

RECOGNIZING AND UNDERSTANDING EMOTION IN MIGRANT WORKERS CANDIDATE

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ABSTRACT

Migrant workers show an increase in the incidence of serious, psychotic, anxiety, and post-traumatic disorders due to a series of socio-environmental variables, such as loss of social status, discrimination, and separations from the family (Mucci et.al, 2020). Depression and anxiety were found to be the most common mental health disorders among immigrants (Jadad et.al, 1996; Fernandes & Perreira, 2016). The findings highlight the importance of establishing prevention and treatment services for migrant farmworkers that aim to increase levels of emotional support, self-esteem, and coping skills. The target of Community Services are prospective female migrant workers who undergo training to be dispatched to the destination country. Activities carried out with the aim of providing knowledge about how to recognize and understand emotions to detect early symptoms of psychological disorders. This knowledge is expected to prevent the emergence of anxiety and depression that may arise when migrant workers adapt to their new environment. Individuals can be aware of and know the emotions of themselves and others. By being aware of emotional conditions, individuals can assess themselves better and make the right decisions in certain conditions with appropriate actions. Final target, individuals are able to regulate the emotions they are feeling, avoid impulsive thinking, and use emotions to make positive decisions.

Keywords: emotions, anxiety, depression

1. BACKGROUND

Some preparations must be prepared by prospective migrant workers, one of which is preparing psychological conditions because they have to leave their loved ones in their homeland and have to face a new cultural situation and habits that are different from their current culture and habits.

Migrant workers are often faced with various problems, both related to the work situation, cultural differences and the situation of the country where they work, anxiety that arises due to the worries of the families left behind. Depression can happen to anyone, one of which is prospective migrant workers who will go to their destination countries to improve the family's economy. This psychological problem certainly has the potential to interfere with mental conditions, especially the subjective welfare or happiness of migrant workers when carrying out their duties abroad.

Mental health is closely related to physical health. Plaut and Friedman (1981), found a relationship between stress and health. For example, stress can reduce the body's resistance, immunity and resistance to certain allergies. Stress or symptoms of depression can be seen from physical disorders such as shortness of breath, eating disorders, sleep disorders and sexual disorders which at high levels can make sufferers feel sad, worthless and even unhappy. Several studies on the psychological outcomes of Chinese migrants have symptoms associated with major depression and insomnia that contribute to suicide attempts (Mou et al., 2013). It was also found that migrants showed more psychotic, mood, anxiety and post-traumatic disorders (Tarsitani & Biondi, 2016).

Mental health disorders are influenced by a series of socio-environmental variables, such as differences in culture and the situation in the country where they work, which is considered a migraine as a threat and worries about the family left behind can cause anxiety (Marzeti, Maisano, Geraci, 2011). Sweileh et al (2018) researched quite a lot about the mental health of migrant workers and found that the factors that led to stress among workers were difficult adaptation to new conditions, physical violence that triggers the risk of depression, and suicide among migrant workers to be higher.

The migration process requires the emergence of several problems, for example the need to learn language, legal, moral, social and cultural norms. Difficulties occur in adopting the values and behaviors inherent in the new environment. There are certain difficulties in interacting with other people, both in work relationships and interpersonal relationships. Entering a new socio-cultural environment requires a new adaptation process for migrants, revising the adaptations that have been done and looking for forms of interaction that are appropriate to their new environment.

In situations of adaptation to new environmental conditions, the discrepancy of values and norms, ultimately leads to a strong stressful situation that requires a relevant social psychological adaptation process (Ivanovna et. all, 2015). The problem of social psychological adaptation for migrant workers needs attention, considering that failure to adapt

can cause health problems, namely stress. There is a relationship between stress and emotion (Finan, Zautra, Wershba, 2011).

It takes a psychological intervention that can help migrant workers in adapting to emotional events that cause stress. Some stress researchers have paid little attention to emotion, while many emotion researchers have neglected the role of stress and partly because of the obvious overlap in the construction of emotion and stress. Stress is defined as uncertainty in unexpected events (Ursin & Olf, 1993; Zautra, 2003). This uncertainty creates disturbances in homeostasis, and the degree of disturbance varies greatly depending on the level of threat to adjustment triggered by the disturbance.

Meanwhile, emotions reflect responses to uncertainty and threats that arise from stressful events, but not stress itself. Uncertainty and threat are not emotional states in oneself. It is necessary to make this distinction, addressing how stress and emotions dynamically interact to affect health and well-being.

Badan Perlindungan Pekerja Migran Indonesia (BP2MI) reports at least 5.3 million workers migrants work abroad without documentation. Working abroad put them in a vulnerable position at each stage of the migration process, from physical and sexual violence, extortion, to bad treatment in the form of violation of basic freedoms and conditions of labor standards (World Bank, 2017). Mental health conditions Migrant workers are already more vulnerable compared to non-migrant groups, especially for those working through the line illegal (Virupaksha, Kumar, Nirmala, 2014)

2. METHOD

Population and Sample

Through this community service activity, it is hoped that female Indonesian migran workers candidate will have to manage emotion and cognition when experiencing depression. After participating in assistance activities, female Indonesian migran workers candidate can manage their cognition and emotion when facing problems while working and can apply how to improve life satisfaction. The participants of this event were 104 candidate migrant workers from Balai Latihan Kerja Luar Negeri (BLKLN) Sinar Karya Sukses Indramayu.

Activity Method

a. Observation

Observation aimed to observe and record systematically the elements that appeared during the learning process, including identifying problems that arise during the learning process. Observations made include participatory observation. The researcher conducted participatory observation because it involves and participates in the learning activities that he was observing. The researcher constructed the observation guidance so that the data obtained in accordance with the observed aspects.

b. Implementation

1) Understanding Emotions

This technique was aimed to teach students about their emotions and how to manage them will give them the strategies and life skills to navigate their way through tough situations and handle them in a more calm, purposeful way. Here are two ways to get a more accurate and precise sense of your emotions, broaden your emotional vocabulary and consider the intensity of the emotion.

2) Recognizing Emotion

Our emotions are like our internal compass, helping us to figure out how a situation makes us feel. This then helps us make decisions about whether we want to be in that situation and allows us to figure out what we do and don't want in life. We need to be able to recognise when we have an emotion, know what it is and know what it is trying to tell us. For example, if a child is spending time with a group of people who make them feel unhappy about themselves, anxious and under pressure – it is important that they can recognise this and realise that their feelings are telling them that this isn't the right situation for them to be in. If they are able to listen to their feelings and respond to them, they are going to be more likely to gravitate toward people who make them feel good about themselves. Emotional thinking can lead to short-term decisions that ignore long-term happiness and the achievement of life goals (Gray, 1999). There are, however, many ways to help your clients gain insight into their emotions, most of which begin by identifying and recognizing them, before going on to explore how they make them feel, think, and behave: recognize emotional thinking, talk about your feeling, reflection and reappraisal, regulation of emotions.

c. Evaluation Plan

This activity will be evaluated based on the results of the Pre-Test and Post-Test. Training participants will be given an evaluation in the form of a special test at the end of the session in the form of materials that have been given at the beginning of the session.



Figure 1. Activity Brochure Announcement

3. RESULT AND DISCUSSION

Pekerja Migran Indonesia (PMI) are divided into two sectors, the formal and informal sectors (BNP2TKI, 2017). The formal sector is factory workers, hospitals, drivers, hotels and others, while the informal sector is the Household Management (PLRT). However, based on Undang-Undang Republik Indonesia Nomor 18 Tahun 2017, PMI is grouped into 3 groups, PMI who work for a legal entity Employer, PMI who works for individual or household Employers, and seafarers and fishers. In addition, the majority of PMI are female as many as 93,641, compared to men, which are 54,644 PMI. The majority of work as domestic workers or domestic workers as many as 31,023 PMI or 20.92%, followed by care givers as the second rank, followed by operators, plantation workers, and workers. Most of the PMI came from West Java as the first rank, which was 20.92%. The top five most work destinations are Malaysia, Taiwan, Singapore, Hong Kong, and Saudi Arabia.

The Community Service activity took the big theme of Improving the Welfare and Mental Health of Indonesian Migrant Workers which was carried out through hybrid meeting on June 7, 2022. The participants of this event were prospective migrant workers from the BLKLN Sinar Karya Sukses Indramayu as many as 104 participants.

After the activity, feedback was carried out with the following results. The obstacles felt by the participants were the interrupted internet connection, difficult to understand language and sleepiness. For the level of satisfaction with the following activities:

- a. 23.2% quite satisfied
- b. 33.6% satisfied
- c. 39.4% very satisfied
- d. 3.8% very dissatisfied



Figure 2. Activity Implementation

Work is not just part of the order of life after formal education. More than that, work has a deeper essence than just a part of the level of achievement in life. Work activities have their own background reasons for each person, including earning a living to fulfill daily life, expanding business networks, lifestyle, hobbies, prestige and so on.

Job options can be found anywhere, both at home and abroad. For Indonesian citizens who choose to work in the country, of course they do not require many procedures such as work permit documents. It is enough to meet the criteria of the company that is opening a job vacancy, and if the company agrees to hire him, then a work contract can be established between the job provider and the job seeker. It is different with those who choose to work abroad. They are required to complete a number of documents, ranging from work permits, travel documents, residence permits in the destination country and so on. In this case, prospective workers who choose a career abroad are called migrant workers.

Indonesian citizens who are sent or employed by international agencies or by countries outside the unitary territory of the Republic of Indonesia to carry out the duties of the state or state civil servants, Indonesian citizens who are refugees or asylum seekers, investors, students, and trainees, are not part of Indonesian migrant workers.

There are at least five basic requirements that must be met by prospective legal migrant workers, which must be at least 18 years old, competent, physically and mentally healthy, registered and have a social security membership number, and have the required documents. If these five points cannot be met, then the opportunity to be able to work abroad is lost.

Unfortunately, not a few also take shortcuts by justifying any means in order to be able to work abroad. Thus, for those who take illegal routes like this, of course, they will not only become illegal migrant workers, but can also endanger them both in terms of law violations, as well as security.

Regarding security, it is not only a question of security in terms of security in the destination country for migrant workers, but also mental and physical security. therefore, this point is included as required by law. Why is that? It is important for every prospective migrant worker to have physically and mentally healthy, because this big thing should not be taken lightly, because most likely the destination country has quite significant differences, both in terms of culture, society, climate and lifestyle.

In more detail, the international labor organization, ILO - International Labor Organization, in a presentation explained that it is very important for migrant workers to equip themselves not only with complete documents, but also with knowledge about the destination country, the legality of the employment contract, and the details of the identity of the provider. employment, as well as the credibility of the supplier or the foundation where the worker belongs.

The aspects mentioned above will be closely connected with the comfort and safety of workers while carrying out their duties. In terms of skills, workers are required to have qualified abilities in accordance with their field of work. Without skills, of course it can trigger unwanted impacts, where work performance is not optimal and the worst impact is termination of employment.

In addition, maintaining a comfortable work climate is also the most important part that should not be ignored. The reason is, living far from family, relatives and friends, can cause boredom and homesickness. Therefore, making friends with fellow colleagues or fellow Indonesian citizens in the destination country is often a surefire alternative to let go of longing and hang out with brothers and sisters in the country.

There are many ways you can do to fill your spare time when work is over. Usually, many communities are founded by fellow Indonesian citizens in other countries as a forum for facilities, as well as expanding the network (networking). These communities usually hold many activities, ranging from joint holidays between members, charities, counseling, to legal assistance. In addition, there are many ways that workers can do to avoid stress, loneliness or boredom. In recent years, the trend of video vlogging or better known as Vlog has become a trend in the world. Not a few who just fill their spare time to show various things ranging from sound processing skills, daily life (daily life), traveling (traveling), cooking, beauty, experiments, gaming and so on, on various platforms. social media.

Filling out activities such as vlogging lately has been done by many people from various parts of the world for various purposes. There are those who deliberately save memories to be watched again as a personal collection, fill their spare time, to seek additional income from the vlogging results. Fun ways like this can also be an alternative for migrant workers in other countries to show the local wisdom of the country where they work, or as the latest information that can be conveyed to their relatives or friends who are in the country to find out anything. activities while in the region.

There are many other exciting activities that can be applied, such as writing, traveling by visiting tourist objects or interesting places there, taking skill courses to add new skills, or selling Indonesian dishes with target friends. friends in the community who may be missing their local cuisine. All of these things can be an option for you migrant workers who will or are working abroad. Because maintaining mental stability and health when you are abroad, of course, in the initial phase, it is not impossible that it will be quite a challenge.

Maintaining balance is very necessary in terms of focusing on work and maintaining one's mentality. This applies not only to migrant workers, but to those working within the country. The essence of all the things that have been described above is balance. If it is well maintained, then all the things that are aspired to can be realized and bring goodness not only to ourselves, but also to those around us.

This activity helps Indonesian migrant workers to recognize, negative thoughts, negative expressions and negative actions that often appear without realizing it. By being aware of it, and practicing some simple steps to build positive thoughts through positive affirmations, Indonesian migrant workers become more aware and feel the benefits of these simple lessons. They also learn to continue to be grateful and practice so that they can continue to build positive emotions, have more hope for a better future and are more confident in their abilities with a more positive self-concept.

From the evaluation results, the benefits obtained by participants from this psychoeducation include participants gaining more knowledge and understanding about the importance of positive thinking, one of which is by doing positive affirmations, and its relation to mental health.

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