RM4.805 yang dicatatkan Februari lalu untuk berada pada purata RM4.732 semasa suku kedua 2024, setakat 25 Jun.

MIDF Research berkata, ringgit juga mengatasi prestasi mata wang rakan dagangan utama Malaysia di sebalik kelemahannya berbanding dolar AS dan secara asasnya, ringgit berada dalam kedudukan baik untuk mengukuh tahun ini.

"Perdagangan luar dijangka memulih pada 2024, manakala persekitaran permintaan domestik kekal positif.

"Harga komoditi juga memihak kepada peningkatan ringgit, manakala trend menggalakkan berlaku dalam harga minyak mentah petroleum dan minyak sawit mentah.

"Dengan ekonomi domestik mengekalkan momentum positif dan Malaysia menjadi pengeksport bersih produk elektrik dan elektronik (E&E) serta komoditi seperti gas asli cecair (LNG) dan sawit, ringgit akan mendapat manfaat daripada harga komoditi dan lebih perdagangan yang berterusan.

"Kami mengekalkan unjuran bagi ringgit menutup 2024 lebih tinggi pada RM4.43 berbanding dolar AS," katanya.

BERITA HARIAN
01 JUL 2024
Tarikh.....

Syor pemeriksaan kesihatan setiap 6 bulan

4m
1/7

Kuala Lumpur: Pihak berkuasa disaran memperkenalkan sistem pemeriksaan kesihatan secara berkala terhadap pemandu lanjut usia sebagai langkah mencegah kemalangan melibatkan golongan itu.

Pengerusi Persatuan Keselamatan Jalan Raya dan Pengangkutan Malaysia (MRTSA), Md Hairolazaman Muhamed Nor, berkata ia bergantung kepada keperluan atau rekod kesihatan seseorang pemandu atau individu terbabit.

"Bagi penilaian kesihatan ini, ia boleh dijalankan sekurang-kurangnya enam bulan sekali.

"Kerajaan juga boleh memperkenalkan kursus serta peni-

laian ulangan secara berkala seiring rekod pemeriksaan kesihatan pemandu warga emas.

"Ini bagi menilai tahap respons dan refleks pemandu dengan mensimulasikan keadaan sebenar pemanduan," katanya.

Md Hairolazaman berkata, tindakan seperti menggantung lesen pemandu warga emas wajar dilakukan jika mereka tidak memenuhi peraturan atau menyebabkan kemalangan.

Katanya, hak warga emas untuk memandu tidak wajar dinafikan kerana usia, sebaliknya langkah pencegahan secara proaktif perlu dilaksanakan.

Katanya, ada warga tua khususnya berusia 60 tahun ke atas

masih cekap memandu dan tidak menimbulkan isu berkaitan keselamatan.

"Warga emas mempunyai hak untuk memandu di jalan raya asalkan mencapai tahap kecekapan yang sewajarnya.

"Dalam hal ini, MRTSA melihat aspek pencegahan yang perlu lebih dititikberatkan bagi memastikan keselamatan semua pihak," katanya.

Sementara itu, jurucakap Institut Penyelidikan Keselamatan Jalan Raya Malaysia (MIROS) ketika dihubungi berkata, pihaknya sedang mengkaji isu pemanduan membabitkan warga emas dan orang kelainan upaya.



Pemandu lanjut usia perlu ada rekod kesihatan yang baik bagi mencegah berlakunya kemalangan.
(Foto hiasan)

UTUSAN MALAYSIA

Tarikh: 01 JUL 2024

Kerajaan kena telus tentukan tarif elektrik

WM
1/1

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PETALING JAYA: Kerajaan diminta telus dan mendedahkan kepada umum berhubung kadar surcaj Pelepasan Kos Tidak Berimbang (ICPT) di dalam menentukan tarif elektrik di negara ini.

Presiden Persatuan Penyedidikan Air dan Tenaga Malaysia (Awer), S. Piarapakaran berkata, dasar asal pelaksanaan ICPT adalah untuk menyalurkan perubahan kos bahan api bagi setiap enam bulan.

Katanya, isu ketelusan dalam pengiraan ICPT dan maklumat terperinci Tempoh Penguatkuasaan Ketiga (RP3) sering menjadi persoalan sehingga kini.

"Apabila Peraturan Berdasarkan Insentif (IBR) dan ICPT mula dilaksanakan bagi Tempoh Penguatkuasaan Pertama dan Kedua mulai 2014, banyak maklumat perlu didedahkan supaya semua pihak mengetahui situasi sebenar dan mengunjurkan kebarangkalian perubahan.

"Malangnya, bagi RP3 perkara ini tidak berlaku. Pada awal 2023,

pihak kami berjumpa dengan bekas menteri bertanggungjawab untuk mengutarakan isu ketelusan dan kelompangan maklumat daripada Suruhanjaya Tenaga dan beliau berjanji akan mengahrahan ia diselesaikan.

"Tetapi, kekurangan ketelusan dan kelompangan maklumat masih berterusan sehingga kini," katanya kepada *Utusan Malaysia*.

Kelmarin, kerajaan mengumumkan bahawa tiada kenaikan tarif elektrik kepada semua pengguna di Semenanjung hingga hujung tahun ini manakala pengguna domestik terus dilindungi melalui pelaksanaan subsidi elektrik secara bersasar yang dibiayai RM2.192 juta oleh kerajaan.

Selain itu, pengguna-pengguna komersial dan industri akan mengalami penurunan kadar surcaj ICPT sebanyak 1 sen/kWj bagi tempoh sama bagi mengekalkan kestabilan harga barangan di pasaran.

Malah kerajaan juga bersetuju menurunkan surcaj sebanyak 1 sen/kWj kepada kategori lampu

jalan (tarif G dan G1) di bawah selesaian Pihak Berkuasa Tempatan (PBT) bagi tempoh sama.

Mengulas lanjut, Piarapakaran berkata, kurangnya ketelusan dalam menentukan tarif elektrik telah menyebabkan pelbagai tohmahan sehingga mendakwa kadarnya adalah perlu rendah daripada yang ditetapkan ketika ini.

Katanya, apatah lagi ura-ura mengatakan kos bahan api arang dan gas yang digunakan untuk menjana elektrik telah turun.

"Lazimnya, kos bahan api akan meningkat pada separuh kedua (Julai hingga Disember) disebabkan peningkatan permintaan untuk menghadapi musim sejuk dan permintaan akan berkurangan pada separuh pertama seterusnya iaitu Januari hingga Jun.

"Penurunan kadar surcaj ICPT sekarang adalah disebabkan kesan separuh pertama. Jika berlaku perkara luar jangka seperti perang atau kartel bahan api, situasi ini akan berubah," katanya.

UTUSAN MALAYSIA
Tarikh: 01 JUL 2024

PELARASAN SUBSIDI DIESEL: HARGA HARTANAH DIJANGKA MENINGKAT



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BIARPUN belum cukup tempoh sebulan kerajaan melaksanakan pelarasan subsidi diesel, pemaju hartanah di negara ini mula menjangkakan kenaikan dalam harga jualan sektor itu.

Ini disebabkan kenaikan kos binaan seterusnya memberi impak kepada harga jualan hartanah di negara ini.

Secara tidak langsung, kadar

inflasi dan kos sara hidup juga akan mengalami peningkatan apabila harga rumah semakin naik, kuasa membeli akan menurun sekali gus mengganggu kualiti kehidupan.

Perkara itu diakui oleh Ketua Pegawai Operasi Kumpulan M K Land Holdings Berhad (M K Land), Ahmad Soalahuddin Al-Thani yang memaklumkan, beberapa tender terkini mula menunjukkan peningkatan kos.

"Setakat ini, belum dimuktamadkan kadar peningkatan kos pembinaan tetapi beberapa

"BELUM DIMUKTAMADKAN KADAR PENINGKATAN KOS PEMBINAAN TETAPI BEBERAPA TENDER TERKINI MENUNJUKKAN KENAIKAN."

tender terkini menunjukkan kenaikan berbanding tender terdahulu.

"Bagaimanapun, kami menjangkakan jualan rumah akan kekal stabil hasil daripada pakej jualan yang menarik dan keadaan ekonomi yang semakin pulih. Ini menunjukkan kos pembinaan akan naik secara langsung dan tidak langsung hasil daripada peningkatan kos logistik dan kos pengangkutan lain," katanya ketika dihubungi Utusan Malaysia.

Menurut beliau, sebagai pemaju, antara langkah yang

dilaksanakan selepas pelarasan subsidi diesel ialah proses perolehan yang cekap melalui pembelian pukal dan pembelian daripada pembekal di lokasi yang dekat dengan tapak pembinaan untuk mengurangkan kos logistik.

"Pengurangan kos melalui reka bentuk bangunan yang lebih cekap juga boleh membantu mengurangkan impak daripada peningkatan kos diesel," katanya.

Bersambung di muka 20

Pelarasan subsidi: Harga hartanah dijangka meningkat

Dari muka 15

Beliau turut memberi beberapa salutan kepada kerajaan agar memberi subsidi diesel bagi kenderaan angkut yang membawa barang mentah untuk projek pembinaan atau mengurangkan kos logistik seperti cukai kenderaan.

Selain itu, kerajaan juga boleh mengurangkan cukai alat ganti kenderaan dan mengurangkan kos tol dan cukai jalan kenderaan," katanya.

Sementara itu, Pengurus

Negara PropertyGuru Group Limited (PropertyGuru), Kenneth Soh berkata, walaupun terdapat potensi peningkatan kos pengangkutan dan pembinaan, kos keseluruhan terhadap harga dan permintaan hartanah akan bergantung kepada pelbagai faktor, termasuk keadaan makroekonomi dan kepercayaan pasaran untuk menyesuaikan diri.

Jelasnya, masih terlalu awal untuk menentukan kesan pe-



AHMAD SOALAHUDDIN AL-THANI



KENNETH SOH

luh rasionalisasi subsidi diesel terhadap pasaran hartanah.

"Terdapat aspek tingkah laku yang perlu dipertimbangkan kerana orang ramai mung-

kin menyesuaikan diri dengan cara yang berbeza dan terdapat banyak faktor yang mempengaruhi bekalan.

"Oleh itu, walaupun kita boleh menjangkakan beberapa kesan kenaikan ke atas pembangunan akibat kos pengangkutan yang lebih tinggi, masih terlalu awal untuk membuat kesimpulan yang kukuh mengenai trend harga. Ini adalah situasi yang sedang

berkembang yang memerlukan pemerhatian serta analisis lebih lanjut," katanya.

Baru-baru ini dalam sesi Dewan Rakyat, Menteri Perumahan dan Kerajaan Tempatan, Ng Khor Ming berkata, penyesaran subsidi diesel tidak seharusnya memberi impak terhadap harga rumah.

Jelasnya, sebelum kerajaan memperkenalkan penyesaran subsidi bahan api itu, sektor berkenaan sememangnya tidak menerima sebarang subsidi diesel.

Dasar kalis cabaran global dorong peningkatan daya saing negara

● Malaysia perlu bangkit dan mengambil langkah perlu dengan menyesuaikan diri dengan perubahan global untuk meningkatkan daya saing negara

● Dalam menghadapi perubahan global yang pesat dan dinamik, Malaysia perlu mengambil langkah proaktif menyesuaikan diri dalam cabaran ekonomi global



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Oleh Prof Madya Dr Md Fauzi Ahmad Bhrencana@bh.com.my

Malaysia mengalami penurunan tujuh anak tangga kepada kedudukan ke-34 dalam Kedudukan Daya Saing Dunia 2024 mengikut laporan Institut Antarabangsa Pengurusan Pembangunan (IMD). Ia merosot empat anak tangga ke tempat ke-10 daripada 14 negara Asia Pasifik yang termasuk dalam ranking berkenaan.

Dalam rantau Asia Tenggara, Malaysia kini berada di kedudukan lebih rendah berbanding Thailand (ke-25) dan Indonesia (ke-27), namun masih lebih tinggi berbanding Filipina (ke-52).

Pada peringkat makro, Malaysia mencatatkan prestasi baik dalam beberapa bidang antaranya, menduduki tempat kedua dari segi harga, ke-10 dalam infrastruktur asas dan ke-11 dalam dasar cukai.

Bagaimanapun, terdapat beberapa kelemahan ketara memerlukan perhatian yang menunjukkan negara kurang berdaya saing dalam bidang pendidikan (ke-44), perundangan perniagaan (ke-50) dan produktiviti serta kecekapan (ke-53).

Menurut IMD, cabaran utama perlu diatasi negara adalah meningkatkan pelaburan dalam penyelidikan dan pembangunan (R&D) bagi mengukuhkan daya tahan perniagaan. Malaysia juga perlu mengoptimalkan pasaran buruh untuk memaksimumkan produktiviti tenaga kerja, mengemas kini dasar dan peraturan untuk meningkatkan daya saing global.

Selain itu, negara perlu memanfaatkan teknologi baharu untuk meningkatkan produktiviti negara, termasuk menangani cabaran peningkatan kos operasi.

Bermakna, Malaysia perlu menyesuaikan diri dengan konteks global yang berubah untuk mencipta nilai dan kesejahteraan kepada rakyat. Dalam konteks perubahan global pantas dan dinamik, Malaysia perlu mengadaptasi strategi berkesan untuk kekal relevan.

Perubahan global ini meliputi perkembangan teknologi, perubahan iklim, dinamika ekonomi global dan perubahan dalam pola perdagangan antarabangsa. Oleh itu, Malaysia perlu bangkit dan mengambil langkah perlu dengan menyesuaikan diri dengan perubahan global untuk meningkatkan daya saing negara.

Pertama, penggunaan teknologi baharu adalah kunci utama dalam meningkatkan daya saing

negara. Teknologi seperti kecerdasan buatan (AI), internet kebendaan (IoT) dan data raya mempunyai potensi besar untuk memacu inovasi dan produktiviti negara.

Negara juga perlu memperkasakan usaha dalam penerapan teknologi digital. Bagi mengatasi jurang ini, kerajaan perlu menyediakan insentif kewangan dan sokongan infrastruktur mencukupi. Selain itu, pendidikan dan latihan dalam bidang teknologi baharu perlu diperkasakan untuk memastikan tenaga kerja mempunyai kemahiran yang diperlukan untuk mengendalikan teknologi terkini.

Aspek pelaburan dalam R&D adalah kritikal untuk memastikan Malaysia kekal kompetitif dalam ekonomi global. Negara maju seperti Korea Selatan dan Jepun menunjukkan pelaburan besar dalam R&D membawa kepada inovasi signifikan serta pertumbuhan ekonomi mampan.

Kerajaan perlu meningkatkan peruntukan untuk R&D dan menyediakan insentif menarik supaya sektor swasta melabur dalam bidang ini. Di samping itu, kerjasama antara universiti dan industri perlu diperkukuhkan. Dengan cara ini, Malaysia dapat membina ekosistem inovasi yang kukuh dan berdaya saing.

Di samping itu, pasaran buruh fleksibel dan dinamik adalah penting untuk memastikan tenaga kerja dapat memenuhi keperluan industri berubah dengan cepat. Maka, dasar buruh perlu dinilai semula untuk memastikan ia selaras dengan keperluan industri moden.

Program latihan semula dan peningkatan kemahiran perlu diperluaskan untuk memastikan tenaga kerja sentiasa relevan dengan perkembangan teknologi terkini. Kursus latihan perlu lebih menumpukan kepada kemahiran digital dan teknikal.

Insentif perlu diberikan kepada syarikat menyediakan latihan kepada pekerja mereka. Dengan cara ini, Malaysia dapat memastikan tenaga kerja kompeten dan berdaya saing pada peringkat global.

Dasar dan perundangan bersesuaian

Dasar dan perundangan yang sesuai adalah penting untuk meningkatkan daya saing global. Maka, kerajaan perlu menjalankan kajian menyeluruh terhadap peraturan sedia ada dan membuat penyesuaian untuk menjadikannya lebih mesra perniagaan.

Dalam pada itu, proses birokrasi rumit dan membebankan perlu dikurangkan untuk mempercepatkan kelulusan serta pelaksanaan projek.

Langkah seperti penambahbaikan sistem pentadbiran dan penerapan e-kerajaan boleh mengurangkan birokrasi pentadbiran.

Hari ini, penggunaan teknologi hijau dan amalan pengurusan cekap menjadi antara faktor boleh membantu mengurangkan kos dan pada masa yang sama meningkatkan reputasi perniagaan dalam aspek kemampanan.

Maka, kerajaan perlu menyediakan insentif untuk syarikat mengamalkan teknologi hijau dan pengurusan mampan dalam operasi mereka.

Kerajaan perlu meningkatkan kesedaran dan menggalakkan industri terhadap penggunaan tenaga diperbaharui serta mengurangkan ketergantungan kepada bahan api fosil dengan menumpukan amalan pengeluaran lebih hijau dan mampan.

Pada masa sama, pasaran baharu muncul seperti China, India, Brazil, Indonesia dan Turkiye yang mengalami pertumbuhan dan pembangunan pesat dalam beberapa dekad kebelakangan ini. Maka, Malaysia perlu memanfaatkan potensi pasaran ini untuk meningkatkan daya saingnya.

Selain itu, infrastruktur berkualiti adalah asas kepada daya saing negara. Malaysia menunjukkan prestasi baik dalam infrastruktur asas, apabila menduduki tempat ke-10 dalam laporan IMD. Bagaimanapun, masih terdapat ruang untuk penambahbaikan, terutama infrastruktur digital seperti rangkaian internet berkelajuan tinggi perlu diperkukuhkan untuk menyokong ekonomi digital.

Infrastruktur pengangkutan seperti jalan raya, rel dan pelabuhan masih perlu dipertingkatkan untuk memastikan kelancaran logistik dan perdagangan. Pelaburan dalam infrastruktur perlu dipertingkatkan dan dirancang dengan teliti untuk memastikan ia memenuhi keperluan masa depan.

Bidang pendidikan perlu diperkasa

Antara aspek terpenting bagi meningkatkan daya saing negara adalah memperkasa bidang pendidikan kerana ia menjadi asas kepada pembangunan modal insan Malaysia bagi menyediakan tenaga kerja kompeten dan inovatif. Data menunjukkan Malaysia berada di kedudukan ke-44 dalam bidang pendidikan, maka terdapat ruang untuk penambahbaikan.

Dalam hal ini kerajaan perlu sentiasa menilai semula kurikulum pendidikan untuk memastikan ia relevan dengan keperluan industri dan perkembangan teknologi. Sumber lebih banyak perlu diperuntukkan untuk R&D dalam bidang pendidikan. Latihan guru perlu dipertingkatkan untuk memastikan mereka mempunyai kemahiran dan pengetahuan terkini.

Dalam menghadapi perubahan global yang pesat dan dinamik, Malaysia perlu bangkit dan mengambil langkah proaktif untuk menyesuaikan diri dalam cabaran ekonomi global.

Berpandukan strategi komprehensif dan kerjasama daripada semua pihak berkepentingan termasuk kerajaan, sektor swasta dan masyarakat, Malaysia mampu memperbaiki kedudukan daya saingnya dan mencapai pertumbuhan ekonomi yang mampan serta kesejahteraan lebih baik untuk rakyat.

UTUSAN MALAYSIA

Tarikh: 01 JUL 2024



Pemandu warga emas berisiko tingkat kemalangan jalan raya

UM
1/7

Kajian UPM dedah 30 peratus golongan lanjut usia di luar bandar masih aktif memandu

Oleh Latifah Arifin
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Kuala Lumpur: Kira-kira 30 peratus warga emas berusia 60 tahun ke atas dikesan masih memandu secara aktif, terutama di luar bandar sehingga berpotensi meningkatkan kadar kemalangan jalan raya di negara ini.

La hasil kajian yang dijalankan Pusat Penyelidikan Keselamatan Jalan Raya, Universiti Putra Malaysia (UPM) pada Jun tahun lalu yang turut mendedahkan, majoriti pemandu lanjut usia didapati memandu berseorangan dengan kekerapan sekurang-kurangnya satu hingga dua kali seminggu.

Ketua Pusat Penyelidikan Keselamatan Jalan Raya, Fakulti Kejuruteraan UPM, Prof Madya Dr Law Teik Hua, berkata dalam keadaan usia yang semakin meningkat, risiko mereka menjadi mangsa atau punca kemalangan adalah lebih tinggi.

"Berdasarkan kajian kami yang tertumpu di Semenanjung dengan menemu bual responden di pekan kecil dan bandar menunjukkan banyak kes kemalangan berlaku di luar bandar.

"Di bandar, kemalangan mung-

kin kurang sedikit mengambil kira jumlah (warga emas) yang memandu sendiri agak kurang, kecuali di lokaliti tertentu, misalnya di Kampung Pandan dan Cheras yang segelintir lagi masih memandu.

"Biasanya warga emas di bandar besar tidak memandu kerana ada anak tinggal bersama atau berdekatan, selain pilihan menggunakan pengangkutan awam dan perkhidmatan e-hailing," katanya kepada BH.

Namun, Teik Hua berkata, berbeza di pekan kecil atau kawasan kampung kebanyakan warga emas masih memandu dengan ada antara mereka melakukan perjalanan sekurang-kurangnya sekali sehari pergi dan balik.

"Di pekan kecil dan kawasan kampung kita dapati sekurang-kurangnya 30 peratus warga emas masih memandu secara aktif, kebanyakannya menggunakan motosikal.

"Ada banyak faktor mendorong mereka terus memandu dan satu daripadanya adalah psikologi, iaitu ada yang rasa masih berupaya memandu.

"Ini berkait dengan ego walaupun mereka sedar sudah lanjut usia dan hadapi pelbagai kekangan fizikal, misalnya pergerakan yang lambat, penglihatan kabur terutama waktu malam atau hujan, pendengaran makin terjejas dan tubuh tidak lagi sihat seperti dulu.

"Justeru, dengan peraturan warga emas yang memandu masih tinggi, tidak hairanlah golongan ini yang banyak terbabat dalam kemalangan, malah ramai warga emas yang juga dikategorikan sebagai orang kelainan

Ini berkait dengan ego walaupun hadapi pelbagai kekangan fizikal, misalnya pergerakan lambat, penglihatan kabur terutama waktu malam atau hujan, pendengaran makin terjejas dan tubuh tidak sihat seperti dulu

Law Teik Hua,
Ketua Pusat
Penyelidikan
Keselamatan Jalan
Raya, Fakulti
Kejuruteraan UPM



upaya (OKU) jadi penyebab nahas lebih tinggi," katanya.

Tambahnya, meskipun banyak nahas membabitkan warga emas secara realitinya ia tidak dilaporkan atas faktor simpati dan enggan memanjangkan kes.

Tiada langkah atasi masalah

Malah, beliau berkata, banyak kes kemalangan juga membabitkan warga emas yang turut membawa kepada kematian, namun belum ada langkah yang benar-benar proaktif bagi menangani masalah itu.

"Sehingga kini, belum ada da-

sar kerajaan yang benar-benar serius untuk menangani isu membabitkan pemandu warga emas, malah lebih membimbangkan, kita ketika ini menuju ke arah negara menua.

"Sebelum ini, ada cadangan sebuah institusi mahu bekerjasama dengan Majlis Perbandaran Taiping untuk jadikan Taiping model membangunkan pekan itu supaya bersesuaian untuk orang tua dari segi fasiliti, pengangkutan dan sebagainya. Namun, idea itu sampai sekarang masih tidak berjalan," katanya.

Mengulas sama ada kerajaan wajar mengetatkan permohonan atau pembaharuan lesen warga emas, Teik Hua berkata, ia hanya boleh dilakukan jika kerajaan bersedia dengan kemudahan pengangkutan alternatif khusus untuk pemandu lanjut usia.

"Saya fikir lebih baik (pendekatan) beransur-ansur dilaksanakan seperti di Jepun dan Sweden yang menetapkan pemandu berusia 65 tahun ke atas wajib jalani saringan kesihatan.

"Bagi pemandu 75 tahun ke atas pula, syarat lebih ketat apabila mereka tak dibenarkan lagi memandu tetapi diminta gunakan pengangkutan awam.

"Persoalannya, bolehkah Malaysia buat perkara sama, mungkin masih tak mampu tetapi perlu ada tindakan secara beransur-ansur, misalnya perbaiki perkhidmatan awam terutama bas yang mesra orang tua," katanya.

Malah, Teik Hua mengesyorkan tindakan seperti menarik balik lesen mungkin boleh dilaksanakan jika pemandu warga emas melakukan kesalahan jalan raya berulang.

INFO

11 Januari 2024 - Warga emas berusia 63 tahun dibelasah dua lelaki kerana didakwa memandu laju sehingga melanggar lampu isyarat serta merempuh van sekolah, di Taman Pelangi, Semenyih. Beberapa murid sekolah turut cedera ringan.

5 Januari 2024 - Seorang pemandu menghalang laluan ambulans bawa pesakit angin ahmar, Morgan Alban, 41, dari Nyakai, Sri Aman, Sarawak menyebabkan mangsa meninggal dunia. Anak pemandu terbabit beri penjelasan, bapanya mengalami masalah pendengaran kronik.

27 November 2023 - Kereta Myvi dipandu wanita berusia 60 tahun merempuh beberapa kereta dan motosikal di Jalan Bukit Gambir, berhampiran pintu keluar Universiti Sains Malaysia (USM), Pulau Pinang. Empat cedera dalam kejadian itu. Siasatan polis mendapati, wanita terbabit panik selepas bergesel dengan salah sebuah motosikal terbabit sebelum memcut laju sehingga hilang kawalan dan melanggar tiga motosikal dan tiga kereta lain.

24 November 2023 - Di Jempol, seorang pemandu berumur 78 tahun merempuh sebuah kedai makan menyebabkan keretanya melanggar dua orang awam yang sedang makan sehingga seorang daripadanya maut.

UTUSAN MALAYSIA

Tarikh: 01 JUL 2024

Symptoms of sleep apnoea include snoring, gasping or choking during sleep and frequent awakening from sleep. PICTURE CREDIT: FREEPIK



The link between diabetes and sleep



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AMIRA, a 52-year-old accountant with a 10-year history of type 2 diabetes, has been experiencing severe fatigue, daytime drowsiness and difficulty concentrating at work.

Despite adhering to her diabetes management plan, Amira has noticed that her glucose levels have been more challenging to control and her weight has increased, too.

Concerned, she visits her primary care physician, who suggests that she might be suffering from obstructive sleep apnoea, a condition that is increasingly being recognised as having a bidirectional relationship with type 2 diabetes.

Amira's case is not unique. Sleep apnoea can worsen diabetes control and vice versa, creating a cycle that can contribute to health issues.

Obstructive sleep apnoea (OSA) is closely related to developing type 2 diabetes due to increased glucose levels and insulin resistance, explains Pantai Hospital Ampang ear, nose and throat (otorhinolaryngology) specialist Dr Farah Hani Hassan.

"OSA has been shown to increase the risk and severity of type 2 diabetes, independent of age and obesity."

Individuals with diabetes also have a 50 per cent higher risk than non-diabetics to develop OSA.



Obstructive Sleep Apnoea is closely related to developing type 2 diabetes due to increased glucose levels and insulin resistance, explains Pantai Hospital Ampang ear, nose and throat (otorhinolaryngology) specialist Dr Farah Hani Hassan.

Dr Farah says patients with diabetes often have fat deposition around the neck region, which compresses the upper airway, and fat around the abdominal region, which compresses the chest wall, thus obstructing breathing during sleep.

Symptoms of sleep apnoea include snoring, gasping or choking during sleep and frequent awakening from sleep. Daytime symptoms include dozing off during the day, headache upon waking up and memory impairment and irritability.

"Treating sleep apnoea can help improve glucose metabolism and ensure better control of diabetes."

Upper airway stimulation therapy, such as hypoglossal nerve stimulation therapy, which is the latest advancement in sleep apnoea treatment, may benefit patients.

For patients facing both OSA and diabetes, a multidisciplinary approach involving multiple experts is needed, such as an endocrinologist, a dietitian and an ear, nose and throat specialist.

Dr Farah says in the initial phase after diagnosis, patients should ideally be seen monthly until their sleep apnoea symptoms and diabetes control are optimum, then follow-ups can be done every three or four months.

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NEW STRAITS TIMES
Tarikh:0.1.JUL.2024

In an era when digital innovation redefines the boundaries of technology, the importance of cybersecurity has never been more pronounced.

PIC CREDIT: FREEPIK



New cyber threats need new solutions

THE need for advanced cybersecurity measures in the face of advanced attack surfaces and sophisticated cyber threats has never been more pronounced.

General manager of Kaspersky for Southeast Asia, Yeo Siang Tiong, said: "We have new mobile devices and new virtual devices, such as Internet of Things (IoT) devices."

"So the attack surface has grown a lot," he said at the Kaspersky Next launch recently.

He said this expansion has outpaced the capabilities of traditional cybersecurity tools used by researchers, vendors and enterprises.

CYBERCRIMINALS EXPLOITING VULNERABILITIES

Cybercriminals are exploiting these vulnerabilities, creating a need for innovative solutions.

Yeo said simple devices, such as thumb drives and chargers, can be carriers of malware.

"From the statistics, 411,000 new pieces of malware were detected every day in 2023."

He said 51 per cent of businesses struggle to detect and investigate advanced threats.

"These attacks, organised by crime groups and skilled hackers, are not the simple viruses or malware of the past."

"They are complex and targeted,



General manager of Kaspersky for Southeast Asia, Yeo Siang Tiong, says the cybersecurity landscape is evolving.

requiring advanced detection and response.

"There were 124,000 financial phishing attacks in 2023, and that's only in Malaysia."

OTHER THREATS

Besides phishing attacks, local threats, such as remote desktop protocol and ransomware, have become the main threats against Malaysian businesses.

"A total of 8 million brute force attacks targeted businesses here in

2023.

"Besides that, 4,982 ransomware attacks against Malaysian firms were foiled by Kaspersky in 2023."

Yeo added a reason for this challenge is the lack of cybersecurity skills to keep up with security analytics and operations.

"The volume and complexity of security alerts have increased, which cause gaps in security monitoring tools and processes."

He said the cybersecurity landscape

was evolving, with 70 per cent of affected companies stating that security is tougher now than three years ago.

"The reason we see threats evolving is the many gaps. This evolution requires a shift from traditional antivirus solutions to more advanced systems."

NEW ATTACK VECTORS

Yeo also pointed out the emergence of new attack vectors, such as cloud services and mobile devices.

The concept of Bring Your Own Device (BYOD) complicates the security landscape, as employees use personal devices for work-related tasks, increasing attack surfaces.

"If you have models in organisations that implement BYOD, many of these endpoints are not properly secured because they are personal devices."

"They are assets that belong to individuals."

"And as a result, if they are not secure and there is no cyber hygiene on those endpoints, they are vulnerable and are easily targeted by cybercriminals."

Recognising the lack of manpower in the cybersecurity industry to tackle malware attacks, Kaspersky, head of system engineering for Southeast Asia, Victor Chu, stressed the role of education.

"As a global cybersecurity provider, we know the manpower challenges facing the industry."

"This issue is not confined to Malaysia but is widespread. The difficulty in finding skilled resources in the cybersecurity sector is a topic of discussion everywhere."

"By intensifying efforts through education, we can raise awareness and build skill sets in the industry and elsewhere."

"Partnerships with educational institutions can spark interest and develop talent in cybersecurity."

Home farming can be a hobby and means to self-sufficiency

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IN times of economic difficulty, the government encouraged Malaysians to try home farming.

In former prime minister Tun Abdul Razak's time, the Green Book Plan or "Rancangan Buku Hijau" was launched.

In the 1990s, the Agriculture Ministry encouraged people to start hydroponic gardens and gave equipment and seedlings.

Print media and RTM played a leading role in educating and guiding those interested in such projects. The results were great.

In view of inflation and the high cost of living, the time has come for Malaysians to revisit this success story.

There are a few aspects to consider when starting a home farm. The cost

of starting this green project is not high.

Malaysia's tropical climate makes it most suitable for home farming. Most vegetables need six to eight hours of direct sunlight daily. Some vegetables, mostly leafy ones, can tolerate some shade.

Pipe water is quite sufficient. With a tropical climate, vegetables can be grown throughout the year.

If you do not have quality soil on your land, then soil can always be bought from nurseries, which are abundant in cities.

A small area with good soil can yield high returns. Choose vegetables that do not need large areas. Choose what you and your family like to eat.

One need not go for large-scale farming. Start small. Where land is

not available, go for potted vegetables.

Vertical farming is another choice if land is scarce. In vertical farming, vegetables are grown on vertical

trays. This lets you squeeze more crops into small spaces. This is ideal for city living, especially in flats.

In apartments with balconies that get sunlight, potted plants work well.

The kind of vegetables that can be grown are short-term crops, like cucumber, chili, tomato, brinjal and lady's fingers.

Another choice is hydroponic

gardening, a soil-free method using a nutrient-rich water solution instead.

This allows for precise control of the plant's environment, resulting in faster growth and higher yields.

To start a hydroponic garden, you will need a container, a water pump and a nutrient solution. There are a variety of hydroponic systems, including deep water culture, nutrient film technique and drip irrigation.

If you live in an urban area and lack space for a garden, consider roof-

top gardening.

Rooftop gardens can improve air quality and combat urban heat islands as well as adding beauty to your home or building.

Home farming is as much a lifestyle choice as a means to self-sufficiency. It can be a great hobby. It benefits you and the environment.

There are no pesticides. You can create your own fertiliser from vegetable waste. Compost can be created in homes.

Compost is a nutrient-rich, soil-like material comprising of decomposing organic matter, most often fallen leaves, grass clippings, plant debris, vegetable scraps and yard waste.

TAN SRI LEE LAM THYE
Kuala Lumpur

Pipe water is quite sufficient. With a tropical climate, vegetables can be grown throughout the year.

NEW STRAITS TIMES

Tarikh: 01 JUL 2024

RM4.70 TO RM4.71

Ringgit expected to trade in narrow range against US dollar

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KUALA LUMPUR: The ringgit is likely to trade in a narrow range of RM4.70 and RM4.71 against the US dollar in cautious trading this week even as the greenback may slacken following the softer US Personal Consumption Expenditures (PCE) data announcement.

Bank Muamalat Malaysia Bhd chief economist Dr Mohd Afzanizam Abdul Rashid said despite the cooling inflation, the US Federal Reserve (Fed) is expected to maintain the current interest rate.

"A hawkish stance by the Fed is likely to limit any potential upside for the ringgit this week.

"Consensus among financial analysts, economists and market participants have predicted that the PCE index will decrease from 2.7 to 2.6," he added.

The US monthly core PCE, excluding volatile food and energy items, for May reportedly increased 0.1 per cent from the prior month, bolstering the case for the Fed to cut interest rates later this year.

The US Federal Open Market Committee's (FOMC) next meeting is scheduled for the end of July.

On another development, Afzanizam said the positive assessments by Fitch Ratings on Malaysia's sovereign credit ratings indicated that economic reforms have positively impacted Malaysia's fixed-income market.

On Thursday, Fitch Ratings maintained Malaysia's sovereign credit ratings at "BBB+" with a "stable" outlook, underpinned by a diversified economy and export base.

Its Asia-Pacific sovereigns associate director, Kathleen Chen, said strong medium-term growth prospects, as well as current account surpluses, also support the rating strength.

On a Friday-to-Friday basis, the ringgit marginally depreciated to 4.7160/7190 against the US dollar from 4.7110/7145 a week ago.

The ringgit was traded mostly lower against a basket of other major currencies.

The ringgit declined against the British pound to 5.9639/9676 from 5.9594/9638 the previous week, was lower versus the euro to 5.0494/0526 from 5.0394/0431 but gained vis-a-vis the yen to 2.9345/9365 from 2.9648/9671. The ringgit was traded lower against Asean currencies.

It went down against the Philippine peso to 8.05/8.05 compared with 8.00/8.02, eased versus the Indonesian rupiah to 287.9/288.3 from 286.3/286.7, edged down vis-a-vis the Singapore dollar to 3.4792/4816 from 3.4785/4814, and slipped versus the baht to 12.8508/8646 from 12.8495/8639 on Friday previously. **Bernama**

NEW STRAITS TIMES

Tarikh: 01 JUL 2024

Ringgit likely to move in narrow range against dollar: Economist

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"A hawkish stance by the US Federal Reserve is likely to limit any potential upside for the ringgit (this week)," he told Bernama. "Consensus among financial analysts, economists and market participants have predicted that the PCE Price Index will decrease from 2.7% to 2.6%," he added.

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The ringgit was traded mostly lower against a basket of other major currencies and against Asean currencies.

THE SUN
01 JUL 2024

Tarikh:

Watch what you eat when stressed, public advised

■ BY SIVANISVARRY MORHAN
newsdesk@thesundaily.com

PETALING JAYA: The Malaysia Organisation of Psychospiritual Wellbeing deputy chairman Dr Adnan Omar warned those under stress to watch what they eat.

"When used as a coping mechanism for stress and anxiety, eating can become problematic, especially when it involves excessive consumption of junk food," he said.

Adnan added that poor eating habits are particularly evident among college and university students who are under stress due to academic, social, and familial issues.

► Consuming comfort food as coping mechanism provides temporary relief, but could lead to weight gain and further anxiety: Expert

"During stressful periods, some of them may turn to comfort food, and either increase or decrease their intake as a coping mechanism.

"This can lead to unhealthy eating patterns that further add to stress and anxiety."

Adnan said consuming high amounts of chocolate, sweets or other sugary foods can temporarily alleviate stress but often results in a

cycle of emotional eating and guilt.

"The World Health Organisation highlighted that an increase or decrease of 5% in body weight within two weeks could indicate symptoms of depression.

"This underscores the importance of monitoring eating habits and maintaining a balanced diet, particularly when experiencing heightened stress

or anxiety."

Law student Shafiq Hanafi, 24, shared his experience on how emotional pain led him to binge eating as a coping mechanism.

"When my mother died in 2022, I felt like my world came crashing down. I found myself turning to food for comfort, and before I knew it, I gained a significant amount of weight."

Shafiq said the weight gain led to a loss of confidence and now struggles with self-esteem issues.

Finance executive Sharmila Rajashekar, 29, said she noticed that her mood and work performance were directly linked to the food she ate.

"On days when the food is not up to my expectations, I end up having bad mood, which affects everyone around me."

Adnan said stress often triggers cravings for comfort foods high in sugars and fat.

"The biggest cause of stress in life is the feeling of 'loss'. This can be the death of or separation from a loved one, the end of a romantic relationship, a decline in academic performance, or the breakdown of friendships.

While comfort food can provide temporary relief, he said it can lead to weight gain and further stress.

"Stress leads to negative psychological symptoms, such as insomnia or hypersomnia, extreme fatigue and loss of interest in daily activities. It also lead to difficulty in concentrating, and cause social withdrawal, or even suicidal thoughts which are particularly concerning."

Adnan, who promotes mental health, and offers advice on healthy living, stressed the importance of a balanced diet, especially during difficult times.

By following healthy dietary guidelines and seeking appropriate support, individuals can better manage their stress and maintain both their physical and psychological well-being, he added.



Adnan said eating can become problematic, especially when it involves excessive consumption of junk food. — MASRY CHE ANI/THESUN