

COUNSELING ON MENTAL HEALTH AMONG FEMALE MIGRANT WORKERS

Ariesza Permata^{1*}, Ahmad Jafar², Umm Hany Almasitoh³, Amirah

¹Psychology, Wisnuwardhana University Malang
Danau Sentani Street, No. 99, Malang, East Java - Indonesia

²UIN Alauddin Makassar, South Sulawesi - Indonesia

³Universitas Muhammadiyah Surakarta, Jawa Tengah - Indonesia

⁴Universitas Dipa Makassar, Sulawesi Selatan - Indonesia

*Corresponding Author: ariesza.sendratasik@gmail.com

Article history:

Received: June 2024

Revised: June 2024

Accepted: June 2024

ABSTRACT The number of migrant workers increases from year to year. And that becomes a burden for the government. Many migrant workers or female workers experience mental health or psychological health. The existence of cultural differences in the workplace is an obstacle for migrant workers. The symptoms that we often know are physical symptoms of stress. Severe depression experienced by female workers ranges from mild stress to severe stress that cannot be overcome. The increasing economic needs cause them to think about getting finances so that their family's living needs are met. Working abroad as a female worker is her choice. But it's not as easy as imagined. Problems often occur. They forget that this is not their country where there are different cultures, languages and environments. This is indeed a decision taken to improve welfare in their household. The step that must be taken so that female workers can work in peace even though they are far from their families is that before they decide to work in a foreign country, it would be good to take psychological training so that when they arrive in a foreign country, it will no longer cause depression or stress.

KEYWORDS: *Counseling, Mental Health, Female Migrant Workers*

1. INTRODUCTION

We often hear how migrant workers who are known as migrant workers experience cases of mental health or psychological health problems. The large number of migrant workers who experience mental health is very worrying. From year to year it becomes a burden for the government. If someone experiences mental health, of course this is closely related to stress. And of course it will also have an impact on physical health. Decreased body resistance and immunity. Someone who experiences mental health will certainly experience a decrease in antibodies, will not

be in the mood to travel through life, always feel negative in certain situations or can be said to be in a bad mood.

This is related to cultural differences in the workplace which of course is an obstacle for workers. This situation is certainly still very common for them. Anxiety also hits the workers because they leave their families far away from them. Stress and mental disorders are the biggest threats to migrant workers. In general, there are three categories of symptoms, including psychological, physical and behavioral symptoms. In terms of psychological symptoms, stress can be seen in various forms, including feelings of anxiety and always wanting to be alone, isolating oneself. Bored with life. And often these migrant workers lose their enthusiasm for life. Mentally tired, often feels confused, and suddenly angry, very sensitive.

The symptoms that we often know are physical symptoms of stress, namely symptoms of increased heart rate and blood pressure. There are also gastric disorders which migrant workers often experience. The tendency is to feel tired, breathing problems can even occur, muscle tension can then cause migraines and headaches. Another thing that causes stress is the tendency to procrastinate or feel lazy about working.

Serious depression will also appear to be experienced by migrant workers, it can start from mild stress and ultimately severe stress that cannot be overcome. Workplace issues, such as their employer or the culture in which they work. Of course, a mismatch with their employer and the culture where they work can cause them stress and then turn into depression. The feeling of not having his family by his side gave rise to a threat to his life.

The mental disorders of these migrant workers are a cause for concern. This threat needs to be taken into consideration by the TKW who will undergo it. Consider beforehand so as not to experience psychological disorders. Where psychological disorders tend to lead to negative things.

The poor economic background, as well as the problem of increasingly narrow job opportunities, but the cost of education and the very high cost of living make them increasingly look for jobs that require high salaries. Nowadays, the increasing number of developments with increasing economic demands has certainly made all TKW decide to look for work. And one of the jobs that is very tempting for them is working as migrant workers abroad. By working abroad, it is clear from their perspective that the salary is much higher than the salary in the area where they live.

It is often found that those who work abroad as migrant workers are those in rural areas. They have a reason that relying on earning a living will improve their family's economy. Covering all the needs of life which are getting higher and higher. They think that to achieve all this requires

cooperation between husband and wife. Thinking about getting finances which of course can manage finances in the family so that the family's living needs are met.

By working abroad as a migrant worker, of course you have to leave everything in your life, leaving your husband if you are already married and children if you already have children. It's not as easy as you imagine to leave it all behind. Not to mention that they will find a new family who will of course have a different way of life. Different rules. Different procedures.

The need to adapt to such complex situations. So they choose to work with the intention of increasing income in their household. And they also work to reflect their socioeconomic status at the top level. Needs that should be covered by her husband but are not sufficient. This is what makes a wife have to earn money to meet her household needs. By working as a female worker even though you have to leave your child's family, you have to put aside your feelings of longing.

They are trying to adapt, which is certainly not difficult. From various cultures, languages, environments which are of course very different from life in the village. Not to mention facing an employer. Problems regarding promised salaries, which are sometimes not paid. All of this creates problems for them.

2. METHOD

The role of parents is very important. The development of children when a mother cannot accompany her on a daily basis because her mother is a female worker generally shows social development in her behavior. The negative impact is that a child will experience life with irregularities. There is no one to teach you to be more organized in managing your time between play time and study time. Because a mother's role is very large in educating children. So it is very necessary to communicate between mother and child as often as possible. However, if that cannot be done, it can be done twice a week or if not, it can be done once a week. What is clear is that there is still communication between mother and child. And all of this will also soothe the feelings of mothers who are working in foreign countries. So stress can be reduced.

The second step is to improve the economy in the family. So that families in the village can enjoy and improve welfare so that children can learn well. Indeed, with the determination to improve their family's economy, they try their luck as female workers abroad. Migrating to a distant country to earn money which will later be used to improve the family's welfare.

Income that is certainly not only sufficient for daily needs but can be used to finance children's education, build a house as well as capital to open a business. They buy everything from motorbikes to cars as well as electronic equipment. And in the end the family will be able to enjoy

so that it changes their daily lives which can be sufficient to finance their children's education as well as business capital for their future.

3. RESULTS AND DISCUSSION

It is a dream for everyone to be able to work abroad. With the lure of a salary that exceeds the standards they receive where they live. The hope of getting a high salary compared to the salary they received while living in their place of residence. Their educational level is not too high but they have good work skills, which is why they want to become migrant workers. Even though there are many problems that often occur where workers experience a lot of unpleasant news, there are still many who want to work abroad.

The problem that often occurs / is encountered by TKW is the initial placement. At that time, the migrant workers were really stressed because everyone was still so unfamiliar. They must try to adapt from various parties. Not only adapting to the homeowners, but also to their children. Problem after problem arises as time progresses. Every day more and more events appear. And of course they didn't predict all of this beforehand. Because according to them they can easily overcome all these problems. Then during the placement period. They forget that this is not in their country. Here there are various cultures, languages and different environments. Often appears when TKW start work. The adaptation they make to the existing culture, which may not be the same as the culture in their place/country.

A new environment from where you work or where you live. You may encounter problems with a job that doesn't match your expectations, then an employer who also doesn't match your expectations. Not to mention the issue of salary. Many experience problems regarding salary where they don't get something. All of this makes migrant workers often feel confused and stressed for a long time. There are many factors that make migrant workers have to adapt. Adapting to a new environment is not like turning over your hand, but you must have high patience and high tolerance.

Steps That Need To Be Taken

In today's modern society, where human needs continue to increase. Where social and economic needs are all very necessary in life. Nowadays women are no longer housewives who only stay at home, but now women have a dual role, where women can also work to help the family's economic needs even though they have to leave the household. A woman can play a role in helping her husband and can even support the family's economy in various social life. Roles in today's life continue and change to meet the challenges of the times. The role of women in improving the family's economic and social welfare. Whether they realize it or not, women as wives

can certainly be said to have contributed to improving family life with income that can cover the financial deficiencies that exist in their families.

With a poor economic background, where there are limited job vacancies and primary needs, the cost of children's education, all of this cannot be overcome by just staying at home. The progress of the times is based on facts, men and women no longer have much difference. Men as husbands benefit from the gender pattern where a woman can work to increase family income, although in reality its implementation in society still depends on each socio-cultural condition of the community.

Increasing economic demands make women decide to work abroad or what is usually called female labor. They think that by working abroad they will get a much higher salary than what they received when they worked in their own place. The TKW are increasingly confident with this decision. They are willing to leave their villages to work abroad for some time, some even for years. Having this additional income is certainly very enjoyable because the salary they receive is very much above their salary in their village. This is indeed a decision he made. Ways to improve welfare in their household. And it is also a consequence for them because they leave their villages and households for some time to work abroad to seek additional sustenance in their foreign country. Indeed, women are allowed to work to earn a living for the family with the aim of helping their husbands in meeting the family's economic needs. Adequate socio-economic conditions are certainly a dream in this life. Having the opportunity to work abroad has really helped their socio-economic conditions and can improve the welfare of their families.

One of the positive impact factors of working as migrant workers is that they have become a family that has sufficient finances in the end. All needs can finally be met. With an income that exceeds the salary in his village, in the end everything can be resolved. However, all of this also has a negative impact on female workers abroad or what can be called migrant workers. Women as women have the same work needs as men, namely psychological needs, security needs, social needs, self-needs and self-actualization. The woman's reason why she works is because their family's poor economic situation. Then women choose to work to increase household income. Reflects their economic status at the upper middle level.

The impacts of migrant workers working abroad are certainly many and represent quite a big risk. They left behind children and husbands. The parenting style that a child receives is certainly different if the parent is not the mother herself. In fact, they also don't want to leave their husbands or children. However, they insist on working as migrant workers to get a high salary. They actually felt forced to migrate abroad, but because they were pressed by difficult economic needs in the end

they were willing to leave their families. Apart from having to leave his family, he was also faced with an environment that was different from his hometown.

Differences in religion, differences in food, differences in behavior and many more differences, facility factors, quarrels with employers, very heavy workloads, and many more. All of this requires a process to accept. However, there are also many who cannot stand this kind of treatment. And all of this makes the migrant workers stressed and their mental health goes down. Being very far from home causes a feeling of longing for the family so that sometimes he feels unable to concentrate on handling his work. The prevalence of husbands cheating while they are abroad for work. Of course, this will cause more pain in the hearts of the TKW. Not to mention leaving the child, so that the child's attention and education cannot be carried out optimally because he is far away. Therefore, before a migrant worker leaves for a foreign country, it is necessary to provide psychological training so that when he arrives in the foreign country, it will no longer cause depression or stress.

4. CONCLUSION

The participation of migrant workers working abroad is an era where there is gender equality which means women can also work abroad as migrant workers. In a family where the husband's income is insufficient for daily life, this ultimately requires the woman to work abroad. The husband's income is also insufficient for the family's daily living needs, which ultimately has an impact on family disharmony. Likewise, very long distances and long meeting times can result in various family problems. Children at home lack parental control, resulting in children becoming less disciplined.

The step that must be taken is to provide understanding to parents and children that what parents who work abroad as migrant workers do is a step that can create happiness in their family. Can make a difference in their family's lives too. Mutual understanding and respect so that migrant workers who work in foreign countries can work in peace without having to be depressed and stressed.

REFERENCES

- Vadlum, Fadila. (2010). Women's Migration and Family Economic Security. Central Sulawesi Research and Development Media Journal III No (1). Palu: Tadulako University.
- Wafirotin, K. Z. (2013). The Impact of Migration on the Socio-Economic Conditions of TKI Families in Tanjung Raja District, *Equilibrium Journal. Scientific Journal of Midwifery Economics*, 8 (1), 15-33. 10.24269/equilibrium.v8il.36